

**Submission of this form confirms the acceptance of the following conditions :**

1. Application is subject to confirmation via return call or email.
2. Fees will be charged according to the session(s) once an application is confirmed.
3. Sick Leave  
Please notify the concerned outlets and present a valid medical certificate within the next 48 hours to be eligible for lesson fee waiver at a maximum of once a month.
4. Weather Conditions
  - **Lessons as per normal during Rain / Amber Rainstorm Warning Signal/ Red Rainstorm Warning Signal/ Typhoon Signal No. 3, except Tennis.**
  - **Lessons are cancelled and will not be charged during Black Rainstorm Warning Signal/ Typhoon Signal No. 8 or above.** Lessons will resume as normal 2 hours after the signal is lowered. Lessons will continue if the black rainstorm warning signal is issued after the lessons have started.

5. Cancellation

Regular group classes	<ul style="list-style-type: none"><li>• <b>Children's Classes:</b> One calendar month advance written notice to concerned outlets is required, or payment in lieu.</li><li>• <b>Adult's Classes:</b> 14 days advance written notice to concerned outlets is required, or payment in lieu.</li><li>• Accepted written notice will be confirmed via return call or email.</li></ul>
Private lessons	<ul style="list-style-type: none"><li>• <b>24 hours advance notice</b> is required for any cancellation or time change to concerned outlets.</li><li>• Maximum one cancellation per month only.</li></ul>
Application for Lesson Withdrawal / Cancellation' form is available at 5/F Health Club, 9/F Ice Rink and Roof Top Tennis Court.	

6. No refund or make up lesson for classes missed.
7. No lesson will be held on public holidays, except personal training lessons.
8. Priority will be given to Members.
9. The Club reserves the right to make alterations to the classes, policies and conditions without prior notice. The Club also reserves the right to cancel a class if there is insufficient number of enrolment. Participants are advised to check the updated policies in the 5/F Health Club reception.
10. Applicants must abide by the Club Rules and Bye-Laws. The Club cannot be held responsible for any injuries or misadventures during classes.

**遞交此申請表代表申請人確認接受以下各項條款：**

1. 所有申請必須經本會以電話或電郵確認。
2. 收費：申請一經接納，本會將依據申請人申請的課堂節數收取費用。
3. 病假

所有課堂	若因患病而未能出席課堂者，請預先通知有關部門，並隨後在四十八小時內遞交有效醫生證明，否則本會將如常收取該課堂費用，而是項安排只限每月一堂。本會將透過電話或電郵確認已收妥醫生證明。
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4. 天氣情況：請留意下列各情況下之課堂安排，而所有由會所取消之課堂將不會收取費用。

- **課堂照常**當下雨/ 黃色暴雨警告/ 紅色暴雨警告/ 三號風球生效時。
- **課堂取消**當黑色暴雨警告或八號或以上風球生效時。警告除下兩小時後課堂將回復正常。當黑色暴雨警告於課堂開始後懸掛，該課堂將會繼續上課。

5. 取消課堂

定期團體班	<ul style="list-style-type: none"><li>• <b>兒童班:</b> 需於終止或取消課堂前一個月以書面通知本會。否則本會將收取相應之課堂費用以代替通知期。</li><li>• <b>成人班:</b> 需於終止或取消課堂前十四天以書面通知本會。否則本會將收取相應之課堂費用以代替通知期。</li><li>• 本會將透過電話或電郵確認已收妥書面通知證明。</li></ul>
特別團體課程	<ul style="list-style-type: none"><li>• 課程一經確認將不接收取消。</li></ul>
所有私人課堂	<ul style="list-style-type: none"><li>• 取消課堂或更改課堂時間需於二十四小時或以前通知本會，否則將繼續收取課堂費用。</li><li>• 會員每月只可遞交一次終止、取消或更改課堂時間書面通知。</li></ul>
「退出/取消課程申請表」可於五樓健康中心、九樓溜冰場及天台網球場索取。	

6. 缺席者將不獲退回費用或安排補堂。
7. 公眾假期將不會舉行任何課堂（健身訓練課堂除外）。
8. 會員將獲申請優先權。
9. 本會有權對任何課堂之安排及康體活動規則作出更改。本會亦有權在申請人數不足之情況下取消課堂。參加者可於五樓健康中心查詢最新之活動規則。
10. 申請人必須遵守本會所制定之會章及附則。課堂間如有任何損傷或發生任何意外事故，本會概不負責。

8 SHUM WAN ROAD, ABERDEEN, HONG KONG.

TEL: (852) 2555 8321 EMAIL: reservations@aberdeenmarinaclub.com WEBSITE: <http://www.aberdeenmarinaclub.com>



# DANCING & MUSIC

## CHILDREN'S DANCE BY BALLROOMBEES



ENQUIRIES:  
**2814 1222**

# CHILDREN'S DANCE BY BALLROOMBEES

## BabyBees (1.5 - 2.5 years old)

This is the perfect introduction to movement, dance and music. It is an accompanied class where adults and children explore, experience and dance together. Our main goal for this class is to familiarise the children with the BallroomBees class structure and to create confidence and independence by awakening their senses. Gross motor skills and eye/hand coordination exercises are introduced through play-based dancing and the children are introduced to the famous BB obstacle course. The change we see in the BabyBees over the course of the classes is truly immense. The confidence and body awareness gained in the BabyBees class allows the children such freedom and gives them independence, which makes them not only better movers, but also better listeners.

