

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

**Southern 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>Long Distance Running Training Course</b>               |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40503793 (SN0755)                                          | 6/8-22/10<br>(excl. 24/9,1/10) | M     | 19:00-21:00 | Aberdeen Sport Ground | 16+  | 130     | 40    | 11/7                                                                          |   |
| <b>Breaststroke TC for Children (Level I)(CBI08)</b>       |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494363 (SN0271)                                          | 10/8-31/8                      | M,W,F | 8:00-9:00   | Pao Yue Kong SP       | 5-8  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                      |
| <b>Breaststroke TC for Children (Level I)(CBI09)</b>       |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494364 (SN0272)                                          | 10/8-31/8                      | M,W,F | 15:00-16:00 | Pao Yue Kong SP       | 5-8  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                      |
| <b>Breaststroke TC for Children (Level I)(CBI10)</b>       |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494365 (SN0273)                                          | 10/8-31/8                      | M,W,F | 16:00-17:00 | Pao Yue Kong SP       | 5-8  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                      |
| <b>Breaststroke TC for Children (Level I)(CBI11)</b>       |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494366 (SN0274)                                          | 10/8-31/8                      | M,W,F | 17:00-18:00 | Pao Yue Kong SP       | 5-8  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                      |
| <b>Breaststroke TC for Children (Level II)(CBII01)</b>     |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494367 (SN0275)                                          | 10/8-31/8                      | M,W,F | 16:00-17:00 | Pao Yue Kong SP       | 5-8  | 100     | 20    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                      |
| <b>Breaststroke TC for Junior (Level I)(JBI06)</b>         |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494368 (SN0276)                                          | 10/8-31/8                      | M,W,F | 17:00-18:00 | Pao Yue Kong SP       | 9-12 | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                      |
| <b>Breaststroke TC for Junior (Level I)(JBI07)</b>         |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494369 (SN0277)                                          | 10/8-31/8                      | M,W,F | 17:00-18:00 | Pao Yue Kong SP       | 9-12 | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                      |
| <b>Breaststroke TC for Youth (Level III)(BR018)</b>        |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494373 (SN0281)                                          | 10/8-31/8                      | M,W,F | 16:00-17:00 | Pao Yue Kong SP       | 5-17 | 100     | 20    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                     |
| <b>Breaststroke TC for Youth&amp;Adult (Level I)YABI07</b> |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494371 (SN0279)                                          | 10/8-31/8                      | M,W,F | 19:00-20:00 | Pao Yue Kong SP       | 13+  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Breaststroke TC for Youth&amp;Adult (Level I)YABI08</b> |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494372 (SN0280)                                          | 10/8-31/8                      | M,W,F | 20:00-21:00 | Pao Yue Kong SP       | 13+  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Adult (Level I)(AFI08)</b>           |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494375 (SN0283)                                          | 10/8-31/8                      | M,W,F | 7:00-8:00   | Pao Yue Kong SP       | 18+  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Children (Level I)CFI11</b>          |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494376 (SN0284)                                          | 10/8-31/8                      | M,W,F | 8:00-9:00   | Pao Yue Kong SP       | 5-8  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Children (Level I)CFI12</b>          |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494377 (SN0285)                                          | 10/8-31/8                      | M,W,F | 9:00-10:00  | Pao Yue Kong SP       | 5-8  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Children (Level I)CFI13</b>          |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494378 (SN0286)                                          | 10/8-31/8                      | M,W,F | 15:00-16:00 | Pao Yue Kong SP       | 5-8  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Children (Level I)CFI14</b>          |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494379 (SN0287)                                          | 10/8-31/8                      | M,W,F | 16:00-17:00 | Pao Yue Kong SP       | 5-8  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Children (Level I)CFI15</b>          |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494380 (SN0288)                                          | 10/8-31/8                      | M,W,F | 17:00-18:00 | Pao Yue Kong SP       | 5-8  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Children (Level I)CFI16</b>          |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494381 (SN0289)                                          | 10/8-31/8                      | M,W,F | 18:00-19:00 | Pao Yue Kong SP       | 5-8  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Junior (Level I)(JFI08)</b>          |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494383 (SN0291)                                          | 10/8-31/8                      | M,W,F | 16:00-17:00 | Pao Yue Kong SP       | 9-12 | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Junior (Level I)(JFI09)</b>          |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494384 (SN0292)                                          | 10/8-31/8                      | M,W,F | 18:00-19:00 | Pao Yue Kong SP       | 9-12 | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Youth&amp;Adult (Level I)YAF108</b>  |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494387 (SN0295)                                          | 10/8-31/8                      | M,W,F | 19:00-20:00 | Pao Yue Kong SP       | 13+  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Front Crawl TC for Youth&amp;Adult (Level I)YAF109</b>  |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494388 (SN0296)                                          | 10/8-31/8                      | M,W,F | 20:00-21:00 | Pao Yue Kong SP       | 13+  | 100     | 16    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Breaststroke TC for Adult (Level II) (ABII04)</b>       |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494362 (SN0270)                                          | 10/8-31/8                      | M,W,F | 7:00-8:00   | Pao Yue Kong SP       | 18+  | 100     | 20    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |
| <b>Breaststroke TC for Junior (Level II)(JBII02)</b>       |                                |       |             |                       |      |         |       |                                                                               |                                                                                                                                                                         |
| 40494370 (SN0278)                                          | 10/8-31/8                      | M,W,F | 16:00-17:00 | Pao Yue Kong SP       | 9-12 | 100     | 20    | 22/6-28/6 (5/7)<br>{26/7}                                                     |                                                                                    |

