

ATHLETE COURSES

體育課程

Developing students' passion for sports,
physical strength, and sportsmanship
培養學生的體育熱情、體能及運動精神

FOOTBALL / 足球

BASKETBALL / 籃球

BADMINTON / 羽毛球

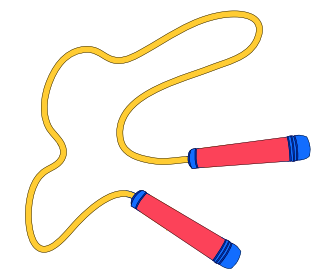
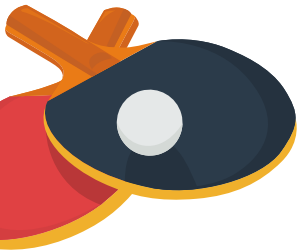
VOLLEYBALL / 排球

TAEKWONDO / 跆拳道

TABLE TENNIS / 乒乓球

TENNIS / 網球

CHEERLEADING / 啦啦隊



Football 足球

Beginners Football 足球初學者 (S9001)

Time 時間: Saturday 星期六, 13:00-14:00

Ages 3-4

This course is designed for kids aged 3 to 4 years old, helping them develop an interest in football through fun games while improving basic sports skills. The curriculum includes dribbling, passing, and shooting exercises, combined with engaging games to enhance coordination and balance. Group interactions also foster social skills and rule awareness. Emphasizing safety and enjoyment, our professional coaches inspire a love for football while boosting physical fitness and self-confidence.

本課程專為3至4歲學員，透過遊戲啟蒙足球興趣，提升基礎運動能力。內容包括：盤球、傳球、射門練習，結合趣味遊戲鍛鍊協調性與平衡感；同時小組互動能培養社交能力與規則意識。課程強調安全、快樂學習，在專業教練指導下激發孩子對足球的熱愛，同時增強體質與自信心。

Term 1 學期: 12 lessons 堂, HK\$3,720

Term 2 學期: 9 lessons 堂, HK\$2,790

Term 3 學期: 9 lessons 堂, HK\$2,790



Ages 5-7

Elementary Football 足球初級組 (S9002)

Time 時間: Saturday 星期六, 14:00-15:00

This course is designed for young children aged 5 to 7 years old, combining fundamental training with fun games to develop ball control, coordination, and teamwork. The curriculum includes dribbling, passing, and shooting drills; small-sided games to build practical skills & introduction to basic tactics. Under professional coaching, children will improve their physical fitness, concentration & cooperative skills. This course helps children learn football fundamentals enjoyably while establishing healthy exercise habits.

本會課程專為5至7歲學員，透過趣味遊戲融合基礎訓練，培養球感、協調性及團隊精神。內容包括：盤球、傳球、射門技巧訓練，小型對抗賽培養實戰能力，並融入簡單戰術理解。在專業教練指導下增強體能、專注力與合作精神。讓孩子在歡樂中學習足球基本技巧，培養運動習慣。

Term 1 學期: 12 lessons 堂, HK\$3,720

Term 2 學期: 9 lessons 堂, HK\$2,790

Term 3 學期: 9 lessons 堂, HK\$2,790

Remarks:

- Students need to prepare their own size 3 football.
- Please wear flat sole soccer shoes (optional)
- Classes may use outdoor court, please prepare sun block/ hat
- 學生需自備 3號足球
- 請學生着平底足球鞋 (非強制)
- 課程可能於露天球場進行，請準備防曬乳/帽子

Co-organiser 合辦機構: On Fire Sports Promotion Co. 傲輝運動推廣公司

This class is led by the following experienced coach:

- New Territories East Regional Team – Girl U14 Team Coach (Current)
- Hong Kong Premier League – Eastern District Sports Association
- U16 Team Coach (Current)

本課程由以下資深教練主理：

- 新界東女子 U14區隊教練（現任）
- 港超球隊東區體育會 U16區隊教練（現任）

Medium of instructions 授課語言: English 英語



Football 足球

Intermediate Football 足球中級組 (S9003)

Ages 8-11

Time 時間: Saturday 星期六, 15:00-16:00

This course is designed for young children aged 8 to 11 years old, helping them to develop core football skills and team awareness. The curriculum covers precise passing & ball control, effective dribbling for 1v1 situation, shooting technique & basic defensive positioning. Through competitive small-sided games, the individual skills, speed & coordination as well as game intelligence will be developed & improved. Under professional coaching, players will develop technical abilities and confidence, strengthen teamwork and sportsmanship & build a strong foundation for future football growth.

