ACTIVITIES PROGRAM

THE COUNTRY CLUB AT HONG LOK YUEN

SPORTS & RECREATION ACTIVITIES
INDOOR & OUTDOOR SPORTS
CHILDREN'S PLAYGROUPS
LEISURE ACTIVITIES
INTEREST CLASSES
ARTS & CRAFTS
SWIMMING
SQUASH
TENNIS

THE COUNTRY CLUB at Hong Lok Yuen

September 2020 - June 2021

15 30 40 DEUCE ADV GAME SET MATCH

THE COUNTRY CLUB at Hong Lok Yuen

Guests Welcome

JUNIOR TENNIS PROGRAM

Choose a sport they can play for life ...tennis!

Sign Up Now

Ready To Play?

Join the most sought after activity in the Club and have fun at the same time. Tennis keeps your child active, healthy and happy. It's a sport that everyone can play and it's easy to get started. Lessons available from Monday to Saturday, from 4pm to 8pm.

Red Stage (4-7) **Orange Stage** (8-10) **Green Stage** (9+) **Yellow Stage** (11+)

HEAD®

For further enquiries and registration please contact Tennis Director Anthony on 2657 8292

JUNIOR TENNIS PROGRAM

Development
RED Ball (Age 4-7)

Monday	16:00-17:00
Tuesday	15:00-16:00
Wednesday	15:00-16:00
Thursday	16:00-17:00
Friday	16:00-17:00
Saturday	09:00-10:00

Performance

Monday	16:00-17:00
Wednesday	16:00-17:00
Friday	15:00-16:00

Development
ORANGE Ball (Age 8-10)

Monday	16:00-17:00
Tuesday	16:00-17:00
Wednesday	15:00-16:00
Thursday	16:00-17:00
Friday	16:00-17:00
Saturday	10:00-11:00

Performance

Wednesday	16:00-18:00
Friday	16:00-18:00

Development
YELLOW Ball (Age 11+)

Monday	17:00-18:00

Performance

Wednesday	17:00-19:00

Development
GREEN Ball (Age 9+)

Monday	17:00-18:30
Tuesday	16:00-17:00
Wednesday	17:00-18:30
Thursday	16:00-17:00
Friday	16:00-18:00
Saturday	10:00-11:00

FEE	DURATION	CLASS
$160	30 mins lesson	4-6 pax per class
$220	45 mins lesson	
$250	1 hr lesson	
$350	1.5 hr lesson	
$450	2 hrs lesson	

**Guests 10% surcharge to the monthly course total

For further enquiries, please contact
Tennis Director Anthony on 2657 8292

PROFESSIONAL SQUASH COACHING

is now available at CCHLY

with MATT ROBINSON

- **20 years Coaching Experience**
- **Dorset Club Champion**
- **Dorset Club British Racketball Champion**
- **Asian Jumbo Doubles Champion**
- **Hong Kong Squash Coaches Recognition Award**

Look no further, as professional squash coaching is now available at CCHLY. Great for all levels, from beginner to top HK league players.

Following lessons are available:

- **1 on 1 $640/hour**
- **2 on 1 $320/player**
- **Group Session (minimum 3) $200/player**
- **Team Training $200 per player**
- **Lessons are by appointment only**

JUNIOR SQUASH

GROUP COACHING

Squash is without a doubt a fast phase sport. Squash requires speed, reaction, power, strength, endurance, agility and you can play all year round, rain or shine. Join Junior Squash now and get your basics right, improve your game play and you compete recreationally with other players, or even participate in club level tournaments.

SPEED
ACCURACY
ENDURANCE
EXCITING
SPORT FOR LIFE
HAVE FUN

Day	:	**Every Monday**
Time	:	**4:00pm-6:00pm**
Fee	:	$220 (1 hour lesson) $165 (45 mins lesson)
Age Group	:	5-16 years old
Venue	:	Squash Court
Coach	:	Matt Robinson

Let's start a junior team

COME & LEARN THIS FAST EXCITING SPORT

Kinder Kicks

by Asia Pacific Soccer School

KINDER KICKS is a soccer play program for children from walking to 4 years old. Our professional coaches will teach a wide variety of exciting games in which students enjoy themselves while learning soccer basics. Each activity is designed to improve a young child's motor skills and social skills while having fun.

Day	:	**Every Thursday**
Time/Age	:	**3:15pm-4:15pm Kinder Kicks (3 yrs old)** **4:15pm-5:15pm Kinder Kicks (4 yrs old)**
Course Fee	:	$200 per class
Venue	:	Squash Court

Kinder Bounce & Mini Basketball

by Asia Pacific Soccer Schools

Kinder Bounce is a basketball-based fun programme for your children up to 8 years old. Different games are used to improve hand-eye coordination and children learn how to catch, throw and dribble the ball. It's a fun way to learn the basics of basketball while learning to take instructions and interacting with other children of the same age.

