

2021-2022 Summer Sports Program

Course	Event		Sex	Quota	Sessions	Total Hrs.	Course Period	Days	Course Time	Course Venue	Fees	Lecturer
	Course Code	Course Title										
Students Courses	SQU_SD	Squash (Elementary)	M/F	12	4	8	2, 6, 8, 10/6	Thu, Mon, Wed, Fri	9:00-11:00	Squash Court, KS Building	Student \$50	Dr. Ng SK
	TEN_SD	Tennis (Elementary)	M/F	12	4	8	31/5, 2, 7, 9/6	Tue, Thu	9:00-11:00	3,4,5 University Tennis Court	Student \$50	Mr. Lam KW
	TT1_SD	Δ Table Tennis (Intermediate)	M/F	14	4	8	6, 8, 13, 15/6	Mon, Wed	9:30-11:30	Shaw College Multi-Purpose Sports Hall	Student \$50	Mr. Chan CM
	TT2_SD	Table Tennis (Elementary)	M/F	14	4	8	14, 15, 16, 21/6	Tue, Wed, Thu	15:00-17:00	Shaw College Multi-Purpose Sports Hall	Student \$50	Mr. Cheung WK
	KRO_SD	Karate (Elementary)	M/F	16	4	8	31/5, 7, 14, 21/6	Tue	15:00-17:00	Sports Center Table Tennis Room	Student \$50	Ms. Ma MS
	RUG_SD	Touch Rugby (Elementary)	M/F	20	4	8	8, 10, 15, 22/6	Wed, Fri	18:00-20:00	HCF Sportsgrounds	Student \$50	Dr Choi SM
	YOG_SD	Relaxing Yoga	M/F	12	4	8	7, 9, 14, 16/6	Tue, Thu	09:30-11:30	Sports Center Table Tennis Room	Student \$50	Ms. Li SY

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FUT_SD	Futsal (5-a-side football)	M/F	16	4	8	31/5, 2, 7, 9/6	Tue, Thu	17:00-19:00	Lingnan Stadium	Student \$50	Mr. Lee SF
HF3_SD	⊕ Fitness Room User Certificate Class C	M/F	15	2	4	30/5, 1/6	Mon, Wed	14:00-16:00	CU Fitness Center	Student \$50	Ms. Lau SW
HF4_SD	⊕ Fitness Room User Certificate Class D	M/F	15	2	4	6, 8/6	Mon, Wed	14:00-16:00	CU Fitness Center	Student \$50	Ms. Lau SW
BAD1_SD	Badminton (Elementary)	M/F	16	4	8	6, 8, 13, 15/6	Mon, Wed	13:30-15:30	Charles Leung Gymnasium New Asia College	Student \$50	Mr. Ng CH
3x31_SD	3x3 Basketball Class A	M/F	20	2	4	30, 31/5	Mon, Tue	14:00-16:00	YMB Indoor Sports Centre	Student \$50	Mr. Cheung TF
3x32_SD	3x3 Basketball Class B	M/F	20	2	4	7, 9/6	Tue, Thu	14:00-16:00	Thomas H.C. Cheung Gymnasium United College	Student \$50	Mr. Cheung TF
SWM_SD	# Swimming	M/F	12	4	8	13, 14, 15, 16/6 (TBC)	Mon, Tue, Wed, Thu	16:00-18:00	CU Swimming Pool	Student \$50	Mr. Lam KT
FEN1_SD	Fencing Class A	M/F	10	4	8	7, 14, 21, 28/6	Tue	16:00-18:00	UC Table Tennis Room	Student \$50	Mr. Karis Law

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	FEN2_SD	Fencing Class B	M/F	10	4	8	8, 15, 22, 29/6	Wed	16:00-18:00	UC Table Tennis Room	Student \$50	Mr. Karis Law
	CYC5_SD	Cycling (Elementary)	M/F	8	4	8	6/6, 7, 9, 10/6	Mon, Tue, Thu, Fri	9:00-11:00	Sports Center (6/6) CUHK Cycling Trail (7-10/6)	Student \$50	Dr. Hon S

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Please visit the following links if you are interested the class as follows:

<https://webapp.itsc.cuhk.edu.hk/ras/restricted/EventList?id=73>

OR QR Code:



CYC1_SD	Indoor Cycling Experience & Fitness Assessment Day Class A	F	24	1	1.5	1/6		11:30	YMB Indoor Sports Centre	Free	Mr. Cheung TF & Mr. Ng CH
CYC2_SD	Indoor Cycling Experience & Fitness Assessment Day Class B	M	24	1	1.5	1/6	Wed	11:30-13:00	YMB Indoor Sports Centre	Free	Mr. Cheung TF & Mr. Ng CH
CYC3_SD	Indoor Cycling Experience & Fitness Assessment Day Class C	F	24	1	1.5	1/6	Wed	13:00-14:30	YMB Indoor Sports Centre	Free	Mr. Cheung TF & Mr. Ng CH
CYC4_SD	Indoor Cycling Experience & Fitness Assessment Day Class D	M	24	1	1.5	1/6	Wed	14:30-16:00	YMB Indoor Sports Centre	Free	Mr. Cheung TF & Mr. Ng CH

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- ⊕ Fitness Room User Certificate will be issued upon completion of the course.
- Δ Participants for intermediate course are expected to have taken elementary course before.
- # Participants need to pay for your own pool entry fee. Enrollment will be started when the pool is ready.

Windsurfing	CUHK Water Sports Centre (15 mins walking distance from CU MTR station)	<p>Please visit the following links if you are interested in water sports.</p> <p>http://www.peu.cuhk.edu.hk/en-gb/facilities/water-sports-centre/wsc-news</p> <p>(English version)</p>  <p>http://www.peu.cuhk.edu.hk/zh-tw/facilities/water-sports-centre/wsc-news</p> <p>(中文版)</p> 
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