Arts & Sports

藝術及體育

Dec 十二月 2026

Course Enrollment starts from:
開始報名日期:

1 Nov 2026

Club Bel-Air 貝沙灣會所

Version 12.02

Scan QR code for more events and promotions.
掃瞄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。

CLUB BEL-AIR

Notes to Participant:

1. Each interest class organized by the Bel-Air Clubhouse ("Course") is exclusively open to Bel-Air residents and their guests. Enrollment is on a first-come, first-served basis, with priority given to residents. All guests must be accompanied by a resident and participate in the class together; individual registration by guests is not accepted. Each unit can invite up to 2 Guest(s) to join the Course, if there is any change in the accompanying resident participant, the guest's registration will be cancelled automatically. In case of any dispute, the Clubhouse reserves the right of final decision.
2. 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).***
3. 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".
4. All new students should **pay the course fee by cheque only 5 days** prior to the Course commencement.
5. If current participants fail to settle payment for the next full course fee by 14th of each month, the reservation will be released.
6. Enrolment in a trial lesson of each Course is for only one lesson per month for each resident ***(new students only).***
7. For Residents who enrol partway, the course fee will be charged on a pro-rata basis for the remaining classes.
8. **NO REFUND** of course fee payment and **NO MAKE-UP COURSE** will be arranged for an unattended Course.
9. Absentees cannot object to the decisions made by instructors and participants regarding the rescheduling of a Course during the Course period.
10. 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.
11. 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;
12. 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.
13. Inclement Weather Arrangements:

Weather Condition / Venue	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	●	●	×	×	✓	×	×

(Participants should contact Club Reception 2 hours before the start of the programme for the latest arrangements.)

* ✓ = Attend × = Cancel ● = TBC

* 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.

14. 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」）僅供貝沙灣住戶及其訪客參加，並以住戶優先、先到先得形式取錄。所有訪客必須由住戶陪同並一同報讀同一課程，恕不接受獨立報名。每單位最多可讓2位訪客參與課程，若住戶在課程上有任何變動，訪客之學位亦會自動被取消。若有任何爭議，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.

天氣情況 / 場地	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 Painting & Drawing Class 私人繪畫和素描班

PRICE 價錢/ PERSON 人	30 Minutes 分鐘	45 Minutes 分鐘	60 Minutes 分鐘
1 V 1	$1980/ 4 lessons 堂 $495/ Trial Fee	$2340/ 4 lessons 堂 $585/ Trial Fee	$2500/ 4 lessons 堂 $625/ Trial Fee
1 V 2	$1040/ 4 lessons 堂 per person 每人 $260/ Trial Fee per person 每人	$1100/ 4 lessons 堂 per person 每人 $275/ Trial Fee per person 每人	$1260/ 4 lessons 堂 per person 每人 $315/ Trial Fee per person 每人
1 V 3	$1000/ 4 lessons 堂 per person 每人 $250/ Trial Fee per person 每人	$1040/ 4 lessons 堂 per person 每人 $260/ Trial Fee per person 每人	$1160/ 4 lessons 堂 per person 每人 $290/ Trial Fee per person 每人
1 V 4	$960/ 4 lessons 堂 per person 每人 $240/ Trial Fee per person 每人	$1000/ 4 lessons 堂 per person 每人 $250/ Trial Fee per person 每人	$1040/ 4 lessons 堂 per person 每人 $260/ Trial Fee per person 每人

課堂地點 Venue	課堂時段 Timeslot
STEAM Room, Club Bel-Air Bay Wing 灣畔會所 STEAM室 Billiard Room, Club Bel-Air Peak Wing 朗峰會所英式桌球室	Tuesday 星期二 Thursday 星期四

