

**Sports Skill Training
2023/24 Semester Two**

Activity	Course Code	Day	Time	Date								Venue	
Archery	ARCY-01	Tuesday	1430 – 1530	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	Fong Shu Chuen Hall
	ARCY-02	Tuesday	1530 – 1630	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
	ARCY-03	Wednesday	1030 – 1130	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	ARCY-04	Wednesday	1130 – 1230	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	ARCY-05	Wednesday	1430 – 1530	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	ARCY-06	Wednesday	1530 – 1630	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	ARCY-07	Thursday	1430 – 1530	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	ARCY-08	Thursday	1530 – 1630	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	ARCY-09	Friday	1030 – 1130	2-Feb	9-Feb	23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	5-Apr	12-Apr	
	ARCY-10	Friday	1130 – 1230	2-Feb	9-Feb	23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	5-Apr	12-Apr	
Badminton	BMTN-01	Monday	1030 – 1130	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	Main Hall, Block X Sports Centre
	BMTN-02	Monday	1130 – 1230	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	
	BMTN-03	Wednesday	1030 – 1130	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	BMTN-04	Wednesday	1130 – 1230	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	BMTN-05	Thursday	1430 – 1530	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	BMTN-06	Thursday	1530 – 1630	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	BMTN-07	Tuesday	1030 – 1130	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
	BMTN-08	Tuesday	1130 – 1230	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
Dodgeball	DODG-01	Thursday	1430 – 1530	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	Main Hall, Kwong On Jubilee Sports Centre
	DODG-02	Thursday	1530 – 1630	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	DODG-03	Friday	1030 – 1130	2-Feb	9-Feb	23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	5-Apr	12-Apr	
	DODG-04	Friday	1130 – 1230	2-Feb	9-Feb	23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	5-Apr	12-Apr	
Exergame	EXGM-01	Monday	1430 – 1530	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	Practice Hall, Shaw Sports Complex
	EXGM-02	Monday	1530 – 1630	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	
Fencing	FENC-01	Monday	1030 – 1130	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	Fong Shu Chuen Hall
	FENC-02	Monday	1130 – 1230	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	
	FENC-03	Tuesday	1030 – 1130	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
	FENC-04	Tuesday	1130 – 1230	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
	FENC-05	Thursday	1030 – 1130	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	FENC-06	Thursday	1130 – 1230	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
Futsal	FUTS-01	Thursday	1030 – 1130	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	Main Hall, Block X Sports Centre
	FUTS-02	Thursday	1130 – 1230	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
Hip Hop	HHDN-01	Monday	1130 – 1230	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	S121, Kwong On Jubilee Sports Centre
	HHDN-02	Wednesday	1130 – 1230	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	HHDN-03	Wednesday	1530 – 1630	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
Indoor Mini Tennis	ITNS-01	Tuesday	1030 – 1130	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	Main Hall, Kwong On Jubilee Sports Centre
	ITNS-02	Tuesday	1130 – 1230	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
	ITNS-03	Thursday	1030 – 1130	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	ITNS-04	Thursday	1130 – 1230	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
Jazz	JAZZ-01	Monday	1030 – 1130	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	S121, Kwong On Jubilee Sports Centre
	JAZZ-02	Wednesday	1030 – 1130	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	JAZZ-03	Wednesday	1430 – 1530	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	

Activity	Course Code	Day	Time	Date									Venue
Indoor Mini Lacrosse	LCRO-01	Wednesday	1030 – 1130	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	Main Hall, Kwong On Jubilee Sports Centre
	LCRO-02	Wednesday	1130 – 1230	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	LCRO-03	Wednesday	1430 – 1530	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	LCRO-04	Wednesday	1530 – 1630	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
Squash	SQUS-01	Monday	1430 – 1530	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	Squash Court, Kwong On Jubilee Sports Centre
	SQUS-02	Monday	1530 – 1630	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	
	SQUS-03	Tuesday	1030 – 1130	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
	SQUS-04	Tuesday	1130 – 1230	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
	SQUS-05	Thursday	1030 – 1130	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	SQUS-06	Thursday	1130 – 1230	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
Table Tennis	TBTN-01	Monday	1030 – 1130	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	Table Tennis Room, Shaw Sports Complex
	TBTN-02	Monday	1130 – 1230	29-Jan	5-Feb	19-Feb	26-Feb	4-Mar	11-Mar	18-Mar	25-Mar	8-Apr	
	TBTN-03	Wednesday	1030 – 1130	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	TBTN-04	Wednesday	1130 – 1230	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
Tai Chi	TAIC-01	Thursday	1430 – 1530	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	Practice Hall, Shaw Sports Complex
	TAIC-02	Thursday	1530 – 1630	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
Taekwondo	TKDO-01	Tuesday	1430 – 1530	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	Practice Hall, Shaw Sports Complex
	TKDO-02	Tuesday	1530 – 1630	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
	TKDO-03	Wednesday	1030 – 1130	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
	TKDO-04	Wednesday	1130 – 1230	31-Jan	7-Feb	21-Feb	28-Feb	6-Mar	13-Mar	20-Mar	27-Mar	3-Apr	
Ving Tsun	VGTN-01	Tuesday	1030 – 1130	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	Practice Hall, Shaw Sports Complex
	VGTN-02	Tuesday	1130 – 1230	30-Jan	6-Feb	20-Feb	27-Feb	5-Mar	12-Mar	19-Mar	26-Mar	2-Apr	
	VGTN-03	Thursday	1030 – 1130	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	VGTN-04	Thursday	1130 – 1230	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	VGTN-05	Friday	1030 – 1130	2-Feb	9-Feb	23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	5-Apr	12-Apr	
	VGTN-06	Friday	1130 – 1230	2-Feb	9-Feb	23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	5-Apr	12-Apr	
Yoga	YOGA-01	Thursday	1030 – 1130	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	S121, Kwong On Jubilee Sports Centre
	YOGA-02	Thursday	1130 – 1230	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	YOGA-03	Thursday	1430 – 1530	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	YOGA-04	Thursday	1530 – 1630	1-Feb	8-Feb	22-Feb	29-Feb	7-Mar	14-Mar	21-Mar	28-Mar	11-Apr	
	YOGA-05	Friday	1030 – 1130	2-Feb	9-Feb	23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	5-Apr	12-Apr	
	YOGA-06	Friday	1130 – 1230	2-Feb	9-Feb	23-Feb	1-Mar	8-Mar	15-Mar	22-Mar	5-Apr	12-Apr	

Remarks:

- 1) Attendance will be taken within the first five minutes of class starts.
- 2) Students should put on proper sportswear and sports shoes in class at all times.
- 3) Four-year degree students are required to complete Sports Skill Training with 100% attendance to fulfill General University Requirements.