

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Aug 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) | | | | | | | | | |
| 40589183 (SN0158) | 16/8-15/9 | M,W,F | 19:00-22:00 | Pao Yue Kong SP | 13+ | 108 | 12 | 5/7 | |
| Breaststroke TC for Adult (Level II) | | | | | | | | | |
| 40589153 (SN0128) | 6/8-27/8 | M,W,F | 7:00-8:00 | Pao Yue Kong SP | 18+ | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Breaststroke TC for Children (Level II) | | | | | | | | | |
| 40589157 (SN0132) | 6/8-27/8 | M,W,F | 15:00-16:00 | Pao Yue Kong SP | 5-8 | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Breaststroke TC for Junior (Level II) | | | | | | | | | |
| 40589160 (SN0135) | 6/8-27/8 | M,W,F | 16:00-17:00 | Pao Yue Kong SP | 9-12 | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Front Crawl TC for Children (Level II) | | | | | | | | | |
| 40589173 (SN0148) | 6/8-27/8 | M,W,F | 14:00-15:00 | Pao Yue Kong SP | 5-8 | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Front Crawl TC for Junior (Level II) | | | | | | | | | |
| 40589177 (SN0152) | 6/8-27/8 | M,W,F | 17:00-18:00 | Pao Yue Kong SP | 9-12 | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Backstroke TC for Youth | | | | | | | | | |
| 40589151 (SN0126) | 6/8-27/8 | M,W,F | 15:00-16:00 | Pao Yue Kong SP | 5-17 | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Backstroke TC for Youth & Adult | | | | | | | | | |
| 40589152 (SN0127) | 6/8-27/8 | M,W,F | 8:00-9:00 | Pao Yue Kong SP | 13+ | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Breaststroke TC for Youth (Level III) | | | | | | | | | |
| 40589163 (SN0138) | 6/8-27/8 | M,W,F | 16:00-17:00 | Pao Yue Kong SP | 5-17 | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Butterfly Stroke TC for Youth | | | | | | | | | |
| 40589164 (SN0139) | 6/8-27/8 | M,W,F | 14:00-15:00 | Pao Yue Kong SP | 5-17 | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Butterfly Stroke TC for Youth & Adult | | | | | | | | | |
| 40589165 (SN0140) | 6/8-27/8 | M,W,F | 7:00-8:00 | Pao Yue Kong SP | 13+ | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Front Crawl TC for Youth (Level III) | | | | | | | | | |
| 40589180 (SN0155) | 6/8-27/8 | M,W,F | 17:00-18:00 | Pao Yue Kong SP | 5-17 | 100 | 8 | 21/6-28/6 (5/7) {23/7} | |
| Aerobic Dance Training Course | | | | | | | | | |
| 40605658 (SN0694) | 31/8-25/9 | Tu,Th,Sa | 9:00-10:00 | Aberdeen SC | 14+ | 65 | 15 | 26/7 | |
| 40605659 (SN0695) | 31/8-25/9 | Tu,Th,Sa | 10:00-11:00 | Aberdeen SC | 14+ | 65 | 15 | 26/7 | |
| 40605660 (SN0696) | 30/8-27/9 (excl. 22/9) | M,W,F | 19:00-20:00 | Stanley SC | 14+ | 65 | 6 | 27/7 | |
| 40605661 (SN0697) | 30/8-27/9 (excl. 22/9) | M,W,F | 20:00-21:00 | Stanley SC | 14+ | 65 | 6 | 27/7 | |
| Baduanjin Training Course | | | | | | | | | |
| 40605674 (SN0705) | 4/8-27/10 (excl. 22/9) | W | 9:00-10:00 | Stanley SC | 8+ | 80 | 15 | 6/7 | |
| 40605675 (SN0706) | 4/8-27/10 (excl. 22/9) | W | 10:00-11:00 | Stanley SC | 8+ | 80 | 15 | 6/7 | |
| 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. | | | | | | | | | |
| 40605678 (SN0709) | 9/8-15/9 | M,W | 19:00-20:00 | Aberdeen SC | 15+ | 75 | 15 | @7/7 | |
| 40605679 (SN0710) | 9/8-15/9 | M,W | 20:00-21:00 | Aberdeen SC | 15+ | 75 | 15 | @7/7 | |
| 40605680 (SN0711) | 24/8-30/9 | Tu,Th | 16:00-17:00 | Aberdeen SC | 15+ | 75 | 15 | @20/7 | |
| 40605681 (SN0712) | 24/8-30/9 | Tu,Th | 17:00-18:00 | Aberdeen SC | 15+ | 75 | 15 | @20/7 | |
| 40605683 (SN0714) | 2/8-8/9 | M,W | 18:00-19:00 | Aberdeen T/SC | 15+ | 75 | 15 | @7/7 | |
| 40605684 (SN0715) | 2/8-8/9 | M,W | 19:00-20:00 | Aberdeen T/SC | 15+ | 75 | 15 | @7/7 | |
| 40605685 (SN0716) | 3/8-10/9 | Tu,F | 16:00-17:00 | Aberdeen T/SC | 15+ | 75 | 15 | @6/7 | |
| 40605686 (SN0717) | 3/8-10/9 | Tu,F | 17:00-18:00 | Aberdeen T/SC | 15+ | 75 | 15 | @6/7 | |
| Hydro Fitness Training Course | | | | | | | | | |
| 40589181 (SN0156) | 19/8-7/10 (excl. 21/9) | Tu,Th | 8:00-9:00 | Pao Yue Kong SP | 14+ | 80 | 15 | 21/6-28/6 (5/7) {23/7} | |
| 40589182 (SN0157) | 19/8-7/10 (excl. 21/9) | Tu,Th | 9:00-10:00 | Pao Yue Kong SP | 14+ | 80 | 15 | 21/6-28/6 (5/7) {23/7} | |
| 40606220 (SN0791) | 16/8-15/9 | M,W,F | 18:00-19:00 | Pao Yue Kong SP | 14+ | 80 | 15 | 21/6-28/6 (5/7) {23/7} | |
| 40606221 (SN0792) | 16/8-15/9 | M,W,F | 19:00-20:00 | Pao Yue Kong SP | 14+ | 80 | 15 | 21/6-28/6 (5/7) {23/7} | |

