

Children Ballet

(Bay Wing) May - Jun 2024

Mondays Class:

<u>Course</u>	<u>Age</u>	<u>Time</u>	<u>Course Fee</u>
Pre-School 1&2 (CB240501M)	3-5	3:15 - 4:00 pm	\$1680 (7 lessons)
Pre-Primary (CB240503M)	5-6	4:00 - 4:45 pm	\$1820 (7 lessons)
Grade 1 (CB240505M)	7-8	4:45 - 5:30 pm	\$1925 (7 lessons)
Primary (CB240504M)	6-7	5:30 - 6:15 pm	\$1820 (7 lessons)
Techniques Foundation (CB240508M)	9-11	6:15 - 7:00 pm	\$1925 (7 lessons)

Wednesdays Class:

<u>Course</u>	<u>Age</u>	<u>Time</u>	<u>Course Fee</u>
Pre-School 1&2 (CB240501W)	3-5	3:15 - 4:00 pm	\$1680 (7 lessons)
Pre-Primary (CB240503W)	5-6	4:00 - 4:45 pm	\$1820 (7 lessons)
Primary (CB240504W)	6-7	4:45 - 5:30 pm	\$1820 (7 lessons)
Grade 1 (CB240506W)	7-8	5:30 - 6:15 pm	\$1925 (7 lessons)
Grade 2&3 (CB240507W)	8-10	6:15 - 7:00 pm	\$1925 (7 lessons)

Class Schedule:

Monday Class: 6, 13, 20, 27 May 2024 ; 3, 17, 24 Jun 2024 (No Class on 10 Jun 2024)

Wednesday Class: 8, 22, 29 May 2024 ; 5, 12, 19, 26 Jun 2024 (No Class on 1, 15 May 2024)

Venue: Aerobics Room, Club Bel-Air Bay Wing

Medium of Instruction: English



*Minimum 4 students and maximum 12 students per class.

*Students are required to purchase proper ballet attire from Carol Bateman School.

*Photography is prohibited during classes unless authorized by the club management.

For further information, please contact Club Bel-Air Reception in person or call 2989 9000 (Bay Wing).

The Club reserves the right to cancel the activity due to lack of participants or inclement weather conditions.



貝沙灣



Course Guide

May – Jun 2024

www.kidsgallery.com

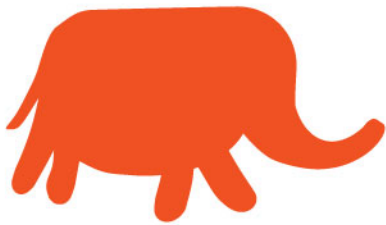


Be Future Ready: Creativity and the Arts

英語藝術育才以愛

應對未來無可取代

BE IRREPLACABLE



Kids' Gallery, Hong Kong's leading creative education provider, has over 27 years of experience developing creativity, curiosity, and confidence in children, focusing on critical soft skills learning. It provides early learners, visual, performing, and communication arts courses to children aged from 2 to 12 years. The aim is to create awareness of and arouse interest in the arts, and to develop a solid foundation of creativity, enquiry-based learning, and critical thinking, through a wide range of arts enrichment programmes. For more information, please visit:

www.kidsgallery.com



SINCE 1996...

27

creative years

80,000+

students

1,000+

shows and
events



Our unique learning journeys inspire children to be



Creative



Confident



Curious



OUR VALUES

- Long-term commitment, passion, and care for:
- Every learner's development
- Trustworthy community experiences
- Rigorous, enriching, and quality programmes

OUR PROGRAMMES ARE...



Child-centred

Encouraging children to explore and nurture their creative passions in an inclusive, holistic environment, developing self-esteem, self-expression, and self-actualisation



Enquiry-based

Guiding students on a learning journey that encompasses every level and scope for nurturing individual potential and passion



Forward-thinking

Working with children's developmental milestones to develop positive 21st century skills and traits



International

All courses are taught in English, and students are exposed to an international and dynamic environment

COMMUNICATION ARTS

Instilling confidence in your child to become an expressive communicator with social, presentation, and interactive skills.

Articulate,
Express,
and Communicate

Lesson Structure

Welcome

Warm-up

Focused learning points

Theme-work

Debrief

Focused learning points



Courses We Offer



Speech & Communication Jr

Focusing on building listening and comprehension skills and involving children in the telling of stories to develop vocabulary and speech



Speech & Communication 1

Helping students to develop the proficiency necessary for effective English language communication and self-expression



Speech & Communication 2

Inspiring students to practise the skills required for engaging English language communication and building self-confidence



Speech & Communication 3

Explore various aspects of social skills and interaction, and start to understand and express feelings verbally. Practise speech fluency, develop more self-confidence, and learn self-discipline and positive social behaviour. Learn more nuanced and complex conversation starters and responses, and become a compassionate and thoughtful active listener in different interactions.

Choose your class time in **Bel-Air (Kids' Gallery Room, Club Bel-Air Bay Wing)**

Speech & Communication 2			4 – 6 years
Mon	18.00 – 19.00	KID 23514 (May – Jun) May 6 13 20 27 Jun 3 17 24	7 classes: \$2,730

1 hour class per week
\$390 per class

PERFORMING ARTS

Act, Sing, and Dance

Developing musical and performance skills in singing, dancing, and acting, to develop your child's self-confidence and performance ability.

Lesson Structure

Welcome

Warm-up

Focused learning points

Theme-work

Debrief

Focused learning points

gesture • tension • facial expression

Acting



Singing



Dancing



ear training • projection • vocal register

balance • spatial awareness • body movement

Courses We Offer



Musical Theatre Jr

Recreating stories through guided speech and simple action songs, while establishing fundamentals of dramatic performance



Musical Theatre 1

Exploring group characterisation in storytelling, dramatic movement, vocal projection, and unison singing



Musical Theatre 2

Offering dialogue and synchronised movement while establishing independent character awareness and tuneful singing

Choose your class time in **Club Bel-Air Bay Wing**

Musical Theatre Jr				2 – 3.5 years
Thu	14.30 – 15.30	KID23546 (May – Jun) May 2 9 16 23 30 Jun 6 13	Aerobics Room	7 classes: \$2,730

Musical Theatre 1				3 – 5 years
Thu	9.15 – 10.15	KID 23544 (May – Jun) May 2 9 16 23 30 Jun 6 13	Aerobics Room	7 classes: \$2,730
Thu	15.45 – 16.45	KID 23547 (May – Jun) May 2 9 16 23 30 Jun 6 13	Aerobics Room	7 classes: \$2,730

Musical Theatre 2				4 – 6 years
Thu	10.30 – 11.30	KID 23545 (May – Jun) May 2 9 16 23 30 Jun 6 13	Aerobics Room	7 classes: \$2,730
Thu	17.00 – 18.00	KID 23548 (May – Jun) May 2 9 16 23 30 Jun 6 13	Aerobics Room	7 classes: \$2,730

1 hour class per week
\$390 per class

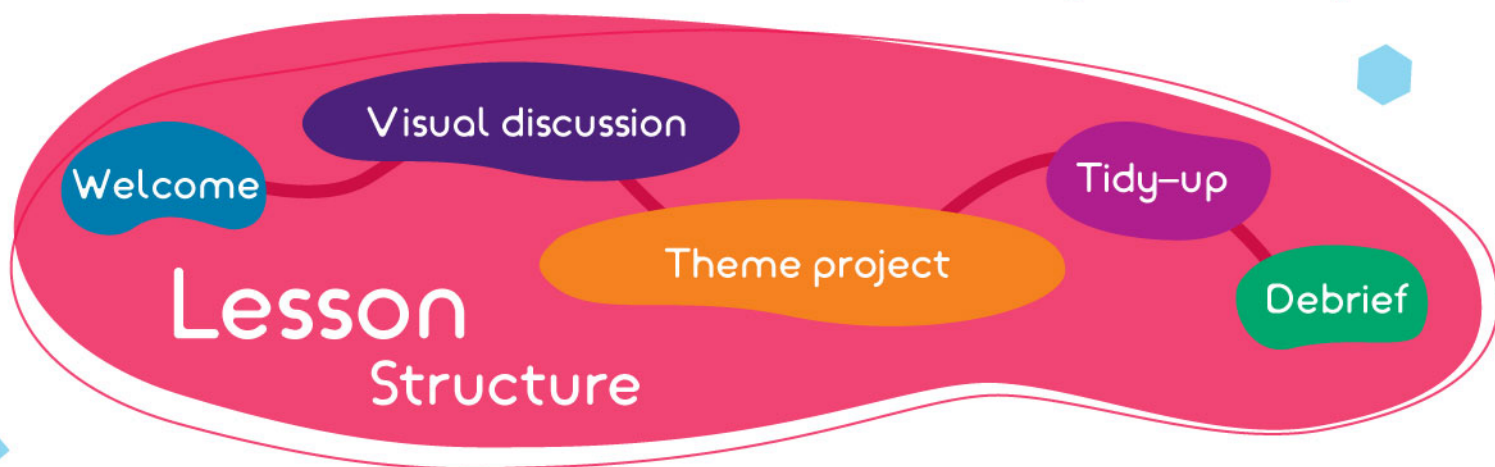
VISUAL ARTS

Imagine,

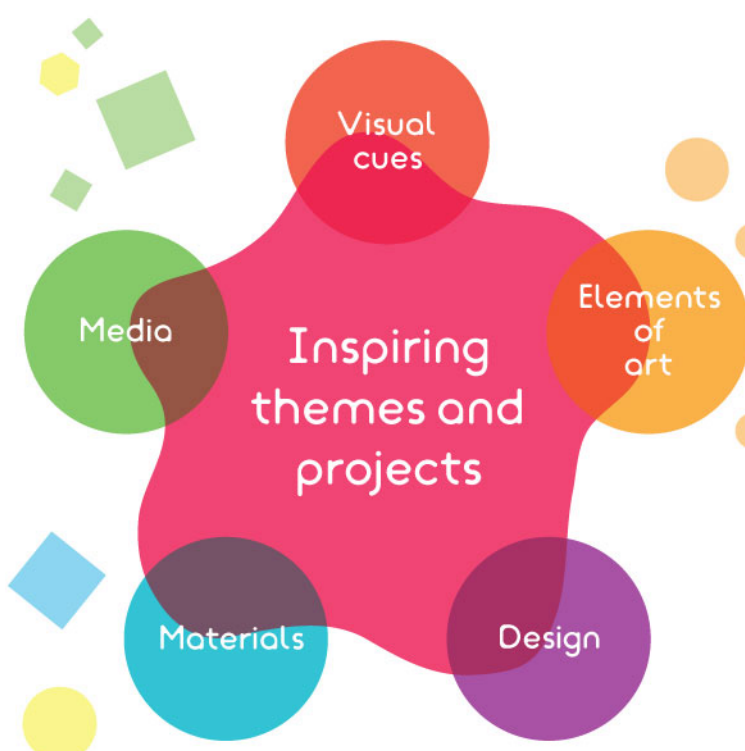
Illustrate,

and Create

Through artistic skills development and appreciation, your child will learn how to imagine and express ideas in a variety of creative ways.



What is visual discussion?



Elements of Art



Courses We Offer



Art Portfolio Jr

Introducing students to the foundation of art and building blocks of creative language



Art Portfolio 1

Progressing into visual arts development as students are encouraged to imagine their own ideas and bring them to life through art



Art Portfolio 2

Allowing students to cultivate an active learning experience with challenging art activities



Art Portfolio 3

Challenging students to build essential technical visual art skills to enable them to create complex and unique art pieces



Art Portfolio +

Introducing students to advanced art techniques in drawing, painting, sketching, and multi-media

Choose your class time in **Bel-Air (Kids' Gallery Room, Club Bel-Air Bay Wing)**

Art Portfolio Jr			2 – 3.5 years
Fri	15.00 – 16.00	KID 23551 (May - Jun) May 3 10 17 24 31 Jun 7 14 21 28	9 classes: \$3,510

Art Portfolio 3			5 – 7 years
Mon	16.00 – 17.00	KID 23512 (May - Jun) May 6 13 20 27 Jun 3 17 24	7 classes: \$2,730
Fri	16.15 – 17.15	KID 23552 (May - Jun) May 3 10 17 24 31 Jun 7 14 21 28	9 classes: \$3,510

Art Portfolio I			3 – 5 years
Mon	15.00 – 16.00	KID 23511 (May - Jun) May 6 13 20 27 Jun 3 17 24	7 classes: \$2,730
Thu	16.15 – 17.15	KID 23542 (May - Jun) May 2 9 16 23 30 Jun 6 13 20	8 classes: \$3,120

Art Portfolio +			7 – 10 years
Thu	17.30 – 18.30	KID 23543 (May - Jun) May 2 9 16 23 30 Jun 6 13 20	8 classes: \$3,120

Art Portfolio 2			4 – 6 years
Mon	17.00 – 18.00	KID 23513 (May - Jun) May 6 13 20 27 Jun 3 17 24	7 classes: \$2,730
Thu	15.00 – 16.00	KID 23541 (May - Jun) May 2 9 16 23 30 Jun 6 13 20	8 classes: \$3,120
Fri	17.30 – 18.30	KID 23553 (May - Jun) May 3 10 17 24 31 Jun 7 14 21 28	9 classes: \$3,510

1 hour class per week
\$390 per class

EXAMS AND FESTIVALS



Participating in external exams and festivals can add rigour to learning, and is helpful in introducing new experiences to children in a supportive way. These events offer challenges and certificates to boost children's confidence in areas of public speaking, performance, art, and creative writing.

PRODUCTIONS AND EVENTS

Each year we produce inspiring signature shows and events for our students to enhance their comprehensive learning and performance experience. Our professional team of creative directors, teachers, and stage management crew work with students to deliver exciting performances to celebrate all that they have learnt and discovered in their creative arts journey.

OPEN CLASSES

Share in your child's achievements as they perform new skills in a nurturing class environment to a supportive audience.

For Communication Arts and Performing Arts courses only.



OPEN STUDIOS

Explore your child's art journey with them as they exhibit their creations and discuss their creative ideas.

For Visual Arts courses only.

