

# SPORTSCENE

# GYMNASTICS

## 2020-2021



“Gymnastics program” is a year-round activity. Program is emphasis on Fun, Challenges and Rewards. We welcome all children aged 1.5-16. We use English, Putonghua and Cantonese as the communication media. Children are separated into different groups or classes according to their ages and level. The course matches with the primary physical education syllabus.

Children are recommended to take part in the British Amateur Gymnastics Association Award badge test as well as the Gymnastics Competition that Sportscene holds annually, we encourage all our children to participate in this event and gain memorable experiences. **Give your child the edge of this program. Please bring him or her along to the world of fun. All our coaches are dedicated to helping your child associate exercise with having a great time and developing a lifelong habit of keeping physically fit.**

### Our Vision:

1. Children can enjoy the fun way to learn to keep them fit
2. To provide a professional gymnastics program, designed to teach children fundamentals and techniques through step-by-step progression.
3. To help build positive learning behaviors through gymnastics.
4. To provide opportunities to participate in different performances and competitions.
5. To build up sport and team spirit in gymnasts' mind

### Our Mission:

We strive to provide professional gymnastics programs and enhance overall physical, cognitive, social and mental well being of your child.

### Our Head Coach:

**Ms May Kwong**, a member of the HK Gymnastics Representative Squad, representative at the Asian Games 1986, the World Gymnastics Championship 1987, the Commonwealth Games 1990, All-around Champion in HK Open Gymnastics Competition 1986-1989 and Coca-Cola Outstanding Award 1989.

**Venue:** 4/F, Gymnasium (Australian International School Hong Kong)  
**Address:** 3A Norfolk Road, Kowloon Tong, Kowloon, Hong Kong  
**Training Date:** Monday/Wednesday/Thursday/Saturday  
**Application Method:** (1)By-fax to : 2549 6041; (2)By-mail (enquiry@sportsceneltd.com)  
**For Information:** Please call 2757 4324 or visit Sportscene website: www.sportsceneltd.com

### Class Content:

1. Warm Up
2. Tumbling (Basic gymnastics movement)
3. Apparatus (Beam, Box, Bar and Trampoline)
4. Conditioning (Body strength, flexibility & games)

## CLASS DESCRIPTION

### Gym Fun HK\$ 205/ lesson (45min)

**Age:** Gym Fun :1.5 - 3 years old child with parent

**Content:** Emphasis on development of child's balance, body awareness and coordination. By accompanying music, it helps child to develop rhythm while stimulating the parts of brain and muscles.

**Course Code** **Time (Saturday)**  
 GYM- SA2FB 3:05-3:50pm

### Level IA/IBa HK\$ 195/ lesson (once a week) ; HK\$ 185/ lesson (twice a week)

**Age:** 3 - 5 years old

**Content:** Emphasis is placed upon form, flexibility, strength, and basic floor exercise such as forward, backward roll, basic jump, balance and landing skills.

<b>Course Code</b>	<b>Time (Monday)</b>	<b>Course Code</b>	<b>Time (Saturday)</b>
GYM-M11A	5:00-6:00pm	GYM-SA11A	11:00-12:00pm
GYM-M21A	5:30-6:30pm	GYM-SA21A	12:00-1:00 pm
<b>Course Code</b>	<b>Time (Wednesday)</b>	GYM-SA31A	1:00-2:00pm
GYM-W11A	5:45-6:45pm	GYM-SA41A	2:00-3:00pm
<b>Course Code</b>	<b>Time (Thursday)</b>	GYM-SA51A	3:00-4:00pm
GYM-TH11A	5:30-6:30pm		

**Level 1B****HK\$ 195/ lesson (once a week) ; HK\$ 185/ lesson (twice a week)****Age:** 6 - 12 years old**Content:** Emphasis is placed upon form, flexibility, strength, and basic floor exercise such as forward, backward roll, basic jump, balance and landing skills.

Course Code	Time (Monday)	Course Code	Time (Saturday)
GYM-M11B	5:00-6:00pm	GYM-SA21B	11:00-12:00pm
GYM-M21B	5:30-6:30pm	GYM-SA31B	12:00-1:00pm
Course Code	Time (Wednesday)	Course Code	Time (Saturday)
GYM-W11B	5:45-6:45pm	GYM-SA41B	1:00-2:00pm
GYM-W11B	5:45-6:45pm	GYM-SA51B	2:00-3:00pm
Course Code	Time (Thursday)	Course Code	Time (Saturday)
GYM-TH11B	5:30-6:30pm	GYM-SA61B	3:00-4:00pm

**Level 2****2A - HK\$255/ lesson (once a week) ; 2B - HK\$ 245/ lesson (twice a week)****Age:** 6 years old or more or coach recommendation or at least 2 years gymnastics experience.**Content:** Control strength development of handstand position, power and technique in cartwheel, handstand forward roll, and the combination of all single movement.

