



CHILDREN'S CLASSES TIMETABLE

From 1 April – 30 June, 2019

• All activities are subject to availability and on a first-come, first-served basis. Hong Kong Parkview reserves the right to amend or cancel the programs without prior notice. Please contact Spa & Resort for details at the time of registration.

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SPA & RESORT *Parkview*
健身會所

GROUP X1

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
3:00pm					3:00pm – 7:00pm Ballet		
4:00pm	4:00pm – 6:45pm Disco Freestyle	3:45pm – 6:00pm Hip Hop	4:00pm – 5:30pm Irish Dance	3:30pm – 7:30pm Disco Freestyle & Tap			
5:00pm			6:00pm – 7:30pm Jazz Intermediate (Teens)				
6:00pm							
7:00pm	6:45pm – 7:45pm ID Elite HK Show Team	6:15pm – 7:30pm Jazz Elementary					
8:00pm							

GROUP X2

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun	
9:00am		9:15am – 4:45am Learning Journey	9:30am – 11:15am Kindermusik					
10:00am								
11:00am								
12:00nn								
2:00pm								
3:00pm	4:15pm – 5:00pm Bollywood	4:15pm – 6:00pm Chinese Kung Fu		3:00pm – 7:00pm The Island Glee Club	3:15pm – 6:15pm The Island Glee Club			
4:00pm			3:45pm – 6:30pm The Island Glee Club					
5:00pm	5:15pm – 6:15pm Taekwondo							
6:00pm								
7:00pm								
8:00pm			7:00pm – 8:00pm Wing Chun					

BASKETBALL COURT

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
10:00am						10:00am – 11:30am Sports 360	
11:00am							
12:00nn						12:00nn – 1:30pm Sports 360	
1:00pm							
2:00pm							
3:00pm							3:00pm – 4:30pm Sports 360
4:00pm	4:00pm – 5:30pm Sports 360						
5:00pm		5:30pm – 7:00pm Basketball Training (Sport 4 Kids)					
6:00pm							
7:00pm							

ROCK CLIMBING

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
3:00pm	4:00pm – 5:00pm Sports 360		3:00pm – 4:00pm Aerial Adventure Park				
4:00pm							
5:00pm			4:00pm – 5:00pm Sports Climbing				
6:00pm							
7:00pm							
8:00pm							

SQUASH COURT

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:00am						9:00am – 12:00nn Multi-Sport (Sport 4 Kids)	
10:00am							
11:00am							
12:00nn							
2:00pm							
3:00pm		3:30pm – 5:30pm Multi-Sport (Sport 4 Kids)	3:45pm – 7:00pm Aerobic Gymnastic (Sport 4 Kids)	3:45pm – 7:00pm Aerobic Gymnastic (Sport 4 Kids)			
4:00pm							
5:00pm							
6:00pm							
7:00pm							

ART ROOM

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
2:00pm	2:30pm – 5:30pm The Curiosity Class						
3:00pm							
4:00pm							
5:00pm				4:30pm – 6:30pm Art Class (Junior)	4:30pm – 6:30pm Art Class (Junior)		
6:00pm							
7:00pm							

TABLE TENNIS ROOM

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
3:00pm					3:00pm – 6:00pm The Curiosity Class*		
4:00pm							
5:00pm							
6:00pm							

PARTY ROOM

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
3:00pm	3:15pm – 6:15pm Letterland Phonics	3:15pm – 6:15pm Letterland Phonics	3:15pm – 6:15pm Letterland Phonics	3:15pm – 6:15pm Letterland Phonics	3:15pm – 6:15pm Letterland Phonics		
4:00pm							
5:00pm							
6:00pm							
7:00pm							

TENNIS COURT 1 & 2

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:00am						9:00am – 12:00nn Tiger Tennis	
10:00am							
11:00am							
12:00nn							
2:00pm		3:00pm – 4:00pm Tiger Tennis	3:00pm – 4:00pm Tiger Tennis	3:00pm – 4:00pm Tiger Tennis			
3:00pm							
4:00pm							
5:00pm	4:00pm – 7:00pm Junior Tennis	4:00pm – 7:00pm Junior Tennis	4:00pm – 7:00pm Junior Tennis	4:00pm – 7:00pm Junior Tennis	4:00pm – 7:00pm Junior Tennis		
6:00pm							
7:00pm							