CONTACT US

KIDS' GALLERY BEL-AIR
Club Bel-Air Residence Bel-Air
Island South 48 Bel-Air Avenue
9682 5082
infobelair@kggeducation.edu.hk

A vibrant, stylized illustration of swimming activities. It features a swimmer in a black cap and goggles, a swimmer in an orange cap, a swimmer in a blue cap, and a swimmer in a red cap. There are also swim fins, a swim cap, and a swimmer's head above water. The background is a mix of blue, green, and purple.

Swimming Class 游泳班

May 五月 2024

Course Enrollment

starts from:

1 Apr 2024

開始報名日期:

Club Bel-Air 貝沙灣會所

Version 05.02

Scan QR code for more events and promotions.
掃描QR碼以了解更多活動及推廣。



For further information, please contact us at Arts & Sports Division hotline 2989 6516 during business hours 9am to 6pm (Monday to Friday except public holidays). If you need any immediate assistance, please visit Club Bel-Air Receptions in person or call 2989 9000 (Bay Wing)/ 2989 6500(Peak Wing).

如有查詢請致電 Arts & Sports Division 熱線 2989 6516 (辦公時間: 星期一至五上午9時至下午6時, 公眾假期除外)。如需即時協助, 請親臨或致電貝沙灣灣畔會所 (2989 9000) · 朗峰會所 (2989 6500) 接待處。



Note to Participant:

- Each interest course (the "Course") is intended for the exclusive enjoyment of Bel-Air Resident(s), or their Guest(s) accompanied by Resident(s). Enrolment will be accepted on a first-come-first-served basis. In case of dispute, the Club reserves its rights for the final decision.
- For details of the Course, please refer to the Club's interest class booklet. Unless there is special notification, those participant(s) who have enrolled are expected to be present at the time and the venue indicated on the interest class booklet. **All the course fees are non-refundable or non-transferable, no matter whether the participants have attended the Course or not, upon confirmation of your enrolled course(s).**
- All new students should **pay the course fee by cheque only 5 days in advance** before the commencement of the Course, made payable to "Island South Property Management Limited."
- If current participants fail to settle the next full course fee of by 14th of each month, the reservation will be released.
- Priority for full Course enrolment. If students enrol on the Course on a pro-rata basis, only 5 days before the commencement of the Course will be allowed.
- Enrolment in a trial lesson of each Course is for only one lesson per month for each resident (**new students only**).
- For Residents who enrol partway, they may pay pro-rata for the remaining classes (except designed Course).
- NO REFUND** of course fee payment and **NO MAKE-UP COURSE** will be arranged for an unattended Course.
- Neither absentees nor participants cannot object to the decisions made by instructors and him/her regarding the rescheduling of a Course during the Course period.
- No one is allowed to attend the enrolled Course other than the participant himself/ herself. In addition, participants are not allowed to switch to other sessions of the Course. Should this occur, Club Management reserves the right to terminate the participants' right to attend the Course and the Course fee will not be refunded.
- Each unit can invite up to **2 Guest(s)** to join the Course.
- Club Management reserves the right to amend the Course according to the time, venue and content offered whenever necessary. Club Management also reserves the right to cancel or rearrange the Course in case of inclement weather or inadequate enrolment.
- Private coaching is not permitted inside the Club without prior approval from Club Management. Any unauthorised coaching in any manner may result in the coach and student being denied the use or access to the facility involved.

14. Inclement Weather Arrangements:

Venue	Weather Condition	Thunderstorm	Amber Rainstorm Warning Signal	Red Rainstorm Warning Signal	Black Rainstorm Warning Signal	Typhoon Signal No. 1	Typhoon Signal No. 3	Typhoon Signal No. 8 or above
Indoor Programmes		✓	✓	✓	×	✓	✓	×
Outdoor Programmes		✓	✓	×	×	✓	×	×

* ✓ = Attend × = Cancel

* In case of inclement weather/ thunderstorm or if an amber rainstorm warning is hoisted, participants should contact Club Reception 2 hours before the start of the programme for the latest arrangements. No make-up program/activity will be arranged when cancellation is caused by inclement weather. The refund will be arranged six to eight weeks after the month of the last lesson of the course.

- Terms and conditions are subject to the final decision of Island South Property Management Ltd. Club Management reserves the right to make the final decision and participants may not object to this.

參加者須知:

1. 每項貝沙灣會所興趣班（「興趣班」）只供貝沙灣住戶及其訪客參加，課程以先到先得形式取錄。如有任何爭議，會所保留最終決定權。
2. 每項課程的詳細資料請參閱會所興趣班小冊子。除非另行特別通知，否則所有獲取錄的參加者必須根據興趣班小冊子所列的時間及地點出席。經獲課程取錄後，不論參加者出席與否，所有預繳及已繳之費用恕不退還。
3. 所有新生必須於課程開始前5天只以支票繳付有關課程費用。支票抬頭為「南盈物業管理有限公司」。
4. 舊生如未能於每月14號或之前繳交下月之全期課程費用，則視作放棄學位，系統將自行釋放並讓其他會員報名。
5. 報讀全期課程者會獲優先。如果學員報讀部份課程，則需待課程開始前5天而該課程尚有餘額方可報名。
6. 每月每名住戶只限報讀同一課程的一堂體驗堂。*(只限新生)*
7. 如住戶於課程開始後中途插班，須按照比例繳交餘下課堂之費用。*(指定課程除外)*
8. 會所概不安排補課或退還課程之費用予缺席者。
9. 缺席者或參加者不能反對導師在課堂中就課堂編排與出席學生商討後所作之改動。
10. 只有參加者本人可以出席其獲取錄的課程，不能由他人替代。另參加者不得擅自轉換組別上課。如有此情況，會所管理人員有權終止其上課的權利，已繳之學費恕不退還。
11. 每單位最多可讓2位訪客參與課程。
12. 會所管理人員保留在有需要時更改課程時間、地點及有關內容之權利。如果因天氣惡劣或報名人數不足，會所管理人員保留取消或重新安排課程之權利。
13. 未得會所管理人員批准，所有人士不得於會所範圍內進行私人教授課程。會所管理人員有權拒絕任何進行未經許可私人教授課程的人士及其學員使用該項會所設施。
14. 惡劣天氣安排：

天氣情況 場地	雷暴警告訊號	黃色暴雨警告	紅色暴雨警告	黑色暴雨警告	一號颱風訊號	三號颱風訊號	八號或以上颱風訊號
室內活動/課程	✓	✓	✓	×	✓	✓	×
室外活動/課程	✓	✓	×	×	✓	×	×

- ✓ = 上課 × = 取消
- 當發出惡劣天氣/雷暴警告或黃色暴雨警告時，參加者必須於活動及課程開始前兩小時聯絡會所接待處查詢有關活動及課程之最新安排。因天氣惡劣而取消的活動或課程，恕不另行補課。有關退款將於該課程最後一堂之月份完結後起計6至8個星期發放。

15. 條款及細則由南盈物業管理有限公司作出最後決定。會所管理人員保留最終決定權，參加者不得異議。

Private Coaching 私人課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team S

Class venue : Indoor Swimming Pool Club Bel-Air Peak Wing/Bay Wing

上堂地點：朗峰/灣畔會所室內游泳池

Course Date 課程日期	Ratio 人數	Course Fee 課程費用 per lesson (per person) 每節學費 (每位)			Coach 教練 (Elite Coach 精英級教練)
		30 mins 分鐘	45 mins 分鐘	60 mins 分鐘	
Peak Wing 朗峰： Only Tue, Thu, Sat (Except Public Holiday) 只限星期二、四、六 (公眾假期除外) Bay Wing 灣畔： Only Wed, Fri, Sun (Except Public Holiday) 只限星期三、五、日 (公眾假期除外)	1 vs 1	HK\$ 505	HK\$ 730	HK\$ 965	Ronald Kwok Ifa Luk So Sir
	1 vs 2	HK\$ 275	HK\$ 400	HK\$ 530	
	1 vs 3	HK\$ 205	HK\$ 310	HK\$ 405	

Team B

Class venue : Indoor Swimming Pool Club Bel-Air Bay Wing

上堂地點：灣畔會所室內游泳池

Course Date 課程日期	Ratio 人數	Course Fee 課程費用 per lesson (per person) 每節學費 (每位)				Coach 教練
		Regular Lesson 一般課堂		Trial Lesson 體驗堂		
		30 mins 分鐘	60 mins 分鐘	30 mins 分鐘	60 mins 分鐘	
Only Mon, Tue, Wed, Thu, Sat (Except Public Holiday) 只限 星期一、二、三、四、六 (公眾假期除外)	1 vs 1	HK\$ 355	HK\$ 505	HK\$ 425	HK\$ 570	Tracy Wu Allen Lau Kenneth Ng Chemp Lee
	1 vs 2	HK\$ 265	HK\$355	HK\$ 325	HK\$ 425	
	1 vs 3	HK\$ 225	HK\$ 250	HK\$ 265	HK\$ 325	

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Private Coaching 私人課程

Team E

Class Venue : Indoor Swimming Pool Club Bel-Air Peak Wing

上堂地點：朗峰會所室內游泳池

Course Date 課程日期	Ratio 人數	Course Fee 課程費用 per lesson (per person) 每節學費 (每位)			Coach 教練
		30 mins 分鐘	45 mins 分鐘	60 mins 分鐘	
Only Monday, Wednesday, Friday, Sunday 只限星期一、三、五、日	1 vs 1	HK\$ 330	HK\$ 490	HK\$ 545	Yiu Chun Kin John Wai Wing Hong, Mark Leung Wai Mei, May
	1 vs 2	HK\$ 192	HK\$ 290	HK\$ 385	
	1 vs 3	HK\$ 155	HK\$ 230	HK\$ 295	

Important notes 重要事項

- For cancellation, the club will arrange make-up lesson only when the student delivers the cancellation request to us no less than 24 hours before lesson start. (Private Class Only)
如欲請假，必須在上堂前 24 小時通知才可以順延或補堂。(只限私人泳班)
- For sick leave, the club will arrange make-up lesson only when the student provides an official doctor note and delivers the cancellation request to us no less than 3 hours before lesson start. (Private Class Only)
如欲請病假，必須在上堂前 3 小時通知及提供醫生證明書才可以順延或補堂。(只限私人泳班)
- For arrangement of private / customize your own swimming lesson, please contact Club Bel-Air or approach main reception for further information.
如欲安排私人或自訂團體泳班課堂，請致電或親臨貝沙灣會所。
- All the private course fees are non-refundable or non-transferable no matter the participants have attended the course or not upon confirmation of your enrolled course(s).
私人教授課程一經報名後，不論參加者出席與否，所有預繳及已繳之費用恕不退還。
- For detail, please read our coaches' bio. 有關詳情請參閱教練簡歷。
- Priority will be given to current students. 現有學生可優先報名。

Group Courses 小組課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team S

Venue : Indoor Swimming Pool Club Bel-Air Bay Wing

地點：灣畔會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
BABY & PARENT 親子班	9 – 36 months	MBP240501	5,12,19,26/ 5	Sun 星期日	8:30 am – 9 am	4	3 pairs	\$600 \$150 per trial
Elementary 初班	3-5	MBE240503	5,12,19,26/ 5	Sun 星期日	9 am – 10 am	4	3-4	\$1100 \$275 per trial
		MBE240504			10 am – 11 am			
# Intermediate 中班	6+	MBI240505	5,12,19,26/ 5	Sun 星期日	5 pm - 6 pm	4	3-4	\$1100 \$275 per trial
# Swimming Team 泳隊	6+	MBT240503	3,10,17,24,31/ 5	Fri 星期五	7:30 pm – 9 pm	5	5-12	\$1775 \$355 per trial

Venue : Indoor Swimming Pool Club Bel-Air Bay Wing/Peak Wing

地點：灣畔/朗峰會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用	Location 地點
Adult 成人	18 yrs+	MPD240501	7/ 5	Tue 星期二	8 pm – 9 pm	1	3-4	\$275 \$275 per trial	Peak Wing 朗峰
		MPD240501(BW)	14,21,28/ 5			3		\$825 \$275 per trial	Bay Wing 灣畔

Remarks 附註:

Bone conduction headsets may be used for coaching if necessary.

