Organised by the Hong Kong, China Rowing Association
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme

2026/27 Joint Schools Rowing Training Programme - RowKids Scheme (Galaxy Star 1-3)

Prospectus

Purpose	To provide progressive and systematic training for students passionate about rowing and showing potential, with the aim of enhancing their rowing skills.
Eligibility	Participants must be able to swim 50 metres in clothing.
Target Participants	Primary 4 to 6 students
Course Outline	(a) Learning rowing safety protocols and the skills involved in stretching and warm-up exercises specifically for rowing; (b) Mastering fundamental rowing techniques through the use of indoor rowing machines, and undergoing physical training; (c) Developing on-water rowing techniques by practicing with sculling simulators; and (d) Acquiring boat handling techniques (including launching, rowing, turning, holding water, backing, spin turning and docking) using rowing boards (beginner boats) and recreational boats. By the end of the course, the coaches will conduct a skill test for the participants. Those who pass will be awarded the "Certificate of Galaxy Star 3" by the Hong Kong, China Rowing Association (HKCRA), and may be recommended for further training.
Date and Time of Course	Please indicate your available time slot(s) on the enrolment form to facilitate arrangements by the HKCRA. Training sessions will be scheduled within the following windows: Mondays to Fridays from 9 a.m. to 6:30 p.m., or Saturdays and Sundays from 9 a.m. to 6 p.m. Participants are advised to complete the course within 7 consecutive weeks.
Training Venue	Please refer to the course timetable
Fee	$550 per person
Duration	A total of 28 hours (7 sessions of 4 hours each)
Quota	6 per group

Enrolment Form	The form may be obtained from the school or downloaded from the website of : the Leisure and Cultural Services Department (LCSD) : http://www.lcsd.gov.hk/en/ssp/download_info/download.html#8 the Hong Kong, China Rowing Association (HKCRA) : https://rowing.org.hk/en/notice-course/school-sports-programme/
Points to Note	(a) Applicants should apply in their own capacity. (b) The enrolment form must bear the school chop to confirm the school's acknowledgment that the applicant has obtained parental consent. (c) To encourage wider student participation in rowing training, each student may enrol in a maximum of 2 courses within the same academic year. To ensure efficient use of resources, the HKCRA may adjust the enrolment arrangements as appropriate based on the actual number of applications received. (d) The course will be conducted at the Jockey Club Sha Tin Rowing Centre or the Jockey Club Shek Mun Rowing Centre under the HKCRA. The course date and time will be arranged by the HKCRA or co-ordinated between the HKCRA and the participants. For enquiries about the course timetable, please contact the HKCRA on 2696 2337 or 3841 7353. (e) Please submit the completed enrolment form, together with a crossed cheque for the payment of course fee (payable to "Hong Kong, China Rowing Association"), by post to the office of the Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin, N.T. one and a half months before the commencement of the course. Please mark on the envelope "Joint Schools Rowing Training Programme - RowKids Scheme (Galaxy Star 1-3)". Each enrolment requires a separate cheque. (f) If the enrolment falls below 50%, the Organiser reserves the right to cancel the course in case of insufficient enrolment. (g) There is no refund for all cancelled sessions. Subject to venue availability, the HKCRA will arrange make-up sessions as far as possible.
Inclement Weather Arrangements	(a) A session will be cancelled if the Education Bureau announces school suspension or if the Strong Monsoon Warning Signal, Thunderstorm Warning Signal, Tropical Cyclone Warning Signal No. 1 or above, or Amber Rainstorm Warning Signal or above remains in force two hours before the session commences; or (b) If the Environmental Protection Department announces that the Air Quality Health Index recorded by general stations reaches 10+ ("Serious" health risk category), outdoor activities in the affected areas must be stopped immediately.
Remarks	Participants should wear proper sportswear and sports shoes for the course.
Phone Enquiry	2601 7609 or 2601 7648 (School Sports Programme Unit, LCSD) 2696 2337 or 3841 7353 (HKCRA)

School Sports Programme
2026/27 Joint Schools Rowing Training Programme –
RowKids Scheme (Galaxy Star 1-3)

Official Use Only

Enrolment Form

(Please return the completed enrolment form together with a crossed cheque for the payment of course fee to the office of the Hong Kong, China Rowing Association (HKCRA) ***one and a half months before the commencement of the course****.)*

Particulars of Applicant

Name (English): _____ Gender: * Male / Female

Date of Birth: _____ Course Fee: $ _____ Cheque No.: _____

Contact No.: _____ Fax No. /Email: _____

Name of Emergency Contact Person: _____ Contact No.: _____

Level Attained: Galaxy Star _____ Date Attained: _____

Course Code (please refer to the course timetable) : _____

Have you previously participated in the Joint-School Rowing Training Programme RowKids Scheme (Galaxy Star 1-3)?

☐ Yes (Year: _____ / Number of times: _____)

☐ No

If the course timetable does not suit you, please put a " ✓" in the box of your available time slot(s). (You may choose more than one option.)

- Morning

☐Satuarday ☐Sunday

- Afternoon

☐Monday ☐Tuesday ☐Wednesday ☐Thursday ☐Friday

☐Satuarday ☐Sunday

Parental Consent (To be completed by the parent or the guardian)

I hereby declare that all the information provided above is true and correct, and I consent to the participation of _____ (name of applicant) in the captioned programme. I confirm that the applicant is healthy and physically fit for the captioned programme and is able to swim 50 metres in clothing.

Signature of *Parent/Guardian: _____ Name of *Parent/Guardian: _____

Contact No. of *Parent/Guardian: _____ Date: _____

School Information

Name of School: _____

Name of Teacher-in-charge: _____

Contact No. of Teacher-in-charge: _____ School Chop: _____

(The school acknowledges that parental consent has been sought for the above named applicant's participation in the programme.)

* Please delete as appropriate

Points to note:

1. Eligible applicants may send the enrolment form together with a crossed cheque for the payment of course fee (payable to the "Hong Kong, China Rowing Association", with the applicant's name written on the back) to the office of the Hong Kong, China Rowing Association, Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin, N.T. by post. Please mark on the envelope "Joint School Rowing Training Program – RowKids Scheme (Galaxy Star 1-3)". If the application is unsuccessful, the cheque will be returned to the applicant.
2. The staff of the HKCRA will inform successful applicants of the course arrangements in due course.
3. The personal data provided by the applicant will only be used for enrolment, communication, announcement of results, compilation of statistics and opinion surveys related to this activity. Such data will be accessible only to authorised personnel of the Organiser and the Leisure and Cultural Services Department (LCSD). While the provision of personal data is voluntary, applications with insufficient information may not be processed. For access to or correction of the personal data submitted, please contact the staff of the LCSD on 2601 7648 or 2601 7609.

(To be completed by the HKCRA) Course Code _____ Name of Officer (in block letters): _____