TENNIS COURT 3 & 4

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
3:00pm							
4:00pm			4:00pm – 6:00pm Soccer (Sport 4 Kids)				
5:00pm						5:30pm – 7:30pm Ronaldo Football Academy	
6:00pm							
7:00pm							

THE ROMAN BATHS

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
9:00am		10:00am – 12:00nn Learn To Swim / Aqua Baby	10:00am – 12:00nn Aqua Baby	10:00am – 12:00nn Learn To Swim / Aqua Baby	10:00am – 12:00nn Learn To Swim	9:00am – 12:00nn Learn To Swim / Aqua Baby	9:30am – 12:00nn Aqua Baby
10:00am							
11:00am		11:00am – 12:00nn Infant Aquatics	11:00am – 12:00nn Infant Aquatics	11:00am – 12:00nn Infant Aquatics	11:00am – 12:00nn Infant Aquatics		
12:00nn							
2:00pm	2:30pm – 3:30pm Infant Aquatics	2:30pm – 3:30pm Infant Aquatics / Aqua Baby	2:30pm – 5:30pm Learn To Swim	2:30pm – 5:30pm Learn To Swim	2:30pm – 5:30pm Learn To Swim	2:00pm – 5:00pm Learn To Swim	
3:00pm							
4:00pm	2:30pm – 5:30pm Learn To Swim	2:30pm – 5:30pm Learn To Swim					
5:00pm							
6:00pm							

GROUP X1

BALLET CLASS

Island Dance offers ballet classes for students ages 18 months to 18 years. The class focuses on imagination, creativity and different ways of moving and developing an appreciation for music. Our students have the opportunity to take part in the R.A.D. exam which assesses the student's abilities and encourages them to progress and achieve. At Island Dance we offer RAD Exams and Class Awards.

DISCO FREESTYLE & TAP

These rhythm-centred classes focus on coordination, flexibility and self-expression. Children learn tap and freestyle techniques to create routines to the latest music.

HIP HOP

Move to the latest beats and be your own MTV dance star in this class where you learn all your favourite moves, plus some new ones.

IRISH DANCE

Students will enjoy a high intensity cardiovascular form of dance whilst learning to take instruction, work as a team and individually to the rhythm of the music. This discipline strengthens the core and encourages good posture.

IRISH DANCE ELITE

Students will take the basics they have learnt and take their dancing to the next level. If you have dreams of performing on stage, then this is the class for you.

JAZZ ELEMENTARY

A 75-minute modern jazz workout is designed to improve posture, tone the body and strengthen muscles to the sounds of irresistible rhythms. Core training is a focus while using the musicality, graceful expression and technique to develop the complete dancer.

JAZZ INTERMEDIATE (TEENS)

This class is designed for teens to improve their posture, tone the body and strengthen core muscles as they learn and master musicality, graceful expression and technique, as they grow and perfect their dancer's expression.

GROUP X2

BOLLYWOOD DANCE

A fun and engaging class that helps children develop their dance skills and coordinate their dance steps with their group. The group will dance to catchy Bollywood music and children will have a lot of fun making new friends and building teamwork to deliver a group dance performance.

CHINESE KUNG FU

Kung Fu is a martial art that began in China. Heng Yue Yen Long Kwon is a modern Chinese Martial Art, which involves the scientific use of the body. With spirit and skills, students are trained to be proactive and unflinching when facing challenges. All the movements and techniques are simple, feasible and practical in actual combat.

ISLAND GLEE CLUB

Born to perform? The Island Glee Club is a performance club for aspiring young singers. Kids are provided with an exciting opportunity to collaborate with and learn from experienced, professional singers and performers. Classes with The Island Glee club will cover all aspects of singing and dancing, including rhythm and stage craft.

LEARNING JOURNEY

Focusing on little tots from 12 months to 5 years of age, Learning Journey is bringing their influential program to Parkview to foster your children's physical strength, literacy, numeracy and social sensitivities.

