

2024-25 Semester 1 Leisure Courses



Course Name

Dates

Time

Venue

Fee Per Class: \$110

AEROBIC GYMNASTICS (CLASS A)

18, 25 OCT (FRI)

11:30AM-1:30PM

GYMNASIUM

TRAMPOLINE (CLASS A)

8, 15 OCT (TUE)

3:30PM-5:30PM

SPORTS HALL

TRAMPOLINE (CLASS B)

22, 29 OCT (TUE)

3:30PM-5:30PM

SPORTS HALL

TENNIS (CLASS A)

16, 23 OCT (WED)

9:30AM-11:30AM

TENNIS COURT

TENNIS (CLASS B)

18, 25 OCT (FRI)

9:30AM-11:30AM

TENNIS COURT

MYOFASCIAL RELEASE (CLASS A)

3, 10 OCT (THUR)

7:00PM-9:00PM

SQUASH COURT

MYOFASCIAL RELEASE (CLASS B)

17, 24 OCT (THUR)

7:00PM-9:00PM

SQUASH COURT

SWIMMING (CLASS A)

22, 29 OCT (TUE)

2:00PM-4:00PM

INDOOR SWIMMING POOL

YOGA (HATHA YOGA) (CLASS A)

21, 28 OCT (MON)

4:30PM-6:00PM

SQUASH COURT

YOGA (YIN YOGA) (CLASS A)

21, 28 OCT (MON)

6:00PM-7:30PM

SQUASH COURT

Fee Per Class: \$55

ROCK CLIMBING (CLASS A)

7 OCT (MON)

5:30PM-7:30PM

SPORT CLIMBING GYMNASIUM

ROCK CLIMBING (CLASS B)

14 OCT (MON)

5:30PM-7:30PM

SPORT CLIMBING GYMNASIUM

Application Date: 19 September 2024 (Thursday) 12:00

Application Form:

https://eduhk.au1.qualtrics.com/jfe/form/SV_24yj8wN1S6NaLb0

Application Deadline: 26 September 2024 (Thursday) 23:59



Join now!



[HIGH INTENSITY]
[高強度]

Aerobic Gymnastics

健美體操

Are you prepared to elevate your heart rate and unleash your inner gymnast in this dynamic aerobic gymnastics course? Aerobic gymnastics combines the grace and flexibility of traditional gymnastics with the high-intensity movements of aerobic exercise. Under the guidance of our experienced coach, you'll learn various steps and choreographed routines set to upbeat music. This course will strengthen your cardiopulmonary function, speed up your metabolism, and improve your body coordination, all while fostering a fun and energetic atmosphere. No prior gymnastics experience is necessary.

準備好參加這充滿活力的健美體操班，釋放你內心的體操運動員嗎？健美體操將傳統體操的優雅和靈活性與有氧運動的高強度動作結合。在我們經驗豐富的教練指導下，你會學習各種舞步以及隨著歡快音樂精心設計的動作。本課程將帶你進入有趣和充滿活力的氛圍，透過不同動作強化你的心肺功能、加快新陳代謝，並提升身體的協調能力。參加者無需任何體操經驗。

Trampoline

彈網

[MODERATE TO
HIGH INTENSITY]
[中高強度]


Bounce your way to fitness and fun with our trampoline leisure course! Trampoline exercise is a low-impact, high-intensity workout that engages multiple muscle groups and improves cardiovascular health. Participants will learn proper jumping techniques, safety protocols, and a variety of trampoline-based exercises and routines. This course is suitable for all fitness levels and ages, offering a unique and exhilarating way to get fit, improve balance and coordination, and experience the joyful sensation of bouncing. Whether you're looking to try something new or simply want to add some playfulness to your fitness routine, this course is sure to leave you feeling energized and rejuvenated.

盡情在彈網中享受運動的樂趣吧！彈網運動是一種低衝擊、高強度的運動方式，涉及多種肌肉群參與，並可改善心血管健康。參與者將學習正確的跳躍技巧、安全守則，以及各種以彈網為基礎的動作。本課程適合所有健身程度和年齡層的人士，通過這獨特且令人興奮的健身方式，改善你的平衡和協調能力，並體驗彈跳時的愉悅感。無論你是想嘗試新事物，或是想為生活增添趣味，本課程都能滿足你的需求。

[HIGH INTENSITY]
[高強度]

Tennis

網球



This tennis course is designed to help participants develop the fundamental skills and techniques required to play the sport. Whether you're a complete beginner or looking to improve your existing skills, our experienced coaches will guide you through the basics of forehand, backhand, serving, and court positioning. The course will also cover game strategy, scoring, and the rules of tennis. You'll have the opportunity to practice your skills on our well-maintained courts and participate in friendly matches, fostering a love for this dynamic and social sport.

