



Y.A.L.C.

# Saturday

Programme 星期六課程  
2024-2025

Athletes  
體育運動

Scientists  
科學與科技

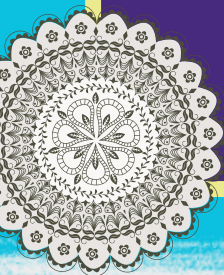
Artists  
表演藝術

NEW

Early Childhood  
幼兒課程

NEW

Adult Healing  
成人身心靈課程



SCAN TO ENROL  
掃二維碼報名



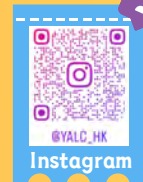
上課地點: 九龍塘多福道3號  
耀中國際學校(中學部)  
Class venue: 3 To Fuk Road  
Kowloon Tong  
YCIS-Secondary

2337 0369 info@yalc.edu.hk

9428 8265 www.yalc.edu.hk



YALC WeChat





# Semester Dates and Enrolment

Term 1: September 21st - December 21st 9月21日至12月21日

第一學期 (except 26/10 & 14/12 除外)

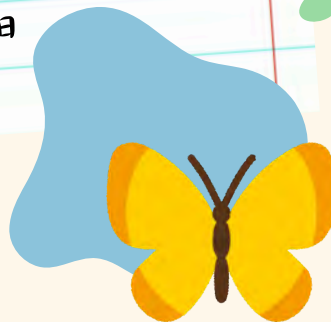
Term 2: January 11th - March 29th 1月11日至3月29日

第二學期 (except 1/2 除外)

Term 3: April 5th - June 14th 4月5日至6月14日

第三學期 (except 19/4 and 31/5 除外)

2024 - 2025



ENROL  
NOW!!



Online Enrolment  
網上報名

## OFFLINE ENROLMENT 線下報名

1. Download enrolment form using this QR Code:

以此二維碼下載報名表格

2. Complete the enrolment form  
填妥報名表格

3. FPS payment for the course fee  
轉數快繳付學費

4. WhatsApp enrolment form with FPS bank-in record to  
YALC at 9428 8265  
以WhatsApp 9428 8265繳交報名表格及轉帳記錄給YALC

\*YALC Hang Seng Bank Account 恒生銀行戶口: 242-179182-668  
[FPS Identifier 轉數快 快速支付系統識別碼: 9698267]



Yew Chung Arts and Language Centre (YALC) has a history of twenty years since its establishment. We firmly believe every student is smart in their own way – every child possesses their potential and strengths. Our mission is to create “an education that takes individual differences seriously and, insofar as possible, crafts practices that serve different kinds of minds equally well. We highly value excellent teaching staff and curriculum design to provide students with a high-quality and enjoyable learning environment, nurturing and discovering your child’s talents. Unlike other education centres, we not only focus on learning outcomes but also prioritise the learning process. Through meticulously designed courses, YALC actively cultivates the eight criteria of “multiple intelligences” (based on the theory by Howard Gardner, a psychologist from Harvard University). This enables children to genuinely enjoy learning, develop creativity, take responsibility, and acquire essential skills in handling interpersonal relationships. YALC programmes that follow are categorised into communication through languages, through the arts, through interpersonal activities, and computation, logical reasoning, categorisation, etc. These offerings have been warmly embraced by parents and students spanning from early childhood to high school graduation.

耀中語藝教育中心 (YALC) 自創立至今已有二十年歷史。YALC深信每位小朋友都有自己的潛能和優勢。我們的使命是創造各類型「尊重個別差異，發展不同潛能」的教育課程。我們非常重視優秀的師資和課程設計，為學生提供高品質且愉快的學習環境，培養並發掘你孩子的天賦。與坊間其他教育中心不同，我們並非只強調學習成果，而是更重視學習的過程。YALC 通過精心設計的課程，積極培養孩子們「多元智能」中的八大領域 (來自美國哈佛大學心理學家霍華德·加德納的理論)，讓孩子們能夠真正享受學習、發展創意、承擔責任，並學會處理人際關係等重要技能。根據上述理念，YALC 提供語言表達、藝術表達、人際關係、運算、推理邏輯及分類歸納等不同類別的課程，並深受家長、幼兒以至中學畢業的學生歡迎。



2024 - 2025

體育運動

# ATHLETES PROGRAMME

- Basketball / 籃球
- Volleyball / 排球
- Football / 足球
- Jumping Rope / 跳繩
- Badminton / 羽毛球
- Taekwondo / 跆拳道
- Tennis / 網球



● ENROL ONLINE  
線上報名

## PEEWEE 幼兒組 (S8001)

**Time 時間: Saturday 星期六, 11:00 - 12:00**

Ages 3-4

The grass roots basketball is a very important stage of a young basketball player's career and road to stardom. Here at ASG we find it crucial to lay down a good foundation for the players to build on. Upon completion of the program, your child will be able to:

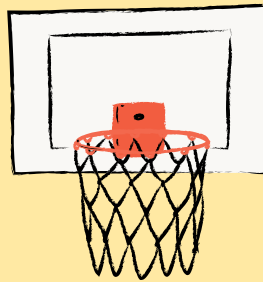
幼苗期對於一個年輕球員的未來來說是很重要的階段。我們ASG團隊認為建立良好基礎對於球員成長是非常關鍵的。當你的孩子完成我們的課程後，他/她會能夠：

- Pass and catch an accurate two handed bounce pass
- 準確地以雙手傳送及接應彈地傳球
- Pass and catch an accurate two handed chest pass
- 準確地以雙手傳送及接應胸前傳球
- Dribble the ball below their waist with their head up
- 運球時保持球在腰部以下，頭部抬高及眼睛注視前方
- Understand the concept of the BEEF shooting form
- 理解“BEEF”的投籃姿勢概念

**Term 1 學期: 12 lessons 堂, HK\$3,180**

**Term 2 學期: 11 lessons 堂, HK\$2,915**

**Term 3 學期: 9 lessons 堂, HK\$2,385**



## SEEDLING 種子組 (S8002)

**Time 時間: Saturday 星期六, 13:00 - 15:00 (S8002A)**

**Time 時間: Saturday 星期六, 15:00 - 17:00 (S8002B)**

Ages 5-7

This program, players have to be recommended by ASG coaching team. We offer the same structured program with extra things to work on for the more advanced player. Upon completion of this program, your child will be able to:

參與此課程的球員必須由ASG教練團隊推薦。在相同的課程結構上，我們會為進階球員提供進階訓練。當你的孩子完成我們的課程後，他/她會能夠：

- Pass and catch an accurate two handed bounce pass
- 準確地以雙手傳送及接應彈地傳球
- Pass and catch an accurate two handed chest pass
- 準確地以雙手傳送及接應胸前傳球
- Dribble the ball below their waist with their head up
- 運球時保持球在腰部以下，頭部抬高及眼睛注視前方
- Perform the shooting using the BEEF shooting form
- 運用“BEEF”投籃技術
- Dribble the ball below their waist with their head up whilst moving
- 移動運球時保持球在腰部以下，頭部抬高及眼睛注視前方
- Ability to pass and catch the ball on the move
- 移動時傳送及接應不同類型的傳球
- Ability to perform a simple crossover move
- 運用基本左右交叉運球

**Term 1 學期: 12 lessons 堂, HK\$5,760**

**Term 2 學期: 11 lessons 堂, HK\$5,280**

**Term 3 學期: 9 lessons 堂, HK\$4,320**

Remarks 備注:

Students have to bring their own basketball to lessons 學生須自備籃球

Co-organized with 合辦機構: ASG

Medium of Instruction 授課語言: English 英語





## JUNIOR 少年組 (S8003)

**Time 時間: Saturday 星期六, 09:00 - 11:00 (S8003A)**

**Time 時間: Saturday 星期六, 13:00 - 15:00 (S8003B)**

Ages 8-11

A very important transition from the seedlings level to the amateur level, this program will build on everything that the player already knows and will also introduce new things that will help to add to their repertoire of moves.

此課程是由種子成長至少年一個非常重要的過渡階段。此課程會繼續加強球員本身已理解的技術，亦會不斷加入新的技巧及元素，幫助他們增強能力。

- Pass and catch an accurate two handed bounce pass
- 準確地以雙手傳送及接應彈地傳球
- Pass and catch an accurate two handed chest pass
- 準確地以雙手傳送及接應胸前傳球
- Dribble the ball below their waist with their head up
- 運球時保持球在腰部以下，頭部抬高及眼睛注視前方
- Perform and shoot a jumpshot using the BEEF shooting form
- 運用“BEEF”跳投技術
- Dribble the ball below their waist with their head up whilst on the move
- 移動運球時保持球在腰部以下，頭部抬高及眼睛注視前方
- Ability to pass and catch the ball on the move
- 移動時傳送及接應不同類型的傳球
- Ability to perform a simple crossover move
- 能夠運用基本左右交叉運球
- Ability to pass an accurate one handed bounce pass
- 能夠準確地以單手傳送彈地傳球
- Ability to pass an accurate one handed chest pass
- 能夠準確地以單手傳送胸前傳球
- Ability to read the floor and have good spatial awareness
- 能夠觀察場上動態及擁有良好空間意識
- Ability to get to the basket and score
- 能夠切入並得分
- Perform special 1 vs 1 moves
- 能夠運用特別一對一技術及動作



**Term 1 學期: 12 lessons 堂, HK\$5,760**

**Term 2 學期: 11 lessons 堂, HK\$5,280**

**Term 3 學期: 9 lessons 堂, HK\$4,320**

Remarks 備注:

Students have to bring their own basketball to lessons 學生須自備籃球

Co-organized with 合辦機構: ASG

Medium of Instruction 授課語言: English 英語



## YOUTH 青年組 (S8004)

Ages 12-16

Time 時間: Saturday 星期六, 15:00 - 17:00

This program will push the player to their limit, this class will help polish off any drawback and weaknesses a player may have, it will help strengthen their repertoire of moves.

