



































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

**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
<b>Sports for All - Long District Running TC</b>									
40604626 (SS0544)	19/7-20/9	M	20:00-22:00	Sham Shui Po SG	16+	130	20	22/6	 
<b>Breaststroke Swim Cr for Adult (LvI)</b>									
40604591 (SS0413)	28/7-18/8	M,W,F	7:00-8:00	Lai Chi Kok Park SP	18+	100	8	2/6-8/6 (16/6){2/7}	
<b>Breaststroke Swimming Cr for Adult (I)</b>									
40604630 (SS0523)	13/7-12/8	Tu,Th	19:00-20:00	Shamshuipo Park SP	18+	100	8	2/6-8/6 (16/6){2/7}	
40604638 (SS0408)	13/7-12/8	Tu,Th	18:00-19:00	Lai Chi Kok Park SP	18+	100	8	2/6-8/6 (16/6){2/7}	
<b>Breaststroke Swimming Cr for Adult (Lv I)</b>									
40604594 (SS0534)	16/7-6/8	M,W,F	7:00-8:00	Shamshuipo Park SP	18+	100	8	2/6-8/6 (16/6){2/7}	
<b>Breaststroke Swimming Cr for Child (Lv I)</b>									
40604598 (SS0395)	9/7-30/7	M,W,F	19:00-20:00	Lai Chi Kok Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604599 (SS0404)	13/7-12/8	Tu,Th	18:00-19:00	Lai Chi Kok Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604600 (SS0415)	28/7-18/8	M,W,F	8:00-9:00	Lai Chi Kok Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604601 (SS0416)	28/7-18/8	M,W,F	9:00-10:00	Lai Chi Kok Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604603 (SS0521)	6/7-27/7	Tu,Th,Sa	9:00-10:00	Shamshuipo Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604604 (SS0529)	13/7-12/8	Tu,Th	15:00-16:00	Shamshuipo Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604605 (SS0535)	13/7-12/8	Tu,Th	16:00-17:00	Shamshuipo Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
<b>Breaststroke Swimming Cr for Children (I)</b>									
40604574 (SS0399)	13/7-12/8	Tu,Th	20:00-21:00	Lai Chi Kok Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604588 (SS0385)	7/7-28/7	M,W,F	17:00-18:00	Lei Cheng Uk SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
<b>Breaststroke Swimming Cr for Junior (I)</b>									
40604592 (SS0386)	7/7-28/7	M,W,F	19:00-20:00	Li Cheng Uk SP	9-12	100	8	2/6-8/6 (16/6){2/7}	
<b>Breaststroke Swimming Cr for Junior(LvI)</b>									
40604558 (SS0393)	9/7-30/7	M,W,F	20:00-21:00	Lai Chi Kok Park SP	9-12	100	8	2/6-8/6 (16/6){2/7}	
<b>Breaststroke Swimming Cr for Junior(LvII)</b>									
40604563 (SS0397)	13/7-12/8	Tu,Th	18:00-19:00	Lai Chi Kok Park SP	9-12	100	10	2/6-8/6 (16/6){2/7}	
<b>Front Crawl Swimming Cr for Adult (I)</b>									
40604593 (SS0519)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Shamshuipo Park SP	18+	100	8	2/6-8/6 (16/6){2/7}	
40604639 (SS0409)	13/7-12/8	Tu,Th	19:00-20:00	Lai Chi Kok Park SP	18+	100	8	2/6-8/6 (16/6){2/7}	
40604660 (SS0392)	7/7-28/7	M,W,F	20:00-21:00	Lei Cheng Uk SP	18+	100	8	2/6-8/6 (16/6){2/7}	
<b>Front Crawl Swimming Cr for Adult (II)</b>									
40604595 (SS0520)	13/7-12/8	Tu,Th	18:00-19:00	Shamshuipo Park SP	18+	100	10	2/6-8/6 (16/6){2/7}	
<b>Front Crawl Swimming Cr for Child(Lv I)</b>									
40604612 (SS0522)	6/7-27/7	Tu,Th,Sa	9:00-10:00	Shamshuipo Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604613 (SS0530)	16/7-6/8	M,W,F	9:00-10:00	Shamshuipo Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604616 (SS0536)	13/7-12/8	Tu,Th	15:00-16:00	Shamshuipo Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604618 (SS0537)	13/7-12/8	Tu,Th	19:00-20:00	Shamshuipo Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
<b>Front Crawl Swimming Cr for Children (I)</b>									
40604566 (SS0382)	7/7-28/7	M,W,F	18:00-19:00	Lei Cheng Uk SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604587 (SS0384)	7/7-28/7	M,W,F	16:00-17:00	Lei Cheng Uk SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
40604568 (SS0398)	13/7-12/8	Tu,Th	19:00-20:00	Lai Chi Kok Park SP	5-8	100	8	2/6-8/6 (16/6){2/7}	
<b>Front Crawl Swimming Cr for Junior (I)</b>									
40604567 (SS0383)	7/7-28/7	M,W,F	20:00-21:00	Lei Cheng Uk SP	9-12	100	8	2/6-8/6 (16/6){2/7}	
40604607 (SS0405)	13/7-12/8	Tu,Th	19:00-20:00	Lai Chi Kok Park SP	9-12	100	8	2/6-8/6 (16/6){2/7}	
40604597 (SS0403)	13/7-12/8	Tu,Th	15:00-16:00	Lai Chi Kok Park SP	9-12	100	8	2/6-8/6 (16/6){2/7}	
<b>Front Crawl Swimming Cr for Junior(Lv I)</b>									
40604571 (SS0394)	9/7-30/7	M,W,F	19:00-20:00	Lai Chi Kok Park SP	9-12	100	8	2/6-8/6 (16/6){2/7}	
40604576 (SS0525)	13/7-12/8	Tu,Th	16:00-17:00	Shamshuipo Park SP	9-12	100	8	2/6-8/6 (16/6){2/7}	

