



兒童精英體操班 Gymnastic Class

本課程教授學習技巧動作及部份器械訓練，從而促進兒童身心健康，培養機智、勇敢及體態的優美。
This course trains on basic skills of Artistic Gymnastics on apparatus and enhance the health condition of children's body and mind, also improve physical flexibility, agility and coordination.



香港中華基督教育青年會必列者士街會所獲二零二四至二零二五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 2024-2025 to support its purchase of sports / recreational equipment under Non Capital Works Projects.

1 - 2 月 · JAN-FEB

查詢 Enquiry: 譚梓皓 Mouse Tam

課程編號 Course Code	導師 Tutor	日期 Date			假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	對象 Age	上課地點 Venue	人數 Quota						
進階班 Advanced Class 4921.GY.2601.614	Co-organized with "Tumbler Gymnastics Co., Ltd."	10/1	17/1	24/1	3/1	14:00 - 15:30	六 SAT	6	\$1,200	7-14	RM 103 室	4-12 人 Persons						
		31/1	7/2	14/2		15:30 - 16:30												
幼兒班 Pre-school Class 4921.GY.2601.615		10/1	17/1	24/1	3/1	15:30 - 16:30			六 SAT	6		\$900	3-6	RM 103 室	4-12 人 Persons			
		31/1	7/2	14/2		16:30 - 18:00												
兒童班 Child Class 4921.GY.2601.616		10/1	17/1	24/1	3/1	16:30 - 18:00						六 SAT	6		\$1,200	7-14	RM 103 室	4-12 人 Persons
		31/1	7/2	14/2		16:30 - 18:00												

2 - 3 月 FEB-MAR

課程編號 Course Code	導師 Tutor	日期 Date			假期 Holiday	時間 Time	星期 Day	堂數 Session	費用 Fee	對象 Age	上課地點 Venue	人數 Quota						
進階班 Advanced Class 4921.GY.2602.614	Co-organized with "Tumbler Gymnastics Co., Ltd."	21/2	28/2	7/3	/	14:00 - 15:30	六 SAT	6	\$1,200	7-14	RM 103 室	4-12 人 Persons						
		14/3	21/3	28/3		15:30 - 16:30												
幼兒班 Pre-school Class 4921.GY.2602.615		21/2	28/2	7/3	/	15:30 - 16:30			六 SAT	6		\$900	3-6	RM 103 室	4-12 人 Persons			
		14/3	21/3	28/3		16:30 - 18:00												
兒童班 Child Class 4921.GY.2602.616		21/2	28/2	7/3	/	16:30 - 18:00						六 SAT	6		\$1,200	7-14	RM 103 室	4-12 人 Persons
		14/3	21/3	28/3		16:30 - 18:00												

導師與多間學校和團體訂立獨特而彈性的體操訓練班，當中包括幼兒體操、競技體操、藝術體操、健美體操及競技啦啦隊。學員每年均被邀參加各項學界及公開體操比賽。公司優秀的導師團隊，具備多個本地及國際認可的教練資格。團隊大部分導師曾為香港體操隊骨幹成員及教練，為提升學員的水平，我們的導師持續接受培訓，以掌握最新的教學方法、評分規則及體操技巧。

Instructors have established unique and flexible gymnastics training classes with various schools and groups, including children's gymnastics, competitive gymnastics, rhythmic gymnastics, aerobics and competitive cheerleading. Students are invited to participate in various academic and open gymnastics competitions every year. The company's excellent team of mentors has a number of locally and internationally recognized coaching qualifications. Most of the instructors in the team were the backbone members and coaches of the Hong Kong gymnastics team. In order to improve the level of the students, our instructors continue to receive training to master the latest teaching methods, scoring rules and

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.

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