







# 逸夫書院康體訓練課程 2021/22 年度 (上學期)

## Shaw College Sports and Recreation Courses for 2021/22 (Term 1)

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
彼拉提 Pilates <a href="https://bit.ly/3jEV43P">https://bit.ly/3jEV43P</a>  PE2101A	5, 12, 19, 26 Oct 2021 (Tue)	19:00 - 20:30	16	逸夫書院國楸樓舞蹈室 LG3 Dancing Room, LG3 Kuo Mou Hall, Shaw College	HK\$220 (HK\$110)	29 Sep	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 <a href="https://bit.ly/3zENDPC">https://bit.ly/3zENDPC</a>  PE2102A	4, 11, 18, 25 Oct, 1, 8, 15 & 22 Nov 2021 (Mon)	18:30 - 20:00	15	逸夫書院禰永明樓 G 樓 G/F, Huen Wing Ming Building, Shaw College	HK\$440 (HK\$220)	27 Sep	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) <a href="https://bit.ly/3yHJ4I">https://bit.ly/3yHJ4I</a>  PE2103A	9 October 2021 (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)	17 Sep	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。
風帆入門訓練班(第一級) * Introduction to Sailing Training Course (Level 1) <a href="https://bit.ly/3zGfWwS">https://bit.ly/3zGfWwS</a>  PE2104A	23 & 24 Oct 2021 (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\$640 (HK\$320) 職員 Staff HK\$700 (HK\$350)	30 Sep	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.

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 個工作天內根據確認電郵內的付款方法繳交課程費用及按金。(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) 缺席泰拳多於 2 堂; iii) 缺席風帆或獨木舟課程。
- 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](mailto: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](mailto: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 please follow the instructions on the confirmation email to pay the course fee and deposit within 2 working days after online application. (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 Pilates for **more than 1 session**; Thai Boxing for **more than 2 sessions**; iii) absent from course of Sailing or Kayak.
- 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](mailto: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](mailto: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!