



# SPORTS & ACTIVITIES

JANUARY – JUNE 2020

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# SECTION SPORTS

## HOCKEY SECTION

### JUNIOR HOCKEY

**Venue:** Hockey Pitch

**Contact:** Director of Hockey - Simon Chapman | 2837 2672 | [schapman@hkfc.com](mailto:schapman@hkfc.com) | [www.hkfchockey.com](http://www.hkfchockey.com)

### JUNIOR HOCKEY

Junior Hockey welcomes boys and girls, Members and non-Members, from the age of 6 to 12. The primary objectives of the HKFC Junior Hockey programme are to provide children with a fun and enjoyable experience while learning and improving their game knowledge and skills for the game.

HKFC provides coaching which caters for all levels of ability and combines the services of Hockey Section appointed professional coaches as well as a number of volunteer parent and youth coaches.

There are a number of junior hockey tournaments throughout the season, with all our participants being given an opportunity to take part in as many as possible. Those participating the HKFC Junior Hockey Programme must be accompanied by a Parent or Guardian to all training sessions and tournaments.

We currently have over 200 players registered playing mixed hockey across the Junior 8, 10 and 12 year old age groups. Junior hockey has a large following across Hong Kong and is played competitively at many schools and clubs.

### Training (age 6 - 12)

<b>J8's</b>	<b>Saturday morning</b>	<b>9.15am - 10.30am</b>
<b>J10's</b>	<b>Saturday morning</b>	<b>10.15am - 11.45am</b>
<b>J12's</b>	<b>Saturday morning</b>	<b>11.30am - 1.00pm</b>

HKFC Junior Hockey training will recommence on 4th January 2020 (Sat) and continue until 28th March 2020 (Sat). All further details are posted on the website [www.hkfchockey.com/junior\\_hockey](http://www.hkfchockey.com/junior_hockey).

### YOUTH HOCKEY

Youth Hockey is open to boys and girls, Members and non-Members from 12 to 18 years of age. Squads are listed as J14, J16 and J18. Youth players, if selected, may also take part in the Senior League in one of the 8 Men's and 8 Ladies (age 12+) teams playing at the Club. Qualified and experienced coaches provide the coaching. The Youth programme will strive to offer regular training and matches in 2020, ensuring the link between Junior Hockey and Senior Hockey is a successful transition period.



**Training (age 12 - 16)****J14, J16 and J18      Friday evening      5.00pm - 7.00pm**

HKFC Youth Hockey also participates in the HKHA Youth League competitions and tournaments. League fixtures are typically played on Saturday mornings between 10.30am - 12.30pm. Participants are individually selected to represent the Club for these fixtures. Tournaments are scattered throughout the season. Youth Hockey will recommence on 3rd January 2020 (Fri) and will continue until 27th March 2020 (Fri). All further details are posted on the website, [www.hkfchockey.com/junior\\_hockey](http://www.hkfchockey.com/junior_hockey).

**SENIOR HOCKEY****Venue:**      **Hockey Pitch****Contact:**      Director of Hockey - Simon Chapman | 2837 2672 | [schapman@hkfc.com](mailto:schapman@hkfc.com) | [www.hkfchockey.com](http://www.hkfchockey.com)

The Hockey Section has over 300 Members who are registered with the Hong Kong Hockey Association. From this membership the Section fields a total of 16 teams, including eight Men's teams and eight Ladies' teams that compete in the Hong Kong League system and a number of knock-out cup competitions. As one of the top clubs in Hong Kong, the Club has been, and continues to be, one of the most successful in these competitions, often crowned Champions and/or Cup winners.



In addition to the serious competitive sporting activities of the Section, there is a very active social scene with regular parties, dinners, a formal End-of-Season Awards Dinner and bi-annual Charity Ball. Social Teams are also actively touring to regular international tournaments around the Asia region, and participating in summer leagues during the off-season.

Qualified and experienced coaches provide coaching for most teams, groups or individuals of all abilities.

More information can be found on the Section website [www.hkfchockey.com](http://www.hkfchockey.com) and on the Club notice boards.

<b>Women's ABC teams</b>	<b>Tuesday</b>	<b>7.00pm - 8.30pm</b>
<b>Women's DEFG teams</b>	<b>Thursday</b>	<b>7.00pm - 8.30pm</b>
<b>Men's ABCD teams</b>	<b>Tuesday</b>	<b>8.30pm - 10.00pm</b>
<b>Men's EFGH teams</b>	<b>Thursday</b>	<b>8.30pm - 10.00pm</b>

Senior Hockey will resume training on 7th and 9th January. All additional training details for the season, will be on the website [www.hkfchockey.com](http://www.hkfchockey.com).

## LAWN BOWLS SECTION

**Venue:** Outdoor Green / Indoor Green

**Contact:** hkfcbowls@gmail.com

Lawn Bowls is a sport for all ages, all races, both sexes and for people of any physical build. Consequently the Lawn Bowls Section is one of a diverse range of people who have one common interest - playing the game of Lawn Bowls. With over 200 members, the Section runs regular internal competitions in all forms of the game on both Indoor Green and Outdoor Grass Greens. These include Singles, Pairs, Triples and Fours competitions for Men, and Ladies and Mixed teams.



Hong Kong Football Club is one of the leading Lawn Bowls Clubs in Hong Kong. In Premier League, our Ladies have won the First Division title for a record breaking 9 season in a row! The Men's A Team has been competing in the First Division for many years and in the most recent season in Premier League 2018 crowned Champion. We have three Ladies Teams and six Men's Teams competing in the Premier league. Our bowlers have outstanding performance in recent seasons and won many titles in National games.

### Beginners

The Section runs Beginners' Courses from time to time when Club member is welcome to come and learn the game of Lawn Bowls. If you are interested in attending such a course please write to the email above and we will contact you when a course is being run.

Beginners' Extension courses will be held regularly throughout the year. All Club members, who have completed their Beginners' Courses are Welcome. Occasionally, Fun Days will be organised for family and kids free of charge. As all the above activities depend on the availability of the coaches, so posters will be put up two/three weeks before the event. For enquiry, please send your email to the section contact email above.

More information can be found on the section website [www.hkfcclawnbowls.com](http://www.hkfcclawnbowls.com) and on the Club notice boards.

## RUGBY SECTION

**Venue:** Main Pitch / Training Triangle

**Contact:** Director of Rugby - Cameron McIntosh | [cameron\\_mcintosh@hkfc.com](mailto:cameron_mcintosh@hkfc.com) | [www.hkfcrugby.com](http://www.hkfcrugby.com)

The Rugby Section fields seven 15-a-side Men's teams plus an over 35's side known as the Contemptibles and two Ladies' side called Ice and Fire. These teams compete in every local league and cup competition, often with a high degree of success, having been crowned Grand Champions of the league on many occasions. To maintain our status as one of the premier clubs in Hong Kong Rugby, the Section welcomes interest from active rugby players.



**Training** Monday and Thursday evening 7.00pm - 9.00pm

**Fixture** Saturday 1.30pm - 7.30pm

## MINI RUGBY

**Venue:** Main Pitch / Training Triangle / Happy Valley Pitches

**Contact:** registration@hkfcyouthrugby.com | www.hkfcyouthrugby.com

As one of the largest participating clubs in Hong Kong, the Club has over 800 registered players each season. Inter-club matches including the annual Hong Kong Sevens Tournament and overseas tours are held throughout the season. The objective is to offer children a healthy, fun and enjoyable sporting activity and to introduce young people to the game of Rugby Union for potential further development into Colts and Senior Rugby. Visit the website [www.hkfcyouthrugby.com](http://www.hkfcyouthrugby.com) to register.



### **Under 5 (Minimum age is 4 years old) to Under 12 Boys and Girls**

Training sessions on Sunday Mornings – HKFC Main Pitch and/or Happy Valley Pitches

### **Under 9 to Under 12 Boys and Girls**

Midweek training sessions are on Thursday afternoons - 4.30pm - 6.00pm – HKFC Main Pitch

Mini Rugby is open to Members and non-Members alike. An annual registration fee is charged and full kit is provided.

## COLTS RUGBY

**Venue:** Main Pitch / Training Triangle / Happy Valley Pitches

**Contact:** registration@hkfcyouthrugby.com | www.hkfcyouthrugby.com

Colts Rugby has a range of players aged between 12 and 18 and is run as Under 13, Under 14, Under 16 and Under 19 year-old teams throughout the Rugby season from September to May. There are boys and girls teams in these age groups. There are approximately 400 registered players at the Club, who play in leagues against other clubs in Hong Kong and participate in a variety of tournaments.

Colts Rugby aims at developing basic skills learned at Mini Rugby in preparation for playing in adult games, with more focus on the 15-a-side game, while offering 7-a-side and 10-a-side matches. Visit the website [www.hkfcyouthrugby.com](http://www.hkfcyouthrugby.com) to register.

### **Under 13 to Under 19 Boys**

Training sessions on Sunday mornings – HKFC Main Pitch and/or Happy Valley Pitches.  
Games on Sundays at various locations

### **Under 14 to Under 19 Girls**

Training sessions on Sunday mornings – HKFC Main Pitch and/or Happy Valley Pitches.  
Games on Sundays at various locations

### **Under 13 to Under 19 Boys and Girls**

Training sessions on Monday and Thursday evening – 6.00pm - 7.15pm – HKFC Main Pitch

Colts Rugby is open to Members and non-Members alike. An annual registration fee is charged and full kit is provided.

## SOCCER SECTION

**Venue:** Main Pitch / Training Triangle

**Contact:** Soccer Section Captain - Sebastian Page | [info@hkfcsocket.hk](mailto:info@hkfcsocket.hk)

Of the 300 plus Members of the Club who make up the Soccer Section, the vast majority are active playing Members. The Club's 1st Team currently plays in the HKFA 1st Division, Second Team (Lucky Mile) play in the HKFA 2nd Division. 1st Team games are played against professional sides whilst Lucky Mile play against a mix of professional and amateur sides. Albion, Wanderers and Colts compete in the 1st Division of the Yau Yee League, which is organised into four divisions of amateur teams who play on Sunday afternoons. We also have a Ladies Soccer team that compete in the HKFA Women's League Division 1, the top league in Hong Kong.



A full training schedule and match fixtures can be found on the HKFC Soccer website:  
<http://hkfcsocket.hk/>

The Section has three social sides, Dynamics, Rovers and Gazelles who play regular friendly matches each week through the season. We also have a Vets (over 35's) team who play in the Legal League Hong Kong Legends League.

The annual International Soccer Sevens is hosted each year in May by the Section. Taking place on the main pitch, it is a major international televised sporting event, featuring top professional teams from Europe, Australia, Japan, Hong Kong and other Asian countries.

