Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for May 2018

Sham Shui Po District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee($)	Quota	Date of Enrollment (Balloting) {Open Enrollment for Remaining Quota}	Enrolment Method
Life Saving TC (Bronze Medallion)									
40491209 (SS0163)	9/5-20/6 (excl. 18/6)	M,W,F	19:00-21:00	Shamshuipo Park SP	13+	108	24	20/4	
Backstroke Swimming TC (K01)									
40491213 (SS0161)	9/5-30/5	M,W,F	20:00-21:00	Lei Cheng Uk SP	9+	100	20	22/3-28/3 (6/4) {27/4}	
Breaststroke Swimming Cr for Adult (I)(A02)									
40491212 (SS0160)	9/5-30/5	M,W,F	20:00-21:00	Lei Cheng Uk SP	18+	100	16	22/3-28/3 (6/4) {27/4}	
Butterfly Swimming TC (U01)									
40491211 (SS0159)	9/5-30/5	M,W,F	19:00-20:00	Lei Cheng Uk SP	9+	100	20	22/3-28/3 (6/4) {27/4}	
Front Crawl Swimming Cr for Adult (I)(A01)									
40491210 (SS0158)	9/5-30/5	M,W,F	19:00-20:00	Lei Cheng Uk SP	18+	100	16	22/3-28/3 (6/4) {27/4}	
Front Crawl Swimming Cr for Adult(I)(A03)									
40491207 (SS0157)	9/5-30/5	M,W,F	7:00-8:00	Shamshuipo Park SP	18+	100	16	22/3-28/3 (6/4) {27/4}	
Aerobic Dance TC									
40491141 (SS0177)	21/5-15/6	M,W,F	13:00-14:00	Pei Ho ST. SC	14+	65	30	24/4	
40491142 (SS0178)	21/5-15/6	M,W,F	14:00-15:00	Pei Ho ST. SC	14+	65	30	24/4	
40491143 (SS0179)	21/5-15/6	M,W,F	18:00-19:00	Pei Ho ST. SC	14+	65	30	24/4	
40491144 (SS0180)	21/5-15/6	M,W,F	19:00-20:00	Pei Ho ST. SC	14+	65	30	24/4	
40491145 (SS0181)	25/5-27/6 (excl. 6/6,18/6,20/6)	M,W,F	7:00-8:00	Pei Ho ST. SC	14+	65	30	26/4	
40491146 (SS0182)	25/5-27/6 (excl. 6/6,18/6,20/6)	M,W,F	8:00-9:00	Pei Ho ST. SC	14+	65	30	26/4	
40491147 (SS0183)	25/5-27/6 (excl. 6/6,18/6,20/6)	M,W,F	9:00-10:00	Pei Ho ST. SC	14+	65	30	26/4	
40491148 (SS0184)	24/5-19/6	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	14+	65	30	25/4	
40491149 (SS0185)	24/5-19/6	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	14+	65	30	25/4	
Fitness (Multi-gym) TC									
@ 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.									
40491172 (SS0206)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	7:00-8:00	Po On RD. SC	15+	75	30	@16/4	
40491173 (SS0207)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	8:00-9:00	Po On RD. SC	15+	75	30	@16/4	
40491175 (SS0208)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	9:00-10:00	Po On RD. SC	15+	75	30	@16/4	
40491176 (SS0209)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	10:00-11:00	Po On RD. SC	15+	75	30	@16/4	
40491177 (SS0210)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	13:00-14:00	Po On RD. SC	15+	75	30	@18/4	
40491178 (SS0211)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	14:00-15:00	Po On RD. SC	15+	75	30	@18/4	
40491179 (SS0212)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	15:00-16:00	Po On RD. SC	15+	75	30	@18/4	
40491180 (SS0213)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	16:00-17:00	Po On RD. SC	15+	75	30	@17/4	
40491181 (SS0214)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	17:00-18:00	Po On RD. SC	15+	75	30	@17/4	
