

## Recreational Class Plan 2021 興趣班課程計劃 2021

Jan	Jul
Seminar on Healthy Development of Children's Spin 兒童脊椎健康發展講座 Parenting Workshop 育兒講座	U Bounce Trial Class 活力蹦跳體驗班 Archery Trial Class 射箭體驗班
Feb	Aug
Feng Shui for Home Workshop 家居風水講座 Western Calligraphy and Stamp Crafting 西式書法和圖章刻制	Salsa Dancing Class 薩爾薩舞蹈班 Rock Climbing 攀石班
Mar	Sep
Coffee Brewing Techniques for Beginners 初階手沖咖啡班 Tie Dying Art 紮染藝術	Yengar Yoga Basic Introduction 艾揚格瑜伽基礎體驗 Cooking Class - Western Cuisine 烹飪班 - 西餐
Apr	Oct
Chinese Herbal Health Care Workshop 中醫保健養生班 Chinese Painting 山水畫	Acrylic Painting 丙烯畫 Daily Car Maintenance 車輛日常保養
May	Nov
Flower Bouquet Class 插花班 Talk on Quality Sleep and Mindfulness Stress Reduction 睡眠質素及正念減壓講座	Make up and Hairdo 化妝及髮型班 Macau Hiking 澳門行山遊
Jun	Dec
Step Aerobics X Tabata 有氧踏板操 X Tabata Aerial Yoga Class Trial Class 空中瑜伽體驗班	Seminar on "Chronic Pain and Physiotherapy" 慢性疼痛與物理治療 Cocktail workshop 雞尾酒製作班

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。