課堂上將有機會使用骨傳導耳機授課。

Team S

Class Content 課程內容

Class 程度	Basic Requirement 基本要求	Skills to Learn 課堂內容
Elementary 幼兒初班	Listen and respond to instructions	<ul style="list-style-type: none"> Build self-confidence, basic safety aspects of entry and exit the pool Control breathing in the water, learning body position, freestyle and backstroke technique with board
Beginner 初班	Listen and respond to instructions	<ul style="list-style-type: none"> Build self-confidence, basic safety aspects of entry and exit the pool Control breathing in the water, learning body position, freestyle and backstroke technique with board
Intermediate 中班	Master the co-ordination of freestyle and backstroke	<ul style="list-style-type: none"> Continue learn the basics of freestyle and backstroke, correct body and head position Introduce breaststroke technique Able to swim at least 15m-25m in freestyle and backstroke swimming
Advance 高班	Swim freestyle, backstroke for a minimum of 50m continuously and breaststroke 25m	<ul style="list-style-type: none"> Developing the correct techniques of breaststroke, maintaining correct stroke technique in freestyle, backstroke and breaststroke. Dolphin or butterfly kick will be introduced Develop the fundamentals skill and techniques on all four different strokes (freestyles, backstroke, breaststroke and butterfly) for the promotion to the Preparatory Team level
Preparatory Team 泳隊預備班	Swim freestyles and backstroke for minimum of 100m continuously and breaststroke 50m	<ul style="list-style-type: none"> Identification of basic morphological criteria (e.g., body type, proportions, height, weight, buoyancy) and some elementary characteristics of motor talent for swimming Develop sufficient ability and stamina to cope with the intensive training in the swimming Team
Swimming Team 泳隊	Swim freestyle and backstroke for minimum of 150m continuously, breaststroke 50m and butterfly 25m	<ul style="list-style-type: none"> Development of general motor abilities and a functional foundation for swimming. Development the skills on starting (diving), turning (flipping) and finishing (final touch to the wall) Identification of the most gifted young swimmers on the basis of morphological criteria, indications of endurance, and pulling strength of a general and specific nature Perfection of technical swimming skills in all strokes with gradual specialization in at least two strokes. Strengthening of physical & mental abilities
Baby & Parents 親子班	Participating with Parents' accompany	<ul style="list-style-type: none"> Techniques to assist baby to float Bubbles with mouth in water Interactive games Injecting musical elements
Adult 成人班	Any level, beginner to advance	<ul style="list-style-type: none"> Stretching Stroke correction, breathing Technique Improve fitness

Group Courses 小組課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team B

Venue : Indoor Swimming Pool Club Bel-Air Bay Wing

地點：灣畔會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Baby Class 幼兒班	1-3	BSP240501	6,13,20,27/ 5	Mon 星期一	2 pm – 3 pm	4	2-3 pairs	\$960 \$240 per trial
Elementary Level 學前幼兒 游泳初班	3-5	BSE240508	2,9,16,23,30/ 5	Thu 星期四	4 pm – 5 pm	5	2-4	\$1200 \$240 per trial
		BSE240502	6,13,20,27/ 5	Mon 星期一	6 pm – 7 pm	4	2-4	\$960 \$240 per trial
Beginner Level 兒童游泳 初班	6-12	BSB240501	2,9,16,23,30/ 5	Thu 星期四	6 pm – 7 pm	5	3-4	\$775 \$155 per trial
Adult 成人	16+	BSD240501	2,9,16,23,30/ 5	Thu 星期四	7 pm – 8 pm	5	3-4	\$775 \$155 per trial

Team B

Course Requirement and Content 課程要求及內容

Class 程度	Basic Requirement 基本要求	Skills to Learn 課堂內容
Elementary 幼兒初班	Children under age of 6 MUST BE in this level unless the child can swim a certain length with confidence on back and front and can climb from in & out of the pool without assistant.	<ul style="list-style-type: none"> Enjoy playing in water; show trust & confidence to the instructor. Able to put face into water, to hold breath and blow bubbles Face submerged, hold breath, bubbling & front-floating
Beginner 初班	Suitable for naïve swimmer, 6 years old or above	<ul style="list-style-type: none"> 15 meters freestyle Basic freestyle technique, including arm-stroke; flutter-kick; breathing technique; body positioning and coordination
Intermediate 1 中班 1	Able to swim a distance of 15 meters in freestyle, or completed Beginner level, 6 year old or above	<ul style="list-style-type: none"> 15 meters backstroke, 25 meters freestyle Backstroke technique, including arm-stroke; backstroke-kick; backstroke breathing technique; body positioning and coordination
Intermediate 2 中班 2	Able to swim a distance of 15 meters in freestyle, or completed Intermediate level 1, 6 year old or above	<ul style="list-style-type: none"> 15 meters breaststroke, 25 meters backstroke & 50 meters freestyle Breaststroke technique, including arm-stroke; wrap-kick; breathing technique; body positioning and coordination
Advance 1 高班 1	Able to swim 3 stroke including freestyle, able to swim a distance of 50 meters in freestyle, 25 meters in backstroke & 15 meters breaststroke or completed our Intermediate level 2, 6 year old or above	<ul style="list-style-type: none"> 300 meters non-stop swimming using 3 strokes; not necessary to swim in full speed, but need to do it in correct stroke Improve forms; enhance explosive & endurance; introduce & correct common errors; introduce starting & turning skill. This level starts to emphasize in speed and time tracking.
Advance 2 高班 2	Able to swim 3 stroke, able to swim a distance of 50 with any strokes, or completed our Advance level, 6 year old or above	<ul style="list-style-type: none"> Able to swim 600 meters non-stop, 25 meters butterfly-stroke. Increase amount of the endurance and sprint training in 3 strokes. Butterfly stroke technique, arm-stroke and dolphin-kick; breathing technique; body position; coordination of arms and legs movement
Swimming Team 泳隊	Complete Advance Level 2; or recommended by our coach	<ul style="list-style-type: none"> Capable to join swimming competitions, to surmount personal record Student in this level will have team training in threes main areas: <ul style="list-style-type: none"> Fitness training: Students in this stage need to build up a good fitness level in order to become a competitive swimmer. Instructor will train candidates in the aspects of endurance, sprint, strength and explosive power Psychological training: Students in this stage need to learn how to overcome an increasing load of training. Instructor trains candidates in the aspects of motivation, goal setting and the right mind setting so that they can become an athlete. Technique training: Students in this stage need to build up competitive techniques. Instructor trains candidates to build up techniques that help them to handle competitions, and to perform at their very best.

Team E

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Venue : Indoor Swimming Pool Club Bel-Air Bay Wing/Peak Wing
地點：灣畔/朗峰會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用	Location 地點 Club Bel-Air BayWing /Peak Wing Indoor Swimming Pool 灣畔/朗峰會所室內泳池
Baby Class (with parents) 親子班	0-3	EX240511	3,10/ 5	Fri 星期五	9:30 am - 10 am	2	2 - 4 pairs	\$360 \$180 per trial	Peak Wing 朗峰
		EX240511(BW)	17,24,31/ 5			3		\$540 \$180 per trial	Bay Wing 灣畔

Elementary Level 學前幼兒游泳初班	3-5	EX240523	8/ 5 (No Class on 1/5)	Wed 星期三	9 am – 10 am	1	2 - 4	\$225 \$225 per trial	Peak Wing 朗峰
		EX240523(BW)	22,29/ 5 (No Class on 15/5)			2		\$450 \$225 per trial	Bay Wing 灣畔
		EX240527	3,10/ 5	Fri 星期五	10 am – 11 am	2		\$450 \$225 per trial	Peak Wing 朗峰
		EX240527(BW)	17,24,31/ 5			3		\$675 \$225 per trial	Bay Wing 灣畔
		EX240529	3,10/ 5		3 pm – 4 pm	2		\$450 \$225 per trial	Peak Wing 朗峰
		EX240529(BW)	17,24,31/ 5			3		\$675 \$225 per trial	Bay Wing 灣畔

Starting from July 2010, participant who promote to the upper level will be issued a course certificate (Except private lesson).
由2010年7月起, 參加者在小組課程晉級, 將會獲發證書乙張(私人教授班除外)。

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team E

Venue : Indoor Swimming Pool Club Bel-Air Bay Wing/Peak Wing

地點：灣畔/朗峰會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用	Location 地點
									Club Bel-Air BayWing /Peak Wing Indoor Swimming Pool 灣畔/朗峰會所室內泳池
Beginner Level 兒童游泳初班	6-15	EX240531	8/ 5 (No Class on 1/5)	Wed 星期三	11 am – 12 nn	1	2-4	\$225 \$225 per trial	Peak Wing 朗峰
		EX240531(BW)	22,29/ 5 (No Class on 15/5)			2		\$450 \$225 per trial	Bay Wing 灣畔
		EX240532	8/ 5 (No Class on 1/5)		4 pm – 5 pm	1		\$225 \$225 per trial	Peak Wing 朗峰
		EX240532(BW)	22,29/ 5 (No Class on 15/5)			2		\$450 \$225 per trial	Bay Wing 灣畔
		EX240533	3,10/ 5	Fri 星期五	11 am – 12 nn	2		\$450 \$225 per trial	Peak Wing 朗峰
		EX240533(BW)	17,24,31/ 5			3		\$675 \$225 per trial	Bay Wing 灣畔
		EX240534	3,10/ 5	Fri 星期五	5 pm – 6 pm	2		\$450 \$225 per trial	Peak Wing 朗峰
		EX240534(BW)	17,24,31/ 5			3		\$675 \$225 per trial	Bay Wing 灣畔
Intermediate Level 中級訓練班	6-15	EX240541	8/ 5 (No Class on 1/5)	Wed 星期三	5 pm – 6 pm	1	2-4	\$150 \$150 per trial	Peak Wing 朗峰
		EX240541(BW)	22,29/ 5 (No Class on 15/5)			2		\$300 \$150 per trial	Bay Wing 灣畔
Advance Level 高級訓練班	6-15	EX240562	3,10/ 5	Fri 星期五	7 pm – 8 pm	2	2-8	\$300 \$150 per trial	Peak Wing 朗峰
		EX240562(BW)	17,24,31/ 5			3		\$450 \$150 per trial	Bay Wing 灣畔
Adult Class 成人班	16+	EX240572	8/ 5 (No Class on 1/5)	Wed 星期三	10 am – 11 am	1	2-6	\$150 \$150 per trial	Peak Wing 朗峰
		EX240572(BW)	22,29/ 5 (No Class on 15/5)			2		\$300 \$150 per trial	Bay Wing 灣畔

Starting from July 2010, participant who promote to the upper level will be issued a course certificate (Except private lesson).
由2010年7月起, 參加者在小組課程晉級, 將會獲發證書乙張(私人教授班除外)。

Team E

Course Requirement and Content 課程要求及內容

Class 程度	Basic Requirement 基本要求	Skills to Learn 課堂內容
Baby Class 嬰兒課程	<ul style="list-style-type: none"> For new students. 適齡並從未報讀本會親子游泳課程之新生 Each participants accompanied by an adult. 每名嬰兒需由一位家長陪同下水 	<ul style="list-style-type: none"> Water awareness/water safety/water confidence/assisted floats on back/basic movements 水感認知/水中安全技巧/熟習水性/家長雙手輔助背浮/嬰兒手握池邊移動/水中潛泳到池邊 Water confidence/minimum assisted floats on back/survival back float/basic crawl/basic submerging 熟習水性/建立水中活動的自信/家長單手輔助背浮/背浮轉俯臥翻身/基本爬泳/水中潛泳
Elementary 幼兒初班	/	<ul style="list-style-type: none"> Aquatic breathing/floats and regain feet/basic freestyle and backstroke 水中呼吸/浮身及站立/基本自由泳及仰泳
Beginner 初班	<ul style="list-style-type: none"> Successful completion of Elementary level. 成功完成幼兒初班 	<ul style="list-style-type: none"> Aquatic breathing/floats and regain feet/basic freestyle and backstroke 水中呼吸/浮身及站立/基本自由泳及仰泳
Intermediate 中班	<ul style="list-style-type: none"> Participants must be able to swim 25m Freestyle and Backstroke. 參加者需游畢25米自由泳及仰泳 	<ul style="list-style-type: none"> Freestyle, Backstroke improvement and introduction of Breaststroke. 改善自由泳及仰泳並教授蛙泳
Advance 高班	<ul style="list-style-type: none"> Participants must be able to swim 50m Freestyle, Backstroke and 25m Breaststroke. 參加者需游畢50米自由泳, 仰泳及25米蛙泳 	<ul style="list-style-type: none"> Freestyle, Backstroke, Breaststroke improvement and introduction of Butterfly. 改善自由泳, 仰泳, 蛙泳並教授蝶泳
Improvement 泳術改良班	<ul style="list-style-type: none"> Successful completion of Advance level. 成功完成高班 	<ul style="list-style-type: none"> Technical skills improvement and basic endurance training to develop cardio and aerobic abilities. 技術改良並提高心肺有氧能力
Swimming Team 泳隊	<ul style="list-style-type: none"> Water test 水試 	<ul style="list-style-type: none"> Formal training to further develop swimmers for future competition. 正規訓練提高整體水平
Adult Class 成人初班	/	<ul style="list-style-type: none"> Aquatic breathing/floats and regain feet/choice of stroke 水中呼吸/浮身及站立/自由選擇泳式



Arts & Sports

藝術及體育

May 五月 2024

Course Enrollment
starts from:
開始報名日期:

1 Apr 2024

Club Bel-Air 貝沙灣會所

Version 05.02

Scan QR code for more events and promotions.
掃描QR碼以了解更多活動及推廣。



For further information, please contact us at Arts & Sports Division hotline 2989 6516 during business hours 9am to 6pm (Monday to Friday except public holidays). If you need any immediate assistance, please visit Club Bel-Air Receptions in person or call 2989 9000 (Bay Wing)/ 2989 6500 (Peak Wing).
如有查詢請致電 Arts & Sports Division 熱線 2989 6516 (辦公時間: 星期一至五上午9時至下午6時, 公眾假期除外)。如需即時協助, 請親臨或致電貝沙灣灣畔會所 (2989 9000) · 朗峰會所 (2989 6500) 接待處。



Notes to Participant:

- Each interest course (the "Course") is intended for the exclusive enjoyment of Bel-Air Resident(s), or their Guest(s) accompanied by Resident(s). Enrolment will be accepted on a first-come-first-served basis. In case of dispute, the Club reserves its rights for the final decision.
- For details of the Course, please refer to the Club's interest class booklet. Unless special notification(s), all participants are expected to be present at the time and the venue indicated on the interest class booklet. **All the course fees are non-refundable or non-transferable, no matter whether the participants have attended the Course or not, upon confirmation of your enrolled course(s).**
- Course fee should be **paid by cheque only** in advance before the commencement of the Course and made payable to "Island South Property Management Limited".
- All new students should **pay the course fee by cheque only 5 days** prior to the Course commencement.
- If current participants fail to settle payment for the next full course fee by 14th of each month, the reservation will be released.
- Enrolment in a trial lesson of each Course is for only one lesson per month for each resident (**new students only**).
- For Residents who enrol partway, the course fee will be charged on a pro-rata basis for the remaining classes.
- NO REFUND** of course fee payment and **NO MAKE-UP COURSE** will be arranged for an unattended Course.
- Absentees cannot object to the decisions made by instructors and participants regarding the rescheduling of a Course during the Course period.
- No one is allowed to attend the enrolled Course other than the participant himself/ herself. In addition, participants are not allowed to switch to other sessions of the Course. Should this occur, Club Management reserves the right to terminate the participants' right to attend the Course and the Course fee will not be refunded.
- Club Management reserves the right to amend the Course according to the time, venue and content offered whenever necessary. Club Management also reserves the right to cancel or rearrange the Course in case of inadequate enrollment, or inclement weather conditions; emergency maintenance; public health and safety concerns; any other reason which, in the opinion of the Club, closure of the Venue is necessary to ensure the health and safety of Residents;
- Private coaching is not permitted inside the Club without prior approval from Club Management. Any unauthorised coaching in any manner may result in the coach and student being denied the use or access to the facility involved.
- Inclement Weather Arrangements:

Venue	Weather Condition	Thunderstorm	Amber Rainstorm Warning Signal	Red Rainstorm Warning Signal	Black Rainstorm Warning Signal	Typhoon Signal No. 1	Typhoon Signal No. 3	Typhoon Signal No. 8 or above
Indoor Programmes		✓	✓	✓	×	✓	✓	×
Outdoor Programmes		●	●	×	×	✓	×	×

* ✓ = Attend × = Cancel ● = TBC (Participants should contact Club Reception 2 hours before the start of the programme for the latest arrangements.)

