

# SUMMER

## PROGRAMME

### 暑期課程



# CONTENT 目錄

P/3-4

Note of Participants

參加者須知

P/5

Creative Art & Crafts

創意藝術家

- Oil Painting
- Cartoon Painting
- WaterColour Painting
- Glow in Dark Painting

- 油畫
- 卡通繪畫
- 水彩畫
- 夜光畫

P/6

Creative Art & Crafts Class Content

創意藝術家課程內容

P/7

Sports Talent

運動天才

- Billiard (MON)
- Billiard (FRI)
- Olympic Challenge
- PickleBall
- Vx Ball

- 桌球(一)
- 桌球(五)
- 奧運田徑體驗
- 匹克球
- VX 球

P/8

Sports Talent Class Content

運動天才課程內容

P/9

Dancing & Music Fun Class

繽紛舞樂團

- Harp
- K-Pop

- 豎琴
- 韓流舞

P/10

Dancing & Music Fun Class Content

繽紛舞樂團課程內容

P/11

Fun Education

愉快學習

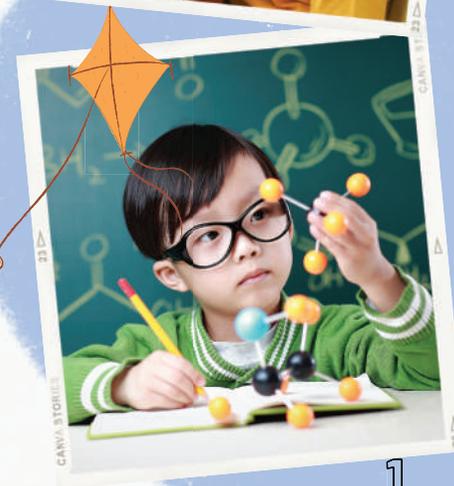
- Dining Etiquette
- Go Academy
- Dubbing

- 餐桌禮儀
- 圍棋學院
- 配音

P/12

Fun Education Class Content

愉快學習課程內容



# CONTENT 目錄

P/13	Little Chef <ul style="list-style-type: none"><li>• Little Chef- Cheese Cake</li><li>• Little Chef- Chocolate Dessert</li><li>• Little Chef- Cookie</li><li>• Little Chef- Muffin</li><li>• Little Chef- Fruit Dessert</li><li>• Little Chef- Tiramisu</li></ul>
P/14	Little Chef Class Content
P/15	STEAM Adventure <ul style="list-style-type: none"><li>• 3D Printing</li><li>• Clay Movie Making</li><li>• Funny Lego</li></ul>
P/16	STEAM Adventure Class Content
P/17-18	Summer Tennis Camp
P/19	Indoor Mini Tennis Class
P/20-21	Tennis Class
P/22-23	Taekwondo Class
P/24	Badminton Class
P/25	Basketball Class
	Soccer Training Class
P/26	Gymnastics Class
P/27-31	Swimming Class
P/32	Summer Ballet Camp

小小廚神 <ul style="list-style-type: none"><li>• 小小廚神- 芝士蛋糕</li><li>• 小小廚神- 朱古力甜品</li><li>• 小小廚神- 曲奇</li><li>• 小小廚神- 鬆餅</li><li>• 小小廚神- 水果甜品</li><li>• 小小廚神- 提拉米蘇</li></ul>
---

小小廚神課程內容
科學冒險家
3D打印
黏土泥膠動畫
奇趣樂高
科學冒險家課程內容

暑期網球訓練營

室內網球班

網球班

跆拳道班

羽毛球班

籃球班

足球訓練班

體操班

游泳班

暑期芭蕾舞訓練營



# NOTE OF PARTICIPANTS 參加者須知

Residents may call or visit Club Bay Wing (2989 9000) or Club Peak Wing (2989 6500) Reception Counter on **12 May 2025 (Monday)** to reserve a timeslot during **10:00 am to 4:00 pm on 18 May 2025 (Sunday)** for **Summer Programme Advance Enrollment**.

Details are as below:

住戶可於 2025年5月12日 (星期一) 致電或親臨灣畔會所或朗峰會所接待處，預約2025年5月18日 (星期日) 上午10:00至下午4:00 暑期課程優先報名日之報名時段。

詳情如下：

**Reservation of Advance Enrollment 預約優先報名 (Phone/In-person appointment 致電/親臨預約)**

Date 日期 : 12.05.2025 (Monday 星期一)

Time 時間 : 09:00 am

Quota 名額 : 40 for each clubhouse, first-come-first-served 各會所為40個，先到先得，額滿即止

**Summer Programme Enrollment Day will be held on 18 May 2025 (Sunday)** Please show up according to the timeslot from the time ticket, valid resident card, completed application form and cheque book upon arrival at Club Bay Wing Reception Counter or Club Peak Wing Aerobics Room in person.

Details are as below:

**暑期課程報名日於2025年5月18日 (星期日) 舉行**。住戶請根據已預約之時段，攜同所獲發之時間籌、有效住戶證、已填妥的報名表及帶備支票簿親臨灣畔會所接待處或朗峰會所健康舞室辦理報名手續。詳情如下：

## **Summer Programme Advance Enrollment 暑期課程報名日 (優先籌時段)**

Date 日期 : 18.05.2025 (Sunday 星期日)

Time 時間 : 10:00 am - 4:00 pm

Venue 地點: Club Bay Wing Reception & Club Peak Wing Aerobics Room 灣畔會所接待處及朗峰會所健康舞室

Target 對象: Residents with advance reservation 已預約優先報名時段之住戶

- Please arrive at the mentioned venue in person during your reserved timeslot and bring your time ticket, valid resident card, completed application form and cheque book.
- 請根據已預約之時段，攜同時間籌、有效住戶證、已填妥的報名表及支票簿親臨上述地點報名。

## **Summer Programme Enrollment 暑期課程報名 (公眾時段)**

Date 日期 : 18.05.2025 (Sunday 星期日)

Time 時間 : 4:30 pm onwards 後\*

Target 對象: All members 所有會員

### **\* Enrollment Deadline 截止報名日期 (except specified; 特別註明除外)**

27th June 2025 for July programme

7月份課程，截止報名日期為2025年6月27日

25th July 2025 for August programme

8月份課程，截止報名日期為2025年7月25日

For further information, please visit Club Bel-Air Reception in person or call Bay Wing (2989 9000)/ Peak Wing (2989 6500).

All courses enrollments are on first-come-first-served basis.

