

Sports & Recreation

Summer 2011



KCC Cricket Summer Camp (6-17 yrs)



KCC Cricket not only provides a fantastic learning experience in a fun and social environment, but also a clear pathway to cricketers from all age groups, so all players can realize their potential and have a wonderful learning experience.

Venue: KCC Pitch

Enquiry: 6380-9626 (Peter)

peterw@kcc.org.hk (email)

Jul - Aug		Time	Per Camp/Series
U/11 (6-10 yrs) and U/13 (11-13 yrs) Camp			
Camp 1	Jul 12 – 15 (Thu-Fri)	0900 – 1230	\$600 (KCC Members) \$800 (Non-members)
Camp 2	Jul 19 – 22 (Thu-Fri)		
Camp 3	Aug 9 – 12 (Thu-Fri)		
U/17 (13-17 yrs) Super Series			
Series 1	Jul 12 – 15 (Thu-Fri)	1530 - 1830	
Series 2	Jul 19 – 22 (Thu-Fri)		
Series 3	Aug 9 – 12 (Thu-Fri)		

Have friends and discipline



Have fun

Summer offer

Join 3 Camps/Series per player at

\$1,500/MEMBER and **\$2,100/NON-MEMBER**



Badminton Coaching Venue: Sports Hall

Whether you are looking for a new club or just somewhere to play with friends, we offer it all. KCC has several senior and junior courses for various abilities.



Coach: Lung Bo Bo

Date: Any Mon to Fri

Price: Negotiable **BADL-01P**

Enquiry: 6682-5408 (Mr. Lung)

Coach: Patrick (6+ yrs)

Date: Any Mon to Sat

Price: Negotiable **BAD-01P**

Enquiry: 8103-0078 (Patrick)

Coach: W. L. Wong

Intermediate Level (16+ yrs) **BADC-01W**

Every Mon 1930-2130

Advanced Level (16+ yrs) **BADA-01W**

Every Fri 2000-2200

Junior Level (8-18 yrs) **BADJ-01W**

Every Sun 1500-1700

Price: \$650/4 lessons (KCC Members)

\$800/4 lessons (Non-members)

Enquiry: 9284-0469 (Mr Wong)



Golf Summer Camp with SNAG Golf (5-16 yrs)

SNAG allows for full shots, pitching, chipping, and putting. It's a proven learning & training tool for entry level golfers.



Camp 1: Aug 1 – 4 (Mon-Thu)

Camp 2: Aug 8 – 11 (Mon-Thu)

Camp 3: Aug 22 -25 (Mon-Thu)

Age group: 5 – 10yrs & 11-16yrs

Time: 1100-1300

Venue: Sports Hall

Price: \$1,400/4 lessons (KCC Members)

\$1,880/4 lessons (Non-members)

***Demonstration day: 24 Jul (1330-1430)**

Free of charge

Enquiry: 2369-1101 (SNAG Golf)

enquiry@kindersports.com.hk (email)



For enrolment and general enquiries, please contact the KCC Reception on 3473-7000 or Kings Chan on 3473-7144

Neither The Kowloon Cricket Club nor organizers will be responsible for any injuries sustained by any participant during the lessons. All participants attending do so at their own risk. The KCC or organizers will also not be responsible for any loss of property during the lessons.

Pilates with Riny (12+ yrs)

Date: Every Mon

Time: 1030-1130

Venue: Aerobics Room

Price: \$120/lesson (KCC Members)

\$150/lesson (Non-members)

Enquiry: 9046-5134 (Riny)

PTR-01



Personal Training with Adam / Riny / Tony / Kenny (16+ yrs)

Date: Mon to Sun

Time: 0700-2300

Venue: Fitness Center

Price: 1 session / 3 sessions / 10 sessions

One on One: \$475 \$1,300 \$4,500

Group: \$280 \$800 \$2,700

Enquiry: 9721-5959 (Adam)/ 9046-5134 (Riny)

6543 0802 (Kenny)/ 3473-7161 (Fitness Centre)



Yoga with Sujal (18 yrs+)

Body Tune-up Workshop (Adults)

(4-day Kundalini Workshop)

Session 1 - Beginners cleansing set

Session 2 - Strengthening our Immune system

Session 3 - Circulatory system and magnetic field

Session 4 - Nervous system renews your nervous system and builds stamina

Students of all levels are welcome

Date: Aug 8, 15, 22, 29 (Mon)

Time: 1900 - 2000

Price:

HK\$200/session (KCC Members)

HK\$270/session (Non-members)

YOKD-01



Hatha Yoga (Adults)

YOSH-01

Hatha Yoga tries to achieve balance between body and mind, as well as attempts to free the more subtle spiritual elements of the mind.

Date: Every Sat

*1st class commences on 6th Aug

Time: 1000-1100

Venue: Aerobics Room

Price: HK\$150/lesson (KCC Members)

HK\$180/lesson (Non-members)

Enquiry: 9040-9776 (Sujal)



Hatha

哈達

Kundalini
昆達利尼

Qi
氣

Summer Boot Camp (13+ yrs)

Date: Every Mon (Beginner)

Every Wed (Intermediate)

Every Fri (Advanced)

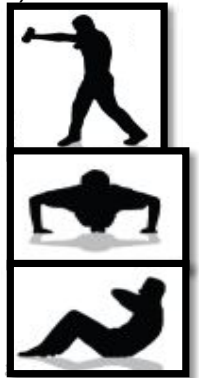
Time: 1800 - 1900

Venue: Pitch

Price: \$230/lesson (KCC Members)

\$250/lesson (Non-members)

Enquiry: 9721-5959 (Adam)



Kickboxing with Adam (Full-day)

(16+ yrs)

Date: Mon to Sun

Time: 0700-2300

Venue: Sun Lawn

Price: KCC Members Non-members

40 mins \$350 \$475

60 Mins \$525 \$600

Enquiry: 9721-5959 (Adam)/

3473-7161 (Fitness Centre)



Qikung Walking Exercise

QWE-01

The purpose of the course is to spread the knowledge of this Qikung Walking Exercise to as many people as possible so that people can maintain and improve their health conditions.

