

2023-2024 Summer Sports Program

Course	Event		Sex	Quota	Sessions	Total Hrs.	Course Period	Days	Course Time	Course Venue	Fees	Lecturer
	Course Code	Course Title										
	GOF_SS	Golf	M/F	12	6	12	14, 16, 21, 23, 28, 30 May	TUE THU	18:00-20:00	HCF Lawn Area	Students\$90 Staff\$220	Ms. Huang MY
	GOF_SD	Golf (Elementary)	M/F	14	6	12	3, 4, 6, 7, 11, 13 June	Mon, Tue, Thu Fri	16:00-18:00	HCF Lawn Area	Students \$90	Mr. Li CL
	TCH_SS	Yeung Style Tai Chi Chuan, (Elementary)	M/F	15	6	12	28, 29, 30 May 4, 5, 6 Jun	Tue, Wed, Thu	17:30-19:30	New Fitness Room Playground	Students\$90 Staff\$220	Dr. Lau KO
	TEN_SD	Tennis	M/F	12	6	12	13, 14, 16, 17, 20, 21 May (^23 & 24 May)	Mon, Tue Thu, Fri	09:00-11:00	No. 3,4,5 University Tennis Court	Student \$90	Mr. Lam KW
	TNE_SS	Δ Tennis (Intermediate)	M/F	16	6	12	20, 21, 22, 27, 28, 29 May (^24, 31 May)	Mon, Tue, Wed	18:00-20:00	3,4,5 University Tennis Court	Students\$90 Staff\$220	Mr. Wong OT
	B&C_SD	Basketball & Conditioning	M/F	16	6	12	28, 30 May 4, 6, 11, 13 Jun	Tue, Thu	10:00-12:00	Charles Leung Gymnasium, New Asia	Student \$90	Mr. Au Yeung KH
	BBT_SD	Basic Barbell Training	M/F	14	6	12	13 16, 20, 22, 27, 29 May	Mon, Wed Thu	16:30-18:30	University Fitness Room	Students \$90	Mr. Cheung YK
	FFT_SS	Functional Fitness Training	M/F	16	6	12	14, 16, 21, 23, 28, 30 May	Tue, Thu	1430-1630	University Fitness Room	Students\$90 Staff\$220	Mr. Kong TY

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	PIL_SD	Pilates (Elementary)	M/F	12	6	12	20, 22, 24, 27, 29, 31 May	Mon, Wed, Fri	10:30-12:30	Table Tennis Room, University Sports Center	Student \$90	Mr. Hui KK
	HHD_SS	Hip Hop Dance (Elementary)	M/F	16	6	12	20, 22, 24, 27, 29, 31 May	Mon, Wed, Fri	14:30–16:30	Table Tennis Room, University Sports Center	Students\$90 Staff\$220	Dr. Sun L
	SWI_SS	Swimming	M/F	16	8	12	8, 9, 11, 12, 15, 16, 18, 19 JULY	Mon, Tue Thu, Fri	17:30-19:00	University Swimming Pool	Students\$90 Staff\$220	Mr. Wu TC
	TAE_SS	Taekwondo	M/F	16	6	12	5,7,12,14,19,21 JUN	Wed Fri	14:00-16:00	Table Tennis Room, UC	Students\$90 Staff\$220	Mr. Ho WK
	SOC_SD	Soccer	M/F	15	6	12	13, 17, 20, 22, 24, 27 May	Mon, Wed Fri	09:00-11:00	Side Court, Lingnan Stadium, CC	Students\$90	Mr. Liu CF
	JUD_SS	Judo For Weight Loss	M/F	14	6	12	13, 17, 20,24, 27 May & 3 JUN	Mon, Fri	18:00-20:00	Table Tennis Room, UC	Students\$90 Staff\$220	Mr. Fong WL
	TT_SD	Table Tennis (Elementary)	M/F	12	6	12	13,16, 20, 21, 22, 23 May	Mon, Tue Wed, Thu	11:00-13:00	Table Tennis Room, CC	Students\$90	Mr. Cheung WK
	TT_SS	Δ Table Tennis (Intermediate)	M/F	12	6	12	12, 14, 17, 19, 21, 24 JUN	Mon, Wed Fri	18:00-20:00	Multi-Purpose Sports Hall, Shaw College	Students\$90 Staff\$220	Mr. Yuen PY

Course

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- 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.
 - * By External Coach
 - ⊕ Fitness Room User Certificate will be issued upon completion of the course
 - ^ Reserve day
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	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) (中文版)</p> <div></div>
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