

ACTIVITIES PROGRAM

THE COUNTRY CLUB AT HONG LOK YUEN



SPORTS & RECREATION ACTIVITIES

INDOOR & OUTDOOR SPORTS

CHILDREN'S PLAYGROUPS

LEISURE ACTIVITIES

INTEREST CLASSES

ARTS & CRAFTS

SWIMMING

SQUASH

TENNIS



Sep 2019 - Jun 2020



Guests Welcome



JUNIOR TENNIS PROGRAM



Choose a sport
they can play for
life ...tennis!



Sign Up
Now

Ready To Play?

Join the most sought after activity in the Club and have fun at the same time. Tennis keeps your child active, healthy and happy. It's a sport that everyone can play and it's easy to get started. Lessons available from Monday to Saturday, from 4pm to 8pm.

Red Stage (4-7) Orange Stage (8-10) Green Stage (9+) Yellow Stage (11+)



CCHLY JUNIOR TENNIS PROGRAM

2019-2020 SCHEDULE & FEE



Development RED Ball (Age 4-7)

Monday	16:00-17:00
Tuesday	15:00-16:00
Wednesday	15:00-16:00
Thursday	16:00-17:00
Friday	16:00-17:00
Saturday	09:00-10:00

Performance

Monday	16:00-17:00
Wednesday	16:00-17:00
Friday	15:00-16:00

Development ORANGE Ball (Age 8-10)

Monday	16:00-17:00
Tuesday	16:00-17:00
Wednesday	15:00-16:00
Thursday	16:00-17:00
Friday	16:00-17:00
Saturday	10:00-11:00

Performance

Wednesday	16:00-18:00
Friday	16:00-18:00

Development YELLOW Ball (Age 11+)

Monday	17:00-18:00
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Performance

Wednesday	17:00-19:00
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Development GREEN Ball (Age 9+)

Monday	17:00-18:30
Tuesday	16:00-17:00
Wednesday	17:00-18:30
Thursday	16:00-17:00
Friday	16:00-18:00
Saturday	10:00-11:00

FEE

DURATION

CLASS

\$130	30 mins lesson	
\$190	45 mins lesson	
\$220	1 hr lesson	4-6 pax
\$300	1.5 hr lesson	per class
\$400	2 hrs lesson	

**Guests 10% surcharge to the monthly course total



Indoor Mini Tennis Program



The Indoor Mini Tennis program is for children aged 3 to 5 years old and enables them to learn the basics of tennis and enjoy the game through a series of fun activities, based on the fundamental areas of balance, co-ordination, agility, movement and racket & ball skills.

COME AND JOIN THE FUN

Lesson Fees

Private lesson 30mins - \$350

Semi Private lesson 2 pax - \$175/person



If you would like to enquire more about this new program, please contact Tennis Director Shane on 2657 8292

PROFESSIONAL SQUASH COACHING

is now available at **CCHLY**

with **MATT ROBINSON**

- **20 years Coaching Experience**
- **Dorset Club Champion**
- **Dorset Club British Racketball Champion**
- **Asian Jumbo Doubles Champion**
- **Hong Kong Squash Coaches Recognition Award**



Look no further, as professional squash coaching is now available at CCHLY. Great for all levels, from beginner to top HK league players.

Following lessons are available:

- 1 on 1 \$640/hour
- 2 on 1 \$320/player
- Group Session (minimum 3) \$200/player
- Team Training \$200 per player
- Lessons are by appointment only



JUNIOR SQUASH

GROUP COACHING

Squash is without a doubt a fast phase sport. Squash requires speed, reaction, power, strength, endurance, agility and you can play all year round, rain or shine. Join Junior Squash now and get your basics right, improve your game play and you compete recreationally with other players, or even participate in club level tournaments.



SPEED
ACCURACY
ENDURANCE
EXCITING
SPORT FOR LIFE
HAVE FUN

Day : Every Monday

Time : 4:00pm-6:00pm

Fee : \$220 (1 hour lesson)
\$165 (45 mins lesson)

Age Group : 5-16 years old

Venue : Squash Court

Coach : Matt Robinson

Let's start a junior team

COME & LEARN THIS FAST EXCITING SPORT

Kinder Kicks

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 soccer basics. Each activity is designed to improve a young child's motor skills and social skills while having fun.



