

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

**Sham Shui Po District**

| Programme Number<br>(Class code)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | Date                                             | Day      | Time        | Venue               | Age | Fee(\$) | Quota | Date of Enrollment<br>(Balloting)<br>(Open Enrollment for<br>Remaining Quota) | Enrolment<br>Method                                                                                                                                                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------|----------|-------------|---------------------|-----|---------|-------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Backstroke Swimming TC (K07)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                  |          |             |                     |     |         |       |                                                                               |                                                                                                                                                                             |
| 40459561 (SS1354)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 7/12-18/1<br>(excl. 21/12,26/12,28/12)           | Tu,Th    | 19:00-20:00 | Shamshui Po Park SP | 9+  | 100     | 20    | 25/10-30/10<br>(9/11){29/11}                                                  |                                                                                          |
| <b>Butterfly Swimming Training Course (U08)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                  |          |             |                     |     |         |       |                                                                               |                                                                                                                                                                             |
| 40459873 (SS1355)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 7/12-18/1<br>(excl. 21/12,26/12,28/12)           | Tu,Th    | 20:00-21:00 | Shamshui Po Park SP | 9+  | 100     | 20    | 25/10-30/10<br>(9/11){29/11}                                                  |                                                                                          |
| <b>Aerobic Dance TC</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |                                                  |          |             |                     |     |         |       |                                                                               |                                                                                                                                                                             |
| 40478496 (SS1250)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 28/12-23/1                                       | Tu,Th,Sa | 8:00-9:00   | Pei Ho ST. SC       | 14+ | 65      | 30    | 22/11                                                                         |       |
| 40478497 (SS1251)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 28/12-23/1                                       | Tu,Th,Sa | 9:00-10:00  | Pei Ho ST. SC       | 14+ | 65      | 30    | 22/11                                                                         |       |
| 40478498 (SS1319)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 18/12-19/1<br>(excl. 22/12,25/12,1/1)            | M,W,F    | 13:00-14:00 | Pei Ho ST. SC       | 14+ | 65      | 30    | 20/11                                                                         |       |
| 40478499 (SS1320)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 18/12-19/1<br>(excl. 22/12,25/12,1/1)            | M,W,F    | 14:00-15:00 | Pei Ho ST. SC       | 14+ | 65      | 30    | 20/11                                                                         |       |
| 40478500 (SS1321)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 18/12-19/1<br>(excl. 22/12,25/12,1/1)            | M,W,F    | 18:00-19:00 | Pei Ho ST. SC       | 14+ | 65      | 30    | 17/11                                                                         |       |
| 40478501 (SS1322)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 18/12-19/1<br>(excl. 22/12,25/12,1/1)            | M,W,F    | 19:00-20:00 | Pei Ho ST. SC       | 14+ | 65      | 30    | 17/11                                                                         |       |
| 40478502 (SS1315)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 18/12,22/12,25/12,1/1,15/1<br>(excl. 13/12-19/1) | M,W,F    | 8:00-9:00   | Po On RD. SC        | 14+ | 65      | 30    | 16/11                                                                         |       |
| 40478503 (SS1316)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 18/12,22/12,25/12,1/1,15/1<br>(excl. 13/12-19/1) | M,W,F    | 9:00-10:00  | Po On RD. SC        | 14+ | 65      | 30    | 16/11                                                                         |       |
| 40478504 (SS1317)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 18/12,22/12,25/12,1/1,15/1<br>(excl. 13/12-19/1) | M,W,F    | 14:00-15:00 | Po On RD. SC        | 14+ | 65      | 30    | 21/11                                                                         |       |
| 40478505 (SS1318)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 18/12,22/12,25/12,1/1,15/1<br>(excl. 13/12-19/1) | M,W,F    | 15:00-16:00 | Po On RD. SC        | 14+ | 65      | 30    | 21/11                                                                         |       |
