Arts & Sports

藝術及體育

Jun 六月 2025

Course Enrollment starts from:
開始報名日期:

1 May 2025

Club Bel-Air 貝沙灣會所

Version 06.01

Scan QR code for more events and promotions.
掃瞄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。

CLUB BEL-AIR

Notes to Participant:

1. 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.
2. 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).***
3. 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".
4. All new students should **pay the course fee by cheque only 5 days** prior to the Course commencement.
5. If current participants fail to settle payment for the next full course fee by 14th of each month, the reservation will be released.
6. Enrolment in a trial lesson of each Course is for only one lesson per month for each resident ***(new students only).***
7. For Residents who enrol partway, the course fee will be charged on a pro-rata basis for the remaining classes.
8. **NO REFUND** of course fee payment and **NO MAKE-UP COURSE** will be arranged for an unattended Course.
9. Absentees cannot object to the decisions made by instructors and participants regarding the rescheduling of a Course during the Course period.
10. 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.
11. 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;
12. 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.
13. Inclement Weather Arrangements:

Weather Condition / Venue	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.

14. 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：

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**　　● = **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	$3320/ 4 lessons 堂 ---------- $830/ Trial Fee	$4240/ 4 lessons 堂 ---------- $1060 / 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 / Grade等級	30 minutes/分鐘	45 minutes/分鐘	60 minutes/分鐘
Grade 1 - 2	$1360/ 4 lessons 堂 ---------- $340/ Trial Fee	$1920/ 4 lessons 堂 ---------- $480/ Trial Fee	
Grade 3 - 5		$2400/ 4 lessons 堂 ---------- $600/ Trial Fee	$3200/ 4 lessons 堂 ---------- $800/ Trial Fee
Grade 6 - 7		$2600/ 4 lessons 堂 ---------- $650/ Trial Fee	$3440/ 4 lessons 堂 ---------- $860/ Trial Fee
Grade 8			$3600/ 4 lessons 堂 ---------- $900/ 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	1 vs 4
Price 價錢 (per hour)	Head Coach: **Kingston Cheung**	$3200 / 4 lessons 堂 ($800/ Trial Fee)	$3520 / 4 lessons 堂 ($880/ Trial Fee)	$3960 / 4 lessons 堂 ($990/ Trial Fee)	$6400 / 4 lessons 堂 ($1600/ Trial Fee)
	Senior Professional Coach: **Tony Ho**	$2880 / 4 lessons 堂 ($720/ Trial Fee)	$3280 / 4 lessons 堂 ($820/ Trial Fee)	$3600 / 4 lessons 堂 ($900/ Trial Fee)	$5280 / 4 lessons 堂 ($1320/ Trial Fee)
	Professional Coach: **Anson Yeung** **Joseph Lok** **Ela Chan**	$2600 / 4 lessons 堂 ($650/ Trial Fee)	$2880 / 4 lessons 堂 ($720/ Trial Fee)	$3480 / 4 lessons 堂 ($870/ Trial Fee)	$4800 / 4 lessons 堂 ($1200/ Trial Fee)

Private Badminton Class 私人羽毛球班

Coach 教練： Hakan Ng / Colun Lee

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (per hour)	$2200 / 4 lessons 堂 ---------- $550/ Trial Fee	$2400 / 4 lessons 堂 ---------- $600/ Trial Fee	$2580 / 4 lessons 堂 ---------- $645/ 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: • Wing Lo • Rebecca Lee • Roy Chan	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: • Wesley Lam • Cori Chiu • Sue So • Kevin Poon • Raymond Shih • Natalie Chiu	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

Pilates Class 普拉提班

Coach 教練： Ms. Chung Lin Sze, Kim

課堂地點 Venue	課堂時段 Timeslot
Pilates Exercise Room, Club Bel-Air Bay Wing 灣畔會所伸展活動室	星期一至日 Mon – Sun 10:00 am – 10:00 pm

