SPORTS & ACTIVITIES

JANUARY - JUNE 2021

• Section Sports
• Designated Sports Association
• Societies and Interest Group
• Adult Activities
• Children’s Sports
• Children’s Activities
## TABLE OF CONTENTS

### SECTION SPORTS
- Hockey Section ........................................ 2
  - Senior Hockey ....................................... 2
  - Junior Hockey ....................................... 2
  - Youth Hockey ....................................... 3
- Lawn Bowls Section .................................... 4
- Rugby Section .......................................... 4
  - Mini Rugby .......................................... 5
  - Colts Rugby ......................................... 5
- Soccer Section ......................................... 6
  - Junior Soccer ....................................... 6
  - Youth Soccer – Development Pathway .......... 7
  - Crusaders - Special Needs Programme .......... 7
- Squash Section ......................................... 8
  - Junior Squash Academy ......................... 8

### ADULT ACTIVITIES
- Badminton Coaching (Adult) ..................... 15
- Fitness with Energear Fitness
  - High-Intensity-Interval-Training ............. 16
  - Personal Training ................................ 16
  - Thai Boxing ......................................... 16
  - Total Body Workout ............................. 17
- Golf (New) ............................................. 17
- Swimming .............................................. 18
- Taekwondo Balchagi ................................ 18
- Tennis Coaching (Adult) ......................... 19
- Yoga with Judy ....................................... 20

### DESIGNATED SPORTS ASSOCIATION
- Netball DSA ............................................ 9
  - Juniors .............................................. 10

### CHILDREN’S SPORTS
- Badminton with TORQ ............................... 21
- Basketball Adventure .............................. 22
- Golf (Junior) (New) ................................ 23
- Karate (Kids) .......................................... 23
- Kinder Kicks .......................................... 24
- Soccer Adventure .................................... 25
- Swimming .............................................. 26
- Tennis Coaching Programme (Junior) ......... 27
- Tinytots Mini-Sports ............................... 30
- Ureeni Taekwondo .................................. 31

### SOCIETY SPORTS
- Badminton Society ................................ 11
- Golf Society .......................................... 11
- Tennis Society ....................................... 12
- Swimming and Triathlon Society .............. 13

### CHILDREN’S ACTIVITIES
- Busy Bees Pre-school .............................. 32
- Gymnastics ........................................... 33
- Island Dance ......................................... 33
- Kindermusik ......................................... 35
- Functions and Parties ............................ 36

### INTEREST GROUP
- Tenpin Bowling Interest Group .................. 14
HOECEY SECTION

SENIOR HOCKEY

Venue: Hockey Pitch
Contact: Director of Hockey - Simon Chapman | 2837 2672 | schapman@hkfc.com
Hockey Section Secretary | sec@hkfchockey.com | www.hkfchockey.com

The Hockey Section has over 300 participating Members who are currently registered with the Hong Kong Hockey Association (HKHA). From this membership the Section fields eight Men’s teams and eight Ladies’ teams that compete in all HKHA 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. Social Teams are also actively touring to regular international tournaments around the Asia region, and participating in summer leagues during the off-season (all of these activities are subject to various COVID-19 restrictions being removed).

Qualified and experienced coaches provide coaching for all 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

Training Session Times: January – June 2021

Women’s A, B, C Teams Tuesday 7:00pm - 8:30pm
Men’s A, B, C Teams Tuesday 7:00pm - 8:30pm
Men’s D, E, F, G Teams Thursday 8:30pm - 10:00pm
Goal Keepers Tuesday and Thursday 7:30pm - 9:00pm

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

JUNIOR HOCKEY

Venue: Hockey Pitch
Contact: Director of Hockey - Simon Chapman | 2837 2672 | schapman@hkfc.com
Junior Hockey Administrator - Nari Kennedy | jha@hkfchockey.com

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 volunteer parent and youth coaches.
We currently have close to 200 players registered playing mixed hockey across the J8, J10 and J12 age groups. Junior Hockey has a large following across Hong Kong and is played competitively at many schools and clubs. Those participating in the HKFC Junior Hockey Programme (ages 6-12) must be accompanied by a Parent or Guardian to all training sessions and tournaments.

