

# 暑期體操營 Summer Gymnastics Camp



快將來臨，本機構特別設計「暑期體操日營」，讓學員於假期中學習多項體操運動。透過專業體操訓練，可培養學員之興趣，更可訓練學員之領導才能及團體合作精神。

## 日營內容:

- 競技體操 - 學習翻騰、滾動、平衡、跳躍及器械訓練 (平衡木、木箱、槓、小彈網等)
- 健美體操 - 學習步法並配合音樂進行
- 藝術體操 - 以徒手操、球、圈、繩及絲帶並配合音樂進行
- 綜合競技遊戲、啦啦操、障礙遊戲及體能訓練

上課地點: 香港澳洲國際學校四樓體育館

截止報名日期: 14/6/2024

## 課程內容:

Camp	日期	時間	對象	費用
Camp A	2024年7月3,5日	星期一,三及五 3:30pm-5:30pm	*3-5歲 / 6-12歲 *學員將分組 進行訓練	\$500/日 或 \$980/2日
Camp B	2024年7月8,10,12日			\$500/日 或 \$1470/3日
Camp C	2024年7月15,17,19日			
Camp D	2024年 7月24,31日, 8月7,14,21,28日	星期三 5:00pm-7:00pm		\$500/日 或 \$2940/6日

# 暑期體操營 Summer Gymnastics Camp



Summer is coming! We have designed a **Summer Gym Camp** for your children in order to have multi-gym trainings during the holiday!

Through the professional training, children can learn the basic gymnastics techniques, as well as the leadership and team spirit.

**Camp Description:**

- Artistic Gym: Rolling, Balancing, Flexibility, Jumping and Apparatus training (e.g. beam, box, bar and mini-trampoline)
- Aerobic Gym: Skipping and dancing according to music
- Rhythmic Gym: Free-standing exercise and use ball, hoops, ribbon and rope under music
- Comprehensive games, cheer dance, obstacles and physical exercise training

**Venue:** 4/F Gymnasium @Australian International School Hong Kong

Application Deadline: 14/6/2024

**Class Content:**

Camp	Date	Time	Target	Fee
Camp A	Jul 3 & 5 2024	Mon, Wed & Fri 3:30pm-5:30pm	*3-5yo / 6-12yo * Students are separated in group during class.	\$500/day or \$980/camp
Camp B	Jul 8,10,12 2024			\$500/day or \$1470/3days camp
Camp C	Jul 15,17,19 2024			
Camp D	Jul 24,31 Aug 7,14,21,28 2024	Wed 5:00pm-7:00pm		\$500/day or \$2940/6days camp



暑期體操營內容

Summer Gym Camp Content

日期Date	日期Date	內容Content
Mondays: 8/7 & 15/7	24/7 & 14/8	健美操, 競技體操, 綜合障礙遊戲 Aerobic Gym, Artistic Gym, Obstacle Games
Wednesdays: 3/7 , 10/7 & 17/7	31/7 & 21/8	啦啦操, 競技體操, 綜合障礙遊戲 Cheering Dance, Artistic Gym, Obstacle Games
Fridays: 5/7, 12/7 & 19/7	7/8 & 28/8	藝術體操, 競技體操, 綜合障礙遊戲 Rhythmic Gym, Artistic Gym, Obstacle Games

Summer