

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Sep 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 })	
Breaststroke Swimming Cr for Adult (I)									
40595007 (ST0408)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Ma On Shan SP	18+	100	8	19/7-23/7 (3/8) {26/8}	
40595008 (ST0409)	7/9-30/9 (excl. 21/9)	Tu,Th,Sa	19:30-20:30	Ma On Shan SP	18+	100	8	19/7-23/7 (3/8) {26/8}	
Breaststroke Swimming Cr for Adult (II)									
40595010 (ST0411)	3/9-27/9 (excl. 22/9)	M,W,F	19:30-20:30	Ma On Shan SP	18+	100	10	19/7-23/7 (3/8) {26/8}	
40595011 (ST0412)	3/9-27/9 (excl. 22/9)	M,W,F	20:30-21:30	Sha Tin JC SP	18+	100	10	19/7-23/7 (3/8) {26/8}	
Breaststroke Swimming Cr for Children (I)									
40595023 (ST0418)	7/9-30/9 (excl. 21/9)	Tu,Th,Sa	17:30-18:30	Sha Tin JC SP	5-8	100	8	19/7-23/7 (3/8) {26/8}	
40595024 (ST0419)	7/9-30/9 (excl. 21/9)	Tu,Th,Sa	18:30-19:30	Sha Tin JC SP	5-8	100	8	19/7-23/7 (3/8) {26/8}	
40595025 (ST0420)	7/9-30/9 (excl. 21/9)	Tu,Th,Sa	19:30-20:30	Ma On Shan SP	5-8	100	8	19/7-23/7 (3/8) {26/8}	
Breaststroke Swimming Cr for Children (II)									
40595027 (ST0422)	3/9-27/9 (excl. 22/9)	M,W,F	18:30-19:30	Sha Tin JC SP	5-8	100	10	19/7-23/7 (3/8) {26/8}	
Breaststroke Swimming Cr for Junior (I)									
40595029 (ST0424)	7/9-28/9	Tu,Th,Sa	18:30-19:30	Ma On Shan SP	9-12	100	8	19/7-23/7 (3/8) {26/8}	
Butterfly Stroke Swimming Tr. Cr. (III)									
40595033 (ST0428)	7/9-28/9	Tu,Th,Sa	19:30-20:30	Sha Tin JC SP	9-17	100	8	19/7-23/7 (3/8) {26/8}	
40595034 (ST0429)	7/9-28/9	Tu,Th,Sa	20:30-21:30	Sha Tin JC SP	18+	100	8	19/7-23/7 (3/8) {26/8}	
Front Crawl Swimming Cr (III)									
40595031 (ST0426)	7/9-28/9	Tu,Th,Sa	18:30-19:30	Sha Tin JC SP	0-17	100	8	19/7-23/7 (3/8) {26/8}	
40595032 (ST0427)	7/9-28/9	Tu,Th,Sa	20:30-21:30	Sha Tin JC SP	18+	100	8	19/7-23/7 (3/8) {26/8}	
Front Crawl Swimming Cr for Adult (I)									
40595003 (ST0404)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Sha Tin JC SP	18+	100	8	19/7-23/7 (3/8) {26/8}	
40595004 (ST0405)	3/9-27/9 (excl. 22/9)	M,W,F	19:30-20:30	Sha Tin JC SP	18+	100	8	19/7-23/7 (3/8) {26/8}	
40595005 (ST0406)	3/9-27/9 (excl. 22/9)	M,W,F	20:30-21:30	Ma On Shan SP	18+	100	8	19/7-23/7 (3/8) {26/8}	
40595006 (ST0407)	7/9-30/9 (excl. 21/9)	Tu,Th,Sa	8:00-9:00	Ma On Shan SP	18+	100	8	19/7-23/7 (3/8) {26/8}	
Front Crawl Swimming Cr for Adult (II)									
40595009 (ST0410)	7/9-30/9 (excl. 21/9)	Tu,Th,Sa	7:00-8:00	Sha Tin JC SP	18+	100	10	19/7-23/7 (3/8) {26/8}	
Front Crawl Swimming Cr for Children (I)									
40595014 (ST0415)	3/9-27/9 (excl. 22/9)	M,W,F	19:30-20:30	Ma On Shan SP	5-8	100	8	19/7-23/7 (3/8) {26/8}	
40595015 (ST0416)	3/9-27/9 (excl. 22/9)	M,W,F	19:30-20:30	Sha Tin JC SP	5-8	100	8	19/7-23/7 (3/8) {26/8}	
40595016 (ST0417)	7/9-30/9 (excl. 21/9)	Tu,Th,Sa	19:30-20:30	Sha Tin JC SP	5-8	100	8	19/7-23/7 (3/8) {26/8}	
Front Crawl Swimming Cr for Children (II)									
40595026 (ST0421)	7/9-30/9 (excl. 21/9)	Tu,Th,Sa	18:30-19:30	Ma On Shan SP	5-8	100	10	19/7-23/7 (3/8) {26/8}	
Front Crawl Swimming Cr for Junior (I)									
40595028 (ST0423)	7/9-30/9 (excl. 21/9)	Tu,Th,Sa	17:30-18:30	Sha Tin JC SP	9-12	100	8	19/7-23/7 (3/8) {26/8}	
Front Crawl Swimming Cr for Junior (II)									
40595030 (ST0425)	3/9-27/9 (excl. 22/9)	M,W,F	20:30-21:30	Sha Tin JC SP	9-12	100	10	19/7-23/7 (3/8) {26/8}	
Aerobic Dance Training Course									
40607197 (ST1062)	16/9-2/11 (excl. 21/9,14/10)	Tu,Th	16:00-17:00	Yuen Chau Kok SC	14+	65	15	2/8	
40607198 (ST1063)	16/9-2/11 (excl. 21/9,14/10)	Tu,Th	17:00-18:00	Yuen Chau Kok SC	14+	65	15	2/8	
Baduanjin Fun Day									
40607199 (ST1064)	4/9	Sa	14:00-16:00	Heng On SC	8+	Free	15	3/8	
Chinese Dance Training Course									
40607200 (ST1065)	1/9-10/11 (excl. 22/9)	W	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	14+	45	10	19/7-23/7 (2/8) {24/8}	
40607201 (ST1066)	19/9-21/11	Su	9:00-11:00	Yuen Chau Kok SC	14+	45	15	19/7-23/7 (2/8) {24/8}	