Social Dance Training Course

| | | | | | | | | | |
|-------------------|------------------------|-------|-------------|-------------|-----|----|----|--------------------------|-----|
| 40605770 (SN0753) | 17/8-16/9 | Tu,Th | 18:00-20:00 | Aberdeen SC | 14+ | 86 | 16 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605780 (SN0754) | 18/8-17/9 | W,F | 16:00-18:00 | Aberdeen SC | 14+ | 86 | 16 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605790 (SN0755) | 23/8-27/9 (excl. 22/9) | M,W | 20:00-22:00 | Aberdeen SC | 14+ | 86 | 16 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605804 (SN0756) | 11/8-10/9 | W,F | 20:00-22:00 | Stanley SC | 14+ | 86 | 16 | 14/7 | 📄 i |

Tai Chi Made Easy Class

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|-------------------|------------------------------------|----------|-------------|----------------------------------|----|----|----|--------------------------|-----|
| 40607689 (SN0793) | 2/8-27/8 | M,W,F | 7:00-8:00 | Aberdeen Promenade (BC) | 6+ | 54 | 15 | 13/7 | 📄 i |
| 40607691 (SN0794) | 2/8-6/9 (excl. 4/8,11/8,18/8,25/8) | M,W,F | 8:00-9:00 | Aberdeen Promenade (BC) | 6+ | 54 | 15 | 13/7 | 📄 i |
| 40607692 (SN0795) | 3/8-28/8 | Tu,Th,Sa | 7:00-8:00 | Aberdeen Promenade (BC) | 6+ | 54 | 15 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40607693 (SN0796) | 3/8-28/8 | Tu,Th,Sa | 8:00-9:00 | Aberdeen Promenade (BC) | 6+ | 54 | 15 | 5/7 | 📄 i |
| 40607694 (SN0797) | 3/8-9/9 | Tu,Th | 17:00-18:00 | Aberdeen Promenade (BC) | 6+ | 54 | 15 | 5/7 | 📄 i |
| 40607695 (SN0798) | 2/8-27/8 | M,W,F | 18:00-19:00 | Aberdeen Promenade (BC) | 6+ | 54 | 15 | 13/7 | 📄 i |
| 40607696 (SN0799) | 2/8-27/8 | M,W,F | 7:00-8:00 | Hong Fu PG (Soccer Pitch) | 6+ | 54 | 15 | 13/7 | 📄 i |
| 40607698 (SN0800) | 2/8-27/8 | M,W,F | 8:00-9:00 | Hong Fu PG (Soccer Pitch) | 6+ | 54 | 15 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40607699 (SN0801) | 3/8-28/8 | Tu,Th,Sa | 7:00-8:00 | Hong Fu PG (Soccer Pitch) | 6+ | 54 | 15 | 5/7 | 📄 i |
| 40607700 (SN0802) | 3/8-28/8 | Tu,Th,Sa | 8:00-9:00 | Hong Fu PG (Soccer Pitch) | 6+ | 54 | 15 | 5/7 | 📄 i |
| 40607701 (SN0803) | 3/8-28/8 | Tu,Th,Sa | 18:00-19:00 | Hong Fu PG (Soccer Pitch) | 6+ | 54 | 15 | 5/7 | 📄 i |
| 40607702 (SN0804) | 2/8-27/8 | M,W,F | 7:00-8:00 | Shek Pai Wan Est.PG(SoccerPitch) | 6+ | 54 | 15 | 15/7 | 📄 i |
| 40607703 (SN0805) | 2/8-27/8 | M,W,F | 8:00-9:00 | Shek Pai Wan Est.PG(SoccerPitch) | 6+ | 54 | 15 | 15/7 | 📄 i |
| 40607704 (SN0806) | 2/8-27/8 | M,W,F | 9:00-10:00 | Shek Pai Wan Est.PG(SoccerPitch) | 6+ | 54 | 15 | 15/7 | 📄 i |

