

SPORTS & RECREATION

INSPIRING CREATIVE FUN ACTIVITIES



CCHLY 2023 summer program



SUMMER BREAK

Adventure Camp

9am to 3pm

Monday to Friday

3 July - 16 August 2023



MULTI-SPORTS - SCAVENGER HUNT - LEGO BUILDING - ARTS & CRAFTS - WATER GAMES



Time

Activities

9:00am-10:00am

Multi-Sports

10:00am-10:30am

Scavenger Hunt

10:30am-11:00am

Treasure Hunt / FUN Games

11:00am-12:00nn

Arts & Crafts

12:00nn-1:00pm

Lunch & Movie Time

1:00pm-2:00pm

LEGO Building

2:00pm-3:00pm

Water Games

2:00pm-3:00pm

Indoor Sports (during bad weather)

Age 5 – 10 years old
Guests welcome*

\$550 per child/day for Members
\$605 for Member's guest*
Can enrol in singles day

No camps during Public Holidays

summer
camp
2023





JUNIOR TENNIS SUMMER CAMP

From 3 July – 16 August 2023
Monday to Friday

SCHOOL BREAK? THE GAME IS ON! Don't miss out and join our next summer intensive and fun tennis camp and bring their game to the next level. From 3 to 14 years old and all levels are welcome! Guest are welcome to join.

To sign up, scan the QR code or for details call Cris on 2657 8292.

Dates:	Week 1	3-7 July
	Week 2	10-14 July
	Week 3	17-21 July
	Week 4	24-28 July
	Week 5	31 July-4 August
	Week 6	7-11 August
	Week 7	14-16 August

Time: **RED BALL**
From 9:00am to 1:00pm
(1 hour each session)

ORANGE BALL & GREEN BALL
9:00am-11:00am / 11:00am-1:00pm

Fee: **RED BALL** - \$250 per hour
ORANGE BALL - \$500/session
GREEN BALL - \$500/session

Member's guest - add 10% on total cost.

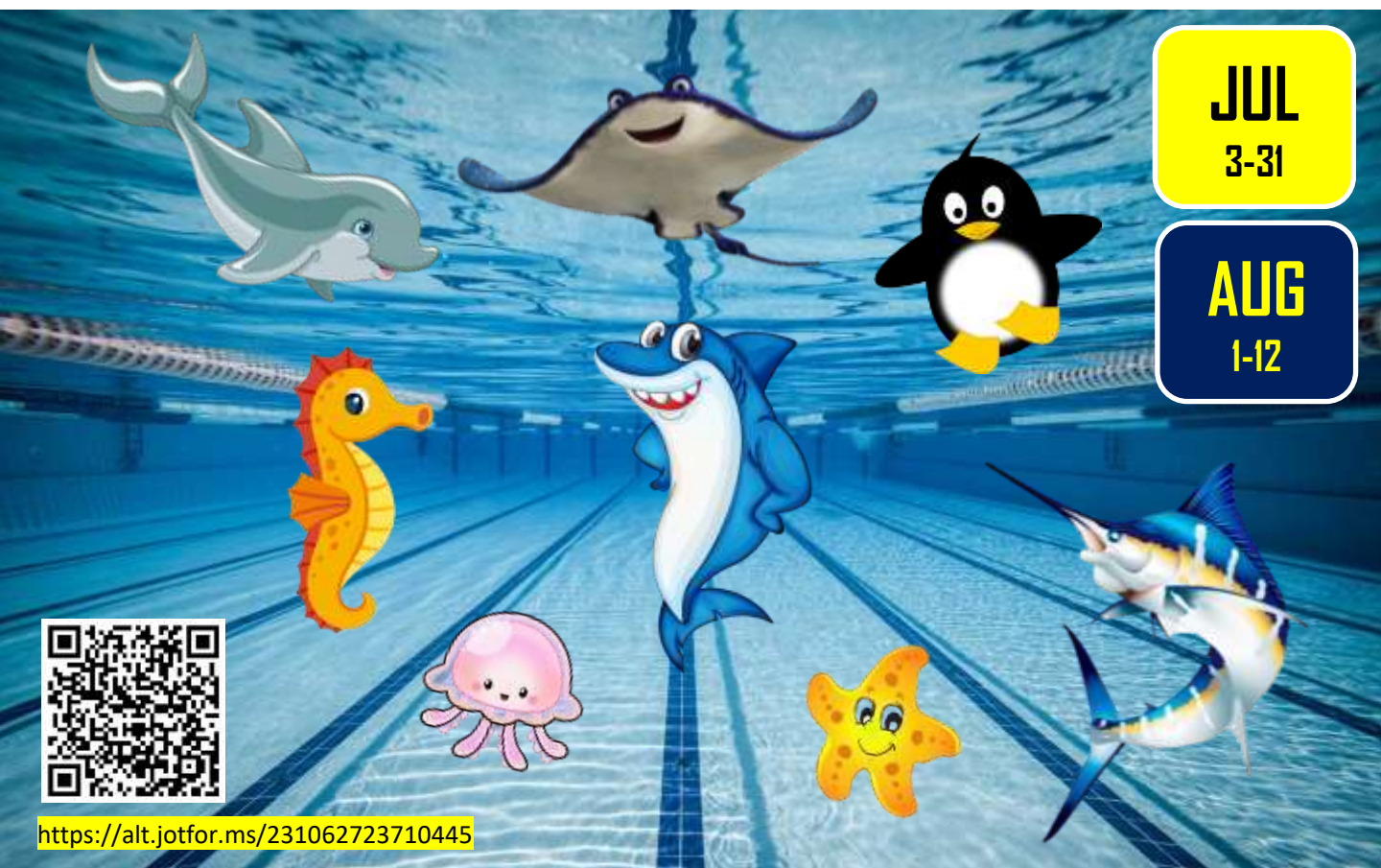


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2023 Summer Swimming Clinics



Over the summer break, SwimSure is offering 6 weeks of intensive swimming lessons from beginners to advanced. Places are limited so please sign up early via our JotForm and if you need further information, please contact Adam or Miss Dil at swimsurehk@gmail.com. You may scan the QR code for details and class schedules.

