

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Aug 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 })	
Backstroke Swimming Training Course									
40594990 (ST0391)	5/8-26/8	Tu,Th,Sa	18:30-19:30	Sha Tin JC SP	18+	100	8	18/6-24/6 (5/7) {26/7}	☑
40594991 (ST0392)	5/8-26/8	Tu,Th,Sa	19:30-20:30	Sha Tin JC SP	0-17	100	8	18/6-24/6 (5/7) {26/7}	☑
Breaststroke Swimming Cr (III)									
40594986 (ST0387)	4/8-25/8	M,W,F	19:30-20:30	Sha Tin JC SP	18+	100	8	18/6-24/6 (5/7) {26/7}	☑
40594987 (ST0388)	4/8-25/8	M,W,F	19:30-20:30	Ma On Shan SP	0-17	100	8	18/6-24/6 (5/7) {26/7}	☑
40594988 (ST0389)	4/8-25/8	M,W,F	18:30-19:30	Sha Tin JC SP	0-17	100	8	18/6-24/6 (5/7) {26/7}	☑
40594989 (ST0390)	4/8-25/8	M,W,F	20:30-21:30	Ma On Shan SP	18+	100	8	18/6-24/6 (5/7) {26/7}	☑
Breaststroke Swimming Cr for Adult (I)									
40594933 (ST0334)	4/8-25/8	M,W,F	19:30-20:30	Hin Tin SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☑
40594934 (ST0335)	4/8-25/8	M,W,F	20:30-21:30	Ma On Shan SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☑
40594935 (ST0336)	5/8-26/8	Tu,Th,Sa	20:30-21:30	Hin Tin SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☑
40594936 (ST0337)	5/8-26/8	Tu,Th,Sa	20:30-21:30	Ma On Shan SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☑
Breaststroke Swimming Cr for Adult (II)									
40594939 (ST0340)	4/8-25/8	M,W,F	7:00-8:00	Sha Tin JC SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☑
Breaststroke Swimming Cr for Children (I)									
40594953 (ST0354)	4/8-25/8	M,W,F	8:00-9:00	Ma On Shan SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☑
40594954 (ST0355)	4/8-25/8	M,W,F	8:00-9:00	Sha Tin JC SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☑
40594955 (ST0356)	4/8-25/8	M,W,F	18:30-19:30	Hin Tin SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☑
40594956 (ST0357)	4/8-25/8	M,W,F	19:30-20:30	Ma On Shan SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☑
40594957 (ST0358)	4/8-25/8	M,W,F	17:30-18:30	Ma On Shan SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☑
40594958 (ST0359)	5/8-26/8	Tu,Th,Sa	8:00-9:00	Ma On Shan SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☑
40594959 (ST0360)	5/8-26/8	Tu,Th,Sa	9:00-10:00	Hin Tin SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☑
40594960 (ST0361)	5/8-26/8	Tu,Th,Sa	18:30-19:30	Ma On Shan SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☑
40594961 (ST0362)	5/8-26/8	Tu,Th,Sa	19:30-20:30	Sha Tin JC SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☑
Breaststroke Swimming Cr for Children (II)									
40594965 (ST0366)	5/8-26/8	Tu,Th,Sa	10:00-11:00	Sha Tin JC SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☑
Breaststroke Swimming Cr for Junior (I)									
40594972 (ST0373)	4/8-25/8	M,W,F	16:30-17:30	Ma On Shan SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☑
40594973 (ST0374)	4/8-25/8	M,W,F	17:30-18:30	Hin Tin SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☑
40594974 (ST0375)	4/8-25/8	M,W,F	17:30-18:30	Ma On Shan SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☑
40594975 (ST0376)	5/8-26/8	Tu,Th,Sa	10:00-11:00	Sha Tin JC SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☑
40594976 (ST0377)	5/8-26/8	Tu,Th,Sa	18:30-19:30	Ma On Shan SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☑
Breaststroke Swimming Cr for Junior (II)									
40594980 (ST0381)	4/8-25/8	M,W,F	20:30-21:30	Sha Tin JC SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☑
Breaststroke Swimming Cr for Youth (I)									
40594982 (ST0383)	4/8-25/8	M,W,F	16:30-17:30	Ma On Shan SP	13-17	100	7	18/6-24/6 (5/7) {26/7}	☑
Breaststroke Swimming Cr for Youth (II)									
40594983 (ST0384)	4/8-25/8	M,W,F	18:30-19:30	Ma On Shan SP	13-17	100	7	18/6-24/6 (5/7) {26/7}	☑
Butterfly Stroke Swimming Training Course									
40594992 (ST0393)	5/8-26/8	Tu,Th,Sa	17:30-18:30	Sha Tin JC SP	9-17	100	8	18/6-24/6 (5/7) {26/7}	☑
40594993 (ST0394)	5/8-26/8	Tu,Th,Sa	20:30-21:30	Sha Tin JC SP	18+	100	8	18/6-24/6 (5/7) {26/7}	☑
Front Crawl Swimming Cr (III)									
40594984 (ST0385)	5/8-26/8	Tu,Th,Sa	19:30-20:30	Ma On Shan SP	0-17	100	8	18/6-24/6 (5/7) {26/7}	☑
40594985 (ST0386)	5/8-26/8	Tu,Th,Sa	20:30-21:30	Ma On Shan SP	18+	100	8	18/6-24/6 (5/7) {26/7}	☑
Front Crawl Swimming Cr for Adult (I)									
40594928 (ST0329)	4/8-25/8	M,W,F	8:00-9:00	Ma On Shan SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☑
40594929 (ST0330)	4/8-25/8	M,W,F	20:30-21:30	Hin Tin SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☑
40594930 (ST0331)	5/8-26/8	Tu,Th,Sa	7:00-8:00	Hin Tin SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☑

