



For Immediate Release

22<sup>nd</sup> January 2019

## **GOJI STUDIOS LAUNCHES MULTI-AGE KIDS' PROGRAMME**

*Goji partners with 'MiniSport', one of Hong Kong's leading children's sports education providers.*

Goji Studios is delighted to announce that it has partnered with 'MiniSport', a leading group of experienced sports educators for children, to launch an exclusive kids' sports and fitness programmes available at Goji Studios locations. The aim of the programme is to provide kids with an opportunity to be active, work on skills like balance, coordination and sportsmanship and learn about different sports through fun games and exercises. Classes in the programme are divided by age, ranging from 1.5 to 11 years old and purposely structured into small groups with a coach-to-student ratio of no more than 1-to-12. Each class is designed for children of specific age groups and their respective needs and learning abilities.

Classes are available at three Goji Studios locations in Causeway Bay, Whampoa and Kowloon Bay, providing a safe, comfortable and indoor weather-proof environment with access to changing rooms, shower facilities and even a place for a healthy pre-or-post class snack at YOUNI, Goji's health café.

Children in Hong Kong tend to face high academic pressure and often physical activity and sports are not prioritized, which can negatively affect their mental health, development and overall health. Goji Studios and MiniSport believe that learning should not be limited to academic pursuits, but rather that enjoyable physical activities and games can greatly help kids' stress relief, long-term health and whole-person development. This partnership and launch of this kids programme aim to promote this message and make learning through sports accessible and enjoyable for both kids and parents alike.

### **Playgroup**

For Ages: 1.5 – 2.5 years old

Ratio: 1 coach to 10 students maximum

Learning Focus: Assisted by a guardian, children are encouraged to explore new ranges of bodily movement such as running, turning, crawling, stepping & jumping. Children are also exposed to a range of games that build basic ball skills. Classes also involve using numbers, colors, flash cards and other props to ignite their imagination and aid in building their range of vocabulary.



### **Mini-Tots**

For Ages: 2.5 – 3.5 years old

Ratio: 1 coach to 8 students maximum

Learning Focus: We employ a range of games that possess more complex rules and demands to delve into dynamic gross motor movements such as balancing, running & evasion. Ball games start to include some more specific challenges with regards to accuracy, introducing reception skills such as blocking, tracking, catching.

### **Level 1**

For Ages: 3.5 – 5 years old

Ratio: 1 coach to 10 students maximum

Learning Focus: The sports that we cover are football, tennis, basketball and athletics. We keep the pace fast and activities varied with a high number of games and drills per session. Whilst cooperative tasks (i.e. partners and teams) are more common here, the emphasis remains on fun and participation.

### **Level 2**

For Ages: 6 – 8 years old

Ratio: 1 coach to 12 students maximum

Learning Focus: This course will propel children towards the ability to execute football, tennis, basketball and fitness drills and exercises with multiple instructions and extended durations. Teamwork & competition will be more heavily involved at this stage.

### **Level 3**

For Ages: 9 – 11 years old

Ratio: 1 coach to 10 students maximum

Learning Focus: This level of our programme would provide students with all they need in order to participate in full football, tennis and basketball matches without many notable adjustments to the rules of the actual sports themselves. A more intense fitness element will run through this course.

For more information, please <https://gojistudios.com.hk/gojixminisport/> or contact customer service department at +852.2523.6655 or [membership@gojistudios.com.hk](mailto:membership@gojistudios.com.hk).



### **About Goji Studios – Your One-Stop Health & Lifestyle Hub**

Goji Studios is your one-stop health and lifestyle hub for fitness, healthy & delicious meals, nutritional & wellness guidance, and beauty services, committed to promoting a 360° holistic healthy lifestyle. With eight (8) club locations across Hong Kong Island and Kowloon covering over 260,000 sq. feet of space, Goji Studios offers extensive work-out facilities, accredited and professional personal training services, a diverse variety of group fitness classes, all at highly convenient locations and comfortable environments. Rounding out our holistic health approach, Goji Studios' offering also includes YOUNI, our in-house health café; YOUNIBODY, our wellness corner providing personalized nutritional consultations, lab testing, professional-grade supplements and wellness therapies; and YOUNIBEAUTY, offering luxury skincare services and products. Goji Studios has got everything you need to feel good, look great and live well.

### **Goji Studios – 8 Club Locations**

<b>Kowloon Bay</b>	L18, MegaBox, 38 Wang Chiu Road	+852.3184.2733
<b>Mong Kok</b>	5/F - 6/F, Grand Plaza, 639 Nathan Road	+852.3184.2744
<b>Tsim Sha Tsui</b>	L9-11, The ONE, 100 Nathan Road	+852.3184.2722
<b>Whampoa</b>	Shop #G8, G/F, 8 Tak Fung St, Deli Place, Site 4, Whampoa Garden	+852.3184.2711
<b>Causeway Bay</b>	4/F, Elizabeth House, 250-254 Gloucester Road	+852.3184.2766
<b>Central</b>	16/F, The L. Place, 139 Queen's Road Central	+852.3184.2755
<b>Wan Chai</b>	G/F -2/F, Kin Lee Building, 9-13A O'Brien Road	+852.3184.2777
<b>Sai Ying Pun (Goji Elite)</b>	1/F, HK Plaza, 188 Connaught Road West	+852.2838.3878

Website: [gojistudios.com.hk](http://gojistudios.com.hk)

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