**Training Session Times: January – May 2021**

<table>
<thead>
<tr>
<th>Age</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>J8</td>
<td>Saturday</td>
<td>9:45am – 10:45am</td>
</tr>
<tr>
<td>J10</td>
<td>Saturday</td>
<td>10:45am – 11:45am</td>
</tr>
<tr>
<td>J12</td>
<td>Saturday</td>
<td>11:45am – 12:45pm</td>
</tr>
<tr>
<td>J10 Academy</td>
<td>Tuesday</td>
<td>4:30pm – 5:30pm (by invitation)</td>
</tr>
<tr>
<td>J12 Academy</td>
<td>Thursday</td>
<td>4:30pm – 5:30pm (by invitation)</td>
</tr>
</tbody>
</table>

Information for 2021-2022 start dates will be on the website in due course: [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 Y14, Y16 and Y18. Youth players, if selected, may also play in one of the 8 Men’s or 8 Ladies senior teams playing at the Club in Hong Kong Hockey Association 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.

**Training Session Times: January – May 2021**

<table>
<thead>
<tr>
<th>Age</th>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Y14</td>
<td>Thursday</td>
<td>5:30pm - 7:00pm</td>
</tr>
<tr>
<td>Y16 and Y18</td>
<td>Friday</td>
<td>5:00pm - 6:30pm</td>
</tr>
</tbody>
</table>

HKFC Youth Hockey also typically participates in the HKHA 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 2021, HKFC Youth Hockey teams may also be selected to play inter-club matches on Friday evenings from 7:00pm – 8:15pm (all games dependent on COVID-19 rules on restrictions).

Information for 2021-2022 start dates will be on the website in due course: [www.hkfchockey.com/junior_hockey](http://www.hkfchockey.com/junior_hockey).

**JUNIOR AND YOUTH HOCKEY CAMPS 2021**

Given the current COVID-19 situation in Hong Kong, there will unlikely be a CNY Hockey Camp and it is also unlikely that there will be any external HKHA Junior Hockey tournaments during the balance of the 2020-2021 season. It is hopeful however, that a Hockey Camp will still be a possibility during the Easter Holiday period. Details will be posted in due course.


**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.hkfclawnbowls.com](http://www.hkfclawnbowls.com) and on the Club notice boards.

**RUGBY SECTION**

**Venue:** Main Pitch / Training Triangle  
**Contact:** Director of Rugby - Cameron Mcintosh | cameron_mcintosh@hkfc.com | 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 to register.

Under 4 (Minimum age is 2 years old)
Training sessions on Sunday mornings (HKFC Training Triangle). The coaching is provided by professional sports educators

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
All training sessions are lead by ProCoaches, drawn from Club’s senior grade teams. Midweek training sessions are on Thursday afternoons – 4.30pm - 6.00pm and potentially Mondays – 4.30pm - 6.00pm dependant on age group – 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 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.

Under 13 to Under 19 Boys
Training sessions on Monday and Thursday evening – 6.00pm - 7.30pm – HKFC Main Pitch
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 Monday and Thursday evening – 6.00pm - 7.30pm – HKFC Main Pitch
Training sessions on Sunday mornings – HKFC Main Pitch and/or Happy Valley Pitches.
Games on Sundays at various locations

Colts 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 —
SOCCER SECTION

Venue: Main Pitch / Training Triangle
Contact: Soccer Section Captain - Sebastian Page | 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 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://hkfcsoccer.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

First Team Tuesday and Thursday
Soccer Section Tuesday
Social Teams Tuesdays and Friday

JUNIOR SOCCER

Venue: Main Pitch / Hockey Pitch / Training Triangle / Sports Hall (1st Floor)
Contact: 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 1,000 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 16 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 825 players in this programme including 187 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 | 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

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 (1st Floor)
Contact: John Thompson | membership@hkfsquash.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 40s). 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

Venue: Squash Centre (1st Floor)
Contact: Carlos Cornes | 9754 9583 | carlos@hkfsquash.com

The Squash Section runs a Junior Squash Academy which caters to young players of all stages of development from the ages of 3 - 18. The Academy is professionally run, and is grouped into courses for different levels operating throughout the week and on Sunday afternoons. Older children represent the Club in the Hong Kong Squash League, playing against other junior teams.

The season runs from September to May.

