

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Dec 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)	
Aerobic Dance Training Course										
40548737 (SK 1350)	21/12-23/1 (excl. 26/12,7/1,21/1)	Tu,Th,Sa	9:00-10:00	Tseung Kwan O SC	14+	65	20	13/11		
40548742 (SK 1351)	21/12-23/1 (excl. 26/12,7/1,21/1)	Tu,Th,Sa	10:00-11:00	Tseung Kwan O SC	14+	65	20	13/11		
40548744 (SK 1352)	21/12-23/1 (excl. 26/12,7/1,21/1)	Tu,Th,Sa	11:00-12:00	Tseung Kwan O SC	14+	65	20	13/11		
40548748 (SK 1353)	10/12-7/1 (excl. 26/12)	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	20	30/10		
40548749 (SK 1354)	10/12-7/1 (excl. 26/12)	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	20	30/10		
40548750 (SK 1355)	6/12-22/1 (excl. 25/12,1/1)	W,F	19:00-20:00	Tsui Lam SC	14+	65	20	31/10		
40548751 (SK 1356)	6/12-22/1 (excl. 25/12,1/1)	W,F	20:00-21:00	Tsui Lam SC	14+	65	20	31/10		
40548752 (SK 1357)	20/12-24/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	9:00-10:00	Po Lam SC	14+	65	24	12/11		
40548753 (SK 1358)	20/12-24/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	10:00-11:00	Po Lam SC	14+	65	24	12/11		
40548756 (SK 1361)	7/12-7/3 (excl. 21/12,25/1)	Sa	14:00-15:00	Tiu Keng Leng SC	14+	65	30	16/10-22/10 (1/11) {25/11}		
40548757 (SK 1362)	7/12-7/3 (excl. 21/12,25/1)	Sa	15:00-16:00	Tiu Keng Leng SC	14+	65	30	16/10-22/10 (1/11) {25/11}		
40548804 (SK 1409)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	13:00-14:00	Sai Kung Squash Courts	14+	65	12	12/11		
40548805 (SK 1410)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	14:00-15:00	Sai Kung Squash Courts	14+	65	12	12/11		
40548845 (SK 1440)	12/12-23/1 (excl. 26/12)	Tu,Th	19:00-20:00	Hong Kong Velodrome	14+	65	24	1/11		
40548847 (SK 1441)	12/12-23/1 (excl. 26/12)	Tu,Th	20:00-21:00	Hong Kong Velodrome	14+	65	24	1/11		
40548849 (SK 1442)	16/12-15/1 (excl. 25/12,1/1)	M,W,F	14:00-15:00	Hong Kong Velodrome	14+	65	24	5/11		
40548851 (SK 1443)	16/12-15/1 (excl. 25/12,1/1)	M,W,F	15:00-16:00	Hong Kong Velodrome	14+	65	24	5/11		
Children Dance Training Course										
40548763 (SK 1368)	14/12-29/2 (excl. 28/12,25/1)	Sa	16:00-18:00	Po Lam SC	4-6	60	20	5/11		
40548878 (SK 1446)	22/12-1/3 (excl. 26/1)	Su	14:00-16:00	Hong Kong Velodrome	4-6	60	20	16/10-22/10 (1/11) {2/12}		
Dance for Health SKD Christmas Dance Night										
40548902 (SK 1470)	21/12	Sa	19:00-23:00	Hang Hau SC	All	20	300	14/11		
Dance Play-in (Folk Dance)										
40548786 (SK 1391)	28/12	Sa	9:00-12:00	Tiu Keng Leng SC	14+	Free	80	14/11		
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>										
40548764 (SK 1369)	3/12-14/1 (excl. 26/12)	Tu,Th	15:00-16:00	Po Lam SC	15+	75	20	@24/10		
40548765 (SK 1370)	3/12-14/1 (excl. 26/12)	Tu,Th	16:00-17:00	Po Lam SC	15+	75	20	@24/10		
40548766 (SK 1371)	11/12-24/1 (excl. 25/12,1/1)	W,F	9:00-10:00	Tsui Lam SC	15+	75	20	@1/11		
40548767 (SK 1372)	11/12-24/1 (excl. 25/12,1/1)	W,F	10:00-11:00	Tsui Lam SC	15+	75	20	@1/11		
40548768 (SK 1373)	18/12-17/1 (excl. 25/12,1/1)	M,W,F	15:00-16:00	Tsui Lam SC	15+	75	20	@8/11		
40548769 (SK 1374)	18/12-17/1 (excl. 25/12,1/1)	M,W,F	16:00-17:00	Tsui Lam SC	15+	75	20	@8/11		
40548770 (SK 1375)	3/12-16/1 (excl. 26/12,31/12)	Tu,Th	19:00-20:00	Tsui Lam SC	15+	75	20	@24/10		
40548771 (SK 1376)	3/12-16/1 (excl. 26/12,31/12)	Tu,Th	20:00-21:00	Tsui Lam SC	15+	75	20	@24/10		
40548772 (SK 1377)	18/12-5/2 (excl. 25/12,1/1,27/1)	M,W	19:00-20:00	Po Lam SC	15+	75	20	@11/11		
40548773 (SK 1378)	18/12-5/2 (excl. 25/12,1/1,27/1)	M,W	20:00-21:00	Po Lam SC	15+	75	20	@11/11		
40548774 (SK 1379)	18/12-5/2 (excl. 25/12,1/1,27/1)	M,W	21:00-22:00	Po Lam SC	15+	75	20	@11/11		
Jazz Training Course										
40548775 (SK 1380)	3/12-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-21:00	Tiu Keng Leng SC	12+	70	30	21/10		
Tai Chi Training Course										
40548899 (SK 1471)	4/12-30/3 (excl. 25/12,1/1,27/1)	M,W,F	7:00-8:00	Wai Man RD. PG	6+	60	50	16/10-22/10 (1/11) {25/11}		

