

SPORTS



ACTIVITIES

September - December 2023



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HOCKEY

VENUE

Hockey Pitch

CONTACT

Hockey Section Secretary

EMAIL sec@hkfchockey.com

www.hkfchockey.com

The Hockey Section has over 250 participating Members who are currently registered with the Hong Kong Hockey Association (HKHA). From this membership the Section fields eight Men's teams and eight Ladies' teams that compete in all HKHA competitions. With the largest number of hockey participants in Hong Kong, the Club has been, and continues to be, one of the most successful also in these competitions, often crowned Champions and/ or Cup winners in various divisions. In addition to the serious competitive sporting activities

of the Section, there is a very active social scene with regular parties, dinners, a formal End-of-Season Awards Dinner and bi-annual Charity Ball. Teams will also actively tour to regular international tournaments around the Asia region, and participate in summer leagues during the off-season.

Qualified and experienced coaches provide coaching for teams, groups or individuals of all abilities. More information can be found on the Section website **www.hkfchockey.com** or via direct enquiries: **sec@hkfchockey.com**

SENIOR HOCKEY TRAINING SESSION TIMES

Women's A, B, C Teams	Tuesday	7pm - 8:30pm
Men's A, B, C Teams	Tuesday	8:30pm - 10pm
Women's D, E, F, G Teams	Thursday	7pm - 8:30pm
Men's D, E, F, G Teams	Thursday	8:30pm - 10pm

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



JUNIOR HOCKEY

JUNIOR HOCKEY welcomes boys and girls, Members and non-Members, from the age of 5 to 12. The primary objectives of the HKFC Junior Hockey programme are to provide children with a fun and enjoyable experience while learning and improving their game knowledge and skills for the game. HKFC provides coaching which caters for all levels of ability and combines the services of Hockey Section appointed professional coaches as well as volunteer parent and

youth coaches. We currently have close to 200 players registered playing mixed hockey across the J6 J8, J10 and J12 age groups. Junior Hockey has a large following across Hong Kong and is played competitively at many schools and clubs.

Those participating in the HKFC Junior Programme must be accompanied by a Parent or Guardian to all training sessions and tournaments.

YOUTH HOCKEY

VENUE	Hockey Pitch
CONTACT	Junior Hockey Administrator
EMAIL	jha@hkfchockey.com

YOUTH HOCKEY is open to boys and girls, Members and non-Members from 13 to 18 years of age. Youth players, if selected, may also play in one of the Men's or Ladies senior teams playing at the Club in Hong Kong Hockey Association competitions. Qualified and experienced coaches provide the coaching. The Youth programme will strive to offer regular training and matches, ensuring the link between Junior Hockey and Senior Hockey is a continuous and successful

transition period. HKFC Youth Hockey also typically participates in the HKHA Youth League competitions and tournaments. League fixtures are played on Saturday mornings between 10:30am – 12:30pm. Participants are individually selected to represent the Club for these fixtures. Tournaments are scattered throughout the season. Between January and May 2022, HKFC Youth Hockey teams may also be selected to play inter-club matches.

JUNIOR & YOUTH HOCKEY TRAINING SESSION TIMES

J5-6, J7-8	Saturday	9:15am – 10:10am
J9-10	Saturday	10:15am – 11:15am
J11-12	Saturday	11:20am – 12:20pm
Y13-18	Friday	5:00pm – 7:00pm
Junior Academy Ages 9-12	Thursday	4:30pm – 5:30pm
Youth Academy Ages 13-18	Thursday	5:30pm – 7:00pm

LAWN BOWLS

VENUE Outdoor Green | Indoor Green
CONTACT hkfcbowls@gmail.com

Lawn Bowls is a sport for all ages, all races, both sexes and for people of any physical build. Consequently the Lawn Bowls Section is one of a diverse range of people who have one common interest - playing the game of Lawn Bowls. With over 200 members, the Section runs regular internal competitions in all forms of the game on both Indoor Green and Outdoor Grass Greens. These include Singles, Pairs, Triples and Fours competitions for Men, and Ladies and Mixed teams.

HKFC is one of the leading Lawn Bowls Clubs in town. Our Ladies' A team won the First Division Premier League Title for a record breaking of nine consecutive seasons. Our Men's A team was the First Division Premier League champion of 2018. We have three Ladies' Teams and seven Men's Teams

competing in the current Premier League Season. Our bowlers had outstanding achievements in recent seasons and won many titles in National Games, most notably both the Man and Woman Bowler of the year 2021 were our Section bowlers.

LAWN BOWLS COURSES

Beginner and Intermediate courses are run by the Section, all Club members are welcome to join. Any Club members that are interested in exploring the game of Lawn Bowls can contact us via the above email and you will be notified for the next available course.

Please check the Section website www.hkfcawnbowls.com and Club notice boards for more information on our Section.



RUGBY

VENUE Main Pitch | Training Triangle
CONTACT Director of Rugby
Stephen Dowse
EMAIL stephen_dowse@hkfc.com
www.hkfcrugby.com

The Rugby Section fields six men's and two women's teams. These teams compete in every local league and cup competition, often with a high degree of success, having been crowned

Grand Champions of the league on many occasions. To maintain our status as one of the premier clubs in Hong Kong Rugby, the Section welcomes interest from active rugby players.

TRAINING	Monday and Thursday	7pm - 9pm
FIXTURE	Saturday	1:30pm - 7:30pm

JUNIOR YOUTH (MINI) RUGBY

VENUE Main Pitch | Training Triangle | Happy Valley Pitches
CONTACT **EMAIL** registration@hkfcyouthrugby.com
www.hkfcyouthrugby.com

As one of the largest participating clubs in Hong Kong, the Club has over 700 registered players each season. Inter-club matches including Festival, the annual Hong Kong Sevens Tournament and overseas tours are held throughout the season. The objective is

to offer children a healthy, fun and enjoyable sporting activity and to introduce young people to the game of Rugby Union for potential further development into Senior Youth (Colts) and Senior Rugby. Visit the website www.hkfcyouthrugby.com to register.

Training Session	Date and Time	Venue
UNDER 4 *Minimum age is 2 years old	Sunday mornings The coaching is provided by professional sports educators.	Training Triangle
UNDER 5 *Minimum age is 4 years old TO UNDER 12 BOYS AND GIRLS	Sunday mornings	Main Pitch and/or Happy Valley Pitches
UNDER 9 TO UNDER 12 BOYS AND GIRLS	*Monday and Thursday, 4pm - 6pm *Sessions dependant on age group All training sessions are led by ProCoaches, drawn from Club's senior grade teams.	Main Pitch

Junior Youth (Mini) Rugby is open to Members and non-Members alike.
An annual registration fee is charged and full kit is provided.

All programmes are subject to change without further notice

RUGBY

SENIOR YOUTH (COLTS) RUGBY

VENUE

Main Pitch | Training Triangle | Happy Valley Pitches

CONTACT

EMAIL registration@hkfcyouthrugby.com
www.hkfcyouthrugby.com

Senior Youth (Colts) Rugby has a range of players aged between 12 and 18 and is run as Under 13, Under 14, Under 16 and Under 18 year-old teams throughout the season from August to April.

There are boys and girls teams in these age groups. There are approximately 300 registered players at the Club, who play in leagues against other clubs in Hong Kong and participate in a variety of tournaments.

Training Session	Date and Time	Venue
UNDER 13 TO UNDER 19 BOYS	Monday and Thursday, 6pm - 7:30pm	Main Pitch
	Sunday mornings Games on Sundays at various locations	Main Pitch and/or Happy Valley Pitches
UNDER 14 TO UNDER 19 GIRLS	Monday and Thursday, 6pm - 7:30pm	Main Pitch
	Sunday mornings Games on Sundays at various locations	Main Pitch and/or Happy Valley Pitches

Senior Youth (Colts) Rugby is open to Members and non-Members alike.
An annual registration fee is charged and full kit is provided.