本課程旨在幫助參加者掌握網球所需的基本技巧。無論你是初學者，還是希望改善自身技術，我們經驗豐富的教練都會指導你學習正手、反手、發球和球場站位等基礎知識，課程還涵蓋比賽策略、得分和網球規則。你將有機會在球場上練習球技，與其他學員互相切磋，培養對這項充滿活力的社交運動的熱愛。

[LOW INTENSITY]
[低強度]

Myofascial Release

肌筋膜放鬆

Myofascial release is a form of soft tissue therapy that focuses on the connective tissue (fascia) to alleviate pain, improve mobility, and promote overall well-being. Participants will learn how to use various tools and techniques, such as foam rollers, massage balls, and the participants' own hands, to target specific areas of tension and release restrictions in the body. This course will empower you to take an active role in your self-care and provide you with practical strategies to incorporate myofascial release into your daily routine.

肌筋膜放鬆是一種軟組織療法，主要針對結締組織 (筋膜) 來減輕疼痛、改善活動能力和促進整體健康。學員將學習如何使用各種工具和技巧，例如泡沫滾輪、按摩球，以及學員自己的雙手，針對特定的緊張部位，釋放身體的限制。本課程將賦予你在自我保健中擔當積極角色的能力，並為你提供實用技巧，將肌筋膜放鬆融入日常生活中。

[HIGH INTENSITY]
[高強度]

Swimming

游泳


Let's dive into the world of swimming with our comprehensive leisure course! Suitable for all levels, from novices to beginner swimmers, this course will focus on improving your technique, endurance, and overall confidence in the water. For novices, our qualified instructor will teach basic swimming styles, such as freestyle and breaststroke, etc. For students with a little basic knowledge, our instructor will help improve their swimming styles and teach backstroke and butterfly strokes.

參加我們的康體班，投入游泳的世界！本課程適合所有程度的學員，不論你是新手或略懂游泳者，都可藉此提高你的技術、耐力和在水中的整體信心。對於新手者，我們的教練將教授基本的泳式，如自由式、蛙泳等。對略有基礎的學員，教練會幫助改進其泳式，並教授仰泳和蝶泳。

[MODERATE TO
HIGH INTENSITY]
[中高強度]

Hatha Yoga

哈達瑜伽



This course will introduce students to the basic principles and exercises of Hatha Yoga, helping participants develop strength, flexibility and balance. Each session includes a series of asanas, pranayama and guided meditations, providing a holistic practice that nourishes the body, mind and spirit. Suitable for beginners and intermediate yoga practitioners.

本課程將向學員介紹哈達瑜伽的基本原理和練習，幫助學員發展力量、柔軟度和平衡。每節課程包括一系列體位法、呼吸法和引導式冥想，提供滋養身體、思想和精神的全面練習。適合初學者及中級瑜伽練習者。

[LOW INTENSITY]
[低強度]

Yin Yoga

陰瑜伽


Yin Yoga targets the connective tissues of the body such as ligaments, fascia and joints. The movements of Yin yoga are held for a longer period of time, usually 3 to 5 minutes, with slow breathing to allow the body to release tension. Through a series of postures designed to improve flexibility, reduce stress and develop a sense of deep relaxation, this class is open to all levels.

陰瑜伽針對身體的結締組織，例如韌帶、筋膜和關節。陰瑜伽的動作停留時間較長，通常為 3 至 5 分鐘，配合緩慢的呼吸讓身體釋放緊張感。本課程透過一系列動作，旨在提高練習者的柔韌性、減輕壓力並培養深度放鬆的感覺，歡迎各種程度的參加者。

[MODERATE TO
HIGH INTENSITY]
[中高強度]

Rock Climbing

攀岩



This rock climbing course is designed to introduce participants to the fundamentals of this thrilling and challenging sport. Under the guidance of experienced instructors, participants will learn proper climbing techniques, safety protocols, and equipment usage. Participants will also learn about safe belaying techniques and the challenges and difficulties you may encounter during climbing. No prior experience is required, but a reasonable level of physical fitness is recommended.

本攀岩課程旨在向學員介紹這項刺激且具挑戰性運動的基礎知識。在經驗豐富的教練指導下，參與者將學習正確的攀登技巧、安全原則和裝備使用，了解安全繫繩技巧，以及學習如何面對攀岩中可能遇到的挑戰和困難。課程不要求參加者有任何經驗，但建議參加者有一定程度的體能。