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.

40607202 (ST1067)	14/9-26/10 (excl. 14/10)	Tu,Th	14:00-15:00	Che Kung Temple SC	15+	75	15	@11/8	 
40607203 (ST1068)	14/9-26/10 (excl. 14/10)	Tu,Th	15:00-16:00	Che Kung Temple SC	15+	75	15	@11/8	 
40607204 (ST1069)	6/9-6/10 (excl. 22/9,1/10)	M,W,F	19:00-20:00	Heng On SC	15+	75	15	@12/8	 
40607205 (ST1070)	6/9-6/10 (excl. 22/9,1/10)	M,W,F	20:00-21:00	Heng On SC	15+	75	15	@12/8	 
40607206 (ST1071)	7/9-5/10 (excl. 21/9)	Tu,Th,Sa	9:00-10:00	Heng On SC	15+	75	15	@10/8	 
40607207 (ST1072)	7/9-21/10 (excl. 21/9,14/10)	Tu,Th	13:00-14:00	Ma On Shan SC	15+	75	15	@11/8	 
40607208 (ST1073)	7/9-21/10 (excl. 21/9,14/10)	Tu,Th	19:00-20:00	Ma On Shan SC	15+	75	15	@13/8	 
40607209 (ST1074)	7/9-21/10 (excl. 21/9,14/10)	Tu,Th	20:00-21:00	Ma On Shan SC	15+	75	15	@13/8	 
40607210 (ST1075)	24/9-5/11 (excl. 1/10)	W,F	16:00-17:00	Yuen Chau Kok SC	15+	75	15	@12/8	 





