

Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Feb 2019

Sha Tin 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									
40519907 (ST1749)	1/2-15/3 (excl. 6/2)	W,F	9:00-10:00	Yuen Wo RD. SC	14+	65	20	3/1	
40519908 (ST1750)	1/2-15/3 (excl. 6/2)	W,F	10:00-11:00	Yuen Wo RD. SC	14+	65	20	3/1	
40519909 (ST1751)	1/2-15/3 (excl. 6/2)	W,F	19:00-20:00	Yuen Wo RD. SC	14+	65	20	8/1	
40519910 (ST1752)	1/2-15/3 (excl. 6/2)	W,F	20:00-21:00	Yuen Wo RD. SC	14+	65	20	8/1	
40519911 (ST1753)	11/2-22/3	M,F	19:00-20:00	Ma On Shan SC	14+	65	20	17/12-21/12 (2/1) {24/1}	
40519912 (ST1754)	11/2-22/3	M,F	20:00-21:00	Ma On Shan SC	14+	65	20	17/12-21/12 (2/1) {24/1}	
40519913 (ST1755)	12/2-21/3	Tu,Th	9:00-10:00	Heng On SC	14+	65	20	7/1	
40519914 (ST1756)	12/2-21/3	Tu,Th	10:00-11:00	Heng On SC	14+	65	20	7/1	
40519919 (ST1761)	12/2-21/3	Tu,Ths	9:00-10:00	Mei Lam SC	14+	65	30	7/1	
40519920 (ST1762)	12/2-21/3	Tu,Ths	10:00-11:00	Mei Lam SC	14+	65	30	7/1	
40519921 (ST1763)	12/2-21/3	Tu,Ths	14:00-15:00	Mei Lam SC	14+	65	30	3/1	
40519923 (ST1765)	12/2-21/3	Tu, Th	9:00-10:00	Yuen Wo RD. SC	14+	65	20	4/1	
40519924 (ST1766)	12/2-21/3	Tu,Th	10:00-11:00	Yuen Wo RD. SC	14+	65	20	4/1	
40519925 (ST1767)	12/2-21/3	Tu,Th	13:00-14:00	Yuen Wo RD. SC	14+	65	20	9/1	
40519926 (ST1768)	12/2-21/3	Tu,Th	14:00-15:00	Yuen Wo RD. SC	14+	65	20	9/1	
40519927 (ST1769)	13/2-22/3	W,F	19:00-20:00	Heng On SC	14+	65	20	10/1	
40519928 (ST1770)	13/2-22/3	W,F	20:00-21:00	Heng On SC	14+	65	20	10/1	
40519929 (ST1771)	13/2-22/3	W,F	14:00-15:00	Ma On Shan SC	14+	65	20	17/12-21/12 (2/1) {24/1}	
40519930 (ST1772)	13/2-25/3	Ms,Ws	19:00-20:00	Mei Lam SC	14+	65	30	10/1	
40519931 (ST1773)	13/2-25/3	Ms,Ws	20:00-21:00	Mei Lam SC	14+	65	30	10/1	
Baduanjin Fun Day									
40520308 (ST1866)	16/2	Sa	15:00-17:00	Heng On SC	8+	Free	20	2/1	
Baduanjin Training Course									
40519932 (ST1774)	12/2-21/3	Tu,Th	15:00-16:00	Ma On Shan SC	8+	80	30	17/12-21/12 (2/1) {24/1}	
40519933 (ST1775)	12/2-21/3	Tu,Th	16:00-17:00	Ma On Shan SC	8+	80	30	17/12-21/12 (2/1) {24/1}	
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.									
40519934 (ST1776)	11/2-8/3	M,W,F	15:00-16:00	Heng On SC	15+	75	20	@11/1	
40519935 (ST1777)	11/2-8/3	M,W,F	16:00-17:00	Heng On SC	15+	75	20	@11/1	
40519936 (ST1778)	12/2-9/3	Tu,Th,Sa	9:00-10:00	Heng On SC	15+	75	20	@15/1	
40519937 (ST1779)	12/2-9/3	Tu,Th,Sa	19:00-20:00	Heng On SC	15+	75	20	@16/1	
40519938 (ST1780)	12/2-9/3	Tu,Th,Sa	20:00-21:00	Heng On SC	15+	75	20	@16/1	
40519939 (ST1781)	12/2-21/3	Tu,Th	9:00-10:00	Ma On Shan SC	15+	75	20	@17/1	
40519940 (ST1782)	12/2-21/3	Tu,Th	10:00-11:00	Ma On Shan SC	15+	75	20	@17/1	
40519941 (ST1783)	13/2-15/3 (excl. 25/2,11/3)	M,W,F	9:00-10:00	Heng On SC	15+	75	20	@14/1	
40519942 (ST1784)	13/2-22/3	W,F	13:00-14:00	Ma On Shan SC	15+	75	20	@18/1	
40519943 (ST1785)	13/2-15/3 (excl. 18/2,4/3)	Ms,Ws,Fs	8:00-9:00	Mei Lam SC	15+	75	30	@14/1	
40519944 (ST1786)	13/2-15/3 (excl. 18/2,4/3)	Ms,Ws,Fs	9:00-10:00	Mei Lam SC	15+	75	30	@14/1	
40519945 (ST1787)	18/2-15/3	Ms,Ws,Fs	16:00-17:00	Mei Lam SC	15+	75	30	@17/1	
40519946 (ST1788)	18/2-15/3	Ms,Ws,Fs	19:00-20:00	Mei Lam SC	15+	75	30	@16/1	
40519947 (ST1789)	18/2-15/3	Ms,Ws,Fs	20:00-21:00	Mei Lam SC	15+	75	30	@16/1	
40519948 (ST1790)	19/2-16/3	Tu,Ths,Sas	7:00-8:00	Mei Lam SC	15+	75	30	@15/1	
40519949 (ST1791)	19/2-16/3	Tu,Ths,Sas	8:00-9:00	Mei Lam SC	15+	75	30	@15/1	
40519950 (ST1792)	19/2-16/3	Tu,Ths,Sas	10:00-11:00	Mei Lam SC	15+	75	30	@15/1	
The 39th STD Prize Presentation of Dance Comp									
40503700 (ST0899)	16/2	Sa	19:00-22:00	Sha Tin Town Hall	All	Free	2000	11/2	
Social Dance Training Course									
40519952 (ST1794)	13/2-15/3	W,F	9:00-11:00	Ma On Shan SC	14+	86	26	17/12-21/12 (2/1) {24/1}	

