

Kowloon Cricket Club Sports & Recreation September 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)

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)

Latin / Ballroom Dance (Wed & Fri)

Adult @ 1000-1130 (Wed)

Adult @ 1100-1230 (Fri)

5-lesson package with 50% discount
~~\$800~~ \$400/5 lessons (KCC Members)
~~\$950~~ \$475/5 lessons (Non-members)

Per lesson package

\$180/lesson (KCC Members)

\$210/lesson (Non-members)

Enquiry: 6543-0332 (Amy) / 3473-7144 (Kings)

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)

Personal Training

with Adam / Tony / Kenny

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

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)

Freestyle Jazz with Jacqui (Mon)

May 9, 16, 23, 30; Jun 13, 20

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

Jr. Level: Sun @ 1500-1700

\$650/4 lessons (KCC Members)

\$800/4 lessons (Non-members)

Enquiry: 9284-0469/3473-7144 (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)

Socotots (Thu - Indoor)

Sep 1, 18, 15, 22, 29; Oct 6, 13, 20;

Nov 3, 17, 24; Dec 8, 15 (13 lessons)

2yrs Walking-2yrs 3yrs

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

Socotots (Fri - Outdoor)

Sep 9, 23, 30; Oct 7, 14;

Nov 18, 25; Dec 2, 9, 16 (10 lessons)

3yrs 4yrs 4yrs

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)

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 Riny

Everyday

Pilates with Riny (Mon)

Mon @ 1030-1130

Enquiry: 9046-5134 (Riny)

Badminton with

Patrick (Mon-Sun)

Enquiry: 8103-0078 (Patrick) /

3473-7144 (Kings)

Tennis Coaching

with Henry

(Mon - Sat)

1-to-1: \$530pp (1 hr)

1-to-2: \$275pp (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)

Basketball coaching with L.A.B.A.

15+ yrs: 1300-1500 @ Sat

Enquiry: 3473-7144 (Kings)

Coming soon!

Mini golf with SNAG Golf

Proposed time: 1300-1500 @ Sun

Enquiry: 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