

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

**Southern District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
<b>Aerobic Dance Training Course</b>										
40545898 (SN1101)	1/11-2/12 (excl. 11/11,11,25/11)	M,W,F	8:00-9:00	Apleichau SC	14+	65	30	3/10		
40545899 (SN1102)	1/11-2/12 (excl. 11/11,11,25/11)	M,W,F	9:00-10:00	Apleichau SC	14+	65	30	3/10		
40545900 (SN1103)	1/11-2/12 (excl. 11/11,11,25/11)	M,W,F	10:00-11:00	Apleichau SC	14+	65	30	3/10		
40545901 (SN1104)	5/11-12/12	Tu,Th	14:00-15:00	Apleichau SC	14+	65	30	11/10		
40545902 (SN1105)	5/11-12/12	Tu,Th	15:00-16:00	Apleichau SC	14+	65	30	11/10		
40545903 (SN1106)	5/11-12/12	Tu,Th	18:00-19:00	Apleichau SC	14+	65	30	11/10		
40545904 (SN1107)	5/11-12/12	Tu,Th	19:00-20:00	Apleichau SC	14+	65	30	11/10		
40545905 (SN1108)	1/11-11/12	W,F	18:00-19:00	Aberdeen SC	14+	65	30	10/10		
40545906 (SN1109)	1/11-11/12	W,F	19:00-20:00	Aberdeen SC	14+	65	30	10/10		
40545907 (SN1110)	5/11-17/12 (excl. 3/12)	Tu,Th	14:00-15:00	Aberdeen SC	14+	65	30	14/10		
40545908 (SN1111)	5/11-17/12 (excl. 3/12)	Tu,Th	15:00-16:00	Aberdeen SC	14+	65	30	14/10		
40545909 (SN1112)	5/11-17/12 (excl. 3/12)	Tu,Th	16:00-17:00	Aberdeen SC	14+	65	30	14/10		
40545910 (SN1113)	5/11-17/12 (excl. 3/12)	Tu,Th	17:00-18:00	Aberdeen SC	14+	65	30	14/10		
40545911 (SN1114)	7/11-5/12 (excl. 3/12)	Tu,Th,Sa	9:00-10:00	Aberdeen SC	14+	65	30	18/10		
40545912 (SN1115)	7/11-5/12 (excl. 3/12)	Tu,Th,Sa	10:00-11:00	Aberdeen SC	14+	65	30	18/10		
40545914 (SN1116)	6/11-2/12	M,W,F	19:00-20:00	Stanley SC	14+	65	12	15/10		
40545915 (SN1117)	6/11-2/12	M,W,F	20:00-21:00	Stanley SC	14+	65	12	15/10		
40545916 (SN1118)	12/11-19/12	Tu,Th	9:00-10:00	Stanley SC	14+	65	30	18/10		
40545917 (SN1119)	12/11-19/12	Tu,Th	10:00-11:00	Stanley SC	14+	65	30	18/10		
<b>Baduanjin Training Course</b>										
40546066 (SN1128)	20/11-26/2 (excl. 25/12,1/1,29/1)	W	9:00-10:00	Stanley SC	8+	80	30	21/10		
40546067 (SN1129)	20/11-26/2 (excl. 25/12,1/1,29/1)	W	10:00-11:00	Stanley SC	8+	80	30	21/10		
<b>Physical Assessment</b>										
40546271 (SN1190)	3/11	Su	14:00-17:00	Aberdeen SC	All	Free	300	3/11		Walk-in
<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>										
40546075 (SN1137)	11/11-18/12	M,W	18:00-19:00	Aberdeen SC	15+	75	30	@2/10		
40546076 (SN1138)	11/11-18/12	M,W	19:00-20:00	Aberdeen SC	15+	75	30	@2/10		
40546077 (SN1139)	11/11-18/12	M,W	20:00-21:00	Aberdeen SC	15+	75	30	@2/10		
40546078 (SN1140)	22/11-8/1 (excl. 25/12,1/1)	W,F	7:00-8:00	Aberdeen SC	15+	75	30	@9/10		
40546079 (SN1141)	22/11-8/1 (excl. 25/12,1/1)	W,F	8:00-9:00	Aberdeen SC	15+	75	30	@9/10		
40546080 (SN1142)	22/11-8/1 (excl. 25/12,1/1)	W,F	9:00-10:00	Aberdeen SC	15+	75	30	@9/10		
40546081 (SN1143)	22/11-8/1 (excl. 25/12,1/1)	W,F	14:00-15:00	Aberdeen SC	15+	75	30	@16/10		
40546082 (SN1144)	22/11-8/1 (excl. 25/12,1/1)	W,F	15:00-16:00	Aberdeen SC	15+	75	30	@16/10		
40546083 (SN1145)	26/11-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	16:00-17:00	Aberdeen SC	15+	75	30	@24/10		
40546084 (SN1146)	26/11-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	17:00-18:00	Aberdeen SC	15+	75	30	@24/10		
40546087 (SN1147)	26/11-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Aberdeen SC	15+	75	30	@24/10		
40546088 (SN1148)	26/11-10/1 (excl. 24/12,31/12)	Tu,F	16:00-17:00	Aberdeen T/SC	15+	75	30	@8/10		
40546089 (SN1149)	26/11-10/1 (excl. 24/12,31/12)	Tu,F	17:00-18:00	Aberdeen T/SC	15+	75	30	@8/10		
<b>Jazz TC</b>										
40546264 (SN1181)	10/11-19/1 (excl. 22/12)	Su	18:00-20:00	Apleichau SC	12+	70	30	17/10		
<b>Judo TC</b>										
40546265 (SN1182)	10/11-19/1 (excl. 22/12)	Su	14:00-16:00	Apleichau SC	6+	65	30	17/10		
<b>Social Dance Training Course</b>										
40546272 (SN1192)	13/11-14/12	W,Sa	18:00-20:00	Apleichau SC	14+	86	30	26/9-2/10 (10/10) {29/10}		
40546273 (SN1193)	5/11-5/12	Tu,Th	18:00-20:00	Aberdeen SC	14+	86	30	26/9-2/10 (10/10) {29/10}		