GROUP LESSONS

Mon/Tue/Wed/Thu Classes

From 3:15pm to 6:15pm

Sat Classes

From 9:00am to 12:15pm

- Pre-School Penguin
- Beginner 1 Seahorse
- Beginner 2 Starfish
- Advanced (able to swim freestyle & breaststroke for 15meters)
- Parent & Infant 18-36 months

GROUP LESSON FEES

30 minutes - \$220
45 minutes - \$250
60 minutes - \$295

PRIVATE LESSON 1:1

30 minutes – \$500
40 minutes – \$650
60 minutes – \$850

SEMI PRIVATE LESSON 1:2

30 minutes - \$600
40 minutes - \$750
60 minutes - \$950



2023 SUMMER TERM SWIMMING CLINICS

Day	Lessons Dates	Level	Time	Duration	Total Fee	Max Kids
Monday	July 3,10,17,24,31 Aug 7	Pre-School Penguin	3:15pm-3:45pm	30mins	\$1,320	3
		Beginner 1 Sea Horse	3:45pm-4:30pm	45mins	\$1,500	4
		Beginner 2 Starfish	4:30pm-5:15pm	45mins	\$1,500	4
	6 lessons	Advanced	5:15pm-6:15pm	60mins	\$1,770	8
Tuesday	July 4,11,18,25 Aug 1,8	Beginner 1 Seahorse (A)	3:15pm-4:00pm	45mins	\$1,500	4
		Beginner 1 Seahorse (B)	4:00pm-4:45pm	45mins	\$1,500	4
		Beginner 2 Starfish (A)	4:45pm-5:30pm	45mins	\$1,500	4
	6 lessons	Beginner 2 Starfish (B)	5:30pm-6:15pm	45mins	\$1,500	4
Wednesday	July 5,12,19,26 Aug 2,9	Pre-School Penguin (approx. 3-4 years)	3:15pm-3:45pm	30mins	\$1,320	3
		Beginner 1 Seahorse	3:45pm-4:30pm	45mins	\$1,500	4
		Beginner 2 Starfish	4:30pm-5:15pm	45mins	\$1,500	4
	6 lessons	Advanced	5:15pm-6:15pm	60mins	\$1,770	8
Thursday	July 6,13,20,27 Aug 3,10	Beginner 1 Seahorse (A)	3:15pm-4:00pm	45mins	\$1,500	4
		Beginner 1 Seahorse (B)	4:00pm-4:45pm	45mins	\$1,500	4
		Beginner 2 Starfish (A)	4:45pm-5:30pm	45mins	\$1,500	4
	6 lessons	Beginner 2 Starfish (B)	5:30pm-6:15pm	45mins	\$1,500	4
Saturday	July 8,15,22,29 Aug 5,12	Parent and Infant (approx. 18months - 3yrs)	9:00am-9:45am	45mins	\$1,500	8
		Beginner 1 Seahorse	9:45am-10:30am	45mins	\$1,500	4
		Beginner 2 Starfish	10:30am – 11:15am	45mins	\$1,500	4
	6 lessons	Advanced	11:15am – 12:15pm	60mins	\$1,770	8

LEVEL DESCRIPTIONS

For beginner 1 level and above, students are placed depending on their swimming ability and confidence, rather than their age.

Parent & Infant (18 to 36 months) – this class offer great introduction to the world of swimming. Infants will become familiar with aquatic environment, develop confidence through participation in a range of safe, enjoyable activities with the important emphasis of ‘learning through play’.

Pre-School – An introduction to water without parental support. Lots of fun games, equipment and activities will have your children water confident in no time. Students are introduced to basic breath control and submersion (if ready) and will explore movement, floating and balance in shallow water.

Beginner 1 – At this level, the primary aim is to build self-confidence in the water and introduce the basic skills of floating, gliding and submerging. Students will progress towards basic freestyle, including correct body position, a strong flutter kick and basic arm movement (under or over the water).

Beginner 2 – At this level, students will already be able to swim a minimum of 10 meters unaided. Skills will also include in every lesson such as floating in different ways, push and glide with rotation, picking up items from pool bottom (with & without goggles), treading water and safe entry & exit.

Advanced – Anyone could swim freestyle and breaststroke for 15 meters . More advanced techniques will be introduced and to developing endurance to at least 20 meters while maintaining these techniques.

MAD SUMMER CAMP

THE ULTIMATE OUTDOOR CAMP

All new set of activities coming this SUMMER! At Asia Adventure Sport (AAS) we continue exploring the outdoors and building up self-confidence through sports. In this fun camp, kids will have amazing outdoor experience with our professional instructors in **SUP, SCUBA, CANYON, COASTEERING, GIANT SUP, DRAGON BOATING, KAYAKING, JUNK BOATS, ZIP LINE** and MORE!!

To sign up, scan the QR code or call Miss Dill at 4611 6214 for further details.

For HLY members, enjoy 15% off; type this code - **IAMWITHHLY** when you sign up.



Fee: **\$5,000 per child/camp**
(5-days camp)

Venue: **Sai Kung**

Time: **9:30am – 2:30pm**

Age: **5 to 12 years old**

SUMMER CAMP At SAI KUNG

Week 1	3 rd – 7 th July
Week 2	10 th – 14 th July
Week 3	17 th – 21 st July
Week 4	24 th – 28 th July
Week 5	31 st July – 4 th August
Week 6	7 th – 11 th August



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MAD SUMMER CAMP

SAI KUNG CAMP SCHEDULES

WEEK 1	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
AGE	5-7	8+	5-7	8+	5-7	8+	5-7	8+	5-7	8+
ACTIVITIES	Snorkel & Beach Games	SCUBA	Adventure Day – Explore, Sea Swim, S’mores & more!		Nature & Water Exploration		Dragon Boat, Camp Skills & Den Building		Friday FUN DAY Giant, SUP, Water Games, Team Races & Competitions	

WEEK 2	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
AGE	5-7	8+	5-7	8+	5-7	8+	5-7	8+	5-7	8+
ACTIVITIES	Snorkel & Beach Games	SCUBA	Canyon – Zip Line & Swim		Catapult Build, Beach Sports, Team Challenges		Kayak Skills & Beach Games	Kayak Journey	Friday FUN DAY Giant, SUP, Water Games, Team Races & Competitions	

WEEK 3	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
AGE	5-7	8+	5-7	8+	5-7	8+	5-7	8+	5-7	8+
ACTIVITIES	Snorkel & Beach Games	SCUBA	Adventure Day – Explore, Sea Swim, S’mores & more!		Nature & Water Exploration		Dragon Boat, Camp Skills & Den Building		Friday FUN DAY Giant, SUP, Water Games, Team Races & Competitions	

WEEK 4	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
AGE	5-7	8+	5-7	8+	5-7	8+	5-7	8+	5-7	8+
ACTIVITIES	Snorkel & Beach Games	SCUBA	Survival Skills, Nature & Water Exploration		Sea Scouts, Disc Golf, Capture The Flag & Water Games		SUP Skills & Beach Games	SUP Journey	Friday FUN DAY Junk Boat	

