



IceRobics

冰上健康舞

The perfect new combination of skating and aerobics
揉合溜冰與健康舞的冰上新體驗



ICEROBICS PROGRAMME

Eager to discover a fun and enjoyable approach to sculpt yourself a body beautiful? IceRobics is an easy-to-learn programme for you to stretch and tone your muscles in the most desirable ways.

冰上健康舞課程

想輕鬆自在塑造健美體態？嶄新的冰上健康舞課程助你鍛鍊肌肉，舞出優美身段。

COURSE FEE (PER PERSON) 課程收費(每位計)				
Course Type 課程類別	Monday to Friday 星期一至五	Saturday, Sunday, Public Holiday & School Holiday 星期六、日、公眾假期及學校假期	No. of Classes & Duration 課堂數目及時間	
Beginner Level* 初級班* Aged 7 to 12 7至12歲	HK\$550#	HK\$675#	Five lessons 30 minutes each 共五堂，每堂30分鐘	
Advanced Level 進階班 Aged 13 to 19 13至19歲				
Aged 20 or above 20歲或以上				
Remarks: 1) Skaters must be aged seven or above. 2) Four to ten students per class. * For students who have not received formal skating training. The course includes two lessons about basic skating skills and three IceRobics lessons. # Course fee includes tuition fee, ice usage fee and skate rental. Enrolled students should bring their own sportswear.		備註：1) 課程只適合七歲或以上人士參加。2) 每班四至十人。 * 適合沒有接受過正式溜冰訓練的學員。 課程包括首兩節基本溜冰技巧課及三節冰上健康舞課。 # 課程收費包括授課費用、冰面使用費及溜冰鞋租用費。學員需自備運動服裝。		

ENROLMENT AND ENQUIRY

Cityplaza Ice Palace Skating School (852) 2844 8633

For more information, please refer to the programme leaflet.



報名及查詢

太古中心冰上皇宮溜冰學校 (852) 2844 8633

詳情請參閱活動宣傳單張。