40491182 (SS0215)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	18:00-19:00	Po On RD. SC	15+	75	30	@17/4	
40491183 (SS0216)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	19:00-20:00	Po On RD. SC	15+	75	30	@25/4	
40491184 (SS0217)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	20:00-21:00	Po On RD. SC	15+	75	30	@25/4	
40491185 (SS0218)	14/5-13/6 (excl. 21/5,4/6)	M,W,F	21:00-22:00	Po On RD. SC	15+	75	30	@25/4	
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40491153 (SS0190)	24/5-19/6	Tu,Th,Sa	7:00-8:00	Pei Ho ST. SC	15+	75	30	@19/4	
40491159 (SS0191)	24/5-19/6	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	15+	75	30	@19/4	
40491160 (SS0192)	24/5-19/6	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	15+	75	30	@19/4	
40491161 (SS0193)	24/5-19/6	Tu,Th,Sa	13:00-14:00	Pei Ho ST. SC	15+	75	30	@17/4	
40491162 (SS0194)	24/5-19/6	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15+	75	30	@17/4	
40491163 (SS0195)	24/5-19/6	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	15+	75	30	@17/4	
40491164 (SS0196)	24/5-19/6	Tu,Th,Sa	16:00-17:00	Pei Ho ST. SC	15+	75	30	@18/4	
40491165 (SS0197)	24/5-19/6	Tu,Th,Sa	17:00-18:00	Pei Ho ST. SC	15+	75	30	@18/4	
40491167 (SS0198)	24/5-19/6	Tu,Th,Sa	18:00-19:00	Pei Ho ST. SC	15+	75	30	@22/3-28/3 (6/4) {27/4}	

40491168 (SS0199)	24/5-19/6	Tu,Th,Sa	19:00-20:00	Pei Ho ST. SC	15+	75	30	@23/4	
40491169 (SS0200)	24/5-19/6	Tu,Th,Sa	20:00-21:00	Pei Ho ST. SC	15+	75	30	@23/4	
40491170 (SS0201)	24/5-19/6	Tu,Th,Sa	21:00-22:00	Pei Ho ST. SC	15+	75	30	@23/4	
Hydro - fitness T C									
40491206 (SS0156)	4/5-4/6	M,W,F	20:00-21:00	Shamshuipo Park SP	14+	80	30	22/3-28/3 (6/4) {27/4}	
Oriental Dance TC									
40491189 (SS0152)	29/5-28/6	Tu,Th	20:00-22:00	Pei Ho ST. SC	12+	45	30	22/3-28/3 (6/4) {27/4}	
Tai Chi TC									
40491219 (SS0164)	7/5-29/8 (excl. 18/6,2/7)	M,W,F	7:00-8:00	Wai Chi ST. P/G	6+	60	60	19/4	
40491221 (SS0150)	5/5-25/8 (excl. 22/5)	Tu,Th,Sa	7:00-8:00	Sham Shui Po Park	6+	60	40	13/4	
Tai Chi Training Course									
40491191 (SS0154)	29/5-15/9	Tu,Th,Sa	6:30-7:30	Lai Chi Kok Park Soccer Pitch (Stage I)	6+	60	40	20/4	
40491220 (SS0149)	7/5-29/8 (excl. 18/6,2/7)	M,W,F	17:00-18:00	Tung Chau ST. Park	6+	60	40	12/4	
Briefing on Proper Ways to Use Fitness Equipment									
40491216 (SS0203)	5/5	Sa	15:00-18:00	Shek Kip Mei Park SC	15+	Free	25	22/3-28/3 (6/4) {27/4}	
40491228 (SS0186)	17/5	Th	18:00-21:00	Pei Ho ST. SC	15+	Free	25	22/3-28/3 (6/4) {27/4}	
40491233 (SS0205)	13/5	Su	14:00-17:00	Po On RD. SC	15+	Free	25	22/3-28/3 (6/4) {27/4}	
Badminton TC									
40491150 (SS0187)	28/5-5/7 (excl. 18/6,2/7)	M,Th	9:00-11:00	Pei Ho ST. SC	18+	118	24	22/3-28/3 (6/4) {27/4}	
40491152 (SS0188)	15/5-19/6 (excl. 22/5)	Tu,F	19:00-21:00	Pei Ho ST. SC	18+	118	24	22/3-28/3 (6/4) {27/4}	
Squash Training Course									
40491196 (SS0145)	6/5-24/6	Su	10:00-12:00	Pei Ho ST. SC	7+	160	12	11/4	
40491197 (SS0146)	7/5-30/5	M,W	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	12	11/4	
