

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

Sai Kung District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Breaststroke Training Course for Adult (Level I)									
40591628 (SK273)	13/8-3/9	M,W,F	7:00-8:00	Tseung Kwan O SP (Teaching Pool)	18+	100	6	23/6-29/6 (7/7) {28/7}	☒
40591629 (SK274)	13/8-3/9	M,W,F	19:30-20:30	Tseung Kwan O SP (Teaching Pool)	18+	100	6	23/6-29/6 (7/7) {28/7}	☒
Breaststroke Training Course for Child (Level I)									
40591618 (SK263)	12/8-27/8	Tu,W,Th,F	14:00-15:00	Tseung Kwan O SP (Teaching Pool)	5-8	100	6	23/6-29/6 (7/7) {28/7}	☒
Front Crawl TC for Aged 9-17 (Level I)									
40591624 (SK269)	12/8-27/8	Tu,W,Th,F	17:00-18:00	Tseung Kwan O SP (Teaching Pool)	9-17	100	6	23/6-29/6 (7/7) {28/7}	☒
Front Crawl Training Course for Adult (Level I)									
40591625 (SK270)	26/8-28/9	Tu,Th	20:30-21:30	Sai Kung SP (Teaching Pool)	18+	100	6	23/6-29/6 (7/7) {28/7}	☒
40591626 (SK271)	13/8-3/9	M,W,F	19:30-20:30	Tseung Kwan O SP (Teaching Pool)	18+	100	6	23/6-29/6 (7/7) {28/7}	☒
40591627 (SK272)	13/8-3/9	M,W,F	20:30-21:30	Tseung Kwan O SP (Teaching Pool)	18+	100	6	23/6-29/6 (7/7) {28/7}	☒
Front Crawl Training Course for Child (Level I)									
40591617 (SK262)	12/8-27/8	Tu,W,Th,F	16:00-17:00	Tseung Kwan O SP (Teaching Pool)	5-8	100	6	23/6-29/6 (7/7) {28/7}	☒
Breaststroke Training Course for Adult (Level II)									
40591630 (SK275)	13/8-3/9	M,W,F	20:30-21:30	Tseung Kwan O SP (Teaching Pool)	18+	100	6	23/6-29/6 (7/7) {28/7}	☒
Breaststroke Training Course for Child (Level II)									
40591619 (SK264)	12/8-27/8	Tu,W,Th,F	15:00-16:00	Tseung Kwan O SP (Teaching Pool)	5-8	100	6	23/6-29/6 (7/7) {28/7}	☒
Breaststroke Training Course for Adult (Level III)									
40591631 (SK276)	26/8-28/9	Tu,Th	19:30-20:30	Sai Kung SP (Main Pool)	18+	100	8	23/6-29/6 (7/7) {28/7}	☒
Aerobic Dance Training Course									
40604290 (SK736)	23/8-24/9 (excl. 6/9,20/9,22/9)	M,W,F	9:00-10:00	Po Lam SC	14+	65	12	18/6-24/6 (7/7){4/8}	☒
40604292 (SK737)	23/8-24/9 (excl. 6/9,20/9,22/9)	M,W,F	10:00-11:00	Po Lam SC	14+	65	12	18/6-24/6 (7/7){4/8}	☒
40604301 (SK745)	24/8-18/9	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	10	14/7	☒ i
40604302 (SK746)	24/8-18/9	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	10	14/7	☒ i
40604303 (SK747)	11/8-17/9	W,F	19:00-20:00	Tsui Lam SC	14+	65	10	5/7	☒ i
40604304 (SK748)	11/8-17/9	W,F	20:00-21:00	Tsui Lam SC	14+	65	10	5/7	☒ i
40604313 (SK756)	21/8-6/11	Sa	14:00-15:00	Tiu Keng Leng SC	14+	65	15	18/6-24/6 (7/7){4/8}	☒
40604314 (SK757)	21/8-6/11	Sa	15:00-16:00	Tiu Keng Leng SC	14+	65	15	18/6-24/6 (7/7){4/8}	☒
40604332 (SK770)	17/8-23/9	Tu,Th	14:00-15:00	Hang Hau SC	14+	65	15	7/7	☒ i
40604333 (SK771)	17/8-23/9	Tu,Th	15:00-16:00	Hang Hau SC	14+	65	15	7/7	☒ i
40604384 (SK810)	4/8-6/9 (excl. 13/8,20/8,27/8)	M,W,F	14:00-15:00	Hong Kong Velodrome	14+	65	15	18/6-24/6 (7/7) {27/7}	☒
40604387 (SK811)	4/8-6/9 (excl. 13/8,20/8,27/8)	M,W,F	15:00-16:00	Hong Kong Velodrome	14+	65	15	18/6-24/6 (7/7) {27/7}	☒
40604389 (SK812)	3/8-9/9	Tu,Th	19:00-20:00	Hong Kong Velodrome	14+	65	15	18/6-24/6 (7/7) {27/7}	☒
40604390 (SK813)	3/8-9/9	Tu,Th	20:00-21:00	Hong Kong Velodrome	14+	65	15	18/6-24/6 (7/7) {27/7}	☒
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>									
40604293 (SK738)	7/8-2/9	Tu,Th,Sa	9:00-10:00	Po Lam SC	15+	75	10	@29/6	☒ i
40604294 (SK739)	7/8-2/9	Tu,Th,Sa	10:00-11:00	Po Lam SC	15+	75	10	@29/6	☒ i
40604295 (SK740)	10/8-16/9	Tu,Th	15:00-16:00	Po Lam SC	15+	75	10	@6/7	☒ i
40604296 (SK741)	10/8-16/9	Tu,Th	16:00-17:00	Po Lam SC	15+	75	10	@6/7	☒ i
40604308 (SK751)	11/8-17/9	W,F	9:00-10:00	Tsui Lam SC	15+	75	10	@30/6	☒ i
40604309 (SK752)	11/8-17/9	W,F	10:00-11:00	Tsui Lam SC	15+	75	10	@30/6	☒ i
40604310 (SK753)	5/8-14/9	Tu,Th	19:00-20:00	Tsui Lam SC	15+	75	10	@22/6	☒ i
40604311 (SK754)	5/8-14/9	Tu,Th	20:00-21:00	Tsui Lam SC	15+	75	10	@22/6	☒ i
Hydro Fitness Training Course									
40591542 (SK191)	27/8-29/9 (excl. 22/9)	M,W,F	19:30-20:30	Sai Kung SP (Teaching Pool)	14+	80	7	23/6-29/6 (7/7) {28/7}	☒
40591543 (SK192)	27/8-29/9 (excl. 22/9)	M,W,F	20:30-21:30	Sai Kung SP (Teaching Pool)	14+	80	7	23/6-29/6 (7/7) {28/7}	☒
Briefing on Proper Ways to Use Fitness Equipment									
40604395 (SK817)	5/8	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	18/6-24/6 (7/7) {27/7}	☒