40546274 (SN1194)	15/11-18/12	W,F	16:00-18:00	Aberdeen SC	14+	86	30	26/9-2/10 (10/10) {29/10}	✉
40546275 (SN1195)	25/11-30/12 (excl. 25/12)	M,W	20:00-22:00	Aberdeen SC	14+	86	30	26/9-2/10 (10/10) {29/10}	✉
40546276 (SN1196)	22/11-27/12 (excl. 25/12)	W,F	20:00-22:00	Stanley SC	14+	86	30	4/10	📄 i
<b>Evening Tai Chi Training Course</b>									
40546074 (SN1136)	5/11-5/5 (excl. 24/12,26/12,31/12,28/1,30/4)	Tu,Th	17:00-18:00	Aberdeen T/SC	6+	60	60	2/10	📄 i
<b>Morning Tai Chi Sword Training Course</b>									
40546269 (SN1186)	20/11-18/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:00-8:00	Aberdeen T/SC	6+	60	30	22/10	📄 i
40546270 (SN1187)	20/11-18/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	8:00-9:00	Aberdeen T/SC	6+	60	30	22/10	📄 i
<b>Yoga Training Course</b>									
40546286 (SN1206)	19/11-19/12	Tu,Th	9:00-11:00	Apleichau SC	15+	85	30	26/9-2/10 (10/10) {29/10}	✉
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40546072 (SN1134)	9/11	Sa	14:00-17:00	Apleichau SC	15+	Free	25	26/9-2/10 (10/10) {29/10}	✉
40546073 (SN1135)	12/11	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	25	26/9-2/10 (10/10) {29/10}	✉
<b>Fitness Walking Briefing Session</b>									
40546101 (SN1157)	20/11	W	19:30-21:30	Piazza Apleichau Wind Tower Park	6+	Free	40	16/10	📄 i
<b>Body-Mind Stretch TC</b>									
40546068 (SN1130)	7/11-30/1 (excl. 26/12)	Th	20:00-21:00	Aberdeen SC(Large Dance Room)	15+	85	24	26/9-2/10 (10/10) {29/10}	✉
40546069 (SN1131)	7/11-30/1 (excl. 26/12)	Th	21:00-22:00	Aberdeen SC(Large Dance Room)	15+	85	24	26/9-2/10 (10/10) {29/10}	✉
40546070 (SN1132)	8/11-31/1 (excl. 24/1)	F	20:00-21:00	Aberdeen SC(Large Dance Room)	15+	85	24	26/9-2/10 (10/10) {29/10}	✉
40546071 (SN1133)	8/11-31/1 (excl. 24/1)	F	21:00-22:00	Aberdeen SC(Large Dance Room)	15+	85	24	26/9-2/10 (10/10) {29/10}	✉
<b>SDA Archery Comp (Co-organised with Island Archery C)*</b>									
40546287 (QSN1191)	3/11	Su	9:00-18:00	SSWSG	10+	20	120	9/9	♿
<b>Badminton Training Course</b>									
40546058 (SN1120)	21/11-24/12	Tu,Th	14:00-16:00	Apleichau SC	7+	118	24	26/9-2/10 (10/10) {29/10}	✉
40546059 (SN1121)	22/11-27/12 (excl. 25/12)	W,F	9:00-11:00	Apleichau SC	7+	118	24	26/9-2/10 (10/10) {29/10}	✉
40546060 (SN1122)	15/11-18/12	W,F	14:00-16:00	Aberdeen SC	7+	118	24	26/9-2/10 (10/10) {29/10}	✉