40517818 (ST1665)	23/2-21/3	Tu,Th,Sa	7:00-8:00	Ma On Shan SC	6+	54	30	17/12-21/12 (2/1) {24/1}	
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40519953 (ST1795)	13/2-15/3	W,F	12:00-14:00	Yuen Wo RD. SC	15+	85	25	17/12-21/12 (2/1) {24/1}	
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40519957 (ST1799)	1/2-29/3	M,W,F	18:30-20:30	Yuen Wo RD. SC	15+	Free	40	1/2	
40519958 (ST1800)	12/2-28/3	Tu,Th	18:30-20:30	Yuen Wo RD. SC	15+	Free	40	12/2	

40517829 (ST1676)	9/2	Sa	14:00-17:00	Ma On Shan SC	15+	Free	25	17/12-21/12 (2/1) {9/2}	☑
40519954 (ST1796)	3/2	Su	9:00-12:00	Mei Lam SC	15+	Free	25	17/12-21/12 (2/1) {24/1}	☑
40519955 (ST1797)	10/2	Su	9:00-12:00	Heng On SC	15+	Free	20	17/12-21/12 (2/1) {24/1}	☑
40519956 (ST1798)	16/2	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	25	17/12-21/12 (2/1) {24/1}	☑
40520309 (ST1867)	2/2	Sa	9:00-12:00	Heng On SC	15+	Free	20	17/12-21/12 (2/1) {24/1}	☑

40520310 (ST1868)	10/2	Su	14:00-15:00	Heng On SC	7+	Free	18	17/12-21/12 (2/1) {24/1}	☒
40520311 (ST1869)	10/2	Su	15:00-16:00	Heng On SC	7+	Free	18	17/12-21/12 (2/1) {24/1}	☒
40520312 (ST1870)	10/2	Su	16:00-17:00	Heng On SC	7+	Free	18	17/12-21/12 (2/1) {24/1}	☒