40604396 (SK818)	5/8	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	18/6-24/6 (7/7) {27/7}	☒
40604397 (SK819)	12/8	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	18/6-24/6 (7/7) {27/7}	☒
40604398 (SK820)	12/8	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	18/6-24/6 (7/7) {27/7}	☒
Stress Management and Physical Relaxation									
40604328 (SK766)	10/8-23/9	Tu,Th	10:00-11:00	Tiu Keng Leng SC	14+	80	15	9/7	☒ i
40604331 (SK769)	11/8-17/11 (excl. 22/9)	W	10:00-11:00	Hang Hau SC	14+	80	15	9/7	☒ i
40604404 (SK825)	23/8-22/11	M	10:00-11:00	Hong Kong Velodrome	14+	80	15	18/6-24/6 (7/7){4/8}	☒
40604405 (SK826)	23/8-22/11	M	11:00-12:00	Hong Kong Velodrome	14+	80	15	18/6-24/6 (7/7){4/8}	☒
Body-Mind Stretch Training Course									
40604393 (SK815)	10/8-16/9	Tu,Th	14:00-15:00	Hong Kong Velodrome	15+	85	12	18/6-24/6 (7/7) {27/7}	☒
40604394 (SK816)	10/8-16/9	Tu,Th	15:00-16:00	Hong Kong Velodrome	15+	85	12	18/6-24/6 (7/7) {27/7}	☒
Parent-child(Aged 7-17) Badminton Fun Day									
40604353 (SK786)	28/8	Sa	13:00-14:00	Hang Hau SC	7+	Free	12	15/7	☒
40604354 (SK787)	28/8	Sa	14:00-15:00	Hang Hau SC	7+	Free	12	15/7	☒
40604355 (SK788)	28/8	Sa	15:00-16:00	Hang Hau SC	7+	Free	12	15/7	☒
Badminton Training Course									
40604285 (SK732)	10/8-9/9	Tu,Th	19:00-21:00	Po Lam SC(Non-air con.)	7+	118	9	18/6-24/6 (7/7) {27/7}	☒
40604316 (SK758)	26/8-28/9	Tu,Th	9:00-11:00	Tiu Keng Leng SC	7+	118	12	18/6-24/6 (7/7){4/8}	☒
40604329 (SK767)	9/8-13/9 (excl. 6/9)	M,Th	15:00-17:00	Hang Hau SC	7+	118	12	18/6-24/6 (7/7) {27/7}	☒
Track Cycling Taster Session									
40604407 (SK828)	7/8	Sa	10:00-13:00	Hong Kong Velodrome	11+	Free	9	29/6	☒ i
40604411 (SK832)	4/8	W	19:00-22:00	Hong Kong Velodrome	11+	Free	9	21/6	☒ i
40604412 (SK833)	18/8	W	19:00-22:00	Hong Kong Velodrome	11+	Free	9	6/7	☒ i
Track Cycling Training Course (Level II)									
40604406 (SK827)	10/8	Tu	18:00-22:00	Hong Kong Velodrome	11+	140	9	30/6	☒ i
Lawn Bowls Training Course									
40604379 (SK806)	9/8-1/9	M,W	20:00-22:00	Hang Hau Man Kuk Lane Park	8+	54	12	18/6-24/6 (7/7) {27/7}	☒
Mini-tennis Training Course									
40604299 (SK744)	7/8-9/10	Sa	13:00-15:00	Tsui Lam SC	6-12	70	8	18/6-24/6 (7/7) {27/7}	☒
Squash Training Course									