40594931 (ST0332)	5/8-26/8	Tu,Th,Sa 19:30-20:30	Ma On Shan SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☒
40594932 (ST0333)	5/8-26/8	Tu,Th,Sa 20:30-21:30	Sha Tin JC SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☒
Front Crawl Swimming Cr for Adult (II)								
40594937 (ST0338)	4/8-25/8	M,W,F 20:30-21:30	Sha Tin JC SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☒
40594938 (ST0339)	5/8-26/8	Tu,Th,Sa 20:30-21:30	Ma On Shan SP	18+	100	7	18/6-24/6 (5/7) {26/7}	☒
Front Crawl Swimming Cr for Children (I)								
40594944 (ST0345)	4/8-25/8	M,W,F 9:00-10:00	Hin Tin SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
40594945 (ST0346)	4/8-25/8	M,W,F 9:00-10:00	Ma On Shan SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
40594946 (ST0347)	4/8-25/8	M,W,F 10:00-11:00	Hin Tin SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
40594947 (ST0348)	4/8-25/8	M,W,F 18:30-19:30	Ma On Shan SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
40594948 (ST0349)	4/8-25/8	M,W,F 18:30-19:30	Sha Tin JC SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
40594949 (ST0350)	4/8-25/8	M,W,F 20:30-21:30	Sha Tin JC SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
40594950 (ST0351)	5/8-26/8	Tu,Th,Sa 8:00-9:00	Sha Tin JC SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
40594951 (ST0352)	5/8-26/8	Tu,Th,Sa 19:30-20:30	Hin Tin SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
40594952 (ST0353)	5/8-26/8	Tu,Th,Sa 19:30-20:30	Ma On Shan SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
Front Crawl Swimming Cr for Children (II)								
40594962 (ST0363)	4/8-25/8	M,W,F 9:00-10:00	Sha Tin JC SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
40594963 (ST0364)	4/8-25/8	M,W,F 19:30-20:30	Sha Tin JC SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
40594964 (ST0365)	5/8-26/8	Tu,Th,Sa 9:00-10:00	Sha Tin JC SP	5-8	100	7	18/6-24/6 (5/7) {26/7}	☒
Front Crawl Swimming Cr for Junior (I)								
40594966 (ST0367)	4/8-25/8	M,W,F 8:00-9:00	Hin Tin SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☒
40594967 (ST0368)	4/8-25/8	M,W,F 9:00-10:00	Ma On Shan SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☒
40594968 (ST0369)	4/8-25/8	M,W,F 19:30-20:30	Ma On Shan SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☒
40594969 (ST0370)	4/8-25/8	M,W,F 19:30-20:30	Sha Tin JC SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☒
40594970 (ST0371)	5/8-26/8	Tu,Th,Sa 17:30-18:30	Sha Tin JC SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☒
