

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

**Southern District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Aerobic Dance Training Course</b>									
40548378 (SN1212)	11/12-15/1 (excl. 23/12,25/12,1/1,13/1)	M,W,F	8:00-9:00	Apleichau SC	14+	65	30	5/11	
40548379 (SN1213)	11/12-15/1 (excl. 23/12,25/12,1/1,13/1)	M,W,F	9:00-10:00	Apleichau SC	14+	65	30	5/11	
40548380 (SN1214)	11/12-15/1 (excl. 23/12,25/12,1/1,13/1)	M,W,F	10:00-11:00	Apleichau SC	14+	65	30	5/11	
40548381 (SN1215)	10/12-11/1 (excl. 24/12,26/12,31/12)	Tu,Th,Sa	9:00-10:00	Aberdeen SC	14+	65	30	6/11	
40548382 (SN1216)	10/12-11/1 (excl. 24/12,26/12,31/12)	Tu,Th,Sa	10:00-11:00	Aberdeen SC	14+	65	30	6/11	
40548383 (SN1217)	20/12-7/2 (excl. 25/12,1/1,24/1)	W,F	18:00-19:00	Aberdeen SC	14+	65	30	7/11	
40548385 (SN1218)	20/12-7/2 (excl. 25/12,1/1,24/1)	W,F	19:00-20:00	Aberdeen SC	14+	65	30	7/11	
40548387 (SN1219)	9/12-8/1 (excl. 25/12,1/1)	M,W,F	19:00-20:00	Stanley SC	14+	65	12	7/11	
40548389 (SN1220)	9/12-8/1 (excl. 25/12,1/1)	M,W,F	20:00-21:00	Stanley SC	14+	65	12	7/11	
40548392 (SN1221)	31/12-11/2 (excl. 28/1)	Tu,Th	9:00-10:00	Stanley SC	14+	65	30	13/11	
40548393 (SN1222)	31/12-11/2 (excl. 28/1)	Tu,Th	10:00-11:00	Stanley SC	14+	65	30	13/11	
<b>Baduanjin Training Course</b>									
40548416 (SN1228)	27/12-20/3 (excl. 24/1)	F	9:00-10:00	Stanley SC	8+	80	30	18/11	
40548417 (SN1229)	27/12-20/3 (excl. 24/1)	F	10:00-11:00	Stanley SC	8+	80	30	18/11	
<b>Children Dance Training Course</b>									
40548648 (SN1234)	14/12-22/2 (excl. 25/1)	Sa	9:00-11:00	Apleichau SC	4-11	60	20	1/11	
<b>Christmas Eve Dance Night</b>									
40545007 (SN1097)	24/12	Tu	19:00-22:00	Aberdeen SC	6+	20	200	12/11	
<b>Physical Assessment</b>									
40548614 (SN1288)	8/12	Su	14:00-17:00	Apleichau SC	All	Free	300	8/12	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>									
40548427 (SN1236)	17/12-6/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	7:00-8:00	Aberdeen SC	15+	75	30	@12/11	
40548428 (SN1237)	17/12-6/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	8:00-9:00	Aberdeen SC	15+	75	30	@12/11	
40548429 (SN1238)	17/12-6/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	9:00-10:00	Aberdeen SC	15+	75	30	@12/11	
40548430 (SN1239)	2/12-15/1 (excl. 25/12,1/1)	M,W	18:00-19:00	Aberdeen T/SC	15+	75	30	@4/11	
40548431 (SN1240)	2/12-15/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Aberdeen T/SC	15+	75	30	@4/11	
<b>Social Dance Training Course</b>									
40548618 (SN1292)	2/12-6/1 (excl. 26/12)	M, Th	20:00-22:00	Apleichau SC	14+	86	30	8/11	
40548619 (SN1293)	17/12-30/1 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	18:00-20:00	Aberdeen SC	14+	86	30	28/10-1/11 (8/11) {26/11}	
40548621 (SN1294)	14/12-22/2 (excl. 25/1)	Sa	19:00-21:00	Stanley SC	14+	86	30	8/11	
<b>Morning Tai Chi Training Course</b>									
40548601 (SN1281)	23/12-24/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	7:00-8:00	Wah Kwai Estate(near Fountain Square)	6+	60	60	14/11	
40548612 (SN1279)	23/12-24/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	7:00-8:00	Piazza,Apleichau Wind Tower Park	6+	60	60	14/11	
40548613 (SN1280)	23/12-24/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	7:00-8:00	Pokfulam Garden(near SP)	6+	60	60	28/10-1/11 (8/11) {26/11}	
<b>Tai Chi Made Easy Class</b>									
40548627 (SN1299)	7/12-29/2 (excl. 25/1)	Sa	9:00-10:00	Stanley SC	6+	54	30	15/11	
40548628 (SN1300)	7/12-29/2 (excl. 25/1)	Sa	10:00-11:00	Stanley SC	6+	54	30	15/11	
40548629 (SN1301)	8/12-8/3 (excl. 22/12,26/1)	Su	8:00-9:00	Yue Kwong RD. SC	6+	54	30	11/11	
40548631 (SN1302)	8/12-8/3 (excl. 22/12,26/1)	Su	9:00-10:00	Yue Kwong RD. SC	6+	54	30	11/11	
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									