### Training

<b>First Team</b>	Tuesday and Thursday
<b>Soccer Section</b>	Tuesday
<b>Social Teams</b>	Tuesdays and Friday

## JUNIOR SOCCER

**Venue:** Main Pitch / Hockey Pitch / Training Triangle / Sports Hall (1<sup>st</sup> Floor)

**Contact:** [info@hkfcjuniorsoccer.com](mailto:info@hkfcjuniorsoccer.com) | [www.hkfcjuniorsoccer.com](http://www.hkfcjuniorsoccer.com)

Our Junior Soccer programme offers the opportunity for young players, boys and girls, Club Members and non-Members, to learn and play the great game of football. The programme is catered for players of all abilities aged 5 to 18. There is football for recreational and competitive players, an elite track for the most talented players and a programme for those with special needs. Our goal is FOOTBALL FOR ALL. The programme is one of the biggest and most popular of its kind in Hong Kong with over 1,000 players across all of our different sub-programmes, which include our JS Community Programme, Youth Pathway Development Programme, Lucky Mile Programme and the Crusaders.

Our JS Community (or "Saturday") programme focuses on players from 5 to 14 with the goal of providing training and matches for as many players as we can, and ensuring that players of all levels have fun and develop in line with their abilities and aspirations. We have 810 players



in this programme including 176 girls. Coaching sessions are held on Saturday mornings from 7.30am - 1.00pm, with a small number of the more competitive/advanced U7-U12 players invited for additional training on Wednesday and/or Friday afternoons. Our Saturday teams regularly compete in local leagues and competitions (Hong Kong Junior Football League for U7-U14 and HKFC Golden Generation League for U10 and U12) as well as touring to tournaments in the region. The season normally runs from September to May.

Our Lucky Mile programme is an extension of our Junior Soccer Saturday programme and was established to ensure that our competitive Saturday players who do not play for our Youth Pathway programme (see below) have another avenue to play competitive football, especially when they become too old to participate in the Saturday leagues (which normally stops at U14). Lucky Mile have squads in Under 13, Under 14, Under 15, Under 16 and Under 18 which compete in the HKFA HK Jockey Club Youth League, the same league in which our Youth Pathway teams compete. Players are selected from the pool of players registered in our Saturday programme. There are around 125 players in the Lucky Mile Programme.

### YOUTH SOCCER – DEVELOPMENT PATHWAY

**Venue:** Main Pitch / Training Triangle

**Contact:** [academy@hkfcjuniorsoccer.com](mailto:academy@hkfcjuniorsoccer.com) | [www.hkfcjuniorsoccer.com](http://www.hkfcjuniorsoccer.com)

Our Youth Development Pathway (or “Academy”) programme was established to attract and develop the most talented youth footballers in Hong Kong. The Youth Pathway bridges the gap between youth football and adult football. We have programmes for Under 13, Under 14, Under 15, Under 16 and Under 18, including Under 18 Girls Team. These squads are selected by trial at the beginning of the season with players coming from our own Saturday programme and elsewhere. The squads train on midweek afternoons and represent the HKFC in the HKFA HK Jockey Club Youth League, as well as other competitions. Each squad has a qualified coach and squad manager, who work with the players to help them reach their full potential and develop them into senior level football, ideally representing HKFC. There are around 150 players in the Youth Pathway.

### CRUSADERS – SPECIAL NEEDS PROGRAMME

**Venue:** Main Pitch

**Contact:** Nigel Merritt | [nigel@nrmerrittassociates.com](mailto:nigel@nrmerrittassociates.com)

The Crusaders is our programme for players with special needs. Coaching sessions take place throughout the year between 6.00pm and 7.00pm on a Monday night on the main HKFC pitch and involve around 50+ players with special needs and conditions, between the ages of 7 and 40 years’ old, male and female, spanning a variety of ability levels. The players receive coaching from Level 1 and Level 2 qualified coaches from the Junior Soccer programme, as well as other willing volunteers. The benefits to the players are significant: the training enhances their motor skills and fitness, as well as greatly enhances their self-esteem and social skills. A squad of selected players play as HKFC Crusaders in friendly competitive against other local special needs clubs, including an annual match at the yearly Operation Santa Claus football event and HKFC Citi Soccer Sevens.

## SQUASH SECTION

**Venue:** Squash Courts (1<sup>st</sup> Floor)

**Contact:** Chairman - Malcolm Kerr | [chairman@hkfcsquash.com](mailto:chairman@hkfcsquash.com) | [www.hkfcsquash.com](http://www.hkfcsquash.com)

Men's Captain - Julian Tanner | [menscaptain@hkfcsquash.com](mailto:menscaptain@hkfcsquash.com)

Ladies Captain - Emma Duncombe | [ladiescaptain@hkfcsquash.com](mailto:ladiescaptain@hkfcsquash.com)

Membership Secretary - David Murray | [membership@hkfcsquash.com](mailto:membership@hkfcsquash.com)

Renowned in Hong Kong and the Asia region for its excellent squash facilities, HKFC is one of the premier squash venues in Hong Kong. The facilities include seven glass back squash courts of which 3 are state-of-the-art all glass show courts that have extensive seating capacity for Club members and guests.

The Squash Section has around 300 members and maintains a high standard. HKFC is represented in the Hong Kong Squash League with 33 teams spread across all levels of divisions in the main league including division 1 which has world ranked players representing the Club and a new juniors team, divisions 1-3 for ladies and masters (over 40 years of age) divisions 1-4.



The section has hosted a PSA world squash event for a number of years which attracts many of the top 20 world ranked players from around the world to play in both the men's and ladies tournaments.

The HKFC regularly hosts the Hong Kong Squash open qualifiers. Qualifiers played over two days to gain one of 8 places in the HK open main draw. The Hong Kong open is one of the top professional squash tournaments in the world with both men's and women's competitions combined. Each year, the event attracts all the top squash professionals from around the world to compete in the tournament including the current world champions.

As well as the participation in the Hong Kong league there are regional tours that include Bangkok, Singapore, Tokyo and Taipei as well as regular inter-club matches. The section also host many teams from around Asia in friendly matches. There is a large internal summer league for those players who would like to keep fit throughout the year which helps keep standards high and the social aspect of the game going in those warm summer months.

The annual club championships have over 180 participants playing for the men's open, masters, super masters, ladies open and ladies master's tournaments where the clubs top players fight it out to get their name on the historical winner's board.

The junior section is growing very quickly and ensures that the section is developing their own talent through the ranks and giving our juniors ideal coaching and support.

Throughout all of these activities we never forget to enjoy the very social aspects of the sport. There is a club ladder for those who would like to challenge players in the section to a game. Also there are regular club nights for section members to get together to enjoy some casual social squashing, as well as a rich calendar of parties marking the start of season, Christmas and end of season.

## JUNIOR SQUASH

**Venue:** Squash Centre

**Contact:** juniors@hkfcsquash.com

### HKFC Junior Squash Programme

The HKFC Squash Section runs a junior programme with over fifty participants. The main programme takes place on a Sunday, although further instruction is available mid-week.

The Sunday programme is led by a team of professional coaches and assisted by volunteers consisting of players' parents.

This season the programme will commence on Sunday 8th September, running through till May 2020.

For more information, please go to our section website at [www.hkfcsquash.com](http://www.hkfcsquash.com).



# DESIGNATED SPORTS ASSOCIATION

## NETBALL DSA

**Venue:** Sports Hall (1<sup>st</sup> Floor)

**Contact:** info@hkfcnetball.com | Netball DSA Official Website - <http://www.hkfcnetball.com>

With seven teams competing in the Hong Kong Netball Association senior league, netball at HKFC continues to go from strength to strength each season. In Division One, Club and Typhoons compete, with Club taking home the Division One Championship, four out of the last five seasons.



Whirlwinds represented the club in Division Two, however along with the social team, Monsoons, were elevated to Division One in the second half of the season owing to their strong performance. In Division Three, Tornadoes and Hurricane, were also both elevated to a higher division for the second part of the season. Cyclones play in Division Five.

With two netball courts in the Indoor Sports Hall, HKFC is the top venue for league matches that take place between September and April on Monday evenings. As one of the biggest netball clubs in Hong Kong, HKFC is also one of the most successful, with teams representing the top three divisions year in, year out.

The DSA also has strong representation in the Hong Kong Senior and Junior netball squads, competing in high-level international matches and tournaments on a regular basis. In 2018, a quarter of the Hong Kong National Squad was made up of HKFC players, confirming the high caliber of the athletes who represent the club. Each HKFC team has qualified and dedicated coaches to help teams improve and develop their skills and understanding of the game.

HKFC teams train every week on Wednesdays during the season. In addition, the Netball DSA co-ordinates mixed social matches for Members and non-Members during the off-season period, which is very popular with players of all levels. Overseas tours in Asia are a regular occurrence and the hosting of touring teams and visits from international coaches increase, as the sport continues to grow. Our social calendar is varied and allows opportunities for Netball DSA members to socialise outside of training and games. These include barbeques, cocktail parties, quiz nights and an annual AGM and Awards Event.

**Training**      **Wednesday**      **7.00pm - 10.00pm**

**Matches**      **Monday**      **7.00pm - 10.00pm**

## JUNIORS

The HKFC Junior Netball Academy (JNA) has steadily grown and developed over the past few years. We currently provide quality netball coaching and competition opportunities for 150 girls. The JNA consists of a complete development pathway starting with our very youngest girls at age 5-6, all the way through to our junior and youth teams. Several youth pathway graduates have been successfully selected onto the HKFC youth team which competes in the HKNA Ladies League as well as several players who have been selected onto the Hong Kong U14 and U16 squads.



For the youngest girls, basic catching and passing drills, with modified games help set them up with the basics to move on to competing in the Junior Netball League (JNL) from age 8. As the girls progress they are placed into teams where they can continue to refine their skills through training and competition.

Training times are as follows:

### Wednesdays

<b>Ages 5-8</b>	<b>4.30pm - 5.15pm</b>
<b>U10s</b>	<b>5.00pm - 6.00pm</b>
<b>Under 12s and 14s</b>	<b>6.00pm - 7.00pm</b>

### Mondays

<b>Under 16s and 19s</b>	<b>6.00pm - 7.00pm</b>
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Payment is through an annual fee, which includes coaching for the whole season, from September - June and netball kit.

All teams from Under 10s and up, participate in 2 competitions. The autumn competition, which runs on Saturdays from October to December, with games played at Fa Hui Park, Prince Edward.

The spring competition is held on Sundays at Wong Chuk Hang Outdoor Courts from January to April.