40604578 (SS0533)	16/7-6/8	M,W,F	19:00-20:00	Shamshuipo Park SP	9-12	100	8	2/6-8/6 (16/6){2/7}	✉
<b>Front Crawl Swimming Cr for Youth (I)</b>									
40604625 (SS0406)	13/7-12/8	Tu,Th	20:00-21:00	Lai Chi Kok Park SP	13-17	100	8	2/6-8/6 (16/6){2/7}	✉
<b>Front Crawl Swimming Cr for Youth (LvI)</b>									
40604653 (SS0532)	13/7-12/8	Tu,Th	18:00-19:00	Shamshuipo Park SP	13-17	100	8	2/6-8/6 (16/6){2/7}	✉
<b>Water Safety Course for Baby</b>									
40604585 (SS0401)	13/7-12/8	Tu,Th	16:00-17:00	Lai Chi Kok Park SP	0-4	100	8	2/6-8/6 (16/6){2/7}	✉
40604586 (SS0402)	13/7-12/8	Tu,Th	17:00-18:00	Lai Chi Kok Park SP	0-4	100	8	2/6-8/6 (16/6){2/7}	✉
40604589 (SS0527)	13/7-12/8	Tu,Th	18:00-19:00	Shamshuipo Park SP	0-4	100	8	2/6-8/6 (16/6){2/7}	✉
40604590 (SS0528)	13/7-12/8	Tu,Th	17:00-18:00	Shamshuipo Park SP	0-4	100	8	2/6-8/6 (16/6){2/7}	✉
<b>Front Crawl Swimming Cr for Adult(Lv II)</b>									
40604596 (SS0380)	5/7-26/7	M,W,F	7:00-8:00	Lai Chi Kok Park SP	18+	100	10	2/6-8/6 (16/6){2/7}	✉
<b>Front Crawl Swimming Cr for Child(Lv II)</b>									
40604619 (SS0396)	9/7-30/7	M,W,F	20:00-21:00	Lai Chi Kok Park SP	5-8	100	10	2/6-8/6 (16/6){2/7}	✉
<b>Front Crawl Swimming Cr for Junior(LvII)</b>									
40604580 (SS0400)	13/7-12/8	Tu,Th	16:00-17:00	Lai Chi Kok Park SP	9-12	100	10	2/6-8/6 (16/6){2/7}	✉
40604582 (SS0526)	13/7-12/8	Tu,Th	17:00-18:00	Shamshuipo Park SP	9-12	100	10	2/6-8/6 (16/6){2/7}	✉
<b>Front Crawl Swimming Cr for Youth(Lv II)</b>									
40604654 (SS0539)	16/7-6/8	M,W,F	18:00-19:00	Shamshuipo Park SP	13-17	100	10	2/6-8/6 (16/6){2/7}	✉
<b>Backstroke Swimming TC</b>									
40604655 (SS0411)	13/7-12/8	Tu,Th	17:00-18:00	Lai Chi Kok Park SP	9+	100	10	4/6-9/6 (16/6){2/7}	✉
40604656 (SS0390)	7/7-28/7	M,W,F	19:00-20:00	Lei Cheng Uk SP	9+	100	10	4/6-9/6 (16/6){2/7}	✉
40604657 (SS0540)	16/7-6/8	M,W,F	20:00-21:00	Shamshuipo Park SP	9+	100	10	4/6-9/6 (16/6){2/7}	✉
<b>Butterfly Swimming TC</b>									
40604658 (SS0412)	13/7-12/8	Tu,Th	16:00-17:00	Lai Chi Kok Park SP	9+	100	10	4/6-9/6 (16/6){2/7}	✉
40604661 (SS0541)	16/7-6/8	M,W,F	19:00-20:00	Shamshuipo Park SP	9+	100	10	4/6-9/6 (16/6){2/7}	✉
<b>Butterfly Swimming Training Course</b>									