For a little bit older children, an upgraded program M**ini Basketball** awaits them. Mini basketball posts and mini basketball balls are used during the program, adding to the fun.

Day	:	**Every Sunday**	
Time/Age	:	**3:00pm-4:00pm**	**Kinder Bounce (3-4 yrs old)**
		4:00pm-5:00pm	**Mini Basketball (5-6 yrs old)**
Fee	:	$200 per class	
Venue	:	Squash Court	
Instructor	:	Asia Pacific Soccer Schools Ltd.	

BALLET

YAN'S SCHOOL OF DANCE

Suitable for those with little or no previous experience, to those seeking more challenging work towards a deeper understanding of ballet. Students from Pre-Primary onward can take part in the Royal Academy of Dance Ballet Examination, however to secure their performance in the Examinations, students should attend Ballet lessons at least twice per week.

Day	:	**Monday, Tuesday, Wednesday & Saturday**	
Time	:	**Please refer to Ballet & Jazz Enrolment Form for more details**	
Venue	:	Studio A 2/F	
Age	:	2 years old and above	
Fee	:	Toddler (with adult)	$145/class (45 mins)
		Pre-School	$145/class (45 mins)
		Pre-Primary/Primary	$145/class (45 mins)
		Grade 1-3	$145/class (45 mins)
		Grade 5-6	$170/class (1 hour)
		Intermediate	$170/class (1 hour)

Children's Jazz

Jazz *classes are a combination of styles. Hip Hop and Commercial Dance (like the video hits) are the most popular styles taught in the Jazz classes.*

You will start with a warm-up, kicks, jumps and progressions down the hall and then learn a routine.

So... You Think You Can Dance ?

Day/Time	:	**Monday 4:45pm-5:45pm** **Saturday 12:15pm-1:15pm**
Fee	:	$170 per class
Age	:	5 years and above
Venue	:	Studio A 2/F
Instructor	:	Ms. Yan

GYMNASTICS

with Bogdana Pashkovska

Does your daughter enjoy stretching, tumbling, running around? Is she full of energy? Are you interested in finding a fun way to keep your child busy while also making sure she has an outlet for her endless energy and creativity? This course is the perfect activity for your girl!

Based on a professional **Rhythmic Gymnastics** training program and tailor-made for the beginners, Gymnastics with Bogdana provides an entertaining and efficient way of obtaining new skills, which will impress your family and friends, healthy lifestyle habits and breath-taking results of grace and flexibility.

Rhythmic Gymnastics routines are choreographed to match music and it's beat, and include dance movements sometimes combined with special small equipment like ropes, hoops, balls, ribbons etc.

This program is not only a healthy combination of physical activity and social interaction, it can also build confidence. Dancing and performing allows children to express themselves physically while they relax and have fun. Rhythmic Gymnastics is the art of expressive movement combined with a unique blend of gymnastics that your child will LOVE!

Bogdana Pashkovska has been practicing **Rhythmic Gymnastics** since early childhood and was trained by world-class coaches whose students achieved the top awards in Olympic games and world tournaments. She has been living in Hong Kong since 2000 and used to train the Hong Kong Rhythmic gymnastics team as a coach of the Hong Kong Amateur Gymnastics Association.

Day	:	**Tuesday**
Time/Age	:	**3:00pm-4:30pm (8-9 yrs)**
	:	**4:30pm-5:30pm (6-8 yrs)**
Day	:	**Friday**
Time/Age	:	**3:30pm-4:30pm (6-8 yrs)**
	:	**4:30pm-5:30pm (9-10 yrs)**
Fee	:	$180 per class
Venue	:	Studio A 2/F

Ukulele Workshop

Music gives us a creative & innovative mind. It is an multi-cultural life long company for us! Play is one of the main ways in which children learn. Because it's fun, children often become very absorbed in what they are doing. In this course, we will sing and play ukulele, and open the music door for children. Singing & playing instruments also helps to develop rhythm, listening and hearing!

Sing & Play

Improve Pitch and Rhythm Skills, Develop Critical Listening Skills
Develop Creative Listening Skills, Learn about Guitar & Ukulele
Learn about Music Theory, Practice in Both Leadership and following Directions

Day	:	**Every Thursday**
Time	:	**2:00pm-3:00pm**
Age	:	5 years old and above
Fee	:	$200 per class (1hr)
Venue	:	Studio A 2/F
Level	:	Beginner Class
Instructor	:	Miss Tina Sum

COME & JOIN US

Miss Tina Qualifications:
10 Years Teaching Experience
Trinity Diploma in Music Performance
ATCL with Distinction
ABRSM Music Theory Grade 8
University of West London Music Performance(LCM)
Handbell Ensemble Level 3 Distinction
Playgroup Teacher Certificate

ZUMBA® kids

Day	:	**Every Monday**
Time	:	**4:00pm-5:00pm**
Age	:	7-12 years old
Fee	:	$150 per class
Venue	:	Squash Court B
Instructor	:	Zin Girlie Lorilla

Perfect For

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music.