* No make-up program/activity will be arranged when cancellation is caused by inclement weather.
The refund will be arranged six to eight weeks after the month of the last lesson of the course.

- Terms and conditions are subject to the final decision of Island South Property Management Ltd. Club Management reserves the right to make the final decision and participants may not object to this.

參加者須知:

1. 每項貝沙灣會所興趣班（「興趣班」）只供貝沙灣住戶及其訪客參加，課程以先到先得形式取錄。如有任何爭議，會所保留最終決定權。
2. 每項課程的詳細資料請參閱會所興趣班小冊子。除非另行特別通知，所有參加者必須根據興趣班小冊子所列的時間及地點出席。經獲課程取錄後，不論參加者出席與否，所有預繳及已繳之費用恕不退還。
3. 所有課程費用須於課程開始前繳付，只接受以支票方式付款。請以支票形式祈付「南盈物業管理有限公司」。
4. 所有新生必須於課程開始前5天只以支票繳付有關課程費用。
5. 舊生如未能於每月14號或之前繳交下月之全期課程費用，則視作放棄學位，系統將自行釋放並讓其他會員報名。
6. 每月每名住戶只限報讀同一課程的一堂體驗堂。*(只限新生)*
7. 如住戶於課程開始後中途插班，須按照比例繳交餘下課堂之費用。
8. 會所不會安排補課或退還課程之費用予缺席者。
9. 缺席者不能反對導師在課堂中就課堂編排與出席學生商討後所作之改動。
10. 只有參加者本人可以出席其獲取錄的課程，不能由他人替代。另參加者不得擅自轉換組別上課。如有此情況，會所管理人員有權終止其上課的權利，已繳之學費恕不退還。
11. 會所管理人員保留在有需要時更改課程時間、地點及有關內容之權利。如因報名內容 / 條件不充份，天氣狀況，場所緊急維修，公眾健康及安全風險，或就管理層考慮到住戶健康及安全而有必要關閉會所的情況下，會所管理人員保留取消或重新安排課程之權利。
12. 未得會所管理人員批准，所有人士不得於會所範圍內進行私人教授課程。會所管理人員有權拒絕任何進行未經許可私人教授課程的人士及其學員使用該項會所設施。
13. 惡劣天氣安排：

場地 \ 天氣情況	雷暴警告訊號	黃色暴雨警告	紅色暴雨警告	黑色暴雨警告	一號颱風訊號	三號颱風訊號	八號或以上颱風訊號
室內活動/課程	✓	✓	✓	×	✓	✓	×
室外活動/課程	●	●	×	×	✓	×	×

- ✓ = 上課 × = 取消 ● = 依情況確認 (參加者必須於活動及課程開始前兩小時聯絡會所接待處查詢有關活動及課程之最新安排。)
- 因天氣惡劣而取消的活動或課程，恕不另行補課。有關退款將於該課程最後一堂之月份完結後起計6至8個星期發放。

14. 條款及細則由南盈物業管理有限公司作出最後決定。會所管理人員保留最終決定權，參加者不得異議。

ARTS - Private Coaching 私人課程

* Please make appointment with our staff 請與本會職員預約時間

Private Violin Class 私人小提琴班

Duration 課堂時長	30 Minutes 分鐘	45 Minutes 分鐘	60 Minutes 分鐘
Price 價錢	\$2320/ 4 lessons 堂 ----- \$580/ Trial Fee	\$3120/ 4 lessons 堂 ----- \$780/ Trial Fee	\$4000/ 4 lessons 堂 ----- \$1000 / Trial Fee

課堂地點 Venue	課堂時段 Timeslot	Instructor 導師
Grand Piano Music Room, Club Bel-Air Peak Wing 朗峰會所專業三角琴音樂室	Thursday 星期四 4:30 pm – 8 pm	Yuen Lap Yee

Private Piano Class 私人鋼琴班

Instructor 導師：Elaine Leung

Grade等級 \ Duration 課堂時長	30 minutes/分鐘	45 minutes/分鐘	60 minutes/分鐘
Grade 1 - 2	\$1240/ 4 lessons 堂 ----- \$310/ Trial Fee	\$1760/ 4 lessons 堂 ----- \$440/ Trial Fee	
Grade 3 - 5		\$2240/ 4 lessons 堂 ----- \$560/ Trial Fee	\$2960/ 4 lessons 堂 ----- \$740/ Trial Fee
Grade 6 - 7		\$2440/ 4 lessons 堂 ----- \$610/ Trial Fee	\$3240/ 4 lessons 堂 ----- \$810/ Trial Fee
Grade 8			\$3360/ 4 lessons 堂 ----- \$840/ Trial Fee

課堂地點 Venue	課堂時段 Timeslot
Piano Room, Club Bel-Air Bay Wing 灣畔會所鋼琴室	Monday 星期一 2:30 pm – 5 pm
	Tuesday 星期二 2:30 pm – 7:45 pm
	Thursday 星期四 2:30 pm – 7 pm
	Friday 星期五 2:30 pm – 6 pm

SPORTS - Private Coaching 私人課程

* Please make appointment with our staff 請與本會職員預約時間

Private Tennis Class 私人網球班

Class ratio 課程比例		1 vs 1	1 vs 2	1 vs 3
Price 價錢 (per hour)	Head Coach: Kingston Cheung	\$3000 / 4 lessons 堂 (\$750/ Trial Fee)	\$3320/ 4 lessons 堂 (\$830/ Trial Fee)	\$3660/ 4 lessons 堂 (\$915/ Trial Fee)
	Senior Professional Coach: Tony Ho	\$2720/ 4 lessons 堂 (\$680/ Trial Fee)	\$3040/ 4 lessons 堂 (\$760/ Trial Fee)	\$3360/ 4 lessons 堂 (\$840/ Trial Fee)
	Professional Coach: Elvis So Joseph Lok	\$2480/ 4 lessons 堂 (\$620/ Trial Fee)	\$2720/ 4 lessons 堂 (\$680/ Trial Fee)	\$3360/ 4 lessons 堂 (\$840/ Trial Fee)

Private Badminton Class 私人羽毛球班

Coach 教練：Hakan Ng

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (per hour)	\$2100 / 4 lessons 堂 ----- \$525/ Trial Fee	\$2280 / 4 lessons 堂 ----- \$570/ Trial Fee	\$2460 / 4 lessons 堂 ----- \$615/ Trial Fee

Coaches may arrange class on the basis of participant's ability.
教練或會因應參加者表現而安排至適合的課堂

SPORTS - Private Coaching 私人課程

* Please make appointment with our staff 請與本會職員預約時間

Personal Training 私人健身

Class ratio 課程比例		1 vs 1	1 vs 2
Price 價錢	National Coach: 資深級私人教練: <ul style="list-style-type: none">• Wing Lo• Gina Fan• Rebecca Lee• Tom Tong	4 Lessons Package \$1100 / Hour 8 Lessons Package \$1050 / Hour 16 Lessons Package \$1000 / Hour ----- per person 每人	4 Lessons Package \$660 / Hour 8 Lessons Package \$635 / Hour 16 Lessons Package \$610 / Hour ----- per person 每人
	Experienced Coach: 私人健身教練: <ul style="list-style-type: none">• Wesley Lam• Cori Chiu• Sue So• Alan Ng• Kevin Poon• Eva Fong	4 Lessons Package \$940 / Hour 8 Lessons Package \$895 / Hour 16 Lessons Package \$860 / Hour ----- per person 每人	4 Lessons Package \$565 / Hour 8 Lessons Package \$530 / Hour 16 Lessons Package \$500 / Hour ----- per person 每人

Coaches may arrange class on the basis of participant's ability.

教練或會因應參加者表現而安排至適合的課堂

SPORTS - Private Coaching 私人課程

* Please make appointment with our staff 請與本會職員預約時間

Private Tai Chi Class 私人太極班

Coach 教練：Chu Wing Cheung

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (60 Minutes 分鐘)	\$3380 / 4 lessons 堂 ----- \$845/ Trial Fee	\$3760 / 4 lessons 堂 ----- \$940/ Trial Fee	\$4380 / 4 lessons 堂 ----- \$1095/ Trial Fee
Price 價錢 (90 Minutes 分鐘)	\$5060 / 4 lessons 堂 ----- \$1265/ Trial Fee	\$5840 / 4 lessons 堂 ----- \$1460/ Trial Fee	\$6000 / 4 lessons 堂 ----- \$1500/ Trial Fee

SPORTS - Private Coaching 私人課程

* Please make appointment with our staff 請與本會職員預約時間

Private Yoga 私人瑜珈

Coach 教練： Ms. Tang Tsz Ping

課堂地點 Venue	課堂時段 Timeslot
Recreation Room, Club Bay Wing 灣畔會所康體活動室	星期一至日 Mon – Sun 10:00 am – 10:00 pm
Aerobics Room, Club Peak Wing 朗峰會所健康舞室	

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (60 Minutes 分鐘)	\$1000 / lesson 堂 ----- per person 每人	\$700 / lesson 堂 ----- per person 每人	\$645 / lesson 堂 ----- per person 每人
Price 價錢 (90 Minutes 分鐘)	\$1500 / lesson 堂 ----- per person 每人	\$1050 / lesson 堂 ----- per person 每人	\$960 / lesson 堂 ----- per person 每人

Coaches may arrange class on the basis of participant's ability.
教練或會因應參加者表現而安排至適合的課堂

SPORTS - Group Courses 小組課程

Tennis Class 網球班

Venue : Outdoor Tennis Court 1 ,Club Bel-Air Bay Wing

地點：灣畔會所1號室外網球場

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Junior Tennis - Little Aces 兒童網球班	3-5.5	TK240523	6,13,20,27/ 5	Mon 星期一	4 pm - 5 pm	4	3-6	\$800 ----- \$200 per trial
		TK240524	8,22,29/ 5 (No Class on 1,15/5)	Wed 星期三	4 pm - 5 pm	3		\$600 ----- \$200 per trial
	5-7	TK240521	4,11,18,25/ 5	Sat 星期六	6 pm – 7 pm	4		\$800 ----- \$200 per trial
		TK240522			7 pm – 8 pm			
Junior Tennis - Beginner 兒童網球初班	5.5-8	TK240530	7,14,21,28/ 5	Tue 星期二	4 pm – 5 pm	4		\$840 ----- \$210 per trial
	7-11	TK240531	2,9,16,23,30/ 5	Thu 星期四	7 pm – 8 pm	5		\$1050 ----- \$210 per trial
		TK240533	3,10,17,24,31/ 5	Fri 星期五	6 pm – 7 pm			

SPORTS - Group Courses 小組課程

Tennis Class 網球班

Venue : Outdoor Tennis Court 1 ,Club Bel-Air Bay Wing

地點：灣畔會所1號室外網球場

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Junior Tennis - Intermediate 兒童網球中班	7-11	TK240543	6,13,20,27/ 5	Mon 星期一	5 pm - 6 pm	4	3-6	\$880 ----- \$220 per trial
		TK240540	7,14,21,28/ 5	Tue 星期二	5 pm – 6 pm			
		TK240541			6 pm – 7 pm			
		TK240544	8,22,29/ 5 (No Class on 1,15/5)	Wed 星期三	5 pm - 6 pm	3		\$660 ----- \$220 per trial
		TK240542	2,9,16,23,30/ 5	Thu 星期四	5 pm – 6 pm	5		\$1100 ----- \$220 per trial
Teenage Tennis - Beginner 青少年網球初班	11+	TK240550	6,13,20,27/ 5	Mon 星期一	6 pm – 7 pm	4	3-6	\$880 ----- \$220 per trial
		TK240551			7 pm – 8 pm			
Teenage Tennis - Intermediate 青少年網球中班		TK240560	2,9,16,23,30/ 5	Thu 星期四	6 pm – 7 pm	5		\$1200 ----- \$240 per trial
Adult Tennis – Beginner 成人網球初班	16+	TK240570	6,13,20,27/ 5	Mon 星期一	8 pm – 9 pm	4		\$1000 ----- \$250 per trial
Adult Tennis – Beginner Morning 早上成人網球初班	16+	TK240571	6,13,20,27/ 5	Mon 星期一	10 am - 12 nn	4		\$2000 ----- \$500 per trial
		TK240572	8,29/ 5 (No Class on 1,22,15/5)	Wed 星期三	10 am - 12 nn	2		\$1000 ----- \$500 per trial

Indoor Mini Tennis Class

室內迷你網球訓練班

Venue : Multi Purpose Room, Club Bel-Air Bay Wing

地點：灣畔會所多用途活動室

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Indoor Mini Tennis Training Course 室內迷你網球 訓練課程	3-5	TK240503	7,14,21,28/ 5	Tue 星期二	2 pm – 3 pm	4	3-6	\$760 \$190 per trial
		TK240504			3 pm – 4 pm			
		TK240505	8,22,29/ 5 (No Class on 1,15/5)	Wed 星期三	9 am - 10 am	3		\$570 \$190 per trial
		TK240506			10 am - 11 am			
		TK240507			1:30 pm – 2:30 pm			
		TK240510	2,9,16,23,30/ 5	Thu 星期四	5 pm - 6pm	5		\$950 \$190 per trial
		TK240511			10 am – 11 am			
		TK240512			11 am – 12 nn			
		TK240513	3,10,17,24,31/ 5	Fri 星期五	10 am – 11 am			
		TK240514			11 am – 12 nn			

