



# **SPORTS & ACTIVITIES**

**SEPTEMBER - DECEMBER 2021**

*Section Sports*

*Designated Sports Association  
Societies and Interest Group*

*Adult Activities*

*Children's Sports and Activities*



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# HOCKEY

## SENIOR HOCKEY

**VENUE** Hockey Pitch  
**CONTACT** Hockey Section Secretary  
**EMAIL** [sec@hkfchockey.com](mailto:sec@hkfchockey.com)  
[www.hkfchockey.com](http://www.hkfchockey.com)

Director of Hockey  
**Simon Chapman**  
**TEL** 2837 2672  
**EMAIL** [schapman@hkfc.com](mailto:schapman@hkfc.com)

The Hockey Section has over 300 participating Members who are currently registered with the Hong Kong Hockey Association (HKHA). From this membership the Section fields eight Men's teams and eight Ladies' teams that compete in all HKHA competitions. With the largest number of hockey participants in Hong Kong, the Club has been, and continues to be, one of the most successful also in these competitions, often crowned Champions and/or Cup winners in various divisions. In addition to the serious competitive sporting activities of the Section, there is a very active social

scene with regular parties, dinners, a formal End-of-Season Awards Dinner and bi-annual Charity Ball. Social Teams are also actively touring to regular international tournaments around the Asia region, and participating in summer leagues during the off- season (all of these activities are subject to various Covid-19 restrictions being removed).

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

### TRAINING SESSION TIMES FOR SEPTEMBER TO DECEMBER 2021

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

Information for start dates will be on the website in due course: [www.hkfchockey.com](http://www.hkfchockey.com).



## JUNIOR HOCKEY

**VENUE** Hockey Pitch  
**CONTACT** Hockey Section Secretary  
**EMAIL** [sec@hkfchockey.com](mailto:sec@hkfchockey.com)  
[www.hkfchockey.com](http://www.hkfchockey.com)

Director of Hockey  
**Simon Chapman**  
**TEL** 2837 2672  
**EMAIL** [schapman@hkfc.com](mailto:schapman@hkfc.com)

Junior Hockey welcomes boys and girls, Members and non-Members, from the age of 6 to 12. The primary objectives of the HKFC Junior Hockey programme are to provide children with a fun and enjoyable experience while learning and improving their game knowledge and skills for the game. HKFC provides coaching which caters for all levels of ability and combines the services of Hockey Section appointed professional coaches as well as volunteer parent and youth coaches.

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

Junior Hockey Programme (ages 6-12) must be accompanied by a Parent or Guardian to all training sessions and tournaments.

### TRAINING SESSION TIMES

FOR SEPTEMBER TO DECEMBER 2021

<b>J6-8</b>	Saturday	9:30am – 10:30am
<b>J9-10</b>	Saturday	10:35am – 11:35am
<b>J11-12</b>	Saturday	11:40am – 12:40pm
<b>J9-10 Academy BY INVITATION</b>	Tuesday	4:30pm – 5:30pm
<b>J6-8 Academy BY INVITATION</b>	Thursday	4:30pm – 5:30pm
<b>J12-14 Academy BY INVITATION</b>	Friday	4:30pm – 5:30pm

Information for 2021-22 start dates will be on the website in due course: [www.hkfchockey.com/junior\\_hockey](http://www.hkfchockey.com/junior_hockey).

## YOUTH HOCKEY

Youth Hockey is open to boys and girls, Members and non-Members from 13 to 18 years of age. Youth players, if selected, may also play in one of the 8 Men's or 8 Ladies senior teams playing at the Club in Hong Kong Hockey Association competitions. Qualified and experienced coaches provide the coaching. The Youth programme will strive to offer regular training and matches, ensuring the link between Junior Hockey and Senior Hockey is a continuous and successful transition period.

HKFC Youth Hockey also typically participates in the HKHA Youth League competitions and tournaments. League fixtures are played

on Saturday mornings between 10:30am – 12:30pm. Participants are individually selected to represent the Club for these fixtures. Tournaments are scattered throughout the season. Between January and May 2022, HKFC Youth Hockey teams may also be selected to play inter-club matches (all games dependent on Covid-19 rules on restrictions).

### TRAINING SESSION TIMES

FOR SEPTEMBER TO DECEMBER 2021

<b>Elite Youth</b>	Thursday	5:30pm - 7pm
<b>Y13-18</b>	Friday	5:30pm - 7pm

Information for 2021-22 start dates will be on the website in due course: [www.hkfchockey.com/junior\\_hockey](http://www.hkfchockey.com/junior_hockey).



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

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

Hong Kong Football Club is one of the leading Lawn Bowls Clubs in Hong Kong. In Premier League, our Ladies have won the First Division title for a record breaking 9 season in a row! The Men's A Team has been competing in the First Division for many years and in the most recent season in Premier League 2018 crowned Champion. We have three Ladies Teams and six Men's Teams competing in the Premier league. Our bowlers have outstanding performance in recent seasons and won many titles in National games.

### BEGINNERS

The Section runs Beginners' Courses from time to time when Club member is welcome to come and learn the game of Lawn Bowls. If you are interested in attending such a course please write to the email above and we will contact you when a course is being run.

Beginners' Extension courses will be held regularly throughout the year. All Club members, who have completed their Beginners' Courses are welcome. Occasionally, Fun Days will be organised for family and kids free of charge. As all the above activities depend on the availability of the coaches, so posters will be put up two/three weeks before the event. For enquiry, please send your email to the section contact email above.

More information can be found on the section website [www.hkfcawnbowls.com](http://www.hkfcawnbowls.com) and on the Club notice boards.



