


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

**Sha Tin District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
<b>Life-saving Training Course(Bronze Medallion)</b>										
40600269 (ST0689)	7/7-18/8	M,W,F	20:00-22:00	Hin Tin SP	13+	108	12	12/6		 
<b>Backstroke Swimming Training Course</b>										
40594916 (ST0317)	7/7-28/7	M,W,F	19:30-20:30	Ma On Shan SP	0-17	100	8	20/5-26/5 (3/6) {28/6}		
40594917 (ST0318)	7/7-28/7	M,W,F	20:30-21:30	Ma On Shan SP	18+	100	8	20/5-26/5 (3/6) {28/6}		
<b>Breaststroke Swimming Cr (III)</b>										
40594914 (ST0315)	7/7-28/7	M,W,F	18:30-19:30	Sha Tin JC SP	0-17	100	8	20/5-26/5 (3/6) {28/6}		
40594915 (ST0316)	6/7-27/7	Tu,Th,Sa	20:30-21:30	Sha Tin JC SP	18+	100	8	20/5-26/5 (3/6) {28/6}		
<b>Breaststroke Swimming Cr for Adult (I)</b>										
40594854 (ST0265)	7/7-28/7	M,W,F	7:00-8:00	Sha Tin JC SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
40594856 (ST0266)	7/7-28/7	M,W,F	19:30-20:30	Sha Tin JC SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
40594857 (ST0267)	7/7-28/7	M,W,F	20:30-21:30	Hin Tin SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
40594858 (ST0268)	6/7-27/7	Tu,Th,Sa	7:00-8:00	Ma On Shan SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
40594859 (ST0269)	6/7-27/7	Tu,Th,Sa	20:30-21:30	Ma On Shan SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
40594860 (ST0270)	6/7-27/7	Tu,Th,Sa	20:30-21:30	Hin Tin SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
<b>Breaststroke Swimming Cr for Children (I)</b>										
40594882 (ST0285)	7/7-28/7	M,W,F	9:00-10:00	Hin Tin SP	60+	Free	7	20/5-26/5 (3/6) {28/6}		
40594884 (ST0286)	7/7-28/7	M,W,F	9:00-10:00	Sha Tin JC SP	60+	Free	7	20/5-26/5 (3/6) {28/6}		
40594885 (ST0287)	7/7-28/7	M,W,F	16:30-17:30	Ma On Shan SP	5-8	100	7	20/5-26/5 (3/6) {28/6}		
40594886 (ST0288)	7/7-28/7	M,W,F	19:30-20:30	Hin Tin SP	5-8	100	7	20/5-26/5 (3/6) {28/6}		
40594887 (ST0289)	7/7-28/7	M,W,F	20:30-21:30	Sha Tin JC SP	5-8	100	7	20/5-26/5 (3/6) {28/6}		
40594889 (ST0290)	6/7-27/7	Tu,Th,Sa	9:00-10:00	Ma On Shan SP	5-8	100	7	20/5-26/5 (3/6) {28/6}		
40594890 (ST0291)	6/7-27/7	Tu,Th,Sa	18:30-19:30	Sha Tin JC SP	5-8	100	7	20/5-26/5 (3/6) {28/6}		
40594891 (ST0292)	6/7-27/7	Tu,Th,Sa	19:30-20:30	Hin Tin SP	5-8	100	7	20/5-26/5 (3/6) {28/6}		
40594892 (ST0293)	6/7-27/7	Tu,Th,Sa	19:30-20:30	Ma On Shan SP	5-8	100	7	20/5-26/5 (3/6) {28/6}		
<b>Breaststroke Swimming Cr for Junior (I)</b>										
40594901 (ST0302)	7/7-28/7	M,W,F	16:30-17:30	Hin Tin SP	9-12	100	7	20/5-26/5 (3/6) {28/6}		
40594902 (ST0303)	7/7-28/7	M,W,F	17:30-18:30	Ma On Shan SP	9-12	100	7	20/5-26/5 (3/6) {28/6}		
40594903 (ST0304)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Ma On Shan SP	9-12	100	7	20/5-26/5 (3/6) {28/6}		
40594904 (ST0305)	6/7-27/7	Tu,Th,Sa	18:30-19:30	Sha Tin JC SP	9-12	100	7	20/5-26/5 (3/6) {28/6}		
<b>Breaststroke Swimming Cr for Junior (II)</b>										
40594907 (ST0308)	6/7-27/7	Tu,Th,Sa	19:30-20:30	Sha Tin JC SP	9-12	100	7	20/5-26/5 (3/6) {28/6}		
<b>Breaststroke Swimming Cr for Youth (I)</b>										
40594909 (ST0310)	6/7-27/7	Tu,Th,Sa	9:00-10:00	Sha Tin JC SP	60+	Free	7	20/5-26/5 (3/6) {28/6}		
40594910 (ST0311)	6/7-27/7	Tu,Th,Sa	20:30-21:30	Ma On Shan SP	13-17	100	7	20/5-26/5 (3/6) {28/6}		
<b>Butterfly Stroke Swimming Training Course</b>										
40594918 (ST0319)	6/7-27/7	Tu,Th,Sa	18:30-19:30	Ma On Shan SP	9-17	100	8	20/5-26/5 (3/6) {28/6}		
40594919 (ST0320)	6/7-27/7	Tu,Th,Sa	19:30-20:30	Ma On Shan SP	18+	100	8	20/5-26/5 (3/6) {28/6}		
<b>Front Crawl Swimming Cr (III)</b>										
40594912 (ST0313)	6/7-27/7	Tu,Th,Sa	18:30-19:30	Sha Tin JC SP	0-17	100	8	20/5-26/5 (3/6) {28/6}		
40594913 (ST0314)	6/7-27/7	Tu,Th,Sa	19:30-20:30	Sha Tin JC SP	18+	100	8	20/5-26/5 (3/6) {28/6}		
<b>Front Crawl Swimming Cr for Adult (I)</b>										
40594850 (ST0261)	7/7-28/7	M,W,F	8:00-9:00	Hin Tin SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
40594851 (ST0262)	7/7-28/7	M,W,F	8:00-9:00	Sha Tin JC SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
40594852 (ST0263)	7/7-28/7	M,W,F	19:30-20:30	Ma On Shan SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
40594853 (ST0264)	6/7-27/7	Tu,Th,Sa	19:30-20:30	Sha Tin JC SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
<b>Front Crawl Swimming Cr for Adult (II)</b>										
40594862 (ST0271)	6/7-27/7	Tu,Th,Sa	7:00-8:00	Sha Tin JC SP	18+	100	7	20/5-26/5 (3/6) {28/6}		
<b>Front Crawl Swimming Cr for Children (I)</b>										
40594867 (ST0276)	7/7-28/7	M,W,F	8:00-9:00	Hin Tin SP	5-8	100	7	20/5-26/5 (3/6) {28/6}		

