



































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

Sham Shui Po District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting (Open Enrollment for Remaining Quota))	Enrolment Method	
Aerobic Dance Training Course										
40545766 (SS1335)	13/12-17/1 (excl. 16/12,25/12,1/1,6/1)	M,W,F	9:00- 10:00	Lai Chi Kok Park SC	14+	65	18	19/11		
40545767 (SS1336)	13/12-17/1 (excl. 16/12,25/12,1/1,6/1)	M,W,F	10:00- 11:00	Lai Chi Kok Park SC	14+	65	18	19/11		
40545768 (SS1223)	10/12-6/2 excl.24/12,26/12,31/12,23/1,28/1,30/1	Tu,Th	15:00- 16:00	Lai Chi Kok Park SC	14+	65	18	18/11		
40545772 (SS1290)	10/12-6/2 excl.24/12,26/12,31/12,23/1,28/1,30/1	Tu,Th	14:00- 15:00	Lai Chi Kok Park SC	14+	65	18	18/11		
40545773 (SS1291)	10/12-6/2 excl.24/12,26/12,31/12,23/1,28/1,30/1	Tu,Th	19:00- 20:00	Lai Chi Kok Park SC	14+	65	18	18/11		
40545774 (SS1292)	10/12-6/2 excl.24/12,26/12,31/12,23/1,28/1,30/1	Tu,Th	20:00- 21:00	Lai Chi Kok Park SC	14+	65	18	18/11		
40545786 (SS1293)	27/12-3/2 (excl. 1/1,24/1,27/1,29/1,31/1)	M,W,F	13:00- 14:00	Pei Ho ST. SC	14+	65	30	28/11		
40545787 (SS1294)	27/12-3/2 (excl. 1/1,24/1,27/1,29/1,31/1)	M,W,F	14:00- 15:00	Pei Ho ST. SC	14+	65	30	28/11		
40545789 (SS1295)	27/12-3/2 (excl. 1/1,24/1,27/1,29/1,31/1)	M,W,F	18:00- 19:00	Pei Ho ST. SC	14+	65	30	29/11		
40545790 (SS1296)	27/12-3/2 (excl. 1/1,24/1,27/1,29/1,31/1)	M,W,F	19:00- 20:00	Pei Ho ST. SC	14+	65	30	29/11		
40545791 (SS1297)	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00- 20:00	Pei Ho ST. SC	14+	65	30	13/11		
40545793 (SS1298)	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00- 21:00	Pei Ho ST. SC	14+	65	30	13/11		
40545825 (SS1258)	30/12-10/2 (excl. 1,6,20,24,27,29/1,3/2)	M,W,F	8:00- 9:00	Po On RD. SC	14+	65	30	26/11		
40545826 (SS1259)	30/12-10/2 (excl. 1,6,20,24,27,29/1)	M,W,F	9:00- 10:00	Po On RD. SC	14+	65	30	26/11		
40545827 (SS1260)	30/12-10/2 (excl. 1,6,20,24,27,29/1,3/2)	M,W,F	14:00- 15:00	Po On RD. SC	14+	65	30	25/11		
40545844 (SS1277)	30/12-10/2 (excl. 1,6,20,24,27,29/1,3/2)	M,W,F	15:00- 16:00	Po On RD. SC	14+	65	30	25/11		
40545845 (SS1278)	30/12-3/2 (excl. 1/1,24/1,27/1,29/1)	M,W,F	18:00- 19:00	Po On RD. SC	14+	65	30	28/11		
40545846 (SS1279)	30/12-3/2 (excl. 1/1,24/1,27/1,29/1)	M,W,F	19:00- 20:00	Po On RD. SC	14+	65	30	28/11		
SSPD New Year Eve Social Dance Night										
40545776 (SS1322)	31/12-1/1	Tu,W	20:00- 0:00	Lai Chi Kok Park SC	All	20	600	15/11		
Fitness (Multi-gym) TC										
<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>										
40545797 (SS1302)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	7:00- 8:00	Pei Ho ST. SC	15+	75	30	@22/11		
40545798 (SS1303)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	8:00- 9:00	Pei Ho ST. SC	15+	75	30	@22/11		
40545799 (SS1304)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	9:00- 10:00	Pei Ho ST. SC	15+	75	30	@22/11		
40545800 (SS1305)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	13:00- 14:00	Pei Ho ST. SC	15+	75	30	@25/11		
40545801 (SS1306)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	14:00- 15:00	Pei Ho ST. SC	15+	75	30	@25/11		
40545803 (SS1307)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	15:00- 16:00	Pei Ho ST. SC	15+	75	30	@25/11		
40545804 (SS1308)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	16:00- 17:00	Pei Ho ST. SC	15+	75	30	@25/11		
40545805 (SS1309)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	17:00- 18:00	Pei Ho ST. SC	15+	75	30	@25/11		
40545806 (SS1310)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	18:00- 19:00	Pei Ho ST. SC	15+	75	30	@23/10- 28/10 (8/11) {27/11}		
40545807 (SS1311)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	19:00- 20:00	Pei Ho ST. SC	15+	75	30	@18/11		
40545808 (SS1312)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	20:00- 21:00	Pei Ho ST. SC	15+	75	30	@18/11		

