

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

Sham Shui Po District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Breaststroke Swim Cr for Adult (Lv III)									
40543887 (SS1084)	13/11-4/12	M,W,F	19:00-20:00	Lai Chi Kok Park SP	18+	100	20	25/9-2/10 (11/10) {30/10}	✉
Front Crawl Swim Cr for Adult (Lv III)									
40543888 (SS1085)	13/11-4/12	M,W,F	20:00-21:00	Lai Chi Kok Park SP	18+	100	20	25/9-2/10 (11/10) {30/10}	✉
Aerobic Dance TC									
40543906 (SS1165)	13/11-9/12	M,W,F	13:00-14:00	Pei Ho ST. SC	14+	65	30	24/10	📺 i
40543908 (SS1166)	13/11-9/12	M,W,F	14:00-15:00	Pei Ho ST. SC	14+	65	30	24/10	📺 i
40543909 (SS1167)	13/11-9/12	M,W,F	18:00-19:00	Pei Ho ST. SC	14+	65	30	24/10	📺 i
40543910 (SS1168)	13/11-9/12	M,W,F	19:00-20:00	Pei Ho ST. SC	14+	65	30	24/10	📺 i
40543912 (SS1169)	22/11-23/12 (excl. 4/12,18/12)	M,W,F	7:00-8:00	Pei Ho ST. SC	14+	65	30	29/10	📺 i
40543913 (SS1170)	22/11-23/12 (excl. 4/12,18/12)	M,W,F	8:00-9:00	Pei Ho ST. SC	14+	65	30	29/10	📺 i
40543914 (SS1171)	22/11-23/12 (excl. 4/12,18/12)	M,W,F	9:00-10:00	Pei Ho ST. SC	14+	65	30	29/10	📺 i
40543915 (SS1172)	19/11-14/12	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	14+	65	30	28/10	📺 i
40543916 (SS1173)	19/11-14/12	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	14+	65	30	28/10	📺 i
40543945 (SS1133)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	18:00-19:00	Po On RD. SC	14+	65	30	17/10	📺 i
40543947 (SS1134)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	19:00-20:00	Po On RD. SC	14+	65	30	17/10	📺 i
40543948 (SS1135)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	8:00-9:00	Po On RD. SC	14+	65	30	17/10	📺 i
40543950 (SS1136)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	9:00-10:00	Po On RD. SC	14+	65	30	17/10	📺 i
40543951 (SS1137)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	14:00-15:00	Po On RD. SC	14+	65	30	17/10	📺 i
40543953 (SS1138)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	15:00-16:00	Po On RD. SC	14+	65	30	17/10	📺 i
Fitness (Multi-gym) TC									
@ 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.									
40543922 (SS1177)	9/11-5/12	Tu,Th,Sa	7:00-8:00	Pei Ho ST. SC	15+	75	30	@10/10	📺 i
40543923 (SS1178)	9/11-5/12	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	15+	75	30	@10/10	📺 i
40543924 (SS1179)	9/11-5/12	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	15+	75	30	@10/10	📺 i
40543925 (SS1180)	9/11-5/12	Tu,Th,Sa	13:00-14:00	Pei Ho ST. SC	15+	75	30	@14/10	📺 i
40543926 (SS1181)	9/11-5/12	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15+	75	30	@11/10	📺 i
40543928 (SS1182)	9/11-5/12	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	15+	75	30	@11/10	📺 i
40543929 (SS1183)	9/11-5/12	Tu,Th,Sa	16:00-17:00	Pei Ho ST. SC	15+	75	30	@14/10	📺 i
40543930 (SS1184)	9/11-5/12	Tu,Th,Sa	17:00-18:00	Pei Ho ST. SC	15+	75	30	@14/10	📺 i
40543931 (SS1185)	9/11-5/12	Tu,Th,Sa	18:00-19:00	Pei Ho ST. SC	15+	75	30	@25/9-2/10 (11/10) {30/10}	✉
40543932 (SS1186)	9/11-5/12	Tu,Th,Sa	19:00-20:00	Pei Ho ST. SC	15+	75	30	@16/10	📺 i
40543934 (SS1187)	9/11-5/12	Tu,Th,Sa	20:00-21:00	Pei Ho ST. SC	15+	75	30	@16/10	📺 i
40543935 (SS1188)	9/11-5/12	Tu,Th,Sa	21:00-22:00	Pei Ho ST. SC	15+	75	30	@16/10	📺 i
40543956 (SS1141)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	7:00-8:00	Po On RD. SC	15+	75	30	@15/10	📺 i
40543957 (SS1142)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	8:00-9:00	Po On RD. SC	15+	75	30	@15/10	📺 i
40543958 (SS1143)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	9:00-10:00	Po On RD. SC	15+	75	30	@15/10	📺 i
40543959 (SS1144)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	10:00-11:00	Po On RD. SC	15+	75	30	@15/10	📺 i
40543960 (SS1145)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	13:00-14:00	Po On RD. SC	15+	75	30	@18/10	📺 i
40543961 (SS1146)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	14:00-15:00	Po On RD. SC	15+	75	30	@18/10	📺 i
40543962 (SS1147)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	15:00-16:00	Po On RD. SC	15+	75	30	@18/10	📺 i
40543963 (SS1148)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	16:00-17:00	Po On RD. SC	15+	75	30	@18/10	📺 i
40543964 (SS1149)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	17:00-18:00	Po On RD. SC	15+	75	30	@22/10	📺 i
40543965 (SS1150)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	18:00-19:00	Po On RD. SC	15+	75	30	@22/10	📺 i
40543966 (SS1151)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	19:00-20:00	Po On RD. SC	15+	75	30	@22/10	📺 i
40543967 (SS1152)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	20:00-21:00	Po On RD. SC	15+	75	30	@22/10	📺 i
40543968 (SS1153)	11/11-11/12 (excl. 18/11,2/12)	M,W,F	21:00-22:00	Po On RD. SC	15+	75	30	@22/10	📺 i
Jazz TC									
40543990 (SS1126)	11/11-13/12	M,F	18:00-20:00	Pei Ho ST. SC	12+	70	30	17/10	📺 i