40594971 (ST0372)	5/8-26/8	Tu,Th,Sa 18:30-19:30	Hin Tin SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☒
Front Crawl Swimming Cr for Junior (II)								
40594977 (ST0378)	4/8-25/8	M,W,F 18:30-19:30	Ma On Shan SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☒
40594979 (ST0380)	5/8-26/8	Tu,Th,Sa 18:30-19:30	Ma On Shan SP	9-12	100	7	18/6-24/6 (5/7) {26/7}	☒
Front Crawl Swimming Cr for Youth (I)								
40594981 (ST0382)	4/8-25/8	M,W,F 18:30-19:30	Sha Tin JC SP	13-17	100	7	18/6-24/6 (5/7) {26/7}	☒
Aerobic Dance Training Course								
40604886 (ST0876)	3/8-9/9	Tu,Th 9:00-10:00	Heng On SC	14+	65	15	7/7	☒ i
40604887 (ST0877)	3/8-9/9	Tu,Th 10:00-11:00	Heng On SC	14+	65	15	7/7	☒ i
40604888 (ST0878)	4/8-10/9	W,F 19:00-20:00	Heng On SC	14+	65	15	18/6-22/6 (29/6) {22/7}	☒
40604889 (ST0879)	4/8-10/9	W,F 20:00-21:00	Heng On SC	14+	65	15	18/6-22/6 (29/6) {22/7}	☒
40604890 (ST0880)	3/8-16/9 (excl. 7/9,14/9)	Tu,Th 9:00-10:00	Hin Keng SC	14+	65	10	9/7	☒ i
40604891 (ST0881)	3/8-16/9 (excl. 7/9,14/9)	Tu,Th 10:00-11:00	Hin Keng SC	14+	65	10	9/7	☒ i
40604892 (ST0882)	3/8-16/9 (excl. 7/9,14/9)	Tu,Th 19:00-20:00	Hin Keng SC	14+	65	10	18/6-22/6 (29/6) {22/7}	☒
40604893 (ST0883)	3/8-16/9 (excl. 7/9,14/9)	Tu,Th 20:00-21:00	Hin Keng SC	14+	65	10	18/6-22/6 (29/6) {22/7}	☒
40604896 (ST0886)	4/8-24/9 (excl. 13/8,20/8,27/8,22/9)	W,F 14:00-15:00	Ma On Shan SC	14+	65	15	8/7	☒ i
40604897 (ST0887)	3/8-16/9 (excl. 7/9,14/9)	Tu,Th 9:00-10:00	Mei Lam SC	14+	65	15	12/7	☒ i
40604898 (ST0888)	3/8-16/9 (excl. 7/9,14/9)	Tu,Th 10:00-11:00	Mei Lam SC	14+	65	15	12/7	☒ i
40604899 (ST0889)	3/8-16/9 (excl. 7/9,14/9)	Tu,Th 14:00-15:00	Mei Lam SC	14+	65	15	13/7	☒ i
40604901 (ST0890)	4/8-20/9 (excl. 6/9,13/9)	M,W 19:00-20:00	Mei Lam SC	14+	65	15	18/6-22/6 (29/6) {22/7}	☒
40604902 (ST0891)	4/8-20/9 (excl. 6/9,13/9)	M,W 20:00-21:00	Mei Lam SC	14+	65	15	18/6-22/6 (29/6) {22/7}	☒
Baduanjin Training Course								
40604915 (ST0901)	3/8-9/9	Tu,Th 15:00-16:00	Ma On Shan SC	8+	80	15	18/6-22/6 (29/6) {22/7}	☒
40604916 (ST0902)	3/8-9/9	Tu,Th 16:00-17:00	Ma On Shan SC	8+	80	15	18/6-22/6 (29/6) {22/7}	☒
Children Dance Training Course								
40604919 (ST0903)	7/8-9/10	Sa 9:00-11:00	Sha Tin Jockey Club Public Squash Courts	4-6	60	10	18/6-22/6 (29/6) {22/7}	☒
40604920 (ST0904)	7/8-9/10	Sa 11:00-13:00	Sha Tin Jockey Club Public Squash Courts	7-11	60	10	18/6-22/6 (29/6) {22/7}	☒
Fitness (Multi-gym) Training Course								
<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>								
40604921 (ST0905)	2/8-27/8	M,W,F 10:00-11:00	Che Kung Temple SC	15+	75	15	@14/7	☒ i