WEEK 5	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
AGE	5-7	8+	5-7	8+	5-7	8+	5-7	8+	5-7	8+
ACTIVITIES	Snorkel & Beach Games	SCUBA	Canyon – Zip Line & Swim		Catapult Build, Beach Sports, Team Challenges		Kayak Skills & Beach Games	Kayak Journey	Friday FUN DAY Giant, SUP, Water Games, Team Races & Competitions	

WEEK 6	DAY 1		DAY 2		DAY 3		DAY 4		DAY 5	
AGE	5-7	8+	5-7	8+	5-7	8+	5-7	8+	5-7	8+
ACTIVITIES	Snorkel & Beach Games	SCUBA	Adventure Day – Explore, Sea Swim, S’mores & more!		Nature & Water Exploration		Dragon Boat, Camp Skills & Den Building		Friday FUN DAY Giant, SUP, Water Games, Team Races & Competitions	



CODING ACADEMY

Hone your child's logical thinking and problem-solving skills while having lots of fun! Coding Academy will build a new literacy skill for your child, embracing problem-based and project-based learning. Children can build core skills for critical thinking, communication, collaboration, and creativity. Courses and camps both offer a mixed blend of theories, group activities and exercises for children at all skill levels. The course will start off with basic logic-based problems and games, followed by Python learning materials. Towards the end of the course, students will also have a chance to use AI and evaluate the results.



- Fee** : \$3,000 per student
(5 days camp)
- Venue** : General's Lounge
- Time** : 9:30am-12:30pm
- Age** : 8 – 15 years
- Dates** : **Monday-Friday**
Camp 1 – (Jul) 10-14
Camp 2 – (Jul) 24-28
Camp 3 – (Aug) 7-11
(can choose any camps)
- Note** : Participants are required to bring along their own laptop (fully charged) to the camp.

BALLET

SUMMER DANCE WORKSHOP

BY YAN'S SCHOOL OF DANCE

Suitable for those with little or no previous experience, to those seeking more challenging work towards a deeper understanding of ballet. Students from Pre-Primary onward can take part in the Royal Academy of Dance Ballet Examination, however to secure their performance in the Examinations, students should attend Ballet lessons at least twice per week.

Fee	Toddler (with adult)	\$145/class (45 mins)
	Pre-School	\$145/class (45 mins)
	Pre-Primary/Primary	\$145/class (45 mins)
	Grade 1-3	\$145/class (45 mins)
	Grade 5-6	\$240/class (75 mins)
	Intermediate	\$170/class (1 hour)

- Venue : Studio A 2/F
- Age : 2 years old or above
- Day : Monday, Wednesday & Saturday (monthly course)
- Time : Please refer to separate schedule on registration form

Mon	(Jul) 3,10,17,24,31	Aug 7,14,
Wed	(Jul) 5,12,19,26	Aug 2,9,16
Sat	(Jul) 1, 8,15,22,29	Aug 5,12



*No class during Public Holidays

Children's Jazz



So... You Think You Can Dance ?

Children's Jazz Summer Workshops

These dance workshops are a combination of dance styles; Hip Hop and Commercial Dance (like the video hits) are the most popular styles taught in the Jazz classes. You will start with a warm-up, kicks, jumps and progressions down the hall and then learn a routine.

Day/Time	: Monday (monthly course) (Jul) 3,10,17,24,31 (Aug) 7,14 3:15pm-4:00pm (5-7 yrs) 4:45pm-5:45pm (8-12 yrs)
Fee	: \$170 per class (60 mins) 145 per class (45 mins)
Age	: 5 years and above
Venue	: Studio A 2/F
Instructor	: Ms. Yan

GYMNASTICS

SUMMER CLINICS

Does your daughter enjoy stretching, tumbling, running around? Is she full of energy? Are you interested in finding a fun way to keep your child busy while also making sure she has an outlet for her endless energy and creativity? This course is the perfect activity for your girl!

Based on a professional **Rhythmic Gymnastics** training program and tailor-made for the beginners, Gymnastics with Bogdana provides an entertaining and efficient way of obtaining new skills, which will impress your family and friends, healthy lifestyle habits and breath-taking results of grace and flexibility.

Rhythmic Gymnastics routines are choreographed to match music and it's beat, and include dance movements sometimes combined with special small equipment like ropes, hoops, balls, ribbons etc.

This program is not only a healthy combination of physical activity and social interaction, it can also build confidence. Dancing and performing allows children to express themselves physically while they relax and have fun. Rhythmic Gymnastics is the art of expressive movement combined with a unique blend of gymnastics that your child will LOVE!



Course Fee : \$190 per class
(monthly course)

Day : **Tuesday**
Jul 4,11,18,25
Aug 1,8,15

Time/ : 3:30pm-4:30pm (8-9 yrs)
Age : 4:30pm-5:30pm (6-8 yrs)

Day : **Friday**
Jul 7,14,21,28
Aug 4,11

Time/ : 3:30pm-4:30pm (6-8 yrs)
Age : 4:30pm-5:30pm (4-6 yrs)

Venue : Studio A 2/F



***Bogdana Pashkovska** has been practicing **Rhythmic Gymnastics** since early childhood and was trained by world-class coaches whose students achieved the top awards in Olympic games and world tournaments. She has been living in Hong Kong since 2000 and used to train the Hong Kong Rhythmic gymnastics team as a coach of the Hong Kong Amateur Gymnastics Association.*



FENCING

SUMMER FENCING WORKSHOP



FENCING is considered a modern sport and is featured in the Olympic Games. If you want to learn Fencing (foil) during the summer break, this is the right workshop for you.

This series of workshops is tailored for complete beginners, but you can also have the opportunity to progress further, from beginner to intermediate. Equipment will be provided during the workshop.

Fee : \$2,250 per workshop (3 days)

Venue : Squash Court A

Day/Dates : Monday to Wednesday
Workshop 1 – (Jul) 3,4,5
Workshop 2 – (Jul) 10,11,12
Workshop 3 – (Jul) 17,18,19
Workshop 4 – (Aug) 7,8,9
Workshop 5 – (Aug) 14,15,16
can choose any workshop(s)

Time : 10:00am-11:30am

Ages : 5 years and above

Instructor : Eason Choi
Hong Kong Fencing Team
2018-2022

Note : *Participants must wear non marking shoes during the workshops*



Kinder Kicks

Summer Clinic by Asia Pacific Soccer School

KINDER KICKS is a soccer play program for children from walking to 4 years old. Our professional coaches will teach a wide variety of exciting games in which students enjoy themselves while learning the basics about soccer. Each activity is designed to improve a young child's motor skills and social skills while having fun.