**VENUE** Main Pitch | Training Triangle  
**CONTACT** Director of Rugby  
**Cameron Mcintosh**  
**EMAIL** cameron\_mcintosh@hkfc.com  
[www.hkfcrugby.com](http://www.hkfcrugby.com)

The Rugby Section fields seven 15-a-side Men's teams plus an over 35's side known as the Contemptibles and two Ladies' side called Ice and Fire. These teams compete in every local league and cup competition, often with a

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

<b>TRAINING</b>	Monday and Thursday	7pm - 9pm
<b>FIXTURE</b>	Saturday	1:30pm - 7:30pm

## MINI RUGBY

**VENUE** Main Pitch | Training Triangle | Happy Valley Pitches  
**CONTACT** **EMAIL** registration@hkfcyouthrugby.com  
[www.hkfcyouthrugby.com](http://www.hkfcyouthrugby.com)

As one of the largest participating clubs in Hong Kong, the Club has over 800 registered players each season. Inter-club matches including the annual Hong Kong Sevens Tournament and overseas tours are held throughout the season. The objective is to offer

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

Training Session	Date and Time	Venue
<b>UNDER 4</b> *Minimum age is 2 years old	Sunday mornings The coaching is provided by professional sports educators.	Training Triangle
<b>UNDER 5</b> *Minimum age is 4 years old <b>TO UNDER 12 BOYS AND GIRLS</b>	Sunday mornings	Main Pitch and/or Happy Valley Pitches
<b>UNDER 9 TO UNDER 12 BOYS AND GIRLS</b>	potentially *Monday and Thursday, 4:30pm - 6pm *Monday sessions dependant on age group All training sessions are lead by ProCoaches, drawn from Club's senior grade teams.	Main Pitch

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

### COLTS RUGBY

**VENUE** Main Pitch | Training Triangle | Happy Valley Pitches  
**CONTACT** **EMAIL** [registration@hkfcyouthrugby.com](mailto:registration@hkfcyouthrugby.com)  
[www.hkfcyouthrugby.com](http://www.hkfcyouthrugby.com)

Colts Rugby has a range of players aged between 12 and 18 and is run as Under 13, Under 14, Under 16 and Under 19 year-old teams throughout the season from August to April. There are boys and girls teams in

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

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

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





**VENUE** Main Pitch | Training Triangle  
**CONTACT** Soccer Section Captain  
**Sebastian Page**  
**EMAIL** info@hkfcsoccer.hk

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

A full training schedule and match fixtures can be found on the HKFC Soccer website:  
<http://hkfcsoccer.hk/>

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

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

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



# SOCCER

## JUNIOR SOCCER

<b>VENUE</b>	Main Pitch   Hockey Pitch   Training Triangle 1st floor, Sports Hall
<b>CONTACT</b>	<b>EMAIL</b> <a href="mailto:info@hkfcjuniorsoccer.com">info@hkfcjuniorsoccer.com</a> <a href="http://www.hkfcjuniorsoccer.com">www.hkfcjuniorsoccer.com</a>

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

Our JS Community (or “Saturday”) programme focuses on players from 5 to 16 with the goal of providing training and matches for as many players as we can, and ensuring that players of all levels have fun and develop in line with their abilities and aspirations. We have 800 players in this programme including 187 girls. Coaching sessions are held on Saturday mornings from 7:30am - 1pm, with a small number of the more competitive/advanced U7-U12 players invited for additional training

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

Our Lucky Mile programme is an extension of our Junior Soccer Saturday programme and was established to ensure that our competitive Saturday players who do not play for our Youth Pathway programme (see below) have another avenue to play competitive football, especially when they become too old to participate in the Saturday leagues (which normally stops at U14). Lucky Mile have squads in Under 13, Under 14, Under 15, Under 16 and Under 18 which compete in the HKFA HK Jockey Club Youth League, the same league in which our Youth Pathway teams compete. Players are selected from the pool of players registered in our Saturday programme. There are around 125 players in the Lucky Mile Programme.



## YOUTH SOCCER

DEVELOPMENT  
PATHWAY

<b>VENUE</b>	Main Pitch   Training Triangle
<b>CONTACT</b>	<b>EMAIL</b> <a href="mailto:academy@hkfcjuniorsoccer.com">academy@hkfcjuniorsoccer.com</a> <a href="http://www.hkfcjuniorsoccer.com">www.hkfcjuniorsoccer.com</a>

Our Youth Development Pathway (or “Academy”) programme was established to attract and develop the most talented youth footballers in Hong Kong. The Youth Pathway bridges the gap between youth football and adult football. We have programmes for Under 13, Under 14, Under 15, Under 16 and Under 18, including Under 15 Girls and Under 18 Girls Teams. These squads are selected by trial at the beginning of the season with players coming from our own Saturday

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

## CRUSADERS

SPECIAL NEEDS  
PROGRAMME

<b>VENUE</b>	Main Pitch
<b>CONTACT</b>	<b>Nigel Merritt</b> <b>EMAIL</b> <a href="mailto:nigel@nmerrittassociates.com">nigel@nmerrittassociates.com</a>

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

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



**VENUE** 1st floor, Squash Courts  
**CONTACT** John Thompson  
**EMAIL** [membership@hkfcsquash.com](mailto:membership@hkfcsquash.com)

HKFC is home to one of Asia's premier squash facilities, with seven squash courts including 3 all glass show courts and seating galleries for major events. The Squash Section is very diverse and socially vibrant, with around 300 active members. HKFC is the biggest single participant in the Hong Kong Squash League with 33 teams spread across all levels of divisions in the main league, ladies league and masters league (for the over 40s). Our Men's and Ladies first division teams include world ranked players so we regularly see squash of the highest standard at the Club.

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

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

The Section welcomes interest from active squash players.