40604922 (ST0906)	2/8-27/8	M,W,F	11:00-12:00	Che Kung Temple SC	15+	75	15	@14/7		
40604925 (ST0908)	2/8-27/8	M,W,F	18:00-19:00	Heng On SC	15+	75	15	@14/7		
40604926 (ST0909)	3/8-28/8	Tu,Th,Sa	9:00-10:00	Heng On SC	15+	75	15	@13/7		
40604927 (ST0910)	3/8-28/8	Tu,Th,Sa	19:00-20:00	Heng On SC	15+	75	15	@16/7		
40604928 (ST0911)	3/8-28/8	Tu,Th,Sa	20:00-21:00	Heng On SC	15+	75	15	@16/7		
40604929 (ST0912)	11/8-8/9 (excl. 23/8)	M,W,F	9:00-10:00	Heng On SC	15+	75	15	@12/7		
40604931 (ST0913)	3/8-9/9	Tu,Th	9:00-10:00	Ma On Shan SC	15+	75	15	@15/7		
40604932 (ST0914)	3/8-9/9	Tu,Th	10:00-11:00	Ma On Shan SC	15+	75	15	@15/7		
40604933 (ST0915)	4/8-24/9 (excl. 13/8,20/8,27/8,22/9)	W,F	13:00-14:00	Ma On Shan SC	15+	75	15	@19/7		
40604934 (ST0916)	3/8-16/9 (excl. 7/9,14/9)	Tu,Th	7:00-8:00	Mei Lam SC	15+	75	15	@15/7		
40604935 (ST0917)	6/8-17/9 (excl. 8/9)	W,F	8:00-9:00	Mei Lam SC	15+	75	15	@16/7		
40604936 (ST0918)	6/8-17/9 (excl. 8/9)	W,F	9:00-10:00	Mei Lam SC	15+	75	15	@16/7		
40604938 (ST0919)	13/8-10/9 (excl. 6/9)	M,W,F	19:00-20:00	Mei Lam SC	15+	75	15	@19/7		
40604939 (ST0920)	13/8-10/9 (excl. 6/9)	M,W,F	20:00-21:00	Mei Lam SC	15+	75	15	@19/7		
40604940 (ST0921)	4/8-10/9	W,F	16:00-17:00	Yuen Chau Kok SC	15+	75	15	@15/7		
40604941 (ST0922)	10/8-17/9	Tu,F	9:00-10:00	Yuen Chau Kok SC	15+	75	15	@13/7		
Hydro Fitness Training Course										
40595049 (ST0444)	5/8-4/9	Tu,Th,Sa	19:30-20:30	Sha Tin JC SP	14+	80	13	18/6-24/6 (5/7) {26/7}		
Jazz Training Course										
40604944 (ST0923)	9/8-20/9 (excl. 16/8,23/8,30/8)	M,W	15:00-17:00	Ma On Shan SC	12+	70	15	18/6-22/6 (29/6) {22/7}		
Social Dance Training Course										
40604945 (ST0924)	4/8-15/9 (excl. 13/8,20/8,27/8)	W,F	9:00-11:00	Ma On Shan SC	14+	86	16	18/6-22/6 (29/6) {22/7}		
40604946 (ST0925)	10/8-16/9 (excl. 7/9,14/9)	Tu,Th	20:00-22:00	Mei Lam SC	14+	86	16	18/6-22/6 (29/6) {22/7}		
Tai Chi Made Easy Class										
40604967 (ST0939)	2/8-27/8	M,W,F	7:00-8:00	Hin Tin PG	6+	54	15	18/6-22/6 (29/6) {22/7}		
40604969 (ST0940)	3/8-4/9 (excl. 14/8,21/8,28/8)	Tu,Th,Sa	7:00-8:00	Ma On Shan SC	6+	54	15	18/6-22/6 (29/6) {22/7}		
40604977 (ST0946)	2/8-27/8	M,W,F	7:00-8:00	Siu Lek Yuen RD. PG	6+	54	15	18/6-22/6 (29/6) {22/7}		
Yoga Training Course										
40604989 (ST0955)	7/8-23/10 (excl. 4/9,11/9)	Sa	13:00-15:00	Hin Keng SC	15+	85	15	18/6-22/6 (29/6) {22/7}		
Briefing on Proper Ways to Use Fitness Equipment										