- Course Fee** : \$200 per class (monthly course)
- Venue** : Squash Court B
- Time/Age** : 3:15pm-4:15pm Kinder Kicks (3 yrs old)
4:15pm-5:15pm Kinder Kicks (4 yrs old)
- Date/Date** : Thursday
(July) 6,13,20,27 (August) 3,10,17

***No class during Public Holidays**

Kinderbounce & Mini Basketball

Summer Clinic by Kinderbounce HK



KINDERBOUNCE is a basketball-based fun program for your children up to 8 years old. Different games are used to improve hand-eye coordination and children learn how to catch, throw and dribble the ball. It's a fun way to learn the basics of basketball while learning to take instructions and interacting with other children of the same age.

For children a little older, an upgraded program, Mini Basketball awaits them. Mini basketball posts and mini basketball balls are used during the program, adding to the fun.



- Course Fee** : \$200 per class
(monthly course)
- Venue** : Squash Court B G/F
- Time/Age** : 3:00pm-4:00pm
(3-4 yrs old)
4:00pm-5:00pm
(5-6 yrs old)
- Date** : **Sunday**
(Jul) 2,9,16,23,30
(Aug) 6,13



BASEBALL FOR YOUNG BEGINNERS

Hello boys and girls....come and join the junior baseball summer program and have fun learning and playing baseball. Get your basics right and meet new friends. This beginner program is suitable for all ages and equipment will be provided. Let's play ball and have fun and meet new friends.



- *Children will learn through play, exploration and repetition.*
- *They will learn the game of baseball.*
- *Learning the correct way to throw, catch and hit.*
- *Juniors will learn baseball techniques and strategies related to the game and winning.*
- *Players will learn teamwork, communication and sportsmanship.*
- *Junior size gloves and spongy balls are used for indoor training*

Fee: \$500 per session

Day : **Tuesday** (Jul) 4,11,18,25 (Aug)1,8,15
Thursday (Jul) 6,13,20,27 (Aug) 3,10,17
Can choose any day(s)

Time : 9:30am to 11:30am or/and
3:00pm to 5:00pm

Age : 5-13 years old

Venue : Squash Court / Outdoor Playground

Coach : Patrick Calkins

*Level 1 Trained Coach of Hong Kong Baseball Association
Team Coach for Tai Po Indians Baseball Team*



Painting by Elaine Wong

Elaine Wong



Elaine is an artist in watercolor, Chinese ink and acrylic painting. She has an MSc and PhD in new media art and technology. She has been running her own studio since 2014 for art and crafts production.

欽州街小販市場

WATERCOLOUR PAINTING

FUN SUMMER WORKSHOP FOR ALL AGES

Fee : \$250 per class
*inclusive of all art materials

Day : **Monday** Can choose any day(s)
(Jul) 3,10,17,24,31
(Aug) 7,14

Time : 3:00pm-5:00pm

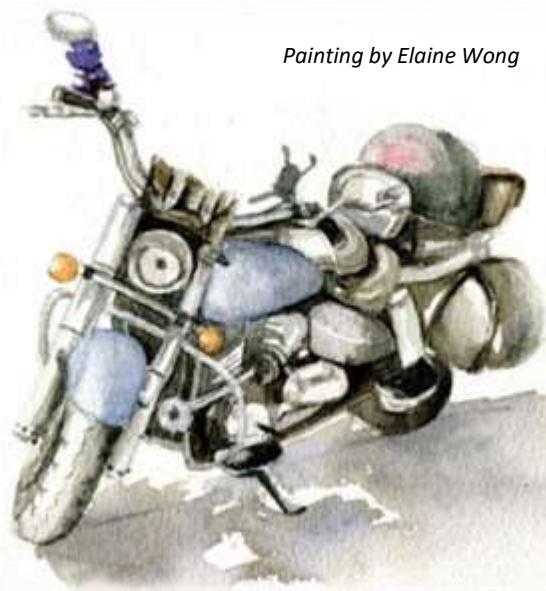
Age : 8 years and above

Venue : Studio C G/F

In this summer workshop, watercolor is the main medium and it will cover "Pen and Wash" and "Watercolor Painting".*

For Pen and Wash, students will start drawing by fountain pen or drawing pen. Different drawing theories and techniques will be covered, such as perspective drawing and composition, among others.

Painting by Elaine Wong



DIGITAL ART

and ILLUSTRATIONS SUMMER CAMP



Digital art is fun, challenging and yet satisfying



Discover your talent



Enhanced your creativity & skills



Unleashed your potential

Course \$250 per class

Fee : (monthly course)

Venue : The General' Lounge G/F

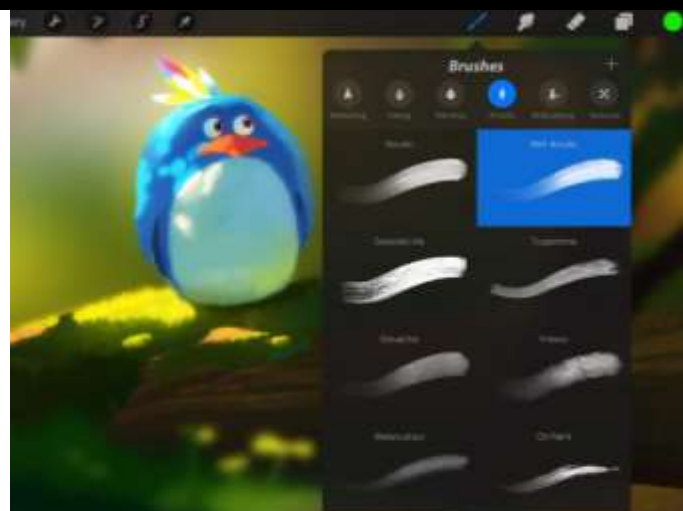
Age : 8 years and above

Time : 3:30pm – 5:00pm

Date: Tuesday
(July) 4,11,18,25
(Aug) 1,8,15

Instructor: Elaine Wong

Requisite : Students must bring their own tablet. Artist recommends iPad with pre-installed digital art drawing software (Procreate) plus Apple pencil .



Lots of features to choose from

Adult Art Class

Summer Art Workshop



In these art classes you will gain more knowledge of color mixing, color combination, creating a good composition and various painting techniques using mainly acrylic or watercolor paint.