## JUNIOR SQUASH ACADEMY

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

in the Hong Kong Squash League, playing against other junior teams.

The season runs from September to May.

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





<b>VENUE</b>	1st floor, Sports Hall
<b>CONTACT</b>	<b>EMAIL</b> <a href="mailto:info@hkfcnetball.com">info@hkfcnetball.com</a>
	<b>FACEBOOK</b> <a href="https://www.facebook.com/hkfcnetball">facebook.com/hkfcnetball</a>
	<b>INSTAGRAM</b> <a href="https://www.instagram.com/hkfc_netball">instagram.com/hkfc_netball</a>
	<a href="http://www.hkfcnetball.com">www.hkfcnetball.com</a>

With six teams competing in the Hong Kong Netball Association senior league, netball at HKFC continues to go from strength to strength each season.

In Division One, Club and Typhoons compete, with Club taking home the Division One Championship, for four out of the last five seasons. Whirlwinds and Hurricanes represent the Club in Division Two and Tornadoes represent the Club in Division Three. Our social team, Cyclones play in Division Five.

With two netball courts in the Indoor Sports Hall, HKFC is the top venue for league matches which take place between September and April on Monday evenings. As one of the biggest netball clubs in Hong Kong, HKFC is also one of the most successful, with teams representing the top three divisions year in, year out.

The Netball DSA also has strong representation in the Hong Kong Senior and Junior netball squads, competing in high-level international matches and tournaments on a regular basis. In 2018, a quarter of the Hong

Kong National Squad was made up of HKFC players, confirming the high caliber of the athletes who represent the club. Each HKFC team has qualified and dedicated coaches to help teams improve and develop their skills and understanding of the game.

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

<b>TRAINING</b>	Wednesday	7pm - 10pm
<b>MATCHES</b>	Monday	7pm - 10pm





### JUNIORS

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

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

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

#### TRAINING TIMES FOR SEPTEMBER TO DECEMBER 2021

<b>Ages 5-8</b>		4:30pm - 5:15pm
<b>U10s</b>	Wednesdays	5pm - 6pm
<b>Under 12s and 14s</b>		6pm - 7pm
<b>Under 16s and 19s</b>	Mondays	6pm - 7pm

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

All teams from Under 10s and up, participate in 2 competitions. The autumn competition, which runs on Saturdays from October to December, with games played at Fa Hui Park, Prince Edward.

The spring competition is held on Sundays at Wong Chuk Hang Outdoor Courts from January to April.

We do have a waiting list at most levels. From U10s and up, we hold our main trials in September. Please email [juniors@hkfcnetball.com](mailto:juniors@hkfcnetball.com) to register interest and join the waiting list. Further information can also be found at: [www.hkfcnetball.com](http://www.hkfcnetball.com) | [facebook.com/hkfcnetball](https://www.facebook.com/hkfcnetball).



**VENUE** 1st floor, Sports Hall  
**CONTACT** Secretary  
**Peggy Lee**  
**EMAIL** psp1ctkd@gmail.com  
hkfcbadminton.com

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

## CLUB TEAM PRACTICE

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

## TOURNAMENTS

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

## JUNIOR TEAM / ACADEMY

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

## SOCIAL SESSIONS

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

Friday	7pm - 10pm
Sunday	9am - 1pm

**Membership Fees** from 1st January to 31st December

\$300 per year per family

Application Form that can be obtained from the Reception



**VENUE** Various  
**CONTACT** [www.hkfcgolf.com.hk](http://www.hkfcgolf.com.hk)

The Golf Society (GS) was set up for those members who share a passion for golf, regardless of age or ability. The GS currently supports in the region of 800 members, including spouses and children, in a number of ways: on average, two tournaments are organised a month, both on weekdays and weekends, either in Hong Kong or across the border in China. Tours can be organised further afield, and have included destinations such as Thailand, Vietnam and even South Africa. Matches are also played roughly every month against other locally based golf clubs, as well as occasional touring teams. But perhaps the most attractive benefit of membership

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

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#### Individual members Membership Fees

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\$750 per annum,  
with additional concessions for family  
memberships

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Please inquire at Reception for further details and  
application forms.



**VENUE** 3rd floor, Tennis Courts  
**CONTACT** **EMAIL** hkfctennissociety@gmail.com  
 www.facebook.com/hkfctennissociety

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

## SUNDAY MORNING SOCIAL TENNIS

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

## ORGANISED TOURNAMENTS

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

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

## LEAGUE TENNIS

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

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

Teams	Date	Teams	Date
<b>A Men / A+ Ladies / A Ladies / Men's Veterans*</b>	Monday evening	<b>Mixed Doubles 1*</b>	Monday evening January - April
<b>B Men</b>	Tuesday evening	<b>Mixed Doubles 3*</b>	Thursday evening January - April
<b>A+ Men / D Men</b>	Thursday evening	<b>Ladies Day League Division 3</b>	Wednesday morning September - March
<b>Junior A,B &amp; C</b>	Friday evening	<b>Ladies Day League Division 4</b>	Tuesday morning September - March

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

<b>Tennis Society Fees</b>	\$280 for a full year 1st January - 31st December	\$140 for a half year 1st July - 31st December
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**VENUE** 2nd floor, Swimming Pool

**CONTACT** Club Chairman  
**Douglas Morton**  
**EMAIL** ds.morton@icloud.com

HKFC Tri Kids Representative  
**Debbie Hanley**  
**EMAIL** Debbiehanley01@gmail.com

Club Captain  
**Craig Nortje**  
**EMAIL** nortjeca@gmail.com

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

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

### SWIMMING TRAINING

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

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

### HKFC TRI KIDS / YOUTH SQUAD TRAINING

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

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

### TRI KIDS / YOUTH SQUAD SWIMMING TRAINING

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

Please contact HKFC Tri Kids Representative:

**Debbie Hanley**  
**EMAIL** debbiehanley01@gmail.com





# TENPIN BOWLING

**INTEREST GROUP**

**VENUE** 1st floor, Ten Pin Bowling Alley  
**CONTACT** Captain  
**Leo Yau**  
**EMAIL** hkfc10pinbowling@gmail.com

HKFC is one of the few clubs in Hong Kong with its own bowling alley and the group invites Members to join in the fun and competition. Every year we have 2 seasons Inter-league competition with other clubs.