本課程專為8至11歲學員設計，重點培養足球技術基礎及團隊意識。內容包括傳控球技巧、一對一個人突破、射門訓練及基本防守站位，通過趣味性分組比賽提升實戰能力。課程著重發展學員的速度、協調性及比賽理解能力，同時培養團隊合作與體育精神。由專業教練指導下，讓學員在愉快環境中提升球技，增強自信，為日後足球發展奠定基礎。

Term 1 學期: 12 lessons 堂, HK\$3,840

Term 2 學期: 9 lessons 堂, HK\$2,880

Term 3 學期: 9 lessons 堂, HK\$2,880



Upper Intermediate Football 足球中高級組 (S9004)

Ages 12-15

Time 時間: Saturday 星期六, 16:00-17:00

This course is designed for teenagers aged 12 to 15 years old, focusing on core skill development such as precision ball control and passing, tactical positioning awareness, quick attack/defence transitions & physical conditioning such as speed development, endurance training, explosive power enhancement. Through the high-intensity tactical drills & simulated match scenarios, players will develop competitive mentality & leadership skills as well as cooperative skills. Under professional coaching, players will overcome technical limitations, which allow them to be ready for competitive play or club tryouts.

本課程專為12至15歲學員，重點提升個人技術、戰術素養及比賽能力。內容包括控球、精準傳球、戰術跑位、攻防轉換訓練，以及體能強化（速度、耐力、爆發力）。透過高強度分組對抗和模擬比賽，培養競技心態、領導力和團隊合作能力。由專業教練指導，幫助學員突破技術瓶頸，為競技足球或球會選拔打下堅實基礎。

Term 1 學期: 12 lessons 堂, HK\$3,840

Term 2 學期: 9 lessons 堂, HK\$2,880

Term 3 學期: 9 lessons 堂, HK\$2,880

Remarks:

- Students need to prepare their own size 4 (Ages 8-11) / size 5 (Ages 12-15) football.
- Please wear flat sole soccer shoes (optional)
- Classes may use outdoor court, please prepare sun block/ hat
- 學生需自備 4 號 (8-11歲) / 5 號 (12-15歲) 足球
- 請學生着平底足球鞋 (非強制)
- 課程可能於露天球場進行，請準備防曬乳/帽子

Co-organiser 合辦機構: On Fire Sports Promotion Co. 傲輝運動推廣公司



This class is led by the following experienced coach:

- New Territories East Regional Team – Girl U14 Team Coach (Current)
- Hong Kong Premier League – Eastern District Sports Association – U16 Team Coach (Current)

本課程由以下資深教練主理:

- 新界東女子 U14區隊教練 (現任)
- 港超球隊東區體育會 U16區隊教練 (現任)

Medium of instructions 授課語言: English 英語



Basketball 籃球

PEEWEE Basketball 籃球幼兒組 (S8001)

Time 時間: Saturday 星期六, 11:30-12:30

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 course, 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

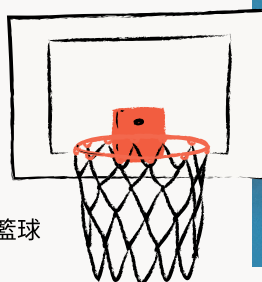
Term 1 學期: 12 lessons 堂, HK\$3,120

Term 2 學期: 9 lessons 堂, HK\$2,340

Term 3 學期: 9 lessons 堂, HK\$2,340

Remarks 備注:

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



SEEDLING Basketball 籃球種子組 (S8002)

Time 時間: Saturday 星期六, 12:30-14:00

Ages 5-7

In this course, 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 course, 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\$4,680

Term 2 學期: 9 lessons 堂, HK\$3,510

Term 3 學期: 9 lessons 堂, HK\$3,510

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: Asia Sports Group Limited (ASG)

Medium of Instruction 授課語言: English 英語



Basketball 籃球

JUNIOR Basketball 籃球少年組 (S8003)

Time 時間: Saturday 星期六, 14:00-15:30

Ages 8-11

A very important transition from the seedlings level to the amateur level, this course 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\$4,680

Term 2 學期: 9 lessons 堂, HK\$3,510

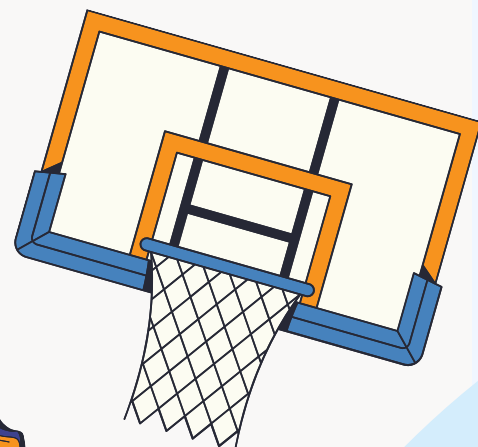
Term 3 學期: 9 lessons 堂, HK\$3,510

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: Asia Sports Group Limited (ASG)