Oriental Dance TC

40543853 (SS1113)	7/11-10/12	Tu,Th	20:00-22:00	Pei Ho ST. SC	12+	45	30	25/9-2/10 (11/10) {30/10}	✉
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Social Dance TC

40543936 (SS1189)	4/11-6/12	M,F	20:00-22:00	Pei Ho ST. SC	14+	86	30	25/9-2/10 (11/10) {30/10}	✉
40543937 (SS1190)	5/11-5/12	Tu,Th	18:00-20:00	Pei Ho ST. SC	14+	86	30	25/9-2/10 (11/10) {30/10}	✉
40543980 (SS1119)	12/11-12/12	Tu,Th	15:00-17:00	Shek Kip Mei Park SC	14+	86	30	25/9-2/10 (11/10) {30/10}	✉

Yoga TC

40543939 (SS1192)	12/11-12/12	Tu,Th	15:00-17:00	Pei Ho ST. SC	15+	85	30	25/9-2/10 (11/10) {30/10}	✉
40543982 (SS1121)	13/11-16/12	M,W	14:00-16:00	Shek Kip Mei Park SC	15+	85	30	25/9-2/10 (11/10) {30/10}	✉

Quali Walk Training Course

40543851 (SS1111)	4/11-29/11	M,W,F	17:00-18:00	LCKP Stage III Amphitheatre	6+	20	20	2/10	📄 i
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Briefing on Proper Ways to Use Fitness Equipment

40543917 (SS1174)	7/11	Th	18:00-21:00	Pei Ho ST. SC	15+	Free	25	25/9-2/10 (11/10) {30/10}	✉
40543954 (SS1139)	10/11	Su	14:00-17:00	Po On RD. SC	15+	Free	25	25/9-2/10 (11/10) {30/10}	✉
40543978 (SS1117)	16/11	Sa	15:00-18:00	Shek Kip Mei Park SC	15+	Free	25	25/9-2/10 (11/10) {30/10}	✉

Badminton TC

40543870 (SS1162)	9/11-18/12 (excl. 23/11,30/11)	W,Sa	19:00-21:00	Lai Chi Kok Park SC	18+	118	24	25/9-2/10 (11/10) {30/10}	✉
40543919 (SS1175)	18/11-30/12 (excl. 25/11,2/12,26/12)	M,Th	9:00-11:00	Pei Ho ST. SC	18+	118	24	25/9-2/10 (11/10) {30/10}	✉
40543955 (SS1140)	14/11-17/12	Tu,Th	9:00-11:00	Po On RD. SC	18+	118	24	25/9-2/10 (11/10) {30/10}	✉

Parent-child(7-17) Badminton Fun Day

40543827 (SS1205)	17/11	Su	9:00-10:00	Shek Kip Mei Park SC	7+	Free	24	17/10	📄 i
40543828 (SS1206)	17/11	Su	10:00-11:00	Shek Kip Mei Park SC	7+	Free	24	17/10	📄 i
40543829 (SS1207)	17/11	Su	11:00-12:00	Shek Kip Mei Park SC	7+	Free	24	17/10	📄 i

Sport for All-Parent-child(7-17) Badminton TC

40543826 (SS1202)	9/11-14/12	Sa	10:00-12:00	Pei Ho ST. SC	7+	73	24	9/10	📄 i
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Squash Training Course

40543866 (SS1157)	6/11-8/1 (excl. 25/12,1/1)	W	19:00-21:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	12	25/9-2/10 (11/10) {30/10}	✉
40543869 (SS1160)	18/11-11/12	M,W	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	12	25/10	📄 i

Tennis TC

40543852 (SS1112)	4/11-5/12	M,Th	15:00-17:00	Lai Chi Kok Park Stage II	18+	170	18	8/10	📄 i
40543981 (SS1120)	4/11-4/12	M,W	9:00-11:00	Shek Kip Mei Park TC	18+	170	18	25/9-2/10 (11/10) {30/10}	✉
40543989 (SS1125)	5/11-5/12	Tu,Th	9:00-11:00	Tung Chau ST. Park	18+	170	18	8/10	📄 i
40543991 (SS1127)	11/11-12/12	M,Th	19:00-21:00	Tung Chau ST. Park	18+	170	18	25/9-2/10 (11/10) {30/10}	✉

