

## Recreational Class Plan 2019 興趣班課程計劃 2019

Jan	Jul
Wine Tasting and Manner 葡萄酒品嚐及禮儀 Parenting Workshop 育兒講座	Tie Dying Art 紮染藝術 Memory Cultivating Class 記憶力訓練班
Feb	Aug
Neon Light DIY Workshop 霓虹燈手作工作坊 Parental Storytelling 開元故事法 - 齊來為孩子說故事	Cuisine Class 烹飪班 Chinese Painting 山水畫
Mar	Sep
Aerial Yoga Trial Class 空中瑜伽體驗班 Popular Science Parent Child Activity 科普親子工作坊	Talk on Quality Sleep 睡眠質素講座 Jazzercise 爵士健美操
Apr	Oct
K POP 舞蹈班 Mental Health Workshop 心理講座	DIY Weather Forecast Class 天氣瓶製作工作坊 Cocktail workshop 雞尾酒製作班
May	Nov
Mother's Day Flower bouquet Class 母親節插花班 Painting Class 油畫班	Bottle Garden 生態盆 Yoga Trial Class 瑜伽體驗班
Jun	Dec
Creative Ceramic 創意陶藝 Diet and Nutrition Class 飲食與營養學	Christmas Pastries Workshop 聖誕西點工作坊 Step 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。