The Junior Squash Academy is open to Members and non-Members.
With six 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 for four out of the last five seasons. Whirlwinds and Hurricanes represent the Club in Division Two and Tornadoes represent the Club in Division Three. Our social team, Cyclones play in Division Five.

With two netball courts in the Indoor Sports Hall, HKFC is the top venue for league matches which 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 Netball 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, the Christmas party 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 players. The JNA consists of a complete development pathway starting with our very youngest players 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 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.

Training times are as follows:

**Wednesdays**
- Ages 5-8: 4.30pm - 5.15pm
- U10s: 5.00pm - 6.00pm
- Under 12s and 14s: 6.00pm - 7.00pm

**Mondays**
- Under 16s and 19s: 6.00pm - 7.00pm

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 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/](https://www.facebook.com/hkfcnetball/)
BADMINTON SOCIETY

Venue: Sports Hall (1st Floor)
Contact: Secretary - Peggy Lee | psplctkd@gmail.com | http://hkfcbadminton.com

Badminton Society currently has more than 100 members and with a mix of social to club team and high performance junior academy.

CLUB TEAM PRACTICE

Society has a competitive team with players who actively participate in nation-wide doubles and mixed leagues as well individual open tournaments. Team coach and captain are responsible for selecting, assessing, coaching and coordinating players for practice and participate in tournaments.

TOURNAMENTS

Besides local leagues and tournaments, society also sets up ladder competitions, club championship games, etc. to promote badminton and provide more competition opportunities for society members.

JUNIOR TEAM/ACADEMY

Society has setup a structured junior academy since 2019 with the help from team coach. There are currently over 20 junior competitive players of all ages and levels in the academy. This development pathway will nurture these young talents to gradually become members of senior team.

SOCIAL SESSIONS

Members who are new to the club and/or the sport can begin an active lifestyle through joining our social sessions on Friday 7.00pm - 10.00pm and Sunday 9.00am - 1.00pm.

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

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 (3rd Floor)

*Contact:*  Karen Thorne | hkfctennisociety@gmail.com | www.facebook.com/hkfctennisociety

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:

**A+ Men**  Thursday evening  
**A Men**  Monday evening  
**B Men**  Tuesday evening  
**D Men**  Thursday evening  
**A+ Ladies**  Monday evening  
**A Ladies**  Monday evening
Mixed Doubles*  
Thursday evening (January - April only)

Men's Veterans*  
Monday evening

Junior A, B & C  
Friday evening

Ladies Day League Division 4  
Tuesday morning (October - April)

Ladies Day League Division 5  
Monday morning (October - April)

*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 (2nd Floor)

Contact:  
Club Chairman - Douglas Morton | ds.morton@icloud.com
Club Captain - Craig Nortje | nortjeca@gmail.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

TENPIN BOWLING INTEREST GROUP

Venue:  Ten Pin Bowling Alley (1st 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.
BADMINTON COACHING (ADULT)

Venue: Sports Hall (1st Floor)
General Inquiries: 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

<table>
<thead>
<tr>
<th>Private Badminton Coaching Hourly Fees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member - 1 student</td>
</tr>
<tr>
<td>Group - Maximum 4 per court</td>
</tr>
</tbody>
</table>

- Per student additional $50 (Member) or $100 (non-Member)
  up to 4 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, Surdiman Cup, World Championships and Commonwealth Games)

Coach
overseas or local badminton coaching certification

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

Register NOW and realise your potential!

*Non-Member must be accompanied by a Member.
FITNESS WITH ENGEREAR FITNESS

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

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

For enquiries 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.

Fees $780 per hour session; $3,750 for 5 x 1-hour session
$1,875 for 5 x 1/2-hour session; $7,200 for 10 x 1-hour session
Two on One: $1,170 per hour session; $5,625 for 5x1-hour session;
$10,800 for 10x1-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.

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.
ADULT ACTIVITIES

All programmes are subject to change without further notice.

**Fees**
- $780 per hour session; $3,750 for 5 x 1-hour session
- $1,875 for 5 x 1/2-hour session; $7,200 for 10 x 1-hour session
- Two on One: $1,170 per hour session; $5,625 for 5x1-hour session
- $10,800 for 10x1-hour session

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

---

**TOTAL BODY WORKOUT**

**Venue:** Sports Theatre

This fun energetic class is combined strength and cardio exercises to melt fat fast, improve body definition and increase your energy levels throughout the day!

