

## 2024-2025 Summer Sports Program

Course	Event		Sex	Quota	Sessions	Total Hrs.	Course Period	Days	Course Time	Course Venue	Fees	Lecturer
	Course Code	Course Title										
	SJ_SD	Sprint and Jump Training for Sports	M/F	12	6	12	26, 28, 30 May 2, 4, 6 Jun	Mon, Wed, Fri	10:00-12:00	University Sports Centre Cover Playground	Students\$90	Mr. Lam HF
	BC_SD	Basketball & Conditioning	M/F	16	6	12	13, 15, 20, 22, 27, 29 May	Tue, Thu	09:00-11:00	United College Gymnasium	Students\$90	Mr. Au Yeung KH
	RS_SD	Rope Skipping	M/F	12	6	12	13, 16, 19, 20, 23, 26 May	Mon, Tue, Fri	14:30-16:30	New Asia College Gymnasium	Students\$90	Mr. Tam CK
	PIL_SD	Pilates (Mat work -Elementary)	M/F	12	6	12	12, 14, 16, 19, 21, 23 May	Mon, Wed, Fri	10:30-12:30	University Sports Centre Cover Playground	Students\$90	Mr. Hui KK
	PB_SD	Pickleball	M/F	14	6	12	19, 20, 22, 26, 28, 29 May	Mon, Tue, Thu	14:30-16:30	United College Gymnasium	Students\$90	Ms. Mak WS
	HHD_SD	Hip-hop Dance (Elementary)	M/F	16	2	12	27, 29 May 3, 5, 10, 12 June	Tue, Thu	14:30-16:30	Table Tennis Room, UC	Students\$90	Dr. Sun L
	TKD_SD	Taekwondo	M/F	16	2	12	23, 25, 27, 30 Jun 2, 4 Jul	Mon, Wed, Fri	10:00-12:00	United College Gymnasium	Student\$90	Mr. Ho WK

TEN_SD	Tennis (Elementary)	M/F	14	6	12	22, 23, 26, 27, 29, 30 May	Mon, Tue, Thu, Fri	09:00-11:00	No. 3,4,5 University Tennis Court	Students\$90	Mr. Lam KW
TT_SD	Table Tennis (Elementary)	M/F	12	6	12	12, 14, 15, 19, 21, 22 May	Mon, Wed, Thu	11:00-13:00	Table Tennis Room, CC	Students\$90	Mr. Cheung WK
SOC_SD	Soccer	M/F	14	6	12	26, 28, 30 May 2, 4, 6 Jun	Mon, Wed Fri	09:00-11:00	Grass pitch, Lingnan Stadium, CC	Students\$90	Mr. Liu CF

- 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.
- ⊕ Fitness Room User Certificate will be issued upon completion of the course
- ^ Reserve day