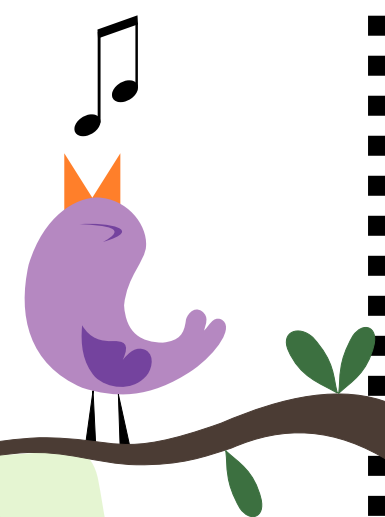




## Shaw College Sports and Recreation Courses for 2022/23 (Term 1) 逸夫書院康體訓練課程2022/23年度（上學期）



### 韓國潮流舞蹈 K-Pop Dance

Date: 11, 18, 25 Oct, 1, 8, 15 Nov 2022 (Tue)  
Time: 18:30 - 20:00  
Fee: \$380 (Course Fee \$190 + Deposit \$190)  
Venue: Dancing Room, LG3/F Kuo Mou Hall,  
Shaw College  
Quota: 14  
Deadline: 3 October 2022



[bit.ly/3DfBCVh](https://bit.ly/3DfBCVh)

### 普拉提健體班 Pilates

Date: 10, 17, 24, 31 Oct, 7, 14 Nov 2022 (Mon)  
Time: 19:00 - 20:30  
Fee: \$160 (Course Fee \$80 + Deposit \$80)  
Venue: LG501, Wen Lan Tang, Shaw College  
Quota: 16  
Deadline: 30 September 2022



[bit.ly/3eJUgKX](https://bit.ly/3eJUgKX)

### 泰拳 Thai Boxing

Date: 6, 13, 20, 27 Oct, 3, 10, 17, 24 Nov 2022 (Thu)  
Time: 19:00 - 20:30  
Fee: \$450 (Course Fee \$225 + Deposit \$225)  
Venue: Dancing Room, LG3/F Kuo Mou Hall,  
Shaw College  
Quota: 15  
Deadline: 29 September 2022



[bit.ly/3U60R2k](https://bit.ly/3U60R2k)

### 初級滑浪風帆 Basic Windsurfing Training Course

Date: 29 & 30 Oct 2022 (Sat & Sun)  
Time: 9:30 - 17:00  
Fee: student \$580 / staff \$650  
Course Fee + Deposit: Student \$290 + \$290  
Staff \$325 + \$325  
Venue: Water Sports Centre, CUHK  
Quota: 5  
Deadline: 7 October 2022



[bit.ly/3Ln9hi9](https://bit.ly/3Ln9hi9)

### 獨木舟(一星章) Kayak (1-Star Award)

Date: 22 Oct 2022 (Sat)  
Time: 9:30 - 17:00  
Fee: student \$190 / staff \$250  
Course Fee + Deposit: Student \$95 + \$95  
Staff \$125 + \$125  
Venue: Water Sports Centre, CUHK  
Quota: 8  
Deadline: 30 September 2022



[bit.ly/3RF4Tgq](https://bit.ly/3RF4Tgq)

### 棍網球初班 Lacrosse Introductory Course

Date: 6, 13, 20 Oct, 3, 10, 17 Nov 2022 (Thu)  
Time: 19:00 - 20:30  
Fee: \$200 (Course Fee \$100 + Deposit \$100)  
Venue: Indoor Multi-purpose Sports Hall,  
LG2/F Kuo Mou Hall, Shaw College  
Quota: 20  
Deadline: 29 September 2022



[bit.ly/3U6UMD1](https://bit.ly/3U6UMD1)