BADMINTON INTEREST CLASS

COACH LAM Pok Fung

Coach of : Chinese University of Hong Kong,
Diocesan Boys' School,
West Island School,
PLK Camões Tan Siu Lin Primary School...and more.

Application: SCAA Members' Section, 8 Caroline Hill Road
Course Venue: South China Athletic Association
Phone Number: 2577 5367

Junior Primary (6 - 9 YO)

4 Lessons ($150/Lesson)

Time:	Sunday 10-11am
Class size:	6-14 Person
Course content and goals:	Build interest in badminton Develop fundamental movement skills: run, skip, catch and throw, etc. Learn basic badminton skills Equip students to take part in HKBA exams and acquire medals Recommend talented students to join HKBA youth athlete program and youth squad selections

Senior Primary (9 - 13 YO)

4 Lessons ($200/Lesson)

Time:	Sunday 11am-1pm
Class size:	6-14 Person
Course content and goals:	Specific coordination, footwork and agility drills Reinforce badminton skills: Service, clears, smashes, drop shot Basic fitness training Learn regulations of single/double games Recommend talented students to join HKBA youth athlete program and youth squad selections