



# Arts & Sports

藝術及體育

## Mar 三月 2025

Course Enrollment  
starts from:  
開始報名日期:

**1 Feb 2025**

**Club Bel-Air 貝沙灣會所**

Version 03.01

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



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



# Notes to Participant:

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

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

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

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

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

# 參加者須知:

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

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

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

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

# ARTS - Private Coaching 私人課程

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

## Private Violin Class 私人小提琴班

Duration 課堂時長	30 Minutes 分鐘	45 Minutes 分鐘	60 Minutes 分鐘
Price 價錢	\$2320/ 4 lessons 堂 ----- \$580/ Trial Fee	\$3320/ 4 lessons 堂 ----- \$830/ Trial Fee	\$4240/ 4 lessons 堂 ----- \$1060 / Trial Fee

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

## Private Piano Class 私人鋼琴班

Instructor 導師：Elaine Leung

Duration 課堂時長	30 minutes/分鐘	45 minutes/分鐘	60 minutes/分鐘
Grade等級	\$1360/ 4 lessons 堂 ----- \$340/ Trial Fee	\$1920/ 4 lessons 堂 ----- \$480/ Trial Fee	
Grade 1 - 2		\$2400/ 4 lessons 堂 ----- \$600/ Trial Fee	\$3200/ 4 lessons 堂 ----- \$800/ Trial Fee
Grade 3 - 5		\$2600/ 4 lessons 堂 ----- \$650/ Trial Fee	\$3440/ 4 lessons 堂 ----- \$860/ Trial Fee
Grade 6 - 7			\$3600/ 4 lessons 堂 ----- \$900/ Trial Fee
Grade 8			

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

# SPORTS - Private Coaching 私人課程

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

## Private Tennis Class 私人網球班

Class ratio 課程比例		1 vs 1	1 vs 2	1 vs 3	1 vs 4
Price 價錢 (per hour)	Head Coach: <b>Kingston Cheung</b>	\$3200 / 4 lessons 堂 (\$800/ Trial Fee)	\$3520 / 4 lessons 堂 (\$880/ Trial Fee)	\$3960 / 4 lessons 堂 (\$990/ Trial Fee)	\$6400 / 4 lessons 堂 (\$1600/ Trial Fee)
	Senior Professional Coach: <b>Tony Ho</b>	\$2880 / 4 lessons 堂 (\$720/ Trial Fee)	\$3280 / 4 lessons 堂 (\$820/ Trial Fee)	\$3600 / 4 lessons 堂 (\$900/ Trial Fee)	\$5280 / 4 lessons 堂 (\$1320/ Trial Fee)
	Professional Coach: <b>Anson Yeung</b> <b>Joseph Lok</b> <b>Ela Chan</b>	\$2600 / 4 lessons 堂 (\$650/ Trial Fee)	\$2880 / 4 lessons 堂 (\$720/ Trial Fee)	\$3480 / 4 lessons 堂 (\$870/ Trial Fee)	\$4800 / 4 lessons 堂 (\$1200/ Trial Fee)

## Private Badminton Class 私人羽毛球班

Coach 教練：Hakan Ng / Colun Lee

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

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

# SPORTS - Private Coaching 私人課程

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

## Personal Training 私人健身

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

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

教練或會因應參加者表現而安排至適合的課堂

# SPORTS - Private Coaching 私人課程

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

## Pilates Class 普拉提班

Coach 教練： Ms. Chung Lin Sze, Kim

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

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (60 Minutes 分鐘)	\$1300 / lesson 堂 ----- per person 每人	\$975/ lesson 堂 ----- per person 每人	\$795 / lesson 堂 ----- per person 每人

