

籃球班 Basketball Class



課堂中會透過**體能訓練**和**比賽**以教授運球、傳球、碎步、投籃等籃球技巧。學員可以藉此彼此交流，**增加自信心**及發揮**團隊合作精神**。

The course aims to **develop children's muscle and body coordination** through fitness training and basketball drills. Trainees can **establish their confidence** and learn how to work with teammates.

負責同工 Responsible Worker: 李文倩 Mandy Li

導師資歷 Tutor Qualification

周 SIR CHOW SIR

- 九年教練經驗，曾執教多間中、小學(如拔萃男附屬小學、優才書院)
Over 9 years of coaching experiences (Secondary, Primary School)
- 曾效力甲一組球會：滿貫、福建、南華
Former player of D1 Team: Tycoon, Fukien, South China

· · · 恆常班 Regular Class · · ·

時間 Time

星期一 Monday 17:30 - 19:00

上課地點 Venue

卜公花園籃球場 Blake Garden Basketball Court

課程編號 Course Code	導師 Tutor	日期 Date	假期 Holiday	堂數 Session	費用 Fee	對象 Age	人數 Quota
4921.BA.2307.118	Chow Sir & Wong Sir	17/7 24/7 31/7 7/8	/	8	\$760	6 - 11	8-20 人 Persons
		14/8 21/8 28/8 4/9					

備註 Remarks

- 不設補堂及調堂。
- 公眾假期不用上課。
- 所有課程提供基本器材。
- 學員請穿著簡單運動服上課。
- 學員必須於課程開始前繳交課堂費用。
- 如天氣不穩定，會改於會所活動室內進行。
- No make-up class.
- No lesson on Public Holidays.
- All classes provide basic equipment.
- Sport wear is preferred.
- The course fee must be paid before the course starts.
- If the weather is unstable, the class will be hold in our Centre activity room.

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· · · 暑期特別班 Summer Class · · ·

時間 Time 星期四 Thursday 15:00 - 16:30

上課地點 Venue 卜公花園籃球場 Blake Garden Basketball Court / Room 108 室

課程編號 Course Code	導師 Tutor	日期 Date				假期 Holi-	堂數 Ses-	費用 Fee	對象 Age	人數 Quota
4921.BAS.2307.415	Chow Sir & Wong Sir	20/7		27/7		/	7	\$665	6 - 11	8-20 人 Persons
		10/8	17/8	24/8	31/8					

備註 Remarks

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- 所有課程提供基本器材。
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