

早鳥優惠 Early-Bird Discount

2024-12-20 或
之前報讀全期課程
可享額外

Register full course
on or before **2024-12-20**
to enjoy extra

9折 10%
off

新舞蹈課 New Class

當代芭蕾舞
Contemp Ballet
(Ms Pansy)

中國舞
Chinese Dance
(Ms Miki)

新老師 New Teachers

Ms. Shirley Loong
(芭蕾舞 Ballet)

Ms. Miki Sham
(中國舞 Chinese Dance)



WHAT'S NEW? 有咩新嘢?

與友共舞 Dance with Friends

介紹一位朋友成功首次報讀全期課程/靈活
套票, 新一期內可享**一堂額外免費課堂**,
介紹越多朋友可享**越多免費課堂**

Introduce a friend who successfully registered for the full
course or coupon package, you will enjoy **one extra free**
class this term. The more friends you refer, the **more extra**
free classes you can enjoy. (免費課堂包括全部公開課恆常班)

新優惠 New Promotion

\$1,000或以上
免信用卡手續費

\$1,000 or above **Waive Service fee**

(Included Alipay, WeChat Pay,
Payme, Visa & Mastercard)

新生試堂 New Student Trial Class

新生於第一堂以優惠價報名試堂，試堂後可以優惠價續報全期課程。

New students will enjoy a discounted price to register the 1st lesson. After trial class,
new students can continue to enjoy discounted price for registering full course.





盧盼之 Pansy Lo

學院校長
前城市當代舞蹈團全職舞者



李采燊 Karen Li

芭蕾舞及中國舞導師
香港演藝學院(芭蕾舞)



梁思齊 Cindy Leung

芭蕾舞導師
香港芭蕾舞團舞蹈員



龍世儀 Shirley Loong

芭蕾舞導師
前香港芭蕾舞團獨舞員

NEW!

早鳥報名優惠

Early-Bird Registration

2024-12-20或之前
報名全期可享額外

9折

Register full course
on or before

2024-12-20

will enjoy extra

10% discount



馬師雅 Alice Ma

當代舞導師
香港演藝學院當代舞導師



盧敬燊 Kingsan Lo

當代舞導師
倫敦當代舞蹈學校



林佩詩 Tracy Lam

爵士舞導師
香港迪士尼樂園全職舞者



岑海琳 Miki Sham

中國舞導師
香港演藝學院(中國舞)

NEW!

芭蕾舞

當代舞

當代芭蕾舞

NEW!

中國舞

NEW!

音樂劇爵士舞

拉筋班

進階芭蕾舞培訓

Ballet

Contemporary Dance

Contemporary Ballet

NEW!

Chinese Dance

NEW!

Musical Jazz

Stretching

Progressing Ballet

Technique (PBT)

Mon

12:30-13:40
Stretching
(Ms Alice)

13:45-15:10
Ballet 1
(Ms Pansy)

19:45-21:10
Ballet Intro-1
(Ms Karen)

19:00-20:10
Stretching
(Ms Alice/Ms Pansy)

20:15-21:40
Contemp 1-2
(Ms Alice/Ms Pansy)

Tue

10:30-11:55
Contemp 1
(Ms Alice)

12:30-13:40
Stretching
(Ms Alice)

13:45-15:10
Ballet 1
(Ms Karen)

19:00-20:25
Ballet 1-2
(Ms Pansy)

19:00-20:25
Chinese Dance 1
(Ms Miki)

20:30-21:55
Musical Jazz 1-2
(Ms Tracy)

20:30-21:55
Pointe & Variation 2
(Ms Pansy)

Wed

11:00-12:25
Ballet Intro-1
(Ms Karen)

19:45-21:10
Contemp Ballet
(Ms Pansy)

19:45-21:10
RAD INTER*
(Ms Karen)

RAD考試班

現正接受報名
歡迎公開課
學生參加

新生可以
優惠價試堂

\$240/堂(月費)

Thu

11:00-12:25
Ballet 1
(Ms Pansy)

12:30-13:40
Stretching
(Ms Alice)

13:00-14:25
Chinese Dance 1
(Ms Miki)

18:45-19:55
Stretching & PBT*
(Ms Pansy)