How It Works

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure.

CHESS CLUB

The Club will be hosting, with the support from Scholastic Chess, a weekly chess club in our Clubhouse. The Chess Club meets on Wednesdays from 5:00pm – 6:30pm. The Chess Club is open to all players, from first-time beginners all the way to regular tournament players. We try to provide an environment in which players with different skill levels can learn and enjoy the game together.

Benjamin Chui leads a team of chess instructors for Scholastic Chess Hong Kong. Chui is a FIDE (World Chess Federation) Certified Chess Instructor. FIDE is the International Olympic Committee recognized organization for overseeing international chess competition. Benjamin has taught chess to high school students in California and currently at a number of international schools in HK.

Day	:	**Thursday**
Time	:	**3:30pm-5:00pm**
Age	:	6 years and above
Fee	:	$250 per class
Venue	:	Studio D 2/F
Level	:	Beginner to Advanced
Instructor	:	Scholastic Chess HK

Professional Art
Drawing & Painting with Mr. Jason

Drawing is a form of visual art that makes use of any number of drawing instruments to mark a two-dimensional medium. Common instruments include graphite pencils, pen and ink, inked brushes, wax color pencils, crayons, charcoal, chalk, pastels, markers, styluses, and various metals. Painting is the practice of applying paint, pigment, color or other medium to a surface (support base). The medium is commonly applied to the base with a brush but other objects can be used. In art, the term painting describes both the act and the result of the action.

繪畫是視覺藝術的一種，隨意使用各式繪圖工具。常用的工具包括石墨鉛筆，鋼筆和墨水、墨刷、蠟彩鉛筆、 蠟筆、 炭筆、 粉筆、 粉彩、 水筆、針筆以及各種金屬。繪畫是把油漆、顏料、顏色或其他物料塗於畫板表面，通常用畫筆掃上，但當然我們可以使用其他工具。在藝術角度來說，繪畫藝術可同時包括作畫時的行為和之後產生之結果。

Every Tuesday
4:00pm–5:30pm
5:35pm–7:05pm

Every Sunday
9:00am–10:30am
10:35am–12:05pm
12:10pm-1:40pm

Every Thursday
4:00pm–5:30pm
5:35pm–7:05pm

Age: Above 6 years
Venue: Studio C G/F
Fee: $230 per class

Mr. Jason Porteous *is a full time professional artist from the UK. He has been an Art Instructor of Professional Art Drawing & Painting Classes at the Club since 2003. Starting with only one class, it has grown steadily in demand & popularity, and currently runs classes four days weekly. Many of his students have been enrolled for a number of years.*

Mr. Jason emphasizes solid drawing and coloring skills to enable the creativity & self-expression of his students.

Art Class **for adults**

In these art classes you will gain more knowledge of color mixing, color combination, creating a good composition and various painting techniques using mainly acrylic or watercolor paint.

Increase your focus and awareness; whether you are painting from still life or photographs, you can create your visions on canvas or paper from a wide range of materials such as paint, mixed media, pencils, pastels, pens and charcoal. Feel free to bring in your own photos or reference materials. With the guidance of the teacher you can find your artist voice and feel free to be creative.

Date	:	**Every Tuesday**
Time	:	**10:30am – 12:30pm (2 hours)**
Fee	:	$270 / class (inclusive of all art materials)
Venue	:	Studio B 2/F
Instructor	:	Elaine Wong

Painting by Elaine Wong

Elaine Wong

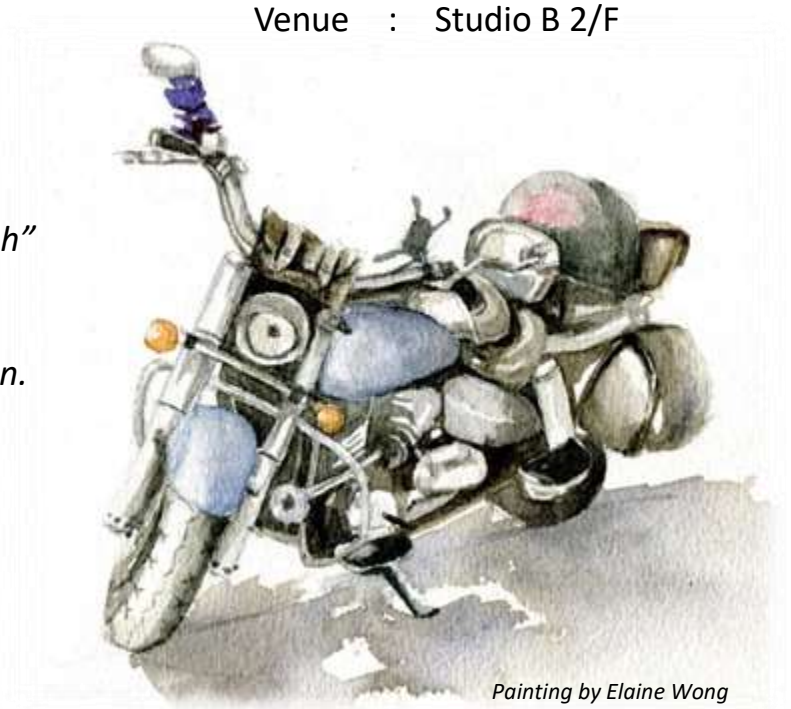
Elaine is an artist in watercolor, Chinese ink and acrylic painting. She has an MSc and PhD in new media art and technology. She has been running her own studio since 2014 for art and crafts production.