Taekwondo Class 跆拳道班

Venue : Multi Purpose Room, Club Bel-Air Bay Wing

地點：灣畔會所多用途活動室

Coach 教練：Gary Lee / Ho Han Yui

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用		
Taekwondo Beginner 跆拳道初階班	4-15	TA240511	7,14,21,28/ 5	Tue 星期二	4 pm – 5 pm	4	4-15	\$660 ----- \$165 per trial		
		TA240527	2,9,16,23,30/ 5	Thu 星期四	6:30 pm – 7:30 pm	5		\$825 ----- \$165 per trial		
		TA240518	4,11,18,25/ 5	Sat 星期六	1 pm – 2 pm	4		\$660 ----- \$165 per trial		
		TA240519			2 pm – 3 pm					
		TA240512			5 pm – 6 pm					
	6-15	TA240513			6 pm – 7 pm					
					7 pm – 8 pm					
6-15	TA240523									
	TA240526	7,14,21,28/ 5	Tue 星期二	5 pm – 6 pm	4	\$660 ----- \$165 per trial				

Students should be acceptable to disciplinary training. 凡參加跆拳道之學生須願意接受紀律訓練。

Taekwondo Class 跆拳道班

Venue : Aerobics Room ,Club Bel-Air Peak Wing

地點：朗峰會所健康舞室

Coach 教練：Ho Han Yui

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Taekwondo Beginner 跆拳道初階班	4-10	TA240514	8,22,29/ 5 (No Class on 1,15/5)	Wed 星期三	4 pm – 5 pm	3	4-15	\$495 \$165 per trial
		TA240515			6 pm – 7 pm			
Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	4-10	TA240525			5 pm – 6 pm			
Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	6-15	TA240524			7 pm – 8 pm			

Students should be acceptable to disciplinary training. 凡參加跆拳道之學生須願意接受紀律訓練。

Badminton Class 羽毛球班

Venue : Indoor Sports Hall, Club Bel-Air Bay Wing

地點：灣畔會所室內運動場

Coach 教練：Hakan Ng

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Children Beginner Badminton 兒童羽毛球初班	4-6	BA240511	6,13,20,27/ 5	Mon 星期一	6 pm – 7 pm	4	4-10	\$740 \$185 per trial
Children Intermediate Badminton 兒童羽毛球中班	7-10	BA240521			7 pm – 8 pm			
Badminton Junior Beginner 青少 年羽毛球初班	10-15	BA240531			8 pm – 9 pm		2-6	

Basketball Class 籃球班

Venue : Indoor Sports Hall, Club Bel-Air Bay Wing

地點：灣畔會所室內運動場

Coach 教練：Ronas Lo

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Children Beginner Basketball 兒童籃球初班	6-9	BK240511	8,22,29/ 5 (No Class on 1,15/5)	Wed 星期三	5:30 pm – 6:30 pm	3	6-18	\$450 \$150 per trial
Children Intermediate Basketball 兒童籃球中班	10-16	BK240512			6:30 pm - 8 pm			\$525 \$175 per trial

Gymnastics Class 體操

Venue : Indoor Sports Hall, Club Bel-Air Bay Wing

地點：灣畔會所室內運動場

Coach 教練：Roy Leung & Mary Grace Vina

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
*Gym Fun 親子體操班	1.5-3	*GY240531	7,14,21,28/ 5	Tue 星期二	3:15 pm – 4 pm	4	4-12 pairs	\$780 \$195 per trial
Children Gymnastics Beginner 兒童體操初班	3-5	GY240501			4 pm - 5 pm		4-18	
		GY240511			5 pm – 6 pm			
Children Gymnastics Intermediate 兒童體操進階班	6-10	GY240521			6 pm – 7 pm		4-20	
Children Advance Gymnastics 兒童體操高階班	Recommend by Coach only!!	GY240541			7 pm – 8:30 pm			\$1160 \$290 per trial

*Each Gym Fun participant should be accompanied by either parent or guardian. 每位 Gym Fun 參加者須由一位家長/監管人陪同。

Soccer Training Class 足球訓練班

Venue : Indoor Sports Hall, Club Bel-Air Bay Wing

地點：灣畔會所室內運動場

Coach 教練：ChelseaFC Coach Team

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Soccer Training Class 足球訓練班	4-6	CF240501	2,9,16,23,30/ 5; 6,13,20,27/ 6	Thu 星期四	5 pm – 6 pm	9	10-15	\$3375 \$375 per trial
	6-10	CF240502			6 pm – 7 pm			

Participants can purchase a Nike training kit, exclusive to Chelsea FC Soccer School (Hong Kong), for an additional HK\$500 from the coach. The kit includes jerseys, shorts and socks.

參加者可向教練以港幣伍百元正購買車路士足球學校(香港)獨有之Nike運動套裝乙套。該套裝包括球衣、運動褲和足球襪。

Mini-Sport Class 小型運動班

Venue : Recreation Room , Club Bel-Air Bay Wing

地點：灣畔會所康體活動室

Coach 教練：Craig James Lee / Alvin Suen

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Mini-Sport Beginner Class 小型運動初班	Walking - 3	SC240501	2,9,16,23,30/ 5	Thu 星期四	9 am – 10 am	5	5-12	\$1225 \$245 per trial
	3-6	SC240502			10 am – 11 am			

Table Tennis Class 乒乓球班

Venue : Table Tennis Room 2, Club Bel-Air Bay Wing

地點：灣畔會所乒乓球室 2

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Children Beginner Table Tennis 乒乓球初班	5-8	TT240503	8,22,29/ 5 (No Class on 1,15/5)	Wed 星期三	4 pm – 5 pm	3	4-6	\$525 \$175 per trial
		TT240501			5 pm – 6 pm			
Children Intermediate Table Tennis 乒乓球進階班	9-12	TT240502			6 pm – 7 pm			
		TT240504			7 pm – 8 pm			

Yoga Class 瑜伽班

Venue : Recreation Room, Club Bel-Air Bay Wing

地點：灣畔會所康體活動室

Coach 教練：Ms. Tang Tsz Ping, Apple / Ms. Chan Wing Yan Gobby

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Hatha Yoga 哈達瑜伽班	16+	YO240501	7,14,21,28/ 5	Tue 星期二	8 pm – 9 pm	4	4-10	<div>\$920</div> <div>-----</div> <div>\$230</div> <div>per trial</div>
		YO240503	4,11,18,25/ 5	Sat 星期六	10 am – 11am			
Yoga Stretch 伸展瑜伽班		YO240502	7,14,21,28/ 5	Tue 星期二	7 pm – 8 pm			
		YO240504	4,11,18,25/ 5	Sat 星期六	11 am – 12 nn			

Class Content 課程內容

Class level 課程級別	Class Content 課程內容
Hatha Yoga 哈達瑜伽班	<p>Hatha Yoga, the ancient form of yoga practice for balancing mental & physical status, throughout the practice of breathing, cleansing, mind focus & asana to achieve for a better health & prosperity.</p> <p>哈達瑜伽是平衡身心狀態的古老瑜伽練習形式，透過呼吸、潔淨、專注和體式的練習，以實現更好的健康及調和。</p>
Yoga Stretch 伸展瑜伽班	<p>Yoga Stretch offers a wealth of benefits that may help you to alleviate pain and tension, relieve stress and anxiety, and improve your overall well-being. The practice of holding a pose for an extended period teaches you to sit with and observe uncomfortable emotions, thoughts, or physical sensations as they arise.</p> <p>伸展瑜伽有很多好處，可以幫助您緩解疼痛和緊張，緩解壓力和焦慮，並改善您的整體健康狀況。練習可以讓你坐下來觀察不舒服的情緒、想法或身體感覺。</p>

Tai Chi Workshop

太極養生工作坊

Venue : Aerobics Room ,Club Bel-Air Peak Wing

地點：朗峰會所健康舞室

Coach 教練：Chu Wing Cheung

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Tai Chi Beginner 太極初階班	16+	TC240501	6,13,20,27/ 5	Mon 星期一	2 pm – 3 pm	4	4-10	\$920 \$230 per trial
Tai Chi Intermediate 太極進階班		TC240502			3 pm – 4:30 pm			\$1320 \$330 per trial

Badminton Adult Class

羽毛球成人班

Venue : Indoor Sports Hall, Club Bel-Air Bay Wing

地點：灣畔會所室內運動場

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Badminton Adult Class 羽毛球成人班	16+	BAA240501	2,3,6,8,10,13,16,17,20,22 ,24,27,29,31/ 5	10 am – 12 nn	14	13 - 25	\$810 ----- Month月

* Participants are required to bring their own tennis racket
參加者需自備球拍

* Badminton Coach will attend on 3,6,8,13,17,20,22,27,29 May 2024.
於5月 3,6,8,13,17,20,22,27,29 日設有羽毛球教練指導。



Arts & Sports

藝術及體育

Jun 六月 2024

Course Enrollment
starts from:
開始報名日期:

1 May 2024

Club Bel-Air 貝沙灣會所

Version 06.01

Scan QR code for more events and promotions.
掃描QR碼以了解更多活動及推廣。



For further information, please contact us at Arts & Sports Division hotline 2989 6516 during business hours 9am to 6pm (Monday to Friday except public holidays). If you need any immediate assistance, please visit Club Bel-Air Receptions in person or call 2989 9000 (Bay Wing)/ 2989 6500 (Peak Wing).
如有查詢請致電 Arts & Sports Division 熱線 2989 6516 (辦公時間: 星期一至五上午9時至下午6時, 公眾假期除外)。如需即時協助, 請親臨或致電貝沙灣灣畔會所 (2989 9000) · 朗峰會所 (2989 6500) 接待處。



Notes to Participant:

- Each interest course (the "Course") is intended for the exclusive enjoyment of Bel-Air Resident(s), or their Guest(s) accompanied by Resident(s). Enrolment will be accepted on a first-come-first-served basis. In case of dispute, the Club reserves its rights for the final decision.
- For details of the Course, please refer to the Club's interest class booklet. Unless special notification(s), all participants are expected to be present at the time and the venue indicated on the interest class booklet. **All the course fees are non-refundable or non-transferable, no matter whether the participants have attended the Course or not, upon confirmation of your enrolled course(s).**
- Course fee should be **paid by cheque only** in advance before the commencement of the Course and made payable to "Island South Property Management Limited".
- All new students should **pay the course fee by cheque only 5 days** prior to the Course commencement.
- If current participants fail to settle payment for the next full course fee by 14th of each month, the reservation will be released.
- Enrolment in a trial lesson of each Course is for only one lesson per month for each resident (**new students only**).
- For Residents who enrol partway, the course fee will be charged on a pro-rata basis for the remaining classes.
- NO REFUND** of course fee payment and **NO MAKE-UP COURSE** will be arranged for an unattended Course.
- Absentees cannot object to the decisions made by instructors and participants regarding the rescheduling of a Course during the Course period.
- No one is allowed to attend the enrolled Course other than the participant himself/ herself. In addition, participants are not allowed to switch to other sessions of the Course. Should this occur, Club Management reserves the right to terminate the participants' right to attend the Course and the Course fee will not be refunded.
- Club Management reserves the right to amend the Course according to the time, venue and content offered whenever necessary. Club Management also reserves the right to cancel or rearrange the Course in case of inadequate enrollment, or inclement weather conditions; emergency maintenance; public health and safety concerns; any other reason which, in the opinion of the Club, closure of the Venue is necessary to ensure the health and safety of Residents;
- Private coaching is not permitted inside the Club without prior approval from Club Management. Any unauthorised coaching in any manner may result in the coach and student being denied the use or access to the facility involved.
- Inclement Weather Arrangements:

Venue \ Weather Condition	Thunderstorm	Amber Rainstorm Warning Signal	Red Rainstorm Warning Signal	Black Rainstorm Warning Signal	Typhoon Signal No. 1	Typhoon Signal No. 3	Typhoon Signal No. 8 or above
Indoor Programmes	✓	✓	✓	×	✓	✓	×
Outdoor Programmes	●	●	×	×	✓	×	×

* ✓ = Attend × = Cancel ● = TBC (Participants should contact Club Reception 2 hours before the start of the programme for the latest arrangements.)

* No make-up program/activity will be arranged when cancellation is caused by inclement weather. The refund will be arranged six to eight weeks after the month of the last lesson of the course.

- Terms and conditions are subject to the final decision of Island South Property Management Ltd. Club Management reserves the right to make the final decision and participants may not object to this.

