



# Arts & Sports

藝術及體育

## Aug 八月 2021

Course Enrollment  
starts from:  
開始報名日期:

**1 Jul 2021**

**Club Bel-Air 貝沙灣會所**

Version 08.01

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 29896516 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 29896516 (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:

1. 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.
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 14<sup>th</sup> 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:

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.

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」）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

Instructor 導師：Jackson Leung

Duration 課堂時長	30 Minutes 分鐘	45 Minutes 分鐘	60 Minutes 分鐘
Price 價錢	\$2200/ 4 lessons 堂 ----- \$550/ Trial Fee	\$2800/ 4 lessons 堂 ----- \$700 / Trial Fee	\$3600/ 4 lessons 堂 ----- \$900 / 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		Wednesday 星期三 2 pm – 8 pm	
Grand Baby Piano Room ,Club Bel-Air Peak Wing 朗峰會所專業三角琴室		Thursday 星期四 2 pm – 8 pm	

## 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			
Grade 1 - 2	\$1000 / 4 lessons 堂 ----- \$250/ Trial Fee	\$1440 / 4 lessons 堂 ----- \$360/ Trial Fee	
Grade 3 - 5		\$1800 / 4 lessons 堂 ----- \$450/ Trial Fee	\$2400 / 4 lessons 堂 ----- \$600/ Trial Fee
Grade 6 - 7		\$2000 / 4 lessons 堂 ----- \$500/ Trial Fee	\$2600 / 4 lessons 堂 ----- \$650/ Trial Fee
Grade 8			\$3000 / 4 lessons 堂 ----- \$750/ 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		Tuesday 星期二 4 pm – 7 pm	
		Thursday 星期四 4 pm – 7 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

Coach 教練：Kingston Cheung / Tony Ho

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (per hour)	\$2400 / 4 lessons 堂 ----- \$600/ Trial Fee	\$2680 / 4 lessons 堂 ----- \$670/ Trial Fee	\$3120 / 4 lessons 堂 ----- \$780/ Trial Fee

## Private Badminton Class 私人羽毛球班

Coach 教練：Hakan Ng

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (per hour)	\$1920 / 4 lessons 堂 ----- \$480/ Trial Fee	\$2080 / 4 lessons 堂 ----- \$520/ Trial Fee	\$2280 / 4 lessons 堂 ----- \$570/ Trial Fee

## Private Tai Chi Class 私人太極班

Coach 教練：Chan Shun Hing

Class ratio 課程比例	1 vs 1	1 vs 2	1 vs 3
Price 價錢 (per hour)	\$3000 / 4 lessons 堂 ----- \$750/ Trial Fee	\$3440 / 4 lessons 堂 ----- \$860/ Trial Fee	\$3900 / 4 lessons 堂 ----- \$975/ Trial Fee

Coaches will base on participants' ability to arrange the appropriate class.  
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

Coach 教練 : Kam Keung, Man / Alvin Tang

Class level 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
Children Beginner Tennis 兒童網球初班	4-6	TS210811	2,9,16,23,30/ 8	Every Mon 逢星期一	4 pm - 5 pm	3-6	5	<del>\$ 875</del> \$175 per trial
		TS210812	3,10,17,24,31/ 8	Every Tue 逢星期二	4 pm - 5 pm		5	<del>\$ 875</del> \$175 per trial
		TS210813	4,11,18,25/ 8	Every Wed 逢星期三	4 pm - 5 pm		4	<del>\$ 700</del> \$175 per trial
Children Intermediate Tennis 1 兒童網球中班 1	7-10	TS210821	2,9,16,23,30/ 8	Every Mon 逢星期一	5 pm - 6 pm		5	<del>\$ 875</del> \$175 per trial
		TS210822	3,10,17,24,31/ 8	Every Tue 逢星期二	5 pm - 6 pm		5	<del>\$ 875</del> \$175 per trial
		TS210823			6 pm - 7 pm			
Children Intermediate Tennis 2 兒童網球中班 2	7-10	TS210824	4,11,18,25/ 8	Every Wed 逢星期三	5 pm - 6 pm		4	<del>\$ 700</del> \$175 per trial
Junior Beginner Tennis 青少年網球初班	11-15	TS210831	2,9,16,23,30/ 8	Every Mon 逢星期一	6 pm - 7 pm		5	<del>\$ 875</del> \$175 per trial
		TS210832			7 pm - 8 pm			
Adult Beginner Tennis 成人網球初班	18+	TS210851	2,9,16,23,30/ 8	Every Mon 逢星期一	8 pm - 9 pm	5	<del>\$ 1400</del> \$280 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 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
Junior Tennis - Little Aces 兒童網球班	5-7	TK210821	7,14,21,28/ 8	Every Sat 逢星期六	6 pm – 7 pm	3-6	4	<del>\$ 700</del> \$175 per trial
		TK210822			7 pm – 8 pm			
Junior Tennis Beginner 兒童網球初班	7+	TK210831	5,12,19,26/ 8	Every Thu 逢星期四	7 pm – 8 pm		4	<del>\$ 700</del> \$175 per trial
		TK210833	6,13,20,27/ 8	Every Fri 逢星期五	6 pm – 7 pm		4	<del>\$ 700</del> \$175 per trial
Junior Tennis - Intermediate 青少年網球中班	7-10	TK210842	5,12,19,26/ 8	Every Thu 逢星期四	5 pm – 6 pm		4	<del>\$ 740</del> \$185 per trial
Junior Tennis - Intermediate 青少年網球中班	11-15	TK210843	5,12,19,26/ 8	Every Thu 逢星期四	6 pm – 7 pm		4	<del>\$ 740</del> \$185 per trial