Watercolour Painting Cla

Day	:	Every Monday	Age	:	6 years and above
Time	:	3:30pm-5:30pm	Venue	:	Studio B 2/F
Fee	:	$250 / class *			

In this class, watercolor is the main medium and it will cover "Pen and Wash" and "Watercolor Painting".
For Pen and Wash, students will start drawing by fountain pen or drawing pen. Different drawing theories and techniques will be covered, such as perspective drawing and composition, among others.

*(*inclusive of all art materials)*



Painting by Elaine Wong

Chinese Painting

中國水墨畫

Chinese painting is a traditional Chinese painting art. Students can use any images that they see. Chinese painting will help develop children's imagination and creativity.

This course is a gateway for beginners to the learning of Chinese painting, especially for those who wish to experience Chinese painting from a new perspective. It also helps participants to develop their own Chinese painting style in accordance with seasonal themes. Seniors and mature participants are welcome.

Date/Time	:	**Every Saturday** **10:00am-11:00am (15 years and above)** **11:00pm-12:00pm (5-14 years old)**
Age	:	5 years & above
Course Fee	:	$155 per class (5-14 years old) $220 per class (15 years and above)
Venue	:	Studio C G/F
Instructor	:	Mrs. Yick Chu M.K.

中國國畫是中國的傳統繪畫藝術，特別重視筆墨語言。學習國畫，把在大千世界寫生的物象，通過用臨摹中學到的技巧，不單可培養兒童的想像力，思維力和創造能力，更會令他們熱愛生活、熱愛大自然、陶冶情操。

Chinese Calligraphy

中國書法

Chinese Calligraphy is the art of writing. It is also the most traditional art of Chinese. Calligraphy particularly focuses on the pen and hand coordination. We can express our thoughts and feelings through Calligraphy.

Chinese calligraphy is a type of pleasing writing, embodying the artistic expression of human language in a tangible form. This type of expression has been widely practiced in China and has been generally held in high esteem across East Asia.

書法是以文字為基礎的書寫藝術，也是我國最具悠久歷史的傳統藝術。書法講究執筆、運腕、用筆、使墨、章法、氣韻等規律，通過藝術手法來表達思想感情，產生“筆情墨趣”。學習書法，不僅可以鍛鍊耐心毅力，還能提升個人思想品德及文化修養。

Date	:	**Every Saturday**
Time / Age	:	**10:00am-11:00pm (5-14 years old)** **11:00pm-12:00pm (15 years and above)**
Course Fee	:	$140 per class (5-14 years old) $180 per class (15 years and above)
Venue	:	Studio C G/F
Instructor	:	Mrs. Yick Chu M.K.

油畫 / 動漫畫班
Oil Painting / Animation class

Day / Time::	Wednesday	2:00pm-3:30pm 4:00pm-5:30pm
	Saturday	2:00pm – 3:30pm
	Sunday	9:00am -10:30am 10:45am-12:15pm 2:15pm – 3:45pm 4:00pm-5:30pm
Fee:	$230 per class	
Age:	6 years and above	
Venue:	2/F Studio	
Instructor:	Canny Hon	

Canny has had exposure to a full spectrum of art drawings which included pencil drawing, oil painting, pastel colour painting, watercolor painting, acrylic colour painting and Chinese ink drawing. She has years of experience as an Art Teacher, teaching in her studio and a primary school for kids from the age of 4, as well as adults. She teaches various kinds of paintings and the different use of tools. She corrects students' drafting techniques, encourages students to explore their potential, stimulates their creativity, and promotes students' interpretation of their artistic talent.

Canny，擅長教授鉛筆素描，油畫，蠟筆彩色繪畫，水彩繪畫，丙烯酸繪畫和中國水墨繪畫在內的各種繪畫藝術。擁有多年的美術老師經驗，除了於自己的工作室任教外，並於小學任教。學生層面由4歲的兒童以至成人。她教授各種繪畫和工具的使用。她糾正學生的製圖技巧，鼓勵學生發掘自己的潛力，激發他們的創造力，並促進學生對他們的藝術才能的詮釋。

KARATE

Instructors Information
導師資料

Master Harrie Cheng 4 DAN
鄭國榮師父 四段

Qualifications:
Certified Coach of LCSD
各師父均持有康文署認可教練証書
Representative of the
Hong Kong Karate Team
空手道香港代表隊成員

Karate is a martial art that is primarily a striking art, using punching, kicking, knee and elbow strikes and open-handed techniques such as knife-hand and ridge-hand. Modern training emphasizes on physiological elements incorporated into proper kokoro (attitude), such as perseverance, fearlessness, virtue and leadership skills.