40604992 (ST0957)	14/8	Sa	13:00-16:00	Che Kung Temple SC	15+	Free	12	18/6-22/6 (29/6) {22/7}		
40604993 (ST0958)	8/8	Su	9:00-12:00	Heng On SC	15+	Free	12	18/6-22/6 (29/6) {22/7}		
40604994 (ST0959)	7/8	Sa	14:00-17:00	Ma On Shan SC	15+	Free	12	18/6-22/6 (29/6) {22/7}		
40604996 (ST0960)	15/8	Su	9:00-12:00	Mei Lam SC	15+	Free	12	18/6-22/6 (29/6) {22/7}		
40604997 (ST0961)	21/8	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	12	18/6-22/6 (29/6) {22/7}		
Badminton Training Course										
40605007 (ST0969)	2/8-1/9	M,W	19:00-21:00	Heng On SC	7+	118	9	18/6-22/6 (29/6) {22/7}		
40605008 (ST0970)	6/8-10/9 (excl. 7/9)	Tu, F	9:00-11:00	Hin Keng SC (non air-cond.)	7+	118	9	18/6-22/6 (29/6) {22/7}		
40605010 (ST0971)	9/8-16/9 (excl. 6/9,13/9)	M,Th	19:00-21:00	Hin Keng SC (non air-cond.)	7+	118	9	18/6-22/6 (29/6) {22/7}		
40605011 (ST0972)	17/8-16/9	Tu,Th	19:00-21:00	Ma On Shan SC	7+	118	12	18/6-22/6 (29/6) {22/7}		
40605012 (ST0973)	4/8-3/9	W,F	9:00-11:00	Mei Lam SC	7+	118	12	18/6-22/6 (29/6) {22/7}		
40605013 (ST0974)	5/8-9/9 (excl. 7/9)	Tu,Th	19:00-21:00	Mei Lam SC	7+	118	12	18/6-22/6 (29/6) {22/7}		
40605014 (ST0975)	2/8-1/9	M,W	19:00-21:00	Yuen Chau Kok SC	7+	118	12	18/6-22/6 (29/6) {22/7}		
Lawn Bowls Training Course										
40605017 (ST0977)	17/8-9/9	Tu,Th	10:00-12:00	Siu Lek Yuen RD. PG	8+	54	6	5/7		
40605018 (ST0978)	17/8-9/9	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	6	5/7		
Squash Training Course										
40605019 (ST0979)	4/8-27/8	W,F	19:00-21:00	Heng On SC	7+	160	6	18/6-22/6 (29/6) {22/7}		
40605021 (ST0980)	3/8-19/8	Tu,Th,Sa	10:00-12:00	Hin Keng SC	7+	160	6	2/7		
40605022 (ST0981)	4/8-27/8	W,F	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	6	18/6-22/6 (29/6) {22/7}		
40605023 (ST0982)	19/8-14/9	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	7+	160	6	18/6-22/6 (29/6) {22/7}		
Table-tennis Fun Day										
40605025 (ST0983)	2/8-9/8	M,F	19:00-21:00	Ma On Shan SC	14+	Free	12	2/8		
Tennis Training Course										
40605027 (ST0984)	16/8-15/9	M,W	19:00-21:00	Hin Tin PG	8+	170	6	18/6-22/6 (29/6) {22/7}		
40605028 (ST0985)	2/8-1/9	M,W	9:00-11:00	Ma On Shan Recreation Ground	8+	170	6	18/6-22/6 (29/6) {22/7}		
40605029 (ST0986)	12/8-14/9	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	170	6	18/6-22/6 (29/6) {22/7}		
American Pool Training Course - Level I										
40605035 (ST0990)	7/8-28/8	Sa	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	3	18/6-22/6 (29/6) {22/7}		

