






















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

**Sham Shui Po District**

| Programme Number<br>(Class code)                    | Date                           | Day      | Time        | Venue                | Age   | Fee(\$) | Quota | Date of Enrollment   |                                       | Enrolment Method  |
|---|--------------------------------|----------|-------------|----------------------|-------|---------|-------|----------------------|---------------------------------------|---|
|   |                                |          |             |                      |       |         |       | (Balloting)          | (Open Enrollment for Remaining Quota) |   |
| <b>Life Saving TC (Bronze Medallion)</b>            |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607149 (SS0663)                                   | 11/8-24/9 (excl. 22/9)         | M,W,F    | 19:00-21:00 | Shamshuipo Park SP   | 13+   | 108     | 12    | 26/7                 |                                       |       |
| 40607150 (SS0664)                                   | 17/8-26/10 (excl. 14/10,21/10) | Tu,Th    | 19:00-21:00 | Li Cheng Uk SP       | 13+   | 108     | 12    | 26/7                 |                                       |       |
| 40607165 (SS0662)                                   | 4/8-15/9                       | M,W,F    | 19:00-21:00 | Lai Chi Kok Park SP  | 13+   | 108     | 12    | 18/6                 |                                       |       |
| <b>Breaststroke Swimming Cr for Children (I)</b>    |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607138 (SS0641)                                   | 11/8-1/9                       | M,W,F    | 18:00-19:00 | Shamshuipo Park SP   | 5-8   | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swimming Cr for Junior (I)</b>      |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607082 (SS0628)                                   | 11/8-1/9                       | M,W,F    | 20:00-21:00 | Shamshuipo Park SP   | 9-12  | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swimming Cr for Youth (I)</b>       |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607158 (SS0650)                                   | 4/8-25/8                       | M,W,F    | 18:00-19:00 | Li Cheng Uk SP       | 13-17 | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swimming Cr for Youth(Lv I)</b>     |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607163 (SS0660)                                   | 6/8-27/8                       | M,W,F    | 19:00-20:00 | Lai Chi Kok Park SP  | 13-17 | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swim Cr for Junior(LvI)</b>          |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607180 (SS0630)                                   | 4/8-25/8                       | M,W,F    | 17:00-18:00 | Li Cheng Uk SP       | 9-12  | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swimming Cr for Adult (I)</b>        |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607152 (SS0637)                                   | 6/8-27/8                       | M,W,F    | 20:00-21:00 | Lai Chi Kok Park SP  | 18+   | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swimming Cr for Child(Lv I)</b>      |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607139 (SS0644)                                   | 5/8-26/8                       | Tu,Th,Sa | 9:00-10:00  | Shamshuipo Park SP   | 5-8   | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| 40607140 (SS0645)                                   | 5/8-26/8                       | Tu,Th,Sa | 11:00-12:00 | Shamshuipo Park SP   | 5-8   | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swimming Cr for Child(Lv II)</b>     |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607142 (SS0648)                                   | 11/8-1/9                       | M,W,F    | 20:00-21:00 | Shamshuipo Park SP   | 5-8   | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| 40607143 (SS0649)                                   | 11/8-1/9                       | M,W,F    | 19:00-20:00 | Shamshuipo Park SP   | 5-8   | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swimming Cr for Children (I)</b>     |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607153 (SS0640)                                   | 4/8-25/8                       | M,W,F    | 17:00-18:00 | Li Cheng Uk SP       | 5-8   | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swimming Cr for J &amp; Y (LvI)</b>  |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607148 (SS0658)                                   | 5/8-26/8                       | Tu,Th,Sa | 10:00-11:00 | Shamshuipo Park SP   | 