

Sportscene – Tin Hau



Gymnastics Program 2022-2023

"Gymnastics program" is a year-round activity. Program is emphasis on Fun, Challenges and Rewards .We welcome all children aged 1.5-16. We use English, Putonghua and Cantonese as the communication media. Children are separated into different groups or classes according to their ages and level. The course matches with the primary physical education syllabus. Give your child the edge of this program. Please bring him or her along to the world of fun.

Our Vision:

- 1. Children can enjoy the fun way to learn to keep them fit.
- 2. To provide a professional gymnastics program, designed to teach children fundamentals and techniques through step-by-step progression.
- 3. To help build positive learning behaviors through gymnastics.
- 4. To provide opportunities to participate in different performances and competitions.
- 5. To build up sport and team spirit in gymnasts' mind.

Our Mission:We strive to provide professional gymnastics programs and enhance overall physical, cognitive, social and mental well being of your child.

Our Head Coach: Ms May Kwong, a member of the HK Gymnastics Representative Squad, representative at the Asian Games 1986, the World Gymnastics Championship 1987, the Commonwealth Games 1990, All-around Champion in HK Open Gymnastics Competition 1986-1989 and Coca-Cola Outstanding Award 1989. All our coaches are dedicated to helping your child associate exercise with having a great time and developing a lifelong habit of keeping physically fit.

Sportscene Gymnastics Test Award: Gymnasts are recommended to take part in the Gymnastics badge test (13 levels). All successful gymnasts will obtain a badge and certificate.

Class Content: We teach the syllabus according to Sportscene Gymnastics Competition, the Interschool gymnastics competition, National Development Program; or any syllabus on basis of different competitions.



Gymnastics Competition:

Our company holds a large Gymnastics Competition every year, we encourage all our gymnasts to participate in this event and gain memorable experiences. Potential gymnasts are encouraged to participate in Inter School Competitions and other Open Competitions.

| Class Code | Class | Age | Fee (Charge in 2 months) | | |
|------------|---------------------------|---|--|--|--|
| GYM 101 | Gym Fun (45 min) | 1.5 - 3 yr | \$ 250 / Lessons | | |
| GYM 102 | Level 1 (60 min) | Class A : 3 - 5 yr Class B : 6 – 12 yr | \$ 230 / Lesson (once a week)\$ 220 / Lesson (twice a week) | | |
| GYM 103 | Level 2 (90 min) | 6 yr or above | \$ 285 / Lesson (once a week) | | |
| GYM 104 | Level 3 (90 min) | 6 yr or above & Coach recommendation | \$ 270 / Lesson (twice a week) | | |
| GYM 105A | Level 4A (120 min/lesson) | 8 yr or above & | \$ 365 / Lesson (once a week) | | |
| GYM 105B | Level 4B (120 min/lesson) | Coach recommendation | \$ 350 / Lesson (twice a week) | | |
| GYM 106A | Level 5A (150 min/lesson) | | \$ 450 / Lesson (once a week) | | |
| GYM 106B | Level 5B (150 min/lesson) | Coach recommendation & | \$ 410 / Lesson (twice a week) | | |
| GYM 107 | Gymnastics Team A / B | | \$ 150 / hr (A Team 3 times a week, at least 5-5.5 hrs) \$ 125 / hr (B Team ≥ 3 times/week, at least7.5-8hrs) | | |

