The Gymnastics Association of Hong Kong, China

Aerobic Gymnastics Talent (Preparation) Training Course

(12/2026-1/2027)

Aim：	Through systematical training, develop young gymnasts to become the members of Aerobic Gymnastics Talent / Squad
Target：	Aged 6 – 30 and interested in Aerobic Gymnastics
Class A (Quota: 15):	**Time:** 12:00-14:00 **Venue:** Sham Shui Po Sports Centre 4/F Multi-purpose Activity Room (38 Sham Mong Road, Sham Shui Po, Kowloon) -- Near Nam Cheong Station – **Date:** 6, 13, 20 December 2026 (Sun) 3, 10, 31 January 2027 (Sun)
Class B (Quota: 15):	**Time:** 14:00-16:00 **Venue:** Sham Shui Po Sports Centre 4/F Multi-purpose Activity Room (38 Sham Mong Road, Sham Shui Po, Kowloon) -- Near Nam Cheong Station – **Date:** 6, 13, 20 December 2026 (Sun) 3, 10, 31 January 2027 (Sun)
Class C (Quota: 15):	**Time:** 14:00 – 16:00 **Venue:** 1/F Activity Room 2, YMCA (Kowloon Centre) **Date:** 6, 13, 20 December 2026 (Sun) 3, 10, 31 January 2027 (Sun)
Class D (Quota: 15):	**Time:** 12:00 – 14:00 **Venue:** 1/F Activity Room 2, YMCA (Kowloon Centre) **Date:** 6, 13, 20 December 2026 (Sun) 3, 10, 31 January 2027 (Sun)
Fee：	HK$1,420 (Public Liability Insurance included)
Coach：	Hong Kong Team Coach or GAHK registered coach
Deadline：	25 November 2026 (Wed)（On a first come, first served basis）
Application：	Online Application: https://forms.gle/wttzbqanTk84SNJ96, and send the cheque* to GAHK by post / in person * Post-dated cheque is NOT accepted. * All cheque shall be made payable to "The Gymnastics Association of Hong Kong, China". Please write down participant's name, programme name, and contact number at the back of the cheque. * Please send the cheque to "Room 1002, Olympic House, 1 Stadium Path, Causeway Bay, HK" by post / in person. ** After completing the registration form, the fee must be submitted to the association on or before 20/11 to be considered a complete registration. (Payment should not be made after being notified. If the quota is full and the applicant is not selected, the payment will not be processed.)
Noted：	I. All fee will not be refunded when application is accepted. II. Applicants will receive the conformation by email before class. III. GAHK reserve the right to change, explain and admission. IV. There is potential risk of gymnastics. To ensure the safety of participants, GAHK recommended participants to purchase their own insurance.
Inquiry：	Tel.：2504 8233 Fax：2882 8590 Website：www.gahk.org.hk Email：mail@gahk.org.hk

The Gymnastics Association of Hong Kong, China
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Affiliated to:
The Sports Federation & Olympic Committee Hong Kong, China
Federation Internationale de Gymnastique
Asian Gymnastic Union
Pacific Alliance of National Gymnastic Federations
(Limited by Guarantee)

Appendix I

Physical Activity Readiness

1. I certify that:

- My doctor has never said that I have a heart condition and that I should only do physical activity recommended by a doctor.
- I have never felt pain in my chest when I do physical activity.
- In the past Month, I did not have had chest pain when I was not doing physical activity.
- I have never lost my balance because of dizziness or I have never lost consciousness.
- I do not have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in my physical activity.
- My doctor is not currently prescribing drugs (for example, water pills) for my blood pressure or heart condition.
- I do not know of any other reasons why I should not do physical activity.

2. It is suggested that you should determine your basic fitness so that you can have the best planning when doing physical activity. It is also highly recommended that you have your blood pressure evaluated and consult your doctor before you join the event.

3. If you are not feeling well because of a temporary illness such as cold or fever, please join the event after you feel better.

4. If you are or May be pregnant, please talk to your doctor before you join this event.

5. You should start the activity slowly and build up gradually. This is the safest and easiest way to go.

6. If you have the above health changes, tell your doctor or the coach. Ask whether you should continue this event.

7. If you know of any other reasons such as safety, disease, or condition changes that May influence you to join the event, you should notice the GAHK in writing.

8. If necessary, the GAHK has the right to request your medical certificate for reference.

9. If you have any questions of this physical activity readiness, please consult your doctor before you join the event