Front Crawl TC for Children (Level II)CFII01

|                   |           |       |             |                 |     |     |    |                           |  |
|-------------------|-----------|-------|-------------|-----------------|-----|-----|----|---------------------------|--|
| 40494382 (SN0290) | 10/8-31/8 | M,W,F | 17:00-18:00 | Pao Yue Kong SP | 5-8 | 100 | 20 | 22/6-28/6 (5/7)<br>{26/7} |  |
|-------------------|-----------|-------|-------------|-----------------|-----|-----|----|---------------------------|--|

Front Crawl TC for Junior (Level II)(JFII03)

|                   |           |       |            |                 |      |     |    |                           |  |
|-------------------|-----------|-------|------------|-----------------|------|-----|----|---------------------------|--|
| 40494385 (SN0293) | 10/8-31/8 | M,W,F | 9:00-10:00 | Pao Yue Kong SP | 9-12 | 100 | 20 | 22/6-28/6 (5/7)<br>{26/7} |  |
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Front Crawl TC for Junior (Level II)(JFII04)

|                   |           |       |             |                 |      |     |    |                           |  |
|-------------------|-----------|-------|-------------|-----------------|------|-----|----|---------------------------|--|
| 40494386 (SN0294) | 10/8-31/8 | M,W,F | 17:00-18:00 | Pao Yue Kong SP | 9-12 | 100 | 20 | 22/6-28/6 (5/7)<br>{26/7} |  |
|-------------------|-----------|-------|-------------|-----------------|------|-----|----|---------------------------|--|

Butterfly Stroke TC for Youth & Adult BU016

|                   |           |       |           |                 |     |     |    |                           |  |
|-------------------|-----------|-------|-----------|-----------------|-----|-----|----|---------------------------|--|
| 40494374 (SN0282) | 10/8-31/8 | M,W,F | 7:00-8:00 | Pao Yue Kong SP | 13+ | 100 | 20 | 22/6-28/6 (5/7)<br>{26/7} |  |
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Front Crawl TC for Youth (Level III)FR019

|                   |           |       |             |                 |      |     |    |                           |  |
|-------------------|-----------|-------|-------------|-----------------|------|-----|----|---------------------------|--|
| 40494390 (SN0298) | 10/8-31/8 | M,W,F | 17:00-18:00 | Pao Yue Kong SP | 5-17 | 100 | 20 | 22/6-28/6 (5/7)<br>{26/7} |  |
|-------------------|-----------|-------|-------------|-----------------|------|-----|----|---------------------------|--|

FrontCrawlTCforYouth&Adult (Level III)FR017

|                   |           |       |           |                 |     |     |    |                           |  |
|-------------------|-----------|-------|-----------|-----------------|-----|-----|----|---------------------------|--|
| 40494389 (SN0297) | 10/8-31/8 | M,W,F | 8:00-9:00 | Pao Yue Kong SP | 13+ | 100 | 20 | 22/6-28/6 (5/7)<br>{26/7} |  |
|-------------------|-----------|-------|-----------|-----------------|-----|-----|----|---------------------------|--|

Aerobic Dance Training Course

|                   |                                  |          |             |              |     |    |    |     |  |
|-------------------|----------------------------------|----------|-------------|--------------|-----|----|----|-----|--|
| 40503654 (SN0689) | 10/8-12/9 (excl. 13/8,27/8,10/9) | M,W,F    | 8:00-9:00   | Apleichau SC | 14+ | 65 | 30 | 3/7 |  |
| 40503655 (SN0690) | 10/8-12/9 (excl. 13/8,27/8,10/9) | M,W,F    | 9:00-10:00  | Apleichau SC | 14+ | 65 | 30 | 3/7 |  |
| 40503656 (SN0691) | 10/8-12/9 (excl. 13/8,27/8,10/9) | M,W,F    | 10:00-11:00 | Apleichau SC | 14+ | 65 | 30 | 3/7 |  |
| 40503657 (SN0692) | 7/8-13/9                         | Tu,Th    | 14:00-15:00 | Aberdeen SC  | 14+ | 65 | 30 | 4/7 |  |
| 40503658 (SN0693) | 7/8-13/9                         | Tu,Th    | 15:00-16:00 | Aberdeen SC  | 14+ | 65 | 30 | 4/7 |  |
| 40503659 (SN0694) | 7/8-13/9                         | Tu,Th    | 16:00-17:00 | Aberdeen SC  | 14+ | 65 | 30 | 6/7 |  |
| 40503660 (SN0695) | 7/8-13/9                         | Tu,Th    | 17:00-18:00 | Aberdeen SC  | 14+ | 65 | 30 | 6/7 |  |
| 40503661 (SN0696) | 28/8-22/9                        | Tu,Th,Sa | 9:00-10:00  | Aberdeen SC  | 14+ | 65 | 30 | 9/7 |  |
| 40503662 (SN0697) | 28/8-22/9                        | Tu,Th,Sa | 10:00-11:00 | Aberdeen SC  | 14+ | 65 | 30 | 9/7 |  |

