

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

Southern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Aerobic Dance Training Course									
40514527 (SN1289)	12/12-11/1 (excl. 24/12,26/12)	M,W,F	8:00-9:00	Apleichau SC	14+	65	30	6/11	
40514528 (SN1290)	12/12-11/1 (excl. 24/12,26/12)	M,W,F	9:00-10:00	Apleichau SC	14+	65	30	6/11	
40514529 (SN1291)	12/12-11/1 (excl. 24/12,26/12)	M,W,F	10:00-11:00	Apleichau SC	14+	65	30	6/11	
40514530 (SN1292)	18/12-31/1 (excl. 25/12,1/1)	Tu,Th	14:00-15:00	Apleichau SC	14+	65	30	13/11	
40514531 (SN1293)	18/12-31/1 (excl. 25/12,1/1)	Tu,Th	15:00-16:00	Apleichau SC	14+	65	30	13/11	
40514532 (SN1294)	18/12-31/1 (excl. 25/12,1/1)	Tu,Th	18:00-19:00	Apleichau SC	14+	65	30	12/11	
40514534 (SN1295)	18/12-31/1 (excl. 25/12,1/1)	Tu,Th	19:00-20:00	Apleichau SC	14+	65	30	12/11	
40514536 (SN1296)	11/12-10/1 (excl. 25/12,1/1)	Tu,Th,Sa	9:00-10:00	Aberdeen SC	14+	65	30	9/11	
40514537 (SN1297)	11/12-10/1 (excl. 25/12,1/1)	Tu,Th,Sa	10:00-11:00	Aberdeen SC	14+	65	30	9/11	
40514538 (SN1298)	14/12-25/1 (excl. 26/12)	W,F	18:00-19:00	Aberdeen SC	14+	65	30	13/11	
40514539 (SN1299)	14/12-25/1 (excl. 26/12)	W,F	19:00-20:00	Aberdeen SC	14+	65	30	13/11	
40514540 (SN1300)	17/12-18/1 (excl. 24/12,26/12,31/12)	M,W,F	19:00-20:00	Stanley SC	14+	65	12	8/11	
40514541 (SN1301)	17/12-18/1 (excl. 24/12,26/12,31/12)	M,W,F	20:00-21:00	Stanley SC	14+	65	12	8/11	
40514542 (SN1302)	27/12-14/2 (excl. 1/1,5/2,7/2)	Tu,Th	9:00-10:00	Stanley SC	14+	65	30	16/11	
40514543 (SN1303)	27/12-14/2 (excl. 1/1,5/2,7/2)	Tu,Th	10:00-11:00	Stanley SC	14+	65	30	16/11	
Children Dance Training Course									
40514558 (SN1311)	8/12-16/2 (excl. 22/12)	Sa	9:00-11:00	Apleichau SC	4-11	60	20	13/11	
Chinese Dance Training Course									
40514559 (SN1312)	23/12-24/2	Su	9:00-11:00	Aberdeen SC	12+	45	30	15/11	
Christmas Eve Dance Night									
40513754 (SN1283)	24/12	M	19:00-22:00	Aberdeen SC	6+	20	200	12/11	
Physical Assessment									
40514897 (SN1382)	9/12	Su	14:00-17:00	Apleichau SC	All	Free	300	9/12	Walk-in
Fitness (Multi-gym) Training Course									
@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired. Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017. For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment. For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.									