40604659 (SS0391)	7/7-28/7	M,W,F	18:00-19:00	Lei Cheng Uk SP	9+	100	10	4/6-9/6 (16/6){2/7}	✉
<b>Aerobic Dance TC</b>									
40604709 (SS0454)	7/7-6/8 (excl. 19/7,2/8)	M,W,F	8:00-9:00	Po On RD. SC	14+	65	15	1/6	📺 i
40604710 (SS0455)	7/7-6/8 (excl. 19/7,2/8)	M,W,F	9:00-10:00	Po On RD. SC	14+	65	15	1/6	📺 i
40604711 (SS0456)	7/7-6/8 (excl. 19/7,2/8)	M,W,F	14:00-15:00	Po On RD. SC	14+	65	15	1/6	📺 i
40604712 (SS0457)	7/7-6/8 (excl. 19/7,2/8)	M,W,F	15:00-16:00	Po On RD. SC	14+	65	15	3/6	📺 i
40604714 (SS0459)	7/7-2/8	M,W,F	19:00-20:00	Po On RD. SC	14+	65	15	3/6	📺 i
40605316 (SS0559)	12/7-18/8	M,W	14:00-15:00	Shek Kip Mei Park SC	14+	65	15	3/6	📺 i
40605317 (SS0560)	12/7-18/8	M,W	15:00-16:00	Shek Kip Mei Park SC	14+	65	15	3/6	📺 i
<b>Aerobic Dance Training Course</b>									
40604623 (SS0378)	2/7-28/7	M,W,F	16:00-17:00	Pei Ho ST. SC	14+	65	15	1/6	📺 i
40604624 (SS0379)	2/7-28/7	M,W,F	17:00-18:00	Pei Ho ST. SC	14+	65	15	1/6	📺 i
40604685 (SS0421)	3/7-29/7	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	14+	65	15	14/6	📺 i
40604686 (SS0422)	3/7-29/7	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	14+	65	15	14/6	📺 i
40604688 (SS0441)	9/7-9/8 (excl. 21/7,4/8)	M,W,F	8:00-9:00	Pei Ho ST. SC	14+	65	15	17/6	📺 i
40604689 (SS0442)	9/7-9/8 (excl. 21/7,4/8)	M,W,F	9:00-10:00	Pei Ho ST. SC	14+	65	15	17/6	📺 i
<b>Children Dance TC</b>									
40604644 (SS0552)	13/7-12/8	Tu,Th	11:00-13:00	Pei Ho ST. SC	7-11	60	10	25/5-31/5 (8/6){29/6}	✉
40604645 (SS0553)	13/7-12/8	Tu,Th	14:00-16:00	Pei Ho ST. SC	4-6	60	10	25/5-31/5 (8/6){29/6}	✉
<b>Fitness (Multi-gym) TC</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>									
40604692 (SS0424)	3/7-29/7	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	15+	75	15	@16/6	📺 i
40604693 (SS0425)	3/7-29/7	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	15+	75	15	@16/6	📺 i
40604695 (SS0427)	3/7-29/7	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15+	75	15	@18/6	📺 i
40604696 (SS0428)	3/7-29/7	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	15+	75	15	@18/6	📺 i
40604697 (SS0429)	3/7-29/7	Tu,Th,Sa	16:00-17:00	Pei Ho ST. SC	15+	75	15	@18/6	📺 i
40604699 (SS0431)	3/7-29/7	Tu,Th,Sa	18:00-19:00	Pei Ho ST. SC	15+	75	15	@25/5-31/5 (8/6){29/6}	✉

