





逸夫書院康體訓練課程 2020/21 年度 (下學期)

Shaw College Sports and Recreation Courses for 2020/21 (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 upon completion)	截止報名 Registration deadline	備註 Remarks
生活瑜伽 Yoga for All http://bit.ly/3qOvAkt  PE2001B	22, 24 Feb & 1, 3, 8, 10 Mar 2021 (Mon & Wed)	18:30-19:45	16	Zoom	HK\$190 (HK\$152)	11 Feb 2021	<ul style="list-style-type: none"> 參加者須自備毛巾及瑜伽墊。 Participants are required to bring their towels and yoga pads. 參加者須在課堂進行時開啟視像鏡頭。 Participants are required to keep the webcam open during the lesson.
韓國潮流舞蹈 K-Pop Dance http://bit.ly/2NCfUjB  PE2002B	18, 25 Feb & 4, 11, 18, 25 Mar 2021 (Thur)	19:00-21:00	16	Zoom	HK\$300 (HK\$240)	11 Feb 2021	<ul style="list-style-type: none"> 參加者須穿著鬆身運動服。 Participants are required to wear loose sportswear. 參加者須在課堂進行時開啟視像鏡頭。 Participants are required to keep the webcam open during the lesson.

* 受疫情影響，本學期康體課程以網上形式舉行。

為鼓勵同學及教職員在疫情期間多做運動，保持身體健康及緩解壓力，可退還按金暫時予以上調，以鼓勵各位踴躍參與。

* The Sports and Recreation Courses for 2020/21 (Term2) will be held online due to the pandemic.

The refundable deposit is temporarily increased to encourage students and members of Shaw College to do more exercise, stay healthy and relieve stress.

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 個工作天內將入數記錄上載至 <http://bit.ly/3iEOSXi> 確認報名。
- 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。
- 如參加者缺席生活瑜伽或韓國潮流舞蹈多於 1 堂，將不獲發還按金。
- 如參加者在課堂進行期間未有開啟視像鏡頭，則當缺席處理。
- 所有參加者將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

- Applicants are required to upload your proof of payment to <http://bit.ly/3iEOSXi> within 2 working days after online registration to secure your place.
- 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 are absent from Yoga for All or K-Pop Dance for **more than 1 session**.
- Participants will be identified as absent if they do not keep the webcam open during the lesson.
- 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. The course will be cancelled if the enrollment is less than half of the quota.
- Enquiry : 3943 7356 / kannachan@cuhk.edu.hk

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