

2024-2025 Summer Sports Program

	Event		Sex	Quota	Sessions	Total Hrs.	Course Period	Days	Course Time	Course Venue	Fees	Lecturer
	Course Code	Course Title										
Course	TEN_SS	ΔTennis (Intermediate)	M/F	14	6	12	12, 13, 15, 19, 20, 22 May	Mon, Tue, Thu	18:00-20:00	No. 3,4,5 University Tennis Court	Students\$90 Staff\$220	Mr. Wong OT
	GYM_SS	Gym class for muscle hypertrophy (Intermediate)	M/F	14	6	12	12,13,16,19,20, 22 May	Mon, Tue, Fri (1 st week) Mon, Tue, Thu (2 nd week)	17:30-19:30	University Fitness Room	Students\$90 Staff\$220	Dr. Ho ST
	SD1_SS	# Scuba Diving A	M/F	12	2	10	7 July (Lecture)	Mon	09:00-17:00	Multi-Purpose Hall, Shaw College	Student \$120 Staff \$270	Mr. Cheng YC
							8 & 9 July	Tue, Wed	10:30-13:30	University Swimming Pool		
	SD2_SS	# Scuba Diving B	M/F	12	2	10	7 July (Lecture)	Mon	09:00-17:00	Multi-Purpose Hall, Shaw College	Student \$120 Staff \$270	Mr. Cheng YC
							8 & 9 July	Tue, Wed	15:00-19:30	University Swimming Pool		

STI_SS	Stick Mobility in stretching and strengthening	M/F	12	6	12	3, 4, 5, 10, 11, 12 Jun	Tue, Wed, Thu	18:00-20:00	University Sports Centre Cover Playground	Students\$90 Staff\$220	Mr. Lai KW
GOF_SS	Golf	M/F	12	6	12	12, 14, 15, 19, 21, 22 May	Mon, Wed, Thu	18:00-20:00	HCF Sportsground (Small Lawn)	Students\$90 Staff\$220	Ms. Huang MY
TCH_SS	Tai Chi (Elementary)	M/F	20	6	12	13, 14, 15, 20, 21, 22 May	Tue, Wed, Thu	17:45-19:45	University Sports Centre Cover Playground	Students\$90 Staff\$220	Dr. Lau KO
FFT_SS	⊕ Functional Fitness Training	M/F	20	6	12	12, 14, 19, 21, 26, 28 May	Mon, Wed	11:00-13:00	University Fitness Room	Students\$90 Staff\$220	Mr. Kong TY
BBT_SS	⊕ Barbell Weight Training	M/F	10	8	12	13, 16, 20, 22, 23, 27, 29, 30 May	Tue, Thu, Fri	20:00-21:30	University Fitness Room	Students\$90 Staff\$220	Mr. Cheung YK
JUD_SS	Judo For Weight Loss	M/F	16	6	12	12, 16, 19, 23, 26, 30 May	Mon, Fri	18:00-20:00	Table Tennis Room, UC	Students\$90 Staff\$220	Mr. Fong WL
SWI_SS	#Swimming	M/F	20	8	12	21, 22, 24, 25, 28, 29, 31 July 1 Aug	Mon, Tue, Thu, Fri	17:00-18:30	University Swimming Pool	Students\$90 Staff\$220	Mr. Wu TC