

# 荃灣花式跳繩課程

WhatsApp +852 9179 5729 | 網站 [www.alliesjr.com](http://www.alliesjr.com)

網上報名



上課準備：

- ALLIANCE隊服
- 運動鞋
- 訓練用繩
- 水

課堂注意：

- 愛惜公物
- 互相尊重
- 遵守紀律，跟從教練指示
- 確保身體狀況適合運動

收費模式：全期/單節

報讀全期優先，並可享學費優惠

每班名額有限，先到先得

例子：

1-2月初階全期8堂

全期報讀6-8堂：費用為\$170/堂

單節報讀1-5堂：費用為\$180/堂

額外請假可安排到其他時段補堂

課程	全期 / 單節
初階班	每節：\$170 / \$180
訓練班	每節：\$210 / \$220
成人班	每節：\$210 / \$220

\*報名可享\$300優惠價購買訓練套裝（隊服+拍子繩+速度繩）

套票A：每週3日訓練

套票B：每週2日訓練

訓練套票	全期費用
A	\$4000
B	\$3200

地址：荃灣大涌道18號國際企業中心三期19樓05室

任何課堂調動/取消，請留意WhatsApp群組最新消息

## Tsuen Wan Jump Rope Course

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### Get ready for class :

- ALLIANCE uniform
- training shoes
- training rope
- water

### Notes :

- cherish everything
- respect each other
- follow rules and instructions from coaches
- ensure your condition is suitable for exercising

Register



### Package / Single

Discount is available for Package (least 6 sessions)

Limited spots

Eg :

For 6-8 sessions, \$170/ session

For 5 sessions, \$180/ session

If taking additional leave, you can also join make up class in another time slot

Course	Package / Single
Beginner	Each Session \$170 / \$180
Training	Each Session \$210 / \$220
Adult	Each Session \$210 / \$220

\*First application can have a special discount for full set equipment (uniform, beaded rope and speed rope) in \$300HKD

Training A: 3 days a week  
Training B: 2 days a week

Training Package	Fee
A	\$4000
B	\$3200

Location: Room 05, 19/F, IEC 3, Tsuen Wan

Please be aware of the latest notification from Whatsapp for any class arrangement