Briefing on Proper Ways to Use Fitness Equipment

| | | | | | | | | | |
|-------------------|------|----|-------------|---------------|-----|------|----|--------------------------|---|
| 40605676 (SN0707) | 14/8 | Sa | 13:00-16:00 | Aberdeen T/SC | 15+ | Free | 12 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605677 (SN0708) | 8/8 | Su | 14:00-17:00 | Aberdeen T/SC | 15+ | Free | 12 | 29/6-5/7 (9/7) {28/7} | ✉ |

Badminton Training Course

| | | | | | | | | | |
|-------------------|-------------------------|-------|-------------|-------------------|-----|-----|----|--------------------------|-----|
| 40605667 (SN0700) | 25/8-29/9 (excl. 22/9) | W,F | 9:00-11:00 | Yue Kwong RD. SC | 7+ | 118 | 12 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605668 (SN0701) | 18/8-17/9 | W,F | 14:00-16:00 | Aberdeen SC | 7+ | 118 | 12 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605670 (SN0702) | 24/8-23/9 | Tu,Th | 9:00-11:00 | Aberdeen SC | 7+ | 118 | 12 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605671 (SN0703) | 18/8-27/10 (excl. 22/9) | W | 18:00-20:00 | Stanley SC | 7+ | 118 | 12 | 16/7 | 📄 i |
| 40605673 (SN0704) | 27/8-5/11 (excl. 1/10) | F | 18:00-20:00 | Wong Chuk Hang SC | 18+ | 118 | 12 | 29/6-5/7 (9/7) {28/7} | ✉ |

Squash Fun Day

| | | | | | | | | | |
|-------------------|------|---|-------------|---------------|----|------|---|------|-----|
| 40605832 (SN0760) | 16/8 | M | 14:00-15:00 | Aberdeen T/SC | 7+ | Free | 3 | 16/7 | 📄 i |
| 40605834 (SN0761) | 16/8 | M | 15:00-16:00 | Aberdeen T/SC | 7+ | Free | 3 | 16/7 | 📄 i |

Squash Training Course

| | | | | | | | | | |
|-------------------|---|-------|-------------|---------------|-------|-----|---|--------------------------|---|
| 40605842 (SN0765) | 8/8-24/10 (excl. 19/9,26/9,10/10,17/10) | Su | 9:00-11:00 | Aberdeen T/SC | 7+ | 160 | 6 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605844 (SN0767) | 3/8-26/8 | Tu,Th | 19:00-21:00 | Aberdeen T/SC | 18+ | 160 | 6 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605845 (SN0768) | 9/8-25/8 | M,W,F | 12:00-14:00 | Aberdeen T/SC | 7-11 | 160 | 6 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605846 (SN0769) | 9/8-25/8 | M,W,F | 14:00-16:00 | Aberdeen T/SC | 12-17 | 160 | 6 | 29/6-5/7 (9/7) {28/7} | ✉ |

Table-tennis Training Course

| | | | | | | | | | |
|-------------------|------------|----|-------------|-------------|----|----|---|--------------------------|-----|
| 40605847 (SN0770) | 15/8-17/10 | Su | 10:00-12:00 | Aberdeen SC | 6+ | 86 | 6 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605848 (SN0771) | 23/8-25/10 | M | 20:00-22:00 | Stanley SC | 6+ | 86 | 6 | 19/7 | 📄 i |

Tennis Training Course

| | | | | | | | | | |
|-------------------|---------|------|-------------|---------------|-----|-----|---|--------------------------|---|
| 40605853 (SN0776) | 2/8-2/9 | M,Th | 18:00-20:00 | Aberdeen T/SC | 18+ | 170 | 9 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605854 (SN0777) | 4/8-3/9 | W,F | 16:00-18:00 | Aberdeen T/SC | 8+ | 170 | 9 | 29/6-5/7 (9/7) {28/7} | ✉ |