20:00-21:25
Ballet 1-2
(Ms Cindy / Ms Shirley)

20:00-21:25
RAD A2*
(Ms Pansy)

Fri

13:45-15:10
Ballet 1-2
(Ms Pansy)

19:00-20:25
Ballet 1-2
(Ms Karen)

20:00-21:10
Stretching
(Ms Alice)

20:30-21:55
RAD IF*
(Ms Karen)

Sat

14:30-15:55
Contemp 1-2
(Ms Pansy/Mr King)

16:00-17:25
Ballet 1-2
(Ms Pansy)

17:30-18:55
Pointe & Variation 1
(Ms Pansy)

17:30-18:55
Chinese Dance 1
(Ms Karen)

19:00-20:25
Ballet Introduction
(Ms Karen)

19:00-20:25
RAD A1*
(Ms Pansy)

20:30-21:55
RAD A2*
(Ms Karen)

Sun

15:00-16:25
Ballet Pointe
Introduction
(Ms Karen)

16:30-17:55
Ballet 1-2
(Ms Pansy)

16:30-17:55
RAD AF*
(Ms Karen)



Mon	12:30-13:40 Stretching (Ms Alice) 13:45-15:10 Ballet 1 (Ms Pansy) 19:45-21:10 Ballet Intro-1 (Ms Karen) 19:00-20:10 Stretching (Ms Alice / Ms Pansy) 20:15-21:40 Contemporary 1-2 (Ms Alice / Ms Pansy)	Jan 6, 13, 20, 27 Feb 3, 10, 17, 24 Mar 3, 10, 17, 24, 31	13 Lessons
Tue	10:30-11:55 Contemporary 1 (Ms Alice) 12:30-13:40 Stretching (Ms Alice) 13:45-15:10 Ballet 1 (Ms Karen) 19:00-20:25 Ballet 1-2 (Ms Pansy) 19:00-20:25 Chinese Dance 1 (Ms Miki) 20:30-21:55 Musical Jazz 1-2 (Ms Tracy) 20:30-21:55 Pointe & Variation 2 (Ms Pansy)	Jan 7, 14, 21 Feb 4, 11, 18, 25 Mar 4, 11, 18, 25	11 Lessons
Wed	11:00-12:25 Ballet Intro-1 (Ms Karen) 19:45-21:10 Contemporary Ballet (Ms Pansy)	Jan 8, 15, 22 Feb 5, 12, 19, 26 Mar 5, 12, 19, 26	11 Lessons
Thu	11:00-12:25 Ballet 1 (Ms Pansy) 12:30-13:40 Stretching (Ms Alice) 13:00-14:25 Chinese Dance 1 (Ms Miki) 18:45-19:55 Stretching & PBT (Ms Pansy) 20:00-21:25 Ballet 1-2 (Ms Cindy / Ms Shirley)	Jan 2, 9, 16, 23 Feb 6, 13, 20, 27 Mar 6, 13, 20, 27	12 Lessons
Fri	13:45-15:10 Ballet 1-2 (Ms Pansy) 19:00-20:25 Ballet 1-2 (Ms Karen) 20:00-21:25 Stretching (Ms Alice)	Jan 3, 10, 17, 24 Feb 7, 14, 21, 28 Mar 7, 14, 21, 28	12 Lessons
Sat	14:30-15:55 Contemporary 1-2 (Ms Pansy / Mr King) 16:00-17:25 Ballet 1-2 (Ms Pansy) 17:30-18:55 Pointe & Variation 1 (Ms Pansy) 17:30-18:55 Chinese Dance 1 (Ms Karen) 19:00-20:25 Ballet Introduction (Ms Karen)	Jan 4, 11, 18, 25 Feb 8, 15, 22 Mar 1, 8, 15, 22, 29	12 Lessons
Sun	15:00-16:25 Ballet Pointe Introduction (Ms Karen) 16:30-17:55 Ballet 1-2 (Ms Pansy)	Jan 5, 12, 19, 26 Feb 2, 9, 16, 23 Mar 2, 9, 16, 23, 30	13 Lessons

