



逸夫書院康體訓練課程 2019/20 年度 (下學期) Shaw College Sports and Recreation Courses for 2019/20 (Term 2)

現正接受報名! APPLY NOW!

| 課程名稱 Course Title / 網上報名 Online registration | 日期 Date | 時間 Time | 人數 Quota | 上課地點 Venue | 課程費用 (完成後可獲退還按金) Course Fee (Refundable deposit if completed course) | 截止報名 Registration Deadline | 備註 Remarks |
|---|--|---------------|----------|---|--|----------------------------|---|
| 生活瑜伽 Yoga for All http://bit.ly/2Rc6hJs PE1901B | 9, 11, 16, 18, 23 & 25 Mar 2020 (Mon & Wed) | 18:45-20:15 | 16 | 逸夫書院禰永明樓 G 樓 G/F, Huen Wing Ming Building, Shaw College | HK\$180 (HK\$90) | 2 Mar | 參加者須自備毛巾及瑜珈墊。 Participants are required to bring their towels and yoga pads. |
| 拉丁舞 Latin Dance http://bit.ly/309uZhV PE1902B | 5, 12, 19, 26 Feb, 4, 11, 18 & 25 Mar 2020 (Wed) | 19:00 - 20:30 | 16 | 逸夫書院國楹樓 LG3 舞蹈室 Dancing Room, LG3 Kuo Mou Hall, Shaw College | HK\$300 (HK\$150) | 30 Jan | 參加者須穿著鬆身運動服。 Participants are required to wear loose sportswear. |
| 彼拉提 Pilates http://bit.ly/2Tcb2Fw PE1903B | 17, 24 Feb & 2, 9 Mar 2020 (Mon) | 19:00-20:30 | 16 | 逸夫書院國楹樓舞蹈室 LG3 Dancing Room, LG3 Kuo Mou Hall, Shaw College | HK\$220 (HK\$110) | 10 Feb | 參加者須自備毛巾及瑜珈墊。 Participants are required to bring their towels and yoga pads. |
| 泰拳 Thai Boxing http://bit.ly/387VQhd PE1904B | 7, 14, 21, 28 Feb, 6, 13, 20 & 27 Mar 2020 (Fri) | 18:30 - 20:00 | 15 | 逸夫書院國楹樓 LG3 舞蹈室 Dancing Room, LG3 Kuo Mou Hall, Shaw College | HK\$400 (HK\$200) | 31 Jan | 參加者須穿著鬆身運動服。 書院將提供相關裝備。 Participants are required to wear loose sportswear. Necessary equipment will be provided by the College. |
| 獨木舟(一星章)* Kayak (1-Star Award) http://bit.ly/2R7aFch PE1905B | 5 April 2020 (Sun) | 09:30 - 17:00 | 8 | 中文大學水上體育中心 Water Sports Centre, CUHK | 學生 Student HK\$190 (HK\$95) 職員 Staff HK\$250 (HK\$125) | 13 Mar | 參加者需懂泳術, 學員或須通過水試 (於第一天穿著衣服及救生衣游畢 50 米)。所繳之費用包括教練及需用器材, 完成證書課程並合格者, 可申請證書 (費用為 HK\$30)。參加者需於課程當天自行到大學水上活動中心集合, 自備泳裝、可浸水運動鞋 (包趾及腳跟)、長袖衣服及午餐。 參加獨木舟二星章者需出示相關證書、或已完成書院舉辦的獨木舟(一星章)課程。 |
| 獨木舟(二星章)* Kayak (2-Star Award) http://bit.ly/2R6c9UJ PE1906B | 9 May 2020 (Sat) | 09:30 - 17:00 | 8 | 中文大學水上體育中心 Water Sports Centre, CUHK | 學生 Student HK\$190 (HK\$95) 職員 Staff HK\$250 (HK\$125) | 17 Apr | Participants should have the ability to swim 50 meters with clothes and life jacket (Water test may be required on 1st day). Course fee includes instructor fee and equipment only. Participants who have successfully completed the course are eligible for the application of certificate (Application fee is HK\$30). Participants should gather at Water Sports Centre. Participants are required to bring swim suit, a pair of sport shoes (close toe and heel) that will be used in water, long sleeves shirt and lunch. Participants of Kayak (2 Star Award) course are required to present related certification, or complete Kayak (1-Star Award) courses held by College. |
| 初級滑浪風帆* Elementary Windsurfing http://bit.ly/309BYyb PE1907B | 12 & 13 Apr 2020 (Sun & Mon) | 09:30 - 17:00 | 5 | 中文大學水上體育中心 Water Sports Centre, CUHK | 學生 Student HK\$580 (HK\$290) 職員 Staff HK\$650 (HK\$325) | 20 Mar | 完成工作坊可獲發健身室工作坊證書(等同於康文署健體金卡), 證書費用學生港幣\$20 / 職員港幣\$30。 A certificate of fitness workshop will be issued to those have completed the workshop (certificate is equivalent to LCSD Fitness Gold Card). Fee: HK\$20 for student / HK\$30 for staff. |
| 健身室工作坊 Fitness Room Workshop http://bit.ly/36QViMs PE1908B | 11 Mar 2020 (Wed) | 18:00 - 19:30 | 15 | 逸夫書院國楹樓 LG3 健身室 Fitness Room, LG3 Kuo Mou Hall, Shaw College | HK\$100 (HK\$100) | TBC | 完成工作坊可獲發健身室工作坊證書(等同於康文署健體金卡), 證書費用學生港幣\$20 / 職員港幣\$30。 A certificate of fitness workshop will be issued to those have completed the workshop (certificate is equivalent to LCSD Fitness Gold Card). Fee: HK\$20 for student / HK\$30 for staff. |

