



SPORTS ACTIVITIES

SEPTEMBER - DECEMBER 2025

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HOCKEY

VENUE

Hockey Pitch

CONTACT

Hockey Section Secretary

EMAIL sec@hkfchockey.com

www.hkfchockey.com

The Hockey Section has over 250 participating Members who are currently registered with the Hockey Hong Kong, China (HHKC). From this membership the Section fields seven Men's teams and seven Ladies' teams that compete in all HHKC competitions. With the largest number of hockey participants in Hong Kong, the Club has been, and continues to be, one of the most successful also in these competitions, often crowned Champions and/ or Cup winners in various divisions. 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. Teams will also actively tour to regular international tournaments around the Asia region, and participate in summer leagues during the off-season.

Qualified and experienced coaches provide coaching for teams, groups or individuals of all abilities. More information can be found on the Section website **www.hkfchockey.com** or via direct enquiries: **sec@hkfchockey.com**

SENIOR HOCKEY TRAINING SESSION TIMES

Women's A, B, C Teams	Tuesday	7pm - 8:30pm
Men's A, B, C Teams	Tuesday	8:30pm - 10pm
Women's D, E, F, G Teams	Thursday	7pm - 8:30pm
Men's D, E, F, G Teams	Thursday	8:30pm - 10pm

Information for start dates will be on the website in due course: **www.hkfchockey.com**.



JUNIOR HOCKEY

JUNIOR HOCKEY welcomes boys and girls, Members and non-Members, from the age of 3 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 volunteer parent and youth coaches.

We currently have open to 200 players registered playing mixed hockey across the

J6, J8, J10 and J12 age groups, including the Hockey Tots programme (age 3-5). Junior Hockey has a large following across Hong Kong and is played competitively at many schools and clubs.

Those participating in the HKFC Junior Programme must be accompanied by a Parent or Guardian to all training sessions and tournaments.

For detailed information regarding the junior hockey timetable, please visit our website at www.hkfcchockey.com.

YOUTH HOCKEY

VENUE

Hockey Pitch

CONTACT

Junior Hockey Administrator

EMAIL

jha@hkfcchockey.com

YOUTH HOCKEY is open to boys and girls, Members and non-Members from 13 to 18 years of age. Youth players, if selected, may also play in one of the Men's or Ladies senior teams playing at the Club in Hockey Hong Kong, China (HHKC) competitions. Qualified and experienced coaches provide the coaching. The Youth programme will strive to offer regular training and matches, ensuring the link between Junior Hockey and Senior Hockey is a continuous and successful

transition period. HKFC Youth Hockey also typically participates in the HHKC Youth League competitions and tournaments. League fixtures are 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. Between January and May 2025, HKFC Youth Hockey teams may also be selected to play inter-club matches.

For the Junior Hockey timetable please refer to section website www.hkfcchockey.com.



LAWN BOWLS

VENUE

Outdoor Green | Indoor Green

CONTACT

hkfcbowls@gmail.com

Have you ever thought about trying Lawn Bowls for fun? Whether you dream of competing in international tournaments or simply want to enjoy a rewarding sport, Lawn Bowls is perfect for everyone—regardless of age, gender, strength, or physical ability. It's a fantastic social game that can be played competitively or leisurely, offering a wonderful way to connect with fellow members while enjoying a lifelong sport.

At the Hong Kong Football Club (HKFC), we take pride in having the finest indoor and outdoor greens in Hong Kong. Our members have the privilege of learning Lawn Bowls on these exceptional facilities—a sport you can enjoy for years, even across generations.

Our Lawn Bowls Section boasts over 250 bowlers. For those interested in regular competition, we participate in exciting League and National Games organized by the Lawn Bowls Association of Hong Kong, China (LBA). For those looking to play for fun, we offer plenty of club games and social events, such as the “Boxing Day Social Game” on the 26th December and the “Fat Choy Cup” on the third day of the Lunar New Year every year. Many couples and families are active bowlers!

HKFC is one of the leading Lawn Bowls Clubs in Hong Kong, featuring 2 Ladies' Teams and 3 Men's Teams competing in the local's highest Premier League division. Our bowlers have consistently brought accolades to the club. For League achievements, our Ladies' A team won the First Division Premier League title in three consecutive seasons (2022, 2023 and 2024), not to mention the remarkable record of nine consecutive seasons' Champion from 2007 to 2015. The Men's A team also crowned Champion at the First Division Premier League in 2023, and they also won the Triples League

title in 2023 and 2024. Apart from A Team, we also have several Teams climbing up the ladder being promoted to a higher division from season to season. For National Championships, our bowlers never stopped achieving for the Club in recent years winning as many titles as they could.

Among all achievements, the most notable ones are winning the Bowler of the Year Award, the highest honor a bowler can achieve in a year, by Christina Yeung in 2022, James Po in 2023 and Stephen Sy in 2024.

JOIN OUR LAWN BOWLS COURSES

We offer Bowls Clinic, Beginner and Intermediate Courses for adults, as well as programs for juniors, throughout the year. All Club members are warmly invited to join. If you are interested in exploring the game of Lawn Bowls, please contact us via the email above, and we will notify you of the next available course.

Don't forget to check the Club notice boards for more information about our Lawn Bowls Section and upcoming events.

We look forward to welcoming you and your family to the wonderful world of lawn bowls!



RUGBY

VENUE

Main Pitch | Training Triangle

CONTACT

Director of Rugby Operations

Andrew Durutalo

EMAIL andrew_durutalo@hkfc.com

www.hkfcrugby.com

The Rugby Section fields seven men's and two women's teams. 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	7pm - 9pm
FIXTURE	Saturday	1:30pm - 7:30pm

JUNIOR YOUTH (MINI) RUGBY

VENUE

Main Pitch | Training Triangle | Happy Valley Pitches

CONTACT

EMAIL registration@hkfcyouthrugby.com

www.hkfcrugby.com

As one of the largest participating clubs in Hong Kong, the Club has over 700 registered players each season. Inter-club matches including Festival, 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 Hong Kong, China Rugby for potential further development into Senior Youth (Colts) and Senior Rugby. Visit the website www.hkfcyouthrugby.com to register.

Training Session	Day and Time	Venue
Under 4 *Minimum age is 2 years old	Sunday mornings The coaching is provided by professional sports educators.	Training Triangle
Under 5 *Minimum age is 4 years old to Under 12 Boys and Girls	Sunday mornings	Main Pitch and/or Happy Valley Pitches
Under 9 to Under 12 Boys and Girls	*Monday and Thursday, 4pm - 6pm *Sessions on age group All training sessions are led by Pro Coaches, drawn from Club's senior grade teams.	Main Pitch

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

All programmes are subject to change without further notice

RUGBY

SENIOR YOUTH (COLTS) RUGBY

VENUE

Main Pitch | Training Triangle | Happy Valley Pitches

CONTACT

EMAIL registration@hkfcyouthrugby.com
www.hkfcrugby.com

Senior Youth (Colts) Rugby has a range of players aged between 12 and 18 and is run as Under 13, Under 14, Under 16 and Under 18 year-old teams throughout the season from August to April.

