

Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Dec 2017

Southern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Aerobic Dance Training Course									
40481038 (SN1150)	6/12-12/1 (excl. 11,25,27/12, 1,8/1)	M,W,F	8:00-9:00	Apleichau SC	14+	65	30	2/11	
40481039 (SN1151)	6/12-12/1 (excl. 11,25,27/12, 1,8/1)	M,W,F	9:00-10:00	Apleichau SC	14+	65	30	2/11	
40481040 (SN1152)	6/12-12/1 (excl. 11,25,27/12, 1,8/1)	M,W,F	10:00-11:00	Apleichau SC	14+	65	30	2/11	
40481041 (SN1153)	28/12-6/2	Tu,Th	14:00-15:00	Apleichau SC	14+	65	30	24/11	
40481042 (SN1154)	28/12-6/2	Tu,Th	15:00-16:00	Apleichau SC	14+	65	30	24/11	
40481043 (SN1155)	28/12-6/2	Tu,Th	18:00-19:00	Apleichau SC	14+	65	30	24/11	
40481044 (SN1156)	28/12-6/2	Tu,Th	19:00-20:00	Apleichau SC	14+	65	30	24/11	
40481045 (SN1157)	9/12-9/1 (excl. 26/12,2/1)	Tu,Th,Sa	9:00-10:00	Aberdeen SC	14+	65	30	3/11	
40481046 (SN1158)	9/12-9/1 (excl. 26/12,2/1)	Tu,Th,Sa	10:00-11:00	Aberdeen SC	14+	65	30	3/11	
40481047 (SN1159)	20/12-31/1 (excl. 22/12)	W,F	18:00-19:00	Aberdeen SC	14+	65	30	20/11	
40481048 (SN1160)	20/12-31/1 (excl. 22/12)	W,F	19:00-20:00	Aberdeen SC	14+	65	30	20/11	
40481049 (SN1161)	18/12-19/1 (excl. 22/12,25/12,1/1)	M,W,F	19:00-20:00	Stanley SC	14+	65	12	14/11	
40481050 (SN1162)	18/12-19/1 (excl. 22/12,25/12,1/1)	M,W,F	20:00-21:00	Stanley SC	14+	65	12	14/11	
Baduanjin Training Course									
40481054 (SN1166)	20/12-14/3 (excl. 27/12)	W	9:00-10:00	Stanley SC	8+	80	30	7/11	
40481055 (SN1167)	20/12-14/3 (excl. 27/12)	W	10:00-11:00	Stanley SC	8+	80	30	7/11	
40481056 (SN1168)	29/12-23/3 (excl. 16/2)	F	9:00-10:00	Stanley SC	8+	80	30	7/11	
40481057 (SN1169)	29/12-23/3 (excl. 16/2)	F	10:00-11:00	Stanley SC	8+	80	30	7/11	
Children Dance Training Course									
40481146 (SN1237)	9/12-10/2	Sa	9:00-11:00	Apleichau SC	4-11	60	20	6/11	
Christmas Eve Dance Night									
40481061 (SN1173)	24/12	Su	19:00-22:00	Aberdeen SC	6+	20	200	8/11	
Physical Assessment									
40481153 (SN1222)	10/12	Su	14:00-17:00	Apleichau SC	All	Free	300	10/12	Walk-in
Fitness (Multi-gym) Training Course @ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired. Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017. For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment. For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.									