Children Dance Training Course

|                   |            |    |             |              |      |    |    |     |  |
|-------------------|------------|----|-------------|--------------|------|----|----|-----|--|
| 40503703 (SN0717) | 12/8-14/10 | Su | 14:00-16:00 | Apleichau SC | 4-11 | 60 | 20 | 6/7 |  |
|-------------------|------------|----|-------------|--------------|------|----|----|-----|--|

Physical Assessment

|                   |      |    |             |               |     |      |     |      |         |
|-------------------|------|----|-------------|---------------|-----|------|-----|------|---------|
| 40504020 (SN0792) | 12/8 | Su | 14:00-17:00 | Aberdeen T/SC | All | Free | 300 | 12/8 | Walk-in |
|-------------------|------|----|-------------|---------------|-----|------|-----|------|---------|

Fitness (Multi-gym) Training Course

@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired.  
Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017.  
For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment.  
For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.

|                   |                                   |       |             |               |     |    |    |       |  |
|-------------------|-----------------------------------|-------|-------------|---------------|-----|----|----|-------|--|
| 40503711 (SN0719) | 9/8-18/9                          | Tu,Th | 7:00-8:00   | Aberdeen SC   | 15+ | 75 | 30 | @10/7 |  |
| 40503712 (SN0720) | 9/8-18/9                          | Tu,Th | 8:00-9:00   | Aberdeen SC   | 15+ | 75 | 30 | @10/7 |  |
| 40503714 (SN0721) | 9/8-18/9                          | Tu,Th | 9:00-10:00  | Aberdeen SC   | 15+ | 75 | 30 | @10/7 |  |
| 40503716 (SN0722) | 15/8-26/9 (excl. 24/9)            | M,W   | 18:00-19:00 | Aberdeen SC   | 15+ | 75 | 30 | @16/7 |  |
| 40503718 (SN0723) | 15/8-26/9 (excl. 24/9)            | M,W   | 19:00-20:00 | Aberdeen SC   | 15+ | 75 | 30 | @16/7 |  |
| 40503720 (SN0724) | 15/8-26/9 (excl. 24/9)            | M,W   | 20:00-21:00 | Aberdeen SC   | 15+ | 75 | 30 | @16/7 |  |
| 40503723 (SN0725) | 6/8-12/9                          | M,W   | 18:00-19:00 | Aberdeen T/SC | 15+ | 75 | 30 | @4/7  |  |
| 40503725 (SN0726) | 6/8-12/9                          | M,W   | 19:00-20:00 | Aberdeen T/SC | 15+ | 75 | 30 | @4/7  |  |
| 40503727 (SN0727) | 30/8-18/10 (excl. 11/9,25/9,9/10) | Tu,Th | 20:00-21:00 | Aberdeen T/SC | 15+ | 75 | 30 | @18/7 |  |

Hydro Fitness Training Course (H21)

|                   |                         |       |           |                 |     |    |    |                           |  |
|-------------------|-------------------------|-------|-----------|-----------------|-----|----|----|---------------------------|--|
| 40494448 (SN0299) | 30/8-18/10 (excl. 25/9) | Tu,Th | 8:00-9:00 | Pao Yue Kong SP | 14+ | 80 | 30 | 22/6-28/6 (5/7)<br>{26/7} |  |
|-------------------|-------------------------|-------|-----------|-----------------|-----|----|----|---------------------------|--|

Hydro Fitness Training Course (H22)

|                   |                         |       |            |                 |     |    |    |                           |  |
|-------------------|-------------------------|-------|------------|-----------------|-----|----|----|---------------------------|--|
| 40494455 (SN0300) | 30/8-18/10 (excl. 25/9) | Tu,Th | 9:00-10:00 | Pao Yue Kong SP | 14+ | 80 | 30 | 22/6-28/6 (5/7)<br>{26/7} |  |
|-------------------|-------------------------|-------|------------|-----------------|-----|----|----|---------------------------|--|

Jazz Dance Training Course

|                   |            |    |             |              |     |    |    |      |  |
|-------------------|------------|----|-------------|--------------|-----|----|----|------|--|
| 40503792 (SN0754) | 12/8-14/10 | Su | 18:00-20:00 | Apleichau SC | 12+ | 70 | 30 | 11/7 |  |
|-------------------|------------|----|-------------|--------------|-----|----|----|------|--|

