



# SPORTSCENE GYMNASTICS 2024-2025



“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 Sportscene Gymnastics Badges Award Scheme 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 behaviour 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/Thursday/Friday/Saturday  
**Application Method:** (1)By-fax to : 2549 6041; (2)By-email ([admin@sportsceneltd.com](mailto:admin@sportsceneltd.com))  
**For Information:** Please call 2757 4324 or visit Sportscene website: [www.sportscene.com.hk](http://www.sportscene.com.hk)

## 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\$ 260/ 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.  
**Saturday**  
 3:05-3:50pm

**Level IA/IBA** **HK\$ 250/ lesson (once a week) ; HK\$ 240/ 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.

Monday	Thursday	Friday	Saturday
5:00-6:00pm	5:30-6:30pm	5:45-6:45pm	11:00-12:00nn
6:00-7:00pm	*6:30-7:30pm	*6:45-7:45pm	12:00-1:00pm
			1:00-2:00pm
			2:00-3:00pm
			3:00-4:00pm

**Level 1B** **HK\$ 250/ lesson (once a week) ; HK\$240/ 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.

<b>Monday</b> 5:00-6:00pm 6:00-7:00pm	<b>Thursday</b> 5:30-6:30pm *6:30-7:30pm	<b>Friday</b> 5:45-6:45pm *6:45-7:45pm	<b>Saturday</b> 11:00-12:00nn 12:00-1:00pm 1:00-2:00pm 2:00-3:00pm 3:00-4:00pm
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**Level 2** **2A – HK\$305/ lesson (once a week) ; 2B - HK\$ 290/ 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.

<b>Monday</b> 5:00-6:30pm 5:30-7:00pm *6:30-8:00pm *7:00-8:30pm	<b>Wednesday</b> 5:30-7:00pm *7:00-8:30pm <b>Thursday</b> 5:30-7:00pm *7:00-8:30pm	<b>Friday</b> 5:45-7:15pm *7:15-8:45pm	<b>Saturday</b> 9:00-10:30am 12:00-1:30pm 2:00-3:30pm
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**Level 3** **HK\$290/ 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.

<b>Monday</b> 5:00-6:30pm 5:30-7:00pm *6:30-8:00pm *7:00-8:30pm	<b>Wednesday</b> 5:30-7:00pm *7:00-8:30pm <b>Thursday</b> 5:30-7:00pm *7:00-8:30pm	<b>Friday</b> 5:45-7:15pm *7:15-8:45pm	<b>Saturday</b> 9:00-10:30am 12:00-1:30pm 2:00-3:30pm
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**Level 4** **4A - HK\$385/ lesson (once a week); 4B - HK\$370/ 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.

<b>Monday/Thursday</b> 5:30-7:30pm *7:00-9:00pm	<b>Wednesday</b> *5:30-7:30pm	<b>Friday</b> 5:45-7:45pm	<b>Saturday</b> 9:00-11:00am 12:00-2:00pm 2:00-4:00pm
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**Level 5** **5A - HK\$470/ lesson (once a week); 5B - HK\$430/ 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

<b>Monday</b> 5:30-8:00pm 6:30-9:00pm	<b>Wednesday</b> *5:30-8:30pm <b>Thursday</b> 6:30-9:00pm	<b>Friday</b> 5:45-8:15pm	<b>Saturday</b> 9:00-12:00nn / 9:00-2:00pm 12:00-3:00pm
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**Team Level** **Team - HK\$ 150/ hr (≥7.5hrs 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.

<b>Monday</b> 5:30-8:00pm 6:30-9:00pm	<b>Wednesday</b> 5:30-8:30pm <b>Thursday</b> 6:30-9:00pm	<b>Friday</b> 5:45-8:15pm	<b>Saturday</b> 9:00-12:00nn / 9:00-2:00pm 12:00-3:00pm
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## 體育先鋒訓練中心

上課地點: 香港澳洲國際學校

### 申請表

學生姓名: \_\_\_\_\_ (中) \_\_\_\_\_ (英) 性別: \_\_\_\_\_  
 課程名稱: \_\_\_\_\_ 課程編號: \_\_\_\_\_ 逢星期: \_\_\_\_\_  
 上課時間: \_\_\_\_\_ 開始日期: \_\_\_\_\_ 費用: \_\_\_\_\_ +100(行政費)  
 出生日期: \_\_\_\_\_ 年齡: \_\_\_\_\_ 學校名稱: \_\_\_\_\_  
 住址: \_\_\_\_\_ 住址電話: \_\_\_\_\_ 傳真: \_\_\_\_\_  
 父親姓名: \_\_\_\_\_ 聯絡電話: \_\_\_\_\_ 母親姓名: \_\_\_\_\_ 聯絡電話: \_\_\_\_\_  
 緊急聯絡人姓名: \_\_\_\_\_ 電話: \_\_\_\_\_  
 電郵地址: \_\_\_\_\_  本人同意以此電郵收取本公司資訊  
 曾 /  不曾 參加體操訓練班(訓練地點 \_\_\_\_\_ 期間 \_\_\_\_\_ 考核級別 \_\_\_\_\_)  
 備註欄: \_\_\_\_\_

#### 繳費方法:

1. 學費以支票支付,支票抬頭請寫(體育先鋒有限公司)郵寄地址: 香港銅鑼灣天后琉璃街7號柏景中心27字樓.
2. 存入匯豐銀行/Payme 至(004)028-416253-838 或轉數快 64113706 並把入數紙傳真/電郵到本公司.