40519959 (ST1801)	11/2-14/3	Ms,Ths	19:00-21:00	Hin Keng SC (non-air cond.)	7+	118	18	17/12-21/12 (2/1) {24/1}	☒
40519960 (ST1802)	12/2-15/3	Tu,Fs	9:00-11:00	Hin Keng SC(non-air cond.)	7+	118	18	17/12-21/12 (2/1) {24/1}	☒
40519961 (ST1803)	12/2-26/3 (excl. 7/3,14/3,21/3)	Tu,Th	19:00-21:00	Ma On Shan SC	7+	118	24	17/12-21/12 (2/1) {24/1}	☒
40519962 (ST1804)	12/2-14/3	Tu,Ths	19:00-21:00	Mei Lam SC	7+	118	24	17/12-21/12 (2/1) {24/1}	☒
40519963 (ST1805)	12/2-15/3	Tu,F	19:00-21:00	Yuen Wo RD. SC	7+	118	24	17/12-21/12 (2/1) {24/1}	☒
40519964 (ST1806)	13/2-15/3	W,F	9:00-11:00	Heng On SC(non-air cond.)	7+	118	18	17/12-21/12 (2/1) {24/1}	☒
40519965 (ST1807)	13/2-15/3	W,F	13:00-15:00	Ma On Shan SC	7+	118	24	17/12-21/12 (2/1) {24/1}	☒
40519966 (ST1808)	13/2-15/3	Ws,Fs	9:00-11:00	Mei Lam SC	7+	118	24	17/12-21/12 (2/1) {24/1}	☒
40519967 (ST1809)	18/2-20/3	M,W	19:00-21:00	Yuen Chau Kok SC	7+	118	24	17/12-21/12 (2/1) {24/1}	☒

40519968 (ST1812)	11/2-7/3	M,Th	19:00-21:00	Sha Tin Jockey Club Public Squash Court	7+	160	8	17/12-21/12 (2/1) {24/1}	
40519969 (ST1813)	13/2-8/3	W,F	19:00-21:00	Heng On SC	7+	160	8	17/12-21/12 (2/1) {24/1}	
40519970 (ST1814)	13/2-8/3	W,F	19:00-21:00	Sha Tin Jockey Club Public Squash	7+	160	8	17/12-21/12 (2/1) {24/1}	

40519971 (ST1816)	11/2-15/3	M,F	19:00-21:00	Ma On Shan SC	14+	86	24	17/12-21/12 (2/1) {24/1}	
40519972 (ST1817)	13/2-15/3	W,F	9:00-11:00	Ma On Shan SC	14+	86	24	17/12-21/12 (2/1) {24/1}	

40519973 (ST1818)	11/2-13/3	M,W	19:00-21:00	Yuen Wo PG	8+	170	18	17/12-21/12 (2/1) {24/1}	☑
40519974 (ST1819)	12/2-14/3	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	170	12	17/12-21/12 (2/1) {24/1}	☑
40519975 (ST1820)	12/2-14/3	Tu,Th	9:00-11:00	Yuen Wo PG	8+	170	18	17/12-21/12 (2/1) {24/1}	☑
40519976 (ST1821)	18/2-20/3	M,W	19:00-21:00	Hin Tin PG	8+	170	12	17/12-21/12 (2/1) {24/1}	☑
40519977 (ST1822)	20/2-25/3	M,W	9:00-11:00	Yuen Wo PG	8+	170	18	17/12-21/12 (2/1) {24/1}	☑

40519978 (ST1823)	24/2-17/3	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	6	17/12-21/12 (2/1) {24/1}	
40519979 (ST1824)	24/2-17/3	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	6	17/12-21/12 (2/1) {24/1}	

40519980 (ST1825)	23/2-16/3	Sa	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	6	17/12-21/12 (2/1) {24/1}	
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40502712 (ST0894)	17/2	Su	9:00-16:00	Wan Chai Gap - Jardine's Lookout	6+	40	48	17/12-21/12 (2/1) {24/1}	
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Activities for Persons with Disabilities	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) { Open Enrollment for Remaining Quota }	Enrolment Method
Programme Number (Class code) (free of charge)							

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.

