



ZUMBA®

LET IT MOVE YOU™

THERE ARE A LOT OF WAYS TO LOSE WEIGHT. SOME ARE JUST MORE FUN. JOIN THE ULTIMATE DANCE-FITNESS PARTY THAT BEATS A BORING OLD WORKOUT ANY DAY.



Instructor:
Sze Sze Hon, PE Lecturer, HKBU

Zumba Fitness

Fridays 1830 - 1930, Starting Feb. 3, 2017.

Activity Room

Wai Hang Sports Centre

"Zumba" is a Latin-inspired, dance-fitness class that combines fast and slow rhythms of Latin and international pop music and dance movements. A Zumba class is dynamic, exciting, and exhilarating; and you get a great aerobic workout while having fun! So what are you waiting for? Come join the fun! For details: <https://whsc.hkbu.edu.hk/leisure-exercise-programme/>

For class details Contact your licensed Zumba® Instructor.

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課程資料： Course Information:

課程編號 (Course Code)	課程名稱 (Course Name)	上課日期 (Course Date)	上課時間 (Course Time)	地點 (Venue)	最低收生人數 (Min. no. of participants)	最高收生人數 (Max. no. of participants)	費用(Course Fee)			截止報名日期 (Deadline Date)
							浸會大學 全日制學生 (Full Time Student)	合資格人士# (Regular)	嘉賓* (Guest)	
Zu01	Zumba Fitness	3/2/2017 - 24/3/2017 逢五共8堂 Every Fri. Total 8 sessions	18:30 to 19:30	活動室 / 多用途課室 (Activities Rm. / MPC)	9	20	\$420.00	\$460.00	\$540.00	27/1/2017 (Fri.)

#合資格人士：教職員及持家屬證以及持體育中心使用證人士、香港浸會大學基金會員及尚志會會員。#Regular: Staff, Affiliate, Sports Centre User card holders, members of HKBU Foundation and Century Club. *以嘉賓名義參加人士必須在介紹人一欄內填妥介紹人資料，未填妥者表格將不予受理。*Guests are required to fill out the referee's name and HKBU ID card number.

所有課程除特別註明外，歡迎年滿十六歲人士參加。Unless otherwise specified, aged 16 or above are welcome to join the courses.

參加者必須穿著運動鞋及運動服裝。All participants are required to wear appropriate sportswear and sports shoes.

授課語言：廣東話及英語教授。Medium of Instruction: Conduct in Cantonese and English.

報名須知： Enrolment details:

1)填妥之報名表格連同劃線支票，必須於截止日期前交回本中心地下服務台辦理。在截止日期後收到的申請概不受理，請儘早報名。

Please submit the completed form and crossed cheque to WHSC Service Counter before the deadline. Late applications will not be considered.

2)祇接受劃線支票付款，抬頭為「香港浸會大學」或「HONG KONG BAPTIST UNIVERSITY」。

Only crossed cheque payable to "HONG KONG BAPTIST UNIVERSITY" in Hong Kong dollar is accepted.

3)所有報名一經接納，參加者不得取消、轉班或轉讓名額；否則均視作自動放棄論，不會退還任何學費。

Course fee is non-refundable and non-transferable once enrolment is accepted.

4)除惡劣天氣或中心特別情況外，其他私人原因缺席者均不設補堂及退還學費。

Participants will not receive a refund if they cannot participate unless the class is cancelled due to inclement weather condition.

5)以先到先得形式報名【以本中心地下服務台收齊文件為準】，額滿即止。

Limited quota will be allocated on a first-come-first-served basis.

6)若截止日期後課程報讀人數不足，本中心將可能取消開辦課程，並退還所繳費用。

Programmes that do not meet the minimum enrolment number will be cancelled. Full refunds will be issued.

7)本中心將保留取消課程、更改課程之導師、上課時間及地點之權利；接納報名與否，本中心有最後決定權。

WHSC reserves the final right to make any adjustments (including course time, tutor, venue) or cancel the course. Also, WHSC reserves the final right to approve or decline any application.