40514565 (SN1315)	3/12-21/1 (excl. 24/12,26/12,31/12)	M,W	18:00-19:00	Aberdeen SC	15+	75	30	@5/11	
40514566 (SN1316)	3/12-21/1 (excl. 24/12,26/12,31/12)	M,W	19:00-20:00	Aberdeen SC	15+	75	30	@5/11	
40514567 (SN1317)	3/12-21/1 (excl. 24/12,26/12,31/12)	M,W	20:00-21:00	Aberdeen SC	15+	75	30	@5/11	
40514568 (SN1318)	28/12-13/2 (excl. 6/2,8/2)	W,F	7:00-8:00	Aberdeen SC	15+	75	30	@14/11	
40514569 (SN1319)	28/12-13/2 (excl. 6/2,8/2)	W,F	8:00-9:00	Aberdeen SC	15+	75	30	@14/11	
40514570 (SN1320)	28/12-13/2 (excl. 6/2,8/2)	W,F	9:00-10:00	Aberdeen SC	15+	75	30	@14/11	
40514571 (SN1321)	28/12-13/2 (excl. 6/2,8/2)	W,F	14:00-15:00	Aberdeen SC	15+	75	30	@21/11	
40514572 (SN1322)	28/12-13/2 (excl. 6/2,8/2)	W,F	15:00-16:00	Aberdeen SC	15+	75	30	@21/11	
40514574 (SN1323)	3/12-16/1 (excl. 26/12,31/12)	M,W	18:00-19:00	Aberdeen T/SC	15+	75	30	@7/11	
40514575 (SN1324)	3/12-16/1 (excl. 26/12,31/12)	M,W	19:00-20:00	Aberdeen T/SC	15+	75	30	@7/11	
40514578 (SN1325)	27/12-19/2 (excl. 1/1,8/1,5/2,7/2)	Tu,Th	20:00-21:00	Aberdeen T/SC	15+	75	30	@8/11	
Social Dance Training Course									
40514900 (SN1383)	3/12-10/1 (excl. 24/12,31/12)	M,Th	20:00-22:00	Apleichau SC	14+	86	30	16/11	
40514906 (SN1384)	14/12-18/1 (excl. 26/12)	W,F	16:00-18:00	Aberdeen SC	14+	86	30	26/10-1/11 (6/11){26/11}	
40514918 (SN1385)	27/12-31/1 (excl. 1/1)	Tu,Th	18:00-20:00	Aberdeen SC	14+	86	30	26/10-1/11 (6/11){26/11}	
40514943 (SN1386)	29/12-2/3	Sa	19:00-21:00	Stanley SC	14+	86	30	16/11	
Evening Tai Chi Training Course									
40514564 (SN1314)	28/12-6/5 (excl. 28,30/1,4,6/2,5,19,22/4,1/5)	M,W,F	18:00-19:00	Aberdeen Promenade(TaiChiPracticeArea)	6+	60	30	22/11	
Morning Tai Chi Training Course									
40514870 (SN1365)	28/12-6/5 (excl. 28,30/1,4,6/2,5,19,22/4,1/5)	M,W,F	7:00-8:00	Aberdeen Promenade(near Subway)	6+	60	30	22/11	

40514876 (SN1366)	28/12-6/5 (excl. 28,30/1,4,6/2,5,19,22/4,1/5)	M,W,F	8:00-9:00	Aberdeen Promenade(near Subway)	6+	60	60	26/10-1/11 (6/11){26/11}	✉
40514880 (SN1367)	7/12-8/4 (excl. 26/12,4/2,6/2,5/4)	M,W,F	7:00-8:00	Piazza,Apleichau Wind Tower Park	6+	60	60	22/11	🖨️ i
40514884 (SN1368)	10/12-8/4 (excl. 26/12,4/2,6/2,5/4)	M,W,F	7:00-8:00	Pokfulam Garden(near SP)	6+	60	60	26/10-1/11 (6/11){26/11}	✉
40514885 (SN1369)	17/12-15/4 (excl. 26/12,4/2,6/2,5/4)	M,W,F	7:00-8:00	South Horizons Phrase 3	6+	60	60	13/11	🖨️ i
40514888 (SN1370)	29/12-27/4 (excl. 1/1,5/2,7/2,20/4)	Tu,Th,Sa	7:30-8:30	Upper Baguio PG	6+	60	40	23/11	🖨️ i