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (60 Minutes 分鐘)	$1300 / lesson 堂 ---------- per person 每人	$975/ lesson 堂 ---------- per person 每人	$795 / 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 - 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	TK250623	2,9,16,23,30/ 6	Mon 星期一	4 pm - 5 pm	5	3-6	**$1050** **----------** **$210** **per trial**
		TK250624	4,11,28,25/ 6	Wed 星期三	4 pm - 5 pm	4		**$840** **----------** **$210** **per trial**
	5-7	TK250621	7,14,21,28/ 6	Sat 星期六	6 pm – 7 pm			
Junior Tennis - Beginner 兒童網球初班	5.5-8	TK250630	3,10,17,24/ 6	Tue 星期二	4 pm – 5 pm	4		**$880** **----------** **$220** **per trial**
	7-11	TK250631	5,12,19,26/ 6	Thu 星期四	7 pm – 8 pm			
		TK250633	6,13,20,27/ 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	TK250640	3,10,17,24/ 6	Tue 星期二	5 pm – 6 pm	4	3-6	$940 ---------- $235 per trial
		TK250641			6 pm – 7 pm			
		TK250644	4,11,18,25/ 6	Wed 星期三	5 pm - 6 pm			
		TK250642	5,12,19,26/ 6	Thu 星期四				
Teenage Tennis - Intermediate 青少年網球中班	11+	TK250660			6 pm – 7 pm			$1020 ---------- $255 per trial
Adult Tennis – Beginner 成人網球初班	16+	TK250670	2,9,16,23,30/ 6	Mon 星期一	8 pm – 9 pm	5		$1325 ---------- $265 per trial
		TK250674	6,13,20,27/ 6	Fri 星期五	1 pm - 3 pm	4		$2120 ---------- $530 per trial
Adult Tennis – Beginner Morning 早上成人網球初班	16+	TK250671	2,9,16,23,30/ 6	Mon 星期一	9 am - 11 am	5		$2650 ---------- $530 per trial
		TK250672	4,11,18,25/ 6	Wed 星期三		4		$2120 ---------- $530 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	TK250607	4,11,18,25/ 6	Wed 星期三	1:30 pm – 2:30 pm	4	3-6	**$800** **----------** **$200** **per trial**
		TK250610	5,12,19,26/ 6	Thu 星期四	5 pm - 6 pm			
		TK250611			10 am – 11 am			
		TK250612			11 am – 12 nn			
		TK250615			4 pm - 5 pm			
		TK250613	6,13,20,27/ 6	Fri 星期五	10 am – 11 am			
		TK250614			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：Yeung Cheuk Long / 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	TA250611	3,10,24/ 6 (No class on 17/6)	Tue 星期二	4 pm – 5 pm	3	4-15	**$525** **----------** **$175** **per trial**
		TA250627	5,12,19,26/ 6	Thu 星期四	6:30 pm – 7:30 pm	4	4-15	**$700** **----------** **$175** **per trial**
		TA250618	7,14,21,28/ 6	Sat 星期六	1 pm – 2 pm			
		TA250619			2 pm – 3 pm			
		TA250616			4 pm – 5 pm			
		TA250612			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	TA250623			6 pm – 7 pm			
Taekwondo Intermediate (Green-Blue Belt Level or above) 跆拳道進階班 (綠藍帶程度或以上)		TA250626	3,10,24/ 6 (No class on 17/6)	Tue 星期二	5 pm – 6 pm	3	4-15	**$525** **----------** **$175** **per trial**
		TA250628			6 pm – 7 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。

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	TA250614	4,11,18,25/ 6	Wed 星期三	4 pm – 5 pm	4	4-15	**$700** **----------** **$175** **per trial**
		TA250615			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	TA250625			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	TA250624			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	BA250611	2,9,16,23,30/ 6	Mon 星期一	6 pm – 7 pm	5	4-10	$925 ---------- $185 per trial
Children Intermediate Badminton 兒童羽毛球中班	7-10	BA250621			7 pm – 8 pm			
Badminton Junior Beginner 青少年羽毛球初班	10-15	BA250631			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	BK250611	4,11,18,25/ 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	BK250612			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 & Kumarage, Charaka Thusheera

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	*GY250631	3,10,17,24/ 6	Tue 星期二	3:15 pm – 4 pm	4	4-12 pairs	**$860** **----------** **$215** **per trial**
Children Gymnastics Beginner 兒童體操初班	3-5	GY250601			4 pm - 5 pm		4-18	
		GY250611			5 pm – 6 pm			
Children Gymnastics Intermediate 兒童體操進階班	6-10	GY250621			6 pm – 7 pm		4-20	
Children Advance Gymnastics 兒童體操高階班	Recommend by Coach only!!	GY250641			7 pm – 8:30 pm			**$1300** **----------** **$325** **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：AC Milan 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	CF250501	8,15,22,29/ 5; 5,12,19,26/ 6 (No class on 1/5)	Thu 星期四	5 pm – 6 pm	8	10-15	**$3080** **----------** **$385** **per trial**
	6-10	CF250502			6 pm – 7 pm			

Participants have the option to purchase a training kit, exclusive to AC Milan Soccer School (Hong Kong), at a special price of HK$430 from the coach. The kit includes jerseys and shorts.