# Summer Tennis Class 暑期網球班

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 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
Summer Tennis Class 暑期網球班	5+	TKS210801	2,4,6,9,11,13/ 8	Mon, Wed, Fri 星期一, 三, 五	9 am – 10 am	4-6	6	<b>\$ 1050</b> <b>-----</b> <b>\$175</b> <b>per trial</b>
		TKS210802			10 am – 11 am			
		TKS210803	3,5,10,12/ 8	Tue, Thu 星期二, 四	9 am – 10 am		4	<b>\$ 700</b> <b>-----</b> <b>\$175</b> <b>per trial</b>
		TKS210804			10 am – 11 am			



# Indoor Mini Tennis Class

## 室內迷你網球訓練班

Venue : Recreation Room , Club Bel-Air Bay Wing

地點：灣畔會所康體活動室

Class level 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
Indoor Mini Tennis Training Course 室內迷你網球 訓練課程	3-5	TK210803	3,10,17,24,31/ 8	Every Tue 逢星期二	2 pm – 3 pm	3-6	5	<del>\$ 875</del> \$175 per trial
		TK210804			3 pm – 4 pm			
		TK210805	4,11,18,25/ 8	Every Wed 逢星期三	9 am – 10 am		4	<del>\$ 700</del> \$175 per trial
		TK210806			10 am – 11 am			
		TK210807			1:30 pm – 2:30 pm			
		TK210809			2:30 pm – 3:30 pm			

# Summer Indoor Mini Tennis Class

## 暑期室內迷你網球訓練班

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

Class level 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
Summer Indoor Mini Tennis Training Course 暑期室內迷你網球 訓練課程	3-5	TKS210809	2,9,16,23,30/ 8	Every Mon 逢星期一	2 pm – 3 pm	3-6	5	<del>\$ 875</del> \$175 per trial
		TKS210810			3 pm – 4 pm			
		TKS210811	5,12,19,26/ 8	Every Thu 逢星期四	3:30 pm – 4:30 pm		4	<del>\$ 700</del> \$175 per trial
		TKS210812			4:30 pm – 5:30 pm			
		TKS210813	6,13,20,27/ 8	Every Fri 逢星期五	2 pm – 3 pm		4	<del>\$ 700</del> \$175 per trial
		TKS210814			3 pm – 4 pm			

# Taekwondo Class 跆拳道班

Venue : Recreation Room ,Club Bel-Air Bay Wing

地點：灣畔會所康體活動室

Coach 教練：Gary Lee / Nick Yeung

Class level 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
Taekwondo Beginner 跆拳道初階班	4-15	TA210811	3,10,17,24,31/ 8	Every Tue 逢星期二	4 pm – 5 pm	4-15	5	\$ 775 ----- \$155 per trial
		TA210816	5,12,19,26/ 8	Every Thu 逢星期四	7:30 pm – 8:30 pm		4	\$ 620 ----- \$155 per trial
		TA210818	7,14,21,28/ 8	Every Sat 逢星期六	1 pm – 2 pm		4	\$ 620 ----- \$155 per trial
		TA210819			2 pm – 3 pm			
		TA210812			4 pm – 5 pm			
		TA210822			5 pm – 6 pm			
		TA210813			6 pm – 7 pm			
Taekwondo Intermediate (Green Belt Level or above) 跆拳道進階班 (綠帶程度或以上)	6-15	TA210823	7,14,21,28/ 8	Every Sat 逢星期六	7 pm – 8 pm	4	\$ 620 ----- \$155 per trial	
		TA210827	5,12,19,26/ 8	Every Thu 逢星期四	6:30 pm – 7:30 pm	4	\$ 620 ----- \$155 per trial	
Taekwondo Intermediate (Green-Blue Belt Level or above) 跆拳道進階班 (綠藍帶程度或以上)	6-15	TA210826	3,10,17,24,31/ 8	Every Tue 逢星期二	5 pm – 6 pm	5	\$ 775 ----- \$155 per trial	
Taekwondo Intermediate (Blue Belt Level or above) 跆拳道進階班 (藍帶程度或以上)	6-15	TA210821	6,13,20,27/ 8	Every Fri 逢星期五	4:30 pm – 5:30 pm	4	\$ 620 ----- \$155 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：Nick Yeung