此課程是由少年成長至青苗一個非常重要的過渡階段。此課程會繼續加強球員本身已理解的技術，亦會不斷加入新的技巧及元素，幫助他們增強能力。

- Pass and catch an accurate two handed bounce pass consistently
- 持續及準確地以雙手傳送及接應彈地傳球
- Pass and catch an accurate two handed chest pass consistently
- 持續及準確地以雙手傳送及接應胸前傳球
- Dribble the ball below their waist with their head up
- 運球時保持球在腰部以下，頭部抬高及眼睛注視前方
- Perform and shoot a jump shot using the BEEF shooting form
- 運用“BEEF”跳投技術
- Dribble the ball below their waist with their head up whilst on the move
- 移動運球時保持球在腰部以下，頭部抬高及眼睛注視前方
- Ability to pass and catch the ball on the move
- 移動時傳送及接應不同類型的傳球
- Ability to perform a simple crossover move
- 能夠運用基本左右交叉運球
- Ability to pass an accurate one handed bounce pass
- 能夠準確地以單手傳送彈地傳球
- Ability to pass an accurate one handed chest pass
- 能夠準確地以單手傳送胸前傳球
- Ability to read the floor and have good spatial awareness
- 能夠觀察場上動態及擁有良好空間意識
- Ability to get to the basket and score
- 能夠切入並得分
- Perform special 1 vs 1 moves
- 能夠運用特別一對一技術及動作
- Ability to create their own shot
- 能夠替自己創造得分機會
- Ability to get open off the ball
- 能夠運用無球走動制造空位
- Ability to perform a pick and roll
- 能夠運用擋拆戰術
- Ability to finish in a fast break situation
- 能夠在快攻情況下得分



**Term 1 學期: 12 lessons 堂, HK\$5,760**

**Term 2 學期: 11 lessons 堂, HK\$5,280**

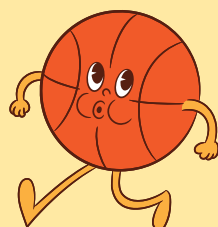
**Term 3 學期: 9 lessons 堂, HK\$4,320**

Remarks 備注:

Students have to bring their own basketball to lessons  
學生須自備籃球

Co-organized with 合辦機構: ASG

Medium of Instruction 授課語言: English 英語





## Volleyball 排球

### SEEDLING 種子組 (S7100)

**Time 時間: Saturday 星期六, 12:00 - 13:00**

Ages 5-7

This program aims to provide participants with an opportunity to start learning volleyball, allowing them to learn basic skills and rules from a young age. Through games and muscle exercises, the camp helps young participants improve their ball sense and physical fitness in a relaxed environment. At the same time, it helps them build a foundation of volleyball skills and cultivate interest and passion for the sport. The training content includes basic skill training, rule ASG has designed a fun and interactive volleyball program for players aged 5 to 7. In this program, players will learn basic volleyball skills such as passing, setting, and serving. Our professional coaches will use simple and easy-to-understand teaching methods, incorporating games and group activities to develop players' coordination, reaction speed, and teamwork abilities. The curriculum also includes a series of training and practice sessions to help players master proper posture and technique. This volleyball program not only enhances players' athletic abilities but also cultivates their confidence and competitive spirit. By participating in this course, players will enjoy a learning experience that is both enjoyable and challenging, while growing and progressing alongside other players.

ASG為5至7歲學員設計了一個充滿樂趣和互動性的排球課程。在這個課程中，學員將學習基本的排球技巧，如傳球、接球和發球。我們的專業教練將使用簡單易懂的教學方法，通過遊戲和小組活動，培養學員的協調性、反應速度和團隊合作能力。課程中還包括一系列訓練和練習，幫助學員掌握正確的姿勢和動作技巧。這個排球課程不僅能夠提升學員的運動能力，還能培養他們的自信心和競爭意識。通過參加這個課程，學員將享受受到一個充滿趣味和挑戰的學習經驗，並與其他兒童一起成長和進步。

**Term 1 學期: 12 lessons 堂, HK\$2,880**

**Term 2 學期: 11 lessons 堂, HK\$2,640**

**Term 3 學期: 9 lessons 堂, HK\$2,160**



### JUNIOR 少年組 (S7110)

**Time 時間: Saturday 星期六, 11:00 - 12:00**

Ages 8-11

ASG's volleyball program for 8 to 11-year-olds offers advanced skills and challenges. Players will further develop their hitting techniques, including spiking, blocking, and digging. Our coaches will guide them through more complex volleyball tactics, cultivating their tactical awareness and teamwork abilities. The curriculum will also incorporate strength and agility training to enhance their athletic abilities and reaction speed. In addition, players will learn how to interpret game situations and develop effective strategies. By participating in this program, players will build a stronger foundation of skills while fostering confidence and leadership abilities. They will have the opportunity to participate in friendly matches and competitions, showcasing their skills and teamwork spirit alongside fellow players. The ASG volleyball program for 8 to 11-year-olds provides a challenging and growth-oriented learning experience, enabling players to achieve greater success in the realm of volleyball.

ASG的8至11歲排球課程，將為學員提供更高級的排球技巧和挑戰。學員將進一步學習擊球技術，包括扣球、攔網和擋球等。我們的教練將引導學員進行更複雜的排球戰術訓練，培養他們的戰術意識和團隊配合能力。課程中還將加入身體力量和敏捷性訓練，以提升學員的運動能力和反應速度。此外，學員將學習如何解讀比賽情況，制定有效的戰術和策略。透過參與這個課程，學員將建立更強的技巧基礎，同時培養自信心和領導能力。他們將有機會參加友誼賽和比賽，與其他學員一起展示他們的技能和團隊合作精神。

**Term 1 學期: 12 lessons 堂, HK\$2,880**

**Term 2 學期: 11 lessons 堂, HK\$2,640**

**Term 3 學期: 9 lessons 堂, HK\$2,160**

Co-organized with 合辦機構: ASG

Medium of Instruction 授課語言: English 英語



## PEEWEE 幼兒組 (S9000)

**Time 時間: Saturday 星期六, 12:00 - 13:00**

Ages 3-4

ASG has designed an engaging and interactive football program for players aged 3 to 4. In this course, players will learn fundamental football skills such as passing, shooting, and ball control. Our professional coaches will utilize age-appropriate training methods and games to ensure that players learn and grow in a relaxed environment. Through this program, players will develop teamwork, coordination, and athletic abilities while boosting their self-confidence.

ASG為3至4歲的學員，設計了一個充滿趣味和互動的足球課程。在這個課程中，學員將學習基礎的足球技巧，如傳球、射門和控球。ASG教練將使用適合他們年齡的訓練方法和遊戲，讓學員們在輕鬆的環境中學習和成長。透過這個課程，孩子們將培養團隊合作、協調性和運動技能，同時提高他們的自信心。

**Term 1 學期: 12 lessons 堂, HK\$2,880**

**Term 2 學期: 11 lessons 堂, HK\$2,640**

**Term 3 學期: 9 lessons 堂, HK\$2,160**



## SEEDLING 種子組 (S9001)

**Time 時間: Saturday 星期六, 10:00 - 11:00**

Ages 5-7

ASG offers an advanced Football program for players aged 5 to 7, building upon the foundation established in the 3 to 4-year-old program. In this course, players will further develop their dribbling skills, passing accuracy, shooting power, and ball control agility. Our professional coaches utilize challenging training methods and games to enhance the players' technical abilities and tactical understanding. Additionally, we emphasize the cultivation of teamwork, coordination, and overall sports skills to boost their confidence and competitiveness. Through this program, players will gain a deeper understanding of the Football and develop advanced techniques and strategies.