Bands, hand-weights and body weight will be used to target the women’s problem areas of the tummy, hips and butt. You will feel the burn as you sweat your way through this class.

**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.

---

**GOLF (NEW)**

**Venue:** Golf Simulators Room (3rd Floor)

**Contact:**
- Vaughan Mason | 9507 7277 | Vaughan@thegolfschool.hk
- Billy Wong | 6929 8800 | billy@thegolfschool.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.

**Fees**
- Vaughan: $600 per half hour / $1,200 per hour / $6,000 for 6 hour package
- Billy: $425 per half hour / $850 per hour / $4,800 for 6 hour package

Please contact Vaughan and Billy directly to book your lesson in advance.

*No classes on Public Holidays.*
**SWIMMING**

Venue:  
Swimming Pool (2nd 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.

**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.

**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

*This is a Members only programme.

*No classes on Public Holidays.

---

**TAEKWONDO BALCHAGI**

Venue:  
Sports Theatre (1st 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 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.
ADULT ACTIVITIES

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 (3rd Floor)
Contact: General Inquiries/New Enrolments – hkfc@atatennisaces.com | www.atatennisaces.com
        HKFC Head Coach – Toby Clark | 9646 3760 | toby.clark@atatennisaces.com
        HKFC Ladies Programme/ Events – Nathan Booth | 6750 3350 |
        nathan.booth@atatennisaces.com
        Tennis Director – Kristin Godridge | 9104 7839 | kristin.godridge@atatennisaces.com

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 / Fridays 7.00am / 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)
<table>
<thead>
<tr>
<th>Private Tennis Coaching - Hourly Fees (Member/non-Member)</th>
<th>Member</th>
<th>non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tennis Director / Head Pro - 1 student</td>
<td>$720</td>
<td>$760</td>
</tr>
<tr>
<td>Tennis Pro - 1 student</td>
<td>$670</td>
<td>$710</td>
</tr>
<tr>
<td>Tennis Director / Head Pro - 2 students</td>
<td>$390 (per person)</td>
<td>$430 (per person)</td>
</tr>
<tr>
<td>Tennis Pro - 2 students</td>
<td>$365 (per person)</td>
<td>$405 (per person)</td>
</tr>
<tr>
<td>Private Adult Groups - 3 students</td>
<td>$310 (per person)</td>
<td>$350 (per person)</td>
</tr>
<tr>
<td>Private Adult Groups - 4+ students</td>
<td>$240 (per person)</td>
<td>$280 (per person)</td>
</tr>
<tr>
<td>Tennis Bootcamp (1 hour)</td>
<td>$220 (per person)</td>
<td>$260 (per person)</td>
</tr>
<tr>
<td>Ladies Morning Tennis (2 hours)</td>
<td>$400 (per person)</td>
<td>$440 (per person)</td>
</tr>
</tbody>
</table>

*Non-Member must be accompanied by a Member.

---

YOGA WITH JUDY

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.

Tuesday  (Vinyasa Flow) 10.30am - 12.00pm
Fees $250 per class for Member; $280 per class for non-Member

Wednesday (Vinyasa Flow) 7.15pm - 8.20pm
(Yin Yang) 8.30pm - 9.40pm
Fees $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
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**

<table>
<thead>
<tr>
<th>SESSION FEE(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Toddlers (3-5 years)</td>
</tr>
<tr>
<td>60 minutes session:</td>
</tr>
<tr>
<td>Per session Member $175, Non-Member $200</td>
</tr>
<tr>
<td>Beginners</td>
</tr>
<tr>
<td>Shuttle Time Programme by BWF</td>
</tr>
<tr>
<td>120 minutes session:</td>
</tr>
<tr>
<td>Per session Member $350, Non-Member $400</td>
</tr>
<tr>
<td>Intermediate</td>
</tr>
<tr>
<td>120 minutes session:</td>
</tr>
<tr>
<td>Per session Member $350, Non-Member $400</td>
</tr>
<tr>
<td>Advanced</td>
</tr>
<tr>
<td>120 minutes session:</td>
</tr>
<tr>
<td>Per session Member $350, Non-Member $400</td>
</tr>
<tr>
<td>*High Performance</td>
</tr>
<tr>
<td>By Invitation</td>
</tr>
</tbody>
</table>

- Please refer to the application forms available at the Sports Desk every quarter for updated timetable
- Fees are charged per month, but fees can be pro-rated for late joiners if there is space in the class for the remaining month.