We do have a waiting list at most levels. From U10s and up, we hold our main trials in September. Please email [juniors@hkfcnetball.com](mailto:juniors@hkfcnetball.com) to register interest and join the waiting list. Further information can also be found at: [www.hkfcnetball.com](http://www.hkfcnetball.com) / <https://www.facebook.com/hkfcnetball/>



# SOCIETY SPORTS

## BADMINTON SOCIETY

**Venue:** Sports Hall (1<sup>st</sup> Floor)

**Contact:** Secretary - Peggy Lee | [psplctkd@gmail.com](mailto:psplctkd@gmail.com) | <http://hkfcbadminton.com>

Badminton is one of the few sports where people can play regardless of age, size or ability. It can be used, by children of all ages as well as adults, as a competitive sporting activity, family entertainment, social sport and as a means to keep fit. The aim of the Society is to promote badminton and raise the profile of HKFC team locally and internationally. Currently, its membership comprises over 100 member families.



The Badminton Society has two weekly badminton sessions, on **Fridays from 7.00pm to 10.30pm** including social and team training; on **Sundays from 10.00am to 1.00pm** is mainly for social. A great opportunity for members to share the fun of badminton, build up playing skills and to meet new friends at the same time. The Badminton Society Team participate actively in local and overseas tournaments. The club team and aspiring team members mainly meet on Friday evenings for training.

### Badminton Society Membership Fees

*\$300 per year from 1st January to 31st December per family. Please fill in the Badminton Society Application Form that can be obtained from the Reception.*

## GOLF SOCIETY

**Venue:** Various

**Contact:** [www.hkfcgolf.com.hk](http://www.hkfcgolf.com.hk)

The Golf Society (GS) was set up for those members who share a passion for golf, regardless of age or ability. The GS currently supports in the region of 800 members, including spouses and children, in a number of ways: on average, two tournaments are organised a month, both on weekdays and weekends, either in Hong Kong or across the border in China. Tours can be organised further afield, and have included destinations such as Thailand, Vietnam and even South Africa. Matches are also played roughly every month against other locally based golf clubs, as well as occasional touring teams. But perhaps the most attractive benefit of membership is the availability of debentures at the Lotus Hill Golf Club in Panyu, China, and the highly popular Macau Golf and Country Club, where the savings made from just one use of a debenture more than covers the highly attractive membership fee.

**Golf Society charges for individual members are just HK\$750 per annum, with additional concessions for family memberships; please inquire at Reception for further details and application forms.**



## TENNIS SOCIETY

**Venue:** Tennis Courts (3<sup>rd</sup> Floor)

**Contact:** Karen Thorne | [hkfstennissociety@gmail.com](mailto:hkfstennissociety@gmail.com) | [www.facebook.com/hkfstennissociety](http://www.facebook.com/hkfstennissociety)

The Tennis Society was inaugurated in 2000 and currently has around 230 members. The society counts a diverse membership and caters to this with a wide range of playing and entertainment offerings.

### SUNDAY MORNING SOCIAL TENNIS

New to the club, or just new to tennis? Sunday socials are a great way to begin your tennis journey at HKFC. Beginners have the chance to learn match play in a low key atmosphere, and there is always a chance for a competitive match if that's more your cup of tea. So, pack your racket and come on down to join us any given **Sunday 9.00am - 12.00pm, courts 4-6.**

### ORGANISED TOURNAMENTS

For those of us who can't get enough tennis, the society partners with the coaches at Australasia Tennis Aces (ATA) to deliver professionally run tournaments from the Charity Cup (where it's not unknown for Pimms to be taken between change of ends) to the feature event of the year - the Club Championships. The finals of which serve as a lead in to the highlight of the social calendar - the Tennis Society Gala and Awards Ceremony, where the entire society and their guests come together to celebrate.

### LEAGUE TENNIS

For those members who want to experience all Hong Kong Tennis has to offer, the society features team in the always competitive, and often combative, tennis leagues. The society enters teams in the men's, women's and juniors of the Hong Kong Tennis Association (HKTA) evening league, and women's teams in the Hong Kong Ladies Tennis League (HKLTL) day league.

Matches in both leagues are played over 2 seasons – Summer (April - July) and Winter (September - December).

The following teams compete:

<b>A+ Men</b>	Thursday evening
<b>A Men</b>	Monday evening
<b>B Men</b>	Tuesday evening
<b>D Men</b>	Thursday evening
<b>A+ Ladies</b>	Monday evening
<b>A Ladies</b>	Monday evening
<b>Mixed Doubles*</b>	Thursday evening ( <i>January - April only</i> )
<b>Men's Veterans*</b>	Monday evening
<b>Junior A,B &amp; C</b>	Friday evening
<b>Ladies Day League Division 3</b>	Wednesday morning ( <i>October - April</i> )
<b>Ladies Day League Division 5</b>	Monday morning ( <i>October - April</i> )

*\*Sufficient interest would allow for the introduction of new league teams.*

### **Tennis Society Fees**

\$280 for a full year, 1st January - 31st December

\$140 for a half year, 1st July - 31st December



## SWIMMING AND TRIATHLON SOCIETY

**Venue:** Swimming Pool (2<sup>nd</sup> Floor)  
**Contact:** Club Chairman - Douglas Morton | chairman@hkfcswimming.com  
Club Captain - Jessica McCarroll | captain@hkfcswimming.com  
HKFC Tri Kids Representative - Debbie Hanley | Debbiehanley01@gmail.com

The Swimming and Triathlon Society was formed in 2003 and is a Hong Kong Triathlon Association affiliated club offers training, technique improvement, competition and social activities around the sport. The Club's 25-metre 5-lane outdoor pool is open almost all year round with the pool being heated in winter. Society members range in age and ability and separate lanes are made available in the pool for different abilities and intensity of training. The Swimming and Triathlon Society competes in regular galas against other clubs in Hong Kong as well as open water swim races, aquathons and triathlons. We welcome new Members over 16 years of age who can already swim 500m and are keen to improve.



The Swimming and Triathlon Society also organises training which is suitable for Members who are keen to participate in multi-sports events such as Olympic distance triathlons.

### Training

SWIMMING	Monday	6.30am - 8.00am
	Tuesday	7.30pm - 9.00pm
	Wednesday	6.30am - 8.00am
	Thursday	7.30pm - 9.00pm
	Friday	6.30am - 8.00am

*\*Please fill in the Swimming and Triathlon Society Membership Application Form at Reception.*

### HKFC TRI KIDS / YOUTH SQUAD TRAINING

The Swimming and Triathlon Society offers swimming training for 8-15 years old who wish improve their stroke technique and swimming fitness. There is also an opportunity to represent the Club in both pool and open water swimming competitions, as well as aquathons and triathlons. The swimming sessions are coached by highly trained swimming coaches who also compete in local and international competitions.

Each session lasts 90 minutes and is mostly moderately intensive but yet enjoyable for the children. As we cannot offer a 'Learn to Swim' programme, we advise that all swimmers can swim a 200m distance competently, and has previous swim training experience.



### Training

SWIMMING	Monday	4.45pm - 6.15pm
	Wednesday	4.45pm - 6.15pm

*\*Please contact HKFC Tri Kids Representative: **Debbie Hanley**  
debbiehanley01@gmail.com*



# INTEREST GROUP

## TENPIN BOWLING INTEREST GROUP

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**Venue:** Ten Pin Bowling Alley (1<sup>st</sup> Floor)

**Contact:** Raymond Chan | rar7113@yahoo.com  
Rebecca Chan | rebecca\_Chan@yahoo.com

HKFC is one of the few clubs in Hong Kong with its own bowling alley and the group invites Members to join in the fun and competition. Weekly practice sessions are held on Thursday evenings from 7.00pm to 10.00pm. Every year we have 2 seasons Inter-league competition with other clubs.



# ADULT ACTIVITIES

## BADMINTON COACHING (ADULT)

**Venue:** Sports Hall (1<sup>st</sup> Floor)

**General Inquiries:** [torq.assistant.btonacademy@gmail.com](mailto:torq.assistant.btonacademy@gmail.com)



TORQ Sports International Limited offers various badminton programmes working with players of all ages and abilities. We can tailor-made programme(s) for small group(s) or individual(s) including:

- Individual / Private session
- Small group sessions
- Elite training and coaching
- Preparatory sessions for tournaments
- Team training by booking

### Private Badminton Coaching Hourly Fees

Member - 1 student	\$650 (per hour)
Group - Maximum 4 per court	\$650 (per hour)

- Per student additional \$50 (Member) or \$100 (non-Member) up to 3 students per individual session
- Schedule will be arranged upon request



### Head Coach – John Leung

- England Junior National Coach
- 3 times Wales National Champion
- Professional Coach for Badminton England Junior Team and Former England Junior Member
- Represented Wales and UK for (Thomas Cup, Surdman Cup, World Championships and Commonwealth Games)

### Regular Coach

overseas or local badminton coaching certification

Please contact Torq Sports International  
([torq.assistant.btonacademy@gmail.com](mailto:torq.assistant.btonacademy@gmail.com)) for availability.

**Register NOW and realise your potential!**

*\*Non-Member must be accompanied by a Member.*

## FITNESS WITH ENERGEAR FITNESS

**Contact:** Eric Chan | 9455 4189 |  
eric@energearfitness.com |  
www.energearfitness.com



### BARRE

**Venue:** Sports Theatre

In just 60 minutes you will achieve a full-body workout concentrating on the areas women struggle with the most: hips, thighs, seat, abdominals and arms. The Barre technique is low-impact, protecting your joints by avoiding any bouncing or jumping. Each strength section of the workout is followed by a stretching section in order to create long, lean muscles without bulk. The technique works to defy gravity by tapering everything in and lifting it up!

**Monday 7.00pm - 8.00pm**

**Fees** \$200 per class for Member; \$220 per class for non-Member

*\*Non-Member must be accompanied by a Member.*

*\*Subject to a minimum of 4 enrolled students.*

*\*For further enquiry or to sign up, please contact Eric Chan at 9455 4189 or eric@energearfitness.com.*

### HIGH-INTENSITY-INTERVAL-TRAINING

**Venue:** Squash Court

We focus on using the HIIT, high-intensity-interval-training, training technique to help you to decrease your body fat. During the training, you will burn fat more efficient and increase metabolism.

**Monday 9.30am - 10.15am**

**Wednesday 9.30am - 10.15am**

**Fees** \$200 per class for Member; \$220 per class for non-Member

*\*Non-Member must be accompanied by a Member.*

*\*Subject to a minimum of 4 enrolled students.*

*\*For further enquiry or to sign up, please contact Eric Chan at 9455 4189 or eric@energearfitness.com.*



### MAT PILATES

**Venue:** Sports Theatre

Pilates brings many benefits, including improved stability, flexibility, posture and balance. Pilates training help you to perform your daily activities more smoothly, reduces your chances of injury and enables your body move freely.

