

A central collage of three athletes in action. At the top, a woman in a black and white soccer jersey is shown in mid-air, holding a white soccer ball. Below her, a woman in a blue and black basketball jersey is also in mid-air, holding a basketball. At the bottom, a man in a black tennis shirt and white visor is shown in a dynamic pose, holding a tennis racket. The background is a textured blue and green gradient.

SPORTS & ACTIVITIES

*Section Sports | Designated Sports Association
Societies and Interest Group | Adult Activities
Children's Sports and Activities*

SEPTEMBER - DECEMBER 2022

GYMNASTICS

CHILDREN'S ACTIVITIES

September 2022 - Aug 2023



VENUE 1st floor, Sports Hall
CONTACT Multi-Sport

TEL 2540 1257
EMAIL admin@multi-sport.com.hk

The strength, co-ordination, agility and flexibility obtained in our Gym for Joy programme has life lasting benefits and there is a great deal of carry over skill into other sports. All the basics are covered with an emphasis on floor routines, beam, trampoline and vaulting. Our 10-metre Air Track is used to learn skills in a safe and stimulating environment – the more advanced gymnasts can safely learn moves such as flick flacks, hand springs, aerials and tumbling routines. Gymnastic Competitions and Parent Interactive Lessons are held annually so that gymnasts have the opportunity to demonstrate the routines and skills acquired during lessons.

- * Non-Member must be accompanied by a Member.
- 1. No classes on Public Holidays.
- 2. A minimum of 4 students is required to run a class.

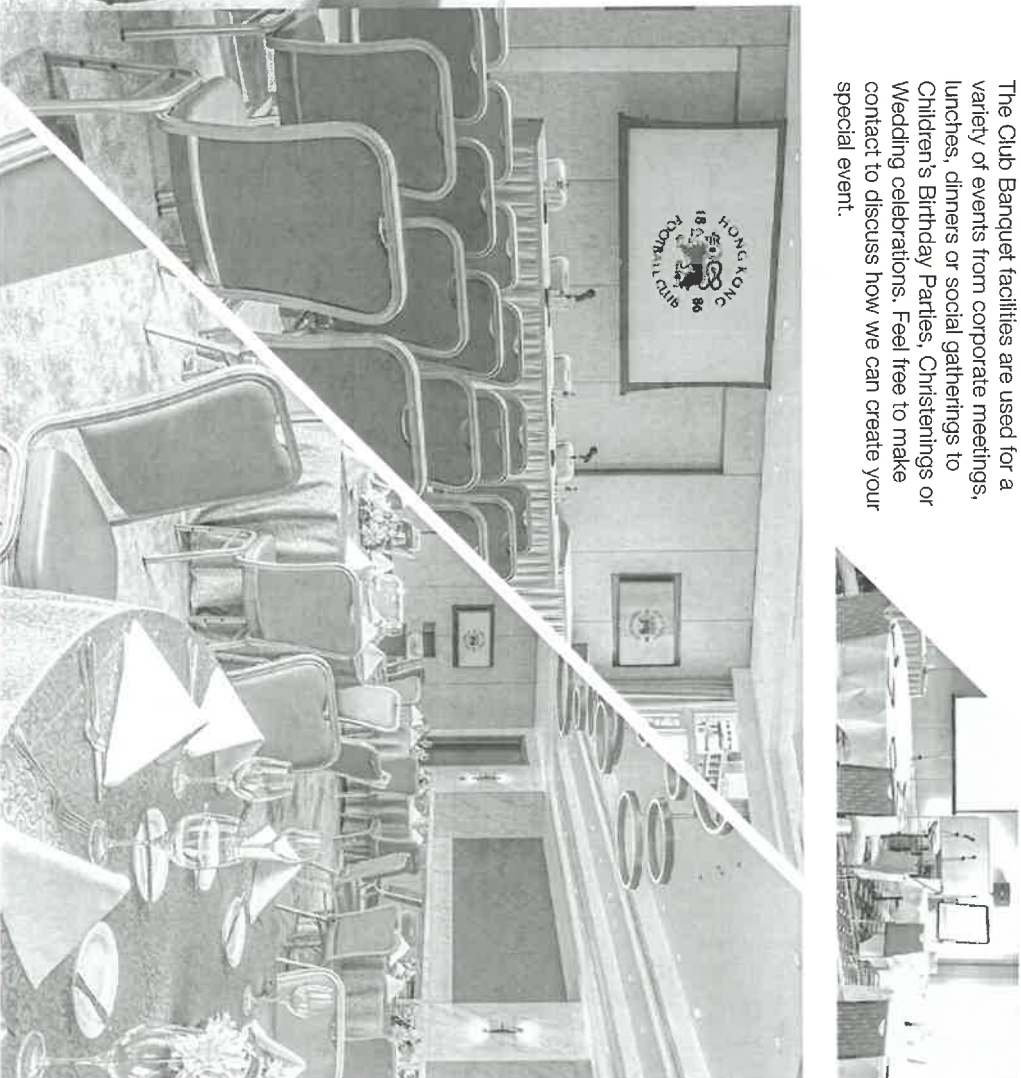
Gym for Tots 18 months old - 3 years old	Tuesday	2pm - 2:30pm
Beginner 3 and 4 years old	Tuesday	2:30pm - 3:15pm
Elementary 5 and 6 years old	Tuesday	3:30pm - 4:15pm
Improver 7+ years old	Tuesday	4:15pm - 5:15pm
Advanced 8+ years old INVTTE ONLY	Tuesday	5:15pm - 6:15pm
Multi-Sport reserves the right to place the student in the right class when necessary. Thank you.		
Member		\$230 per lesson
Non-member		\$260 per lesson
Gym for Tots	Member	\$180 per lesson
	Non-member	\$200 per lesson