Date : Every Thursday

Time/Age : 3:15pm-4:15pm Kinder Kicks (3 yrs old)
4:15pm-5:15pm Kinder Kicks (4 yrs old)

Course Fee : \$200 per class

Venue : Squash Court



Kinder Bounce & Mini Basketball



by Asia Pacific Soccer Schools

Kinder Bounce is a basketball-based fun programme 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 a little bit older children, an upgraded program **Mini Basketball** awaits them. Mini basketball posts and mini basketball balls are used during the program, adding to the fun.



Date : **Every Sunday**

Time/Age : **3:00pm-4:00pm** Kinder Bounce (3-4 yrs old)
4:00pm-5:00pm Mini Basketball (5-6 yrs old)

Fee : \$200 per class

Venue : Squash Court

Instructor : Asia Pacific Soccer Schools Ltd.



BALLET & JAZZ

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.



Day : **Monday, Tuesday, Wednesday & Saturday**

Venue : **Studio A 2/F**

Age : **2 years old or above**

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	\$170/class (1 hour)
Intermediate	\$170/class (1 hour)



Children's Jazz

Jazz classes are a combination of 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.



So... You Think You Can Dance ?

Day/Time : **Monday 4:45pm-5:45pm**
Saturday 12:15pm-1:15pm

Fee : \$170 per class

Age : 5 years and above

Venue : Studio A 2/F

Instructor : Ms. Yan





English playgroup

Children learn through play, exploration and repetition. Play and exploration are a child's way of discovering and understanding not only what is in the world, but also how everything and everybody relates to each other. Repetition at this early age helps the child learn to speak earlier.



Our program provides a variety of activities for children to develop fine motor skills and to explore their world through hands-on learning, singing, games and stories. We foster your children's language, social and emotional, physical and intellectual development all in one class. All sessions are by a Native English speaker.

幼兒從遊戲、探索及重複中學習，從活動中鍛鍊。通過遊戲，幼兒不但能探索世界，更能從中了解人與人及事物之間的互相關聯。重複能幫助年幼兒童更快學會說話。本課程會透過多元化的活動形式培養精細運動技能，包括唱遊、故事及手工藝等，來增強幼兒的大、小肌肉及手眼協調能力；啟發幼兒概念學習、社交技能、語言理解、表達、以及創作力的潛能。所有課堂均由以英語為母語的導師教授。

Date : Every Monday

Time : 10:00am to 10:50am

Fee : \$185 per class

Age Group : 18-36 months

Venue : Studio B 2/F

Instructor : Crocodile Zone Learn & Play

MANDARIN Playgroup

Would you like your child to explore Mandarin in an interactive, dynamic and fun way?

This playgroup is designed for toddlers who enjoy different activities while learning some basic Chinese. Children will learn basic Mandarin, such as pronunciation, vocabulary, simple daily used sentences, etc. We incorporate teaching Chinese with music, dance, and movement, which creates a fun environment for kids to learn Chinese and to speak it confidently. The course will create a good baseline and supplement for future Chinese learning.

課程內容輕鬆活潑，通過各種課堂遊戲活動，讓孩子從小學習普通話正確的發音方式、學會聆聽及運用簡單的普通話對答，建立自信，為進入幼兒園打下基礎。



Day : **Every Wednesday**

Time : **10:00am – 11:00am (12-20 months)**
11:15am – 12:15pm (18-36 months)

Fee : \$220 / class

Venue : Studio B 2/F

Note : Must be accompanied by an adult



UKULELE Workshop

Music gives us a creative & innovative mind. It is an 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!