SOCCER

VENUE

Main Pitch | Training Triangle

CONTACT

Soccer Section Captain

Graeme Lane

EMAIL info@hkfcsocket.hk

Of the 300 plus Members of the Club who make up the Soccer Section, the vast majority are active playing Members. The Club's 1st Team currently plays in the HKFA Premier League, Second Team (Lucky Mile) play in the HKFA 2nd Division. 1st Team games are played against professional sides whilst Lucky Mile play against a mix of professional and amateur sides. Albion, Wanderers and Colts compete in the 1st Division of the Yau Yee League, which is organised into four divisions of amateur teams who play on Sunday afternoons. We also have a Ladies Soccer team that compete in the HKFA Women's League Division 1, the top league in Hong Kong.

A full training schedule and match fixtures can be found on the HKFC Soccer website:

hkfcsocket.hk

The Section has three social sides, Dynamics, Rovers and Gazelles who play regular friendly matches each week through the season. We also have a Vets (over 35's) team who play in the Legal League Hong Kong Legends League.

The annual International Soccer Sevens is hosted each year in May by the Section. Taking place on the main pitch, it is a major international televised sporting event, featuring top professional teams from Europe, Australia, Japan, Hong Kong and other Asian countries.

Training	Date and Time
FIRST TEAM	Tuesday and Thursday
SOCCER SECTION	Tuesday
SOCIAL TEAMS	Tuesday and Friday



SOCCER

JUNIOR SOCCER

VENUE	Main Pitch Hockey Pitch Training Triangle 1st floor, Sports Hall
CONTACT	EMAIL info@hkfcjuniorsoccer.com www.hkfcjuniorsoccer.com

Our Junior Soccer programme offers the opportunity for young players, boys and girls, Club Members and non-Members, to learn and play the great game of football. The programme is catered for players of all abilities aged 5 to 18. There is football for recreational and competitive players, an elite track for the most talented players and a programme for those with special needs. Our goal is FOOTBALL FOR ALL. The programme is one of the biggest and most popular of its kind in Hong Kong with over 1,000 players across all of our different sub-programmes, which include our JS Community Programme, Youth Pathway Development Programme, and Jockey Club Youth League (JCL) squads.

Our JS Community (or “Saturday”) programme focuses on players from 5 to 18 with the goal of providing training and matches for as many players as we can, and ensuring that players of all levels have fun and develop in line with their abilities and aspirations. We have 940 players in this programme including 229 girls. Coaching sessions are held on Saturday mornings from 7:30am - 1pm, with a small number of the

more competitive/advanced U7-U12 players invited for additional training on Wednesday and/or Friday afternoons. There is also an option for additional training on Monday afternoons for most age groups and levels. Our Saturday teams regularly compete in local leagues and competitions (Hong Kong Junior Football League for U7-U14 and HKFC Golden Generation League for U10 and U12) as well as touring to tournaments in the region. The season normally runs from September to May.

Our JCL squads are an extension of our Junior Soccer Saturday programme and were established to ensure that our Saturday players who do not play for our Youth Pathway programme (see below) have another avenue to play competitive football, especially when they become too old to participate in the Saturday leagues (which normally stops at U14). We have 10 squads in Under 13, Under 14, Under 15, Under 16 and Under 18 which compete in the HKFA HK Jockey Club Youth. Players are selected from the pool of players registered in our Saturday programme. There are around 226 players in JCL squads.



YOUTH SOCCER

*DEVELOPMENT
PATHWAY*

VENUE

Main Pitch | Training Triangle

CONTACT

EMAIL academy@hkfcjuniorsoccer.com

www.hkfcjuniorsoccer.com

Our Youth Development Pathway (or "Academy") programme was established to attract and develop the most talented youth footballers in Hong Kong. The Youth Pathway bridges the gap between youth football and adult football. We have programmes for boys, Under 14, Under 16 and Under 18, and Under 15 Girls and Under 18 Girls Teams. These squads are selected by trial at the beginning of the season with players coming from our

own Saturday programme and elsewhere. The squads train on midweek afternoons and represent the HKFC in the HKFA Youth Premier League (U14, U16, U18) and HKFA Women's Youth League. Each squad has a qualified coach and squad manager, who work with the players to help them reach their full potential and develop them into senior level football, ideally representing HKFC. There are around 220 players in the Youth Pathway.

CRUSADERS

*SPECIAL NEEDS
PROGRAMME*

VENUE

Main Pitch

CONTACT

Nigel R Merritt

EMAIL nigel@nrmerrittassociates.com

The Crusaders is our programme for players with special needs. Coaching sessions take place throughout the year **between 6pm and 7pm on a Monday night** on the main HKFC pitch and involve around 50+ players with special needs and conditions, between the ages of 7 and 40 years' old, male and female, spanning a variety of ability levels. The players receive coaching from Level 1 and Level 2 qualified coaches from the Junior Soccer

programme, as well as other willing volunteers. The benefits to the players are significant: the training enhances their motor skills and fitness, as well as greatly enhances their self-esteem and social skills. A squad of selected players play as HKFC Crusaders in friendly competitive against other local special needs clubs, including an annual match at the yearly Operation Santa Claus football event and HKFC International Soccer Sevens.



SQUASH

VENUE

1st floor, Squash Courts

CONTACT

Director of Squash

Carlos Cornes

EMAIL carlos@hkfc squash.com

HKFC is home to one of Asia's premier squash facilities, with seven squash courts including 3 all glass show courts and seating galleries for major events. The Squash Section is very diverse and socially vibrant, with around 300 active members. HKFC is the biggest single participant in the Hong Kong Squash League with 33 teams spread across all levels of divisions in the main league, ladies league and masters league (for the over 35s). Our Men's and Ladies first division teams include world ranked players so we regularly see squash of the highest standard at the Club.

The Section organises many internal tournaments, matches against visiting clubs, social Club Nights and international tours, as well as a rich calendar of parties. HKFC also hosts an annual Professional Squash Association squash tournament which attracts many of the top 20 ranked players from around the world to play in both the men's and ladies' events.

Group training is organised for Section Members. Individual coaching is offered by our team of professional coaches to Members and non-Members of any level.

The Section welcomes interest from active squash players.

JUNIOR SQUASH ACADEMY

The Squash Section runs a Junior Squash Academy which caters to young players of all stages of development from the ages of 3 - 18. The Academy is professionally run, and is grouped into courses for different levels operating throughout the week and on Sunday

afternoons. Older children represent the Club in the Hong Kong Squash League, playing against other junior teams.

The league season runs from September to May.

The Junior Squash Academy is open to Members and non-Members.



NETBALL

VENUE	1st floor, Sports Hall
CONTACT	EMAIL info@hkfcnetball.com
	FACEBOOK facebook.com/hkfcnetball
	INSTAGRAM instagram.com/hkfc_netball
	www.hkfcnetball.com

Five teams are competing in the Hong Kong Netball Association senior league this year. The Club team plays in Division One, while Whirlwinds and Hurricanes represent HKFC in Division Two, and Tornadoes represent the Club in Division Three. Our social team, Cyclones play in Division Five.

With two netball courts in the Indoor Sports Hall, HKFC is the top venue for league matches which take place between September and April on Monday evenings.

As one of the biggest netball clubs in Hong Kong, HKFC is also one of the most successful, with teams representing the top three divisions year in, year out.

The Netball DSA also has strong representation in the Hong Kong Senior and Junior netball squads, competing in high-level international matches and tournaments on a regular basis. In 2018, a quarter of the Hong Kong National Squad was made up of HKFC players, confirming the high caliber of the athletes who represent the club. Each HKFC team

has qualified and dedicated coaches to help teams improve and develop their skills and understanding of the game.

HKFC teams train every week on Wednesdays during the season. In addition, the Netball DSA co-ordinates mixed social matches for Members and non-Members during the off-season period, which is very popular with players of all levels. Overseas tours in Asia are a regular occurrence and the hosting of touring teams and visits from international coaches increase, as the sport continues to grow. Our social calendar is varied and allows opportunities for Netball DSA members to socialise outside of training and games. These include barbecues, cocktail parties, quiz nights, the Christmas party and an annual AGM and Awards Event.

TRAINING	Wednesday	7pm - 10pm
MATCHES	Monday	7pm - 10pm



NETBALL

JUNIOR NETBALL

The HKFC Junior Netball Academy (JNA) has steadily grown and developed over the past few years. We currently provide quality netball coaching and competition opportunities for 150 players. The JNA consists of a complete development pathway starting with our very youngest players at age 5-6, all the way through to our junior and youth teams. Several youth pathway graduates have been successfully selected onto the HKFC youth team which competes in the HKNA Ladies League as well

as several players who have been selected onto the Hong Kong U14 and U16 squads.

