




















































**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jul 2021**

Southern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Life Saving TC (Bronze Medallion)									
40588965 (SN0099)	14/7-13/8	M,W,F	19:00-22:00	Pao Yue Kong SP	13+	108	12	2/6	
Breaststroke TC for Adult (Level II)									
40588885 (SN0065)	14/7-4/8	M,W,F	7:00-8:00	Pao Yue Kong SP	18+	100	8	20/5-26/5 (1/6) {23/6}	
40589096 (SN0104)	15/7-17/8	Tu,Th	20:00-21:00	Pao Yue Kong SP	18+	100	8	28/5-4/6 (10/6) {2/7}	
Breaststroke TC for Junior (Level II)									
40588898 (SN0075)	14/7-4/8	M,W,F	9:00-10:00	Pao Yue Kong SP	9-12	100	8	20/5-26/5 (1/6) {23/6}	
Front Crawl TC for Adult (Level II)									
40589104 (SN0112)	15/7-17/8	Tu,Th	19:00-20:00	Pao Yue Kong SP	18+	100	8	28/5-4/6 (10/6) {2/7}	
Front Crawl TC for Junior (Level II)									
40588957 (SN0091)	14/7-4/8	M,W,F	15:00-16:00	Pao Yue Kong SP	9-12	100	8	20/5-26/5 (1/6) {23/6}	
40589108 (SN0116)	15/7-17/8	Tu,Th	9:00-10:00	Pao Yue Kong SP	9-12	100	8	28/5-4/6 (10/6) {2/7}	
Front Crawl TC for Youth&Adult (Level II)									
40589111 (SN0119)	15/7-17/8	Tu,Th	8:00-9:00	Pao Yue Kong SP	13+	100	8	28/5-4/6 (10/6) {2/7}	
Backstroke TC for Youth & Adult									
40589095 (SN0103)	15/7-17/8	Tu,Th	8:00-9:00	Pao Yue Kong SP	13+	100	8	28/5-4/6 (10/6) {2/7}	
Breaststroke TC for Youth & Adult (Level III)									
40589102 (SN0110)	15/7-17/8	Tu,Th	7:00-8:00	Pao Yue Kong SP	13+	100	8	28/5-4/6 (10/6) {2/7}	
Breaststroke TC for Youth (Level III)									
40588901 (SN0078)	14/7-4/8	M,W,F	17:00-18:00	Pao Yue Kong SP	5-17	100	8	20/5-26/5 (1/6) {23/6}	
Butterfly Stroke TC for Youth & Adult									
40588902 (SN0079)	14/7-4/8	M,W,F	7:00-8:00	Pao Yue Kong SP	13+	100	8	20/5-26/5 (1/6) {23/6}	
40589103 (SN0111)	15/7-17/8	Tu,Th	20:00-21:00	Pao Yue Kong SP	13+	100	8	28/5-4/6 (10/6) {2/7}	
Front Crawl TC for Youth (Level III)									
40588962 (SN0096)	14/7-4/8	M,W,F	16:00-17:00	Pao Yue Kong SP	5-17	100	8	20/5-26/5 (1/6) {23/6}	
Front Crawl TC for Youth&Adult (Level III)									
40589112 (SN0120)	15/7-17/8	Tu,Th	19:00-20:00	Pao Yue Kong SP	13+	100	8	28/5-4/6 (10/6) {2/7}	
Front Crawl TC for Youth&Adult (Level III)									
40588961 (SN0095)	14/7-4/8	M,W,F	8:00-9:00	Pao Yue Kong SP	13+	100	8	20/5-26/5 (1/6) {23/6}	
Aerobic Dance Training Course									
40599627 (SN0531)	27/7-2/9	Tu,Th	14:00-15:00	Aberdeen SC	14+	65	15	16/6	
40599628 (SN0532)	27/7-2/9	Tu,Th	15:00-16:00	Aberdeen SC	14+	65	15	16/6	
40599631 (SN0535)	14/7-20/8	W,F	18:00-19:00	Aberdeen SC	14+	65	15	15/6	
40599632 (SN0536)	14/7-20/8	W,F	19:00-20:00	Aberdeen SC	14+	65	15	15/6	
40599635 (SN0539)	27/7-2/9	Tu,Th	16:00-17:00	Aberdeen SC	14+	65	15	25/6	
40599636 (SN0540)	27/7-2/9	Tu,Th	17:00-18:00	Aberdeen SC	14+	65	15	25/6	
40599637 (SN0541)	27/7-21/8	Tu,Th,Sa	9:00-10:00	Aberdeen SC	14+	65	15	21/6	
40599638 (SN0542)	27/7-21/8	Tu,Th,Sa	10:00-11:00	Aberdeen SC	14+	65	15	21/6	
40599639 (SN0543)	22/7-31/8	Tu,Th	9:00-10:00	Stanley SC	14+	65	15	21/6	
40599640 (SN0544)	22/7-31/8	Tu,Th	10:00-11:00	Stanley SC	14+	65	15	21/6	
40599641 (SN0545)	28/7-23/8	M,W,F	19:00-20:00	Stanley SC	14+	65	6	24/6	
40599642 (SN0546)	28/7-23/8	M,W,F	20:00-21:00	Stanley SC	14+	65	6	24/6	
Online Interactive Prog.-Aerobic Dance									
40605571 (SN0788)	5/7-9/7	M,W,F	14:30-15:30	Internet. 30mins before : zoom.us/join	14+	20	50	15/6	
40605573 (SN0790)	26/7-30/7	M,W,F	14:30-15:30	Internet. 30mins before : zoom.us/join	14+	20	50	5/7	
40605575 (SN0789)	12/7-16/7	M,W,F	20:00-21:00	Internet. 30mins before : zoom.us/join	14+	20	50	21/6	
Children Dance Training Course									
40599753 (SN0572)	25/7-24/10 (excl. 1/8,19/9,26/9,3/10)	Su	14:00-16:00	Yue Kwong RD. SC	4-11	60	10	11/6	
Chinese Dance Training Course									