如有查詢，歡迎親臨或致電貝沙灣灣畔會所 (2989 9000) 或朗峰會所 (2989 6500) 接待處。所有活動及課程均以先到先得形式接受報名。



# NOTE OF PARTICIPANTS 參加者須知

1 The programme are 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. 所有活動及課程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 Only cheque payment made payables to "Island South Property Management Limited" is accepted. 所有課程費用只接受以支票方式繳付，支票抬頭請填寫「南盈物業管理有限公司」。

3 All fees in full must be paid by cheque upon submission of enrollment form. No cancellation or refund will be arranged after submission of enrollment forms. 所有費用須於活動報名時以支票繳付。報名表格一經提交，不能取消名額，所有繳付之費用，恕不退還。

4 The Club reserves the right to cancel the programme due to lack of participants, inclement weather conditions or other uncontrollable situations\*. The refund will be arranged in eight to ten weeks upon the month of last lesson of summer programme. 如報名人數不足、天氣情況惡劣或其他不可控制的情況\*，會所有權取消活動及課程。有關退款將於該課程最後一堂之月份完結後起計八至十個星期以支票形式發放。

\*No make-up class will be arranged when cancellation is caused by the above situations. 因上述情況影響而取消的課堂，恕不另行補課。

5 The Club reserves the right to amend the programme regarding time, venue and contents offered whenever necessary. 會所保留更改活動或課程的時間、地點及有關內容之權利。

6 No one is allowed to attend the enrolled Course other than the participant himself/ herself. 所有活動及課程只准參加者本人出席，不可由他人替代。

7 No makeup class or refund will be arranged for unattended programme. All sick leave and personal leave application will not be accepted. 會所不會安排補課或退還活動及課程之費用予缺席者，亦不接受病假及事假申請。

8 Participants should observe the Club's Rules and Regulations, and uphold programme discipline. If a participant misbehaves or violates the Club's Rules and Regulations or the law of Hong Kong. The Club reserve the right to terminate the participation of the participant without any refund. If a participant has caused damage to the Club's property, he/ she will be held liable and required to pay full compensation at market rate for any damage caused by them. 參加者必須留意會所守則及條例，如參加者有任何不良行為或違反會所守則或香港法例，會所有權終止參加者參與活動及課程之權利，而其已繳交之費用恕不退還。如參加者損毀公物，會所有權向參加者根據市場價值索取賠償。

## 9 Inclement Weather Arrangements 惡劣天氣安排：

Weather Condition 天氣情況	Thunderstorm 雷暴警告訊號	Amber Rainstorm Warning Signal 黃色暴雨警告	Red Rainstorm Warning Signal 紅色暴雨警告	Black Rainstorm Warning Signal 黑色暴雨警告	Typhoon Signal No. 1 一號颱風訊號	Typhoon Signal No. 3 三號颱風訊號	Typhoon Signal No. 8 or above 八號或以上颱風訊號
Indoor Programme 室內活動/課程	✓	✓	✓	✗	✓	✓	✗
Outdoor Programme 室外活動/課程	✓	✓	✗	✗	✓	✗	✗

P = Course Available 上課      Ĩ = Course Cancelled 取消

\*In case of inclement weather/ thunderstorm or amber rainstorm warning is hoisted, participants should contact Club Reception 2 hours before the start of the programme for latest arrangements. 當惡劣天氣/ 雷暴警告或黃色暴雨警告發出時，參加者需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。

**10 Summer Programme will not be extended upon completion (i.e. after July and August). 暑期班並不是常規班，完結後(即七、八月後)將不會延續。**

11 Terms and conditions are subject to the final decision of Island South Property Management Limited. 任何細則及條款均由南盈物業管理有限公司作最終決定為準。





# CREATIVE ART & CRAFTS 創意藝術家



Class Code 課程編號	Couese 課程	Age 年齡	Date 日期	Time 時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用	Venue 地點	Language 語言																												
SWA250701B	Oil Painting 油畫	6-8	7,14,21/ 7 Mon 星期一	10:00am - 10:55am	2-8	3	<b>\$960</b> (\$320/lesson)	Club Bay Wing STEAM Room 灣畔會所 STEAM活動室	Conducted in Cantonese, supplemented with English/Mandarin 以粵語進行，輔以英語/ 普通話																												
SWA250702B		9-12		11:00am - 11:55am						SWA250703B	Cartoon Painting 卡通繪畫	4-7	11,18,25/ 7 Fri 星期五	10:00am - 10:55am	3	<b>\$960</b> (\$320/lesson)	Club Bay Wing STEAM Room 灣畔會所 STEAM活動室	SWA250704B	8-12	11:00am - 11:55am	SWA250805P	WaterColour Painting 水彩畫	6-8	4,11,18/ 8 Mon 星期一	3:00pm - 3:55pm	3	<b>\$960</b> (\$320/lesson)	Club Peak Wing Billiard Room 朗峰會所 英式桌球室	SWA250806P	9-12	4:00pm - 4:55pm	SWA250807P	Glow in Dark Painting 夜光畫	4-7	6,13,20/ 8 Wed 星期三	3:00pm - 3:55pm	3
SWA250703B	Cartoon Painting 卡通繪畫	4-7	11,18,25/ 7 Fri 星期五	10:00am - 10:55am		3	<b>\$960</b> (\$320/lesson)	Club Bay Wing STEAM Room 灣畔會所 STEAM活動室																													
SWA250704B		8-12		11:00am - 11:55am						SWA250805P	WaterColour Painting 水彩畫	6-8	4,11,18/ 8 Mon 星期一	3:00pm - 3:55pm				3	<b>\$960</b> (\$320/lesson)	Club Peak Wing Billiard Room 朗峰會所 英式桌球室	SWA250806P	9-12	4:00pm - 4:55pm	SWA250807P	Glow in Dark Painting 夜光畫				4-7	6,13,20/ 8 Wed 星期三	3:00pm - 3:55pm	3	<b>\$960</b> (\$320/lesson)	Club Peak Wing Billiard Room 朗峰會所 英式桌球室	SWA250808P	8-12	
SWA250805P	WaterColour Painting 水彩畫	6-8	4,11,18/ 8 Mon 星期一	3:00pm - 3:55pm						3		<b>\$960</b> (\$320/lesson)		Club Peak Wing Billiard Room 朗峰會所 英式桌球室																							
SWA250806P		9-12		4:00pm - 4:55pm		SWA250807P	Glow in Dark Painting 夜光畫	4-7			6,13,20/ 8 Wed 星期三		3:00pm - 3:55pm		3	<b>\$960</b> (\$320/lesson)	Club Peak Wing Billiard Room 朗峰會所 英式桌球室				SWA250808P	8-12	4:00pm - 4:55pm														
SWA250807P	Glow in Dark Painting 夜光畫	4-7	6,13,20/ 8 Wed 星期三	3:00pm - 3:55pm		3		<b>\$960</b> (\$320/lesson)					Club Peak Wing Billiard Room 朗峰會所 英式桌球室																								
SWA250808P		8-12		4:00pm - 4:55pm																																	



# CREATIVE ART & CRAFTS 創意藝術家 CLASS CONTENT 課程內容



## **Oil Painting 油畫**

Through the use of opaque and strong covering oil paints, children can learn different techniques in the process of painting, from light to dark, covering layer by layer to create creative paintings.  
透過不透明及覆蓋力強的油畫顏料，小朋友可在繪畫過程中學到不同技巧，由淺至深逐層覆蓋繪出創意畫作。

## **Cartoon Painting 卡通繪畫**

Through drawing cartoons, children will learn the basic skills of drawing, together with the creation of backgrounds, and at the same time cultivate their imagination and creativity, so that they can draw lively cartoon.  
通過描繪卡通，學習繪畫的基本技巧，加上背景的創作，同時培養想像和創作力，從而繪製出生動活潑的卡通作品。

## **WaterColour Painting 水彩畫**

Using watercolours, children learn to use colours and mixing techniques to create artful paintings with different themes and creativity.  
利用水彩，學習到顏色運用及混色技巧再配合不同主題及創作力，繪製出豐富藝術的畫作。