40546061 (SN1123)	26/11-9/1 (excl. 3/12,24/12,26/12,31/12)	Tu,Th	9:00-11:00	Aberdeen SC	7+	118	24	26/9-2/10 (10/10) {29/10}	✉
40546062 (SN1124)	9/11-11/1	Sa	11:00-13:00	Stanley SC	18+	118	24	26/9-2/10 (10/10) {29/10}	✉
40546063 (SN1126)	4/11-6/1	M	18:00-20:00	Yue Kwong RD. SC	7+	118	24	26/9-2/10 (10/10) {29/10}	✉
40546064 (SN1127)	6/11-22/1 (excl. 25/12,1/1)	W	15:00-17:00	Yue Kwong RD. SC	7+	118	24	26/9-2/10 (10/10) {29/10}	✉
40546065 (SN1125)	8/11-17/1 (excl. 27/12)	F	18:00-20:00	Wong Chuk Hang SC	18+	118	24	26/9-2/10 (10/10) {29/10}	✉
<b>Indoor Lawn Bowls Promotion Day</b>									
40546262 (SN1179)	10/11	Su	10:00-11:30	Apleichau SC	8+	Free	36	4/10	📄 i
40546263 (SN1180)	10/11	Su	11:30-13:00	Apleichau SC	8+	Free	36	4/10	📄 i
<b>Squash Training Course</b>									
40546277 (SN1197)	1/11-27/11	W,F	10:00-12:00	Aberdeen T/SC	7+	160	12	26/9-2/10 (10/10) {29/10}	✉
40546278 (SN1198)	4/11-23/12	M	18:00-20:00	Aberdeen T/SC	7+	160	12	26/9-2/10 (10/10) {29/10}	✉
40546279 (SN1199)	16/11-18/1 (excl. 23/11,30/11)	Sa	10:00-12:00	Aberdeen T/SC	7+	160	12	26/9-2/10 (10/10) {29/10}	✉
40546280 (SN1200)	16/11-18/1 (excl. 23/11,30/11)	Sa	12:00-14:00	Aberdeen T/SC	18+	160	12	26/9-2/10 (10/10) {29/10}	✉
<b>Table-tennis Training Course</b>									
40546281 (SN1201)	3/11-12/1 (excl. 22/12)	Su	10:00-12:00	Apleichau SC	6+	86	24	26/9-2/10 (10/10) {29/10}	✉
<b>Tennis Training Course</b>									
40546282 (SN1202)	1/11-3/12	Tu,F	19:00-21:00	Aberdeen T/SC	8+	170	18	26/9-2/10 (10/10) {29/10}	✉
40546283 (SN1203)	4/11-5/12	M,Th	16:00-18:00	Aberdeen T/SC	8+	170	18	26/9-2/10 (10/10) {29/10}	✉
40546284 (SN1204)	5/11-5/12	Tu,Th	8:00-10:00	Aberdeen T/SC	8+	170	18	26/9-2/10 (10/10) {29/10}	✉
<b>Tennis Training Course for Children &amp; Youth</b>									
40546285 (SN1205)	23/11-1/2 (excl. 25/1)	Sa	14:00-16:00	Aberdeen T/SC	8-17	170	18	4/10	📄 i
<b>SD 7-a-side Soccer Comp ( Hard-surface Pitch)*</b>									
40544918 (QSN1096)	17/11-24/11	Su	9:00-18:00	Hard Surface Soccer Pitch No.2	14+	60	16	9/9-23/9 (30/9) {23/10}	✉
<b>Meeting Points - Soccer Play in for Youth FD</b>									
40546268 (SN1185)	15/11-29/11	F	18:00-20:00	Wong Chuk Hang Recreation Ground	12-35	Free	150	15/11-29/11	Walk-in
<b>Healthy Exercise for All Campaign-Hiking Scheme</b>									
40546105 (SN1158)	17/11	Su	9:00-17:00	D11 Shek Mun Kap- Ngong Ping	6+	40	48	26/9-2/10 (10/10) {29/10}	✉