Increase your focus and awareness; whether you are painting from still life or photographs, you can create your visions on canvas or paper from a wide range of materials such as paint, mixed media, pencils, pastels, pens and charcoal. Feel free to bring in your own photos or reference materials. With the guidance of the teacher, you can find your artist voice and feel free to be creative.



Course Fee : \$270 per class (monthly course)

Venue : Studio C G/F

Age Group : Adult

Time : 10:30am-12:30pm (2 hours)

Date : Tuesday (Jul) 4,11,18,25 (Aug) 1,8,15

Instructor : Elaine Wong



CONTEMPORARY CHINESE PAINTING

FUN SUMMER CHINESE ART CAMP



In this camp, children will learn basic Chinese painting skills and how to use the ink. The theme is mainly landscapes, flowers and birds. They will learn to create works on rice paper and the format requirements of artworks. The content is concise and easy to understand, encourages the creation of works, and cultivate the ability to appreciate arts.



Day : Monday to Wednesday

Dates : **CAMP 1** **CAMP 2**
(Jul) 10,11,12 (Jul) 17,18,19

CAMP 3
(Jul) 24,25,26

Time : 10:00am-12:00pm

Course Fee : \$3,400 per camp
(6 lessons)
Can choose any camp(s)

Venue : Studio B 2/F

Age Group : 6 years & above

Instructor : Bing Shu Lab Art Gallery

SEAL CARVING

FUN SUMMER CHINESE ART WORKSHOP

篆刻工作坊

Come and join this special workshop and learn how to carve your own personal seal. In this workshop, our instructor will focus on seal carving background, seal block preparation, the proper usage of carving tools and carving methods. The content of a seal carving text is limited to 1-2 Chinese characters. To know more, come and join us and bring your friends.

Course Fee : \$680 per child/workshop
Can choose any day(s)

Venue : Studio B 2/F

Age Group : 7 to 17 years old

Time : 10:00am-12:00pm

Day : Friday

Dates : (July) 14,21,28
(Aug) 4,11

Instructor : Bing Shu Lab Art Gallery



Professional Art Drawing & Painting with Canny Hon

Canny has had exposure to a full spectrum of art drawings which included pencil drawing, oil painting, pastel colour painting, watercolor painting, acrylic colour painting and Chinese ink drawing. She has years of experience as an Art Teacher, teaching in her studio and a primary school for kids from the age of 4, as well as adults. She teaches various kinds of paintings and the different use of tools. She corrects students' drafting techniques, encourages students to explore their potential, stimulates their creativity, and promotes students' interpretation of their artistic talent.



Every Tuesday

(Jul) 4,11,18,25 (Aug) 1,8
4:00pm–5:30pm
5:35pm–7:05pm

Every Thursday

(Jul) 6,13,20,27 (Aug) 3,10
4:30pm–6:00pm
6:00pm–7:30pm

Every Sunday

(Jul) 9,16,23,30 (Aug) 6,13
9:00am–10:30am
10:35am–12:05pm
12:10pm–1:40pm

Fee : \$230 per class

Can choose any day(s)

Age: 6 Years & above

Venue: Studio C G/F



Instructor: Canny Hon

A woman with long dark hair, wearing a white lace top and blue jeans, is sitting on the floor and painting a portrait of a young child on a canvas mounted on a wooden easel. The painting is a colorful, stylized portrait of a child with dark hair, wearing a blue and white outfit, set against a background of red and white. The woman is holding a paintbrush and a palette, and she is smiling at the camera. The background is a blurred indoor setting with a wooden floor and some furniture.

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CHINESE PAINTING

Chinese painting is a traditional Chinese painting art. Students can use any images they see. Chinese painting will help develop children's imagination and creativity.

Course Fee : \$220 per class
Venue : Studio C G/F
Age : 15 years and above
Time : 10:00am-11:00pm
Date : Saturday
(Jul) 8,15,22,29 (Aug) 5,12
(monthly class)



CHINESE CALLIGRAPHY

Calligraphy is the art of writing. It is also the most traditional art of Chinese. Calligraphy particularly focuses on the pen and hand coordination. We can express our thoughts and feelings through Calligraphy.



Course Fee : \$180 per class
Venue : Studio C G/F
Age : 15 years and above
Time : 11:00am-12:00pm
Date : Saturday
(July) 8,15,22,29 (August) 5,12
(monthly class)
Instructor : Mrs. Yick Chu M.K.



CHESS FOR BEGINNER

FUN SUMMER WORKSHOPS



CHESS

In the summer workshops, those new to the game will learn the basics of piece movement, values, the rules and some of the concepts we use to guide us through the game.

Those already familiar with Chess will build on their understanding, learning about tactics, planning ahead, ideas in the middlegame, the endgame and more!

Fee : \$250 per class

Venue : Studio B 2/F

Day : Thursday
(Jul) 6,13,20,27 (Aug) 3,10,17
Can choose any day(s)

