

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

Sham Shui Po District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Sports for All - Long District Running TC									
40540609 (SS0990)	14/10-16/12	M	20:00-22:00	Sham Shui Po SG	16+	130	40	26/9	
Breaststroke Swimming Cr for Adult (Lv II) (A92B)									
40540488 (SS0985)	9/10-30/10	M,W,F	19:00-20:00	Shamshuipo Park SP	18+	100	20	23/8-29/8 (6/9) {27/9}	
Front Crawl Swimming Cr for Adult (Lv II) (A93F)									
40540489 (SS0986)	9/10-30/10	M,W,F	20:00-21:00	Shamshuipo Park SP	18+	100	20	23/8-29/8 (6/9) {27/9}	
Aerobic Dance TC									
40540600 (SS1021)	2/10-30/10 (excl. 7/10)	M,W,F	18:00-19:00	Po On RD. SC	14+	65	30	12/9	
40540601 (SS1022)	2/10-30/10 (excl. 7/10)	M,W,F	19:00-20:00	Po On RD. SC	14+	65	30	12/9	
40540602 (SS1023)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	8:00-9:00	Po On RD. SC	14+	65	30	10/9	
40540603 (SS1024)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	9:00-10:00	Po On RD. SC	14+	65	30	10/9	
40540604 (SS1025)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	14:00-15:00	Po On RD. SC	14+	65	30	11/9	
40540605 (SS1026)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	15:00-16:00	Po On RD. SC	14+	65	30	11/9	
Aerobic Dance Training Course									
40540589 (SS0975)	10/10-26/11 (excl. 5/11,7/11)	Tu,Th	15:00-16:00	Lai Chi Kok Park SC	14+	65	18	11/9	
40540590 (SS0976)	8/10-21/11 (excl. 5/11,7/11)	Tu,Th	19:00-20:00	Lai Chi Kok Park SC	14+	65	18	13/9	
40540591 (SS0977)	8/10-21/11 (excl. 5/11,7/11)	Tu,Th	20:00-21:00	Lai Chi Kok Park SC	14+	65	18	13/9	
40540592 (SS1049)	10/10-26/11 (excl. 5/11,7/11)	Tu,Th	14:00-15:00	Lai Chi Kok Park SC	14+	65	18	11/9	
40540593 (SS1050)	11/10-11/11 (excl. 16/10,6/11)	M,W,F	7:00-8:00	Pei Ho ST. SC	14+	65	30	17/9	
40540594 (SS1051)	11/10-11/11 (excl. 16/10,6/11)	M,W,F	8:00-9:00	Pei Ho ST. SC	14+	65	30	17/9	
40540595 (SS1052)	11/10-11/11 (excl. 16/10,6/11)	M,W,F	9:00-10:00	Pei Ho ST. SC	14+	65	30	17/9	
40540596 (SS1053)	8/10-14/11	Tu,Th	19:00-20:00	Pei Ho ST. SC	14+	65	30	16/9	
40540597 (SS1054)	8/10-14/11	Tu,Th	20:00-21:00	Pei Ho ST. SC	14+	65	30	16/9	
40540598 (SS1055)	3/10-29/10	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	14+	65	30	13/9	
40540599 (SS1056)	3/10-29/10	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	14+	65	30	13/9	
40541441 (SS1080)	23/10-4/12 (excl. 1,4,6,8,18,25/11,2/12)	M,W,F	9:00-10:00	Lai Chi Kok Park SC	14+	65	18	3/10	
40541442 (SS1081)	23/10-4/12 (excl. 1,4,6,8,18,25/11,2/12)	M,W,F	10:00-11:00	Lai Chi Kok Park SC	14+	65	18	3/10	
Fitness (Multi-gym) TC									
<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>									
40540632 (SS1030)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	7:00-8:00	Po On RD. SC	15+	75	30	@9/9	
40540633 (SS1031)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	8:00-9:00	Po On RD. SC	15+	75	30	@9/9	
40540634 (SS1032)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	9:00-10:00	Po On RD. SC	15+	75	30	@10/9	
40540635 (SS1033)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	10:00-11:00	Po On RD. SC	15+	75	30	@10/9	
40540637 (SS1034)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	13:00-14:00	Po On RD. SC	15+	75	30	@11/9	
40540638 (SS1035)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	14:00-15:00	Po On RD. SC	15+	75	30	@12/9	
40540640 (SS1036)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	15:00-16:00	Po On RD. SC	15+	75	30	@12/9	
40540641 (SS1037)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	16:00-17:00	Po On RD. SC	15+	75	30	@12/9	
40540642 (SS1038)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	17:00-18:00	Po On RD. SC	15+	75	30	@17/9	
40540644 (SS1039)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	18:00-19:00	Po On RD. SC	15+	75	30	@17/9	
40540645 (SS1040)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	19:00-20:00	Po On RD. SC	15+	75	30	@17/9	
40540646 (SS1041)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	20:00-21:00	Po On RD. SC	15+	75	30	@18/9	
40540647 (SS1042)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	21:00-22:00	Po On RD. SC	15+	75	30	@18/9	
Judo TC									
40540508 (SS1043)	27/10-19/11 (excl. 17/11,24/11,8/12)	Su	14:00-16:00	Po On RD. SC	12+	65	30	18/9	
Modern Dance TC									
40540608 (SS0999)	5/10-7/12	Sa	10:00-12:00	Pei Ho ST. SC	12+	70	30	23/8-29/8 (6/9) {27/9}	
Social Dance TC									

