


























































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

Southern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Long Distance Running Training Course									
40607763 (SN0850)	13/9-15/11	M	19:00-21:00	Aberdeen Sport Ground	16+	130	20	12/8	 
Breaststroke TC for Youth & Adult (Level II)									
40589193 (SN0167)	2/9-7/10 (excl. 21/9)	Tu,Th	19:00-20:00	Pao Yue Kong SP	13+	100	8	21/7-27/7 (2/8) {20/8}	
Front Crawl TC for Adult (Level II)									
40589198 (SN0172)	1/9-24/9 (excl. 22/9)	M,W,F	7:00-8:00	Pao Yue Kong SP	18+	100	8	21/7-27/7 (2/8) {20/8}	
Front Crawl TC for Adult (Level III)									
40589199 (SN0173)	2/9-7/10 (excl. 21/9)	Tu,Th	8:00-9:00	Pao Yue Kong SP	18+	100	8	21/7-27/7 (2/8) {20/8}	
Front Crawl TC for Youth&Adult(Level II)									
40589203 (SN0177)	2/9-7/10 (excl. 21/9)	Tu,Th	20:00-21:00	Pao Yue Kong SP	13+	100	8	21/7-27/7 (2/8) {20/8}	
Butterfly Stroke TC for Adult									
40589195 (SN0169)	2/9-7/10 (excl. 21/9)	Tu,Th	7:00-8:00	Pao Yue Kong SP	18+	100	8	21/7-27/7 (2/8) {20/8}	
Aerobic Dance Training Course									
40607722 (SN0811)	1/9-15/10 (excl. 22/9,1/10)	W,F	18:00-19:00	Aberdeen SC	14+	65	15	10/8	 
40607723 (SN0812)	1/9-15/10 (excl. 22/9,1/10)	W,F	19:00-20:00	Aberdeen SC	14+	65	15	10/8	 
40607724 (SN0813)	14/9-26/10 (excl. 14/10)	Tu,Th	14:00-15:00	Aberdeen SC	14+	65	15	18/8	 
40607725 (SN0814)	14/9-26/10 (excl. 14/10)	Tu,Th	15:00-16:00	Aberdeen SC	14+	65	15	18/8	 
40607726 (SN0815)	14/9-26/10 (excl. 14/10)	Tu,Th	16:00-17:00	Aberdeen SC	14+	65	15	18/8	 
40607727 (SN0816)	14/9-26/10 (excl. 14/10)	Tu,Th	17:00-18:00	Aberdeen SC	14+	65	15	18/8	 
40607728 (SN0817)	9/9-21/10 (excl. 14/10)	Tu,Th	9:00-10:00	Stanley SC	14+	65	15	11/8	 
40607729 (SN0818)	9/9-21/10 (excl. 14/10)	Tu,Th	10:00-11:00	Stanley SC	14+	65	15	11/8	 
Children Dance Training Course									
40607734 (SN0823)	18/9-4/12 (excl. 25/9,2/10)	Sa	9:00-11:00	Yue Kwong RD. SC	4-11	60	10	16/8	 
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.									
40607738 (SN0827)	14/9-26/10 (excl. 14/10)	Tu,Th	7:00-8:00	Aberdeen SC	15+	75	15	@17/8	 
40607739 (SN0828)	14/9-26/10 (excl. 14/10)	Tu,Th	8:00-9:00	Aberdeen SC	15+	75	15	@17/8	 
40607740 (SN0829)	14/9-26/10 (excl. 14/10)	Tu,Th	9:00-10:00	Aberdeen SC	15+	75	15	@17/8	 
Hydro Fitness Training Course									
40589207 (SN0181)	1/9-6/10 (excl. 22/9,1/10)	M,W,F	11:00-12:00	Pao Yue Kong SP	14+	80	15	21/7-27/7 (2/8) {20/8}	
40589208 (SN0182)	1/9-6/10 (excl. 22/9,1/10)	M,W,F	10:00-11:00	Pao Yue Kong SP	14+	80	15	21/7-27/7 (2/8) {20/8}	
40589209 (SN0183)	1/9-6/10 (excl. 22/9,1/10)	M,W,F	13:00-14:00	Pao Yue Kong SP	14+	80	15	21/7-27/7 (2/8) {20/8}	
40589210 (SN0184)	1/9-6/10 (excl. 22/9,1/10)	M,W,F	14:00-15:00	Pao Yue Kong SP	14+	80	15	21/7-27/7 (2/8) {20/8}	
Social Dance Training Course									
40607811 (SN0898)	28/9-2/11 (excl. 14/10)	Tu,Th	18:00-20:00	Aberdeen SC	14+	86	16	28/7-2/8 (6/8){26/8}	
40607812 (SN0899)	11/9-13/11	Sa	19:00-21:00	Stanley SC	14+	86	16	16/8	 
40607813 (SN0900)	14/9-16/11	Tu	15:00-17:00	Stanley SC	14+	86	16	16/8	 
40607814 (SN0901)	24/9-29/10 (excl. 1/10)	W,F	20:00-22:00	Stanley SC	14+	86	16	16/8	 
Tai Chi Made Easy Class									
40607817 (SN0904)	4/9-20/11	Sa	9:00-10:00	Stanley SC	6+	54	15	9/8	 
40607818 (SN0905)	6/9-6/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Aberdeen Promenade (BC)	6+	54	15	19/8	 
40607819 (SN0906)	13/9-13/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Aberdeen Promenade (BC)	6+	54	15	19/8	 
40607820 (SN0907)	7/9-2/10	Tu,Th,Sa	7:00-8:00	Aberdeen Promenade (BC)	6+	54	15	28/7-2/8 (6/8){26/8}	
40607821 (SN0908)	7/9-2/10	Tu,Th,Sa	8:00-9:00	Aberdeen Promenade (BC)	6+	54	15	23/8	 
40607822 (SN0909)	21/9-2/11 (excl. 14/10)	Tu,Th	17:00-18:00	Aberdeen Promenade (BC)	6+	54	15	23/8	 
40607823 (SN0910)	13/9-18/10 (excl. 17/9,22/9,24/9,1/10)	M,W,F	18:00-19:00	Aberdeen Promenade (BC)	6+	54	15	19/8	 
40607824 (SN0911)	6/9-6/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Hong Fu PG (Soccer Pitch)	6+	54	15	19/8	 