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	$2400/ 4 lessons 堂 ---------- $600/ Trial Fee	$3400/ 4 lessons 堂 ---------- $850/ Trial Fee	$4400/ 4 lessons 堂 ---------- $1100 / 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 / Grade等級	30 minutes/分鐘	45 minutes/分鐘	60 minutes/分鐘
Grade 1 - 2	$1460/ 4 lessons 堂 ---------- $365/ Trial Fee	$2040/ 4 lessons 堂 ---------- $510/ Trial Fee	
Grade 3 - 5		$2480/ 4 lessons 堂 ---------- $620/ Trial Fee	$3200/ 4 lessons 堂 ---------- $800/ Trial Fee
Grade 6 - 7		$2600/ 4 lessons 堂 ---------- $650/ Trial Fee	$3400/ 4 lessons 堂 ---------- $850/ Trial Fee
Grade 8			$3720/ 4 lessons 堂 ---------- $930/ Trial Fee

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

Pro. Sports Consultation Company

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: **Kingston Cheung**	$3360 / 4 lessons 堂 ($840/ Trial Fee) ---------- per person 每人	$1880 / 4 lessons 堂 ($470/ Trial Fee) ---------- per person 每人	$1400 / 4 lessons 堂 ($350/ Trial Fee) ---------- per person 每人	$1240 / 4 lessons 堂 ($310/ Trial Fee) ---------- per person 每人
	Senior Professional Coach: **Tony Ho**	$3000 / 4 lessons 堂 ($750/ Trial Fee) ---------- per person 每人	$1680 / 4 lessons 堂 ($420/ Trial Fee) ---------- per person 每人	$1240 / 4 lessons 堂 ($310/ Trial Fee) ---------- per person 每人	$1120 / 4 lessons 堂 ($280/ Trial Fee) ---------- per person 每人
	Professional Coach: **Anson Yeung** **Joseph Lok** **Ela Chan** **Jack Lee**	$2720 / 4 lessons 堂 ($680/ Trial Fee) ---------- per person 每人	$1500 / 4 lessons 堂 ($375/ Trial Fee) ---------- per person 每人	$1160 / 4 lessons 堂 ($290/ Trial Fee) ---------- per person 每人	$1040 / 4 lessons 堂 ($260/ Trial Fee) ---------- 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 Tennis Class 私人網球班

Great Shot Tennis Academy

Class ratio 課程比例		1 vs 1 (60 mins)	1 vs 2 (60 mins)	1 vs 1 (30 mins)
Price 價錢 (per hour)	Director: **Kayne Ryan**	$3400 / 4 lessons 堂 ($850/ Trial Fee) ---------- per person 每人	$1720 / 4 lessons 堂 ($430/ Trial Fee) ---------- per person 每人	$1720 / 4 lessons 堂 ($430/ Trial Fee) ---------- per person 每人
	Senior Head Coach: **JJ**	$3200 / 4 lessons 堂 ($800/ Trial Fee) ---------- per person 每人	$1600 / 4 lessons 堂 ($400/ Trial Fee) ---------- per person 每人	$1600 / 4 lessons 堂 ($400/ Trial Fee) ---------- per person 每人
	Head Coach:	$3000 / 4 lessons 堂 ($750/ Trial Fee) ---------- per person 每人	$1500 / 4 lessons 堂 ($375/ Trial Fee) ---------- per person 每人	$1500 / 4 lessons 堂 ($375/ Trial Fee) ---------- 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 Badminton Class 私人羽毛球班

Coach 教練： Hakan Ng / Colun Lee

Available on Monday, Friday & Saturday only

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (per hour)	$2200 / 4 lessons 堂 ---------- $550/ Trial Fee	$2400 / 4 lessons 堂 ---------- $600/ Trial Fee	$2580 / 4 lessons 堂 ---------- $645/ Trial Fee

Personal Training 私人健身 – Team S

Class ratio 課程比例		1 vs 1	1 vs 2
Price 價錢	National Coach: 資深級私人教練: • Wing Lo • Rebecca Lee • Roy Chan	4 Lessons Package $1070 / Hour 8 Lessons Package $1010 / Hour 16 Lessons Package $950 / Hour ---------- per person 每人	4 Lessons Package $585 / Hour 8 Lessons Package $555 / Hour 16 Lessons Package $525 / Hour ---------- per person 每人
	Experienced Coach: 私人健身教練: • Wesley Lam • Cori Chiu • Sue So • Kevin Poon • Raymond Shih • Natalie Chiu	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