Time : 2:00pm-3:30pm

Ages : 6 years and above

Instructor : Scholastic Chess Hong Kong

CHECKSMATE

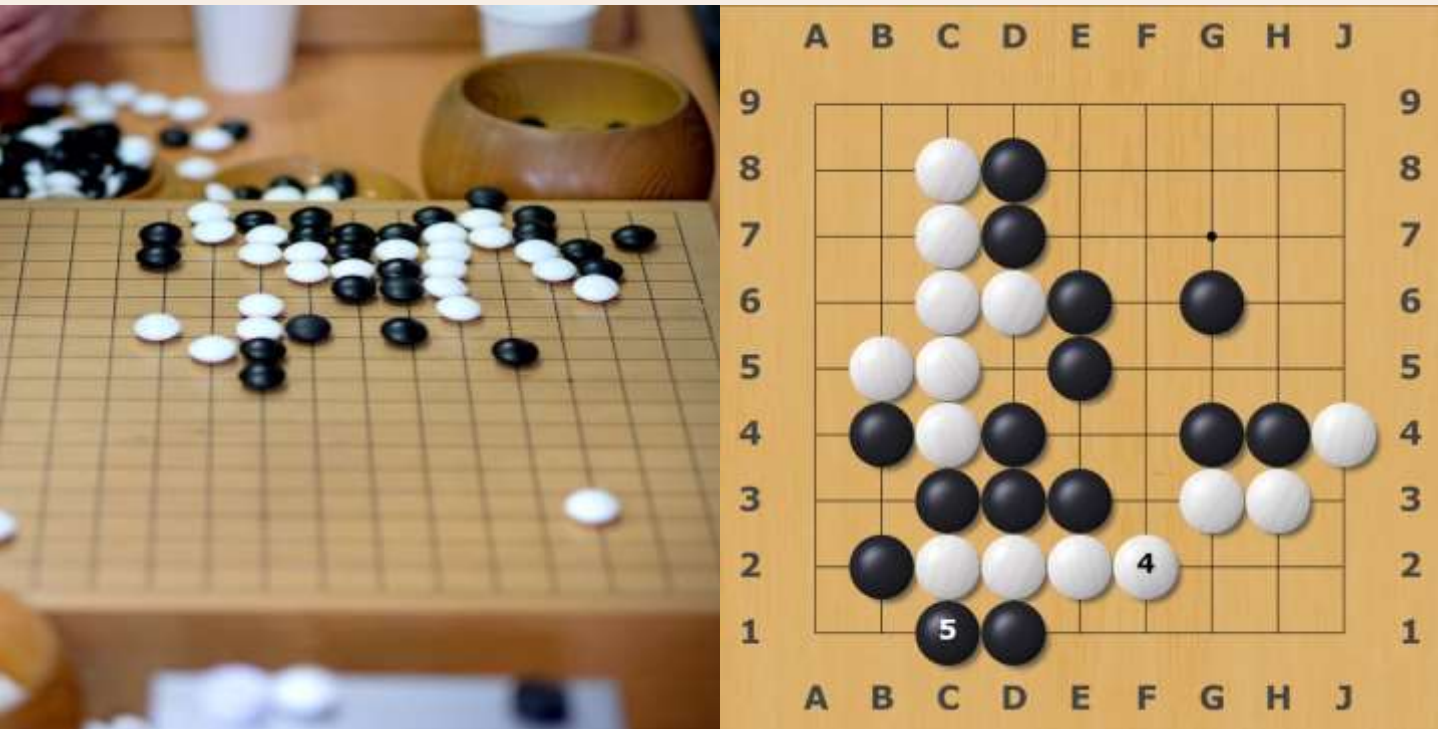


GO for 3 DAYS

EDUCATIONAL AND FUN

We are excited to introduce our upcoming “GO for 3 Days Camp”, a unique and exciting opportunity for your child to learn and experience the game of Go.

GO is a fascinating ancient board game that originated in China over 2,500 years ago. It is a game of strategy, intelligence, and skills, and is enjoyed by millions around the world. Go is also known for its simplicity and elegance, but is also compared to Chess in terms of its complexity and depth.



The camp is designed to introduce your child to the game of Go and to help them develop the skills and knowledge necessary to become a skilled and competitive player. Over the course of 3 days, your child will learn the rules and basics of GO, as well as fundamental strategies and tactics.

GO is not only fun and engaging game, but also has many educational and developmental benefits for children. It helps them to improve critical thinking skills, concentration, problem solving abilities, and the games also promotes social development.

Fee : \$1,800 per student/camp

Venue : The General's Lounge G/F

Dates : **Monday to Wednesday**
Camp 1 – (Jul) 3-5
Camp 2 – (Jul) 17-19
Camp 3 – (Jul) 31 - (Aug) 2
Camp 4 – (Aug) 14-16
Can choose any camps

Time : 9:30am-12:30pm

Ages : 6 years and above

Instructor : FRIDAY

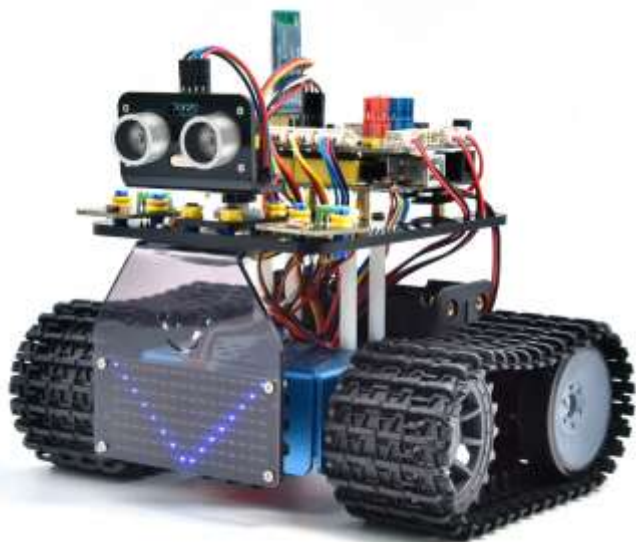
ROBOTICS

SUMMER STEM & ROBOTICS CAMP

This camp is a mix of Robotics & STEAM Education – hands-on, interactive STEAM modules and courses in robotics and programming curriculum developed by educational specialists and engineers.

Classes are taught by instructors who work with private schools, developing ad-hoc STEAM curricula. This elementary level course facilitates a gradual integration of students into a new learning environment through focus on autonomy, communication, and creativity.

Using pluggable electronic and user friendly, block-based programming software, students are given the time to experiment with an explore topics mathematics, mechanics, design, programming, and problem solving.



Images are for illustration only.

Fee : \$3,000 per student
(5 days camp)

Venue : Studio B 2/F

Time : 9:30am-12:30pm

Age : 6 – 14 years

Dates : **Monday to Friday**
Camp 1 – (Jul) 3-7
Camp 2 – (Jul) 17-21
Camp 3 – (Jul) 31 - (Aug) 4
Camp 4 – (Aug) 14-18
(can choose any camps)

UKULELE

SUMMER FUN WORKSHOP

Music gives us a creative & innovative mind. It is a multi-cultural life-long company for us! Play is one of the main ways in which children learn. Because it's fun, children often become very absorbed in what they are doing. In this course, we will sing and play ukulele, and open the music door for children. Singing & playing instruments also helps to develop rhythm, listening and hearing!



Fee: \$280 per hour
Member's guest – add 10%

Venue: Studio C G/F

Dates: Saturday
(Jul) 8,15,22,29
(Aug) 5,12
Can choose any day(s)

Time: 4:00pm-5:00pm

Age: 6 years and above

Music Teacher: Aden Chak

Note: *Ukulele will be provided during the workshop. Students are encouraged to buy one so they can practice at home.*

SAXOPHONE

and MUSIC THEORY

SUMMER WORKSHOP

Fee: \$150 per hour

Venue : Studio B G/F

Time: 3:45pm-4:45pm (Beginner)
5:00pm-6:00pm (Intermediate)

Day: Every Wednesday
(Jul) 5,12,19,26 (Aug) 2,9,16
Can choose any day(s)

Age: 6 years and above

Instructor: Ernie & Gene

If you are interested in playing saxophone, here's the opportunity to learn with Ernie and Gene. You will learn how to read notes, setting up your saxophone and also offering performance opportunity. Classes are open for both children and adults, from beginner to intermediate. Equipment is available for rental and students can bring the saxophone home and in this way, we will get you to play in no time. A bit unsure, no worries.....join the 45 minutes FREE trial to get you started.



