



救世軍油麻地青少年綜合服務  
The Salvation Army  
Yaumatei Integrated Service for Young People



# 2023年4-6月兒童及家庭活動通訊

## 2023 April-June Bulletin for Children & Family

開始報名日期

2023年3月28日(二)

Date of Enrollment Start: 28/3/2023(Tuesday)

H A P P Y  
E A S T E R



青少年空間  
Youth Zone

地址:九龍油麻地眾坊街3號駿發花園四座一樓平台

Podium level, block 4, Prosperous Garden, 3 Public Square Street, Yaumatei, Kln, HK

電話:2770 8933

傳真:2875 6256

電郵:ymtisyp.yfc@hkm.salvationarmy.org

網址: <https://www.salvationarmy.org.hk/ssd/ymtis>



# 會員天地 Membership

## 會員申請手續 / Membership Application Procedures

申請類別 Type	入會資格 Qualification	手續 Procedures	費用 Fee
基本會員 Basic Membership	年滿6-24歲的兒童及青少年 Aged 6 - 24 Children and Youth	必須出示有效身份證明文件 (身份證/出世紙/舊會員證) 如屬首次申請必須帶備住址證明以供核對	豁免 Waived
聯繫家庭會員 Affiliated Membership	已成為6-24歲基本會員的家庭直系親屬及主要照顧者，可包括 <ul style="list-style-type: none"> <li>• 25歲或以上的家長或隔代的直系親屬</li> <li>• 6歲以下的直系親屬</li> </ul> Lineal relatives or main caregivers of basic members: <ul style="list-style-type: none"> <li>• 25 years old or above parents or grandparents who have lineal relatives with basic members</li> <li>• Siblings of basic members who is under 6 years old</li> </ul>	Applicant has to complete and sign the Application Form; and show the effective identity document (I.D. card/Register of Birth/Old membership card); The applicant should show the proof of address for verification.	

## 會員福利 / Member's benefit

- 使用中心設施，如借用電腦、房間、玩具等 Use the facilities, such as computer, room and toy;
- 以會員優惠價參加中心小組、活動、興趣班及訓練課程等 Join programs and activities with the membership price;

現憑救世軍油麻地青少年綜合服務會員證，可享有以下優惠：Member can enjoy the benefit when showing Membership card.

商鋪名稱 Shop	會員優惠 / Benefit	商鋪地址及電話 / Address and Telephone No.
英昌皮具公司(露營用品)	可享有9折公價貨品除外 10% off except fixed price items.	地址：香港九龍旺角登打士街56號家樂坊19樓1904室 (近油麻地港鐵站A2出口) 電話：2385 1255 Address: Room 1904, 19/F, Gala Place, 56 Dundas Street, Mongkok, Kowloon, Hong Kong Tel: 2385 1255
Yolo Cafe and Bar	除酒精飲品外，全單9折 Enjoy 10% discount on the bill (excluding alcohol and spirits)	地址：旺角染布房街6-8號6號舖華樂大廈地下 (近旺角港地鐵站E2出口) 電話：5196 7085 Address: Shop 6, G/F, Wah Lok Building, 6-8 Yim Po Fong Street, Mong Kok Tel: 51967085

## 補領會員證 / Replacement of membership card

- 任何會員遺失會員證;補領新證之有效期以舊證為準，補領費用為\$5
- Those who lose membership card can request the replacement card;
- The expiry date of the membership remains the same; \$5 will be charged.

## 退會 / Membership cancellation

- 會員有權主動提出退會申請，需填寫「退出服務申請表」
- Any member may withdraw from the membership by filling "Withdrawal of Service Form";
- 本中心將停發會員通訊 Newsletter will be ceased to send afterwards.



# 特別消息 Special Information

4月5日(星期三) 5/4 (Wednesday)	清明節 Ching Ming Festival	中心休假 Centre is closed
4月7日(星期五) 7/4 (Friday)	耶穌受難節 Good Friday	中心休假 Centre is closed
4月8日(星期六) 8/4 (Saturday)	耶穌受難節翌日 The day following Good Friday	中心休假 Centre is closed
4月10日(星期一) 10/4 (Monday)	復活節星期一 Easter Monday	中心休假 Centre is closed
5月1日(星期一) 1/5 (Monday)	勞動節 Labour Day	中心休假 Centre is closed
5月26日(星期五) 26/5 (Friday)	佛誕 The Birthday of the Buddha	中心休假 Centre is closed
6月22日(星期四) 22/6 (Thursday)	端午節 Tuen Ng Festival	中心休假 Centre is closed

中心地圖 Central Map



中心開放時間 Opening Hours

時間TIME	星期日SUN	星期一MON	星期二TUE	星期三WED	星期四THU	星期五FRI	星期六SAT
10:00AM-2:00PM	X	X	X	X	X	X	O
2:00PM-6:00PM	O	X	O	O	O	O	O
6:00PM-10:00PM	X	X	O	O	O	O	O

O=開放OPEN  
X=不開放CLOSED

# 颱風及暴雨事故應變

1. 惡劣天氣之活動安排 (如在單位開放前2小時，八號風球或黑色暴雨訊號仍然懸掛，則該節單位將會暫停開放，而原定舉行之活動亦會延期或取消。)

天氣情況	單位班組及 戶內活動	出外活動 *	野外活動 **	水上活動 (包括船河)
雷暴警告	✓	#	✗	✗
一號風球 ★	✓	✓	#	✗
三號風球 ★	✓	✗	✗	✗
八號風球 ★	✗	✗	✗	✗
黃色暴雨訊號在活動開始前2小時內發出	✓	#	#	✗
黃色暴雨訊號在單位開放期間發出	✓	#	#	✗
紅色暴雨訊號在活動開始前2小時內發出	✗	✗	✗	✗
黑色暴雨訊號在活動開始前2小時內發出	✗	✗	✗	✗
寒冷及酷熱天氣警告在活動開始前2小時內發出	✓	#	#	#
紅色／黑色暴雨訊號在單位開放期間發出	單位如常運作及戶內已進行之活動仍繼續舉行，戶外活動則即時停止，並在安全情況下，安排家長於合適時間內接送參加者。			
黑色暴雨訊號在單位已停止開放期間仍未除下	仍逗留在單位之服務使用者應繼續留在單位內，並確保在適當時間及安全情況下返家，或安排由家長接送。			

備註：

\* 出外活動—指參觀、日營、渡假營等

\*\* 野外活動—野營、遠足、旅行等

✓ 如期進行

✗ 取消或延期

# 酌情舉行—須視乎當時情況及天氣預測

★ 有關「風球」之安排，以活動開始前2小時內懸掛作決定。



# 新會員申請/續會

請登入以下網址或QR CODE 填寫會員申請表/續會表  
Please log in the following website or QR Code to fill in the application form

新會員/續會網上申請表連結 New membership/ membership renewal online form

QR Code

<https://forms.office.com/r/w1Qkv7Hwnw>



WhatsApp, Facebook, Instagram宣傳推廣服務

本中心已更改WhatsApp 廣播電話號碼，如希望定期收取中心通訊及最新消息，請於登記成為會員後，將電話號碼 6535 4341 加入手提電話通訊錄內。此號碼只用作發佈資訊及消息之用，如對活動 有查詢，可於開放時間親臨本中心或致電 2770 8933 聯絡當值職員。

Our phone number of Whatsapp has been updated as 6535 4341. If members would like to receive the latest update and pamphlet regularly, please save the number in phone address book. The number would be used for broadcast only. If you have any enquiries, please come to our Centre or call 27708933.