40599923 (SN0573)	4/7-12/9 (excl. 1/8)	Su	9:00-11:00	Aberdeen SC	12+	45	15	11/6	 
Fitness (Multi-gym) Training Course									
@ 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.									
40597003 (SN0456)	6/7-12/8	Tu,Th	16:00-17:00	Aberdeen SC	15+	75	15	@3/6	 
40599928 (SN0578)	6/7-12/8	Tu,Th	17:00-18:00	Aberdeen SC	15+	75	15	@3/6	 
40599929 (SN0579)	6/7-12/8	Tu,Th	21:00-22:00	Aberdeen SC	15+	75	15	@3/6	 
40599930 (SN0580)	21/7-27/8	W,F	14:00-15:00	Aberdeen SC	15+	75	15	@18/6	 
40599931 (SN0581)	21/7-27/8	W,F	15:00-16:00	Aberdeen SC	15+	75	15	@18/6	 
40599935 (SN0585)	6/7-17/8 (excl. 13/7)	Tu,Th	20:00-21:00	Aberdeen T/SC	15+	75	15	@3/6	 
40599936 (SN0586)	21/7-27/8	W,F	7:00-8:00	Aberdeen T/SC	15+	75	15	@18/6	 
40599937 (SN0587)	21/7-27/8	W,F	8:00-9:00	Aberdeen T/SC	15+	75	15	@18/6	 
40599938 (SN0588)	21/7-27/8	W,F	9:00-10:00	Aberdeen T/SC	15+	75	15	@18/6	 
General Gymnastic for Children Training Course									
40599947 (SN0597)	20/7-19/8	Tu,Th	9:00-11:00	Aberdeen SC	6-12	54	6	27/5-1/6 (7/6) {25/6}	
Hydro Fitness Training Course									
40588963 (SN0097)	14/7-13/8	M,W,F	10:00-11:00	Pao Yue Kong SP	14+	80	15	20/5-26/5 (1/6) {23/6}	
40588964 (SN0098)	14/7-13/8	M,W,F	11:00-12:00	Pao Yue Kong SP	14+	80	15	20/5-26/5 (1/6) {23/6}	
Social Dance Training Course									
40600219 (SN0653)	7/7-6/8	W,F	16:00-18:00	Aberdeen SC	14+	86	16	27/5-1/6 (7/6) {25/6}	
40600220 (SN0654)	4/7-12/9 (excl. 1/8)	Su	20:00-22:00	Aberdeen SC	14+	86	16	27/5-1/6 (7/6) {25/6}	
Tai Chi Made Easy Class									
40601714 (SN0677)	18/7-24/10 (excl. 1/8,19/9,26/9)	Su	8:00-9:00	Yue Kwong RD. SC	6+	54	15	22/6	 
40601715 (SN0678)	18/7-24/10 (excl. 1/8,19/9,26/9)	Su	9:00-10:00	Yue Kwong RD. SC	6+	54	15	22/6	 
Western Folk Dance Training Course									
40601723 (SN0686)	4/7-12/9 (excl. 1/8)	Su	14:00-16:00	Aberdeen SC	8+	45	15	9/6	 
Yoga Training Course									
40601725 (SN0688)	14/7-15/9	W	9:00-11:00	Aberdeen SC	15+	85	15	27/5-1/6 (7/6) {25/6}	
Briefing on Proper Ways to Use Fitness Equipment									
