

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

Sha Tin District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Aerobic Dance Training Course									
40546436 (ST1441)	26/11-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	9:00-10:00	Hin Keng SC	14+	65	20	9/10	
40546437 (ST1442)	26/11-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	10:00-11:00	Hin Keng SC	14+	65	20	9/10	
40546438 (ST1443)	26/11-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Hin Keng SC	14+	65	20	10/10	
40546439 (ST1444)	26/11-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	Hin Keng SC	14+	65	20	10/10	
40546440 (ST1445)	25/11-8/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Mei Lam SC	14+	65	30	11/10	
40546441 (ST1446)	25/11-8/1 (excl. 25/12,1/1)	M,W	20:00-21:00	Mei Lam SC	14+	65	30	11/10	
Baduanjin Fun Day									
40546443 (ST1447)	2/11	Sa	14:00-16:00	Heng On SC	8+	Free	20	2/10	
Fitness (Multi-gym) Training Course									
<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. 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.</p>									
40546444 (ST1448)	4/11-29/11	M,W,F	19:00-20:00	Heng On SC	15+	75	20	@11/10	
40546445 (ST1449)	4/11-29/11	M,W,F	20:00-21:00	Heng On SC	15+	75	20	@11/10	
40546446 (ST1450)	5/11-30/11	Tu,Th,Sa	9:00-10:00	Heng On SC	15+	75	20	@10/10	
40546447 (ST1451)	13/11-13/12 (excl. 25/11,9/12)	M,W,F	19:00-20:00	Heng On SC	15+	75	20	@9/10	
40546448 (ST1452)	5/11-12/12	Tu,Th	20:00-21:00	Hin Keng SC	15+	75	10	@15/10	
40546449 (ST1453)	5/11-12/12	Tu,Th	21:00-22:00	Hin Keng SC	15+	75	10	@15/10	
40546450 (ST1454)	5/11-12/12	Tu,Th	13:00-14:00	Ma On Shan SC	15+	75	20	@14/10	
40546451 (ST1455)	5/11-12/12	Tu,Th	19:00-20:00	Ma On Shan SC	15+	75	20	@16/10	
40546452 (ST1456)	5/11-12/12	Tu,Th	20:00-21:00	Ma On Shan SC	15+	75	20	@16/10	
40546453 (ST1457)	15/11-27/12 (excl. 25/12)	W,F	16:00-17:00	Yuen Chau Kok SC	15+	75	30	@15/10	
40546454 (ST1458)	27/11-13/1 (excl. 25/12,1/1)	M,W	8:00-9:00	Yuen Chau Kok SC	15+	75	30	@14/10	
40546455 (ST1459)	27/11-13/1 (excl. 25/12,1/1)	M,W	9:00-10:00	Yuen Chau Kok SC	15+	75	30	@14/10	
Jazz Training Course									
40546456 (ST1460)	11/11-11/12	M,W	15:00-17:00	Ma On Shan SC	12+	70	24	17/9-23/9 (30/9) {24/10}	
Briefing on Proper Ways to Use Fitness Equipment									
40546457 (ST1461)	3/11	Su	9:00-12:00	Heng On SC	15+	Free	20	17/9-23/9 (30/9) {24/10}	
40546458 (ST1462)	9/11	Sa	14:00-17:00	Ma On Shan SC	15+	Free	25	17/9-23/9 (30/9) {24/10}	
40546459 (ST1463)	16/11	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	25	17/9-23/9 (30/9) {24/10}	
Parent-Child (Aged 7-17) Badminton Fun Day									
40546464 (ST1467)	17/11	Su	14:00-15:00	Heng On SC (non air-cond.)	7+	Free	18	17/9-23/9 (30/9) {24/10}	
40546465 (ST1468)	17/11	Su	15:00-16:00	Heng On SC (non air-cond.)	7+	Free	18	17/9-23/9 (30/9) {24/10}	
40546466 (ST1469)	17/11	Su	16:00-17:00	Heng On SC (non air-cond.)	7+	Free	18	17/9-23/9 (30/9) {24/10}	
40546467 (ST1470)	16/11	Sa	14:00-15:00	Ma On Shan SC	7+	Free	24	17/9-23/9 (30/9) {24/10}	
40546468 (ST1471)	16/11	Sa	15:00-16:00	Ma On Shan SC	7+	Free	24	17/9-23/9 (30/9) {24/10}	
40546469 (ST1472)	16/11	Sa	16:00-17:00	Ma On Shan SC	7+	Free	24	17/9-23/9 (30/9) {24/10}	
Badminton Training Course									
40546470 (ST1473)	6/11-6/12	W,F	9:00-11:00	Heng On SC (non-air cond.)	7+	118	18	17/9-23/9 (30/9) {24/10}	
Lawn Bowls Practice Scheme									
40546471 (ST1474)	21/11-18/2 (excl. 26/12,28/1)	Tu,Th	9:00-12:00	Siu Lek Yuen RD. PG	8+	60	60	3/10	
40546473 (ST1475)	21/11-18/2 (excl. 26/12,28/1)	Tu,Th	14:00-17:00	Siu Lek Yuen RD. PG	8+	60	60	3/10	
Lawn Bowls Training Course									
40546474 (ST1476)	14/11-10/12	Tu,Th	10:00-12:00	Siu Lek Yuen RD. PG	8+	54	8	4/10	
40546475 (ST1477)	14/11-10/12	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	8	4/10	
40546476 (ST1478)	5/11-28/11	Tu,Th	19:00-21:00	Yuen Chau Kok SC	8+	54	8	17/9-23/9 (30/9) {24/10}	