40545809 (SS1313)	14/12-18/1 (excl. 24/12,26/12,31/12,2/1)	Tu,Th,Sa	21:00-22:00	Pei Ho ST. SC	15+	75	30	@18/11	 
40545830 (SS1263)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	7:00-8:00	Po On RD. SC	15+	75	30	@18/11	 
40545831 (SS1264)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	8:00-9:00	Po On RD. SC	15+	75	30	@18/11	 
40545832 (SS1265)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	9:00-10:00	Po On RD. SC	15+	75	30	@20/11	 
40545833 (SS1266)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	10:00-11:00	Po On RD. SC	15+	75	30	@20/11	 
40545834 (SS1267)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	13:00-14:00	Po On RD. SC	15+	75	30	@20/11	 
40545835 (SS1268)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	14:00-15:00	Po On RD. SC	15+	75	30	@20/11	 
40545836 (SS1269)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	15:00-16:00	Po On RD. SC	15+	75	30	@20/11	 
40545837 (SS1270)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	16:00-17:00	Po On RD. SC	15+	75	30	@20/11	 
40545838 (SS1271)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	17:00-18:00	Po On RD. SC	15+	75	30	@20/11	 
40545839 (SS1272)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	18:00-19:00	Po On RD. SC	15+	75	30	@20/11	 
40545840 (SS1273)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	19:00-20:00	Po On RD. SC	15+	75	30	@19/11	 
40545841 (SS1274)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	20:00-21:00	Po On RD. SC	15+	75	30	@19/11	 
40545842 (SS1275)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	21:00-22:00	Po On RD. SC	15+	75	30	@19/11	 
Oriental Dance TC									
40545764 (SS1238)	29/12-8/3 (excl. 26/1)	Su	18:00-20:00	Pei Ho ST. SC	12+	45	30	23/10-28/10 (8/11) {27/11}	
40545765 (SS1239)	31/12-4/2 (excl. 28/1)	Tu,Th	20:00-22:00	Pei Ho ST. SC	12+	45	30	23/10-28/10 (8/11) {27/11}	
Social Dance TC									
40545810 (SS1314)	20/12-20/1	M,F	20:00-22:00	Pei Ho ST. SC	14+	86	30	23/10-28/10 (8/11) {27/11}	
Tai Chi TC									
40545778 (SS1229)	5/12-31/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Po On RD. P/G	6+	60	40	23/10-28/10 (8/11) {27/11}	
40545780 (SS1231)	13/12-8/4 (excl. 25/12,1/1,27/1)	M,W,F	7:00-8:00	Po On RD. P/G	6+	60	40	23/10-28/10 (8/11) {27/11}	
Tai Chi Training Course									
40545779 (SS1230)	5/12-31/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Hing Wah ST. PG-soccer pitch	6+	60	60	8/11	 
40545887 (SS1232)	12/12-9/4 (excl. 26/12,25/1,28/1,4/4)	Tu,Th,Sa	7:00-8:00	Wai Chi St P/G - Soccer Pitch	6+	60	40	15/11	 
Tai Chi Sword Training Course									
40545881 (SS1243)	30/12-27/4 (excl. 1/1,27/1,10/4,13/4)	M,W,F	17:00-18:00	Tung Chau ST. Park	6+	60	40	5/12	 
Tai Chi Sword Training Course									
40545854 (SS1254)	3/12-28/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	SKMP III	6+	60	40	11/11	 
Yoga TC									
40545843 (SS1276)	6/12-13/1 (excl. 16/12,6/1)	M,F	10:00-12:00	Po On RD. SC	15+	85	30	23/10-28/10 (8/11) {27/11}	
Briefing on Proper Ways to Use Fitness Equipment									
40545794 (SS1299)	1/12	Su	14:00-17:00	Pei Ho ST. SC	15+	Free	25	23/10-28/10 (8/11) {27/11}	
40545828 (SS1261)	15/12	Su	14:00-17:00	Po On RD. SC	15+	Free	25	23/10-28/10 (8/11) {27/11}	
40545851 (SS1251)	14/12	Sa	19:00-22:00	Shek Kip Mei Park SC	15+	Free	25	23/10-28/10 (8/11) {27/11}	
Badminton TC									
40545769 (SS1287)	17/12-30/1 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	9:00-11:00	Lai Chi Kok Park SC	18+	118	24	23/10-28/10 (8/11) {27/11}	

