

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

Southern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
Aerobic Dance Training Course									
40542985 (SN0986)	3/10-2/11 (excl. 8/10,10/10)	Tu,Th,Sa	10:00-11:00	Aberdeen SC	14+	65	30	18/9	
40542990 (SN0987)	2/10-30/10 (excl. 7/10)	M,W,F	19:00-20:00	Stanley SC	14+	65	12	17/9	
40542996 (SN0988)	2/10-30/10 (excl. 7/10)	M,W,F	20:00-21:00	Stanley SC	14+	65	12	17/9	
Children Dance Training Course									
40543030 (SN0999)	13/10-15/12	Su	14:00-16:00	Apleichau SC	4-11	60	20	5/9	
Chinese Dance Training Course									
40543031 (SN1000)	13/10-15/12	Su	9:00-11:00	Aberdeen SC	12+	45	30	5/9	
Physical Assessment									
40543411 (SN1066)	13/10	Su	14:00-17:00	Yue Kwong RD. SC	All	Free	300	13/10	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.									
40543047 (SN1005)	2/10-8/11	W,F	7:00-8:00	Aberdeen SC	15+	75	30	@4/9	
40543048 (SN1006)	2/10-8/11	W,F	8:00-9:00	Aberdeen SC	15+	75	30	@4/9	
40543049 (SN1007)	2/10-8/11	W,F	9:00-10:00	Aberdeen SC	15+	75	30	@4/9	
40543051 (SN1008)	2/10-8/11	W,F	14:00-15:00	Aberdeen SC	15+	75	30	@2/9	
40543053 (SN1009)	2/10-8/11	W,F	15:00-16:00	Aberdeen SC	15+	75	30	@2/9	
40543054 (SN1010)	3/10-12/11	Tu,Th	16:00-17:00	Aberdeen SC	15+	75	30	@3/9	
40543055 (SN1011)	3/10-12/11	Tu,Th	17:00-18:00	Aberdeen SC	15+	75	30	@3/9	
40543056 (SN1012)	3/10-12/11	Tu,Th	19:00-20:00	Aberdeen SC	15+	75	30	@3/9	
40543057 (SN1013)	24/10-5/12 (excl. 3/12)	Tu,Th	7:00-8:00	Aberdeen SC	15+	75	30	@26/9	
40543060 (SN1014)	24/10-5/12 (excl. 3/12)	Tu,Th	8:00-9:00	Aberdeen SC	15+	75	30	@26/9	
40543081 (SN1015)	24/10-5/12 (excl. 3/12)	Tu,Th	9:00-10:00	Aberdeen SC	15+	75	30	@26/9	
40543082 (SN1016)	2/10-13/11 (excl. 7/10)	M,W	18:00-19:00	Aberdeen T/SC	15+	75	30	@11/9	
40543083 (SN1017)	2/10-13/11 (excl. 7/10)	M,W	19:00-20:00	Aberdeen T/SC	15+	75	30	@11/9	
40543084 (SN1018)	29/10-12/12 (excl. 12/11,10/12)	Tu,Th	20:00-21:00	Aberdeen T/SC	15+	75	30	@12/9	
Social Dance Training Course									
40543413 (SN1067)	14/10-14/11	M,Th	20:00-22:00	Apleichau SC	14+	86	30	6/9	
40543414 (SN1068)	18/10-20/12	F	20:00-22:00	Apleichau SC	14+	86	30	28/8-2/9 (6/9) {25/9}	
40543415 (SN1069)	2/10-6/11 (excl. 9/10)	W,F	16:00-18:00	Aberdeen SC	14+	86	30	28/8-2/9 (6/9) {25/9}	
40543416 (SN1070)	13/10-15/12	Su	20:00-22:00	Aberdeen SC	14+	86	30	28/8-2/9 (6/9) {25/9}	
40543417 (SN1071)	14/10-13/11	M,W	20:00-22:00	Aberdeen SC	14+	86	30	28/8-2/9 (6/9) {25/9}	
40543418 (SN1072)	11/10-13/11	W,F	20:00-22:00	Stanley SC	14+	86	30	16/9	
40543419 (SN1073)	29/10-31/12	Tu	15:00-17:00	Stanley SC	14+	86	30	16/9	
Evening Tai Chi Training Course									
40543040 (SN1004)	11/10-7/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	17:00-18:00	Piazza,Apleichau Wind Tower Park	6+	60	40	10/9	
Morning Tai Chi Training Course									
40543395 (SN1059)	3/10-1/2 (excl. 24,26,31/12,25,28/1)	Tu,Th,Sa	7:00-8:00	Piazza,Apleichau Wind Tower Park	6+	60	40	9/9	
40543397 (SN1062)	22/10-20/2 (excl. 24,26,31/12,25,28/1)	Tu,Th,Sa	7:00-8:00	Stanley Plaza	6+	60	40	9/9	
40543398 (SN1063)	22/10-20/2 (excl. 24,26,31/12,25,28/1)	Tu,Th,Sa	8:00-9:00	Stanley Plaza	6+	60	40	9/9	
40543401 (SN1060)	22/10-20/2 (excl. 24,26,31/12,25,28/1)	Tu,Th,Sa	7:00-8:00	South Horizons Phrase 3	6+	60	60	28/8-2/9 (6/9) {25/9}	
40543403 (SN1061)	22/10-20/2 (excl. 24,26,31/12,25,28/1)	Tu,Th,Sa	8:00-9:00	South Horizons Phrase 3	6+	60	60	28/8-2/9 (6/9) {25/9}	
40543405 (SN1058)	3/10-1/2 (excl. 24,26,31/12,25,28/1)	Tu,Th,Sa	7:00-8:00	Lei Tung Estate Tung Ping House	6+	60	40	9/9	
Evening Tai Chi Sword TC									
40543043 (SN1003)	3/10-1/2 (ex.24/12,26/12,31/12,25/1,28/1)	Tu,Th,Sa	17:30-18:30	South Horizons Phrase 2	6+	60	30	10/9	
Western Folk Dance Training Course									