9-17  | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swimming Cr for Junior (I)</b>       |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607136 (SS0638)                                   | 11/8-1/9                       | M,W,F    | 8:00-9:00   | Shamshuipo Park SP   | 9-12  | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swimming Cr for Junior(LvI)</b>      |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607181 (SS0632)                                   | 11/8-1/9                       | M,W,F    | 8:00-9:00   | Shamshuipo Park SP   | 9-12  | 100     | 8     | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swim Cr for Junior(LvII)</b>        |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607134 (SS0629)                                   | 11/8-1/9                       | M,W,F    | 18:00-19:00 | Shamshuipo Park SP   | 9-12  | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swimming Cr for Adult (II)</b>      |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607155 (SS0643)                                   | 4/8-25/8                       | M,W,F    | 19:00-20:00 | Li Cheng Uk SP       | 18+   | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swimming Cr for Adult (LvII)</b>    |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607135 (SS0635)                                   | 11/8-1/9                       | M,W,F    | 19:00-20:00 | Shamshuipo Park SP   | 18+   | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swimming Cr for Child(Lv II)</b>    |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607154 (SS0642)                                   | 6/8-27/8                       | M,W,F    | 19:00-20:00 | Lai Chi Kok Park SP  | 5-8   | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swimming Cr for J &amp; Y(LvII)</b> |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607147 (SS0657)                                   | 11/8-1/9                       | M,W,F    | 20:00-21:00 | Shamshuipo Park SP   | 9-17  | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swimming Cr for Junior (Lv II)</b>  |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607162 (SS0659)                                   | 6/8-27/8                       | M,W,F    | 18:00-19:00 | Lai Chi Kok Park SP  | 9-12  | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swimming Cr for Youth (LvII)</b>    |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607161 (SS0656)                                   | 4/8-25/8                       | M,W,F    | 19:00-20:00 | Li Cheng Uk SP       | 13-17 | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Breaststroke Swimming Cr for Youth(Lv II)</b>    |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607164 (SS0661)                                   | 6/8-27/8                       | M,W,F    | 20:00-21:00 | Lai Chi Kok Park SP  | 13-17 | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swimming Cr for Adult (II)</b>       |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607137 (SS0639)                                   | 11/8-1/9                       | M,W,F    | 7:00-8:00   | Shamshuipo Park SP   | 18+   | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| 40607151 (SS0636)                                   | 4/8-25/8                       | M,W,F    | 20:00-21:00 | Li Cheng Uk SP       | 18+   | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swimming Cr for Children (II)</b>    |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607157 (SS0646)                                   | 6/8-27/8                       | M,W,F    | 18:00-19:00 | Lai Chi Kok Park SP  | 5-8   | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Front Crawl Swimming Cr for Junior(LvII)</b>     |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607184 (SS0631)                                   | 4/8-25/8                       | M,W,F    | 20:00-21:00 | Li Cheng Uk SP       | 9-12  | 100     | 10    | 30/6-6/7 (14/7){2/8} |                                       |    |
| <b>Aerobic Dance Training Course</b>                |                                |          |             |                      |       |         |       |                      |                                       |   |
| 40607080 (SS0595)                                   | 18/8-17/9 (excl. 8/9,15/9)     | M,W,F    | 9:00-10:00  | Shek Kip Mei Park SC | 14+   | 65      | 15    | 15/7                 |                                       |   |
| 40607081 (SS0596)                                   | 18/8-17/9 (excl. 8/9,15/9)     | M,W,F    | 10:00-11:00 | Shek Kip Mei Park SC | 14+   | 65      | 15    | 15/7                 |                                       |   |