40548423 (SN1232)	8/12	Su	14:00-17:00	Aberdeen T/SC	15+	Free	25	28/10-1/11 (8/11) {26/11}	✉
40548424 (SN1233)	10/12	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	25	28/10-1/11 (8/11) {26/11}	✉
40548425 (SN1231)	14/12	Sa	14:00-17:00	Apleichau SC	15+	Free	25	28/10-1/11 (8/11) {26/11}	✉

#### Fitness Walking Briefing Session

40548458 (SN1255)	14/12	Sa	15:00-17:00	Piazza Apleichau Wind Tower Park	6+	Free	40	1/11	📱 i
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#### Badminton Training Course

40548398 (SN1307)	3/12-10/1 (excl. 24/12,31/12)	Tu,F	19:00-21:00	Apleichau SC	7+	118	24	28/10-1/11 (8/11) {26/11}	✉
40548399 (SN1224)	18/12-4/3 (excl. 25/12,1/1)	W	19:00-21:00	Aberdeen SC	7+	118	24	28/10-1/11 (8/11) {26/11}	✉
40548402 (SN1225)	18/12-4/3 (excl. 25/12,1/1)	W	18:00-20:00	Stanley SC	7+	118	24	1/11	📱 i
40548405 (SN1226)	8/12-8/3 (excl. 22/12,5/1,12/1,26/1)	Su	14:00-16:00	Wong Chuk Hang SC	18+	118	24	28/10-1/11 (8/11) {26/11}	✉
40548415 (SN1227)	28/12-7/3 (excl. 25/1)	Sa	15:00-17:00	Wong Chuk Hang SC	18+	118	24	28/10-1/11 (8/11) {26/11}	✉

#### Indoor Lawn Bowls Training Course

40548581 (SN1276)	2/12-30/12 (excl. 25/12)	M,W	19:00-21:00	Apleichau SC	8+	54	16	28/10-1/11 (8/11) {26/11}	✉
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#### Mini Tennis Training Course

40548583 (SN1278)	28/12-7/3 (excl. 25/1)	Sa	13:00-15:00	Wong Chuk Hang SC	6-12	70	16	4/11	📱 i
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#### Squash Training Course

40548623 (SN1295)	3/12-7/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-21:00	Aberdeen T/SC	18+	160	12	28/10-1/11 (8/11) {26/11}	✉
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#### Table-tennis Training Course

