

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

**Sai Kung District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting)	Enrolment Method
								{ Open Enrollment for Remaining Quota }	
<b>Long Distance Running Training Course</b>									
40543772 (SK 1174)	8/10-10/12	Tu	19:00-21:00	Tseung Kwan O SG	16+	130	40	19/8-25/8 (4/9) {27/9}	☒
<b>Aerobic Dance Training Course</b>									
40543644 (SK 1063)	3/10-29/10	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	20	21/8	☒ i
40543645 (SK 1064)	3/10-29/10	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	20	21/8	☒ i
40543646 (SK 1065)	9/10-15/11	W,F	19:00-20:00	Tsui Lam SC	14+	65	20	3/9	☒ i
40543647 (SK 1066)	9/10-15/11	W,F	20:00-21:00	Tsui Lam SC	14+	65	20	3/9	☒ i
40543648 (SK 1067)	15/10-21/11	Tu,Th	14:00-15:00	Hang Hau SC	14+	65	30	9/9	☒ i
40543649 (SK 1068)	15/10-21/11	Tu,Th	15:00-16:00	Hang Hau SC	14+	65	30	9/9	☒ i
40543744 (SK 1146)	8/10-14/11	Tu,Th	19:00-20:00	Hong Kong Velodrome	14+	65	24	23/8	☒ i
40543745 (SK 1147)	8/10-14/11	Tu,Th	20:00-21:00	Hong Kong Velodrome	14+	65	24	23/8	☒ i
40543746 (SK 1148)	9/10-4/11	M,W,F	14:00-15:00	Hong Kong Velodrome	14+	65	24	3/9	☒ i
40543747 (SK 1149)	9/10-4/11	M,W,F	15:00-16:00	Hong Kong Velodrome	14+	65	24	3/9	☒ i
<b>Baduanjin Training Course</b>									
40543610 (SK 1029)	14/10-8/11	M,W,F	9:30-10:30	Open Space near TKOSP	8+	80	30	5/9	☒ i
<b>Children Dance Training Course</b>									
40543667 (SK 1075)	6/10-15/12 (excl. 3/11)	Su	10:00-12:00	Tseung Kwan O SC	4-6	60	20	19/8	☒ i
<b>Chinese Dance Training Course</b>									
40543674 (SK 1076)	9/10-11/12	W	9:00-11:00	Tsui Lam SC	12+	45	20	19/8-25/8 (4/9) {27/9}	☒
40543675 (SK 1077)	18/10-20/12	F	19:00-21:00	Hang Hau SC	12+	45	30	19/8-25/8 (4/9) {3/10}	☒
40543676 (SK 1078)	8/10-10/12	Tu	13:00-15:00	Tiu Keng Leng SC	12+	45	30	19/8-25/8 (4/9) {27/9}	☒
<b>Fitness (Multi-gym) Training Course</b>									
<p>@ 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.</p> <p>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.</p> <p>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.</p> <p>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.</p>									
40543677 (SK 1079)	3/10-12/11	Tu,Th	15:00-16:00	Po Lam SC	15+	75	20	@20/8	☒ i
40543678 (SK 1080)	3/10-12/11	Tu,Th	16:00-17:00	Po Lam SC	15+	75	20	@20/8	☒ i
40543679 (SK 1081)	9/10-15/11	W,F	9:00-10:00	Tsui Lam SC	15+	75	20	@30/8	☒ i
40543680 (SK 1082)	9/10-15/11	W,F	10:00-11:00	Tsui Lam SC	15+	75	20	@30/8	☒ i
40543681 (SK 1083)	8/10-14/11	Tu,Th	19:00-20:00	Tsui Lam SC	15+	75	20	@22/8	☒ i
40543682 (SK 1084)	8/10-14/11	Tu,Th	20:00-21:00	Tsui Lam SC	15+	75	20	@22/8	☒ i
40543683 (SK 1085)	22/10-16/11	Tu,Th,Sa	9:00-10:00	Po Lam SC	15+	75	20	@19/9	☒ i
40543684 (SK 1086)	22/10-16/11	Tu,Th,Sa	10:00-11:00	Po Lam SC	15+	75	20	@19/9	☒ i
<b>Jazz Training Course</b>									
40543685 (SK 1087)	6/10-15/12 (excl. 3/11)	Su	13:00-15:00	Tseung Kwan O SC	12+	70	20	19/8-25/8 (4/9) {27/9}	☒
40543686 (SK 1088)	15/10-14/11	Tu,Th	19:00-21:00	Tiu Keng Leng SC	12+	70	30	11/9	☒ i
<b>Social Dance Training Course</b>									
40543687 (SK 1089)	14/10-23/12 (excl. 4/11)	M	19:00-21:00	Tseung Kwan O SC	14+	86	24	19/8-25/8 (4/9) {27/9}	☒
40543688 (SK 1090)	12/10-14/12	Sa	14:00-16:00	Tsui Lam SC	14+	86	24	19/8-25/8 (4/9) {27/9}	☒
40543690 (SK 1092)	2/10-4/12	W	19:00-21:00	Hang Hau SC	14+	86	30	19/8-25/8 (4/9) {27/9}	☒
40543691 (SK 1093)	13/10-15/12	Su	9:00-11:00	Hang Hau SC	14+	86	30	19/8-25/8 (4/9) {27/9}	☒
40543692 (SK 1094)	6/10-8/12	Su	14:00-16:00	Po Lam SC	14+	86	24	19/8-25/8 (4/9) {27/9}	☒
40543693 (SK 1095)	11/10-13/12	F	19:00-21:00	Tiu Keng Leng SC	14+	86	30	19/8-25/8 (4/9) {27/9}	☒
40543750 (SK 1152)	4/10-20/12 (excl. 22/11,29/11)	F	19:00-21:00	Hong Kong Velodrome	14+	86	30	19/8-25/8 (4/9) {27/9}	☒
<b>Social Dance Training Course (Inter)</b>									
40543689 (SK 1091)	12/10-14/12	Sa	16:00-18:00	Tsui Lam SC	14+	86	24	19/8-25/8 (4/9) {27/9}	☒
40543694 (SK 1096)	6/10-8/12	Su	16:00-18:00	Po Lam SC	14+	86	24	19/8-25/8 (4/9) {27/9}	☒
<b>Tai Chi Made Easy Class</b>									
40543630 (SK 1049)	6/10-22/12	Su	8:00-9:00	Open Space next to TKO SP	6+	54	30	19/8-25/8 (4/9) {27/9}	☒
40543631 (SK 1050)	6/10-22/12	Su	9:00-10:00	Tai Chi Court at Sheung Ning Park	6+	54	30	19/8-25/8 (4/9) {27/9}	☒
40543632 (SK 1051)	19/10-4/1	Sa	9:00-10:00	Tai Chi Court at Sheung Ning Park	6+	54	30	10/9	☒ i
40543633 (SK 1052)	19/10-4/1	Sa	7:00-8:00	Podium of Choi Ming Shopping Mall	6+	54	30	10/9	☒ i
<b>Tai Chi Training Course</b>									