|                   |   |          |             |               |     |    |    |      |  |
|-------------------|---|----------|-------------|---------------|-----|----|----|------|--|
| 40607099 (SS0590) | 3/8-9/9                                 | Tu,Th    | 19:00-20:00 | Pei Ho ST. SC | 14+ | 65 | 15 | 12/7 |  |
| 40607100 (SS0591) | 3/8-9/9                                 | Tu,Th    | 20:00-21:00 | Pei Ho ST. SC | 14+ | 65 | 15 | 12/7 |  |
| 40607101 (SS0592) | 16/8-10/9                               | M,W,F    | 13:00-14:00 | Pei Ho ST. SC | 14+ | 65 | 15 | 20/7 |  |
| 40607102 (SS0593) | 16/8-10/9                               | M,W,F    | 14:00-15:00 | Pei Ho ST. SC | 14+ | 65 | 15 | 20/7 |  |
| 40607103 (SS0594) | 16/8-10/9                               | M,W,F    | 18:00-19:00 | Pei Ho ST. SC | 14+ | 65 | 15 | 20/7 |  |
| 40607104 (SS0599) | 19/8-14/9                               | Tu,Th,Sa | 8:00-9:00   | Pei Ho ST. SC | 14+ | 65 | 15 | 26/7 |  |
| 40607105 (SS0600) | 19/8-14/9                               | Tu,Th,Sa | 9:00-10:00  | Pei Ho ST. SC | 14+ | 65 | 15 | 26/7 |  |
| 40607106 (SS0605) | 23/8-24/9<br>(excl. 1/9,15/9,22/9)      | M,W,F    | 7:00-8:00   | Pei Ho ST. SC | 14+ | 65 | 15 | 3/8  |  |
| 40607107 (SS0606) | 23/8-24/9<br>(excl. 1/9,15/9,22/9)      | M,W,F    | 8:00-9:00   | Pei Ho ST. SC | 14+ | 65 | 15 | 3/8  |  |
| 40607108 (SS0607) | 23/8-24/9<br>(excl. 1/9,15/9,22/9)      | M,W,F    | 9:00-10:00  | Pei Ho ST. SC | 14+ | 65 | 15 | 3/8  |  |
| 40607120 (SS0597) | 18/8-17/9<br>(excl. 6/9,13/9)           | M,W,F    | 18:00-19:00 | Po On RD. SC  | 14+ | 65 | 15 | 13/7 |  |
| 40607121 (SS0598) | 18/8-17/9<br>(excl. 6/9,13/9)           | M,W,F    | 19:00-20:00 | Po On RD. SC  | 14+ | 65 | 15 | 13/7 |  |
| 40607122 (SS0601) | 20/8-24/9<br>(excl. 6/9,13/9,20/9,22/9) | M,W,F    | 8:00-9:00   | Po On RD. SC  | 14+ | 65 | 15 | 13/7 |  |
| 40607123 (SS0602) | 20/8-24/9<br>(excl. 6/9,13/9,20/9,22/9) | M,W,F    | 9:00-10:00  | Po On RD. SC  | 14+ | 65 | 15 | 15/7 |  |
| 40607124 (SS0603) | 20/8-24/9<br>(excl. 6/9,13/9,20/9,22/9) | M,W,F    | 14:00-15:00 | Po On RD. SC  | 14+ | 65 | 15 | 15/7 |  |
| 40607125 (SS0604) | 20/8-24/9<br>(excl. 6/9,13/9,20/9,22/9) | M,W,F    | 15:00-16:00 | Po On RD. SC  | 14+ | 65 | 15 | 15/7 |  |

