

**Organised by the Hong Kong, China Rowing Association (HKCRA)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme - Joint Schools Rowing Training Programme (Galaxy Star 4-5)**  
**Course Schedule (October 2024 - March 2025)**

Month	Course Code	Training Location	Date	Time
Nov-24	45/202411/01	Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T.	6,11,13,18,20,25/11/2024 (Mon & Wed)	1630-1900
	45/202411/02		7,12,14,19,21,26/11/2024 (Tue & Thu)	1630-1900
	45/202411/03		8,9,15,22,23,29/11/2024 (Fri & Sat)	Fri: 1630-1900 Sat: 0900-1130
	45/202411/04		23,30/11; 7,14,21/12/2024 (Sat)	1400-1700
	45/202411/05		30/11; 6,7,13,14,20/12/2024 (Fri & Sat)	Fri: 1630-1900 Sat: 0900-1130
Dec-24	45/202412/01	Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T.	11,16,18,23,30/12/2024; 6/1/2025 (Mon & Wed)	1630-1900 23/12/2024 : 1400-1630
	45/202412/02		12,17,19,24,31/12/2024; 2/1/2025 (Tue & Thu)	1630-1900 24,31/12/2024 : 1400-1630
	45/202412/03		27,28/12/2024 (Fri & Sat)	27/12/2024 : 0900-1800 28/12/2024 : 0900-1700