**Saturday 12.15pm - 1.15pm**

**Fees** \$200 per class for Member; \$220 per class for non-Member

*\*Non-Member must be accompanied by a Member.*

*\*Subject to a minimum of 4 enrolled students.*

*\*For further enquiry or to sign up, please contact Eric Chan at 9455 4189 or eric@energearfitness.com.*



## PERSONAL TRAINING

No matter what your fitness level is, our team of qualified personal trainers will help you to achieve all of your health and fitness goal, including weight loss, muscle toning, sports conditioning, and injury rehabilitation, as well as helping you to lead a healthy lifestyle.

Visit our notice board outside the Fitness Centre for our trainers' portfolio or check out [www.energearfitness.com](http://www.energearfitness.com)

For enquires on arrangements for training or fitness and health appraisal, please contact our Fitness and Health Consultant, Eric Chan at 9455 4189 or [eric@energearfitness.com](mailto:eric@energearfitness.com).

<b>Fees</b>	\$750 per hour session;	\$3,550 for 5 x 1-hour session
	\$1,775 for 5 x 1/2-hour session;	\$6,900 for 10 x 1-hour session

*\*This is a Members only programme.*

*\*For further enquiry or to sign up, please contact Eric Chan at 9455 4189 or [eric@energearfitness.com](mailto:eric@energearfitness.com).*

## STRETCHING

No matter what your workout routine is, regular stretching is essential in building flexibility and in reducing muscle tension. Stretching helps enhance sports performance and reduce the risk of injuries. The goal of the class is to work with imbalances and asymmetries in the bodies to develop flexibility and core strength, and to improve muscular circulation in the long term. We start with stretches for the overall body and conclude with a brief relaxation segment.

**Thursday 7.45pm - 8.45pm**

**Fees** \$200 per class for Member; \$220 per class for non-Member

*\*Non-Member must be accompanied by a Member.*

*\*Subject to a minimum of 4 enrolled students.*

*\*For further enquiry or to sign up, please contact Eric Chan at 9455 4189 or [eric@energearfitness.com](mailto:eric@energearfitness.com).*

## THAI BOXING (ONE-ON-ONE)

Thai Boxing, or Muay Thai, is the national sport of Thailand. The class will focus on the essential skills of punching, kicking, kneeing, elbowing, standing and grappling. The training will help you to develop power, speed and cardiovascular endurance, and it is also an excellent way to burn fat and stay in shape.

<b>Fees</b>	\$750 per hour session;	\$3,550 for 5 x 1-hour session
	\$1,775 for 5 x 1/2-hour session;	\$6,900 for 10 x 1-hour session

*\*For further enquiry or to sign up, please contact Eric Chan at 9455 4189 or [eric@energearfitness.com](mailto:eric@energearfitness.com)*



## GOLF

**Venue:** Golf Simulators Room (3<sup>rd</sup> Floor)

**Contact:** Martin Halliday | 9474 1494 | mhgolf064@gmail.com

The Golf Lesson packages are provided by our fully qualified golf professionals and are designed to accommodate golfers of all levels – All aspects of the golf swing are covered during the lesson - whether you are a beginner looking to master the fundamentals of the swing right through to advanced golfers who would like to refine their game. The simulators provide a great venue to play on the golf course or to practice driving, pitching and putting. Each lesson is 45 minutes and include video analysis, an ideal tool for immediate feedback and game changing impact.

**Fees (Individual Package Lessons):**

1 lesson - \$700                      3 lessons (\$650x3) - \$1,950                      6 lessons (\$600x6) - \$3,600

**Note:** Group packages with 2 or more people will be tailored on request.

**Please contact Martin directly to book your lesson in advance.**

*\*This is a Members only programme.*

*\*No classes on Public Holidays.*

## SWIMMING



**Venue:** Swimming Pool (2<sup>nd</sup> Floor)

**Contact:** FloatPlus Admin | 6504 8283 | admin@floatplus.hk | www.floatplus.hk

Hong Kong boasts one of the longest-standing and experienced teams of Total Immersion coaches in the world. Ex Olympian Karen Robertson and New Zealand Water Polo Representative Sandra Taylor lead Hong Kong's Total Immersion (TI) swim programs and through regular trainings and outreach have developed one of the largest TI base of swimmers in the world.



*Sandra and Karen*

**Level | Freestyle Effortless Endurance |** We will provide you with drills + skills to correct stroke habits + faults that are hindering your journey towards easy freestyle. You will receive detailed progressions, underwater + above water video analysis, skill work, all leading to finding efficient, effortless stroke.

**Private instruction** allows you to work at your own pace with maximum scheduling flexibility. This is good option for those who have busy schedules, personal needs, or are on a faster track for learning.

**Semi-private lessons** allow you to enjoy instruction with a friend or relative at a reduced rate. All students taking lessons together should have similar goals and comfort level in the water. We get requests for swim partners in the summer, so if you want to take semi-privates but don't have a partner, we can put you on a call/email list to let you know if a potential partner is available.



1. Video analyses by our top level coaches before and after
2. Receive drills + skills to allow you to find your efficient effortless stroke
3. Trust the process and watch your stroke develop

Register online: [www.floatplus.hk](http://www.floatplus.hk) | Enquiries: [admin@floatplus.hk](mailto:admin@floatplus.hk)

*\*This is a Members only programme.*

*\*No classes on Public Holidays.*

## TAEKWONDO BALCHAGI

**Venue:** Sports Theatre (1<sup>st</sup> Floor)

**Contact:** Jae Lee | 6336 1556 | [jaelee78@hotmail.com](mailto:jaelee78@hotmail.com)

Taekwondo is a Korean Martial Art characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast combination kicking techniques. The aim of Taekwondo Balchagi is to improve physical fitness, confidence, coordination, flexibility, and self confidence in a supervised environment and controlled manner. Classes are run by Master Jae Lee (World Taekwondo Federation 6th Dan) an experienced specialist who offers training in Taekwondo skills and techniques in accordance with international standards.

**Saturday 3.45pm - 4.45pm** (Taekwondo Balchagi)

**Fees** \$200 per lesson / \$800 per month (4 lessons) Member  
\$220 per lesson / \$880 per month (4 lessons) non-Member

*\*Non-Member must be accompanied by a Member.*

*\*Proper Dobok (\$480) is available from instructors.*

*\*Application Forms are available at 1st Floor Sports Desk.*

*\*Maximum number of Participants: 12 persons*

*\*No classes on Public Holidays.*

## TENNIS COACHING (ADULT)

**Venue:** Tennis Courts (3<sup>rd</sup> Floor)

**Contact:** General Inquiries/New Enrolments – [hkfc@atatennisaces.com](mailto:hkfc@atatennisaces.com)  
HKFC Head Coach – Toby Clark | [toby.clark@atatennisaces.com](mailto:toby.clark@atatennisaces.com)  
HKFC Ladies Programme/ Events – Nathan Booth | [nathan.booth@atatennisaces.com](mailto:nathan.booth@atatennisaces.com)  
Tennis Director – Kristin Godridge | [kristin.godridge@atatennisaces.com](mailto:kristin.godridge@atatennisaces.com)



TENNISACES

Australasia Tennis Aces (ATA) is currently offering an exciting mix of programmes catering to all levels of play, from beginners right through to advanced. The ATA team will also run numerous exciting social events and tournaments for all players throughout the year. ATA aims to give all HKFC players the solid foundation, necessary skills and love of the game that will allow them to continue playing and enjoying the game of tennis for life.



Our International team of enthusiastic coaches has extensive experience working with players of all ages and abilities and look forward to welcoming all of the HKFC adult crew out on the court.

ATA offers a comprehensive adult programme throughout the week with sessions including the following:



- Men's and Women's Early Morning workout sessions – weekdays 7.00am - 8.00am
- Ladies morning practice and play – weekdays 9.00am - 11.00am / 10.00am - 12.00pm
- Elite training and coaching
- Tennis Bootcamp (Tennis based fitness sessions with strength conditioning HIIT circuits and a lot of hitting, movement drills) A great alternative whole body workout – Tuesdays 7.00am / Fridays 8.00am.
- Beginner / Improver / Intermediate group coaching courses – weekday evenings 7.00pm - 9.00pm
- Social group coaching
- Team coaching
- Back into tennis clinics
- Social events, tournaments and competitions
- Lead up to league
- Weekend Warriors – Drills and social play
- Master class coaching sessions – specialist sessions
- Private / Semi Private lessons
- Pairs match-play coaching (must have an opponent of similar standard)

Private Tennis Coaching - Hourly Fees (Member/non-Member)		
	Member	non-Member
Tennis Director / Head Pro - 1 student	\$720	\$760
Tennis Pro - 1 student	\$670	\$710
Tennis Director / Head Pro - 2 students	\$390 (per person)	\$430 (per person)
Tennis Pro - 2 students	\$365 (per person)	\$405 (per person)
Private Adult Groups - 3 students	\$310 (per person)	\$350 (per person)
Private Adult Groups - 4+ students	\$240 (per person)	\$280 (per person)

*\*Non-Member must be accompanied by a Member.*

## YOGA WITH JUDY

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**Venue:** Sports Theatre  
**Contact:** Judy Law | judy.law.ws@gmail.com

**VINYASA FLOW**

An energetic form of yoga that synchronises movement with breath. This dynamic, flowing practice helps realign the body, build strength and improve flexibility, balance and concentration. Classes may include arm balances and inversions.

**YIN YANG**

An alignment-based slow flow or Yang practice integrated with a Yin sequence of long-held, passive floor postures with support from different props to target the deeper connective tissues of the joints and the corresponding pathways of the meridian system. A wonderful way to refresh the body, open the heart and clear the mind.

*\*All classes are for all levels and modifications are always available.*

<b>Tuesday</b>	<b>(Vinyasa Flow) 10.30am - 12.00pm</b>
<b>Fees</b>	\$250 per class for Member; \$280 per class for non-Member
<b>Wednesday</b>	<b>(Vinyasa Flow) 7.15pm - 8.20pm</b>
	<b>(Yin Yang) 8.30pm - 9.40pm</b>
<b>Fees</b>	\$150 per class for Member; \$170 per class for non-Member

*\*Non-Member must be accompanied by a Member.*

*\*Classes are open to all levels. Modifications and variations will be offered to suit all abilities.*

*\*No classes on Public Holidays.*

*\*For further enquiry or to sign up, please contact Judy at judy.law.ws@gmail.com*





# CHILDREN'S SPORTS

## BADMINTON WITH TORQ

**Venue:** Sports Hall (1<sup>st</sup> Floor)

**Contact:** torq.assistant.btonacademy@gmail.com



Welcome to TORQ Sports International Limited where we help juniors to discover fun and potential in badminton. Head coach John Leung has extensive experience in organizing junior programmes and training in the international circuit. Together with his team of coaches, junior participants will make friends, improve their games and strengthen their sportsmanship.