For the youngest players, basic catching and passing drills, with modified games help set them up with the basics to move on to competing in the Junior Netball League (JNL) from age 8. As the players progress they are placed into teams where they can continue to refine their skills through training and competition.

TRAINING TIMES

Under 8s and 10s and 12s	Wednesday	4:30pm - 6pm
Under 16s and 19s		5:30pm - 7pm
Under 12s and 14s	Monday	5:45pm - 7pm

Payment is through an annual fee, which includes coaching for the whole season, from August - June and netball kit.

The HKFC JNA program is a year-long activity, where the intake happens through trials at the end of August. Should you wish to join the waiting list at any other point

in the year for the next season, please email us directly.

Games take place on either Saturday's or Sunday's depending on the HKNA Spring or Autumn League.

www.hkfcnetball.com | [facebook.com/hkfcnetball](https://www.facebook.com/hkfcnetball).



BADMINTON

VENUE	1st floor, Sports Hall
CONTACT	EMAIL hkfcbmtsociety@gmail.com hkfcbadminton.com

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

CLUB TEAM PRACTICE

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

TOURNAMENTS

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

JUNIOR TEAM / ACADEMY

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

SOCIAL SESSIONS

Members who are new to the club and/or the sport can begin an active lifestyle through joining our social sessions.

Friday	7pm - 10pm	Court 1, 7 and 8
Sunday	10am - 11am 11am - 1pm	Court 3 and 4 Court 1 to 4

TEAM TRAINING

For those who can participate competitively, please contact secretary for team tryout.

Friday	7pm - 10pm	Court 2 to 6
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MEMBERSHIP FEES from 1st January to 31st December
\$300 per year per family

Application Form that can be obtained from the Reception



VENUE

Various

CONTACT

Golf Society Chairman

Phil Head

EMAIL philhead@blade.com.hk

www.hkfcgolf.com.hk

The Golf Society (GS) was set up for those members who share a passion for golf, regardless of age or ability. The GS currently supports in the region of 550 members, including spouses and children, in a number of ways: on average, two tournaments are organised a month, both on weekdays and weekends, either in Hong Kong or across the border in China. Tours can be organised further afield, and have included destinations such as Thailand, Vietnam and even South Africa. Matches are also played roughly every month against other locally based golf clubs, as well as occasional touring teams. But perhaps the most attractive benefit of membership is the

availability of debentures at the Lotus Hill Golf Club in Panyu, China, and the highly popular Macau Golf and Country Club, where the savings made from just one use of a debenture more than covers the highly attractive membership fee.

INDIVIDUAL MEMBERS MEMBERSHIP FEES

\$500 per annum,
with additional concessions for family
memberships

Please inquire at Reception for further details and application forms.



TENNIS

VENUE

3rd floor, Tennis Courts

CONTACT**EMAIL** hkfctennissociety@gmail.com

www.facebook.com/hkfctennissociety

The Tennis Society was inaugurated in 2000 and currently has around 200 members. The society counts a diverse membership and caters to this with a wide range of playing and entertainment offerings.

SUNDAY MORNING SOCIAL TENNIS

New to the club, or just new to tennis? Sunday socials are a great way to begin your tennis journey at HKFC. Beginners have the chance to learn match play in a low key atmosphere, and there is always a chance for a competitive match if that's more your cup of tea. So, pack your racket and come on down to join us any given **Sunday 9am - 12pm, courts 4-6.**

ORGANISED TOURNAMENTS

For those of us who can't get enough tennis, the society partners with the coaches at Australasia Tennis Aces (ATA) to deliver professionally run tournaments from the

Charity Cup (where it's not unknown for Pimms to be taken between change of ends) to the feature event of the year - the Club Championships. The finals of which serve as a lead in to the highlight of the social calendar - the Tennis Society Gala and Awards Ceremony, where the entire society and their guests come together to celebrate.

LEAGUE TENNIS

For those members who want to experience all Hong Kong Tennis has to offer, the society features team in the always competitive, and often combative, tennis leagues. The society enters teams in the men's, women's and juniors of the Hong Kong Tennis Association (HKTA) evening league, and women's teams in the Hong Kong Ladies Tennis League (HKLTL) day league.

Matches in both leagues are played over 2 seasons – Summer (April - July) and Winter (September - December).

Teams	Date	Teams	Date
A Men / A+ Ladies / A Ladies	Monday evening	Mixed Doubles 1*	Monday evening January - April
B Men / B Ladies	Tuesday evening	Mixed Doubles 3*	Thursday evening January - April
A+ Men / D Men	Thursday evening	Ladies Day League Division 3	Wednesday morning September - March
Junior A,B & C	Friday evening	Ladies Day League Division 4	Tuesday morning September - March
Men's combine 120+	Thursday evening January - April	Super Senior League	Monday afternoon November - January

*Sufficient interest would allow for the introduction of new league teams.

TENNIS SOCIETY FEES\$280 for a full year
1st January - 31st December\$140 for a half year
1st July - 31st December

SWIMMING AND TRIATHLON

VENUE

2nd floor, Swimming Pool

CONTACT

Club Chairman

Rupert Puels

EMAIL rupertpuels@gmail.com

WHATSAPP 91378809

Club Captain

Craig Nortje

Club Coach

Dominic Tsui

EMAIL dominic.tsui@gmail.com

HKFC Tri Kids Representative

Debbie Hanley

EMAIL debbiehanley01@gmail.com

The Swimming and Triathlon Society was formed in 2003 and is a Hong Kong Triathlon Association affiliated club offers training, technique improvement, competition and social activities around the sport. The Club's 25-metre 5-lane outdoor pool is open almost all year round with the pool being heated in winter. Society members range in age and ability and separate lanes are made available in the pool for different abilities and intensity of training. The Swimming and Triathlon Society competes in regular galas against other clubs in Hong Kong as well as open water swim races, aquathons and triathlons. We welcome new Members over 16 years of age who can already swim 500m and are keen to improve.

The Swimming and Triathlon Society also organises training which is suitable for Members who are keen to participate in multi-sports events such as Olympic distance triathlons.

SWIMMING TRAINING

Monday	6:30am - 8am
Tuesday	7:30pm - 9pm
Wednesday	6:30am - 8am
Thursday	7:30pm - 9pm
Friday	6:30am - 8am

Please fill in the Swimming and Triathlon Society Membership Application Form at Reception.

HKFC TRI KIDS / YOUTH SQUAD TRAINING

The Swimming and Triathlon Society offers swimming training for 8-15 years old who wish improve their stroke technique and swimming fitness. There is also an opportunity to represent the Club in both pool and open water swimming competitions, as well as aquathons and triathlons. The swimming sessions are coached by highly trained swimming coaches who also compete in local and international competitions.

Each session lasts 90 minutes and is mostly moderately intensive but yet enjoyable for the children. As we cannot offer a 'Learn to Swim' programme, we advise that all swimmers can swim a 200m distance competently, and has previous swim training experience.

TRI KIDS / YOUTH SQUAD SWIMMING TRAINING

Monday	4:45pm - 6:15pm
Wednesday	4:45pm - 6:15pm



TENPIN BOWLING

VENUE

1st floor, Ten Pin Bowling Alley

CONTACT

Captain

Leo Yau

EMAIL hkfc10pinbowling@gmail.com

Bowling Interest Group organise Beginners and Intermediate Courses from time to time for Members to learn the tenpin bowling skills. Members who have completed the Beginners Course are welcome to join the Intermediate Course.

If you are interested in joining the Bowling Interest Group or attending the courses, please write to the email above.

WEEKLY PRACTICE SESSIONS

Thursday

7pm - 10pm



BADMINTON COACHING



VENUE 1st floor, Sports Hall
CONTACT **EMAIL** torq.assistant.btonacademy@gmail.com

TORQ Sports International Limited offers various badminton programmes working with players of all ages and abilities. We can tailor-made programme(s) for small group(s) or individual(s) including:

- Individual / Private session
- Small group sessions
- Elite training and coaching
- Preparatory sessions for tournaments
- Team training by booking

Register NOW and realise your potential!