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

# SPORTS - Private Coaching 私人課程

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

## Private Yoga 私人瑜珈

Coach 教練： Ms. Tang Tsz Ping

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

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

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



# SPORTS - Group Courses 小組課程

## Tennis Class 網球班

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

地點 : 灣畔會所1號室外網球場

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Junior Tennis - Little Aces 兒童網球班	3-5.5	TK250323	3,10,17,24,31/ 3	Mon 星期一	4 pm - 5 pm	5	3-6	\$1050 ----- \$210 per trial
		TK250324	5,12,19,26/ 3	Wed 星期三	4 pm - 5 pm	4		\$840 ----- \$210 per trial
	5-7	TK250321	1,8,15,22,29/ 3	Sat 星期六	6 pm – 7 pm	5		\$1050 ----- \$210 per trial
		TK250322			7 pm – 8 pm			
Junior Tennis - Beginner 兒童網球初班	5.5-8	TK250330	4,11,18,25/ 3	Tue 星期二	4 pm – 5 pm	4	\$880 ----- \$220 per trial	
	7-11	TK250331	6,13,20,27/ 3	Thu 星期四	7 pm – 8 pm			
		TK250333	7,14,21,28/ 3	Fri 星期五	6 pm – 7 pm			

# Tennis Class 網球班

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

地點：灣畔會所1號室外網球場

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Junior Tennis - Intermediate 兒童網球中班	7-11	TK250340	4,11,18,25/ 3	Tue 星期二	5 pm – 6 pm	4	3-6	<b>\$940</b> ----- <b>\$235</b> per trial
		TK250341			6 pm – 7 pm			
		TK250344	5,12,19,26/ 3	Wed 星期三	5 pm - 6 pm			
		TK250342	6,13,20,27/ 3	Thu 星期四				
Teenage Tennis - Intermediate 青少年網球中班	11+	TK250360				6 pm – 7 pm		<b>\$1020</b> ----- <b>\$255</b> per trial
Adult Tennis – Beginner 成人網球初班	16+	TK250370	3,10,17,24,31/ 3	Mon 星期一	8 pm – 9 pm	5		<b>\$1325</b> ----- <b>\$265</b> per trial
		TK250373	5,12,19,26/ 3	Wed 星期三	1 pm - 3 pm	4		<b>\$2120</b> ----- <b>\$530</b> per trial
		TK250374	7,14,21,28/ 3	Fri 星期五				
Adult Tennis – Beginner Morning 早上成人網球初班	16+	TK250371	3,10,17,24,31/ 3	Mon 星期一	9 am - 11 nn	5		<b>\$2650</b> ----- <b>\$530</b> per trial
		TK250372	5,12,19,26/ 3	Wed 星期三		4		<b>\$2120</b> ----- <b>\$530</b> per trial

# Indoor Mini Tennis Class

## 室內迷你網球訓練班

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

地點：灣畔會所多用途活動室

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Indoor Mini Tennis Training Course 室內迷你網球 訓練課程	3-5	TK250307	5,12,19,26/ 3	Wed 星期三	1:30 pm – 2:30 pm	4	3-6	<del>\$800</del> \$200 per trial
		TK250310	6,13,20,27/ 3	Thu 星期四	5 pm - 6 pm			
		TK250311			10 am – 11 am			
		TK250312			11 am – 12 nn			
		TK250315			4- pm - 5 pm			
		TK250313	7,14,21,28/ 3	Fri 星期五	10 am – 11 am			
		TK250314			11 am – 12 nn			

# Taekwondo Class 跆拳道班

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

地點：灣畔會所多用途活動室

Coach 教練：So Wing Sam / Ho Han Yui

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Taekwondo Beginner 跆拳道初階班	4-15	TA250311	4,11,18,25/ 3	Tue 星期二	4 pm – 5 pm	4	4-15	<del>\$660</del> \$165 per trial
		TA250327	6,13,20,27/ 3	Thu 星期四	6:30 pm – 7:30 pm			
		TA250318	1,15,22,29/ 3 (No class on 8/3)	Sat 星期六	1 pm – 2 pm	4		<del>\$660</del> \$165 per trial
		TA250319			2 pm – 3 pm			
		TA250312			5 pm – 6 pm			
Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	6-15	TA250323			6 pm – 7 pm			
Taekwondo Intermediate (Green-Blue Belt Level or above) 跆拳道進階班 (綠藍帶程度或以上)		TA250326	4,11,18,25/ 3	Tue 星期二	5 pm – 6 pm	4	<del>\$660</del> \$165 per trial	