40599752 (SN0571)	13/7	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	12	27/5-1/6 (7/6) {25/6}	
Badminton TC for Children & Youth									
40599746 (SN0565)	13/7-12/8	Tu,Th	11:00-13:00	Aberdeen SC	7-17	118	12	27/5-1/6 (7/6) {25/6}	
Badminton TC for Junior									
40599745 (SN0564)	20/7-19/8	Tu,Th	9:00-11:00	Stanley SC	12-17	118	12	27/5-1/6 (7/6) {25/6}	
Badminton TC for Youth									
40599747 (SN0566)	20/7-19/8	Tu,Th	13:00-15:00	Wong Chuk Hang SC	12-17	118	12	27/5-1/6 (7/6) {25/6}	
Badminton Training Course									
40599652 (SN0551)	7/7-6/8	W,F	14:00-16:00	Aberdeen SC	7+	118	12	27/5-1/6 (7/6) {25/6}	
40599672 (SN0553)	31/7-2/10	Sa	11:00-13:00	Stanley SC	18+	118	12	27/5-1/6 (7/6) {25/6}	
40599676 (SN0554)	31/7-16/10 (excl. 4/9,11/9)	Sa	15:00-17:00	Wong Chuk Hang SC	7+	118	12	27/5-1/6 (7/6) {25/6}	
40599683 (SN0555)	5/7-6/9	M	18:00-20:00	Yue Kwong RD. SC	7+	118	12	27/5-1/6 (7/6) {25/6}	
40599686 (SN0556)	8/7-9/9	Th	19:00-21:00	Yue Kwong RD. SC	7+	118	12	27/5-1/6 (7/6) {25/6}	
40599688 (SN0557)	14/7-15/9	W	15:00-17:00	Yue Kwong RD. SC	7+	118	12	27/5-1/6 (7/6) {25/6}	
Badminton Training Course for Children									
40599690 (SN0558)	21/7-20/8	W,F	9:00-11:00	Wong Chuk Hang SC	7-11	118	12	27/5-1/6 (7/6) {25/6}	
Badminton Training Course for Children&Youth									
40599732 (SN0562)	21/7-20/8	W,F	11:00-13:00	Yue Kwong RD. SC	7-17	118	12	27/5-1/6 (7/6) {25/6}	
40599735 (SN0563)	21/7-20/8	W,F	13:00-15:00	Yue Kwong RD. SC	7-17	118	12	27/5-1/6 (7/6) {25/6}	
Parent-Child Badminton TC(Aged 7-17)									
40600207 (SN0646)	17/7-21/8	Sa	15:00-17:00	Aberdeen SC	7+	73	12	27/5-1/6 (7/6) {25/6}	
Parent-child Badminton TC(Aged 7-17)									
40600208 (SN0647)	4/7-15/8 (excl. 1/8)	Su	15:00-17:00	Stanley SC	7+	73	12	27/5-1/6 (7/6) {25/6}	
Mini Tennis Training Course									
40600197 (SN0636)	31/7-16/10 (excl. 4/9,11/9)	Sa	13:00-15:00	Wong Chuk Hang SC	6-12	70	8	29/6	 
Squash Fun Day									
40600224 (SN0658)	22/7	Th	15:00-16:00	Aberdeen SC	6+	Free	6	22/6	 