FUNCTIONS AND PARTIES

CONTACT Catering Office
TEL 2830 9513
EMAIL catering@hkfc.com

The Club Banquet facilities are used for a variety of events from corporate meetings, lunches, dinners or social gatherings to Children's Birthday Parties, Christenings or Wedding celebrations. Feel free to make contact to discuss how we can create your special event.



PAYMENT TERMS AND CONDITIONS

1. All charges will be directly debited to the Club account or cheque payment (if applicable), to be made to Hong Kong Football Club, whichever applies.
2. Regrettably, no refund will be given for cancellation as a result of inclement weather or for non-participation.
3. Written cancellation is required on or before the 15th of the month PRIOR to the start day of next course (if applicable). No verbal cancellation to the coach will be accepted.
4. Priority booking will be given to Members first.

NOTES AND CONDITIONS

PLEASE READ CAREFULLY

1. Please send the application form and payment (if applicable) to the 1/F Sports Desk.
2. A Member's Secondary Carer may accompany a Child of that Member in the absence of both parents to participate in the activity programme, provided that such Secondary Carer is the holder of (and otherwise acting within the terms and conditions of) a Guardian's Card issued pursuant Secondary Carers to By-law 4. Secondary Carers of non-Members are not permitted.
3. Secondary Carers are not permitted to wait for Members, Family Members or other Secondary Carer in the Reception or meet there with other Secondary Carers.
4. Non-Members are welcome when accompanied by a Member, as stated otherwise. Priority will, however, be given to Members.
5. In the event of lightning, typhoon signal No. 8 or higher, Black Rain Warning or heavy rainfall, lessons will be cancelled.
6. There will be no lessons on Public Holidays.
7. The use of mobile phones is strictly prohibited while on the Club Premises.
8. For the Junior Soccer Programme, each player is recommended to wear shin guards and bring a water bottle.
9. Please wear rubber moulded or studded boots on the Main Pitch and Astro Pitch. Flat-soled trainers are not allowed on the Main Pitch. Metal Studs, Cleats and/or high heeled shoes are not allowed on the Astro Pitch.
Completed form(s) can be submitted to the Club in person or send by fax to 2882 5040. Additional copies of the Handbook and Application Forms are available at 1st floor, Sports Desk.