參加者可向教練以優惠價港幣四百三十元正購買AC米蘭足球學院運動套裝乙套。該套裝包括球衣和短褲。

Pilates Class 普拉提班

Venue：Pilates Exercise Room, Club Bel-Air Bay Wing
地點：灣畔會所伸展活動室

Coach 教練：Ms. Chung Lin Sze Kim

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
Pilates Reformer Beginner 普拉提核心床初班	16+	PI250604	5,12,19,26/ 6	Thu 星期四	3:30 pm – 4:30 pm	4	2-4	**$2000** **----------** **$500** **per trial**
		PI250605			4:30 pm – 5:30 pm			
		PI250611	4,11,18,25/ 6	Wed 星期三	3:30 pm - 4:30 pm			
		PI250612			4:30 pm - 5:30 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 / Ms. Jocelyn Yu

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+	YO250601	3,10,17,24/ 6	Tue 星期二	8 pm – 9 pm	4	4-10	$920 ---------- $230 per trial
		YO250603	7,14,21,28/ 6	Sat 星期六	10 am – 11am			
		YO250605	2,9,16,23,30/ 6	Mon 星期一		5		$1150 ---------- $230 per trial
		YO250606			11 am - 12 nn			
		YO250607	3,10,17,24/ 6	Tue 星期二	10 am – 11am	4		$920 ---------- $230 per trial
		YO250608			11 am - 12 nn			
Yoga Stretch 伸展瑜伽班		YO250602			7 pm – 8 pm			
		YO250604	7,14,21,28/ 6	Sat 星期六	11 am – 12 nn			
Mindfulness Yoga (with singing bowl) 正念瑜伽 (付頌缽)		YO250609	4,11,18,25/ 6	Wed 星期三	5 pm - 6 pm			
		YO250610			6 pm - 7 pm			

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	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. 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。
Yoga Stretch 伸展瑜伽班	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. 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。
Mindfulness Yoga (with singing bowl) 正念瑜伽 （付頌缽）	In Yoga, through different asanas, we practice to move our body with awareness. Building up from this body awareness, we develop harmonious breathing to a state of stillness, that is from the outer body to the inner breath. From outside to inside, we go inward and to connect our heart and soul. The class is suitable for all levels student. 在瑜伽中，透過不同的體式，我們有覺察地活動我們的身體。從這種身體意識的基礎上，我們將意識帶去呼吸，學習安處在和諧的靜止狀態，也就是從外在的身體回歸到內在的呼吸。從外到內，我們向內走，以連結我們的心靈。 此課程適合各級別學生。

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	Day 星期	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Badminton Adult Class 羽毛球成人班	16+	BAA250601	2,4,6,9,11,13,16,18,20,23,25,27,30/ 6	10 am – 12 nn	Every Mon, Wed, Fri 逢星期 一、三、五	13	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 2,4,9,11,16,18,23,25,30 Jun 2025.
  於6月 2,4,9,11,16,18,23,25,30日設有羽毛球教練指導。

Children Ballet

(Bay Wing) May – Jun 2025

Mondays Class:

Course	Age	Time	Course Fee
Pre-School 1&2 (CB250501M)	3-5	3:15 - 4:00 pm	$1920 (8 lessons)
Pre-Primary (CB250503M)	5-6	4:00 - 4:45 pm	$2080 (8 lessons)
Grade 2 (CB250508M)	8-10	4:45 - 5:30 pm	$2200 (8 lessons)
Primary (CB250504M)	6-7	5:30 - 6:15 pm	$2080 (8 lessons)
Grade 1 (CB250505M)	7-8	6:15 - 7:00 pm	$2200 (8 lessons)

Wednesdays Class:

Course	Age	Time	Course Fee
Pre-School 1&2 (CB250501W)	3-5	3:15 - 4:00 pm	$1920 (8 lessons)
Pre-Primary (CB250503W)	5-6	4:00 - 4:45 pm	$2080 (8 lessons)
Primary (CB250504W)	6-7	4:45 - 5:30 pm	$2080 (8 lessons)
Grade 1 (CB250506W)	7-8	5:30 - 6:15 pm	$2200 (8 lessons)
Grade 2 (CB250507W)	8-10	6:15 - 7:00 pm	$2200 (8 lessons)

Class Schedule:

Monday Class: 12, 19, 26 May 2025 ; 2, 9, 16, 23, 30 Jun 2025 (No class on 05 May 2025)

Wednesday Class: 7, 14, 21, 28 May 2025 ; 4, 11, 18, 25 Jun 2025

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.
*All new students are welcome to take ONE free trial lesson.