40594868 (ST0277)	7/7-28/7	M,W,F	17:30-18:30	Hin Tin SP	5-8	100	7	20/5-26/5 (3/6) {28/6}	☒
40594871 (ST0278)	7/7-28/7	M,W,F	18:30-19:30	Sha Tin JC SP	5-8	100	7	20/5-26/5 (3/6) {28/6}	☒
40594872 (ST0279)	7/7-28/7	M,W,F	17:30-18:30	Ma On Shan SP	5-8	100	7	20/5-26/5 (3/6) {28/6}	☒
40594874 (ST0280)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Hin Tin SP	5-8	100	7	20/5-26/5 (3/6) {28/6}	☒
40594876 (ST0281)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Ma On Shan SP	5-8	100	7	20/5-26/5 (3/6) {28/6}	☒
40594878 (ST0282)	6/7-27/7	Tu,Th,Sa	9:00-10:00	Sha Tin Jockey Club SP	5-8	100	7	20/5-26/5 (3/6) {28/6}	☒
40594879 (ST0283)	6/7-27/7	Tu,Th,Sa	20:30-21:30	Ma On Shan SP	5-8	100	7	20/5-26/5 (3/6) {28/6}	☒
40594880 (ST0284)	6/7-27/7	Tu,Th,Sa	20:30-21:30	Sha Tin JC SP	5-8	100	7	20/5-26/5 (3/6) {28/6}	☒