Bocce Training Programme for People with ID

40514429 (ST1640)	11/2-11/3	M	19:00-21:00	Yuen Chau Kok SC	8+	20	10/12	 
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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
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Chinese Dance Training Course for Elderly

40519983 (ST1828)	13/2-15/3	W,F	8:00-10:00	Yuen Wo RD. SC	30	18/12-24/12 (3/1){25/1}	
40519984 (ST1829)	13/2-15/3	W,F	10:00-12:00	Yuen Wo RD. SC	30	18/12-24/12 (3/1){25/1}	

Fitness Exercise Training Course for Elderly

40519985 (ST1830)	11/2-27/3	M,W	15:00-16:00	Heng On SC	20	18/12-24/12 (3/1){25/1}	
40519986 (ST1831)	11/2-27/3	M,W	15:00-16:00	Heng On SC	20	18/12-24/12 (3/1){25/1}	
40519987 (ST1832)	12/2-28/3	Tu,Th	8:00-9:00	Yuen Wo RD. SC	25	18/12-24/12 (3/1){25/1}	
40519988 (ST1833)	12/2-28/3	Tu,Th	9:00-10:00	Yuen Wo RD. SC	25	18/12-24/12 (3/1){25/1}	
40519989 (ST1834)	12/2-28/3	Tu,Th	10:00-11:00	Yuen Wo RD. SC	25	18/12-24/12 (3/1){25/1}	

Fitness (Multi-gym) Tr. Cr. 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.

40519990 (ST1835)	12/2-9/3	Tu,Th,Sa	8:00-9:00	Heng On SC	20	@18/12-24/12 (3/1){25/1}	
40519992 (ST1837)	13/2-15/3 (excl. 25/2,11/3)	M,W,F	8:00-9:00	Heng On SC	20	@18/12-24/12 (3/1){25/1}	

HES - Social Dance Fun Day for Elderly

40519995 (ST1840)	1/2-22/2	F	10:00-11:30	Heng On SC	30	1/2-22/2	Walk-in
40519996 (ST1841)	1/2-22/2	F	11:30-13:00	Heng On SC	30	1/2-22/2	Walk-in

Social Dance Tr. Cr. for Elderly

40519997 (ST1842)	13/2-15/3	Ws,Fs	8:00-10:00	Hin Keng SC	20	18/12-24/12 (3/1){25/1}	
40519998 (ST1843)	13/2-15/3	Ws,Fs	10:00-12:00	Hin Keng SC	20	18/12-24/12 (3/1){25/1}	

Tai Chi Tr. Cr. for Elderly

40519999 (ST1844)	13/2-22/3	W,F	7:00-8:00	Ma On Shan SC	30	18/12-24/12 (3/1){25/1}	
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HES - Badminton Fun Day for Elderly

40520000 (ST1845)	11/2-27/2	M,W	8:00-10:00	Yuen Chau Kok SC	24	11/2-27/2	Walk-in
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HES - Table-tennis Fun Day for Elderly

40517881 (ST1727)	14/2-21/2	Th	12:00-14:00	Ma On Shan SC	48	14/2-21/2	Walk-in
40517886 (ST1732)	12/2-26/2	Tu	14:00-16:00	Ma On Shan SC	48	12/2-26/2	Walk-in
40520002 (ST1849)	8/2-26/2	Tu,F	8:00-10:00	Sha Tin Jockey Club Public Squash Courts	16	8/2-26/2	Walk-in
40520003 (ST1850)	8/2-26/2	Tu,F	10:00-12:00	Sha Tin Jockey Club Public Squash Courts	16	8/2-26/2	Walk-in
40520004 (ST1851)	8/2-26/2	Tu,F	8:00-10:00	Yuen Wo RD. SC	16	8/2-26/2	Walk-in
40520005 (ST1852)	8/2-26/2	Tu,F	10:00-12:00	Yuen Wo RD. SC	16	8/2-26/2	Walk-in
40520006 (ST1853)	11/2-27/2	M,W	9:00-11:00	Yuen Chau Kok SC	16	11/2-27/2	Walk-in

Gateball Fun Day for Elderly

40520008 (ST1855)	18/2	M	10:00-12:00	Heng On SC(non air-cond.)	30	18/2	Walk-in
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Gateball Training Course for Elderly

40520009 (ST1856)	14/2-12/3	Tu,Th	9:00-11:00	Ma On Shan SC	30	18/12-24/12 (3/1){25/1}	
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