Sing & Play

Improve Pitch and Rhythm Skills
Develop Critical Listening Skills
Develop Creative Listening Skills
Learn about Guitar & Ukulele
Learn about Music Theory
Practice in Both Leadership
and following Directions

Day : **Wednesday**

Time/Age : **4:00pm-5:00pm Beginner Class (above 6 years old)**

Day : **Thursday**

Time/Age : **3:00pm-4:00pm Workshop For Young Beginners (3.5-5 yrs old)**
4:00pm-5:00pm Intermediate/Advanced (above 8 yrs old)

Fee : \$200 per class (1hr)

Venue : Studio 2/F

Instructor : Miss Tina Sum

Miss Tina Qualifications:

10 Years Teaching Experience

Trinity Diploma in Music Performance

ATCL with Distinction

ABRSM Music Theory Grade 8

University of West London Music Performance(LCM)

Handbell Ensemble Level 3 Distinction

Playgroup Teacher Certificate

COME & JOIN US

CHESS CLUB

@ CCHLY



The Club will be hosting, with the support from Scholastic Chess, a weekly chess club in our Clubhouse. The Chess Club meets on Wednesdays from 5:00pm – 6:30pm. The Chess Club is open to all players, from first-time beginners all the way to regular tournament players. We try to provide an environment in which players with different skill levels can learn and enjoy the game together.



Day : Every Wednesday
Time : 5:00pm-6:30pm
Fee : \$250 per class
Ages : 6 years and above
Venue : Studio B 2/F

Benjamin Chui leads a team of chess instructors for Scholastic Chess Hong Kong. Chui is a FIDE (World Chess Federation) Certified Chess Instructor. FIDE is the International Olympic Committee recognized organization for overseeing international chess competition. Benjamin has taught chess to high school students in California and currently at a number of international schools in HK.

CHILDREN'S ART CLASSES

with Louise Lam



Children's Art Classes seek to inspire a joy for tactile making, encourage independence, critical thinking and allow freedom of expression. With careful professional guidance, children will delve into a wide range of art techniques, materials and conceptual theories, from traditional to modern art, from around the globe. We'll enjoy applying methods and ideas from history's most ground-breaking masters of painting, sculpture, photography & mixed media, and discover how artists challenge perspectives of the self and the world around us. Materials will include, charcoal, acrylic painting, clay and plaster work as well as adapting "found" and "recycled" materials from nature and daily life.



Painting by Lou Lam



Louise Lam is a professional painter and artist from the UK, living and working in Lam Tsuen. She graduated from the University of the Arts London with a Distinction in Fine Art Painting and a First in BA Graphic Design for Communication.

Day : Every Saturday

Time : 10:00am-11:00am (3-5 yrs)
11:30am-12:30pm (6-9yrs)
1:00pm-2:00pm (10-15 yrs)

Fee : \$200 per class

Age : 3 years and above

Venue : Studio B 2/F

Notes : *Parents and caregivers with children 3-4 years old are welcome to participate*



Paintings by Lou Lam

Professional Art Drawing & Painting with Mr. Jason

Drawing is a form of visual art that makes use of any number of drawing instruments to mark a two-dimensional medium. Common instruments include graphite pencils, pen and ink, inked brushes, wax color pencils, crayons, charcoal, chalk, pastels, markers, styluses, and various metals. Painting is the practice of applying paint, pigment, color or other medium to a surface (support base). The medium is commonly applied to the base with a brush but other objects can be used. In art, the term painting describes both the act and the result of the action.

繪畫是視覺藝術的一種，隨意使用各式繪圖工具。常用的工具包括石墨鉛筆，鋼筆和墨水、墨刷、蠟彩鉛筆、蠟筆、炭筆、粉筆、粉彩、水筆、針筆以及各種金屬。繪畫是把油漆、顏料、顏色或其他物料塗於畫板表面，通常用畫筆掃上，但當然我們可以使用其他工具。在藝術角度來說，繪畫藝術可同時包括作畫時的行為和之後產生之結果。



Every Tuesday
4:00pm–5:30pm
5:35pm–7:05pm

Every Sunday
9:00am–10:30am
10:35am–12:05pm

Every Thursday
4:00pm–5:30pm
5:35pm–7:05pm

Venue: Studio C G/F
Fee: \$230 per class



Mr. Jason Porteous is a full time professional artist from the UK. He has been an Art Instructor of Professional Art Drawing & Painting Classes at the Club since 2003. Starting with only one class, it has grown steadily in demand & popularity, and currently runs classes four days weekly. Many of his students have been enrolled for a number of years.

