



Green & Grind Basketball Academy

綠適動力籃球學院



Basketball Team

籃球隊

Apr - Jun 2026
4-6月



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Team 隊伍	Date 日期	Location 地點	Time 時間	Session 堂數	Package Fee 套票費用
U17	Tuesday 星期二 (4月) APR 14, 21, 28 (5月) MAY 5, 12, 19, 26 (6月) JUN 2, 9, 16, 23, 30	Hong Kong Island Indoor/ Outdoor Basketball Court ¹ 港島室內/室外籃球場 ¹	18:00-20:00/ 19:00-21:00	12	\$9,900
	Thursday 星期四 (4月) APR 16, 23, 30 (5月) MAY 7, 14, 21, 28 (6月) JUN 4, 11, 18, 25	Hong Kong Island Indoor/ Outdoor Basketball Court ¹ 港島室內/室外籃球場 ¹	18:00-20:00/ 19:00-21:00	11	
	Sunday 星期日 (4月) APR 12, 19, 26 (5月) MAY 3, 17, 31 (6月) JUN 7, 14, 21, 28 <i>(excl. May 10, 24 不包括 5月10, 24日)</i>	Hong Kong Island Indoor/ Outdoor Basketball Court ¹ 港島室內/室外籃球場 ¹	15:00-17:00/ 16:00-18:00	10	
	Game Opportunities 比賽機會	<ul style="list-style-type: none"> ● Hong Kong Junior Basketball League (HKJBL) ● Friendlies 			
Remarks 備註	<ul style="list-style-type: none"> ● Born on or after Sep 1, 2008 於2008年9月1日或之後出生 ● Players must commit to at least 2 team trainings per week 隊員須每週至少參加兩次球隊訓練 ● Games are for selected players only 比賽適用於獲邀請參賽的隊員 ● The primary training time for Tuesdays and Thursdays is 19:00-21:00; Sundays is 16:00-18:00 星期二、四的主要訓練時間為 19:00-21:00; 星期日的主要訓練時間為 16:00-18:00 				

Note

1. Exact training time and location will be shared each week 每星期會公佈訓練時間和地點
2. Game details to be confirmed 比賽詳情待定
3. In the event of a school-initiated court cancellation, the class may be relocated to Kowloon East Indoor or Outdoor Basketball Court 如學校取消場地預約，課堂可能會改於九龍東室內或室外籃球場進行



REMARKS 備註

- Students must bring their own basketballs
- Students must wear Green & Grind's uniforms
- Medical certificate will be required for Sick Leave
- 學員需自備籃球
- 學員需穿著Green & Grind 的環保及雙面制服上課
- 病假需於上課前通知學院，並出示病假紙



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Team 隊伍	Date 日期	Location 地點	Time 時間	Session 堂數	Package Fee 套票費用
U14	Tuesday 星期二 (4月) APR 14, 21, 28 (5月) MAY 5, 12, 19, 26 (6月) JUN 2, 9, 16, 23, 30	Hong Kong Island Indoor/ Outdoor Basketball Court ¹ 港島室內/室外籃球場 ¹	18:00-20:00/ 19:00-21:00	12	\$9,900
	Thursday 星期四 (4月) APR 16, 23, 30 (5月) MAY 7, 14, 21, 28 (6月) JUN 4, 11, 18, 25	Hong Kong Island Indoor/ Outdoor Basketball Court ¹ 港島室內/室外籃球場 ¹	18:00-20:00/ 19:00-21:00	11	
	Sunday 星期日 (4月) APR 12, 19, 26 (5月) MAY 3, 17, 31 (6月) JUN 7, 14, 21, 28 <i>(excl. May 10, 24 不包括 5月10, 24日)</i>	Kellett School ³ 啟歷學校 ³	16:00-18:00	10	
	Game Opportunities 比賽機會	<ul style="list-style-type: none"> ● Swish League ● Friendlies 			
Remarks 備註	<ul style="list-style-type: none"> ● Born on or after Sep 1, 2011 於2011年9月1日或之後出生 ● Players must commit to at least 2 team trainings per week 隊員須每週至少參加兩次球隊訓練 ● Games are for selected players only 比賽適用於獲邀請參賽的隊員 ● The primary training time for Tuesdays and Thursdays is 18:00-20:00 星期二、四的主要訓練時間為 18:00-20:00 				