40540497 (SS1061)	19/10-21/12	Sa	18:00-20:00	Pei Ho ST. SC	14+	86	30	23/8-29/8 (6/9) {27/9}	✉
40540498 (SS1044)	13/10-22/12 (excl. 24/11)	Su	14:00-16:00	Po On RD. SC	14+	86	30	23/8-29/8 (6/9) {27/9}	✉
40540499 (SS1018)	13/10-29/12 (excl. 3/11,10/11)	Su	10:00-12:00	Shek Kip Mei Park SC	14+	86	30	23/8-29/8 (6/9) {27/9}	✉

Tai Chi Training Course

40540481 (SS0992)	26/10-20/2 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	6:30-7:30	Lai Chi Kok Park Soccer Pitch (Stage I)	6+	60	40	4/10	📄 i
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Western Folk Dance TC

40540496 (SS1000)	12/10-14/12	Sa	14:00-16:00	Po On RD. SC	8+	45	30	23/8-29/8 (6/9) {27/9}	✉
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Yoga TC

40540622 (SS1045)	4/10-11/11 (excl. 7/10,14/10,4/11)	M,F	10:00-12:00	Po On RD. SC	15+	85	30	23/8-29/8 (6/9) {27/9}	✉
40540624 (SS1046)	14/10-16/12	M	18:00-20:00	Po On RD. SC	15+	85	30	23/8-29/8 (6/9) {27/9}	✉
40540626 (SS1020)	3/10-19/12 (excl. 31/10,7/11)	Th	10:00-12:00	Shek Kip Mei Park SC	15+	85	30	23/8-29/8 (6/9) {27/9}	✉

Briefing on Proper Ways to Use Fitness Equipment

40540482 (SS1027)	13/10	Su	14:00-17:00	Po On RD. SC	15+	Free	25	23/8-29/8 (6/9) {27/9}	✉
40540483 (SS1057)	24/10	Th	18:00-21:00	Pei Ho ST. SC	15+	Free	25	23/8-29/8 (6/9) {27/9}	✉
40540484 (SS1015)	19/10	Sa	19:00-22:00	Shek Kip Mei Park SC	15+	Free	25	23/8-29/8 (6/9) {27/9}	✉