6535 4341



救世軍油麻地青少年綜合服務  
sayaumatei



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sayaumatei



# 兒童與少年小組及活動

## 四驅車 X STEM23-24(第一季)

日期: 12/4-28/6/2023(三)

時間: 下午6:00-8:00

對象: 6-15歲

堂數: 12堂

名額: 15人

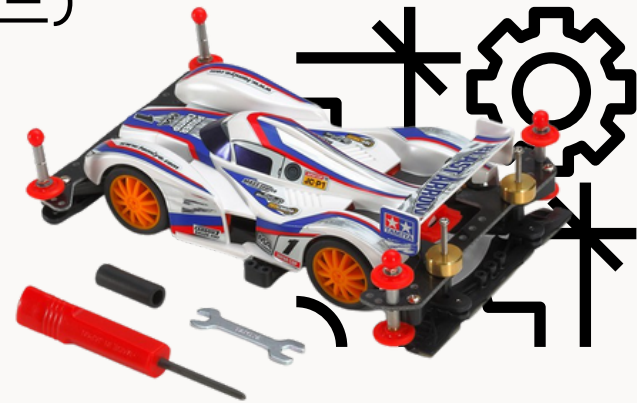
費用: \$200

內容: 以四驅車為介入點，透過四驅車的配件及軌道，培養參加者探究學習的興趣及面對挑戰與解決疑難。

負責職員: 李嘉倫先生(高級程序工作員)

備註:-活動以廣東話進行

-舊生優先



#7337

## 起動樂 3.0

日期: 28/4-23/6/2023 (五) (26/5暫停一次)

時間: 晚上 7:00-8:30

對象: 6-12歲

堂數: 8堂

名額: 10人

費用: \$180

內容: 透過體驗不同運動及互動活動，加強社交及享受一起做運動的樂趣

負責職員: 梁皓培先生(註冊社工)



#7341

## 我是籃球員 S2

日期: 6/5-24/6/2023 (六)

時間: 下午4:00-6:00

對象: 9-13歲

堂數: 8堂

名額: 12人

費用: \$200

內容: 透過籃球訓練，提升參加者團體精神及技巧，享受籃球帶來的樂趣

負責職員: 梁皓培先生(註冊社工)



#7342

## 迷你水晶果凍水果粽

日期: 17/6/2023(六)

時間: 下午2:30-4:30

對象: 6-12歲

堂數: 1堂

名額: 6人

費用: \$50

內容: 端午節前一齊學整下另類水粽應下節，快D來參加啦。

負責職員: 李嘉倫先生(高級程序工作員)

備註:-活動以廣東話進行

如活動人數不足4人，活動將會取消



#7338

## 法式櫻桃派

日期: 22/4/2023(六)

時間: 下午2:30-4:30

對象: 6-12歲

堂數: 1堂

名額: 6人

費用: \$50

內容: 高級的法國甜品，無論外型及味道都很吸引，大家快D來參加學整啦。

負責職員: 李嘉倫先生(高級程序工作員)

備註:-活動以廣東話進行

如活動人數不足4人，活動將會取消



#7339

## 三色迷你戚風小蛋糕

日期: 27/5/2023(六)

時間: 下午2:30-4:30

對象: 6-12歲

堂數: 1堂

名額: 6人

費用: \$50

內容: 懷舊的蛋糕仔，充滿回憶，簡單又易整，快D來參加啦。

負責職員: 李嘉倫先生(高級程序工作員)

備註:-活動以廣東話進行

如活動人數不足4人，活動將會取消



#7340



# 兒童與少年小組及活動

## 兒童飛鏢體驗

- 日期：16/4、23/4、30/4、  
7/5、14/5、21/5 (逢星期日)
- 時間：下午4:00 - 5:30 (1.5小時)
- 對象：9-12歲(只限小四至小六學生參加)
- 節數：6節
- 名額：6-8人
- 費用：全免
- 內容：透過飛鏢訓練發掘個人潛能
- 負責職員：輝Sir
- 備註：活動以廣東話進行  
活動由中華電力贊助



#7348

## 鏢手養成指南

- 日期：14/4、21/4、28/4、5/5、12/5、19/5 (逢星期六)
- 時間：晚上7:00 - 9:00 (1.5小時)
- 對象：12-18歲(只限中一以上參加)
- 節數：6節
- 名額：6-8人
- 費用：全免
- 內容：透過飛鏢訓練發掘個人潛能
- 負責職員：輝Sir
- 備註：活動以廣東話進行  
活動由中華電力贊助



#7349



# 家長及親子活動

## 自在女途家長減壓小組

4-6/2023

日期: 19/4/2023-7/6/2023(三)

時間: 早上9時至10時30分

對象: 有情緒困擾或管教困難之家長

堂數: 8堂

名額: 8人

費用: \$160

內容: 一齊黎做下瑜珈減壓, 先有能量番去照顧我地既小朋友架~

負責職員: 梁珈菀姑娘(丸姑娘)

備註: 參加者需穿著運動鬆身衫褲

#7343

## 家常便飯親子樂

日期: 21/4, 5/5, 19/5/2023(五)

時間: 7-9:30pm

對象: 有管教困難之家長及其子女

堂數: 3堂

名額: 10對親子

費用: \$90(以小朋友作收費單位)

內容: 同小朋友一齊學煮餸、享受親子下廚既時間, 最後更會享用你地既成果一齊食餐飯架~

負責職員: 梁珈菀姑娘(丸姑娘)

備註: 活動由家友站晚上組(朋輩家長輔導員)協辦

#7344

## 鬆一ZONE

日期: 12/5及19/5/2023(五)

時間: 9:30-11:00am

對象: 有管教困難或有情緒困擾之家長

堂數: 2堂

名額: 10

費用: 免費

內容: 一齊黎做手作、整下野食, 同我地既朋輩家長輔導員傾下湊仔經放鬆下

負責職員: 梁珈菀姑娘(丸姑娘)

備註: 活動由朋輩家長輔導員協辦

#7345

## 和你一齊包糰過端午

日期: 14/6/2023 (三)

時間: 9:30-11:30pm

對象: 有管教困難或有情緒困擾之家長

名額: 10人

費用: \$50(已包所需材料)

內容: 一齊黎同PPC一邊傾計一邊學包糰過節啦

負責職員: 梁珈菀姑娘(丸姑娘)

備註: 活動由朋輩家長輔導員協辦

#7346







## 家長輔導服務 (預約服務)

如果你有管教煩惱...

如果你有情緒困擾...

如果你同小朋友有衝突唔知點解決...