40491198 (SS0147)	9/5-27/6	W	19:00-21:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	12	11/4	
Table-tennis TC									
40491200 (SS0148)	24/5-26/6	Tu,Th	14:00-16:00	Cornwall ST. Squash & Table Tennis Centre	14+	86	24	23/4	
Table-tennis TC for Children									
40491194 (SS0144)	5/5-7/7	Sa	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	6-13	86	24	22/3-28/3 (6/4) {27/4}	
Tennis TC									
40491190 (SS0153)	2/5-4/7	W	19:00-21:00	Lai Chi Kok Park TC	18+	170	18	22/3-28/3 (6/4) {27/4}	
40491222 (SS0151)	9/5-8/6	W,F	15:00-17:00	Tung Chau ST. Park	18+	170	18	12/4	
Sports for All - Gateball TC									
40491133 (SS0141)	16/5-8/6	W,F	19:00-21:00	Lai Chi Kok Park Gateball Court	8+	54	15	16/4	

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
Swimming Cr for Elderly (I)(E01)							
40491208 (SS0162)	9/5-30/5	M,W,F	8:00-9:00	Shamshuipo Park SP	16	22/3-28/3 (6/4) {27/4}	
HES - Baduanjin Play-in							
40491225 (SS0176)	4/5-25/5	F	14:00-16:00	Tung Chau ST. Park Squash Court	40	4/5-25/5	Walk-in
Mt Pts for Elderly - Baduanjin Play-in							
40491229 (SS0189)	4/5-25/5	F	9:00-11:00	Pei Ho ST. SC	50	4/5-25/5	Walk-in
Elderly Fitness TC							
40491192 (SS0142)	4/5-4/6	M,W,F	14:00-15:00	Pei Ho ST. SC	30	22/3-28/3 (6/4) {27/4}	
40491193 (SS0143)	4/5-4/6	M,W,F	15:00-16:00	Pei Ho ST. SC	30	22/3-28/3 (6/4) {27/4}	
Hydro-fitness TC for Elderly							
40491205 (SS0155)	4/5-4/6	M,W,F	19:00-20:00	Shamshuipo Park SP	30	22/3-28/3 (6/4) {27/4}	
Mt Pts for Elderly -Social Dance Play-in							
40491204 (SS0220)	2/5-30/5	W	9:15-11:45	Lai Chi Kok Park SC	130	2/5-30/5	Walk-in
HES - Tai Chi Play-in							
40491226 (SS0168)	7/5-28/5	M	9:00-10:30	Pei Ho ST. SC	50	7/5-28/5	Walk-in
40491227 (SS0169)	7/5-28/5	M	10:30-12:00	Pei Ho ST. SC	50	7/5-28/5	Walk-in
HES - Badminton Play-in							
40491214 (SS0172)	2/5-25/5	W,F	7:00-8:00	Shek Kip Mei Park SC	16	10/4	

40491215 (SS0173)	2/5-25/5	W,F	8:00-9:00	Shek Kip Mei Park SC	16	10/4	🖳 *i*
Mt Pts for Elderly-Indoor Short Mat Bowl Play							
40491230 (SS0202)	3/5-31/5	Th	9:30-11:30	Pei Ho ST. SC	30	3/5-31/5	Walk-in
HES - Table-Tennis Play-in							
40491201 (SS0166)	2/5-31/5 (excl. 22/5)	Tu,W,Th,F	7:00-10:00	Cornwall ST. Squash & Table Tennis Centre	60	2/5-31/5	Walk-in
40491223 (SS0174)	2/5-30/5 (excl. 7/5,21/5)	M,W	9:00-10:30	Tung Chau ST. Park	24	2/5-30/5	Walk-in
40491224 (SS0175)	2/5-30/5 (excl. 7/5,21/5)	M,W	10:30-12:00	Tung Chau ST. Park	24	2/5-30/5	Walk-in
40491231 (SS0170)	3/5-31/5	Th	9:00-10:30	Po On RD. SC	30	3/5-31/5	Walk-in
40491232 (SS0171)	3/5-31/5	Th	10:30-12:00	Po On RD. SC	30	3/5-31/5	Walk-in
HES - Table-tennis Play-in							
40491203 (SS0167)	7/5-28/5	M	15:30-17:30	Lai Chi Kok Park SC	40	7/5-28/5	Walk-in
Mt Pts for Elderly -Gateball Play-in							
40491132 (SS0140)	8/5-29/5 (excl. 22/5)	Tu	9:30-11:30	Lai Chi Kok Park SC	40	8/5-29/5	Walk-in
Gateball TC for Elderly							
40491131 (SS0139)	23/5-15/6	W,F	7:00-9:00	Lai Chi Kok Park Gateball Court	30	23/4	🖳 *i*
Day Camp for Elderly							
40491218 (SS0165)	15/5	Tu	9:00-17:00	Sai Kung ORC	96	22/3-28/3 (6/4) {27/4}	✉