Date: Every Tue

Jul 12, 19, 26;

Aug 2, 9 16

Time: 1430-1600

(Official registration on

12th Jul at 1400-1430)

Venue: Sports Hall

Price: \$200/6 lessons (KCC Members)

\$400/6 lessons (Non-members)

*No registration after 2nd lesson

on 19th Jul



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Brazilian Soccer Coaching

The Brazilian Soccer School syllabus covers every area of football and whilst our coaching is by no means exclusively Brazilian. There are 4 key aspects that have their origins in Brazil:

1. Futebol de Salao 2. Emphasis on Individual Skills 3. Increased time training 4. Physical Training

BSS Junior Football Summer Camp (5-13 yrs)

Camp 1: Jul 5 – 8 (Tue-Fri)

BSS-01



Camp 2: Aug 2 – 5 (Tue-Fri)

BSS-02

Camp 3: Aug 16 - 19 (Tue-Fri)

BSS-03

Time: 0900 - 1200

Venue: KCC Pitch

Price: \$300/3-hr session (KCC Members)

\$350/3-hr session (Non-members)

Enquiry: 2385-9677 (BSS Office)

bsshongkong@icfds.com (email)



Socatots

SCT-01

Date: Jul 8, 15, 22, 29;

Aug 5, 12, 19, 26 (Fri - 8 sessions)

Time: 1500 – 1600 (3 yrs)

1600 – 1700 (4-5 yrs)

1700 – 1800 (4-5 yrs)

Venue: Sports Hall

Price: \$140/session (KCC Members)

\$170/session (Non-members)

Enquiry: 2385-9677 (BSS Office)

bsshongkong@icfds.com (email)



Swimming Program with Star Aquatics (1 yr+)

SW-01



Date: Mon - Sat

Time: 1500 - 2000 (Mon, Wed, Fri)

0900 - 1200 (Tue, Thu)

0900 – 1200 (Sat – Private coaching only)

Venue: KCC Swimming Pool

Group Coaching: \$190/session (KCC-members)

\$250/session (Non-members)

Private Coaching: \$460 up/session (All learners)

Enquiry: 9311 0946 (Star Aquatics)

admin@staraquatics@com.hk (email)



Star Tips:

Buy 4 lessons / week get 1 free

Tennis Summer Camp with Henry

(5-14 yrs)

TESC-01

The camp will consist of:

Technique development, hand-eye co-ordination drills and fitness training etc.

Date: 22 & 23 Aug (Mon & Tue)

Time: 0900-1200

Venue: Tennis Court #1, 2

Price: \$900/camp (All participants)

Enquiry: 6135-7606 (Henry)

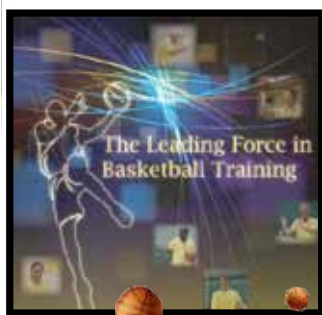
atplimited@hotmail.com (email)



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LABA Basketball Summer Camp (5 yrs+)



Starting this Summer, KCC offers a fun-filled Basketball Camp for your skill-building and team formation. It will be intense in nature within a secure and challenging environment mentored by only the best coaches from LABA. All attendees will be having a rewarding learning experience.



Camp 1: Jul 26 – 29 (Tue-Fri)
 Camp 2: Aug 23 – 26 (Tue-Fri)
 Time: 1000 - 1200
 Venue: Sports Hall
 Price: \$1,250/camp (KCC Members)
 \$1,680/camp (Non-members)

***Demonstration Day: 17 Jul (1330-1430):
 Free of charge**

Enquiry: 3499 1540 (Yannick)
 info@laba.com.hk (email)

Latin / Ballroom Dance with Amy (6 yrs+)

Date: Every Wed : 1000 – 1130 (Adult)
 1130-1230 (6-12yrs)

BALD - 01

BALD - 02

Every Fri : 1100 – 1230 (Adult)

BALD - 03

Venue: Aerobics Room

Let's join the Latin Dance course for **YOU**

- whether you just want to learn the basics,
 polish up your skills or dance like the stars.

Price	KCC Members	Non-members
5-lesson package with 50% discount	\$800 Discounted \$400	\$950 Discounted \$475
Per Lesson package (For Adult course only)	\$180	\$210
Kids package (5-lesson)	\$500 Discounted \$250	\$600 Discounted \$300



Summer Hockey Program (5-15 yrs)

We focus on teaching children hockey skills in a fun and friendly environment. If you would like your child to learn hockey under the guide of our excellent Hong Kong Team coaches, come to join the KCC Mini Hockey.

Date: Jul 3, 6, 10, 13, 17, 20, 24;
 Aug 3, 7, 10, 14, 17, 21, 24

Venue: Sports Hall

KCC members: Free of charge

Non-member price:

HK\$1,400/14 sessions (July & August)

HK\$800/7 sessions (July or August)

* All payment made is non-refundable and non-transferable

Hockey is the oldest known ball and stick game. The game became more organised late in the 19th century and became an Olympic sport in 1908



Time	Wed	Sun	Course code
U8	1500-1600	0900-1000	HOKY-01
U10	1600-1700	1000-1100	HOKY-02
U12	1700-1800	1100-1200	HOKY-03
Youth (<16yrs)	1800-1900	1200-1300	HOKY-04

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