DIRECTOR / HEAD COACH – JOHN LEUNG

- England Junior National Coach
- 3 times Wales National Champion
- Professional Coach for Badminton England Junior Team and Former England Junior Member
- Represented Wales and UK for Thomas Cup, Surdman Cup, World Championships and Commonwealth Games

COACH

Overseas or local badminton coaching certification

PRIVATE BADMINTON COACHING

Individual

Head / International Coach \$750 per hour
Junior Coach \$650 per hour

Group for 2-4 persons per court

Per student additional \$50 (Member) or \$100 (non-Member) up to 4 students per individual session

Schedule will be arranged upon request. Non-Member must be accompanied by a Member.

Please contact Torq Sports International by email torq.assistant.btonacademy@gmail.com for availability



FITNESS WITH ALPHA PERFORMANCE

CONTACT

Will Chu

TEL 9572 3680

EMAIL admin@alpha-performance.co



PERSONAL TRAINING

Alpha Performance believes that fitness is more than just sports performance, but more about overall health and well-being. Thus we offer a comprehensive list of services aimed to support members of all ages and fitness levels to achieve their fitness goals.

Work with our professional coach to hold yourself accountable in your fitness journey. Our coaches design personalised fitness programmes to achieve your fitness goal, including weight loss, muscle toning, sports conditioning, and injury rehabilitation. After all, we work together with our clients to lead a healthy lifestyle.

GROUP CLASSES

Alpha Performance presents a diverse range of classes aimed at providing participants with a comprehensive and fulfilling workout regime. Select from our dynamic cardio-based sessions for calorie-burning or explore our specialty classes for a thrilling and perspiring fitness experience. Our certified and proficient instructors prioritize proper form, technique, and intensity to help you maximize your resistance training exercises. Elevate your posture and functional movement by practicing balance and stabilization in our strength and conditioning classes. Choose the class that fits your fitness level for a rewarding fitness journey.

PERSONAL TRAINING MEMBERS ONLY

	\$850 for 1 session
One-on-one 1 hour session	\$4,000 for 5 sessions
	\$7,800 for 10 sessions

One-on-one 1/2 hour session	\$2,500 for 5 sessions
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One-on-one 45 mins session	\$3,000 for 5 sessions
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	\$1,200 for 1 session
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One-on-two 1 hour session	\$6,000 for 5 sessions
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	\$10,000 for 10 sessions
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GROUP CLASSES

One-on-three 45 mins session	\$300 for 1 session
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One-on-four or five 45 mins session	\$250 for 1 session
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* Non-Member must be accompanied by a Member.

Subject to a minimum of 3 enrolled students for the group classes.



GOLF

VENUE 3rd floor, Golf Simulators Room

CONTACT Vaughan Manson

TEL 9507 7277

EMAIL Vaughan@thegolfschool.hk

Billy Wong

TEL 6929 8800

EMAIL billy@thegolfschool.hk

Anthony Fung

TEL 9621 8372

EMAIL anthony@thegolfschool.hk

The Golf Lesson packages are provided by our fully qualified golf professionals and are designed to accommodate golfers of all levels – All aspects of the golf swing are covered during the lesson - whether you are a beginner looking to master the fundamentals of the swing right through to advanced golfers who would like to refine their game. The simulators provide a great venue to play on the golf course or to practice driving, pitching and putting. Each lesson is 30 minutes/1 hour and include video analysis, an ideal tool for immediate feedback and game changing impact.

Vaughan	\$1,200 per hour By appointment, normally Saturday afternoon
Billy	\$425 per half hour \$850 per hour \$4,800 for 6 hour package *6 month expiry on 6 hour package
Anthony	\$500 per half hour \$1000 per hour

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

Please contact Vaughan, Billy or Anthony directly to book your lesson in advance.

SWIMMING

VENUE 2nd floor, Swimming Pool

CONTACT FloatPlus Admin

TEL 6504 8283 | **EMAIL** admin@floatplus.hk | www.floatplus.hk



Hong Kong boasts one of the longest-standing and experienced teams of Total Immersion coaches in the world. Ex Olympian Karen Robertson and New Zealand Water Polo Representative Sandra Taylor lead Hong Kong's Total Immersion (TI) swim programs and through regular trainings and outreach have developed one of the largest TI base of swimmers in the world.

LEVEL | FREESTYLE EFFORTLESS ENDURANCE

We will provide you with drills + skills to correct stroke habits + faults that are hindering your journey towards easy freestyle. You will receive detailed progressions, underwater + above water video analysis, skill work, all leading to finding efficient, effortless stroke.

PRIVATE INSTRUCTION allows you to work at your own pace with maximum scheduling flexibility.

This is good option for those who have busy schedules, personal needs, or are on a faster track for learning.

SEMI-PRIVATE LESSONS allow you to enjoy instruction with a friend or relative at a reduced rate. All students taking lessons together should have similar goals and comfort level in the water. We get requests for swim partners in the summer, so if you want to take semi-privates but don't have a partner, we can put you on a call/email list to let you know if a potential partner is available.

1. Video analyses by our top level coaches before and after
2. Receive drills + skills to allow you to find your efficient effortless stroke
3. Trust the process and watch your stroke develop

This is a Members only programme. No classes on Public Holidays.

TAEKWONDO BALCHAGI

VENUE

1st floor, Sports Theatre

CONTACT

Jae Lee

TEL 6336 1556

EMAIL jaelee78@hotmail.com

Taekwondo is a Korean Martial Art characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast combination kicking techniques. The aim of Taekwondo Balchagi is to improve physical fitness, confidence, coordination, flexibility, and

self confidence in a supervised environment and controlled manner. Classes are run by Master Jae Lee (World Taekwondo Federation 6th Dan) an experienced specialist who offers training in Taekwondo skills and techniques in accordance with international standards.

Date	Time	Member	*Non-member
Saturday	3pm - 4pm	\$200 per lesson \$800 per month for 4 lessons	\$220 per lesson \$880 per month for 4 lessons

*Non-Member must be accompanied by a Member.

No classes on Public Holidays. Maximum number of Participants: 12 persons

Proper Dobok (\$480) is available from instructors. Application Forms are available at 1st Floor Sports Desk.



VENUE 3rd floor, Tennis Courts

GENERAL INQUIRIES / NEW ENROLMENTS hkfc@atatennisaces.com | www.atatennisaces.com

CONTACT ATA Director / HKFC Head Coach **Nathan Booth**
TEL 6750 3350 | **EMAIL** nathan.booth@atatennisaces.com

ATA / HKFC Tennis Director **Toby Clark**
TEL 9646 3760 | **EMAIL** toby.clark@atatennisaces.com

HKFC elite tennis provider Australasia Tennis Aces – (ATA) offers a comprehensive coaching programme, with a highly popular year round social and competitive schedule catering to all levels of club player wanting to train, improve and compete. ATA believes tennis is a "sport for life" that fosters an invaluable skill set and countless health benefits. Through their programmes, they ensure that players have the best opportunities to build individual self-confidence, sportsmanship, and physical health while maintaining the goal

of mastering the skills of tennis, and most importantly a love for the game. ATA aims to give all HKFC players a positive and enjoyable tennis experience, whether new to the game and establishing solid foundations and technique, or an advanced player looking to take their game to the next level. The ATA International team of highly qualified and enthusiastic professionals has extensive experience working with players of all ages and abilities and look forward to seeing you on the courts!

TRAINING AND COACHING	Date	Time
Private, Semi Private and Group Coaching		Daytime / Evenings
Ladies Morning Practice and Play	Beginners Tuesday Improvers Wednesday Intermediate Thursday & Friday	10am - 12pm
Men's and Women's Early Morning Workout Sessions	Weekdays	7am / 8am
*Tennis Bootcamp	Tuesday & Friday Wednesday	7am / 8am 7am
**Beginner / Improver / Intermediate Group Coaching Courses / Socials	Weekday evenings	7pm - 9pm

***Tennis Bootcamp** (Tennis based fitness sessions with strength conditioning HIIT circuits and a lot of tennis, movement drills) A great alternative whole body workout.