參加者須知:

1. 每項貝沙灣會所興趣班（「興趣班」）只供貝沙灣住戶及其訪客參加，課程以先到先得形式取錄。如有任何爭議，會所保留最終決定權。
2. 每項課程的詳細資料請參閱會所興趣班小冊子。除非另行特別通知，所有參加者必須根據興趣班小冊子所列的時間及地點出席。經獲課程取錄後，不論參加者出席與否，所有預繳及已繳之費用恕不退還。
3. 所有課程費用須於課程開始前繳付，只接受以支票方式付款。請以支票形式祈付「南盈物業管理有限公司」。
4. 所有新生必須於課程開始前5天只以支票繳付有關課程費用。
5. 舊生如未能於每月14號或之前繳交下月之全期課程費用，則視作放棄學位，系統將自行釋放並讓其他會員報名。
6. 每月每名住戶只限報讀同一課程的一堂體驗堂。*(只限新生)*
7. 如住戶於課程開始後中途插班，須按照比例繳交餘下課堂之費用。
8. 會所不會安排補課或退還課程之費用予缺席者。
9. 缺席者不能反對導師在課堂中就課堂編排與出席學生商討後所作之改動。
10. 只有參加者本人可以出席其獲取錄的課程，不能由他人替代。另參加者不得擅自轉換組別上課。如有此情況，會所管理人員有權終止其上課的權利，已繳之學費恕不退還。
11. 會所管理人員保留在有需要時更改課程時間、地點及有關內容之權利。如因報名內容 / 條件不充份，天氣狀況，場所緊急維修，公眾健康及安全風險，或就管理層考慮到住戶健康及安全而有必要關閉會所的情況下，會所管理人員保留取消或重新安排課程之權利。
12. 未得會所管理人員批准，所有人士不得於會所範圍內進行私人教授課程。會所管理人員有權拒絕任何進行未經許可私人教授課程的人士及其學員使用該項會所設施。
13. 惡劣天氣安排：

場地 \ 天氣情況	雷暴警告訊號	黃色暴雨警告	紅色暴雨警告	黑色暴雨警告	一號颱風訊號	三號颱風訊號	八號或以上颱風訊號
室內活動/課程	✓	✓	✓	×	✓	✓	×
室外活動/課程	●	●	×	×	✓	×	×

- ✓ = 上課 × = 取消 ● = 依情況確認 (參加者必須於活動及課程開始前兩小時聯絡會所接待處查詢有關活動及課程之最新安排。)
- 因天氣惡劣而取消的活動或課程，恕不另行補課。有關退款將於該課程最後一堂之月份完結後起計6至8個星期發放。

14. 條款及細則由南盈物業管理有限公司作出最後決定。會所管理人員保留最終決定權，參加者不得異議。

ARTS - Private Coaching 私人課程

* Please make appointment with our staff 請與本會職員預約時間

Private Violin Class 私人小提琴班

Duration 課堂時長	30 Minutes 分鐘	45 Minutes 分鐘	60 Minutes 分鐘
Price 價錢	\$2320/ 4 lessons 堂 ----- \$580/ Trial Fee	\$3120/ 4 lessons 堂 ----- \$780/ Trial Fee	\$4000/ 4 lessons 堂 ----- \$1000 / Trial Fee

課堂地點 Venue	課堂時段 Timeslot	Instructor 導師
Grand Piano Music Room, Club Bel-Air Peak Wing 朗峰會所專業三角琴音樂室	Thursday 星期四 4:30 pm – 8 pm	Yuen Lap Yee

Private Piano Class 私人鋼琴班

Instructor 導師：Elaine Leung

Duration 課堂時長	30 minutes/分鐘	45 minutes/分鐘	60 minutes/分鐘
Grade等級			
Grade 1 - 2	\$1240/ 4 lessons 堂 ----- \$310/ Trial Fee	\$1760/ 4 lessons 堂 ----- \$440/ Trial Fee	
Grade 3 - 5		\$2240/ 4 lessons 堂 ----- \$560/ Trial Fee	\$2960/ 4 lessons 堂 ----- \$740/ Trial Fee
Grade 6 - 7		\$2440/ 4 lessons 堂 ----- \$610/ Trial Fee	\$3240/ 4 lessons 堂 ----- \$810/ Trial Fee
Grade 8			\$3360/ 4 lessons 堂 ----- \$840/ Trial Fee

課堂地點 Venue	課堂時段 Timeslot
Piano Room, Club Bel-Air Bay Wing 灣畔會所鋼琴室	Monday 星期一 2:30 pm – 5 pm
	Tuesday 星期二 2:30 pm – 7:45 pm
	Thursday 星期四 2:30 pm – 7 pm
	Friday 星期五 2:30 pm – 6 pm

SPORTS - Private Coaching 私人課程

* Please make appointment with our staff 請與本會職員預約時間

Private Tennis Class 私人網球班

Class ratio 課程比例		1 vs 1	1 vs 2	1 vs 3
Price 價錢 (per hour)	Head Coach: Kingston Cheung	\$3000 / 4 lessons 堂 (\$750/ Trial Fee)	\$3320/ 4 lessons 堂 (\$830/ Trial Fee)	\$3660/ 4 lessons 堂 (\$915/ Trial Fee)
	Senior Professional Coach: Tony Ho	\$2720/ 4 lessons 堂 (\$680/ Trial Fee)	\$3040/ 4 lessons 堂 (\$760/ Trial Fee)	\$3360/ 4 lessons 堂 (\$840/ Trial Fee)
	Professional Coach: Elvis So Joseph Lok	\$2480/ 4 lessons 堂 (\$620/ Trial Fee)	\$2720/ 4 lessons 堂 (\$680/ Trial Fee)	\$3360/ 4 lessons 堂 (\$840/ Trial Fee)

Private Badminton Class 私人羽毛球班

Coach 教練：Hakan Ng

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (per hour)	\$2100 / 4 lessons 堂 ----- \$525/ Trial Fee	\$2280 / 4 lessons 堂 ----- \$570/ Trial Fee	\$2460 / 4 lessons 堂 ----- \$615/ Trial Fee

Coaches may arrange class on the basis of participant's ability.
教練或會因應參加者表現而安排至適合的課堂

SPORTS - Private Coaching 私人課程

* Please make appointment with our staff 請與本會職員預約時間

Personal Training 私人健身

Class ratio 課程比例		1 vs 1	1 vs 2
Price 價錢	National Coach: 資深級私人教練: <ul style="list-style-type: none">• Wing Lo• Gina Fan• Rebecca Lee• Tom Tong	4 Lessons Package \$1100 / Hour 8 Lessons Package \$1050 / Hour 16 Lessons Package \$1000 / Hour ----- per person 每人	4 Lessons Package \$660 / Hour 8 Lessons Package \$635 / Hour 16 Lessons Package \$610 / Hour ----- per person 每人
	Experienced Coach: 私人健身教練: <ul style="list-style-type: none">• Wesley Lam• Cori Chiu• Sue So• Alan Ng• Kevin Poon• Eva Fong	4 Lessons Package \$940 / Hour 8 Lessons Package \$895 / Hour 16 Lessons Package \$860 / Hour ----- per person 每人	4 Lessons Package \$565 / Hour 8 Lessons Package \$530 / Hour 16 Lessons Package \$500 / Hour ----- per person 每人

Coaches may arrange class on the basis of participant's ability.

教練或會因應參加者表現而安排至適合的課堂

SPORTS - Private Coaching 私人課程

* Please make appointment with our staff 請與本會職員預約時間

Private Tai Chi Class 私人太極班

Coach 教練：Chu Wing Cheung

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (60 Minutes 分鐘)	\$3380 / 4 lessons 堂 ----- \$845/ Trial Fee	\$3760 / 4 lessons 堂 ----- \$940/ Trial Fee	\$4380 / 4 lessons 堂 ----- \$1095/ Trial Fee
Price 價錢 (90 Minutes 分鐘)	\$5060 / 4 lessons 堂 ----- \$1265/ Trial Fee	\$5840 / 4 lessons 堂 ----- \$1460/ Trial Fee	\$6000 / 4 lessons 堂 ----- \$1500/ Trial Fee

SPORTS - Private Coaching 私人課程

* Please make appointment with our staff 請與本會職員預約時間

Private Yoga 私人瑜珈

Coach 教練： Ms. Tang Tsz Ping

課堂地點 Venue	課堂時段 Timeslot
Recreation Room, Club Bay Wing 灣畔會所康體活動室	星期一至日 Mon – Sun 10:00 am – 10:00 pm
Aerobics Room, Club Peak Wing 朗峰會所健康舞室	

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (60 Minutes 分鐘)	\$1000 / lesson 堂 ----- per person 每人	\$700 / lesson 堂 ----- per person 每人	\$645 / lesson 堂 ----- per person 每人
Price 價錢 (90 Minutes 分鐘)	\$1500 / lesson 堂 ----- per person 每人	\$1050 / lesson 堂 ----- per person 每人	\$960 / lesson 堂 ----- per person 每人

Coaches may arrange class on the basis of participant's ability.
教練或會因應參加者表現而安排至適合的課堂

SPORTS - Group Courses 小組課程

Tennis Class 網球班

Venue : Outdoor Tennis Court 1 ,Club Bel-Air Bay Wing

地點：灣畔會所1號室外網球場

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Junior Tennis - Little Aces 兒童網球班	3-5.5	TK240623	3,17,24/ 6 (No Class on 10/6)	Mon 星期一	4 pm - 5 pm	3	3-6	\$600 ----- \$200 per trial
		TK240624	5,12,19,26/ 6	Wed 星期三	4 pm - 5 pm	4		\$800 ----- \$200 per trial
	5-7	TK240621	1,8,15,22,29/ 6	Sat 星期六	6 pm – 7 pm	5		\$1000 ----- \$200 per trial
		TK240622			7 pm – 8 pm			
Junior Tennis - Beginner 兒童網球初班	5.5-8	TK240630	4,11,18,25/ 6	Tue 星期二	4 pm – 5 pm	4		\$840 ----- \$210 per trial
	7-11	TK240631	6,13,20,27/ 6	Thu 星期四	7 pm – 8 pm			
		TK240633	7,14,21,28/ 6	Fri 星期五	6 pm – 7 pm			

Tennis Class 網球班

Venue : Outdoor Tennis Court 1 ,Club Bel-Air Bay Wing

地點：灣畔會所1號室外網球場

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Junior Tennis - Intermediate 兒童網球中班	7-11	TK240643	3,17,24/ 6 (No Class on 10/6)	Mon 星期一	5 pm - 6 pm	3	3-6	\$660 ----- \$220 per trial
		TK240640	4,11,18,25/ 6	Tue 星期二	5 pm – 6 pm	4		\$880 ----- \$220 per trial
		TK240641			6 pm – 7 pm			
		TK240644	5,12,19,26/ 6	Wed 星期三	5 pm - 6 pm			
		TK240642	6,13,20,27/ 6	Thu 星期四	5 pm – 6 pm			
Teenage Tennis - Beginner 青少年網球初班	11+	TK240650	3,17,24/ 6 (No Class on 10/6)	Mon 星期一	6 pm – 7 pm	3	\$660 ----- \$220 per trial	
		TK240651			7 pm – 8 pm			
Teenage Tennis - Intermediate 青少年網球中班		TK240660	6,13,20,27/ 6	Thu 星期四	6 pm – 7 pm	4		\$960 ----- \$240 per trial
Adult Tennis – Beginner 成人網球初班	16+	TK240670	3,17,24/ 6 (No Class on 10/6)	Mon 星期一	8 pm – 9 pm	3		\$750 ----- \$250 per trial
Adult Tennis – Beginner Morning 早上成人網球初班	16+	TK240671	3,17,24/ 6 (No Class on 10/6)	Mon 星期一	10 am - 12 nn	3		\$1500 ----- \$500 per trial
		TK240672	5,12,26/ 6 (No Class on 19/6)	Wed 星期三	10 am - 12 nn			

Indoor Mini Tennis Class

室內迷你網球訓練班

Venue : Multi Purpose Room, Club Bel-Air Bay Wing

地點：灣畔會所多用途活動室

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Indoor Mini Tennis Training Course 室內迷你網球 訓練課程	3-5	TK240603	4,11,18,25/ 6	Tue 星期二	2 pm – 3 pm	4	3-6	\$760 \$190 per trial
		TK240604			3 pm – 4 pm			
		TK240605	5,12,19,26/ 6	Wed 星期三	9 am - 10 am			
		TK240606			10 am - 11 am			
		TK240607			1:30 pm – 2:30 pm			
		TK240610	6,13,20,27/ 6	Thu 星期四	5 pm – 6 pm			
		TK240611			10 am – 11 am			
		TK240612			11 am – 12 nn			
		TK240613	7,14,21,28/ 6	Fri 星期五	10 am – 11 am			
		TK240614			11 am – 12 nn			

Taekwondo Class 跆拳道班

Venue : Multi Purpose Room, Club Bel-Air Bay Wing

地點：灣畔會所多用途活動室

Coach 教練：Gary Lee / Ho Han Yui

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Taekwondo Beginner 跆拳道初階班	4-15	TA240611	4,11,18,25/ 6	Tue 星期二	4 pm – 5 pm	4	4-15	\$660 ----- \$165 per trial
		TA240627	6,13,20,27/ 6	Thu 星期四	6:30 pm – 7:30 pm			
		TA240618	1,8,15,22,29/ 6	Sat 星期六	1 pm – 2 pm	5		
		TA240619			2 pm – 3 pm			
		TA240612			5 pm – 6 pm			
	6-15	TA240613			6 pm – 7 pm			
	Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	6-15	TA240623		7 pm – 8 pm			\$825 ----- \$165 per trial
Taekwondo Intermediate (Green-Blue Belt Level or above) 跆拳道進階班 (綠藍帶程度或以上)	TA240626		4,11,18,25/ 6	Tue 星期二	5 pm – 6 pm	4	\$660 ----- \$165 per trial	

Students should be acceptable to disciplinary training. 凡參加跆拳道之學生須願意接受紀律訓練。

Taekwondo Class 跆拳道班

Venue : Aerobics Room ,Club Bel-Air Peak Wing

地點：朗峰會所健康舞室

Coach 教練：Ho Han Yui

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Taekwondo Beginner 跆拳道初階班	4-10	TA240614	5,12,19,26/ 6	Wed 星期三	4 pm – 5 pm	4	4-15	\$660 \$165 per trial
		TA240615			6 pm – 7 pm			
Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	4-10	TA240625			5 pm – 6 pm			
Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	6-15	TA240624			7 pm – 8 pm			

Students should be acceptable to disciplinary training. 凡參加跆拳道之學生須願意接受紀律訓練。

Badminton Class 羽毛球班

Venue : Indoor Sports Hall, Club Bel-Air Bay Wing

地點：灣畔會所室內運動場

Coach 教練：Hakan Ng

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Children Beginner Badminton 兒童羽毛球初班	4-6	BA240611	3,17,24/ 6 (No Class on 10/6)	Mon 星期一	6 pm – 7 pm	3	4-10	\$555 \$185 per trial
Children Intermediate Badminton 兒童羽毛球中班	7-10	BA240621			7 pm – 8 pm			
Badminton Junior Beginner 青少 年羽毛球初班	10-15	BA240631			8 pm – 9 pm		2-6	

Basketball Class 籃球班

Venue : Indoor Sports Hall, Club Bel-Air Bay Wing

地點：灣畔會所室內運動場

Coach 教練：Ronas Lo

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Children Beginner Basketball 兒童籃球初班	6-9	BK240611	5,12,19,26/ 6	Wed 星期三	5:30 pm – 6:30 pm	4	6-18	\$600 \$150 per trial
Children Intermediate Basketball 兒童籃球中班	10-16	BK240612			6:30 pm - 8 pm			\$700 \$175 per trial

Gymnastics Class 體操

Venue : Indoor Sports Hall, Club Bel-Air Bay Wing

地點：灣畔會所室內運動場

Coach 教練：Roy Leung & Mary Grace Vina

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
*Gym Fun 親子體操班	1.5-3	*GY240631	4,11,18,25/ 6	Tue 星期二	3:15 pm – 4 pm	4	4-12 pairs	<div>\$780</div> <div>\$195 per trial</div>
Children Gymnastics Beginner 兒童體操初班	3-5	GY240601			4 pm - 5 pm		4-18	
		GY240611			5 pm – 6 pm			
Children Gymnastics Intermediate 兒童體操進階班	6-10	GY240621			6 pm – 7 pm		4-20	
Children Advance Gymnastics 兒童體操高階班	Recommend by Coach only!!	GY240641			7 pm – 8:30 pm			<div>\$1160</div> <div>\$290 per trial</div>

*Each Gym Fun participant should be accompanied by either parent or guardian. 每位 Gym Fun 參加者須由一位家長/監管人陪同。

Soccer Training Class 足球訓練班

Venue : Indoor Sports Hall, Club Bel-Air Bay Wing

地點：灣畔會所室內運動場

Coach 教練：ChelseaFC Coach Team

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Soccer Training Class 足球訓練班	4-6	CF240501	2,9,16,23,30/ 5; 6,13,20,27/ 6	Thu 星期四	5 pm – 6 pm	9	10-15	\$3375 \$375 per trial
	6-10	CF240502			6 pm – 7 pm			

Participants can purchase a Nike training kit, exclusive to Chelsea FC Soccer School (Hong Kong), for an additional HK\$500 from the coach. The kit includes jerseys, shorts and socks.

