

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

Sai Kung District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Front Crawl Training Course for Adult (Level III)									
40527665 (SK 0442)	5/11-5/12	Tu,Th	20:00-21:00	Tseung Kwan O SP - Main Pool	18+	100	20	16/9-22/9 (26/9) {22/10}	☒
Front Crawl Training Course for Aged 17 or below (Level III)									
40527664 (SK 0441)	5/11-5/12	Tu,Th	19:00-20:00	Tseung Kwan O SP - Main Pool	0-17	100	20	16/9-22/9 (26/9) {22/10}	☒
Aerobic Dance Training Course									
40546330 (SK 1214)	7/11-10/12 (excl. 19/11,23/11,3/12)	Tu,Th,Sa	9:00-10:00	Tseung Kwan O SC	14+	65	20	2/10	☒ i
40546331 (SK 1215)	7/11-10/12 (excl. 19/11,23/11,3/12)	Tu,Th,Sa	10:00-11:00	Tseung Kwan O SC	14+	65	20	2/10	☒ i
40546332 (SK 1216)	7/11-10/12 (excl. 19/11,23/11,3/12)	Tu,Th,Sa	11:00-12:00	Tseung Kwan O SC	14+	65	20	2/10	☒ i
40546333 (SK 1217)	5/11-30/11	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	20	25/9	☒ i
40546334 (SK 1218)	5/11-30/11	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	20	25/9	☒ i
40546335 (SK 1219)	6/11-6/12 (excl. 18/11,2/12)	M,W,F	9:00-10:00	Po Lam SC	14+	65	24	26/9	☒ i
40546336 (SK 1220)	6/11-6/12 (excl. 18/11,2/12)	M,W,F	10:00-11:00	Po Lam SC	14+	65	24	26/9	☒ i
40546337 (SK 1221)	5/11-12/12	Tu,Th	19:00-20:00	Po Lam SC	14+	65	24	30/9	☒ i
40546338 (SK 1222)	5/11-12/12	Tu,Th	20:00-21:00	Po Lam SC	14+	65	24	30/9	☒ i
40546375 (SK 1259)	1/11-11/12	W,F	13:00-14:00	Sai Kung Squash Courts	14+	65	12	23/9	☒ i
40546376 (SK 1260)	1/11-11/12	W,F	14:00-15:00	Sai Kung Squash Courts	14+	65	12	23/9	☒ i
Dance Play-in (Folk Dance)									
40546358 (SK 1242)	23/11	Sa	9:00-12:00	Hang Hau SC	14+	Free	80	11/10	☒ i
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.</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>									
40546343 (SK 1227)	20/11-6/1 (excl. 25/12,1/1)	M,W	8:00-9:00	Tseung Kwan O SC	15+	75	26	@9/10	☒ i
40546344 (SK 1228)	20/11-6/1 (excl. 25/12,1/1)	M,W	9:00-10:00	Tseung Kwan O SC	15+	75	26	@9/10	☒ i
40546345 (SK 1229)	4/11-11/12	M,W	19:00-20:00	Po Lam SC	15+	75	20	@20/9	☒ i
40546346 (SK 1230)	4/11-11/12	M,W	20:00-21:00	Po Lam SC	15+	75	20	@20/9	☒ i
40546347 (SK 1231)	4/11-11/12	M,W	21:00-22:00	Po Lam SC	15+	75	20	@20/9	☒ i
40546348 (SK 1232)	1/11-27/11	M,W,F	15:00-16:00	Tsui Lam SC	15+	75	20	@20/9	☒ i
40546349 (SK 1233)	1/11-27/11	M,W,F	16:00-17:00	Tsui Lam SC	15+	75	20	@20/9	☒ i
40546350 (SK 1234)	26/11-21/12	Tu,Th,Sa	9:00-10:00	Po Lam SC	15+	75	20	@15/10	☒ i
40546351 (SK 1235)	26/11-21/12	Tu,Th,Sa	10:00-11:00	Po Lam SC	15+	75	20	@15/10	☒ i
Tai Chi Sword Training Course									
40546405 (SK 1289)	28/11-24/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Wai Man RD. PG	6+	60	40	14/10	☒ i
Healthy Exercise For All Campaign-Quali Walk									
40546398 (SK 1282)	4/11-29/11	M,W,F	7:00-8:00	Po Tsui Park	6+	20	20	24/9	☒ i
40546399 (SK 1283)	4/11-29/11	M,W,F	8:00-9:00	Po Tsui Park	6+	20	20	24/9	☒ i
Briefing on Proper Ways to Use Fitness Equipment									
40546352 (SK 1236)	12/11	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	25	18/9-24/9 (4/10) {28/10}	☒
40546353 (SK 1237)	12/11	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	25	18/9-24/9 (4/10) {28/10}	☒
40546354 (SK 1238)	23/11	Sa	9:00-12:00	Tseung Kwan O SC	15+	Free	25	18/9-24/9 (4/10) {4/11}	☒
40546355 (SK 1239)	23/11	Sa	10:00-13:00	Tseung Kwan O SC	15+	Free	25	18/9-24/9 (4/10) {4/11}	☒
40546356 (SK 1240)	5/11	Tu	19:00-22:00	Hang Hau SC	15+	Free	25	18/9-24/9 (4/10) {28/10}	☒
40546357 (SK 1241)	5/11	Tu	20:00-23:00	Hang Hau SC	15+	Free	25	18/9-24/9 (4/10) {28/10}	☒
Parent-child(Aged 7-17) Badminton Fun Day									
40546379 (SK 1263)	17/11	Su	9:00-10:00	Tseung Kwan O SC	7+	Free	24	8/10	☒
40546380 (SK 1264)	17/11	Su	10:00-11:00	Tseung Kwan O SC	7+	Free	24	8/10	☒
40546381 (SK 1265)	17/11	Su	11:00-12:00	Tseung Kwan O SC	7+	Free	24	8/10	☒
Badminton Training Course									
40546339 (SK 1223)	8/11-11/12	W,F	8:00-10:00	Tseung Kwan O SC	7+	118	24	18/9-24/9 (4/10) {28/10}	☒
40546340 (SK 1224)	21/11-23/12	M,Th	19:00-21:00	Tseung Kwan O SC	7+	118	24	18/9-24/9 (4/10) {4/11}	☒
40546341 (SK 1225)	6/11-6/12	W,F	19:00-21:00	Tsui Lam SC	7+	118	24	18/9-24/9 (4/10) {28/10}	☒