Day/Time	:	**Every Sunday** **10:00am – 11:30am / 11:30am-1:00pm** **Every Thursday** **6:00pm-7:30pm**
Venue	:	Studio A 2/F
Age	:	4 years and above
Fee	:	$140 per class
Instructor	:	New Territories Karate-Do Goju Kai

Discipline
紀律

Respect
尊敬

Spirit
精神

KENDO

Traditional Japanese Fencing
(course for Adults and Children)

Ken 剣 ' sword' and Do 道 ' way', means 'the way of the sword'. Kendo is a modern martial art originated from Japan, descended from swordsmanship *'kenjutsu'* and practitioners or *'kendoka'* use bamboo sticks *'shinai', head gear 'men'* and protective armour *'bogu'*. Kendo is an activity that combines martial arts practices and values with strenuous sport-like physical activity.

Day: **Every Tuesday**
Time: **4:00pm-5:00pm**

Day: **Every Thursday**
Time: **6:00pm-7:00pm**

: **Every Sunday**
: **9:00am-10:30am**
(Advanced Kendo)

Age: 12 years old & above

Fee: $160 per class
$240 per class
(Advanced Kendo)

Venue: Squash Court A

Ignacio Alba Ruiz
Kendo 4 DAN Master

Chairman and Instructor of Spain Hong Kong Martial Art Association
Technical Director (National of Kendo) of Federation of Spain Arte Martial Instructor International of FEDAMC Kendo Federation.
Sense Ignacio has more than 30 years of experience in Martial Art practice including Kendo, Iaido, Taekwondo and Hapkido in Japan, Korea, China and Europe.

HAPKIDO

(course for Adults and Children)

Hapkido is a Korean martial art adapted by the military and civilian defence personal. It is a highly diverse martial art that employs unique joint locks, grappling and throwing techniques, apart from punches, kicks and striking attacks. Hapkido employs both long-rang and close-range fighting techniques, utilizing jumping kicks and percussive hand strikes and pressure point strikes. It also emphasize on circular motion, redirection of force and gaining control over their opponents through footwork and body positioning to use leverage, avoiding the use of brute strength against brute strength.

Tuesday

5:00pm-6:00pm (4-9 yrs)

6:00pm-7:00pm (9-17 yrs)

7:00pm-8:00pm (Adult)

Venue: Squash Court A

Thursday

4:00pm-5:00pm (4-9 yrs)

5:00pm-6:00pm (9-17 yrs)

6:00pm-7:00pm (Adult)

Fee: $160 per class

Sunday

11:00am-12:00pm (above 6yrs)

Instructor: Ignacio Alba Ruiz

(5 DAN Hapkido Master)

Iaido

Learn Japanese Swordsmanship

Iaido is a Japanese martial art that emphasizes being aware and capable of quickly drawing the sword and responding to a sudden attack.

This martial art is associated with the smooth, controlled movements of drawing the sword from its scabbard (or saya), striking or cutting.

Iaido encompasses hundreds of styles of swordsmanship, all of which subscribe to non-combative aims and purposes. Iaido is an intrinsic form of Japanese modern budo.

Students will also learn to build their high self-discipline, increase focus and sensitivity, and resolute will.

In classes, students will only use non-cutting swords made from wood.

Date	:	**Every Thursday**
Time	:	**7:00pm-8:00pm**
Fee	:	$200 per class
Date	:	**Every Sunday**
Time	:	**10:30am-11:30pm**
Fee	:	$200 per class
Age	:	18 years and above
Venue	:	Squash Court A
Instructor	:	Ignacio Alba Ruiz *3 DAN Iaido Master*

TAEKWONDO

WHY TAEKWONDO? Taekwondo improves self-esteem, improves flexibility for good posture, improve fitness, techniques, coordination and skill components. It also increases strength and ability to focus . Students will also learn to build confidence, learn to respect, discipline and self control. Besides self defence, you will learn self respect and courtesy for others. It also teaches students to be patience, having goal setting and leadership skills.

Day:	**Every Tuesday**
Time:	**4:00pm - 5:00pm / 5:00pm - 6:00pm**
Venue:	Squash Court B G/F
Age:	4 years or above
Fee:	$120 (per class)
Instructor:	Mr. Isaac Lee Hon Keung *Senior Coach of the Potential Taekwondo Hong Kong Association* *Black Belt 3rd Dan of World Taekwondo, 5th Dan of Hong Kong Taekwondo and 5th Dan of Korea Taekwondo*

GOJU-RYU KARATE-DO OHSHIKAI

Goju-ryu is a traditional Okinawan style of karate with an extensive history. The term Goju-ryu actually means “hard-soft style,” which refers to the closed hand techniques (hard) and open hand techniques and circular movements (soft) that comprise this martial art. Goju-ryu incorporates both circular and linear movements into its curriculum, combining hard striking attacks such as kicks and close hand punches with softer open hand circular techniques for attacking, blocking, and controlling the opponent, including joint locks, grappling, takedowns, and throws. Come and join the course and also meet new friends who share the same interest.