名額有限, 報名從速。 Quota is limited. Please register now.

備註 Remarks:

- 申請者必須於網上申請後 2 個工作天內到文瀾堂 LG1 繳交課程費用 (每人每班計), 費用一經繳交, 恕不退還。按金將於所有課程完成後約 6 星期後經銀行自動轉賬退回。
- 以下情況參加者將不獲發還按金: i) 缺席生活瑜伽或彼拉提多於 1 堂; ii) 缺席拉丁舞或泰拳多於 2 堂; iii) 缺席滑浪風帆、獨木舟或健身室工作坊課程。
- 所有參加者將會於截止日期後收到電郵通知。如課程名額已滿, 可將報名資料電郵給 kannachan@cuhk.edu.hk 作後補名單。所有課程報名人數不足半數將會被取消。
- 查詢: 3943 7356 / kannachan@cuhk.edu.hk
* 如遇惡劣天氣 (懸掛黑色或以上暴雨警告, 三號或以上颱風訊號) 當日之課堂將會取消, 補課詳情將會稍後公布。

- Applicants are required to pay the course fee within 2 working days after online registration at LG1 Wen Lan Tang, Shaw College (per person per course). Course fee paid are not refundable. Deposit will be refunded by autopay 6 weeks after all courses completed.
- Deposit will not be refunded if participants i) absent from Yoga for All or Pilates for more than 1 session; Latin Dance or Thai Boxing for more than 2 sessions; iii) absent from course of Windsurfing, Kayak or Fitness Room Workshop.
- Participants will be notified by email after the deadline of each course. If the course is full, please email the application to kannachan@cuhk.edu.hk for waiting list. Course will be cancelled if enrollment is less than half of the quota.
- Enquiry : 3943 7356 / kannachan@cuhk.edu.hk
* Class will be cancelled if Black Rain Storm or above and Typhoon No. 3 or above signal is hoisted. Make-up class will be announced in due course.

歡迎逸夫書院同學及教職員參加 ALL STUDENTS AND MEMBERS OF SHAW COLLEGE ARE WELCOME!