### 歡迎黎傾下

目標:

1. 情緒支援、提升情緒管理技巧
2. 改善/強化管教技巧
3. 減少與子女衝突次數

負責同事: 梁珈菀姑娘(丸姑娘)(註冊社工)

聯絡電話: 2770 8933 / 5429 2232(whatsapp)



# 恆常興趣班-芭蕾舞班

內容: 課程內容按學員年齡及程度分班，有意參加考試並完成所有考試課程之學生，會被保送參加每年由英國皇家舞蹈學院舉辦之證書考試。所獲得之證書獲國際認可。

班組名稱	時間	對象及人數	收費(每堂)	內容	負責職員
芭蕾舞 (幼兒班)	逢四下午4:15-5:00	3歲至5歲/15人	\$120	課程內容按學員年齡及程度分班，有意參加考試並完成所有考試課程之學生，會被保送參加每年由英國皇家舞蹈學院舉辦之證書考試。所獲得之證書獲國際認可。	李嘉倫先生 Alan Sir (高級程序工作員)
芭蕾舞 (入門班/初班)	逢四下午5:00-5:45	6歲至10歲/15人	入門班\$130 初班\$140	課程為英國皇家芭蕾舞學院(R.A.D)芭蕾舞考試內容，符合考試標準。課程會教授各級別的技巧和舞蹈重點，各級芭蕾舞的術語。透過訓練，學員可提高肢體的協調，肌肉的控制，亦可增強毅力和團體合作性。	

備註:

- 學員須在中心購買跳舞服及鞋，並由導師代購
- 導師已獲英國皇家芭蕾舞學院頒發教師資歷
- 合作舞蹈學校：小鴨子舞蹈藝術學院
- 如有興趣參加，請先填寫報名表格輪候，待有學位工作員會通知入班
- 學費以整數計算，若有小數會以小數點後四捨五入的原則收取
- 中心所有興趣班班組，如收生人數不足，中心會將其班組合併或取消





**NEW**

# 恆常興趣班-K-POP

班組名稱	時間	對象及人數	收費(每堂)	內容	負責職員
Kpop 舞蹈班	逢四 晚上5:45-6:45	6-14歲/12人	\$100	讓對Kpop舞蹈感興趣的學員透過學習Kpop舞蹈，在課堂上接觸不同舞蹈種類的元素及其技巧，運用Kpop輕快的舞蹈編排，培養參加者對舞蹈的興趣，放鬆身心，建立自信。	李嘉倫先生 Alan Sir (高級程序工作員)

備註:

- 導師具2年或以上教授兒童舞蹈經驗
- 學員須穿著運動服及鞋
- 如有興趣參加，請先填寫報名表格輪候，待有學位工作員會通知入班
- 中心所有興趣班班組，如收生人數不足，中心會將其班組合併或取消





# 恆常興趣班-鋼琴班

時間	對象及人數	收費(每堂)	內容	負責職員
星期二至五: 下午4:00- 10:00  星期六 上午10:00-下午6:30	5歲或以上 (6歲以下之兒童必須由家屬 或家傭陪同方可上課)	按級數收費	學員透過個別教授，以培養其節奏感,耐性及毅力。此外，導師會以英國皇家音樂學院考試範圍作教授藍本，利用深入淺出的方法，培養學員學習彈琴的技巧。	李嘉倫先生 Alan Sir (高級程序工作員)

備註	鋼琴班收費表			
	級別	30分鐘 /每堂	45分鐘 /每堂	60分鐘 /每堂
<ul style="list-style-type: none"> <li>• 課堂以單對單形式教授</li> <li>• 導師已考獲英國皇家音樂學院八級或以上資歷</li> <li>• 音樂課本需自備</li> <li>• 收費每月以四堂計算</li> <li>• 學員準備考取級別前必須繳交該級別的學費</li> <li>• 凡學員已考獲等級，中心將會自動調升學員 所考獲之等級高一級的學費。</li> <li>• 如有興趣參加，請先填寫報名表格輪候，待有學位工作員會通知入班</li> <li>• 中心所有興趣班班組，如收生人數不足，中心會將其班組合併或取消</li> </ul>	初級	\$105	\$158	\$210
	1級	\$110	\$165	\$220
	2級	\$115	\$173	\$230
	3級	\$125	\$188	\$250
	4級	/	\$205	\$274
	5級	/	\$221	\$295
	6級	/	\$240	\$320
	7級	/	\$265	\$354
	8級	/	\$290	\$387

租用琴房服務	費用
<ul style="list-style-type: none"> <li>• 此服務只限租借予本中心學琴之學員。</li> <li>• 琴房租用只供練習鋼琴之用。</li> <li>• 每月月尾最後一天/ (如當天為公眾假期不開放，將提前一天)可繳費預約租用下月之房間。</li> <li>• 租借服務以先繳費先得形式。</li> <li>• 請保持琴房潔清及用完後需還原房間，如發現學員有違規行為，中心職員有權拒絕違規學員再次租借琴房。</li> </ul>	\$30/半小時