40604700 (SS0432)	3/7-29/7	Tu,Th,Sa	19:00-20:00	Pei Ho ST. SC	15+	75	15	@21/6		
40604716 (SS0461)	7/7-6/8 (excl. 19/7,2/8)	M,W,F	8:00-9:00	Po On RD. SC	15+	75	15	@8/6		
40604717 (SS0462)	7/7-6/8 (excl. 19/7,2/8)	M,W,F	9:00-10:00	Po On RD. SC	15+	75	15	@8/6		
40604719 (SS0464)	7/7-6/8 (excl. 19/7,2/8)	M,W,F	13:00-14:00	Po On RD. SC	15+	75	15	@10/6		
40604722 (SS0467)	7/7-6/8 (excl. 19/7,2/8)	M,W,F	16:00-17:00	Po On RD. SC	15+	75	15	@10/6		
40604724 (SS0469)	7/7-6/8 (excl. 19/7,2/8)	M,W,F	18:00-19:00	Po On RD. SC	15+	75	15	@12/6		
40604725 (SS0470)	7/7-6/8 (excl. 19/7,2/8)	M,W,F	19:00-20:00	Po On RD. SC	15+	75	15	@12/6		

#### Hydro - fitness TC

40604765 (SS0542)	8/7-24/8	Tu,Th	20:00-21:00	Shamshuipo Park SP	14+	80	15	25/5-31/5 (8/6){29/6}		
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#### Jazz TC

40604649 (SS0556)	23/7-23/8	M,F	18:00-20:00	Pei Ho ST. SC	12+	70	15	23/6		
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#### Judo TC

40604730 (SS0475)	11/7-12/9	Su	14:00-16:00	Po On RD. SC	12+	65	15	2/6		
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#### Judo TC for Children

40604732 (SS0477)	19/7-19/8	M,Th	15:00-17:00	Po On RD. SC	6-11	65	15	2/6		
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#### Modern Dance TC

40604640 (SS0550)	10/7-11/9	Sa	10:00-12:00	Pei Ho ST. SC	12+	70	15	25/5-31/5 (8/6){29/6}		
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#### Oriental Dance TC

40604606 (SS0371)	6/7-5/8	Tu,Th	20:00-22:00	Pei Ho ST. SC	12+	45	15	25/5-31/5 (8/6){29/6}		
40604608 (SS0372)	11/7-19/9 (excl. 1/8)	Su	18:00-20:00	Pei Ho ST. SC	12+	45	15	25/5-31/5 (8/6){29/6}		

#### Social Dance TC

40604676 (SS0447)	17/7-18/9	Sa	18:00-20:00	Pei Ho ST. SC	14+	86	16	25/5-31/5 (8/6){29/6}		
40604729 (SS0474)	11/7-12/9	Su	14:00-16:00	Po On RD. SC	14+	86	16	25/5-31/5 (8/6){29/6}		
40604744 (SS0514)	18/7-26/9 (excl. 1/8)	Su	10:00-12:00	Shek Kip Mei Park SC	14+	86	16	25/5-31/5 (8/6){29/6}		

#### Western Folk Dance TC

40604637 (SS0549)	10/7-11/9	Sa	14:00-16:00	Po On RD. SC	8+	45	15	25/5-31/5 (8/6){29/6}		
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#### Wushu TC

40604675 (SS0420)	3/7-28/8	Sa	9:00-11:00	Pei Ho ST. SC	6-14	86	10	14/6		
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#### Yoga TC

40604690 (SS0449)	20/7-19/8	Tu,Th	15:00-17:00	Pei Ho ST. SC	15+	85	15	25/5-31/5 (8/6){29/6}		
40604708 (SS0453)	5/7-20/9 (excl. 6/9,13/9)	M	19:00-21:00	Po On RD. SC	15+	85	15	25/5-31/5 (8/6){29/6}		
40604740 (SS0509)	8/7-9/9	Th	10:00-12:00	Shek Kip Mei Park SC	15+	85	15	25/5-31/5 (8/6){29/6}		