ASG為5至7歲的學員，在3至4歲課程基礎下，延伸了一個進階的足球課程，讓學員能夠在足球技巧和理解上更上一層樓。在這個課程中，學員將進一步學習運球技巧、傳球準確性、射門力量和控球靈活性。我們的專業教練將使用更具挑戰性的訓練方法和遊戲，以提高學員的技術水平和戰術理解。同時，我們還將強調團隊合作、協調性和運動技能的培養，以及提高孩子們的自信心和競爭力。通過這個課程，學員將能夠更深入地瞭解足球，並發展出更高級的技术和戰術能力。

**Term 1 學期: 12 lessons 堂, HK\$2,880**

**Term 2 學期: 11 lessons 堂, HK\$2,640**

**Term 3 學期: 9 lessons 堂, HK\$2,160**

Co-organized with 合辦機構: ASG

Medium of Instruction 授課語言: English 英語





## JUNIOR 少年組 (S9002)

Ages 8-11

**Time 時間: Saturday 星期六, 11:00 - 12:00**

In this 8-11 age group program, our players will further enhance their Football skills and tactical understanding. They will learn more complex dribbling techniques such as ball control, dribbling past opponents, and evading defenders. Additionally, they will improve their passing accuracy and power, as well as learn to master shooting techniques. Furthermore, they will learn how to effectively control the ball to handle higher-intensity game situations. ASG coaches will provide players with challenging training methods and games to push their technical and tactical abilities. Players will engage in more team collaboration exercises, learning how to cooperate with teammates and utilize their individual skills to achieve common goals. Moreover, we will focus on developing their coordination and athletic abilities to enhance their performance and self-confidence in matches. Through this program, players will have the opportunity to gain a deeper understanding of Football and develop advanced technical and tactical skills. They will learn how to adapt to different game situations and opponents, becoming more well-rounded Football players.

在這個8至11歲的課程中，學員將進一步加強他們的足球技巧和戰術理解。他們將學習更複雜的運球技巧，如盤球、過人和繞過對手。學員將進一步提高傳球的準確性和力量，並學習如何更好地掌握射門技巧。此外，他們還將學習如何更有效地控球，以應對更高強度的比賽場面。ASG教練將為學員提供更具挑戰性的訓練方法和遊戲，以推動他們的技術和戰術能力。學員將參與更多的團隊合作練習，學習如何與隊友配合，並運用各自的技能來達成共同目標。此外，我們還將注重培養他們的協調性和運動能力，以提高他們在比賽中的表現和自信心。通過這個課程，他們將學習如何在比賽中應對不同的局勢和對手，並成為一名更全面的足球運動員。

**Term 1 學期: 12 lessons 堂, HK\$2,880**

**Term 2 學期: 11 lessons 堂, HK\$2,640**

**Term 3 學期: 9 lessons 堂, HK\$2,160**



## YOUTH 青年組 (S9003)

Ages 12-16

**Time 時間: Saturday 星期六, 09:00 - 10:00**

For players aged 12 to 16, we have specially designed an advanced Football program to further enhance their skills and tactical abilities. In this program, players will deepen their understanding of Football techniques and tactics. In addition to strengthening their dribbling, ball control, and shooting skills, players will also learn advanced tactical strategies such as offensive organization, defensive organization, and tactical variations. They will learn how to better understand the game situation, make wise tactical choices, and demonstrate leadership abilities on the field. Players will also improve their physical fitness and athletic abilities. They will participate in more high-intensity physical training, including endurance, speed, and agility exercises. This will help them maintain good physical condition during matches and better cope with the demands of longer games and intense competition. Our team of professional coaches will provide challenging training methods and games to enhance players' technical and tactical abilities. They will further cultivate teamwork and leadership skills, teaching players how to better collaborate with teammates and achieve victory in matches.

對於12至16歲的學員，我們特別設計了一個進階的足球課程，旨在進一步提升他們的技術和戰術能力。在這個12至16歲的課程中，學員將深化他們的足球技巧和戰術理解。除了進一步加強他們的盤球、過人和射門技巧外，學員還將學習更高級的戰術策略，如進攻組織、防守組織和戰術變換。他們將學習如何更好地理解比賽局勢，做出明智的戰術選擇，並在比賽中發揮領導能力。學員將進一步提升他們的身體素質和運動能力。他們將參與更多高強度的體能訓練，包括耐力、速度和敏捷性的提升。這將有助於他們在比賽中保持良好的體能狀態，並更好地應對長時間的比賽和高強度的對抗。我們的專業教練團隊將提供更具挑戰性的訓練方法和遊戲，以推動學員的技術和戰術能力。他們將進一步培養學員的團隊合作精神和領導能力，並教導他們如何在比賽中更好地與隊友配合，以取得勝利。

**Term 1 學期: 12 lessons 堂, HK\$2,880**

**Term 2 學期: 11 lessons 堂, HK\$2,640**

**Term 3 學期: 9 lessons 堂, HK\$2,160**

Co-organized with 合辦機構: ASG

Medium of Instruction 授課語言: English 英語



## Jumping Rope 跳繩

### SEEDLING 種子組 (S0041)

**Time 時間:** Saturday 星期六, 09:00 - 10:00

Ages 5-7

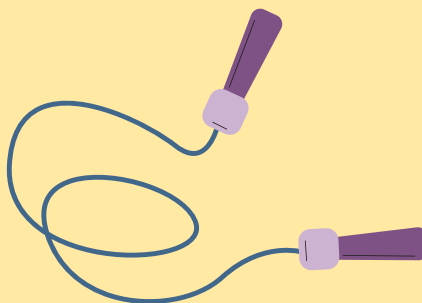
ASG has designed a fun and energetic jump rope program specifically for children aged 5 to 7. In this course, students will learn basic jump rope techniques such as single-foot jumps, double-foot jumps, and crisscross jumps, while enhancing their coordination and sense of rhythm through games and music. Our professional coaches use interactive teaching methods to create a relaxed learning environment, providing individual guidance to ensure each student receives the appropriate support and encouragement. This jump rope class not only cultivates students' physical coordination and flexibility but also improves their endurance and body control. Through jump rope exercises, students will strengthen their muscles, enhance cardiovascular fitness, and enjoy a healthy and enjoyable learning experience.

ASG為5至7歲兒童設計了一個充滿樂趣和活力的跳繩課程。在這個課程中，學員將學習基本的跳繩技巧，如單腳跳、雙腳跳、交叉跳等，並透過遊戲和音樂的方式，提升他們的協調性和節奏感。我們的專業教練將使用互動性的教學方法，讓學員在輕鬆的環境中學習，同時提供個別指導，確保每個學員得到適當的支持和鼓勵。這個跳繩班不僅能夠培養學員的運動協調性和靈活性，還能提升他們的耐力和身體控制能力。通過跳繩的運動，學員將增強肌肉力量，提高心肺功能，同時擁有一個健康和有趣的課程體驗。

**Term 1 學期: 12 lessons 堂, HK\$2,640**

**Term 2 學期: 11 lessons 堂, HK\$2,420**

**Term 3 學期: 9 lessons 堂, HK\$1,980**



### JUNIOR 少年組 (S0042)

**Time 時間:** Saturday 星期六, 10:00 - 11:00

Ages 8-11

ASG has designed a more challenging and skill-based jump rope program for children aged 8 to 11. In this course, students will further develop their jump rope skills by learning more advanced techniques such as double unders, side swings, and cross variations. Through complex combinations and training, students will enhance their coordination, agility, and sense of rhythm. Our experienced coaches will continue to utilize interactive teaching methods, incorporating music and games to make learning enjoyable and effective. We will provide individualized instruction to ensure each student receives personalized support and encouragement. This jump rope program for children aged 8 to 11 not only strengthens their physical coordination and flexibility but also fosters teamwork, discipline, and perseverance.

ASG為8至11歲設計了一個更具挑戰性和技巧性的跳繩課程。在這個課程中，學員將進一步學習更高級的跳繩技巧，例如雙轉、側擺和交叉變化等。透過更複雜的組合和訓練，學員將提升協調性、敏捷性和節奏感。我們經驗豐富的教練將繼續使用互動式的教學方法，結合音樂和遊戲，使學習變得有趣且有效。我們將提供個別指導，確保每個學員都能得到個性化的支持和鼓勵。這個8至11歲的跳繩課程不僅能夠增強學員的身體協調和靈活性，還能培養他們的團隊合作、紀律和毅力。

**Term 1 學期: 12 lessons 堂, HK\$2,640**

**Term 2 學期: 11 lessons 堂, HK\$2,420**

**Term 3 學期: 9 lessons 堂, HK\$1,980**



Remarks 備注:

Students have to bring their own jumping rope to lessons  
學生須自備跳繩

Co-organized with 合辦機構: ASG

Medium of Instruction 授課語言: English 英語



## Badminton Beginner interest Class 羽毛球基礎興趣班 (S7012)

Ages 6-10

Time 時間: Saturday 星期六, 09:00 - 10:00

The course uses good design to arouse students' interest in badminton. Through formal training, students can lay the basic skills and movements of badminton, including: forehand and backhand grip, ball control, serve, return of serve, footwork, etc., and also understand the rules of badminton competition. Make participating students willing to continue learning and continue to participate in badminton.