參加者可向教練以港幣伍百元正購買車路士足球學校(香港)獨有之Nike運動套裝乙套。該套裝包括球衣、運動褲和足球襪。

Table Tennis Class 乒乓球班

Venue : Table Tennis Room 2, Club Bel-Air Bay Wing
地點：灣畔會所乒乓球室 2

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Children Beginner Table Tennis 乒乓球初班	5-8	TT240603	5,12,19,26/ 6	Wed 星期三	4 pm – 5 pm	4	4-6	<div>\$700</div> <div>\$175 per trial</div>
		TT240601			5 pm – 6 pm			
Children Intermediate Table Tennis 乒乓球進階班	9-12	TT240602			6 pm – 7 pm			
		TT240604			7 pm – 8 pm			

Yoga Class 瑜珈班

Venue : Recreation Room, Club Bel-Air Bay Wing

地點：灣畔會所康體活動室

Coach 教練：Ms. Tang Tsz Ping, Apple / Ms. Chan Wing Yan Gobby

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Hatha Yoga 哈達瑜伽班	16+	YO240601	4,11,18,25/ 6	Tue 星期二	8 pm – 9 pm	4	4-10	\$920 ----- \$230 per trial
		YO240603	1,8,15,22,29/ 6	Sat 星期六	10 am – 11am	5		\$1150 ----- \$230 per trial
Yoga Stretch 伸展瑜伽班		YO240602	4,11,18,25/ 6	Tue 星期二	7 pm – 8 pm	4		\$920 ----- \$230 per trial
		YO240604	1,8,15,22,29/ 6	Sat 星期六	11 am – 12 nn	5		\$1150 ----- \$230 per trial

Class Content 課程內容

Class level 課程級別	Class Content 課程內容
Hatha Yoga 哈達瑜珈班	<p>Hatha Yoga, the ancient form of yoga practice for balancing mental & physical status, throughout the practice of breathing, cleansing, mind focus & asana to achieve for a better health & prosperity.</p> <p>哈達瑜珈是平衡身心狀態的古老瑜珈練習形式，透過呼吸、潔淨、專注和體式的練習，以實現更好的健康及調和。</p>
Yoga Stretch 伸展瑜珈班	<p>Yoga Stretch offers a wealth of benefits that may help you to alleviate pain and tension, relieve stress and anxiety, and improve your overall well-being. The practice of holding a pose for an extended period teaches you to sit with and observe uncomfortable emotions, thoughts, or physical sensations as they arise.</p> <p>伸展瑜珈有很多好處，可以幫助您緩解疼痛和緊張，緩解壓力和焦慮，並改善您的整體健康狀況。練習可以讓你坐下來觀察不舒服的情緒、想法或身體感覺。</p>

Tai Chi Workshop

太極養生工作坊

Venue : Aerobics Room ,Club Bel-Air Peak Wing

地點：朗峰會所健康舞室

Coach 教練：Chu Wing Cheung

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Tai Chi Beginner 太極初階班	16+	TC240601	3,17,24/ 6 (No Class on 10/6)	Mon 星期一	2 pm – 3 pm	3	4-10	\$690 \$230 per trial
Tai Chi Intermediate 太極進階班		TC240602			3 pm – 4:30 pm			\$990 \$330 per trial

Badminton Adult Class

羽毛球成人班

Venue : Indoor Sports Hall, Club Bel-Air Bay Wing

地點：灣畔會所室內運動場

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Badminton Adult Class 羽毛球成人班	16+	BAA240601	3,5,7,11,12,14,17,19,21,24,26,28/ 6	10 am – 12 nn	12	13 - 25	\$810 ----- Month月

* Participants are required to bring their own tennis racket
參加者需自備球拍

* Badminton Coach will attend on 3,5,11,12,17,19,24,26 Jun 2024.
於6月 3,5,11,12,17,19,24,26 日設有羽毛球教練指導。

The background of the poster is a vibrant, abstract collage of swimming-related items. It includes a green and white striped towel, a pair of red flip-flops, a blue swim cap, a pair of blue swim fins, a pair of blue swim goggles, and several cutouts of people in various swimming poses. The text 'Swimming Class' is written in large, bold, orange letters with a blue outline, and '游泳班' is written in large, bold, white Chinese characters with a blue outline. The year '2024' is written in large, bold, white numbers with a blue outline.

Swimming Class 游泳班

Jun 六月 2024

Course Enrollment

starts from:

1 May 2024

開始報名日期:

Club Bel-Air 貝沙灣會所

Version 06.01

Scan QR code for more events and promotions.
掃描QR碼以了解更多活動及推廣。



For further information, please contact us at Arts & Sports Division hotline 2989 6516 during business hours 9am to 6pm (Monday to Friday except public holidays). If you need any immediate assistance, please visit Club Bel-Air Receptions in person or call 2989 9000 (Bay Wing)/ 2989 6500(Peak Wing).

如有查詢請致電 Arts & Sports Division 熱線 2989 6516 (辦公時間: 星期一至五上午9時至下午6時, 公眾假期除外)。如需即時協助, 請親臨或致電貝沙灣灣畔會所 (2989 9000) · 朗峰會所 (2989 6500) 接待處。



Note to Participant:

- Each interest course (the "Course") is intended for the exclusive enjoyment of Bel-Air Resident(s), or their Guest(s) accompanied by Resident(s). Enrolment will be accepted on a first-come-first-served basis. In case of dispute, the Club reserves its rights for the final decision.
- For details of the Course, please refer to the Club's interest class booklet. Unless there is special notification, those participant(s) who have enrolled are expected to be present at the time and the venue indicated on the interest class booklet. **All the course fees are non-refundable or non-transferable, no matter whether the participants have attended the Course or not, upon confirmation of your enrolled course(s).**
- All new students should **pay the course fee by cheque only 5 days in advance** before the commencement of the Course, made payable to "Island South Property Management Limited."
- If current participants fail to settle the next full course fee of by 14th of each month, the reservation will be released.
- Priority for full Course enrolment. If students enrol on the Course on a pro-rata basis, only 5 days before the commencement of the Course will be allowed.
- Enrolment in a trial lesson of each Course is for only one lesson per month for each resident (**new students only**).
- For Residents who enrol partway, they may pay pro-rata for the remaining classes (except designed Course).
- NO REFUND** of course fee payment and **NO MAKE-UP COURSE** will be arranged for an unattended Course.
- Neither absentees nor participants cannot object to the decisions made by instructors and him/her regarding the rescheduling of a Course during the Course period.
- No one is allowed to attend the enrolled Course other than the participant himself/ herself. In addition, participants are not allowed to switch to other sessions of the Course. Should this occur, Club Management reserves the right to terminate the participants' right to attend the Course and the Course fee will not be refunded.
- Each unit can invite up to **2 Guest(s)** to join the Course.
- Club Management reserves the right to amend the Course according to the time, venue and content offered whenever necessary. Club Management also reserves the right to cancel or rearrange the Course in case of inclement weather or inadequate enrolment.
- Private coaching is not permitted inside the Club without prior approval from Club Management. Any unauthorised coaching in any manner may result in the coach and student being denied the use or access to the facility involved.

14. Inclement Weather Arrangements:

Venue	Weather Condition	Thunderstorm	Amber Rainstorm Warning Signal	Red Rainstorm Warning Signal	Black Rainstorm Warning Signal	Typhoon Signal No. 1	Typhoon Signal No. 3	Typhoon Signal No. 8 or above
Indoor Programmes		✓	✓	✓	×	✓	✓	×
Outdoor Programmes		✓	✓	×	×	✓	×	×

* ✓ = Attend × = Cancel

* In case of inclement weather/ thunderstorm or if an amber rainstorm warning is hoisted, participants should contact Club Reception 2 hours before the start of the programme for the latest arrangements. No make-up program/activity will be arranged when cancellation is caused by inclement weather. The refund will be arranged six to eight weeks after the month of the last lesson of the course.

- Terms and conditions are subject to the final decision of Island South Property Management Ltd. Club Management reserves the right to make the final decision and participants may not object to this.

參加者須知:

1. 每項貝沙灣會所興趣班（「興趣班」）只供貝沙灣住戶及其訪客參加，課程以先到先得形式取錄。如有任何爭議，會所保留最終決定權。
2. 每項課程的詳細資料請參閱會所興趣班小冊子。除非另行特別通知，否則所有獲取錄的參加者必須根據興趣班小冊子所列的時間及地點出席。經獲課程取錄後，不論參加者出席與否，所有預繳及已繳之費用恕不退還。
3. 所有新生必須於課程開始前5天只以支票繳付有關課程費用。支票抬頭為「南盈物業管理有限公司」。
4. 舊生如未能於每月14號或之前繳交下月之全期課程費用，則視作放棄學位，系統將自行釋放並讓其他會員報名。
5. 報讀全期課程者會獲優先。如果學員報讀部份課程，則需待課程開始前5天而該課程尚有餘額方可報名。
6. 每月每名住戶只限報讀同一課程的一堂體驗堂。*(只限新生)*
7. 如住戶於課程開始後中途插班，須按照比例繳交餘下課堂之費用。*(指定課程除外)*
8. 會所概不安排補課或退還課程之費用予缺席者。
9. 缺席者或參加者不能反對導師在課堂中就課堂編排與出席學生商討後所作之改動。
10. 只有參加者本人可以出席其獲取錄的課程，不能由他人替代。另參加者不得擅自轉換組別上課。如有此情況，會所管理人員有權終止其上課的權利，已繳之學費恕不退還。
11. 每單位最多可讓2位訪客參與課程。
12. 會所管理人員保留在有需要時更改課程時間、地點及有關內容之權利。如果因天氣惡劣或報名人數不足，會所管理人員保留取消或重新安排課程之權利。
13. 未得會所管理人員批准，所有人士不得於會所範圍內進行私人教授課程。會所管理人員有權拒絕任何進行未經許可私人教授課程的人士及其學員使用該項會所設施。
14. 惡劣天氣安排：

天氣情況 場地	雷暴警告訊號	黃色暴雨警告	紅色暴雨警告	黑色暴雨警告	一號颱風訊號	三號颱風訊號	八號或以上颱風訊號
室內活動/課程	✓	✓	✓	×	✓	✓	×
室外活動/課程	✓	✓	×	×	✓	×	×

- ✓ = 上課 × = 取消
- 當發出惡劣天氣/雷暴警告或黃色暴雨警告時，參加者必須於活動及課程開始前兩小時聯絡會所接待處查詢有關活動及課程之最新安排。因天氣惡劣而取消的活動或課程，恕不另行補課。有關退款將於該課程最後一堂之月份完結後起計6至8個星期發放。

15. 條款及細則由南盈物業管理有限公司作出最後決定。會所管理人員保留最終決定權，參加者不得異議。

Private Coaching 私人課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team S

Class venue : Indoor Swimming Pool Club Bel-Air Peak Wing/Bay Wing

上堂地點：朗峰/灣畔會所室內游泳池

Course Date 課程日期	Ratio 人數	Course Fee 課程費用 per lesson (per person) 每節學費 (每位)			Coach 教練 (Elite Coach 精英級教練)
		30 mins 分鐘	45 mins 分鐘	60 mins 分鐘	
Peak Wing 朗峰： Only Tue, Thu, Sat (Except Public Holiday) 只限星期二、四、六 (公眾假期除外) Bay Wing 灣畔： Only Wed, Fri, Sun (Except Public Holiday) 只限星期三、五、日 (公眾假期除外)	1 vs 1	HK\$ 505	HK\$ 730	HK\$ 965	Ronald Kwok Ifa Luk So Sir
	1 vs 2	HK\$ 275	HK\$ 400	HK\$ 530	
	1 vs 3	HK\$ 205	HK\$ 310	HK\$ 405	

Team B

Class venue : Indoor Swimming Pool Club Bel-Air Bay Wing

上堂地點：灣畔會所室內游泳池

Course Date 課程日期	Ratio 人數	Course Fee 課程費用 per lesson (per person) 每節學費 (每位)				Coach 教練
		Regular Lesson 一般課堂		Trial Lesson 體驗堂		
		30 mins 分鐘	60 mins 分鐘	30 mins 分鐘	60 mins 分鐘	
Only Mon, Tue, Wed, Thu, Sat (Except Public Holiday) 只限 星期一、二、三、四、六 (公眾假期除外)	1 vs 1	HK\$ 355	HK\$ 505	HK\$ 425	HK\$ 570	Tracy Wu Allen Lau Kenneth Ng Chemp Lee
	1 vs 2	HK\$ 265	HK\$355	HK\$ 325	HK\$ 425	
	1 vs 3	HK\$ 225	HK\$ 250	HK\$ 265	HK\$ 325	