Personal Training 私人健身 – Team M

Coach 教練：
Leo Cheng: Tuesday, Thursday, Saturday, Sunday
Sophia Wong : Monday, Wednesday, Saturday, Sunday

Class ratio 課程比例		1 vs 1	1 vs 2	1 vs 3	1 vs 4
Price 價錢	Personal Training (30 mins)	$720 --- per person 每人	$650 --- per person 每人	$500 --- per person 每人	$360 --- per person 每人
	Personal Training (45 mins)	$1075 --- per person 每人	$930 --- per person 每人	$790 --- per person 每人	$650 --- 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 / Ms. Di Lau

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

Art Class 藝術班

Venue：STEAM Room, Club Bel-Air Bay Wing
地點：灣畔會所 STEAM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
Acrylic Painting Class 塑膠彩畫班	5-7	AA261201	1,8,15,22,29/ 12	Tue 星期二	4 pm - 5 pm	5	4-8	$1300 ---------- $260 per trial
	8-11	AA261202			5 pm - 6 pm			

Venue：Billiard Room, Club Bel-Air Peak Wing
地點：朗峰會所英式桌球室

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
Clay Class 黏 土 班	5-7	AC261201	3,10,17,24,31/ 12	Thu 星期四	4 pm - 5 pm	5	4-8	$1300 ---------- $260 per trial
	8-11	AC261202			5 pm - 6 pm			

Kindermusik

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
Foundation	0-12 mth	KM261110B	4,11,18,25/11 2,9/12	Wed 星期三	9:30 am – 10:15 am	6	10	**$2730** **----------** **$455** **per trial** **ONCE TIME ONLY**
LEVEL 1	1-2	KM261111B			10:30 am – 11:15 am			

Venue：Aerobics Room, Club Bel-Air Peak Wing
地點：朗峰會所健康舞室

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
LEVEL 1	1-2	KM261111P	5,12,19,26/11 3,10/12	Thu 星期四	3 pm – 3:45 pm	6	10	**$2730** **----------** **$455** **per trial** **ONCE TIME ONLY**
LEVEL 2	2-3	KM261112P			4 pm – 4:45 pm			

*Student enrolling in all 8 classes enjoy complimentary weekday access (Monday to Friday) to the Baumhaus playhouse in Wan Chai.
購買全8堂之學生可於平日星期一至星期五免費享用Baumhaus 位於灣仔的playhouse。

SPORTS - Group Courses 小組課程

Ballet Class 芭蕾舞班

The Royal Academy of Dance (RAD) ballet syllabus offers a structured progression from early childhood levels to advanced vocational training, emphasizing technique, musicality, and performance skills.

皇家舞蹈學院（RAD）芭蕾課程大綱提供從幼兒階段到專業進階訓練的系統化進階體系，著重於技巧、音樂性與表演能力的培養。

Class	Skills to Learn
程度	課堂內容
Pre School (ages 3-5) Demonstration Classes	Teacher-led free content, examiner observes without assessing; all receive participation certificates. This level is a introduction to ballet for very young children, designed to build foundational movement skills, musicality, and classroom behaviour in a playful, low pressure setting.
Pre Primary in Dance (ages 5-6) Class Awards	Teacher-led selection of exercises and one dance; examiner assesses broadly; successful get report, certificate, medal. It is focusing on creative movement, basic positions, coordination, and ballet vocabulary introduction.
Primary in Dance (ages 6+) Examinations	Full syllabus performance; result form, certificate, medal. It builds on this with refined positions, port de bras, simple jumps, turns, and early stage presence.
Grades 1-3 (ages 7+)	Introduce structured barre work, center practice, traveling steps, and character dance basics.
Grades 4-5 (ages 10+)	Add pirouettes, allegro jumps, and varied styles like classical and contemporary.
Grades 6-8 (ages 11+)	Demand precision, control, complex combinations, and artistry.
Intermediate (ages 14+) Vocational Levels	Includes fouettés and grand allegro
University Benefits Academic Credits: Intermediate and Grade 6-8 contribute UCAS points toward England university entry (e.g., BA Dance at Roehampton, RAD's own degrees).	