課程以良好設計引發學生對羽毛球運動興趣，藉由正規訓練為學生打下羽毛球基本技術、動作包括：正反手握拍、控球、發球、接發球、步法等基礎，並了解羽毛球比賽規則，令參與學生樂意繼續學習並持續參與羽毛球運動。

Term 1 學期: 12 lessons 堂, HK\$3,600

Term 2 學期: 11 lessons 堂, HK\$3,300

Term 3 學期: 9 lessons 堂, HK\$2,700

## Badminton Technical Improvement Class 羽毛球技術改良班 (S7013)

Ages 10-16

Time 時間: Saturday 星期六, 10:00 - 11:30

The course is designed in line with the level of the HKBA Star Medal Examination. Through formal training, students can lay good basic badminton skills and movements, including: high and low shots, serve, return of serve, footwork, etc., and understand the rules of badminton competition, so that they can compete in sparring matches., and make students willing to continue learning and continue to participate in badminton.

課程配合羽毛球總會星章考試級別設計，藉由正規訓練為學生打下良好羽毛球基本技術、動作包括：高遠球、發球、接發球、步法等基礎，並了解羽毛球比賽規則，可以進行對打比賽，並令學生樂意繼續學習並持續參與羽毛球運動。

Term 1 學期: 12 lessons 堂, HK\$5,400

Term 2 學期: 11 lessons 堂, HK\$4,950

Term 3 學期: 9 lessons 堂, HK\$4,050

## Badminton Advanced Competition Class 羽毛球進階比賽班 (S7014)

Ages 10-17

Time 時間: Saturday 星期六, 11:30 - 13:00

The course is designed in line with the level of the HKBA Youth Team Examination. Through formal training, students can lay good advanced badminton skills and movements, besides forming basic skills: high and low shots, serve, return of serve, footwork, etc., we will focusing on enhancing students' abilities of sparring matches, make our players are able to participating competitions in different levels.

課程配合羽毛球總會青訓考試級別設計，藉由正規訓練為學生調教進階羽毛球基本技術、動作除了規範高遠球、發球、接發球、步法等穩定性，並加強對打比賽意識、路線，令學生得以提高對打比賽能力，參與各種不同水平羽毛球賽事。

Term 1 學期: 12 lessons 堂, HK\$5,400

Term 2 學期: 11 lessons 堂, HK\$4,950

Term 3 學期: 9 lessons 堂, HK\$4,050

Remarks 備注:

Students have to bring their own badminton rackets  
學生須自備羽毛球拍

Co-organized with 合辦機構: Sinsports Academy LTD  
Medium of Instruction 授課語言: English 英語



## Taekwondo 跆拳道

Taekwondo helps to develop children's spiritual and physical strength. Training is carefully structured with guidance from qualified coaches.

跆拳道有助發展兒童的精神和身體力量。培訓由合資格的跆拳道教練教授。

### White Belt to Green Blue Belt 白帶至綠藍帶

Ages 4+

**Time 時間: Saturday 星期六, 09:00 - 10:00 (S0051A1)**

**Time 時間: Saturday 星期六, 10:00 - 11:00 (S0051A2)**

Term 1 學期: 12 lessons 堂, HK\$3,360

Term 2 學期: 11 lessons 堂, HK\$3,080

Term 3 學期: 9 lessons 堂, HK\$2,520



Ages 8+

### Blue Belt to Black Belt 藍帶至黑帶

**Time 時間: Saturday 星期六, 09:00 - 10:00 (S0051B1)**

**Time 時間: Saturday 星期六, 10:00 - 11:00 (S0051B2)**

**Term 1 學期: 12 lessons 堂, HK\$3,600**

**Term 2 學期: 11 lessons 堂, HK\$3,300**

**Term 3 學期: 9 lessons 堂, HK\$2,700**

#### Remarks:

- Taekwondo uniform will be needed, uniform and equipment order form will be sent to parents after enrolment, payment will be collected separately 學生需要跆拳道服，報名後將向家長發送跆拳道服和裝備訂購單，費用另行收取
- Students joining all levels except for white belt must show their taekwondo color belt certificate 除報讀白帶課程外，報讀其餘級別須通出示跆拳道色帶證。

Co-organized with 合辦機構: International Taekwondo Hong Kong Association 國際跆拳道香港總會，課程由國際跆拳道香港總會分區總監（超過三十年教學經驗）及前港隊成員親自主導

Medium of Instruction 授課語言: English (supplemented with Cantonese and Mandarin) 英語（粵語及普通話輔助）





## Tennis 網球

### Development Squad: Red Ball 紅球: 初學者 (S7030/ S7031)

Red ball programme teaches players fundamental hand-eye coordination, develops sending and receiving skills, movement and tennis technique foundations. Introducing players as quickly as possible into rallies, the rules of the game and into point play. This programme is a fun multifaceted baseline to a child's development within the game.

紅球初學者教授學生基本的手眼協調能力，培養發球和接球技巧、動作和網球技術基礎。課程將向學生介紹網球對打、遊戲規則和積分賽。本課程讓學生在遊戲中發展多方面基礎。

Ages 4-6 歲 (S7030A)

Time | 時間: Saturday 星期六, 09:00 - 10:00

Ages 4-6 歲 (S7030B)

Time | 時間: Saturday 星期六, 15:00 - 16:00

Ages 6-8 歲 (S7031A)

Time | 時間: Saturday 星期六, 10:00 - 11:00

Ages 6-8 歲 (S7031B)

Time | 時間: Saturday 星期六, 16:00 - 17:00

### Development Squad: Orange Ball 橙球: 初學者 (S7032)

Orange ball programme with orange compression balls is suitable for both younger experienced players progressing on from red ball that are of level, or slightly older players 8-9 years new to tennis or have established technical competency and semi-confident rallying skills. At the end of the term, a competition will be organized to showcase the players' progress and achievements.

橙球進階班，使用橙色壓縮球，適合從具有一定水平而經驗豐富的紅球初階學生進一步學習，或剛剛接觸網球或已經建立了一些基礎的稍微年長的球員（8-9 歲）。技術能力和半自信的拉力對打技巧。技術能力和半自信的拉力對打技巧。學期末將組織一場比賽來展示球員的學習和成就。

Ages 8-10 歲

Time | 時間: Saturday 星期六, 11:00 - 12:00 (S7032A)

Time | 時間: Saturday 星期六, 12:00 - 13:00 (S7032B)

### Rising Star Squad: Green Ball 綠球: 進階班 (S7034)

Green ball programme with green compression balls is suitable for both younger experienced players progressing on from orange ball that are of level, or slightly older players (9-11 year olds) new to tennis or that have established some technical competency and semi-confident rallying skills. At the end of the term, a competition will be organized to showcase the players' progress and achievements.

使用綠色壓縮球進行的綠球進階班，適合從具有一定水平的橙球進階而有豐富經驗的年輕球員，或剛剛接觸網球或已經建立了一些基礎的稍微年長的球員（9-11 歲）。技術能力和半自信的拉力對打技巧。技術能力和半自信的拉力對打技巧。學期末將組織一場比賽來展示球員的學習和成就。

Ages 11-15 歲

Time | 時間: Saturday 星期六, 13:00 - 14:00 (S7034A)

Time | 時間: Saturday 星期六, 14:00 - 15:00 (S7034B)

**Term 1 學期: 12 lessons 堂, HK\$3,840**

**Term 2 學期: 11 lessons 堂, HK\$3,520**

**Term 3 學期: 9 lessons 堂, HK\$2,880**

Remarks 備註:

Students will receive an ATA squad shirt and Coach progress reports  
學生將收到 ATA 球衣和進度報告

Classes conducted in outdoor court 課堂於室外運動場進行

Students need to prepare their own tennis racket 學生需自備網球拍

Co-organized with 合辦機構: Australasia Tennis Aces Limited (ATA)

Medium of Instruction 授課語言: English 英語



Ages 8-10



Ages 11-15





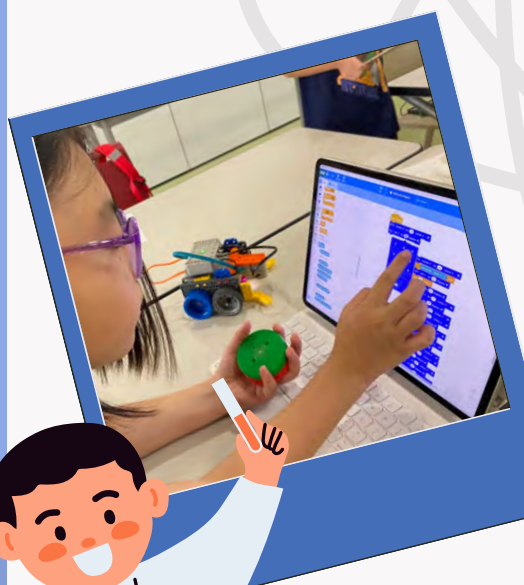
2024 - 2025

科學與科技

# SCIENTISTS PROGRAMME



- Code Club / 編程學會
- 3D Modelling and Animation with Blender / Blender三維建模與動畫課程
- Introduction to Medicine and Surgical Skills / 醫學及外科技能入門
- Soaring Through the Skies / 翱翔天際