## **Glow in Dark Painting 夜光畫**

By using a mixture of gouache colours and glow-in-the-dark pigments, children use their imagination and layered drawing skills to create unique and wonderful glow-in-the-dark paintings with different themes.  
透過利用廣告彩及夜光顏料的混合，小朋友發揮想像力連同有層次的繪畫技巧，配上不同主題繪畫出獨一無二的奇妙夜光畫。



# SPORTS TALENT 運動天才



Class Code 課程編號	Couese 課程	Age 年齡	Date 日期	Time 時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用	Venue 地點	Language 語言
SWP250701P	Billiard (MON) 桌球	4-7	7,14,21/7 Mon 星期一	3:00pm - 3:55pm	3-8	3	<b>\$1,140</b> (\$380/lesson)	Club Peak Wing Billiard Room 朗峰會所 英式桌球室	Conducted in Cantonese, supplemented with English/Mandarin 以粵語進行， 輔以英語/普通話
SWP250702P		8-13		4:00pm - 4:55pm					
SWP250807P	Billiard (FRI) 桌球	4-7	1,8,15/8 Fri 星期五	10:00am - 10:55am	4-10	4	<b>\$1,280</b> (\$320/lesson)	Club Bay Wing Multi Purpose Room 灣畔會所 多用途活動室	
SWP250808P		8-13		11:00am - 11:55am					
SWP250703B	Olympic Challenge 奧運田徑體驗	4-7	6,13,20,27/7 Sun 星期日	10:00am - 10:55am	6-12	3	<b>\$960</b> (\$320/lesson)	Indoor Sports Hall, Club Bel-Air Bay Wing 灣畔會所室內運動場	
SWP250704B		8-12		11:00am - 11:55am					
SWP250705B	PickleBall 匹克球	6-8	8,15,22,29/7 Tue 星期二	10:00am - 10:55am	6-12	3	<b>\$1,280</b> (\$320/lesson)	Indoor Sports Hall, Club Bel-Air Bay Wing 灣畔會所室內運動場	
SWP250706B		9-13		11:00am - 11:55am					
SWP250809B	VX Ball VX 球	6-8	5,12,19/8 Tue 星期二	10:00am - 10:55am	6-12	3	<b>\$960</b> (\$320/lesson)	Indoor Sports Hall, Club Bel-Air Bay Wing 灣畔會所室內運動場	
SWP250810B		9-13		11:00am - 11:55am					



# SPORTS TALENT 運動天才 CLASS CONTENT 課程內容



## **Billiard 桌球**

Billiards is known as a gentleman's sport. Etiquette, communication, and body language are also important to us, and children will be able to acquire different soft skills - basic maths and physics - in addition to basic billiards skills. 桌球有著紳士運動的別稱，禮儀、溝通、身體語言亦是我們非常重視的一部分，小朋友除了基本桌球技巧同時亦能夠掌握不同的軟技能-基礎數學及物理知識。

## **Olympic Challenge 奧運田徑體驗**

The course includes a variety of field events such as shot put, discus, javelin, and track and field relays and hurdles, where children will learn basic skills to improve their physical fitness, self-confidence and team spirit. 課程包括各種田項如鉛球，鐵餅，標槍和徑項接力及跨欄體驗，學習基本技巧，提升小朋友體能，自信及團體精神。

## **PickleBall 匹克球**

To develop students' interest in Pickleball by teaching the basics of the game, rules and basic movements and arranging mini tournaments.. 教授匹克球的基本知識、規矩及基本動作及安排小型比賽，從而令學生對匹克球產生興趣。

## **Vx Ball Vx球**

Teach the basics of Vx Ball, rules and basic movements and arrange mini competitions to arouse students' interest in Vx Ball. 教授Vx球的基本知識、規矩及基本動作及安排小型比賽，從而令學生對VX球產生興趣。



# DANCING & MUSIC FUN 繽紛舞樂團



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Time 時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用	Venue 地點	Language 語言
SWM250701B	Harp A 豎琴A	6-8	11,18,25/7 Fri 星期五	2:00pm - 2:55pm	2-8	3	<b>\$1,200</b> (\$400/lesson)	Recreation Room, Club Bel-Air Bay Wing 灣畔會所康體活動室	Conducted in Cantonese, supplemented with English/Mandarin 以粵語進行，輔以英語/普 通話
SWM250702B		9-13		3:00pm - 3:55pm					
SWM250805P	Harp B 豎琴B	6-8	7,14,21/8 Thu 星期四	2:00pm - 2:55pm					
SWM250806P		9-13		3:00pm - 3:55pm					
SWM250703P	K-Pop A 韓流舞A	4-8	4,11,18,25/7 Fri 星期五	4:00pm - 4:55pm	3-8	4	<b>\$1,280</b> (\$320/lesson)	Club Peak Wing Aerobics Room 朗峰會所 健康舞室	
SWM250704P		9-13		5:00pm - 5:55pm					
SWM250807B	K-Pop B 韓流舞B	4-8	3,10,17,24/8 Sun 星期日	10:00am - 10:55am					
SWM250808B		9-13		11:00am - 11:55am				Club Bay Wing Multi Purpose Room 灣畔會所 多用途活動室	



# DANCING & MUSIC FUN 繽紛舞樂團

## CLASS CONTENT 課程內容



### Harp 豎琴

Harp, students learn basic harp techniques.  
學生學會基本豎琴技巧。

### K-Pop 韓流舞

K Pop teaches the basic skills and coordination of the limbs, through a simple but systematic warm-up, all parts of the body will be stretched to enhance the flexibility and range of movement of the student's body.

教授KPop基本技巧及四肢協調，透過簡單而有系統的熱身，將身體各部分伸展，提高學員身體之靈活性及活動幅度。



# FUN EDUCATION 愉快學習



Class Code 課程編號	Couese 課程	Age 年齡	Date 日期	Time 時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用	Venue 地點	Language 語言
SWE250701P	Dining Etiquette * 餐桌禮儀	7+	7/7 Mon 星期一	1:30pm - 2:30pm	3-6	1	\$600 (\$600/lesson)	Club Peak Wing Billiard Room 朗峰會所 英式桌球室	Conducted in Cantonese, supplemented with English/Mandarin 以粵語進行，輔以英語/ 普通話
SWE250702B			25/7 Fri 星期五		3-8			Club Bay Wing Multi Purpose Room 灣畔會所 多用途活動室	
SWE250807P			11/8 Mon 星期一		3-6			Club Peak Wing Billiard Room 朗峰會所 英式桌球室	
SWE250703B	Go Academy 棋藝學院	4-6	5,12,19,26/7 Sat 星期六	10:00am - 10:55am	2-6	4	\$1,280 (\$320/lesson)	Club Bay Wing STEAM Room 灣畔會所 STEAM活動室	
SWE250704B		7-12		11:00am - 11:55am					
SWE250808B		4-6	2,9,16,23/8 Sat 星期六	10:00am - 10:55am					
SWE250809B		7-12		11:00am - 11:55am					
SWE250705P	Dubbing 配音	6-8	5,12,19,26/7 Sat 星期六	2:00pm - 2:55pm	2-6	4	\$2,400 (\$600/lesson)	Club Peak Wing Billiard Room 朗峰會所 英式桌球室	
SWE250706P		9-12		3:00pm - 3:55pm					
SWE250810P		6-8	2,9,16,23/8 Sat 星期六	2:00pm - 2:55pm					
SWE250811P		9-12		3:00pm - 3:55pm					

**\*Any food allergy, please inform us during enrollment. 如有任何食物敏感，請在報名時提交通知。**



# FUN EDUCATION 愉快學習 CLASS CONTENT 課程內容



## **Dining Etiquette** 餐桌禮儀

Table manners refer to the accepted standards of etiquette in human society during meals, which vary greatly from country to country due to cultural differences. Learn and practice with a hearty four-course lunch.  
餐桌禮儀，是指人類社會在進餐時的各種公認禮貌標準，各國人們由於文化各異，所以餐桌禮儀在各國都有很大的不同。透過一頓豐富四道菜的午餐，一邊學習一邊實踐。

## **Go Academy** 棋藝學院

The main purpose of this programme is to build up students' interest in Go by learning the basic rules of the game in a relaxed manner. Through the practice of Go, students will become familiar with the moves and the game, which will help to inspire their thinking, enhance their self-confidence and cultivate their temperament.