Medium of Instruction 授課語言: English 英語



Basketball 籃球

Ages 12-16

YOUTH Basketball 籃球青年組 (S8004)

Time 時間: Saturday 星期六, 15:30-17:00

This course will push players to their limits, helping to address any drawbacks and weaknesses while strengthening their repertoire of moves.

此課程是青少年成長至青年階段的重要過渡期，將持續強化球員已掌握的技術，並融入新技巧與元素，全面提升他們的能力。

- 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
- 能夠運用檔拆戰術
- 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\$4,680

Term 2 學期: 9 lessons 堂, HK\$3,510

Term 3 學期: 9 lessons 堂, HK\$3,510

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: Asia Sports Group Limited (ASG)
Medium of Instruction 授課語言: English 英語



Badminton 羽毛球

Ages 6-8

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

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\$3,840

Term 2 學期: 9 lessons 堂, HK\$2,880

Term 3 學期: 9 lessons 堂, HK\$2,880

Remarks 備注:

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

Ages 8-14

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

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\$5,760

Term 2 學期: 9 lessons 堂, HK\$4,320

Term 3 學期: 9 lessons 堂, HK\$4,320

Remarks 備注:

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

Ages 12-17

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

Time 時間: Saturday 星期六, 10:00 - 11:30

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\$5,760

Term 2 學期: 9 lessons 堂, HK\$4,320

Term 3 學期: 9 lessons 堂, HK\$4,320

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



Volleyball 排球

Ages 6-10

JUNIOR Volleyball 排球少年組 (S7111)

Time 時間: Saturday 星期六, 15:30-17:00

This training course aims to provide young children with an opportunity to start learning volleyball, allowing them to learn basic skills and rules from an early age, and cultivate interest and love for volleyball. The training content includes basic skills training, rule cultivation, and fun games.

此訓練營旨在為幼兒提供一個開始學習排球的機會，讓他們從小學習基本的技能和規則，培養對排球的興趣和愛好。訓練內容包括：基礎技能訓練、規則培養、趣味比賽等。

Term 1 學期: 12 lessons 堂, HK\$4,680

Term 2 學期: 9 lessons 堂, HK\$3,510

Term 3 學期: 9 lessons 堂, HK\$3,510

YOUTH Volleyball 排球青年組 (S7110)

Time 時間: Saturday 星期六, 14:00-15:30

This training course aims to train students' attacking skills, defensive skills, and tactical applications to enhance the team's overall capabilities. The training content includes attacking skills training, defensive skills training, and tactical application training.

此訓練營旨在訓練學員的攻擊技能、防守技能和戰術運用，以增強整個球隊的攻防能力。訓練內容包括：攻擊技能訓練、防守技能訓練、戰術運用等。

Term 1 學期: 12 lessons 堂, HK\$4,680

Term 2 學期: 9 lessons 堂, HK\$3,510

Term 3 學期: 9 lessons 堂, HK\$3,510

Co-organized with 合辦機構: Asia Sports Group Limited (ASG)

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資深教練教授。

Taekwondo White Belt to Green Blue Belt 跆拳道白帶至綠藍帶 (S0051-A)

Time 時間: Saturday 星期六, 09:00 - 10:00

Time 時間: Saturday 星期六, 10:00 - 11:00

Ages 5-17

Term 1 學期: 12 lessons 堂, HK\$3,600

Term 2 學期: 9 lessons 堂, HK\$2,700

Term 3 學期: 9 lessons 堂, HK\$2,700

Taekwondo Blue Belt to Black Belt 跆拳道藍帶至黑帶 (S0051-B)

Time 時間: Saturday 星期六, 09:00 - 11:00

Ages 8-17

Term 1 學期: 12 lessons 堂, HK\$7,200

Term 2 學期: 9 lessons 堂, HK\$5,400

Term 3 學期: 9 lessons 堂, HK\$5,400

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，報讀其餘級別需要出示跆拳道色帶證

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）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）



Cheerleading / 啦啦隊

YOUTH Cheerleading Training Class

青年組啦啦隊培訓班 (S7200B)

Time 時間: Saturday 星期六, 11:30-13:00

Tailored to developing cheerleading skills for secondary school students. The course will focus on developing students' cheerleading skills, including stunts, jumps, synchronized motions, formation work, dance, tumbling skills, and strength training. Pompoms Limited will provide a head cheerleading coach and a supporting tumbling coach to conduct the training program. These coaches will be responsible for planning, organizing, and delivering high - quality training sessions in line with the developing the program's objectives.