Tennis Training Course for Children & Youth

| | | | | | | | | | |
|-------------------|----------|-------|-------------|---------------|------|-----|---|--------------------------|-----|
| 40605856 (SN0778) | 4/8-25/8 | M,W,F | 9:00-11:00 | Aberdeen T/SC | 8-17 | 170 | 9 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605857 (SN0779) | 7/8-9/10 | Sa | 14:00-16:00 | Aberdeen T/SC | 8-17 | 170 | 9 | 14/7 | 📄 i |

Kayak 1 Star Award Training Course (1-day)

| | | | | | | | | | |
|-------------------|------|----|------------|-------------------------|-----|----|---|--------------------------|---|
| 40605716 (SN0746) | 21/8 | Sa | 9:00-17:00 | Stanley Main Beach WSC | 12+ | 30 | 8 | 29/6-5/7 (9/7) {28/7} | ✉ |
| 40605717 (SN0747) | 12/8 | Th | 9:00-17:00 | St. Stephen's Beach WSC | 12+ | 30 | 8 | 29/6-5/7 (9/7) {28/7} | ✉ |



| 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 |
|--|------|-----|------|-------|-----------|--|------------------|
|--|------|-----|------|-------|-----------|--|------------------|

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.

Tennis FD for Persons with Chronic Illness

40605859 (SN0774) 15/8 Su 14:00-16:00 Aberdeen T/SC 8+ 2 15/7  

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

Swimming TC for Elderly (Level II)

40589186 (SN0161) 6/8-27/8 M,W,F 8:00-9:00 Pao Yue Kong SP 8 21/6-28/6 (5/7) {23/7} 

40589187 (SN0162) 6/8-27/8 M,W,F 9:00-10:00 Pao Yue Kong SP 8 21/6-28/6 (5/7) {23/7} 

Meeting Points for Elderly-Baduanjin FD

40605718 (SN0748) 3/8-5/10 (excl. 7/9,14/9) Tu 9:00-11:00 Yue Kwong RD. SC 15 3/8-5/10 Walk-in

40605719 (SN0749) 3/8-5/10 (excl. 7/9,14/9) Tu 9:00-11:00 Yue Kwong RD. SC 15 3/8-5/10 Walk-in

Fitness Exercise Training Course for Elderly

40605690 (SN0721) 4/8-17/9 W,F 9:00-10:00 Aberdeen T/SC 15 29/6-5/7 (9/7) {28/7} 

40605691 (SN0722) 17/8-30/9 Tu,Th 7:00-8:00 Aberdeen SC 15 29/6-5/7 (9/7) {28/7} 

40605692 (SN0723) 17/8-30/9 Tu,Th 8:00-9:00 Aberdeen SC 15 29/6-5/7 (9/7) {28/7} 

40605693 (SN0724) 3/8-16/9 Tu,Th 7:00-8:00 Aberdeen T/SC 15 29/6-5/7 (9/7) {28/7} 

40605694 (SN0725) 3/8-16/9 Tu,Th 8:00-9:00 Aberdeen T/SC 15 29/6-5/7 (9/7) {28/7} 

40605695 (SN0726) 9/8-4/10 (excl. 20/9,22/9,27/9) M,W 10:00-11:00 Aberdeen T/SC 15 29/6-5/7 (9/7) {28/7} 

40605696 (SN0727) 9/8-4/10 (excl. 20/9,22/9,27/9) M,W 11:00-12:00 Aberdeen T/SC 15 29/6-5/7 (9/7) {28/7} 

40605697 (SN0728) 13/8-13/9 M,W,F 7:00-8:00 Stanley SC 15 29/6-5/7 (9/7) {28/7} 

40605698 (SN0729) 13/8-13/9 M,W,F 8:00-9:00 Stanley SC 15 29/6-5/7 (9/7) {28/7} 

40605700 (SN0730) 3/8-2/11 Tu 14:00-15:00 Wong Chuk Hang SC 6 29/6-5/7 (9/7) {28/7} 

40605701 (SN0731) 3/8-2/11 Tu 15:00-16:00 Wong Chuk Hang SC 6 29/6-5/7 (9/7) {28/7} 

Healthy Elderly Scheme- Table Tennis FD

40605714 (SN0744) 2/8-30/8 M,W,F 7:00-9:00 Aberdeen T/SC 6 2/8-30/8 Walk-in

Healthy Elderly Scheme- Table Tennis FD

40605713 (SN0743) 4/8-27/8 W,F 12:00-14:00 Aberdeen T/SC 3 4/8-27/8 Walk-in

Healthy Elderly Scheme-American Pool FD

40605706 (SN0736) 3/8-31/8 Tu 7:00-9:00 Aberdeen T/SC 4 3/8-31/8 Walk-in

40605709 (SN0739) 2/8-30/8 M,W,F 9:00-11:00 Aberdeen T/SC 3 2/8-30/8 Walk-in