ENROL ONLINE  
線上報名







## Term 1 and Term 2 - Technology and Me 我的數碼創作及探索之旅

Ages 6-9

**Time 時間: Saturday 星期六, 14:45 - 15:45 (Y9141)**

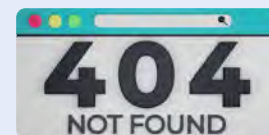
As new explorers of technology, students will make connections to technology by participating in entry-level Guided Projects that allow them to share their own personal experiences and interests. Students will learn introductory skills in HTML and CSS while exploring basic concepts in JavaScript. Students will create their own personal web-page, a blog, make their own quiz game and develop other similar digital artifacts. These projects will teach the basics of web design along with critical digital skills like design thinking, prototyping and digital citizenship. 作為技術的新探索者，學生將通過參與入門級的指導性項目與技術建立聯繫，讓他們分享自己的個人經歷和興趣。學生將在探索JavaScript基本概念的同時，學習HTML和CSS的基本技能。學生將創建自己的個人網頁、blog，製作自己的測驗遊戲，並開發其他類似的數碼產品。這些項目將教授網頁設計的基礎知識，以及設計思維、原型製作和數碼公民意識等重要的數碼技能。

### Learning Highlights 學習重點:

- Students will be introduced to methods and design protocols that real web-designers use and will explore how to interact and engage safely in online environments through activities that develop digital citizenship 學生將被介紹到網頁設計師使用的方法和設計協議，並通過培養數碼公民意識的活動，探討如何在網上環境中安全地進行互動和參與。
- Teachers will lead students through 7 Guided Projects that teach the necessary skills in HTML, CSS and JavaScript to design custom web pages that will start to cultivate computational thinking. Students will also learn how to plan out project ideas as a design process. 老師將帶領學生完成7個指導性項目，教授設計自定義網頁所需的HTML、CSS和JavaScript技能，從而培養計算思維。學生同時也將學習如何作為設計過程來規劃項目構想。
- Create: Games that can be played and shared on your devices. Practice fundamental programming concepts such as functions and variables. Build a variety of mini 2D arcade games to add to your portfolio 學生將在整個課程中創作7個獨特的項目。在課程結束時，學生將被要求自定一個他們選擇的項目作為課程的總結性任務。每個項目都可進行定制，並可使用公開網址或QR碼分享。

## Term 3 - Mobile Game Developer 手機遊戲開發創造者

**Time 時間: Saturday 星期六, 14:45 - 15:45 (Y9141)**



After learning the fundamentals of HTML, CAA and JavaScript, we will take students to a more challenging level to build games that can be played on both desktop and mobile devices. This course is designed for students who has prior experience with HTML, CSS, and JavaScript. Using the BSD Online learning platform, students will build a total of five different games – a platformer, a trac game, a nonogram puzzle game, a battle game, and a jumping game. Students will learn about game development and design, and explore how to add further customizations to their projects. They will end the course with a tech portfolio of the projects they've created, and will be able to use their new skills to move onto more complex projects in the future. 在學習了HTML、CSS和JavaScript的基礎知識後，我們將帶領學生進入一個更具挑戰性的水平，建立可在桌面和移動設備上玩的遊戲。這個課程是針對有HTML、CSS和JavaScript經驗的學生設計的。學生將使用BSD Online學習平台，共建造五種不同類型的遊戲、一個平台遊戲、一個賽車遊戲、一個非諾格拼圖遊戲、一個戰鬥遊戲和一個跳躍遊戲。學生將學習遊戲開發和設計的知識，並探索如何對他們的項目進行更多自定義。課程結束時，他們將擁有一個由自己創建的項目的技術作品集，並能夠使用新學到的技能去進行更複雜的項目。

### Learning Highlights 學習重點:

- Explore 探索: Students will develop their understanding of HTML, CSS, and JavaScript by working through a progression of 5 game projects. 學生將通過完成五個遊戲項目的方式，促進他們對HTML、CSS和JavaScript的理解。
- Learn 學習: Teachers will lead students through guided projects that teach the fundamentals of game development to create a series of projects. After completing the guided projects, students will also learn how to add further customizations to their projects in sandbox. 老師將帶領學生完成一系列的引導性項目，教授遊戲開發的基本原理。在完成這些引導性項目後，學生還將學習如何對自己的項目進行更多的自定義和創新。
- Create 創作: Students will create five unique projects throughout this course. 在整個課程中，學生將創造五個獨特的遊戲項目。

**Term 1 學期: 12 lessons 堂, HK\$3,360**

**Term 2 學期: 11 lessons 堂, HK\$3,080**

**Term 3 學期: 9 lessons 堂, HK\$2,520**

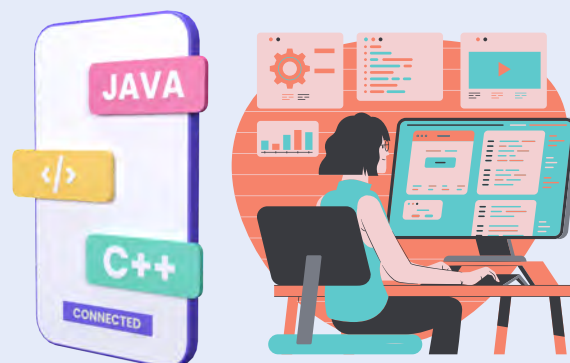
### Remarks 備註:

Students need to bring their own Laptop computer 學生須自備手提電腦

- with Web Browsers of 需有瀏覽器:
  - Chrome (at least version 66 版本以上)
  - Firefox (at least version 59)
  - Safari (at least version 11 版本以上)
- iPad is not applicable 平板電腦不適用

Instructor 導師: BSD Education

Medium of Instruction 授課語言: English 英語



**Term 1 & 2: Technology and the World 科技與世界的探索****Time 時間: Saturday 星期六, 13:00 - 14:30 (Y9142)**

To explore technology themes that relate to global interests, like artificial intelligence and game development. With more emphasis on JavaScript programming, creating scrolling video game, vertical jumper game & explore how artificial intelligence is used in art and music. To enhance the development of projects, students will also explore ethical decision making of AI technologies and video games. Esports has grown immensely in popularity, creating their own esports games. This is a valuable way for students to understand that video games can also be considered a form of sport. The Image Styler and Beat Maker tools can serve to educate students on how AI and technology have proliferated into many industries beyond just gaming.

探索與全球興趣相關的技術主題，如人工智慧和遊戲開發。此課程將強調對JavaScript程式設計，帶領學生創造出滾動視頻遊戲、垂直跳躍遊戲等，並探索人工智慧如何應用於藝術和音樂。為了增強項目開發，學生將探討人工智慧技術和視頻遊戲的道德決策。電競已經大受歡迎，學生將會創造自己的電競遊戲，讓學生理解視頻遊戲也可被視為一種運動。圖像風格化和節拍製作工具可以教育學生，人工智慧和技術已經滲透到遊戲以外的許多行業。

**Learning Highlights 學習重點:**

- Introduce to real-world examples of AI technologies and video games, looking at AI developments with a critical lens to determine ethical practices in the use of data in AI systems. 介紹人工智能技術和視頻遊戲的實際案例，深入理解新技術如何幫助現今世界。學生將以批判性的角度看待人工智能的發展，釐清使用人工智能系統數據時的倫理實踐。
- Teachers will lead students through 5 guided projects, learn how to program using advanced JavaScript libraries for gaming like Phaser and how to make use of machine learning libraries for image recognition. Gain an understanding of how AI and machine learning systems work. 老師會帶領學生完成5個指導性項目，教授更深入的JavaScript概念，例如使用數據庫儲存及檢索數據。學習如何運用Phaser等專門用於遊戲的高級JavaScript函式庫進行編程，以及如何利用機器學習庫進行圖像識別。了解人工智能及機器學習系統的運作原理。
- Students will be asked to customize a project of their choice based on the 2 project briefs that are provided. 課程完結時，學生會被要求根據提供的2個項目大綱自行度身訂做一個項目。

**Term 3: Code Your Own World with VR VR 編碼：創造你的奇幻宇宙****Time 時間: Saturday 星期六, 13:00 - 14:30 (Y9142)**

After learning how technology connect with AI and Game, we will take students from forests to Mars, students will bring their imaginations to life by coding their own virtual reality world. Developed with HTML, JavaScript, and A-Frame, they will code and add their own customized textures, elements and interactions to complete their realistic simulated 3D environments.