40546342 (SK 1226)	12/11-12/12	Tu,Th	9:00-11:00	Tiu Keng Leng SC	7+	118	24	18/9-24/9 (4/10) {28/10}	✉
Track Cycling Training Course (Level III)									
40526046 (SK 205)	7/11	Th	18:00-22:00	Hong Kong Velodrome	11+	140	20	25/9	📄 i
SKD Lawn Bowls Competition 2019									
40546362 (SK 1246)	17/11	Su	9:00-19:00	Hang Hau Man Kuk Lane Park	8+	100	16	18/9-24/9 (4/10) {4/11}	✉
Lawn Bowls Fun Day									
40546384 (SK 1268)	9/11	Sa	16:00-18:00	Hang Hau Man Kuk Lane Park	8+	Free	24	18/9-24/9 (4/10) {28/10}	✉
Lawn Bowls Training Course									
40546385 (SK 1269)	19/11-12/12	Tu,Th	16:00-18:00	Hang Hau Man Kuk Lane Park	8+	54	16	18/9-24/9 (4/10) {4/11}	✉
Squash Training Course									
40546360 (SK 1244)	7/11-3/12	Tu,Th	19:00-21:00	Tseung Kwan O SC	7+	160	8	30/9	📄 i
40546361 (SK 1245)	13/11-6/12	W,F	19:00-21:00	Po Lam SC	7+	160	8	8/10	📄 i
Tennis Training Course									
40546406 (SK 1290)	14/11-17/12	Tu,Th	17:00-19:00	Po Tsui Park	8+	170	18	18/9-24/9 (4/10) {28/10}	✉
40546407 (SK 1291)	11/11-12/12	M,Th	19:00-21:00	Po Tsui Park	8+	170	18	18/9-24/9 (4/10) {28/10}	✉
40546408 (SK 1292)	19/11-20/12	Tu,F	19:00-21:00	Po Tsui Park	8+	170	18	18/9-24/9 (4/10) {4/11}	✉
40546409 (SK 1293)	20/11-11/12	M,W,F	15:00-17:00	Po Tsui Park	8+	170	18	17/10	📄 i
Go Training Course(Stage II)									
40546359 (SK 1243)	9/11-14/12	Sa	11:00-13:00	Po Lam SC	6+	40	20	18/9-24/9 (4/10) {28/10}	✉
Indoor Cricket Fun Day									
40546310 (SK 1194)	16/11	Sa	11:00-12:00	Tseung Kwan O SC	6+	Free	30	10/10	📄 i
40546311 (SK 1195)	16/11	Sa	12:00-13:00	Tseung Kwan O SC	6+	Free	30	10/10	📄 i
40546312 (SK 1196)	16/11	Sa	13:00-14:00	Tseung Kwan O SC	6+	Free	30	10/10	📄 i
Orienteering Fun Day@Hong Kong Velodrome Park									
40546386 (SK 1270)	16/11	Sa	9:30-12:30	Hong Kong Velodrome Park	All	Free	500	31/10	📄 i
Sport Climbing Fun Day									
40546363 (SK 1247)	9/11	Sa	15:30-17:00	Tiu Keng Leng SC	12+	Free	24	8/10	📄 i
40546364 (SK 1248)	9/11	Sa	17:00-18:30	Tiu Keng Leng SC	12+	Free	24	8/10	📄 i
Community Garden Programme (Plot No. 2-39)									
40546393 (SK 1277)	3/11-8/3 (excl. 26/1)	Su	9:00-12:00	Yuk Nga Lane Community Garden	12+	400	38	18/9-24/9 (4/10) {28/10}	✉
Community Garden Programme (Plot No. 40-77)									
40546394 (SK 1278)	3/11-8/3 (excl. 26/1)	Su	14:00-17:00	Yuk Nga Lane Community Garden	12+	400	38	18/9-24/9 (4/10) {28/10}	✉