40481063 (SN1175)	28/12-6/2	Tu,Th	16:00-17:00	Aberdeen SC	15+	75	30	@16/11	
40481064 (SN1176)	28/12-6/2	Tu,Th	17:00-18:00	Aberdeen SC	15+	75	30	@16/11	
40481065 (SN1177)	28/12-6/2	Tu,Th	19:00-20:00	Aberdeen SC	15+	75	30	@16/11	
40481066 (SN1178)	29/12-7/2	W,F	7:00-8:00	Aberdeen SC	15+	75	30	@15/11	
40481067 (SN1179)	29/12-7/2	W,F	8:00-9:00	Aberdeen SC	15+	75	30	@15/11	
40481068 (SN1180)	29/12-7/2	W,F	9:00-10:00	Aberdeen SC	15+	75	30	@15/11	
40481069 (SN1181)	29/12-7/2	W,F	14:00-15:00	Aberdeen SC	15+	75	30	@15/11	
40481074 (SN1182)	29/12-7/2	W,F	15:00-16:00	Aberdeen SC	15+	75	30	@15/11	
40481080 (SN1183)	4/12-17/1 (excl. 25/12,1/1)	M,W	18:00-19:00	Aberdeen T/SC	15+	75	30	@2/11	
40481081 (SN1184)	4/12-17/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Aberdeen T/SC	15+	75	30	@2/11	
Social Dance Training Course									
40481161 (SN1223)	4/12-11/1 (excl. 25/12,1/1)	M,Th	20:00-22:00	Apleichau SC	14+	86	30	17/11	
40481165 (SN1224)	21/12-25/1 (excl. 26/12)	Tu,Th	18:00-20:00	Aberdeen SC	14+	86	30	27/10-1/11 (8/11) {28/11}	
40481166 (SN1225)	27/12-26/1	W,F	16:00-18:00	Aberdeen SC	14+	86	30	27/10-1/11 (8/11) {28/11}	
40481192 (SN1226)	27/12-26/1	W,F	20:00-22:00	Stanley SC	14+	86	30	29/11	
Evening Tai Chi Training Course									
40481062 (SN1174)	8/12-18/4 (22,25/12,1/1,12,14,16,19/2,30/3,2/4)	M,W,F	18:00-19:00	Aberdeen Promenade(TaiChiPracticeArea)	6+	60	60	9/11	

Morning Tai Chi Training Course										
40481140 (SN1210)	8/12-18/4 (22,25/12,1/1,12,14,16,19/2,30/3,2/4)	M,W,F	7:00-8:00	Aberdeen Promenade(near Subway)	6+	60	60	9/11		
40481142 (SN1211)	8/12-18/4 (22,25/12,1/1,12,14,16,19/2,30/3,2/4)	M,W,F	8:00-9:00	Aberdeen Promenade(near Subway)	6+	60	60	27/10-1/11 (8/11) {28/11}		
40481143 (SN1212)	4/12-9/4 (excl. 22,25/12,1/1,16,19/2,30/3,2/4)	M,W,F	7:00-8:00	South Horizons Phrase 3	6+	60	60	9/11		
40481144 (SN 1213)	21/12-21/4 (excl. 26/12,15,17/2, 31/3,5/4)	Tu,Th,Sa	7:30-8:30	Upper Baguio PG	6+	60	40	6/11		
Tai Chi Made Easy Class										
40481197 (SN1231)	23/12-17/3 (excl. 17/2)	Sa	9:00-10:00	Stanley SC	6+	54	30	29/11		
40481198 (SN1232)	23/12-17/3 (excl. 17/2)	Sa	10:00-11:00	Stanley SC	6+	54	30	29/11		
Morning Tai Chi Sword Training Course										
40481139 (SN1209)	21/12-21/4 (excl. 26/12,15,17/2, 31/3,5/4)	Tu,Th,Sa	8:30-9:30	Upper Baguio PG	6+	60	40	6/11		
Briefing on Proper Ways to Use Fitness Equipment										
40481058 (SN1170)	9/12	Sa	14:00-17:00	Apleichau SC	15+	Free	25	27/10-1/11 (8/11) {28/11}		
40481059 (SN1171)	10/12	Su	14:00-17:00	Aberdeen T/SC	15+	Free	25	6/11		
40481060 (SN1172)	12/12	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	25	27/10-1/11 (8/11) {28/11}		
Badminton Training Course										
40481051 (SN1163)	27/12-28/2	W	19:00-21:00	Aberdeen SC	7+	118	24	27/10-1/11 (8/11) {28/11}		