主要以輕鬆的活動學習基本圍棋規則玩法，建立學生的興趣，通過習奕練習，令學生熟悉步法及棋局，有助啟發思維以提升自信心，陶冶性情。

## **Dubbing** 配音

From simple to profound, through the instruction of word clarity, voice usage, dialogue tone, speech rhythm and emotional commitment, students will be able to consolidate the foundation of dubbing and understand the basic skills, as well as to develop their interest in dubbing.

由淺入深，透過咬字清晰、聲線運用、對白語氣、語速節奏及感情投入等各方面指導，鞏固學生配音基礎及認識基本技巧，發展學生興趣。



# LITTLE CHEF 小小廚神



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Time 時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用	Venue 地點	Language 語言
SWC250701B	Little Chef- Cheese Cake 小小廚神- 芝士蛋糕	5+	10/7 Thu 星期四	2:00pm - 3:55pm	3-8	1	\$400 (\$400/lesson)	Club Bay Wing Multi Purpose Room 灣畔會所 多用途活動室	Conducted in Cantonese, supplemented with English/Mandarin 以粵語進行，輔以英語/普通話
SWC250702P	Little Chef- Chocolate Dessert 小小廚神- 朱古力甜品		17/7 Thu 星期四	10:00am - 11:55am				Club Peak Wing Billiard Room 朗峰會所 英式桌球室	
SWC250703B	Little Chef- Cookie 小小廚神- 曲奇		24/7 Thu 星期四	2:00pm - 3:55pm				Club Bay Wing Multi Purpose Room 灣畔會所 多用途活動室	
SWC250804B	Little Chef- Muffin 小小廚神- 鬆餅		7/8 Thu 星期四	2:00pm - 3:55pm				Club Bay Wing Multi Purpose Room 灣畔會所 多用途活動室	
SWC250805P	Little Chef- Fruit Dessert 小小廚神- 水果甜品		14/8 Thu 星期四	10:00am - 11:55am				Club Peak Wing Billiard Room 朗峰會所 英式桌球室	
SWC250806B	Little Chef- Tiramisu 小小廚神- 提拉米蘇		21/8 Thu 星期四	2:00pm - 3:55pm				Club Bay Wing Multi Purpose Room 灣畔會所 多用途活動室	

**\*Participants are required to bring their own lunch box. 參加者需自備食物盒。**

**\*Any food allergy, please inform us during enrollment. 如有任何食物敏感，請在報名時提交通知。**



# LITTLE CHEF CLASS CONTENT

# 小小廚神 課程內容



## Little Chef- Cheese Cake 小小廚神- 芝士蛋糕

Teach participants how to make at least one cheesecake and allow them to take away the finished product.  
教授學員如何製作至少一個芝士蛋糕，並可供學員帶走製成品。

## Little Chef- Chocolate Dessert 小小廚神- 朱古力甜品

Teach participants how to make at least one chocolate dessert and allow them to take away the finished product.  
教授學員如何製作至少一款朱古力甜品，並可供學員帶走製成品。

## Little Chef- Cookie 小小廚神- 曲奇

Teach participants how to make at least one cookie and allow them to take away the finished product.  
教授學員如何製作至少一款曲奇，並可供學員帶走製成品。

## Little Chef- Muffin 小小廚神- 鬆餅

Teach participants how to make at least one muffin and allow them to take away the finished product.  
教授學員如何製作至少一款鬆餅，並可供學員帶走製成品。

## Little Chef - Fruit Dessert 小小廚神- 水果甜品

Teach participants how to make at least one fruit dessert and allow them to take away the finished product.  
教授學員如何製作至少一款水果甜品，並可供學員帶走製成品。

## Little Chef - Tiramisu 小小廚神- 提拉米蘇

Teach participants how to make no-bake tiramisu and allow them to take away the finished product.  
教授學員如何製作免焗提拉米蘇，並可供學員帶走製成品。



# STEAM ADVENTURE 科學冒險家



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Time 時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用	Venue 地點	Language 語言		
SWS250701P	3D Printing 3D打印	5-8	8,15,22/ 7 Tue 星期二	3:00pm - 3:55pm	2-6	3	<b>\$1,800</b> (\$600/lesson)	Club Peak Wing Billiard Room 朗峰會所 英式桌球室	Conducted in Cantonese, supplemented with English/Mandarin 以粵語進行，輔以英語/普通話		
SWS250702P		9-13		4:00pm - 4:55pm						Club Bay Wing STEAM Room 灣畔會所 STEAM 活動室	
SWS250807B	3D Printing 3D打印	5-8	4,11,18/ 8 Mon 星期一	10:00am - 10:55am				<b>\$1,200</b> (\$400/lesson)			Club Bay Wing STEAM Room 灣畔會所 STEAM 活動室
SWS250808B		9-13		11:00am - 11:55am						Club Peak Wing Billiard Room 朗峰會所 英式桌球室	
SWS250703B	Clay Movie Making 黏土泥膠動畫	4-7	9,16,23/ 7 Wed 星期三	10:00am - 10:55am							<b>\$1,200</b> (\$400/lesson)
SWS250704B		8-13		11:00am - 11:55am						Club Peak Wing Billiard Room 朗峰會所 英式桌球室	
SWS250809P	Clay Movie Making 黏土泥膠動畫	4-7	5,12,19/ 8 Tue 星期二	3:00pm - 3:55pm			<b>\$1,200</b> (\$400/lesson)				
SWS250810P		8-13		4:00pm - 4:55pm						Club Peak Wing Billiard Room 朗峰會所 英式桌球室	
SWS250705B	Funny Lego 奇趣樂高	4-7	9,16,23/ 7 Wed 星期三	3:00pm - 3:55pm				<b>\$1,200</b> (\$400/lesson)			
SWS250706B		8-13		4:00pm - 4:55pm						Club Peak Wing Billiard Room 朗峰會所 英式桌球室	
SWS250811P	Funny Lego 奇趣樂高	4-7	6,13,20/ 8 Wed 星期三	10:00am - 10:55am							<b>\$1,200</b> (\$400/lesson)
SWS250812P		8-13		11:00am - 11:55am						Club Peak Wing Billiard Room 朗峰會所 英式桌球室	



# STEAM ADVENTURE 科學冒險家 CLASS CONTENT 課程內容



## **3D Printing 3D打印**

The course explains the theory of 3D printing and then moves on to the basic techniques of drawing and creating 3D models using different themes such as world architecture, animals, cartoons and vehicles.  
課程由淺入深解釋3D打印的理論後至繪製基本技巧，利用不同主題:如世界建築，動物，卡通及交通工具親手創作立體模型。