Ballet Class 芭蕾舞班

Venue：Aerobics Room, Club Bel-Air Bay Wing
地點：灣畔會所健康舞室

Coach 教練：Miss Iris Cho

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
Pre School	3-5	BD261210	7,14,21,28/ 12	Mon 星期一	10 am - 10:45 am	4	1-8	$720 ---------- $180 per trial
		BD261211			3:15 pm - 4 pm			
		BD261212	2,9,16,23,30/ 12	Wed 星期三	3:30 pm - 4:15 pm	5		$900 ---------- $180 per trial
Pre Primary	5-6	BD261220	7,14,21,28/ 12	Mon 星期一	10:45 am - 11:30 am	4		$720 ---------- $180 per trial
		BD261221			4 pm - 4:45 pm			
		BD261222	2,9,16,23,30/ 12	Wed 星期三	4:15 pm - 5 pm	5		$900 ---------- $180 per trial
Primary	6-7	BD261231	7,14,21,28/ 12	Mon 星期一	4:45 pm - 5:30 pm	4		$720 ---------- $180 per trial
Intermediate	12+	BD261251	2,9,16,23,30/ 12	Wed 星期三	5 pm - 7 pm	5		$1800 ---------- $360 per trial

Ballet Class 芭蕾舞班

Venue：Aerobics Room, Club Bel-Air Peak Wing
地點：朗峰會所健康舞室

Coach 教練：Miss Iris Cho

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
Pre School	3-5	BD261213	5,12,19/ 12 (No lesson on 26/12)	Sat 星期六	12 pm - 12:45 pm	3	1-8	**$540** --- **$180** **per trial**
Grade 7	12+	BD261247			12:45 pm - 2:15 pm			**$960** --- **$320** **per trial**

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	TK261223	7,14,28/ 12 (No lesson on 21/12)	Mon 星期一	4 pm - 5 pm	3	3-6	**$660** ---------- **$220** **per trial**
		TK261224	2,9,16,30/ 12 (No lesson on 23/12)	Wed 星期三	5 pm – 6 pm	4	2-4	**$880** ---------- **$220** **per trial**
Junior Tennis - Beginner 兒童網球初班	6-9	TK261230	1,8,15,29/ 12 (No lesson on 22/12)	Tue 星期二	4 pm - 5 pm	4	3-6	**$920** ---------- **$230** **per trial**
		TK261232			5 pm – 6 pm			
	8-11	TK261231	2,9,16,30/ 12 (No lesson on 23/12)	Wed 星期三	4 pm - 5 pm			
		TK261233	4,11,18/ 12 (No lesson on 25/12)	Fri 星期五	6 pm – 7 pm	3		**$690** ---------- **$230** **per trial**
Junior Tennis - Intermediate 兒童網球中班	7-11	TK261240	3,10,17/ 12 (No lesson on 24,31/12)	Thu 星期四	5 pm – 6 pm	3	3-6	**$750** ---------- **$250** **per trial**
		TK261242			7 pm – 8 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
Teenage Tennis - Beginner 青少年網球初班	11+	TK261241	1,8,15,29/ 12 (No lesson on 22/12)	Tue 星期二	6 pm – 7 pm	4	3-6	**$1000 ---------- $250 per trial**
Teenage Tennis - Intermediate 青少年網球中班		TK261260	3,10,17/ 12 (No lesson on 24,31/12)	Thu 星期四		3		**$810 ---------- $270 per trial**
Adult Tennis – Beginner 成人網球初班	16+	TK261275	1,8,15,29/ 12 (No lesson on 22/12)	Tue 星期二	7 pm – 8 pm	4		**$1100 ---------- $275 per trial**
Adult Tennis – Intermediate 成人網球中班		TK261270	7,14,28/ 12 (No lesson on 21/12)	Mon 星期一	8 pm – 9 pm	3		**$870 ---------- $290 per trial**
		TK261274	4,11,18/ 12 (No lesson on 25/12)	Fri 星期五	1 pm - 3 pm			**$1740 ---------- $580 per trial**
Adult Tennis – Beginner Morning 早上成人網球初班		TK261271	7,14,28/ 12 (No lesson on 21/12)	Mon 星期一	9 am - 11 am			**$1650 ---------- $550 per trial**
		TK261272	2,9,16,30/ 12 (No lesson on 23/12)	Wed 星期三		4		**$2200 ---------- $550 per trial**