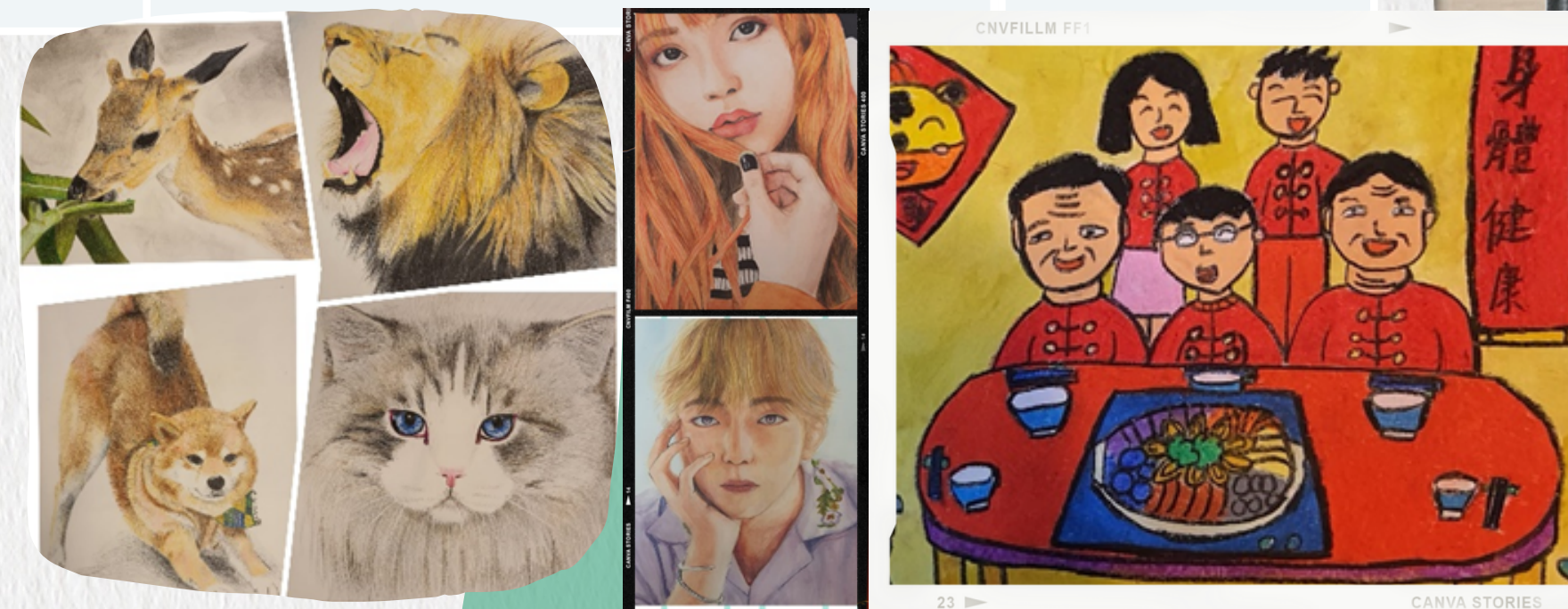
# 恆常興趣班-星期六畫班

內容: 透過不同主題及內容，並配合教授不同顏料的運用來提昇學員繪畫的興趣，啟發其美術潛能，在導師的引導下引發其創意力。

班組名稱	時間	對象及人數	收費(每堂)	內容	負責職員
畫班(入門班)	逢六上午11:00-中午12:00	4-6歲/12人	\$63	主要教授木顏色和乾粉彩的繪畫技巧	李嘉倫先生 Alan Sir (高級程序工作員)
畫班(初A班)	逢六上午10:00-11:00	6-8歲/12人	\$71	主要教授油粉彩及初階廣告彩的繪畫技巧	
畫班(初B班)	逢六中午12:00-下午1:00	6-8歲/12人	\$71	主要教授油粉彩及初階廣告彩的繪畫技巧	
畫班(中班)	逢六下午2:00-3:00	8-12歲/12人	\$76	主要教授素描的繪畫技巧	
畫班(高班/深造班)	逢六下午1:00-2:00	12-24歲/12人	\$79/(高班) \$84/(深造班)	主要教授油畫、粉彩、水彩、塑膠彩、乾粉彩的繪畫技巧	

## 備註:

- 參加者需自備畫簿、顏色及繪畫文具
- 導師已有的多年教授繪畫的經驗
- 如有興趣參加，請先填寫報名表格輪候，待有學位工作員會通知入班
- 學費以整數計算，若有小數會以小數點後四捨五入的原則收取
- 中心所有興趣班班組，如收生人數不足，中心會將其班組合併或取消





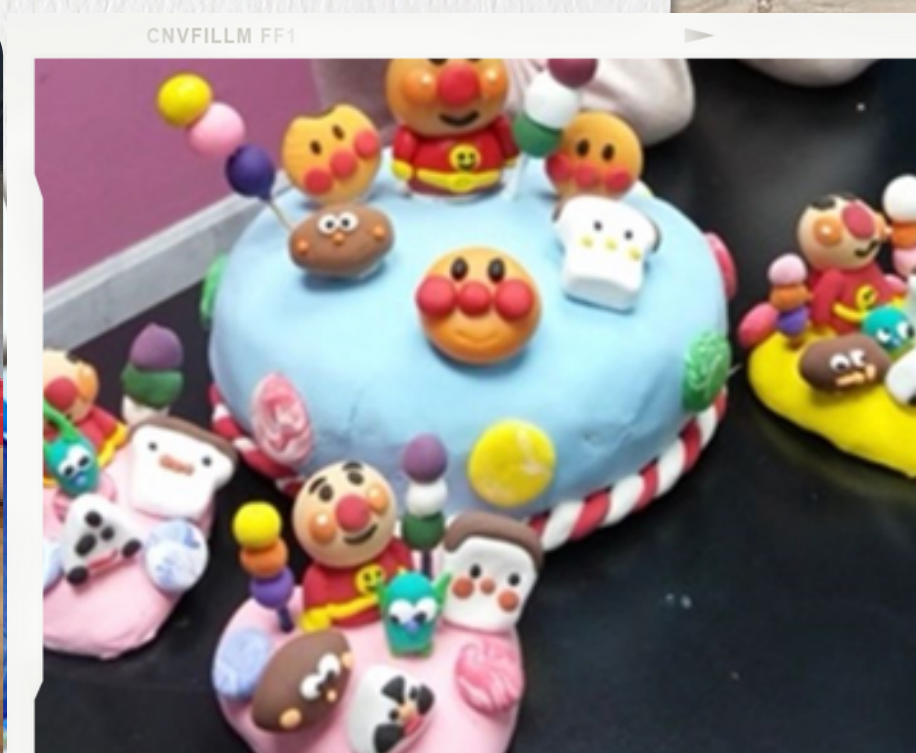
# 恆常興趣班-星期日畫班

內容: 透過不同主題及內容，並配合教授不同顏料的運用來提昇學員繪畫的興趣，啟發其美術潛能，在導師的引導下引發其創意力。

班組名稱	時間	對象及人數	收費(每堂)	內容	負責職員
畫班(入門)	逢日下午2:00-3:00	4-6歲/12人	\$63	主要教授初階的油粉彩、水彩的繪畫技巧以及輕黏土作品	李嘉倫先生 Alan Sir (高級程序工 作員)
畫班(初班)	逢日下午3:00-4:00	6-8歲/12人	\$71	主要教授木顏色、油粉彩、水彩的繪畫技巧	
畫班(中班)	逢日下午4:00-5:00	8-12歲/12人	\$76	會教授素描、木顏色、乾粉彩、油粉彩、水彩的繪畫技巧	
畫班(高班)	逢日下午5:00-6:00	12-24歲/12人	\$79	主要教授進階的繪畫技巧，包括：素描、木顏色、乾粉彩、油粉彩、水彩及塑膠彩的繪畫技巧	

## 備註:

- 參加者需自備畫簿、顏色及繪畫文具
- 導師已有的多年教授繪畫的經驗
- 如有興趣參加，請先填寫報名表格輪候，待有學位工作員會通知入班
- 學費以整數計算，若有小數會以小數點後四捨五入的原則收取
- 中心所有興趣班班組，如收生人數不足，中心會將其班組合併或取消





# 恆常興趣班-空手道班

班組名稱	時間	對象及人數	收費(每堂)	內容	負責職員
空手道	逢六 下午4:30-6:00	5-24歲/15人	\$80 (每堂 1個半小時)	學習基本防禦,攻擊技巧,衝拳,腿犖,基礎拳套,共分九級循序漸進,由初至黑帶。	李嘉倫先生 Alan Sir (高級程序工作員)
	逢六 晚上6:00-7:30	5-24歲/15人			
	逢六 晚上7:30-9:00	5-24歲/15人			

## 備註:

- 道袍可向中心代購
- 合作道館：糸東拳會
- 導師已有香港空手道總會合格註冊教練，並獲黑帶證書三段。
- 請先填寫報名表格輪侯，待有學位工作員會通知入班
- 中心所有興趣班班組，如收生人數不足，中心會將其班組合併或取消

## 師資:

合作拳會-糸東拳會

糸東拳會20多年來致力推廣空手道，道場遍佈港九新界及海外。

多年來孕育出不少國際大型賽事（包括奧林匹克運動會、亞洲運動會、世界錦標賽、亞洲錦標賽、全國運動會、全國錦標賽）的獎牌得主。

糸東拳會的學員在空手道方面成績優異，屢次在各項公開賽中獲取佳績，包括全港空手道大賽、全港空手道青少年大賽、全港空手道隊際錦標賽等等。而當中部份學員更是現役香港空手道代表隊成員及體育學院精英運動員，有幸代表香港參與本地及海外多個國際性賽事，包括全國空手道錦標賽、東亞成人空手道錦標賽、亞洲空手道錦標賽、世界空手道錦標賽、亞洲運動會、世界大學生錦標賽、世界沙灘運動會等，並在賽事中勇奪多項佳績，成績令人鼓舞。

