



香港中華基督教青年會  
Chinese YMCA of Hong Kong  
必列者士街會所  
Bridges Street Centre

VISION  
2030



負責同工

Responsible worker:  
Cherry (2540 0526)



# Table Tennis Beginner Class

## 兒童乒乓球啟蒙班

通過本課程學員可學習乒乓球的基本動作，包括握板、站姿、擊球方法等。有助提升學員的體能、反應及敏捷度。除了鍛煉體魄，更有助提升學員的專注力及培養運動興趣，對未來學習及健康有幫助。

Students may learn the basic technique of table tennis through this course, including main grips, standing posture, hitting methods and so on. Which may help to improve students' physical fitness, reaction and agility. In addition, it also helps to improve students' concentration and cultivate interest in exercising, which is helpful for future learning and health.

課程編號	導師	日期 (星期五)				時間	堂數	費用	上堂地點	對象	人數
4921.TT.2503.517	Enjoyable Table Tennis Club 樂研乒乓球會	14/3	21/3	28/3	11/4	17:00-18:00	8	\$1,080	Rm 108	Aged 4-10歲	5 - 10 persons
		25/4	2/5	9/5	16/5						
4921.TT.2505.517		23/5	30/5	6/6	13/6						
		20/6	27/6	4/7	11/7						

課程編號	導師	日期 (星期日)				時間	堂數	費用	上堂地點	對象	人數
4921.TT.2503.711	Enjoyable Table Tennis Club 樂研乒乓球會	9/3	16/3	30/3	6/4	11:00-12:00	8	\$1,080	Rm 108	Aged 4-10歲	5 - 10 persons
		13/4	20/4	27/4	4/5						
4921.TT.2505.711		27/4	4/5	11/5	18/5						
		25/5	1/6	8/6	15/6						

### 導師資歷

- 20年任教乒乓球經驗
  - 在多間學校及機構執教
  - 香港乒乓總會中級教練
  - 香港乒乓總會註冊裁判長
- 20 years of coaching experiences  
Coaching in different schools and organizations  
Recognized intermediate coach of Hong Kong Table Tennis Association  
Recognized referee of Hong Kong Table Tennis Association



李福有教練 Lee sir

### 備注：

- 自組班不設補堂及調堂
- 學員必須於課程開始前繳交課堂費用
- 公眾假期不用上課
- No make-up classes of self-formed class
- The course fee must be paid before the course commence
- No lesson on public holiday







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*Self-formed class/Private class*

# 乒乓球自組班 / 專教班

- 滿3人可自由組班，上限8人。

Form a group with a minimum 3 people and within 8 people.

- 因應導師提供之時間彈性安排上課。

Having a flexible schedule according to instructor's availability.

- 課程內容按學員水平及由教練制定。

The course contents depend on the student's level and are arranged by the tutor.

- 上課日期確定後不得作更改及不設補課。

There will be no changes and make-up classes after the confirmation of date.

- 課堂需於 2個月內完成。

Lessons must be completed within 2 months.

**\$780/4堂**

**自組班**  
**SELF-FORMED**  
**CLASS**

課程	導師	費用	堂數	上堂地點	對象	人數
自組班 Self-formed Class	個別協商 Negotiable	\$780 /每個學生 Per student /4堂 lessons	4	必列者士街會所 Bridges Street Centre	4歲或以上 Aged 4 or above	3-8

- 1人即可開班，上限2人。

A group with 1-2 people could be formed.

- 因應導師提供之時間彈性安排上課。

Having a flexible schedule according to instructor's availability.

- 課程內容按學員水平及由教練制定。

The course contents depend on the student's level and are arranged by the tutor.

- 如需請病假/事假上課前24小時通知本會職員，否則不會補堂。另病假需提交上課當日由註冊西醫或中醫病簽發之病假證明信。

For student is unable to attend the lesson on that day, please give notice to our staff at least 24 hours before lesson start. Otherwise no make up class can be arranged. Due to the sick reason, student need to provide a medial certificate of the date of sick leave.

- 每次交易只可安排一堂補堂。

Every transaction allow for 1 make up class only



**私教班**  
**PRIVATE CLASS**

課程	導師	費用	堂數	上堂地點	對象	人數
私教班 Private Class	個別協商 Negotiable	1人: \$580 / 人 / 1小時 1 student: \$580/ 1 hour	/	必列者士街會所 Bridges Street Centre	4歲或以上 Aged 4 or above	1-2
		2人: \$320 / 人 / 1小時 2 Students: \$320/ per Student /1 hour				

備注：

- 自組班不設補堂及調堂
- 學員必須於課程開始前繳交課堂費用
- 公眾假期不用上課
- No make-up classes of self-formed class
- The course fee must be paid before the course commence
- No lesson on public holiday