在學習了科技如何與人工智能和遊戲相結合之後，我們將帶領學生從森林到火星，讓學生通過編碼創造自己的虛擬現實世界，將他們的想像力變為現實。學生將運用HTML、JavaScript和A-Frame開發，自訂紋理、元素和交互功能，完成逼真的模擬3D環境。

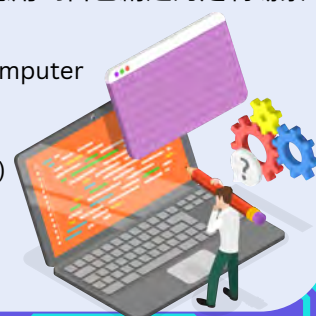
**Learning Highlights 學習重點:**

- Explore how developers assemble and approach the design of virtual reality worlds and explore how professionals consider elements like, placement, backgrounds, settings and genres. 探索開發者如何組裝和設計虛擬現實世界，以及專業人士如何考慮擺放、背景、場景和類型等元素。
- Learn the fundamentals of A-Frame along with HTML, CSS and JavaScript to customize textures, elements and virtual interactions. AFrame is a professional framework for designing and coding virtual experiences. 學習A-Frame、HTML、CSS和JavaScript的基本原理，以自定義紋理、元素和虛擬互動。A-Frame是一個專業的框架，用於設計和編碼虛擬體驗。
- Create VR scenes with custom themes, animations, gaze controls, and textures. Students will work through a progression of 13 projects, with each one teaching a specific feature of the A-Frame framework. As a final capstone project, students will then apply what they have learned in the guided projects to create a custom scene of their own in the sandbox. 使用自定義主題、動畫、凝視控制和紋理創造VR場景。學生將完成13個漸進式項目，每個項目都會教授A-Frame框架的特定功能。最後，學生將把在指導性項目中學到的知識應用到自己創建的定制場景中。

**Remarks 備註:**

Students need to bring their own Laptop computer  
學生須自備手提電腦

- with Web Browsers of 需有瀏覽器:
  - Chrome (at least version 66 版本以上)
  - Firefox (at least version 59)
  - Safari (at least version 11 版本以上)
- iPad is not applicable 平板電腦不適用

**Term 1 學期: 12 lessons 堂, HK\$5,040****Term 2 學期: 11 lessons 堂, HK\$4,620****Term 3 學期: 9 lessons 堂, HK\$3,780**

Instructor 導師: BSD Education

Medium of Instruction 授課語言: English 英語



## 3D Modelling and Animation with Blender Blender三維建模與動畫課程

**Time 時間: Saturday 星期六, 13:00 - 15:00 (A0305)**

Ages 13-16

This course is designed to introduce secondary students to the fundamentals of 3D modelling, animation, and rendering using Blender. Students will learn how to create their own 3D models, animations, and renderings through hands-on projects and exercises. Student can choose to have their model 3D printed at the end of the course.

該課程旨在向中學生介紹使用Blender進行三維建模、動畫製作和渲染的基礎知識。學生們將通過動手項目和練習學習如何創建自己的三維模型、動畫和渲染效果。課程結束時學生可以選擇進行3D列印將他們的模型製作成實體。

**Term 1 學期: 12 lessons 堂, HK\$7,200**

**Term 2 學期: 11 lessons 堂, HK\$6,600**

**Term 3 學期: 9 lessons 堂, HK\$5,400**

Remarks 備註:

- Students need to bring their own Laptop computer  
學生須自備手提電腦
- iPad is not applicable 平板電腦不適用

Instructor 導師: Ricky Srifuengfung

Medium of Instruction 授課語言: English 英語



## Introduction to Medicine and Surgical Skills 醫學及外科技能入門

**Time 時間: Saturday 星期六, 13:00 - 15:00 (Y3001)**

Ages 15-19

This course provides an immersive introduction to the field of medicine for secondary students interested in becoming medical professionals. It covers fundamental medical knowledge alongside hands-on surgical suture practice, aiming to give students a foundational understanding of the medical field and a taste of the skills required to pursue a career in healthcare.

這門課程為有志成為醫療專業人員的中學生提供了一個沉浸式的醫學領域介紹。它涵蓋了基礎醫學知識以及實際的外科縫合操作練習，旨在給學生們提供對醫學領域的基本理解，並體驗追求醫療保健職業所需的技能。

**Term 1 學期: 12 lessons 堂, HK\$6,900**

**Term 2 學期: 11 lessons 堂, HK\$6,325**

**Term 3 學期: 9 lessons 堂, HK\$5,175**

Instructor 導師: Romisa Tasaddaq

Medium of Instruction 授課語言: English 英語



# Soaring Through the Skies 翱翔天際

ARRIVALS ↓

Ages 13-16

**Time 時間: Saturday 星期六, 13:00 - 15:00 (Y2001)**

Embark on an exhilarating journey through the fascinating world of aviation with our course, "Soaring Through the Skies". This immersive program is designed to ignite your passion for flight and provide you with a solid foundation in the principles and practices of aviation. Join us in "Soaring Through the Skies" and elevate your understanding of the dynamic and exciting field of aviation. Whether you're an aspiring pilot, engineer, or aviation enthusiast, this course will provide you with the knowledge and skills to navigate the skies with confidence.

踏上激動人心的旅程，探索迷人的航空世界，我們的課程《翱翔天際》將帶領你進入這一奇妙領域。這個沉浸式課程旨在激發你對飛行的熱情，並為你提供堅實的航空原理和實踐基礎。加入我們的《翱翔天際》課程，提升你對這個充滿活力和令人興奮的航空領域的理解。無論你是有志成為飛行員、工程師，還是航空愛好者，這門課程都將為你提供在天空中自信導航的知識和技能。

**Term 1 學期: 12 lessons 堂, HK\$6,000**

**Term 2 學期: 11 lessons 堂, HK\$5,500**

**Term 3 學期: 9 lessons 堂, HK\$4,500**

Instructor 導師: Peter Pan

Medium of Instruction 授課語言: English 英語



FLIGHT  
SIMULATOR





2024 - 2025

# 表演藝術 ARTISTS PROGRAMME

- Trinity Graded Examination in Spoken English / 倫敦聖三一英語口語等級考試課程
- Performing Star Junior / 初級星藝訓練
- English Speech Festival Training Workshop / 英文朗誦技巧培訓工作坊
- LCM Early Learning Examination Programme / 英國倫敦音樂學院音樂等級考試課程



**ENROL ONLINE**  
線上報名



### Grade 1 一級

Time 時間: Saturday 星期六, 09:00 - 10:00 (E5011)

Ages 4-5

### Grade 2 二級

Time 時間: Saturday 星期六, 10:00 - 11:00 (E5012)

Ages 5-6

- Join internationally renowned tests of English speaking and listening skills
- One-on-one oral exams with a Trinity examiner
- Cover a variety of topics at each level
- Utilize vocabulary and grammar skills to demonstrate proficiency
- Develop practical language skills for real-world use
- Build confidence and communication abilities through engaging and interactive activities and games
- 國際知名的英語口語和聽力測試
- 由考官一對一進行的口試考試
- 涵蓋各個等級的各種主題
- 運用詞彙和語法展現語言能力
- 培養實際的語言應用能力
- 通過生動有趣的互動活動和遊戲增強自信和交流能力

Term 1 學期: 12 lessons 堂, HK\$3,420

Term 2 學期: 11 lessons 堂, HK\$3,135

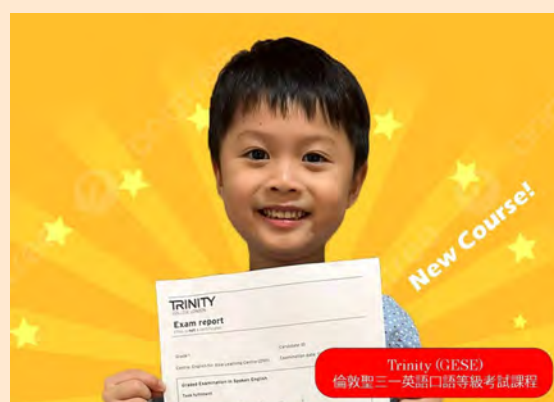
Term 3 學期: 9 lessons 堂, HK\$2,565

Remarks:

Students are required to get the textbook. 學生需要購買指定的教材。

Instructor 導師: Judy Mizoguchi, Whiz Kids

Medium of Instruction 授課語言: English 英語



## Performing Star Junior 初級星藝訓練

Time 時間: Saturday 星期六, 11:15 - 12:15 (M0063)

Ages 2.5-3.5

Embark on an exciting journey into the world of performance! Our programme offers an introduction to the fundamentals of singing, dancing, and acting. Stimulate creativity, elevate speech, and language skills through engaging improvisation and role-play activities. Boost confidence as you immerse yourself in a dynamic blend of fun and energetic theatre games. Discover your artistic potential and unleash your inner performer!

踏上精彩演出的旅程!我們的課程提供了對歌唱、舞蹈和表演藝術基礎的介紹。透過生動有趣的即興表演和角色扮演活動,激發創意,提升語言及表達能力。沉浸於充滿活力和趣味的戲劇遊戲中,增強自信。發掘你的藝術潛能,釋放內在演員。

Term 1 學期: 12 lessons 堂, HK\$3,360

Term 2 學期: 11 lessons 堂, HK\$3,080

Term 3 學期: 9 lessons 堂, HK\$2,520

Instructor 導師: Judy Mizoguchi, Whiz Kids

Medium of Instruction 授課語言: English 英語





English Speech Festival Training Workshop (Grade 1)  
英文朗誦技巧培訓工作坊 (一級)

Ages 3.5-6

**Time 時間: Saturday 星期六, 12:30 - 13:30 (E7002)**

Boost your public speaking confidence, refine technical skills in voice, phrasing, and diction, and master the art of expressing yourself effortlessly through facial expression and body language. Develop a commanding presence and communicate with impact in any situation. Students can enter speech competitions arranged by the speech organisers.