40607825 (SN0912)	6/9-6/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Hong Fu PG (Soccer Pitch)	6+	54	15	28/7-2/8 (6/8){26/8}	✉
40607826 (SN0913)	7/9-2/10	Tu,Th,Sa	7:00-8:00	Hong Fu PG (Soccer Pitch)	6+	54	15	23/8	📄 i
40607827 (SN0914)	7/9-2/10	Tu,Th,Sa	8:00-9:00	Hong Fu PG (Soccer Pitch)	6+	54	15	23/8	📄 i
40607828 (SN0915)	7/9-2/10	Tu,Th,Sa	18:00-19:00	Hong Fu PG (Soccer Pitch)	6+	54	15	23/8	📄 i
40607829 (SN0916)	6/9-6/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Shek Pai Wan Est.PG(SoccerPitch)	6+	54	15	10/8	📄 i
40607830 (SN0917)	6/9-6/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Shek Pai Wan Est.PG(SoccerPitch)	6+	54	15	10/8	📄 i
40607831 (SN0918)	6/9-6/10 (excl. 22/9,1/10)	M,W,F	9:00-10:00	Shek Pai Wan Est.PG(SoccerPitch)	6+	54	15	10/8	📄 i
40607832 (SN0919)	4/9-20/11	Sa	10:00-11:00	Stanley SC	6+	54	15	9/8	📄 i

Briefing on Proper Ways to Use Fitness Equipment

40607733 (SN0822)	14/9	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	12	28/7-2/8 (6/8){26/8}	✉
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Badminton Training Course

40607730 (SN0819)	2/9-11/11 (excl. 14/10)	Th	18:00-20:00	Aberdeen SC	7+	118	12	28/7-2/8 (6/8){26/8}	✉
40607731 (SN0820)	7/9-9/11	Tu	18:00-20:00	Aberdeen SC	7+	118	12	28/7-2/8 (6/8){26/8}	✉
40607732 (SN0821)	2/9-11/11 (excl. 14/10)	Th	17:00-19:00	Wong Chuk Hang SC	7+	118	12	11/8	📄 i

Squash Training Course

40607815 (SN0902)	1/9-29/9 (excl. 22/9)	W,F	10:00-12:00	Aberdeen T/SC	7+	160	6	28/7-2/8 (6/8){26/8}	✉
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Table Tennis Training Course