*Coach(es) will conduct individual assessment*

**PRIVATE BADMINTON COACHING**

<table>
<thead>
<tr>
<th>HOURLY FEES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Member - 1 student</td>
</tr>
<tr>
<td>Coach $700 (per hour)</td>
</tr>
<tr>
<td>Group - Maximum 4 per court</td>
</tr>
<tr>
<td>Coach $700 (per hour)</td>
</tr>
</tbody>
</table>

- 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, Surdiman Cup, World Championships and Commonwealth Games)

Coach – overseas or local badminton coaching certification
*Non-Member must be accompanied by a Member.

BASKETBALL ADVENTURE

Venue: Sports Hall (1st 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 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 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.

**GOLDF (JUNIOR) (NEW)**

**Venue:** Golf Simulators Room (3rd Floor)  
**Contact:** Vaughan Mason | 9507 7277 | Vaughan@thegolfschool.hk  
Billy Wong | 6929 8800 | billy@thegolfschool.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.

**Open to age 7 to 16**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>4.00pm - 5.00pm and 5.00pm - 6.00pm</td>
</tr>
<tr>
<td>Saturday</td>
<td>4.00pm - 5.00pm and 5.00pm - 6.00pm</td>
</tr>
<tr>
<td>Sunday</td>
<td>4.00pm - 5.00pm and 5.00pm - 6.00pm</td>
</tr>
</tbody>
</table>

**Fees** $250 per hour

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

**KARATE (KIDS)**

**Venue:** Sports Theatre (1st 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**

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>5.00pm - 6.00pm</td>
</tr>
<tr>
<td>Friday</td>
<td>5.00pm - 6.00pm</td>
</tr>
</tbody>
</table>

**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 (1st 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)

<table>
<thead>
<tr>
<th>TIME</th>
<th>AGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 2.30pm-3.30pm</td>
<td>3yrs</td>
</tr>
<tr>
<td>3.00pm-4.00pm</td>
<td>4 yrs</td>
</tr>
<tr>
<td>3.30pm-4.30pm</td>
<td>3yrs</td>
</tr>
<tr>
<td>4.00pm-5.30pm</td>
<td>5-6yrs</td>
</tr>
<tr>
<td>4.30pm-5.30pm</td>
<td>4yrs</td>
</tr>
<tr>
<td>Tue 8.30am-9.30am</td>
<td>Walking-2yrs</td>
</tr>
<tr>
<td>9.30am-10.30am</td>
<td>2yrs</td>
</tr>
<tr>
<td>10.30am-11.30am</td>
<td>4yrs</td>
</tr>
<tr>
<td>2.30pm-3.30pm</td>
<td>2yrs</td>
</tr>
<tr>
<td>Wed 3.30pm-4.30pm</td>
<td>3yrs</td>
</tr>
<tr>
<td>4.30pm-5.30pm</td>
<td>4yrs</td>
</tr>
<tr>
<td>Thu 8.30am-9.30am</td>
<td>Walking-2yrs</td>
</tr>
<tr>
<td>9.30am-10.30am</td>
<td>2yrs</td>
</tr>
<tr>
<td>10.30am-11.30am</td>
<td>3yrs</td>
</tr>
</tbody>
</table>

**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 (1st 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.

Monday 3.00pm - 7.00pm
Tuesday 3.00pm - 7.00pm
Wednesday 9.00am - 11.00am / 3.00pm - 6.00pm
Thursday 3.00pm - 7.00pm
Friday 3.00pm - 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.