40600225 (SN0659)	22/7	Th	16:00-17:00	Aberdeen SC	6+	Free	6	22/6		
Squash Training Course										
40600231 (SN0661)	14/7-30/7	M,W,F	12:00-14:00	Aberdeen T/SC	7-11	160	6	27/5-1/6 (7/6) {25/6}		
40600232 (SN0662)	14/7-30/7	M,W,F	14:00-16:00	Aberdeen T/SC	12-17	160	6	27/5-1/6 (7/6) {25/6}		
40600233 (SN0663)	16/7-11/8	W,F	10:00-12:00	Aberdeen T/SC	7+	160	6	27/5-1/6 (7/6) {25/6}		
40600234 (SN0664)	17/7-4/9	Sa	10:00-12:00	Aberdeen T/SC	7+	160	6	27/5-1/6 (7/6) {25/6}		
40600236 (SN0665)	17/7-4/9	Sa	12:00-14:00	Aberdeen T/SC	18+	160	6	27/5-1/6 (7/6) {25/6}		
Table Tennis Training Course for Children										
40600254 (SN0674)	20/7-19/8	Tu,Th	11:00-13:00	Aberdeen SC	6-13	86	6	27/5-1/6 (7/6) {25/6}		
40600255 (SN0675)	21/7-20/8	W,F	11:00-13:00	Wong Chuk Hang SC	6-13	86	10	27/5-1/6 (7/6) {25/6}		
Table Tennis Training Course for Youth										
40601713 (SN0676)	21/7-20/8	W,F	15:00-17:00	Stanley SC	7-17	86	6	27/5-1/6 (7/6) {25/6}		
Table-tennis Training Course										
40600250 (SN0670)	10/7-11/9	Sa	14:00-16:00	Aberdeen SC	6+	86	6	27/5-1/6 (7/6) {25/6}		
Tennis Training Course										
40601716 (SN0679)	2/7-3/8	Tu,F	19:00-21:00	Aberdeen T/SC	8+	170	9	27/5-1/6 (7/6) {25/6}		
40601717 (SN0680)	26/7-26/8	M,Th	16:00-18:00	Aberdeen T/SC	8+	170	9	27/5-1/6 (7/6) {25/6}		
Tennis Training Course for Children										
40601718 (SN0681)	20/7-19/8	Tu,Th	9:00-11:00	Aberdeen T/SC	8-11	170	9	27/5-1/6 (7/6) {25/6}		
Tennis Training Course for Children & Youth										
40601719 (SN0682)	5/7-26/7	M,W,F	9:00-11:00	Aberdeen T/SC	8-17	170	9	27/5-1/6 (7/6) {25/6}		
40601720 (SN0683)	20/7-19/8	Tu,Th	7:00-9:00	Aberdeen T/SC	8-17	170	9	27/5-1/6 (7/6) {25/6}		
Go Training Course (Level I)										
40599945 (SN0595)	24/7-28/8	Sa	11:00-13:00	Aberdeen SC	6+	40	10	27/5-1/6 (7/6) {25/6}		
American Pool Training Course (Level II)										
40599643 (SN0547)	2/7-23/7	F	20:00-22:00	Aberdeen T/SC	8+	120	6	4/6		
Basketball Training Course for Female										
40599749 (SN0568)	20/7-19/8	Tu,Th	11:00-13:00	Wong Chuk Hang SC	10+	75	15	27/5-1/6 (7/6) {25/6}		
Basketball Training Course for Male										
40599750 (SN0569)	20/7-19/8	Tu,Th	9:00-11:00	Wong Chuk Hang SC	10+	75	15	27/5-1/6 (7/6) {25/6}		
Volleyball Training Course for Female										