40514893 (SN1371)	10/12-8/4 (excl. 26/12,4/2,6/2,5/4)	M,W,F	7:00-8:00	Wah Kwai Estate(near Fountain Square)	6+	60	60	13/11	🖨️ i
Morning Tai Chi Sword Training Course									
40514862 (SN1364)	29/12-27/4 (excl. 1/1,5/2,7/2,20/4)	Tu,Th,Sa	8:30-9:30	Upper Baguio PG	6+	60	40	23/11	🖨️ i
Briefing on Proper Ways to Use Fitness Equipment									
40514551 (SN1308)	15/12	Sa	14:00-17:00	Apleichau SC	15+	Free	25	26/10-1/11 (6/11){26/11}	✉
40514554 (SN1309)	9/12	Su	14:00-17:00	Aberdeen T/SC	15+	Free	25	26/10-1/11 (6/11){26/11}	✉
40514557 (SN1310)	11/12	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	25	26/10-1/11 (6/11){26/11}	✉
Fitness Walking Briefing Session									
40514599 (SN1338)	15/12	Sa	15:00-17:00	Piazza Apleichau Wind Tower Park	6+	Free	40	2/11	🖨️ i
Badminton Training Course									
40514544 (SN1304)	14/12-18/1 (excl. 26/12)	W,F	14:00-16:00	Aberdeen SC	7+	118	24	26/10-1/11 (6/11){26/11}	✉
40514545 (SN1305)	19/12-6/3 (excl. 26/12,6/2)	W	19:00-21:00	Aberdeen SC	7+	118	24	26/10-1/11 (6/11){26/11}	✉
40514546 (SN1306)	23/12-10/3 (excl. 13/1,20/1)	Su	14:00-16:00	Wong Chuk Hang SC	18+	118	24	26/10-1/11 (6/11){26/11}	✉
40514547 (SN1307)	29/12-2/3	Sa	15:00-17:00	Wong Chuk Hang SC	18+	118	24	26/10-1/11 (6/11){26/11}	✉
Indoor Lawn Bowls Training Course									
40514626 (SN1358)	3/12-7/1 (excl. 24/12,26/12,31/12)	M,W	19:00-21:00	Apleichau SC	8+	54	16	26/10-1/11 (6/11){26/11}	✉
Mini Tennis Training Course									
40514854 (SN1363)	29/12-2/3	Sa	13:00-15:00	Wong Chuk Hang SC	6-12	70	16	2/11	🖨️ i
Squash Training Course									
40514944 (SN1387)	4/12-3/1 (excl. 25/12,1/1)	Tu,Th	19:00-21:00	Aberdeen T/SC	18+	160	12	26/10-1/11 (6/11){26/11}	✉
Table-tennis Training Course									
40514945 (SN1388)	9/12-10/2	Su	10:00-12:00	Aberdeen SC	6+	86	12	26/10-1/11 (6/11){26/11}	✉
40514946 (SN1389)	29/12-2/3	Sa	14:00-16:00	Stanley SC	6+	86	12	26/10-1/11 (6/11){26/11}	✉
Tennis Training Course									
40514947 (SN1390)	2/12-3/2	Su	7:00-9:00	Aberdeen T/SC	8+	170	18	26/10-1/11 (6/11){26/11}	✉
40514948 (SN1391)	3/12-4/1	M,F	7:00-9:00	Aberdeen T/SC	8+	170	18	26/10-1/11 (6/11){26/11}	✉
40514949 (SN1392)	3/12-7/1 (excl. 31/12)	M,Th	18:00-20:00	Aberdeen T/SC	18+	170	18	26/10-1/11 (6/11){26/11}	✉
40514950 (SN1393)	5/12-9/1 (excl. 26/12)	W,F	16:00-18:00	Aberdeen T/SC	8+	170	18	26/10-1/11 (6/11){26/11}	✉
SD 7-a-side Soccer Comp for Primary School*									
40511007 (QSN1158)	16/12	Su	9:00-18:00	Wong Chuk Hang Recreationn Ground Hard S	6-12	60	12	19/10-1/11 (7/11){29/11}	✉
SD 7-a-side Soccer Comp*									