Day/Time:	**Tuesday 6:00pm-7:30pm** **Friday 5:00pm-6:30pm**
Fee:	$150 per class
Age:	5 years and above
Venue:	Squash Court B G/F
Instructor:	Sensei Janson Wong *Chief Instructor & Head Coach* *Japan Goju-Ryu Karate-Do Ohshikai (HK)*
Remarks:	FREE Karate uniform for students enrolled for 3 months lessons or longer.

Instructors Information
導師資料

Head Coach: 7 DAN
Janson Wong 七段
黃興華師範

- Hong Kong Sports Institute Level 2 coach
- Asian Karate Federation (AKF) Judge A
- The Karatedo Federation of Hong Kong China Referee A
- Representative of Hong Kong Karate Team
- 香港體育學院二級教練
- 亞洲空手道總會 A級裁判
- 香港空手道總會 A級裁判
- 前香港代表隊成員

FITNESS MIX

Stop counting the reps. Start training to the beat. **FITNESS MIX** combines ZUMBA, H.I.I.T. and stretching. body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep and finally with series of stretching.

In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. **Zumba®** instructors change up the music and moves frequently to make sure you're always challenged to the max.

Day	:	**Every Monday**
Time	:	**5:00pm-6:00pm**
Age	:	13 years and above
Fee	:	$150 per class
Venue	:	Squash Court B
Instructor	:	Zin Girlie Lorilla

BODY SHAPING

WITH JING

Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity. It targets strength building or muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. In addition, the time between exercises in circuit training is short, often with rapid movement to the next exercise.

Day/Time: *Tuesday 8:15am-9:00am*
Thursday 9:00am-9:45am

Fee: *$100 per class*

Venue: *Studio A 2/F*

Age: *16 yrs and above*

SWIMMING LESSONS

Term 1: MAY-JUN **Summer Program: JUL-AUG** **Term 2: SEP-OCT**

Parent and Infant
(6 months to 18 months)
(18 months to 3 years)

Pre-school
(3 years - 4 years)

Beginner 1
Water Confidence / Learn to Swim

Beginner 1 Advanced
Water Confidence / Learn to Swim

Beginner 2
Learn to Swim/Beginner Strokes
(must be able to swim 10 meters unaided)

Intermediate 1
Stroke Swimming
(must be able to swim 15 meters freestyle and backstroke)

Intermediate 2
Stroke Swimming
(must be able to swim 25 meters freestyle and backstroke)

Advanced
Competitive /Lifesaving/Introduction to Water Polo
(must be able to swim at least 50m in all three strokes)

Private Swimming Lessons are available upon request.
Please fill in the sign up form available at the Fitness Centre.

SwimSure
SKILLS FOR LIFE

At SwimSure, our goal is to provide students with the confidence, skills and techniques needed to be safe in any aquatic environment encountered throughout life. Lessons include plenty of fun and engaging activities that will instill a love of the water from an early age, as well as develop good techniques in a range of strokes as your child progresses.

Miranda Bundy- SwimSure Founder

Days: Tuesday, Wednesday, Thursday & Saturday

Age Group: 6 months and above

Instructors: Miranda Bundy, Rhys Baker & Suzy Henderson

Note: Please refer to the sign up form for price list and program details

SCUBA Experience

Discover Scuba & Bubblemaker

Date/Time	:	By Appointment only (2.5hrs course)
Fee	:	$1,500/course
Age Group	:	8 to 10 years for Bubblemakers 11 years & above for Discover Scuba
Venue	:	Pool
Instructor	:	Paul Tasem *PADI Master Scuba Diver Trainer*

If you are interested in scuba diving, this is the perfect activity for you. Come and join our Discover SCUBA & Bubblemaker program and your PADI dive instructor will teach you some basic skills before guiding you to swim underwater with SCUBA equipment. It's very cool and good fun blowing bubbles underwater. Bring along your friends and let's scuba. We will also take cool underwater pics for you to show your friends.

Note: participants must be a competent swimmer . A PADI Liability Release form must be filled before the lesson starts.

