



Table Tennis Coaching

乒乓球訓練班



Background of the Instructor 教練簡介：

Ms. Yeung Ching Yu is one of the experienced and sophisticated table tennis instructors on the list of the Leisure and Culture Services Department. She has been working as a table tennis instructor for more than 30 years. In the past, she had represented Hong Kong to participate in many tournaments and won a lot of medals. Besides, she have been appointed as the tennis instructor in Heung To Middle School, Belilios Public School, Taikoo Primary School, S.A.R.P.A and Discovery Bay SKH Wei Lun Primary School for many years. Let's join us to learn better techniques and skills on table tennis!

資深康樂體育文化事務處註冊乒乓球教練楊靜如女士，她從事乒乓球教學超過三十年，自小已參加不少乒乓球運動及比賽。亦是前香港乒乓球運動員，先後效力公民體育會、南華體育會、愉園體育會，曾奪女子高中團冠軍、女單、女雙季軍、裁判盃四年冠軍及教師盃冠軍。自1968年起先後任教香島中學、庇利羅仕女子中學校隊、太古小學、香港戒毒會，現任愉景灣偉倫小學校隊。如欲學習優秀乒乓球技術，請即參加楊教練的訓練班吧！

每節訓練時間為四十五分鐘，費用如下：
45 minutes / session, course fees as below:

初 Beginner 班

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| 1. 個人訓練班 | 一百八十元 |
| 1 person per session | 每位\$180/person |
| 2. 雙人訓練班 | 每位一百三十元 |
| 2 persons per session | \$130/person |

中 Intermediate 班

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| 1. 個人訓練班 | 每位三百五十元 |
| 1 person per session | \$350/person |
| 2. 雙人訓練班 | 每位二百四十元 |
| 2 persons per session | \$240/person |

高 Advance 班

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| 個人訓練班 | 每位五百六十元 |
| 1 person per session | \$560/person |

Application forms are available at the Reception.
報名表格可於會所大堂接待處索取