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.

Bel-Air
ISLAND SOUTH
貝沙灣

Kids' Gallery
A division of the KG Group

CLUB BEL-AIR

www.kidsgallery.com

Course Guide

May – Jun 2025

Be Irreplaceable

Be Future Ready:
Powered by Creativity and the Arts

溝通藝術 COMMUNICATION ARTS

視覺藝術 VISUAL ARTS

表演藝術 PERFORMING ARTS

英語藝術
育才以愛
應對未來
無可取代

Kids' Gallery, Hong Kong's leading creative education provider, has over 28 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 1 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...

28
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

EARLY LEARNERS

1 – 2.5 years

Preparing your child for preschool through our unique, creative, and critical thinking developmental curriculum.

Play, Learn, and Grow

Let's immerse in a playful learning experience with your child in English to grow and explore together!

Why Creative Play?

- English-immersion environment
- A combination of Performing Arts, Visual Arts and Communication Arts
- Self-discovery and skills development through:
  - **music**
  - **arts and crafts**
  - **role-play**
  - **interactive games**
  - **stimulating theme-based activities**
- Enjoyable and memorable classes for you and your child!

Creative Play

Community building
- Sense of belonging
- Communication
- Mindfulness

Social skills
- Self-regulation
- Self-understanding
- Respect for others

Emotional skills
- Impulse control
- Empathy
- Patience

Physical development
- Motor skills
- Coordination
- Spatial awareness

Language development
- Self-expression
- Sentence structures
- Vocabulary

Courses

Celebratory first step to all things that stimulate the five senses – the perfect start to a future of creativity

The perfect start to developing a love for music and dynamic play

Choose your class time in **Bel-Air**

CreativePlay 1 – 2.5 years					**Special offer!**	**Limited offer!**
Tue	10.30 –12.00	KID24521A (May – Jun) May 6 13 20 27	Multi-purpose Room & Kids' Gallery Room Club Bel-Air Bay Wing	4 classes: $1,760	May | Twice a week KID245CPA (Tue + Thu) 8 classes: $2,200 KID245CPB (Tue + Wed) 8 classes: $2,200 KID245CPC (Wed + Thu) 8 classes: $2,200	May Three times a week 12 classes: $2,940 KID245CPD
Wed	9.30 – 11.00	KID24534A (May – Jun) May 7 14 21 28	Multi-purpose Room & Kids' Gallery Room Club Bel-Air Bay Wing	4 classes: $1,760		
Thu	10.30 – 12.00	KID24545A (May – Jun) May 8 15 22 29	Aerobics Room & Kids' Gallery Room Club Bel-Air Bay Wing	4 classes: $1,760		
Tue	10.30 –12.00	KID24521B (May – Jun) Jun 3 10 17 24	Multi-purpose Room & Kids' Gallery Room Club Bel-Air Bay Wing	4 classes: $1,760	Jun | Twice a week KID245CPE (Tue + Thu) 8 classes: $2,200 KID245CPF (Tue + Wed) 8 classes: $2,200 KID245CPG (Wed + Thu) 8 classes: $2,200	Jun Three times a week 12 classes: $2,940 KID245CPH
Wed	9.30 – 11.00	KID24534B (May – Jun) Jun 4 11 18 25	Multi-purpose Room & Kids' Gallery Room Club Bel-Air Bay Wing	4 classes: $1,760		
Thu	10.30 – 12.00	KID24545B (May – Jun) Jun 5 12 19 26	Aerobics Room & Kids' Gallery Room Club Bel-Air Bay Wing	4 classes: $1,760		

$440 per class /1.5 hour each class
** This course requires ONE parent/caregiver to accompany the child

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.

Lesson Structure

- Welcome
- Visual discussion
- Theme project
- Tidy-up
- Debrief

What is visual discussion?