PADI SEAL TEAM

Recruitment Drive

Participant's Pre-Requisites

- 10 years and above
- Good health
- Able to swim comfortably

Course Details

- $2,800 per course
- Mission duration 2.5 hours
- SCUBA rental equipment included

SEAL Team Aqua Missions

- Basic scuba skills
- Buoyancy Control
- Aquatic Life Identification
- Environmental Awareness
- Underwater Navigation
- Underwater Search & Recovery
- Underwater Fun Games

HALLOWEEN
MASK PAINTING

Boys and girls, come and join the Halloween Mask Painting Workshop and let's create a spooky and scary mask for Halloween night. You got to choose different type of mask and use your creativity to paint and decorate your mask. You will be in time to wear it during the Halloween Carnival and Trick or Treat.

Date	:	**Saturday 24 October 2020**
Time	:	**3:30pm to 4:30pm**
Age	:	**6 -12 years old**
Cost	:	**$75 per member & $105 for member's guest**
Venue	:	**Studio B 2/F**

Open to all ages!

Club Halloween Carnival

SATURDAY 31st

Saturday 31 October 2020

5:30pm-7:15pm	***Trick or Treat (FREE).***
7:00pm-10:00pm	***Spooky Halloween Buffet Dinner***
7:30pm-9:30pm	***FUN Halloween Games – use Game Card***
9:00pm-9:30pm	***Costume Catwalk Contest (FREE)***
9:30pm-11:00pm	***Spooky Halloween Movie (FREE)***

One FREE game card for Buffet Diners
Members & Guests (age under 16)
Game Cards: $75 (10 games per card)

Come and join the much awaited Halloween Carnival activities on Saturday 31 October. Bring along your friends and family, wear fun scary costumes, join the best dressed contest and play lots of exciting games at the carnival.

JUNIOR TABLE TENNIS

2020 U16 TOURNAMENT

Date	:	Sunday 29 November 2020
Time	:	3:00pm – 5:00pm
Fee	:	$50 per player
Age	:	Under 16 years old
Venue	:	Squash Courts
Format	:	Open to all level. Play at your own age group in a round robin draw

Have some challenging fun on a Sunday afternoon by joining the 2020 Under 16 Table Tennis challenge. It's a fun, but competitive event as players compete against each other to win some attractive prizes. So get your paddle out, sign up and start practicing.

Junior Tennis Camp

FOR JUNIORS AGE 3 TO 12 YEARS OLD

Are you ready to take your tennis to the next level? We provide the opportunity to improve your tennis skills, movement, footwork, co-ordination and rally skills. You will also make new friends and have great fun at the same time. Hurry up and register at the Fitness Centre. Bring along your friends and have fun on the courts. Any juniors who sign up in advance for the **5 full day camp (Option A)**, will get to choose a LEGO project* which they can progressively build during the camp. Once completed, they can take it home.

Mon to Fri: 19th to 26th October 2020

Mon to Fri: 14th to 31st December 2020

*Please take note, once the LEGO project has been ordered, no refund may be given for any cancellation.

Option A

9:00am to 3:00pm (Full Day Camp)
$800/day

Option B

9:00am to 11:00am (Tennis Only)
$500/day

**Guests 10% surcharge to the total course spend*

RED BALL (3-5 yrs old)

ORANGE BALL (6-9 yrs old)

GREEN BALL (8-12yrs old)

OPTION A	OPTION B	Camp Activities
09:00-11:00	09:00-11:00	Tennis
11:00-12:00		LEGO Building
12:00-13:00		Lunch Buffet
13:00-13:30		Creative Play
13:30-15:00		Multi Sports / Jumping Castle

SCHOOL BREAK CAMP ADVANCED GROUP

(HKTA League Players)

Advanced Tennis Training is designed with the serious tournament player in mind.

All 2 hour and 3 hour classes include 30 minutes of training in the Athletic Zone with the goal of developing athletes as well as tennis players. We feel it is critical to a child's tennis development to improve athletic skills. Players will participate in level- and age-appropriate exercises and drills focusing on improving balance, agility, footwork, speed and strength.

Each session will have a focus on Match play, Match play takes your game up another notch. It's a great way to assess how well you translate your skills and abilities from a coaching environment to a competitive match against players of a similar standard.

Our experienced coaches will help you identify weak points in your game and playing technique as you compete in doubles and singles matches. Supported by a variety of drills, match play sessions are the perfect way to work on your consistency and tennis fitness.

Monday to Friday 19th to 23rd October 2020

Time : Option A (9:00am to 11:00am)
Option B (4:00pm to 7:00pm)
Option C (9:00am to 11:00am & 4:00pm-7:00pm)

Cost : Option A $500/day
Option B $700/day
Option C $1,200/day

Level: Participant needs to be registered in the HKTA Junior League for this camp.