40481052 (SN1164)	27/12-26/1	W,F	14:00-16:00	Aberdeen SC	7+	118	24	27/10-1/11 (8/11) {28/11}		
40481053 (SN1165)	24/12-25/3 (excl. 14/1,21/1,18/2, 11/3)	Su	14:00-16:00	Wong Chuk Hang SC	18+	118	24	27/10-1/11 (8/11) {28/11}		
Indoor Lawn Bowls Training Course										
40481122 (SN1206)	6/12-8/1 (excl. 25/12,1/1)	M,W	19:00-21:00	Apleichau SC	8+	54	16	27/10-1/11 (8/11) {28/11}		
Squash Fun Day										
40481193 (SN1227)	6/12	W	9:00-10:00	Aberdeen T/SC	6+	Free	8	1/11		
40481194 (SN1228)	6/12	W	10:00-11:00	Aberdeen T/SC	6+	Free	8	1/11		
Squash Training Course										
40481195 (SN1229)	5/12-2/1 (excl. 26/12)	Tu,Th	19:00-21:00	Aberdeen T/SC	18+	160	12	27/10-1/11 (8/11) {28/11}		
Table-tennis Training Course										
40481196 (SN1230)	10/12-25/2 (excl. 24/12,18/2)	Su	10:00-12:00	Aberdeen SC	6+	86	12	27/10-1/11 (8/11) {28/11}		
Tennis Training Course										
40481199 (SN1233)	1/12-8/1 (excl. 25/12,1/1)	M,F	7:00-9:00	Aberdeen T/SC	8+	170	18	27/10-1/11 (8/11) {28/11}		
40481200 (SN1234)	1/12-3/1	W,F	16:00-18:00	Aberdeen T/SC	8+	170	18	27/10-1/11 (8/11) {28/11}		
40481201 (SN1235)	3/12-11/2 (excl. 31/12)	Su	7:00-9:00	Aberdeen T/SC	8+	170	18	27/10-1/11 (8/11) {28/11}		
40481202 (SN1236)	4/12-11/1 (excl. 25/12,1/1)	M,Th	18:00-20:00	Aberdeen T/SC	18+	170	18	27/10-1/11 (8/11) {28/11}		
SD 7-a-side Soccer Comp for Primary School*										
40480822 (SN1141)	17/12	Su	9:00-18:00	Wong Chuk Hang Recreationn Ground Hard S	6-12	60	12	23/10-2/11 (7/11) {27/11}		
SD 7-a-side Soccer Comp*										
40480823 (SN1142)	3/12-10/12	Su	9:00-18:00	Wong Chuk Hang Recreation Ground	14+	60	16	16/10-26/10 (31/10) {17/11}		
Meeting Points - Soccer Play in for Youth FD										
40481124 (SN1208)	15/12-29/12	F	18:00-20:00	Wong Chuk Hang Recreation Ground	12-35	Free	150	15/12-29/12	Walk-in	
HealthyExerciseforAllCampaign-Hiking for all										
40481090 (SN1193)	10/12	Su	9:00-17:00	Lok Man Chau-Ho Sheung Heung	6+	40	48	27/10-1/11 (8/11) {28/11}		

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Enrolment methods that applicable only to programmes especially designed for persons with disabilities							
Persons with disabilities (PWDs) may enrol in programmes especially designed for them at the organising District Leisure Services Office or any other district offices. Each participant may be accompanied by ONE carer. Enrolment charge is free. The arrangements for accompanying carers are as follows: Training schemes: Accompanying carers may attend class with the enrolled PWDs on the training day. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification. Other activities: Accompanying carers are required to enrol in play-in activities with PWDs to facilitate coach and camp place arrangements. Permits, which must be presented when attending activities, will be issued to accompanying carers upon successful enrolment.							