Gateball TC for Adult

40543821 (SS1196)	21/11-17/12	Tu,Th	19:00-21:00	Sham Shui Po Park	18+	54	15	21/10	📄 i
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Sport for All - Gateball TC

40543822 (SS1197)	1/11-27/11	W,F	19:00-21:00	Lai Chi Kok Park	8+	54	15	1/10	📄 i
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SSPD 7-a-side Mini-soccer Comp for Male 2019

40543986 (QSS1100)	3/11-10/11	Su	9:00-18:00	Cheung Sha Wan PG	14+	60	12	16/9	🗑
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HEFAC - Hiking Scheme

40543987 (SS1109)	10/11	Su	9:00-17:00	TM-LTeiReservoir-MiuFatBuddhistMonastery	6+	40	48	25/9-2/10 (11/10) {30/10}	✉
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Horse Riding FD

40544008 (SS1110)	3/11	Su	15:00-17:00	Lei Yue Mun Park Public Riding School	6+	75	24	25/9-2/10 (11/10) {30/10}	✉
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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****Baduanjin TC for Elderly**

40543864 (SS1155)	12/11-7/12	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	30	25/9-2/10 (11/10){30/10}	✉
40543865 (SS1156)	12/11-7/12	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	30	25/9-2/10 (11/10){30/10}	✉

HES - Baduanjin Play-in

40543994 (SS1130)	1/11-29/11	F	14:00-16:00	Tung Chau ST. Park Squash Court	40	1/11-29/11	Walk-in
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Mt Pts for Elderly - Baduanjin Play-in

40543920 (SS1176)	1/11-29/11	F	9:00-11:00	Pei Ho ST. SC	50	1/11-29/11	Walk-in
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Elderly Fitness TC

40543867 (SS1158)	11/11-11/12	M,W,F	14:00-15:00	Pei Ho ST. SC	30	25/9-2/10 (11/10){30/10}	✉
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40543868 (SS1159)	11/11-11/12	M,W,F	15:00-16:00	Pei Ho ST. SC	30	25/9-2/10 (11/10){30/10}	✉
Mt Pts for Elderly -Social Dance Play-in							
40543871 (SS1163)	13/11-27/11	W	9:15-11:45	Lai Chi Kok Park SC	130	13/11-27/11	Walk-in
HES - Tai Chi Play-in							
40543900 (SS1123)	4/11-18/11	M	9:00-10:30	Pei Ho ST. SC	50	4/11-18/11	Walk-in
40543901 (SS1124)	4/11-18/11	M	10:30-12:00	Pei Ho ST. SC	50	4/11-18/11	Walk-in
HES - Badminton Play-in							
40543976 (SS1115)	13/11-27/11	W,F	7:00-8:00	Shek Kip Mei Park SC	16	15/10	📄 i
40543977 (SS1116)	13/11-27/11	W,F	8:00-9:00	Shek Kip Mei Park SC	16	15/10	📄 i
Mt Pts for Elderly-Indoor Short Mat Bowl Play							
40543938 (SS1191)	7/11-28/11	Th	9:30-11:30	Pei Ho ST. SC	30	7/11-28/11	Walk-in
HES - Table-Tennis Play-in							
40543872 (SS1164)	11/11-18/11	M	15:30-17:30	Lai Chi Kok Park SC	40	11/11-18/11	Walk-in
40543942 (SS1131)	7/11-28/11	Th	9:00-10:30	Po On RD. SC	30	7/11-28/11	Walk-in
40543944 (SS1132)	7/11-28/11	Th	10:30-12:00	Po On RD. SC	30	7/11-28/11	Walk-in
40543992 (SS1128)	6/11-27/11 (excl. 18/11)	M,W	9:00-10:30	Tung Chau ST. Park	24	6/11-27/11	Walk-in
40543993 (SS1129)	6/11-27/11 (excl. 18/11)	M,W	10:30-12:00	Tung Chau ST. Park	24	6/11-27/11	Walk-in
Mt Pts for Elderly -Gateball Play-in							
40543824 (SS1199)	5/11-26/11	Tu	9:30-11:30	Lai Chi Kok Park SC	40	5/11-26/11	Walk-in
Gateball TC for Elderly							
40543823 (SS1198)	6/11-29/11	W,F	7:00-9:00	Lai Chi Kok Park	15	25/9-2/10 (11/10){30/10}	✉
Day Camp for Elderly							
40543983 (SS1097)	5/11	Tu	9:00-17:00	Tso Kung Tam ORC	96	25/9-2/10 (11/10){30/10}	✉
Excursion for Elderly							
40543984 (SS1098)	12/11	Tu	9:00-17:00	InsporationLake/Yuen Yuen Institute	96	25/9-2/10 (11/10){30/10}	✉