#### Front Crawl Swimming Cr for Junior (I)

40594895 (ST0296)	7/7-28/7	M,W,F	18:30-19:30	Hin Tin SP	9-12	100	7	20/5-26/5 (3/6) {28/6}	☒
40594896 (ST0297)	7/7-28/7	M,W,F	18:30-19:30	Ma On Shan SP	9-12	100	7	20/5-26/5 (3/6) {28/6}	☒
40594897 (ST0298)	7/7-28/7	M,W,F	19:30-20:30	Sha Tin JC SP	9-12	100	7	20/5-26/5 (3/6) {28/6}	☒
40594898 (ST0299)	7/7-28/7	M,W,F	20:30-21:30	Sha Tin JC SP	60+	Free	7	20/5-26/5 (3/6) {28/6}	☒
40594899 (ST0300)	6/7-27/7	Tu,Th,Sa	9:00-10:00	Hin Tin SP	9-12	100	7	20/5-26/5 (3/6) {28/6}	☒
40594900 (ST0301)	6/7-27/7	Tu,Th,Sa	19:30-20:30	Ma On Shan SP	9-12	100	7	20/5-26/5 (3/6) {28/6}	☒

#### Front Crawl Swimming Cr for Junior (II)

40594906 (ST0307)	7/7-28/7	M,W,F	20:30-21:30	Sha Tin JC SP	9-12	100	7	20/5-26/5 (3/6) {28/6}	☒
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#### Front Crawl Swimming Cr for Youth (I)

40594908 (ST0309)	6/7-27/7	Tu,Th,Sa	18:30-19:30	Hin Tin SP	13-17	100	7	20/5-26/5 (3/6) {28/6}	☒
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#### Front Crawl Swimming Cr for Youth (II)

40594911 (ST0312)	6/7-27/7	Tu,Th,Sa	20:30-21:30	Sha Tin JC SP	13-17	100	7	20/5-26/5 (3/6) {28/6}	☒
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#### Baduanjin Fun Day

40600270 (ST0690)	3/7	Sa	14:00-16:00	Heng On SC	8+	Free	15	1/6	☒ i
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#### Children Dance Training Course

40600271 (ST0691)	4/7-5/9	Su	14:00-16:00	Heng On SC	4-6	60	10	20/5-26/5 (1/6) {23/6}	☒
40600272 (ST0692)	4/7-5/9	Su	16:00-18:00	Heng On SC	4-6	60	10	20/5-26/5 (1/6) {23/6}	☒
40600273 (ST0693)	13/7-12/8	Tu,Th	12:00-14:00	Hin Keng SC	4-6	60	10	20/5-26/5 (1/6) {23/6}	☒
40600274 (ST0694)	13/7-12/8	Tu,Th	14:00-16:00	Hin Keng SC	7-11	60	10	20/5-26/5 (1/6) {23/6}	☒
40600276 (ST0696)	27/7-26/8	Tu,Th	15:00-17:00	Yuen Chau Kok SC	4-6	60	10	20/5-26/5 (1/6) {23/6}	☒

#### Summer Children Dance Training Course

40600277 (ST0697)	16/7-25/8 (excl. 13/8,20/8)	W,F	11:00-13:00	Ma On Shan SC	4-6	60	10	20/5-26/5 (1/6) {23/6}	☒
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#### Chinese Dance Training Course

40600278 (ST0698)	15/7-16/9	Th	14:00-16:00	Che Kung Temple SC	14+	45	15	20/5-26/5 (1/6) {23/6}	☒
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#### 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.