## WEEKLY PRACTICE SESSIONS

Thursday 7pm - 10pm



**VENUE** 1st floor, Sports Hall  
**CONTACT EMAIL** [torq.assistant.btonacademy@gmail.com](mailto:torq.assistant.btonacademy@gmail.com)

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

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

**Register NOW and realise your potential!**

### HEAD COACH – JOHN LEUNG

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

### COACH

overseas or local badminton coaching certification

### PRIVATE BADMINTON COACHING

#### Individual

Head Coach \$750 per hour

#### Group for 2-4 persons per court

Junior Coach \$650 per hour

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

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

Please contact Torq Sports International by email [torq.assistant.btonacademy@gmail.com](mailto:torq.assistant.btonacademy@gmail.com) for availability





### CONTACT

**Eric Chan**

TEL 9455 4189

EMAIL [eric@energiefitness.com](mailto:eric@energiefitness.com)

[www.energiefitness.com](http://www.energiefitness.com)



### PERSONAL TRAINING

No matter what your fitness level is, our team of qualified personal trainers will help you to achieve all of your health and fitness goal, including weight loss, muscle toning, sports conditioning, and injury rehabilitation, as well as helping you to lead a healthy lifestyle.

Visit our notice board outside the Fitness Centre for our trainers' portfolio or check out [www.energiefitness.com](http://www.energiefitness.com)

For enquires on arrangements for training or fitness and health appraisal, please contact our Fitness and Health Consultant, **Eric Chan** at **9455 4189** or [eric@energiefitness.com](mailto:eric@energiefitness.com).

### THAI BOXING

Thai Boxing, or Muay Thai, is the national sport of Thailand. The class will focus on the essential skills of punching, kicking, kneeing, elbowing, standing and grappling. The training will help you to develop power, speed and cardiovascular endurance, and it is also an excellent way to burn fat and stay in shape.

### PERSONAL TRAINING MEMBERS ONLY

	\$780 for 1 session
1 hour session	\$3,750 for 5 sessions
	\$7,200 for 10 sessions
1/2 hour session	\$1,875 for 5 sessions
	\$1,170 for 1 session
Two on one	\$5,625 for 5 sessions
1 hour session	\$10,800 for 10 sessions

### THAI BOXING

	\$780 for 1 session
1 hour session	\$3,750 for 5 sessions
	\$7,200 for 10 sessions
1/2 hour session	\$1,875 for 5 sessions
	\$1,170 for 1 session
Two on one	\$5,625 for 5 sessions
1 hour session	\$10,800 for 10 sessions

\*Non-Member must be accompanied by a Member.  
Subject to a minimum of 4 enrolled students.



**VENUE** 3rd floor, Golf Simulators Room  
**CONTACT** **Vaughan Manson**  
**TEL** 9507 7277  
**EMAIL** Vaughan@thegolfschool.hk

**Billy Wong**  
**TEL** 6929 8800  
**EMAIL** billy@thegolfschool.hk

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

<b>Vaughan</b>	\$600 per half hour \$1,200 per hour \$6,000 for 6 hour package
<b>Billy</b>	\$425 per half hour \$850 per hour \$4,800 for 6 hour package

No classes on Public Holidays.

Please contact Vaughan and Billy directly to book your lesson in advance.

# SWIMMING



**VENUE** 2nd floor, Swimming Pool  
**CONTACT** **FloatPlus Admin**  
**TEL** 6504 8283 | **EMAIL** admin@floatplus.hk | [www.floatplus.hk](http://www.floatplus.hk)

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

## LEVEL | FREESTYLE EFFORTLESS ENDURANCE

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

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

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

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

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

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

# TAEKWONDO BALCHAGI

## ADULT ACTIVITIES

**VENUE**

1st floor, Sports Theatre

**CONTACT**

**Jae Lee**

TEL 6336 1556

EMAIL [jaelee78@hotmail.com](mailto:jaelee78@hotmail.com)

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

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

Date	Time	Member	*Non-member
Saturday	3:45pm - 4:45pm	\$200 per lesson	\$220 per lesson
		\$800 per month for 4 lessons	\$880 per month for 4 lessons

\*Non-Member must be accompanied by a Member.

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

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





**VENUE** 3rd floor, Tennis Courts

**GENERAL INQUIRIES / NEW ENROLMENTS** [hkfc@atatennisaces.com](mailto:hkfc@atatennisaces.com) | [www.atatennisaces.com](http://www.atatennisaces.com)

**CONTACT** HKFC Head Coach **Toby Clark**

**TEL** 9646 3760 | **EMAIL** [toby.clark@atatennisaces.com](mailto:toby.clark@atatennisaces.com)

HKFC Ladies Programme/ Events **Nathan Booth**

**TEL** 6750 3350 | **EMAIL** [nathan.booth@atatennisaces.com](mailto:nathan.booth@atatennisaces.com)

Tennis Director **Kristin Godridge**

**TEL** 9104 7839 | **EMAIL** [kristin.godridge@atatennisaces.com](mailto:kristin.godridge@atatennisaces.com)

HKFC Elite Tennis Provider Australasia Tennis Aces - ATA is currently offering an extensive mix of social and competitive programmes catering to all levels of club players wanting to train, improve and experience an elite experience. ATA also runs a all year round competitive and social event schedule that is highly popular. ATA aims to give all HKFC players the solid foundation,

necessary skills, technique, analysis and love of the game for everyone to enjoy your HKFC Tennis experience. Our International team highly qualified and enthusiastic professionals has extensive experience working with players of all ages and abilities and look forward to welcoming all of the HKFC Adult Players to play. ATA Comprehensive adult programme below.

