

**Sports Skill Training
2022/23 Semester Two**

Activity	Course Code	Day	Time	Date									Venue
Archery	ARCY-01	Monday	1030 – 1130	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	Fong Shu Chuen Hall
	ARCY-02	Monday	1130 – 1230	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	
	ARCY-03	Wednesday	1030 – 1130	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	ARCY-04	Wednesday	1130 – 1230	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	ARCY-05	Wednesday	1430 – 1530	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	ARCY-06	Wednesday	1530 – 1630	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	ARCY-07	Thursday	1030 – 1130	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
	ARCY-08	Thursday	1130 – 1230	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
	ARCY-09	Friday	1030 – 1130	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
	ARCY-10	Friday	1130 – 1230	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
Badminton	BMTN-01	Monday	1430 – 1530	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	Main Hall, Block X Sports Centre
	BMTN-02	Monday	1530 – 1630	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	
	BMTN-03	Tuesday	1030 – 1130	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
	BMTN-04	Tuesday	1130 – 1230	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
	BMTN-05	Wednesday	1030 – 1130	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	BMTN-06	Wednesday	1130 – 1230	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	BMTN-07	Thursday	1430 – 1530	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
	BMTN-08	Thursday	1530 – 1630	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
	BMTN-09	Friday	1430 – 1530	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
	BMTN-10	Friday	1530 – 1630	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
Dodgeball	DODG-01	Monday	1430 – 1530	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	Main Hall, Kwong On Jubilee Sports Centre
	DODG-02	Monday	1530 – 1630	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	
	DODG-03	Thursday	1430 – 1530	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
	DODG-04	Thursday	1530 – 1630	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
Exergame	EXGM-01	Tuesday	1030 – 1130	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	Fong Shu Chuen Hall
	EXGM-02	Tuesday	1130 – 1230	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
Fitball	FITB-01	Tuesday	1030 – 1130	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	Practice Hall, Shaw Sports Complex
	FITB-02	Tuesday	1130 – 1230	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
	FITB-03	Wednesday	1030 – 1130	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	FITB-04	Wednesday	1130 – 1230	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
Futsal	FUTS-01	Tuesday	1430 – 1530	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	Main Hall, Block X Sports Centre
	FUTS-02	Tuesday	1530 – 1630	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
	FUTS-03	Friday	1030 – 1130	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
	FUTS-04	Friday	1130 – 1230	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
Hip Hop	HHDN-01	Thursday	1030 – 1130	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	S121, Kwong On Jubilee Sports Centre
	HHDN-02	Thursday	1130 – 1230	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
Indoor Mini Tennis	ITNS-01	Monday	1030 – 1130	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	Main Hall, Kwong On Jubilee Sports Centre
	ITNS-02	Monday	1130 – 1230	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	
	ITNS-03	Friday	1430 – 1530	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
	ITNS-04	Friday	1530 – 1630	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
Jazz	JAZZ-01	Monday	1030 – 1130	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	S121, Kwong On Jubilee Sports Centre
	JAZZ-02	Monday	1130 – 1230	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	
	JAZZ-03	Thursday	1430 – 1530	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
	JAZZ-04	Thursday	1530 – 1630	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	

Activity	Course Code	Day	Time	Date								Venue	
Indoor Mini Lacrosse	LCRO-01	Wednesday	1030 – 1130	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	Main Hall, Kwong On Jubilee Sports Centre
	LCRO-02	Wednesday	1130 – 1230	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	LCRO-03	Wednesday	1430 – 1530	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	LCRO-04	Wednesday	1530 – 1630	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
Pilates	PILT-01	Tuesday	1430 – 1530	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	S121, Kwong On Jubilee Sports Centre
	PILT-02	Tuesday	1530 – 1630	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
	PILT-03	Friday	1030 – 1130	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
	PILT-04	Friday	1130 – 1230	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
Rope Skipping	ROPS-01	Tuesday	1430 – 1530	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	Fong Shu Chuen Hall
	ROPS-02	Tuesday	1530 – 1630	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
Squash	SQUS-01	Monday	1030 – 1130	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	Squash Court, Kwong On Jubilee Sports Centre
	SQUS-02	Monday	1130 – 1230	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	
	SQUS-03	Monday	1430 – 1530	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	
	SQUS-04	Monday	1530 – 1630	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	
	SQUS-05	Wednesday	1030 – 1130	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	SQUS-06	Wednesday	1130 – 1230	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
Table Tennis	TBTN-01	Monday	1030 – 1130	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	Table Tennis Room, Shaw Sports Complex
	TBTN-02	Monday	1130 – 1230	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	
	TBTN-03	Tuesday	1030 – 1130	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
	TBTN-04	Tuesday	1130 – 1230	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
	TBTN-05	Friday	1430 – 1530	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
	TBTN-06	Friday	1530 – 1630	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
Tennis	TNSS-01	Tuesday	1030 – 1130	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	Roof Tennis Court, Shaw Sports Complex
	TNSS-02	Tuesday	1130 – 1230	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
	TNSS-03	Thursday	1030 – 1130	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
	TNSS-04	Thursday	1130 – 1230	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
	TNSS-05	Friday	1030 – 1130	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
	TNSS-06	Friday	1130 – 1230	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
Ving Tsun	VGTN-01	Thursday	1030 – 1130	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	Practice Hall, Shaw Sports Complex
	VGTN-02	Thursday	1130 – 1230	2-Feb	9-Feb	16-Feb	23-Feb	2-Mar	9-Mar	16-Mar	23-Mar	30-Mar	
Volleyball	VLBL-01	Monday	1030 – 1130	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	Main Hall, Shaw Sports Complex
	VLBL-02	Monday	1130 – 1230	30-Jan	6-Feb	13-Feb	20-Feb	27-Feb	6-Mar	13-Mar	20-Mar	27-Mar	
	VLBL-03	Friday	1030 – 1130	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
	VLBL-04	Friday	1130 – 1230	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
Yoga	YOGA-01	Tuesday	1030 – 1130	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	S121, Kwong On Jubilee Sports Centre
	YOGA-02	Tuesday	1130 – 1230	31-Jan	7-Feb	14-Feb	21-Feb	28-Feb	7-Mar	14-Mar	21-Mar	28-Mar	
	YOGA-03	Wednesday	1030 – 1130	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	YOGA-04	Wednesday	1130 – 1230	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	YOGA-05	Wednesday	1430 – 1530	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	YOGA-06	Wednesday	1530 – 1630	1-Feb	8-Feb	15-Feb	22-Feb	1-Mar	8-Mar	15-Mar	22-Mar	29-Mar	
	YOGA-07	Friday	1430 – 1530	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	
	YOGA-08	Friday	1530 – 1630	3-Feb	10-Feb	17-Feb	24-Feb	3-Mar	10-Mar	17-Mar	24-Mar	31-Mar	

Remarks:

- 1) Students entering the sports facilities should use the LeaveHomeSafe app and present the Vaccine Pass at the entrance of the sports centre.
- 2) Attendance will be taken within the first five minutes of class starts.
- 3) Students should put on proper sportswear and sports shoes, and wear a mask in class at all times.
- 4) Four-year degree students are required to complete Sports Skill Training with 100% attendance to fulfil General University Requirements.