KOWLOON CRICKET CLUB SPORTS & RECREATION
OCTOBER 2011

Month of Cricket Sixes

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)

Swimming Program with Star Aquatics

Mon @ 1100-2000
Wed @ 0900-2000
Sat @ 0900–1300

Get an EXTRA lessons with purchase of 3 lessons In 1 week

	Group	Private/ Semi-private
KCC Members	$190/hr	$460up/hr
Non-members	$250/hr	$600up/hr

Enquiry: 9311 0946 (Star Aquatics)/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)

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)

KCC Mini Hockey Training (Sun)

$800/Full-season course (KCC Members)
$2,200/Full-season course (Non-members)
*2011 Full-season commences on
4th Sep 2011 to last Sunday of 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)

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)

Latin / Ballroom Dance (Wed & Fri)

Adult @ 1100-1230 (Wed)
Adult @ 1100-1230 (Fri)
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 Coaching with W. L. Wong

Intermediate Level: Mon @1930-2130
Adv Level: Fri @2000-2200
Jr. Level: Sun @1500-1700
$650/4 lessons (KCC Members)
$800/4 lessons (Non-members)
Enquiry: 9284-0469/3473-7144 (Kings)

Personal Training with Adam / Tony / Kenny/Ann

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

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)

Personal Training with Riny

Mon - Sat

Pilates with Riny (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 Yoga (Sat) @ 1000-1100
$150/lesson (KCC Members)
$180/lesson (Non-members)
Enquiry: 9040-9776 (Sujal)/
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)

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)

Badminton with Patrick (Mon-Sun)

Enquiry: 8103-0078 (Patrick)/
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