40604305 (SK749)	12/8-7/9	Tu,Th	19:00-21:00	Tsui Lam SC	7+	160	6	25/6	☒ i
40604349 (SK783)	5/8-31/8	Tu,Th	19:00-21:00	Sai Kung Squash Courts	7+	160	6	25/6	☒ i
Squash Training Course (Summer)									
40604286 (SK733)	18/8-10/9	W,F	19:00-21:00	Po Lam SC	7+	160	6	18/6-24/6 (7/7){4/8}	☒
Table Tennis Training Course									
40604288 (SK734)	14/8-16/10	Sa	14:00-16:00	Po Lam SC	14+	86	9	18/6-24/6 (7/7) {27/7}	☒
Table-tennis Training Course									
40604307 (SK750)	22/8-24/10	Su	16:00-18:00	Tsui Lam SC	6+	86	6	18/6-24/6 (7/7){4/8}	☒
Tennis Training Course									
40604339 (SK775)	19/8-20/9	M,Th	19:00-21:00	Po Tsui Park	8+	170	9	18/6-24/6 (7/7){4/8}	☒
40604340 (SK776)	20/8-24/9 (excl. 21/9)	Tu,F	19:00-21:00	Po Tsui Park	8+	170	9	18/6-24/6 (7/7){4/8}	☒
40604342 (SK777)	17/8-16/9	Tu,Th	17:00-19:00	Po Tsui Park	8+	170	9	18/6-24/6 (7/7){4/8}	☒
40604343 (SK778)	18/8-20/9	M,W	9:00-11:00	Po Tsui Park	8+	170	9	18/6-24/6 (7/7){4/8}	☒
Go Training Course(Stage I)									
40604297 (SK742)	28/8-2/10	Sa	11:00-13:00	Po Lam SC	6+	40	10	18/6-24/6 (7/7){4/8}	☒
Indoor Cricket Fun Day									
40604247 (SK700)	7/8	Sa	11:00-12:00	Tiu Keng Leng SC	6+	Free	15	7/8	Walk-in
40604248 (SK701)	7/8	Sa	12:00-13:00	Tiu Keng Leng SC	6+	Free	15	7/8	Walk-in
40604249 (SK702)	7/8	Sa	13:00-14:00	Tiu Keng Leng SC	6+	Free	15	7/8	Walk-in
SKD Kayak Training Course (1 Star Award)									
40604373 (SK802)	15/8	Su	9:00-17:00	Chong Hing WSC	12+	30	8	18/6-24/6 (7/7) {27/7}	☒
SKD Kayak Training Course (2 Star Award)									
40604369 (SK799)	14/8	Sa	9:00-17:00	Chong Hing WSC	12+	30	8	18/6-24/6 (7/7) {27/7}	☒
40604371 (SK800)	21/8	Sa	9:00-17:00	Chong Hing WSC	12+	30	8	18/6-24/6 (7/7) {27/7}	☒
SKD Kayak Training Course (3 Star Award)									
40604372 (SK801)	22/8	Su	9:00-17:00	Chong Hing WSC	12+	30	8	18/6-24/6 (7/7) {27/7}	☒
Parent-children Sport Climbing Fun Day									
40604322 (SK762)	21/8	Sa	15:30-17:00	Tiu Keng Leng SC	8+	Free	4	12/7	☒ i
Sport Climbing Fun Day									
40604324 (SK764)	21/8	Sa	17:00-18:30	Tiu Keng Leng SC	12+	Free	4	28/6	☒ i
SKD Basic Windsurfing Training Course									
40604359 (SK790)	14/8-15/8	Sa,Su	9:00-17:00	Chong Hing WSC	14+	130	5	18/6-24/6 (7/7) {27/7}	☒
40604360 (SK791)	21/8-22/8	Sa,Su	9:00-17:00	Chong Hing WSC	14+	130	5	18/6-24/6 (7/7) {27/7}	☒