Squash Training Course

40546477 (ST1479)	13/11-6/12	W,F	19:00-21:00	Heng On SC	7+	160	8	17/9-23/9 (30/9) {24/10}	✉
40546478 (ST1480)	30/11-18/1	Sa	15:00-17:00	Hin Keng SC	7+	160	8	17/9-23/9 (30/9) {24/10}	✉
40546479 (ST1481)	2/11-21/12	Sa	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	7+	160	8	17/9-23/9 (30/9) {24/10}	✉
40546480 (ST1482)	18/11-12/12	M,Th	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	8	17/9-23/9 (30/9) {24/10}	✉
40546481 (ST1483)	26/11-19/12	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	7+	160	8	17/9-23/9 (30/9) {24/10}	✉

Squash Training Course for Junior

40546483 (ST1484)	2/11-21/12	Sa	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	7-17	160	8	17/9-23/9 (30/9) {24/10}	✉
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Tennis Training Course

40546484 (ST1485)	18/11-18/12	M,W	19:00-21:00	Hin Tin PG	8+	170	12	17/9-23/9 (30/9) {24/10}	✉
40546485 (ST1486)	11/11-11/12	M,W	9:00-11:00	Ma On Shan Recreation Ground	8+	170	12	17/9-23/9 (30/9) {24/10}	✉
40546486 (ST1487)	11/11-11/12	M,W	9:00-11:00	Yuen Wo PG	8+	170	18	17/9-23/9 (30/9) {24/10}	✉

American Pool Training Course - Level I

40546487 (ST1488)	16/11-7/12	Sa	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	6	17/9-23/9 (30/9) {24/10}	✉
40546488 (ST1489)	16/11-7/12	Sa	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	6	17/9-23/9 (30/9) {24/10}	✉

American Pool Training Course - Level II

40546489 (ST1490)	17/11-8/12	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	6	17/9-23/9 (30/9) {24/10}	✉
40546490 (ST1491)	17/11-8/12	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	6	17/9-23/9 (30/9) {24/10}	✉

Gateball Training Course for Adults

40546494 (ST1494)	1/11-27/11	W,F	15:00-17:00	Ma On Shan Recreation Ground	20+	54	15	2/10	📄 i
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Healthy Exercise For All Campaign - Hiking

40541066 (ST1125)	10/11	Su	9:00-17:00	Braemar Hill - Tai Tam Tuk Reservoir	6+	40	48	17/9-23/9 (30/9) {24/10}	✉
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Horse Riding cum Archery Fun Day

40534884 (ST0643)	16/11	Sa	15:00-17:00	Tuen Mun RSC	6+	75	32	8/10	📄
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Orienteering Fun Day

40546492 (ST1492)	30/11	Sa	14:00-15:30	Sha Tin Park	6+	Free	500	30/11	Walk-in
40546493 (ST1493)	30/11	Sa	15:30-17:00	Sha Tin Park	6+	Free	500	30/11	Walk-in

Sha Tin District Road Safety Carnival

40546496 (ST1495)	9/11	Sa	14:00-17:00	Sha Tin RD. Safety Park	All	Free	2000	9/11	Walk-in
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Community Garden Programme

40544135 (ST1355)	16/11-21/3	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Che Kung Miu RD. P/G Community Garden	12+	400	30	17/9-23/9 (30/9) {24/10}	✉
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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.

Aerobic Tr. Cr. for Chronically Ill Persons

40537485 (ST0906)	12/11-6/12	Tu,F	10:00-11:00	Ma On Shan SC	18+	3	26/9	📄 i
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Body-Mind Stretch Tr. Cr. For Chronic Illness

40537483 (ST0904)	5/11-24/12	Tu	11:00-12:00	Yuen Wo RD. SC	15+	3	26/9	📄 i
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Badminton TC for Ex-mentally Ill Persons

40537452 (ST0884)	6/11-27/11	W	20:00-22:00	Hin Keng SC (non air-con)	7+	2	26/9	📄 i
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Day Camp for Ex-mentally Ill Persons

40537301 (ST0860)	15/11	F	10:00-16:00	Sai Kung ORC	All	9	26/9	📄 i
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Horse Riding FD for Ex-mentally Ill Persons