#### Fitness Exercise TC for Children(8-14)

40604706 (SS0451)	3/7-21/8	Sa	10:00-11:30	Po On RD. SC	8-14	75	10	4/6		
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#### Briefing on Proper Ways to Use Fitness Equipment

40604671 (SS0435)	4/7	Su	14:00-17:00	Pei Ho ST. SC	15+	Free	12	25/5-31/5 (8/6){29/6}		
40604728 (SS0473)	11/7	Su	14:00-17:00	Po On RD. SC	15+	Free	12	25/5-31/5 (8/6){29/6}		
40604743 (SS0513)	17/7	Sa	19:00-22:00	Shek Kip Mei Park SC	15+	Free	12	25/5-31/5 (8/6){29/6}		

#### Badminton TC

40604672 (SS0443)	10/7-11/9	Sa	15:00-17:00	Pei Ho ST. SC	7+	118	12	25/5-31/5 (8/6){29/6}		
40604705 (SS0450)	3/7-4/9	Sa	14:00-16:00	Po On RD. SC	7+	118	12	25/5-31/5 (8/6){29/6}		
40605318 (SS0561)	15/7-17/8	Tu,Th	9:00-11:00	Cheung Sha Wan SC	18+	118	6	25/5-31/5 (8/6){29/6}		
40605319 (SS0562)	21/7-21/8	W,Sa	19:00-21:00	Cheung Sha Wan SC	18+	118	6	25/5-31/5 (8/6){29/6}		

#### Badminton TC for Children

40604674 (SS0445)	16/7-17/8	Tu,F	10:00-12:00	Pei Ho ST. SC	7-11	118	12	25/5-31/5 (8/6){29/6}		
40604731 (SS0476)	16/7-18/8	W,F	13:00-15:00	Po On RD. SC	7-11	118	12	25/5-31/5 (8/6){29/6}		

#### Badminton TC for Youth

40604680 (SS0439)	8/7-9/8	M,Th	14:00-16:00	Pei Ho ST. SC	12-17	118	12	25/5-31/5 (8/6){29/6}		
40604681 (SS0446)	16/7-17/8	Tu,F	14:00-16:00	Pei Ho ST. SC	12-17	118	12	25/5-31/5 (8/6){29/6}		
40604741 (SS0510)	14/7-13/8	W,F	9:00-11:00	Shek Kip Mei Park SC	12-17	118	12	25/5-31/5 (8/6){29/6}		

#### FPS-Fencing Training Course(Level I)

40604739 (SS0508)	4/7-25/7	Su	10:00-12:00	Shek Kip Mei Park SC	9-14	50	10	25/5-31/5 (8/6){29/6}		
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#### Squash TC for Junior

40604572 (SS0363)	19/7-11/8	M,W	19:00-21:00	Cornwall ST. Squash & Table Tennis Centre	7-17	160	6	25/5-31/5 (8/6){29/6}		
40604573 (SS0364)	20/7-12/8	Tu,Th	9:00-11:00	Pei Ho ST. SC	7-17	160	6	18/6		
40604575 (SS0365)	20/7-12/8	Tu,Th	19:00-21:00	Cornwall ST. Squash & Table Tennis Centre	7-17	160	6	25/5-31/5 (8/6){29/6}		

40604577 (SS0370)	23/7-25/8 (excl. 4/8,18/8)	W,F	9:00-11:00	Pei Ho ST. SC	7-17	160	6	18/6		
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**Table-Tennis TC for Children**

40604556 (SS0356)	4/7-26/9 (excl. 1/8,8/8,12/9)	Su	14:00-16:00	Po On RD. SC	6-13	86	9	25/5-31/5 (8/6){29/6}	
40604557 (SS0361)	13/7-12/8	Tu,Th	9:00-11:00	Cornwall ST. Squash & Table Tennis Centre	6-13	86	12	25/5-31/5 (8/6){29/6}	
40604560 (SS0362)	13/7-12/8	Tu,Th	11:00-13:00	Cornwall ST. Squash & Table Tennis Centre	6-13	86	12	25/5-31/5 (8/6){29/6}	
40604579 (SS0366)	21/7-20/8	W,F	12:00-14:00	Po On RD. SC	6-13	86	9	25/5-31/5 (8/6){29/6}	
40604581 (SS0368)	21/7-20/8	W,F	14:00-16:00	Po On RD. SC	6-13	86	9	25/5-31/5 (8/6){29/6}	
40604583 (SS0367)	21/7-20/8	W,F	14:00-16:00	Cornwall ST. Squash & Table Tennis Centre	6-13	86	12	25/5-31/5 (8/6){29/6}	
40604584 (SS0369)	21/7-20/8	W,F	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	6-13	86	12	25/5-31/5 (8/6){29/6}	

