

偉衡體育中心休閒運動課程

Yoga Course (瑜珈班)

通過輕鬆舒服的瑜珈課程的數十個瑜珈式子：呼吸法、按摩法、動式及靜式鍛鍊過程中，令身體內外得到適量的運動，精神得到鬆弛，藉此消除一般都市人由於運動量少，思慮過多而造成種種「都市病」如：過肥、過瘦、消化不良、腸胃病等症狀，除了使腸胃吸收正常，更可使身段保持優美。

- * Suitable for ALL participants (適合任何人士參加)
- * Medium of Instruction : CANTONESE supplemented with English terminology
〔課程以廣東話教授(輔以英語專有名詞)〕

Body-Fit Course (修身健體班)

Body Fit 課程融合多種運動項目：包括健康舞(Aerobic Dance)、踏板舞(Step Aerobics)、拳擊健體舞(Kickboxing)再配合腰腹訓練等，能有效消脂，加強心肺功能，使身體更加健美。課程富有動感及趣味，使修身更有樂趣。

- * Suitable for ALL participants (適合任何人士參加)
- * Medium of Instruction : CANTONESE & ENGLISH 〔課程以廣東話及英語教授〕
- * All participants are required to wear appropriate sportswear and sports shoes
(必須穿著運動鞋及運動服裝)

Stretching & Fitball workout (伸展減壓及健身球班)

課程主要以不同方式(動態及靜態)伸展身體各部分的肌肉、筋腱，舒展關節，增加血液循環，再配合健身球訓練，提升核心肌群力量，舒展身體及改善肌力等。導師會因應學員的柔軟度和體能範圍提供不同協助，關節活動範圍較低的學員可以使用伸展帶或毛巾作伸展輔助，經過重複訓練可緩解各種疲勞，消除肌肉酸痛，舒緩關節痛，亦可提升柔軟度，預防及修補筋肉勞損，改善運動及工作表現，令身心舒暢。

- * Suitable for ALL participants (適合任何人士參加)
- * Medium of Instruction : CANTONESE supplemented with English terminology
〔課程以廣東話教授(輔以英語專有名詞)〕

Applications generally start in every even month.
課程一般在雙數月份開始接受報名。

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)	
YO210	Yoga A (瑜珈班A班)	1/3/2016 - 26/4/2016 逢二共9堂 Every Tue. Total 9 sessions	18:00 to 19:30	活動室/壁球室/多用途課室 (Activities Rm. / Squash Court / MPC)	10	15	\$680.00	\$750.00	\$880.00	23/2/2016 (Tue.)
YO211	Yoga B (瑜珈班B班)	3/3/2016 - 28/4/2016 逢四共9堂 Every Thu. Total 9 sessions	18:30 to 20:00	活動室/壁球室/多用途課室 (Activities Rm. / Squash Court / MPC)	10	15	\$680.00	\$750.00	\$880.00	25/2/2016 (Thu.)
YO212	Lunch Yoga (午間瑜珈班)	2/3/2016 - 27/4/2016 逢三共9堂 Every Wed. Total 9 sessions	13:00 to 14:00	活動室/壁球室/多用途課室 (Activities Rm. / Squash Court / MPC)	10	13	\$450.00	\$500.00	\$590.00	24/2/2016 (Wed.)
BF41	Body-Fit (修身健體班)	7/3/2016 - 25/4/2016 逢一共6堂 Every Mon. Total 6 sessions 停課 Suspension: 4/4、28/3/2016	18:30 to 19:45	活動室/壁球室/多用途課室 (Activities Rm. / Squash Court / MPC)	10	14	\$380.00	\$420.00	\$490.00	29/2/2016 (Mon.)
S10	Stretching & Fitball workout (伸展減壓及 健身球班)	4/3/2016 - 29/4/2016 逢五共8堂 Every Fri. Total 8 sessions 停課 Suspension: 25/3/2016	13:00 to 14:00	活動室/壁球室/多用途課室 (Activities Rm. / Squash Court / MPC)	10	15	\$400.00	\$440.00	\$520.00	26/2/2016 (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, member 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.

授課語言：瑜珈班與健身球班以廣東話教授(輔以英語專有名詞);修身健體班以廣東話及英語教授。Medium of Instruction: Yoga and Fitball Courses will conduct in Cantonese supplemented with English terminology.

報名須知：Enrolment details:

Body-Fit will conduct in Cantonese and English.

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>

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.