

Table Tennis

Table Tennis is a world-wide sport enjoyed by people of different ages. In this course, you could learn academic knowledge and also table tennis technique. It includes basic steps, fore hands and back hands attacking skills. Furthermore, it is also a good training for your hand-eye co-ordination and concentration. Come and join the course and enjoy the fun of Table Tennis!

Coach Cheung has much coaching experience in Table Tennis. We are lucky to have him being our Club's Coach!



Coach Profile 教練簡歷

Cheung Cho Kiu 張祖喬

Registered Coach of the Hong Kong Table Tennis Association.

Former Representative of Hong Kong Table Tennis Team. Taking part in various international and regional competitions in 1987-1994, e.g. World Universities Table Tennis Championships, France.

Former coach of the "Young Athletes Training Scheme" of the Leisure and Cultural Services Department.

香港乒乓總會註冊教練。

前香港乒乓球隊代表。87-94年間，參加過多項國際性及地區性賽事，例如法國世界大學生乒乓球錦標賽。

前青苗培訓計劃教練（乒總及康文署主辦）。曾為恒生精英隊港外比賽帶隊教練，到內地參加「向陽盃」全國少兒乒乓球比賽。

Date: By appointment

Venue: Block B

Age: Different Ages

Fee: \$560 - 1 hour

\$840 - 1.5 hours



For enquiries and registration, please contact the Fitness Centre on 2657 8292