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

Sai Kung District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee($)	Quota	Date of Enrollment (Balloting) {Open Enrollment for Remaining Quota}	Enrolment Method
Aerobic Dance Training Course									
40512028 (SK 1177)	22/11-22/12 (excl. 4/12,18/12)	Tu,Th,Sa	9:00-10:00	Tseung Kwan O SC	14+	65	20	15/10	
40512029 (SK 1178)	22/11-22/12 (excl. 4/12,18/12)	Tu,Th,Sa	10:00-11:00	Tseung Kwan O SC	14+	65	20	15/10	
40512030 (SK 1179)	22/11-22/12 (excl. 4/12,18/12)	Tu,Th,Sa	11:00-12:00	Tseung Kwan O SC	14+	65	20	15/10	
40512031 (SK 1180)	6/11-1/12	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	20	3/10	
40512032 (SK 1181)	6/11-1/12	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	20	3/10	
40512033 (SK 1182)	12/11-12/12 (excl. 19/11,3/12)	M,W,F	9:00-10:00	Po Lam SC	14+	65	24	9/10	
40512034 (SK 1183)	12/11-12/12 (excl. 19/11,3/12)	M,W,F	10:00-11:00	Po Lam SC	14+	65	24	9/10	
40512035 (SK 1184)	1/11-11/12	Tu,Th	19:00-20:00	Po Lam SC	14+	65	24	26/9	
40512036 (SK 1185)	1/11-11/12	Tu,Th	20:00-21:00	Po Lam SC	14+	65	24	26/9	
40512037 (SK 1186)	15/11-27/12 (excl. 25/12)	Tu,Th	19:00-20:00	Hong Kong Velodrome	14+	65	24	11/10	
40512038 (SK 1187)	15/11-27/12 (excl. 25/12)	Tu,Th	20:00-21:00	Hong Kong Velodrome	14+	65	24	11/10	
Baduanjin Training Course									
40512055 (SK 1204)	19/11-14/12	M,W,F	9:30-10:30	Open Space near TKOSP	8+	80	30	18/10	
Dance Play-in (Folk Dance)									
40512062 (SK 1211)	24/11	Sa	9:00-12:00	Hang Hau SC	14+	Free	80	16/10	
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.									
40512076 (SK 1225)	5/11-12/12	M,W	19:00-20:00	Po Lam SC	15+	75	20	@3/10	
40512077 (SK 1226)	5/11-12/12	M,W	20:00-21:00	Po Lam SC	15+	75	20	@3/10	
40512078 (SK 1227)	5/11-12/12	M,W	21:00-22:00	Po Lam SC	15+	75	20	@3/10	
40512079 (SK 1228)	2/11-28/11	M,W,F	15:00-16:00	Tsui Lam SC	15+	75	20	@28/9	
40512080 (SK 1229)	2/11-28/11	M,W,F	16:00-17:00	Tsui Lam SC	15+	75	20	@28/9	
40512081 (SK 1230)	27/11-22/12	Tu,Th,Sa	9:00-10:00	Po Lam SC	15+	75	20	@25/10	
40512082 (SK 1231)	27/11-22/12	Tu,Th,Sa	10:00-11:00	Po Lam SC	15+	75	20	@25/10	
Tai Chi Training Course									
40512480 (SK 1291)	28/11-22/3 (excl. 26/12,6/2)	M,W,F	7:00-8:00	Wai Man RD. PG	6+	60	50	18/9-24/9 (4/10) {5/11}	
Tai Chi Sword Training Course									
40512479 (SK 1290)	27/11-26/3 (excl. 25/12,1/1,5/2,7/2)	Tu,Th,Sa	7:00-8:00	Wai Man RD. PG	6+	60	40	19/10	
Healthy Exercise For All Campaign-Quali Walk									
40512099 (SK 1248)	2/11-28/11	M,W,F	7:00-8:00	Po Tsui Park	6+	20	20	28/9	
40512100 (SK 1249)	2/11-28/11	M,W,F	8:00-9:00	Po Tsui Park	6+	20	20	28/9	
Briefing on Proper Ways to Use Fitness Equipment									
40512042 (SK 1191)	15/11	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	25	18/9-24/9 (4/10) {29/10}	
40512043 (SK 1192)	15/11	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	25	18/9-24/9 (4/10) {29/10}	
