



Shaw College Sports and Recreation Courses for 2023/24 (Term 1)

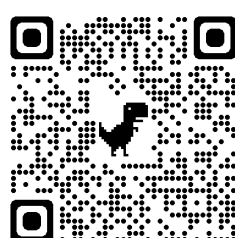
逸夫書院康體訓練課程2023/24 (上學期)

Application Deadline 截止日期 : 25 Sep 2023 (Mon)

1

K-POP DANCE 韓國潮流舞蹈

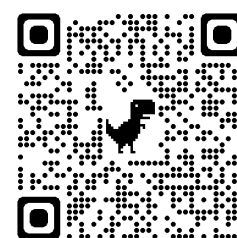
Date: 3, 10, 17, 24, 31 Oct, 7 Nov 2023 (Tue)
Time: 18:30 - 20:00
Fee: \$380 (Course Fee \$190 + Deposit \$190)
Venue: Dancing Room, LG3/F, Kuo Mou Hall,
Shaw College
Quota: 14



2

PILATES 普拉提健體班

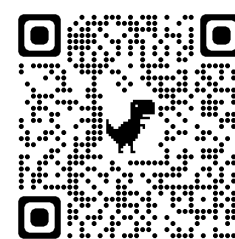
Date: 11, 18, 25 Oct, 1, 8, 15 Nov 2023 (Wed)
Time: 19:00 - 20:30
Fee: \$400 (Course Fee \$200 + Deposit \$200)
Venue: LG501, Wen Lan Tang, Shaw College
Quota: 16



3

THAI BOXING (A) 泰拳A班

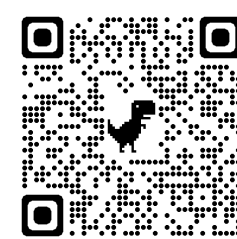
Date: 5, 12, 19 Oct, 2, 9, 16, 23, 30 Nov 2023 (Thu)
Time: 18:30 - 20:00
Fee: \$460 (Course Fee \$230 + Deposit \$230)
Venue: Dancing Room, LG3/F, Kuo Mou Hall,
Shaw College
Quota: 15



4

THAI BOXING (B) 泰拳B班

Date: 6, 13, 20, 27 Oct, 3, 10, 17, 24 Nov 2023 (Fri)
Time: 18:30 - 20:00
Fee: \$460 (Course Fee \$230 + Deposit \$230)
Venue: Dancing Room, LG3/F, Kuo Mou Hall,
Shaw College
Quota: 15



5

KAYAK (1-STAR AWARD) 獨木舟(一星章)

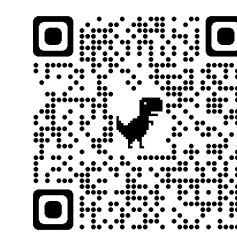
Date: 21 Oct 2023 (Sat)
Time: 09:30 - 17:00
Fee: Student \$200 (Course Fee \$100 + Deposit \$100)
Staff \$260 (Course Fee \$130 + Deposit \$130)
Venue: Water Sport Centre, CUHK
Quota: 8



6

KAYAK (2-STAR AWARD) 獨木舟(二星章)

Date: 28 Oct 2023 (Sat)
Time: 09:30 - 17:00
Fee: Student \$200 (Course Fee \$100 + Deposit \$100)
Staff \$260 (Course Fee \$130 + Deposit \$130)
Venue: Water Sport Centre, CUHK
Quota: 8



7

WING CHUN 詠春體驗班

Date: 12 Oct 2023 (Thu)
Time: 19:00 - 21:00
Fee: \$50 (Course Fee \$25 + Deposit \$25)
Venue: LG501, Wen Lan Tang, Shaw College
Quota: 14



8

KARATE 空手道體驗班

Date: 14 Nov 2023 (Tue)
Time: 19:00 - 21:00
Fee: \$50 (Course Fee \$25 + Deposit \$25)
Venue: Dancing Room, LG3/F, Kuo Mou Hall,
Shaw College
Quota: 14