40545775 (SS1334)	28/12-8/2 (excl. 1/1,25/1,29/1)	W,Sa	19:00-21:00	Lai Chi Kok Park SC	18+	118	24	23/10-28/10 (8/11) {27/11}	✉
40545795 (SS1300)	3/12-10/1 (excl. 24/12,31/12)	Tu,F	19:00-21:00	Pei Ho ST. SC	18+	118	24	23/10-28/10 (8/11) {27/11}	✉
40545829 (SS1262)	9/12-10/1	M,F	19:00-21:00	Po On RD. SC	18+	118	24	23/10-28/10 (8/11) {27/11}	✉
40545852 (SS1252)	2/12-9/1 (excl. 5/12,26/12)	M,Th	9:00-11:00	Shek Kip Mei Park SC	18+	118	24	23/10-28/10 (8/11) {27/11}	✉

Squash Training Course

40545754 (SS1280)	9/12-6/1 (excl. 26/12)	M,Th	19:00-21:00	Pei Ho ST. SC	18+	160	12	23/10-28/10 (8/11) {27/11}	✉
40545758 (SS1284)	1/12-19/1	Su	10:00-12:00	Pei Ho ST. SC	7+	160	12	23/10-28/10 (8/11) {27/11}	✉

Table-tennis TC for Children

40545757 (SS1283)	14/12-22/2 (excl. 25/1)	Sa	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	6-13	86	24	23/10-28/10 (8/11) {27/11}	✉
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Tennis TC

40545763 (SS1237)	3/12-11/2 (excl. 28/1)	Tu	9:00-11:00	Lai Chi Kok Park Stage II TC	18+	170	18	8/11	📄 i
40545855 (SS1255)	16/12-22/1 (excl. 25/12,1/1)	M,W	9:00-11:00	Shek Kip Mei Park TC	18+	170	18	23/10-28/10 (8/11) {27/11}	✉
40545882 (SS1244)	17/12-21/1 (excl. 26/12)	Tu,Th	9:00-11:00	Tung Chau ST. Park	18+	170	18	22/11	📄 i

SSPD 3-on-3 Basketball Comp for Female 2019

40545848 (QSS1227)	15/12	Su	9:00-18:00	Tung Chau ST. Park	12+	50	8	9/10-15/10 (28/10) {25/11}	✉
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SSPD 3-on-3 Basketball Comp for Male 2019

40545847 (QSS1226)	15/12	Su	9:00-18:00	Tung Chau ST. Park	12+	50	24	9/10-15/10 (28/10) {25/11}	✉
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SSPD Gateball Competition 2019

40545889 (QSS1245)	28/12-29/12	Sa,Su	9:00-18:00	Tai Hang Tung R/G	8+	100	16	19/9-27/9 (15/10) {8/11}	✉
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Sport for All - Gateball TC

40545739 (SS1319)	11/12-10/1 (excl. 25/12,1/1)	W,F	19:00-21:00	Lai Chi Kok Park	8+	54	15	15/11	📄 i
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HEFAC - Hiking Scheme

40545880 (SS1234)	8/12	Su	9:00-17:00	C8-Pok Fu Lam Reservoir-HKU	6+	40	48	23/10-28/10 (8/11) {27/11}	✉
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Community Garden Programme(PlantingPlot1-40)

40545761 (SS1235)	28/12-25/4	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Lai Chi Kok Park Community Garden	12+	400	40	23/10-28/10 (8/11) {27/11}	✉
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Community Garden Programme(PlantingPlot41-80)

40545762 (SS1236)	29/12-26/4	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Lai Chi Kok Park Community Garden	12+	400	40	23/10-28/10 (8/11) {27/11}	✉
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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.