**Register NOW and realise your potential!**

### BADMINTON GROUP COACHING

	RATE PER SESSION
<b>Toddlers (3-5 years)</b>	Member \$150; Non-Member \$175 (1 hour per session)
<b>Beginners</b> <i>Shuttle Time Programme by BWF</i>	Member \$330; Non-Member \$380 (2 hours per session)
<b>Intermediate</b>	Member \$330; Non-Member \$380 (2 hours per session)
<b>Advanced</b>	Member \$330; Non-Member \$380 (2 hours per session)
<b>*High Performance</b>	By Invitation

Please refer to the application forms available at the Sports Desk every quarter for updated timetable

*\*Coach(es) will conduct individual assessment*

### PRIVATE BADMINTON COACHING

	HOURLY FEES
<b>Member - 1 student</b>	\$650 (per hour)
<b>Group - Maximum 4 per court</b>	\$650 (per hour)

- Per student additional \$50 (Member) or \$100 (non-Member)  
up to 3 students per individual session  
- Schedule will be arranged upon request

### Head Coach – John Leung

- England Junior National Coach
- 3 times Wales National Champion
- Professional Coach for Badminton England Junior Team and Former England Junior Member
- Represented Wales and UK for (Thomas Cup, Surdman Cup, World Championships and Commonwealth Games)

**Coaches** – overseas or local badminton coaching certification

*\*Non-Member must be accompanied by a Member.*

## BASKETBALL ADVENTURE



**Venue:** Sports Hall (1<sup>st</sup> Floor)

**Contact:** info@adventuresportsacademy.com | 3998 4042 |  
www.adventuresportsacademy.com

### ASA Philosophy

Here at Adventure Sports Academy (ASA) we want our kids to not only learn how to play sports at a high level, but to grow up to be independent, responsible and have respect for others.

We want to ensure that our kids here at ASA can go on to explore life and its opportunities with confidence. Most importantly, we want to ensure that our sessions are enjoyable and fun so that everyone arrives and leaves with a big smile on their faces.



### FIRST BOUNCE (18 Months - 4 Years Old)

Here your child will be introduced to the basic skills of basketball and begin the development of hand-eye coordination and key motor skills. Balance and reaction type games will be incorporated as these are important in many sports, especially basketball. Furthermore we will be introducing the very basic basketball skills, focusing on throwing and catching the ball initiating their interest in basketball game.

### BASKETBALL ADVENTURE (4 - 12 Years Old)

At this age, children in this program will be introduced to the concept of playing the game of basketball. We will begin to further develop the fundamental skills of dribbling, catching, shooting and passing. We will also be working on further developing your child's balance, co-ordination, footwork and key motor skills required for the game of basketball. Eventually we will be introducing rules, positions as well as basic tactics necessary to play the game.

### ASA SQUAD (U8 - U16)

This program is focused on advanced coaching of passing, shooting, dribbling and ball handling. Coaches will be working on fine-tuning the execution of these skills. Children in this program will be expected to understand what it means to be part of a team and learn to cooperate with others through participation in practices. Coaches will be working on clarifying rules of the game and preparing your children to play the game in a more competitive environment. Therefore coaches will be on the lookout for those who excel as well as understand and practice ASA's core values.

**ASA offer classes at HKFC on Tuesday, Wednesday and Thursday. For more information of our programme schedule, please refer to the ASA leaflets on 1/F sports desk for the updated schedule.**

*\*Non-Member must be accompanied by a Member.*

*\*No classes on Public Holidays.*

*\*A minimum of 2 students is required to run a class.*

## GOLF (JUNIOR)

**Venue:** Golf Simulators Room (3<sup>rd</sup> Floor)

**Contact:** Martin Halliday | 9474 1494 | mhgolf064@gmail.com

This Junior Programme is designed to develop and hone the vital skills of young golfers at all levels and abilities. The classes are fun, enjoyable and professional.

Utilising our state of the art Golf Simulators, every aspect of the game is covered including Full Swing, Chipping, Pitching, Putting, Etiquette and Golf Course Play. Weekly games and competitions are also organised.

**Saturday 2.15pm - 3.00pm**  
**3.00pm - 3.45pm**

A member may join the course at any point during the 8 weeks and will be charged prorate for the sessions remaining (subject to availability)

**Fees (8 Lessons)** \$2,000 Member; \$2,400 non-Member

*\*Non-Member must be accompanied by a Member.*

*\*No classes on Public Holidays.*

## KARATE (KIDS)

**Venue:** Sports Theatre (1<sup>st</sup> Floor)

**Contact:** Tom Hudak | 9036 0658

This long running class instructed by Tom Hudak, "a certified instructor with the rank of 8th Dan holding black belts in four different disciplines," is a useful activity for many children. Students may drop in to any class, as the nature of the Karate art is cumulative and based on repetition. Karate development results in the improvement of a child's confidence, self-control and genuine positive security in both mind and body. Official registered belt certifications are awarded.

**5 to early teens**

**Monday 5.00pm - 6.00pm**

**Friday 5.00pm - 6.00pm**

**Fees** \$120 per lesson Member; \$140 per lesson non-Member

*\*Non-Member must be accompanied by a Member.*

*\*No classes on Public Holidays.*

*\*A minimum of 4 students is required to run a class.*



# KINDER KICKS

**Venue:** Sports Hall (1<sup>st</sup> Floor)  
**Contact:** Paul Smith | 2385 9677 | admin@apsoccer.hk

Kinder Kicks is a soccer play program for young children where players learn soccer skills, motor skills and social skills while having fun!



- Soccer skills** - e.g. dribbling, ball control, ball striking, striking moving ball, passing, left and right foot, inside outside foot etc.
- Motor skills** - e.g. balance, change of direction, awareness, turning, shuffling side-to-side, jumping, moving into space etc.
- Social skills** - e.g. greeting coach, following instructions, taking turns, sharing, teamwork, learning to win and lose, sportsmanship, English language use etc.

## FA Certified, First Aid Qualified Coaches.

Our professional coaches run sessions using a variety of age-appropriate games and equipment. In classes for 2 years old and below parents may need to help students through the activities – don't worry – it's easy! For 3-4 year-old players a parent/helper needs to be present during the class. 5-6 year-old players can be dropped off for the class.

More information about what happens in our classes at [www.kinderkicks.hk](http://www.kinderkicks.hk)

	TIME	AGE
Mon	2.30pm-3.30pm	3yrs
	3.00pm-4.00pm	4 yrs
	3.30pm-4.30pm	3yrs
	4.00pm-5.30pm	5-6yrs
	4.30pm-5.30pm	4yrs
Tue	8.30am-9.30am	Walking-2yrs
	9.30am-10.30am	2yrs
	10.30am-11.30am	4yrs
Wed	2.30pm-3.30pm	2yrs
	3.30pm-4.30pm	3yrs
	4.30pm-5.30pm	4yrs
Thu	8.30am-9.30am	Walking-2yrs
	9.30am-10.30am	2yrs
	10.30am-11.30am	3yrs

## Fees

- 60 min class** - \$200 per session (Member) / \$230 (non-Member)
- 90 min class** - \$220 per session (Member) / \$250 (non-Member)
- Fees are charged per term, but fees can be pro-rated for late joiners if there is space in the class.*
- \*Non-Member must be accompanied by a Member.*
- \*Trial classes are available for new students, but please register with us before attending any session – admin@apsoccer.hk / 2385 9677*



## SOCCER ADVENTURE



**Venue:** Training Triangle / Sports Hall (1<sup>st</sup> Floor)  
**Contact:** www.adventuresportsacademy.com | 3998 4042 |  
 info@adventuresportsacademy.com

### ASA Philosophy

Here at Adventure Sports Academy (ASA) we want our kids to not only learn how to play sports at a high level, but to grow up to be independent, responsible and have respect for others.

We want to ensure that our kids here at ASA can go on to explore life and it's opportunities with confidence. Most importantly, we want to ensure that our sessions are enjoyable and fun so that everyone arrives and leaves with a big smile on their faces.



### **FIRST TOUCH (18 Months - 4 Years Old)**

This programme is aimed towards our youngest members who should be accompanied by a parent or guardian. Fun ball games are introduced to encourage motor learning and basic ball drills. Each session aims towards developing movement, co-ordination and body mechanics. Most importantly at this level, we want our children to have fun while being introduced to the concept of the game we all know as football or Soccer.

### **SOCCER ADVENTURE (4 - 12 Years Old)**

Soccer Adventure is an introduction to more challenging drills to help develop skills acquired in the earlier stages of our program. Skills including passing, control, dribbling & shooting will be further developed through regular practice. The foundations of roles and responsibilities within a team will be introduced and in the later stages, positional awareness will have them ready to take part in regular competitive fixtures when they move onto our Elite Football program.

### **ASA SQUAD (U8 - U16)**

The Elite Squads are teams that will represent ASA in Tournaments and matches against other clubs and academies. These teams are usually by invitation only, but we also hold open trials for children to attend if they feel they have been over looked by our coaches.

The Elite Squads train together during individualised sessions that are set up to work on and improve game play and tactics, which will prepare our players for match situations. Basic strength and conditioning will continue to be introduced to the children in an attempt to further develop and prepare them for the next level of football.

**ASA offer classes at HKFC on Monday through Friday. For more information of our programme schedule, please refer to the ASA leaflets on 1/F sports desk for the updated schedule.**

<b>Monday</b>	4.00pm - 7.00pm
<b>Tuesday</b>	4.00pm - 7.00pm
<b>Wednesday</b>	9.00am - 10.00am / 4.00pm - 6.00pm
<b>Thursday</b>	4.00pm - 7.00pm
<b>Friday</b>	4.00pm - 7.00pm

*\*Non-Member must be accompanied by a Member.*

*\*No classes on Public Holidays.*

*\*A minimum of 2 students is required to run a class.*

*\*Subject to Members, classes can be arranged at alternative times.*



## SQUASH COACHING (JUNIOR)

**Venue:** Squash Courts (1<sup>st</sup> Floor)

**Contact:** Phil Head | 9166 4931 | philhead@blade.com.hk

Carmen Lee | 9576 5608 | Carmenlee@blade.com.hk

In addition to the Squash Section's Sunday programme, Coach Phil Head gives juniors a solid foundation to build upon whilst developing the young players' knowledge of the game of squash. Phil and his teams of experienced coaches guide players through courses designed to improve every aspect of the game including technique, fitness, tactics, rules and sportsmanship.