Mr. Jason emphasizes solid drawing and coloring skills to enable the creativity & self-expression of his students.

Art Class for adults



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.



Date : Every Tuesday

Time : 10:30am – 12:30pm (2 hours)

Fee : \$270 / class
(inclusive of all art materials)

Venue : Studio B 2/F

Instructor : 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 Class

Day : Every Monday

Age : 6 years and above

Time : 3:00pm-5:00p.m / 5:15pm-7:15pm

Venue : Studio B 2/F

Fee : \$250 / class
(inclusive of all art materials)

In this class, 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

Chinese Painting

中國水墨畫



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

This course is a gateway for beginners to the learning of Chinese painting, especially for those who wish to experience Chinese painting from a new perspective. It also helps participants to develop their own Chinese painting style in accordance with seasonal themes. Seniors and mature participants are welcome.

Date/Time : **Every Wednesday**
4:30pm-5:30pm (5-14 years old)
Every Saturday
10:00am-11:00am (15 years or above)
12:00pm-1:00pm (5-14 years old)

Age : 5 years & above

Course Fee : \$155 per class (5-14 years old)
\$220 per class (15 years or above)

Venue : Studio C G/F

Instructor : Mrs. Yick Chu M.K.

中國國畫是中國的傳統繪畫藝術，特別重視筆墨語言。學習國畫，把在大千世界寫生的物象，通過用臨摹中學到的技巧，不單可培養兒童的想像力，思維力和創造能力，更會令他們熱愛生活、熱愛大自然、陶冶情操。

Chinese Calligraphy

中國書法

Chinese 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.

Chinese calligraphy is a type of pleasing writing, embodying the artistic expression of human language in a tangible form. This type of expression has been widely practiced in China and has been generally held in high esteem across East Asia.



書法是以文字為基礎的書寫藝術，也是我國最具悠久歷史的傳統藝術。書法講究執筆、運腕、用筆、使墨、章法、氣韻等規律，通過藝術手法來表達思想感情，產生“筆情墨趣”。學習書法，不僅可以鍛鍊耐心毅力，還能提升個人思想品德及文化修養。

- Date : **Every Saturday**
- Time / Age : **11:00am-12:00pm (15 years & above)**
12:00pm-1:00pm (5-14 years old)
- Course Fee : \$140 per class (5-14 years old)
\$180 per class (15 years or above)
- Venue : Studio C G/F
- Instructor : Mrs. Yick Chu M.K.





空手道

KARATE

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. Traditional karate places emphasis on self development (budo).

Modern training emphasizes on the psychological elements incorporated into a proper kokoro (attitude) such as perseverance, fearlessness, virtue and leadership skills.



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

空手道是巧妙應用拳、腳，探究勝負的原理，進而達到超越勝敗的境地，是磨煉精神、體魄、技術，探究真、善、美的動態的禪道。通過不懈的鍛煉、嚴格艱辛的競技，掌握高級的護身之技，養成強健的身體和健全的精神，以信心和勇氣努力實踐，從而為人類社會的正義、和平、發展，的確可以積極作出某種程度的貢獻。要特別注意，空手道的道十分重要，也就是空手道的精神，是空手道最根本的精髓。

Time/Day : **Every Sunday**
10:00am – 11:30am /
11:30am-1:00pm

Every Thursday
6:00pm-8:00pm

Venue : Studio A 2/F

Age : 4 years or above

Fee : \$140 per class

時間 : **逢星期日**
10:00am – 11:30am /
11:30am-1:00pm

逢星期四
6:00pm-8:00pm

地點 : 二樓活動室

年齡 : 四歲或以上

費用 : \$140 每堂



Discipline

紀律

Respect

尊敬

Spirit

精神



KENDO

Traditional Japanese Fencing
(course for Adults and Children)

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' use 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.

Day : **Every Tuesday**
Time : **4:00pm-5:00pm**

Age : 12 years old & above

Day : **Every Thursday**
Time : **6:00pm-7:00pm**

Fee : \$160 per class

Venue : Squash Court A



Ignacio Alba Ruiz
Kendo 4th Dan Master

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, Laido, Taekwondo and Hapkido in Japan, Korea, China and Europe.