提升你的公眾演講自信、完善語音技巧、措辭和發音，並掌握通過面部表情和肢體語言自然表達的藝術。培養引人注目的臨場表現，在任何情況下都能有影響力地溝通。學生亦可以準備朗誦節比賽。

**Term 1 學期: 12 lessons 堂, HK\$3,420**

**Term 2 學期: 11 lessons 堂, HK\$3,135**

**Term 3 學期: 9 lessons 堂, HK\$2,565**

Instructor 導師: Judy Mizoguchi, Whiz Kids

Medium of Instruction 授課語言: English 英語



English Speech Festival Training Workshop (Grade 2)  
英文朗誦技巧培訓工作坊 (二級)

Ages 6-9

**Time 時間: Saturday 星期六, 13:30 - 14:30 (E7003)**

It is a masterclass covering more advanced techniques for various speech festivals such as Hong Kong Schools Speech Festival. It boosts confidence in speaking. Participants can also bring their own poems or pieces of prose.

這是一個大師課程，涵蓋了各種演講比賽(如香港學校朗誦節)的更高級技巧。它有助於提高參與者的說話自信。參與者也可以帶自己的詩歌或散文作品。

**Term 1 學期: 12 lessons 堂, HK\$3,420**

**Term 2 學期: 11 lessons 堂, HK\$3,135**

**Term 3 學期: 9 lessons 堂, HK\$2,565**

Instructor 導師: Judy Mizoguchi, Whiz Kids

Medium of Instruction 授課語言: English 英語



**Time 時間: Saturday 星期六, 14:45-15:45 (M1001)**

Ages 3-4.5

**Time 時間: Saturday 星期六, 15:45-16:45 (M1002)**

Ages 4.5-6

London Music College offers music examinations for children aged 3-6, available as both group and individual assessments. All candidates will receive a report and certificate, with awards given as Pass, Merit, or Distinction. Every child who completes the assessment will be awarded at least a Pass. The examinations are conducted in English.

**Group Exam:** Children will present a music story that involves singing, role play, reflections, and music theory questions.

**Individual Exam:** Children will showcase their skills by singing a song and playing a song on the rainbow bell from memory. They will also provide comments on the songs they heard, share reflections, and answer music theory questions.

英國倫敦音樂及媒體學院(LCM)為 3-6 歲的兒童提供音樂考試，分為團體和個人評估。所有學生都將收到一份報告和證書，並獲得合格、優異或優等的獎勵。考試以英語進行。

小組考試：孩子們將展示一個音樂故事，其中涉及歌唱、角色扮演、反思和音樂理論問題。

個人考試：孩子們將通過唱歌和彈奏彩虹鈴，以及評論對聽到的歌曲、分享感想，並回答音樂理論問題。

**Term 1 學期: 16 lessons 堂, HK\$5,440**

**[21/9 - 8/2, except 26/10, 14/12 & 1/2 除外]**

**Term 2 學期: 16 lessons 堂, HK\$5,440**

**[15/2 - 14/6, except 19/4 & 31/5 除外]**

Remarks:

Exam fee will be collected separately 考試費用將另行收取

Instructor 導師: Jill Tse

Medium of Instruction 授課語言: English 英語





2024 - 2025

**NEW**

## 幼兒課程

# EARLY CHILDHOOD EDUCATION PROGRAMME

- IAIM Infant Massage / 嬰幼兒按摩
- Let's Move with Music / 一起來律動



**ENROL ONLINE**  
線上報名

## IAIM Infant Massage 嬰幼兒按摩

### Parent-Child Program 親子班

Ages 0-1

**Time 時間: Saturday 星期六, 10:00 -11:30 (Y1001)**

Infant massage, a time-honored practice found in diverse cultures, involves gentle touch and rhythmic strokes that foster a deep connection and improve the overall well-being of your baby. In this session, we seek to highlight the significant benefits of infant massage, drawing from the enriching experiences of both infants and parents.

We cordially invite parents with infants aged between 0 to 1 year to partake in this informative gathering. Our proficient instructors will provide invaluable guidance and techniques on infant massage. This event serves as a platform for inquiries, experience sharing, and building connections with fellow parents on a similar parenthood journey.

嬰兒按摩是一種源遠流長的傳統做法，廣泛存在於不同文化中，透過輕柔的觸摸和節奏感強的揉捏，建立深厚的連結，提升寶寶的整體健康。在這個課程中，我們將強調嬰兒按摩的重要好處，並從寶寶和父母的豐富經驗中獲取啟示。我們誠摯邀請0至1歲嬰兒的父母參加這個資訊性的聚會。我們熟練的導師將提供寶貴的嬰兒按摩指導和技巧。此活動是一個詢問、分享經驗和與同樣身處育兒旅程的父母建立聯繫的平台。

**Term 1 學期: 6 lessons 堂, HK\$2,100 [21/9-2/11, except 26/10 除外]**

**Term 2 學期: 6 lessons 堂, HK\$2,100 [9/11-21/12, except 14/12 除外]**

**Term 3 學期: 5 lessons 堂, HK\$1,750 [11/1-15/2, except 1/2 除外]**

**Term 4 學期: 6 lessons 堂, HK\$2,100 [22/2-29/3]**

**Term 5 學期: 6 lessons 堂, HK\$2,100 [5/4-17/5, except 19/4 除外]**

Remarks:

Students need to prepare diaper and their own big towel and small towel for baby  
學生需自備嬰兒尿片，一條大毛巾及一條小毛巾

Co-organiser 合辦機構: Ms Celine Liu, 耀中幼兒園持牌教師，英國音樂榮譽學士學位畢業，擁有10年教學經驗，國際嬰幼兒按摩協會導師，國際嬰幼兒按摩協會（香港分會）秘書

Medium of instructions 授課語言: English and Cantonese 英語和廣東話



## Let's Move with Music 一起來律動

### Parent-Child Program 親子班

Ages 2-3

**Time 時間: Saturday 星期六, 09:00-10:00 (D0801)**

Our Music and Movement program is tailored for 2-3 year olds who delight in singing and dancing. Through a blend of traditional Chinese and English songs and coordinated movements, children will refine their language abilities and motor skills while reveling in the joy of music and movement. Our seasoned instructors will lead the children through a diverse range of activities promoting creativity and self-expression, including instrument interaction, scarf dancing, and parachute games. Parents are encouraged to join in the activities, creating memorable bonding moments with their child through the shared experience of music and movement. Embrace this vibrant and interactive class that aims to cultivate a passion for music and movement in your little one.

我們的音樂與動作課程是為2-3歲的孩子量身定制的，他們喜歡唱歌和跳舞。透過中英文歌曲和協調動作的混合，孩子們將在享受音樂和動作的樂趣中，提升他們的語言能力和運動技能。我們經驗豐富的導師將帶領孩子們進行各種促進創造力和自我表達的活動，包括樂器互動、圍巾舞和降落傘遊戲。鼓勵家長一同參加活動，通過共同體驗音樂和動作，與孩子創造難忘的親子時刻。珍惜這個充滿活力和互動的課程，旨在培養您的小寶貝對音樂和動作的熱愛。

**Term 1 學期: 12 lessons 堂, HK\$3,000**

**Term 2 學期: 11 lessons 堂, HK\$2,750**

**Term 3 學期: 9 lessons 堂, HK\$2,250**



Remarks: Please wear sports clothing. 請穿著運動服裝。

Students need to prepare their own diaper if they are still wearing one 如果學生還穿著尿片，請自備尿片。

Co-organiser 合辦機構: Ms Celine Liu, 耀中幼兒園持牌教師，英國音樂榮譽學士學位畢業，擁有10年教學經驗，國際嬰幼兒按摩協會導師，國際嬰幼兒按摩協會（香港分會）秘書

Medium of instructions 授課語言: English, Cantonese and Mandarin 英語、廣東話和普通话



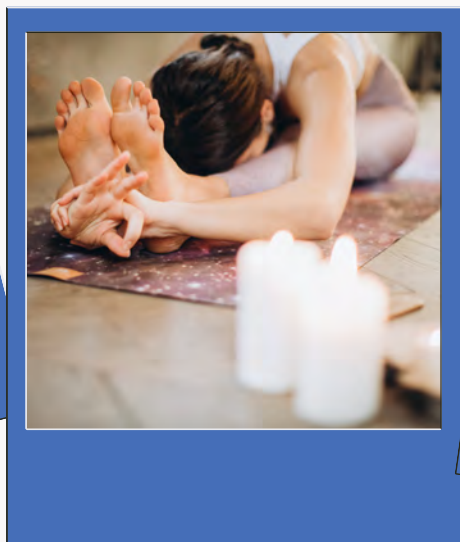
2024 - 2025

成人身心靈課程

NEW

# ADULT HEALING PROGRAMME

- Singing Bowl Therapy / 頌鉢音頻療癒
- Mindful Arts & Expressive Arts  
Norishment Workshop /  
正念及表達藝術身心滋養工作坊
- Yoga for Adult / 成人瑜伽