HKFC ADULT SCHEDULE	Date	Time
<b>Men's and Women's Early Morning workout sessions</b>	Weekday evenings	7am - 9pm
<b>Ladies morning practice and play</b>	Weekdays	9am - 11am 10am - 12pm

### ELITE TRAINING AND COACHING

<b>*Tennis Bootcamp</b>	Tuesday / Wednesday / Friday	7am / 8am
<b>**Beginner / Improver / Intermediate group coaching courses</b>	Weekday evenings	7pm - 9pm

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

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

PRIVATE & GROUP TENNIS COACHING	Member	*Non-member
<b>Tennis Director / Head Pro</b> 1 student	\$720	Not applicable
<b>Tennis Pro</b> 1 student	\$700	Not applicable
<b>Tennis Director / Head Pro</b> 2 students	\$390 per person	\$430 per person
<b>Tennis Pro</b> 2 students	\$365 per person	\$405 per person
<b>Private Adult Groups</b> 3 students	\$310 per person	\$350 per person
<b>Private Adult Groups</b> 4+ students	\$240 per person	\$280 per person
<b>Tennis Bootcamp</b> 1 hour	\$220 per person	\$260 per person
<b>Ladies Morning Tennis</b> 2 hours	\$400 per person	\$400 per person

\*Non-Member must be accompanied by a Member.

**VENUE** 1st floor, Sports Theatre  
**CONTACT** Judy Law  
**EMAIL** judy.law.ws@gmail.com

### VINYASA FLOW

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

### YIN YANG

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

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

\*Non-Member must be accompanied by a Member.

Classes are open to all levels.

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

For further enquiry or to sign up, please contact **Judy** at [judy.law.ws@gmail.com](mailto:judy.law.ws@gmail.com)



**VENUE** 1st floor, Sports Hall  
**CONTACT EMAIL** [torq.assistant.btonacademy@gmail.com](mailto:torq.assistant.btonacademy@gmail.com)

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

**Register NOW and realise your potential!**

### HEAD COACH – JOHN LEUNG

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

### COACH

overseas or local badminton coaching certification

<b>BADMINTON GROUP COACHING</b>	<b>Member</b>	<b>*Non-member</b>
<b>Toddlers</b> 3-5 years 60 minutes session	\$175 per session	\$200 per session
<b>Beginners</b> Shuttle Time Programme by BWF 120 minutes session	\$350 per session	\$400 per session
<b>Intermediate</b> 120 minutes session	\$350 per session	\$400 per session
<b>Advanced</b> 120 minutes session	\$350 per session	\$400 per session
<b>High Performance</b> BY INVITATION	Coach(es) will conduct individual assessment	

Fees are charged per month, but fees can be pro-rated for late joiners if there is space in the class for the remaining month. Please refer to the application forms available at the Sports Desk every quarter for updated timetable.

### PRIVATE BADMINTON COACHING

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

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

\*Non-Member must be accompanied by a Member.

Please contact Torq Sports International by email [torq.assistant.btonacademy@gmail.com](mailto:torq.assistant.btonacademy@gmail.com) for availability



<b>VENUE</b>	1st floor, Sports Hall
<b>CONTACT</b>	<b>TEL</b> 3998 4042
	<b>EMAIL</b> <a href="mailto:info@adventuresportsacademy.com">info@adventuresportsacademy.com</a>
	<a href="http://www.adventuresportsacademy.com">www.adventuresportsacademy.com</a>

### ASA PHILOSOPHY

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

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

### FIRST BOUNCE 18 months - 4 years old

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

### BASKETBALL ADVENTURE 4 - 12 years old

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

### ASA SQUAD U8 - U16

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

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

Non-Member must be accompanied by a Member.

No classes on Public Holidays.

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





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

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

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

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

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

### FA CERTIFIED, FIRST AID QUALIFIED COACHES

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

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

More information about what happens in our classes at [www.kinderkicks.hk](http://www.kinderkicks.hk)

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

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

\*Non-Member must be accompanied by a Member.





**VENUE** Training Triangle | 1st floor, Sports Hall  
**CONTACT** **TEL** 3998 4042  
**EMAIL** info@adventuresportsacademy.com  
www.adventuresportsacademy.com

### ASA PHILOSOPHY

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

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

#### **FIRST TOUCH** 18 months - 4 years old

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

#### **SOCCER ADVENTURE** 4 - 12 years old

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

### ASA SQUAD U8 - U16

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

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

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

Date	Time
Monday	3pm - 7pm
Tuesday	3pm - 7pm
Wednesday	9am - 11am - 3pm - 6pm
Thursday	3pm - 7pm

Non-Member must be accompanied by a Member.

No classes on Public Holidays.

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

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

**VENUE** 3rd floor, Golf Simulators Room  
**CONTACT** **Vaughan Manson**  
**TEL** 9507 7277  
**EMAIL** [Vaughan@thegolfschool.hk](mailto:Vaughan@thegolfschool.hk)

**Billy Wong**  
**TEL** 6929 8800  
**EMAIL** [billy@thegolfschool.hk](mailto:billy@thegolfschool.hk)

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

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

### OPEN TO AGE 7 – 16

Tuesday	4pm - 5pm and
Saturday	5pm - 6pm
Sunday	

<b>Fees</b>	\$350 per hour
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Non-Member must be accompanied by a Member.