40548624 (SN1296)	8/12-23/2 (excl. 22/12,26/1)	Su	10:00-12:00	Aberdeen SC	6+	86	12	28/10-1/11 (8/11) {26/11}	✉
40548625 (SN1297)	9/12-17/2 (excl. 27/1)	M	20:00-22:00	Stanley SC	6+	86	12	11/11	📱 i
40548626 (SN1298)	14/12-22/2 (excl. 25/1)	Sa	14:00-16:00	Stanley SC	6+	86	12	28/10-1/11 (8/11) {26/11}	✉

#### Tennis Training Course

40548633 (SN1303)	1/12-9/2 (excl. 26/1)	Su	7:00-9:00	Aberdeen T/SC	8+	170	18	28/10-1/11 (8/11) {26/11}	✉
40548634 (SN1304)	2/12-3/1	M,F	7:00-9:00	Aberdeen T/SC	8+	170	18	28/10-1/11 (8/11) {26/11}	✉
40548635 (SN1305)	2/12-6/1 (excl. 26/12)	M,Th	18:00-20:00	Aberdeen T/SC	18+	170	18	28/10-1/11 (8/11) {26/11}	✉
40548636 (SN1306)	4/12-10/1 (excl. 25/12,1/1)	W,F	16:00-18:00	Aberdeen T/SC	8+	170	18	28/10-1/11 (8/11) {26/11}	✉

#### SD Soccer Comp for Primary School Students\*

40547104 (SN1207)	15/12	Su	9:00-18:00	Wong Chuk Hang Recreation Ground	6-12	60	12	15/10-29/10 (4/11) {27/11}	✉
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#### Meeting Points for Youth- Soccer FD

40548582 (SN1277)	20/12-27/12	F	18:00-20:00	Wong Chuk Hang Recreation Ground	12-35	Free	150	20/12-27/12	Walk-in
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#### HealthyExerciseforAllCampaign-Hiking Scheme

40548462 (SN1256)	8/12	Su	9:00-17:00	D10TM-Lam Tei Reservoir-Miu Fat Buddhist	6+	40	48	28/10-1/11 (8/11) {26/11}	✉
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#### SD Sandsculpture Competition\*

40548615 (QSN1289)	1/12	Su	13:00-17:00	Shek O Beach	All	60	100	8/10	👤
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#### Beach Carnival

40548422 (SN1230)	1/12	Su	13:00-16:00	Shek O Beach	All	Free	900	1/12	Walk-in
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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

#### Fitness Exercise Training Course for Elderly

40548432 (SN1241)	4/12-31/1 (excl. 25/12,1/1,24/1,29/1)	W,F	7:00-8:00	Apleichau SC	25			28/10-1/11 (8/11){26/11}	✉
40548433 (SN1242)	4/12-31/1 (excl. 25/12,1/1,24/1,29/1)	W,F	8:00-9:00	Apleichau SC	25			28/10-1/11 (8/11){26/11}	✉
40548434 (SN1243)	4/12-31/1 (excl. 25/12,1/1,24/1,29/1)	W,F	9:00-10:00	Apleichau SC	25			28/10-1/11 (8/11){26/11}	✉
40548435 (SN1244)	9/12-3/2 (excl. 25/12,1/1,27/1)	M,W	11:00-12:00	Aberdeen T/SC	25			28/10-1/11 (8/11){26/11}	✉
40548436 (SN1245)	3/12-21/1 (excl. 26/12)	Tu,Th	7:00-8:00	Aberdeen T/SC	25			28/10-1/11 (8/11){26/11}	✉
40548438 (SN1246)	3/12-21/1 (excl. 26/12)	Tu,Th	8:00-9:00	Aberdeen T/SC	25			28/10-1/11 (8/11){26/11}	✉
40548439 (SN1247)	9/12-3/2 (excl. 25/12,1/1,27/1)	M,W	10:00-11:00	Aberdeen T/SC	25			28/10-1/11 (8/11){26/11}	✉
40548441 (SN1248)	20/12-29/1 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:00-8:00	Stanley SC	30			28/10-1/11 (8/11){26/11}	✉