Course Code	Time (Monday)	Course Code	Time (Wednesday)	Course Code	Time (Saturday)
GYM-M12	5:00-6:30pm	GYM-W12	5:45-7:15pm	GYM-SA12	9:00-10:30am
GYM-M22	5:30-7:00pm	Course Code	Time (Thursday)	GYM-SA32	12:00-1:30pm
		GYM-TH12	5:30-7:00pm	GYM-SA42	2:00 – 3:30pm

**Level 3****HK\$245/ lesson (twice a week)****Age:** 6 years old or more or coach recommendation and must have training twice a week**Content:** Gymnasts will aim at the technical side of gymnastics through step-by-step progression. Front-walkover and back-walkover, handstand, handstand turn, apparatus work and basic work are taught at this level.

Course Code	Time (Monday)	Time (Thursday)
GYM-MT13	5:30-7:00pm	5:30-7:00pm
Course Code	Time (Wednesday)	Time (Saturday)
GYM-WS13	5:45-7:15pm	9:00-10:30am / 12:00-1:30pm / 2:00-3:30pm

**Level 4****4A - HK\$315/ lesson (once a week); 4B - HK\$300/ lesson (twice a week)****Age:** 6 years old or more or coach recommendation**Content:** Learning front round off, handsprings are the main focus of the advanced beginning level. Running dive rolls and front tuck are also taught at this level.

Course Code	Time (Monday)	Course Code	Time (Thursday)	Course Code	Time (Saturday)
GYM-M14	5:30-7:30pm	GYM-TH14	5:30-7:30pm	GYM-SA14	9:00-11:00am
Course Code	Time (Wednesday)			GYM-SA24	12:00 -2:00pm
GYM-W14	5:45-7:45pm				

**Level 5****5A - HK\$390/ lesson (once a week); 5B - HK\$360/ lesson (twice a week)****Age:** Coach recommendation and must have training twice a week**Content:** Back-hand-spring, free-hand cartwheel, front somersaults and series of connection are the main focus of tumbling at this level. Students will learn the routines and are expected to compete against other gymnasts from other schools and clubs at different Competitions, e.g. the Inter-School Gymnastics Meet

Course Code	Time (Monday/Wednesday/Thursday)	Course Code	Time (Saturday)
GYM-MWT15	6:30-9:00pm	GYM-S15	9:00-12:00

**Team Level****Team - HK\$ 105/ hr (≥ three times a week)****Age:** 8 year old or above or coach recommendation**Content:** This class provides 2 to 3 times training a week for gymnasts who are being chosen to prepare themselves for higher levels. They should be committed to consistent training and be ready for all kinds of competition and performance. Self-discipline is essential.

6:30pm – 9:00pm	(Monday)	6:30pm – 9:00pm	(Thursday)
6:30pm – 9:00pm	(Wednesday)	9:00am – 12:00nn / 9:00am-2:00pm	(Saturday)

update in Feb2021

APPLICATION FORM

Student Name: \_\_\_\_\_ (Eng) \_\_\_\_\_ (Chi)  
 Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Gender: M / F  
 Name of School: \_\_\_\_\_ Grade: \_\_\_\_\_  
 had /  had not learnt gymnastics at \_\_\_\_\_ for \_\_\_ (year/month) got Badge at Level \_\_\_  
 Remarks: \_\_\_\_\_

Information of Parent/Guardian

Name of Father: \_\_\_\_\_ Contact Tel.: \_\_\_\_\_  
 Name of Mother: \_\_\_\_\_ Contact Tel.: \_\_\_\_\_  
 Email Address: \_\_\_\_\_  I agree to receive email from Sportscene.  
 Address: \_\_\_\_\_ Home Tel: \_\_\_\_\_

Emergency Contact

Name: \_\_\_\_\_ (Eng) \_\_\_\_\_ (Chi)  
 Contact Tel: \_\_\_\_\_ Relationship: \_\_\_\_\_

Course Information

Course Schedule: Every \_\_\_\_\_ Time: \_\_\_\_\_ Commencement Date: \_\_\_\_\_  
 Course Schedule: Every \_\_\_\_\_ Time: \_\_\_\_\_ Commencement Date: \_\_\_\_\_  
 Total Amount: \$ \_\_\_\_\_ + \$100 Annual Admin Fee

Payment Methods:

1. Crossed cheque with payable to "SPORTSCENE LTD." with student's name and contact tel at the back. Post to : "27/F, Parkview center, 7 Lau Li Street, Causeway Bay, Hong Kong."
2. Transfer to HSBC 028-416-253-838 (*Receipt fax / email to Sportscene*)

Consent Detail: I agree that my child is in health to attend the above activities. I will not hold SPORTSCENE Ltd. responsible for any injury to my child or damages or loss to property as a result of participation in these courses.