#### Children Dance TC

|                   |          |       |             |               |      |    |    |                           |  |
|-------------------|----------|-------|-------------|---------------|------|----|----|---------------------------|--|
| 40607069 (SS0565) | 2/8-23/8 | M,W,F | 9:00-11:00  | Pei Ho ST. SC | 7-11 | 60 | 10 | 23/6-29/6 (8/7)<br>{29/7} |  |
| 40607070 (SS0566) | 2/8-23/8 | M,W,F | 11:00-13:00 | Pei Ho ST. SC | 4-6  | 60 | 10 | 23/6-29/6 (8/7)<br>{29/7} |  |

#### Fitness (Multi-gym) TC

@ 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.

|                   |                               |          |             |               |     |    |    |                            |  |
|-------------------|-------------------------------|----------|-------------|---------------|-----|----|----|----------------------------|--|
| 40607109 (SS0611) | 5/8-31/8                      | Tu,Th,Sa | 7:00-8:00   | Pei Ho ST. SC | 15+ | 75 | 15 | @13/7                      |  |
| 40607110 (SS0612) | 5/8-31/8                      | Tu,Th,Sa | 8:00-9:00   | Pei Ho ST. SC | 15+ | 75 | 15 | @13/7                      |  |
| 40607111 (SS0613) | 5/8-31/8                      | Tu,Th,Sa | 14:00-15:00 | Pei Ho ST. SC | 15+ | 75 | 15 | @15/7                      |  |
| 40607112 (SS0614) | 5/8-31/8                      | Tu,Th,Sa | 15:00-16:00 | Pei Ho ST. SC | 15+ | 75 | 15 | @15/7                      |  |
| 40607113 (SS0615) | 5/8-31/8                      | Tu,Th,Sa | 17:00-18:00 | Pei Ho ST. SC | 15+ | 75 | 15 | @15/7                      |  |
| 40607114 (SS0616) | 5/8-31/8                      | Tu,Th,Sa | 18:00-19:00 | Pei Ho ST. SC | 15+ | 75 | 15 | @23/6-29/6 (8/7)<br>{29/7} |  |
| 40607115 (SS0617) | 5/8-31/8                      | Tu,Th,Sa | 19:00-20:00 | Pei Ho ST. SC | 15+ | 75 | 15 | @20/7                      |  |
| 40607127 (SS0618) | 18/8-17/9<br>(excl. 6/9,13/9) | M,W,F    | 8:00-9:00   | Po On RD. SC  | 15+ | 75 | 15 | @19/7                      |  |
| 40607128 (SS0619) | 18/8-17/9<br>(excl. 6/9,13/9) | M,W,F    | 9:00-10:00  | Po On RD. SC  | 15+ | 75 | 15 | @19/7                      |  |
| 40607129 (SS0620) | 18/8-17/9<br>(excl. 6/9,13/9) | M,W,F    | 13:00-14:00 | Po On RD. SC  | 15+ | 75 | 15 | @21/7                      |  |
| 40607130 (SS0621) | 18/8-17/9<br>(excl. 6/9,13/9) | M,W,F    | 16:00-17:00 | Po On RD. SC  | 15+ | 75 | 15 | @21/7                      |  |
| 40607131 (SS0622) | 18/8-17/9<br>(excl. 6/9,13/9) | M,W,F    | 18:00-19:00 | Po On RD. SC  | 15+ | 75 | 15 | @23/7                      |  |
| 40607132 (SS0623) | 18/8-17/9<br>(excl. 6/9,13/9) | M,W,F    | 19:00-20:00 | Po On RD. SC  | 15+ | 75 | 15 | @23/7                      |  |
| 40607133 (SS0624) | 18/8-17/9<br>(excl. 6/9,13/9) | M,W,F    | 20:00-21:00 | Po On RD. SC  | 15+ | 75 | 15 | @23/7                      |  |

#### Oriental Dance TC

|                   |           |       |             |               |     |    |    |                           |  |
|-------------------|-----------|-------|-------------|---------------|-----|----|----|---------------------------|--|
| 40607071 (SS0567) | 17/8-16/9 | Tu,Th | 20:00-22:00 | Pei Ho ST. SC | 12+ | 45 | 15 | 23/6-29/6 (8/7)<br>{29/7} |  |
|-------------------|-----------|-------|-------------|---------------|-----|----|----|---------------------------|--|

#### Social Dance TC

|                   |         |       |             |                      |     |    |    |                           |  |
|-------------------|---------|-------|-------------|----------------------|-----|----|----|---------------------------|--|
| 40607077 (SS0583) | 3/8-2/9 | Tu,Th | 15:00-17:00 | Shek Kip Mei Park SC | 14+ | 86 | 16 | 23/6-29/6 (8/7)<br>{29/7} |  |
| 40607094 (SS0582) | 2/8-3/9 | M,F   | 20:00-22:00 | Pei Ho ST. SC        | 14+ | 86 | 16 | 23/6-29/6 (8/7)<br>{29/7} |  |
| 40607095 (SS0584) | 3/8-2/9 | Tu,Th | 18:00-20:00 | Pei Ho ST. SC        | 14+ | 86 | 16 | 23/6-29/6 (8/7)<br>{29/7} |  |

#### Yoga TC

|                   |                                   |     |             |              |     |    |    |                           |  |
|-------------------|-----------------------------------|-----|-------------|--------------|-----|----|----|---------------------------|--|
| 40607126 (SS0608) | 6/8-17/9<br>(excl. 16/8,6/9,13/9) | M,F | 10:00-12:00 | Po On RD. SC | 15+ | 85 | 15 | 23/6-29/6 (8/7)<br>{29/7} |  |
|-------------------|-----------------------------------|-----|-------------|--------------|-----|----|----|---------------------------|--|