Cardio Tennis Class
帶氧網球班

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
Cardio Tennis Course 帶氧網球班	18+	CT261201	1,8/ 12 (No class on 15,22,29/12)	Tue 星期二	8 am - 9 am	5	3-6	$560 ---------- $280 per trial
		CT261202			9 am - 10 am			

Tennis Ladies Clinic
女子網球專修班

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
Tennis Ladies Clinic 女子網球專修班	18+	LC261201	1,8/ 12 (No lesson on 15,22,29/12)	Tue 星期二	10 am - 11 am	2	3-4	$560 ---------- $280 per trial
		LC261202	3,10/ 12 (No lesson on 17,24,31/12)	Thu 星期四	9 am - 10 am			

Mini Tennis Class
迷你網球班

Location: Aerobics Room – Club Peak Wing
朗峰會所健康舞室

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
Mini Tennis Class 迷你網球班	3-5.5	MTK261201P	7/ 12 (No lesson on 14,21,28/12)	Mon 星期一	4 pm - 5 pm	1	3-6	$230 ---------- $230 per trial

Location: Multi-Purpose Room – Club Bay Wing
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
Mini Tennis Class 迷你網球班	3-5.5	MTK261203B	2,9/ 12 (No lesson on 16,23,30/12)	Wed 星期三	4 pm - 5 pm	2	3-6	$460 ---------- $230 per trial

Indoor Mini Basketball Class
室內迷你籃球班

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 Basketball Course 室內迷你籃球課程	2-3	MBK261211	4,11,18/ 12 (No lesson on 25/12)	Fri 星期五	4 pm - 5 pm	3	4-8	$855 ---------- $285 per trial
	4-5	MBK261221			5 pm - 6 pm			
	2-3	MBK261212	5,12,19/ 12 (No lesson on 26/12)	Sat 星期六	9 am – 10 am			
	4-5	MBK261222			10 am – 11 am			

Pickle Ball Class
匹克球班

Venue：Court 2, Indoor Sports Hall, Club Bel-Air Bay Wing
地點：灣畔會所室內運動場, 2號球場

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
Beginner Course 初階班	18+	PB261211	6,13/ 12 (No lesson on 20,27/12)	Sun 星期日	10 am - 11 am	2	4-6	**$640** **----------** **$320** **per trial**
		PB261221			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：Yeung Cheuk Long / 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	3-15	TA261211	1,8,22,29/ 12 (No lesson on 15/12)	Tue 星期二	4 pm – 5 pm	4	4-15	**$700** **----------** **$175** **per trial**
		TA261212	5,12,19/ 12 (No lesson on 26/12)	Sat 星期六	5 pm – 6 pm	3		**$525** **----------** **$175** **per trial**
Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	6-15	TA261223			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)		TA261226	1,8,22,29/ 12 (No lesson on 15/12)	Tue 星期二	5 pm – 6 pm	4		**$700** **----------** **$175** **per trial**
		TA261228			6 pm – 7 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。

