



# 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

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4921.BA.2508.117	Chow Sir	星期一 MON 17:30 - 19:00					/	5	\$525	6 - 11	8-20 人 Persons
		21/7	28/7	4/8	11/8	18/8					
4921.BA.2509.117	Chow Sir	星期一 MON 17:30 - 19:00					/	5	\$525	6 - 11	8-20 人 Persons
		25/8	1/9	8/9	15/9	22/9					

備註 Remarks

★ 公眾假期不用上課。 No lesson on Public Holidays.

★ 所有課程提供基本器材。 Basic equipment will be provided.

★ 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.

★ 戶外場地的使用將受到康樂及文化事務署場地供應的限制。如若該課堂因此受到影響，將會改為會所室內進行。

The use of outdoor venues is subject to the limitations imposed by the LCSD. If lesson is affected, it will be moved to the Centre LG3.

★ 如遇上天雨 / 地下濕滑，將改於會所室內進行(或按情況取消)。

In case of rain or slippery ground, classes will be held indoors in our Centre activity room. (or canceled depending on the situation).

★ 因天氣或場地問題，不設補堂、調堂及不會退費處理。

No make-up classes, rescheduling, or refunds will be provided due to weather or venue issues.