**Mini-tennis TC**

40604620 (SS0376)	2/7-31/8 (excl. 9/7,13/7,27/7,3/8,10/8,17/8,24/8,27/8)	T,F	14:00-16:00	Shek Kip Mei Park SC	6-9	70	12	25/5-31/5 (8/6){29/6}	
40604622 (SS0377)	2/7-31/8 (excl. 9/7,13/7,27/7,3/8,10/8,17/8,24/8,27/8)	T,F	16:00-18:00	Shek Kip Mei Park SC	10-12	70	12	25/5-31/5 (8/6){29/6}	

**Tennis TC**

40604643 (SS0551)	11/7-19/9 (excl. 1/8)	Su	9:00-11:00	Tung Chau ST. Park TC	18+	170	9	25/5-31/5 (8/6){29/6}	
40604648 (SS0555)	14/7-13/8	W,F	15:00-17:00	Tung Chau ST. Park TC	18+	170	9	25/5-31/5 (8/6){29/6}	
40604742 (SS0512)	2/7-17/9 (excl. 16/7,13/8)	F	19:00-21:00	Shek Kip Mei Park TC	18+	170	9	25/5-31/5 (8/6){29/6}	
40604748 (SS0518)	21/7-23/8	M,W	9:00-11:00	Shek Kip Mei Park TC	18+	170	9	25/5-31/5 (8/6){29/6}	

**Tennis TC for Children**

40604747 (SS0517)	20/7-20/8	Tu,F	16:00-18:00	Shek Kip Mei Park TC	8-11	170	9	25/5-31/5 (8/6){29/6}	
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**Tennis TC for Youth**

40604745 (SS0515)	19/7-19/8	M,Th	16:00-18:00	Shek Kip Mei Park TC	12-17	170	9	25/5-31/5 (8/6){29/6}	
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**Tennis Training Course for Junior**

40604647 (SS0554)	13/7-12/8	Tu,Th	9:00-11:00	Tung Chau ST. Park TC	12-17	170	9	25/5-31/5 (8/6){29/6}	
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**Gateball Fun Day**

40604763 (SS0353)	18/7	Su	8:00-10:00	Lai Chi Kok Park Gateball Court	8+	Free	7	18/7	Walk-in
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**Sports for All - Gateball TC**

40604752 (SS0344)	2/7-28/7	W,F	19:00-21:00	Lai Chi Kok Park Gateball Court	8+	54	7	1/6		
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**Community Garden Programme (Plot No.: 1-40)**

40604617 (SS0375)	24/7-27/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Lai Chi Kok Park Community Garden	12+	400	40	25/5-31/5 (8/6){29/6}	
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**Community Garden Programme (Plot No.: 41-80)**

40605393 (SS0563)	25/7-28/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Lai Chi Kok Park Community Garden	12+	400	40	25/5-31/5 (8/6){29/6}	
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**Community Garden Programme (Plot No.: 1-38)**

40604667 (SS0557)	24/7-27/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Nam Chong Park Community Garden	12+	400	38	25/5-31/5 (8/6){29/6}	
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**Community Garden Programme (Plot No.: 1-50)**

40604651 (SS0558)	25/7-28/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Fa Hui Park Community Garden	12+	400	50	25/5-31/5 (8/6){29/6}	
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Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrolment		Enrolment Method
						(Balloting)	(Open Enrollment for Remaining Quota)	

**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.

**Hydro-fitness TS for Persons with Chronic ill**

40596127 (SS0134)	12/7-18/8	M,W	10:00-11:00	Shamshuipo Park SP	14+	5	20/5		
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**Hydro-fitness TP for Ex-mentally III Persons**