| 40478506 (SS1254)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 5/12-18/1<br>(excl. 26/12,2/1)                   | Tu,Th    | 14:00-15:00 | Lai Chi Kok Park SC | 14+ | 65      | 18    | 1/11                                                                          |       |
| 40478507 (SS1256)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 5/12-18/1<br>(excl. 26/12,2/1)                   | Tu,Th    | 15:00-16:00 | Lai Chi Kok Park SC | 14+ | 65      | 18    | 1/11                                                                          |       |
| 40478508 (SS1257)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 5/12-16/1<br>(excl. 26/12)                       | Tu,Th    | 19:00-20:00 | Lai Chi Kok Park SC | 14+ | 65      | 18    | 3/11                                                                          |       |
| 40478509 (SS1258)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 5/12-16/1<br>(excl. 26/12)                       | Tu,Th    | 20:00-21:00 | Lai Chi Kok Park SC | 14+ | 65      | 18    | 3/11                                                                          |       |
| 40478510 (SS1313)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 11/12-19/1<br>(excl. 15,18,22,25/12,1/1,15/1)    | M,W,F    | 9:00-10:00  | Lai Chi Kok Park SC | 14+ | 65      | 18    | 14/11                                                                         |       |
| 40478511 (SS1314)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 11/12-19/1<br>(excl. 15,18,22,25/12,1/1,15/1)    | M,W,F    | 10:00-11:00 | Lai Chi Kok Park SC | 14+ | 65      | 18    | 14/11                                                                         |     |
| <b>SSPD New Year Eve Dance Night 2017</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                  |          |             |                     |     |         |       |                                                                               |                                                                                                                                                                             |
| 40478486 (SS1326)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 31/12                                            | Su       | 20:00-23:59 | Lai Chi Kok Park SC | 6+  | 20      | 600   | 7/11                                                                          |   |
| <b>Fitness (Multi-gym) TC</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                  |          |             |                     |     |         |       |                                                                               |                                                                                                                                                                             |
| <p>@ 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.</p> <p>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.</p> <p>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.</p> <p>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.</p> |                                                  |          |             |                     |     |         |       |                                                                               |                                                                                                                                                                             |
| 40478512 (SS1327)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 7:00-8:00   | Po On RD. SC        | 15+ | 75      | 30    | @27/11                                                                        |   |
| 40478513 (SS1328)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 8:00-9:00   | Po On RD. SC        | 15+ | 75      | 30    | @27/11                                                                        |   |
| 40478514 (SS1329)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 9:00-10:00  | Po On RD. SC        | 15+ | 75      | 30    | @27/11                                                                        |   |
| 40478515 (SS1330)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 10:00-11:00 | Po On RD. SC        | 15+ | 75      | 30    | @27/11                                                                        |   |
| 40478516 (SS1331)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 13:00-14:00 | Po On RD. SC        | 15+ | 75      | 30    | @15/11                                                                        |   |
| 40478517 (SS1332)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 14:00-15:00 | Po On RD. SC        | 15+ | 75      | 30    | @15/11                                                                        |   |
| 40478518 (SS1333)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 15:00-16:00 | Po On RD. SC        | 15+ | 75      | 30    | @15/11                                                                        |   |
| 40478519 (SS1334)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 16:00-17:00 | Po On RD. SC        | 15+ | 75      | 30    | @13/11                                                                        |   |
| 40478520 (SS1335)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 17:00-18:00 | Po On RD. SC        | 15+ | 75      | 30    | @13/11                                                                        |   |
| 40478521 (SS1336)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 18:00-19:00 | Po On RD. SC        | 15+ | 75      | 30    | @13/11                                                                        |   |
| 40478522 (SS1337)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 19:00-20:00 | Po On RD. SC        | 15+ | 75      | 30    | @24/11                                                                        |   |