## **Clay Movie Making 黏土泥膠動畫**

Using lightweight clay and plaster to create scenes and characters, as well as using cameras and special software to write and direct their own animations. In addition to training in hand-eye coordination and learning filming skills and the use of software, children will have fun and a sense of success at the same time, and will be able to enhance their rich imagination and creativity.  
利用輕黏土及泥膠製作場景角色並用相機及專用軟件自編自導的動畫，除了訓練手眼協調和學習拍攝技巧及使用軟件，小朋友同時得到樂趣又有成功感，提高豐富想像力及創意。

## **Funny Lego 趣味樂高**

The course makes use of Lego with different thematic designs to inspire children's creativity and problem-solving skills, and to enhance their flexibility and creativity.  
課程利用樂高配合不同主題設計，啟發小朋友創造力及解難能力，提升小朋友的靈活及創意。



# SUMMER TENNIS CAMP 暑期網球訓練營



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點	
*TKS250701	Summer Tennis Camp - A 網球訓練營 - A	6-13	2,3,4/ 7 (No class on 1/7)	Tue - Fri 星期二至五	9am - 11 am	3	3-6	<b>\$1,440</b> (\$480/lesson)	Outdoor Tennis Court 2, Club Bel-Air Bay Wing 灣畔會所 2 號室外網球場	
*TKS250702	Summer Tennis Camp - B 網球訓練營 - B				1 pm - 3 pm		3-12		Outdoor Tennis Court 1 / 2, Club Bel-Air Bay Wing 灣畔會所 1 / 2 號室外網球場	
*TKS250703	Summer Tennis Camp - C 網球訓練營 - C		7,8,9,10,11/ 7			9am - 11 am		3-6	Outdoor Tennis Court 2, Club Bel-Air Bay Wing 灣畔會所 2 號室外網球場	
*TKS250704	Summer Tennis Camp - D 網球訓練營 - D					1 pm - 3 pm		3-12	Outdoor Tennis Court 1 / 2, Club Bel-Air Bay Wing 灣畔會所 1 / 2 號室外網球場	
*TKS250705	Summer Tennis Camp - E 網球訓練營 - E		14,15,16,17,18/ 7		Mon - Fri 星期一至五	9am - 11 am	5	3-6	<b>\$2,400</b> (\$480/lesson)	Outdoor Tennis Court 2, Club Bel-Air Bay Wing 灣畔會所 2 號室外網球場
*TKS250706	Summer Tennis Camp - F 網球訓練營 - F					1 pm - 3 pm		3-12		Outdoor Tennis Court 1 / 2, Club Bel-Air Bay Wing 灣畔會所 1 / 2 號室外網球場
*TKS250707	Summer Tennis Camp - G 網球訓練營 - G		28,29,30,31/ 7; 1/8			9am - 11 am		3-6	Outdoor Tennis Court 2, Club Bel-Air Bay Wing 灣畔會所 2 號室外網球場	
*TKS250708	Summer Tennis Camp - H 網球訓練營 - H					1 pm - 3 pm		3-12	Outdoor Tennis Court 1 / 2, Club Bel-Air Bay Wing 灣畔會所 1 / 2 號室外網球場	

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



# SUMMER TENNIS CAMP 暑期網球訓練營



AUG  
8月

Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
*TKS250801	Summer Tennis Camp - I 網球訓練營 - I	6-13	4,5,6,7,8/ 8	Mon - Fri 星期一至五	9am - 11 am	5	3-6	<b>\$2,400</b> (\$480/lesson)	Outdoor Tennis Court 2, Club Bel-Air Bay Wing 灣畔會所 2 號室外網球場
*TKS250802	Summer Tennis Camp - J 網球訓練營 - J				1 pm - 3 pm		3-12		Outdoor Tennis Court 1/ 2, Club Bel-Air Bay Wing 灣畔會所 1/ 2 號室外網球場
*TKS250803	Summer Tennis Camp - K 網球訓練營 - K		11,12,13,14,15/ 8		9am - 11 am		3-6		Outdoor Tennis Court 2, Club Bel-Air Bay Wing 灣畔會所 2 號室外網球場
*TKS250804	Summer Tennis Camp - L 網球訓練營 - L				1 pm - 3 pm		3-12		Outdoor Tennis Court 1/ 2, Club Bel-Air Bay Wing 灣畔會所 1/ 2 號室外網球場

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



# INDOOR MINI TENNIS CLASS 室內網球班



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
TK250707	Indoor Mini Tennis Training Course 室內迷你網球訓練課程	3-5	2,9,16,23,30/7	Wed 星期三	1:30 pm - 2:30 pm	5	3-6	\$1000 (\$200/lesson)	Multi Purpose Room, Club Bel-Air Bay Wing 灣畔會所多用途活動室
TK250710					5 pm - 6pm				
TK250711			Thu 星期四	3,10,17,24,31/7	10 am - 11 am				
TK250712					11 am - 12 nn				
TK250715					4 pm - 5pm				
TK250713			Fri 星期五	4,11,18,25/7	10 am - 11 am	4		\$800 (\$200/lesson)	
TK250714					11 am - 12 nn				



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
TK250807	Indoor Mini Tennis Training Course 室內迷你網球訓練課程	3-5	6,13,20,27/8	Wed 星期三	1:30 pm - 2:30 pm	4	3-6	\$800 (\$200/lesson)	Multi Purpose Room, Club Bel-Air Bay Wing 灣畔會所多用途活動室
TK250810					5 pm - 6pm				
TK250811			Thu 星期四	7,14,21,28/8	10 am - 11 am				
TK240812					11 am - 12 nn				
TK240815					4 pm - 5pm				
TK240813			Fri 星期五	1,8,15,22,29/8	10 am - 11 am	5		\$1000 (\$200/lesson)	
TK250814					11 am - 12 nn				



# TENNIS CLASS 網球班



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點		
TK250723	Junior Tennis - Little Aces 兒童網球班	3-5.5	7,14,21,28/7	Mon 星期一	4 pm - 5 pm	4	3-6	<b>\$840</b> (\$210/lesson)	Outdoor Tennis Court 1, Club Bel-Air Bay Wing 灣畔會所 1號室外網球場		
TK250724			2,9,16,23,30/7	Wed 星期三		5		<b>\$1050</b> (\$210/lesson)			
TK250721		5-7	5,12,19,26/7	Sat 星期六	6 pm - 7 pm	4		<b>\$840</b> (\$210/lesson)			
TK250730	Junior Tennis - Beginner 兒童網球初班	5.5-8	8,15,22,29/7 (No Class on 1/7)	Tue 星期二	4pm - 5 pm	4		<b>\$880</b> (\$220/lesson)			
TK250731		7-11	3,10,17,24,31/7	Thu 星期四	7 pm - 8 pm	5		<b>\$1100</b> (\$220/lesson)			
TK250733			4,11,18,25/7	Fri 星期五	6 pm - 7 pm	5		<b>\$880</b> (\$220/lesson)			
TK250740	Junior Tennis -Intermediate 兒童網球中班	7-11	8,15,22,29/7 (No Class on 1/7)	Tue 星期二	5 pm - 6 pm	4		3-6		<b>\$940</b> (\$235/lesson)	Outdoor Tennis Court 1, Club Bel-Air Bay Wing 灣畔會所 1號室外網球場
TK250741				Tue 星期二	6 pm - 7 pm					5	
TK250744			2,9,16,23,30/7	Wed 星期三	5 pm - 6 pm	5					
TK250742					Thu 星期四					5 pm - 6 pm	
TK250760	Teenage Tennis - Intermediate 青少年網球中班	11+	3,10,17,24,31/7	Thu 星期四	6 pm - 7 pm	5					