而糸東拳會學員劉慕裳更於2020東京奧林匹克運動會中勇奪女子個人形銅牌，為香港空手道以至整個香港體育界創造了歷史。

拳會教練更是香港空手道總會及香港教練培訓委員會合資格的教練，教學經驗豐富。馮華強師傅現為糸東拳會會長。





# 恆常興趣班-跆拳道班

班組名稱	時間	對象及人數	收費(每堂)	內容	負責職員	備註
跆拳道A 入門班	逢日 下午3:45-4:45	6歲或 以上/ 15人	\$60	著重於腳，所以它的腳法特別巧妙，而對於腳法之苦練，也就特別講究。	李嘉倫先生 Alan Sir (高級程序工作員)	-道袍可由導師代購 -合作道館：捷擊跆拳道館 -導師已有香港跆拳道會註冊教練 -請先填寫報名表格輪侯，待有學位工作員會通知入班
跆拳道B 進階班	逢日 下午4:45-5:45					
跆拳道C 混合班	逢二 晚上7:30-8:30					

## 備註:

- 道袍可向中心代購
- 請先填寫報名表格輪侯，待有學位工作員會通知入班
- 中心所有興趣班班組，如收生人數不足，中心會將其班組合併或取消

## 師資:

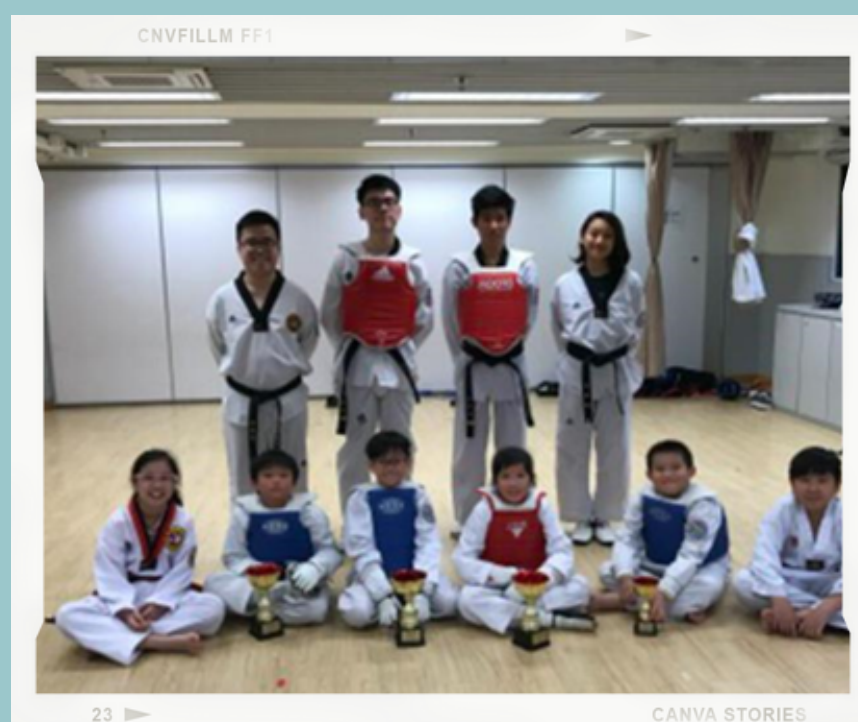
合作拳會-捷擊跆拳道館

捷擊跆拳道館於1999年創辦，一直積極推動跆拳道運動，為香港跆拳道協會(跆協)屬下會員。

教練均為跆拳道註冊黑帶或以上，並持有跆拳道教練、裁判等相關專業資格；帶領香港代表隊參與不同的國際性比賽，包括亞運會及世界跆拳道錦標賽等。課程內容由香港代表隊教練、資深教練、運動科學碩士及教育心理學碩士共同制訂。

捷擊著重培養學生的學習武術的禮儀及紀律、正面的學習態度；同時建立學生的自信、領導才能及合作精神。

並定期舉辦大型跆拳道比賽，並推薦學生參與，確保學生有充足的參賽機會，實踐所學，建立自信。



跆拳道



# 課餘託管及課後支援計劃



活動名稱	日期/時間	對象 / 名額	收費	內容	負責職員
課餘託管計劃	逢一至五 下午 <b>3:30-7:00</b> (共 <b>3.5</b> 小時)	雙職父母家庭及就讀本區小學之學生 每班： <b>6</b> 人 (參加者必須為中心有效會員)	每月 <b>\$1259</b> (*低收入津貼家庭可獲減費，名額有限)	功課支援及社交活動	李嘉倫先生 <b>Alan Sir</b> (高級程序工作員)
課後支援計劃	逢一至五 下午 <b>4:00-6:00</b> (共 <b>2</b> 小時)	就讀本區小學之學生 每班： <b>6</b> 人 (參加者必須為中心有效會員)	每月 <b>\$1150</b>	功課支援及康樂活動	

## AFTER SCHOOL CARE & SUPPORTIVE PROGRAMME

Program name	Date & Time	Target & Quota	Fee	Content
After School Care Programme	Every Monday to Friday 3:30-7:00pm	P1-P6 Members 6 people per group *Only for dual income families*	\$1259/per month (*Low-income families can obtain fee remission which is limited quota, please contact us for details)	-Helping students fulfill their study needs -Developmental activities -Leisure activities
After school supportive program	Every Monday to Friday (Group A) 4:00-5:30pm (Group B) 5:30-7:00pm	P1-P6 South Asian Students 6 people per group	\$1000/per month	-Helping students fulfill their study needs -Leisure activities

### 備註

- 如有興趣報讀課餘託管及課後支援計劃，請填寫及提交表格，當有空缺時會預約面見。
- 全年接受報名，唯交表時可於中心資訊板上查看空缺及輪候流程。
- 基於安全理由，各課餘託管計劃及課後支援計劃學員回到中心後，如需再離開中心必須得到職員同意。

### Remarks

- Registration is accepted throughout the year, when you submit the form, you can check the vacancy and waiting process in the notice board.
- For safety reason, participants must get consent from our staff before leaving.





# South Asian Zone (For Ethnic Minorities)

## MOLKKY EXPERIENCE

Date: 6/5,13/5/2023(Sat)

Time: 3:00-4:30 PM

Target & Eligibility: 6 to 12 years old

Session: 2 session

Quota: 8 people

Fee: Free

Content: Experience the Finnish wooden chess game, train group cooperation and communication, and improve concentration.

Worker-in-charge: Miss Sabah (A.P.W)



#5321

## PEARLER BEADS CRAFT

Date: 5/5,12/5/2023 (Fri)

Time: 6:30-8:00pm

Target & Eligibility: 6 to 12 years old

Session: 2 session

Quota: 6 people

Fee: \$20

Content: Using perler beads to make keychains and expressing their own ideas .

Worker-in-charge: Miss Sabah (A.P.W)



#5308

## MOTHER'S DAY SPECIAL

Date: 6/5/2023 (Sat)

Time: 6:30-8:00pm

Target & Eligibility: 6 to 12 years old

Session: 1

Quota: 6

Fee: \$30

Content: Let's come and make a yummy vanilla cupcakes for the mother's day.