40543428 (SN1082)	13/10-15/12	Su	14:00-16:00	Aberdeen SC	8+	45	30	6/9		
Yoga Training Course										
40543429 (SN1083)	3/10-5/11	Tu,Th	9:00-11:00	Apleichau SC	15+	85	30	28/8-2/9 (6/9) {25/9}		
40543430 (SN1084)	16/10-18/12	W	9:00-11:00	Aberdeen SC	15+	85	30	28/8-2/9 (6/9) {25/9}		
Briefing on Proper Ways to Use Fitness Equipment										
40543023 (SN0998)	8/10	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	25	28/8-2/9 (6/9) {25/9}		
40543026 (SN0996)	12/10	Sa	14:00-17:00	Apleichau SC	15+	Free	25	28/8-2/9 (6/9) {25/9}		
40543029 (SN0997)	13/10	Su	14:00-17:00	Aberdeen SC	15+	Free	25	28/8-2/9 (6/9) {25/9}		
Badminton Training Course										
40543015 (SN0990)	15/10-14/11	Tu,Th	14:00-16:00	Apleichau SC	7+	118	24	28/8-2/9 (6/9) {25/9}		
40543016 (SN0991)	16/10-15/11	W,F	9:00-11:00	Apleichau SC	7+	118	24	28/8-2/9 (6/9) {25/9}		
40543018 (SN0992)	22/10-22/11	Tu,F	19:00-21:00	Apleichau SC	7+	118	24	28/8-2/9 (6/9) {25/9}		
40543020 (SN0993)	4/10-6/11	W,F	14:00-16:00	Aberdeen SC	7+	118	24	28/8-2/9 (6/9) {25/9}		
40543021 (SN0994)	15/10-14/11	Tu,Th	9:00-11:00	Aberdeen SC	7+	118	24	28/8-2/9 (6/9) {25/9}		
40543022 (SN0995)	24/10-2/1 (excl. 26/12)	Th	19:00-21:00	Yue Kwong RD. SC	7+	118	24	28/8-2/9 (6/9) {25/9}		
Track Cycling Training Course (Level I)										
40523651 (SN0115)	20/10	Su	14:00-18:00	Hong Kong Velodrome	11+	140	20	9/9		
Indoor Lawn Bowls Training Course										
40543328 (SN1053)	5/10-23/11	Sa	10:00-12:00	Apleichau SC	8+	54	16	28/8-2/9 (6/9) {25/9}		
40543329 (SN1054)	21/10-13/11	M,W	19:00-21:00	Apleichau SC	8+	54	16	28/8-2/9 (6/9) {25/9}		
Squash Training Course										
40543420 (SN1074)	3/10-29/10	Tu,Th	14:00-16:00	Apleichau SC	7+	160	8	5/9		
40543421 (SN1075)	3/10-29/10	Tu,Th	19:00-21:00	Aberdeen T/SC	18+	160	12	28/8-2/9 (6/9) {25/9}		
40543422 (SN1076)	20/10-22/12 (excl. 24/11,1/12)	Su	9:00-11:00	Aberdeen T/SC	7+	160	12	28/8-2/9 (6/9) {25/9}		
Table-tennis Training Course for Children										
40543424 (SN1078)	18/10-20/12	F	16:00-18:00	Apleichau SC	6-13	86	24	3/9		
Tennis Training Course										
40543425 (SN1079)	2/10-1/11	W,F	16:00-18:00	Aberdeen T/SC	8+	170	18	28/8-2/9 (6/9) {25/9}		
40543426 (SN1080)	3/10-7/11 (excl. 7/10)	M,Th	18:00-20:00	Aberdeen T/SC	18+	170	18	28/8-2/9 (6/9) {25/9}		
40543427 (SN1081)	4/10-8/11 (excl. 7/10)	M,F	7:00-9:00	Aberdeen T/SC	8+	170	18	28/8-2/9 (6/9) {25/9}		
American Pool Training Course - Level I										
40543012 (SN0989)	5/10-26/10	Sa	15:00-17:00	Aberdeen T/SC	8+	120	6	13/9		
Meeting Points for Youth - Soccer FD										
40543332 (SN1057)	18/10-25/10	F	18:00-20:00	Wong Chuk Hang Recreation Ground	12-35	Free	150	18/10-25/10	Walk-in	
Community Garden Programme										
40543036 (SN1001)	5/10-8/2 (excl. 25/1)	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Apleichau Waterfront Promenade	12+	400	50	28/8-2/9 (9/9) {25/9}		
40543039 (SN1002)	5/10-8/2 (excl. 25/1)	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Ocean Park RD. Community Garden	12+	400	35	28/8-2/9 (9/9) {25/9}		