培養中學生的啦啦隊技能。該計畫將重點培養學生的啦啦隊技能，包括特技、跳躍、花樣動作、隊形訓練、舞蹈、翻滾技巧和力量訓練。Pompoms Limited 將提供一名啦啦隊主教練和一名翻滾輔助教練來指導培訓項目。這些教練將負責根據計畫目標規劃、組織和提供高品質的培訓課程。

Term 1 學期: 12 lessons 堂, HK\$4,560

Term 2 學期: 9 lessons 堂, HK\$3,420

Term 3 學期: 9 lessons 堂, HK\$3,420

Year 1-3

JUNIOR Cheerleading Training Class

少年組啦啦隊培訓班 (S7200A)

Time 時間: Saturday 星期六, 10:00 - 11:30

Term 1 學期: 12 lessons 堂, HK\$4,560

Term 2 學期: 9 lessons 堂, HK\$3,420

Term 3 學期: 9 lessons 堂, HK\$3,420



Year 7-9



Remarks:

- Including Choreography fee 已包含編排舞蹈費用
- Uniform rental fee \$200 per person will be collected separately 制服租借費每人\$200元, 將會另行收取
- Students need to buy their own Cheeleading shoes, or can purchase one through our instructor for \$170 each 學員需自行購買啦啦隊鞋, 或可向我們的教練購買每雙\$170

Co-organized with 合辦機構: Pompoms Limited
Medium of Instruction 授課語言: English 英語
(supplementary by Cantonese, Putonghua & Japanese
輔以粵語、國語和日語)



Table Tennis 乒乓球

JUNIOR Table Tennis 乒乓球少年組 (S7502)

Time 時間: Saturday 星期六, 9:00-10:30

Ages 7-10

Teach students various table tennis techniques and correct postures, such as forehand and backhand attack, serving, receiving, pushing, footwork, forward loop and spin loop skills, hitting time, rotation, landing point, comprehensive technical application and tactical training, ball feeling training and awareness training, etc. In addition, multi-ball training is provided to enhance the students' technical skills.

教授學員各項乒乓球技術及正確姿勢，例如：正反手攻球、發球、接發球、推擋、步法、拉前衝弧圈及加轉弧圈球技巧、擊球時間、旋轉、落點的認識、綜合技術運用及戰術訓練、球感訓練及意識訓練等。課堂亦附設多球訓練，以加強學員技術。

Term 1 學期: 12 lessons 堂, HK\$4,680

Term 2 學期: 9 lessons 堂, HK\$3,510

Term 3 學期: 9 lessons 堂, HK\$3,510

YOUTH Table Tennis 乒乓球青年組 (S7503)

Time 時間: Saturday 星期六, 10:30-12:00

Ages 11-17

Term 1 學期: 12 lessons 堂, HK\$4,680

Term 2 學期: 9 lessons 堂, HK\$3,510

Term 3 學期: 9 lessons 堂, HK\$3,510

Remarks 備註:

Students need to prepare their own table tennis racket
學生需自備乒乓球拍

Co-organized with 合辦機構: ASG

Medium of Instruction 授課語言: English 英語



Tennis Development Squad: Red Ball 網球紅球: 初學者

Ages 4-8

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

Time | 時間: Saturday 星期六, 09:00 - 10:00 (S7030A)

Time | 時間: Saturday 星期六, 15:00-16:00 (S7030B)

Ages 6-8 歲

Time | 時間: Saturday 星期六, 10:00-11:00 (S7031A)

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, please prepare sun block/ hat
課堂於室外運動場進行，請準備防曬乳/帽子
- 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



Tennis Development Squad: Orange Ball 網球橙球: 初學者

Ages 6-10

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 6-8 歲

Time | 時間: Saturday 星期六, 16:00-17:00 (S7031B)

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)

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, please prepare sun block/ hat
課堂於室外運動場進行，請準備防曬乳/帽子
- 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



Tennis 網球

Tennis Rising Star Squad: Green Ball 網球綠球: 進階班 (S7034)

Ages 11-15

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\$4,320

Term 2 學期: 9 lessons 堂, HK\$3,240

Term 3 學期: 9 lessons 堂, HK\$3,240

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, please prepare sun block/ hat
課堂於室外運動場進行，請準備防曬乳/帽子
- 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