Fitness Walking Briefing Session

40540520 (SS0991)	12/10	Sa	9:30-11:30	LCKP Stage III Amphitheatre	6+	Free	40	25/9	📄 i
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Parent-child(Aged7-17) Badminton FD

40540443 (SS1065)	19/10	Sa	9:00-10:00	Shek Kip Mei Park SC	7+	Free	24	19/9	📄 i
40540444 (SS1066)	19/10	Sa	10:00-11:00	Shek Kip Mei Park SC	7+	Free	24	19/9	📄 i
40540446 (SS1067)	19/10	Sa	11:00-12:00	Shek Kip Mei Park SC	7+	Free	24	19/9	📄 i

Badminton TC

40537634 (SS0931)	5/10-14/12 (excl. 23/11)	Sa	15:00-17:00	Pei Ho ST. SC	7+	118	24	23/8-29/8 (6/9) {27/9}	✉
40540490 (SS1079)	24/10-3/12 (excl. 5/11,7/11)	Tu,Th	9:00-11:00	Lai Chi Kok Park SC	18+	118	24	23/8-29/8 (6/9) {27/9}	✉
40540491 (SS1058)	3/10-7/11 (excl. 7/10)	M,Th	9:00-11:00	Pei Ho ST. SC	18+	118	24	23/8-29/8 (6/9) {27/9}	✉
40540492 (SS1059)	25/10-26/11	Tu,F	19:00-21:00	Pei Ho ST. SC	18+	118	24	23/8-29/8 (6/9) {27/9}	✉
40540493 (SS1028)	14/10-15/11	M,F	19:00-21:00	Po On RD. SC	18+	118	24	23/8-29/8 (6/9) {27/9}	✉
40540494 (SS1029)	5/10-14/12 (excl. 23/11)	Sa	14:00-16:00	Po On RD. SC	7+	118	24	23/8-29/8 (6/9) {27/9}	✉
40540495 (SS1016)	3/10-21/11 (excl. 7/10,31/10,4/11,7/11,11/11)	M,Th	9:00-11:00	Shek Kip Mei Park SC	18+	118	24	23/8-29/8 (6/9) {27/9}	✉

Squash Training Course

40540649 (SS1007)	14/10-6/11	M,W	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	12	24/9	📄 i
40540650 (SS1008)	10/10-4/11	M,Th	19:00-21:00	Pei Ho ST. SC	18+	160	12	23/8-29/8 (6/9) {27/9}	✉

Table-tennis TC

40540485 (SS1004)	5/10-7/12	Sa	14:00-16:00	Cornwall ST. Squash & Table Tennis Centre	14+	86	24	23/8-29/8 (6/9) {27/9}	✉
40540486 (SS1009)	13/10-29/12 (excl. 24/11,1/12)	Su	14:00-16:00	Po On RD. SC	14+	86	18	23/8-29/8 (6/9) {27/9}	✉
40540487 (SS1010)	15/10-14/11	Tu,Th	14:00-16:00	Cornwall ST. Squash & Table Tennis Centre	14+	86	24	23/8-29/8 (6/9) {27/9}	✉

Tennis TC

40540627 (SS1019)	11/10-13/12	F	19:00-21:00	Shek Kip Mei Park TC	18+	170	18	23/8-29/8 (6/9) {27/9}	✉
40540628 (SS0996)	6/10-8/12	Su	9:00-11:00	Tung Chau ST. Park	18+	170	18	23/8-29/8 (6/9) {27/9}	✉
40540629 (SS0997)	4/10-6/11	W,F	7:00-9:00	Tung Chau ST. Park	18+	170	18	23/8-29/8 (6/9) {27/9}	✉
40540631 (SS0998)	4/10-6/11	W,F	15:00-17:00	Tung Chau ST. Park	18+	170	18	23/8-29/8 (6/9) {27/9}	✉

SSPD Basketball Competition for Female 2019

40540606 (QSS0988)	13/10-20/10	Su	9:00-18:00	Pei Ho ST. SC	12+	60	8	7/8-13/8 (21/8) {17/9}	✉
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SSPD Basketball Competition for Male 2019