****Beginner / Improver / Intermediate group coaching courses/social group coaching:** Team coaching | Back into tennis clinics | Social events, tournaments and competitions | Lead up to league | Weekend Warriors – Drills and social play | Master class coaching sessions – specialist sessions | Pairs match-play coaching (must have an opponent of similar standard)

PRIVATE & GROUP TENNIS COACHING	Member	*Non-member
Tennis Director / Head Pro 1 student	\$780	Not applicable
Tennis Pro 1 student	\$750	Not applicable
Tennis Director / Head Pro 2 students	\$400 per person	\$440 per person
Tennis Pro 2 students	\$385 per person	\$425 per person
Private Adult Groups 3 students	\$360 per person	\$400 per person
Private Adult Groups 4+ students	\$320 per person	\$360 per person
Tennis Bootcamp 1 hour	\$240 per person	\$280 per person
Package (4 sessions)	\$880 per person	\$1,040 per person
Ladies Morning Tennis 2 hours	\$440 per person	\$480 per person

*Non-Member must be accompanied by a Member.

All programmes are subject to change without further notice

YOGA WITH JUDY

VENUE

1st floor, Sports Theatre

CONTACT**Judy Law****EMAIL** judy.law.ws@gmail.com**VINYASA FLOW**

An energetic form of yoga that synchronises movement with breath. This dynamic, flowing practice helps realign the body, build strength and improve flexibility, balance and concentration. Classes may include arm balances and inversions.

YIN YANG

An alignment-based slow flow or Yang practice integrated with a Yin sequence of long-held, passive floor postures with support from different props to target the deeper connective tissues of the joints and the corresponding pathways of the meridian system. A wonderful way to refresh the body, open the heart and clear the mind.

	Date	Time	Member	*Non-member
Vinyasa Flow	Tuesday	10:30am - 12pm	\$300 per class	\$330 per class
	Wednesday	7:15pm - 8:20pm	\$200 per class	\$220 per class
Yin Yang	Wednesday	8:30pm - 9:40pm	\$200 per class	\$220 per class

*Non-Member must be accompanied by a Member.

Classes are open to all levels.

Modifications and variations will be offered to suit all abilities. No classes on Public Holidays.

For further enquiry or to sign up, please contact **Judy** at judy.law.ws@gmail.com



VENUE 1st floor, Sports Hall
CONTACT **EMAIL** torq.assistant.btonacademy@gmail.com

Welcome to TORQ Sports International Limited where we help juniors to discover fun and potential in badminton. Head coach John Leung has extensive experience in organizing junior programmes and training performance players in the international circuit. Together with his team of coaches, junior participants will make friends, improve their games and strengthen their sportsmanship.

Register NOW and realise your potential!

DIRECTOR / HEAD COACH – JOHN LEUNG

- England Junior National Coach
- 3 times Wales National Champion
- Professional Coach for Badminton England Junior Team and Former England Junior Member
- Represented Wales and UK for Thomas Cup, Surdiman Cup, World Championships and Commonwealth Games

COACH

Overseas or local badminton coaching certification

BADMINTON GROUP COACHING

	<i>Member</i>	<i>*Non-member</i>
Toddlers 3-5 years 60 minutes session	\$700 per month	\$800 per month
Beginners Shuttle Time Programme by BWF 90 minutes session	\$1400 per month	\$1580 per month
Intermediate 90 minutes session	\$1400 per month	\$1580 per month
Advanced 90 minutes session	\$1400 per month	\$1580 per month
High Performance BY INVITATION	Coach(es) will conduct individual assessment	

Fees are charged on monthly (4 sessions) basis and make up session(s) is/are only available if coach or venue is unavailable. Please refer to the application forms available at the Sports Desk every quarter for updated timetable.

PRIVATE BADMINTON COACHING

Individual	Head / International Coach \$750 per hour
Group for 2-4 persons per court	Junior Coach \$650 per hour

Per student additional \$50 (Member) or \$100 (non-Member) up to 3 students per individual session. Schedule will be arranged upon request.

*Non-Member must be accompanied by a Member.

Please contact Torq Sports International by email torq.assistant.btonacademy@gmail.com for availability

BASKETBALL ADVENTURE

**VENUE**

1st floor, Sports Hall

CONTACT

TEL 3998 4042

EMAIL info@adventuresportsacademy.com

www.adventuresportsacademy.com

ASA PHILOSOPHY

Here at Adventure Sports Academy (ASA) we want our kids to not only learn how to play sports at a high level, but to grow up to be independent, responsible and have respect for others.

We want to ensure that our kids here at ASA can go on to explore life and its opportunities with confidence. Most importantly, we want to ensure that our sessions are enjoyable and fun so that everyone arrives and leaves with a big smile on their faces.

FIRST BOUNCE 18 months - 4 years old

Here your child will be introduced to the basic skills of basketball and begin the development of hand-eye coordination and key motor skills. Balance and reaction type games will be incorporated as these are important in many sports, especially basketball. Furthermore we will be introducing the very basic basketball skills, focusing on throwing and catching the ball initiating their interest in basketball game.

BASKETBALL ADVENTURE 4 - 12 years old

At this age, children in this program will be introduced to the concept of playing the game of basketball. We will begin to further develop the fundamental skills of dribbling, catching, shooting and passing. We will also be working on further developing your child's balance, co-ordination, footwork and key motor skills required for the game of basketball. Eventually we will be introducing rules, positions as well as basic tactics necessary to play the game.

ASA SQUAD U8 - U16

This program is focused on advanced coaching of passing, shooting, dribbling and ball handling. Coaches will be working on fine-tuning the execution of these skills. Children in this program will be expected to understand what it means to be part of a team and learn to cooperate with others through participation in practices. Coaches will be working on clarifying rules of the game and preparing your children to play the game in a more competitive environment. Therefore coaches will be on the lookout for those who excel as well as understand and practice ASA's core values.

ASA offer classes at HKFC on Tuesday, Wednesday and Thursday. For more information of our programme schedule, please refer to the ASA leaflets on 1/F sports desk for the updated schedule.

Non-Member must be accompanied by a Member.

No classes on Public Holidays.

A minimum of 2 students is required to run a class.





VENUE 1st floor, Sports Hall
CONTACT Paul Smith
TEL 2385 9677
EMAIL admin@apsoccer.hk

Kinder Kicks is a soccer play program for young children where players learn soccer skills, motor skills and social skills while having fun!

SOCCER SKILLS - e.g. dribbling, ball control, ball striking, striking moving ball, passing, left and right foot, inside outside foot etc.

MOTOR SKILLS - e.g. balance, change of direction, awareness, turning, shuffling side-to-side, jumping, moving into space etc.

SOCIAL SKILLS - e.g. greeting coach, following instructions, taking turns, sharing, teamwork, learning to win and lose, sportsmanship, English language use etc.

FA CERTIFIED, FIRST AID QUALIFIED COACHES

Our professional coaches run sessions using a variety of age-appropriate games and equipment. In classes for 2 years old and below parents may need to help students through the activities – don't worry – it's easy! For 3-4 year-old players a parent/guardian needs to be present during the class. 5-6 year-old players can be dropped off for the class.

Trial classes are available for new students, but please register with us before attending any session – admin@apsoccer.hk / 2385 9677

More information about what happens in our classes at www.kinderkicks.hk

Age group	Date	Time	Fees
2 years old	Monday	2:30pm - 3:30pm	Member \$200 per class for 60 minutes *Non-member \$230 per class for 60 minutes
4 years old		3:30pm - 4:30pm	
3 years old		4:30pm - 5:30pm	
5 - 6 years old	Tuesday	8:30am - 9:30am	
4 years old		9:30am - 10:30am	
7 - 8 years old		10:30am - 11:30am	
Walking - 2 years old	Wednesday	2:30pm - 3:30pm	
2 years old		3:30pm - 4:30pm	
3 - 4 years old		4:30pm - 5:30pm	
2 years old	Thursday	8:30am - 9:30am	
3 years old		9:30am - 10:30am	
4 - 5 years old		10:30am - 11:30am	

Fees are charged per term, but fees can be pro-rated for late joiners if there is space in the class.

*Non-Member must be accompanied by a Member.