HAPKIDO

(course for Adults and Children)



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.



- Date** : Every Tuesday & Thursday
- Time/Age** : 5:00pm-6:00pm (age 4-9 years old) Tuesday & Thursday
6:00pm-7:00pm (age 10-14 years) Tuesday & Thursday
7:00pm-8:00pm (age 15 years and above) Tuesday only
- Age** : From 4 years and above
- Fee** : \$160 per class
- Venue** : Squash Court A
- Instructor** : Ignacio Alba Ruiz
5th Dan Master



Iaido

Japanese Sword Martial Art

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.

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

Date : Every Thursday

Time : 7:00pm-8:00pm

Age : 18 years and above

Fee : \$200 per class

Venue : Studio B 2/F

Instructor : Ignacio Alba Ruiz
3 DAN Iaido Master



TAEKWONDO

跆拳道



- Instructor/Qualification: **Senior Coach of the Potential Taekwondo Hong Kong Association
Mr. Isaac Lee Hon Keung**
**3rd Dan of World Taekwondo Black Belt, 5th Dan of Hong Kong Taekwondo,
5th Dan of Korea Taekwondo.**
- 教練/資歷： 香港跆拳道國藝會 高級教練李漢強任教
世界跆拳道黑帶三段、香港跆拳道五段、韓國跆拳道五段
- Introduction: **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.**
- 內容： 初階訓練課程分九級，白帶至紅黑帶。有套拳，散手，腿法鍛鍊，從趣味的訓練到學習紀律及技術，有助建立自信及增強學習能力。



Time: **Every Tuesday**
4:00pm - 5:00pm
5:00pm - 6:00pm

Venue: **Squash Court**

Age: **4 years or above**

Fee: **\$120 (per class)**

時間： **逢星期二**
4:00pm - 5:00pm
5:00pm - 6:00pm

地點： **壁球室**

年齡： **四歲或以上**

費用： **\$120 (每堂)**





ZUMBA[®]

FITNESS



Perfect For

Everybody and every body! Each Zumba[®] class is designed to bring people together to sweat it on.

How It Works

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

Benefits

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave the class.

Day : **Every MONDAY**

Time : **12:00pm-1:00pm**

Fee : \$150/hour

Ages : 16 years and above

Venue : Studio A 2/F

Instructor : Zin Girlie Lorilla





**ALL WE
NEED
IS A BEAT**

Grab your friends and move like no one's watching! Zumba® Kids is the dance-fitness party where we play it loud and rock with friends to our own rules.



ZUMBA KIDS

with Zin Girlie Lorilla

- Day* : **Every Tuesday**
Time : **4:00pm-5:00pm**
Fee : \$150 per class
Age : 7 – 11 years
Venue : Studio B 2/F

Perfect For

Perfect for our younger Zumba® fans! Kids 7-11 years old get the chance to be active and jam out to their favorite music.

How It Works

Zumba® Kids classes feature kid-friendly routines based on original Zumba® choreography. We break down the steps; add games, activities and cultural exploration elements into the class structure.

Benefits

Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination, cultural awareness.



BODY SHAPING

WITH JING

Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity. It targets strength building or muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. When one circuit is complete, one begins the first exercise again for the next circuit. In addition, the time between exercises in circuit training is short, often with rapid movement to the next exercise.



Day: *Every Wednesday and Friday*

Time: *9:00am-9:45am*

Fee: *\$100 per class*

Venue: *Studio B 2/F (Wed)
Studio A 2/F (Fri)*

Age: *16 yrs and above*

EMPOWER YOURSELF

Woman's Self Defence Class gives women the tools needed to not only defend themselves but to empower them. All classes are taught in a safe, positive environment where they will learn simple yet extremely effective techniques so they will always be physically prepared and mentally aware, as well as get a complete cardio workout.