Courses are run with 90 minutes sessions every Monday, Wednesday or Friday afternoon depending on age-group.



### MONDAY MINI SQUASH COURSES

**Time** 4.00pm - 5.00pm (60 mins)

**Age** 3 - 6 Years Old

**Date** 6th January to 30th March 2020 (12 Weeks Course)

*(No class on 27th January 2020)*

**Fee** \$2,040 Members; \$2,280 non-Members

### MONDAY JUNIOR BEGINNER'S/INTERMEDIATE COURSE

**Time** 5.00pm - 6.30pm (90 mins)

**Date** 6th January to 30th March 2020 (12 Weeks Course)

*(No class on 27th January 2020)*

**Fee** \$2,040 Members; \$2,280 non-Members

### WEDNESDAY JUNIOR BEGINNER'S/INTERMEDIATE COURSE

**Time** 5.00pm - 6.30pm (90 mins)

**Date** 15th January to 1st April 2020 (11 Weeks Course)

**Fee** \$1,870 Members; \$2,090 non-Members

### FRIDAY JUNIOR INTERMEDIATE COURSE

**Time** 4.15pm - 5.45pm (90 mins)

**Date** 3rd January to 3rd April 2020 (12 Weeks Course)

*(No class on 10th January 2020 and 31st January 2020)*

**Fee** \$2,040 Members; \$2,280 non-Members

### FRIDAY JUNIOR ADVANCED TEAM TRAINING

**Time** 5.45pm - 7.15pm (90 mins)

**Date** 3rd January to 3rd April 2020 (12 Weeks Course)

*(No class on 10th January 2020 and 31st January 2020)*

**Fee** \$2,040 Members; \$2,280 non-Members





- \*Limited to 12 players per 90 mins session, so please sign up early.
- \*Each week players will focus on different shot techniques including shot specific drills to enhance technique and playing skills.

## PRIVATE COACHING

Open to Members and non-Members of all age-groups.

Contact Phil for full details.

Individual coaching is also available as follows:

**HEAD COACH - PHIL HEAD** | 9166 4931 | Philhead@blade.com.hk

**1 on 1:** \$400 (30 mins) / \$550 (45 mins) / \$700 (60 mins)

**2 on 1:** \$400 per person (60 mins)

**Group Junior/ Ladies:** \$170 per Member / \$190 per non-Member

**COACH - CARMEN LEE** | 9576 5608 | Carmenlee@blade.com.hk

**1 on 1:** \$325 (30 mins) / \$480 (45 mins) / \$650 (60 mins)

**2 on 1:** \$350 per person (60 mins)

**Group Junior/Ladies:** \$170 per Member / \$190 per non-Member

**COACH - MATT ROBINSON** | 6201 8099 | matt.robinson@squashfit.net

**1 on 1:** \$480 (45 mins) / \$650 (60 mins)

**2 on 1:** \$350 per person (60 mins)

*\*Non-Member must be accompanied by a Member.*



## SWIMMING

**Venue:** Swimming Pool (2<sup>nd</sup> Floor)

**Contact:** FloatPlus Admin | admin@floatplus.hk |  
www.floatplus.hk

**floatplus**  
SWIMMING HONG KONG

With over 30 years of experience and supported by a team of enthusiastic, highly qualified, personable and compassionate teachers, the Float plus Swimming programme is designed to develop efficient and competent swimmers of all ages.

From our classes for infants to the higher-level independent swimmer classes, our curriculum aims to be the best introduction and development to water and water-based activities.

- Providing a safe, stress-free yet fun environment for learning
- Help students to 'connect' with water
- Providing clear and consistent instruction in small-sized classes
- Providing a logical and effective progression of skills
- Educating and empowering students so that they love being in water

**Register online:** [www.floatplus.hk](http://www.floatplus.hk)

**Contact details:** 6504 8283 or email: [admin@floatplus.hk](mailto:admin@floatplus.hk)

# HKFC SPRING AND SUMMER SWIM TERM

<b>WATERBABIES 1 (6-12 months)</b>	Tuesday & Friday 8.30am-9.00am	<b>WATERBABIES 1-2</b> This class offers a gentle introduction to basic water skills for babies and parents through fun and games with plenty of familiar songs and toys. Divided into age groups (6-12 months) and (13-24 months). A Parent or caregiver must accompany their child. Aims are water familiarisation and initial independence.
<b>WATERBABIES 2 (13-24 months)</b>	Tuesday & Friday 9.00am-9.30am	
<b>TADPOLES 1</b>	Tuesday & Friday 9.30am-10.00am Tuesday & Thursday 3.00pm-3.30pm	<b>TADPOLES (2-3 years):</b> For non-swimmers or with little water-confidence, this class builds on basic water skills such as age-appropriate safety, body balance (front and back floating), propulsion (kicking and paddling) while having a lot of fun with toys and songs. A Parent or caregiver must accompany their child. Aims are water familiarisation and basic skill development.
<b>GUPPIES 1</b>	Tuesday, Thursday & Friday 3.30pm-4.00pm	<b>GUPPIES 1 (3-5 years):</b> This class caters for non-swimmers or swimmers with little water-confidence but is run by the coach without the parental assistance. This class is the first step to a child's independent swimming. Building on basic water skills such as age-appropriate safety, body balance (front and back floating), propulsion (kicking and paddling) toys and songs.
<b>GUPPIES 2</b>	Tuesday & Thursday 4.00pm-4.30pm	<b>GUPPIES 2 (3-5 years):</b> For those children who are confident in the water but have no stroke technique i.e. able to go under, jump in without assistance and return to the side. This class introduces rolling to breathe, stroke work and further develops safety skills.
<b>PENGUINS</b>	Tuesday & Thursday 4.30pm-5.00pm	<b>PENGUINS (5 years and above):</b> For children able to swim 10 metres on front using freestyle stroke and rolling from front to the back with ease. Front crawl and backstroke are the focus strokes together with safe jumping and basic diving.
<b>SEALIONS</b>	Tuesday & Thursday 5.00pm-5.45pm	<b>SEALIONS (6 years and above):</b> For children able to swim 2 lengths (50 metres) on front using freestyle with rolling to breathe. The focus is on freestyle with lateral breathing, backstroke and breaststroke, race and deep diving and advanced safety skills are introduced.
<b>DOLPHINS</b>	Tuesday 5.00pm-5.45pm	<b>DOLPHINS (7 years and above):</b> For children able to swim 4 lengths (100 metres) with competent freestyle with side breathing and backstroke. Ready to develop better technique, learn breaststroke, butterfly, competitive starts and turns.
<b>SHARKS</b>	Tuesday & Thursday 5.45pm-6.30pm	<b>SHARKS (8 years and above):</b> This class is suitable for children able to swim minimum of 8 lengths (100 metres) using a competent freestyle, backstroke and breaststroke. This class focuses on strong technique for all strokes including butterfly and teaches competitive starts, turns and competition protocol.



## HKFC SPRING AND SUMMER SWIM TERM

ORCAS

Tuesday &  
Thursday  
5.45pm-6.45pm**ORCA SWIM SQUAD (9+ years and above):**

For advanced swimmers aged ready for a team style workout, while improving technique and competitive skills. All 4 strokes are developed as well as competition protocol pace-work using a poolside clock, fitness and life-saving.

**ADDITIONAL CLASSES** – Maybe scheduled depending on pool space. Private classes can also be arranged outside of the times given.

**TENNIS COACHING PROGRAMME (JUNIOR)**

**Venue:** Tennis Courts (3<sup>rd</sup> Floor)

**Contact:** General Inquiries/New Enrolments | [hkfc@atatennisaces.com](mailto:hkfc@atatennisaces.com)  
 HKFC Head Coach - Toby Clark | [toby.clark@atatennisaces.com](mailto:toby.clark@atatennisaces.com)  
 Tennis Director - Kristin Godridge | [kristin.godridge@atatennisaces.com](mailto:kristin.godridge@atatennisaces.com)

Australasia Tennis Aces (ATA) offers an exciting programme catering to all levels of play. From our Mini Aces (3yrs old), Development Squads (4-6yrs old), Rising Star Squads (8-10yrs old) and our HKFC Academy Squads, ATA has groups for the social player to the competitive tournament player. ATA aims to give all HKFC junior tennis players small and tall a solid foundation of skills and technique combined with a positive attitude, love and passion of the game that will keep your junior star playing and enjoying tennis for life. ATA offers a clear progressive pathway for your child, with group sessions being delivered focusing on the individual in the group. Tennis is a sport all children should learn and play and ATA is well known for installing great sportsmanship and strong tennis fundamentals.

Our international team of enthusiastic coaches has extensive experience working with players of all ages and abilities from individuals new to tennis right through to the performance player.

ATA offers a comprehensive WEEKLY junior programme (please see weekly schedule) as well as Junior world tour competitions, HKTA Junior League A, B and C Teams, an extensive Holiday Camp Programme, private and semi private lessons.



Please see below the HKFC/ATA Junior programme schedule running 6 days a week catering to classes for all abilities/ages. The ATA coaches will work directly with you to find the correct class/time for your child's ability and for their future enjoyment and progression.