VENUE Training Triangle
CONTACT **TEL** 3998 4042
EMAIL info@adventuresportsacademy.com
www.adventuresportsacademy.com

ASA PHILOSOPHY

Here at Adventure Sports Academy (ASA) we want our kids to not only learn how to play sports at a high level, but to grow up to be independent, responsible and have respect for others.

We want to ensure that our kids here at ASA can go on to explore life and its opportunities with confidence. Most importantly, we want to ensure that our sessions are enjoyable and fun so that everyone arrives and leaves with a big smile on their faces.

FIRST TOUCH 18 months - 4 years old

This programme is aimed towards our youngest members who should be accompanied by a parent or guardian. Fun ball games are introduced to encourage motor learning and basic ball drills. Each session aims towards developing movement, co-ordination and body mechanics. Most importantly at this level, we want our children to have fun while being introduced to the concept of the game we all know as football or Soccer.

SOCCER ADVENTURE 4 - 12 years old

Soccer Adventure is an introduction to more challenging drills to help develop skills acquired in the earlier stages of our program. Skills including passing, control, dribbling & shooting will be further developed through regular practice. The foundations of roles and responsibilities within a team will be introduced and in the later stages, positional awareness will have them ready to take part in regular competitive fixtures when they move onto our Elite Football program.

ASA SQUAD U8 - U16

The Elite Squads are teams that will represent ASA in Tournaments and matches against other clubs and academies. These teams are usually by invitation only, but we also hold open trials for children to attend if they feel they have been over looked by our coaches.

The Elite Squads train together during individualised sessions that are set up to work on and improve game play and tactics, which will prepare our players for match situations. Basic strength and conditioning will continue to be introduced to the children in an attempt to further develop and prepare them for the next level of football.

ASA offer classes at HKFC on Monday through Thursday. For more information of our programme schedule, please refer to the ASA leaflets on 1/F sports desk for the updated schedule.

Date	Time
Monday	3pm - 7pm
Tuesday	3pm - 7pm
Wednesday	9am - 11am / 3pm - 4pm
Thursday	3pm - 7pm

Non-Member must be accompanied by a Member.

No classes on Public Holidays.

A minimum of 2 students is required to run a class.

Subject to Members, classes can be arranged at alternative times.

JUNIOR GOLF

VENUE 3rd floor, Golf Simulators Room

CONTACT Vaughan Manson

TEL 9507 7277

EMAIL Vaughan@thegolfschool.hk

Billy Wong

TEL 6929 8800

EMAIL billy@thegolfschool.hk

Anthony Fung

TEL 9621 8372

EMAIL anthony@thegolfschool.hk

This Junior Programme is designed to develop and hone the vital skills of young golfers at all levels and abilities. The classes are fun, enjoyable and professional.

Utilising our state of the art Golf Simulators, every aspect of the game is covered including Full Swing, Chipping, Pitching, Putting, Etiquette and Golf Course Play. Weekly games and competitions are also organised.

OPEN TO AGE 7 - 16

Tuesday, Thursday, Friday 3pm - 7pm

Saturday 9am - 12nn and
3pm - 6pm

Sunday 4pm - 7pm

Fees per hour
Members \$370
Non- Members \$430

Non-Member must be accompanied by a Member.

No classes on Public Holidays.

SWIMMING



VENUE 2nd floor, Swimming Pool

CONTACT FloatPlus Admin

TEL 6504 8283 | **EMAIL** admin@floatplus.hk | www.floatplus.hk

With over 30 years of experience and supported by a team of enthusiastic, highly qualified, personable and compassionate teachers, the Floatplus Swimming programme is designed to develop efficient and competent swimmers of all ages.

From our classes for infants to the higher-level independent swimmer classes, our curriculum aims to be the best introduction and development to water and water-based activities.

- Providing a safe, stress-free yet fun environment for learning
- Help students to 'connect' with water
- Providing clear and consistent instruction in small-sized classes

- Providing a logical and effective progression of skills
- Educating and empowering students so that they love being in water

WATERBABIES 1-2 6-12 months/ 13-24 months

This class offers a gentle introduction to basic water skills for babies and parents through fun and games with plenty of familiar songs and toys. A Parent or caregiver must accompany their child.

TADPOLES 1 2-3 years old

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

SWIMMING

GUPPIES 1 3-5 years old

This class caters for non-swimmers or swimmers with little water-confidence but is run by the coach without the parental assistance. This class is the first step to a child's independent swimming.

GUPPIES 2 3-5 years old

For those children who are confident in the water but have no stroke technique i.e. able to go under, jump in without assistance and return to the side.

PENGUINS 5 years old+

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

SEALIONS 6 years old+

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

DOLPHINS 7 years old+

For children able to swim 4 lengths (100 metres) with competent freestyle with side breathing and backstroke

SHARKS 8 years old+

This class is suitable for children able to swim minimum of 8 lengths (100 metres) using a competent freestyle, backstroke and breaststroke.

ORCA 9 years old+

For advanced swimmers aged ready for a team style workout, while improving technique and competitive skills.

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

Register online: www.floatplus.hk

Contact details: 6504 8283 or email: admin@floatplus.hk

HKFC SWIM TERM

Waterbabies 1 6-12 months	Tuesday and Friday	8:30am - 9am
Waterbabies 2 13-24 months		9am - 9:30am
Tadpoles 1 2-3 years old	Tuesday and Friday	9:30am - 10am
	Tuesday and Thursday	3pm - 3:30pm
Guppies 1 3-5 years old	Tuesday, Thursday and Friday	3:30pm - 4pm
Guppies 2 3-5 years old	Tuesday and Thursday	4pm - 4:30pm
Penguins 5 years old+	Tuesday and Thursday	4:30pm - 5pm
Sealions 6 years old+	Tuesday and Thursday	5pm - 5:45pm
Dolphins 7 years old+	Tuesday	5pm - 5:45pm
Sharks 8 years old+	Tuesday and Thursday	5:45pm - 6:30pm
ORCAS 9 years old+	Tuesday and Thursday	5:45pm - 6:45pm

JUNIOR TENNIS COACHING PROGRAMME



VENUE 3rd floor, Tennis Courts

GENERAL INQUIRIES / NEW ENROLMENTS hkfc@atatennisaces.com | www.atatennisaces.com

CONTACT ATA Director / HKFC Head Coach

Nathan Booth

TEL 6750 3350

EMAIL nathan.booth@atatennisaces.com

ATA / HKFC Tennis Director

Toby Clark

TEL 9646 3760

EMAIL toby.clark@atatennisaces.com

HKFC elite tennis provider Australasia Tennis Aces – (ATA) offers a comprehensive and progressive junior programme.

ATA believe tennis is a “sport for life” that fosters an invaluable skill set and countless health benefits. Through their programmes they ensure that players have the best

opportunities to build individual self-confidence, sportsmanship, and physical health while maintaining the goal of mastering the skills of tennis, and most importantly a love for the game.

ATA cater to all ages and levels with a progressive pathway from

<p>Foundation Squad BLUE BALL 18-36 months old</p>	<p>ATA's Foundation programme introduces and develops players key fundamental physical, cognitive and social skills required for learning any sport through a series of fun sporting games, challenges and exercises. Players will develop balance, agility, co-ordination sending and receiving skills, fine / gross motor skills, but also cognitive skills, from focus, independent thinking, problem solving and decision making, all while having lots of fun in a social game based session. Laying a great foundation for a future in sport.</p>
<p>Development Squads RED BALL 4-7 years old</p>	<p>ATA's 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.</p>
<p>Rising Star Squads ORANGE BALL 8-9 years old GREEN BALL 10-11 years old</p>	<p>ATA's Rising Star programme caters to players ready to establish and build on their basic shot techniques and progress into more advanced movement, stroke technique and tactical patterns with the emphasis on skill-based match play. A strong emphasis is placed on live play, point scenarios, and full court competitive match play.</p>
<p>Teenagers on the Move YELLOW BALL 12 years old+</p>	<p>SOCIAL PLAYERS ATA's Teenager on the move programme is designed for our older junior players new to the game or returning to tennis, getting them active and enjoying their tennis through a fast tracked, fun but social game-based sessions, ultimately giving them the skill sets and confidence to be able to play and enjoy social tennis and match play.</p>
<p>Academy Squads 11 years+</p>	<p>COMPETITION LEVEL PLAYERS ATA's Academy squad session have a competition focus, where players develop the necessary skills, strategies and mental approach to enhance their chances of success in competition through live ball, tactical based drills, tennis specific fitness, video analysis, development of individual playing styles, and coping strategies for different match play situations.</p>

In addition to the comprehensive weekly junior programme, ATA delivers extensive holiday camp programmes, private and semi private lessons as well as many competition opportunities including HKTA junior league A, B and C teams, ATA junior mini tournament series and Teenagers on the move match plays

and socials. Please see below the HKFC/ATA Junior programme schedule running 6 days a week catering to classes for all abilities/ages. The HKFC ATA team will work directly with you to find the correct class/time for your child's best tennis experience.

