



# 2024-25 Semester 1 Leisure Courses



Fee Per Class: \$110

Course Name	Dates	Time	Venue
AEROBIC GYMNASTICS (CLASS B)	1, 8 NOV (FRI)	11:30AM-1:30PM	GYMNASIUM
CHINESE DANCE (CLASS A)	8, 15 NOV (FRI)	09:30AM-11:30AM	GYMNASIUM
CHINESE DANCE (CLASS B)	22, 29 NOV (FRI)	09:30AM-11:30AM	GYMNASIUM
SWIMMING (CLASS B)	7, 14 NOV (THUR)	2:00PM-4:00PM	INDOOR SWIMMING POOL
YOGA (HATHA YOGA) (CLASS B)	4, 11 NOV (MON)	6:00PM-7:30PM	SQUASH COURT
YOGA (YIN YOGA) (CLASS B)	4, 11 NOV (MON)	4:30PM-6:00PM	SQUASH COURT
HIGH INTENSIVE INTERVAL TRAINING (HIIT) (CLASS A)	13, 20 NOV (WED)	2:30PM-3:30PM	DANCE ROOM
HIGH INTENSIVE INTERVAL TRAINING (HIIT) (CLASS B)	13, 20 NOV (WED)	3:30PM-4:30PM	DANCE ROOM
LAUGHTER YOGA	22 NOV (FRI)	5:30PM-6:30PM	DANCE ROOM

Fee Per Class: \$55



Application Date: 18 October 2024 (Friday) 12:00

Application Form:

[https://eduhk.au1.qualtrics.com/jfe/form/SV\\_5btLnHdODeTzurc](https://eduhk.au1.qualtrics.com/jfe/form/SV_5btLnHdODeTzurc)

Application Deadline: 25 October 2024 (Friday) 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。

[MODERATE  
INTENSITY]  
[中等強度]

# Chinese Dance

## 中國舞

Immerse yourself in the rich cultural heritage of China through this captivating Chinese dance course. Participants will learn a variety of traditional Chinese dance styles, including classical, folk, and contemporary forms. Under the instruction of experienced dancers, you will explore the graceful movements, expressive gestures, and intricate footwork that characterize this ancient art form. This course will not only teach you the technical aspects of Chinese dance but also provide insights into the cultural significance and storytelling elements. No prior dance experience is necessary.

透過優雅迷人的中國舞蹈班，讓自己沉浸在豐富的中國文化遺產之中。透過這門課程，參加者將學習各種中國傳統舞蹈風格，包括古典、民間和現代的形式。在經驗豐富的舞者之指導下，你將探索這古老藝術舞蹈特有的優美動作、富有表現力的姿勢和多變的步法。本課程不僅會教你中國舞蹈的技術層面，還會讓你了解其文化意義和故事元素。參加者無需任何舞蹈經驗，歡迎所有對中國舞蹈感興趣的朋友參加。

[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。

# Hatha Yoga

## 哈達瑜伽

[MODERATE TO  
HIGH INTENSITY]  
[中高強度]



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。

# Laughter Yoga

## 大笑瑜珈

[LOW INTENSITY]  
[低強度]

Laughter Yoga is a simple and profound aerobic exercise that combines voluntary laughter exercises with yogic breathing. This course will lead participants through a series of playful and interactive laughter activities, which have been shown to provide numerous physical and mental health benefits. By learning to laugh more, even in the absence of humor, participants will experience reduced stress, increased endorphin release, and an overall sense of joy and well-being. No previous yoga experience is necessary.

大笑瑜珈是一種結合自發大笑與瑜珈呼吸的嶄新且獨特的帶氧運動。本課程將帶領參加者進行一系列有趣的互動笑聲活動，已有實證證明這些練習對身心健康有許多益處。透過學習大笑，即使在沒有幽默感的情況下，學員將體驗到壓力減少、安多酚釋放增加，以及整體的愉悅感和幸福感。參加者不需具備任何瑜珈經驗。

[HIGH INTENSITY]  
[高強度]

# High Intensity Interval Training

## 高強度間歇訓練

HIIT is designed to improve your fitness through dynamic movements, combining short bursts of intense exercise with short rest periods. Whether you are a beginner looking to start your fitness journey or an athlete looking to enhance your training regimen, this course will meet your needs. Through jumping, large muscle group, multi-joint and continuous movements, it can save time and effectively improve various aspects of physical fitness elements, cardiovascular health and promote metabolism. You will experience the transformation of the whole body and gain energy to cope with daily activities with ease. Enroll now and discover the power of HIIT!

高強度間歇訓練 (HIIT) 將短暫的劇烈運動與短暫的休息時間相結合，旨在透過動態運動來提高你的健身水平。無論你是想開始健身的初學者，還是想增強訓練的運動員，本課程都能滿足你的需求。課堂會透過跳躍、大肌肉、多關節和連續性的動作，省時且有效地提昇體適能水平、改善心血管健康和促進新陳代謝。你將體驗到全身的轉變，並獲得能量和活力來輕鬆應對日常活動。立即報名體驗 HIIT !