No classes on Public Holidays.

# SWIMMING



**VENUE** 2nd floor, Swimming Pool  
**CONTACT** **FloatPlus Admin**  
**TEL** 6504 8283 | **EMAIL** [admin@floatplus.hk](mailto:admin@floatplus.hk) | [www.floatplus.hk](http://www.floatplus.hk)

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

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

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

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

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

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

### TADPOLES 1 2 - 3 years old

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

### GUPPIES 1 3 - 5 years old

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

### GUPPIES 2 3-5 years old

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

### PENGUINS 5 years old+

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

### SEALIONS 6 years old+

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

### DOLPHINS 7 years old+

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

### SHARKS 8 years old+

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

### ORCA 9 years old+

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

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

Register online: [www.floatplus.hk](http://www.floatplus.hk)

Contact details: 6504 8283 or email: [admin@floatplus.hk](mailto:admin@floatplus.hk)

## HKFC AUTUMN SWIM TERM

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

# JUNIOR TENNIS COACHING PROGRAMME



**VENUE** 3rd floor, Tennis Courts

**GENERAL INQUIRIES / NEW ENROLMENTS** [hkfc@atatennisaces.com](mailto:hkfc@atatennisaces.com) | [www.atatennisaces.com](http://www.atatennisaces.com)

**CONTACT** HKFC Head Coach

**Toby Clark**

**TEL** 9646 3760

**EMAIL** [toby.clark@atatennisaces.com](mailto:toby.clark@atatennisaces.com)

Tennis Director

**Kristin Godridge**

**TEL** 9104 7839

**EMAIL** [kristin.godridge@atatennisaces.com](mailto:kristin.godridge@atatennisaces.com)

HKFC Elite Tennis Provider Australasia Tennis Aces - ATA offers the most extensive junior programme in Hong Kong. ATA'S current program delivers squads to all levels of junior players. ATA offers a clear progressive pathway for your child From

**ATA Development Squads - Red**

**ATA Delopment Squads - Orange**

**ATA Rising Stars - Green**

**ATA Performance - Academy C, B, A - Yellow**

**Teenagers On The Move - Yellow**

With ATA's carefully designed tennis pathways and squad placements that run through from as young as 3yrs to 18yrs ATA Tennis focuses on giving all HKFC junior tennis players Big and small the best tennis experience.

Our international team of enthusiastic coaches has extensive experience working with players

of all ages and abilities from individuals new to tennis right through to our performance player competing and representing HK and the club so there is a program for every HKFC Junior who wants to improve there tennis.

ATA offers a comprehensive WEEKLY junior programme as well as Junior world tour competitions, HKTA Junior League A, B and C Teams, ATA Junior Tournament series, Extensive Holiday Camp Programme, private and semi private lessons.

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



**JUNIOR PROGRAMME FOR SEPTEMBER TO DECEMBER 2021**
**Development Squads**

<b>ATA RED 1, RED 2, RED 3</b> 3 years old	Monday to Friday	2pm / 3pm / 4pm
	Saturday	8am
<b>ATA ORANGE 1, ORANGE 2</b> 4-6 years old	Monday to Friday	3pm / 4pm / 5pm
	Tuesday and Friday	9am
	Saturday	8am / 9am
<b>ATA GREEN 1, GREEN 2</b> 6-8 years old	Monday to Friday	4pm / 5pm
	Saturday	8am / 9am

**Rising Star Squads**

<b>Squad A</b> 8-10 years old	Monday to Friday	4pm / 5pm
	Saturday	9am / 10am / 4pm
<b>Squad Social</b> 10+ years old	Monday to Saturday	5pm
<b>HKFC Academy B</b> League Team Training 9-10 years upwards - Ability assessed	Monday to Friday	5pm - 7pm 2 hours class
	Saturday	5pm - 6:30pm 1.5 hours class

**Academy Squads**

<b>HKFC Academy A</b> league team training 12-18 years upwards - Ability assessed	Tuesday and Thursday	5pm - 7pm 2 hours class
	Saturday	5pm - 6:30pm 1.5 hours class

**Private/Semi Private lessons**

<b>Holiday Tennis Camps</b>	Summer - Jun/Jul/Aug   Mid term break - Oct Christmas - Dec/Jan   Chinese New Year - Feb   Easter - Apr
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\*Non-Member must be accompanied by a Member.

1. Please note that JTP enrolment is on a term basis and there are limited places available – Call for a complete rundown on options for your child.
2. Classes will cease on Public Holidays, most school holidays.
3. The above pricing is based on having up to 6 players on one court, If restrictions result in a only a maximum of 4 players being allowed per court then session durations are subject to change and pricing will be \$320 per hour per player for members / \$360 per hour per player for guest of members.
4. Please email or call ATA/HKFC for more information or please fill out an application form for your junior tennis players at the HKFC 1st Floor Sports Desk and ATA will contact you.