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Private Coaching 私人課程

Team E

Class Venue : Indoor Swimming Pool Club Bel-Air Peak Wing

上堂地點：朗峰會所室內游泳池

Course Date 課程日期	Ratio 人數	Course Fee 課程費用 per lesson (per person) 每節學費 (每位)			Coach 教練
		30 mins 分鐘	45 mins 分鐘	60 mins 分鐘	
Only Monday, Wednesday, Friday, Sunday 只限星期一、三、五、日	1 vs 1	HK\$ 330	HK\$ 490	HK\$ 545	Yiu Chun Kin John Wai Wing Hong, Mark Leung Wai Mei, May
	1 vs 2	HK\$ 192	HK\$ 290	HK\$ 385	
	1 vs 3	HK\$ 155	HK\$ 230	HK\$ 295	

Important notes 重要事項

- For cancellation, the club will arrange make-up lesson only when the student delivers the cancellation request to us no less than 24 hours before lesson start. (Private Class Only)
如欲請假，必須在上堂前 24 小時通知才可以順延或補堂。(只限私人泳班)
- For sick leave, the club will arrange make-up lesson only when the student provides an official doctor note and delivers the cancellation request to us no less than 3 hours before lesson start. (Private Class Only)
如欲請病假，必須在上堂前 3 小時通知及提供醫生證明書才可以順延或補堂。(只限私人泳班)
- For arrangement of private / customize your own swimming lesson, please contact Club Bel-Air or approach main reception for further information.
如欲安排私人或自訂團體泳班課堂，請致電或親臨貝沙灣會所。
- All the private course fees are non-refundable or non-transferable no matter the participants have attended the course or not upon confirmation of your enrolled course(s).
私人教授課程一經報名後，不論參加者出席與否，所有預繳及已繳之費用恕不退還。
- For detail, please read our coaches' bio. 有關詳情請參閱教練簡歷。
- Priority will be given to current students. 現有學生可優先報名。

Group Courses 小組課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team S

Venue : Indoor Swimming Pool Club Bel-Air Bay Wing

地點：灣畔會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
BABY & PARENT 親子班	9 – 36 months	MBP240601	2,9,16,23,30/ 6	Sun 星期日	8:30 am – 9 am	5	3 pairs	\$750 ----- \$150 per trial

Elementary 初班	3-5	MBE240603	2,9,16,23,30/ 6	Sun 星期日	9 am – 10 am	5	3-4	\$1375 ----- \$275 per trial
		MBE240604			10 am – 11 am			

# Intermediate 中班	6+	MBI240605	2,9,16,23,30/ 6	Sun 星期日	5 pm - 6 pm	5	3-4	\$1375 ----- \$275 per trial
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# Swimming Team 泳隊	6+	MBT240603	7,14,21,28/ 6	Fri 星期五	7:30 pm – 9 pm	4	5-12	\$1420 ----- \$355 per trial
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Adult 成人	18 yrs+	MPD240601(BW)	4,11,18,25/ 6	Tue 星期二	8 pm – 9 pm	4	3-4	\$1100 ----- \$275 per trial
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Remarks 附註:

Bone conduction headsets may be used for coaching if necessary.

課堂上將有機會使用骨傳導耳機授課。

Team S

Class Content 課程內容

Class 程度	Basic Requirement 基本要求	Skills to Learn 課堂內容
Elementary 幼兒初班	Listen and respond to instructions	<ul style="list-style-type: none"> Build self-confidence, basic safety aspects of entry and exit the pool Control breathing in the water, learning body position, freestyle and backstroke technique with board
Beginner 初班	Listen and respond to instructions	<ul style="list-style-type: none"> Build self-confidence, basic safety aspects of entry and exit the pool Control breathing in the water, learning body position, freestyle and backstroke technique with board
Intermediate 中班	Master the co-ordination of freestyle and backstroke	<ul style="list-style-type: none"> Continue learn the basics of freestyle and backstroke, correct body and head position Introduce breaststroke technique Able to swim at least 15m-25m in freestyle and backstroke swimming
Advance 高班	Swim freestyle, backstroke for a minimum of 50m continuously and breaststroke 25m	<ul style="list-style-type: none"> Developing the correct techniques of breaststroke, maintaining correct stroke technique in freestyle, backstroke and breaststroke. Dolphin or butterfly kick will be introduced Develop the fundamentals skill and techniques on all four different strokes (freestyles, backstroke, breaststroke and butterfly) for the promotion to the Preparatory Team level
Preparatory Team 泳隊預備班	Swim freestyles and backstroke for minimum of 100m continuously and breaststroke 50m	<ul style="list-style-type: none"> Identification of basic morphological criteria (e.g., body type, proportions, height, weight, buoyancy) and some elementary characteristics of motor talent for swimming Develop sufficient ability and stamina to cope with the intensive training in the swimming Team
Swimming Team 泳隊	Swim freestyle and backstroke for minimum of 150m continuously, breaststroke 50m and butterfly 25m	<ul style="list-style-type: none"> Development of general motor abilities and a functional foundation for swimming. Development the skills on starting (diving), turning (flipping) and finishing (final touch to the wall) Identification of the most gifted young swimmers on the basis of morphological criteria, indications of endurance, and pulling strength of a general and specific nature Perfection of technical swimming skills in all strokes with gradual specialization in at least two strokes. Strengthening of physical & mental abilities
Baby & Parents 親子班	Participating with Parents' accompany	<ul style="list-style-type: none"> Techniques to assist baby to float Bubbles with mouth in water Interactive games Injecting musical elements
Adult 成人班	Any level, beginner to advance	<ul style="list-style-type: none"> Stretching Stroke correction, breathing Technique Improve fitness

Group Courses 小組課程

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team B

Venue : Indoor Swimming Pool Club Bel-Air Bay Wing

地點：灣畔會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Baby Class 幼兒班	1-3	BSP240601	3,17,24/ 6 (No Class on 10/6)	Mon 星期一	2 pm – 3 pm	3	2-3 pairs	\$720 \$240 per trial
Elementary Level 學前幼兒 游泳初班	3-5	BSE240608	6,13,20,27/ 6	Thu 星期四	4 pm – 5 pm	4	2-4	\$960 \$240 per trial
Beginner Level 兒童游泳 初班	6-12	BSB240601	6,13,20,27/ 6	Thu 星期四	6 pm – 7 pm	4	3-4	\$620 \$155 per trial
		BSB240602	3,17,24/ 6 (No Class on 10/6)	Mon 星期一		3		\$465 \$155 per trial
		BSB240603	1,8,15,22,29/ 6	Sat 星期六		5		\$775 \$155 per trial
Adult 成人	16+	BSD240601	6,13,20,27/ 6	Thu 星期四	8 pm – 9 pm	4	3-4	\$620 \$155 per trial

Team B

Course Requirement and Content 課程要求及內容

Class 程度	Basic Requirement 基本要求	Skills to Learn 課堂內容
Elementary 幼兒初班	Children under age of 6 MUST BE in this level unless the child can swim a certain length with confidence on back and front and can climb from in & out of the pool without assistant.	<ul style="list-style-type: none"> Enjoy playing in water; show trust & confidence to the instructor. Able to put face into water, to hold breath and blow bubbles Face submerged, hold breath, bubbling & front-floating
Beginner 初班	Suitable for naïve swimmer, 6 years old or above	<ul style="list-style-type: none"> 15 meters freestyle Basic freestyle technique, including arm-stroke; flutter-kick; breathing technique; body positioning and coordination
Intermediate 1 中班 1	Able to swim a distance of 15 meters in freestyle, or completed Beginner level, 6 year old or above	<ul style="list-style-type: none"> 15 meters backstroke, 25 meters freestyle Backstroke technique, including arm-stroke; backstroke-kick; backstroke breathing technique; body positioning and coordination
Intermediate 2 中班 2	Able to swim a distance of 15 meters in freestyle, or completed Intermediate level 1, 6 year old or above	<ul style="list-style-type: none"> 15 meters breaststroke, 25 meters backstroke & 50 meters freestyle Breaststroke technique, including arm-stroke; wrap-kick; breathing technique; body positioning and coordination
Advance 1 高班 1	Able to swim 3 stroke including freestyle, able to swim a distance of 50 meters in freestyle, 25 meters in backstroke & 15 meters breaststroke or completed our Intermediate level 2, 6 year old or above	<ul style="list-style-type: none"> 300 meters non-stop swimming using 3 strokes; not necessary to swim in full speed, but need to do it in correct stroke Improve forms; enhance explosive & endurance; introduce & correct common errors; introduce starting & turning skill. This level starts to emphasize in speed and time tracking.
Advance 2 高班 2	Able to swim 3 stroke, able to swim a distance of 50 with any strokes, or completed our Advance level, 6 year old or above	<ul style="list-style-type: none"> Able to swim 600 meters non-stop, 25 meters butterfly-stroke. Increase amount of the endurance and sprint training in 3 strokes. Butterfly stroke technique, arm-stroke and dolphin-kick; breathing technique; body position; coordination of arms and legs movement
Swimming Team 泳隊	Complete Advance Level 2; or recommended by our coach	<ul style="list-style-type: none"> Capable to join swimming competitions, to surmount personal record Student in this level will have team training in threes main areas: <ul style="list-style-type: none"> Fitness training: Students in this stage need to build up a good fitness level in order to become a competitive swimmer. Instructor will train candidates in the aspects of endurance, sprint, strength and explosive power Psychological training: Students in this stage need to learn how to overcome an increasing load of training. Instructor trains candidates in the aspects of motivation, goal setting and the right mind setting so that they can become an athlete. Technique training: Students in this stage need to build up competitive techniques. Instructor trains candidates to build up techniques that help them to handle competitions, and to perform at their very best.

Please note that there might be more than 1 class in each lane at the same time.
請注意泳池水線內可同時進行多於一個泳班。

Team E

Venue : Indoor Swimming Pool Club Bel-Air Bay Wing

地點：灣畔會所室內游泳池

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Baby Class (with parents) 親子班	0-3	EX240611(BW)	7,14,21,28/ 6	Fri 星期五	9:30 am - 10 am	4	2 - 4 pairs	\$720 ----- \$180 per trial

Elementary Level 學前幼兒游泳初班	3-5	EX240627(BW)	7,14,21,28/ 6	Fri 星期五	10 am – 11 am	4	2 - 4	\$900 ----- \$225 per trial
		EX240629(BW)			3 pm – 4 pm			

Beginner Level 兒童游泳初班	6-15	EX240632(BW)	5,12,19,26/ 6	Wed 星期三	4 pm – 5 pm	4	2-4	\$900 ----- \$225 per trial
		EX240633(BW)	7,14,21,28/ 6	Fri 星期五	11 am – 12 nn			
		EX240634(BW)			5 pm – 6 pm			

Intermediate Level 中級訓練班	6-15	EX240641(BW)	5,12,19,26/ 6	Wed 星期三	5 pm – 6 pm	4	2-4	\$600 ----- \$150 per trial
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Advance Level 高級訓練班	6-15	EX240662(BW)	7,14,21,28/ 6	Fri 星期五	7 pm – 8 pm	4	2-8	\$600 ----- \$150 per trial
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Starting from July 2010, participant who promote to the upper level will be issued a course certificate (Except private lesson).
由2010年7月起, 參加者在小組課程晉級, 將會獲發證書乙張(私人教授班除外)。

Team E

Course Requirement and Content 課程要求及內容

Class 程度	Basic Requirement 基本要求	Skills to Learn 課堂內容
Baby Class 嬰兒課程	<ul style="list-style-type: none"> For new students. 適齡並從未報讀本會親子游泳課程之新生 Each participants accompanied by an adult. 每名嬰兒需由一位家長陪同下水 	<ul style="list-style-type: none"> Water awareness/water safety/water confidence/assisted floats on back/basic movements 水感認知/水中安全技巧/熟習水性/家長雙手輔助背浮/嬰兒手握池邊移動/水中潛泳到池邊 Water confidence/minimum assisted floats on back/survival back float/basic crawl/basic submerging 熟習水性/建立水中活動的自信/家長單手輔助背浮/背浮轉俯臥翻身/基本爬泳/水中潛泳
Elementary 幼兒初班	/	<ul style="list-style-type: none"> Aquatic breathing/floats and regain feet/basic freestyle and backstroke 水中呼吸/浮身及站立/基本自由泳及仰泳
Beginner 初班	<ul style="list-style-type: none"> Successful completion of Elementary level. 成功完成幼兒初班 	<ul style="list-style-type: none"> Aquatic breathing/floats and regain feet/basic freestyle and backstroke 水中呼吸/浮身及站立/基本自由泳及仰泳
Intermediate 中班	<ul style="list-style-type: none"> Participants must be able to swim 25m Freestyle and Backstroke. 參加者需游畢25米自由泳及仰泳 	<ul style="list-style-type: none"> Freestyle, Backstroke improvement and introduction of Breaststroke. 改善自由泳及仰泳並教授蛙泳
Advance 高班	<ul style="list-style-type: none"> Participants must be able to swim 50m Freestyle, Backstroke and 25m Breaststroke. 參加者需游畢50米自由泳, 仰泳及25米蛙泳 	<ul style="list-style-type: none"> Freestyle, Backstroke, Breaststroke improvement and introduction of Butterfly. 改善自由泳, 仰泳, 蛙泳並教授蝶泳
Improvement 泳術改良班	<ul style="list-style-type: none"> Successful completion of Advance level. 成功完成高班 	<ul style="list-style-type: none"> Technical skills improvement and basic endurance training to develop cardio and aerobic abilities. 技術改良並提高心肺有氧能力
Swimming Team 泳隊	<ul style="list-style-type: none"> Water test 水試 	<ul style="list-style-type: none"> Formal training to further develop swimmers for future competition. 正規訓練提高整體水平
Adult Class 成人初班	/	<ul style="list-style-type: none"> Aquatic breathing/floats and regain feet/choice of stroke 水中呼吸/浮身及站立/自由選擇泳式