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 PWs 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 PWs 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.

Day Camp for Visual Impairment

40546403 (SK 1287)	17/11	Su	10:00-17:00	Lady MacLehose HV	All	10	23/9	📄 i
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Day Camp for Chronic Illness

40546400 (SK 1284)	1/11	F	10:30-16:30	Tso Kung Tam ORC	All	10	22/9	📄 i
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Day Camp for Hearing Impairment

40546404 (SK 1288)	3/11	Su	9:00-17:00	Sai Kung ORC	60+	6	23/9	📄 i
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Day Camp for ppl w/ Autism/ID/Ex-mentally ill

40546402 (SK 1286)	9/11	Sa	10:30-16:30	Sai Kung ORC	All	9	30/9	📄 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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Baduanjin Training Course for Elderly

40546306 (SK 1190)	26/11-21/12	Tu,Th,Sa	9:00-10:00	Hau Tak Estate	30	18/9-24/9 (4/10) {4/11}	✉
40546307 (SK 1191)	26/11-21/12	Tu,Th,Sa	7:00-8:00	King Lam Estate	30	18/9-24/9 (4/10) {4/11}	✉
40546308 (SK 1192)	26/11-21/12	Tu,Th,Sa	7:30-8:30	Sheung Tak Estate	30	18/9-24/9 (4/10) {4/11}	✉

