

**主旨: HKUST Staff Association
News - Classes Recruitment
and Information Change**

**從: HKUST Staff Association
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日期: 9/9/2013 13:28

**到: <staff-association-
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Dear Colleagues,

In this SA News we would like to inform you about the recruiting of new members of the following classes:

- 1. Staff Choir (Fall semester)**
- 2. Yoga Class**
- 3. Taekwondo (跆拳道) Class**
- 4. Tai Chi Class A : 42-form Tai Chi
Chuen & 36-form Tai Chi Fan (class**

days changed)

5. Tai Chi Class B : 24-style Tai Chi

Chuen, 五步拳, 氣功八段錦 (class days changed)

Enquiry: staff@ust.hk

HKUST Staff Association
Sep 9, 2013

1. Staff Choir (Fall Semester)

Venue: Room 4480 (Lift 25, 26 - 4/Floor)

Date: Every Thursday from 3rd October - 12 December 2013 (plus one performance in UST)

Total 12 lessons

Time: 5:45 - 7:15pm (1.5 hour)

Instructor: Mr. Christopher Leung graduated from The Hong Kong Academy for Performing Arts, majored in vocal studies. He has staged for many opera and music productions.

Level: Beginner or experienced choir member

Contents: - a variety of songs (e.g. musical

theatre songs, classical songs and even acappella)
- basic vocal training (e.g. use of breath, control of muscles for singing)
- individual advice on singing technique
- opportunity of performance
- and a lot of fun!

Fee: HKD540 + HKD20 Admission Fee (Not including score) * Each score HKD25

Enrollment Deadline: 13th September 2013

Enrollment/Enquiry : Miss Cindy Chang, e-mail : changyukfun@gmail.com

2. Staff Yoga Class (9 classes session from Sept 2013 to Dec 2013)

Venue: LG1027

Date: The following Mondays: Sept 16, 23, 30; Oct 7, 28; Nov 11, 18, 25; Dec 2

Time: 5:45 to 7:15pm

Instructor: Ellen Kong and Jack Chan, Certified Yoga teacher of International Sivananda Vedanta Centre in South India with many years teaching experience.

Instruction medium: Cantonese

Level: elementary to intermediate level

Donation: \$50 per class. Totally \$450 for 9 classes

****Note:** Donation should be made to the name of "HKUST Staff Association" by cheque and pass to the instructor at the first class if you could come or if not, please send the cheque by internal mail (address: Rm LG5001, FMO. Attn. Jack Chan)

Please write your name and staff Assoc. membership number (same as your staff no.) at the back of the cheque.

Usage of the donation:

For SA member, \$100 to be donated to Staff Association.

For non-member, \$130 to be donated to Staff Association.

The remainder is teacher fee.

All staff and family members are welcome For enquiries/registration, please contact Jack Chan at email:

ejachan@ust.hk

All staff, faculty and family members are welcome.

3. Taekwondo Class

Venue: LG1027 (opposite Indoor Sports Hall)
Date: Every Saturday starting from Feb 2, 2013
Time: 11:00am to 1:00pm
Instructor: Dr Riki Takeuchi (Qualified Taekwondo Instructor)
Fee: Free of charge
Uniform: Required

All staff are welcome

For enquiries/registration, please contact Ms Agnes Lai, ext. 7753, e-mail mnkylai@ust.hk

All staff are welcome

4. Tai Chi Class 'A': Revision of 42 Style Tai Chi Chuen & 36-form Tai Chi Fan (class days changed)

Venue: Room 1027, Sports Hall
Date: Every Wed. from Oct 2013 – Dec 2013 (excluding Public Holidays), Commencing on

Oct 2 (Wed)

Time: 1:00 – 2:00pm

Instructor: Master Lam Yuen Wa

Level: Intermediate

Fee: \$300 (Pay to Master Lam in cash on 1st day of lesson)

Enrollmt/Enquiry: Mr. Chris Tso, email : eokytso@ust.hk, phone: X6550

5. Tai Chi Class 'B': 24 Style Tai Chi Chuen, 五步拳, 氣功八段錦(class days changed)

Venue: LG-1 - Sports Hall

Date: Every Tue. from Oct 2013 – Dec 2013 (excluding Public Holidays), Commencing on Oct 8 (Tue)

Time: 1:00 – 2:00pm

Instructor: Master Lam Yuen Wa

Level: Beginner

Fee: \$300 (Pay to Master Lam in cash on 1st day of lesson)

Enrollmt/Enquiry: Mr. Chris Tso, email : eokytso@ust.hk, phone: X6550

All staff and faculty are welcome.