# JUNIOR TENNIS COACHING PROGRAMME

## CHILDREN'S SPORTS



### ATA TENNIS LESSON TIMETABLE FOR HONG KONG FOOTBALL CLUB

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
7am	Adult Training, Private, Groups	Tennis Bootcamp				Adult Training, Private, Groups	
		Adult Training, Private, Groups					
8am	Adult Training, Private, Groups				Tennis Bootcamp	ATA RED 1, RED 2, RED 3	
9am	Ladies Social Lessons	Ladies Social Lessons	Adult Training, Private, Groups	Ladies Social Lessons		Development Squad Trainings	
		ATA RED 1, RED 2, RED 3			ATA RED 1, RED 2, RED 3		
10am	Ladies Social Lessons						
11am			Ladies Social Lessons				Adult Training, Private, Groups
12pm							
1pm							
2pm	ATA RED 1, RED 2, RED 3					Adult Training, Private, Groups	
3pm							Development Squad Trainings
4pm	Development Squad Trainings					Rising Star Squads	
5pm	Rising Star Squads	Academy Training A, B	Rising Star Squads	Academy Training A, B	Development Squad / Rising Star Squads		
6pm							
7pm	Adult Training, Private, Groups				Rising Star and Academy / Squad Match Play / Junior League		
8pm							
9pm					Adult Training, Private, Groups		

Adult Tennis Lessons: Privates, Semi-Private, Groups available

Sundays - Available for Privates/Groups on request

**VENUE** 1st floor, Sports Hall  
**CONTACT** **Ming Chan**  
**TEL** 3488 7724  
**EMAIL** info@tinytots.com.hk

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

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

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

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

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

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

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

Class	Day	Time	Member	Non-member
Mini-Sports			\$180 per session	\$210 per session
18 to 36 months old	Monday	10am - 11am		
	Tuesday	2:30pm - 3:30pm		
3 and 4 years old	Tuesday	3:30pm - 4:30pm		
Rugby			Uniform - \$200 for first time participants	
18 to 36 months old	Monday	9am - 10am		
3 and 4 years old	Monday	11am - 12pm		

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

For registration form please go to [www.tinytots.com.hk](http://www.tinytots.com.hk) download the form and send it to us with the payment.



**VENUE** 1st floor, Sports Theatre  
**CONTACT** **Jae Lee**  
**TEL** 6336 1556  
**EMAIL** jaelee78@hotmail.com

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

\*Non-Member must be accompanied by a Member.

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

### FOR BOYS AND GIRLS

#### Beginner's Class 4+ years old

Saturday 2pm - 3:30pm

#### Intermediate Class 6+ years old

Saturday 4:45pm - 5:45pm

#### Advanced Class with Kyurugi 10+ years old

Saturday 5:45pm - 7pm

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

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



**VENUE**

1st floor, Sports Theatre

**CONTACT**

TEL 5991 2899

EMAIL [buzzus@busybeespreschool.com.hk](mailto:buzzus@busybeespreschool.com.hk)[www.busybeespreschool.com.hk](http://www.busybeespreschool.com.hk)

Busy Bees Pre-School is a Montessori based classroom that also instills more traditional aspects of education to prepare young students for entry to Primary School. An emphasis is placed upon developing emotional, social, physical and intellectual skills. The classes provide a fun and safe environment, encouraging children to develop their social skills, whilst participating in structured sessions.

The Busy Bees Pre-School is divided into two classes. Wee Bees classes, for adults accompanying toddlers (14 months to 2.5 years), aims to help children adjust to pre-school life. Honey Bees classes, attended independently, are pre-school classes that prepare children aged 2.5 to 5.5 years old for Primary School. Classes are available in both English and Mandarin.

Class	Day	Time	Language
<b>Wee Bees Class</b> 14 months old - 2.5 years old	Monday / Friday	8:30am - 10am	Mandarin
	Tuesday / Wednesday / Thursday	8:30am - 10am	English
<b>Honey Bees Class</b> 2.5 years old - 5.5 years old	Monday / Tuesday / Wednesday / Thursday / Friday	10am - 1pm	English and Mandarin
<b>Camps</b> 2.5 years old - 7 years old	Camps are held over school holidays in October half-term, Christmas, Chinese New Year, Easter and over the whole Summer (July and August). Sign up at <b>www.busybeespreschool.com.hk</b>		
<b>Mandarin Bees</b> 3 years old - 7 years old	Monday / Friday	3pm - 4pm	
		4pm - 5pm	
	3pm - 5pm		
	We are offering specialized 1 hour and 2 hour small group Mandarin classes in the afternoons.		

Non-Member must be accompanied by a Member.

1. Please note that we accept applications throughout the year but we do have wait lists for all our classes.
2. Non-Member's rates can be requested upon application.
3. No classes on Public Holidays.
4. A minimum of 4 students is required to run a class.

# ISLAND DANCE



## VENUE

1st floor, Sports Theatre

## CONTACT

**Madhu Kashyap**

TEL 2987 1571 | WHATSAPP 9159 0663

EMAIL [dance@islanddance.com.hk](mailto:dance@islanddance.com.hk)

[www.islanddance.com.hk](http://www.islanddance.com.hk)

Island Dance starts a new term of Dance at Hong Kong Football Club on August 17th 2021.

Island Dance has been offering high quality dance instruction at club venues throughout Hong Kong Island for over 25 years.

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

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

Non-Member must be accompanied by a Member.

A minimum of 5 students is required to run a class

Maximum class limit 15 students. No classes on Public Holidays.

\*Classes are with parent participation.