40543635 (SK 1054)	21/10-10/4 (excl. 24/1,27/1)	M,F	7:00-8:00	Hung Hau Man Kuk Lane Park	6+	60	35	11/9		
40543636 (SK 1055)	21/10-10/4 (excl. 24/1,27/1)	M,F	7:00-8:00	Hau Tak Estate	6+	60	50	12/9		
40543637 (SK 1056)	21/10-10/4 (excl. 24/1,27/1)	M,F	19:30-20:30	Hau Tak Estate	6+	60	50	12/9		
40543638 (SK 1057)	21/10-10/4 (excl. 24/1,27/1)	M,F	7:00-8:00	Ming Tak Estate	6+	60	50	17/9		
40543639 (SK 1058)	21/10-10/4 (excl. 24/1,27/1)	M,F	7:00-8:00	Po Tsui Park	6+	60	50	18/9		
40543640 (SK 1059)	21/10-10/4 (excl. 24/1,27/1)	M,F	7:00-8:00	Sheung Tak Estate	6+	60	45	17/9		
40543641 (SK 1060)	21/10-10/4	M,F	7:00-8:00	Tsui Lam Estate	6+	60	45	18/9		
40543642 (SK 1061)	8/10-28/3 (excl. 25/1; 28/1)	Tu,Sa	7:00-8:00	Hong Shing Garden	6+	60	45	4/9		
40543643 (SK 1062)	8/10-28/3 (excl. 25/1; 28/1)	Tu,Sa	7:00-8:00	Open Space near TKOSP	6+	60	50	4/9		
<b>Tai Chi Sword Training Course</b>										
40543634 (SK 1053)	8/10-28/3 (excl. 25/1; 28/1)	Tu,Sa	7:00-8:00	Tsui Lam Estate	6+	60	40	29/8		
<b>Western Folk Dance Training Course</b>										
40543696 (SK 1098)	13/10-15/12	Su	16:00-18:00	Hang Hau SC	8+	45	30	19/8-25/8 (4/9) {27/9}		
<b>Yoga Training Course</b>										
40543697 (SK 1099)	5/10-14/12 (excl. 2/11)	Sa	17:00-19:00	Tseung Kwan O SC	15+	85	20	19/8-25/8 (4/9) {27/9}		
40543698 (SK 1100)	13/10-15/12	Su	19:00-21:00	Tsui Lam SC	15+	85	20	19/8-25/8 (4/9) {27/9}		
40543699 (SK 1101)	10/10-12/12	Th	19:00-21:00	Hang Hau SC	15+	85	30	19/8-25/8 (4/9) {27/9}		
40543700 (SK 1102)	14/10-16/12	M	16:00-18:00	Po Lam SC	15+	85	24	19/8-25/8 (4/9) {27/9}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40543701 (SK 1103)	8/10	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	25	19/8-25/8 (4/9) {27/9}		
40543702 (SK 1104)	8/10	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	25	19/8-25/8 (4/9) {27/9}		
40543703 (SK 1105)	22/10	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	25	19/8-25/8 (4/9) {3/10}		
40543704 (SK 1106)	22/10	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	25	19/8-25/8 (4/9) {3/10}		
40543705 (SK 1107)	16/10	W	19:00-22:00	Tseung Kwan O SC	15+	Free	25	19/8-25/8 (4/9) {3/10}		
40543706 (SK 1108)	16/10	W	20:00-23:00	Tseung Kwan O SC	15+	Free	25	19/8-25/8 (4/9) {3/10}		
40543751 (SK 1153)	3/10	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	25	19/8-25/8 (4/9) {27/9}		
40543752 (SK 1154)	3/10	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	25	19/8-25/8 (4/9) {27/9}		
40543753 (SK 1155)	10/10	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	25	19/8-25/8 (4/9) {27/9}		