Class level 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
Taekwondo Beginner 跆拳道初階班	4-10	TA210814	4,11,18,25/ 8	Every Wed 逢星期三	4 pm – 5 pm	4-15	4	<del>\$ 620</del> \$155 per trial
		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	TA210825	4,11,18,25/ 8	Every Wed 逢星期三	5 pm – 6 pm	4-15	4	<del>\$ 620</del> \$155 per trial
Taekwondo Intermediate (Green-Blue Belt Level or above) 跆拳道進階班 (綠藍帶程度或以上)	6-15	TA210824	3,10,17,24,31/ 8	Every Tue 逢星期二	7 pm – 8 pm	4-15	5	<del>\$ 775</del> \$155 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。

# 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 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
Children Beginner Badminton 兒童羽毛球初班	4-6	BA210811	2,9,16,23,30/ 8	Every Mon 逢星期一	6 pm – 7 pm	4-10	5	<del>\$ 850</del> \$170 per trial
Children Intermediate Badminton 兒童羽毛球中班	7-10	BA210821			7 pm – 8 pm			
Badminton Junior Beginner 青少年羽毛球初班	10-15	BA210831			8 pm – 9 pm	2-4		

# 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 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
Children Beginner Basketball 兒童籃球初班	6-9	BK210811	4,11,18,25/ 8	Every Wed 逢星期三	5:30 pm – 6:30 pm	6-18	4	<del>\$ 540</del> \$135 per trial
Children Intermediate Basketball 兒童籃球中班	10-16	BK210812			6:30 pm - 8 pm			<del>\$ 640</del> \$160 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：Kathy So & Roy Leung

Class level 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
*Gym Fun 親子體操班	1.5-3	*GY210831	3,10,17,24,31/ 8	Every Tue 逢星期二	3:15 pm – 4 pm	4-18 pairs	5	<b>\$ 875</b> <hr/> <b>\$175</b> per trial
Children Gymnastics Beginner 兒童體操初班	3-5	GY210801			4 pm - 5 pm	4-16		
		GY210811			5 pm – 6 pm			
Children Gymnastics Intermediate 兒童進階班	6-10	GY210821			6 pm – 7 pm			
Children Advance Gymnastics 兒童體操高階班	Recommen d by Coach only!!	GY210841			6 pm – 7:30 pm			

\*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 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程 費用
Soccer Training Class 足球訓練班	4 - 10	CF210801	8,15,22,29/ 7 5,12,19,26/ 8 (No class on 1/7)	Every Thursday 逢星期四	5 pm – 6 pm	10-15	8	<del>\$ 2600</del> \$325 per trial
		CF210802			6 pm – 7 pm	10-15		

New participants (with full course payment) will receive a full set of Chelsea FC Soccer School(Hong Kong) Nike training kit (includes Jersey, Shorts and Socks) and they must wear the training kit throughout the course.

Also, one Chelsea gift pack will be presented to the students at the last session.

首次參加者(全額付款後)均可獲得由車路士足球學校(香港)獨有Nike 運動套裝乙套(包括:球衣、運動褲和足球襪)· 並請會員務必於課堂時穿著。學校亦會在最後課堂送上車路士禮品包予參加者。

# Mini-Soccer / Sport Class

## 小型足球/運動班

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

Coach 教練 : Craig James Lee / Alvin Suen

Class level 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用	
Mini-Soccer Beginner Class 小型足球初班	2-3	SC210801	2,9,16,23,30/ 8	Every Mon 逢星期一	9 am – 10 am	6-12	5	<del>\$ 1225</del> \$245 per trial	
		SC210804	5,12,19,26/ 8	Every Thu 逢星期四	3 pm – 4 pm		4	<del>\$ 980</del> \$245 per trial	
Mini-Sport Beginner Class 小型運動初班	Walking - 2	SC210806	3,10,17,24,31/ 8	Every Tue 逢星期二	9 am – 10 am		5	5	<del>\$ 1225</del> \$245 per trial
	3-5	SC210807			10 am – 11 am				
	3-5	SC210805	5,12,19,26/ 8	Every Thu 逢星期四	4 pm – 5 pm				



# Tai Chi Workshop

## 太極養生工作坊

Venue : Aerobics Room ,Club Bel-Air Peak Wing

地點：朗峰會所健康舞室

Coach 教練： Chan Shun Hing

Class level 課程級別	Age 年齡	Class Code 課程編號	Period 日期	Day 星期	Time 上課時間	Capacity 人數	No. of Lesson 堂數	Course Fee 課程費用
Tai Chi Beginner 太極初階班	16+	TC210802	7,14,21,28/ 8	Every Sat 逢星期六	5:30 pm – 6:30 pm	4 – 10	4	<b>\$ 780</b> <hr/> <b>*Trial \$ 195</b>