



## 體育先鋒

### 暑期活力競技體操班 2025



暑期將至，為了讓小朋友有一愉快充實的假期，本機構將於暑假舉行活力動感體操班。本課程透過遊戲及各種活動，訓練學員的正確跑姿、跳姿、平衡能力、柔軟體操及基本翻騰動作等。並使學員領略群體合作精神及能培養兒童的敏銳感、成功感、自律性及自信心。本課程歡迎 3-12 歲之不同國籍學員參加，教師以英語、國語及粵語授課，導師將根據各學員的年齡、程度編入不同的組別。本課程與小學體育課程銜接。

#### 課程目的:

本課程透過專業訓練，令學員在暑假期間有一健康的課外活動，促使身心均衡發展，培養良好的運動習慣。

#### 教練師資:

本機構之課程總監及體操總教練鄺美芳小姐 MAY，1986 年亞運代表，1987 年世界錦標賽代表，1989 年聯邦運動會代表，1986-89 年全港體操個人全能冠軍獎及 1989 年更榮獲可口可樂十大傑出運動員，現更為英國及香港業餘體操協會教練及考官，廣州體育學院教師協會會員。所有 SPORTSCENE 教練亦經過專業訓練，具豐富教學經驗，著重兒童心理及生理發展。



**\*\* 出席率逾 80%之學員均可獲頒發證書乙張，證書將於最後一堂頒發\*\***

日期	星期	時間	對象	費用
第一期: 4/7-28/7	一及五	星期一 5:00-6:00pm/ 星期一 6:00-7:00pm 及 星期五 5:45-6:45pm/ 星期五 6:45-7:45pm	Level 1A: 3-5 歲 Level 1B: 6-12 歲	\$2000/8 堂
第二期: 1/8-29/8				\$2250/9 堂
第一期: 3/7-31/7	四及六	星期四 5:30-6:30pm 及 星期六 1:00-2:00pm / 星期六 2:00-3:00pm		\$2250/9 堂
第二期: 2/8-30/8				\$2250/9 堂

截止報名日期:開課前一星期

#### 課程內容:

Level 1A (3-5 歲) - 學習基本體操動作，如身體控制、平衡、跳步、一字碼、拱橋、滾翻動作、體能活動及遊戲。

Level 1B (6-12 歲) - 學習基本體操動作，如前後滾翻、側手翻、手倒立、轉體動作及基本器械訓練，如平衡木、跳箱、彈網及體能訓練等等。

上課地點：九龍塘羅福道 3A 香港澳洲國際學校四樓體育館

查詢電話：2757 4324

傳真號碼：2549 6041

體育先鋒網址: [www.sportscene.com.hk](http://www.sportscene.com.hk)

**\*\* 名額有限，額滿即止! \*\***

## Summer Artistic Gymnastics Program

### 2025



Summer holiday is coming ! A program of regular exercise is absolutely necessary for your child to grow and develop into a healthy and fitter member of the community. We use English, Putonghua and Cantonese as the communication media. Children are grouped into different classes according to their ages and level. Through games and activities, children can learn team spirit, develop a positive learning attitude and strengthen their penetration, gratification and satisfaction. The course matches with the primary physical education syllabus.

#### Our Mission:

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

#### Our Coaches:

**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. **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.**



**\*\* Gymnasts attend more than 80% can be awarded a certificate at the last lesson. \*\***

Date	Day	Time	Target	Fee
Term 1: 4/7-28/7	Mon & Fri	Mon 5:00-6:00pm/ Mon 6:00-7:00pm & Fri 5:45-6:45pm/ Fri 6:45-7:45pm	Level 1A: 3-5yr old Level 1B: 6-12yr old	\$2000/8session
Term 2: 1/8-29/8				\$2250/9session
Term 1: 3/7-31/7	Thu & Sat	Thu 5:30-6:30pm & Sat 1:00-2:00pm / Sat 2:00-3:00pm		\$2250/9session
Term 2: 2/8-30/8				\$2250/9session

Application Deadline: 1 week before program starts

#### Class Content:

Level 1A (Age 3-5) – Emphasis is placed upon form, flexibility, strength, and basic floor exercise such as forward, backward roll, basic jump, balance and landing skills.

Level 1B (Age 6-12) – Control strength development of handstand position, power and technique in cartwheel, handstand forward roll, and the combination of all single movement.

**Training Center:** 4/F Gymnasium, 3A Norfolk Road, Australian International School, Hong Kong

**Enquiry Tel:** 2757 4324

**Fax:** 2549 6041

**Sportscene website:** [www.sportscene.com.hk](http://www.sportscene.com.hk)

**\*\* Spaces are limited! First Come, First Serve! \*\***