40540607 (QSS0987)	13/10-20/10	Su	9:00-18:00	Pei Ho ST. SC	12+	60	16	7/8-13/8 (21/8) {17/9}	✉
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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
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Baduanjin TC for Elderly

40540500 (SS1005)	9/10-8/11 (excl. 21/10,4/11)	M,W,F	10:00-11:00	Po On RD. SC	30	23/8-29/8 (6/9) {27/9}	✉
40540501 (SS1006)	9/10-8/11 (excl. 21/10,4/11)	M,W,F	11:00-12:00	Po On RD. SC	30	23/8-29/8 (6/9) {27/9}	✉

HES - Baduanjin Play-in

40540509 (SS1003)	4/10-25/10	F	14:00-16:00	Tung Chau ST. Park Squash Court	40	4/10-25/10	Walk-in
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Mt Pts for Elderly - Baduanjin Play-in							
40540505 (SS1060)	4/10-25/10	F	9:00-11:00	Pei Ho ST. SC	50	4/10-25/10	Walk-in
Elderly Fitness TC							
40540503 (SS1011)	15/10-14/11	Tu,Th,Sa	10:00-11:00	Po On RD. SC	30	23/8-29/8 (6/9) {27/9}	✉
40540504 (SS1012)	15/10-14/11	Tu,Th,Sa	11:00-12:00	Po On RD. SC	30	23/8-29/8 (6/9) {27/9}	✉
Mt Pts for Elderly -Social Dance Play-in							
40540506 (SS1047)	9/10-30/10	W	9:15-11:45	Lai Chi Kok Park SC	130	9/10-30/10	Walk-in
HES - Tai Chi Play-in							
40540510 (SS0994)	14/10-28/10	M	9:00-10:30	Pei Ho ST. SC	50	14/10-28/10	Walk-in
40540513 (SS0995)	14/10-28/10	M	10:30-12:00	Pei Ho ST. SC	50	14/10-28/10	Walk-in
HES - Badminton Play-in							
40540518 (SS1013)	2/10-25/10	W,F	7:00-8:00	Shek Kip Mei Park SC	16	12/9	📧 i
40540519 (SS1014)	2/10-25/10	W,F	8:00-9:00	Shek Kip Mei Park SC	16	12/9	📧 i
Mt Pts for Elderly-Indoor Short Mat Bowl Play							
40540507 (SS1062)	3/10-31/10	Th	9:30-11:30	Pei Ho ST. SC	30	3/10-31/10	Walk-in
HES - Table-Tennis Play-in							
40540514 (SS0993)	2/10-31/10	Tu,W,Th,F	7:00-10:00	Cornwall ST. Squash & Table Tennis Centre	60	2/10-31/10	Walk-in
40540515 (SS1048)	14/10-28/10	M	15:30-17:30	Lai Chi Kok Park SC	40	14/10-28/10	Walk-in
40540516 (SS1001)	2/10-30/10 (excl. 7/10,21/10)	M,W	9:00-10:30	Tung Chau ST. Park	24	2/10-30/10	Walk-in
40540517 (SS1002)	2/10-30/10 (excl. 7/10,21/10)	M,W	10:30-12:00	Tung Chau ST. Park	24	2/10-30/10	Walk-in
Mt Pts for Elderly -Gateball Play-in							
40540442 (SS1064)	8/10-29/10	Tu	9:30-11:30	Lai Chi Kok Park SC	40	8/10-29/10	Walk-in
Gateball TC for Elderly							
40540441 (SS1063)	29/10-21/11	Tu,Th	7:00-9:00	Tai Hang Tung R/G	30	23/8-29/8 (6/9) {27/9}	✉
Excursion for Elderly							
40540502 (SS0989)	23/10	W	9:00-17:00	-	96	23/8-29/8 (6/9) {27/9}	✉