Hydro Fitness Training Course

40595050 (ST0445)	7/9-9/10 (excl. 21/9)	Tu,Th,Sa	10:00-11:00	Sha Tin JC SP	14+	80	13	19/7-23/7 (3/8) {26/8}	
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
Tai Chi Made Easy Class

40609797 (ST1348)	14/9-12/10 (excl. 21/9)	Tu,Th,Sa	7:00-8:00	Ma On Shan SC	6+	54	15	19/7-23/7 (2/8) {24/8}	
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Wushu Training Course for Children

40607212 (ST1077)	18/9-13/11	Sa	13:00-15:00	Yuen Chau Kok SC	6-14	86	10	5/8	 
40607213 (ST1078)	19/9-14/11	Sa	10:00-12:00	Hin Keng SC	6-14	86	10	5/8	 

Yoga Training Course

40607214 (ST1079)	8/9-17/11 (excl. 22/9)	W	15:00-17:00	Mei Lam SC	15+	85	15	19/7-23/7 (2/8) {24/8}	
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Briefing on Proper Ways to Use Fitness Equipment

40607216 (ST1081)	5/9	Su	9:00-12:00	Heng On SC	15+	Free	12	19/7-23/7 (2/8) {24/8}	
40607217 (ST1082)	11/9	Sa	14:00-17:00	Ma On Shan SC	15+	Free	12	19/7-23/7 (2/8) {24/8}	
40607218 (ST1083)	19/9	Su	9:00-12:00	Mei Lam SC	15+	Free	12	19/7-23/7 (2/8) {24/8}	
40607219 (ST1084)	18/9	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	12	19/7-23/7 (2/8) {24/8}	



Badminton Training Course

40607249 (ST1114)	27/9-27/10	M,W	20:00-22:00	Che Kung Temple SC	7+	118	12	19/7-23/7 (2/8) {24/8}	
40607250 (ST1115)	1/9-8/10 (excl. 22/9,1/10)	W,F	9:00-11:00	Heng On SC (non air-cond.)	7+	118	9	19/7-23/7 (2/8) {24/8}	
40607251 (ST1116)	3/9-13/10 (excl. 22/9,1/10)	W,F	13:00-15:00	Ma On Shan SC	7+	118	12	19/7-23/7 (2/8) {24/8}	
40607252 (ST1117)	4/9-6/11	Sa	8:00-10:00	Ma On Shan SC	7+	118	12	19/7-23/7 (2/8) {24/8}	

Track Cycling Training Course (Level I)

40602708 (ST0867)	19/9	Su	14:00-18:00	Hong Kong Velodrome	11+	140	9	4/8	 
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Lawn Bowls Practice Scheme

40607253 (ST1118)	3/9-1/11	M, W, F	9:00-12:00	Siu Lek Yuen RD. PG	8+	60	30	9/8	 
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Lawn Bowls Training Course

40607254 (ST1119)	1/9-29/9	W, F	15:00-17:00	Siu Lek Yuen RD. PG	8+	54	6	10/8	 
40607255 (ST1120)	1/9-29/9	W, F	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	6	19/7-23/7 (2/8) {24/8}	
40607256 (ST1121)	7/9-5/10 (excl. 21/9)	Tu,Th	19:00-21:00	Yuen Chau Kok SC	8+	54	6	19/7-23/7 (2/8) {24/8}	

Mini-tennis Tr Cr. for Children

40607257 (ST1122)	19/9-21/11	Su	14:00-16:00	Mei Lam SC	6-12	70	12	19/7-23/7 (2/8) {24/8}	
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Squash Training Course







40607258 (ST1123)	7/9-5/10 (excl. 21/9)	Tu,Th	19:00-21:00	Heng On SC	7+	160	6	19/7-23/7 (2/8) {24/8}	
40607259 (ST1124)	2/9-27/9	M,Th	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	6	19/7-23/7 (2/8) {24/8}	