Social Dance Training Course

|                   |           |       |             |              |     |    |    |                           |  |
|-------------------|-----------|-------|-------------|--------------|-----|----|----|---------------------------|--|
| 40504025 (SN0797) | 4/8-5/9   | W,Sa  | 18:00-20:00 | Apleichau SC | 14+ | 86 | 30 | 20/7                      |  |
| 40504026 (SN0798) | 9/8-10/9  | M,Th  | 20:00-22:00 | Apleichau SC | 14+ | 86 | 30 | 20/7                      |  |
| 40504027 (SN0799) | 8/8-7/9   | W,F   | 16:00-18:00 | Aberdeen SC  | 14+ | 86 | 30 | 25/6-29/6 (6/7)<br>{27/7} |  |
| 40504028 (SN0800) | 16/8-18/9 | Tu,Th | 18:00-20:00 | Aberdeen SC  | 14+ | 86 | 30 | 25/6-29/6 (6/7)<br>{27/7} |  |
| 40504029 (SN0801) | 20/8-19/9 | M,W   | 20:00-22:00 | Aberdeen SC  | 14+ | 86 | 30 | 25/6-29/6 (6/7)<br>{27/7} |  |

Evening Tai Chi Training Course

|                   |                                    |       |             |                                        |    |    |    |      |  |
|-------------------|------------------------------------|-------|-------------|----------------------------------------|----|----|----|------|--|
| 40503706 (SN0718) | 24/8-19/12 (excl. 24/9,1/10,17/10) | M,W,F | 18:00-19:00 | Aberdeen Promenade(TaiChiPracticeArea) | 6+ | 60 | 30 | 24/7 |  |
|-------------------|------------------------------------|-------|-------------|----------------------------------------|----|----|----|------|--|

Morning Tai Chi Training Course

|                   |                                    |          |           |                                       |    |    |    |                        |                                                                                                                                                                         |
|-------------------|------------------------------------|----------|-----------|---------------------------------------|----|----|----|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 40503815 (SN0773) | 24/8-19/12 (excl. 24/9,1/10,17/10) | M,W,F    | 7:00-8:00 | Aberdeen Promenade(near Subway)       | 6+ | 60 | 30 | 24/7                   |     |
| 40503816 (SN0774) | 24/8-19/12 (excl. 24/9,1/10,17/10) | M,W,F    | 8:00-9:00 | Aberdeen Promenade(near Subway)       | 6+ | 60 | 60 | 25/6-29/6 (6/7) {27/7} |                                                                                      |
| 40503817 (SN0775) | 6/8-30/11 (excl. 24/9,1/10,17/10)  | M,W,F    | 7:00-8:00 | Piazza,Apleichau Wind Tower Park      | 6+ | 60 | 60 | 24/7                   |   |
| 40503818 (SN0776) | 8/8-3/12 (excl. 24/9,1/10,17/10)   | M,W,F    | 7:00-8:00 | Pokfulam Garden(near SP)              | 6+ | 60 | 60 | 25/6-29/6 (6/7) {27/7} |                                                                                      |
| 40503819 (SN0777) | 15/8-10/12 (excl. 24/9,1/10,17/10) | M,W,F    | 7:00-8:00 | South Horizons Phrase 3               | 6+ | 60 | 60 | 10/7                   |   |
| 40503820 (SN0778) | 28/8-18/12 (excl. 25/9)            | Tu,Th,Sa | 7:30-8:30 | Upper Baguio PG                       | 6+ | 60 | 40 | 25/7                   |   |
| 40503821 (SN0779) | 8/8-3/12 (excl. 24/9,1/10,17/10)   | M,W,F    | 7:00-8:00 | Wah Kwai Estate(near Fountain Square) | 6+ | 60 | 60 | 10/7                   |   |

**Morning Tai Chi Sword Training Course**

|                   |                         |          |           |                 |    |    |    |      |                                                                                                                                                                         |
|-------------------|-------------------------|----------|-----------|-----------------|----|----|----|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 40503814 (SN0772) | 28/8-18/12 (excl. 25/9) | Tu,Th,Sa | 8:30-9:30 | Upper Baguio PG | 6+ | 60 | 40 | 25/7 |   |
|-------------------|-------------------------|----------|-----------|-----------------|----|----|----|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Yoga Training Course**

|                   |           |       |            |              |     |    |    |                        |                                                                                     |
|-------------------|-----------|-------|------------|--------------|-----|----|----|------------------------|-------------------------------------------------------------------------------------|
| 40504385 (SN0822) | 16/8-18/9 | Tu,Th | 9:00-11:00 | Apleichau SC | 15+ | 85 | 30 | 25/6-29/6 (6/7) {27/7} |  |
|-------------------|-----------|-------|------------|--------------|-----|----|----|------------------------|-------------------------------------------------------------------------------------|