# TENNIS CLASS 網球班



**AUG**  
**8月**

Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
TK250823	Junior Tennis - Little Aces 兒童網球班	3-5.5	4,11,18,25/ 8	Mon 星期一	4 pm - 5 pm	4	3-6	<b>\$840</b> (\$210/lesson)	Outdoor Tennis Court 1, Club Bel-Air Bay Wing 灣畔會所1號室外網球場
TK250824			6,13,20,27/ 8	Wed 星期三					
TK250821		5-7	2,9,16,23,30/ 8	Sat 星期六	6 pm - 7 pm	5		<b>\$1050</b> (\$210/lesson)	
TK250830	Junior Tennis - Beginner 兒童網球初班	5.5-8	5,12,19,26/ 8	Tue 星期二	4 pm - 5 pm	4		<b>\$880</b> (\$220/lesson)	
TK250831		7-11	7,14,21,28/ 8	Thu 星期四	7 pm - 8 pm				
TK250833			1,8,15,22,29/ 8	Fri 星期五	6 pm - 7 pm	5		<b>\$1100</b> (\$220/lesson)	
TK250840	Junior Tennis - Intermediate 兒童網球中班	7-11	5,12,19,26/ 8	Tue 星期二	5 pm - 6 pm	4		<b>\$940</b> (\$235/lesson)	
TK250841				6 pm - 7 pm					
TK250844			6,13,20,27/ 8	Wed 星期三	5 pm - 6 pm				
TK250842			7,14,21,28/ 8	Thu 星期四				6 pm - 7 pm	
TK250860	Teenage Tennis - Intermediate 青少年網球中班	11+							



# TAEKWONDO CLASS 跆拳道班



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點	
TA250711	Taekwondo Beginner 跆拳道初階班	4-15	8,15,29/7 (No class on 1,22/7)	Tue 星期二	4 pm - 5 pm	3	4-15	\$525 (\$175/lesson)	Multi Purpose Room, Club Bel-Air Bay Wing 灣畔會所多用途活動室	
TA250727			3,10,17,24,31/7	Thu 星期四	6:30 pm - 7:30 pm	5		\$875 (\$175/lesson)		
TA250718			5,12,19,26/7	Sat 星期六	1 pm - 2 pm	4		6 pm - 7 pm		\$700 (\$175/lesson)
TA250719					2 pm - 3 pm					
TA250716					4 pm - 5 pm					
TA250712					5 pm - 6 pm					
TA250723	Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	6-15	8,15,29/7 (No class on 1,22/7)	Tue 星期二	6 pm - 7 pm	3	\$525 (\$175/lesson)			
TA250726	Taekwondo Intermediate (Green-Blue Belt Level or above) 跆拳道進階班 (綠藍帶程度或以上)				5 pm - 6 pm					
TA250728	6 pm - 7 pm									
TA250714	Taekwondo Beginner 跆拳道初階班				4-10			2,9,16,23,30/7		Wed 星期三
TA250715	6 pm - 7 pm									
TA250725	Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	5 pm - 6 pm								
TA250724	6-15	7 pm - 8 pm	Aerobics Room, Club Bel-Air Peak Wing 朗峰會所健康舞室							



# TAEKWONDO CLASS 跆拳道班



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
TA250811	Taekwondo Beginner 跆拳道初階班	4-15	5,19,26/ 8 (No class on 12/8)	Tue 星期二	4 pm - 5 pm	3	4-15	\$525 (\$175/lesson)	Multi Purpose Room, Club Bel-Air Bay Wing 灣畔會所多用途活動室
TA250827			7,14,21,28/ 8	Thu 星期四	6:30 pm - 7:30 pm	4		\$700 (\$175/lesson)	
TA250818			2,9,16,23,30/ 8	Sat 星期六	1 pm - 2 pm	5		\$875 (\$175/lesson)	
TA250819					2 pm - 3 pm				
TA250816					4 pm - 5 pm				
TA250812					5 pm - 6 pm				
TA250823	Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	6-15	5,19,26/ 8 (No class on 12/8)	Tue 星期二	6 pm - 7 pm	3	\$525 (\$175/lesson)		
TA250826	Taekwondo Intermediate (Green-Blue Belt Level or above) 跆拳道進階班 (綠藍帶程度或以上)				5 pm - 6 pm				
TA250828	6 pm - 7 pm								
TA250814	Taekwondo Beginner 跆拳道初階班	4-10	6,13,20,27/ 8	Wed 星期三	4 pm - 5 pm	4	\$700 (\$175/lesson)	Aerobics Room, Club Bel-Air Peak Wing 朗峰會所健康舞室	
TA250815		6 pm - 7 pm							
TA250825	Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	4-10			5 pm - 6 pm				
TA250824	6-15	7 pm - 8 pm							



# BADMINTON CLASS 羽毛球班



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
BA250711	Children Beginner Badminton 兒童羽毛球初班	4-6	7,14,21,28/ 7	Mon 星期一	6 pm - 7 pm	4	4-10	<b>\$740</b> (\$185/lesson)	Indoor Sports Hall, Club Bel-Air Bay Wing 灣畔會所室內運動場
BA250721	Children Intermediate Badminton 兒童羽毛球中班	7-10			7 pm - 8 pm				
BA250731	Badminton Junior Beginner 青少年羽毛球初班	10-15			8 pm - 9 pm		2-6		



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
BA250811	Children Beginner Badminton 兒童羽毛球初班	4-6	4,11,18,25/ 8	Mon 星期一	6 pm - 7 pm	4	4-10	<b>\$740</b> (\$185/lesson)	Indoor Sports Hall, Club Bel-Air Bay Wing 灣畔會所室內運動場
BA250821	Children Intermediate Badminton 兒童羽毛球中班	7-10			7 pm - 8 pm				
BA250831	Badminton Junior Beginner 青少年羽毛球初班	10-15			8 pm - 9 pm		2-6		



# BASKETBALL CLASS 籃球班



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
BK250711	Children Beginner Basketball 兒童籃球初班	6-9	2,9,16,23,30/ 7	Wed 星期三	5:30 pm - 6:30 pm	5	6-18	\$750 (\$150/lesson)	Indoor Sports Hall, Club Bel-Air Bay Wing 灣畔會所室內運動場
BK250712	Children Intermediate Basketball 兒童籃球中班	10-16			6:30 pm - 8 pm			\$875 (\$175/lesson)	



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
BK250811	Children Beginner Basketball 兒童籃球初班	6-9	6,13,20,27/ 8	Wed 星期三	5:30 pm - 6:30 pm	4	6-18	\$600 (\$150/lesson)	Indoor Sports Hall, Club Bel-Air Bay Wing 灣畔會所室內運動場
BK250812	Children Intermediate Basketball 兒童籃球中班	10-16			6:30 pm - 8 pm			\$700 (\$175/lesson)	



