

## 2023-2024 Summer Sports Program

|               | Event       |   | Sex | Quota | Sessions | Total Hrs. | Course Period                                | Days              | Course Time | Course Venue                            | Fees                       | Lecturer        |
|---------------|-------------|---|-----|-------|----------|------------|--|-------------------|-------------|---|----------------------------|-----------------|
|               | Course Code | Course Title                            |     |       |          |            |  |                   |             |   |                            |                 |
| <b>Course</b> | 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<br>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<br>4, 5, 6 Jun                | Tue, Wed, Thu     | 17:30-19:30 | New Fitness Room<br>Playground          | Students\$90<br>Staff\$220 | Dr. Lau KO      |
|               | TEN_SD      | Tennis                                  | M/F | 12    | 6        | 12         | 13, 14, 16, 17, 20, 21 May<br>(^23 & 24 May) | Mon, Tue Thu, Fri | 09:00-11:00 | No. 3,4,5 University<br>Tennis Court    | Student \$90               | Mr. Lam KW      |
|               | TNE_SS      | Δ Tennis (Intermediate)                 | M/F | 16    | 6        | 12         | 20, 21, 22, 27, 28, 29 May<br>(^24, 31 May)  | Mon, Tue, Wed     | 18:00-20:00 | 3,4,5 University<br>Tennis Court        | Students\$90<br>Staff\$220 | Mr. Wong OT     |
|               | B&C_SD      | Basketball & Conditioning               | M/F | 16    | 6        | 12         | 28, 30 May<br>4, 6, 11, 13 Jun               | Tue, Thu          | 10:00-12:00 | Charles Leung<br>Gymnasium,<br>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<br>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<br>Fitness Room              | Students\$90<br>Staff\$220 | Mr. Kong TY     |

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



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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<br>(15 mins walking distance from<br>CU MTR station) | Please visit the following links if you are interested in water sports.<br><a href="http://www.peu.cuhk.edu.hk/en-gb/facilities/water-sports-centre/wsc-news">http://www.peu.cuhk.edu.hk/en-gb/facilities/water-sports-centre/wsc-news</a><br>(English version)      (中文版)<br>  |
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