Briefing on Proper Ways to Use Fitness Equipment										
40548779 (SK 1384)	10/12	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	25	16/10-22/10 (1/11) {25/11}		
40548780 (SK 1385)	10/12	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	25	16/10-22/10 (1/11) {25/11}		
40548781 (SK 1386)	24/12	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	25	16/10-22/10 (1/11) {2/12}		
40548782 (SK 1387)	24/12	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	25	16/10-22/10 (1/11) {2/12}		
40548881 (SK 1449)	12/12	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	25	16/10-22/10 (1/11) {25/11}		
40548882 (SK 1450)	12/12	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	25	16/10-22/10 (1/11) {25/11}		
Stress Management and Physical Relaxation										
40548776 (SK 1381)	2/12-9/3 (excl. 27/1)	M	9:00-10:00	Tseung Kwan O SC	14+	80	20	23/10		
40548777 (SK 1382)	2/12-9/3 (excl. 27/1)	M	10:00-11:00	Tseung Kwan O SC	14+	80	20	23/10		
40548778 (SK 1383)	3/12-21/1 (excl. 26/12)	Tu,Th	10:00-11:00	Tiu Keng Leng SC	14+	80	30	21/10		
40548879 (SK 1447)	9/12-16/3 (excl. 27/1)	M	10:00-11:00	Hong Kong Velodrome	14+	80	30	25/10		
40548880 (SK 1448)	9/12-16/3 (excl. 27/1)	M	11:00-12:00	Hong Kong Velodrome	14+	80	30	25/10		
Body-Mind Stretch Training Course										
40548871 (SK 1444)	12/12-23/1 (excl. 26/12)	Tu,Th	14:00-15:00	Hong Kong Velodrome	15+	85	24	6/11		
40548873 (SK 1445)	12/12-23/1 (excl. 26/12)	Tu,Th	15:00-16:00	Hong Kong Velodrome	15+	85	24	6/11		
Parent-child(Aged7-17)Badminton TC										
40548824 (SK 1412)	14/12-18/1	Sa	14:00-16:00	Po Lam SC (Non-air.con)	7+	73	18	16/10-22/10 (1/11) {25/11}		
Badminton Training Course										
40548758 (SK 1363)	27/12-31/1 (excl. 1/1)	W,F	8:00-10:00	Tseung Kwan O SC	7+	118	24	16/10-22/10 (1/11) {2/12}		
40548759 (SK 1364)	10/12-14/1 (excl. 26/12)	Tu,Th	8:00-10:00	Tsui Lam SC	7+	118	24	16/10-22/10 (1/11) {25/11}		
40548760 (SK 1365)	13/12-22/1 (excl. 25/12,1/1)	W,F	19:00-21:00	Tsui Lam SC	7+	118	24	16/10-22/10 (1/11) {2/12}		
40548761 (SK 1366)	9/12-13/1 (excl. 26/12)	M,Th	15:00-17:00	Hang Hau SC	7+	118	24	16/10-22/10 (1/11) {25/11}		
40548762 (SK 1367)	3/12-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-21:00	PLSC(Non-Air Conditioned)	7+	118	18	16/10-22/10 (1/11) {25/11}		
Track Cycling Taster Session										
