



SPA & RESORT PROGRAMS

ADULT**CHILDREN****FITNESS AND WELLNESS****PERSONAL TRAINING**

If you want to know how to get results, transform your body, or you are after a change in your lifestyle, then we have a Personal Training package for you.

By appointment**SWIMMING - PRIVATE**

Private classes for all ages and abilities with experienced coaches. We will tailor-make a programme to suit your level and requirements. Introducing fundamental skills, developing techniques, and building confidence.

By appointment**TENNIS - PRIVATE**

Our team of experienced, qualified coaches from around the world provide private sessions 7 days a week for both adults and juniors.

By appointment**RESISTANCE
TRAINING OVERHAUL**

This program introduces a series of strength training in a proper progressive manner. Restore MOBILITY, build STABILITY and gain STRENGTH.

**12 years old
and above****TUE / SUN****2pm – 3:15pm****6pm – 7:15pm****YOUNG ATHLETES**

Learn to move efficiently and effectively to reduce the chances of injury while enhancing your abilities in and out of the gym. The sessions will focus on mobility, stability, strength, reaction, speed, coordination, agility and power.

**12 years old
and above****WED / FRI****4pm – 4:45pm****CHILDREN****FITNESS AND WELLNESS****TENNIS
– JUNIOR TENNIS**

The Hong Kong Parkview Junior Tennis Program is based on a 'learning-through-play' philosophy, which means that playing the game of tennis is the central feature of each session. Serve, Rally and Score! Smaller courts, lighter rackets and softer tennis balls make it possible to develop the junior's skills faster, while the red, orange, green and yellow stages offer a clear pathway. Guided by our highly qualified international team of tennis coaches, juniors are encouraged to develop at their own pace, moving on to the next stage when they are ready.

**3 - 6 years old
(RED BALL)****6 - 8 years old
(ORANGE BALL)****9 - 12 years old
(GREEN BALL)****12 years old
and above
(YELLOW BALL)****MON – SUN****3pm – 8:30pm
(Weekday)****8am – 9pm
(Weekend)**

TENNIS - IN HOUSE LEAGUE

Fridays and Saturdays are matchplay nights for the juniors. Supervised by the coaches, the juniors can put the skills they learn in their lessons into practice and learn how to play games and sets.

3 – 10 years old

FRI / SAT

5:30pm – 8:30pm



SWIMMING – AQUA BABY – LEARN TO SWIM

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.

(AQB)
4 months –
3.5 years old

TUE / THU /
SUN

9:30am –
11:30am
2:30pm
– 3:30pm

(LTS)
3 years old
and above

MON – SAT

2:30pm – 6pm
(Weekday)

9:30am – 12nn
2:30pm – 6pm
(Weekend)



FITKIDS

A fun way for your kids to learn and improve basic motor skills such as running, jumping, climbing and throwing. This will improve their cardiovascular health and strengthen the body, especially the bones which will lower chances of fractures.

**1 - 3 years old
(Toddler Class)**

**4 - 11 years old
(Kids Class)**

TUE

9am – 10:45am

3pm – 5:30pm

GYMNASTIC BY EDSTART

Great for improving stamina, balance, coordination, strength and flexibility through rolling, jumping and balancing techniques.

3 – 10 years old

WED

3:30pm – 6pm

SOCCER BY RONALDO ACADEMY

The Ronaldo Academy is the world's premier network of youth football schools. It holds as its core objective, the goal to spread Ronaldo's phenomenal playing style, featuring exciting, fun, and enriching individual and team-based football activities.

3 – 10 years old

SAT

9am – 10am

5:30pm – 7:30pm

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.

5 – 12 years old**TUE****4pm – 6pm****TAEKWONDO**

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

**4 years old
and above****MON****4pm – 6pm****WING CHUN**

A form of Chinese martial arts, Wing Chun is designed to develop inner strength and self-defense. Our professionally-led, interactive classes aim not only to enhance the physical fitness of the kids, but also help them gain confidence and develop inner peace through meditation and small group discussions.

3 – 8 years old**WED****3pm – 6pm**



KIDS YOGA PRESENTED BY MOVE STUDIO

Embarking on this Zen journey will allow kids to enhance their physical and spiritual growth. The little ones will be inspired with mindfulness techniques and yoga poses. Their bodies will stretch and strengthen for better body coordination, flexibility and self-confidence and their concentration will improve with breathing and visualisation techniques.

5 – 8 years old

SAT

9am – 10am

KIDS AERIAL YOGA

Let the kids spread their wings and fly with us. Engage your little monkey in our Aerial Yoga class and allow them to put their energy to good use. While suspending themselves in an aerial yoga hammock, the kids will cultivate body strength, coordination, self-confidence and mindfulness in an incredibly fun and relaxing way.

5 – 8 years old

SAT

**10:45am –
11:45am**

ISLAND DANCE – DISCO FREESTYLE / TAP

One of Island Dance's most popular dance styles which showcases a dancer's individual style and originality. It is upbeat and fun, combining technique, flexibility, strength and movement to create exciting choreography for our dancers. Routines consist of unique moves, fancy footwork, big leaps and quick turns performed to chart-topping music.

3 – 17 years old

MON

3:30pm – 7:45pm

THU

3:15pm – 8pm

ISLAND DANCE – HIP HOP

Island Dance offers high Energy classes using the latest sounds in Pop, Dance Music, & Old School Hip Hop. To make the classes diverse, energetic and fun! It's a very popular funky, upbeat, form of freestyle movement giving all students the opportunity to develop their own style and movement quality.