SKD Elementary Dragon Boat Tr. Cr.

40604363 (SK794)	14/8	Sa	9:00-17:00	Chong Hing WSC	12+	90	10	18/6-24/6 (7/7) {27/7}	✉
40604365 (SK795)	15/8	Su	9:00-17:00	Chong Hing WSC	12+	90	10	18/6-24/6 (7/7) {27/7}	✉

SKD Intermediate Dragon Boat Tr. Cr.

40604366 (SK796)	21/8-22/8	Sa,Su	9:00-17:00	Chong Hing WSC	12+	220	10	18/6-24/6 (7/7) {27/7}	✉
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Water Safety Course for Baby

40591615 (SK260)	13/8-3/9	M,W,F	9:00-10:00	Tseung Kwan O SP (Teaching Pool)	0-4	100	7	23/6-29/6 (7/7) {28/7}	✉
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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 Training Course for Elderly (Level I)**

40591632 (SK277)	13/8-3/9	M,W,F	8:00-9:00	Tseung Kwan O SP (Teaching Pool)	6	23/6-29/6 (7/7) {28/7}	✉
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Fitness Exercise TC for Elderly

40604317 (SK759)	17/8-16/9	Tu,Th,Sa	8:00-9:00	Tiu Keng Leng SC	15	18/6-24/6 (7/7) {4/8}	✉
40604318 (SK760)	17/8-16/9	Tu,Th,Sa	9:00-10:00	Tiu Keng Leng SC	15	18/6-24/6 (7/7) {4/8}	✉

Fitness Training Course For Elderly

40604399 (SK821)	11/8-29/9 (excl. 22/9)	M,W	8:00-9:00	Hong Kong Velodrome	15	18/6-24/6 (7/7) {27/7}	✉
40604401 (SK822)	11/8-29/9 (excl. 22/9)	M,W	9:00-10:00	Hong Kong Velodrome	15	18/6-24/6 (7/7) {27/7}	✉

Meeting Point for Elderly (Fitness)

40604378 (SK805)	13/8-3/9	F	8:00-10:00	Tsui Lam SC	10	18/6-24/6 (7/7) {27/7}	✉
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Gymnastics Training Course for Elderly

40604298 (SK743)	5/8-18/9	Tu,Th,Sa	8:00-9:00	Tsui Lam SC	10	18/6-24/6 (7/7) {27/7}	✉
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Health Elderly Scheme Self Prac- Lawn Bowls

40604383 (SK809)	3/8-31/8	Tu	9:00-10:00	Hang Hau Man Kuk Lane Park	12	3/8-31/8	Walk-in
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Health Elderly Scheme-Badminton Self Practice

40604402 (SK823)	2/8-30/8	M	7:00-9:00	Hong Kong Velodrome	10	22/6	📧 i
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Health Elderly Scheme-Dance Play in

40604330 (SK768)	9/8-27/9	M	9:00-11:00	Hang Hau SC	25	18/6-24/6 (7/7) {27/7}	✉
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Health Elderly Self Practi Scheme-Lawn Bowls

40604382 (SK808)	3/8-31/8	Tu	8:00-9:00	Hang Hau Man Kuk Lane Park	12	3/8-31/8	Walk-in
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Gateball Training Course for Elderly

40604312 (SK755)	27/8-22/10 (excl. 1/10)	F	8:00-10:00	Tsui Lam SC	7	18/6-24/6 (7/7) {4/8}	✉
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