40548892 (SK 1460)	14/12	Sa	9:30-12:30	Hong Kong Velodrome	11+	Free	20	7/11		
40548893 (SK 1461)	28/12	Sa	9:30-12:30	Hong Kong Velodrome	11+	Free	20	14/11		
Mini-tennis Training Course										
40548787 (SK 1392)	7/12-15/2 (excl. 25/1)	Sa	13:00-15:00	Tsui Lam SC	6-12	70	16	16/10-22/10 (1/11) {25/11}		
Squash Training Course										
40548080 (SK 1405)	3/12-31/12 (excl. 24/12)	Tu,F	19:00-21:00	Sai Kung Squash Courts	7+	160	8	31/10		
40548788 (SK 1393)	17/12-14/1 (excl. 26/12)	Tu,Th	19:00-21:00	Tsui Lam SC	7+	160	8	11/11		
40548789 (SK 1394)	18/12-17/1 (excl. 25/12,1/1)	W,F	19:00-21:00	Po Lam SC	7+	160	8	11/11		
Table-tennis Training Course										
40548790 (SK 1395)	15/12-23/2 (excl. 26/1)	Su	16:00-18:00	Tsui Lam SC	14+	86	12	16/10-22/10 (1/11) {2/12}		
40548791 (SK 1396)	14/12-29/2 (excl. 28/12,25/1)	Sa	14:00-16:00	Po Lam SC	14+	86	18	16/10-22/10 (1/11) {25/11}		
40548885 (SK 1453)	22/12-1/3 (excl. 26/1)	Su	10:00-12:00	Hong Kong Velodrome	6+	86	24	16/10-22/10 (1/11) {2/12}		
Tennis Training Course										
40548838 (SK 1439)	16/12-20/1 (excl. 26/12)	M,Th	19:00-21:00	Sai Kung TC	8+	170	12	16/10-22/10 (1/11) {2/12}		
40548900 (SK 1472)	23/12-30/1 (excl. 26/12,27/1)	M,Th	19:00-21:00	Po Tsui Park	8+	170	18	16/10-22/10 (1/11) {2/12}		
Ultimate Fun Day										
40525779 (SK 188)	22/12	Su	9:00-10:30	Tseung Kwan O SC	6+	Free	40	22/12	Walk-in	
40525782 (SK 189)	22/12	Su	10:30-12:00	Tseung Kwan O SC	6+	Free	40	22/12	Walk-in	
HEFAC- Hiking Scheme										
40548817 (SK 1411)	8/12	Su	9:00-17:00	C9 Ma On Kong - Tsing Lung Tau	6+	40	48	16/10-22/10 (1/11) {2/12}		
Orienteering Fun Day @ Sheung Ning Playground										
40548897 (SK 1465)	29/12	Su	10:00-13:00	Sheung Ning PG	12+	Free	500	10/12		
Residential Camp for Families										
40548828 (SK 1413)	14/12-15/12	Sa,Su	14:00-15:00	Sai Kung ORC	All	86	48	6/11		
Sport Climbing Fun Day										
40548792 (SK 1397)	14/12	Sa	15:30-17:00	Tiu Keng Leng SC	12+	Free	24	7/11		
40548793 (SK 1398)	14/12	Sa	17:00-18:30	Tiu Keng Leng SC	12+	Free	24	7/11		
Exhibition of safety exercise & fitness test										
40548998 (SK 1466)	4/12	W	18:45-21:15	Tseung Kwan O SG	All	Free	250	4/12	Walk-in	
40548999 (SK1467)	11/12	W	18:45-21:15	Tseung Kwan O SG	All	Free	250	11/12	Walk-in	
40549000 (SK1468)	18/12	W	18:45-21:15	Tseung Kwan O SG	All	Free	250	18/12	Walk-in	