40607816 (SN0903)	11/9-13/11	Sa	14:00-16:00	Stanley SC	6+	86	12	28/7-2/8 (6/8){26/8}	✉
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Tennis Training Course

40607834 (SN0921)	3/9-8/10 (excl. 1/10)	Tu,F	19:00-21:00	Aberdeen T/SC	8+	170	9	28/7-2/8 (6/8){26/8}	✉
40607835 (SN0922)	9/9-11/10	M,Th	16:00-18:00	Aberdeen T/SC	8+	170	9	28/7-2/8 (6/8){26/8}	✉

Elementary Dragon Boat Training Course

40607735 (SN0824)	19/9	Su	9:00-17:00	HKCDBA Shek Mun Training Centre	12+	90	10	28/7-2/8 (6/8){26/8}	✉
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Activities for Elderly Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Swimming TC for Elderly (Level II)

40589232 (SN0190)	1/9-24/9 (excl. 22/9)	M,W,F	8:00-9:00	Pao Yue Kong SP	8	21/7-27/7 (2/8) {20/8}	✉
40589233 (SN0191)	1/9-24/9 (excl. 22/9)	M,W,F	9:00-10:00	Pao Yue Kong SP	8	21/7-27/7 (2/8) {20/8}	✉

Swimming TC for Elderly (Level III)

40589234 (SN0192)	2/9-7/10 (excl. 21/9)	Tu,Th	9:00-10:00	Pao Yue Kong SP	8	21/7-27/7 (2/8) {20/8}	✉
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Meeting Points for Elderly-Baduanjin FD

40607764 (SN0851)	23/9-18/11 (excl. 14/10)	Th	9:00-11:00	Yue Kwong RD. SC	15	23/9-18/11	Walk-in
40607765 (SN0852)	23/9-18/11 (excl. 14/10)	Th	9:00-11:00	Yue Kwong RD. SC	15	23/9-18/11	Walk-in

Fitness Exercise Training Course for Elderly

40607744 (SN0833)	20/9-25/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Stanley SC	15	28/7-2/8 (6/8) {26/8}	✉
40607746 (SN0834)	20/9-25/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Stanley SC	15	28/7-2/8 (6/8) {26/8}	✉

Healthy Elderly Scheme-Table-Tennis FD

40607756 (SN0843)	1/9-29/9 (excl. 22/9)	W,F	12:00-14:00	Aberdeen T/SC	3	1/9-29/9	Walk-in
40607757 (SN0844)	3/9-24/9	F	9:00-11:00	Aberdeen SC	6	3/9-24/9	Walk-in
40607758 (SN0845)	1/9-29/9 (excl. 20/9,22/9,27/9)	M,W,F	7:00-9:00	Aberdeen T/SC	6	1/9-29/9	Walk-in
40607759 (SN0846)	7/9-28/9	Tu	9:00-11:00	Stanley SC	6	7/9-28/9	Walk-in
40607760 (SN0847)	2/9-30/9	Th	8:00-11:00	Wong Chuk Hang SC	16	2/9-30/9	Walk-in
40607761 (SN0848)	7/9-21/9	Tu	8:00-11:00	Wong Chuk Hang SC	16	7/9-21/9	Walk-in

Healthy Elderly Scheme-Tennis FD

40607762 (SN0849)	1/9-29/9 (excl. 22/9)	W	7:00-10:00	Aberdeen T/SC	3	1/9-29/9	Walk-in
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Healthy Elderly Scheme-American Pool FD

40607750 (SN0837)	2/9-30/9 (excl. 20/9,27/9)	M,Th	7:00-9:00	Aberdeen T/SC	3	2/9-30/9	Walk-in
40607752 (SN0839)	1/9-29/9 (excl. 22/9)	M,W,F	9:00-11:00	Aberdeen T/SC	3	1/9-29/9	Walk-in

Healthy Elderly Scheme- Gateball FD

40607754 (SN0841)	1/9-29/9 (excl. 22/9)	W	9:00-11:00	Wong Chuk Hang SC	10	1/9-29/9	Walk-in
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Healthy Elderly Scheme-Gateball FD

40607755 (SN0842)	2/9-30/9	Tu,Th	14:00-16:00	Yue Kwong RD. SC	15	2/9-30/9	Walk-in
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