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
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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.

**(HQ) Day Camp for Persons w/Visual Impair.**

40546289 (SN1099)	16/11	Sa	10:30-16:30	Tso Kung Tam ORC	12+	4	8/10	i
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**Tai Chi Training Courses for PWIDs**

40546288 (SN1098)	1/11-22/11	F	10:00-12:00	Wong Chuk Hang SC	15+	4	8/10	i
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**(HQ) Bocce Training Programme for PWIDs**

40535855 (SN0727)	2/11-30/11	Sa	13:00-15:00	Apleichau SC	8+	20	17/9	i
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**Excursion for Persons with Intellectual Disability**

40540432 (SN0920)	9/11	Sa	9:00-16:00	CHI LIN NUNNERY	All	6	6/8	i
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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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**Meeting Points for Elderly-Baduanjin FD**

40546266 (SN1183)	28/11-23/1	Th	9:00-11:00	Yue Kwong RD. SC	40	28/11-23/1	Walk-in
40546267 (SN1184)	28/11-23/1	Th	9:00-11:00	Yue Kwong RD. SC	40	28/11-23/1	Walk-in

**Fitness Exercise Training Course for Elderly**

40546090 (SN1150)	13/11-13/12	M,W,F	7:00-8:00	Stanley SC	30	26/9-2/10 (10/10){29/10}	
40546091 (SN1151)	13/11-13/12	M,W,F	8:00-9:00	Stanley SC	30	26/9-2/10 (10/10){29/10}	
40546092 (SN1152)	14/11-20/2 (excl. 26/12)	Th	14:00-15:00	Wong Chuk Hang SC	12	26/9-2/10 (10/10){29/10}	
40546093 (SN1153)	14/11-20/2 (excl. 26/12)	Th	15:00-16:00	Wong Chuk Hang SC	12	26/9-2/10 (10/10){29/10}	

**Healthy Elderly Scheme-Indoor Lawn Bowls FD**

40546119 (SN1168)	1/11-27/12	F	8:00-10:00	Apleichau SC	40	1/11-27/12	Walk-in
40546120 (SN1169)	4/11-30/12	M	7:00-9:00	Apleichau SC	40	4/11-30/12	Walk-in
40546121 (SN1170)	6/11-18/12	W	7:00-9:00	Apleichau SC	40	6/11-18/12	Walk-in
40546122 (SN1171)	7/11-19/12	Th	7:00-8:00	Apleichau SC	40	7/11-19/12	Walk-in

**Healthy Elderly Scheme-Table-Tennis FD**

40546255 (SN1172)	1/11-29/11	W,F	12:00-14:00	Apleichau SC	4	1/11-29/11	Walk-in
40546256 (SN1173)	4/11-28/11 (excl. 11/11,25/11)	M,Tu,Th	10:00-12:00	Apleichau SC	4	4/11-28/11	Walk-in
40546258 (SN1175)	1/11-29/11 (excl. 25/11)	M,W,F	7:00-9:00	Aberdeen T/SC	6	1/11-29/11	Walk-in
40546259 (SN1176)	5/11-26/11	Tu	8:00-11:00	Wong Chuk Hang SC	16	5/11-26/11	Walk-in
40546260 (SN1177)	7/11-28/11	Th	8:00-11:00	Wong Chuk Hang SC	16	7/11-28/11	Walk-in

**Healthy Elderly Scheme-Tennis FD**

40546261 (SN1178)	6/11-27/11	W	7:00-10:00	Aberdeen T/SC	4	6/11-27/11	Walk-in
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**HES-American Pool FD**

40546111 (SN1163)	1/11-29/11	M,W,F	9:00-11:00	Aberdeen T/SC	4	1/11-29/11	Walk-in
40546114 (SN1164)	7/11-28/11 (excl. 19/11)	Tu,Th	10:00-12:00	Aberdeen T/SC	4	7/11-28/11	Walk-in

**Healthy Elderly Scheme-American Pool FD**

40546106 (SN1159)	1/11-29/11	W,F	10:00-12:00	Apleichau SC	4	1/11-29/11	Walk-in
40546108 (SN1160)	4/11-28/11	M,Th	7:00-8:00	Apleichau SC	4	4/11-28/11	Walk-in
40546109 (SN1161)	5/11-26/11	Tu	7:00-8:00	Apleichau SC	4	5/11-26/11	Walk-in

**Meeting Points for Elderly-American Pool FD**

40546110 (SN1162)	1/11-29/11	M,W,F	7:00-9:00	Aberdeen T/SC	4	1/11-29/11	Walk-in
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**Healthy Elderly Scheme-Gateball FD**

40546116 (SN1165)	1/11-29/11	F	11:00-13:00	Apleichau SC	10	1/11-29/11	Walk-in
40546117 (SN1166)	6/11-27/11	W	9:00-11:00	Wong Chuk Hang SC	10	6/11-27/11	Walk-in
40546118 (SN1167)	5/11-28/11	Tu,Th	14:00-16:00	Yue Kwong RD. SC	10	5/11-28/11	Walk-in