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) { Open Enrollment for Remaining Quota }</small>	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.

Excursion for Persons with Visual Impairment

40524365 (SK 0175)	21/12	Sa	9:00-17:00	SK Town, Lions Nature Education Centre	All	10	29/10	i
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Body-Mind Stretch Training Prog. for (Ex-men)

40531005 (SK 0564)	3/12-2/1 (excl. 10/12,24/12,26/12,31/12)	Tu,Th	15:00-16:30	Tseung Kwan O SC (Active Room)	15+	20	17/10	i
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Body-mind Stretch TP for Per. with Phy. Dis

40549163 (SK 1475)	3/12-2/1 (excl. 10/12,24/12,26/12,31/12)	Tu & Th	16:30-18:00	Tseung Kwan O SC (Active Room)	15+	20	17/10	i
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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
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Baduanjin Training Course for Elderly

40548904 (SK1335)	28/12-23/1	Tu,Th,Sa	9:00-10:00	Hau Tak Estate	30	16/10-22/10 {1/11} {2/12}	
40548905 (SK1336)	28/12-23/1	Tu,Th,Sa	7:00-8:00	King Lam Estate	30	16/10-22/10 {1/11} {2/12}	
40548906 (SK1337)	28/12-23/1	Tu,Th,Sa	7:30-8:30	Sheung Tak Estate	30	16/10-22/10 {1/11} {2/12}	
40548907 (SK1338)	28/12-23/1	Tu,Th,Sa	8:30-9:30	Tsui Lam Estate	30	16/10-22/10 {1/11} {2/12}	

Fitness Exercise Training Course for Elderly

40548795 (SK 1400)	19/12-30/1 excl.26/12,07/01,21/01,25/01,28/01	Tu,Th,Sa	8:00-9:00	Tseung Kwan O SC	20	16/10-22/10 {1/11} {2/12}	
40548894 (SK 1462)	11/12-5/2 (excl. 25/12,1/1,27/1)	M,W	8:00-9:00	Hong Kong Velodrome	30	16/10-22/10 {1/11} {25/11}	
40548895 (SK 1463)	11/12-5/2 (excl. 25/12,1/1,27/1)	M,W	9:00-10:00	Hong Kong Velodrome	30	16/10-22/10 {1/11} {25/11}	

Meeting Point for Elderly (Fitness)

40548898 (SK 1469)	6/12-27/12	F	8:00-10:00	Tsui Lam SC	20	16/10-22/10 {1/11} {25/11}	
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Gymnastics Training Course for Elderly

40548797 (SK 1402)	5/12-21/1 (excl. 26/12)	Tu,Th,Sa	8:00-9:00	Tsui Lam SC	20	16/10-22/10 {1/11} {25/11}	
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Meeting Point for Elderly (Tai Chi)

40548909 (SK1340)	5/12-19/12	Th	7:00-8:00	Hong Shing Garden	35	5/12-19/12	Walk-in
40548910 (SK1341)	5/12-19/12	Th	7:00-8:00	Open Space near TKOSP	35	5/12-19/12	Walk-in
40548911 (SK1342)	4/12-18/12	W	7:00-8:00	Hang Hau Man Kuk Lane Park	35	4/12-18/12	Walk-in
40548912 (SK1343)	4/12-18/12	W	7:00-8:00	Hau Tak Estate	35	4/12-18/12	Walk-in

40548913 (SK1344)	4/12-18/12	W	19:30-20:30	Hau Tak Estate	35	4/12-18/12	Walk-in
40548914 (SK1345)	4/12-18/12	W	7:00-8:00	Ming Tak Estate	35	4/12-18/12	Walk-in
40548915 (SK1346)	4/12-18/12	W	7:00-8:00	Po Tsui Park	35	4/12-18/12	Walk-in
40548916 (SK1347)	4/12-18/12	W	7:00-8:00	Sheung Tak Estate	35	4/12-18/12	Walk-in
40548917 (SK1348)	4/12-18/12	W	7:00-8:00	Tsui Lam Estate	35	4/12-18/12	Walk-in
Meeting Point for Elderly (Tai Chi Sword)							
40548908 (SK1339)	5/12-19/12	Th	7:00-8:00	Tsui Lam Estate	35	5/12-19/12	Walk-in
40548918 (SK1349)	4/12-18/12	W	7:00-8:00	Tong Ming ST. Sitting Out Area	35	4/12-18/12	Walk-in
Health Elderly Scheme-Badminton Self Practice							
40548896 (SK 1464)	9/12-30/12	M	7:00-9:00	Hong Kong Velodrome	20	31/10	 
Health Elderly Scheme-Table Tennis Self Practice Scheme							
40548798 (SK 1403)	4/12-18/12	W	8:00-9:00	Tsui Lam SC	8	21/10	 
40548799 (SK 1404)	6/12-27/12	F	8:00-9:00	Tsui Lam SC	12	21/10	 
40548801 (SK 1406)	5/12-19/12	Th	7:00-8:00	Hang Hau SC	12	23/10	 
40548802 (SK 1407)	5/12-19/12	Th	8:00-9:00	Hang Hau SC	12	23/10	 
40548803 (SK 1408)	5/12-19/12	Th	9:00-10:00	Hang Hau SC	12	23/10	 
Healthy Elderly Scheme - Dance Play-in							
40548794 (SK 1399)	4/12-29/1 (excl. 25/12,1/1)	W	9:00-11:00	Tseung Kwan O SC	24	16/10-22/10 (1/11) {25/11}	
Gateball Training Course for Elderly							
40548796 (SK 1401)	6/12-24/1	F	8:00-10:00	Tsui Lam SC	15	16/10-22/10 (1/11) {25/11}	