ENROL ONLINE  
線上報名



## Singing Bowl Therapy 頌鉢音頻療癒

**Time 時間: Saturday 星期六, 11:30 -12:30 (M6101)**

Singing Bowl therapy is a holistic practice that uses vibrations produced by Tibetan singing bowls to promote healing in the body and mind.  
頌鉢音頻療癒是一種整全療法，利用西藏頌鉢產生的振動來促進身心康復。

The benefits of Singing Bowls Sound Bath include :  
頌鉢聲療的好處包括:

- Induce relaxation 幫助身心放鬆
- Improvements in blood pressure, heart rate, and respiratory rate 有助改善血壓、心率和呼吸頻率
- Improved peripheral capillary oxygen saturation 改善微細血管血氧飽和度
- Release tension, improve anxiety, fatigue and clear energy blockages 有助釋放緊張情緒，改善焦慮、疲勞，清除全身阻塞能量
- Stimulate the body's natural ability to heal 提升身體的自我療癒能力

Let's immerse ourselves in the harmonious frequency of singing bowls  
讓我們一起先簡單伸展身體，再躺下沉浸在頌鉢和諧頻率中

**Term 1 學期: 12 lessons 堂, HK\$3,600**

**Term 2 學期: 11 lessons 堂, HK\$3,300**

**Term 3 學期: 9 lessons 堂, HK\$2,700**

Remarks:

Please wear sports/ yoga clothing, and prepare your own Yoga mat  
請穿著運動/瑜珈服裝，並自備瑜珈墊

Co-organiser 合辦機構: Ms Eva Pak, 由2019年開始舉行各種頌鉢療癒項目，包括商業或公益慈善課，簡介會，體驗夜，療癒圈，個人工作坊、亦曾為國際學校家長教師會舉行頌鉢聲音療癒工作坊

Medium of instructions : English, Cantonese and Mandarin  
授課語言: 英語、廣東話和普通話



## Mindful Arts & Expressive Arts Nourishment Workshops 正念及表達藝術身心滋養工作坊

**"The Art of Self-Love" - Parent Stress Relief Series 【愛自己的藝術】家長舒壓系列**

**Time 時間: Saturday 星期六, 09:15 -10:45 (A6001-WS1)**

**Time 時間: Saturday 星期六, 11:15 -12:45 (A6001-WS2)**

To balance "giving and receiving" is vital for parents. Constantly giving to others without self-nourishment leads to burnout & emotional outbursts/ health issues.

Art nourishes our body mind and soul! The workshops focus on Star Weaving & Neuro Drawings combined with Expressive Arts Therapy, which help achieve :

給予和滋養的平衡，是作為家長的重要課題。當不停付出，而不够滋養自己時，有機會造成內耗透支、身心疲累。藝術是心靈最佳的滋養！是次正念藝術以編織及神經繪圖為主，另配合表達藝術治療，以達到：

- "non-verbal" communication and expression & multiple-senses exploration;

「非語言」的溝通和表達，多感官探索；

- relaxation , stress release, emotions regulation and happiness;

放鬆、舒壓、調節情緒、滋養快樂；

- a state of flow, Mindfulness and Here & Now;

進入心流狀態，體驗專注、享受當下；

- self-awareness, inner strengths and resources;

提升自我覺察，找出內在力量和資源；

- even brain and neural circuits re-structure

甚至有助改變腦部結構及神經迴路；

Let's nourish our body & mind through art together, making it easier to support those around us!

讓我們一起以藝術滋養身心，從而更輕鬆自在地支持身邊的人！

**Term 1 學期: 12 lessons 堂, HK\$5,400**

**Term 2 學期: 11 lessons 堂, HK\$4,950**

**Term 3 學期: 9 lessons 堂, HK\$4,050**

Co-organiser 合辦機構: Ms Rosanna Lou 現為AHO 表達藝術師及社區藝術發展總監、

Wendy Chan 神經繪圖專家及Tereza Wong 《生命之眼》、《星之花》正念編織工作坊導師

Medium of instructions 授課語言: English, Cantonese and Mandarin 英語、廣東話和普通話





### Slim & Detox Yoga 修身排毒瑜伽

**Time 時間: Saturday 星期六, 14:00 - 15:00 (S6201A)**

This programme is designed for individuals seeking to slim down and detoxify their bodies through yoga practice that promotes overall well-being. Through dedicated yoga sessions, breathing exercises, and meditation, you will learn a holistic approach to facilitate weight loss, enhance metabolism, and support the body's natural detoxification processes. Throughout the programme, you will engage in dynamic and powerful yoga flow sequences that emphasize twisting and bending poses for detoxification. Breathwork techniques, such as Ujjayi Breathing and Kapalabhati will be introduced to energize and cleanse the body. These practices aim to strengthen and empower your physique, improve balance, tone muscles, enhance digestion, increase endurance, while also improving blood circulation and oxygenation.

這修身排毒瑜伽課程，讓您通過瑜伽練習促進整體健康，達至修身排毒之效。通過專注的瑜伽課程、呼吸練習和冥想，您將學習一個整全方法促進減重、增強新陳代謝，並幫助身體進行自然排毒。在課程當中，您將練習一系列充滿動感和力量的瑜伽串連動作，以強調扭旋和彎身的體式為重點，以達至排毒效果。我們將介紹一些呼吸技巧，如勝利呼吸法（Ujjayi Breathing）和火呼吸法（Kapalabhati），以激活和淨化身體。這些練習旨在增強和提升體格與能量，改善平衡，塑造肌肉，幫助增強消化，和增加耐力，同時改善血液循環和為身體供氧。

**Term 1 學期: 12 lessons 堂, HK\$2,640**

**Term 2 學期: 11 lessons 堂, HK\$2,420**

**Term 3 學期: 9 lessons 堂, HK\$1,980**

Remarks:

Please wear sports/ yoga clothing, and prepare your own Yoga mat  
請穿著運動/瑜伽服裝，並自備瑜珈墊



### Relaxing Stretch 放鬆伸展瑜伽

**Time 時間: Saturday 星期六, 15:15 - 16:15 (S6201B)**

This programme offers a gentle and restorative journey designed for individuals looking to release tension, improve flexibility, and cultivate a sense of inner peace. Suitable for both beginners and experienced practitioners, this programme enables you to unwind and reconnect with the body. Throughout the programme, you will engage in a variety of relaxing yoga stretches targeting major muscle groups, such as the neck, shoulders, back, and hips, enhancing flexibility and mobility, the programme also involves mindful breathing practices to deepen relaxation and increase body awareness, as well as relaxation techniques to alleviate stress and promote relaxation and rejuvenation.

這放鬆伸展瑜伽課程，旨在釋放緊張情緒、改善柔韌性並培養內在平靜的您，提供一個溫和的療愈旅程，讓初學者和有瑜伽經驗者都可放鬆身心，重新與身體連結。在課程當中，您將學習各種放鬆伸展瑜伽動作，特別針對經常感到繃緊的主要肌肉，如頸部、肩膀、背部和臀部。每節課堂將練習溫和和幫助修復的伸展動作，以增強柔韌度和靈活性，同時配合正念呼吸練習，以深層放鬆肌肉和提升對身體的感知，學會如何緩解壓力並促進整體健康和修復。

**Term 1 學期: 12 lessons 堂, HK\$2,640**

**Term 2 學期: 11 lessons 堂, HK\$2,420**

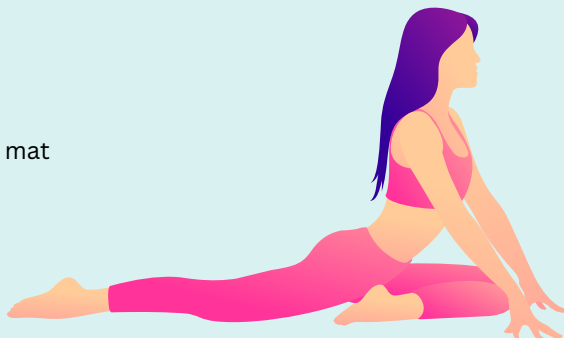
**Term 3 學期: 9 lessons 堂, HK\$1,980**

Remarks:

Please wear sports/ yoga clothing, and prepare your own Yoga mat  
請穿著運動/瑜伽服裝，並自備瑜珈墊

Co-organiser 合辦機構: ASG

Medium of instructions 授課語言: English 英語





JOIN US FOR FUN!

2024-2025

# SATURDAY CLASS ADMISSION OPEN

星期六課程現正接受報名

## Athletes Programme

體育運動課程

## Scientists Programme

科學與科技課程

## Artists Programme

表演藝術課程

## Early Childhood Programme

幼兒課程

## Adult Healing Programme

成人身心靈課程

REGISTRY報名 / ENQUIRY查詢  
CONTACT聯絡: 2337 0369  
WHATSAPP: 9428 8265

ENROL  
NOW!



CLASS VENUE: 3 TO FUK ROAD, KOWLOON TONG

上課地點: 九龍塘多福道3號

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