全期 Full Course:	伸展運動/PBT Stretching / PBT (70mins)	舞蹈課程 Dance Course (85 mins)	客席大師班 Guest Master (85 mins)
(成人學生) (Adult Student)	\$190/class	\$220/class	\$250/class
(全日制學生 - 15% off) (Full-time Student)	\$162/class	\$187/class	\$213/class
單堂 Single Class:			
(成人學生) (Adult Student)	\$240/class	\$280/class	\$310/class
(全日制學生 - 5% off) (Full-time Student)	\$228/class	\$266/class	\$295/class
靈活套票 Coupon Package:	2.5 credits	3 credits	3.5 credits

(全日制學生優惠需要提供有效的全日制學生證)
(Full-time student discount is required to provide valid full-time student ID)

立即報名

Register Now



1. WhatsApp 98334315 報名
 2. 經 FPS 或銀行轉賬，並經 WhatsApp 發送付款記錄以完成報名
 3. 支付寶、微信、Visa & Mastercard 網上付款，可與我們聯絡獲支付連結
 4. 經八達通或其他信用卡等方式付款只供現場付款
1. WhatsApp 98334315 to register
 2. Settle payment through FPS / Bank transfer, and send payment record to 98334315, to finish registration
 3. For AliPay, WeChat Pay, Visa and Mastercard online settlement, please WhatsApp us for payment link.
 4. Octopus and other payment methods are only available for on-site payment

付款方式 We Accept



(附交易平台費 Service Charge 1.5% / 2.5%)



FPS: 9833-4315 (A-Ballet Academy Limited)
Bank Transfer: HSBC 841-587173-838
(A-Ballet Academy Limited)



3個上課方式:

🌟 全期課程 Full Course (3個月) | 🌟 靈活套票 Coupon Package | 🌟 單堂 Single Class

全期課程 Full Course (3個月)

Full-Time Students Discount: 15% Off

- 無限額補課
- 延伸上一期 (10至12月) 未用之補課限額至新一期 (1至3月)
- 參加 2 個或以上的全期課程, 可以優惠價參加額外課堂
- 如未能在這一期完成補課, 只要下一期繼續報讀全期課程, 將可延伸補課至下一期
- Unlimited makeup class quota
- Extend your last term (Oct to Dec 2024) unused makeup class quota to new term (Jan to Mar 2025)
- Students joining 2 or more courses will enjoy discounted price to join extra class
- If you cannot complete the make-up classes during this period, you may extend make-up quota to the next period by registering full course.

Stretching / PBT: \$190/class
Dance Class: \$220/class
Master Class: \$250/class

靈活套票 Coupon Package

Full-Time Students Discount: 15% Off

30 Credits: \$2,450 | 45 Credits: \$3,300

Stretching / PBT: 2.5 Credits
Dance Class: 3 Credits
Master Class: 3.5 Credits

- 可參加所有的公開課, 所有課堂需最少於一天前以 WhatsApp 報名。
- 每班有最少 2 個靈活套票的名額, 名額有限, 請預先報名留位。
- 靈活套票有效期為三個月。
- 若三個月內無法使用所有靈活套票, 可購買下一套的套票, 以延長上一套票的credits有效期多三個月。
- 若套票剩下不足一堂課的 Credit, 當購買下一套的套票時, 可把剩下的 Credit 帶到下一套的套票。
- 若學生報名後未能出席課堂, 請於課堂最少一小時前請假。若沒有請假, 將會扣除課堂 Credit。
- Students can enroll all open classes, please WhatsApp us at least one day before the class.
- Each class has at least 2 quotas for coupon package students. Please reserve in advance.
- Coupon package is valid for 3 months from the first class.
- Purchase another coupon package to extend the unused credits for another 3 months.
- If you don't have enough credits for a class and you purchase a new package, your unused credits can be carried forward to your new package.
- If the student is unable to attend the class after registration, please take leave at least 1hr before the class. If you haven't taken leave, the credit will be deducted.

單堂 Single Class

Full-Time Students Discount: 5% Off


- 可參加所有的公開課
- 所有課堂需最少於一天前以 WhatsApp 報名。
- 可靈活安排課堂。
- Students can enroll all open classes
- Please WhatsApp us at least one day before the class.
- Flexible to arrange classes.