— All programmes are subject to change without further notice —
SWIMMING

Venue: Swimming Pool (2nd Floor)
Contact: FloatPlus Admin | admin@floatplus.hk | www.floatplus.hk

With over 30 years of experience and supported by a team of enthusiastic, highly qualified, personable and compassionate teachers, the FloatPlus 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
Contact details: 6504 8283 or email: admin@floatplus.hk

<table>
<thead>
<tr>
<th>HKFC SPRING SWIM TERM</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>WATERBABIES 1-2 (6-12 months)</td>
<td>Tuesday &amp; Friday 8.30am-9.00am</td>
</tr>
<tr>
<td>WATERBABIES 1-2 (13-24 months)</td>
<td>Tuesday &amp; Friday 9.00am-9.30am</td>
</tr>
<tr>
<td>TADPOLES 1 (2-3 years)</td>
<td>Tuesday &amp; Friday 9.30am-10.00am</td>
</tr>
<tr>
<td>TADPOLES 1 (3-5 years)</td>
<td>Tuesday, Thursday &amp; Friday 3.30pm-4.00pm</td>
</tr>
<tr>
<td>GUPPIES 1 (3-5 years)</td>
<td>Tuesday &amp; Thursday 4.00pm-4.30pm</td>
</tr>
<tr>
<td>GUPPIES 2 (3-5 years)</td>
<td>Tuesday, Thursday &amp; Friday 4.30pm-5.00pm</td>
</tr>
<tr>
<td>PENQUINS (5 years and above)</td>
<td>Tuesday, Thursday &amp; Friday 5.00pm-5.45pm</td>
</tr>
<tr>
<td>PENQUINS (6 years and above)</td>
<td>Tuesday, Thursday &amp; Friday 5.00pm-5.45pm</td>
</tr>
<tr>
<td>SEALIONS (6 years and above)</td>
<td>Tuesday, Thursday &amp; Friday 5.00pm-5.45pm</td>
</tr>
</tbody>
</table>

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. A Parent or caregiver must accompany their child.

For non-swimmers or with little water-confidence, this class builds on basic water skills while having a lot of fun with toys and songs. A Parent or caregiver must accompany their child.

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.

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.

For children able to swim 10 metres on front using freestyle stroke and rolling from front to the back with ease.

For children able to swim 2 lengths (50 metres) on front using freestyle with rolling to breathe.
CHILDREN’S SPORTS

All programmes are subject to change without further notice

<table>
<thead>
<tr>
<th>HKFC SPRING SWIM TERM</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DOLPHINS</strong></td>
</tr>
<tr>
<td><strong>SHARKS</strong></td>
</tr>
<tr>
<td><strong>ORCAS</strong></td>
</tr>
</tbody>
</table>

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

TEDNIS COACHING PROGRAMME (JUNIOR)

Venue: Tennis Courts (3rd Floor)
Contact: General Inquiries/New Enrolments | hkfc@atatennisaces.com | www.atatennisaces.com
HKFC Head Coach - Toby Clark | 9646 3760 | toby.clark@atatennisaces.com
Tennis Director - Kristin Godridge | 9104 7839 | 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

**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)**  Mon-Fri  4.00pm / 5.00pm, Sat 8.00am / 9.00am / 4.00pm

**Academy Squads**
- **HKFC Academy A (league team training)**  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.

*The above pricing is based on having up to 6 players on one court, If restrictions result in a only a maximum of 4 players being allowed per court then session durations are subject to change and pricing will be $320 per hour per player for members / $360 per hour per player for guest of members.
<table>
<thead>
<tr>
<th>Time</th>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THR</th>
<th>FRI</th>
<th>SAT</th>
<th>SUN</th>
</tr>
</thead>
<tbody>
<tr>
<td>7am</td>
<td>Adult Training, Private, Groups</td>
<td></td>
<td>Tennis Bootcamp</td>
<td></td>
<td>Adult Training, Private, Groups</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Adult Training, Private, Groups</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8am</td>
<td>Adult Training, Private, Groups</td>
<td></td>
<td></td>
<td>Tennis Bootcamp</td>
<td>Mini Aces</td>
<td></td>
<td></td>
</tr>
<tr>
<td>9am</td>
<td>Ladies Social Lessons</td>
<td>Adult Training, Private, Groups</td>
<td>Ladies Social Lessons</td>
<td>Adult Training, Private, Groups</td>
<td>Development Squad Trainings A, B, C</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mini Aces</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10am</td>
<td>Ladies Social Lessons</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11am</td>
<td></td>
<td>Ladies Social Lessons</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>12pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Adult Training, Private, Groups</td>
<td></td>
</tr>
<tr>
<td>3pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>HKFC - ATA Rising Star Squads</td>
</tr>
<tr>
<td>5pm</td>
<td>HKFC - ATA Rising Star Squads</td>
<td>HKFC - ATA Academy Training A, B</td>
<td>HKFC - ATA Rising Star Squads</td>
<td>HKFC - ATA Academy Training A, B</td>
<td>HKFC Development Squad / Rising Star Squads</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Rising Star &amp; Academy / Squad Match Play / Junior League</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8pm</td>
<td>Adult Training, Private, Groups</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9pm</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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

