

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 2-3)
Course Schedule (October 2024 - March 2025)

| Month | Course Code | Training Location | Date | Time |
|--------|---------------|--|---|---|
| Oct-24 | 23/202410/01 | Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. | 2,7,9,14,16,21,23,28,30/10; 4/11/2024 (Mon & Wed) | 1700-1900 |
| | 23/202410/02 | | 3,8,10,15,17,22,24,29,31/10; 5/11/2024 (Tue & Thu) | 1700-1900 |
| | 23/2024/10/03 | | 4,5,12,18,25,26/10; 1/11/2024 (Fri & Sat) | Fri: 1700-1900 Sat: 0900-1300 |
| | 23/2024/10/04 | | 5,12,26/10; 2,9/11/2024 (Sat) | 1400-1800 |
| | 23/2024/10/05 | | 6,13,27/10; 3,10/11/2024 (星期日) | 0900-1300 |
| | 23/2024/10/06 | | 6,13,27/10; 3,10/11/2024 (星期日) | 1400-1800 |
| Nov-24 | 23/202411/01 | Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. | 6,11,13,18,20,25,27/11; 2,4,9/12/2024 (Mon & Wed) | 1700-1900 |
| | 23/202411/02 | | 7,12,14,19,21,26,28/11; 3,5,10/12/2024 (Tue & Thu) | 1700-1900 |
| | 23/202411/03 | | 2,8,9,15,22,23,29/11/2024 (Fri & Sat) | Fri: 1700-1900 Sat: 0900-1300 |
| | 23/202411/04 | | 23,30/11; 7,14,21/12/2024 (Sat) | 1400-1800 21/12 : 0900-1300 |
| | 23/202411/05 | | 24/11; 1,8,15,22/12/2024 (Sun) | 0900-1300 |
| | 23/202411/06 | | 24/11; 1,8,15,22/12/2024 (Sun) | 1400-1800 |
| | 23/202411/07 | | 30/11; 6,7,13,14,21/12/2024 (Fri & Sat) | Fri: 1700-1900 Sat: 0900-1300 |
| | 23/202411/08 | | 23,30/11; 7,14,21/12/2024 (Sat) | 1400-1800 |
| Dec-24 | 23/202412/01 | Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. | 11,16,18,23,30/12/2024; 6,8,13,15,20/1/2025 (Mon & Wed) | 1700-1900 23/12/2024 : 1400-1600 |
| | 23/202412/02 | | 12,17,19,24,31/12/2024; 2,7,9,14,16/1/2025 (Tue & Thu) | 1700-1900 24,31/12/2024 : 1400-1600 |
| | 23/202412/03 | | 27,28,29/12/2024 (Fri, Sat & Sun)) | 27-28/12/2024 : 0900-1800 29/12/2024 : 0900-1300 |

| Month | Course Code | Training Location | Date | Time |
|--------|--------------|--|---|--|
| Jan-25 | 23/202501/01 | Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. | 22/1; 3,5,10,12,17,19,24,26/2; 3/3/2025 (Mon & Wed) | 1700-1900 |
| | 23/202501/02 | | 21,23/1; 4,6,11,13,18,20,25,27/2/2025 (Tue & Thu) | 1700-1900 |
| | 23/202501/03 | | 3,4,10,11,17,18,24/1/2025 (Fri & Sat) | Fri: 1700-1900 Sat: 0900-1300 |
| | 23/202501/04 | | 4,11,18,25/1; 1/2/2025 (Sat) | 1400-1800 |
| | 23/202501/05 | | 19/1; 2,9,16,23/2/2025 (Sun) | 0900-1300 |
| | 23/202501/06 | | 19/1; 2,9,16,23/2/2025 (Sun) | 1400-1800 |
| | 23/202501/07 | | 25/1; 1,7,8,14,15/2/2025 (Fri & Sat) | Fri: 1700-1900 Sat: 0900-1300 |
| Feb-25 | 23/202502/01 | Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. | 21,22,28/2; 1,7,8,14/3/2025 (Fri & Sat) | Fri: 1700-1900 Sat: 0900-1300 |
| | 23/202502/02 | | 8,15,22/2; 1,8/3/2025 (Sat) | 1400-1800 |
| Mar-25 | 23/202503/01 | Jockey Club Sha Tin Rowing Centre, No. 27 Yuen Wo Road, Sha Tin N.T. | 5,10,12,17,19,24,26,31/3; 2,7/4/2025 (Mon & Wed) | 1700-1900 |
| | 23/202503/02 | | 4,6,11,13,18,20,25,27/3; 1,3/4/2025 (Tue & Thu) | 1700-1900 |
| | 23/202503/03 | | 15,21,28,29/3; 5,12/4/2025 (Fri & Sat) | Fri: 1700-1900 Sat: 0900-1300 |
| | 23/202503/04 | | 22,29/3; 5/4/2025 (Sat) | 22,29/3/2024: 0900-1800 5/4/2024: 0900-1300 |
| | 23/202503/05 | | 2,9,16,23,30/3/2025 (Sun) | 0900-1300 |
| | 23/202503/06 | | 2,9,16,23,30/3/2025 (Sun) | 1400-1800 |