40600279 (ST0699)	20/7-26/8	Tu,Th	14:00-15:00	Che Kung Temple SC	15+	75	15	@11/6	☒ i
40600280 (ST0700)	20/7-26/8	Tu,Th	15:00-16:00	Che Kung Temple SC	15+	75	15	@11/6	☒ i
40600281 (ST0701)	2/7-2/8 (excl. 12/7,26/7)	M,W,F	9:00-10:00	Heng On SC	15+	75	15	@9/6	☒ i
40600282 (ST0702)	2/7-28/7	M,W,F	19:00-20:00	Heng On SC	15+	75	15	@11/6	☒ i
40600283 (ST0703)	2/7-28/7	M,W,F	20:00-21:00	Heng On SC	15+	75	15	@11/6	☒ i
40600284 (ST0704)	3/7-29/7	Tu,Th,Sa	9:00-10:00	Heng On SC	15+	75	15	@10/6	☒ i
40600285 (ST0705)	6/7-12/8	Tu,Th	20:00-21:00	Hin Keng SC	15+	75	8	@15/6	☒ i
40600286 (ST0706)	6/7-12/8	Tu,Th	21:00-22:00	Hin Keng SC	15+	75	8	@15/6	☒ i
40600289 (ST0709)	5/7-30/7	M,W,F	19:00-20:00	Mei Lam SC	15+	75	15	@9/6	☒ i
40600290 (ST0710)	5/7-30/7	M,W,F	20:00-21:00	Mei Lam SC	15+	75	15	@9/6	☒ i
40600291 (ST0711)	6/7-12/8	Tu,Th	13:00-14:00	Yuen Chau Kok SC	15+	75	15	@10/6	☒ i
40600292 (ST0712)	6/7-12/8	Tu,Th	14:00-15:00	Yuen Chau Kok SC	15+	75	15	@10/6	☒ i

#### Jazz Training Course

40600293 (ST0713)	13/7-13/8	Tu,F	15:00-17:00	Che Kung Temple SC	12+	70	15	20/5-26/5 (1/6) {23/6}	☒
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#### Social Dance Training Course

40600295 (ST0715)	8/7-9/9	Th	11:00-13:00	Ma On Shan SC	14+	86	16	20/5-26/5 (1/6) {23/6}	☒
40600296 (ST0716)	8/7-9/9	Th	19:30-21:30	Sha Tin Town Hall	14+	86	16	20/5-26/5 (1/6) {23/6}	☒
























































#### Intermediate Social Dance Training Course

40600297 (ST0717)	11/7-12/9	Su	19:30-21:30	Sha Tin Town Hall	14+	86	16	20/5-26/5 (1/6) {23/6}	☒
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#### Tai Chi Made Easy Class

40600298 (ST0718)	11/7-26/9	Su	8:00-9:00	Ngau Pei Sha ST. PG	6+	54	15	20/5-26/5 (1/6) {23/6}	☒
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#### Wushu Training Course for Children