5 – 12 years old

TUE

4pm – 6:15pm

ISLAND DANCE – BALLET

The benefits of learning ballet include development of good posture and discipline while learning dance technique and musicality. Our teachers follow the esteemed RAD Ballet syllabus which provides structured learning in which young dancers have opportunities to develop grace, fitness and self-confidence.

2 – 18 years old

FRI

3:30pm – 7:30pm

CHILDREN'S ETIQUETTE CLASS

To build up the children's confidence and comfort in dealing with their schoolmates, adults, or even strangers, proper etiquette training can be employed to polish these soft skills.

6 – 12 years old

SUN

10:30am – 1:30pm





LETTERLAND & NESSY BY DIANE

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.

4 – 6 years old

MON – FRI

3:15pm – 5:15pm

PRIVATE CLASS

6 – 11 years old

By appointment

“CURIOSITY KIDS” SCIENCE

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

3 – 9 years old

WED / FRI

3pm – 5pm

SAT

12nn – 1pm

BALLET BY REGINE

Ballet provides a strong foundation for any kind of dance styles that may be practiced in the future. It develops long lean muscles, balance and elegance as well as a sense of musicality.

4 – 16 years old

WED / FRI / SAT

By appointment

JAZZ BY REGINE

Jazz Dance works on body positioning and strength development while holding a position, understanding the sequences of movement and isolation, and working towards short combinations at the end of each class so as to prepare students for more advanced classes.

14 – 18 years old

TUE

6:15pm – 9:15pm

WED

6pm – 7:30pm

ART & PAINTING – MASTER PAINTING

Students learn how to paint with acrylics using different styles on various materials while learning about great masters such as Picasso, Van Gogh and Monet. Then the students will be able to produce their own masterpieces.

4 – 9 years old

TUE

3:30pm – 5:30pm

ART & PAINTING – CHINESE PAINTING

Students learn how to paint with traditional Chinese paints and inks on different subjects of fauna and flora. Then the students will be able to produce their own Chinese masterpieces.

4 – 12 years old

TUE

5:30pm – 6:30pm



ISLAND GLEE

MOVE Studio presents The Island Glee Club - Born to Perform. The Island Glee Club is a performance club for aspiring young singers and dancers. Kids are provided with an exciting opportunity to collaborate with and learn from experienced, professional singers, dancers and performers. Classes will cover all aspects of singing and dancing, including rhythm and stage craft. Get your little stars moving, singing and dancing while learning life skills that build confidence and unearth talent through the creative process.

**3 – 13 years old
or above**

THU

3:15pm – 7pm

FRI

3:15pm – 6pm

PERSONAL TRAINING

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**BY
APPOINTMENT**

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**BY
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**BY
APPOINTMENT**

HIIT

Push your limits with our HIIT class – an intensive 45-minute workout that helps you burn calories, shred fat and enhance stamina with powerful movements. Stay energized and fit for life!

SAT

5pm – 5:45pm

CORE & GLUTES

Activate your core and strengthen your glutes with a series of intensive workouts. Our coach will help you build stronger and leaner abdominal and gluteus muscles for a more aesthetic and healthier body.

SUN

4pm – 5pm

ZERO2SIXTY

A whole body, high-intensity workout which incorporates circuit training to help you burn more calories and fat. Join our Zero2Sixty program with Coach Sandy to boost metabolism and improve cardiovascular fitness which helps to burn fat continuously.

TUE / THU

7am – 8am

STRONGMAN ENDURANCE

A strength and endurance based bootcamp with an emphasis on weights. Our Strongman Endurance program will help you build super strong muscles and improve cardiovascular endurance with a series of intensive workouts.

SUN

8am – 9am

GROUP FITNESS – BOOT CAMP

A hard 'Core' workout where you step out of your comfort zone and into the 'Training Zone' to improve your strength, stamina, and your will be able to survive in this hour long workout. Come along to Parkview and see what all the yelling is about! Booh Yaah.

TUE / SAT

5pm – 6pm

12nn – 1pm

ALLOMYOGA

Breath and flow are the key to these classes. Our yoga class is modified to suit the individuals and may be strong or gentle. Special attention is given to weak or injured areas and there is always room for rest. Bring your smile and energy to class and we will do the rest.

TUE / THU

7:15am – 8:45am

9am – 10:30am

9:15am – 10:45am



TENNIS – LADIES

The ladies tennis program is designed to accommodate players from beginner to advanced levels. There are beginner clinics and friendly social mornings for ladies just new to the game, and more advanced training sessions and competitive events for HK league players and those who are more serious about their tennis.

**MON /
TUE /
WED /
THU**

9:30am – 10:30am

GROUP FITNESS – ZUMBA

Are you ready to party yourself into shape? Zumba® classes feature exotic rhythms set to high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring! It's easy to do, effective and totally exhilarating.

FRI

9am – 10am

JAZZ DANCE BY REGINE

Body positioning and developing strength are key to this class. Holding a position and understanding the sequences of movement and isolation will lead to learning short combinations at the end of each class.

TUE

7:45pm –
9:15pm

ART & PAINTING – CHINESE PAINTING / OIL PAINTING

Students will learn how to effectively use oil paints on multiple subjects and styles from well-known artists from in periods of art history, and then be able to produce their own oil masterpieces.

TUE

3:30pm –
4:30pm



88 Tai Tam Reservoir Road, Hong Kong

Tel: 2812 3945 / 5200 8010

www.hongkongparkview.com



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- 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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