

Organised by The Gymnastics Association of Hong Kong, China (GAHK)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Gymnastics
Aerobic, Artistic and Acrobatic Gymnastics
Prospectus

Key Information	Type of Activity	Outreach Coaching Programme			
		Sport Demonstration	Non-School Team Training		School Team Training
	Aerobic/ Acrobatic Gymnastics	Aerobic/ Acrobatic Gymnastics	Artistic Gymnastics	Aerobic/ Acrobatic Gymnastics	
Target Participants	Primary and secondary school students				
Outline	<ul style="list-style-type: none"> - Introduction to the history, development and routines of Aerobic/ Acrobatic gymnastics - Introduction to Badges Award Scheme - Appreciation of aerobic gymnastics - Demonstration by coaches - Play-in session 	The training outline is designed according to Level 1 to Level 3 contents of the current GAHK Badges Award Scheme.		<p>Aerobic Gymnastics : The training outline is designed according to Level 4 to Level 9 contents of the current GAHK Badges Award Scheme.</p> <p>Acrobatic Gymnastics : The course outline is designed according to the requirements of the local Age Group Competition and Open Competition. Routines suitable for local competitions will be covered.</p>	
Venue	Halls, dance rooms or activity rooms				
Fee	\$470 per session (\$370 for each extended session on the same day)	\$250 per session (\$180 for each extended session on the same day)	\$1,550 per course		\$1,980 per course
Equipment to be provided by the school	Hands-free loudspeaker, DVD player, computer, computer projector and screen Acrobatic Gymnastics : 10 floor exercise mats	Hands-free loudspeaker and DVD player Acrobatic Gymnastics : 10 floor exercise mats, thick safety mat are also required	Bronze and Silver Badges of Elementary Level: 10 floor exercise mats, springboard, vaulting box (5-section) and thick safety mat Gold Badge of	Hands-free loudspeaker and DVD player Acrobatic Gymnastics : 10 floor exercise mats, thick safety mat are also required	

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		Sport Demonstration		School Team Training
	Aerobic/ Acrobatic Gymnastics	Aerobic/ Acrobatic Gymnastics	Artistic Gymnastics	Aerobic/ Acrobatic Gymnastics
			Elementary Level: balance beam, horizontal bar and parallel bars	
Duration	2 hours per session	6 sessions per course, 2 hours per session (12 hours in total) Schools are recommended to enrol for at least 2 courses as a complete training unit for the same group of students (24 hours in total)		
Estimated No. of Participants per Session/Course	60	30	15	
Proposed Time of Activity	Monday to Saturday: 9 am to 6 pm			
Skill Assessment	Not applicable		Badges Award Scheme (See Points to Note 3)	
Enrolment Form	Sport Demonstration Enrolment Form (P.185-186)		Outreach Coaching Programme Enrolment Form (P.203-204)	
How to Enrol	<ol style="list-style-type: none"> Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: applicationssp@lcsd.gov.hk. For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide. For training courses under the Outreach Coaching Programme, please specify in the application whether the course is intended for a school team or non-school team. 			
Points to Note	<ol style="list-style-type: none"> A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities. Participants should wear proper sportswear and sports shoes (gymnastic shoes preferred for Artistic/ Acrobatic gymnastics training). Upon completion of a gymnastics training course under the Outreach Coaching Programme, an assessment will be conducted by the coach according to Level 1 to Level 3 standards of gymnastics (Bronze, Silver and Gold Badges of Elementary Level). Participants who meet the required standards may obtain the badges and certificates according to their achieved levels from the GAHK at their own cost. Please refer to https://www.lcsd.gov.hk/en/ssp/badges.html for details. Schools are advised to have appropriate accident insurance coverage for participants. If the NSA has arranged a coach for a school and the school requests before the activity date the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$204 per Sport Demonstration; \$408 per training course under the Outreach Coaching Programme) and refund the balance to the school. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded. 			
Enquiry Phone No./Website	2601 7602 / http://www.lcsd.gov.hk/en/ssp/index.html			