There are boys and girls teams in these age groups. There are approximately 300 registered players at the Club, who play in leagues against other clubs in Hong Kong and participate in a variety of tournaments.

Training Session	Day and Time	Venue
Under 13 to Under 18 Boys	Monday and Thursday, 6pm - 7:30pm	Main Pitch
	Sunday mornings Games on Sundays at various locations	Main Pitch and/or Happy Valley Pitches
Under 14 to Under 18 Girls	Monday and Thursday, 6pm - 7:30pm	Main Pitch
	Sunday mornings Games on Sundays at various locations	Main Pitch and/or Happy Valley Pitches

All training sessions are led by Pro Coaches, drawn from Club's senior grade teams and coaches.
Senior Youth (Colts) Rugby is open to Members and non-Members alike.
An annual registration fee is charged and full kit is provided.



SOCCER

VENUE

Main Pitch | Training Triangle

CONTACT

Soccer Section Captain

Graeme Lane

EMAIL info@hkfcsoccer.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 FAHKC Premier League, Second Team (Lucky Mile) play in the FAHKC 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 Academy 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 Women's Soccer team that compete in the FAHKC 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:
hkfcsoccer.hk

The Section has three social sides, Dynamics, Rovers and Gazelles who play regular friendly matches each week through the season.

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.

<i>Training</i>	<i>Day</i>
First Team	Tuesday and Thursday
Soccer Section	Tuesday
Social Teams	Tuesday and Friday



SOCCER

JUNIOR SOCCER

VENUE

Main Pitch | Hockey Pitch | Training Triangle |
1st floor, Sports Hall

CONTACT

EMAIL info@hkfcjuniorsoccer.com
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 1,200 players across all of our different sub-programmes, which include our JS Community Programme, Youth Pathway Development Programme, and Jockey Club Youth League (JCL) squads.

Our JS Community (or "Saturday") programme focuses on players from 5 to 18 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 over 900 players in this programme including over 200 girls. Coaching sessions are held on Saturday

mornings from 7:30am - 1pm, with midweek training options for players of different levels. Our Saturday teams regularly compete in local leagues and competitions (Hong Kong Junior Football League for U7-U14 and FAHKC Golden Generation League for U9 - U12) as well as touring to tournaments in the region. The season normally runs from September to May.

Our JCL squads are an extension of our Junior Soccer Saturday programme and were established to ensure that our 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). We have 8 squads in Under 13, Under 14, Under 16 and Under 18 which compete in the FAHKC HK Jockey Club Youth. Players are selected from the pool of players registered in our Saturday programme. There are around 230 players in JCL squads.



YOUTH SOCCER

DEVELOPMENT PATHWAY

VENUE

Main Pitch | Training Triangle

CONTACT

EMAIL academy@hkfcjuniorsoccer.com

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 boys, Under 14, Under 16 and Under 18, and Under 15 Girls and Under 18 Girls Teams. 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 FAHKC Youth Premier League (U14, U16, U18) and FAHKC Women's Youth League. 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 220 players in the Youth Pathway.

CRUSADERS

SPECIAL NEEDS PROGRAMME

VENUE

Main Pitch

CONTACT

Nigel R Merritt

EMAIL nigel@nrmerrittassociates.com

The Crusaders is our programme for players with special needs. Coaching sessions take place throughout the year **between 6pm and 7pm on a Monday night** on the HKFC Main 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 International Soccer Sevens.



SQUASH

VENUE

1st floor, Squash Courts

CONTACT

Director of Squash

Dick Lau

EMAIL dicklau@hkfcsquash.com

HKFC is home to one of Asia's premier squash facilities, with seven squash courts including 3 all glass show courts and seating galleries for major events. The Squash Section is very diverse and socially vibrant, with around 300 active members. HKFC is the biggest single participant in the Hong Kong Squash League with 33 teams spread across all levels of divisions in the main league, ladies league and masters league (for the over 35s). Our Men's and Ladies first division teams include world ranked players so we regularly see squash of the highest standard at the Club.

The Section organises many internal tournaments, matches against visiting clubs, social Club Nights and international tours, as well as a rich calendar of parties. HKFC also hosts an annual Professional Squash Association squash tournament which attracts many of the top 20 ranked players from around the world to play in both the men's and ladies' events.

Group training is organised for Section Members. Individual coaching is offered by our team of professional coaches to Members and non-Members of any level.

The Section welcomes interest from active squash players.

JUNIOR SQUASH ACADEMY

The Squash Section runs a Junior Squash Academy which caters to young players of all stages of development from the ages of 4 - 18. The Academy is professionally run, and is grouped into courses for different levels operating throughout Monday to Sunday.

Older children represent the Club in the Hong Kong Squash League, playing against other junior teams.

The league season runs from September to May.

The Junior Squash Academy is open to Members and non-Members.



NETBALL

VENUE

CONTACT

1st floor, Sports Hall

EMAIL info@hkfcnetball.com

FACEBOOK facebook.com/hkfcnetball

INSTAGRAM instagram.com/hkfc_netball

www.hkfcnetball.com

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. Our Senior Netball DSA has a total of Seven teams which compete in the local ladies league. Currently HKFC are represented by Club, Typhoons and Monsoons in Division One, in Division Two we have Whirlwinds, and Hurricanes, and Tornadoes compete in Division Three. Cyclones play in Division Five.

With two netball courts located in the Sports Hall, HKFC is the top venue for league matches which take place between September and April on Monday evenings.

The Netball DSA also has strong representation in the National Senior and Junior netball squads, competing in high-level international matches and tournaments on a regular basis. This year, a quarter of the Hong Kong National Squad was made up of HKFC players, which confirms the high calibre of athletes who represent the Club throughout our Senior and Junior Sections.

Each HKFC team has qualified and dedicated coaches to help teams improve and develop their skills and understanding of the game.

In addition, the Netball DSA coordinates mixed social matches for Members and non-Members during the off-season period, which is very popular with players of all levels and genders. Throughout the season, Netball DSA host special guests and work in collaboration to hold workshops and coaching sessions; last year was one of the Australian Diamonds, Catherine Cox AM. Our social calendar is varied and allows opportunities for Netball DSA members to socialize outside of training and games. These include barbeques, cocktail parties, quiz nights, the Christmas party and an annual AGM.

