



# 发球班 Soccer Class



本課程提供一個**安全、開心、有趣的環境**,供小朋友享受踢足球的樂趣。課堂會教授足球的基本技術和體能訓練來鍛練小朋友的**敏捷能力**、發展肢體**協調能力**和學習**團隊合作精神**。The course focus on developing trainees' **agility, coordination and team work** through practicing football drills and **games-based competition** under **a safe environment**.

負責同工Responsible Worker: Mandy 2540 0526

香港中華基督教青年會必列者士街會所獲二零二三至二零二四年度戴麟趾爵士康樂基金(主要基金)撥款資助 非建設工程計劃下購置的體育康樂用品。

Chinese YMCA of Hong Kong Bridges Street Centre has been granted funding from the Sir David Trench Fund for Recreation (Main Fund) for 2023-2024 to support its purchase of sports / recreational equipment under Non Capital Works Projects.



### 導師資歷 Tutor Qualification

### 鄭 SIR (CHENG SIR)

獲得亞洲足球聯合會 C 級教練證書 Asian Football Confederation C License 逾 20 年教授足球的經驗 Over 20 years experience on football coaching

# · · 恆常班 Regular Class · ·

上課地點 Venue

卜公花園足球場 Blake Garden Football Court / 會所 Centre LG3

| 課程編號<br>Course Code | 導師<br>Tutor | 日期<br>Date |      |      | 時間<br>Time      | 假期<br>Holiday | 堂數<br>Session | 費用<br>Fee    | 對象<br>Age | 人數<br>Quota       |
|---------------------|-------------|------------|------|------|-----------------|---------------|---------------|--------------|-----------|-------------------|
| 4921.FB.2501.217    | Cheng Sir   | 7/1        | 14/1 | 21/1 |                 | 20/4          | 6             | <u>\$750</u> | 5-12      |                   |
|                     |             | 4/2        | 11/2 | 18/2 | 星期二<br>TUE      | 28/1          |               |              |           | 8-20 人<br>Persons |
| 4921.FB.2503.217    |             | 25/2       | 4/3  | 11/3 | 17:30-<br>19:00 | /             | 6             | <u>\$750</u> |           |                   |
|                     |             | 18/3       | 25/3 | 1/4  |                 |               |               |              |           |                   |

## 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.