

Kowloon Cricket Club Sports & Recreation

November 2011

Junior Cricket Coaching

U/17 (Aged 11-17)

Tue @ 1630-1830 (11 lessons)
Sep 6, 20, 27; Oct 4, 11; Nov 15, 22, 29;
Dec 6, 13, 20

Sat @ 1030-1230 (7 lessons)

Sep 3; Oct 15; Nov 5, 12, 19, 26; Dec 10;

U/13 (Aged 9-13)

Thu @ 1630-1830 (13 lessons)
Sep 1, 8, 15, 22, 29; Oct 6, 13; Nov 17, 24;
Dec 1, 8, 15, 22

Sat @ 1030-1230 (7 lessons)

Sep 3; Oct 15; Nov 5, 12, 19, 26; Dec 10

U/11 (6-11 yrs)

Fri @ 1700-1800 (12 lessons)
Sep 2, 9, 23, 30; Oct 7, 14; Nov 18, 25;
Dec 2, 9, 16, 23

Sat @ 1030-1230 (7 lessons)

Sep 3; Oct 15; Nov 5, 12, 19, 26; Dec 10

KCC Members

Non-members

U/17 (18sessions)	\$2,700	\$3,150
U/13 (20sessions)	\$3,000	\$3,500
U/11 (19sessions)	\$2,850	\$3,325

Enquiry: 6380-9626 (Peter) or 3473-7144 (Kings)

Kickboxing with Adam (Mon-Sun)

KCC Members Non-members

40 mins	\$350	\$475
60 mins	\$525	\$600

Enquiry: 9721-5959 (Adam)
3473-7161 (Fitness Center)

Personal Training with Adam /Tony / Kenny/Ann

Enquiry: 9721-5959 (Adam)/
9837-3739 (Tony) /
6543-0802 (Kenny) /
6273-6039 (Ann) /
3473-7161 (Fitness Center)

Personal Training with Riny Everyday Pilates (Mon)

Mon @ 1030-1130
Enquiry: 9046-5134 (Riny)

Yoga with Sujal Kundalini yoga

(Mon) @ 1900-2030

\$200/lesson (KCC Members)
\$250/lesson (Non-members)

*pay for 4 sessions and get a meditation
class free at the end of the month

Meditation (Mon) @ 2030-2115
(Last Mon of each month)

\$100/lesson (All participants)

Adults (Tue) @ 1000-1100

Hatha voga (Sat) @ 1000-1100

\$150/lesson (KCC Members)
\$180/lesson (Non-members)
Enquiry: 9040-9776 (Sujal)
/3473-7144 (Kings)

Brazilian Soccer Schools (Wed)

Sep 7, 14, 21; Oct 12;
Nov 16, 23, 30; Dec 7, 14
1600-1730 @ 5-7 yrs
1730-1900 @ 8-13 yrs

\$1,620/9 sessions (KCC Members)
\$1,980/9 sessions (Non-members)

Socatots (Thu - Indoor)

Sep 1, 18, 15, 22, 29; Oct 6, 13, 20;
Nov 3, 17, 24; Dec 8, 15 (13 lessons)

2yrs Walking-2yrs 3 yrs

Time: 1500-1600 / 1600-1700 / 1700-1800

Socatots (Fri - Outdoor)

Sep 9, 23, 30; Oct 7, 14;
Nov 18, 25; Dec 2, 9, 16 (10 lessons)

3 yrs 4 yrs 4 yrs

Time: 1500-1600 / 1600-1700 / 1700-1800

KCC Members Non-members

Thu \$1,950/13 sessions \$2,470/13 sessions
Fri \$1,500/10 sessions \$1,900/10 sessions

Sat @ 0830-1000

\$2,100/year (KCC members)
\$2,700/year (Non-members)

*Start on 3rd Sep

Enquiry: 2385-9677 (BSS office)
3473-7144 (Kings)

Judo with Global Sports (Sat)

Sep 10, 17, 24; Oct 8, 15, 22;
Nov 5, 12, 19, 26; Dec 3
6+ yrs @ 1000-1100
10+ yrs @ 1115-1215

\$1,100/11 lessons (All participants)

Enquiry: 9010-3091 (Shirley) /
9162-8631 (Donald) /
3473-7144 (Kings)

Multi-sports Program (Fri)

Sep 16, 23, 30; Oct 7, 14; Nov 4, 25; Dec 2, 9

Junior Sports

3-4 yrs @ 1530-1615
5-6 yrs @ 1615-1700

Basketball

7+ @ 1700-1800

\$900/9 sessions (KCC Members)
\$1,260/9 sessions (Non-members)

Enquiry: 2540-1257 (Multi-sports)
3473-7144 (Kings)

Latin / Ballroom Dance (Fri)

Adult @ 1100-1230

5 -lesson package with 50% discount

\$400/5 lessons (KCC Members)

\$475/5 lessons (Non-members)

Per lesson package

\$180/lesson (KCC Members)
\$210/lesson (Non-members)
Enquiry: 6543-0332 (Amy) /
3473-7144 (Kings)

Badminton with Patrick (Mon-Sun)

Enquiry:
8103-0078 (Patrick)
/3473-7144 (Kings)

KCC Mini Hockey Training (Sun)

\$800/Full-season course
(KCC Members)

\$2,200/Full-season course
(Non-members)

*2011 Full-season commences on
Sep 2011 to June 2012
Under 8 yrs
(Beginner; C & D Team)
@ 0900-1000
Under 8 yrs
(A & B Team) @ 1000-1100
Under 10 yrs @ 1100-1200
Under 12 yrs & Youth @ 1200-1300
Enquiry: 3473-7144 (Kings)

Tennis Coaching with Henry (Mon - Sat)

1-to-1: \$530pp (1 hr)
1-to-2: \$275p= (1 hr)
1-to-3: \$220pp (1 hr)
1-to-4: \$200pp (1 hr) /
1-to-5: \$180pp (1 hr)
1-to-6: \$180pp (1 hr)
Enquiry: 6135-7606 (Henry) /
3473-7144 (Kings)

Freestyle Jazz with Jacqui (Mon)

Aug 22, 29; Sep 5, 12, 19, 26;
Oct 3, 10; Nov 7, 14, 28; Dec 5, 12
5-6 yrs @ 1615-1700
7-9 yrs @ 1700-1745
10-13 yrs @ 1745 - 1845
\$720/6 lessons (KCC Members)
\$840 /6 lessons (Non-members)
Enquiry: 9813-0079 (Jacqui) /3473-7144 (Kings)

Badminton Coaching with W. L. Wong

Intermediate Level: Mon @ 1930-2130
Adv Level: Fri @ 2000-2200
\$650/4 lessons (KCC Members)
\$800/4 lessons (Non-members)
Enquiry: 9284-0469 (WL Wong)
/3473-7144 (Kings)

QI-Kung Walking Exercise with Cecilia (Tue)

Nov 8, 15, 23 (Wed), 29;
Dec 6, 13

Tue @ 1430 - 1600

\$200 / /6 lessons (KCC Members)

\$400 / 6 lessons (Non-Member)

Enquiry: 3473-7144 (Kings)

Advance ladies Badminton with Lung Bo Bo (Mon to Fri)

Price: Negotiable

Enquiry: 6682-5408 (Lung BoBo) / 3473-7144 (Kings)

Application forms are available from the KCC Reception

Anyone participating in any activity or sports should consult a doctor prior to commencement of such activities and
all participants are responsible for their own medical/accident insurance coverage