MATCHES	Monday	7pm - 10pm
TRAINING	Wednesday	7pm - 10pm



NETBALL

JUNIOR NETBALL

VENUE CONTACT

1st floor, Sports Hall

EMAIL juniors@hkfcnetball.com

FACEBOOK facebook.com/hkfcnetball

INSTAGRAM instagram.com/hkfc_netball

www.hkfcnetball.com

The HKFC Junior Netball Academy (JNA) has steadily grown and developed over the past few years and is one of the top junior programmes in Hong Kong. We currently provide dedicated quality coaching and competition opportunities for over 130 players. The JNA consists of a complete development pathway for both female and male players starting with our very youngest players at age 6, all the way through to youth teams (Under 19s). Several youth pathway graduates have been successfully selected onto the top HKFC senior teams, as well as players selected to represent the National Hong Kong, China Youth squads.

For the youngest players, 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 players progress they are placed into teams where they can continue to refine their skills through training and competition. The HKFC JNA program is a year-long activity, where the intake happens through trials at the end of August. Should you wish to join the waiting list at any other point in the year for the next season, please email us directly.

Training

Monday & Wednesday	5pm - 7pm
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Matches

These will take place on either Saturday or Sunday depending on the NHKC Spring and Autumn League.

Fees

The annual fee payment, which covers coaching for the whole season from August - June and HKFC Netball uniform.



BADMINTON

VENUE

1st floor, Sports Hall

CONTACT

EMAIL hkfcbmtsociety@gmail.com
hkfcbadminton.com

Badminton Society currently has more than 100 members and with a mix of social players, competitive Club teams and high performance junior academy.

CLUB TEAM AND PRACTICE

Society has several competitive adult and junior teams of players who participate in nation-wide doubles and mixed leagues as well individual open tournaments. We are looking to increase the number of teams in the coming year and are actively looking to recruit new players. For those who want to participate competitively, please email our Secretary at hkfcbmtsociety@gmail.com for team try-out. Training sessions are usually held on Fridays. We welcome both juniors and adults.

TOURNAMENTS

Besides local leagues and tournaments, Society runs ladder competitions, club championship games, all year round, to promote badminton and provide more competition opportunities for our members.

JUNIOR DEVELOPMENT

Society has a structured junior development programme since 2019. There are currently over 20 junior competitive players of all ages and levels. This programme aims to nurture young talents to gradually become our Club senior team members.

SOCIAL SESSIONS

Members who are new to the club and/or the sport, or are seasoned players wanting to practice or improve, or just to have some gentle exercise and make some friends - can join our Social Sessions, usually held at the following time-slots:

Friday	7pm - 10pm
Sunday	10am - 1pm

MEMBERSHIP FEES from 1st January to 31st December

\$300 per year

Application Form to join the Badminton Society can be obtained from the Front Office



VENUE

Various

CONTACT

Golf Society Chairman

Phil Head

EMAIL philhead@blade.com.hk

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 650 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.

INDIVIDUAL MEMBERS MEMBERSHIP FEES

\$750 per annum,
with additional concessions for family
memberships

Please inquire at Reception for further details and
application forms.



VENUE

3rd floor, Tennis Courts

CONTACT

EMAIL hkftennissociety@gmail.com

www.facebook.com/hkftennissociety

The Tennis Society was inaugurated in 2000 and currently has around 200 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 9am - 12pm, 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, China Tennis Association (HKCTA) evening league, and women's teams in the Hong Kong, China Ladies Tennis League (HKCLTL) day league.

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

Teams	Date	Teams	Date
A Men / A+ Ladies / A Ladies	Monday evening	Mixed Doubles 1*	Monday evening January - April
B Men / B Ladies	Tuesday evening	Mixed Doubles 3*	Thursday evening January - April
A+ Men / D Men	Thursday evening	Ladies Day League Division 3	Wednesday morning September - March
Junior A,B & C	Friday evening	Ladies Day League Division 4	Tuesday morning September - March
Men's combine 120+	Thursday evening January - April	Super Senior League	Monday afternoon November - January

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

TENNIS SOCIETY FEES

\$350 for a full year
1st January - 31st December

\$175 for a half year
1st July - 31st December

SWIMMING AND TRIATHLON

VENUE

2nd floor, Swimming Pool

CONTACT

Club Chairman

Heinrich Grabner

EMAIL

hgrabner@yahoo.com

WHATSAPP

98688610

Club Coach

Dominic Tsui

EMAIL

dominic.tsui@gmail.com

HKFC Tri Kids Representative

EMAIL

hkfcswim@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.

SWIMMING TRAINING

Monday	6:30am - 8am
Tuesday	7pm - 8pm
Wednesday	6:30am - 8am
Thursday	12nn - 1:30pm 7pm - 8pm
Friday	6:30am - 8am
Saturday	6:30am - 8am

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.

TRI KIDS / YOUTH SQUAD SWIMMING TRAINING

Monday	5:15pm - 6:30pm
Wednesday	5:15pm - 6:30pm
Friday	5:15pm - 6:30pm



TENPIN BOWLING

VENUE

1st floor, Ten Pin Bowling Alley

CONTACT

Coach

Roy Chan

EMAIL

hkfc10pinbowling@gmail.com

Bowling Interest Group organise Beginners and Intermediate Courses from time to time for Members to learn the tenpin bowling skills. Members who have completed the Beginners Course are welcome to join the Intermediate Course.

If you are interested in joining the Bowling Interest Group or attending the courses, please write to the email above.

WEEKLY PRACTICE SESSIONS

Monday

7pm - 10pm





BADMINTON COACHING

**VENUE**

1st floor, Sports Hall

CONTACT

EMAIL 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

Register NOW and realise your potential!

DIRECTOR / 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

COACH

Overseas or local badminton coaching certification

PRIVATE BADMINTON COACHING

Individual

Head Coach \$900 per hour
International Coach \$750 per hour
Junior Coach \$650 per hour

Group for 2-4 persons per court

Per student additional \$60 (Member) or \$110 (non-Member) up to 3 students per individual session. Schedule will be arranged upon request. Non-Member must be accompanied by a Member.

Please contact Torq Sports International by email torq.assistant.btonacademy@gmail.com or text 6533 7877 for availability



FITNESS WITH ALPHA PERFORMANCE

CONTACT

Will Chu

TEL 9572 3680

EMAIL admin@alpha-performance.co



PERSONAL TRAINING

Alpha Performance believes that fitness is more than just sports performance, but more about overall health and well-being. Thus we offer a comprehensive list of services aimed to support members of all ages and fitness levels to achieve their fitness goals.

Work with our professional coach to hold yourself accountable in your fitness journey. Our coaches design personalised fitness programmes to achieve your fitness goal, including weight loss, muscle toning, sports conditioning, and injury rehabilitation. After all, we work together with our clients to lead a healthy lifestyle.

GROUP CLASSES

Alpha Performance presents a diverse range of classes aimed at providing participants with a comprehensive and fulfilling workout regime. Select from our dynamic cardio-based sessions for calorie-burning or explore our specialty classes for a thrilling and perspiring fitness experience. Our certified and proficient instructors prioritize proper form, technique, and intensity to help you maximize your resistance training exercises. Elevate your posture and functional movement by practicing balance and stabilization in our strength and conditioning classes. Choose the class that fits your fitness level for a rewarding fitness journey.