Worker-in-charge: Miss Sabah (A.P.W)



#5139

## BOARDGAME FUN

Date: 20/5-24/6/2023 (Sat)

Time: 3:00-4:30pm

Target & Eligibility: 7 to 12 years old

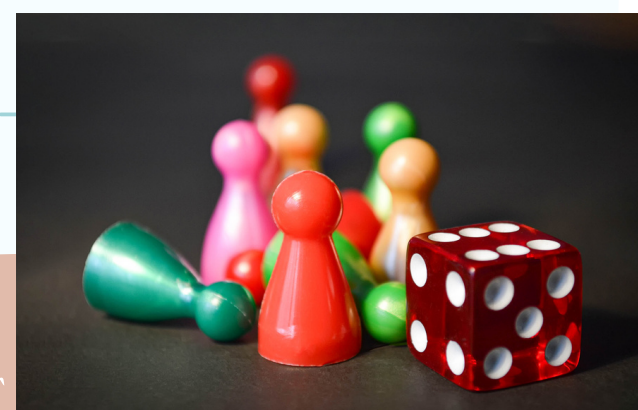
Session: 6

Quota: 6 people

Fee: \$30

Content: y playing board game you will have a lot of laughter and enjoyable time with your friend, beside this you can learn emotional management skills. Come and join us and make new friends.

Worker-in-charge: Miss Sabah (A.P.W)



#7329

## JUNIOR CHINESE (2023年5-6月)

Date: 20/5-24/6/2023 (Sat)

Time: 12:00pm-1:00pm

Target & Eligibility: K.2 toK.3

Session: 6

Quota: 6 people

Fee: \$30

Content: The program will mainly focus on speaking and listening skills of the kid, the program will be play based as to enhance their interest in learning Chinese.

Worker-in-charge: MIss Sabah (A.P.W)

#7330



## BEGINNER CHINESE (2023年5-6月)

Date: 6/5-10/6/2023 (Sat)

Time: 1:30 - 2:30pm

Target & Eligibility: P.1 -P.3

Session: 6

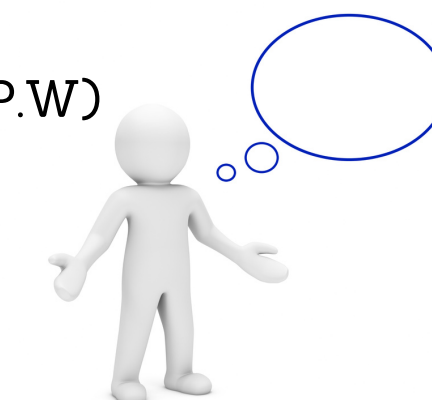
Quota: 6 people

Fee: \$30

Content: The program will mainly focus on speaking and listening skills of the kid, the program will be play based as to enhance their interest in learning Chinese.

Worker-in-charge: Miss Sabah (A.P.W)

#7331







# PARENT COUNSELLING SERVICE

(BOOKING SERVICE)

if you have parenting difficulties..  
if you have emotional problem..  
if you have frequent conflict with your kid which you cant solve....

## COME AND TALK WITH ME

### OBJECTIVES:

- 1.IMPROVE THE EMOTIONAL MANAGEMENT SKILLS
- 2.IMPROVE THE PARENTING SKILLS
- 3.REDUCE THE FREQUENCY OF CONFLICT WITH KID

responsible worker : Miss Yuen (R.S.W.)

Contact number: 2770 8933 / 5429 2232(whatsapp)

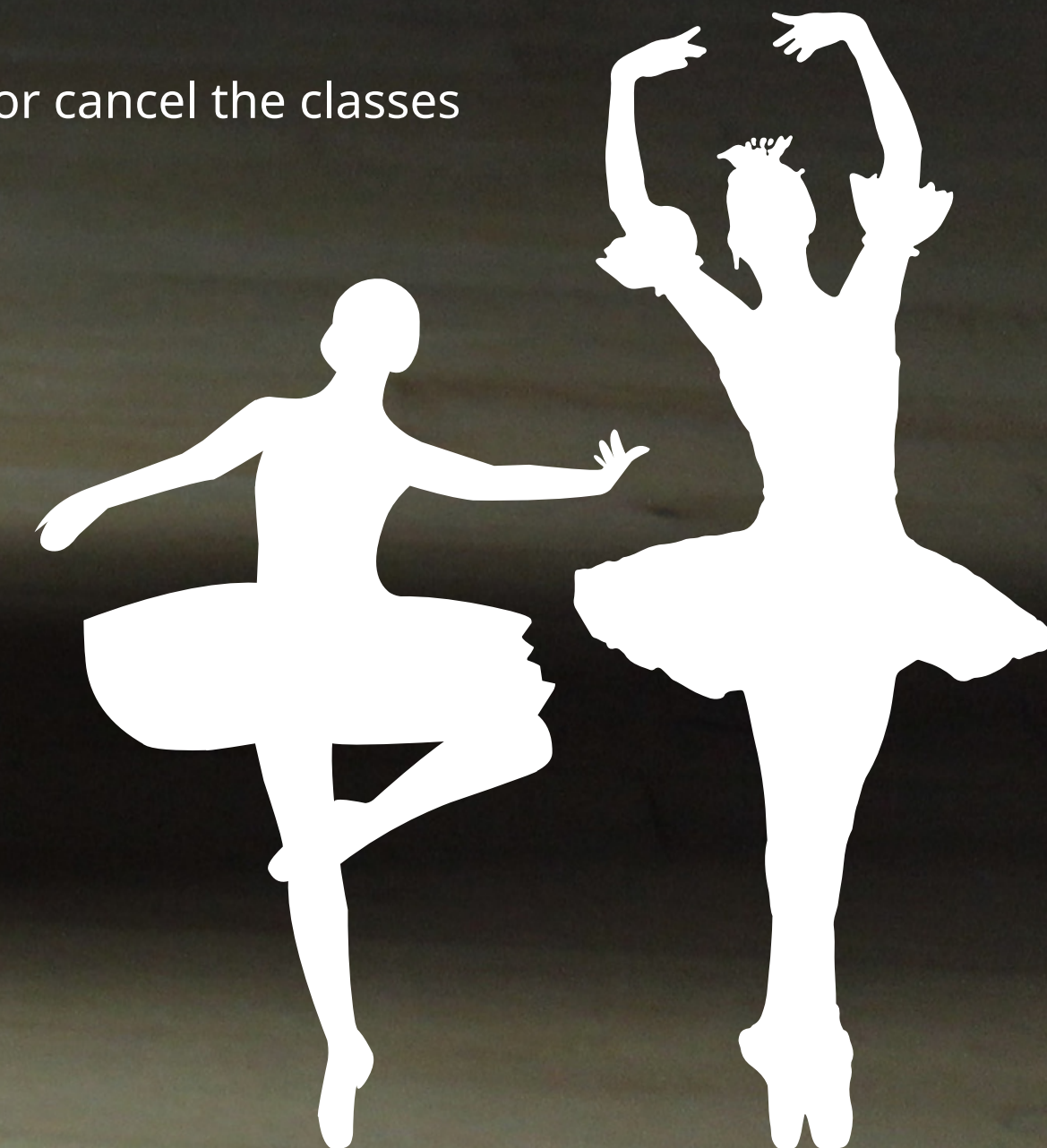


# Regular Interest Class-Ballet Class

Class Name	Time	Target/ Quota	Fee (Per Lesson)	Content	Worker-in-charge
Toddler Ballet Class	Thu 4:15-5:00pm	3-5 years old /15	\$120	The content of the course is designed according to the age and level of the students. Students who intend to take the exam and complete all the exam courses will be recommended to take the certification exam held by the Royal Academy of Dance. The certificate obtained is internationally recognized.	Mr Lee (Senior Program Worker)
Ballet Class (Pre-Primary/Primary)	Thu 5:00-5:45pm	6-10 years old /15	Pre-Primary \$130 Primary \$140		