JUNIOR PROGRAMME

Foundation Squad		
18-36 months adult assisted session	Monday and Wednesday	2pm - 3pm
	Tuesday and Friday	8am - 9am
	Saturday	8am - 9am
Development Squads		
ATA Red 1 / Red 2 / Red 3 3-4 years / 4-6 years / 7-8 years	Monday to Friday	2pm / 3pm / 4pm
	Tuesday and Friday	9am
	Saturday	8am / 3pm
Rising Star Squads		
ATA Orange 1 / Orange 2 7-8 years / 8-9 years	Monday to Friday	3pm / 4pm / 5pm
	Saturday	9am / 10am / 4pm
ATA Green 1 / Green 2 9-10 years / 10-11 years	Monday to Friday	4pm / 5pm
	Saturday	10am / 4pm
Teenagers on the Move Social players - 12 years+	Wednesday	5pm
	Saturday	5pm - 7pm
Academy Squads Ability Assessed		
Academy Squads C League Training, U12 years	Monday, Thursday and Saturday	5pm - 7pm
	Monday, Tuesday, Thursday and Saturday	5pm - 7pm
Academy Squads B League Training, U14 years	Monday, Tuesday, Thursday and Saturday	5pm - 7pm
	Tuesday and Thursday	5pm - 7pm
Academy Squads A League Training, U18 years	Tuesday and Thursday	5pm - 7pm
Private/Semi Private Lessons	Weekdays and Weekends subject to availability	
Holiday Tennis Camps	Summer - Jun/Jul/Aug Mid term break - Oct Christmas - Dec/Jan Chinese New Year - Feb Easter - Apr	

*Non-Member must be accompanied by a Member.

1. Please note that JTP enrolment is on a term basis and there are limited places available – Call for a complete rundown on options for your child.
2. Classes will cease on Public Holidays, most school holidays.
3. Junior Tennis Programme (JTP) pricing is \$320 per hour per player / \$360 per hour for a guest of a member.
4. JTP Foundation Squad (adult assisted session) pricing is \$220 per player, \$260 for a guest of a member.
5. Please email or call ATA / HKFC for more details.

JUNIOR TENNIS COACHING PROGRAMME



ATA TENNIS LESSON TIMETABLE FOR HONG KONG FOOTBALL CLUB

	Mon	Tue	Wed	Thu	Fri	Sat
7am	Men's and Women's Private Lessons Early Morning Workout Sessions					Men's and Women's Private Lessons
		Bootcamp			Bootcamp	
8am	Men's and Women's Private Lessons Early Morning Workout Sessions			Men's and Women's Early Morning Workout Sessions	Men's and Women's Private Lessons Early Morning Workout Sessions	Development Squads
		Bootcamp			Bootcamp	
		Foundation Squad			Foundation Squad	
9am		Development Squads			Development Squads	Rising Star Squads (Orange)
10am	Ladies League Team Training	Ladies Morning (Beginners)	Ladies Morning (Improvers)	Ladies Morning (Intermediate)		Rising Star Squads (Orange & Green)
11am						
12nn	Cardio Tennis			Cardio Tennis		
1pm						
2pm	Development Squads					
3pm	Development Squads / Rising Star Squads (Orange)					Development Squads
4pm	Development Squads / Rising Star Squads (Orange & Green)					Rising Star Squads (Orange & Green)
5pm	Academy Squads B,C	Academy Squad A,B	Rising Star Squads (Orange & Green) / Teenagers on the Move	Academy Squads A,B,C	Rising Star Squads (Orange & Green) / Development Squads	Teenagers on the Move / Academy Squads B,C
6pm						
7pm	Adults Group Coaching Courses / Socials			Adults Group Coaching Courses / Socials		
8pm						

Adults & Juniors Private / Semi private lessons: Weekdays & Weekends subject to availability

TINYTOTS MINI-SPORTS

VENUE

1st floor, Sports Hall

CONTACT

Ming Chan

TEL 3488 7724

EMAIL info@tinytots.com.hk

Mini-Sports is a complete sports program for children between 18 months to 4 years old. The program is designed to keep children moving and engaged and send them home with new skills from a different sport each class. These well-rounded classes provide an amazing foundation for a lifetime of active living, bundling soccer, rugby and basketball into one comprehensive package.

Our primary objective is to teach sportsmanship, discipline, leadership, teamwork and physical conditioning through the playing and promotion of sports. Each game/drill works

on the following 3 criteria of development: Physical, Social, and Educational.

Physical: speed, strength, motor-skills, balance, and coordination.

Social: working in groups, taking turns, sharing, and following instructions.

Educational: colours, numbers, rules of the game, and communication.

At Tinytots Mini-Sports, we believe that children learn best through play. Having fun is what it's all about!

Class	Day	Time	Member	Non-member
Mini-Sports				
18 to 36 months old	Monday	10am - 11am	\$190 per session	\$220 per session
	Tuesday	2:30pm - 3:30pm		
3 and 4 years old	Tuesday	3:30pm - 4:30pm		
Rugby				
18 to 36 months old	Monday	9am - 10am	Uniform - \$200 for first time participants	
3 and 4 years old	Monday	11am - 12pm		

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

For registration form please go to www.tinytots.com.hk download the form and send it to us with the payment.



UREENI TAEKWONDO

VENUE

1st floor, Sports Theatre

CONTACT

Jae Lee

TEL 6336 1556

EMAIL jaelee78@hotmail.com

Taekwondo is a Korean Martial Art characterized by its emphasis on head-height kicks, jumping and spinning kicks, and fast combination kicking techniques. The aim of Ureeni Taekwondo is to improve children's physical fitness, confidence, coordination, flexibility, and self confidence in a supervised environment and controlled manner. Classes are run by Master Jae Lee (World Taekwondo Federation 6th Dan) an experienced specialist who offers competitive training in Taekwondo skills and techniques in accordance with international standards.

*Non-Member must be accompanied by a Member.

1. Proper Dobok (\$480) is available from instructors.
2. Maximum number of participants 12 persons.
3. Application Forms are available at 1st Floor Sports Desk.
4. No classes on Public Holiday.

FOR BOYS AND GIRLS**Beginner's Class I** 4+ years old

Saturday 1pm - 2pm

Beginner's Class II 4+ years old

Saturday 2pm - 3pm **(FULL)**

Intermediate Class 6+ years old

Saturday 4:15pm - 5:15pm **(FULL)**

Advanced Class with Kyurugi 10+ years old

Saturday 5:30pm - 7pm

Member \$200 per lesson
\$800 per month for 4 lessons

Non-member \$220 per lesson
\$880 per month for 4 lessons



VENUE

1st floor, Sports Theatre

CONTACT

TEL 5991 2899

EMAIL buzzus@busybeespreschool.com.hk

www.busybeespreschool.com.hk

Busy Bees is a Registered International Pre-School offering an exciting range of classes for children aged 14 months to 5+ years. Your child will be fully prepared for primary school upon graduation.

The Busy Bees Pre-School curriculum brings Montessori approaches to the traditional classroom. This combination instills a natural exploration and love of learning, while also preparing the young student for the demands

of a primary classroom. An emphasis is placed upon developing emotional, social, physical and intellectual skills. Our classes provide a fun and safe environment encouraging children to develop at their own pace.

The classes are run by qualified native English teachers, Mandarin teachers and professional sports coaches. We welcome visits and trial classes to experience the exciting learning happening in our Hive!