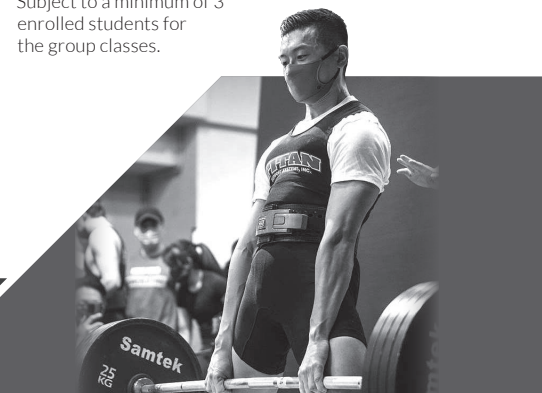
PERSONAL TRAINING MEMBERS ONLY

	\$850 for 1 session
One-on-one 1 hour session	\$4,000 for 5 sessions \$7,800 for 10 sessions
One-on-one 1/2 hour session	\$2,500 for 5 sessions
One-on-one 45 mins session	\$3,000 for 5 sessions \$1,200 for 1 session
One-on-two 1 hour session	\$6,000 for 5 sessions \$10,000 for 10 sessions

GROUP CLASSES

One-on-three 45 mins session	\$300 for 1 session
One-on-four or five 45 mins session	\$250 for 1 session

* Non-Member must be accompanied by a Member.
Subject to a minimum of 3 enrolled students for the group classes.



GOLF COACHING

VENUE 3rd floor, Golf Simulators Room

CONTACT **Billy Wong**

TEL 6929 8800 **EMAIL** billy@thegolfschool.hk

Anthony Fung

TEL 9621 8372 **EMAIL** anthony@thegolfschool.hk

Michael Bennett

TEL 6016 1961 **EMAIL** michael.bennett@ogp.hk

Welson Dao

TEL 5406 9309 **EMAIL** welson@ogp.hk

Ryan Hood

TEL 9751 8610 **EMAIL** ryan@ogp.hk

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 30 minutes/ 1 hour and include video analysis, an ideal tool for immediate feedback and game changing impact.

COACHING PRICE TABLE

Coach	Member	*Non-member
Billy	\$550 per half hour \$1,100 per hour \$6,300 for 6 hour package *6 month expiry on 6 hour package	\$600 per half hour \$1,200 per hour \$6,900 for 6 hour package *6 month expiry on 6 hour package
Welson	\$410 per half hour \$720 per hour \$4,080 for 6 hour package *6 month expiry on 6 hour package	\$460 per half hour \$820 per hour \$4,760 for 6 hour package *6 month expiry on 6 hour package
Anthony	\$675 per half hour \$1,250 per hour	\$725 per half hour \$1,350 per hour
Ryan	\$1,250 per hour	\$1,350 per hour
Michael	\$1,450 per hour \$8,250 for 6 hour package *6 month expiry on 6 hour package	\$1,550 per hour \$8,840 for 6 hour package *6 month expiry on 6 hour package

Non-Member must be accompanied by a Member.

No classes on Public Holidays.

Please contact Anthony, Welson, Ryan or Michael directly to book your lesson in advance.



VENUE

2nd floor, Swimming Pool

CONTACT

FloatPlus Admin

TEL 6504 8283

EMAIL 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.

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.

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

This is a Members only programme. No classes on Public Holidays.



TAEKWONDO BALCHAGI

VENUE

1st floor, Sports Theatre

CONTACT

Jae Lee

TEL 6336 1556

EMAIL 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.

Day	Time	Member	*Non-member
		\$230 per lesson	\$250 per lesson
Saturday	3pm - 4pm	\$920 per month for 4 lessons	\$1,000 per month for 4 lessons

*Non-Member must be accompanied by a Member.

No classes on Public Holidays. Maximum number of Participants: 12 persons

Proper Dobok (\$480) is available from instructors. Application Forms are available at 1st Floor Sports Desk.



TENNIS COACHING

**VENUE**

3rd floor, Tennis Courts

GENERAL INQUIRIES / NEW ENROLMENTS

hkfc@atatennisaces.com | www.atatennisaces.com

CONTACT

ATA Director / HKFC Head Coach **Nathan Booth**

TEL 6750 3350 | **EMAIL** nathan.booth@atatennisaces.com

HKFC Adult Tennis Director **Hernan Cortez**

TEL 5401 4075

HKFC tennis provider Australasia Tennis Aces – (ATA) The HKFC Tennis Programme has a comprehensive Junior Player Pathway nurturing young athletes from 18 months through to competitive adult players.

Our expert coaching team delivers a signature Athletic Development System, which is focused on 5 key pillars of tennis, which we believe provides students the best opportunity to become complete players.

The HKFC adult opportunities range from

Beginner private lessons, Men's, Ladies and mixed group sessions through to League Team training sessions and bootcamps.

A comprehensive selection of adult programmes are available to suit all player's needs.

The ATA International team of highly qualified and enthusiastic professionals has extensive experience working with players of all ages and abilities and look forward to seeing you on the courts!





TRAINING AND COACHING		Day	Time
Private, Semi Private and Group Coaching			Daytime / Evenings
Ladies Clinics	Beginners (Bronze) Intermediate (Silver) Advanced (Gold)	Tuesday Wednesday Thursday	Mornings
*Tennis Bootcamp		Tuesday Wednesday Friday	7am / 8am
Mixed Drills		Monday & Thursday	7pm - 8:30pm
Men's Drills (Men's point play session)		Tuesday & Thursday	12:30pm - 1:30pm

***Tennis Bootcamp** (Tennis based fitness sessions with strength conditioning HIIT circuits and a lot of tennis, movement drills)
A great alternative whole body workout.

PRIVATE & GROUP TENNIS COACHING	Member	*Non-member
Tennis Director / Head Pro 1 student	\$840	Not applicable
Tennis Pro 1 student	\$790	Not applicable
Tennis Director / Head Pro 2 students	\$430 per person	\$470 per person
Tennis Pro 2 students	\$420 per person	\$460 per person
Private Adult Groups 3 students	\$370 per person	\$410 per person
Private Adult Groups 4+ students	\$340 per person	\$380 per person
Tennis Bootcamp 1 hour	\$260 per person	\$300 per person
Ladies Morning Tennis 2 hours	\$480 per person	\$520 per person

*Non-Member must be accompanied by a Member.

YOGA WITH JUDY

VENUE

1st floor, Sports Theatre

CONTACT

Judy Law

EMAIL 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.