#### Briefing on Proper Ways to Use Fitness Equipment

|                   |      |    |             |                      |     |      |    |                           |  |
|-------------------|------|----|-------------|----------------------|-----|------|----|---------------------------|--|
| 40607073 (SS0578) | 21/8 | Sa | 19:00-22:00 | Shek Kip Mei Park SC | 15+ | Free | 12 | 23/6-29/6 (8/7)<br>{29/7} |  |
| 40607092 (SS0576) | 3/8  | Tu | 18:00-21:00 | Pei Ho ST. SC        | 15+ | Free | 12 | 23/6-29/6 (8/7)<br>{29/7} |  |
| 40607118 (SS0577) | 8/8  | Su | 14:00-17:00 | Po On RD. SC         | 15+ | Free | 12 | 23/6-29/6 (8/7)<br>{29/7} |  |

#### Badminton TC

|                   |         |      |             |                      |     |     |    |                           |  |
|-------------------|---------|------|-------------|----------------------|-----|-----|----|---------------------------|--|
| 40607075 (SS0579) | 2/8-2/9 | M,Th | 9:00-11:00  | Shek Kip Mei Park SC | 18+ | 118 | 12 | 23/6-29/6 (8/7)<br>{29/7} |  |
| 40607093 (SS0580) | 3/8-3/9 | Tu,F | 19:00-21:00 | Pei Ho ST. SC        | 18+ | 118 | 12 | 23/6-29/6 (8/7)<br>{29/7} |  |

#### Badminton TC for Youth

|                   |                               |     |             |              |       |     |    |                           |  |
|-------------------|-------------------------------|-----|-------------|--------------|-------|-----|----|---------------------------|--|
| 40607119 (SS0587) | 13/8-20/9<br>(excl. 6/9,13/9) | M,F | 19:00-21:00 | Po On RD. SC | 12-17 | 118 | 12 | 23/6-29/6 (8/7)<br>{29/7} |  |
|-------------------|-------------------------------|-----|-------------|--------------|-------|-----|----|---------------------------|--|

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

|                   |          |    |             |                      |     |    |    |                           |  |
|-------------------|----------|----|-------------|----------------------|-----|----|----|---------------------------|--|
| 40607084 (SS0610) | 8/8-29/8 | Su | 14:00-16:00 | Shek Kip Mei Park SC | 15+ | 50 | 10 | 23/6-29/6 (8/7)<br>{29/7} |  |
|-------------------|----------|----|-------------|----------------------|-----|----|----|---------------------------|--|

#### Squash Training Course

|                   |          |    |             |               |    |     |   |     |  |
|-------------------|----------|----|-------------|---------------|----|-----|---|-----|--|
| 40607066 (SS0574) | 8/8-26/9 | Su | 10:00-12:00 | Pei Ho ST. SC | 7+ | 160 | 6 | 8/7 |  |
|-------------------|----------|----|-------------|---------------|----|-----|---|-----|--|

|                   |          |      |             |               |     |     |   |                           |   |
|-------------------|----------|------|-------------|---------------|-----|-----|---|---------------------------|---|
| 40607067 (SS0575) | 16/8-9/9 | M,Th | 19:00-21:00 | Pei Ho ST. SC | 18+ | 160 | 6 | 23/6-29/6 (8/7)<br>{29/7} | ✉ |
|-------------------|----------|------|-------------|---------------|-----|-----|---|---------------------------|---|

#### Tennis TC

|                   |            |    |            |                     |     |     |   |      |     |
|-------------------|------------|----|------------|---------------------|-----|-----|---|------|-----|
| 40607072 (SS0573) | 10/8-12/10 | Tu | 9:00-11:00 | Lai Chi Kok Park TC | 18+ | 170 | 9 | 20/7 | 📄 i |
|-------------------|------------|----|------------|---------------------|-----|-----|---|------|-----|

#### Gateball Fun Day

|                   |      |    |            |                   |    |      |   |      |         |
|-------------------|------|----|------------|-------------------|----|------|---|------|---------|
| 40607046 (SS0679) | 22/8 | Su | 8:00-10:00 | Tai Hang Tung R/G | 8+ | Free | 7 | 22/8 | Walk-in |
|-------------------|------|----|------------|-------------------|----|------|---|------|---------|

#### Gateball TC for Adult

|                   |          |       |             |                   |     |    |   |     |     |
|-------------------|----------|-------|-------------|-------------------|-----|----|---|-----|-----|
| 40607044 (SS0677) | 3/8-26/8 | Tu,Th | 19:00-21:00 | Sham Shui Po Park | 18+ | 54 | 7 | 5/7 | 📄 i |
|-------------------|----------|-------|-------------|-------------------|-----|----|---|-----|-----|