40596126 (SS0133)	12/7-18/8	M,W	9:00-10:00	Shamshuipo Park SP	14+	5	20/5	 
<b>Hydro-fitness TP for per with Physical Disab</b>								
40596124 (SS0131)	5/7-13/8	M,F	10:00-11:00	Lai Chi Kok Park SP	14+	5	20/5	 
40596125 (SS0132)	5/7-13/8	M,F	11:00-12:00	Lai Chi Kok Park SP	14+	5	20/5	 
<b>Activities for Elderly</b>								
<b>Programme Number (Class code)</b> <small>(For aged 60 or above, free of charge)</small>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Quota</b>	<b>Date of Enrollment</b> <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	<b>Enrolment Method</b>	
<b>Front Crawl Swimming Cr for Elderly (I)</b>								
40604734 (SS0417)	28/7-18/8	M,W,F	9:00-10:00	Lai Chi Kok Park SP	8	2/6-8/6 (16/6) {2/7}		
<b>Swimming Tr Cr for Elderly (I)</b>								
40604609 (SS0388)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Lei Cheng Uk SP	8	2/6-8/6 (16/6) {2/7}		
<b>Swimming Tr Cr for Elderly (Lv I)</b>								
40604602 (SS0387)	6/7-27/7	Tu,Th,Sa	7:00-8:00	Lei Cheng Uk SP	8	2/6-8/6 (16/6) {2/7}		
<b>Swimming Tr Cr for Elderly(Lv I)</b>								
40604621 (SS0381)	5/7-26/7	M,W,F	8:00-9:00	Lai Chi Kok Park SP	8	2/6-8/6 (16/6) {2/7}		
40604629 (SS0418)	28/7-18/8	M,W,F	8:00-9:00	Lai Chi Kok Park SP	8	2/6-8/6 (16/6) {2/7}		
40604633 (SS0524)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Shamshuipo Park SP	8	2/6-8/6 (16/6) {2/7}		
<b>Swimming Tr Cr for Elderly(Lv II)</b>								
40604631 (SS0407)	13/7-12/8	Tu,Th	17:00-18:00	Lai Chi Kok Park SP	10	2/6-8/6 (16/6) {2/7}		
40604635 (SS0538)	16/7-6/8	M,W,F	8:00-9:00	Shamshuipo Park SP	10	2/6-8/6 (16/6) {2/7}		
<b>Baduanjin TC for Elderly</b>								
40604569 (SS0359)	6/7-31/7	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15	25/5-31/5 (8/6) {29/6}		
40604570 (SS0360)	6/7-31/7	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	15	25/5-31/5 (8/6) {29/6}		
<b>Mt Pts for Elderly - Baduanjin Play-in</b>								
40604678 (SS0419)	2/7-9/7	F	9:00-11:00	Pei Ho ST. SC	15	2/7-9/7	Walk-in	
<b>Elderly Fitness TC</b>								
40604562 (SS0357)	5/7-4/8	M,W,F	14:00-15:00	Pei Ho ST. SC	15	25/5-31/5 (8/6) {29/6}		
40604564 (SS0358)	5/7-4/8	M,W,F	15:00-16:00	Pei Ho ST. SC	15	25/5-31/5 (8/6) {29/6}		
<b>Hydro-fitness TC for Elderly</b>								
40604767 (SS0543)	8/7-24/8	Tu,Th	19:00-20:00	Shamshuipo Park SP	15	25/5-31/5 (8/6) {29/6}		
<b>HES - Tai Chi Play-in</b>								
40604683 (SS0436)	5/7-26/7	M	9:00-10:30	Pei Ho ST. SC	20	5/7-26/7	Walk-in	
<b>HES - Badminton Play-in</b>								
40604737 (SS0481)	2/7-28/7	W,F	8:00-9:00	Shek Kip Mei Park SC	6	8/6	 	
<b>Mt Pts for Elderly-Indoor Short Mat Bowl Play</b>								
40604679 (SS0438)	8/7-29/7	Th	9:30-11:30	Pei Ho ST. SC	16	8/7-29/7	Walk-in	
<b>Gateball TC for Elderly</b>								
40604751 (SS0343)	2/7-28/7	W,F	7:00-9:00	Lai Chi Kok Park Gateball Court	7	25/5-31/5 (8/6) {29/6}		
40604762 (SS0352)	15/7-10/8	Tu,Th	7:00-9:00	Tai Hang Tung R/G	15	25/5-31/5 (8/6) {29/6}	