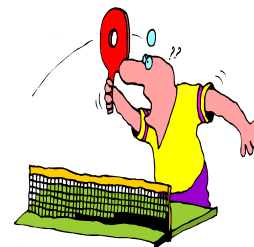


# LEARN-TO-PLAY TABLE TENNIS

“Learn-To-Play” programme is specially catered for beginners who wish to develop basic skills in Table Tennis. In the 10 sessions, players will get to learn the fundamental rules and techniques of playing the game. After which, players can proceed to “Continue-To-Play” programme to further their learned skills in the sport.

- ❖ Introduction to rules of Table Tennis
- ❖ Brief history & trends of the sport
- ❖ Introduction to ping pong ball
- ❖ How to hold the racket correctly
- ❖ How to feel the bounce
- ❖ Introduction to forehand attack
- ❖ Introduction to backhand block/defence
- ❖ Introduction to basic footwork
- ❖ Introduction to basic service skills
- ❖ Evaluation session



**Course Fees:** \$267.50 (Inclusive of GST)  
**Duration:** 10 Sessions (2 hrs per session)  
**Schedule:** Tuesdays 7.30pm - 9.30pm or  
Saturdays 4.30pm - 6.30pm  
**Start date/day:** to be advised by STTA  
**Venue:** Singapore Table Tennis Association

## Singapore Table Tennis Association Learn-To-Play Table Tennis (SAT) – Registration

**Name:** \_\_\_\_\_ **Chinese Characters:** \_\_\_\_\_  
**NRIC/Passport no.:** \_\_\_\_\_ **Gender:** M/F\* **Occupation:** \_\_\_\_\_  
**Address:** \_\_\_\_\_ **S** ( \_\_\_\_\_ )  
**Mobile no.:** \_\_\_\_\_ **Office/Home no.:** \_\_\_\_\_  
**Email:** \_\_\_\_\_

### Terms & Conditions:

1. Registration is to be made in person at STTA office. All cheque should be crossed and made payable to “STTA”. Please write participant’s name behind the cheque.
2. Participant needs to report to STTA Training Hall in his/her own sports shoes.
3. No refund will be made for withdrawal.
4. STTA reserves the right to reject any registration without explanation and no further correspondence will be entertained.
5. STTA reserves the right to postpone and/or cancel the course. In the event of a cancellation, a full refund will be made to the registrant.
6. Registrations forms may be faxed to STTA at **6353 9109** or emailed to [tabletennis@stta.org.sg](mailto:tabletennis@stta.org.sg)

**I have read, understood and accepted the Terms & Conditions stated above.**

\_\_\_\_\_  
Signature

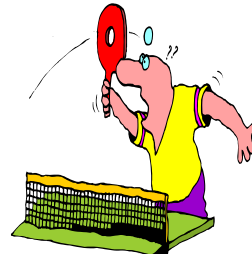
\_\_\_\_\_  
Date

### For official use only :

Cash / Cheque no: \_\_\_\_\_ Receipt no.: \_\_\_\_\_ Amount paid : \_\_\_\_\_  
(Inclusive of GST)

## 全民运动 - 初级班 (乒乓球)

全民运动-初级班是一个特别给乒乓初学者学习乒乓基本技术的课程。在十堂课当中，学员能在教练的指导下，学习到乒乓球运动的基本规则及技术。学员在达到一定的水平后，可继续参加全民运动-中级班。



- ❖ 介绍乒乓球的基本规则
- ❖ 简单介绍乒乓球运动的历史与发展
- ❖ 介绍乒乓球运动
- ❖ 学习如何正确的握拍
- ❖ 学习如何垫球
- ❖ 学习正手攻动作
- ❖ 学习反手防守技术
- ❖ 介绍乒乓球的基本步伐
- ❖ 介绍乒乓球的基本发球技术
- ❖ 考核学习

课程费用 : \$267.50 (包括消费税)  
课时 : 10 堂课 (一堂 2 小时)  
星期二 7.30pm - 9.30pm 或  
星期六 4.30pm - 6.30pm  
开课日期 : 乒总会在开课前通知  
地点 : 新加坡乒总

新加坡乒总会

全民运动 - 初级班 (乒乓球) - 报名表格

英文姓名: \_\_\_\_\_ 中文姓名: \_\_\_\_\_  
居民证/护照号码: \_\_\_\_\_ 性别: 男/女\* 职业: \_\_\_\_\_  
地址: \_\_\_\_\_ S ( )  
手机号码: \_\_\_\_\_ 住家/办公室号码: \_\_\_\_\_  
电邮: \_\_\_\_\_

### 条件:

1. 学员必须亲自前往新加坡乒总会报名。请以划线支票写上“STTA”，并在支票后面写上学员的名字。
2. 学员必须在参与课程时自备运动鞋。
3. 退出的学员将不会得到任何退款。
4. 新加坡乒总会将有权利在无需提出任何理由的情况下拒绝报名。
5. 新加坡乒总会将有权利推迟或取消任何课程。如果取消课程，报名费将全数退还给学员。
6. 报名表格可传真到 **6353 9109** 或电邮至 **tabletennis@stta.org.sg**

我谨此阅读、明白并接受以上所有条件。

\_\_\_\_\_  
签名

\_\_\_\_\_  
日期

**For official use only :**

Cash / Cheque no.: \_\_\_\_\_ Receipt no.: \_\_\_\_\_ Amount paid : \_\_\_\_\_  
(包括消费税)