## Remarks

- Students need to buy dancewear and dance shoes for the class (bulk-purchased by the teacher)
- The Ballet teacher is experienced and has acquired the qualification recognized by The Royal Ballet School.
- Cooperative ballet school : Little Duck Dance and Arts Academy
- For those who are interested in participating, please fill in the application form, and wait until our notice for joining the class
- The fee is charged to the nearest whole number
- For all interest classes, if the number of students is insufficient, the center will merge or cancel the classes





**NEW**

# REGULAR INTEREST CLASS-K-POP

Class Name	Time	Target/ Quota	Fee (Per Lesson)	Content	Worker-in-charge
K-pop Dance Class	Thu 5:45-6:45pm	6-14 years old /12	\$100	This class is for children who are interested in Kpop dance, and to cultivate their interest in dance, increase their fitness and build self-confidence.	Mr Lee (Senior Program Worker)

Remarks:

- The tutor has 2 years of experience in teaching children K-pop dance
- Students are required to wear sportswear and shoes
- For those who are interested in participating, please fill in the application form, and wait until our staff notify you to join the class
- For all interest classes, if the number of students is insufficient, the center will merge or cancel the classes





# REGULAR INTEREST CLASS- PIANO CLASS

Time	Target	Fee (Per Lesson)	Content	Worker-in-charge
Tue to Fri : 4:00-10:00pm  Sat : 10:00am-6:00pm	5 years old or above (Children who below 6 years old must be accompanied by parents)	Please refer to the table below	Through Individual teaching, they can develop the sensitivity to rhythm and cultivate their patience.	Mr Lee (Senior Program Worker)

Remarks	Fee			
	Grade	30mins/ (Per Lesson)	45mins/ (Per Lesson)	60mins/ (Per Lesson)
<ul style="list-style-type: none"> <li>Classes are taught one-on-one</li> <li>Attained grade 8 or above of Associated Board of the Royal Schools of Music (ABRSM)</li> <li>Should bring along with personal Piano book and stationery</li> <li>4 lessons for 1 month</li> <li>When the student passed the Examination, the upper grade would be promoted and class fees would be adjusted accordingly.</li> <li>When the student is going to attend the upper grade examination lesson, They must pay the upper grade lesson fees beforehand.</li> <li>For those who are interested in participating, please fill in the application form, and wait until our notice for joining the class</li> <li>For all interest classes, if the number of students is insufficient, the center will merge or cancel the classes</li> </ul>	Primary	\$105	\$158	\$210
	Grade 1	\$110	\$165	\$220
	Grade 2	\$115	\$173	\$230
	Grade 3	\$125	\$188	\$250
	Grade 4	/	\$205	\$274
	Grade 5	/	\$221	\$295
	Grade 6	/	\$240	\$320
	Grade 7	/	\$265	\$354
	Grade 8	/	\$290	\$387



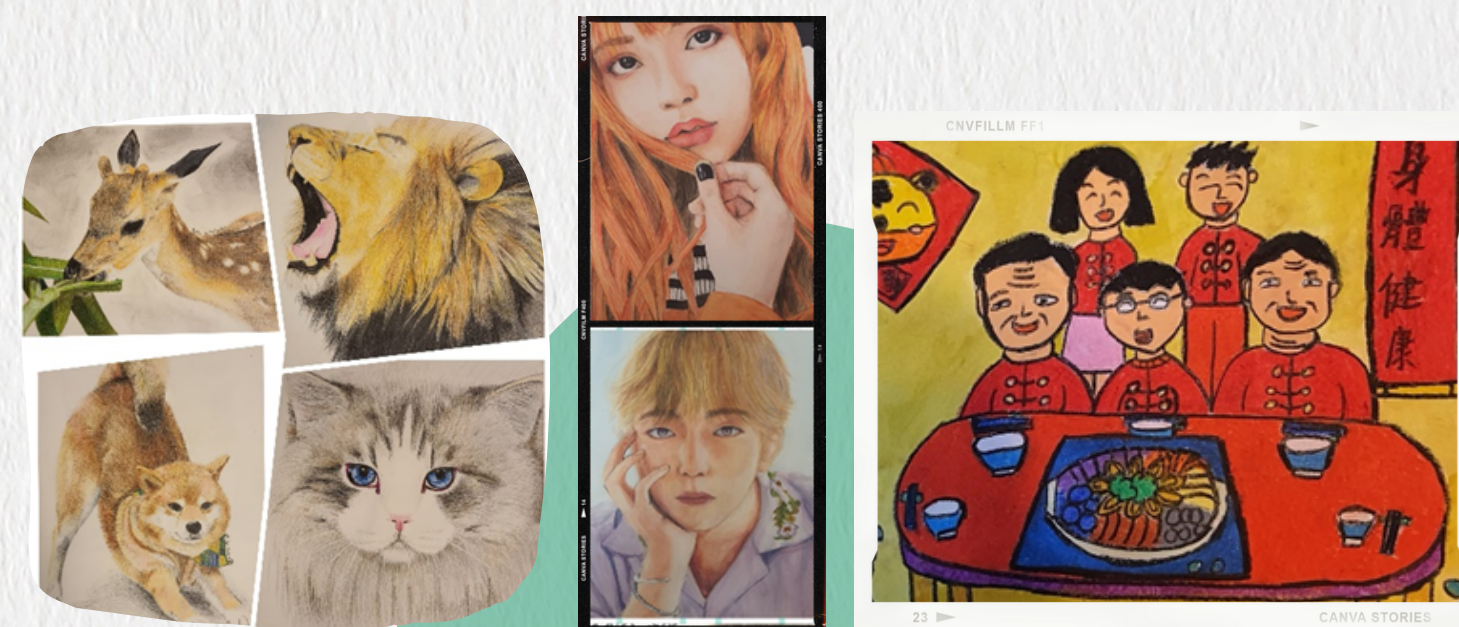
# REGULAR INTEREST CLASS SATURDAY DRAWING CLASS

Through different themes and contents, potentials and creativity could be inspired.