本人聲明敝子弟 \_\_\_\_\_ 的健康及體能良好,適宜參加上述運動,如果申請人因她或他的疏忽或健康體能欠佳,而引致於參加這項運動時傷亡,體育先鋒或其職員將無需負責.

家長及監護人姓名: \_\_\_\_\_ 簽名: \_\_\_\_\_ 日期: \_\_\_\_\_

#### 報名須知

1. 每年收一次行政費。
2. 學費每兩個月收費一次。學員一經報名，學費將不會發還。
3. 繳費後請依照時間上課，若有更改，當另行通告，已繳費用，恕不退還。
4. 如欲暫停課程，請於一個月前書面致體育先鋒。本中心將不接受任何口頭通知。
5. 如學員缺課，將不會獲發還該堂之學費或補堂。
6. 所有課堂只可安排以補課形式進行，不設順延。
7. 如天文台於課程前兩小時已懸掛八號或以上颱風訊號或黑色暴雨警告訊號，該節課堂將會停課，並不作另行補課；如天文台除下黑色暴雨訊號或八號颱風訊號後，所有課程將於兩小時後恢復正常。家長亦須因應各自情況而自行決定上課，而本公司亦有權因應個別場地情況作出特別安排。
8. 公眾假期停課。
9. 體育館內不准飲食。除體育館外，不得進入學校其他範圍。
10. 本中心保留更改課堂之權利。若因導師請假，而無其他特別安排，當日課程將順延。
11. 附件: 電郵免責聲明

查詢熱線: 請致電 2757 4324 傳真致 2549 6041 電郵: [enquiry@sportsceneltd.com](mailto:enquiry@sportsceneltd.com) 網頁: [www.sportscene.com.hk](http://www.sportscene.com.hk)

辦公時間: 星期一至六 (上午九時至下午八時)

~~ 課程名額有限, 滿額即止! ~~

第一頁, 共兩頁

報名表格共兩頁, 請一併遞交方為有效

## 報名須知

AISHK

### 學費

1. 每年繳交行政費一次。
2. 已繳交的學費，除課程額滿或取消外，一概不予退還或轉讓。
3. 所有恆常課程，學費期以每兩個月計算。請家長於每期最後一課或之前繳交下期學費，否則將視作自動放棄學位。
4. 本中心有權因行政理由而更改任教之導師，家長不得爭議或要求退款。
5. 公眾假期停課。
6. 如報名人數不足，本中心有權取消課程，中心職員會致電通知家長。

### 缺席、扣堂或補堂

1. 如學員缺課，將不會獲發還該堂之學費或補堂。
2. 親子班於任何情況下均不設補堂。
3. 如當天未能出席課堂者，必須於上課前以電郵/傳真/親臨本中心遞交請假紙。
4. 如沒有請假紙的缺席課堂將不獲安排補課。
5. 學費每兩月為一期，每期最多只可扣兩堂，並必須於一個月前以文字通知。
6. 如請假達一個月以上者，則作退學論，本中心有權安排輪候學生補上。
7. 一經請假/扣堂，學生不可於當日安排補課;未經通知自行前往上課者，本中心將有權拒絕其上課安排。
8. 補課必須於請假日後三個月及已繳交學費之月份安排，並必須預先以文字遞交補堂申請，逾期會被自動取消(本中心擁有最終補課安排決定權)。

### 免責聲明

1. 任何於本中心內發生之財物損失或毀壞，“Sportscene Limited”概不承擔任何義務、責任 或法律責任。
2. 所有課程時間表、學費或條款上的更改將不作事先通知。
3. 本中心保留刊登參加者活動照片之權利。本中心將可能把有關相片或錄像公開展出、刊登或播放，若參加者不希望於活動及興趣課程時被拍攝，可直接向活動負責人反映。
4. 如有任何爭議，本中心保留一切最終決定權。

### 颱風及暴雨安排

1. 如天文台宣佈於某特定時間將懸掛八號或以上颱風訊號或黑色暴雨警告訊號(稱為“預警”)，課堂將會於預警前的兩小時停課(以課堂開始時間計算)，並不作另行補課或扣學費。
2. 如天文台除下黑色暴雨訊號或八號颱風訊號後，所有課程將於兩小時後恢復正常(以課堂開始時間計算)；若天文台於下午5時除下黑色暴雨訊號或八號颱風訊號，當日所有課堂亦會取消。家長亦須因應各自情況而自行決定上課，而本公司亦有權因應個別場地情況作出特別安排。

### 電郵免責聲明

1. 本聲明內所有資訊及體育先鋒有限公司發出的任何電郵及任何附件均屬機密性質，並僅供指定收信人收取及使用。本資訊受法律、專業或其他特權所規限。未經授權，禁止對外分發。
  2. 若您並非準收件人，則不得閱讀、列印、複製、分發或披露本內容予任何人士或實體、用作任何目的或在任何媒介中複製有關資訊。
  3. 若錯誤收到此訊息，請立即通知寄件人，並從您的所有系統中刪除訊息。
  4. 電郵訊息的附件或載有損害您系統的病毒。我們已採取所有適當預防措施，將風險減至最少，但我們不會為您因該等因素而引致的任何損害承擔任何責任。我們建議您開啟任何附件前先行執行病毒檢查。
  5. 本公司絕不會把電郵地址用作推銷及轉售用途。
  6. 我們遵從有關使用電子通訊的政策規定，例行監察收取及送出的電郵訊息。
- \* 若對有關上課情況有任何疑問，請致電本中心向職員查詢

家長簽署

日期

學生姓名：\_\_\_\_\_

~報名表格完結~

第二頁，共兩頁

報名表格共兩頁，請一併遞交方為有效