40600300 (ST0720)	3/7-28/8	Sa	15:00-17:00	Hin Keng SC	6-14	86	9	12/6	 
<b>Yoga Training Course</b>									
40600301 (ST0721)	7/7-8/9	W	9:00-11:00	Heng On SC	15+	85	15	20/5-26/5 (1/6) {23/6}	
40600302 (ST0722)	10/7-11/9	Sa	9:00-11:00	Heng On SC	15+	85	15	20/5-26/5 (1/6) {23/6}	
40600303 (ST0723)	6/7-21/9 (excl. 7/9,14/9)	Tu	15:00-17:00	Hin Keng SC	15+	85	15	20/5-26/5 (1/6) {23/6}	
<b>Fitness Exercise Tr Cr for Children</b>									
40600306 (ST0726)	3/7-21/8	Sa	15:00-16:30	Sha Tin Jockey Club Public Squash Courts	8-14	75	6	7/6	 
<b>Summer Fitness Exercise Tr Cr for Children</b>									
40600307 (ST0727)	16/7-11/8	W,F	15:00-16:30	Ma On Shan SC	8-14	75	10	7/6	 
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40600309 (ST0729)	10/7	Sa	13:00-16:00	Che Kung Temple SC	15+	Free	12	20/5-26/5 (1/6) {23/6}	
40600310 (ST0730)	4/7	Su	9:00-12:00	Heng On SC	15+	Free	12	20/5-26/5 (1/6) {23/6}	
40600311 (ST0731)	7/7	W	19:00-22:00	Ma On Shan SC	15+	Free	12	20/5-26/5 (1/6) {23/6}	
40600312 (ST0732)	10/7	Sa	14:00-17:00	Ma On Shan SC	15+	Free	12	20/5-26/5 (1/6) {23/6}	
40600313 (ST0733)	4/7	Su	9:00-12:00	Mei Lam SC	15+	Free	12	20/5-26/5 (1/6) {23/6}	
40600314 (ST0734)	17/7	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	12	20/5-26/5 (1/6) {23/6}	
<b>Stress Management and Physical Relaxation Tr. Cr.</b>									
40600319 (ST0739)	4/7-3/10	Su	16:00-17:00	Che Kung Temple SC	14+	80	15	8/6	 
40600320 (ST0740)	4/7-3/10	Su	17:00-18:00	Che Kung Temple SC	14+	80	15	8/6	 
<b>Body-Mind Stretch Training Course</b>									
40600321 (ST0741)	3/7-10/8	Tu,Sa	11:00-12:00	Mei Lam SC	15+	85	20	2/6	 
<b>Parent-Child (Aged 7-17) Badminton Fun Day</b>									
40600322 (ST0742)	18/7	Su	14:00-15:00	Che Kung Temple SC	7+	Free	12	20/5-26/5 (1/6) {23/6}	
40600323 (ST0743)	18/7	Su	15:00-16:00	Che Kung Temple SC	7+	Free	12	20/5-26/5 (1/6) {23/6}	
40600324 (ST0744)	18/7	Su	16:00-17:00	Che Kung Temple SC	7+	Free	12	20/5-26/5 (1/6) {23/6}	
40600325 (ST0745)	11/7	Su	14:00-15:00	Yuen Chau Kok SC	7+	Free	12	20/5-26/5 (1/6) {23/6}	
40600326 (ST0746)	11/7	Su	15:00-16:00	Yuen Chau Kok SC	7+	Free	12	20/5-26/5 (1/6) {23/6}	
40600327 (ST0747)	11/7	Su	16:00-17:00	Yuen Chau Kok SC	7+	Free	12	20/5-26/5 (1/6) {23/6}	
<b>Badminton Training Course</b>									
40600328 (ST0748)	12/7-11/8	M,W	20:00-22:00	Che Kung Temple SC	7+	118	12	20/5-26/5 (1/6) {23/6}	
