

體育必修課程考試練習場地 Required Physical Education Programme Pre- exam Practice Venue

日期：2026年3月9日至4月17日 Within Period: From 9 March to 17 April, 2026

Item	目的 Purpose	地點 Venue	日期 Date	時間 Time
1	網球課練習 Tennis Lesson Practice	中大網球場 3號至5號場 CU Tennis Court No. 3 to 5	逢星期五 Every Friday (除了4月3日 Except 3 April 2026)	12:00nn - 4:00pm
2		中大網球場 6至7號場 CU Tennis Court No. 6 to 7	逢星期一 Every Monday (除了4月6日 Except 6 April 2026)	9:45am - 12:45pm
			逢星期三 Every Wednesday	3:45pm - 5:45pm
3	壁球課練習 Squash Lesson Practice	中大壁球場 1至3號場 CU Squash Court No. 1 to 3	逢星期三 Every Wednesday	4:30pm - 6:45pm
		中大壁球場 3至5號場 CU Squash Court No. 3 to 5	逢星期五 Every Friday (除了4月3日 Except 3 April 2026)	3:45pm - 6:00 pm
		中大壁球場 1至3號場 CU Squash Court No. 1 to 3	逢星期六 Every Saturday (除了4月4日 Except 4 April 2026)	9:45am - 12:45pm
4	羽毛球課練習 Badminton Lesson Practice	體育中心楊明標室內體育館 中大羽毛球場1至5號場 CU Badminton Court No. 1 to 5, Yeung Ming Biu Indoor Sports Centre, University Sports Centre	逢星期二 Every Tuesday (除了4月7日 Except 7 April 2026)	4:30pm - 6:00pm
			逢星期四 Every Thursday	4:30pm - 6:00pm
			逢星期五 Every Friday (除了4月3日 Except 3 April 2026)	11:30am - 1:00pm
5	籃球課練習 Basketball Lesson Practice	新亞書院梁英偉體育館 Charles Leung Gymnasium, New Asia College	逢星期二,四 Every Tuesday & Thursday (除了3月10日 Except 10 March )	4:30pm - 6:30pm

Item	目的 Purpose	地點 Venue	日期 Date	時間 Time
6	乒乓球課練習 Table Tennis Lesson Practice	聯合書院張煊昌體育館 Thomas H.C. Cheung Gymnasium, United College	逢星期二 Every Tuesday	4:30pm - 5:45pm
			逢星期四 Every Thursday	4:30pm - 5:45pm
7	乒乓球課練習 Table Tennis Lesson Practice	逸夫書院室內體育及 多用途館 Indoor Multi-Purpose Sports Hall, Shaw College	2026年3月17日19日23日26日31日 (17,19,23,26 & 31 March 2026) 2026年4月2日6日9日 (2,6 & 9 April 2026)	5:00 pm - 7:00 pm
8	手球課練習 Handball Lesson Practice	聯合書院張煊昌體育館 Thomas H.C. Cheung Gymnasium, United College <b>Women's Handball ONLY</b>	2026年3月10日、17日、24日、31日 (10,17,24 & 31 March 2026) 2026年4月14日 (14 April 2026)	4:30pm - 5:45pm
			2026年3月13日、27日 (13,27 March 2026) 2026年4月10日 (10 April 2026)	3:30pm - 4:45pm
9		崇基學院嶺南運動場 Lingnan Stadium, Chung Chi College <b>Men's Handball ONLY</b>	逢星期一,四 Every Monday,Thursday	6:00pm - 8:00pm
10	排球課練習 Volleyball Lesson Practice	聯合書院張煊昌體育館 Thomas H.C. Cheung Gymnasium, United College	逢星期一 Every Monday	4:30pm - 5:45pm
			逢星期四 Every Thursday	4:30pm - 5:45pm
11	壘球課練習 Softball Lesson Practice	崇基學院嶺南運動場 Lingnan Stadium, Chung Chi College <b>Men's Softball ONLY</b>	逢星期一,三 Every Monday,Wednesday	4:00pm - 6:00pm
		崇基學院嶺南運動場 Lingnan Stadium, Chung Chi College <b>Women's Softball ONLY</b>	逢星期二,四 Every Tuesday,Thursday	4:00pm - 6:00pm

For items 1 to 4, student needs to show and leave the CU link card to the University Sports Centre Counter to borrow the related racket and tennis balls.

For item 5, student needs to show and leave the CU link card to the Charles Leung Gymnasium, New Asia College Counter to borrow the basketball.

For items 6,8,10 student needs to show the CU link card to the Thomas H.C. Cheung Gymnasium, United College Counter to borrow the table tennis & racket, handball, or volleyball.

For item 7, student needs to show and leave the CU link card to the Shaw College Multi Purpose Hall Counter to borrow the table tennis & racket.

For item 9,11 student needs to show the CU link card to the Lingnan Stadium, Chung Chi College Counter to borrow the handball or softball & bat.