# SOCCER TRAINING CLASS 足球訓練班



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
CF250701	Soccer Training Class 足球訓練班	4-6	3,10,17,24,31/ 7; 7,14,21,28/ 8	Thu 星期四	5 pm - 6 pm	9	10-15	\$3,465 (\$385/lesson)	Indoor Sports Hall, Club Bel-Air Bay Wing 灣畔會所室內運動場
CF250702		6-10			6 pm - 7 pm				

Participants have the option to purchase a training kit, exclusive to AC Milan Soccer School (Hong Kong), at a special price of HK\$430 from the coach. The kit includes jerseys and shorts.  
參加者可向教練以優惠價港幣四百三十元正購買AC米蘭足球學院運動套裝乙套。該套裝包括球衣和短褲。



# GYMNASTICS CLASS 體操班



JUL  
7月

Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
*GY250731	*Gym Fun 親子體操班	1.5-3	8,15,22,29/ 7 (No class on 1/7)	Tue 星期二	3:15 pm - 4 pm	4	4-12 pairs	<b>\$860</b> (\$215/lesson)	Indoor Sports Hall, Club Bel-Air Bay Wing 灣畔會所室內運動場
GY250701	Children Gymnastics Beginner 兒童體操初班	3-5			4 pm - 5 pm		4-18		
GY250711					5 pm - 6 pm				
GY250721	Children Gymnastics Intermediate 兒童體操進階班	6-10			6 pm - 7 pm		4-20		
GY250741	Children Advance Gymnastics 兒童體操高階班	Children who have participated in Children Advance Gymnastics class 曾參加兒童體操 高階班的學生	7 pm - 8:30 pm	<b>\$1300</b> (\$325/lesson)					

AUG  
8月

Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
*GY250831	*Gym Fun 親子體操班	1.5-3	5,12,19,26/ 8	Tue 星期二	3:15 pm - 4 pm	4	4-12 pairs	<b>\$860</b> (\$215/lesson)	Indoor Sports Hall, Club Bel-Air Bay Wing 灣畔會所室內運動場
GY250801	Children Gymnastics Beginner 兒童體操初班	3-5			4 pm - 5 pm		4-18		
GY250811					5 pm - 6 pm				
GY250821	Children Gymnastics Intermediate 兒童體操進階班	6-10			6 pm - 7 pm		4-20		
GY250841	Children Advance Gymnastics 兒童體操高階班	Children who have participated in Children Advance Gymnastics class 曾參加兒童體操 高階班的學生	7 pm - 8:30 pm	<b>\$1,300</b> (\$325/lesson)					

**\*EACH GYM FUN PARTICIPANT SHOULD BE ACCOMPANIED BY EITHER PARENT OR GUARDIAN. 每位親子體操班參加者須由一位家長/監管人陪同。**



# SWIMMING CLASS (TEAM S) 游泳班



JUL  
7月

Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
MBP250701	BABY & PARENT 親子班	9-36 months	13,20,27/7 (No class on 6/7)	Sun 星期日	8:30 am - 9 am	3	3 pairs	<b>\$450</b> (\$150/lesson)	Indoor Swimming Pool, Club Bel-Air Bay Wing 灣畔會所室內游泳池
MBE250703	Elementary 初班	3-5			9 am - 10 am				
MBE250704					10 am - 11 am				
MBE250701			2,9,16,23,30/7	3 pm - 4 pm	5	<b>\$1,375</b> (\$275/lesson)			
MBE250702				4 pm - 5 pm					
MBB250701			Beginner 初班	6+	11,18,25/7 (No class on 4/7)	Fri 星期五	10 am - 11 am	3	
MBI250706	Intermediate 中班	2,9,16,23,30/7	Wed 星期三		5 pm - 6 pm	5	<b>\$1,375</b> (\$275/lesson)		
MBI250707		11,18,25/7 (No class on 4/7)	Fri 星期五		11 am - 12 nn	3	<b>\$825</b> (\$275/lesson)		
MBA250701	Advance 高班	12nn - 1 pm	3-6						
MBPT250701	Preparation Team 泳隊預備班	13,20,27/7 (No class on 6/7)	Sun 星期日		5 pm - 6 pm			4-10	
MBT250703	Swimming Team 泳隊	11,18,25/7 (No class on 4/7)	Fri 星期五		7:30 pm - 9 pm	5-12	<b>\$1,065</b> (\$355/lesson)		
MPE250701	Elementary 初班	3-5	8,15,22,29/7 (No class on 1/7)		Tue 星期二	3 pm - 4 pm	4	<b>\$1,100</b> (\$275/lesson)	Indoor Swimming Pool, Club Bel-Air Peak Wing 朗峰會所室內游泳池
MPE250702			3,10,17,24,31/7		Thu 星期四		5	<b>\$1,375</b> (\$275/lesson)	
MPI250701	Intermediate 中班	6+	12,19,26/7 (No class on 5/7)	Sat 星期六	5 pm - 6 pm	3	<b>\$825</b> (\$275/lesson)		
MPA250701	Advance 高班		8,15,22,29/7 (No class on 1/7)	Tue 星期二	1:15 pm - 2:15 pm	4	<b>\$1,100</b> (\$275/lesson)		
MPA250702			10,17,24,31/7 (No class on 3/7)	Thu 星期四					



# SWIMMING CLASS (TEAM S) 游泳班



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點	
MBP250801	BABY & PARENT 親子班	9-36 months	3,10,17,24,31/ 8	Sun 星期日	8:30 am - 9 am	5	3 pairs	<b>\$750</b> (\$150/lesson)	Indoor Swimming Pool, Club Bel-Air Bay Wing 灣畔會所室內游泳池	
MBE250803	Elementary 初班	3-5			9 am - 10 am					
MBE250804					10 am - 11 am					
MBE250801			6,13,20,27/ 8	Wed 星期三	3 pm - 4 pm	4	<b>\$1,100</b> (\$275/lesson)			
MBE250802				4 pm - 5 pm						
MBB250801			Beginner 初班	6+	1,8,15,22,29/ 8	Fri 星期五	10 am - 11 am	5		3-4
MBI250806	Intermediate 中班	6,13,20,27/ 8	Wed 星期三		5 pm - 6 pm	4	3-6	<b>\$1,100</b> (\$275/lesson)		
MBI250807		1,8,15,22,29/ 8	Fri 星期五		11 am - 12 nn	5		3-6		<b>\$1,375</b> (\$275/lesson)
MBA250801					Advance 高班					
MBPT250801	Preparation Team 泳隊預備班	3,10,17,24,31/ 8	Sun 星期日		5 pm - 6 pm	4-10	5-12	<b>\$1,775</b> (\$355/lesson)		
MBT250803	Swimming Team 泳隊	1,8,15,22,29/ 8	Fri 星期五		7:30 pm - 9 pm					
MPE250801	Elementary 初班	3-5	5,12,19,26/ 8		Tue 星期二	3 pm - 4 pm	4	3-4	<b>\$1,100</b> (\$275/lesson)	Indoor Swimming Pool, Club Bel-Air Peak Wing 朗峰會所室內游泳池
MPE250802			7,14,21,28/ 8		Thu 星期四					
MPI250801	Intermediate 中班	6+	2,9,16,23,30/ 8		Sat 星期六	5 pm - 6 pm	5	3-6	<b>\$1,375</b> (\$275/lesson)	
MPA250801	Advance 高班		5,12,19,26/ 8	Tue 星期二	1:15 pm - 2:15 pm	4	3-6		<b>\$1,100</b> (\$275/lesson)	
MPA250802			7,14,21,28/ 8	Thu 星期四						