40546309 (SK 1193)	26/11-21/12	Tu,Th,Sa	8:30-9:30	Tsui Lam Estate	30	18/9-24/9 (4/10) {4/11}	✉
Fitness Training Course for Elderly							
40546365 (SK 1249)	7/11-12/12 (excl. 19/11,3/12)	Tu,Th,Sa	8:00-9:00	Tseung Kwan O SC	20	18/9-24/9 (4/10) {28/10}	✉
40546373 (SK 1257)	19/11-21/12 (excl. 30/11)	Tu,Th,Sa	8:00-9:00	Tiu Keng Leng SC	30	18/9-24/9 (4/10) {4/11}	✉
40546374 (SK 1258)	19/11-21/12 (excl. 30/11)	Tu,Th,Sa	9:00-10:00	Tiu Keng Leng SC	30	18/9-24/9 (4/10) {4/11}	✉
Meeting Point for Elderly (Fitness)							
40546391 (SK 1275)	8/11-29/11	F	8:00-10:00	Tsui Lam SC	20	18/9-24/9 (4/10) {28/10}	✉
Fitness (Multi-gym) TC 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. 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>							
40546367 (SK 1251)	5/11-12/12	Tu,Th	7:00-8:00	Po Lam SC	20	@18/9-24/9 (4/10){28/10}	✉
Meeting Point for Elderly (Tai Chi)							
40546314 (SK 1198)	7/11-28/11	Th	7:00-8:00	Hong Shing Garden	35	7/11-28/11	Walk-in
40546315 (SK 1199)	7/11-28/11	Th	7:00-8:00	Open Space near TKOSP	35	7/11-28/11	Walk-in
40546316 (SK 1200)	6/11-27/11	W	7:00-8:00	Hang Hau Man Kuk Lane Park	35	6/11-27/11	Walk-in
40546317 (SK 1201)	6/11-27/11	W	7:00-8:00	Hau Tak Estate	35	6/11-27/11	Walk-in
40546318 (SK 1202)	6/11-27/11	W	19:30-20:30	Hau Tak Estate	35	6/11-27/11	Walk-in
40546319 (SK 1203)	6/11-27/11	W	7:00-8:00	Ming Tak Estate	35	6/11-27/11	Walk-in
40546320 (SK 1204)	6/11-27/11	W	7:00-8:00	Po Tsui Park	35	6/11-27/11	Walk-in
40546321 (SK 1205)	6/11-27/11	W	7:00-8:00	Sheung Tak Estate	35	6/11-27/11	Walk-in
40546322 (SK 1206)	6/11-27/11	W	7:00-8:00	Tsui Lam Estate	35	6/11-27/11	Walk-in
Meeting Point for Elderly (Tai Chi Sword)							
40546313 (SK 1197)	7/11-28/11	Th	7:00-8:00	Tsui Lam Estate	35	7/11-28/11	Walk-in
40546323 (SK 1207)	6/11-27/11	W	7:00-8:00	Tong Ming ST. Sitting Out Area	35	6/11-27/11	Walk-in
Health Elderly Scheme-Badminton Self Practice							
40546366 (SK 1250)	7/11-28/11	Th	8:00-10:00	Tseung Kwan O SC	20	24/9	📄 i
Health Elderly Scheme-Table Tennis Self Practice Scheme							
40546368 (SK 1252)	6/11-27/11	W	8:00-9:00	Tsui Lam SC	8	4/10	📄 i
40546369 (SK 1253)	1/11-29/11	F	8:00-9:00	Tsui Lam SC	8	23/9	📄 i
40546370 (SK 1254)	7/11-28/11	Th	7:00-8:00	Hang Hau SC	12	4/10	📄 i
40546371 (SK 1255)	7/11-28/11	Th	8:00-9:00	Hang Hau SC	12	4/10	📄 i
40546372 (SK 1256)	7/11-28/11	Th	9:00-10:00	Hang Hau SC	12	4/10	📄 i
Table-tennis Training Course for Elderly							
40546382 (SK 1266)	11/11-12/12	M,Th	14:00-16:00	Sai Kung Squash Courts	12	18/9-24/9 (4/10) {28/10}	✉
Gateball Training Course for Elderly							
40546395 (SK 1279)	7/11-2/1 (excl. 26/12)	Th	9:00-11:00	Po Hong Park	15	18/9-24/9 (4/10) {28/10}	✉
40546396 (SK 1280)	19/11-7/1	Tu	9:00-11:00	Sheung Ning PG	30	18/9-24/9 (4/10) {4/11}	✉
Day Camp for Chronic Illness							
40546401 (SK 1285)	3/11	Su	10:30-16:30	Sai Kung ORC	60	23/9	📄 i