	Day	Time	Member	*Non-member
Vinyasa Flow	Tuesday	10:30am - 12pm	\$350 per class	\$380 per class
Yin Yang Flow	Wednesday	7:30pm - 8:30pm	\$250 per class	\$270 per class

*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



SQUASH WITH CARMEN

VENUE

1st floor, Squash Centre

CONTACT

Carmen Lee

TEL 95765608

EMAIL carmenlee@blade.com.hk



Carmen Lee is a highly experienced squash coach with over 20 years of involvement in the sport. As a former professional athlete, she achieved a peak world ranking of 62, equipping her with a profound understanding of competitive play and player development. With more than 8 years dedicated to coaching, Carmen has successfully guided athletes across all age groups and skill levels, from novices to elite players.

Her coaching philosophy focuses on the following:

- **Physical Fitness:** Customised fitness programs designed to enhance athletic performance.
- **Movement and Footwork:** Strategies to improve agility, balance, and court coverage.
- **Comprehensive Skill Development:** In-depth training that addresses technical, tactical, and psychological aspects of the game.

Carmen's commitment to excellence and her passion for squash make her an exceptional mentor, dedicated to empowering her students to reach their full potential both on and off the court.

	Member	*Non-member
30 mins	\$450	Not applicable
1 hour	\$800	Not applicable
1 hour/1 on 2	\$425 per person	\$450 per person
1 hour/1 on 3	\$325 per person	\$350 per person
1 hour Group Class (minimum of 4)	\$275 per person	\$300 per person

*Non-Member must be accompanied by a Member.
Open to all levels.

For further enquiry, please contact **Carmen** by email carmenlee@blade.com.hk or WhatsApp **95765608**.



JUNIOR BADMINTON WITH TORQ



VENUE

1st floor, Sports Hall

CONTACT

WHATSAPP 6533 7877

EMAIL torq.assistant.btonacademy@gmail.com

Torq Sports International Limited is HKFC elite badminton coaching and junior development provider. Torq is founded by an experienced ex-UK junior national coach and has extensive experience in organizing grassroots to elite performance programs together with a structured junior badminton development pathway.

Badminton is a very popular local sports but with the comprehensive coaching programmed and event calendar to ensure our performance and high performance juniors can compete all year round.

Founder and director of Torq emphasizes not only skillset development but also captaincy, teamwork and sportsmanship. Together with internationally qualified team of coaches,

junior participants will make friends, enjoy the sports and develop their skills.

Register NOW and realise your potential!

DIRECTOR / 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, Sudirman Cup, World Championships and Commonwealth Games

COACH

Badminton World Federation (BWF)
Badminton England Coaching Certificate

BADMINTON GROUP COACHING

		Member	*Non-member
Toddlers 3-5 years 60 minutes session	4 sessions	\$770 per month	\$880 per month
Beginners Level Shuttle Time Programme by BWF 90 minutes session		\$1,540 per month	\$1,740 per month
Intermediate Level 90 minutes session		\$1,540 per month	\$1,740 per month
School Team Level 90 minutes session		\$1,540 per month	\$1,740 per month
Junior Performance and Junior High Performance BY INVITATION	Coach(es) will conduct individual assessment		

Fees are charged on monthly (4 sessions) basis and make up session(s) is/are only available if coach or venue is unavailable. Please refer to the application forms available at the Sports Desk every quarter for updated timetable.

PRIVATE BADMINTON COACHING

Individual	Head Coach \$900 per hour / International Coach \$750 per hour
Group for 2-4 persons per court	Junior Coach \$650 per hour

Per student additional \$60 (Member) or \$110 (non-Member) up to 3 students per individual session.
Schedule will be arranged upon request.

*Non-Member must be accompanied by a Member.

Please contact Torq Sports International by email torq.assistant.btonacademy@gmail.com or WhatsApp 6533 7877 for availability

JUNIOR BADMINTON COACHING PROGRAMME WITH TORQ



WEEKLY JUNIOR COACHING SCHEDULE FOR HONG KONG FOOTBALL CLUB

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Before 3pm	will be arranged by Members' request only.						
1pm						Intermediate Level U10 Foundation Team	Beginners Level / Intermediate Level (from 1pm)
2pm						Intermediate Level / School Team Level / U10 Foundation Team	Beginners Level / Intermediate Level
3pm						Intermediate Level / School Team Level	Junior High Performance / Technical Performance Clinic
4pm		Toddlers Level		• Intermediate Level • School Team Level	Private coaching	Junior Performance / Junior High Performance	Junior High Performance / Technical Performance Clinic
5pm	Only Tuesday is available for 5pm Private Coaching			• Intermediate Level • School Team Level	• Beginners Level • Intermediate Level • School Team Level	Junior Performance / Junior High Performance	Junior High Performance / Technical Performance Clinic
6pm		Junior High Performance		Junior Performance / Junior High Performance	• Beginners Level • Intermediate Level • School Team Level	Junior Performance / Junior High Performance	Private coaching
7pm		Junior High Performance		Junior Performance / Junior High Performance	Junior High Performance Team	Private coaching	
8pm		Junior High Performance		Junior Performance / Junior High Performance	Junior High Performance Team	Private coaching	
9pm		Private coaching		Private coaching	Junior High Performance Team	Private coaching	

JUNIOR BADMINTON COACHING PROGRAMME WITH TORQ

FOUNDATION LEVELS

Toddlers Level

3-5 years an introduction to badminton following Badminton World Federation Shuttletime program

Beginners Level

6-12 years introduction to foundation badminton

Intermediate Level

above 12 years strengthening foundation and introduction of competition elements

School Team Level

school team player to fine-tuned basics and strengthen competition elements

Easter/ Chinese New Year/ Christmas/ Summer Camps

JUNIOR SQUAD LEVELS (BY ASSESSMENT)

U10 Foundation Team

Junior Performance Team

Junior High Performance Team

Technical Performance Clinic

for elite performance or national team level players

Private Individual/ Group coaching

tailor-made to individual progression



BASKETBALL ADVENTURE

**VENUE**

1st floor, Sports Hall

CONTACT

TEL 3998 4042

EMAIL info@adventuresportsacademy.com

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.



KINDER KICKS



VENUE

1st floor, Sports Hall

CONTACT

Paul Smith

TEL / WHATSAPP 2385 9677

EMAIL admin@apsoccer.hk

For our latest schedule
you can scan the QR Code



OR

Send us a message



Kinder Kicks is a soccer / football play program for children from 18 months old and up.

Our professional coaches teach a wide variety of exciting games where students enjoy themselves while learning the basics of soccer. Each activity is designed to improve a young child's motor skills and social skills... while scoring goals and having fun!

We use lots of special equipment in our classes – e.g. bean bags, skittles, mini footballs, hoops and mini-goals in age appropriate games. In classes for 4 years old and up, competition is introduced with 1v1s and 2v2s, and small sided games start in classes for 5 years old and up.

Member

\$210 per class for 60 minutes

*Non-member

\$240 per class for 60 minutes

Kinder Kicks have FA CERTIFIED, FIRST AID QUALIFIED COACHES.