40537463 (ST0891)	2/11	Sa	9:00-12:00	Tuen Mun RSC	6+	6	26/9	📄 i
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Gateball FD for Intellectual Disabled Persons

40537457 (ST0888)	11/11	M	10:00-12:00	Ma On Shan Recreation Ground	8+	6	26/9	📄 i
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Gateball TC for Intellectual Disabled Persons

40537298 (ST0859)	28/11-19/12	Th	14:00-16:00	Che Kung Miu RD. PG	8+	2	26/9	
Day Camp for Intellectual Disabled Persons								
40537296 (ST0858)	20/11	W	10:00-15:00	Sai Kung ORC	All	8	26/9	
40537320 (ST0872)	22/11	F	10:00-15:00	Tso Kung Tam ORC	All	16	26/9	
40537321 (ST0873)	7/11	Th	10:00-15:00	Tso Kung Tam ORC	All	30	26/9	
40537370 (ST0876)	14/11	Th	10:00-15:00	Lady MacLehose HV	All	20	26/9	
Land Excursion for Intellectual Disabled								
40537458 (ST0889)	10/11	Su	9:00-17:00	Tai O	All	20	26/9	
Land Excursion for Physical Disabled Persons								
40537372 (ST0877)	2/11	Sa	9:00-16:00	Tin Shui Wai	All	14	26/9	
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	
Fitness Exercise Training Course for Elderly								
40546499 (ST1497)	1/11-18/12	W,F	8:00-9:00	Hin Keng SC	20	18/9-24/9 (2/10) {25/10}		
40546500 (ST1498)	1/11-18/12	W,F	9:00-10:00	Hin Keng SC	20	18/9-24/9 (2/10) {25/10}		
Fitness (Multi-gym) Tr. Cr. for Elderly								
<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>								
40546501 (ST1499)	5/11-30/11	Tu,Th,Sa	8:00-9:00	Heng On SC	20	@18/9-24/9 (2/10){25/10}		
40546502 (ST1500)	13/11-13/12 (excl. 25/11,9/12)	M,W,F	8:00-9:00	Heng On SC	20	@18/9-24/9 (2/10){25/10}		
40546503 (ST1501)	15/11-27/12 (excl. 25/12)	W,F	15:00-16:00	Yuen Chau Kok SC	30	@18/9-24/9 (2/10){25/10}		
HES - Social Dance Fun Day for Elderly								
40546504 (ST1502)	1/11-29/11	F	10:00-11:30	Heng On SC	30	1/11-29/11	Walk-in	
40546506 (ST1503)	1/11-29/11	F	11:30-13:00	Heng On SC	30	1/11-29/11	Walk-in	
HES - Badminton Fun Day for Elderly								
40546507 (ST1504)	4/11-27/11	M,W	8:00-10:00	Yuen Chau Kok SC	24	4/11-27/11	Walk-in	
HES - Table-tennis Fun Day for Elderly								
40546508 (ST1505)	5/11-28/11	Tu,Th	8:00-10:00	Hin Keng SC	24	5/11-28/11	Walk-in	
40546509 (ST1506)	7/11-28/11	Th	12:00-14:00	Ma On Shan SC	48	7/11-28/11	Walk-in	
40546510 (ST1507)	12/11-26/11	Tu	14:00-16:00	Ma On Shan SC	48	12/11-26/11	Walk-in	
40546511 (ST1508)	1/11-29/11	Tu,F	8:00-10:00	Sha Tin Jockey Club Public Squash Courts	24	1/11-29/11	Walk-in	
40546512 (ST1509)	1/11-29/11	Tu,F	10:00-12:00	Sha Tin Jockey Club Public Squash Courts	24	1/11-29/11	Walk-in	
40546513 (ST1510)	4/11-28/11	M,Th	8:00-10:00	Siu Lek Yuen RD. PG	16	4/11-28/11	Walk-in	
40546514 (ST1511)	4/11-27/11	M,W	14:00-16:00	Siu Lek Yuen RD. PG	16	4/11-27/11	Walk-in	
40546516 (ST1512)	4/11-27/11	M,W	9:00-11:00	Yuen Chau Kok SC	16	4/11-27/11	Walk-in	
40546517 (ST1513)	1/11-29/11	Tu,F	8:00-10:00	Yuen Wo RD. SC	16	1/11-29/11	Walk-in	
40546518 (ST1514)	1/11-29/11	Tu,F	10:00-12:00	Yuen Wo RD. SC	16	1/11-29/11	Walk-in	
Gateball Fun Day for Elderly								
40546520 (ST1516)	14/11	Th	15:00-17:00	Ma On Shan Recreation Ground	30	14/11	Walk-in	
Gateball Training Course for Elderly								
40546522 (ST1517)	6/11-8/1 (excl. 25/12,1/1)	W	9:00-11:00	Ma On Shan Recreation Ground	15	18/9-24/9 (2/10) {25/10}		