#### Sports for All - Gateball TC

|                   |          |     |             |                                    |    |    |   |     |     |
|-------------------|----------|-----|-------------|------------------------------------|----|----|---|-----|-----|
| 40607047 (SS0680) | 4/8-27/8 | W,F | 19:00-21:00 | Lai Chi Kok Park<br>Gateball Court | 8+ | 54 | 7 | 5/7 | 📄 i |
|-------------------|----------|-----|-------------|------------------------------------|----|----|---|-----|-----|

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

#### Badminton TS for persons with Hearing Impair

|                   |          |    |             |                         |    |   |     |     |
|-------------------|----------|----|-------------|-------------------------|----|---|-----|-----|
| 40607051 (SS0685) | 3/8-24/8 | Tu | 20:00-22:00 | Shek Kip Mei Park<br>SC | 8+ | 2 | 2/7 | 📄 i |
|-------------------|----------|----|-------------|-------------------------|----|---|-----|-----|

#### Table tennis TC for persons with Hearing Impa

|                   |          |       |             |              |    |   |      |     |
|-------------------|----------|-------|-------------|--------------|----|---|------|-----|
| 40596131 (SS0683) | 3/8-26/8 | Tu,Th | 15:00-17:00 | Po On RD. SC | 7+ | 9 | 18/6 | 📄 i |
|-------------------|----------|-------|-------------|--------------|----|---|------|-----|

#### Football TS for Persons with Hearing Impair

|                   |          |    |             |                   |    |   |     |     |
|-------------------|----------|----|-------------|-------------------|----|---|-----|-----|
| 40607057 (SS0692) | 15/8     | Su | 14:00-17:00 | Shek Kip Mei Park | 6+ | 3 | 2/7 | 📄 i |
| 40607050 (SS0684) | 6/8-27/8 | F  | 19:30-21:00 | Shek Kip Mei Park | 6+ | 3 | 2/7 | 📄 i |

#### Badminton TS for Ex-ment III Pers

|                   |          |   |             |              |    |   |     |     |
|-------------------|----------|---|-------------|--------------|----|---|-----|-----|
| 40607056 (SS0691) | 4/8-25/8 | W | 15:00-17:00 | Po On RD. SC | 7+ | 2 | 2/7 | 📄 i |
|-------------------|----------|---|-------------|--------------|----|---|-----|-----|

#### Table-tennis TS for Persons with Chronic

|                   |          |   |             |               |    |   |     |     |
|-------------------|----------|---|-------------|---------------|----|---|-----|-----|
| 40607048 (SS0681) | 4/8-25/8 | W | 15:00-17:00 | Pei Ho ST. SC | 6+ | 2 | 2/7 | 📄 i |
|-------------------|----------|---|-------------|---------------|----|---|-----|-----|

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

#### Swimming Tr Cr for Elderly(Lv I)

|                   |          |          |             |                       |   |                          |   |
|-------------------|----------|----------|-------------|-----------------------|---|--------------------------|---|
| 40607159 (SS0651) | 5/8-26/8 | Tu,Th,Sa | 7:00-8:00   | Li Cheng Uk SP        | 8 | 30/6-6/7 (14/7)<br>{2/8} | ✉ |
| 40607160 (SS0652) | 5/8-26/8 | Tu,Th,Sa | 8:00-9:00   | Li Cheng Uk SP        | 8 | 30/6-6/7 (14/7)<br>{2/8} | ✉ |
| 40607144 (SS0653) | 5/8-26/8 | Tu,Th,Sa | 8:00-9:00   | Shamshuipo Park<br>SP | 8 | 30/6-6/7 (14/7)<br>{2/8} | ✉ |
| 40607145 (SS0654) | 11/8-1/9 | M,W,F    | 18:00-19:00 | Shamshuipo Park<br>SP | 8 | 30/6-6/7 (14/7)<br>{2/8} | ✉ |

#### Swimming Tr Cr for Elderly(Lv II)

|                   |          |       |             |                       |    |                          |   |
|-------------------|----------|-------|-------------|-----------------------|----|--------------------------|---|
| 40607146 (SS0655) | 11/8-1/9 | M,W,F | 19:00-20:00 | Shamshuipo Park<br>SP | 10 | 30/6-6/7 (14/7)<br>{2/8} | ✉ |
|-------------------|----------|-------|-------------|-----------------------|----|--------------------------|---|