| 40478523 (SS1338)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 20:00-21:00 | Po On RD. SC        | 15+ | 75      | 30    | @24/11                                                                        |   |
| 40478524 (SS1339)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 27/12-26/1<br>(excl. 1/1,15/1)                   | M,W,F    | 21:00-22:00 | Po On RD. SC        | 15+ | 75      | 30    | @24/11                                                                        |   |
| 40478525 (SS1340)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 7/12-4/1<br>(excl. 26/12)                        | Tu,Th,Sa | 7:00-8:00   | Pei Ho ST. SC       | 15+ | 75      | 30    | @23/11                                                                        |   |
| 40478526 (SS1341)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 7/12-4/1<br>(excl. 26/12)                        | Tu,Th,Sa | 8:00-9:00   | Pei Ho ST. SC       | 15+ | 75      | 30    | @23/11                                                                        |   |
| 40478527 (SS1342)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 7/12-4/1<br>(excl. 26/12)                        | Tu,Th,Sa | 9:00-10:00  | Pei Ho ST. SC       | 15+ | 75      | 30    | @23/11                                                                        |   |
| 40478528 (SS1343)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 7/12-4/1<br>(excl. 26/12)                        | Tu,Th,Sa | 13:00-14:00 | Pei Ho ST. SC       | 15+ | 75      | 30    | @7/11                                                                         |   |
| 40478529 (SS1344)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 7/12-4/1<br>(excl. 26/12)                        | Tu,Th,Sa | 14:00-15:00 | Pei Ho ST. SC       | 15+ | 75      | 30    | @7/11                                                                         |   |
| 40478530 (SS1345)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 7/12-4/1<br>(excl. 26/12)                        | Tu,Th,Sa | 15:00-16:00 | Pei Ho ST. SC       | 15+ | 75      | 30    | @7/11                                                                         |   |
| 40478531 (SS1346)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 7/12-4/1<br>(excl. 26/12)                        | Tu,Th,Sa | 16:00-17:00 | Pei Ho ST. SC       | 15+ | 75      | 30    | @14/11                                                                        |   |
| 40478532 (SS1347)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | 7/12-4/1<br>(excl. 26/12)                        | Tu,Th,Sa | 17:00-18:00 | Pei Ho ST. SC       | 15+ | 75      | 30    | @14/11                                                                        |   |

| 40478533 (SS1348)                                | 7/12-4/1<br>(excl. 26/12)                            | Tu,Th,Sa | 18:00-19:00 | Pei Ho ST. SC                             | 15+   | 75                                                                           | 30 | @25/10-30/10<br>(9/11){29/11} |  |
|--------------------------------------------------|------------------------------------------------------|----------|-------------|-------------------------------------------|-------|------------------------------------------------------------------------------|----|-------------------------------|--|
| 40478534 (SS1349)                                | 7/12-4/1<br>(excl. 26/12)                            | Tu,Th,Sa | 19:00-20:00 | Pei Ho ST. SC                             | 15+   | 75                                                                           | 30 | @2/11                         |  |
| 40478535 (SS1350)                                | 7/12-4/1<br>(excl. 26/12)                            | Tu,Th,Sa | 20:00-21:00 | Pei Ho ST. SC                             | 15+   | 75                                                                           | 30 | @2/11                         |  |
| 40478536 (SS1351)                                | 7/12-4/1<br>(excl. 26/12)                            | Tu,Th,Sa | 21:00-22:00 | Pei Ho ST. SC                             | 15+   | 75                                                                           | 30 | @2/11                         |  |
| Tai Chi Training Course                          |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40476973 (SS1164)                                | 1/12-4/4<br>(excl. 25/12,1/1,16,19/2,30/3,2/4)       | MWF      | 17:00-18:00 | Tung Chau ST. Park                        | 6+    | 60                                                                           | 40 | 10/11                         |  |
| 40478464 (SS1281)                                | 1/12-4/4<br>(excl. 25/12,1/1,16,19/2,30/3,2/4)       | MWF      | 17:00-18:00 | Tung Chau ST. Park                        | 6+    | 60                                                                           | 40 | 10/11                         |  |
| 40478465 (SS1297)                                | 29/12-30/4<br>(excl. 1/1,16/2,19/2,30/3,2/4)         | M,W,F    | 7:00-8:00   | Wai Chi St P/G - Soccer Pitch             | 6+    | 60                                                                           | 60 | 9/11                          |  |
| Tai Chi Sword TC                                 |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478468 (SS1294)                                | 9/12-7/4<br>(excl. 26/12,17/2,31/3,5/4)              | Tu,Th,Sa | 7:00-8:00   | Wai Chi St P/G - Soccer Pitch             | 6+    | 60                                                                           | 40 | 9/11                          |  |