Inspiring themes and projects

- Visual cues
- Elements of art
- Design
- Materials
- Media

Elements of Art

- Shape and form
- Line
- Colour
- Value
- Space
- Texture

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**
Tue	16.00 – 17.00	KID24523 (May – Jun) May 6 13 20 27 Jun 3 10 17 24	8 classes: $3,120
Wed	16.00 – 17.00	KID24535 (May – Jun) May 7 14 21 28 Jun 4 11 18 25	8 classes: $3,120
Thu	09.20 – 10.20	KID24540 (May – Jun) May 8 15 22 29 Jun 5 12 19 26	8 classes: $3,120

Art Portfolio 1			**3 – 5 years**
Mon	16.00 – 17.00	KID24512 (May – Jun) May 12 19 26 Jun 2 9 16 23 30	8 classes: $3,120
Tue	13.30 – 14.30	KID24526 (May – Jun) May 6 13 20 27 Jun 3 10 17 24	8 classes: $3,120
Fri	15.10 – 16.10	KID24551 (May – Jun) May 2 9 16 23 30 Jun 6 13 20 27	9 classes: $3,510

Art Portfolio 2			**4 – 6 years**
Tue	17.10 – 18.10	KID24524 (May – Jun) May 6 13 20 27 Jun 3 10 17 24	8 classes: $3,120
Thu	16.00 – 17.00	KID24542 (May – Jun) May 8 15 22 29 Jun 5 12 19 26	8 classes: $3,120
Fri	14.00 – 15.00	KID24554 (May – Jun) May 2 9 16 23 30 Jun 6 13 20 27	9 classes: $3,510

Art Portfolio 3			**5 – 7 years**
Mon	17.00 – 18.00	KID24513 (May – Jun) May 12 19 26 Jun 2 9 16 23 30	8 classes: $3,120
Tue	14.45 – 15.45	KID24522 (May – Jun) May 6 13 20 27 Jun 3 10 17 24	8 classes: $3,120
Fri	16.20 – 17.20	KID24552 (May – Jun) May 2 9 16 23 30 Jun 6 13 20 27	9 classes: $3,510

Art Portfolio +			**7 – 10 years**
Thu	17.15 – 18.15	KID24543 (May – Jun) May 8 15 22 29 Jun 5 12 19 26	8 classes: $3,120
Fri	17.30 – 18.30	KID24553 (May – Jun) May 2 9 16 23 30 Jun 6 13 20 27	9 classes: $3,510

1hour 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

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

Musical Theatre 3

Enhancing dialogue and performance routines while building individuality and improvisational skills as performers

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

Musical Theatre Jr				**2 – 3.5 years**
Tue	09.15 – 10.15	KID24527 (May – Jun) May 6 13 20 27 Jun 3 10 17 24	Multi-purpose Room	8 classes: $3,120
Thu	17.00 – 18.00	KID24549 (May – Jun) May 8 15 22 29 Jun 5 12 26	Aerobics Room	7 classes: $2,730

Musical Theatre 1				**3 – 5 years**
Thu	14.30 – 15.30	KID24546 (May – Jun) May 8 15 22 29 Jun 5 12 26	Aerobics Room	7 classes: $2,730

Musical Theatre 2				**4 – 6 years**
Thu	9.15 – 10.15	KID24544 (May – Jun) May 8 15 22 29 Jun 5 12 26	Aerobics Room	7 classes: $2,730
Thu	15.45 – 16.45	KID24547 (May – Jun) May 8 15 22 29 Jun 5 12 26	Aerobics Room	7 classes: $2,730

1 hour class per week
$390 per class

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 Jr			**2 – 3.5 years**
Tue	12.20 – 13.20	KID 24528 (May – Jun) May 6 13 20 27 Jun 3 10 17 24	8 classes: $3,120
Wed	17.15 – 18.15	KID 24536 (May – Jun) May 7 14 21 28 Jun 4 11 18 25	8 classes: $3,120

Speech & Communication 1			**3 – 5 years**
Tue	09.15 – 10.15	KID 24525 (May – Jun) May 6 13 20 27 Jun 3 10 17 24	8 classes: $3,120

Speech & Communication 2			**4 – 6 years**
Wed	14.45 – 15.45	KID 24533 (May – Jun) May 7 14 21 28 Jun 4 11 18 25	8 classes: $3,120

1 hour class per week
$390 per class

EXAMS AND FESTIVALS

UNIVERSITY OF WEST LONDON
London College of Music Examinations

TRINITY COLLEGE LONDON
Registered Exam Centre 10264

LCM Hong Kong Speech Festival

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