HEALTHY

STRONG

ALERT

HAPKIDO

SELF DEFENCE CLASS FOR WOMEN

Day : **Every Tuesday**
Time : **11:00am-12:00pm**
Age : 16 years old and above

Cost : \$160 per class
Venue : Squash Court A
Instructor : Ignacio Alba Ruiz
5th DAN Hapkido Master



Term 2 (August to October 2019)

SWIMMING LESSONS

SWIMSURE
SKILLS FOR LIFE



Parent and Infant

(6 months to 18 months)
(18 months to 3 years)



At SwimSure, our goal is to provide students with the confidence, skills and techniques needed to be safe in any aquatic environment encountered throughout life. Lessons include plenty of fun and engaging activities that will instill a love of the water from an early age, as well as develop good techniques in a range of strokes as your child progresses.

Miranda Bundy - SwimSure Founder

Pre-school

(3-4 years)



Beginner 1

Water Confidence / Learn to Swim



Beginner 1 Advanced

Water Confidence / Learn to Swim



Beginner 2

Learn to Swim/Beginner Strokes
(must be able to swim 10 meters unaided)



Intermediate 1

Stroke Swimming
(must be able to swim 15 meters freestyle and backstroke)



Intermediate 2

Stroke Swimming
(must be able to swim 25 meters freestyle and backstroke)



Advanced

Competitive /Lifesaving/Introduction to Water Polo
(must be able to swim at least 50m in all three strokes)



Private Swimming Lessons are available upon request.
Please fill in the sign up form available at the Fitness Centre.

Days : Tuesday, Wednesday, Thursday & Saturday

Age Group : 6 months and above

Instructors : Miranda Bundy, Rhys Baker & Suzy Henderson

Note : Please refer to the sign up form for price list and program details





SCUBA Experience

Discover Scuba & Bubblemaker



- Date/Time : By Appointment only
- Fee : \$880/class
- Age Group : 8 to 10 years for Bubblemakers
11 years and above for Discover Scuba
- Venue : Pool
- Instructor : PADI Master Scuba Diver Trainer
Paul Tasem

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 . A PADI Liability Release form must be filled before the lesson starts.

PADI SEAL TEAM

Recruitment Drive



Participant's Pre-Requisites

- 10 years and above
- Good health
- Able to swim comfortably
- Good team player
- 5 Course Program (2.5hrs/course)

SEAL Team Aqua Missions

- Underwater Navigation
- Underwater Construction
- Underwater Survey
- Aquatic Life Identification
- Underwater Search & Recovery

*For further details, please contact Paul at Recreation on 2657 8292

DRONE WORKSHOP

Build, Fly and Take Home your own Drone!

AIR BORNE ROBOTIC S.T.E.M.



Workshop Package includes:

- Drone to take home
- Drone knowledge & safety
- Flight training & obstacle course
- IEEE Consumers Certificate

(Institute of Electrical and Electronics Engineers)



Foldable body

Curious how DRONES work? Take this opportunity and join our workshop to build and fly one. In this 3 hours workshop, you will learn to build your drone under close guidance from our drone technician specialist. In addition, you will also learn in depth about your drone - safety, controlling, flying and also cover the rules and regulations for owning and operating a drone. The best part - you get to take your drone home. **The workshop is endorsed by IEEE Consumer Electronic and each student will receive a completion certificate that can be used for college application.**

Drone Specs: Frequency [2.4G], Channel [4C], Gyro [6 Axis], Camera [720p wifi], FOV [120 Wide Angle], Battery [3.7V 1800mAh], Flight Time [20 minutes], Distance [80-100meters], Weight [160g], Size [44cm x 44cm x 6.5cm]

Dates : Saturday 12 Oct, 16 Nov or 14 Dec 2019

Age : Above 10 years old

Time : 3:00pm-6:00pm (3 hrs workshop)

Venue : Studio C G/F

Cost : \$3,500 per person/workshop
(Drone included)

Instructor : Phil Woodhead

Open to all ages!