Table-Tennis TS for Ex-ment III Pers

40545752 (SS1333)	12/12-9/1	Th	15:00-17:00	Shek Kip Mei Park SC	8+	3	4/11	📄
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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							
40545755 (SS1281)	11/12-15/1 (excl. 16/12,25/12,1/1,6/1)	M,W,F	10:00-11:00	Po On RD. SC	30	23/10-28/10 (8/11){27/11}	✉
40545756 (SS1282)	11/12-15/1 (excl. 16/12,25/12,1/1,6/1)	M,W,F	11:00-12:00	Po On RD. SC	30	23/10-28/10 (8/11){27/11}	✉
HES - Baduanjin Play-in							
40545883 (SS1246)	6/12-27/12	F	14:00-16:00	Tung Chau ST. Park Squash Court	40	6/12-27/12	Walk-in
Mt Pts for Elderly - Baduanjin Play-in							
40545796 (SS1301)	6/12-27/12	F	9:00-11:00	Pei Ho ST. SC	50	6/12-27/12	Walk-in
Elderly Fitness TC							
40545759 (SS1285)	10/12-11/1 (excl. 26/12)	Tu,Th,Sa	10:00-11:00	Po On RD. SC	30	23/10-28/10 (8/11){27/11}	✉
40545760 (SS1286)	10/12-11/1 (excl. 26/12)	Tu,Th,Sa	11:00-12:00	Po On RD. SC	30	23/10-28/10 (8/11){27/11}	✉
Mt Pts for Elderly -Social Dance Play-in							
40545770 (SS1288)	4/12-18/12	W	9:15-11:45	Lai Chi Kok Park SC	130	4/12-18/12	Walk-in
HES - Tai Chi Play-in							
40545783 (SS1241)	9/12-30/12	M	9:00-10:30	Pei Ho ST. SC	50	9/12-30/12	Walk-in
40545784 (SS1242)	9/12-30/12	M	10:30-12:00	Pei Ho ST. SC	50	9/12-30/12	Walk-in
HES - Badminton Play-in							
40545849 (SS1249)	4/12-27/12 (excl. 6/12,25/12)	W,F	7:00-8:00	Pei Ho ST. SC	16	11/11	✉ i
40545850 (SS1250)	4/12-27/12 (excl. 6/12,25/12)	W,F	8:00-9:00	Pei Ho ST. SC	16	11/11	✉ i
Mt Pts for Elderly-Indoor Short Mat Bowl Play							
40545812 (SS1316)	5/12-19/12	Th	9:30-11:30	Pei Ho ST. SC	30	5/12-19/12	Walk-in
HES - Table-Tennis Play-in							
40545753 (SS1240)	3/12-31/12 (excl. 25/12,26/12)	Tu,W,Th,F	7:00-10:00	Cornwall ST. Squash & Table Tennis Centre	60	3/12-31/12	Walk-in
40545823 (SS1257)	5/12-19/12	Th	10:30-12:00	Po On RD. SC	30	5/12-19/12	Walk-in
40545884 (SS1247)	4/12-30/12 (excl. 16/12,25/12)	M,W	9:00-10:30	Tung Chau ST. Park	24	4/12-30/12	Walk-in
40545885 (SS1248)	4/12-30/12 (excl. 16/12,25/12)	M,W	10:30-12:00	Tung Chau ST. Park	24	4/12-30/12	Walk-in
HES - Table-tennis Play-in							
40545771 (SS1289)	9/12-30/12	M	15:30-17:30	Lai Chi Kok Park SC	40	9/12-30/12	Walk-in
Mt Pts for Elderly -Gateball Play-in							
40545741 (SS1321)	3/12-24/12	Tu	9:30-11:30	Lai Chi Kok Park SC	40	3/12-24/12	Walk-in
Gateball TC for Elderly							
40545740 (SS1320)	5/12-2/1 (excl. 26/12)	Tu,Th	7:00-9:00	Tai Hang Tung R/G Gateball Court	30	23/10-28/10 (8/11){27/11}	✉
Excursion for Elderly							
40545888 (SS1233)	12/12	Th	9:00-17:00	Tai Po Waterfront Park/Tai Mei Tuk	96	23/10-28/10 (8/11){27/11}	✉