KINDERMUSIK

Research proves that early integration of music into your kid's daily routine means improving their ability to think, reason, create & express. Kindermusik is the world's most respected name in musical learning for new-borns and young children, and assists in every step of the learning process, from music skills to both academic and life skills.

TAEKWONDO

Taught by Charles Mok, holder of Black Belt 9th Dan, a Taekwondo International Referee and an International Master Instructor. Learn the ancient Korean martial art, which is characterised by its emphasis on head-height kicks, jumping and spinning kicks, and fast kicking techniques.

BASKETBALL COURT

BASKETBALL

Aimed at developing basic skills essential to basketball success. Kids learn hand-eye co-ordination, ball bouncing, passing, dribbling and shooting. With an introduction to match play, kids will learn the skills necessary to join in games and understand the tactics required to play both offence and defence.

SPORT 360

With a Basketball curriculum developed by high-level basketball professional players in the United States, Canada, Taiwan and Hong Kong, Sport 360 is proud to present its well-received basketball courses here at Parkview for kids aged 6 years and over.

ROCK CLIMBING

AERIAL ADVENTURE PARK

It's time for your kids to go higher!

Building confidence is learning by doing. Confidence isn't taught, but rather something your child must experience by being allowed to safely explore outside of their comfort zone. With our experienced and passionate instructors, your kids will learn various competencies including: Rope Ascending, Rock Climbing, Slacklining and Ladder Climbing.

SPORT CLIMBING

Climbing is one of the most basic techniques that we are born with as humans, even though not many people keep these skills with them as they grow up. Through climbing, children's mind-body coordination could be cultivated; the activity also challenges its participants' ability to concentrate, and their skills in active problem-solving.

SQUASH COURT

AEROBIC GYMNASTICS

Great for improving stamina, balance, co-ordination, strength and flexibility through rolling, jumping and balancing techniques.

MULTI-SPORT

Our multi-sport program, is a fundamental sports skills program for young children, and was designed by sport science experts, who have identified the benefits of your child developing a wide variety of sports and life skills from a young age, such as basic motor-skills, hand-eye coordination and group integration.

All our sports equipments are designed specifically for each different age group, to ensure maximum benefit from our classes. In our multi-sport program, your child will experience soccer, basketball, rugby, athletics and baseball.

ART ROOM

ART

Students will learn how to use different media and materials to create their own unique works of art. They learn many different techniques and styles which will be explored during this course including papier-mâché, clay modelling and painting.

THE CURIOSITY CLASS*

Curiosity offers hands-on science experiment classes that foster in kids the habit of observing and exploring and teach children in a fun and simple manner how science impacts them in their daily lives. The classes are designed to encourage creative thinking and nurture curiosity in young minds.

PARTY ROOM

LETTERLAND PHONICS

Letterland offers a unique, phonetic-based approach to teaching reading, writing and spelling skills in kids aged between 4 and 6 years of age. The Letterland characters transform plain black letter shapes into child-friendly pictograms.

TENNIS COURT 1 & 2

JUNIOR TENNIS

This class is for all 6 to 14-year olds who want to discover the sport of tennis. All levels are welcome from beginners, intermediates and advanced.

TIGER TENNIS

For children between 3 and 5 who want to give tennis a try, Tiger Tennis is the place to go. Basic strokes, movement and co-ordination are taught by our professional coaches.

TENNIS COURT 3 & 4

RONALDO FOOTBALL ACADEMY

The Ronaldo Academy is the world's premier network of football schools for the youth. It holds as its core objective, the goal to spread Ronaldo's Phenomenal playing style throughout the globe.

SPORTS 4 KIDS SOCCER CLASS

Allows players to participate in team sports and build up their core strength, balance, coordination and spatial awareness. Highlights include ball control, passing, receiving and shooting skills as well as game play.

THE ROMAN BATHS

SPLASH – LEARN TO SWIM (LTS) / AQUA BABY / INFANT AQUATICS

Swimming classes are conducted by Splash Swim School which includes the most up-to-date Learn-to-Swim program in Hong Kong. All our splash instructors are fully qualified AUSTSWIM coaches. The program offers classes for pre-schoolers and non-swimmers right up to squad level.