The Junior Programme will be running at the below times:

**Development Squads**

- **Mini Aces (3yrs)** Mon-Fri 2.00pm / 3.00pm / 4.00pm, Sat 8.00am
- **Development Squad C (4-6yrs)** Mon-Fri 3.00pm / 4.00pm / 5.00pm,  
Tue&Fri 9.00am, Sat 8.00am / 9.00am
- **Development Squad B (6-8yrs)** Mon-Fri 4.00pm / 5.00pm, Sat 8.00am / 9.00am

**Rising Star Squads**

- **Rising Star Squad A (8-10yrs)** Mon-Fri 4.00pm/5.00pm, Sat 9.00am/10.00am/4.00pm
- **Rising Star Squad Social (10yrs plus)** Mon-Sat 5.00pm
- **HKFC Academy B (league team training) (9, 10yrs upwards - Ability assessed)** Mon-Fri 5.00pm - 7.00pm, Sat 5.00pm - 6.30pm

**Academy Squads**

- **HKFC Academy A (league team training) (12yrs up to 18yrs - Ability accessed)** Tue&Thu 5.00pm - 7.00pm, Sat 5.00pm - 6.30pm
- **Private/Semi Private lessons** TBA
- **Holiday Tennis Camps** Summer (Jun/Jul/Aug), Mid term break (Oct),  
Christmas (Dec/Jan), Chinese New Year (Feb), Easter (Apr)

*\*Please note that JTP enrolment is on a term basis and there are limited places available – Call for a complete rundown on options for your child.*

*\*\*Classes will cease on Public Holidays, most school holidays.*

*Please email or call ATA/HKFC for more information or please fill out an application form for your junior tennis players at the HKFC 1st Floor Sports Desk and ATA will contact you.*

**Junior Tennis Programme – Mini Aces 3 year olds (1hour)**

\$240 per class (Member) / \$280 per class (non-Member)

**Junior Tennis Programme – Development Squads / Rising Star Squads / Academy Classes (1hour)**

\$240 per class (Member) / \$280 per class (non-Member)

**Junior Tennis Programme – Development Squads / Rising Star Squads/ Academy Classes (1.5 hours)**

\$350 per class (Member) / \$390 per class (non-Member)

**Junior Tennis Programme (2hours)**

\$460 per class (Member) / \$500 per class (non-Member)

**Junior Tennis Programme – League Team squad training (2hours) (by invitation only)**

\$390 per class (Member) / \$430 per class (non-Member)

*\*Non-Member must be accompanied by a Member.*

ATA TENNIS LESSON TIMETABLE FOR HONG KONG FOOTBALL CLUB							
	MON	TUE	WED	THU	FRI	SAT	SUN
7am	Adult Training, Private, Groups	Tennis Bootcamp				Adult Training, Private, Groups	
	Adult Training, Private, Groups						
8am	Adult Training, Private, Groups				Tennis Bootcamp	Mini Aces	
9am	Ladies Social Lessons	Ladies Social Lessons	Adult Training, Private, Groups	Ladies Social Lessons		Development Squad Trainings A, B, C	
		Mini Aces			Mini Aces		
10am	Ladies Social Lessons						
11am			Ladies Social Lessons				
12pm						Adult Training, Private, Groups	
1pm							
2pm						Adult Training, Private, Groups	
	Mini Aces						
3pm						Development Squad Trainings A, B, C	
4pm	HKFC Development Squad Trainings A, B, C					HKFC - ATA Rising Star Squads	Adult Training, Private, Groups
5pm	HKFC - ATA Rising Star Squads	HKFC - ATA Academy Training A, B	HKFC - ATA Rising Star Squads	HKFC - ATA Academy Training A, B	HKFC Development Squad / Rising Star Squads	HKFC - ATA Rising Star Squads	
6pm					Rising Star & Academy / Squad Match Play / Junior League		
7pm							
8pm	Adult Training, Private, Groups						
9pm					Adult Training, Private, Groups		

\*Adult Tennis Lessons - Privates, Semi-Private, Groups available

\*\*Sundays - Available for Privates/Groups on request

## TINYTOTS MINI-SPORTS

**Venue:** Sports Hall (1<sup>st</sup> Floor)  
**Contact:** Ming Chan | 3488 7724 | info@tinytots.com.hk

Mini-Sports is a complete sports program for children between 18 months to 4 years old. The program is designed to keep children moving and engaged and send them home with new skills from a different sport each class. These well-rounded classes provide an amazing foundation for a lifetime of active living, bundling soccer, rugby and basketball into one comprehensive package.

Our primary objective is to teach sportsmanship, discipline, leadership, teamwork and physical conditioning through the playing and promotion of sports. Each game/drill works on the following 3 criteria of development: Physical, Social, and Educational.

**Physical:** speed, strength, motor-skills, balance, and coordination.

**Social:** working in groups, taking turns, sharing, and following instructions.

**Educational:** colours, numbers, rules of the game, and communication.

At Tinytots Mini-Sports, we believe that children learn best through play. Having fun is what it's all about!



Age	Class	Day/Time
18 to 36 Months Old	Mini-Sports	Monday 10.00am - 11.00am
		Tuesday 2.30pm - 3.30pm
3 and 4 Years Old	Rugby	Monday 9.00am - 10.00am
	Mini-Sports	Tuesday 3.30pm - 4.30pm
	Rugby	Monday 11.00am - 12.00pm

**Fees**      \$180 per session Member; \$210 per session non-Member  
Uniform - \$200 for first time participants

For registration form please go to [www.tinytots.com.hk](http://www.tinytots.com.hk) download the form and send it to us with the payment.

*\*Non-Member must be accompanied by a Member.*

*\*No classes on Public Holiday.*

## URENI TAEKWONDO

**Venue:** Sports Theatre (1<sup>st</sup> Floor)

**Contact:** Jae Lee | 6336 1556 | jaelee78@hotmail.com

Taekwondo is a Korean Martial Art characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast combination kicking techniques. The aim of Ureeni Taekwondo is to improve children's physical fitness, confidence, coordination, flexibility, and self confidence in a supervised environment and controlled manner. Classes are run by Master Jae Lee (World Taekwondo Federation 6th Dan) an experienced specialist who offers competitive training in Taekwondo skills and techniques in accordance with international standards.

### *For boys and girls*

#### **Saturdays**

**2.30pm - 3.30pm** Beginner's Class (4 yrs+)

**4.45pm - 5.45pm** Intermediate Class (6 yrs+)

**5.45pm - 6.45pm** Advanced Class with Kyurugi (10 yrs+)

**Fees**     \$200 per lesson / \$800 per month (4 lessons)    Member  
               \$220 per lesson / \$880 per month (4 lessons)    non-Member

*\*Non-Member must be accompanied by a Member.*

*\*Proper Dobok (\$480) is available from instructors.*

*\*Maximum number of participants 12 persons.*

*\*Application Forms are available at 1st Floor Sports Desk.*

*\*No classes on Public Holiday.*



# CHILDREN'S ACTIVITIES

## BUSY BEES PRE-SCHOOL

**Venue:** Sports Theatre (1<sup>st</sup> Floor)  
**Contact:** 5991 2899 | buzzus@busybeespreschool.com.hk |  
www.busybeespreschool.com.hk



Busy Bees Pre-School is a Montessori based classroom that also instils more traditional aspects of education to prepare young students for entry to Primary School. An emphasis is placed upon developing emotional, social, physical and intellectual skills. The classes provide a fun and safe environment, encouraging children to develop their social skills, whilst participating in structured sessions.

The Busy Bees Pre-School is divided into two classes. Wee Bees classes, for adults accompanying toddlers (14 months to 2.5 years), aims to help children adjust to pre-school life. Honey Bees classes, attended independently, are pre-school classes that prepare children aged 2.5 to 5.5 years old for Primary School. Classes are available in both English and Mandarin.



### WEE BEES CLASS (14 months through 2.5 years)

<b>Monday</b>	8.30am - 10.00am (Mandarin)
<b>Tuesday</b>	8.30am - 10.00am (English)
<b>Wednesday</b>	8.30am - 10.00am (English)
<b>Thursday</b>	8.30am - 10.00am (English)
<b>Friday</b>	8.30am - 10.00am (Mandarin)



### HONEY BEES CLASS (2.5 years through 5.5 years)

<b>Monday</b>	10.00am - 1.00pm (English + Mandarin)
<b>Tuesday</b>	10.00am - 1.00pm (English + Mandarin)
<b>Wednesday</b>	10.00am - 1.00pm (English + Mandarin)
<b>Thursday</b>	10.00am - 1.00pm (English + Mandarin)
<b>Friday</b>	10.00am - 1.00pm (English + Mandarin)

*\*Honey Bee 2 hour classes are available*

### CAMPS (2.5 years - 7 years)

Sign up at [www.busybeespreschool.com.hk](http://www.busybeespreschool.com.hk)

Camps are held over school holidays in October half-term, Christmas, Chinese New Year, Easter and over the whole Summer (July and August).

### MANDARIN BEES (3 years through 7 years)

We are offering specialized 1 hour and 2 hour small group Mandarin classes in the afternoons.

**Monday / Friday (1 hour and 2 hour classes are available)**

**3.00pm - 4.00pm, 4.00pm - 5.00pm or 3.00pm - 5.00pm**

*\*Non-Member must be accompanied by a Member.*

*\*Please note that we accept applications throughout the year but we do have wait lists for all our classes.*

*\*Non-Member's rates can be requested upon application.*

*\*No classes on Public Holidays.*

*\*A minimum of 4 students is required to run a class.*



## GYMNASTICS

**Venue:** Sports Hall (1<sup>st</sup> Floor)

**Contact:** Multi-Sport | 2540 1257 | admin@multi-sport.com.hk



The strength, co-ordination, agility and flexibility obtained in our Gym for Joy programme has life lasting benefits and there is a great deal of carry over skill into other sports. All the basics are covered with an emphasis on floor routines, beam, trampette and vaulting. Our 10-metre Air Track is used to learn skills in a safe and stimulating environment – the more advanced gymnasts can safely learn moves such as flick flacks, hand springs, aerials and tumbling routines. Gymnastic Competitions and Parent Interactive Lessons are held annually so that gymnasts have the opportunity to demonstrate the routines and skills acquired during lessons.

Day	Level	Time	Recommended Age
Tuesday	Gym for Tots	2.00 - 2.30pm	18 months - 3 years
	Beginner	2.30 - 3.15pm	3&4 years
	Elementary	3.30 - 4.15pm	5&6 years
	Improver	4.15 - 5.15pm	7+ years
	Advanced	5.15 - 6.15pm	8+ years (Invite only)

Multi-Sport reserves the right to place the student in the right class when necessary. Thank you.

**Fees** \$210 per lesson Member, \$240 per lesson non-Member

*\*Non-Member must be accompanied by a Member.*

*\*No classes on Public Holidays.*

*\*A minimum of 4 students is required to run a class.*

## ISLAND DANCE

**Venue:** Sports Theatre (1<sup>st</sup> Floor)

**Contact:** Madhu Kashyap | 2987 1571 | www.islanddance.com.hk



Island Dance starts a new term of Dance at Hong Kong Football Club on August 19th 2019. Island Dance is over 25 years old and well established at many club venues throughout and Hong Kong Island offering high quality Dance Instruction to children aged from age 2.5 to 18 years! Dance styles offered are Disco Freestyle, Hip Hop, Ballet and Tap - taught by highly qualified and experienced instructors from all over the world bringing a special flavour of dance to the members of Hong Kong Football Club. Come and Join the fun - "Turning Passion into Performance" in the new term and take part in our ISTD Freestyle Medal Tests, performances and shows.

For more information contact dance@islanddance.com.hk or call 852 29871571.



