

Recreational Class Plan 2020 興趣班課程計劃 2020

Jan	Jul
Parental Storytelling 開元故事法 - 齊來為孩子說故事 Parenting Workshop 育兒講座	Pilates Trial Class 普拉提體驗班 Talk on Quality Sleep 睡眠質素講座
Feb	Aug
Feng Shui for Home Workshop 家居風水講座 Chinese Painting or Creative Ceramic 山水畫或創意陶藝	Pop Piano Elementary Class 流行鋼琴入門班 U Bounce Trial Class 彈跳床體驗班
Mar	Sep
Daily Car Maintenance 車輛日常保養 Natural Tour 親親大自然活動	Memory Cultivating Class 記憶力訓練班 Painting Class 油畫班
Apr	Oct
Cooking Class - Western Cuisine 烹飪班 - 西餐 Yoga Class Trial Class 瑜珈班體驗班	Wing Chun Trial Class 詠春體驗班 Aerial Yoga Class Trial Class 空中瑜珈班體驗班
May	Nov
Kick Boxing Trial Class 拳擊健康舞體驗班 Flower bouquet Class 插花班	Pediatrics Massage Class 小兒推拿班 Rock Climbing 攀石班
Jun	Dec
Archery Trial Class 射箭體驗班 Mental Health Workshop 心理講座	Make up Class 化妝班 Aerobics X Tabata 有氧踏板操 X Tabata

Note: The delivery of the interest class is subject to the availability of the instructors and other factors.
 註: 以上興趣班最終成班與否須視乎導師及其他因素的配合。