8)最新學額空缺可致電本中心地下服務台(Tel: 3411-7010)查詢。

For the vacancy situation, please call WHSC Service Counter (Tel:3411-7010)

報名章程及表格可於以下網址下載

Please check the course schedule and download the application form at

<http://whsc.hkbu.edu.hk>

香港浸會大學偉衡體育中心

Hong Kong Baptist University Wai Hang Sports Centre

休閒運動課程

Leisure Exercise Programme

For Office Use 由中心填寫

編號: _____ 銀碼: \$ _____

支票號碼(銀行): _____ ()

收據編號: _____

報名表格 Application Form

個人資料 Personal Information

活動編號: _____

--	--	--	--	--

活動名稱: _____

Activity Code: _____

Name of Activity _____

性別: 男

女

Sex Male

Female

申請人姓名: (中): _____

(英): _____

Applicant Chinese _____

English _____

電郵: _____

聯絡電話: _____

大學證件號碼(如適用): _____

Contact Email: _____

Contact Tel.: _____

HKBU ID Card No(If applicable): _____

(如本人於活動時遇上緊急事故, 請致電: _____)

聯絡人: _____)

In Case of Emergency, Please call _____

Contact Person _____

參加類別: 學生

職員

親屬

校友

香港浸會大學基金會會員

Types Student

Staff

Dependent

Alumni

H.K.B.U. Foundation Member

嘉賓

Guest

嘉賓申請者請填妥下列資料: Guest applicants are requested to fill in the blank as follow.

介紹人(學生/職員)姓名: _____

大學證件號碼: _____

Referred by(Name of Student/Staff) _____

University ID No. _____

#只限劃線支票付款, 支票抬頭為"香港浸會大學"

#Please prepared a crossed cheque payable to "Hong Kong Baptist University".

*課程名額有限, 報名採用先到先得辦法, 額滿即止。

*Applications will be accepted on a first-come-first-served basis.

*如課程人數不足, 該項課程將會取消。

*If there are not enough participants, the program will be cancelled.

*各項課程資料、時間、報名狀況及報名表均可於以下網址查詢下載: [http:// whsc.hkbu.edu.hk/](http://whsc.hkbu.edu.hk/)

*Information, schedule, application condition and application form are posted on the following website for downloading.

[http:// whsc.hkbu.edu.hk/](http://whsc.hkbu.edu.hk/)

轉下頁

P.T.O. →

請仔細閱讀下列問題，然後誠實回答：

Common sense is your best guide when you answer each one honestly:

Check YES or NO

是 否
Yes No

- | | | |
|---|--------------------------|--------------------------|
| 1 醫生曾否說過你的心臟有問題，以及只可進行醫生建議的體能活動？
Has your doctor ever advised you that you have a heart condition and that you should only do physical activity recommended by a doctor? | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 你進行體能活動時是否感到胸口痛？
Do you feel pain in your chest when you do physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 過去一個月內，你曾否在沒有進行體育活動時也感到胸口痛？
In the past month, have you had chest pain when you were not doing physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 你曾否因感到暈眩而失去平衡，或曾失去知覺？
Do you lose your balance because of dizziness or do you ever lose consciousness? | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 你的骨骼或關節是否有毛病，且會因改變體能活動而惡化？
Do you have a bone or joint problem that could be made worse by a change in your physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |
| 6 醫生現時是否有開血壓或心臟藥物給你服用？
Is your doctor currently prescribing drugs(for example, water pills) for your blood pressure or heart condition? | <input type="checkbox"/> | <input type="checkbox"/> |
| 7 是否有其他理由令你不應進行體能活動？
Do you know of any other reason why you should not do physical activity? | <input type="checkbox"/> | <input type="checkbox"/> |

聲明 Declaration

(1) 年滿十八歲以上申請人須填寫此聲明

Applicants aged 18 or above must sign this declaration

本人健康及體能良好，適宜參加上述活動，在參加活動時如有任何傷亡，香港浸會大學毋須負上任何責任。

I am healthy, physically fit, and suitable to participate in the above activity.

The Hong Kong Baptist University will not be liable for any injury or death when I am taking part in this activity.

申請人簽署： _____ 日期： _____
Signature of Applicant Date

(2) 未滿十八歲的申請人須由家長或監護人填寫此聲明

Parent's/Guardian's signature is required if the participant is below 18

本人同意 _____ (申請人姓名)參加上述活動，並證明他/她身體健康及體能良好，適宜參加活動。
在參加活動時如有任何傷亡，香港浸會大學毋須負上任何責任。

I agree to allow _____ (Applicant's Name) to take part in this activity and certify that he/she* is healthy, physically fit and suitable to participate in the above activity. The Hong Kong Baptist University will not be liable for any injury or death when he/she* is taking part in this activity.

申請人簽署： _____ 日期： _____
Signature of Applicant Date

*請刪除不適用部份。Please delete whichever is not applicable.