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

# Taekwondo Class 跆拳道班

Venue : Aerobics Room ,Club Bel-Air Peak Wing

地點：朗峰會所健康舞室

Coach 教練：Ho Han Yui

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Taekwondo Beginner 跆拳道初階班	4-10	TA250314	5,12,19,26/ 3	Wed 星期三	4 pm – 5 pm	4	4-15	<del>\$660</del> \$165 per trial
		TA250315			6 pm – 7 pm			
Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	4-10	TA250325			5 pm – 6 pm			
Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	6-15	TA250324			7 pm – 8 pm			

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

# Badminton Class 羽毛球班

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

地點 : 灣畔會所室內運動場

Coach 教練 : Hakan Ng

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Children Beginner Badminton 兒童羽毛球初班	4-6	BA250311	3,10,17,24,31/ 3	Mon 星期一	6 pm – 7 pm	5	4-10	<del>\$925</del> \$185 per trial
Children Intermediate Badminton 兒童羽毛球中班	7-10	BA250321			7 pm – 8 pm			
Badminton Junior Beginner 青少 年羽毛球初班	10-15	BA250331			8 pm – 9 pm			

# Basketball Class 籃球班

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

地點 : 灣畔會所室內運動場

Coach 教練 : Ronas Lo

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Children Beginner Basketball 兒童籃球初班	6-9	BK250311	5,12,19,26/ 3	Wed 星期三	5:30 pm – 6:30 pm	4	6-18	<del>\$600</del> \$150 per trial
Children Intermediate Basketball 兒童籃球中班	10-16	BK250312			6:30 pm - 8 pm			<del>\$700</del> \$175 per trial

# Gymnastics Class 體操

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

地點 : 灣畔會所室內運動場

Coach 教練 : Roy Leung & Mary Grace Vina & Kumarage, Charaka Thusheera

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
*Gym Fun 親子體操班	1.5-3	*GY250331	4,11,18,25/ 3	Tue 星期二	3:15 pm – 4 pm	4	4-12 pairs	<del>\$860</del> \$215 per trial
Children Gymnastics Beginner 兒童體操初班	3-5	GY250301			4 pm - 5 pm		4-18	
		GY250311			5 pm – 6 pm			
Children Gymnastics Intermediate 兒童體操進階班	6-10	GY250321			6 pm – 7 pm		4-20	
Children Advance Gymnastics 兒童體操高階班	Recommend by Coach only!!	GY250341			7 pm – 8:30 pm			<del>\$1300</del> \$325 per trial

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

# Soccer Training Class 足球訓練班

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

地點：灣畔會所室內運動場

Coach 教練：ChelseaFC Coach Team

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Soccer Training Class 足球訓練班	4-6	CF250301	6,13,20,27/ 3; 3,10,17,24/ 4	Thu 星期四	5 pm – 6 pm	8	10-15	<del>\$3000</del> \$375 per trial
	6-10	CF250302			6 pm – 7 pm			

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

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



# Pilates Class 普拉提班

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

Coach 教練 : Ms. Chung Lin Sze Kim

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Pilates Reformer Beginner 普拉提核心 床初班	16+	PI250304	7,14,21,28/ 3	Fri 星期五	3:00 pm – 4:00 pm	4	2-4	<del>\$2000</del> \$500 per trial
		PI250305			4:00 pm – 5:00 pm			
		PI250311	5,12,19,26/ 3	Wed 星期三	3:30 pm - 4:30 pm			
		PI250312			4:30 pm - 5:30 pm			