40600329 (ST0749)	7/7-6/8	W,F	9:00-11:00	Heng On SC	7+	118	12	20/5-26/5 (1/6) {23/6}	
40600331 (ST0751)	16/7-25/8 (excl. 13/8,20/8)	W,F	13:00-15:00	Ma On Shan SC	7+	118	12	20/5-26/5 (1/6) {23/6}	
<b>Badminton Training Course for Children</b>									
40600332 (ST0752)	10/7-25/9 (excl. 4/9,11/9)	Sa	9:00-11:00	Hin Keng SC	7-11	118	9	20/5-26/5 (1/6) {23/6}	
<b>Summer Badminton Training Course for Children</b>									
40600333 (ST0753)	12/7-11/8	M,W	10:00-12:00	Che Kung Temple SC	7-11	118	12	20/5-26/5 (1/6) {23/6}	
40600334 (ST0754)	20/7-19/8	Tu,Th	11:00-13:00	Ma On Shan SC	7-11	118	12	20/5-26/5 (1/6) {23/6}	
<b>Summer Badminton Training Course for Youth</b>									
40600335 (ST0755)	12/7-11/8	M,W	14:00-16:00	Che Kung Temple SC	12-17	118	12	20/5-26/5 (1/6) {23/6}	
40600336 (ST0756)	20/7-19/8	Tu,Th	13:00-15:00	Ma On Shan SC	12-17	118	12	20/5-26/5 (1/6) {23/6}	
<b>Lawn Bowls Practice Scheme</b>									
40600337 (ST0757)	8/7-28/9	Tu,Th	9:00-12:00	Siu Lek Yuen RD. PG	8+	60	30	3/6	 
40600338 (ST0758)	8/7-28/9	Tu,Th	14:00-17:00	Siu Lek Yuen RD. PG	8+	60	30	3/6	 
<b>Lawn Bowls Training Course</b>									
40600339 (ST0759)	6/7-29/7	Tu,Th	10:00-12:00	Siu Lek Yuen RD. PG	8+	54	6	4/6	 
40600340 (ST0760)	6/7-29/7	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	6	4/6	 
40600341 (ST0761)	14/7-6/8	W,F	15:00-17:00	Siu Lek Yuen RD. PG	8+	54	6	4/6	 
40600342 (ST0762)	14/7-6/8	W,F	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	6	20/5-26/5 (1/6) {23/6}	
40600343 (ST0763)	6/7-29/7	Tu,Th	19:00-21:00	Yuen Chau Kok SC	8+	54	6	20/5-26/5 (1/6) {23/6}	
<b>Mini-tennis Tr Cr. for Children</b>									
40600344 (ST0764)	21/7-20/8	W,F	14:00-16:00	Yuen Chau Kok SC	6-12	70	12	20/5-26/5 (1/6) {23/6}	
<b>Squash Training Course</b>									
40600345 (ST0765)	6/7-29/7	Tu,Th	19:00-21:00	Heng On SC	7+	160	6	20/5-26/5 (1/6) {23/6}	
40600346 (ST0766)	10/7-28/8	Sa	15:00-17:00	Hin Keng SC	7+	160	6	20/5-26/5 (1/6) {23/6}	
40600347 (ST0767)	24/7-25/9 (excl. 4/9,11/9)	Sa	12:00-14:00	Mei Lam SC	7+	160	6	8/6	 
40600348 (ST0768)	3/7-21/8	Sa	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	7+	160	6	20/5-26/5 (1/6) {23/6}	
40600349 (ST0769)	19/7-12/8	M,Th	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	6	20/5-26/5 (1/6) {23/6}	
<b>Squash Training Course for Junior</b>									
40600350 (ST0770)	3/7-21/8	Sa	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	7-17	160	6	20/5-26/5 (1/6) {23/6}	