Name of Parent/Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Sportscene Hotline: 2757-4324 Fax: 2549-6041 Website: [www.sportscene.com.hk](http://www.sportscene.com.hk)

Office Hour: **Mon to Sat (9:00am to 8:00pm)**

Spaces are limit and first come first serve!

## **TERMS & CONDITIONS OF REGISTRATION**

**AISHK**

### Course Fee

1. Administration Fee will be charged per annum for all sports program.
2. Fees paid are non-refundable and non-transferable unless a class is full or cancelled
3. Fees for all year-round regular classes are paid in 2-month. Payment for the next term should be made on or before the last class of the current month, otherwise the enrollment would be deemed canceled.
4. The Centre reserves the right to make personnel changes in accordance with their administration needs. The Centre will not entertain parents' complaints or request for refund of school fees as a result of such personnel changes.
5. No lessons on Public Holidays
6. In case of insufficient enrollment for a class/course, the Centre reserves the right to cancel the class/course. Parents will be notified in such a case

### Absence and Substitute Lessons

1. No substitute lessons or refund of school fees will be arranged in cases of absence without leave, absence due to sickness or withdrawal from the course.
2. In any circumstance, NO make-up arrangement for Gym Fun class.
3. Please send the written absent notice by fax/email/hand before class if a student cannot attend his/her class.
4. No substitute lessons can be arranged if there is no written absent notice.
5. Fees charge in 2-month base and maximum 2 lessons can be deducted with at least one-month notice.
6. If a student requires leave of one month or more, Sportscene has the rights to call waiting list for replacement, no place will be reserved.
7. Once absent has been remarked on a date, no substitute lesson can be made on the same day. The center has the right to reject any comers without notification.
8. Substitute lessons can be made within 3-paid-month. All substitute lessons must be applied in written format and have to get the approval of the center. Expired substitute lesson will be cancelled automatically. The Centre reserves the right to determine arrangements for substitute lessons at their own discretion.

### Disclaimer

1. The Centre shall not be responsible or liable for any loss or damage to any property which took place at the Centre.
2. Timetables, fees and terms & conditions are subject to change without prior notification.
3. The Centre retains the copyright of all images and videos taken of enrolled students during classes. The Centre reserves the right to exhibit, publish or broadcast images or videos taken of enrolled students for public viewing. Students and parents may contact the Centre if they object to such uses.
4. Notwithstanding the above, in case of any dispute, the decision of the Centre shall be final.

### Arrangements for Tropical Cyclones and Heavy Persistent Rain

1. If Typhoon No. 8 or Black Rainstorm warning is hoisted 2 hours before the lesson, then the class will be suspended with no refund or make-up classes.
2. If Typhoon No. 8 or Black Rainstorm warning is cancelled, all classes will remain normal after 2 hours. Parents can decide whether attend the class or not. Sportscene has the rights in deciding whether the class on or not depends on specific circumstances in venue.

~Please Turn Over~

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**Please return 3 pages for enrollment.**

Email Disclaimer

1. The information in this and any emails sent by SportsScene Limited and any attachment is confidential and intended solely for the attention and use of the named addressee(s). This information may be subject to legal, professional or other privilege and further distribution of it is strictly prohibited without our authority.
2. If you are not the intended recipient, you may not read, print, copy, distribute or disclose its content to any person or entity, use it for any purpose or store or copy the information in any medium.
3. If you have received it in error, please notify the sender immediately and delete the message from your system(s).
4. Attachments to email messages may contain viruses that may damage your system. Whilst we have taken every reasonable precaution to minimise this risk, we cannot accept any liability for any damage which you sustain as a result of these factors. You are advised to carry out your own virus checks before opening any attachment.
5. SportsScene will not use the email address as merchandise or re-sell purpose.
6. Incoming and outgoing email messages are routinely monitored for compliance with our policy on the use of electronic communications.

Student' s Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Parent/Guardian: \_\_\_\_\_ Signature: \_\_\_\_\_

~End of the application~

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**Please return 3 pages for enrollment.**