| 40478469 (SS1289)                                | 4/12-6/4<br>(excl.25/12,1/1,16,19/2,30/3,2/4)        | M,W,F    | 7:00-8:00   | Po On RD. P/G                             | 6+    | 60                                                                           | 40 | 25/10-30/10<br>(9/11){29/11}  |  |
| 40478470 (SS1180)                                | 2/12-27/3<br>(excl. 26/12,17/2)                      | Tu,Th,Sa | 7:00-8:00   | Po On RD. P/G                             | 6+    | 60                                                                           | 40 | 25/10-30/10<br>(9/11){29/11}  |  |
| Tai Chi Sword Training Course                    |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478466 (SS1263)                                | 5/12-7/4<br>(excl. 21,26/12,15,17/2,31/3,5/4)        | Tu,Th,Sa | 7:00-8:00   | SKMP III                                  | 6+    | 60                                                                           | 40 | 6/11                          |  |
| 40478471 (SS1181)                                | 2/12-27/3<br>(excl. 26/12,17/2)                      | Tu,Th,Sa | 7:00-8:00   | Hing Wah ST. PG-soccer pitch              | 6+    | 60                                                                           | 60 | 2/11                          |  |
| Yoga TC                                          |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478537 (SS1268)                                | 1/12-22/1<br>(excl. 4,18,22,25/12,1/1,15/1)          | M,F      | 10:00-12:00 | Po On RD. SC                              | 15+   | 85                                                                           | 30 | 25/10-30/10<br>(9/11){29/11}  |  |
| Briefing on Proper Ways to Use Fitness Equipment |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478442 (SS1249)                                | 16/12                                                | Sa       | 19:00-22:00 | Shek Kip Mei Park SC                      | 15+   | Free                                                                         | 25 | 25/10-30/10<br>(9/11){29/11}  |  |
| 40478443 (SS1259)                                | 10/12                                                | Su       | 14:00-17:00 | Po On RD. SC                              | 15+   | Free                                                                         | 25 | 25/10-30/10<br>(9/11){29/11}  |  |
| 40478444 (SS1323)                                | 3/12                                                 | Su       | 14:00-17:00 | Pei Ho ST. SC                             | 15+   | Free                                                                         | 25 | 25/10-30/10<br>(9/11){29/11}  |  |
| Indoor Archery TC                                |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40481238 (SS1434)                                | 3/12-18/3<br>(excl. 10/12,24/12,14/1,11/2,18/2,11/3) | Su       | 14:00-16:00 | Cheung Sha Wan SC                         | 12+   | 70                                                                           | 20 | 25/10-30/10<br>(9/11){29/11}  |  |
| Badminton TC                                     |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478445 (SS1248)                                | 8/12-19/1<br>(excl. 22/12,25/12,1/1)                 | M,F      | 19:00-21:00 | Po On RD. SC                              | 18+   | 118                                                                          | 24 | 25/10-30/10<br>(9/11){29/11}  |  |
| 40478447 (SS1252)                                | 4/12-11/1<br>(excl. 25/12,1/1)                       | M,Th     | 9:00-11:00  | Shek Kip Mei Park SC                      | 18+   | 118                                                                          | 24 | 25/10-30/10<br>(9/11){29/11}  |  |
| 40478448 (SS1255)                                | 1/12-9/1<br>(excl. 22/12,26/12)                      | Tu,F     | 19:00-21:00 | Pei Ho ST. SC                             | 18+   | 118                                                                          | 24 | 25/10-30/10<br>(9/11){29/11}  |  |
| Sport for All - Track Cycling Tr. (Level I)      |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40476261 (SS1356)                                | 3/12                                                 | Su       | 14:00-18:00 | Hong Kong Velodrome                       | 12+   | 140                                                                          | 20 | 3/11                          |  |
| Squash Training Course                           |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478489 (SS1270)                                | 4/12-4/1<br>(excl. 25/12,1/1)                        | M,Th     | 19:00-21:00 | Pei Ho ST. SC                             | 18+   | 160                                                                          | 12 | 25/10-30/10<br>(9/11){29/11}  |  |
| 40478490 (SS1275)                                | 10/12-28/1                                           | Su       | 10:00-12:00 | Pei Ho ST. SC                             | 7+    | 160                                                                          | 12 | 7/11                          |  |
| Table-Tennis TC for Children                     |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478449 (SS1274)                                | 9/12-10/2                                            | Sa       | 16:00-18:00 | Cornwall ST. Squash & Table Tennis Centre | 6-13  | 86                                                                           | 24 | 25/10-30/10<br>(9/11){29/11}  |  |