Stretching / PBT: \$240/class
Dance Class: \$280/class
Master Class: \$310/class

(全日制學生優惠需要提供有效的全日制學生證)
(Full-time student discount is required to provide valid full-time student card)





Ballet Introduction

 Sat 19:00-20:25 (Ms. Karen)

For students with zero to limited ballet experience. Teacher focus on ballet basic technique, explains movements step by step.

Ballet Introduction - Level 1


 Mon 19:45-21:10 (Ms. Karen)


 Wed 11:00-12:25 (Ms. Karen)

For students with zero to 6 months ballet experience. Teacher starts with warm up, develop ballet technique training with movement combination.

Ballet Level 1

 Mon 13:45-15:10 (Ms. Pansy)


 Tue 13:45-15:10 (Ms. Karen)


 Thu 11:00-12:25 (Ms. Pansy)


For students with more than 1 year of ballet experience. Teacher starts with ballet barre, focus on developing students coordination and enchaînement.


Ballet Level 1-2


 Tue 19:00-20:25 (Ms. Pansy)

 Thu 20:00-21:25 (Ms. Cindy / Ms. Shirley)

 Fri 13:45-15:10 (Ms. Pansy)


 Fri 19:00-20:25 (Ms. Karen)

 Sat 16:00-17:25 (Ms. Pansy)

 Sun 16:30-17:55 (Ms. Pansy)


For students with more than 2 years of ballet experience. Teacher starts developing student's intermediate level technique.


Contemporary Ballet Level 1-2


 Wed 19:45-21:10 (Ms. Pansy)

Invigorating contemporary ballet class that blends traditional ballet techniques with modern dance elements. This class focuses on fluid movement, artistic expression, and innovative choreography. Suitable for all levels.

Chinese Dance Level 1


 Tue 19:00-20:25 (Ms. Miki)

 Thu 13:00-14:25 (Ms. Miki)

 Sat 17:30-18:55 (Ms. Karen)


Experience the elegance and grace of traditional Chinese dance in this immersive class. Students will learn various styles, including classical, folk, and ethnic dances, emphasizing fluid movements and expressive storytelling. Suitable for all levels.

Stretching & PBT (Progressing Ballet Technique)

 Thu 18:45-19:55
(Ms Pansy)


For students who would like to understand how to use the correct muscle in ballet technique. PBT is an innovative body conditioning and strength-building program that prioritises muscle memory development through ballet-specific exercises.

Ballet Pointe Introduction

 Sun 15:00-16:25 (Ms. Karen)


For students with zero to limited ballet pointe experience. Teacher starts with barre, and some centre practice. Explain pointe technique in details.

Ballet Pointe & Variation - Level 1

 Sat 17:30-18:55 (Ms. Pansy)

For students with more than 1 year pointe experience, and who are interested in variation but without pointe experience. Teacher starts with barre with pointe, centre practice, and variation with simplified version. Students are optional to wear pointe.


Ballet Pointe & Variation - Level 2

 Tue 20:30-21:55 (Ms. Pansy)

For students with more than 2 years pointe experience, and who are interested in variation but without pointe experience. Teacher starts with barre with pointe, centre practice, and variation with close to original version. Students are optional to wear pointe.

Contemporary Dance

 Tue 10:30-11:55 - Level 1 (Ms. Alice)


 Fri 20:00-21:25 - Level 1-2 (Ms. Alice / Ms. Pansy)

 Sat 14:30-15:55 - Level 1-2 (Ms. Pansy / Mr. Kingsan)

Level 1: Teacher focus on contemporary dance technique training.

Level 1-2: Teacher starts with technique training, and teaches short choreography.


Musical Jazz Level 1-2

 Tue 20:30-21:55 (Ms. Tracy)

For students with or without of musical jazz experience. Teacher uses musical music, starts with jazz warm up, and teach jazz short choreography.

Stretching

 Mon 12:30-13:40 (Ms. Alice)

 Tue 12:30-13:40 (Ms. Alice)

 Thu 12:30-13:40 (Ms. Alice)

For students who would like to release stress from daily life, muscle tension, and improve flexibility.