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Team 隊伍	Date 日期	Location 地點	Time 時間	Session 堂數	Package Fee 套票費用
U12 Team A	Tuesday 星期二 (4月) APR 14, 21, 28 (5月) MAY 5, 12, 19, 26 (6月) JUN 2, 9, 16, 23, 30	Kowloon East Indoor/Outdoor Basketball Court ¹ 九龍東室內/室外籃球場 ¹	17:00-19:00	12	\$9,900
	Saturday 星期六 (4月) APR 18, 25 (5月) MAY 2, 9, 16, 23, 30 (6月) JUN 6, 13, 20, 27	Australian International School ³ 澳洲國際學校 ³	8:30-10:00	11	
	Sunday 星期日 (4月) APR 12, 19, 26 (5月) MAY 3, 17, 31 (6月) JUN 7, 14, 21, 28 <i>(excl. May 10, 24 不包括 5月10, 24日)</i>	Kellett School ³ 啟歷學校 ³	14:00-16:00	10	
Game Opportunities 比賽機會		<ul style="list-style-type: none"> ● Swish League ● Friendlies 			
Remarks 備註		<ul style="list-style-type: none"> ● Born on or after Sep 1, 2013 於2013年9月1日或之後出生 ● Players must commit to at least 2 team trainings per week 隊員須每週至少參加兩次球隊訓練 ● Games are for selected players only 比賽適用於獲邀請參賽的隊員 			

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Team 隊伍	Date 日期	Location 地點	Time 時間	Session 堂數	Package Fee 套票費用
U10 Team A	Tuesday 星期二 (4月) APR 14, 21, 28 (5月) MAY 5, 12, 19, 26 (6月) JUN 2, 9, 16, 23, 30	Kowloon East Indoor/Outdoor Basketball Court ¹ 九龍東室內/室外籃球場 ¹	17:00-19:00	12	\$9,900
	Saturday 星期六 (4月) APR 18, 25 (5月) MAY 2, 9, 16, 23, 30 (6月) JUN 6, 13, 20, 27	Kellett School ³ 啟歷學校 ³	8:30-10:00	11	
	Sunday 星期日 (4月) APR 12, 19, 26 (5月) MAY 3, 17, 31 (6月) JUN 7, 14, 21, 28 <i>(excl. May 10, 24 不包括 5月10, 24日)</i>	Kellett School ³ 啟歷學校 ³	14:00-16:00	10	
	Game Opportunities 比賽機會	<ul style="list-style-type: none"> ● Hong Kong Junior Basketball League (HKJBL) ● Friendlies 			
Remarks 備註	<ul style="list-style-type: none"> ● Born on or after Sep 1, 2015 於2015年9月1日或之後出生 ● Players must commit to at least 2 team trainings per week 隊員須每週至少參加兩次球隊訓練 ● Games are for selected players only 比賽適用於獲邀請參賽的隊員 				

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U12	(4月) APR 18, 25 (5月) MAY 2, 9, 16, 23, 30 (6月) JUN 6, 13, 20, 27	Kellett School ³ 啟歷學校 ³	8:30-10:00	11	\$4,290
Team B	Game Opportunities 比賽機會	● Friendlies			
	Remarks 備註	● Born on or after Sep 1, 2013 於2013年9月1日或之後出生 ● Games are for selected players only 比賽適用於獲邀請參賽的隊員			

Team 隊伍	Date 日期	Location 地點	Time 時間	Session 堂數	Fee 費用
U10	(4月) APR 18, 25 (5月) MAY 2, 9, 16, 23, 30 (6月) JUN 6, 13, 20, 27	Kellett School ³ 啟歷學校 ³	8:30-10:00	11	\$4,290
Team B	Game Opportunities 比賽機會	● Friendlies			
	Remarks 備註	● Born on or after Sep 1, 2015 於2015年9月1日或之後出生 ● Games are for selected players only 比賽適用於獲邀請參賽的隊員			

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