„WHERE TENNIS STARS ARE BORN"

THE COUNTRY CLUB

Kids Adventure Camp

School Half Term Break

9am to 3pm Monday to Friday 19th to 23 October 2020

Christmas Break

9am to 3pm Monday to Friday 14th to 18th December 2020

(no camp during Public Holidays)

MULTI-SPORTS - SCAVENGER HUNT - LEGO - ARTS & CRAFTS - BOUNCY CASTLE

Time	Activities
9:00am – 10:00am	Multi-Sports
10:00am-11:00am	Scavenger Hunt
11:00am-12:00pm	Fun LEGO Building
12:00pm-12:45pm	LUNCH
12:45pm-2:00pm	Arts & Craft
2:00pm-3:00pm	Bouncy Castle & Fun Games

Age 5 – 10 years old

*Guests welcome**

$550 per child/day for Members

*$605 for Member's guest**

2020 CCHLY

CHRISTMAS FAIR

2 Days from 10:00am to 6:00pm

"Open to all ages! Don't miss out"

Saturday 5 December and Sunday 6 December 2020

Come and join the much awaited Christmas Fair over the weekend and bring along your family and friends and visit the game stalls, fun bouncy castles, face painting, arts & crafts, candy floss and lucky spin. There will be lots of sales stalls on the day selling all sorts of household items, food & drinks, products, gadgets, wine and much more. Come along and visit the fair and have a great weekend. Merry Christmas.

$100 per Game Card (10+2 games)
Play 10 games & collect 10 stamps for a chance to SPIN and win a prize

NERF

Fun Games & Challenge

Date	:	**Sunday 13 December 2020**
Time	:	**3:00pm to 4:30pm**
Age	:	**6 -12 years old**
Cost	:	**$50 per member & $70 for member's guest**
Venue	:	**Squash Court B G/F**

*Join the **NERF Fun Games & Challenge** and have fun shooting at the specially designed target plates with different types of NERF pieces to give exciting challenges to the participants. In the contest, you need to complete all the challenges and winners are decided by contestant with the most target strikes and with best time. Accumulate top points for a chance to win the ultimate grand prize from **NERF ELITE**. Have fun competing with friends and find out who's the best NERF marksman in the Club.*

Open to all levels and you will compete in your own age group. Places are limited, so sign up quickly. Don't miss out.

Kid's Christmas
Coloring Contest

Boys and girls, come and join the Christmas Coloring contest and have fun at the same time. Coloring pages are provided and you may bring your own colour pencils. You will compete in your own age group and attractive prizes for winners.

Date	:	**Saturday 19 December 2020**	Age	:	**5-13 years old**
Time	:	**10:30am-12:00pm**	Venue	:	**Studio B 2/F**
Fee	:	**$30 for Members & $50 for member's guest**			

Kids Christmas Workshop

Gingerbread House

Come and join this joyous event in conjunction with the Christmas Spirit. Decorate your house with lots of colourful sweet candies and you get to take your Gingerbread House home after the workshop in time for Christmas day.

Date	:	**Sunday 20 December 2020**
Time	:	**2:30pm to 3:45pm (Workshop A)** **4:30pm to 5:45pm (Workshop B)**
Fee	:	$180 for Members & $200 for member's guest
Age	:	6 years and above
Venue	:	Studio B 2/F

2020 JUNIOR TENNIS CLUB CHAMPIONSHIPS

SUNDAY

9:00am to 9:00pm

4 October : JUNIOR SINGLES I
11 October : JUNIOR SINGLES II
18 October : JUNIOR DOUBLES I
25 October : JUNIOR DOUBLES II

ENTRY FEE

Singles : $200 per player Doubles : $125 per player

Junior Div B 14 and under
Junior Div C 12 and under
Junior Div D 10 and under
Junior Div E 8 and under

Note: Entries close on the Wednesday at 5:00pm prior to each event

X'MAS BREAK
JUNIOR TENNIS CAMP

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ADVANCED GROUP (HKTA LEAGUE)

Date	:	**Monday to Friday, 14 to 31 December 2020**
Time	:	**Option A (9:00am to 11:00am)** **Option B (4:00pm to 7:00pm)** **Option C (9:00am to 11:00am & 4:00pm-7:00pm)**
Cost	:	**Option A $500/day** **Option B $700/day** **Option C $1,200/day**
Entry Level	:	**Participant needs to be registered in the HKTA Junior League for this camp.**

2020 Junior Open
PETANQUE Tournament

HOW TO SCORE

When all the boules are thrown in a game, the points are then totalled up. The winning team receives one point for each boule that it has closer to the jack than the best-placed boule of the opposition. Thus, the most points that can be scored in a doubles is 6 (six) points; the fewest is 1 (one) point. The winners are the first team to reach 13 points.

Let's head to the petanque court on Sunday afternoon and have some fun in the Petanque tournament. New to the game? Don't worry, come a little bit early for a quick crash course and practice run. Once you get the hang of it, you can join the fun games. Get as many points as possible in the mini-tournament and win some prizes.

Date	:	**Sunday 22 November 2020**
Time	:	**3:00pm – 4:00pm**
Age	:	**9 years and above**
Format	:	**A team of two players**
Cost	:	**$30 for member** **$50 for members' guest**
Venue	:	**Petanque Court**
Note	:	Practice session available from 2:30pm to 3:00pm

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