Training Venue: 27/F Parkview Center, 7 Lau Li Street, Causeway Bay, Hong Kong



TIMETABLE @TIN HAU TRAINING CENTER



| 2022-2023 | | | | | | | Up datein Jul 2022 |
|-----------|---|-------------------------------|---|-------------------------------|---------------------------------------|--------------------------------------|-----------------------------------|
| | MON | TUE | WED | THU | FRI | SAT | SUN |
| 0900 | | | | | | Level 1B 0900-1000 | |
| 1000 | \mathbb{Q} | Gym Fun 1000-1045 | **Level 1A 1000-1100 or **Gym Fun | **Level 1A & 1Ba 1000-1100 | Level 1A & 1Ba 1000-1100 | Level 2 & 3 0900-1030 | **Level 1B 1000-1100 |
| 1100 | | **Gym Fun 1100-1145 | 1030-1115 | | **Level 2 1000-1130 | Level 1A & 1Ba 1030-1130 | **Level 2 & 3 1100-1230 |
| 1200 | | A | Sitte | | | Level 2 & 3 1130-1300 | **Level 4 1100-1300 |
| 1300 | **Level 1A & 1Ba 1230-1330 **Level 2 & 3 1230-1400 | - | | **Level 1A & 1Ba 1230-1330 | **Level 1A & 1Ba 1230-1330 | Level 4 1130-1330 | Level 1A,1B& 1B 1300-1400 |
| 1400 | | | | **Level 1A & 1Ba 1330-1430 | Gym Fun 1400-1445 | Level 1A,1Ba &1B 1330-1430 | Level 2 & 3 |
| 1500 | **Level 1A & 1Ba 1500-1600 | **Level 1A & 1Ba 1430-1530 | Level 1A & 1Ba 1500-1600 | **Level 1A & 1Ba 1430-1530 | | Level 1B 1430-1530 Level 2 & 3 | 1400-1530 Level 4 1400-1600 |
| 1600 | Level 1B | Level 1A & 1Ba 1530-1630 | Level 1Ba & 1B | Level 1A & 1Ba 1530-1630 | **Level 1A & 1Ba 1530-1630 | 1430-1600 Level 1A,1Ba &1B | |
| 1000 | 1600-1700 | Level 1A & 1Ba 1630-1730 | 1600-1700 | Level 1Ba & 1B 1630-1730 | Level 1A & 1Ba 1630-1730 | 1600-1700 | |
| 1700 | Level 1A & 1Ba 1700-1800 | Level 1Ba & 1B | Level 1A & 1Ba 1700-1800 | Level 1B | Level 1B | Level 1B 1700-1800 | |
| 1800 | | 1730-1830 | | 1730-1830 | 1730-1830 Level 2 & 3 1730-1900 | Level 2 & 3 1700-1830 | |
| 1900 | Level 2 & 3 1800-1930 **Level 4 & 5 | Level 2 & 3 1830-2000 | Level 2 & 3 1800-1930 Level 4 & 5 | Level 2 & 3 1830-2000 | Level 1B | Level 2 & 3 1830-2000 | |
| 2000 | 1800-2000 | Level 4 1830-2030 | 1800-2000 | Level 4 & 5 1830-2030 | 1900-2000 Level 2 & 3 1900-2030 | Level 4 & 5 1830-2030 | |
| 2100 | | | | | | | |
| Ne a | For further e | enquiries, pleas | e call 2757 432 | 24. Spaces are | imited! First co | ome, first serve | ! |

Give your child the edge of this program Please bring him or her along and join our world of fun!!!

* *New Class (to be confirmed)

Cleansing and sanitizing will be conducted at the last 5 minutes of each class.



Sportscene Training Centre

SPCTC

Centre: Parkview Center - Tin Hau

| Student Name: | | (Eng) | (Chi) | | | | |
|---|--------------------|------------------|-------------------------|--|--|--|--|
| Date of Birth: | | Age: | Gender: M / F | | | | |
| Name of School: | | | Grade: | | | | |
| □had /□had not leant gymnastics | at | for(year/month)g | ot Badge at Level | | | | |
| Remarks: | | | | | | | |
| Information of Parent/Guardian | | | | | | | |
| Name of Father: | | Contact Tel.: | | | | | |
| Name of Mother:Contact Tel.: | | | | | | | |
| Email Address: □I agree to receive email from Sportscene. | | | | | | | |
| | Address: Home Tel: | | | | | | |
| Emergency Contact | | | | | | | |
| Name: | | (Eng) | (Chi) | | | | |
| | Relationship: | | | | | | |
| Course Information | | | | | | | |
| Course Schedule: Every | Time | Commencem | ent Date: | | | | |
| | | | | | | | |
| Course Schedule: Every | 1 ime: | | +\$100 Annual Admin Fee | | | | |
| Payment Methods: | | | | | | | |
| 1. Crossed cheque with payable to "SPORTSCENE LTD." with student's name and contact tel at the back. Post | | | | | | | |
| to : "27/F, Parkview center, 7 Lau Li Street, Causeway Bay, Hong Kong." | | | | | | | |
| 2. Transfer to HSBC 028-416-253-838 (Receipt fax to Sportscene) | | | | | | | |
| Consent Detail: I agree that my child is in health to attend the above activities. I will not hold SPORTSCENE Ltd | | | | | | | |
| responsible for any injury to my child or damages or loss to property as a result of participation in these courses. | | | | | | | |
| Name of | | | | | | | |
| Parent/Guardian: | Signature: | Date: | | | | | |
| Sportscene Hotline: 2757-4324 Fax: 2549-6041 Website: <u>www.sportscene.com.hk</u> | | | | | | | |
| Office Hour: Mon to Sat (9:00am to 8:00pm) | | | | | | | |
| Spaces are limit and first come first serve! | | | | | | | |
| Page 1 of 3 | | | | | | | |

Please return 3 pages for enrollment.

