

SPORTS & RECREATION

MARTIAL ARTS CLASSES @ LOTUS ROOM

ART	Instructor	DAY	TIME	FEES / MONTH	
AIKIDO (Twice a week)	MASTER RAYMOND KWOK	MONDAYS (Weapon Class)	7.00PM - 8.30PM	Entry Fee	RM10
		TUESDAYS (Beginners)	7.30PM - 9.00PM	Adults	RM72.50
		WEDNESDAYS (General)	7.00PM - 8.30PM	Juniors (7 - 17yrs)	RM47.50
		FRIDAYS (ONLY FOR CHILDREN'S)	7.30PM - 8.30PM	Adults	RM50
JUDO	MASTER SOH	SUNDAYS	9.00AM - 10.30AM	Juniors (5-17 yrs)	RM45
KARATE (Twice a week)	MASTER LEE CHEE KEONG	TUESDAYS	6.00PM - 7.30PM	Children (7-12 yrs)	RM60
		FRIDAYS	6.00PM - 7.30PM	Teens (13 - 18 yrs)	RM70
		SUNDAYS	12.00PM - 1.30PM	Adults (over 19 yrs)	RM80
KICKBOXING	MR. CHIEW WEI WING	FRIDAYS	8.30PM - 10.00PM	Adults	RM80
TAEKWONDO	MASTER SRIPREMRAJ	SUNDAYS	10.30AM - 12.00PM	Yearly Registration	RM20
				Juniors & Adults	RM45
SILAMBAM	MASTER SUDHAKAR	SUNDAYS	5.00PM - 6.30PM	Adults	RM55
				Juniors (5-17 yrs)	RM45

DANCE COURSES

DANCE	INSTRUCTOR	LEVEL	DAY	TIME	COURSE FEE / MONTH
LATIN	MS JOVY WONG	BEGINNER & INTER	SATURDAYS	12.30PM - 2.00PM	RM150

OTHER DANCE & FITNESS CLASSES @ HALL

DANCE CLASS	INSTRUCTOR	DAY	TIME	FEES / MONTH
FUN DANCE	MS. JESSIE	MONDAYS & WEDNESDAYS	5.45PM - 6.45PM	RM50

COURSE

COURSE	INSTRUCTOR	LEVEL	DAY	TIME	COURSE FEE (10 SESSIONS)	
SINGING	MS. JASVITHA	BEGINNERS	SUNDAYS (8 sessions)	3:30PM - 5:00PM	Juniors (5-17 yrs)	RM140
					Adults	RM160
	INSTRUCTOR	LEVEL	DAY	TIME	COURSE FEE (6 SESSIONS)	
GUITAR	DR. TAN THAI SOON	BEGINNERS	SUNDAYS (1ST & 3RD WEEK OF THE MONTH)	3:30PM - 5:00PM	RM90.00	

SPORTS CLASSES @ FOOTBALL FIELD/ TENNIS COURT

SPORTS		DAY	TIME	AGE GROUP	FEES / MONTH
BASKETBALL LESSONS FOR KIDS & TEENS	COACH ADRIAN WONG & COACH MIN JOE	SATURDAYS	5.00PM - 6.30PM	6 to 12 years	RM120.00
			6.30PM - 8.00PM	13 to 17 years	
FOOTBALL SCHOOL	COACH ALBERT	SATURDAYS	8.30AM - 10.00AM	5 - 17 years	First Time: RM410 (include Membership, Jersey Set & 12 sessions Training Fee) RM270/season (12 sessions)

TABLE TENNIS CLUB

DAYS		TIME	LOCATION	FEES / MONTH
MONDAYS		7.00PM - 10.00PM	LEE KONG CHIAN HALL, YMCA KL	RM30.00
WEDNESDAYS				
FRIDAY				

SING ALONG GROUP

DAY		TIME	LOCATION	FEES / MONTH
THURSDAYS		6.45PM - 9.30PM	LOTUS ROOM	RM10.00

TOASTMASTERS CLUB

DAYS		TIME	LOCATION	FEES / TERM	
2nd & 4th FRIDAYS (Forthnightly)		7.00PM- 9.30PM	HIBISCUS GARDEN ROOM	New Member	RM385.00
				Renewal	RM285.00

For more information, kindly contact Programmes & Youth Department at nirmala@ymcakl.com or call us at 0322741439