

Fitness Training Workshop for CUHK Staff and Students

In order to introduce correct fitness training principles, methods, and proper ways of using fitness training equipment, the Physical Education Unit would like to organize a fitness training workshop for university staff and students. "CUHK Fitness Room User Card" will be issued to those who have successfully completed the workshop.



Details are as follows:

| Workshop Number | Date | Time | Starting Date for Registration | Dead-line for Registration | Medium of Instruction |
|-----------------|----------------------|-------------------------|--------------------------------|----------------------------|---|
| 01/1819 | 16/03/2019 (sat) | 10:00am - 12:00pm | 11/02/2019 | 28/02/2018 | Cantonese (Supported by English & Putonghua) |
| 02/1819 | 23/03/2019 (sat) | 10:00am - 12:00pm | 11/02/2019 | 28/02/2018 | Cantonese (Supported by English & Putonghua) |
| 03/1819 | 28/03/2019 (Thur) | 7:00pm - 9:00pm | 11/02/2019 | 28/02/2018 | Cantonese (Supported by English & Putonghua) |

Venue : University Fitness Room
Enrollment : 25/class (First-come-first-served)
Fee : \$100

Registration : <https://webapp.itsc.cuhk.edu.hk/ras/>
(Please bring a fee and show CU Link Card)

Enquiry : 3943 6097

Remarks : *No attend certificate will be issued to those who are late or leave early for 15 min.....*



Physical Education Unit

10 Jan, 2019

Enrollment Notice

1. Enrollment Period: Starting from 11 - 28 Feb, 2019, 9:00am - 6:00pm.
2. Deadline for Payment: The workshop fee of the successful applicants **MUST** be settled and please tender the exact amount and show CU Link Card at the Inquiry Counter of University Sports Center from 4 – 12 Mar, 2019 during office hours from 9:00am - 6:00pm to confirm the place. **No application for refund, change of program or making substitution is allowed after enrolment.”**
3. The updated vacancy list will be uploaded in the PEU homepage on Thursday, 14 Mar, 2019 at 1:00pm
4. From 1:00pm on 14 March, 2019 onwards, enrollment can be made on a walk-in basis during office hours (Mon. to Fri. 9:00a.m.-6:00p.m.) at the Inquiry Counter of University Sports Center, subject to quota availability.
5. Eligibility: Participants should be full-time students or staff of CUHK.
6. The workshop will be cancelled upon insufficient enrollment (less than half of the quota). The involved participants will be notified by phone individually.
7. Website Activate : Fitness Training Workshop information and enrollment website will be launched at 5pm on 11 Feb, 2019.
8. Inquiries : Physical Education Unit ☎3943 6097
9. Fitness Training Workshop information:
<http://www.peu.cuhk.edu.hk/en-gb/announcements>
and enrollment website: <https://webapp.itsc.cuhk.edu.hk/ras/>

10 Jan, 2019