Ernie Kam

Master degree from Royal Conservatory of Brussels; Prize of Competition Lepold Bellan(France) and Cheiri competition (Italy)



Gene Hui

Bachelor degree from Hong Kong Academy for Performing Arts; experienced instructor, musician and producer.

DJ WORKSHOP

From Beginner to Intermediate



Here's a chance to learn how to be a real DJ; learning from professional music instructor, singer, song writer and producer – Aden Chak. You will cover fundamental aspects such as track arrangement & structure, beat matching, transition timing, basic effects, loops, sound effects, preparing DJ equipment, in-depth view of the mixer functions and much more.

DJ Aden works with small group, so spaces are limited. Sign up now.

Fee: \$450 per class (1.5 hours)
Member's guest – add 10%

Venue: Studio C G/F

Dates: Saturday
Can choose any day(s)
(Jul) 8,15,22,29
(Aug) 5,12

Time: 2:00pm-3:30pm

Age: 10 years and above

Note: *DJ Mixer unit will be provided during the workshop, however all participants must bring their own headphones.*





Hapkido is a Korean martial art adapted by the military and civilian defence personal. It is a highly diverse martial art that employs unique joint locks, grappling and throwing techniques, apart from punches, kicks and striking attacks.

Hapkido employs both long-rang and close-range fighting techniques, utilizing jumping kicks and percussive hand strikes and pressure point strikes.

It also emphasize on circular motion, redirection of force and gaining control over their opponents through footwork and body positioning to use leverage, avoiding the use of brute strength against brute strength.



Tuesday's Workshop
(Jul) 4,11,18,25 (Aug) 1,8,15

4:00pm-5:00pm (4 yrs +)

5:30pm-6:30pm (9 yrs +)

Thursday's Workshop
(Jul) 6,13,20,27 (Aug) 3,10,17

3:30pm-4:30pm (4 yrs +)

4:30pm-5:30pm (4-9 yrs)

6:00pm-7:00pm (9-17 yrs)

Sunday's Workshop
(Jul) 2,9,16,23,30
(Aug) 6,13

11:30am-12:30pm (4yrs +)

Course Fee: \$160 per class
Can choose any day(s)

Venue: Squash Court A

***No class during Public Holidays**

Instructor: Ignacio Alba Ruiz (5 DAN Hapkido Master)

Discipline

紀律

Respect

尊敬

Spirit

精神



KENDO

2023 SUMMER WORKSHOP

Traditional Japanese Fencing

Ken 劍 'sword' and Do 道 'way', means 'the way of the sword'. Kendo is a modern martial art originated from Japan, descended from swordsmanship 'kenjutsu' and practitioners or 'kendoka' uses bamboo sticks 'shinai', head gear 'men' and protective armour 'bogu'. Kendo is an activity that combines martial arts practices and values with strenuous sport-like physical activity.



Kendo Master Ignacio Alba Ruiz is the Chairman and Instructor of Spain Hong Kong Martial Art Association Technical Director (National of Kendo) of Federation of Spain Arte Martial Instructor International of FEDAMC Kendo Federation. Sense Ignacio has more than 30 years of experience in Martial Art practice including Kendo, Iaido, Taekwondo and Hapkido in Japan, Korea, China and Europe.

Course Fee : Sunday (Advanced)
\$240 per class

Venue : Squash Court A-B

Age Group : 8 years old & above

Instructor : Ignacio Alba Ruiz
(4 Dan Kendo Master)

Can choose any day(s)

Sunday
9:00am-10:30am (Advanced Kendo)
(July) 2,9,16,23,30 (Aug) 6,13

*No class during Public Holidays

Iaido

Iaido is a Japanese martial art that emphasizes being aware and capable of quickly drawing the sword and responding to a sudden attack.

This martial art is associated with the smooth, controlled movements of drawing the sword from its scabbard (or saya), striking or cutting.

Iaido encompasses hundreds of styles of swordsmanship, all of which subscribe to non-combative aims and purposes. Iaido is an intrinsic form of Japanese modern budo.

Students will also learn to build their high self-discipline, increase focus and sensitivity, and resolute will.

- Course** : \$200 per class
Fee : *Can choose any day(s)*
- Date** : **Every Sunday**
(Jul) 2,9,16,23,30
(Aug) 6,13
- Time** : 10:30am-11:30am
- Age** : 14 years and above
- Venue** : Squash Court A
- Instructor** : Ignacio Alba Ruiz
3 DAN Iaido Master

In classes, students will only use non-cutting swords made from wood.

***No class during Public Holidays**

Japanese Sword Martial Art SUMMER WORKSHOP



CAPOEIRA

BRAZILIAN MARTIAL ART



Capoeira is an energetic Brazilian martial art. It involves dance, music, ritual and acrobatics. Great for developing social skills, physical, emotional and musical awareness in children.

Strength, flexibility & co-ordination



Course Fee: \$180 per class
*minimum 4 students

Day : **Tuesday**
(Jul) 4,11,18,25 (Aug) 1,8,15
Can choose any day(s)

Time : 6:30pm-7:30pm

Age : 4-12 years

Venue : Squash Court B G/F

Instructor : Fiona Merrill
Instructora Espiona

Fiona has been immersed in the art of capoeira for more than 20 years. She is a qualified primary school teacher. Her classes are playful, creative and encourage risk-taking, team work and musicality.

KARATE SUMMER CLINICS



Instructors Information

導師資料

Master Yu Kin Sang 6 DAN
余健生師範 六段

Master Harrie Cheng 4 DAN
鄭國榮師父 四段

All Masters hold the following qualifications:

Certified Coach of LCSD
各師父均持有康文署認可教練證書
Representative of the
Hong Kong Karate Team
空手道香港代表隊成員

Karate is a martial art that is primarily a striking art, using punching, kicking, knee and elbow strikes and open-handed techniques such as knife-hand and ridge-hand. Modern training emphasizes on physiological elements incorporated into proper kokoro (attitude), such as perseverance, fearlessness, virtue and leadership skills.