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/guardian needs to be present during the class. 5-6 year old players can be dropped off for the class.

Trial classes are available for new students, but please register with us before attending any session – admin@apsoccer.hk or call / WhatsApp 2385 9677.

More information about what happens in our classes at www.kinderkicks.hk

For players from 2 years old up to 8 years old.

Day	Time
Monday & Wednesday	Afternoons
Tuesday & Thursday	Mornings



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.

SOCCER ADVENTURE

**VENUE**

Training Triangle

CONTACT

TEL 3998 4042

EMAIL info@adventuresportsacademy.com

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 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 Thursday. For more information of our programme schedule, please refer to the ASA leaflets on 1/F Sports Desk for the updated schedule.

<i>Day</i>	<i>Time</i>
Monday	3pm - 6pm
Tuesday	3:30pm - 6:30pm
Wednesday	9am - 11am / 3pm - 4pm
Thursday	3pm - 6pm

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.

JUNIOR GOLF

VENUE 3rd floor, Golf Simulators Room

CONTACT Billy Wong

TEL 6929 8800

EMAIL billy@thegolfschool.hk

Welson Dao

TEL 5406 9309

EMAIL welson@ogp.hk

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.

Non-Member must be accompanied by a Member.
No classes on Public Holidays.

Please contact Welson or Billy directly to book your lesson in advance.

JUNIOR COACHING PRICE TABLE

Billy	Tuesdays	9am - 12nn and 3pm - 7pm
	Sunday	3pm - 8pm
	Fees per hour	Member \$370 *Non-member \$430
Welson	Mondays	3pm - 7pm
	Wednesdays	9:30am - 1:30pm
	Fees per hour	Member \$250 *Non-member \$300

SWIMMING

floatplus
SWIMMING HONGKONG

VENUE 2nd floor, Swimming Pool

CONTACT FloatPlus Admin

TEL 6504 8283 | **EMAIL** admin@floatplus.hk | www.floatplus.hk

Swim strong with FloatPlus Swimming!

For over 30 years, FloatPlus Swimming has been teaching hundreds of children and adults the joy of swimming. Our experienced, fun, and qualified coaches are dedicated to providing swimming lessons for everyone—from tiny tots to adults.

- 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

WATER ORIENTATION / PARENT-ASSISTED

Ages 6 months-3 years

We introduce water safety and comfort in a playful environment to help your little ones feel at ease in the water.

INDEPENDENT SWIMMER 3-5 years

Our engaging lessons build confidence, technique, and a love for swimming, ensuring every stroke is a step toward becoming a skilled swimmer.

STROKE DEVELOPMENT 5-8 years

Improve stroke mechanics, breathing, and turns across all four competitive strokes—freestyle, backstroke, breaststroke, and butterfly.

Our supportive environment encourages students to push their limits while gaining the confidence to excel in the water.

ADVANCED SKILLS 9-12 years

Focus is on fine-tuning the competitive strokes, improving endurance, perfecting starts and turns. Deep dive into fun and challenging classes!

PLUS, ADULT BEGINNER/INTERMEDIATE/ADVANCED - NEVER TOO LATE TO LEARN TO SWIM!

Whether you're a beginner or looking to refine your skills, our tailored programs cater to your needs, helping you swim with confidence and ease.

PRIVATE/SEMI-PRIVATE classes are available and may be booked outside the times given above.

Join our Spring Term:
April 22nd to June 27th 2025

Register online: www.floatplus.hk

Contact details: 6504 8283 or email: admin@floatplus.hk

HKFC SWIM TERM

Waterbabies 1 6-12 months	Tuesday and Friday	8:30am - 9am
Waterbabies 2 13-24 months		9am - 9:30am
Tadpoles 1 2-3 years old	Tuesday and Friday	9:30am - 10am
	Tuesday and Thursday	3pm - 3:30pm
Guppies 1 3-5 years old	Tuesday, Thursday and Friday	3:30pm - 4pm
Guppies 2 3-5 years old	Tuesday and Thursday	4pm - 4:30pm
Penguins 5 years old+	Tuesday and Thursday	4:30pm - 5pm
Sealions 6 years old+	Tuesday and Thursday	5pm - 5:45pm
Dolphins 7 years old+	Tuesday	5pm - 5:45pm
Sharks 8 years old+	Tuesday and Thursday	5:45pm - 6:30pm
ORCAS 9 years old+	Tuesday and Thursday	5:45pm - 6:45pm

JUNIOR TENNIS COACHING PROGRAMME



VENUE

3rd floor, Tennis Courts

GENERAL INQUIRIES / NEW ENROLMENTS

hkfc@atatennisaces.com | www.atatennisaces.com

CONTACT

ATA Director / HKFC Head Coach

Nathan Booth

TEL

6750 3350

EMAIL

nathan.boothatatennisaces.com

HKFC tennis provider Australasia Tennis Aces – (ATA) The HKFC Tennis Programme has a comprehensive Junior Player Pathway nurturing young athletes from 18 months through to competitive adult players.

Our expert coaching team delivers a signature Athletic Development System, which is focused on 5 key pillars of tennis, which we believe

provides students the best opportunity to become complete players.

The HKFC adult opportunities range from Beginner private lessons, Men's, Ladie's and mixed groups through to League Team training sessions and bootcamps. A comprehensive selection of adult programmes are available to suit all players needs.

Foundation Squad BLUE BALL 18-36 months old	The HKFC foundation programme is an Introduction to movement, coordination and basic tennis concepts through play-based learning. Parent/Guardian assisted programme to enhance the connection between kids and parents. Develop fundamental motor skills, hand-eye coordination and early tennis awareness. Emphasis on providing the tools for parents to connect and positively assist in their child's development. Laying a great foundation for a future in sport.
Development Squads RED BALL 4-7 years old	The HKFC Red ball programme is progressive tennis development programme using modified equipment and courts. A Highly popular programme based on the young demographic teaches players fundamental hand-eye coordination, develops sending and receiving skills, movement and technical foundations. It introduces players as quickly as possible into rallies, the rules of the game and point play.
Rising Star Squads ORANGE BALL 8-9 years old GREEN BALL 10-11 years old	The HKFC Orange and Green ball programmes comprehensive tennis training focusing on technique and basic tactics. Through the Orange ball period, courts are modified to ¾ courts and progresses to Green ball, which uses the full court, an important development period of a young tennis player. A strong emphasis is placed on live play, point scenarios, and full court competitive match play.
Teenagers on the Move YELLOW BALL 12 years old+	SOCIAL PLAYERS The HKFC T.O.M programme is an innovative programme targeted towards teenagers creating an engaging tennis experience that adapts to each player's individual development path. By combining focused skill progression with social engagement and structured exercise, teenagers can enjoy tennis without having to play competitively. The programme is for teenagers during their study years to have a place to enjoy some exercise, meet new friends and enjoy their tennis.
Academy Squads 11 years+	COMPETITION LEVEL PLAYERS The HKFC academy squads are High-performance training for competitive junior players. The programme includes tennis-based fitness sessions, video analysis, goal setting and junior league supervision and feedback. The HKFC Academy squad sessions have a competition focus, where players develop the necessary skills, strategies and mental approach to enhance their chances of success in competition.