# Yoga Class 瑜珈班

Venue : Recreation Room, Club Bel-Air Bay Wing

地點：灣畔會所康體活動室

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

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Day 星期	Time 時間	Lessons 堂數	Capacity 人數	Course Fee 課程費用	
Hatha Yoga 哈達瑜珈班	16+	YO250301	4,11,18,25/ 3	Tue 星期二	8 pm – 9 pm	4	4-10	<del>\$920</del> \$230 per trial	
		YO250303	1,8,15,22,29/ 3	Sat 星期六	10 am – 11am	5		<del>\$1150</del> \$230 per trial	
		YO250305	3,10,17,24,31/ 3	Mon 星期一					11 am - 12 nn
		YO250306							
		YO250307	4,11,18,25/ 3	Tue 星期二	10 am – 11am	4			<del>\$920</del> \$230 per trial
		YO250308			11 am - 12 nn				
YO250302		7 pm – 8 pm							
Yoga Stretch 伸展瑜珈班		YO250304	1,8,15,22,29/ 3	Sat 星期六	11 am – 12 nn	5		<del>\$1150</del> \$230 per trial	
Mindfulness Yoga (with singing bowl) 正念瑜珈 (付頌鉢)		YO250309	5,12,19,26/ 3	Wed 星期三	5 pm - 6 pm	4		<del>\$920</del> \$230 per trial	
		YO250310			6 pm - 7 pm				

## Class Content 課程內容

Class level 課程級別	Class Content 課程內容
Hatha Yoga 哈達瑜珈班	<p>Hatha Yoga, the ancient form of yoga practice for balancing mental &amp; physical status, throughout the practice of breathing, cleansing, mind focus &amp; asana to achieve for a better health &amp; prosperity.</p> <p>哈達瑜珈是平衡身心狀態的古老瑜珈練習形式，透過呼吸、潔淨、專注和體式的練習，以實現更好的健康及調和。</p>
Yoga Stretch 伸展瑜珈班	<p>Yoga Stretch offers a wealth of benefits that may help you to alleviate pain and tension, relieve stress and anxiety, and improve your overall well-being. The practice of holding a pose for an extended period teaches you to sit with and observe uncomfortable emotions, thoughts, or physical sensations as they arise.</p> <p>伸展瑜珈有很多好處，可以幫助您緩解疼痛和緊張，緩解壓力和焦慮，並改善您的整體健康狀況。練習可以讓你坐下來觀察不舒服的情緒、想法或身體感覺。</p>
Mindfulness Yoga (with singing bowl) 正念瑜珈 (付頌鉢)	<p>In Yoga, through different asanas, we practice to move our body with awareness. Building up from this body awareness, we develop harmonious breathing to a state of stillness, that is from the outer body to the inner breath. From outside to inside, we go inward and to connect our heart and soul.</p> <p>The class is suitable for all levels student.</p> <p>在瑜珈中，透過不同的體式，我們有覺察地活動我們的身體。從這種身體意識的基礎上，我們將意識帶去呼吸，學習安處在和諧的靜止狀態，也就是從外在的身體回歸到內在的呼吸。從外到內，我們向內走，以連結我們的心靈。</p> <p>此課程適合各級別學生。</p>

# Badminton Adult Class

## 羽毛球成人班

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

地點：灣畔會所室內運動場

Class Level 班別	Age 年齡	Class Code 課程編號	Date 日期	Time 時間	Day 星期	Lessons 堂數	Capacity 人數	Course Fee 課程費用
Badminton Adult Class 羽毛球成人班	16+	BAA250301	3,5,7,10,12,14,17,19, 21,24,26,28,31/ 3	10 am – 12 nn	Every Mon, Wed, Fri 逢星期 一、三、五	13	13 - 25	<b>\$810</b> ----- <b>Month</b> 月

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

\* Badminton Coach will attend on 3,5,10,12,17,19,24,26,31 Mar 2025.  
於3月 3,5,10,12,17,19,24,26,31 日設有羽毛球教練指導。