

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

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
Life-saving Training Course (Bronze Medallion)									
40527564 (SK 0255)	22/5-5/7 (excl. 7/6,1/7)	M,W,F	19:30-21:30	Sai Kung SP - Main Pool	13+	108	24	10/4	
Aerobic Dance Training Course									
40527683 (SK 0223)	16/5-15/6 (excl. 21/5,4/6)	Tu,Th,Sa	9:00-10:00	Tseung Kwan O SC	14+	65	20	12/4	
40527684 (SK 0224)	16/5-15/6 (excl. 21/5,4/6)	Tu,Th,Sa	10:00-11:00	Tseung Kwan O SC	14+	65	20	12/4	
40527685 (SK 0225)	16/5-15/6 (excl. 21/5,4/6)	Tu,Th,Sa	11:00-12:00	Tseung Kwan O SC	14+	65	20	12/4	
40527686 (SK 0226)	16/5-11/6	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	20	10/4	
40527687 (SK 0227)	16/5-11/6	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	20	10/4	
40527688 (SK 0228)	27/5-28/6 (excl. 3/6,7/6,17/6)	M,W,F	9:00-10:00	Po Lam SC	14+	65	24	18/4	
40527689 (SK 0229)	27/5-28/6 (excl. 3/6,7/6,17/6)	M,W,F	10:00-11:00	Po Lam SC	14+	65	24	18/4	
40527751 (SK 0252)	31/5-12/7 (excl. 7/6)	W,F	13:00-14:00	Sai Kung Squash Courts	14+	65	12	25/4	
40527752 (SK 0253)	31/5-12/7 (excl. 7/6)	W,F	14:00-15:00	Sai Kung Squash Courts	14+	65	12	25/4	
40527756 (SK 0257)	20/5-17/6 (excl. 7/6)	M,W,F	14:00-15:00	Hong Kong Velodrome	14+	65	24	16/4	
40527757 (SK 0258)	20/5-17/6 (excl. 7/6)	M,W,F	15:00-16:00	Hong Kong Velodrome	14+	65	24	16/4	
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.									
40527691 (SK 0231)	16/5-11/6	Tu,Th,Sa	9:00-10:00	Po Lam SC	15+	75	20	@11/4	
40527692 (SK 0232)	16/5-11/6	Tu,Th,Sa	10:00-11:00	Po Lam SC	15+	75	20	@11/4	
Dance Play-in (Social Dance)									
40527699 (SK 0239)	25/5	Sa	9:00-12:00	Hang Hau SC	14+	Free	80	23/4	
Briefing on Proper Ways to Use Fitness Equipment									
40527693 (SK 0233)	14/5	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	25	20/3-26/3 (3/4) {30/4}	
40527694 (SK 0234)	14/5	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	25	20/3-26/3 (3/4) {30/4}	
40527695 (SK 0235)	28/5	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	25	20/3-26/3 (3/4){3/5}	
40527696 (SK 0236)	28/5	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	25	20/3-26/3 (3/4){3/5}	
40527697 (SK 0237)	7/5	Tu	19:00-22:00	Hang Hau SC	15+	Free	25	20/3-26/3 (3/4) {30/4}	
40527698 (SK 0238)	7/5	Tu	20:00-23:00	Hang Hau SC	15+	Free	25	20/3-26/3 (3/4) {30/4}	
40527758 (SK 0259)	16/5	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	25	20/3-26/3 (3/4){3/5}	
40527759 (SK 0260)	16/5	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	25	20/3-26/3 (3/4){3/5}	
Badminton Training Course									
40527690 (SK 0230)	23/5-24/6	M,Th	19:00-21:00	Tseung Kwan O SC	7+	118	24	20/3-26/3 (3/4){3/5}	
BMX Fun Day									
40527770 (SK 0271)	5/5	Su	14:30-17:30	The HKJC International BMX Park	8+	Free	50	4/4	
Track Cycling Taster Session									
40527767 (SK 0268)	11/5	Sa	9:30-12:30	Hong Kong Velodrome	11+	Free	20	8/4	
40527768 (SK 0269)	25/5	Sa	9:30-12:30	Hong Kong Velodrome	11+	Free	20	8/4	
Track Cycling Training Course (Level II)									
40526031 (SK 192)	28/5	Tu	18:00-22:00	Hong Kong Velodrome	11+	140	20	18/4	
Track Cycling Training Course (Level III)									
40526042 (SK 202)	9/5	Th	18:00-22:00	Hong Kong Velodrome	11+	140	20	4/4	
Lawn Bowls Training Course									
40527769 (SK 0270)	2/5-28/5	Tu,Th	20:00-22:00	Hang Hau Man Kuk Lane Park	8+	54	8	20/3-26/3 (3/4) {30/4}	
Mini Tennis Training Course									
40527700 (SK 0240)	18/5-20/7	Sa	9:00-11:00	Po Lam SC (Non Air- Con)	6-12	70	12	20/3-26/3 (3/4){3/5}	
Squash Training Course									
40527701 (SK 0241)	17/5-14/6 (Excl 7/6)	W,F	19:00-21:00	Po Lam SC	7+	160	8	15/4	
40527755 (SK 0256)	7/5-30/5	Tu,Th	19:00-21:00	Sai Kung Squash Courts	7+	160	8	4/4	
Children Table-tennis Training Course									
40527702 (SK 0242)	5/5-14/7 (excl. 12/5)	Su	9:00-11:00	Tiu Keng Leng SC	6-13	86	18	20/3-26/3 (3/4) {30/4}	
Tennis Training Course									
40527784 (SK 0285)	16/5-18/6	Tu,Th	17:00-19:00	Po Tsui Park	8+	170	18	20/3-26/3 (3/4){3/5}	
40527785 (SK 0286)	20/5-20/6	M,Th	19:00-21:00	Po Tsui Park	8+	170	18	20/3-26/3 (3/4){3/5}	