**Briefing on Proper Ways to Use Fitness Equipment**

|                   |      |    |             |               |     |      |    |                        |                                                                                     |
|-------------------|------|----|-------------|---------------|-----|------|----|------------------------|-------------------------------------------------------------------------------------|
| 40503701 (SN0715) | 11/8 | Sa | 14:00-17:00 | Apleichau SC  | 15+ | Free | 25 | 25/6-29/6 (6/7) {27/7} |  |
| 40503702 (SN0716) | 12/8 | Su | 14:00-17:00 | Aberdeen T/SC | 15+ | Free | 25 | 25/6-29/6 (6/7) {27/7} |  |

**Body-Mind Stretch TC**

|                   |                         |    |             |              |     |    |    |      |                                                                                                                                                                         |
|-------------------|-------------------------|----|-------------|--------------|-----|----|----|------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 40503696 (SN0713) | 21/8-13/11 (excl. 25/9) | Tu | 20:00-21:00 | Apleichau SC | 15+ | 85 | 24 | 13/7 |   |
| 40503697 (SN0714) | 21/8-13/11 (excl. 25/9) | Tu | 21:00-22:00 | Apleichau SC | 15+ | 85 | 24 | 13/7 |   |

**Badminton Training Course**

|                   |                              |       |             |                   |    |     |    |                        |                                                                                       |
|-------------------|------------------------------|-------|-------------|-------------------|----|-----|----|------------------------|---------------------------------------------------------------------------------------|
| 40503675 (SN0700) | 10/8-12/9                    | W,F   | 9:00-11:00  | Apleichau SC      | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |    |
| 40503676 (SN0701) | 12/8-14/10                   | Su    | 9:00-11:00  | Apleichau SC      | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |    |
| 40503677 (SN0702) | 12/8-14/10                   | Su    | 18:00-20:00 | Apleichau SC      | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |    |
| 40503678 (SN0703) | 17/8-18/9                    | Tu,F  | 19:00-21:00 | Apleichau SC      | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |    |
| 40503679 (SN0704) | 21/8-20/9                    | Tu,Th | 14:00-16:00 | Apleichau SC      | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |   |
| 40503680 (SN0705) | 8/8-7/9                      | W,F   | 14:00-16:00 | Aberdeen SC       | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |  |
| 40503681 (SN0706) | 30/8-9/10 (excl. 25/9,2/10)  | Tu,Th | 9:00-11:00  | Aberdeen SC       | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |  |
| 40503685 (SN0708) | 11/8-13/10                   | Sa    | 15:00-17:00 | Wong Chuk Hang SC | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |  |
| 40503688 (SN0709) | 1/8-3/10                     | W     | 15:00-17:00 | Yue Kwong RD. SC  | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |  |
| 40503690 (SN0710) | 2/8-4/10                     | Th    | 19:00-21:00 | Yue Kwong RD. SC  | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |  |
| 40503691 (SN0711) | 13/8-29/10 (excl. 24/9,1/10) | M     | 18:00-20:00 | Yue Kwong RD. SC  | 7+ | 118 | 24 | 25/6-29/6 (6/7) {27/7} |  |

**Badminton Training Course for Youth**

|                   |                       |       |             |                  |       |     |    |                        |                                                                                       |
|-------------------|-----------------------|-------|-------------|------------------|-------|-----|----|------------------------|---------------------------------------------------------------------------------------|
| 40503694 (SN0712) | 8/8-31/8 (excl. 20/8) | M,W,F | 11:00-13:00 | Yue Kwong RD. SC | 12-17 | 118 | 24 | 25/6-29/6 (6/7) {27/7} |  |
|-------------------|-----------------------|-------|-------------|------------------|-------|-----|----|------------------------|---------------------------------------------------------------------------------------|

**BMX Fun Day**

|                  |      |    |             |                                    |    |      |    |     |                                                                                                                                                                             |
|------------------|------|----|-------------|------------------------------------|----|------|----|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 40489819 (SN002) | 23/8 | Th | 14:30-17:30 | The HKJC INTL BMX Park(Kwai Ching) | 8+ | Free | 50 | 9/7 |   |
|------------------|------|----|-------------|------------------------------------|----|------|----|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**SD Indoor Lawn Bowls Competition\***

|                   |           |    |            |                               |    |     |    |                         |                                                                                       |
|-------------------|-----------|----|------------|-------------------------------|----|-----|----|-------------------------|---------------------------------------------------------------------------------------|
| 40504024 (QSN796) | 12/8-19/8 | Su | 8:30-19:00 | Apleichau SC Indoor Lawn Bowl | 8+ | 100 | 32 | 22/6-29/6 (12/7) {31/7} |  |
|-------------------|-----------|----|------------|-------------------------------|----|-----|----|-------------------------|---------------------------------------------------------------------------------------|