**Sundays - Available for Privates/Groups on request

--- All programmes are subject to change without further notice ---
TINYTOTS MINI-SPORTS

Venue: Sports Hall (1st 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!

<table>
<thead>
<tr>
<th>Age</th>
<th>Class</th>
<th>Day/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 to 36 Months Old</td>
<td>Mini-Sports</td>
<td>Monday 10.00am - 11.00am</td>
</tr>
<tr>
<td></td>
<td>Rugby</td>
<td>Tuesday 2.30pm - 3.30pm</td>
</tr>
<tr>
<td>3 and 4 Years Old</td>
<td>Mini-Sports</td>
<td>Tuesday 3.30pm - 4.30pm</td>
</tr>
<tr>
<td></td>
<td>Rugby</td>
<td>Monday 11.00am - 12.00pm</td>
</tr>
</tbody>
</table>

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 download the form and send it to us with the payment.

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

Venue: Sports Theatre (1st 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.

— All programmes are subject to change without further notice —
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)*
- **Monday**: 8.30am - 10.00am (Mandarin)
- **Tuesday**: 8.30am - 10.00am (English)
- **Wednesday**: 8.30am - 10.00am (English)
- **Thursday**: 8.30am - 10.00am (English)
- **Friday**: 8.30am - 10.00am (Mandarin)

**HONEY BEES CLASS** *(2.5 years through 5.5 years)*
- **Monday**: 10.00am - 1.00pm (English + Mandarin)
- **Tuesday**: 10.00am - 1.00pm (English + Mandarin)
- **Wednesday**: 10.00am - 1.00pm (English + Mandarin)
- **Thursday**: 10.00am - 1.00pm (English + Mandarin)
- **Friday**: 10.00am - 1.00pm (English + Mandarin)

*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**
- **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 (1st 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Level</th>
<th>Time</th>
<th>Recommended Age</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>Gym for Tots</td>
<td>2.00 - 2.30pm</td>
<td>18 months - 3 years</td>
</tr>
<tr>
<td></td>
<td>Beginner</td>
<td>2.30 - 3.15pm</td>
<td>3&amp;4 years</td>
</tr>
<tr>
<td></td>
<td>Elementary</td>
<td>3.30 - 4.15pm</td>
<td>5&amp;6 years</td>
</tr>
<tr>
<td></td>
<td>Improver</td>
<td>4.15 - 5.15pm</td>
<td>7+ years</td>
</tr>
<tr>
<td></td>
<td>Advanced</td>
<td>5.15 - 6.15pm</td>
<td>8+ years (Invite only)</td>
</tr>
</tbody>
</table>

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 (1st Floor)
Contact: Madhu Kashyap | 2987 1571 | www.islanddance.com.hk

Island Dance starts a new term of Dance at Hong Kong Football Club on January 5th 2021.

Island Dance has been offering high quality dance instruction at club venues throughout Hong Kong Island for over 25 years.

--- All programmes are subject to change without further notice ---
Dance styles offered are Disco Freestyle, 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 learn dance technique and choreography - “Turning Passion into Performance” in the new term and take part in their ISTD Freestyle Medal Tests, performances and shows.

For more information contact dance@islanddance.com.hk or call 852 2987 1571 / 9159 0663.