40601721 (SN0684)	21/7-20/8	W,F	15:00-17:00	Wong Chuk Hang SC	10+	70	15	27/5-1/6 (7/6) {25/6}		
Volleyball Training Course for Male										
40601722 (SN0685)	21/7-20/8	W,F	13:00-15:00	Wong Chuk Hang SC	10+	70	15	27/5-1/6 (7/6) {25/6}		
Kayak 1 Star Award Training Course (1-day)										
40600173 (SN0630)	17/7	Sa	9:00-17:00	St. Stephen's Beach WSC	12+	30	8	27/5-1/6 (7/6) {25/6}		
Basic Windsurfing Training Course (2-day)										
40599748 (SN0567)	17/7-18/7	Sa,Su	9:00-17:00	Stanley Main Beach WSC	14+	130	5	27/5-1/6 (7/6) {25/6}		
Community Garden Programme										
40596965 (SN0447)	10/7-6/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Apleichau Waterfront Promenade	12+	400	25	27/5-1/6 (8/6) {25/6}		
40596966 (SN0448)	10/7-6/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Ocean Park RD. Community Garden	12+	400	18	27/5-1/6 (8/6) {25/6}		
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			
Swimming TC for Elderly (Level II)										
40588966 (SN0100)	14/7-4/8	M,W,F	8:00-9:00	Pao Yue Kong SP	8	20/5-26/5 (1/6) {23/6}				
40589116 (SN0124)	15/7-17/8	Tu,Th	7:00-8:00	Pao Yue Kong SP	8	28/5-4/6 (10/6) {2/7}				
Meeting Points for Elderly-Baduanjin FD										
40600178 (SN0633)	29/7-16/9	Th	9:00-11:00	Yue Kwong RD. SC	15	29/7-16/9			Walk-in	
Fitness Exercise Training Course for Elderly										
40599939 (SN0589)	7/7-6/8	M,W,F	7:00-8:00	Stanley SC	15	27/5-1/6 (7/6) {25/6}				
40599940 (SN0590)	7/7-6/8	M,W,F	8:00-9:00	Stanley SC	15	27/5-1/6 (7/6) {25/6}				
Healthy Elderly Scheme-Table-Tennis FD										
40599975 (SN0606)	2/7-30/7	W,F	12:00-14:00	Aberdeen T/SC	3	2/7-30/7			Walk-in	
40599976 (SN0607)	2/7-30/7	M,W,F	7:00-9:00	Aberdeen T/SC	9	2/7-30/7			Walk-in	

Summer Table Tennis Scheme for Elderly

40600240 (SN0667)	8/7-26/8	Th	7:00-9:00	Wong Chuk Hang SC	21	8/7-26/8	Walk-in
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Healthy Elderly Scheme-American Pool FD

40599950 (SN0600)	5/7-29/7	M,Th	7:00-9:00	Aberdeen T/SC	3	5/7-29/7	Walk-in
40599972 (SN0603)	2/7-30/7	M,W,F	9:00-11:00	Aberdeen T/SC	3	2/7-30/7	Walk-in

Healthy Elderly Scheme-Gateball FD

40599974 (SN0605)	6/7-27/7	Tu	7:00-9:00	Yue Kwong RD. SC	15	6/7-27/7	Walk-in
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