<b>TUESDAYS WITH JESSICA</b>			<b>Member</b>	<b>Non-member</b>
<b>Nesbitt Centre – Special Needs</b>		1:45pm - 2:45pm	-	-
<b>Junior Freestyle</b> 3+ years old	August 17, 24, 31	3:15pm - 4pm	\$3,780 for 18 sessions	\$4,140 for 18 sessions
<b>Freestyle 1</b> 6+ years old	September 7, 14, 21, 28	4pm - 4:45pm		
<b>Freestyle 2</b> 8+ years old	October 5, 12, 19, 26	4:45pm - 5:30pm		
<b>Freestyle 3</b> 11+ years old	November 2, 9, 16, 23, 30	5:30pm - 6:15pm		
<b>Freestyle 4</b> 14+ years old	December 7, 14	6:15pm - 7pm		
<b>ID Elite HK Show Team</b> <b>BY INVITATION ONLY</b>		7pm - 7:45pm	\$3,600 for 18 sessions	\$3,960 for 18 sessions
<b>WEDNESDAYS WITH TIA</b>			<b>Member</b>	<b>Non-member</b>
<b>Junior Freestyle</b> 3+ years old	August 18, 25	3:30pm - 4:15pm	\$3,570 for 17 sessions	\$3,910 for 17 sessions
<b>Freestyle 1</b> 6+ years old	September 1, 8, 15, 29	4:15pm - 5pm		
<b>Freestyle 2</b> 8+ years old	October 6, 13, 20, 27	5pm - 6pm	\$3,910 for 17 sessions	\$4,250 for 17 sessions
<b>Freestyle 3</b> 12+ years old	November 3, 10, 17, 24	6pm - 7pm		
	December 1, 8, 15			
<b>THURSDAYS WITH NIMI</b>			<b>Member</b>	<b>Non-member</b>
<b>Junior Freestyle</b> 3+ years old	August 19, 26	3:45pm - 4:15pm	\$3,400 for 17 sessions	\$3,740 for 17 sessions
<b>Freestyle 1</b> 6+ years old	September 2, 9, 16, 23, 30	4:15pm - 5pm	\$3,570 for 17 sessions	\$3,910 for 17 sessions
<b>Freestyle 2</b> 8+ years old	October 7, 21, 28	5pm - 5:45pm		
<b>Freestyle 3</b> 11+ years old	November 4, 11, 18, 25	5:45pm - 6:30pm	\$3,910 for 17 sessions	\$4,250 for 17 sessions
<b>Freestyle 4</b> 14+ years old	December 2, 9, 16	6:30pm - 7:30pm		
<b>SATURDAYS WITH TIA</b>			<b>Member</b>	<b>Non-member</b>
<b>Budding Ballerinas*</b> 2.5+ years old		8:15am - 8:45am	\$3,400 for 17 sessions	\$3,740 for 17 sessions
<b>Intro Ballet</b> 4.5+ years old	August 28	8:45am - 9:30am	\$3,570 for 17 sessions	\$3,910 for 17 sessions
<b>Beginner Ballet</b> 7+ years old	September 4, 11, 18, 25	9:30am - 10:15am		
<b>Intermediate Ballet I</b> 9+ years old	October 2, 9, 16, 23, 30	10:15am - 11am		
<b>Intermediate Ballet II</b> 12+ years old <b>BY INVITATION ONLY</b>	November 6, 13, 20, 27		\$3,910 for 17 sessions	\$4,250 for 17 sessions
	December 4, 11, 18	11am - 12pm		

\*Classes are with parent participation.



**VENUE**  
**CONTACT**

1st floor, Sports Hall  
**Multi-Sport**  
**TEL** 2540 1257  
**EMAIL** admin@multi-sport.com.hk

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

\* Non-Member must be accompanied by a Member.

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

### **Gym for Tots** 18 months old - 3 years old

Tuesday 2pm - 2:30pm

### **Beginner** 3 and 4 years old

Tuesday 2:30pm - 3:15pm

### **Elementary** 5 and 6 years old

Tuesday 3:30pm - 4:15pm

### **Improver** 7+ years old

Tuesday 4:15pm - 5:15pm

### **Advanced** 8+ years old **INVITE ONLY**

Tuesday 5:15pm - 6:15pm

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

**Member** \$220 per lesson

**Non-member** \$250 per lesson



# FUNCTIONS AND PARTIES

## CONTACT

### Catering Office

TEL 2830 9513

EMAIL [catering@hkfc.com](mailto:catering@hkfc.com)

The Club Banquet facilities are used for a variety of events from corporate meetings, lunches, dinners or social gatherings to Children's Birthday Parties, Christenings or Wedding celebrations. Feel free to make contact to discuss how we can create your special event.



## **PAYMENT TERMS AND CONDITIONS**

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

## **NOTES AND CONDITIONS**

PLEASE READ CAREFULLY

1. Please send the application form and payment (if applicable) to the 1/F Sports Desk.
  2. A Member's Secondary Carer may accompany a Child of that Member in the absence of both parents to participate in the activity programme, provided that such Secondary Carer is the holder of (and otherwise acting within the terms and conditions of) a Guardian's Card issued pursuant Secondary Carers to Bye-law 4. Secondary Carers of non-Members are not permitted.
  3. Secondary Carers are not permitted to wait for Members, Family Members or other Secondary Carer in the Reception or meet there with other Secondary Carers.
  4. Non-Members are welcome when accompanied by a Member, as stated otherwise. Priority will, however, be given to Members.
  5. In the event of lightning, typhoon signal No. 8 or higher, Black Rain Warning or heavy rainfall, lessons will be cancelled.
  6. There will be no lessons on Public Holidays.
  7. The use of mobile phones is strictly prohibited while on the Club Premises.
  8. For the Junior Soccer Programme, each player is recommended to wear shin guards and bring a water bottle.
  9. Please wear rubber moulded or studded boots on the Main Pitch and Astro Pitch. Flat-soled trainers are not allowed on the Main Pitch. Metal Studs, Cleets and/or high heeled shoes are not allowed on the Astro Pitch.
- Completed form(s) can be submitted to the Club in person or send by fax to 2882 5040. Additional copies of the Handbook and Application Forms are available at 1st floor, Sports Desk.





***Hong Kong Football Club***

*3 Sports Road, Happy Valley, Hong Kong*

*TEL 2830 9500*

*FAX 2882 5040*

*[www.hkfc.com](http://www.hkfc.com)*

