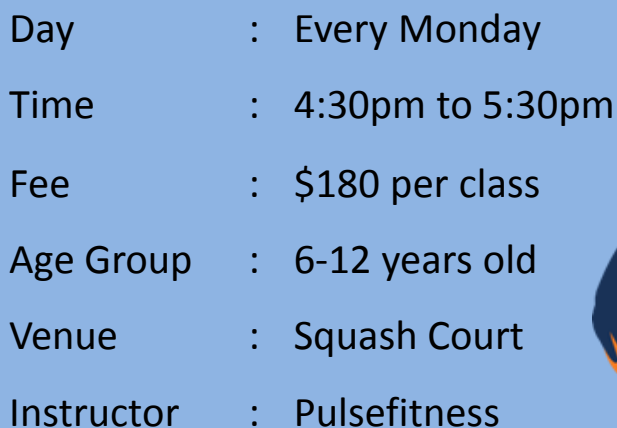




New!



DODGEBALL



Day	: Every Monday
Time	: 4:30pm to 5:30pm
Fee	: \$180 per class
Age Group	: 6-12 years old
Venue	: Squash Court
Instructor	: Pulsefitness

Dodgeball is without body contact; it is a speed, reaction, power, agility and strength sport. If a player can play for a long period, their physical response, sensitivity and physical coordination will be excellent. It is increasingly popular in Japan, Taiwan and South Korea, and used to increase overall fitness.

閃避球是完全沒有身體接觸的運動，講求速度、反應、爆發力、敏捷度及力量的運動，長期玩可訓練球員的靈敏度，手腳協調性會特別好。在日本、台灣和韓國也特別受歡迎，而且在當地更規劃入體育之一，故這三地的中小學生的身體質素更比東南亞地區優勝。