Class	Day	Time	Language
Wee Bees Class 14 months old - 2+ years old	Monday / Friday	8:30am - 10am	Mandarin
	Tuesday / Wednesday / Thursday	8:30am - 10am	English
Honey Bees Class 2+ years old - 5+ years old	Monday / Tuesday / Wednesday / Thursday / Friday	10am - 1pm	English and Mandarin
Extended Day (Spelling Bees) 2+ years old - 5+ years old	Monday / Wednesday / Friday	1pm - 3pm	English
Mandarin Bees 2+ years old - 5+ years old	Monday / Friday	3pm - 4pm	Mandarin
		4pm - 5pm	
	We are offering specialised 1 hour and 2 hour small group Mandarin classes, two afternoons per week.		
Wee Bees Holiday Classes 14 months old - 2+ years old	Holiday Camps and Classes are held over school holidays in October and at Christmas, Chinese New Year, Winter Break, Easter/Spring holidays and Summer holidays (July/August).		
Camper Bees 2+ years old - 5+ years old	Sign up at www.busybeespreschool.com.hk		

Non-Member must be accompanied by a Member.

1. Please note that we accept applications throughout the year and we often have wait lists.
2. Non-Member's rates can be requested upon application.
3. No classes on Public Holidays.





VENUE

1st floor, Sports Theatre

CONTACT

Madhu Kashyap

TEL 2987 1571 | **WHATSAPP** 9159 0663

EMAIL dance@islanddance.com.hk

www.islanddance.com.hk

Island Dance has been offering high quality dance instruction at club venues throughout Hong Kong Island for over 30 years.

Dance styles offered are Freestyle and Ballet - taught by experienced instructors from all over the world bringing professional dance training to young members of Hong Kong Football Club.

Come learn dance technique and choreography in the new term and take part in their ISTD Freestyle Medal Tests, performances and shows. Our Motto "**Turning Passion into Performance**"

Non-Member must be accompanied by a Member.
A minimum of 5 students is required to run a class
Maximum class limit 15 students. No classes on Public Holidays.

TUESDAYS WITH MS. JESSICA			Member / Non-member
Freestyle 1 6+ years		4pm - 4:45pm	\$4,250 / \$4,760
Freestyle 2 8+ years	17 sessions August 22, 29	4:45pm - 5:30pm	
Freestyle 3 11+ years	September 5, 12, 19, 26 October 3, 10, 17, 24, 31	5:30pm - 6:15pm	
Freestyle 4 14+ years	November 7, 14, 21, 28 December 5, 12	6:15pm - 7pm	
ID Elite HK Show Team BY INVITATION ONLY		7pm - 7:45pm	
WEDNESDAYS WITH MS. TIA			Member / Non-member
Junior Freestyle 3+ years	17 sessions August 23, 30 September 6, 13, 20, 27 October 4, 11, 18, 25 November 1, 8, 15, 22, 29 December 6, 13	3:30pm - 4:15pm	\$4,250 / \$4,760
Freestyle 1 6+ years		4:15pm - 5pm	\$4,760 / \$5,270
Freestyle 2 8+ years		5pm - 6pm	
Freestyle 3 11+ years		6pm - 7pm	

THURSDAYS WITH MS. NIMI		Member / Non-member
Junior Freestyle 3+ years		3:45pm - 4:15pm \$3,910 / \$4,420
Freestyle 1 6+ years	17 sessions August 24, 31 September 7, 14, 21, 28 October 5, 12, 19, 26 November 2, 9, 16, 23, 30 December 7, 14	4:15pm - 5pm
Freestyle 2 8+ years		5pm - 5:45pm \$4,250 / \$4,760
Freestyle 3 11+ years		5:45pm - 6:30pm
Freestyle 4 14+ years		6:30pm - 7:30pm \$4,760 / \$5,270
SATURDAYS WITH MS. TIA		Member / Non-member
Budding Ballerinas 3+ years		8:15am - 8:45am \$3,680 / \$4,160
Intro Ballet 5+ years	16 sessions August 26 September 2, 9, 16, 23 October 7, 14, 21, 28 November 4, 11, 18, 25 December 2, 9, 16	8:45am - 9:30am
Beginner Ballet 7+ years		9:30am - 10:15am \$4,000 / \$4,480
Intermediate Ballet I 9+ years		10:15am - 11:15am \$4,480 / \$4,690
Intermediate Ballet II 12+ years BY INVITATION ONLY		11:15am - 12:15pm \$4,480 / \$4,690



GYMNASTICS



VENUE
CONTACT

1st floor, Sports Hall

Multi-Sport

TEL 2540 1257

EMAIL admin@multi-sport.com.hk

The strength, co-ordination, agility and flexibility obtained in our Gym for Joy programme has life lasting benefits and there is a great deal of carry over skill into other sports. All the basics are covered with an emphasis on floor routines, beam, trampette and vaulting. Our 10-metre Air Track is used to learn skills in a safe and stimulating environment – the more advanced gymnasts can safely learn moves such as flick flacks, hand springs, aerials and tumbling routines. Gymnastic Competitions and Parent Interactive Lessons are held annually so that gymnasts have the opportunity to demonstrate the routines and skills acquired during lessons.

* Non-Member must be accompanied by a Member.

1. No classes on Public Holidays.
2. A minimum of 4 students is required to run a class.

BEGINNER 3 and 4 years old

Tuesday 2:30pm - 3:15pm

ELEMENTARY 5 and 6 years old

Tuesday 3:30pm - 4:15pm

IMPROVER 7+ years old

Tuesday 4:15pm - 5:15pm

ADVANCED 8+ years old **INVITE ONLY**

Tuesday 5:15pm - 6:15pm

Multi-Sport reserves the right to place the student in the right class when necessary. Thank you.

Member \$240 per lesson

Non-member \$270 per lesson



FUNCTIONS AND PARTIES

CONTACT

Catering Office

TEL 2830 9513

EMAIL catering@hkfc.com

The Club's banquet facilities are used for a variety of events from corporate meetings, lunches, dinners or social gatherings to children's birthday parties, christenings or wedding celebrations. Feel free to make contact to discuss how we can create your special event.



PAYMENT TERMS AND CONDITIONS

1. All charges will be directly debited to the Club account or cheque payment (if applicable), to be made to Hong Kong Football Club, whichever applies.
2. Regrettably, no refund will be given for cancellation as a result of inclement weather or for non-participation.
3. Written cancellation is required on or before the 15th of the month PRIOR to the start day of next course (if applicable). No verbal cancellation to the coach will be accepted.
4. Priority booking will be given to Members first.

NOTES AND CONDITIONS

PLEASE READ CAREFULLY

1. Please send the application form and payment (if applicable) to the 1/F Sports Desk.
 2. A Member's Secondary Carer may accompany a Child of that Member in the absence of both parents to participate in the activity programme, provided that such Secondary Carer is the holder of (and otherwise acting within the terms and conditions of) a Guardian's Card issued pursuant Secondary Carers to Bye-law 4. Secondary Carers of non-Members are not permitted.
 3. Secondary Carers are not permitted to wait for Members, Family Members or other Secondary Carer in the Reception or meet there with other Secondary Carers.
 4. Non-Members are welcome when accompanied by a Member, as stated otherwise. Priority will, however, be given to Members.
 5. In the event of lightning, typhoon signal No. 8 or higher, Black Rain Warning or heavy rainfall, lessons will be cancelled.
 6. There will be no lessons on Public Holidays.
 7. The use of mobile phones is strictly prohibited while on the Club Premises.
 8. For the Junior Soccer Programme, each player is recommended to wear shin guards and bring a water bottle.
 9. Please wear rubber moulded or studded boots on the Main Pitch and Astro Pitch. Flat-soled trainers are not allowed on the Main Pitch. Metal Studs, Cleets and/or high heeled shoes are not allowed on the Astro Pitch.
- Completed form(s) can be submitted to the Club in person or email to Sports Desk (sports@hkfc.com). Additional copies of the Sports Activities Booklet and Application Forms are available at 1st floor, Sports Desk.

Hong Kong Football Club

3 Sports Road, Happy Valley, Hong Kong

TEL 2830 9500

FAX 2882 5040

www.hkfc.com