40527786 (SK 0287)	22/5-24/6	M,W	9:00-11:00	Po Tsui Park	8+	170	18	20/3-26/3 (3/4){3/5}	✉
40527787 (SK 0288)	24/5-28/6 (excl. 7/6)	Tu,F	19:00-21:00	Po Tsui Park	8+	170	18	20/3-26/3 (3/4){3/5}	✉
40527788 (SK 0289)	6/5-29/5 (excl. 13/5)	M,W,F	15:00-17:00	Po Tsui Park	8+	170	18	2/4	📄 i

SKD Basket ball Competition 2019 (Female)*

40527782 (QSK 0283)	19/5-9/6	Su	9:00-18:00	Tseung Kwan O SC	14+	60	32	18/3-24/3 (2/4){29/4}	✉
---------------------	----------	----	------------	------------------	-----	----	----	-----------------------	---

SKD Basket ball Competition 2019 (Male)*

40527783 (QSK 0284)	19/5-9/6	Su	9:00-18:00	Tseung Kwan O SC	14+	60	32	18/3-24/3 (2/4){29/4}	✉
---------------------	----------	----	------------	------------------	-----	----	----	-----------------------	---

Handball Training Course

40527771 (SK 0272)	18/5-20/7	Sa	15:00-17:00	Tseung Kwan O SC	11-17	45	20	20/3-26/3 (3/4){3/5}	✉
--------------------	-----------	----	-------------	------------------	-------	----	----	----------------------	---

SKD Kayak Training Course (1 Star Award)

40527790 (SK 0291)	19/5	Su	9:00-17:00	Chong Hing WSC	14+	30	8	20/3-26/3 (3/4){30/4}	✉
--------------------	------	----	------------	----------------	-----	----	---	-----------------------	---

Day Camp for Families

40527753 (SK 0254)	19/5	Su	9:00-17:00	Lei Yue Mun Park	All	60	48	10/4	📄
--------------------	------	----	------------	------------------	-----	----	----	------	---

Sport Climbing Fun Day

40527703 (SK 0243)	11/5	Sa	15:30-17:00	Tiu Keng Leng SC	12+	Free	24	2/4	📄 i
40527704 (SK 0244)	11/5	Sa	17:00-18:30	Tiu Keng Leng SC	12+	Free	24	2/4	📄 i

SKD Elementary Dragon Boat Tr. Cr.

40527789 (SK 0290)	19/5	Su	9:00-17:00	Chong Hing WSC	12+	90	10	17/4	📄 i
--------------------	------	----	------------	----------------	-----	----	----	------	-----

Community Garden Programme (Plot No:2-39)

40527773 (SK 0274)	19/5-15/9	Su	9:00-12:00	Yuk Nga Lane Community Garden	12+	400	38	20/3-26/3 (3/4){3/5}	✉
--------------------	-----------	----	------------	-------------------------------	-----	-----	----	----------------------	---

Community Garden Programme (Plot No:40-77)

40527774 (SK 0275)	19/5-15/9	Su	14:00-17:00	Yuk Nga Lane Community Garden	12+	400	38	20/3-26/3 (3/4){3/5}	✉
--------------------	-----------	----	-------------	-------------------------------	-----	-----	----	----------------------	---

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) can enrol at any District Leisure Services Offices or recreation and sports venues with Leisure Link Services, or by post. Each participant may be accompanied by ONE carer for free. The arrangements for accompanying carers are as follows:
 Training schemes: Accompanying carers may attend the 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 recreation programmes with PWDs to facilitate coach and camp place arrangements. Admission tickets, which must be presented for verification when attending activities, will be issued to accompanying carers upon successful enrolment.