<b>Summer Table-tennis Tr Cr for Children</b>										
40600385 (ST0805)	16/7-11/8 (excl. 19/7,2/8)	M,W,F	9:00-11:00	Ma On Shan SC	6-14	86	12	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Table-tennis Tr Cr for Children</b>										
40600382 (ST0802)	2/7-4/8	W,F	11:00-13:00	Che Kung Temple SC	6-14	86	10	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600383 (ST0803)	19/7-19/8	M,Th	15:00-17:00	Che Kung Temple SC	6-14	86	12	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600384 (ST0804)	20/7-19/8	Tu,Th	15:00-17:00	Yuen Chau Kok SC	6-14	86	12	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Table-tennis Training Course</b>										
40600379 (ST0799)	13/7-14/9	Tu	15:00-17:00	Che Kung Temple SC	14+	86	12	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600380 (ST0800)	10/7-11/9	Sa	15:00-17:00	Heng On SC(non air-cond.)	6+	86	12	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600381 (ST0801)	5/7-20/9 (excl. 6/9,13/9)	M	19:00-21:00	Mei Lam SC	6+	86	12	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Tennis Training Course</b>										
40600386 (ST0806)	13/7-13/8	Tu,F	19:00-21:00	Hin Tin PG	8+	170	6	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600387 (ST0807)	10/7-11/9	Sa	15:00-17:00	Siu Lek Yuen RD. PG	8+	170	6	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600388 (ST0808)	11/7-19/9 (excl. 1/8)	Su	14:00-16:00	Siu Lek Yuen RD. PG	8+	170	6	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Go Tr. Cr. (Level I)</b>										
40600392 (ST0812)	8/7-12/8	Th	14:00-16:00	Heng On SC	11+	40	10	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600393 (ST0813)	8/7-12/8	Th	16:00-18:00	Heng On SC	11+	40	10	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600394 (ST0814)	4/7-15/8 (excl. 1/8)	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	6-10	40	10	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600395 (ST0815)	4/7-15/8 (excl. 1/8)	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	11+	40	10	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Contract Bridge Training Course</b>										
40600396 (ST0816)	7/7-28/7	W	18:30-21:00	Hin Keng SC	11+	100	22	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600397 (ST0817)	5/7-26/7	M	15:15-17:45	Sha Tin Jockey Club Public Squash Courts	11+	100	12	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Basketball Training Course for Female</b>										
40600402 (ST0822)	13/7-13/8	Tu,F	9:00-11:00	Che Kung Temple SC	10+	75	15	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600404 (ST0824)	9/7-11/8	W,F	14:00-16:00	Mei Lam SC	10+	75	15	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Basketball Training Course for Male</b>										
40600403 (ST0823)	13/7-13/8	Tu,F	11:00-13:00	Che Kung Temple SC	10+	75	15	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600405 (ST0825)	9/7-11/8	W,F	16:00-18:00	Mei Lam SC	10+	75	15	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Volleyball Training Course for Female</b>										
40600406 (ST0826)	13/7-12/8	Tu,Th	13:00-15:00	Che Kung Temple SC	10+	70	15	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600408 (ST0828)	8/7-10/8	Tu,Th	9:00-11:00	Mei Lam SC	10+	70	15	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Volleyball Training Course for Male</b>										
40600407 (ST0827)	13/7-12/8	Tu,Th	15:00-17:00	Che Kung Temple SC	10+	70	15	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
40600409 (ST0829)	8/7-10/8	Tu,Th	11:00-13:00	Mei Lam SC	10+	70	15	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Sport Climbing Fun Day</b>										
40600410 (ST0830)	17/7	Sa	14:00-17:00	Yuen Chau Kok SC	12+	Free	8	20/5-26/5 (1/6) {23/6}	<input checked="" type="checkbox"/>	
<b>Water Safety Course for Baby</b>										
40594863 (ST0272)	7/7-28/7	M,W,F	9:00-10:00	Ma On Shan SP	0-4	100	4	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>	
40594864 (ST0273)	7/7-28/7	M,W,F	18:30-19:30	Sha Tin JC SP	0-4	100	4	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>	
40594865 (ST0274)	6/7-27/7	Tu,Th,Sa	10:00-11:00	Sha Tin JC SP	0-4	100	4	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>	
40594866 (ST0275)	6/7-27/7	Tu,Th,Sa	18:30-19:30	Ma On Shan SP	0-4	100	4	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>	

Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of		Enrolment Method
						Enrollment <small>(Balloting)</small>	Enrolment <small>(Open Enrollment for Remaining Quota)</small>	

#### Swimming Cr for Elderly (I)

40594920 (ST0321)	7/7-28/7	M,W,F	7:00-8:00	Hin Tin SP	7	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>
40594921 (ST0322)	7/7-28/7	M,W,F	7:00-8:00	Ma On Shan SP	7	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>
40594922 (ST0323)	7/7-28/7	M,W,F	19:30-20:30	Sha Tin JC SP	7	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>
40594923 (ST0324)	6/7-27/7	Tu,Th,Sa	7:00-8:00	Hin Tin SP	7	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>
40594924 (ST0325)	6/7-27/7	Tu,Th,Sa	7:00-8:00	Ma On Shan SP	7	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>
40594925 (ST0326)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Sha Tin JC SP	7	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>
40594926 (ST0327)	6/7-27/7	Tu,Th,Sa	17:30-18:30	Sha Tin JC SP	7	20/5-26/5 (3/6) {28/6}	<input checked="" type="checkbox"/>

#### Swimming Cr for Elderly (II)

40594927 (ST0328)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Sha Tin JC SP	7	20/5-26/5 (3/6) {28/6}	✉
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#### Chinese Dance Training Course for Elderly

40600415 (ST0835)	6/7-21/9 (excl. 7/9,14/9)	Tu	8:00-10:00	Hin Keng SC	15	21/5-27/5 (2/6) {24/6}	✉
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40600416 (ST0836)	6/7-21/9 (excl. 7/9,14/9)	Tu	10:00-12:00	Hin Keng SC	15	21/5-27/5 (2/6) {24/6}	✉
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#### Fitness (Multi-gym) Tr. Cr. for Elderly

@ 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.

40600417 (ST0837)	2/7-2/8 (excl. 12/7,26/7)	M,W,F	8:00-9:00	Heng On SC	15	@21/5-27/5 (2/6){24/6}	✉
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40600418 (ST0838)	3/7-29/7	Tu,Th,Sa	8:00-9:00	Heng On SC	15	@21/5-27/5 (2/6){24/6}	✉
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#### HES - Social Dance Fun Day for Elderly

40600419 (ST0839)	2/7-30/7	F	10:00-11:30	Heng On SC	16	2/7-30/7	Walk-in
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40600420 (ST0840)	2/7-30/7	F	11:30-13:00	Heng On SC	16	2/7-30/7	Walk-in
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#### HES - Badminton Fun Day for Elderly

40600421 (ST0841)	5/7-28/7	M,W	8:00-10:00	Yuen Chau Kok SC	12	5/7-28/7	Walk-in
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#### HES - Table-tennis Fun Day for Elderly

40600422 (ST0842)	5/7-28/7	M,W	9:00-11:00	Che Kung Temple SC	12	5/7-28/7	Walk-in
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40600423 (ST0843)	6/7-29/7	Tu,Th	8:00-10:00	Hin Keng SC	9	6/7-29/7	Walk-in
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40600424 (ST0844)	6/7-27/7	Tu	14:00-16:00	Ma On Shan SC	12	6/7-27/7	Walk-in
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40600425 (ST0845)	8/7-29/7	Th	12:00-14:00	Ma On Shan SC	12	8/7-29/7	Walk-in
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40600426 (ST0846)	2/7-30/7	Tu,F	8:00-10:00	Sha Tin Jockey Club Public Squash Courts	6	2/7-30/7	Walk-in
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40600427 (ST0847)	2/7-30/7	Tu,F	10:00-12:00	Sha Tin Jockey Club Public Squash Courts	6	2/7-30/7	Walk-in
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40600428 (ST0848)	5/7-29/7	M,Th	8:00-10:00	Siu Lek Yuen RD. PG	6	5/7-29/7	Walk-in
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40600429 (ST0849)	5/7-28/7	M,W	14:00-16:00	Siu Lek Yuen RD. PG	6	5/7-28/7	Walk-in
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40600430 (ST0850)	5/7-28/7	M,W	9:00-11:00	Yuen Chau Kok SC	6	5/7-28/7	Walk-in
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#### Gateball Fun Day for Elderly

40600433 (ST0853)	5/7	M	10:00-12:00	Heng On SC (non air-conit)	7	5/7	Walk-in
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#### Gateball Training Course for Elderly

40600434 (ST0854)	6/7-29/7	Tu,Th	9:00-11:00	Ma On Shan SC	15	21/5-27/5 (2/6) {24/6}	✉
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