TERMS & CONDITIONS OF REGISTRATION

Course Fee

- 1. Administration Fee will be charged per annum for all sports program.
- 2. Fees paid are non-refundable and non-transferable unless a class is full or cancelled
- 3. Fees for all year-round regular classes are paid in 2-month. Payment for the next term should be made on or before the last class of the current month, otherwise the enrollment would be deemed canceled.
- 4. The Centre reserves the right to make personnel changes in accordance with their administration needs. The Centre will not entertain parents' complaints or request for refund of school fees as a result of such personnel changes.
- 5. No lessons on Public Holidays
- 6. In case of insufficient enrollment for a class/course, the Centre reserves the right to cancel the class/course. Parents will be notified in such a case

Absence and Substitute Lessons

- 1. No substitute lessons or refund of school fees will be arranged in cases of absence without leave, absence due to sickness or withdrawal from the course.
- 2. In any circumstance, NO make-up arrangement for Gym Fun class.
- 3. Please send the written absent notice by fax/email/hand before class if a student cannot attend his/her class.
- 4. No substitute lessons can be arranged if there is no written absent notice.
- 5. Fees charge in 2-month base and maximum 2 lessons can be deducted with at least one-month notice.
- 6. If a student requires leave of one month or more, Sportscene has the rights to call waiting list for replacement, no place will be reserved.
- 7. Once absent has been remarked on a date, no substitute lesson can be made on the same day. The center has the right to reject any comers without notification.
- 8. Substitute lessons can be made within 3-paid-month. All substitute lessons must be applied in written format and have to get the approval of the center. Expired substitute lesson will be cancelled automatically. The Centre reserves the right to determine arrangements for substitute lessons at their own discretion.

Disclaimer

1. The Centre shall not be responsible or liable for any loss or damage to any property which took place at the Centre.

- 2. Timetables, fees and terms & conditions are subject to change without prior notification.
- 3. The Centre retains the copyright of all images and videos taken of enrolled students during classes. The Centre reserves the right to exhibit, publish or broadcast images or videos taken of enrolled students for public viewing. Students and parents may contact the Centre if they object to such uses.
- 4. Notwithstanding the above, in case of any dispute, the decision of the Centre shall be final.

Arrangements for Tropical Cyclones and Heavy Persistent Rain

- 1. If Typhoon No. 8 or Black Rainstorm warning is hoisted 2 hours before the lesson, then the class will be suspended with no refund or make-up classes.
- 2. If Typhoon No. 8 or Black Rainstorm warning is cancelled, all classes will remain normal after 2 hours. Parents can decide whether attend the class or not. Sportscene has the rights in deciding whether the class on or not depends on specific circumstances in venue.

~Please Turn Over~ Page 2 of 3 Please return 3 pages for enrollment.

Email Disclaimer

- 1. The information in this and any emails sent by Sportscene Limited and any attachment is confidential and intended solely for the attention and use of the named addressee(s). This information may be subject to legal, professional or other privilege and further distribution of it is strictly prohibited without our authority.
- 2. If you are not the intended recipient, you may not read, print, copy, distribute or disclose its content to any person or entity, use it for any purpose or store or copy the information in any medium.
- 3. If you have received it in error, please notify the sender immediately and delete the message from your system(s).
- 4. Attachments to email messages may contain viruses that may damage your system. Whilst we have taken every reasonable precaution to minimise this risk, we cannot accept any liability for any damage which you sustain as a result of these factors. You are advised to carry out your own virus checks before opening any attachment.
- 5. Sportscene will not use the email address as merchandise or re-sell purpose.
- 6. Incoming and outgoing email messages are routinely monitored for compliance with our policy on the use of electronic communications.

Name of Student:_____Date:_____

Name of Parent/Guardian:______Signature:_____

~End of the application~

Page 3 of 3

Please return 3 pages for enrollment.