Day Camp for Persons with Chronic illness

40527776 (SK 0277)	4/5	Sa	10:30-16:30	Sai Kung ORC	All	6	25/3	📄
--------------------	-----	----	-------------	--------------	-----	---	------	---

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

40527668 (SK 0208)	11/5-6/6	Tu,Th,Sa	9:00-10:00	Hau Tak Estate	30	20/3-26/3 (3/4){30/4}	✉
40527669 (SK 0209)	11/5-6/6	Tu,Th,Sa	7:00-8:00	King Lam Estate	30	20/3-26/3 (3/4){30/4}	✉
40527670 (SK 0210)	11/5-6/6	Tu,Th,Sa	7:30-8:30	Sheung Tak Estate	30	20/3-26/3 (3/4){30/4}	✉
40527671 (SK 0211)	11/5-6/6	Tu,Th,Sa	8:30-9:30	Tsui Lam Estate	30	20/3-26/3 (3/4){30/4}	✉

Fitness Training Course for Elderly

40527706 (SK 0245)	14/5-20/6 (excl. 21/5,4/6,18/6)	Tu,Th,Sa	8:00-9:00	Tseung Kwan O SC	20	20/3-26/3 (3/4){30/4}	✉
--------------------	------------------------------------	----------	-----------	------------------	----	-----------------------	---

Meeting Point for Elderly (Fitness)

40527772 (SK 0273)	17/5-14/6 (excl. 7/6)	F	8:00-10:00	Tsui Lam SC	20	20/3-26/3 (3/4){3/5}	✉
--------------------	--------------------------	---	------------	-------------	----	----------------------	---

Meeting Point for Elderly (Tai Chi)

40527673 (SK 213)	2/5-30/5	Th	7:00-8:00	Hong Shing Garden	35	2/5-30/5	Walk-in
40527674 (SK 214)	2/5-30/5	Th	7:00-8:00	Open Space near TKOSP	35	2/5-30/5	Walk-in
40527675 (SK 0215)	8/5-29/5	W	7:00-8:00	Hang Hau Man Kuk Lane Park	35	8/5-29/5	Walk-in
40527676 (SK 0216)	8/5-29/5	W	7:00-8:00	Hau Tak Estate	35	8/5-29/5	Walk-in
40527677 (SK 0217)	8/5-29/5	W	19:30-20:30	Hau Tak Estate	20	8/5-29/5	Walk-in
40527678 (SK 0218)	8/5-29/5	W	7:00-8:00	Ming Tak Estate	35	8/5-29/5	Walk-in
40527679 (SK 0219)	8/5-29/5	W	7:00-8:00	Po Tsui Park	35	8/5-29/5	Walk-in
40527680 (SK 0220)	8/5-29/5	W	7:00-8:00	Sheung Tak Estate	20	8/5-29/5	Walk-in
40527681 (SK 0221)	8/5-29/5	W	7:00-8:00	Tsui Lam Estate	35	8/5-29/5	Walk-in

Meeting Point for Elderly (Tai Chi Sword)							
40527672 (SK 0212)	2/5-30/5	Th	7:00-8:00	Tsui Lam Estate	35	2/5-30/5	Walk-in
Health Elderly Scheme-Badminton Self Practice							
40527709 (SK 0246)	2/5-30/5	Th	8:00-10:00	Tseung Kwan O SC	20	1/4	 <i>i</i>
Health Elderly Scheme-Table Tennis Self Practice Scheme							
40527711 (SK 0247)	8/5-29/5	W	8:00-9:00	Tsui Lam SC	8	4/4	 <i>i</i>
40527714 (SK 0248)	3/5-31/5	F	8:00-9:00	Tsui Lam SC	8	1/4	 <i>i</i>
40527715 (SK 0249)	2/5-30/5	Th	7:00-8:00	Hang Hau SC	12	27/3	 <i>i</i>
40527717 (SK 0250)	2/5-30/5	Th	8:00-9:00	Hang Hau SC	12	27/3	 <i>i</i>
40527719 (SK 0251)	2/5-30/5	Th	9:00-10:00	Hang Hau SC	12	27/3	 <i>i</i>