40543754 (SK 1156)	10/10	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	25	19/8-25/8 (4/9) {27/9}		
<b>Stress Management and Physical Relaxation</b>										
40543695 (SK 1097)	8/10-21/11	Tu,Th	10:00-11:00	Tiu Keng Leng SC	14+	80	30	28/8		
<b>Briefing Session on Fitness Walking</b>										
40543774 (SK 1176)	13/10	Su	9:00-11:00	Po Tsui Park	6+	Free	40	5/9		
<b>Body-Mind Stretch Training Course</b>										
40543748 (SK 1150)	8/10-14/11	Tu,Th	14:00-15:00	Hong Kong Velodrome	15+	85	24	28/8		
40543749 (SK 1151)	8/10-14/11	Tu,Th	15:00-16:00	Hong Kong Velodrome	15+	85	24	28/8		
<b>Parent-child(Aged 7-17) Badminton Fun Day</b>										
40543733 (SK 1135)	26/10	Sa	14:00-15:00	Hang Hau SC	7+	Free	24	16/9		
40543734 (SK 1136)	26/10	Sa	15:00-16:00	Hang Hau SC	7+	Free	24	16/9		
<b>Parent-child(Aged7-17)Badminton TC</b>										
40543735 (SK 1137)	19/10-23/11	Sa	14:00-16:00	Po Lam SC (Non- air.con)	7+	73	18	19/8-25/8 (4/9) {3/10}		
<b>Badminton Training Course</b>										
40543650 (SK 1069)	24/10-26/11	Tu,Th	8:00-10:00	Tsui Lam SC	7+	118	24	19/8-25/8 (4/9) {3/10}		
40543651 (SK 1070)	14/10-14/11	M,Th	15:00-17:00	Hang Hau SC	7+	118	24	19/8-25/8 (4/9) {27/9}		
40543652 (SK 1071)	5/10-7/12	Sa	8:00-10:00	Hang Hau SC	7+	118	24	19/8-25/8 (4/9) {27/9}		
40543653 (SK 1072)	8/10-7/11	Tu,Th	19:00-21:00	PLSC(Non-Air Conditioned)	7+	118	18	19/8-25/8 (4/9) {27/9}		
40543654 (SK 1073)	2/10-4/12	W	10:00-12:00	Tiu Keng Leng SC	7+	118	24	19/8-25/8 (4/9) {27/9}		
40543655 (SK 1074)	3/10-5/11	Tu,Th	9:00-11:00	Tiu Keng Leng SC	7+	118	24	19/8-25/8 (4/9) {27/9}		
<b>Track Cycling Fun Day (Open)</b>										
40543762 (SK 1164)	4/10-25/10	F	19:00-21:00	Hong Kong Velodrome	11+	Free	20	4/10		
40543764 (SK 1166)	6/10-27/10	Su	19:00-21:00	Hong Kong Velodrome	11+	Free	20	6/10		
<b>Track Cycling Fun Day (Youth)</b>										
40543759 (SK 1161)	7/10-28/10	M	18:00-19:00	Hong Kong Velodrome	11+	Free	20	7/10		
40543761 (SK 1163)	4/10-25/10	F	18:00-19:00	Hong Kong Velodrome	11+	Free	20	4/10		
40543763 (SK 1165)	6/10-27/10	Su	18:00-19:00	Hong Kong Velodrome	11+	Free	20	6/10		
<b>Track Cycling Taster Session</b>										
40543765 (SK 1167)	5/10	Sa	9:30-12:30	Hong Kong Velodrome	11+	Free	20	19/8		
40543766 (SK 1168)	19/10	Sa	9:30-12:30	Hong Kong Velodrome	11+	Free	20	11/9		
<b>Track Cycling Training Course (Level II)</b>										
40543757 (SK 1159)	8/10	Tu	18:00-22:00	Hong Kong Velodrome	11+	140	20	29/8		
40543758 (SK 1160)	29/10	Tu	18:00-22:00	Hong Kong Velodrome	11+	140	20	13/9		