JUNIOR PROGRAMME

Foundation Squad

18-36 months

adult assisted session

Wednesday	9am - 9:45pm
Saturday	7:45am - 8:30am 8:30am - 9:15am

Development Squads

ATA Red 1 / Red 2 / Red 3

3-4 years / 4-6 years / 7-8 years

Monday to Friday	2pm / 3pm / 4pm
Monday and Wednesday	9am
Saturday	8am / 9am / 3pm

Rising Star Squads

ATA Orange 1 / Orange 2

7-8 years / 8-9 years

Monday to Friday	3pm / 4pm
Saturday	8am / 9am / 10am / 3pm

ATA Green 1 / Green 2

9-10 years / 10-11 years

Monday to Friday	4pm
Wednesday	5pm
Saturday	10am / 3pm

Teenager on the Move

Social players - 12 years+

Friday	5pm
Saturday	7:45am - 8:30am 8:30am - 9:15am

Academy Squads Ability Assessed

Academy Squads C

League Training, U12 years

Monday, Tuesday, Thursday and Saturday	5pm - 7pm
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Academy Squads B

League Training, U14 years

Monday, Tuesday, Thursday and Saturday	5pm - 7pm
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Academy Squads A

League Training, U18 years

Monday, Tuesday and Thursday	5pm - 7pm
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Private/Semi Private Lessons

Weekdays and Weekends subject to availability

Holiday Tennis Camps

Summer - Jun/Jul/Aug | Mid term break - Oct
Christmas - Dec/Jan | Chinese New Year - Feb | Easter - Apr

*Non-Member must be accompanied by a Member.

1. 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.
2. Classes will cease on Public Holidays, most school holidays.
3. Junior Tennis Programme (JTP) pricing is
\$340 per hour per player /
\$380 per hour for a guest of a member.
4. JTP Foundation Squad (adult assisted session) pricing is
\$240 per player, \$280 for a guest of a member.
5. Please email or call ATA / HKFC for more details.

Match play opportunities for Members.

1. Junior League A/B/C Teams
2. Junior Series for Red/Orange and Green Ball Players.
3. Teenage Social evenings.
4. HKFC and Tennis society social events
5. Charity events.
6. Adult Leagues: Men's A+, A, B, D.
Ladies A+, A, B

JUNIOR TENNIS COACHING PROGRAMME



ATA TENNIS LESSON TIMETABLE FOR HONG KONG FOOTBALL CLUB

	Mon	Tue	Wed	Thu	Fri	Sat
7am	Private Lessons	Bootcamp		Mens Team Training	Bootcamp	Private Lessons
8am	Private Lessons	Bootcamp		Private Lessons	Bootcamp	Foundation Squad
					Ladies Clinic (Silver)	Foundation Squad
					Ladies Clinic (Gold)	Development Squad (Red)
9am	Ladies Team Training	Ladies Clinic (Bronze)	Foundation Squad Development Squad	Ladies Clinic (Silver) Ladies Clinic (Gold)		Rising Star (Orange)
	Development Squad					
10am	Ladies Team Training		Ladies Clinic (Bronze)			Rising Star Squads (Green)
11am						Invitation Green Academy B, C
12nn		Mens Match Play		Mens Match Play		
1pm						Private Lessons
2pm	Development Squads (Red)		Development Squads (Red)			Private Lessons
3pm	Development Squads / Rising Star Squads (Red, Orange & Green)					
4pm	Development Squads / Rising Star Squads (Orange & Green)					Rising Star Squads (Green)
5pm	Academy Squads A,B,C	Academy Squad A, B, C	Rising Star Squads (Green) Invitational Green Academy C	Academy Squads A,B,C	Development Squads (Red) / Rising Star (Orange T.O.M Yellow)	Academy Squads A,B,C
6pm						
7pm	Adults Group Coaching Courses			Adults Group Coaching Courses	Junior League	
8pm						

Adults & Juniors Private / Semi private lessons: Weekdays & Weekends subject to availability

TINYTOTS MINI-SPORTS

VENUE

1st floor, Sports Hall

CONTACT

Ming Chan

TEL 3488 7724

EMAIL 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!

Class	Day	Time	Term Course Fee
Mini-Sports			
18 to 36 months old	Monday	10am - 11am	Member \$200 per session *Non-member \$220 per session Uniform - \$200 for first time participants
	Tuesday	2:30pm - 3:30pm	
3 and 4 years old	Tuesday	3:30pm - 4:30pm	

*Non-Member must be accompanied by a Member. No classes on Public Holiday.

For registration form please go to www.tinytots.com.hk download the form and send it to us with the payment.



UREENI TAEKWONDO

VENUE

1st floor, Sports Theatre

CONTACT

Jae Lee

TEL 6336 1556

EMAIL 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.

*Non-Member must be accompanied by a Member.

1. Proper Dobok (\$480) is available from instructors.
2. Maximum number of participants 12 persons.
3. Application Forms are available at 1st Floor Sports Desk.
4. No classes on Public Holiday.

FOR BOYS AND GIRLS

Beginner's Class I 4+ years old

Saturday 1pm - 2pm

Beginner's Class II 4+ years old

Saturday 2pm - 3pm **FULL**

Intermediate Class 6+ years old

Saturday 4:15pm - 5:15pm **FULL**

Advanced Class with Kyurugi 10+ years old

Saturday 5:30pm - 7pm

Member \$230 per lesson
\$920 per month for 4 lessons

Non-member \$250 per lesson
\$1,000 per month for 4 lessons



BUSY BEES PRE-SCHOOL



VENUE

1st floor, Sports Theatre

CONTACT

TEL 5991 2899

EMAIL buzzus@busybeespreschool.com.hk

www.busybeespreschool.com.hk

Busy Bees is a Registered International Pre-School offering an exciting range of classes for children aged 14 months to 5+ years. Your child will be fully prepared for primary school upon graduation.

The Busy Bees Pre-School curriculum brings Montessori approaches to the traditional classroom. This combination instills a natural exploration and love of learning, while also preparing the young student for the demands

of a primary classroom. An emphasis is placed upon developing emotional, social, physical and intellectual skills. Our classes provide a fun and safe environment encouraging children to develop at their own pace.

The classes are run by qualified native English teachers, Mandarin teachers and professional sports coaches. We welcome visits and trial classes to experience the exciting learning happening in our Hive!