— All programmes are subject to change without further notice —

Tuesdays (with Jessica)	Time	Member/non-Member		Term Dates (Jan - Jun)
		Jan - Mar	Apr-Jun	
Nesbitt Centre Special Needs	1.45-2.45pm	-		
Jr. Disco Freestyle (3-4 yrs)	3.15-3.45pm	\$2,280 / \$2,520	\$2,470 / \$2,730	<b>Jan</b> 7th, 14th, 21st <b>Feb</b> 4th, 11th, 18th, 25th <b>Mar</b> 3rd, 10th, 17th, 24th, 31st (12 sessions)
Disco Freestyle (5-7 yrs)	4.00-4.45pm	\$2,400 / \$2,640	\$2,600 / \$2,860	<b>Apr</b> 7th, 14th, 21st, 28th <b>May</b> 5th, 12th, 19th, 26th <b>Jun</b> 2nd, 9th, 16th, 23rd, 30th (13 sessions)
Disco Freestyle (8-10 yrs)	4.45-5.30pm			
Adv. Disco Freestyle (11-13 yrs)	5.30-6.15pm			
Adv. Disco Freestyle (14 yrs & above)	6.15-7.00pm	\$2,280 / \$2,520	\$2,470 / \$2,730	
HKFC ID Elite Show Team (by Invitation only)	7.00-7.45pm			

Wednesdays (with Tia)	Time	Member/non-Member		Term Dates (Jan - Jun)
		Jan - Mar	Apr-Jun	
Jr. Disco Freestyle (3-4 yrs)	3.45-4.15pm	\$2,280 / \$2,520	\$2,470 / \$2,730	<b>Jan</b> 8th, 15th, 22nd, 29th <b>Feb</b> 5th, 12th, 19th, 26th <b>Mar</b> 4th, 11th, 18th, 25th (12 sessions)
Disco Freestyle (5-7 yrs)	4.15-5.00pm	\$2,400 / \$2,640	\$2,600 / \$2,860	<b>Apr</b> 1st, 8th, 15th, 22nd, 29th <b>May</b> 6th, 13th, 20th, 27th <b>Jun</b> 3rd, 10th, 17th, 24th (13 sessions)
Disco Freestyle (7.5-9 yrs)	5.00-6.00pm	\$2,640 / \$2,880	\$2,860 / \$3,120	
Disco Freestyle (10+ yrs)	6.00-7.00pm			

Thursdays (with Kim)	Time	Member/non-Member		Term Dates (Jan - Jun)
		Jan - Mar	Apr-Jun	
Jr. Disco Freestyle (3-4 yrs)	3.45-4.15pm	\$2,280 / \$2,520	\$2,090 / \$2,310	<b>Jan</b> 9th, 16th, 23rd, 30th <b>Feb</b> 6th, 13th, 20th, 27th <b>Mar</b> 5th, 12th, 19th, 26th (12 sessions)
Disco Freestyle (5-7 yrs)	4.15-5.00pm	\$2,400 / \$2,640	\$2,200 / \$2,420	<b>Apr</b> 2nd, 9th, 16th, 23rd <b>May</b> 7th, 14th, 21st, 28th <b>Jun</b> 4th, 11th, 18th (11 sessions)
Disco Freestyle (7.5-9 yrs)	5.00-5.45pm			
Disco Freestyle (10-12 yrs)	5.45-6.30pm			
Adv. Disco Freestyle (13+ yrs)	6.30-7.30pm	\$2,640 / \$2,880	\$2,420 / \$2,640	

Saturdays (with Tia)	Time	Member/non-Member		Term Dates (Jan - Jun)
		Jan - Mar	Apr-Jun	
Budding Ballerinas (2.5-3.5 yrs)	8.15-8.45am	\$2,280 / \$2,520	\$2,090 / \$2,310	<b>Jan</b> 4th, 11th, 18th <b>Feb</b> 1st, 8th, 15th, 22nd, 29th <b>Mar</b> 7th, 14th, 21st, 28th (12 sessions)
Intro Ballet (4-6 yrs)	8.45-9.30am	\$2,400 / \$2,640	\$2,200 / \$2,420	<b>Apr</b> 18th, 25th <b>May</b> 2nd, 9th, 16th, 23rd, 30th <b>Jun</b> 6th, 13th, 20th, 27th (11 sessions)
Beginner Ballet (7-9 yrs)	9.30-10.15am			
Intermediate Ballet I (9+ yrs)	10.15-11.00am			
Intermediate Ballet II (12+ yrs)	11.00am- 12.00pm	\$2,640 / \$2,880	\$2,420 / \$2,640	



*\*Non-Member must be accompanied by a Member.*

*\*A minimum of 5 students is required to run a class.*

*Maximum class limit 15 students*

*\*No classes on Public Holidays.*

*^Classes are with parent participation.*

## INCLUSIVE SQUASH

**Venue:** Squash Courts (1st Floor)

**Contact:** Anthea Yung | 6902 8280 | [anthea.yung@risewise.com.hk](mailto:anthea.yung@risewise.com.hk) | [www.risewise.com.hk](http://www.risewise.com.hk)

**Rise Wise Limited (RWL)** Inclusive Squash program is designed by professional coaches and behavioral experts specifically tailored for children with Special Educational Needs (SEN). Utilizing elements of Applied Behavioural Analysis (ABA), we use clearly defined procedures to specify how to learn a new skill. We effectively teach children with SEN by breaking a skill into smaller parts, teaching one sub-skill at a time until mastery.



With repeated practice in a concentrated period of time, with prompting and fading as necessary and reinforcement procedures, we support children to learn various skills through play in a natural setting. Trained behavioral therapists are there to handle challenging behaviors such as attention problems, meltdowns and non-compliance. Children can therefore learn a new sport through a safe and healthy environment that accentuates their personal growth and acquire good sporting values.

### Program Highlights:

- Build self-concept & confidence
- Develop social communication skills
- Emotional regulation and self-discipline
- Focus and attention enhancement
- Develop hand-eye coordination

**Fridays 4.30pm - 5.30pm (60mins)**

**Fee** \$600 for Members; \$660 for non-members

*\*Non-member must be accompanied by a Member.*

*\*Subject to a minimum of 3 enrolled students.*

*\*For further enquiry or to sign up, please contact Anthea Yung at 6902 8280 or [anthea.yung@risewise.com.hk](mailto:anthea.yung@risewise.com.hk)*

## KINDERMUSIK

**Venue:** Squash Court

**Contact:** [www.kindermusik.hk](http://www.kindermusik.hk) |

Catherine email – [Catherine@kindermusik.hk](mailto:Catherine@kindermusik.hk)



Catherine has always enjoyed working with young children. Originating from the UK & moving to HK in 1990, she became Hong Kong's first Kindermusik educator & hasn't looked at another job since; she absolutely loves it & has found her vocation! "Children, music & movement were made to be together!" she says. The best part of a class is when she sees parents, grandparents & caregivers forget what's going on outside & immerse themselves in a 45minute class of total attachment with their child.

### Every Friday

**Fees** \$200 for Members per session; \$220 for non-Members per session

- Free trial classes available.
- 10% off for Re-enrollment students.
- Make-up classes available.



### Kindermusik Village (0-18months) 10.30 - 11.15am



#### **Home Material \$700 for the whole course**

Take those special bonding moments between a parent & a baby & add a unique blend of musical learning activities that stimulate & engage all the senses. Parents will encourage their baby's learning through vocal play, object exploration, instruments & creative movements.



### Kindermusik OurTime (18-36months) 9.30 - 10.15am



#### **Home Material \$600 for the whole course**

Encouraging toddlers to be creative, to initiate their own ideas & to respond in their own ways. The children will play instruments, sing, move & explore, they'll uncover an engaging musical world, while building confidence, self-control & communication skills.



### **Enrolment includes:**

Developmentally appropriate class for parents & children ages 0-18mths & 18-36mths

- one set of home materials including variations of the following literature component, home activities, CDs of music from class, instrument or prop, and other special materials.

*\*Non-member must be accompanied by a Member*

*\*Minimum number to start a class is 4. Maximum number for each class is 12*

*\*No classes on Public Holiday*

*\*Registration can start immediately or start the course any time*

*\*Home Materials are mandatory (only exception if joining for less than 3 classes &/or can prove they already have the Home Materials from an older sibling joining a previous Kindermusik class)*

*\*No classes on Typhoon 8 or Black Rain Storm warnings (make-up classes depending on availability of teacher & room)*

## FUNCTIONS AND PARTIES

**Contact:** Catering Office | 2830 9512 | catering@hkfc.com

The Club Banquet facilities are used for a variety of events from corporate meetings, lunches, dinners or social gatherings to Children's Birthday Parties, Christenings or Wedding celebrations. Feel free to make contact to discuss how we can create your special event.



### **PAYMENT TERMS AND CONDITIONS:**

1. All charges will be directly debited to the Club account or cheque payment (if applicable), to be made to Hong Kong Football Club, whichever applies.
2. Regrettably, no refund will be given for cancellation as a result of inclement weather or for non-participation.
3. Written cancellation is required on or before the 15th of the month PRIOR to the start day of next course (if applicable). No verbal cancellation to the coach will be accepted.
4. Priority booking will be given to Members first.

### **NOTES AND CONDITIONS: (PLEASE READ CAREFULLY)**

1. Please send the application form and payment (if applicable) to the 1/F Sports Desk.
2. A Member's Secondary Carer may accompany a Child of that Member in the absence of both parents to participate in the activity programme, provided that such Secondary Carer is the holder of (and otherwise acting within the terms and conditions of) a Guardian's Card issued pursuant Secondary Carers to Bye-law 4. **Secondary Carers of non-Members are not permitted.**
3. Secondary Carers are not permitted to wait for Members, Family Members or other Secondary Carer in the Reception or meet there with other Secondary Carers.
4. Non-Members are welcome when accompanied by a Member, as stated otherwise. Priority will, however, be given to Members.
5. In the event of lightning, typhoon signal No. 8 or higher, Black Rain Warning or heavy rainfall, lessons will be cancelled.
6. There will be no lessons on Public Holidays.
7. **The use of mobile phones is strictly prohibited while on the Club Premises.**
8. For the Junior Soccer Programme, each player is recommended to wear shin guards and bring a water bottle.
9. Please wear rubber moulded or studded boots on the Main Pitch and Astro Pitch. Flat-soled trainers are not allowed on the Main Pitch. Metal Studs, Cleets and/or high heeled shoes are not allowed on the Astro Pitch.

Completed form(s) can be submitted to the Club in person or send by fax to 2882 5040. Additional copies of the Handbook and Application Forms are available at 1/F Sports Desk.



## **HONG KONG FOOTBALL CLUB**

3 Sports Road, Happy Valley, Hong Kong

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