40512070 (SK 1219)	13/11	Tu	19:00-22:00	Hang Hau SC	15+	Free	25	18/9-24/9 (4/10) {29/10}	
40512071 (SK 1220)	13/11	Tu	20:00-23:00	Hang Hau SC	15+	Free	25	18/9-24/9 (4/10) {29/10}	
40512072 (SK 1221)	13/11	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	25	18/9-24/9 (4/10) {29/10}	
40512073 (SK 1222)	13/11	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	25	18/9-24/9 (4/10) {29/10}	
40512074 (SK 1223)	17/11	Sa	9:00-12:00	Tseung Kwan O SC	15+	Free	25	18/9-24/9 (4/10) {5/11}	
40512075 (SK 1224)	17/11	Sa	10:00-13:00	Tseung Kwan O SC	15+	Free	25	18/9-24/9 (4/10) {5/11}	
Body-Mind Stretch Training Course									
40512039 (SK 1188)	13/11-20/12	Tu,Th	14:00-15:00	Hong Kong Velodrome	15+	85	24	10/10	
40512040 (SK 1189)	13/11-20/12	Tu,Th	15:00-16:00	Hong Kong Velodrome	15+	85	24	10/10	
The 7th HKG SKD Badminton Athlete Selection									
40512489 (SK 1299)	25/11	Su	9:00-19:00	Tseung Kwan O SC	All	Free	52	2/10	
Parent-child(Aged 7-17) Badminton Fun Day									
40512463 (SK 1274)	4/11	Su	9:00-10:00	Tseung Kwan O SC	7+	Free	24	2/10	

40512464 (SK 1275)	4/11	Su	10:00-11:00	Tseung Kwan O SC	7+	Free	24	2/10	
40512465 (SK 1276)	4/11	Su	11:00-12:00	Tseung Kwan O SC	7+	Free	24	2/10	
Badminton Training Course									
40512051 (SK 1200)	2/11-5/12	W,F	8:00-10:00	Tseung Kwan O SC	7+	118	24	18/9-24/9 (4/10) {29/10}	
40512052 (SK 1201)	15/11-17/12	M,Th	19:00-21:00	Tseung Kwan O SC	7+	118	24	18/9-24/9 (4/10) {5/11}	
40512053 (SK 1202)	7/11-7/12	W,F	19:00-21:00	Tsui Lam SC	7+	118	24	18/9-24/9 (4/10) {29/10}	
40512054 (SK 1203)	27/11-3/1 (excl. 25/12, 1/1/19)	Tu,Th	9:00-11:00	Tiu Keng Leng SC	7+	118	24	18/9-24/9 (4/10) {5/11}	
SKD Lawn Bowls Competition 2018									
40509919 (QSK 1128)	25/11	Su	9:00-19:00	Hang Hau Man Kuk Lane Park	8+	100	16	24/9-2/10 (11/10) {2/11}	
Lawn Bowls Fun Day									
40512448 (SK 1259)	10/11	Sa	16:00-18:00	Hang Hau Man Kuk Lane Park	8+	Free	24	18/9-24/9 (4/10) {5/11}	
Squash Training Course									
40512476 (SK 1287)	1/11-27/11	Tu,Th	19:00-21:00	Tseung Kwan O SC	7+	160	8	27/9	
40512477 (SK 1288)	14/11-7/12	W,F	19:00-21:00	Po Lam SC	7+	160	8	8/10	
Tennis Training Course									
40512481 (SK 1292)	15/11-18/12	Tu,Th	17:00-19:00	Po Tsui Park	8+	170	18	18/9-24/9 (4/10) {5/11}	
40512482 (SK 1293)	12/11-13/12	M,Th	19:00-21:00	Po Tsui Park	8+	170	18	18/9-24/9 (4/10) {29/10}	
40512483 (SK 1294)	20/11-21/12	Tu,F	19:00-21:00	Po Tsui Park	8+	170	18	18/9-24/9 (4/10) {5/11}	
40512484 (SK 1295)	21/11-12/12	M,W,F	15:00-17:00	Po Tsui Park	8+	170	18	18/10	
Go Training Course(Stage II)									
40512089 (SK 1238)	3/11-8/12	Sa	11:00-13:00	Po Lam SC	6+	40	20	18/9-24/9 (4/10) {29/10}	
Ultimate Fun Day									
40512485 (SK 1296)	24/11	Sa	14:00-15:30	Tseung Kwan O SC	6+	Free	40	12/10	
40512486 (SK 1297)	24/11	Sa	15:30-17:00	Tseung Kwan O SC	6+	Free	40	12/10	
