



香港中文大學職員協會

舞蹈健康舞班

舞蹈健康舞班能加強心肺功能，和增強肌耐力，促進血液循環，從而改善體態。

導師： Ms Isabella Ho (專業健康舞蹈導師)

日期： 08/10/2026 - 28/1/2027 (逢星期四 / 共 12 堂)

(29/10, 05/11, 10/12, 24/12, 31/12 除外)

時間： 18:00 - 19:15

地點： 富爾敦樓 307 室

費用： 會員/家屬： \$1260 / 非會員： \$1310

截止日期：30/9/2026



聯絡： 林小姐 電話：3943 0806 傳真：2603 6363

(辦公時間：星期一至五 上午十一時至下午六時)

舞蹈健康舞班 - 報名表格

本人擬參加香港中文大學職員協會主辦之舞蹈健康舞班

付款方法：(請填妥以上表格) ****付款後務必收到本會收據方為作實****

1. 繳付支票：連同表格交職協 (支票抬頭：香港中文大學職員協會/Staff Association of the CUHK)；
2. 繳付現金：連同表格交職協林小姐辦理 (11:00 - 18:00)；
3. 銀行入數：恆生銀行帳戶簡稱 STAFF ASSN OF CUHK/帳號 293-282828-002 入數收據連同表格遞交職協：

WhatsApp 9188 8758 或 傳真 26036363 或 電郵 staff-association@cuhk.edu.hk

*****使用銀行櫃檯入帳，將收取\$30 銀行服務費*****

會員/家屬姓名：_____

會員編號：_____

部門：_____

聯絡電話：_____

現金/支票/轉帳(號碼：_____)

日期：_____

電郵地址：_____



Staff Association of CUHK

Dancing Aerobic Course

Dancing Aerobic Course can strengthen the cardiopulmonary function, enhance muscular endurance, promote blood circulation, and improve posture.

Instructor : Miss Isabella Ho (Professional Dancing Aerobic Instructor)

Date: 08/10/2026 - 28/1/2027 (every Thursday / 12 lessons)

(except 29/10, 05/11, 10/12, 24/12, 31/12)

Time: 18:00 – 19:15

Venue: Rm 307, John Fulton Centre

Tuition Fee: Member/Family Member: **\$1260** /

Non-member: **\$1310**

Deadline: 30/9/2026



Contact: Ms. Lam Tel: 3943 0806 Fax: 2603 6363
(office hours: Mon - Fri / 11:00 – 18:00 Mon. to Fri.)

Dancing Aerobic Course ~ Enrollment Form

I would like to join the Dancing Aerobic Course.

Payment Method : (fill in the form) **You must receive a receipt from CUSA after payment**

1. **Pay by Cheque:** Please send the cheque (payable to “Staff Association of the CUHK”) with the enrollment form to CUSA (RM 308, John Fulton Centre);
2. **Pay by Cash:** Please submit the form and pay cash to Ms Lam at CUSA office (11:00 – 18:00);
3. **Bank Transfer:** Hang Seng Bank Account (Short Form/No : STAFF ASSN OF CUHK/024-293-282828-002)

Pls send the bank transfer record with the form to CUSA:

WhatsApp : 9188 8758 OR Fax : 2603 6363 OR Email : staff-association@cuhk.edu.hk

*****A bank service fee of \$30 will be charged for bank over-the-counter deposits*****

Member Name: _____ Member No. : _____

Dept.: _____ Tel: _____ Cash/Cheque/Transfer (No : _____)

Email: _____ Date : _____