Class	Day	Time	Language
Wee Bees Class 14 months old - 2+ years old	Monday / Friday	8:30am - 10am	Mandarin
	Tuesday / Wednesday / Thursday	8:30am - 10am	English
Honey Bees Class 2+ years old - 5+ years old	Monday / Tuesday / Wednesday / Thursday / Friday	10am - 1pm	English and Mandarin
Extended Day (Spelling Bees) 2+ years old - 5+ years old	Monday / Wednesday / Friday	1pm - 3pm	English
Mandarin Bees 2+ years old - 5+ years old	Monday / Friday	3pm - 4pm	Mandarin
		4pm - 5pm	
		3pm - 5pm	
	We are offering specialised 1 hour and 2 hour small group Mandarin classes, two afternoons per week.		
Wee Bees Holiday Classes 14 months old - 2+ years old	Holiday Camps and Classes are held over school holidays in October and at Christmas, Chinese New Year, Winter Break, Easter/Spring holidays and Summer holidays (July/August).		
Camper Bees 2+ years old - 5+ years old	Sign up at www.busybeespreschool.com.hk		

Non-Member must be accompanied by a Member.

1. Please note that we accept applications throughout the year and we often have wait lists.
2. Non-Member's rates can be requested upon application.
3. No classes on Public Holidays.



ISLAND DANCE

VENUE

1st floor, Sports Theatre

CONTACT

Madhu Kashyap

TEL 2987 1571 | **WHATSAPP**

9159 0663

EMAIL dance@islanddance.com.hk

www.islanddance.com.hk

Island Dance has been offering high quality dance instruction at club venues throughout Hong Kong Island for over 30 years.

Dance styles offered are Freestyle, Hip Hop and Ballet - taught by experienced instructors from all over the world bringing professional dance training to young members of Hong Kong Football Club.

Come learn dance technique and choreography in the new term and take part in their ISTD Freestyle Medal Tests, performances and shows. Our Motto

"Turning Passion into Performance"

TUESDAYS			Member / Non-member
ACRO DANCE 1 6+ years		4pm - 4:45pm	\$4,320 / \$4,800
ACRO DANCE 2 8+ years	Term 1 - 16 sessions		
	August 19, 26	4:45pm - 5:30pm	
	September 2, 9, 16, 23, 30		
Freestyle 4 14+ years	October 14, 21, 28	5:30pm - 6:15pm	
Technique & Conditioning 11+ years	November 4, 11, 18, 25	6:15pm-7pm	\$4,000 / \$4,480
ID Elite HK Show Team BY INVITATION ONLY	December 2, 9	7pm - 7:45pm	
WEDNESDAYS			Member / Non-member
Junior Freestyle 3+ years	Term 1 - 15 sessions	3:30pm - 4:15pm	\$4,050 / \$4,500
	August 20, 27		
Freestyle 1 6+ years	September 3, 10, 17, 24	4:15pm - 5pm	\$4,500 / \$4,950
Freestyle 2 8+ years	October 8, 15, 22	5pm - 6pm	
	November 5, 12, 19, 26		
Freestyle 3 11+ years	December 3, 10	6pm - 7pm	

THURSDAYS		Member / Non-member
Junior Freestyle 3+ years	3:45pm - 4:15pm	\$4,250 / \$4,760
Freestyle 1 6+ years	Term 1 - 17 sessions August 21, 28	\$4,590 / \$5,100
Freestyle 2 8+ years	September 4, 11, 18, 25 October 2, 9, 16, 23, 30	
Freestyle 3 11+ years	November 6, 13, 20, 27 December 4, 11	
Freestyle 4 14+ years	6:30pm - 7:30pm	\$5,100 / \$5,610
SATURDAYS		Member / Non-member
Budding Ballerinas 3+ years	8:15am - 9:00am	\$4,590 / \$5,100
Intro Ballet 5+ years	9:00am - 9:45am	
Beginner Ballet 7+ years	9:45am - 10:45am	\$5,100 / \$5,610
Intermediate Ballet I 9+ years	10:45am - 11:45am	
POINTE CLASS 12+ years BY INVITATION ONLY	11:45am - 12:15pm	\$4,250 / \$4,760

*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.



VENUE

1st floor, Sports Hall

CONTACT

Multi-Sport

TEL 2540 1257

EMAIL 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.

* Non-Member must be accompanied by a Member.

1. No classes on Public Holidays.
2. A minimum of 4 students is required to run a class.

BEGINNER 3 and 4 years old

Tuesday 2:30pm - 3:15pm

ELEMENTARY 5 and 6 years old

Tuesday 3:30pm - 4:15pm

IMPROVER 7+ years old

Tuesday 4:15pm - 5:15pm

ADVANCED 8+ years old **INVITE ONLY**

Tuesday 5:15pm - 6:15pm

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

Member \$260 per lesson

***Non-member** \$290 per lesson



JUNIOR SQUASH WITH CARMEN

VENUE

1st floor, Squash Centre

CONTACT

Carmen Lee

TEL 95765608

EMAIL carmenlee@blade.com.hk



Starting squash at a young age offers a dynamic and engaging experience that provides numerous benefits. The sport significantly enhances hand-eye coordination by requiring quick reflexes and precise movements, thus fostering essential skills for athletic performance. Additionally, targeted footwork drills help children navigate the court effectively, improving their agility and overall movement skills. The fast-paced nature of squash also promotes the development of balance and agility, which are crucial for success in various sports and daily activities. Furthermore, playing squash engages multiple muscle groups, contributing to increased strength, endurance, and overall physical fitness.

Carmen brings extensive experience working with children aged 3 to 18+, enabling her to create a supportive and motivating learning environment. Her coaching methods are customized to accommodate the diverse skill levels of her students, ensuring that both beginners and competitive players receive appropriate guidance. This ability to address varying skill levels fosters a positive and inclusive atmosphere, allowing children to progress at their own pace. By emphasizing fundamental skills while maintaining an enjoyable atmosphere, Carmen instills a lifelong love for the game, encouraging continued participation in squash.

	<i>Member</i>	<i>*Non-member</i>
30 mins	\$450	Not applicable
1 hour	\$800	Not applicable
1 hour/1 on 2	\$425 per person	\$450 per person
1 hour/1 on 3	\$325 per person	\$350 per person

*Non-Member must be accompanied by a Member.

For further enquiry, please contact **Carmen** by email carmenlee@blade.com.hk or WhatsApp **95765608**.



FUNCTIONS AND PARTIES

CONTACT

Catering Office

TEL 2830 9513

EMAIL catering@hkfc.com

The Club's 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.
10. Outside food and beverage is prohibited.

Completed form(s) can be submitted to the Club in person or email to Sports Desk (sports@hkfc.com). Additional copies of the Sports Activities Booklet and Application Forms are available at 1st floor, Sports Desk.



Hong Kong Football Club

3 Sports Road, Happy Valley, Hong Kong

TEL 2830 9500

FAX 2882 5040

www.hkfc.com