<b>Lawn Bowls Training Course</b>										
40543768 (SK 1170)	4/10-30/10	W,F	8:00-10:00	Hang Hau Man Kuk Lane Park	8+	54	16	19/8-25/8 (4/9) {27/9}		
<b>Mini Tennis Training Course</b>										
40543710 (SK 1112)	12/10-14/12	Sa	9:00-11:00	PLSC (Non Air-Conditioned)	6-12	70	12	19/8-25/8 (4/9) {27/9}		
<b>Squash Training Course</b>										
40543711 (SK 1113)	15/10-7/11	Tu,Th	19:00-21:00	Tsui Lam SC	7+	160	8	9/9		
40543712 (SK 1114)	2/10-25/10	W,F	19:00-21:00	Po Lam SC	7+	160	8	19/8		
<b>Children Table-tennis Training Course</b>										
40543715 (SK 1117)	20/10-5/1 (Exclude:24.11 & 1.12.219)	Su	9:00-11:00	Tiu Keng Leng SC	6-13	86	18	19/8-25/8 (4/9) {3/10}		
<b>Table-tennis Training Course</b>										
40543713 (SK 1115)	5/10-14/12 (excl. 2/11)	Sa	14:00-16:00	Tseung Kwan O SC	6+	86	18	19/8-25/8 (4/9) {27/9}		
40543714 (SK 1116)	8/10-10/12	Tu	19:00-21:00	Hang Hau SC	6+	86	18	19/8-25/8 (4/9) {27/9}		
40543737 (SK 1139)	13/10-15/12	Su	10:00-12:00	Sai Kung Squash Courts	6+	86	12	19/8-25/8 (4/9) {27/9}		
<b>Tennis Training Course</b>										
40543739 (SK 1141)	31/10-2/12	M,Th	19:00-21:00	Sai Kung TC	8+	170	12	19/8-25/8 (4/9) {3/10}		
40543740 (SK 1142)	8/10-10/12	Tu	17:00-19:00	Sai Kung TC	8+	170	12	19/8-25/8 (4/9) {27/9}		
40543741 (SK 1143)	9/10-11/12	W	19:00-21:00	Sai Kung TC	8+	170	12	19/8-25/8 (4/9) {27/9}		
40543742 (SK 1144)	26/10-28/12	Sa	9:00-11:00	Sai Kung TC	8+	170	12	19/8-25/8 (4/9) {3/10}		
40543782 (SK 1183)	9/10-11/11	M,W	9:00-11:00	Po Tsui Park	8+	170	18	19/8-25/8 (4/9) {27/9}		
40543783 (SK 1184)	4/10-5/11	Tu,F	19:00-21:00	Po Tsui Park	8+	170	18	19/8-25/8 (4/9) {27/9}		
40543784 (SK 1185)	2/10-4/12	W	19:00-21:00	Po Tsui Park	8+	170	18	19/8-25/8 (4/9) {27/9}		
40543785 (SK 1186)	3/10-5/11	Tu,Th	17:00-19:00	Po Tsui Park	8+	170	18	19/8-25/8 (4/9) {27/9}		
40543786 (SK 1187)	16/10-6/11	M,W,F	15:00-17:00	Po Tsui Park	8+	170	18	10/9		
<b>Volleyball Training Course</b>										
40543743 (SK 1145)	13/10-15/12	Su	14:00-16:00	Po Lam SC	10+	70	30	19/8-25/8 (4/9) {27/9}		
<b>SKD Kayak Training Course (3 Star Award)</b>										
40528198 (SK 317)	19/10	Sa	9:00-17:00	Chong Hing WSC	12+	30	8	19/8-25/8 (4/9) {27/9}		
40528199 (SK 318)	20/10	Su	9:00-17:00	Chong Hing WSC	12+	30	8	19/8-25/8 (4/9) {27/9}		
<b>Beach Orienteering Fun Day</b>										
40543626 (SK 1045)	13/10	Su	9:00-10:30	Clear Water Bay Second Beach	6+	Free	100	16/8		
40543627 (SK 1046)	13/10	Su	11:00-12:30	Clear Water Bay Second Beach	6+	Free	100	16/8		
<b>Sand Sculpture Play-in</b>										
40543629 (SK 1048)	13/10	Su	10:00-12:00	Clear Water Bay Second Beach	All	Free	64	21/8		
<b>Sport Climbing Fun Day</b>										
40543716 (SK 1118)	12/10	Sa	15:30-17:00	Tiu Keng Leng SC	12+	Free	24	6/9		
40543717 (SK 1119)	12/10	Sa	17:00-18:30	Tiu Keng Leng SC	12+	Free	24	6/9		
<b>SKD Basic Windsurfing Training Course</b>										
40528162 (SK 298)	19/10-20/10	Sa & Su	9:00-17:00	Chong Hing WSC	14+	130	5	19/8-25/8 (4/9) {27/9}		
<b>SKD Intermediate Dragon Boat Tr. Cr.</b>										
40528528 (SK 335)	19/10-20/10	Sa & Su	9:00-17:00	Chong Hing WSC	12+	220	10	19/8-25/8 (4/9) {27/9}		

Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	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.

**Residential Camp for Persons With CI**

40543777 (SK 1178)	19/10-20/10	Sa,Su	14:30-13:00	Sai Kung ORC	All	8	9/9	
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
**Table Tennis TS for Autism/Intellectual Dis.**

40531006 (SK 0565)	5/10-23/11	Sa	10:00-11:00	Po Lam SC	14+	2	26/8	
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**Day Camp for Persons with Autism / ID**

40543778 (SK 1179)	31/10	Th	10:00-14:30	Sai Kung ORC	All	35	20/9	
40543779 (SK 1180)	31/10	Th	10:00-14:30	Lei Yue Mun Park	All	35	20/9	

**Excursion for Persons with Autism / ID**

40543780 (SK 1181)	20/10	Su	11:00-16:30	Tai Po District	All	5	10/9	 
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Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
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#### Baduanjin Training Course for Elderly

40543611 (SK 1030)	24/10-19/11	Tu,Th,Sa	9:00-10:00	Hau Tak Estate	30	19/8-25/8 (4/9) {3/10}	
40543612 (SK 1031)	24/10-19/11	Tu,Th,Sa	7:00-8:00	King Lam Estate	30	19/8-25/8 (4/9) {3/10}	
40543613 (SK 1032)	24/10-19/11	Tu,Th,Sa	7:30-8:30	Sheung Tak Estate	30	19/8-25/8 (4/9) {3/10}	
40543614 (SK 1033)	24/10-19/11	Tu,Th,Sa	8:30-9:30	Tsui Lam Estate	30	19/8-25/8 (4/9) {3/10}	