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	TA261214	2,9,23,30/ 12 (No lesson on 16/12)	Wed 星期三	4 pm – 5 pm	4	4-15	**$700** --- **$175** **per trial**
		TA261215			6 pm – 7 pm			
Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)		TA261225			5 pm – 6 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	BA261211	7,14,21,28/ 12	Mon 星期一	6 pm – 7 pm	4	4-10	$740 ---------- $185 per trial
Children Intermediate Badminton 兒童羽毛球中班	7-10	BA261221			7 pm – 8 pm			
Badminton Junior Beginner 青少年羽毛球初班	10-15	BA261231			8 pm – 9 pm		2-6	

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	BK261211	2,9,16,23,30/ 12	Wed 星期三	5:30 pm – 6:30 pm	5	6-18	$750 ---------- $150 per trial
Children Intermediate Basketball 兒童籃球中班	10-16	BK261212			6:30 pm - 8 pm			$875 ---------- $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

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	*GY261231	1,8,15/ 12 (No lesson on 22, 29/12)	Tue 星期二	3:15 pm – 4 pm	3	4-12 pairs	$660 ---------- $220 per trial
Children Gymnastics Beginner 兒童體操初班	3-5	GY261201			4 pm - 5 pm		4-18	
		GY261211			5 pm – 6 pm			
Children Gymnastics Intermediate 兒童體操進階班	6-10	GY261221			6 pm – 7 pm		4-20	
Children Advance Gymnastics 兒童體操高階班	Recommend by Coach only!!	GY261241			7 pm – 8:30 pm			$1005 ---------- $335 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：AC Milan 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	CF261101	5,12,19,26/ 11; 3,10,17,24,31/ 12	Thu 星期四	5 pm – 6 pm	9	10-15	**$3465** ---------- **$385** **per trial**
	6-10	CF261102			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。

Circuit Training 循環訓練

Venue：Recreation Room, Club Bel-Air Bay Wing
地點：灣畔會所康體活動室

Coach 教練：Wesley Lam

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
Power After Dark Circuit Training 夜間活力訓練	16+	CC261211B	7,14,21,28/ 12	Mon 星期一	7 pm - 8 pm	4	6-10	$780 ---------- $195 per trial
		CC261212B			8 pm – 9 pm			
Morning Boost Circuit Training 晨間動力訓練		CC261221B	2,9,16,23,30/ 12	Wed 星期三	9 am - 10 am	5		$975 ---------- $195 per trial
		CC261222B			10 am - 11 am			

Class Content 課程內容

Class level 課程級別	Class Content 課程內容
Power After Dark Circuit Training 夜間活力訓練	High-efficiency evening fat-burning workout combining strength and cardio, perfect for those looking to burn calories and improve fitness after work. 夜間高效燃脂訓練，結合力量+心肺，適合想快速消耗卡路里同提升體能人士。
Morning Boost Circuit Training 晨間動力訓練	Energizing morning workout to boost metabolism and kickstart your day with higher energy levels. 早晨啟動訓練，提升代謝同精神狀態，幫你一日充滿活力。

Circuit Training 循環訓練

Venue：Aerobics Room, Club Bel-Air Peak Wing
地點：朗峰會所健康舞室

Coach 教練： Raymond Shih, Wesley Lam

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
Daytime Burn 日間燃脂訓練	16+	CC261231P	1,8,15,22,29/ 12	Tue 星期二	2 pm – 3 pm	5	6-10	**$975** ---------- **$195** **per trial**
		CC261232P			3 pm – 4 pm			
Rise & Move 醒動啟程訓練		CC261241P	5,12,19/ 12 (No lesson on 26/12)	Sat 星期六	8:30 am – 9:30 am	3		**$585** ---------- **$195** **per trial**
		CC261242P			9:30 am – 10:30 am			

Class Content 課程內容

Class level 課程級別	Class Content 課程內容
Daytime Burn 日間燃脂訓練	Targeted fat-burning session focused on weight loss and body toning, ideal for improving physique. 日間燃脂專項，針對減脂同塑形，適合想提升身形線條人士。
Rise & Move 醒動啟程訓練	Start your weekend with movement-focused training to improve flexibility and full-body coordination. 週末早晨動起來，提升靈活性+全身協調，輕鬆開始健康生活。

