

2021-2022 Summer Sports Program

(Updated on July 28, 2022)

Course	Event		Sex	Remain	No. of enroll	Total Hrs.	Course Period	Days	Course Time	Course Venue	Fees	Lecturer
	Course Code	Course Title										
Students Courses	SQU_SD	Squash (Elementary)	M/F	Full	12	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	Full	12	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	13	1	8	6, 8, 13, 15/6	Mon, Wed	9:30-11:30	United College Table Tennis Room	Student \$50	Mr. Chan CM
	TT2_SD	Table Tennis (Elementary)	M/F	3	11	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	9	7	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	15	5	8	8, 10, 15, 22/6	Wed, Fri	18:00-20:00	HCF Sportsgrounds	Student \$50	Dr Choi SM

2021-2022 Summer Sports Program

(Updated on July 28, 2022)

YOG_SD	Relaxing Yoga	M/F	6	6	8	7, 9, 14, 16/6	Tue, Thu	09:30-11:30	Sports Center Table Tennis Room	Student \$50	Ms. Li SY
FUT_SD	Futsal (5-a-side football)	M/F	16	4	8	20,22 27, 29/6	Mon, Wed	17:00-19:00	Lingnan Stadium	Student \$50	Mr. Lee SF
HF3_SD	⊕ Fitness Room User Certificate Class C	M/F	3	12	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	11	4	4	6, 8/6	Mon, Wed	14:00-16:00	CU Fitness Center	Student \$50	Ms. Lau SW
BAD1_SD	Badminton (Elementary)	M/F	1	15	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	Cancelled			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	Cancelled			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

2021-2022 Summer Sports Program

(Updated on July 28, 2022)

	FEN1_SD	Fencing Class A	M/F	Full	10	8	7, 14, 21, 28/6	Tue	16:00-18:00	UC Table Tennis Room	Student \$50	Mr. Karis Law
	FEN2_SD	Fencing Class B	M/F	Full	10	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	Full	8	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

2021-2022 Summer Sports Program

(Updated on July 28, 2022)

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 Code:




Event	Course Title	Remain Quota	No. of enroll	Sessions.	Total Hrs	Days	Course Time	Course Time	Course Venue	Fees	Event
CYC1_SD	Indoor Cycling Experience & Fitness Assessment Day Class A (Female)	6	6	1	1.5	1/6	Wed	10:00-11:30	YMB Indoor Sports Centre	Free	Mr. Cheung TF & Mr. Ng CH
CYC2_SD	Indoor Cycling Experience & Fitness Assessment Day Class B (Male)	Full	12	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 (Female)	8	4	1	1.5	1/6	Wed	13:00-14:30	YMB Indoor Sports Centre	Free	Mr. Cheung TF & Mr. Ng CH

2021-2022 Summer Sports Program

(Updated on July 28, 2022)

	CYC4_SD	Indoor Cycling Experience & Fitness Assessment Day Class D (male)	4	8	1	1.5	1/6	Wed	14:30-16:00	YMB Indoor Sports Centre	Free	Mr. Cheung TF & Mr. Ng CH
--	---------	---	---	---	---	-----	-----	-----	-------------	--------------------------	------	---------------------------

- ⊕ 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> 
-------------	--	---

2021-2022 Summer Sports Program

(Updated on July 28, 2022)

Course	Event		Remain Quota	No. of enroll	Sessions.	Total Hrs Period	Course Period	Days	Course Time	Course Venue	Fees	Lecturer
	Course Code	Course Title										
Students Courses	HF5_SD	⊕Fitness Room User Certificate Class E	2	10	2	4	3, 10/8	Wed	14:00-16:00	CU Fitness Center	Student \$50	Mr. Cheung TF
	HF6_SD	⊕Fitness Room User Certificate Class F	7	5	2	4	17, 24/8	Wed	14:00-16:00	CU Fitness Center	Student \$50	Mr. Cheung TF

⊕ Fitness Room User Certificate will be issued upon completion of the course.

Enrollment Notice

1. On-line Enrollment: On-line enrollment can be accepted on 9:00a.m. July 15, 2022(Fri) to 6:00p.m. July 20, 2022(Wed).
2. Deadline for Payment: The course fee of the successful applicants **MUST** be settled at the Inquiry Counter of University Sports Centre during office hours (Mon. to Fri. 9:00a.m.-6:00p.m.) from July 22 & 25 - 28, 2022 to confirm the place. **“No application for refund, change of programme or making substitution is allowed after enrollment.”**
3. The updated vacancy list will be uploaded on the PEU homepage at 1:00p.m. July 29, 2022 (Fri).
4. From 2:00p.m. on July 29, 2022 (Fri) 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 Centre, subject to quota availability.
5. Eligibility: Participants should be full-time students of CUHK.
6. For fairness resources allocation, maximum enrollment for each student is 1 course only.
7. The course will be cancelled upon insufficient enrollment (less than half of the quota). The relevant participants will be notified by telephone call.
8. Summer Sports Programme Web Site of the PEU Home-page: <http://www.peu.cuhk.edu.hk/en-gb/activities/summer-sports-courses>

9. Inquiries : Physical Education Unit (3943 6097)