

# 2021-2022 Summer Sports Program

(Updated at 6:00pm, 10 June, 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	Chung Chi 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
	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

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FUT_SD	Futsal (5-a-side football)	M/F	<b>Cancelled</b>			21,23 28, 30/6	Tue, Thu	17:00-19:00	Lingnan Stadium	Student \$50	Mr. Lee SF
HF3_SD	⊕ Fitness Room User Certificate Class C	M/F	<b>3</b>	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	<b>11</b>	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	<b>1</b>	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	<b>Cancelled</b>			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	<b>Cancelled</b>			7, 9/6	Tue, Thu	14:00-16:00	UC College Gymnasium	Student\$50	Mr. Cheung TF
FEN1_SD	Fencing Class A	M/F	<b>Full</b>	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	<b>Full</b>	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	<b>Full</b>	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

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	SWM_SD	# Swimming	M/F	2	9	8	13, 14, 15, 16/6	Mon, Tue, Wed, Thu	16:00-18:00	CU Swimming Pool	Student \$50	Mr. Lam KT

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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 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

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	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
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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.

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