Class Name	Time	Target/Quota	Fee (Per Lesson)	Content	Worker-in-charge
Drawing Class(Beginner)	Sat 11:00am-12:00nn	4-6 years old/ 12	\$63	Mainly teaches the painting skills of wooden color pen	Mr Lee (Senior Program Worker)
Drawing Class(Primary)	Sat 10:00 - 11:00am	6-8 years old/ 12	\$71	Mainly teaches the painting skills of oil pastel and primary watercolor	
Drawing Class(Primary)	Sat 12:00nn - 1:00pm	6-8 years old/ 12	\$71	Mainly teaches the painting skills of oil pastel and primary watercolor	
Drawing Class(Grade 1)	Sat 2:00 - 3:00pm	8-12 years old/ 12	\$76	Mainly teaches the painting skills of sketch literary sketch	
Drawing Class(Grade 2/3)	Sat 1:00-2:00pm	12-24 years old/ 12	\$79/(Grade 2) \$84/(Grade 3)	Mainly teaches the painting skills of oil paints ,Pastel, Gouache, Soft Paste, Acrylic Paint	

## Remarks:

- Students need to bring along with personal drawing book and stationery
- Our Drawing teachers are experienced in teaching drawing classes.
- For those who are interested in participating, please fill in the application form, and wait until our staff notify you to join the class
- The fee is charged to the nearest whole number
- For all interest classes, if the number of students is insufficient, the center will merge or cancel the classes





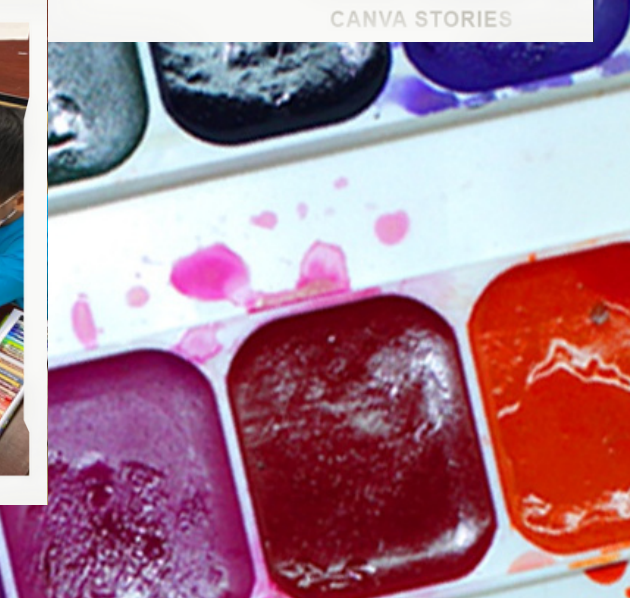
# REGULAR INTEREST CLASS SUNDAY DRAWING CLASS

Through different themes and contents, potentials and creativity can be inspired.

Class Name	Time	Target/Quota	Fee (Per Lesson)	Content	Worker-in-charge
Drawing Class (Beginner)	Sun 2:00-3:00pm	4-6 years old/ 12	\$63	Mainly teach oil pastel, watercolor painting skills and light clay works	Mr Lee (Senior Program Worker)
Drawing Class(Primary)	Sun 3:00-4:00pm	6-8 years old/ 12	\$71	Mainly teach basic colour pencils, oil pastel, and watercolor painting skills	
Drawing Class(Grade 1)	Sun 4:00-5:00pm	8-12 years old/ 12	\$76	Mainly teach painting skills of sketching, color pencils, dry pastel, oil pastel, and water color	
Drawing Class (Grade 2)	Sun 5:00-6:00pm	12-24 years old/ 12	\$ 79	Mainly teach advanced painting skills, including sketching, color pencils, dry pastel, oil pastel, water color, and poster color	

## Remarks:

- Students need to bring along with personal drawing book and stationery
- Our Drawing teachers are experienced in teaching drawing classes.
- For those who are interested in participating, please fill in the application form, and wait until our staff notify you to join the class
- The fee is charged to the nearest whole number
- For all interest classes, if the number of students is insufficient, the center will merge or cancel the classes





# REGULAR INTEREST CLASS-KARATE CLASS

Class Name	Time	Target/Quota	Fee(Per Lesson)	Content	Worker-in-charge
Karate Class	Sat 4:30 - 6:00pm	5-24years old/ 15	\$80 (1.5 hours)	Karate is a striking art which includes punching, kicking, knee and elbow strikes, and open-handed techniques. There are 9 ranks for the beginners to achieve a black belt	Mr Lee (Senior Program Worker)
	Sat 6:00 - 7:30pm	5-24years old/ 15			
	Sat 7:30 - 9:00pm	5-24years old/ 15			

## Remarks

- -All uniform is bulk-purchase by center
- -Partner : Hong Kong Shitoryu Karatedo Ken Kai
- -The coach is registered in The Karatedo Federation of Hong Kong and has achieved the qualification of Sandan.
- -For those who are interested in participating, please fill in the application form, and wait until our notice for joining the class
- For all interest classes, if the number of students is insufficient, the center will merge or cancel the classes

Partner : Hong Kong Shitoryu Karatedo Ken Kai

Hong Kong Shitoryu Karatedo Ken Kai has been committed to promoting karate for more than 20 years, with dojos all over Hong Kong, Kowloon, New Territories, and overseas.

Over the years, It has nurtured many medallists in major international events (including the Olympic Games, Asian Games, World Championships, Asian Championships, National Games, and National Championships).

Some of the students are active members of the Hong Kong Karate Team and elite athletes from the Sports Academy. They have the honor to represent Hong Kong in many international competitions locally and overseas and have got many good results in the competitions.

Grace Lau, a student of Hong Kong Shitoryu Karatedo Ken Kai, won an Olympic bronze in the Women's Kata event at the 2020 Tokyo Olympics, creating history for Hong Kong karate.

The coaches are qualified coaches of the Hong Kong Karate Federation and the Hong Kong Coach Training Committee, with rich teaching experience.





# REGULAR INTEREST CLASS-TAEKWONDO CLASS

Class Name	Time	Target/Quota	Fee(Per Lesson)	Content	Worker-in-charge
Taekwondo Class A (Primary Class)	Sun 3:45-4:45pm	6 years old or above /15	\$60	Course syllabus 1. etiquette in martial art 2. courtesy 3. Leadership skills 4. coordination of hands and legs 5. defensive skills	Mr Lee (Senior Program Worker)
Taekwondo Class B (Advanced Class)	Sun 4:45-5:45pm				
Taekwondo Class C (Mixed Class)	Tue 7:30-8:30pm				

## Remarks

- All uniform is bulk-purchase by center
- Partner : Taekwondo Jet Kick Kwan
- The coach is registered in Hong Kong Taekwondo Association
- For those who are interested in participating, please fill in the application form, and wait until our notice for joining the class

Partner : Taekwondo Jet Kick Kwan

Taekwondo Jet Kick Kwan was established in 1999 and has been actively promoting Taekwondo. It is a member of the Hong Kong Taekwondo Association.

The coaches are all taekwondo registered black belts or above, and hold relevant professional qualifications such as taekwondo coaches and referees; they lead the Hong Kong team to participate in different international competitions, including the Asian Games and the World Taekwondo Championships.

Taekwondo Jet Kick Kwan focuses on cultivating students' etiquette and discipline in learning martial arts, as well as a positive learning attitude; at the same time, it builds students' self-confidence, leadership skills, and a spirit of cooperation.

And regularly hold large-scale taekwondo competitions, and recommend students to participate, to ensure that students have sufficient opportunities to participate, practice what they have learned, and build self-confidence.