Indoor Cricket Fun Day									
40512445 (SK 1256)	17/11	Sa	11:00-12:00	Tseung Kwan O SC	6+	Free	30	12/10	
40512446 (SK 1257)	17/11	Sa	12:00-13:00	Tseung Kwan O SC	6+	Free	30	12/10	
40512447 (SK 1258)	17/11	Sa	13:00-14:00	Tseung Kwan O SC	6+	Free	30	12/10	
SKD Volleyball Competition 2018 (Female)*									
40507011 (SK 918)	18/11-25/11	Su	9:00-18:00	Hang Hau SC	12+	60	16	11/9-17/9 (26/9) {24/10}	
SKD Volleyball Competition 2018 (Male)*									
40507010 (SK 917)	18/11-25/11	Su	9:00-18:00	Hang Hau SC	12+	60	16	11/9-17/9 (26/9) {24/10}	
SKD Sand Sculpture Comp 2018 (Disabled)*									
40512469 (SK 1280)	4/11	Su	10:00-14:00	Clear Water Bay Second Beach	All	60	64	21/9	
SKD Sand Sculpture Comp 2018(Family)*									
40512470 (SK 1281)	4/11	Su	10:00-14:00	Clear Water Bay Second Beach	All	60	120	21/9	
SKD Sand Sculpture Comp 2018(Youth)*									
40512472 (SK 1283)	4/11	Su	10:00-14:00	Clear Water Bay Second Beach	0-17	60	40	21/9	
SKD Sand Sculpture Competition 2018 (Open)*									
40512471 (SK 1282)	4/11	Su	10:00-14:00	Clear Water Bay Second Beach	All	60	80	21/9	
Sport Climbing Fun Day									
40512474 (SK 1285)	17/11	Sa	15:30-17:00	Tiu Keng Leng SC	12+	Free	24	12/10	
40512475 (SK 1286)	17/11	Sa	17:00-18:30	Tiu Keng Leng SC	12+	Free	24	12/10	
Community Garden Programme-Gardening Course									
40512060 (SK 1209)	4/11-3/3	M,Tu,W,Th,F,Sa,Su	9:00-12:00	Yuk Nga Lane Community Garden	12+	400	38	18/9-24/9 (4/10) {29/10}	
40512061 (SK 1210)	4/11-3/3	M,Tu,W,Th,F,Sa,Su	14:00-17:00	Yuk Nga Lane Community Garden	12+	400	38	18/9-24/9 (4/10) {29/10}	

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**
Baduanjin Training Course for Elderly							
40512056 (SK 1205)	20/11-15/12	Tu,Th,Sa	9:00-10:00	Hau Tak Estate	30	18/9-24/9 (4/10){5/11}	
40512057 (SK 1206)	20/11-15/12	Tu,Th,Sa	7:00-8:00	King Lam Estate	30	18/9-24/9 (4/10){5/11}	
40512058 (SK 1207)	20/11-15/12	Tu,Th,Sa	7:30-8:30	Sheung Tak Estate	30	18/9-24/9 (4/10){5/11}	
40512059 (SK 1208)	20/11-15/12	Tu,Th,Sa	8:30-9:30	Tsui Lam Estate	30	18/9-24/9 (4/10){5/11}	

Fitness Training Course for Elderly							
40512044 (SK 1193)	14/11-9/1	M,W	8:00-9:00	Hong Kong Velodrome	30	18/9-24/9 (4/10){29/10}	✉
40512045 (SK 1194)	14/11-9/1	M,W	9:00-10:00	Hong Kong Velodrome	30	18/9-24/9 (4/10){29/10}	✉
40512083 (SK 1232)	17/11-27/12 (excl. 20/11,4/12,18/12,25/12)	Tu,Th,Sa	8:00-9:00	Tseung Kwan O SC	20	18/9-24/9 (4/10){5/11}	✉
40512084 (SK 1233)	27/11-29/12 (excl. 25/12)	Tu,Th,Sa	8:00-9:00	Tiu Keng Leng SC	30	18/9-24/9 (4/10){5/11}	✉
40512085 (SK 1234)	27/11-29/12 (excl. 25/12)	Tu,Th,Sa	9:00-10:00	Tiu Keng Leng SC	30	18/9-24/9 (4/10){5/11}	✉
Meeting Point for Elderly (Fitness)							
40512451 (SK 1262)	2/11-23/11	F	8:00-10:00	Tsui Lam SC	20	18/9-24/9 (4/10){29/10}	✉
Fitness (Multi-gym) TC for Elderly @ 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.							
