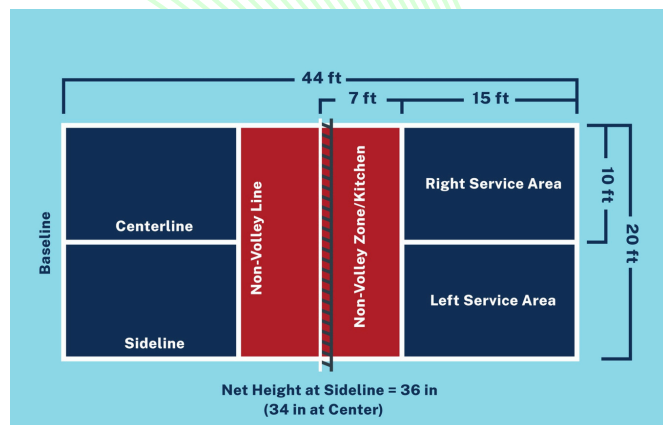


賽馬會動融網球計劃 – 小學匹克球課程 (暑期課程)

甚麼是匹克球？

匹克球是一項結合網球、羽毛球及乒乓球的運動。匹克球以雙打最為普及，能有效訓練學生的溝通技巧、體育精神及團隊合作。



匹克球場地

匹克球場地尺寸是與標準羽毛球場地相同(長44 英尺、寬20英尺)。學校可以在平坦且堅硬的表面上設置匹克球場，如籃球場、羽毛球場，有蓋操場或室內禮堂，十分適合作為學校恆常的體育課或課外活動。

課程資料

日期：2026年7月中旬至8月期間

課堂及時間：共10堂，每堂2小時
(課堂時間可因應學校作彈性安排)

對象：小四至小六學生(每堂為16位學生)

教練：每堂將安排最多2名教練

裝備：將提供予學校，包括匹克球、球拍、球網和界線標記

課程費用：全免

有興趣參加的小學請於2026年5月29日或之前
透過中國香港網球總會網頁
(<https://www.tennishk.org/en/hkcta-pickleball/>) 報名。

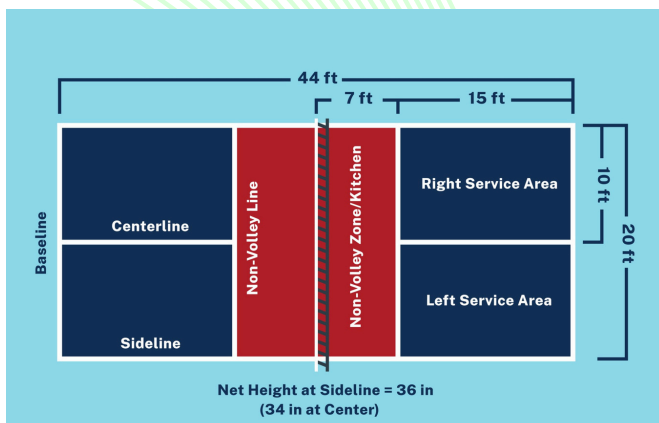
由於名額有額，請盡快報名參加。

如有查詢，可與中國香港網球總會職員聯絡。
聯絡電話：25048266 電郵：pickleball@tennishk.org

Jockey Club Tennis Serve – Primary School Pickleball Course (Summer Course)

What is Pickleball?


Pickleball is a sport that combines elements of tennis, badminton, and table tennis. It is most commonly played as doubles, which effectively trains students' communication skills, sportsmanship, and teamwork.




Pickleball Court

The dimensions of a pickleball court are identical to a badminton court (44 feet long and 20 feet wide). Schools can set up a pickleball court on almost any flat and hard surface, such as a basketball court, badminton court, covered playground, or indoor sports hall. This makes it highly suitable as a regular physical education class or an extra-curricular activity for schools.


Course Details




Date: Mid-July to August 2026




Lessons & Duration: 10 lessons (2 hours each), with flexible scheduling to accommodate schools




Target Audience: P4 to P6 students (16 students per lesson)



Coaching: Up to 2 coaches will be assigned per lesson



Equipment: Will be provided to schools, including balls, paddles, nets, and court line markers



Course Fee: Free of Charge

Interested schools please apply via the HKCTA website (tennishk.org/en/hkcta-pickleball) by 29 May 2026.

Spaces are limited. Please submit your application as soon as possible.

For enquiries, please contact our staff via:
Tel: 25048266 Email: pickleball@tennishk.org