**Indoor Lawn Bowls Promotion Day**

|                   |      |    |             |              |    |      |    |      |                                                                                                                                                                             |
|-------------------|------|----|-------------|--------------|----|------|----|------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 40503790 (SN0751) | 26/8 | Su | 10:00-11:30 | Apleichau SC | 8+ | Free | 36 | 11/7 |   |
| 40503791 (SN0752) | 26/8 | Su | 11:30-13:00 | Apleichau SC | 8+ | Free | 36 | 11/7 |   |

**Indoor Lawn Bowls Training Course**

|                   |           |     |             |              |    |    |    |                        |                                                                                       |
|-------------------|-----------|-----|-------------|--------------|----|----|----|------------------------|---------------------------------------------------------------------------------------|
| 40503784 (SN0753) | 15/8-10/9 | M,W | 19:00-21:00 | Apleichau SC | 8+ | 54 | 16 | 25/6-29/6 (6/7) {27/7} |  |
|-------------------|-----------|-----|-------------|--------------|----|----|----|------------------------|---------------------------------------------------------------------------------------|

**Mini Squash FD**

|                   |      |    |             |               |      |      |    |     |                                                                                                                                                                             |
|-------------------|------|----|-------------|---------------|------|------|----|-----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 40503796 (SN0758) | 3/8  | F  | 11:00-12:00 | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503797 (SN0759) | 3/8  | F  | 12:00-13:00 | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503798 (SN0760) | 8/8  | W  | 11:00-12:00 | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503800 (SN0761) | 8/8  | W  | 12:00-13:00 | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503801 (SN0762) | 14/8 | Tu | 9:00-10:00  | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503802 (SN0763) | 14/8 | Tu | 10:00-11:00 | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503803 (SN0764) | 16/8 | Th | 9:00-10:00  | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503805 (SN0765) | 16/8 | Th | 10:00-11:00 | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503807 (SN0766) | 23/8 | Th | 9:00-10:00  | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503809 (SN0767) | 23/8 | Th | 10:00-11:00 | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503810 (SN0768) | 28/8 | Tu | 11:00-12:00 | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |
| 40503811 (SN0769) | 28/8 | Tu | 12:00-13:00 | Aberdeen T/SC | 6-12 | Free | 12 | 9/7 |   |