40605036 (ST0991)	7/8-28/8	Sa	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	3	18/6-22/6 (29/6) {22/7}	✉
40605038 (ST0992)	8/8-29/8	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	3	18/6-22/6 (29/6) {22/7}	✉
40605039 (ST0993)	8/8-29/8	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	3	18/6-22/6 (29/6) {22/7}	✉

Water Safety Course for Baby

40594940 (ST0341)	4/8-25/8	M,W,F	9:00-10:00	Sha Tin JC SP	0-4	100	4	18/6-24/6 (5/7) {26/7}	✉
40594941 (ST0342)	5/8-26/8	Tu,Th,Sa	9:00-10:00	Ma On Shan SP	0-4	100	4	18/6-24/6 (5/7) {26/7}	✉
40594942 (ST0343)	4/8-25/8	M,W,F	10:00-11:00	Ma On Shan SP	0-4	100	4	18/6-24/6 (5/7) {26/7}	✉
40594943 (ST0344)	5/8-26/8	Tu,Th,Sa	18:30-19:30	Sha Tin JC SP	0-4	100	4	18/6-24/6 (5/7) {26/7}	✉

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) { Open Enrollment for Remaining Quota }</small>	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 PWs 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 PWs 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.

Wheelchair Tennis TP for Physical Disability

40597800	3/8-2/9	Tu,Th	19:00-21:00	Yuen Wo PG	8+	6	18/6	✉ i
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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
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Swimming Cr for Elderly (I)

40594994 (ST0395)	4/8-25/8	M,W,F	7:00-8:00	Hin Tin SP	7	18/6-24/6 (5/7) {26/7}	✉
40594995 (ST0396)	4/8-25/8	M,W,F	7:00-8:00	Ma On Shan SP	7	18/6-24/6 (5/7) {26/7}	✉
40594996 (ST0397)	4/8-25/8	M,W,F	7:00-8:00	Sha Tin JC SP	7	18/6-24/6 (5/7) {26/7}	✉
40594997 (ST0398)	5/8-26/8	Tu,Th,Sa	7:00-8:00	Sha Tin JC SP	7	18/6-24/6 (5/7) {26/7}	✉
40594998 (ST0399)	5/8-26/8	Tu,Th,Sa	8:00-9:00	Hin Tin SP	7	18/6-24/6 (5/7) {26/7}	✉
40594999 (ST0400)	5/8-26/8	Tu,Th,Sa	8:00-9:00	Ma On Shan SP	7	18/6-24/6 (5/7) {26/7}	✉

Swimming Cr for Elderly (II)

40595000 (ST0401)	4/8-25/8	M,W,F	8:00-9:00	Sha Tin JC SP	7	18/6-24/6 (5/7) {26/7}	✉
40595001 (ST0402)	5/8-26/8	Tu,Th,Sa	7:00-8:00	Ma On Shan SP	7	18/6-24/6 (5/7) {26/7}	✉
40595002 (ST0403)	5/8-26/8	Tu,Th,Sa	8:00-9:00	Sha Tin JC SP	7	18/6-24/6 (5/7) {26/7}	✉

Baduanjin Training Course for Elderly

40605050 (ST1000)	9/8-8/11 (excl. 6/9,13/9)	M	15:00-16:00	Hin Keng SC	10	19/6-23/6 (30/6){23/7}	✉
40605051 (ST1001)	9/8-8/11 (excl. 6/9,13/9)	M	16:00-17:00	Hin Keng SC	10	19/6-23/6 (30/6){23/7}	✉

Chinese Dance Training Course for Elderly

40605052 (ST1002)	3/8-2/9	Tu,Th	15:00-17:00	Sha Tin Jockey Club Public Squash Courts	15	19/6-23/6 (30/6){23/7}	✉
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Fitness Exercise Training Course for Elderly

40605055 (ST1005)	2/8-15/9	M,W	15:00-16:00	Heng On SC	15	19/6-23/6 (30/6){23/7}	✉
40605056 (ST1006)	2/8-15/9	M,W	16:00-17:00	Heng On SC	15	19/6-23/6 (30/6){23/7}	✉
40605057 (ST1007)	13/8-8/10 (excl. 15/9,22/9,1/10)	W,F	8:00-9:00	Hin Keng SC	10	19/6-23/6 (30/6){23/7}	✉
40605058 (ST1008)	13/8-8/10 (excl. 15/9,22/9,1/10)	W,F	9:00-10:00	Hin Keng SC	10	19/6-23/6 (30/6){23/7}	✉

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.