Fitness Ex.TC for Ex-mentally Ill Persons							
40481206 (SN1149)	6/12-27/12	W	19:00-21:00	New Life Psychiatric Rehabilitation Asso	15+ 3	1/11	
(HQ) Excursion for the Persons with Physical Disability							
40481205 (SN1148)	9/12	Sa	10:00-16:00	TBC	10-70 8	1/11	
Activities for Elderly Programme Number (Class code) (For aged 60 or above, free of charge)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Meeting Points for Elderly-Baduanjin FD							
40481123 (SN1207)	7/12-15/2 (excl. 21/12,1/2,8/2)	Th	9:00-11:00	Yue Kwong RD. SC	40	7/12-15/2	Walk-in
Fitness Exercise Training Course for Elderly							
40481082 (SN1185)	6/12-24/1 (excl. 22/12)	W,F	7:00-8:00	Apleichau SC	25	13/11	
40481083 (SN1186)	6/12-24/1 (excl. 22/12)	W,F	8:00-9:00	Apleichau SC	25	13/11	
40481084 (SN1187)	5/12-23/1 (excl. 26/12)	Tu,Th	7:00-8:00	Aberdeen T/SC	25	10/11	
40481085 (SN1188)	5/12-23/1 (excl. 26/12)	Tu,Th	8:00-9:00	Aberdeen T/SC	25	27/10-1/11 (8/11){28/11}	
40481086 (SN1189)	11/12-31/1 (excl. 25/12,1/1)	M,W	9:00-10:00	Aberdeen T/SC	25	10/11	
Healthy Elderly Scheme-Indoor Lawn Bowls FD							
40481096 (SN1199)	5/12-30/1 (excl. 26/12)	Tu	9:00-11:00	Apleichau SC	40	5/12-30/1	Walk-in
Healthy Elderly Scheme-Table-Tennis FD							
40481116 (SN1200)	1/12-29/12 (excl. 22/12,27/12)	W,F	12:00-14:00	Apleichau SC	4	1/12-29/12	Walk-in
40481117 (SN1201)	4/12-30/1 (excl. 11,25,26/12,1,8,22/1)	M,Tu,Th	7:00-10:00	Apleichau SC	4	4/12-30/1	Walk-in
40481118 (SN1202)	4/12-28/12 (excl. 11,25,26/12)	M,Tu,Th	10:00-12:00	Apleichau SC	4	4/12-28/12	Walk-in
40481119 (SN1203)	1/12-29/12 (excl. 22/12)	F	9:00-11:00	Aberdeen SC	8	1/12-29/12	Walk-in
40481120 (SN1204)	1/12-29/12 (excl. 25/12)	M,W,F	7:00-9:00	Aberdeen T/SC	6	1/12-29/12	Walk-in
Healthy Elderly Scheme-Tennis FD							
40481121 (SN1205)	6/12-27/12	W	7:00-10:00	Aberdeen T/SC	4	6/12-27/12	Walk-in
Healthy Elderly Scheme-American Pool FD							
40481091 (SN1194)	1/12-29/12 (excl. 22/12,27/12)	W,F	10:00-12:00	Apleichau SC	4	1/12-29/12	Walk-in
40481092 (SN1195)	1/12-30/1 (excl. 25/12,26/12,1/1)	M,Tu,W,F	7:00-9:00	Aberdeen T/SC	8	1/12-30/1	Walk-in
40481093 (SN1196)	7/12-25/1	Th	10:00-12:00	Aberdeen T/SC	8	7/12-25/1	Walk-in
Healthy Elderly Scheme-Gateball FD							
40481094 (SN1197)	1/12-29/12 (excl. 22/12)	F	11:00-13:00	Apleichau SC	10	1/12-29/12	Walk-in
40481095 (SN1198)	5/12-28/12 (excl. 21/12,26/12)	Tu,Th	14:00-16:00	Yue Kwong RD. SC	10	5/12-28/12	Walk-in