**Squash FD**

|                                                        |                            |       |             |                                  |       |      |      |                        |                                                                                                                                                                             |
|--------------------------------------------------------|----------------------------|-------|-------------|----------------------------------|-------|------|------|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 40504030 (SN0802)                                      | 20/8                       | M     | 14:00-15:00 | Apleichau SC                     | 7+    | Free | 8    | 26/7                   |         |
| 40504031 (SN0803)                                      | 20/8                       | M     | 15:00-16:00 | Apleichau SC                     | 7+    | Free | 8    | 26/7                   |       |
| 40504032 (SN0804)                                      | 14/8                       | Tu    | 15:00-16:00 | Aberdeen SC                      | 6+    | Free | 8    | 16/7                   |       |
| 40504033 (SN0805)                                      | 14/8                       | Tu    | 16:00-17:00 | Aberdeen SC                      | 6+    | Free | 8    | 16/7                   |       |
| <b>Squash Training Course</b>                          |                            |       |             |                                  |       |      |      |                        |                                                                                                                                                                             |
| 40504034 (SN0806)                                      | 2/8-28/8                   | Tu,Th | 14:00-16:00 | Apleichau SC                     | 7+    | 160  | 8    | 3/7                    |       |
| 40504035 (SN0807)                                      | 3/8-29/8                   | W,F   | 15:00-17:00 | Apleichau SC                     | 7+    | 160  | 8    | 3/7                    |       |
| 40504036 (SN0808)                                      | 2/8-28/8                   | Tu,Th | 19:00-21:00 | Aberdeen T/SC                    | 18+   | 160  | 12   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| 40504037 (SN0809)                                      | 6/8-8/10 (excl. 24/9,1/10) | M     | 18:00-20:00 | Aberdeen T/SC                    | 7+    | 160  | 12   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| 40504038 (SN0810)                                      | 11/8-29/9                  | Sa    | 10:00-12:00 | Aberdeen T/SC                    | 7+    | 160  | 12   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| 40504039 (SN0811)                                      | 11/8-29/9                  | Sa    | 12:00-14:00 | Aberdeen T/SC                    | 18+   | 160  | 12   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| 40504041 (SN0812)                                      | 12/8-30/9                  | Su    | 9:00-11:00  | Aberdeen T/SC                    | 7+    | 160  | 12   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| 40504375 (SN0813)                                      | 13/8-29/8                  | M,W,F | 12:00-14:00 | Aberdeen T/SC                    | 7-11  | 160  | 12   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| 40504376 (SN0814)                                      | 13/8-29/8                  | M,W,F | 14:00-16:00 | Aberdeen T/SC                    | 12-17 | 160  | 12   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| <b>Table-tennis Training Course</b>                    |                            |       |             |                                  |       |      |      |                        |                                                                                                                                                                             |
| 40504377 (SN0815)                                      | 12/8-14/10                 | Su    | 10:00-12:00 | Apleichau SC                     | 6+    | 86   | 24   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| <b>Tennis Training Course</b>                          |                            |       |             |                                  |       |      |      |                        |                                                                                                                                                                             |
| 40504381 (SN0818)                                      | 1/8-31/8                   | W,F   | 16:00-18:00 | Aberdeen T/SC                    | 8+    | 170  | 18   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| 40504382 (SN0819)                                      | 2/8-3/9                    | M,Th  | 18:00-20:00 | Aberdeen T/SC                    | 18+   | 170  | 18   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| 40504383 (SN0820)                                      | 3/8-3/9                    | M,F   | 7:00-9:00   | Aberdeen T/SC                    | 8+    | 170  | 18   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| <b>Tennis Training Course for Children &amp; Youth</b> |                            |       |             |                                  |       |      |      |                        |                                                                                                                                                                             |
| 40504384 (SN0821)                                      | 8/8-29/8                   | M,W,F | 9:00-11:00  | Aberdeen T/SC                    | 8-17  | 170  | 18   | 25/6-29/6 (6/7) {27/7} |                                                                                          |
| <b>Parent-Child American Pool FD</b>                   |                            |       |             |                                  |       |      |      |                        |                                                                                                                                                                             |
| 40504008 (SN0780)                                      | 4/8                        | Sa    | 15:00-16:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |       |
| 40504009 (SN0781)                                      | 4/8                        | Sa    | 16:00-17:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |       |
| 40504010 (SN0782)                                      | 11/8                       | Sa    | 15:00-16:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |       |
| 40504011 (SN0783)                                      | 11/8                       | Sa    | 16:00-17:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |   |
| 40504012 (SN0784)                                      | 12/8                       | Su    | 12:00-13:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |   |
| 40504013 (SN0785)                                      | 12/8                       | Su    | 13:00-14:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |   |
| 40504014 (SN0786)                                      | 18/8                       | Sa    | 15:00-16:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |   |
| 40504015 (SN0787)                                      | 18/8                       | Sa    | 16:00-17:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |   |
| 40504016 (SN0788)                                      | 19/8                       | Su    | 12:00-13:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |   |
| 40504017 (SN0789)                                      | 19/8                       | Su    | 13:00-14:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |   |
| 40504018 (SN0790)                                      | 25/8                       | Sa    | 15:00-16:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |   |
| 40504019 (SN0791)                                      | 25/8                       | Sa    | 16:00-17:00 | Aberdeen T/SC                    | 8+    | Free | 6    | 10/7                   |   |
| <b>Meeting Points - Soccer Play in for Youth FD</b>    |                            |       |             |                                  |       |      |      |                        |                                                                                                                                                                             |
| 40503795 (SN0757)                                      | 17/8-31/8                  | F     | 18:00-20:00 | Wong Chuk Hang Recreation Ground | 12-35 | Free | 150  | 17/8-31/8              | Walk-in                                                                                                                                                                     |
| <b>Kayak 1 Star Award Training Course(1daycourse)</b>  |                            |       |             |                                  |       |      |      |                        |                                                                                                                                                                             |
| 40502027 (SN0669)                                      | 16/8                       | Th    | 9:00-17:00  | St. Stephen's Beach WSC          | 12+   | 30   | 8    | 10/7                   |   |
| 40502036 (SN0673)                                      | 25/8                       | Sa    | 9:00-17:00  | Stanley Main Beach WSC           | 12+   | 30   | 8    | 15/7                   |   |
| <b>Water Safety Course for Baby (B04)</b>              |                            |       |             |                                  |       |      |      |                        |                                                                                                                                                                             |
| 40494493 (SN0304)                                      | 10/8-31/8                  | M,W,F | 10:00-11:00 | Pao Yue Kong SP                  | 0-4   | 100  | 16   | 22/6-28/6 (5/7) {26/7} |                                                                                        |
| <b>Sport for All Day 2018</b>                          |                            |       |             |                                  |       |      |      |                        |                                                                                                                                                                             |
| 40504897 (SN0823)                                      | 5/8                        | Su    | 14:00-18:00 | Aberdeen SC                      | All   | Free | 1962 | 5/8                    |                                                                                        |

| Activities for Elderly Programme Number (Class code)<br>(For aged 60 or above, free of charge) | Date | Day | Time | Venue | Quota | Date of Enrollment<br>(Balloting)<br>(Open Enrollment for Remaining Quota) | Enrolment Method |
|------------------------------------------------------------------------------------------------|------|-----|------|-------|-------|----------------------------------------------------------------------------|------------------|
|------------------------------------------------------------------------------------------------|------|-----|------|-------|-------|----------------------------------------------------------------------------|------------------|