40512069 (SK 1218)	1/11-11/12	Tu,Th	7:00-8:00	Po Lam SC	20	@18/9-24/9 (4/10){29/10}	✉
Meeting Point for Elderly (Tai Chi)							
40512453 (SK 1264)	1/11-29/11	Th	7:00-8:00	Hong Shing Garden	35	1/11-29/11	Walk-in
40512454 (SK 1265)	1/11-29/11	Th	7:00-8:00	Open Space near TKOSP	35	1/11-29/11	Walk-in
40512455 (SK 1266)	7/11-28/11	W	7:00-8:00	Hang Hau Man Kuk Lane Park	35	7/11-21/11	Walk-in
40512456 (SK 1267)	7/11-28/11	W	7:00-8:00	Hau Tak Estate	35	7/11-28/11	Walk-in
40512457 (SK 1268)	7/11-28/11	W	19:30-20:30	Hau Tak Estate	35	7/11-28/11	Walk-in
40512458 (SK 1269)	7/11-28/11	W	7:00-8:00	Ming Tak Estate	35	7/11-28/11	Walk-in
40512459 (SK 1270)	7/11-28/11	W	7:00-8:00	Po Tsui Park	35	7/11-28/11	Walk-in
40512460 (SK 1271)	7/11-28/11	W	7:00-8:00	Sheung Tak Estate	35	7/11-28/11	Walk-in
40512461 (SK 1272)	7/11-28/11	W	7:00-8:00	Tsui Lam Estate	35	7/11-28/11	Walk-in
Meeting Point for Elderly (Tai Chi Sword)							
40512452 (SK 1263)	1/11-29/11	Th	7:00-8:00	Tsui Lam Estate	35	1/11-29/11	Walk-in
Health Elderly Scheme-Badminton Self Practice							
40512093 (SK 1242)	1/11-29/11	Th	8:00-10:00	Tseung Kwan O SC	20	21/9	🖳 *i*
Health Elderly Scheme-Table Tennis Self Practice Scheme							
40512094 (SK 1243)	7/11-28/11	W	8:00-9:00	Tsui Lam SC	8	4/10	🖳 *i*
40512095 (SK 1244)	2/11-30/11	F	8:00-9:00	Tsui Lam SC	8	26/9	🖳 *i*
40512096 (SK 1245)	1/11-29/11	Th	7:00-8:00	Hang Hau SC	12	24/9	🖳 *i*
40512097 (SK 1246)	1/11-29/11	Th	8:00-9:00	Hang Hau SC	12	24/9	🖳 *i*
40512098 (SK 1247)	1/11-29/11	Th	9:00-10:00	Hang Hau SC	12	24/9	🖳 *i*
Table-tennis Training Course for Elderly							
40512478 (SK 1289)	12/11-13/12	M,Th	14:00-16:00	Sai Kung Squash Courts	12	18/9-24/9 (4/10){29/10}	✉
Gateball Training Course for Elderly							
40512086 (SK 1235)	23/11-11/1	F	8:00-10:00	Tsui Lam SC	15	18/9-24/9 (4/10){5/11}	✉
40512087 (SK 1236)	8/11-27/12	Th	9:00-11:00	Po Hong Park	15	18/9-24/9 (4/10){29/10}	✉
40512088 (SK 1237)	20/11-22/1 (excl. 25/12,1/1)	Tu	9:00-11:00	Sheung Ning PG	30	18/9-24/9 (4/10){5/11}	✉
Excursion for Elderly (Sai Kung Get On)							
40512063 (SK 1212)	28/11	W	9:00-17:00	Shek O, Tai Tam Reservoir	48	18/9-24/9 (4/10){29/10}	✉
Excursion for Elderly (TKO Get On)							
40512064 (SK 1213)	28/11	W	9:00-17:00	Shek O, Tai Tam Reservoir	144	18/9-24/9 (4/10){29/10}	✉