Course Fee : \$160 per class / Can choose any day(s)

Venue : Studio A 2/F

Age Group : 4 years and above

Day/Time : Thursday 6:00pm-7:30pm Sunday 10:00am-11:30am
Friday 6:30pm-8:00pm Sunday 11:30am-1:00pm

Dates : July (Thu) 6,13,20,27 (Sun) 2,9,16,23,30 (Fri) 7,14,21,28
Aug (Thu) 3,10 (Sun) 6,13 (Fri) 4,11

Instructor : Harrie Cheng
New Territories Karate-Do Goju Kai



***No class during Public Holidays**



SUMMER CLINICS

TAEKWONDO

Taekwondo is not only a traditional martial art which can aid in body building and self-defense, but it is also an emerging modern sport, with overall fitness, competition and entertainment.

There are 9 levels in the beginning course, from White Belt to Red-Black Belt. It helps to develop skills and also establish children's self-confidence.



Course Fee : \$130 per class / *Can choose any day(s)*

Venue : Squash Court B

Age Group : 4 years and above

Time : (Tue) 3:00pm-4:00pm (4-5 yrs)
(Tue) 4:00pm-5:00pm (above 6 yrs)
(Tue) 5:00pm-6:00pm (4-5 yrs)
(Sat) 11:30am-12:30am (above 6 yrs)

Date : Every Tuesday & Saturday
Tue (July) 4,11,18,25 Tue (August) 1,8
Sat (July) 1,8,15,22,29 Sat (August) 5,12

Instructor : Potential Taekwondo Hong Kong Association Limited





CROSSBOW



ROBOTICS ARM



CATAPULT



ROBOTICS AMBUSH STRIKER



VEX ROBOTICS

HEXBUG WORKSHOPS

Curious How Things Work: Come and join our short course workshop and have lots of fun building VEX Robotics HEXBUG. Setup ranges from entry level to intermediate and advanced, adding more fun and excitement at the same time. Workshop duration depending on project's level.

Notes: Robotics models are provided for participants for classroom use only. Not to be taken away.

Course Fee : \$480 per child/day
 Venue : Studio C, G/F
 Age Group : 7 -12 years
 Time : 3:00pm-5:00pm
 Day/Dates : **Sunday**
 (Jul) 9,16,23,30
 (Aug) 6,13
Can choose any day(s)

Project (can choose any models)	Project Durations
Racing Car / Catapult	2 hours
Crossbow / Ambush Striker	4 hours
Robotic Arms	6 hours



SCUBA EXPERIENCE

Discover Scuba & Bubble Maker



BUBBLE MAKER & DISCOVER SCUBA **YOUR FUN SUMMER EXPERIENCE**

Course Fee : \$1,800 per class
(equipment included)

Venue : Club Pool

Age Group : **BUBBLE MAKER**
9 to 10 years

DISCOVER SCUBA
11 years and above

Time : 9:00am-10:30am

Date : Can enroll in single course
Sunday
(July) 9,16 (Aug) 6,13

If you are interested in scuba diving, this is the perfect summer activity for you. Come and join our Discover SCUBA & Bubblemaker program and your PADI dive instructor will teach you some basic skills before guiding you to swim underwater with SCUBA equipment. It's very cool and good fun blowing bubbles underwater. Bring along your friends and let's scuba. We will also take cool underwater pics for you to show your friends.

Note: participants must be a competent swimmer. Minimum 4 pax.

Terms & Conditions (Please read)

1. The Club nor the appointed instructor(s) shall be responsible for any accidents, injuries and/or loss arising for my/my child's participation, however caused.
2. Participant(s)/student(s) should be physically fit.
3. Some classes may be cancelled due to adverse weather conditions. For confirmation, please call the Fitness Centre on 2657 8292, one hour prior to the class starting time. If either the red rainstorm warning or typhoon signal No. 8 is hoisted two hours prior to the starting time, the class will be cancelled. During thunderstorm warnings, T3 and any other adverse weather conditions, classes will still be held unless the conditions are affecting the area directly around the Club. The COACH will make a decision on any cancellation under these conditions. If a class is cancelled due to adverse weather, no charge will be levied.
4. Under no other circumstances will there be any refund or replacement class. However the Club will NOT charge for any lesson which is cancelled due to inclement weather (by the coach) or sick leave (with a medical certificate). For any sick leave cancellation, at least 2 hours' notice is required, and the medical certificate must be provided to the club within 48hrs of the cancellation.
5. Activity classes' Term Holiday Breaks are based on the Club's Activity Calendar ONLY (please refer to the Club Activity Calendar). Some classes may still run during Term Holiday Breaks and those who cannot come to class during that break period will not be charged - PROVIDED they inform the Club/teacher at least 48hrs in advance of the class.
6. Applicants may join a course at any time if there are vacancies. A participant who joins mid-way through a course will be charged in advance for the remainder of the course based on the number of classes remaining.
7. An application form must be completed & submitted to The Club before the class begins.
8. To ensure safety and that children are supervised at all times, please be reminded that children must be collected promptly after the lesson/session has finished.
9. For Club Members, the course fee will be debited to their CCHLY account prior to the start of each effective month. In the case of ongoing courses billed monthly, Members will be automatically enrolled in the following month unless the Club receives a cancellation form no less than 7 days prior to the beginning of the next effective month. If less than 7 days notice of cancellation is received, the next month's course fee will be charged to the Member's account and the Member is required to pay.
10. For Guests, payment must be made no less than 7 days prior to the beginning of the next effective month, otherwise a \$100 re-enrollment fee will be charged.
11. Payment can be made by cheque, payable to Hong Lok Yuen Country Club Limited or bank transfer to HSBC 808 271852 001. If by bank transfer, please e-mail us the transfer receipt to recreation@cchly.com.
12. For Guests and ANY payment not through a Member's account, a 10% surcharge will apply to the course fee.
13. No classes will be arranged on Public Holidays, unless the COACH has specifically arranged with the students in advance.

Summer Programs additional Terms & Conditions

1. All summer programs may require minimum participation numbers. Classes, camps and clinics may be cancelled if there aren't enough participants or sign ups. An email will be sent out one week before camps start in case of cancellation.
2. The Club will send you a confirmation email that your application has been received. Once sufficient numbers have applied for the class to commence, the Club will confirm with you by email for the class to go ahead. Once confirmed, any cancellation must be received within 48hrs of the confirmation email, or the full course fee will be charged.

I have read, understand and agree to the above terms and conditions.

To sign up, please scan the QR code or click the link below. If you can't access the form, turn off your wifi and use 4G or 5G.



Adventure Camps

<https://alt.jotfor.ms/230690642402449>



Tennis Camps

<https://alt.jotfor.ms/230699363784471>



Swimming Clinics

<https://alt.jotfor.ms/231062723710445>



MAD Summer Camp

<https://form.jotform.com/231209437281453>



All Other Programs

<https://forms.gle/QjXo3kHhG2mHteCA9>