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 / Ms. Di Lau

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+	PI261206	2,9,16,23,30/ 12	Wed 星期三	5 pm – 6 pm	5	2-4	$2500 --- $500 per trial
		PI261207			6 pm – 7 pm			
		PI261209	3,10,17,24,31/ 12	Thu 星期四	5:15 pm – 6:15 pm			
		PI261213	4,11,18/ 12 (No lesson on 25/12)	Fri 星期五	7 pm – 8 pm	3		$1500 --- $500 per trial
		PI261214			8 pm – 9 pm			

Yoga Class 瑜伽班

Venue：Recreation Room, Club Bel-Air Bay Wing
地點：灣畔會所康體活動室

Coach 教練：Ms. Tina Chan/ Ms. Abby Tsang/ Ms. Miri Yeung/ Ms. Apple Tang

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 哈達瑜伽班	16+	YO261201	1,8,15,22,29/ 12	Tue 星期二	8 pm – 9 pm	5	4-10	$1150 --- $230 per trial
		YO261203	5,12,19/ 12 (No lesson on 26/12)	Sat 星期六	10 am – 11 am	3		$690 --- $230 per trial
		YO261205	7,14,21,28/ 12	Mon 星期一		4		$920 --- $230 per trial
		YO261206			11 am - 12 nn			
		YO261207	1,8,15,22,29/ 12	Tue 星期二	10 am – 11am	5		$1150 --- $230 per trial
		YO261208			11 am - 12 nn			
Yoga Stretch 伸展瑜伽班		YO261202			7 pm – 8 pm			
		YO261204	5,12,19/ 12 (No lesson on 26/12)	Sat 星期六	11 am – 12 nn	3		$690 --- $230 per trial
Restorative Yoga 修復瑜伽		YO261209	2,9,16,23,30/ 12	Wed 星期三	5 pm - 6 pm	5		$1150 --- $230 per trial
Mindfulness Yoga (with singing bowl) 正念瑜伽 (付頌缽)		YO261210			6 pm - 7 pm			

Class Content 課程內容

Class level 課程級別	Class Content 課程內容
Hatha Yoga 哈達瑜伽班	Hatha Yoga, the ancient form of yoga practice for balancing mental & physical status, throughout the practice of breathing, cleansing, mind focus & asana to achieve for a better health & prosperity. 哈達瑜伽是平衡身心狀態的古老瑜伽練習形式，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。
Yoga Stretch 伸展瑜伽班	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. 伸展瑜伽有很多好處，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。
Mindfulness Yoga (with singing bowl) 正念瑜伽 （付頌缽）	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. The class is suitable for all levels student. 在瑜伽中，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。 此課程適合各級別學生。
Restorative Yoga 修復瑜伽	Restorative Yoga is a gentle and deeply relaxing practice that invites the body into stillness and rest. By holding supported poses for extended periods using props like bolsters, blocks, and blankets, it helps release tension, calm the nervous system, and promote holistic healing. This therapeutic style of yoga is suitable for all levels, especially those experiencing stress, fatigue, or seeking deep rest and recovery. 修復瑜珈是一種溫和而深層的練習，透過長時間停留在支撐性的體位中，讓身體進入完全放鬆的狀態。課堂中會使用瑜珈磚、抱枕、毛毯等輔具，幫助身體釋放緊張，平衡神經系統，促進身心修復。這是一種適合任何程度練習者的療癒性瑜珈，特別適合壓力大、睡眠不佳或需要深層休息的人。

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+	BAA261201	2,4,7,9,11,14,16,18, 21,23,24,28,30/ 12	10 am – 12 nn	Every Mon, Wed, Fri 逢星期 一、三、五	13	13 - 25	**$910** ---------- **Month月**

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

*Badminton Coach will attend on 2,7,9,14,16,21,23,28,30 December 2026.
  於12月 2,7,9,14,16,21,23,28,30日設有羽毛球教練指導。