#### Fitness Training Course for Elderly

40543719 (SK 1121)	23/10-6/12	W,F	7:00-8:00	Po Lam SC	20	19/8-25/8 (4/9) {3/10}	
40543720 (SK 1122)	23/10-6/12	W,F	8:00-9:00	Po Lam SC	20	19/8-25/8 (4/9) {3/10}	
40543728 (SK 1130)	8/10-7/11	Tu,Th,Sa	8:00-9:00	Tiu Keng Leng SC	30	19/8-25/8 (4/9) {27/9}	
40543729 (SK 1131)	8/10-7/11	Tu,Th,Sa	9:00-10:00	Tiu Keng Leng SC	30	19/8-25/8 (4/9) {27/9}	

#### Gymnastics Training Course for Elderly

40543721 (SK 1123)	8/10-21/11	Tu,Th,Sa	8:00-9:00	Tsui Lam SC	20	19/8-25/8 (4/9) {27/9}	
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#### Meeting Point for Elderly (Fitness)

40543773 (SK 1175)	11/10-1/11	F	8:00-10:00	Tsui Lam SC	20	19/8-25/8 (4/9) {27/9}	
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#### Meeting Point for Elderly (Tai Chi)

40543616 (SK 1035)	3/10-31/10	Th	7:00-8:00	Hong Shing Garden	35	3/10-31/10	Walk-in
40543617 (SK 1036)	3/10-31/10	Th	7:00-8:00	Open Space near TKOSP	35	3/10-31/10	Walk-in
40543618 (SK 1037)	2/10-30/10	W	7:00-8:00	Hung Hau Man Kuk Lane Pank	35	2/10-30/10	Walk-in
40543619 (SK 1038)	2/10-30/10	W	7:00-8:00	Hau Tak Estate	35	2/10-30/10	Walk-in
40543620 (SK 1039)	2/10-30/10	W	19:30-20:30	Hau Tak Estate	35	2/10-30/10	Walk-in
40543621 (SK 1040)	2/10-30/10	W	7:00-8:00	Ming Tak Estate	35	2/10-30/10	Walk-in
40543622 (SK 1041)	2/10-30/10	W	7:00-8:00	Po Tsui Park	35	2/10-30/10	Walk-in
40543623 (SK 1042)	2/10-30/10	W	7:00-8:00	Sheung Tak Estate	35	2/10-30/10	Walk-in
40543624 (SK 1043)	2/10-30/10	W	7:00-8:00	Tsui Lam Estate	35	2/10-30/10	Walk-in








#### Meeting Point for Elderly (Tai Chi Sword)

40543615 (SK 1034)	3/10-31/10	Th	7:00-8:00	Tsui Lam Estate	35	3/10-31/10	Walk-in
40543625 (SK 1044)	2/10-30/10	W	7:00-8:00	Tong Ming ST. Sitting Out Area	35	2/10-30/10	Walk-in



#### Health Elderly Scheme-Badminton Self Practice

40543767 (SK 1169)	14/10-28/10	M	7:00-9:00	Hong Kong Velodrome	20	6/9	 
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#### Health Elderly Scheme-Table Tennis Self Practice Scheme

40543722 (SK 1124)	2/10-30/10	W	8:00-9:00	Tsui Lam SC	8	22/8	 
40543723 (SK 1125)	4/10-25/10	F	8:00-9:00	Tsui Lam SC	8	22/8	 
40543725 (SK 1127)	3/10-31/10	Th	7:00-8:00	Hang Hau SC	12	19/8	 
40543726 (SK 1128)	3/10-31/10	Th	8:00-9:00	Hang Hau SC	12	19/8	 
40543727 (SK 1129)	3/10-31/10	Th	9:00-10:00	Hang Hau SC	12	19/8	 


#### Healthy Elderly Scheme - Dance Play-in

40543718 (SK 1120)	9/10-27/11	W	9:00-11:00	Tseung Kwan O SC	24	19/8-25/8 (4/9) {27/9}	
40543724 (SK 1126)	14/10-25/11	M	9:00-11:00	Hang Hau SC	50	19/8-25/8 (4/9) {27/9}	

#### Table-tennis Training Course for Elderly

40543738 (SK 1140)	12/10-14/12	Sa	10:00-12:00	Sai Kung Squash Courts	12	19/8-25/8 (4/9) {27/9}	
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#### Day Camp for Elderly

40543731 (SK 1133)	9/10	W	9:00-17:00	Tso Kung Tam ORC	48	19/8-25/8 (4/9) {27/9}	
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#### Fitness @ Po Hong Park

40543787 (SK 1188)	19/10	Sa	14:00-17:00	Po Hong Park	200	19/10	Walk-in
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