# SWIMMING CLASS (TEAM B) 游泳班



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
BSP250701	Baby Class 幼兒班	1-3	7,14,21,28/ 7	Mon 星期一	2 pm - 3 pm	4	2-3 pairs	<b>\$1,060</b> (\$265/lesson)	Indoor Swimming Pool, Club Bel-Air Bay Wing 灣畔會所室內游泳池
BSE250708	Elementary Level 學前幼兒游泳初班	3-5	3,10,17,24,31/ 7	Thu 星期四	4 pm - 5 pm	5	2-4	<b>\$1325</b> (\$265/lesson)	
BSB250704	Beginner Level 兒童游泳初班	6-12			8 pm - 9 pm		3-4	<b>\$825</b> (\$165/lesson)	



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
BSP250801	Baby Class 幼兒班	1-3	4,11,18,25/ 8	Mon 星期一	2 pm - 3 pm	4	2-3 pairs	<b>\$1,060</b> (\$265/lesson)	Indoor Swimming Pool, Club Bel-Air Bay Wing 灣畔會所室內游泳池
BSE250808	Elementary Level 學前幼兒游泳初班	3-5	7,14,21,28/ 8	Thu 星期四	4 pm - 5 pm		2-4		
BSB250804	Beginner Level 兒童游泳初班	6-12			8 pm - 9 pm		3-4	<b>\$660</b> (\$165/lesson)	



# SWIMMING CLASS (TEAM E) 游泳班



Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
EX250711	Baby Class (with parents) 親子班	0-3	4,11,18,25/7	Fri 星期五	9:30 am - 10 am	4	2-4 pairs	<b>\$720</b> (\$180/lesson)	Indoor Swimming Pool, Club Bel-Air Peak Wing 朗峰會所室內游泳池
EX250728	Elementary Level 學前幼兒游泳初班	3-5	6,13,20,27/7	Sun 星期日	9 am - 10 am				
EX250731			4,11,18,25/7	Fri 星期五	11 am - 12 nn				
EX250729				3 pm - 4 pm					
EX250730			Beginner Level 兒童游泳初班	6-15	2,9,16,23,30/7	Wed 星期三	10 am - 11 am	5	
EX250736	11 am - 12 nn								
EX250732	4,11,18,25/7	Fri 星期五			4 pm - 5 pm	4	<b>\$900</b> (\$225/lesson)		
EX250733		Sun 星期日			10 am - 11 am				
EX250735		6,13,20,27/7			Sun 星期日			10 am - 11 am	
EX250741	Intermediate Level 中級訓練班	6-15	2,9,16,23,30/7	Wed 星期三	5 pm - 6 pm	5	2-4	<b>\$750</b> (\$150/lesson)	
EX250742				4,11,18,25/7	Fri 星期五				
EX250743			4			<b>\$600</b> (\$150/lesson)			
EX250762	Advance Level 高級訓練班	6-15					4,11,18,25/7	Fri 星期五	
EX250763									



# SWIMMING CLASS (TEAM E) 游泳班



**AUG**  
**8月**

Class Code 課程編號	Course 課程	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點	
EX250811	Baby Class (with parents) 親子班	0-3	1,8,15,22,29/ 8	Fri 星期五	9:30 am - 10 am		2-4 pairs	<b>\$900</b> (\$180/lesson)	Indoor Swimming Pool, Club Bel-Air Peak Wing 朗峰會所室內游泳池	
EX250828	Elementary Level 學前幼兒游泳初班	3-5	3,10,17,24,31/ 8	Sun 星期日	9 am - 10 am	5	2-4	<b>\$1,125</b> (\$225/lesson)		
EX250831			1,8,15,22,29/ 8	Fri 星期五	11 am - 12 nn	4				<b>\$900</b> (\$225/lesson)
EX250829					3 pm - 4 pm					
EX250830			10 am - 11 am							
EX250836	Beginner Level 兒童游泳初班	6-15	6,13,20,27/ 8	Wed 星期三	11 am - 12 nn	4	2-4	<b>\$1,125</b> (\$225/lesson)		
EX250832			1,8,15,22,29/ 8	Fri 星期五	4 pm - 5 pm	5				
EX250833					3,10,17,24,31/ 8					Sun 星期日
EX250835			6,13,20,27/ 8	Wed 星期三	5 pm - 6 pm	4				
EX250841			Intermediate Level 中級訓練班	1,8,15,22,29/ 8	Fri 星期五	6 pm - 7 pm				5
EX250842	7 pm - 8 pm									
EX250843										
EX250862	Advance Level 高級訓練班									
EX250863										



# SUMMER BALLET CAMP 暑期芭蕾舞訓練營



Class Code 課程編號	Course 課程 (Theme 主題)	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
CBS250701M	Frozen	3-5	7,14/7 (No class on 21, 28/7)	Mon 星期一	3 pm - 4 pm	2	1-12	\$650	Aerobics Room, Club Bel-Air Bay Wing 灣畔會所健康舞室
CBS250702M	Aladdin	6-8			4 pm - 5 pm				
CBS250703M	Swan Lake	9-12			5 pm - 6 pm				
*Parents are invited to come and watch a ballet performance during the class on 14 July 2025. 誠邀家長於2025年7月14日上課時間觀賞芭蕾舞表演。									
CBS250701W	Little Mermaid	3-5	2,9/7 (No class on 16, 23, 30/7)	Wed 星期三	3 pm - 4 pm	2	1-12	\$650	Aerobics Room, Club Bel-Air Bay Wing 灣畔會所健康舞室
CBS250702W	Beauty and the beast	6-8			4 pm - 5 pm				
CBS250703W	Alice in Wonderland	9-12			5 pm - 6 pm				
*Parents are invited to come and watch a ballet performance during the class on 9 July 2025. 誠邀家長於2025年7月9日上課時間觀賞芭蕾舞表演。									



Class Code 課程編號	Course 課程 (Theme 主題)	Age 年齡	Date 日期	Day 星期	Time 時間	No. of Lesson 堂數	Capacity 人數	Course Fee 課程費用	Venue 地點
CBS250801M	Frozen	3-5	4,11,18,25/8	Mon 星期一	3 pm - 4 pm	4	1-12	\$1,300	Aerobics Room, Club Bel-Air Bay Wing 灣畔會所健康舞室
CBS250802M	Aladdin	6-8			4 pm - 5 pm				
CBS250803M	Swan Lake	9-12			5 pm - 6 pm				
*Parents are invited to come and watch a ballet performance during the class on 25 August 2025. 誠邀家長於2025年8月25日上課時間觀賞芭蕾舞表演。									
CBS250801W	Little Mermaid	3-5	6,13,20,27/8	Wed 星期三	3 pm - 4 pm	4	1-12	\$1,300	Aerobics Room, Club Bel-Air Bay Wing 灣畔會所健康舞室
CBS250802W	Beauty and the beast	6-8			4 pm - 5 pm				
CBS250803W	Alice in Wonderland	9-12			5 pm - 6 pm				
*Parents are invited to come and watch a ballet performance during the class on 27 August 2025. 誠邀家長於2025年8月27日上課時間觀賞芭蕾舞表演。									