40511006 (QSN1157)	2/12-9/12	Su	9:00-18:00	Wong Chuk Hang Recreation Ground	14+	60	16	3/10-16/10 (25/10) {16/11}	✉
Meeting Points - Soccer Play in for Youth FD									
40514795 (SN1362)	21/12-28/12	F	18:00-20:00	Wong Chuk Hang Recreation Ground	12-35	Free	150	21/12-28/12	Walk-in
HealthyExerciseforAllCampaign-Hiking for all									
40514601 (SN1339)	9/12	Su	9:00-17:00	Shing Mun Reservoir-Pai Tau Village(A3)	6+	40	48	26/10-1/11 (6/11){26/11}	✉

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Enrolment methods that applicable only to programmes especially designed for persons with disabilities								
Persons with disabilities (PWDs) may enrol in programmes especially designed for them at the organising District Leisure Services Office or any other district offices . Each participant may be accompanied by ONE carer. Enrolment charge is free. The arrangements for accompanying carers are as follows: Training schemes: Accompanying carers may attend class with the enrolled PWDs on the training day. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification. Other activities: Accompanying carers are required to enrol in play-in activities with PWDs to facilitate coach and camp place arrangements. Permits, which must be presented when attending activities, will be issued to accompanying carers upon successful enrolment.								
Tai Chi Tr Scheme for Ex-mentally Ill Persons								
40514983 (SN1286)	5/12-2/1 (excl. 26/12)	W	19:00-21:00	New Life Psychiatric Rehabilitation Asso	15+	3	1/11	

Excursion for Persons with Physica Disability								
40513052 (SN1170)	15/12	Sa	10:30-16:30	NT	4-70	8	2/10	
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
Meeting Points for Elderly-Baduanjin FD								
40514792 (SN1360)	4/12-12/2 (excl. 25/12,1/1,5/2)	Tu	9:00-11:00	Yue Kwong RD. SC	40	4/12-12/2		Walk-in
40514794 (SN1361)	6/12-24/1	Th	9:00-11:00	Yue Kwong RD. SC	40	6/12-24/1		Walk-in
Fitness Exercise Training Course for Elderly								
40514579 (SN1326)	7/12-25/1 (excl. 26/12)	W,F	7:00-8:00	Apleichau SC	25	26/10-1/11 (6/11){26/11}		
40514583 (SN1327)	7/12-25/1 (excl. 26/12)	W,F	8:00-9:00	Apleichau SC	25	26/10-1/11 (6/11){26/11}		
40514585 (SN1331)	6/12-14/3 (excl. 7/2)	Th	14:00- 15:00	Wong Chuk Hang SC	12	26/10-1/11 (6/11){26/11}		
40514586 (SN1328)	4/12-24/1 (excl. 25/12,1/1)	Tu,Th	7:00-8:00	Aberdeen T/SC	25	26/10-1/11 (6/11){26/11}		
40514589 (SN1329)	4/12-24/1 (excl. 25/12,1/1)	Tu,Th	8:00-9:00	Aberdeen T/SC	25	26/10-1/11 (6/11){26/11}		