#### Baduanjin TC for Elderly

|                   |                         |       |             |              |    |                           |   |
|-------------------|-------------------------|-------|-------------|--------------|----|---------------------------|---|
| 40607061 (SS0568) | 4/8-1/9<br>(excl. 16/8) | M,W,F | 10:00-11:00 | Po On RD. SC | 15 | 23/6-29/6 (8/7)<br>{29/7} | ✉ |
| 40607062 (SS0569) | 4/8-1/9<br>(excl. 16/8) | M,W,F | 11:00-12:00 | Po On RD. SC | 15 | 23/6-29/6 (8/7)<br>{29/7} | ✉ |

#### HES - Baduanjin Play-in

|                   |          |   |             |                                    |    |          |         |
|-------------------|----------|---|-------------|------------------------------------|----|----------|---------|
| 40607087 (SS0667) | 6/8-27/8 | F | 14:00-16:00 | Tung Chau ST.<br>Park Squash Court | 15 | 6/8-27/8 | Walk-in |
|-------------------|----------|---|-------------|------------------------------------|----|----------|---------|

#### Mt Pts for Elderly - Baduanjin Play-in

|                   |      |   |            |               |    |      |         |
|-------------------|------|---|------------|---------------|----|------|---------|
| 40607096 (SS0585) | 27/8 | F | 9:00-11:00 | Pei Ho ST. SC | 15 | 27/8 | Walk-in |
|-------------------|------|---|------------|---------------|----|------|---------|

#### Elderly Fitness TC

|                   |           |       |             |              |    |                           |   |
|-------------------|-----------|-------|-------------|--------------|----|---------------------------|---|
| 40607063 (SS0570) | 17/8-30/9 | Tu,Th | 10:00-11:00 | Po On RD. SC | 15 | 23/6-29/6 (8/7)<br>{29/7} | ✉ |
| 40607064 (SS0571) | 17/8-30/9 | Tu,Th | 11:00-12:00 | Po On RD. SC | 15 | 23/6-29/6 (8/7)<br>{29/7} | ✉ |

#### HES - Tai Chi Play-in

|                   |          |   |            |               |    |          |         |
|-------------------|----------|---|------------|---------------|----|----------|---------|
| 40607116 (SS0668) | 2/8-30/8 | M | 9:00-10:30 | Pei Ho ST. SC | 20 | 2/8-30/8 | Walk-in |
|-------------------|----------|---|------------|---------------|----|----------|---------|

#### HES - Badminton Play-in

|  |                                   |       |                 |                         |    |          |   |
|--|-----------------------------------|-------|-----------------|-------------------------|----|----------|---|
| 40607090 (SS0673)                                    | 4/8-27/8                          | W,F   | 8:00-9:00       | Shek Kip Mei Park<br>SC | 6  | 6/7      |     |
| <b>Mt Pts for Elderly-Indoor Short Mat Bowl Play</b> |                                   |       |                 |                         |    |          |   |
| 40607097 (SS0586)                                    | 5/8-26/8                          | Th    | 9:30-11:30      | Pei Ho ST. SC           | 16 | 5/8-26/8 | Walk-in   |
| <b>HES - Table-Tennis Play-in</b>                    |                                   |       |                 |                         |    |          |   |
| 40607088 (SS0671)                                    | 4/8-30/8<br>(excl. 16/8)          | M,W   | 9:00-10:30      | Tung Chau ST.<br>Park   | 12 | 4/8-30/8 | Walk-in   |
| 40607089 (SS0672)                                    | 4/8-30/8<br>(excl. 16/8)          | M,W   | 10:30-<br>12:00 | Tung Chau ST.<br>Park   | 12 | 4/8-30/8 | Walk-in   |
| <b>Gateball TC for Elderly</b>                       |                                   |       |                 |                         |    |          |   |
| 40607045 (SS0678)                                    | 12/8-16/9<br>(excl. 7/9,9/9,14/9) | Tu,Th | 7:00-9:00       | Tai Hang Tung R/G       | 15 | 5/7      |   |