40548443 (SN1249)	20/12-29/1 (excl. 25/12,1/1,24/1,27/1)	M,W,F	8:00-9:00	Stanley SC	30	28/10-1/11 (8/11){26/11}	✉
40548445 (SN1250)	24/12-31/3 (excl. 28/1)	Tu	14:00-15:00	Wong Chuk Hang SC	12	28/10-1/11 (8/11){26/11}	✉
40548446 (SN1251)	24/12-31/3 (excl. 28/1)	Tu	15:00-16:00	Wong Chuk Hang SC	12	28/10-1/11 (8/11){26/11}	✉

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

40548491 (SN1266)	3/12-21/1	Tu	9:00-11:00	Apleichau SC	40	3/12-21/1	Walk-in
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#### Healthy Elderly Scheme-Table-Tennis FD

40548492 (SN1267)	2/12-30/1 (excl. 9,23,26/12,13,27,28/1)	M,Tu,Th	7:00-10:00	Apleichau SC	4	2/12-30/1	Walk-in
40548493 (SN1268)	2/12-31/12 (excl. 9/12,23/12,26/12)	M,Tu,Th	10:00-12:00	Apleichau SC	4	2/12-31/12	Walk-in
40548494 (SN1269)	4/12-27/12 (excl. 25/12)	W,F	12:00-14:00	Apleichau SC	4	4/12-27/12	Walk-in
40548518 (SN1270)	6/12-27/12	F	9:00-11:00	Aberdeen SC	8	6/12-27/12	Walk-in
40548521 (SN1271)	4/12-30/12 (excl. 25/12)	M,W,F	7:00-9:00	Aberdeen T/SC	6	4/12-30/12	Walk-in
40548526 (SN1272)	3/12-21/1	Tu	9:00-11:00	Stanley SC	6	3/12-21/1	Walk-in
40548542 (SN1273)	3/12-31/12	Tu	8:00-11:00	Wong Chuk Hang SC	16	3/12-31/12	Walk-in
40548548 (SN1274)	5/12-19/12	Th	8:00-11:00	Wong Chuk Hang SC	16	5/12-19/12	Walk-in

#### Healthy Elderly Scheme-Tennis FD

40548551 (SN1275)	4/12-18/12	W	7:00-10:00	Aberdeen T/SC	4	4/12-18/12	Walk-in
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#### Healthy Elderly Scheme-American Pool FD

40548467 (SN1257)	2/12-30/12 (excl. 26/12)	M,Th	7:00-9:00	Apleichau SC	4	2/12-30/12	Walk-in
40548471 (SN1258)	3/12-31/12	Tu	7:00-9:00	Apleichau SC	4	3/12-31/12	Walk-in
40548473 (SN1259)	4/12-27/12 (excl. 25/12)	W,F	10:00-12:00	Apleichau SC	4	4/12-27/12	Walk-in
40548475 (SN1260)	2/12-30/12 (excl. 25/12)	M,W,F	7:00-9:00	Aberdeen T/SC	4	2/12-30/12	Walk-in
40548478 (SN1261)	2/12-30/12 (excl. 25/12)	M,W,F	9:00-11:00	Aberdeen T/SC	4	2/12-30/12	Walk-in
40548479 (SN1262)	5/12-31/12 (excl. 17/12,26/12)	Tu,Th	10:00-12:00	Aberdeen T/SC	4	5/12-31/12	Walk-in

#### Healthy Elderly Scheme-Gateball FD

40548480 (SN1263)	6/12-27/12	F	11:00-13:00	Apleichau SC	10	6/12-27/12	Walk-in
40548489 (SN1264)	4/12-18/12	W	9:00-11:00	Wong Chuk Hang SC	10	4/12-18/12	Walk-in
40548490 (SN1265)	3/12-31/12 (excl. 26/12)	Tu,Th	14:00-16:00	Yue Kwong RD. SC	10	3/12-31/12	Walk-in