

# 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: Mandy 2540 0526

## 上課地點 Venue

卜公花園籃球場 Blake Garden Basketball Court / 會所室內 LG3

**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 A1 Team: Tycoon, Fukien, South China

## ．．．恆常班 Regular Class．．．

課程編號 Course Code	導師 Tutor	日期 Date & Time	假期 Holiday	堂數 Session	費用 Fee	對象 Age	人數 Quota	
4921.BA.2501.117	Chow Sir	星期一 MON 17:30 - 19:00		3/2	6	\$600	6 - 11	
		30/12	6/1					13/1
		20/1	27/1					10/2
4921.BA.2502.117	Chow Sir	星期一 MON 17:30 - 19:00		/	5	\$500	6 - 11	
		17/2	24/2					3/3
4921.BA.2504.117	Chow Sir	星期一 MON 17:30 - 19:00		21/4	5	\$500	6 - 11	
		24/3	31/3					7/4

## 備註 Remarks

★ 不設補堂及調堂。 No make-up class.. ★ 公眾假期不用上課。 No lesson on Public Holidays.

★ 所有課程提供基本器材。 All classes provide basic equipment. ★ 學員請穿著簡單運動服上課。 Sport wear is preferred.

★ 學員必須於課程開始前繳交課堂費用。 The course fee must be paid before the course starts.

★ 如天氣不穩定，會改於會所活動室內進行。 If the weather is unstable, the class will be hold in our Centre activity room.