Club Halloween

2 NIGHTS

Saturday 26 October

Thursday 31 October

Carnival

One FREE game card for Buffet Diners
Members & Guests (age under 16)

Game Cards: \$85 (10 games per card)

SATURDAY 26 October 2019

3:00pm-4:00pm Art & Crafts - \$80 per person

6:00pm-9:00pm Face Painting – use Game Card

6:00pm-9:00pm Spooky Halloween Buffet Dinner

7:00pm-9:00pm FUN Halloween Games – use Game Card

8:30pm-9:30pm Costume Catwalk Contest (FREE)

9:30pm-11:00pm Spooky Halloween Movie (FREE)

THURSDAY 31 October 2019

6:00pm-8:00pm Trick or Treat (FREE)



Come and join the much awaited Halloween Carnival activities on Saturday 26 and Thursday 31 October. Bring along your friends and family, wear fun scary costumes, join the best dressed contest and play lots of exciting games at the carnival.

Kids Adventure Camp

School Half Term Break

9am to 3pm Tuesday to Friday 8 -11 October 2019

(no camp during Public Holidays)

Christmas Break

9am to 3pm Monday to Friday 16 -20 December 2019



MULTI-SPORTS - SCAVENGER HUNT - LEGO - ARTS & CRAFTS - BOUNCY CASTLE



Time	Activities
9:00am – 10:00am	Multi-Sports
10:00am-11:00am	Scavenger Hunt
11:00am-12:00pm	Fun LEGO Building
12:00pm-12:45pm	LUNCH
12:45pm-2:00pm	Arts & Craft
2:00pm-3:00pm	Water Games (Oct) Bouncy Castle (Dec)

Age 5 – 10 years old

*Guests welcome**

\$550 per child/day for Members

\$605 for Member's guest*



2019 CCHLY CHRISTMAS FAIR



2 Days 10:00am-6:00pm

**Saturday 30 November 2019
& Sunday 1 December 2019**

Come and join the much awaited Christmas Fair over the weekend and bring along your family and friends and visit the game stalls, fun bouncy castles, face painting, arts & crafts, candy floss and lucky spin. There will be lots of sales stalls on the day selling all sorts of household items, food & drinks, products, gadgets, wine and much more. Come along and visit the fair and have a great weekend. Merry Christmas.

*"Open to all ages!
Don't miss out!"*

\$100 per Game Card (10+2 games)

Play 10 games & collect 10 stamps for a chance to SPIN and win a prize





Kids Christmas Workshop

Gingerbread House



Come and join this joyous event in conjunction with the Christmas Spirit. Decorate your house with lots of colourful sweet candies and you get to take your Gingerbread House home after the workshop in time for Christmas day.

- Date : Saturday 21 December 2019**
- Time : 2:30pm to 4:00pm (Workshop A)
4:30pm to 6:00pm (Workshop B)**
- Fee : \$180 for Members &
\$200 for member's guest**
- Age : 6 years and above**
- Venue : Studio B 2/F**





Kid's Christmas Coloring Contest

Boys and girls, come and join the Christmas Coloring contest and have fun at the same time. Coloring pages are provided and you may bring your own colour pencils. You will compete in your own age group and attractive prizes for winners.



Date : **Thursday 26 December 2019**

Time : **2:30pm to 4:00pm**

Age : **5-13 years old**

Fee : **\$30 for Members &
\$50 for member's guest**

Venue : **Studio B 2/F**

NERF



Fun Games & Challenge

Date : Sunday 29 December 2019

Time : 3:00pm to 4:30pm

Age : 6 -12 years old

Cost : \$50 per member & \$70 for member's guest

Venue : Squash Court A

Join the **NERF Fun Games & Challenge** and have fun shooting at the specially designed target plates with different types of NERF pieces to give exciting challenges to the participants. In the contest, you need to complete all the challenges and winners are decided by contestant with the most target strikes and with best time. Accumulate top points for a chance to win the ultimate grand prize from **NERF ELITE**. Have fun competing with friends and find out who's the best NERF marksman in the Club.

Open to all levels and you will compete in your own age group. Places are limited, so sign up quickly. Don't miss out.





No.8, Hong Lok Yuen Town Centre Crescent, Tai Po, N.T., Hong Kong
Tel: 2657 8899 (Main Reception) | 2657 8292 (Recreation) | Fax: 2650 0851
E-mail: recreation@cchly.com | www.cchly.com