40514591 (SN1330)	5/12-30/1 (excl. 26/12,31/12,2/1)	M,W	10:00- 11:00	Aberdeen T/SC	25	26/10-1/11 (6/11){26/11}		
40514592 (SN1332)	6/12-14/3 (excl. 7/2)	Th	15:00- 16:00	Wong Chuk Hang SC	12	26/10-1/11 (6/11){26/11}		
40514593 (SN1333)	18/12-9/4 (excl. 25/12,1/1,5/2)	Tu	14:00- 15:00	Wong Chuk Hang SC	12	26/10-1/11 (6/11){26/11}		
40514594 (SN1334)	18/12-9/4 (excl. 25/12,1/1,5/2)	Tu	15:00- 16:00	Wong Chuk Hang SC	12	26/10-1/11 (6/11){26/11}		
40515838 (SN1403)	7/12-25/1	W,F	9:00-10:00	Apleichau SC	25	26/10-1/11 (6/11){26/11}		
Healthy Elderly Scheme-Indoor Lawn Bowls FD								
40514613 (SN1348)	4/12-29/1 (excl. 25/12, 1/1)	Tu	9:00-11:00	Apleichau SC	40	4/12-29/1		Walk-in
Healthy Elderly Scheme-Table-Tennis FD								
40514614 (SN1349)	3/12-31/1 (excl. 10,24,25/12, 1,14,28/1)	M,Tu,Th	7:00-10:00	Apleichau SC	4	3/12-31/1		Walk-in
40514616 (SN1350)	3/12-31/12 (excl. 10/12,24/12,25/12)	M,Tu,Th	10:00- 12:00	Apleichau SC	4	3/12-31/12		Walk-in
40514617 (SN1351)	5/12-28/12 (excl. 26/12)	W,F	12:00- 14:00	Apleichau SC	4	5/12-28/12		Walk-in
40514619 (SN1352)	7/12-28/12	F	9:00-11:00	Aberdeen SC	8	7/12-28/12		Walk-in
40514620 (SN1353)	3/12-31/12 (excl. 26/12)	M,W,F	7:00-9:00	Aberdeen T/SC	6	3/12-31/12		Walk-in
40514622 (SN1354)	4/12-29/1	Tu	9:00-11:00	Stanley SC	6	4/12-29/1		Walk-in
40514623 (SN1355)	18/12	Tu	8:00-11:00	Wong Chuk Hang SC	16	18/12		Walk-in
40514624 (SN1356)	20/12-27/12	Th	8:00-11:00	Wong Chuk Hang SC	16	20/12-27/12		Walk-in
Healthy Elderly Scheme-Tennis FD								
40514625 (SN1357)	5/12-19/12	W	7:00-10:00	Aberdeen T/SC	4	5/12-19/12		Walk-in
Healthy Elderly Scheme-American Pool FD								
40514602 (SN1340)	3/12-31/12	M,Th	7:00-9:00	Apleichau SC	4	3/12-31/12		Walk-in
40514604 (SN1341)	4/12-18/12	Tu	7:00-9:00	Apleichau SC	4	4/12-18/12		Walk-in
40514605 (SN1342)	5/12-28/12 (excl. 26/12)	W,F	10:00- 12:00	Apleichau SC	4	5/12-28/12		Walk-in
40514606 (SN1343)	3/12-30/1 (excl. 25/12,26/12,1/1)	M,Tu,W,F	7:00-9:00	Aberdeen T/SC	8	3/12-30/1		Walk-in
40514608 (SN1344)	6/12-31/1	Th	10:00- 12:00	Aberdeen T/SC	8	6/12-31/1		Walk-in
MeetingPoints for Elderly-AmericanPoolPlan-In								
40514631 (SN1359)	3/12-19/12	M,W	9:00-11:00	Aberdeen T/SC	6	3/12-19/12		Walk-in
Healthy Elderly Scheme- Gateball FD								
40514610 (SN1346)	19/12	W	9:00-11:00	Wong Chuk Hang SC	10	19/12		Walk-in
40514612 (SN1347)	4/12-27/12	Tu,Th	14:00- 16:00	Yue Kwong RD. SC	10	4/12-27/12		Walk-in
Healthy Elderly Scheme-Gateball FD								
40514609 (SN1345)	7/12-28/12	F	11:00- 13:00	Apleichau SC	10	7/12-28/12		Walk-in