## GrowingBees (2.5 - 4 years old)

GrowingBees are indeed growing and they are developing at an enormous pace. During these years children create the first systems and habits for movement, so we build on the experiences they have gained from their life already. Children learn more about how their bodies move and how to coordinate movement with music. This is something that has proven to stimulate cognitive development, and it is always amazing to see how they become more comfortable with their bodies and their movement. We teach them to understand the simple actions and dynamics of movement and how to relate this to movement in life. Etiquette and social skills are introduced with simple play-based exercises, and we get our first taste of actual Ballroom Dancing, learning the cha cha cha and the waltz. Most importantly, we always make sure to finish with a dance party.

## HoneyBees (4 - 6 years old)

HoneyBees love to dance, play and sing, but they are also at an age where their learning capacity is increasing. Suddenly it is fun to learn and they love it when they remember the steps in our choreographies. Our posture, balance and coordination games are more difficult now and we work more on the dynamics of the body, and the structure of music so we can count our dances.

Still keeping the BallroomBees play-based environment, we properly introduce the steps of ballroom dancing by learning waltz, cha cha cha and jive, and we also teach the children an understanding of partnering and etiquette. These are all skills that they will carry with them for life.

## SuperBees (6 - 8 years old)

Our SuperBees are just incredible. The children love to be challenged and they love the partner games. At this age we are still focused on coordination and musicality, but we are now teaching the children more advanced ballroom dancing figures so the understanding of working with a partner is becoming more and more immersed in the classes. Besides our waltz, cha cha cha and jive, we introduce the quickstep the samba and the rumba. The children love to perform for each other and for their parents and it is so fantastic to see the etiquette, poise and grace that they carry with them wherever they go.

## Company Portfolio:

BallroomBees, a fun and friendly new way for kids to connect through dance, music and play. The brainchild of former BBC Strictly Come Dancing professional Katya Virshilas, BallroomBees combines unique insight into the entertainment world with Katya's own experience as a mother of two. The result is an exciting new programme that unites children in a love of dance. BallroomBees is a system based on the traditions of ballroom dancing, but it is so much more than that. Recognising that children cannot learn the waltz or the cha cha cha before they learn what is a heel and a toe and what is forward and backward, we have created a system that teaches children agility, gross motor skills, but with the base of ballroom dancing it also teaches them to interact with each other as partners and across gender, culture and language barriers, fostering a deep sense of self and respect for one's peers.

## Participation Agreement

I, the undersigned, hereby represent and certify that I am the parent or legal guardian of \_\_\_\_\_, who is now \_\_\_\_\_ years of age and who is in good health and has no special problems associated with his/her care. I execute this Release for my child, myself and my heirs, successors, representatives and assigns. I give my permission for my child to participate in the Activity. I certify that I have read this Release and fully understand that I am not relying on any statements or representations of any party released hereby. I understand that all of the terms and conditions contained therein also apply to my child's participation in this Activity. I further understand that I must be present during the entire time of my child's participation in the Activity.

Signature of Parent or Legal Guardian of Participant: \_\_\_\_\_

Date: \_\_\_\_\_

Classes	Age	Day	Time	Session Fee
<input type="checkbox"/> BabyBees	1.5 – 2.5 years	Monday	10:00 – 10:45am	Member \$260 Guest \$345
<input type="checkbox"/> GrowingBees	2.5 - 4 years		11:00 – 11:45am	
<input type="checkbox"/> GrowingBees	2.5 - 4 years	Thursday	3:30 – 4:15pm	
<input type="checkbox"/> HoneyBees	4 - 6 years		4:30 – 5:15pm	
<input type="checkbox"/> SuperBees	6 - 8 years		5:30 – 6:15pm	

(Please ✓ where appropriate) All rates are subject to change without notice

Venue: 6/F Activities Studio

# ACTIVITIES APPLICATION FORM

## One application form per participant

Please complete this application form in BLOCK LETTERS and return to Central Reservations Centre at least 7 days before the lesson starts. Application is subject to confirmation via return call, email or fax.

## Participant's Information

Participant's Name : \_\_\_\_\_ [ member / guest ]  
First Name Middle Name Last Name

Date of Birth (For child lesson only) : \_\_\_\_\_ Age: \_\_\_\_\_ Gender : M / F  
Date Month Year

Parent's / Guardian's Name : \_\_\_\_\_  
Mr / Ms / Mrs First Name Middle Name Last Name

Contact Tel. : \_\_\_\_\_ [H] \_\_\_\_\_ [O]

Mobile No. : \_\_\_\_\_ Fax : \_\_\_\_\_

Email Address : \_\_\_\_\_

Preferred Date of 1<sup>st</sup> Lesson : \_\_\_\_\_

## Member's Information

Member's Name : \_\_\_\_\_ M'ship No. : \_\_\_\_\_  
First Name Middle Name Last Name

**By signing on this application form, I hereby confirm my consent to the Club for using of the images taken during the event which may include the participant for the Club's display and promotional purposes, including on all printed materials, online and digital media.**

I do not consent to any of my images being used in any printed or digital material.

**Submission of this application confirms the acceptance of all the conditions stated at the back of this form :**

### FOR OFFICE USE ONLY :

Received by : \_\_\_\_\_  
 Received date : \_\_\_\_\_  
 Date of 1<sup>st</sup> lesson : \_\_\_\_\_  
 Confirmed by : \_\_\_\_\_  
 Confirmed date : \_\_\_\_\_

Member's Signature : \_\_\_\_\_  
 Date : \_\_\_\_\_

**Enquiry :** Tel.: 2814 1222 Fax: 3020 7499 Email: reservations@aberdeenmarinaclub.com