| Tennis TC                                        |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478491 (SS1267)                                | 27/12-31/1 (excl. 1/1)                               | M,W      | 9:00-11:00  | Shek Kip Mei Park TC                      | 18+   | 170                                                                          | 18 | 25/10-30/10<br>(9/11){29/11}  |  |
| 40478492 (SS1273)                                | 5/12-13/2<br>(excl. 26/12)                           | Tu       | 9:00-11:00  | Lai Chi Kok Park Stage II TC              | 18+   | 170                                                                          | 18 | 6/11                          |  |
| 40478493 (SS1278)                                | 14/12-23/1<br>(excl. 21/12,26/12)                    | Tu,Th    | 9:00-11:00  | Tung Chau ST. Park                        | 18+   | 170                                                                          | 18 | 6/11                          |  |
| SSPD 3-on-3 Basketball Comp for Female 2017      |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478488 (SS1325)                                | 10/12                                                | Su       | 9:00-18:00  | Tung Chau ST. Park                        | 12+   | 50                                                                           | 8  | 24/10-31/10<br>(6/11){28/11}  |  |
| SSPD 3-on-3 Basketball Comp for Male 2017        |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478487 (SS1324)                                | 10/12                                                | Su       | 9:00-18:00  | Tung Chau ST. Park                        | 12+   | 50                                                                           | 24 | 24/10-31/10<br>(6/11){28/11}  |  |
| SSPD Gateball Competition 2017                   |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478473 (SS1282)                                | 2/12-3/12                                            | Sa,Su    | 9:00-18:00  | Tai Hang Tung R/G                         | 8+    | 100                                                                          | 16 | 22/9-6/10<br>(17/10){9/11}    |  |
| Sports for All - Gateball TC                     |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478439 (SS1311)                                | 20/12-12/1                                           | W,F      | 19:00-21:00 | Lai Chi Kok Park                          | 8+    | 54                                                                           | 15 | 20/11                         |  |
| HEFAC - Hiking Scheme                            |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478485 (SS1296)                                | 17/12                                                | Su       | 9:00-17:00  | C6 - Devil's Peak - Tseng Lan Shue        | 6+    | 40                                                                           | 48 | 25/10-30/10<br>(9/11){29/11}  |  |
| Activities for Elderly                           |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| Programme Number<br>(Class code)                 | Date                                                 | Day      | Time        | Venue                                     | Quota | Date of Enrollment<br>(Balloting)<br>( Open Enrollment for Remaining Quota ) |    | Enrolment Method              |  |
| (For aged 60 or above, free of charge)           |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| Baduanjin TC for Elderly                         |                                                      |          |             |                                           |       |                                                                              |    |                               |  |
| 40478457 (SS1271)                                | 5/12-2/1<br>(excl. 26/12)                            | Tu,Th,Sa | 14:00-15:00 | Pei Ho ST. SC                             | 30    | 25/10-30/10<br>(9/11){29/11}                                                 |    |                               |  |
| 40478458 (SS1272)                                | 5/12-2/1<br>(excl. 26/12)                            | Tu,Th,Sa | 15:00-16:00 | Pei Ho ST. SC                             | 30    | 25/10-30/10<br>(9/11){29/11}                                                 |    |                               |  |

|                                                      |                                            |           |             |                                              |     |                              |         |
|------------------------------------------------------|--------------------------------------------|-----------|-------------|----------------------------------------------|-----|------------------------------|---------|
| 40478459 (SS1276)                                    | 13/12-17/1<br>(excl. 18/12,25/12,1/1,15/1) | M,W,F     | 10:00-11:00 | Po On RD. SC                                 | 30  | 25/10-30/10<br>(9/11){29/11} | ✉       |
| 40478460 (SS1277)                                    | 13/12-17/1<br>(excl. 18/12,25/12,1/1,15/1) | M,W,F     | 11:00-12:00 | Po On RD. SC                                 | 30  | 25/10-30/10<br>(9/11){29/11} | ✉       |
| <b>HES - Baduanjin Play-in</b>                       |                                            |           |             |                                              |     |                              |         |
| 40478480 (SS1285)                                    | 1/12-29/12                                 | F         | 14:00-16:00 | Tung Chau ST.<br>Park Squash Court           | 40  | 1/12-29/12                   | Walk-in |