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
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To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)

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.

Fitness Exercise Fun Day

40543085 (SN1019)	21/10	M	10:00-12:00	Wong Chuk Hang SC	All	4	20/9		
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Fitness SchforPersons-Intellectual Disability

40544012 (SN1031)	4/10-22/11	F	14:00-15:00	Apleichau SC	15+	4	2/9		
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(HQ) Intellectual&Physical Disability PersonExc

40543431 (SN0984)	26/10	Sa	10:30-15:30	St.Stephen's College Heritage Trail	4-75	8	13/9		
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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
Meeting Points for Elderly-Baduanjin FD							
40543330 (SN1055)	22/10-10/12	Tu	9:00-11:00	Yue Kwong RD. SC	40	22/10-10/12	Walk-in
40543331 (SN1056)	22/10-10/12	Tu	9:00-11:00	Yue Kwong RD. SC	40	22/10-10/12	Walk-in
Fitness Exercise Training Course for Elderly							
40543132 (SN1020)	9/10-22/11	W,F	7:00-8:00	Apleichau SC	25	28/8-2/9 (6/9) {25/9}	✉
40543135 (SN1021)	9/10-22/11	W,F	8:00-9:00	Apleichau SC	25	28/8-2/9 (6/9) {25/9}	✉
40543142 (SN1022)	9/10-22/11	W,F	9:00-10:00	Apleichau SC	25	28/8-2/9 (6/9) {25/9}	✉
40543159 (SN1023)	31/10-19/12 (excl. 3/12)	Tu,Th	7:00-8:00	Aberdeen SC	25	28/8-2/9 (6/9) {25/9}	✉
40543168 (SN1024)	31/10-19/12 (excl. 3/12)	Tu,Th	8:00-9:00	Aberdeen SC	25	28/8-2/9 (6/9) {25/9}	✉
40543177 (SN1025)	3/10-19/11	Tu,Th	7:00-8:00	Aberdeen T/SC	25	28/8-2/9 (6/9) {25/9}	✉
40543193 (SN1026)	3/10-19/11	Tu,Th	8:00-9:00	Aberdeen T/SC	25	28/8-2/9 (6/9) {25/9}	✉
40543203 (SN1027)	14/10-4/12 (excl. 25/11,2/12)	M,W	10:00-11:00	Aberdeen T/SC	25	28/8-2/9 (6/9) {25/9}	✉
40543210 (SN1028)	14/10-4/12 (excl. 25/11,2/12)	M,W	11:00-12:00	Aberdeen T/SC	25	28/8-2/9 (6/9) {25/9}	✉
40543222 (SN1029)	4/10-6/11 (excl. 7/10)	M,W,F	7:00-8:00	Stanley SC	30	28/8-2/9 (6/9) {25/9}	✉