**Swimming TC for Elderly (Level I)(EI15)**

|                   |           |       |           |                 |    |                        |                                                                                       |
|-------------------|-----------|-------|-----------|-----------------|----|------------------------|---------------------------------------------------------------------------------------|
| 40494471 (SN0302) | 10/8-31/8 | M,W,F | 7:00-8:00 | Pao Yue Kong SP | 16 | 22/6-28/6 (5/7) {26/7} |  |
|-------------------|-----------|-------|-----------|-----------------|----|------------------------|---------------------------------------------------------------------------------------|

**Swimming TC for Elderly (Level II)(EII09)**

|                   |           |       |           |                 |    |                        |                                                                                       |
|-------------------|-----------|-------|-----------|-----------------|----|------------------------|---------------------------------------------------------------------------------------|
| 40494480 (SN0303) | 10/8-31/8 | M,W,F | 8:00-9:00 | Pao Yue Kong SP | 20 | 22/6-28/6 (5/7) {26/7} |  |
|-------------------|-----------|-------|-----------|-----------------|----|------------------------|---------------------------------------------------------------------------------------|

**Fitness Exercise Training Course for Elderly**

|                   |          |       |           |               |    |                        |                                                                                                                                                                             |
|-------------------|----------|-------|-----------|---------------|----|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 40503731 (SN0728) | 3/8-19/9 | W,F   | 7:00-8:00 | Apleichau SC  | 25 | 17/7                   |   |
| 40503733 (SN0729) | 3/8-19/9 | W,F   | 8:00-9:00 | Apleichau SC  | 25 | 17/7                   |   |
| 40503735 (SN0730) | 2/8-18/9 | Tu,Th | 7:00-8:00 | Aberdeen T/SC | 25 | 18/7                   |   |
| 40503736 (SN0731) | 2/8-18/9 | Tu,Th | 8:00-9:00 | Aberdeen T/SC | 25 | 25/6-29/6 (6/7) {27/7} |                                                                                        |

|                                                    |                            |          |             |                   |    |          |                                                                                                                                                                         |
|----------------------------------------------------|----------------------------|----------|-------------|-------------------|----|----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 40503738 (SN0732)                                  | 13/8-26/9                  | M,W      | 10:00-11:00 | Aberdeen T/SC     | 25 | 13/7     |     |
| 40503740 (SN0733)                                  | 30/8-29/11                 | Th       | 14:00-15:00 | Wong Chuk Hang SC | 12 | 17/7     |   |
| 40503744 (SN0734)                                  | 30/8-29/11                 | Th       | 15:00-16:00 | Wong Chuk Hang SC | 12 | 17/7     |   |
| <b>Healthy Elderly Scheme-Table-Tennis FD</b>      |                            |          |             |                   |    |          |                                                                                                                                                                         |
| 40503775 (SN0748)                                  | 1/8-31/8<br>2/8-27/9       | W,F      | 12:00-14:00 | Apleichau SC      | 4  | 1/8-31/8 |                                                                                      |
| 40503786 (SN0749)                                  | (excl. 13,27/8,10,24,25/9) | M,Tu,Th  | 7:00-10:00  | Apleichau SC      | 4  | 2/8-27/9 |                                                                                      |
| 40503788 (SN0750)                                  | 1/8-31/8                   | M,W,F    | 7:00-9:00   | Aberdeen T/SC     | 6  | 1/8-31/8 |                                                                                      |
| <b>Healthy Elderly Scheme-American Pool FD</b>     |                            |          |             |                   |    |          |                                                                                                                                                                         |
| 40503766 (SN0742)                                  | 1/8-31/8                   | W,F      | 10:00-12:00 | Apleichau SC      | 4  | 1/8-31/8 |                                                                                      |
| 40503768 (SN0743)                                  | 2/8-30/8                   | M,Th     | 7:00-9:00   | Apleichau SC      | 4  | 2/8-30/8 |                                                                                      |
| 40503769 (SN0744)                                  | 7/8-28/8                   | Tu       | 7:00-9:00   | Apleichau SC      | 4  | 7/8-28/8 |                                                                                      |
| 40503770 (SN0745)                                  | 1/8-28/9<br>(excl. 25/9)   | M,Tu,W,F | 7:00-9:00   | Aberdeen T/SC     | 8  | 1/8-28/9 |                                                                                      |
| 40503772 (SN0746)                                  | 2/8-27/9                   | Th       | 10:00-12:00 | Aberdeen T/SC     | 8  | 2/8-27/9 |                                                                                      |
| <b>Meeting Points for Elderly-American Pool FD</b> |                            |          |             |                   |    |          |                                                                                                                                                                         |
| 40503794 (SN0756)                                  | 1/8-20/8                   | M,W      | 9:00-11:00  | Aberdeen T/SC     | 6  | 1/8-20/8 |                                                                                      |
| <b>Healthy Elderly Scheme-Gateball FD</b>          |                            |          |             |                   |    |          |                                                                                                                                                                         |
| 40503773 (SN0747)                                  | 7/8-28/8                   | Tu       | 7:00-9:00   | Apleichau SC      | 10 | 7/8-28/8 |                                                                                      |