| <b>Mt Pts for Elderly - Baduanjin Play-in</b>        |                                            |           |             |                                              |     |                              |         |
| 40478454 (SS1260)                                    | 1/12-29/12<br>(excl. 22/12)                | F         | 9:00-11:00  | Pei Ho ST. SC                                | 50  | 1/12-29/12                   | Walk-in |
| <b>Elderly Fitness TC</b>                            |                                            |           |             |                                              |     |                              |         |
| 40478461 (SS1279)                                    | 19/12-23/1<br>(excl. 26/12,2/1)            | Tu,Th,Sa  | 10:00-11:00 | Po On RD. SC                                 | 30  | 25/10-30/10<br>(9/11){29/11} | ✉       |
| 40478462 (SS1280)                                    | 19/12-23/1<br>(excl. 26/12,2/1)            | Tu,Th,Sa  | 11:00-12:00 | Po On RD. SC                                 | 30  | 25/10-30/10<br>(9/11){29/11} | ✉       |
| <b>Mt Pts for Elderly -Social Dance Play-in</b>      |                                            |           |             |                                              |     |                              |         |
| 40478455 (SS1264)                                    | 6/12-27/12                                 | W         | 9:15-11:45  | Lai Chi Kok Park SC                          | 130 | 6/12-27/12                   | Walk-in |
| <b>HES - Tai Chi Play-in</b>                         |                                            |           |             |                                              |     |                              |         |
| 40478481 (SS1287)                                    | 4/12-18/12                                 | M         | 9:00-10:30  | Pei Ho ST. SC                                | 50  | 4/12-18/12                   | Walk-in |
| <b>HES - Badminton Play-in</b>                       |                                            |           |             |                                              |     |                              |         |
| 40478483 (SS1290)                                    | 6/12-29/12<br>(excl. 22/12)                | W,F       | 7:00-8:00   | Shek Kip Mei Park SC                         | 16  | 7/11                         | 📺 i     |
| 40478484 (SS1291)                                    | 6/12-29/12<br>(excl. 22/12)                | W,F       | 8:00-9:00   | Shek Kip Mei Park SC                         | 16  | 7/11                         | 📺 i     |
| <b>Mt Pts for Elderly-Indoor Short Mat Bowl Play</b> |                                            |           |             |                                              |     |                              |         |
| 40478456 (SS1266)                                    | 7/12-28/12                                 | Th        | 9:30-11:30  | Pei Ho ST. SC                                | 30  | 7/12-28/12                   | Walk-in |
| <b>HES - Table-Tennis Play-in</b>                    |                                            |           |             |                                              |     |                              |         |
| 40478474 (SS1283)                                    | 1/12-29/12<br>(excl. 26/12,27/12)          | Tu,W,Th,F | 7:00-10:00  | Cornwall ST.<br>Squash & Table Tennis Centre | 60  | 1/12-29/12                   | Walk-in |
| 40478475 (SS1292)                                    | 6/12-27/12<br>(excl. 18/12,25/12)          | M,W       | 9:00-10:30  | Tung Chau ST. Park                           | 24  | 6/12-27/12                   | Walk-in |
| 40478476 (SS1293)                                    | 6/12-27/12<br>(excl. 18/12,25/12)          | M,W       | 10:30-12:00 | Tung Chau ST. Park                           | 24  | 6/12-27/12                   | Walk-in |
| 40478477 (SS1352)                                    | 7/12-28/12                                 | Th        | 9:00-10:30  | Po On RD. SC                                 | 30  | 7/12-28/12                   | Walk-in |
| 40478478 (SS1353)                                    | 7/12-28/12                                 | Th        | 10:30-12:00 | Po On RD. SC                                 | 30  | 7/12-28/12                   | Walk-in |
| <b>HES - Table-tennis Play-in</b>                    |                                            |           |             |                                              |     |                              |         |
| 40478479 (SS1286)                                    | 4/12-18/12                                 | M         | 15:30-17:30 | Lai Chi Kok Park SC                          | 40  | 4/12-18/12                   | Walk-in |
| <b>Mt Pts for Elderly -Gateball Play-in</b>          |                                            |           |             |                                              |     |                              |         |
| 40478427 (SS1299)                                    | 5/12-19/12                                 | Tu        | 9:30-11:30  | Lai Chi Kok Park SC                          | 40  | 5/12-19/12                   | Walk-in |
| <b>Excursion for Elderly</b>                         |                                            |           |             |                                              |     |                              |         |
| 40478463 (SS1295)                                    | 11/12                                      | M         | 9:00-17:00  | Yuen Yuen Institue & Inspiration Lake        | 96  | 25/10-30/10<br>(9/11){29/11} | ✉       |