<table>
<thead>
<tr>
<th>Tuesdays (with Jessica)</th>
<th>Time</th>
<th>Member/ non-Member</th>
<th>Term Dates (Jan-Mar)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nesbitt Centre - Special Needs</td>
<td>1.45-2.45pm</td>
<td>-</td>
<td></td>
</tr>
<tr>
<td>Jr. Disco Freestyle (3-4 yrs)</td>
<td>3.15-4.00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disco Freestyle (5-7 yrs)</td>
<td>4.00-4.45pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disco Freestyle (8-10 yrs)</td>
<td>4.45-5.30pm</td>
<td>$2,600 / $2,860</td>
<td>Jan 5th, 12th, 19th, 26th  Feb 2nd, 9th, 16th, 23rd  Mar 2nd, 9th, 16th, 23rd, 30th (13 sessions)</td>
</tr>
<tr>
<td>Adv. Disco Freestyle (11-13 yrs)</td>
<td>5.30-6.15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adv. Disco Freestyle (14+ yrs)</td>
<td>6.15-7.00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Island Dance Elite HK Show Team (by Invitation only)</td>
<td>7.00-7.45pm</td>
<td>$2,470 / $2,730</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Wednesdays (with Tia)</th>
<th>Time</th>
<th>Member/ non-Member</th>
<th>Term Dates (Jan-Mar)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr. Beginner Tap (4.5 - 6 yrs)</td>
<td>3.15-3.45pm</td>
<td>$2,470 / $2,730</td>
<td>Jan 6th, 13th, 20th, 27th  Feb 3rd, 10th, 17th, 24th  Mar 3rd, 10th, 17th, 24th, 31st (13 sessions)</td>
</tr>
<tr>
<td>Jr. Disco Freestyle (3-5 yrs)</td>
<td>3.45-4.15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disco Freestyle (6-7.5 yrs)</td>
<td>4.15-5.00pm</td>
<td>$2,600 / $2,860</td>
<td></td>
</tr>
<tr>
<td>Disco Freestyle (8-10 yrs)</td>
<td>5.00-6.00pm</td>
<td>$2,860 / $3,120</td>
<td></td>
</tr>
<tr>
<td>Disco Freestyle (11+ yrs)</td>
<td>6.00-7.00pm</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursdays (with Kim)</th>
<th>Time</th>
<th>Member/ non-Member</th>
<th>Term Dates (Jan-Mar)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jr. Disco Freestyle (3-4 yrs)</td>
<td>3.45-4.15pm</td>
<td>$2,280 / $2,520</td>
<td>Jan 7th, 14th, 21st, 28th  Feb 4th, 11th, 18th, 25th  Mar 4th, 11th, 18th, 25th (12 sessions)</td>
</tr>
<tr>
<td>Disco Freestyle (5-7 yrs)</td>
<td>4.15-5.00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disco Freestyle (7.5-9 yrs)</td>
<td>5.00-5.45pm</td>
<td>$2,400 / $2,640</td>
<td></td>
</tr>
<tr>
<td>Disco Freestyle (10-12 yrs)</td>
<td>5.45-6.30pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Adv. Disco Freestyle (13+ yrs)</td>
<td>6.30-7.30pm</td>
<td>$2,640 / $2,880</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturdays (with Tia)</th>
<th>Time</th>
<th>Member/ non-Member</th>
<th>Term Dates (Jan-Mar)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Budding Ballerinas (2.5-4.5 yrs)</td>
<td>8.15-8.45am</td>
<td>$2,090 / $2,310</td>
<td>Jan 9th, 16th, 23rd, 30th  Feb 6th, 20th, 27th  Mar 6th, 13th, 20th, 27th (11 sessions)</td>
</tr>
<tr>
<td>Intro Ballet (4.5-6 yrs)</td>
<td>8.45-9.30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beginner Ballet (7-9 yrs)</td>
<td>9.30-10.15am</td>
<td>$2,200 / $2,420</td>
<td></td>
</tr>
<tr>
<td>Intermediate Ballet I (10+ yrs)</td>
<td>10.15-11.00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Intermediate Ballet II (12+ yrs)</td>
<td>11.00am-12.00pm</td>
<td>$2,420 / $2,640</td>
<td></td>
</tr>
</tbody>
</table>

--- All programmes are subject to change without further notice ---
CHILDREN’S ACTIVITIES

*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.

KINDERMUSIK

Venue: Squash Court
Contact: www.kindermusik.hk | Catherine email – 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)

— All programmes are subject to change without further notice —
FUNCTIONS AND PARTIES

Contact: Catering Office | 2830 9513 | 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.