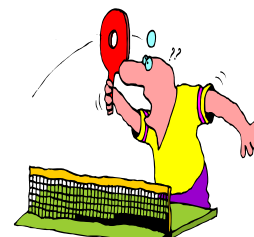


LEARN-TO-PLAY TABLE TENNIS

“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: Thursdays 7.00pm - 9.00pm

Start date/day: To Be Confirmed
Venue: Clementi Sports Hall -
518 Clementi Avenue 3 Singapore 129907

Singapore Table Tennis Association Learn-To-Play Table Tennis – 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 to the coach-in-charge at Clementi Sports Hall. All cheque should be crossed and made payable to “STTA”. Please write participant’s name behind the cheque. Payment is to be made by Cheque only.
2. Participant needs to report to STTA Training Hall in his/her own sports shoes, and to bring his/her own table tennis bats.
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

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

Signature

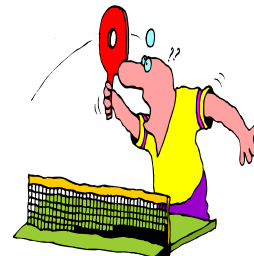
Date

For official use only :

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)
星期四 7.00pm - 9.00pm
开课日期 : - To Be Confirmed
地点 : 金文泰体育馆
518 Clementi Avenue 3 Singapore 129907

新加坡乒乓总会

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. 学员必须亲自把报名表格和支票交给金文泰体育馆的主教练。请以划线支票写上“STTA”，并在支票后面写上学员的名字。只收支票付款
2. 学员必须在参与课程时自备运动鞋和乒乓球拍。
3. 退出的学员将不会得到任何退款。
4. 新加坡乒乓总会将有权利在无需提出任何理由的情况下拒绝报名。
5. 新加坡乒乓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 :

Cheque no: _____ Receipt no.: _____ Amount paid : _____
(包括消费税)