40543227 (SN1030)	4/10-6/11 (excl. 7/10)	M,W,F	8:00-9:00	Stanley SC	30	28/8-2/9 (6/9) {25/9}	✉
Healthy Elderly Scheme-Indoor Lawn Bowls FD							
40543319 (SN1044)	8/10-26/11	Tu	9:00-11:00	Apleichau SC	40	8/10-26/11	Walk-in
Healthy Elderly Scheme-Table-Tennis FD							
40543320 (SN1045)	2/10-30/10	W,F	12:00-14:00	Apleichau SC	4	2/10-30/10	Walk-in
40543321 (SN1046)	3/10-28/11 (excl. 7,14,28/10,11,25/11)	M,Tu,Th	7:00-10:00	Apleichau SC	4	3/10-28/11	Walk-in
40543322 (SN1047)	3/10-31/10 (excl. 7/10,14/10,28/10)	M,Tu,Th	10:00-12:00	Apleichau SC	4	3/10-31/10	Walk-in
40543323 (SN1048)	2/10-30/10 (excl. 7/10)	M,W,F	7:00-9:00	Aberdeen T/SC	6	2/10-30/10	Walk-in
40543324 (SN1049)	8/10-26/11	Tu	9:00-11:00	Stanley SC	6	8/10-26/11	Walk-in
40543325 (SN1050)	3/10-31/10	Th	8:00-11:00	Wong Chuk Hang SC	16	3/10-31/10	Walk-in
40543326 (SN1051)	8/10-29/10	Tu	8:00-11:00	Wong Chuk Hang SC	16	8/10-29/10	Walk-in
Healthy Elderly Scheme-Tennis FD							
40543327 (SN1052)	2/10-30/10	W	7:00-10:00	Aberdeen T/SC	4	2/10-30/10	Walk-in
Healthy Elderly Scheme-American Pool FD							
40543295 (SN1035)	2/10-30/10	W,F	10:00-12:00	Apleichau SC	4	2/10-30/10	Walk-in
40543296 (SN1036)	3/10-31/10 (excl. 7/10)	M,Th	7:00-9:00	Apleichau SC	4	3/10-31/10	Walk-in
40543297 (SN1037)	8/10-29/10	Tu	7:00-9:00	Apleichau SC	4	8/10-29/10	Walk-in
40543298 (SN1038)	3/10-31/10 (excl. 15/10)	Tu,Th	10:00-12:00	Aberdeen T/SC	4	3/10-31/10	Walk-in
40543299 (SN1039)	4/10-30/10 (excl. 7/10)	M,W,F	7:00-9:00	Aberdeen T/SC	4	4/10-30/10	Walk-in
40543303 (SN1040)	4/10-30/10 (excl. 7/10)	M,W,F	9:00-11:00	Aberdeen T/SC	4	4/10-30/10	Walk-in
Healthy Elderly Scheme- Gateball FD							
40543311 (SN1042)	2/10-30/10	W	9:00-11:00	Wong Chuk Hang SC	10	2/10-30/10	Walk-in
40543312 (SN1043)	3/10-31/10 (excl. 8/10)	Tu,Th	14:00-16:00	Yue Kwong RD. SC	10	3/10-31/10	Walk-in
Healthy Elderly Scheme-Gateball FD							
40543310 (SN1041)	4/10-25/10	F	11:00-13:00	Apleichau SC	10	4/10-25/10	Walk-in