40605062 (ST1012)	3/8-28/8	Tu,Th,Sa	8:00-9:00	Heng On SC	15	@19/6-23/6 (30/6){23/7}	✉
40605063 (ST1013)	11/8-8/9 (excl. 23/8)	M,W,F	8:00-9:00	Heng On SC	15	@19/6-23/6 (30/6){23/7}	✉
40605064 (ST1014)	3/8-16/9 (excl. 7/9,14/9)	Tu,Th	8:00-9:00	Mei Lam SC	15	@19/6-23/6 (30/6){23/7}	✉
40605065 (ST1015)	3/8-16/9 (excl. 7/9,14/9)	Tu,Th	15:00- 16:00	Mei Lam SC	15	@19/6-23/6 (30/6){23/7}	✉
40605066 (ST1016)	4/8-10/9	W,F	15:00- 16:00	Yuen Chau Kok SC	15	@19/6-23/6 (30/6){23/7}	✉
40605067 (ST1017)	10/8-17/9	Tu,F	8:00-9:00	Yuen Chau Kok SC	15	@19/6-23/6 (30/6){23/7}	✉

Hydro Fitness Training Course for Elderly

40595054 (ST0449)	5/8-4/9	Tu,Th,Sa	18:30- 19:30	Sha Tin JC SP	13	18/6-24/6 (5/7) {26/7}	✉
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HES - Social Dance Fun Day for Elderly

40605068 (ST1018)	6/8-27/8	F	10:00- 11:30	Heng On SC	16	6/8-27/8	Walk-in
40605069 (ST1019)	6/8-27/8	F	11:30- 13:00	Heng On SC	16	6/8-27/8	Walk-in

Social Dance Tr. Cr. for Elderly

40605070 (ST1020)	2/8-1/9	M,W	14:00- 16:00	Che Kung Temple SC	16	19/6-23/6 (30/6){23/7}	✉
40605071 (ST1021)	11/8-10/9	W,F	8:00-10:00	Hin Keng SC	16	19/6-23/6 (30/6){23/7}	✉
40605072 (ST1022)	11/8-10/9	W,F	10:00- 12:00	Hin Keng SC	16	19/6-23/6 (30/6){23/7}	✉

Tai Chi Made Easy Class for Elderly

40605073 (ST1023)	18/8-10/11 (excl. 22/9)	W	15:00- 16:00	Hin Keng SC	10	19/6-23/6 (30/6){23/7}	✉
40605074 (ST1024)	18/8-10/11 (excl. 22/9)	W	16:00- 17:00	Hin Keng SC	10	19/6-23/6 (30/6){23/7}	✉
40605075 (ST1025)	4/8-24/9 (excl. 13/8,20/8,27/8,22/9)	W,F	7:00-8:00	Ma On Shan SC	15	19/6-23/6 (30/6){23/7}	✉

HES - Badminton Fun Day for Elderly

40605076 (ST1026)	2/8-30/8	M,W	8:00-10:00	Yuen Chau Kok SC	12	2/8-30/8	Walk-in
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HES - Table-tennis Fun Day for Elderly

40605077 (ST1027)	2/8-30/8	M,W	9:00-11:00	Che Kung Temple SC	12	2/8-30/8	Walk-in
40605078 (ST1028)	4/8-27/8	W,F	8:00-10:00	Hin Keng SC	9	4/8-27/8	Walk-in
40605079 (ST1029)	3/8-31/8	Tu	14:00- 16:00	Ma On Shan SC	12	3/8-31/8	Walk-in
40605080 (ST1030)	5/8-26/8	Th	12:00- 14:00	Ma On Shan SC	12	5/8-26/8	Walk-in
40605081 (ST1031)	3/8-31/8	Tu,Th	8:00-10:00	Mei Lam SC	6	3/8-31/8	Walk-in
40605082 (ST1032)	3/8-31/8	Tu,F	8:00-10:00	Sha Tin Jockey Club Public Squash Courts	6	3/8-31/8	Walk-in
40605083 (ST1033)	3/8-31/8	Tu,F	10:00- 12:00	Sha Tin Jockey Club Public Squash Courts	6	3/8-31/8	Walk-in
40605084 (ST1034)	2/8-30/8	M,Th	8:00-10:00	Siu Lek Yuen RD. PG	6	2/8-30/8	Walk-in
40605085 (ST1035)	2/8-30/8	M,W	14:00- 16:00	Siu Lek Yuen RD. PG	6	2/8-30/8	Walk-in
40605086 (ST1036)	2/8-30/8	M,W	9:00-11:00	Yuen Chau Kok SC	6	2/8-30/8	Walk-in

Gateball Fun Day for Elderly

40605089 (ST1039)	2/8	M	10:00- 12:00	Heng On SC (non air-cond.)	7	2/8	Walk-in
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Gateball Training Course for Elderly

40605090 (ST1040)	12/8-7/9	Tu,Th	9:00-11:00	Ma On Shan SC	15	19/6-23/6 (30/6){23/7}	✉
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