Table-tennis Training Course

40607260 (ST1125)	3/9-12/11 (excl. 1/10)	F	17:00-19:00	Heng On SC (non air cond.)	6+	86	9	19/7-23/7 (2/8) {24/8}	
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Tennis Training Course

40605030 (ST0987)	4/9-6/11	Sa	16:00-18:00	Tsang Tai Uk Recreation Ground	8+	170	6	19/7-23/7 (2/8) {24/8}	
40605032 (ST0988)	6/9-7/10	M,Th	19:00-21:00	Tsang Tai Uk Recreation Ground	8+	170	6	19/7-23/7 (2/8) {24/8}	
40607261 (ST1126)	11/9-13/11	Sa	16:00-18:00	Hin Tin PG	8+	170	6	19/7-23/7 (2/8) {24/8}	

American Pool Training Course - Level I

40607266 (ST1131)	18/9-9/10	Sa	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	3	19/7-23/7 (2/8) {24/8}	
40607267 (ST1132)	18/9-9/10	Sa	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	3	19/7-23/7 (2/8) {24/8}	

American Pool Training Course - Level II

40607268 (ST1133)	19/9-10/10	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	3	19/7-23/7 (2/8) {24/8}	
40607269 (ST1134)	19/9-10/10	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	3	19/7-23/7 (2/8) {24/8}	

Water Safety Course for Baby

40595012 (ST0413)	3/9-27/9 (excl. 22/9)	M,W,F	9:00-10:00	Sha Tin JC SP	0-4	100	4	19/7-23/7 (3/8) {26/8}	
40595013 (ST0414)	3/9-27/9 (excl. 22/9)	M,W,F	18:30-19:30	Ma On Shan SP	0-4	100	4	19/7-23/7 (3/8) {26/8}	

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 Cr for Elderly (I)**

40595035 (ST0430)	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Ma On Shan SP		8		19/7-23/7 (3/8) {26/8}	
40595036 (ST0431)	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Sha Tin JC SP		8		19/7-23/7 (3/8) {26/8}	
40595037 (ST0432)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Sha Tin JC SP		8		19/7-23/7 (3/8) {26/8}	
40595038 (ST0433)	3/9-27/9 (excl. 22/9)	M,W,F	18:30-19:30	Ma On Shan SP		8		19/7-23/7 (3/8) {26/8}	
40595039 (ST0434)	7/9-28/9	Tu,Th,Sa	7:00-8:00	Ma On Shan SP		8		19/7-23/7 (3/8) {26/8}	

Swimming Cr for Elderly (II)

40595040 (ST0435)	3/9-27/9 (excl. 22/9)	M,W,F	18:30-19:30	Sha Tin JC SP		10		19/7-23/7 (3/8) {26/8}	
40595041 (ST0436)	7/9-30/9 (excl. 21/9)	Tu,Th,Sa	8:00-9:00	Sha Tin JC SP		10		19/7-23/7 (3/8) {26/8}	

Fitness Exercise Training Course for Elderly

40607278 (ST1143)	13/9-13/12	M	9:00-10:00	Che Kung Temple SC		15		20/7-26/7 (3/8) {25/8}	
40607279 (ST1144)	13/9-13/12	M	10:00-11:00	Che Kung Temple SC		15		20/7-26/7 (3/8) {25/8}	

Fitness (Multi-gym) Tr. Cr. for Elderly

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40607280 (ST1145)	7/9-5/10 (excl. 21/9)	Tu,Th,Sa	8:00-9:00	Heng On SC		15		@20/7-26/7 (3/8){25/8}	
40607281 (ST1146)	24/9-5/11 (excl. 1/10)	W,F	15:00-16:00	Yuen Chau Kok SC		15		@20/7-26/7 (3/8){25/8}	

Hydro Fitness Training Course for Elderly

40595055 (ST0450)	7/9-9/10 (excl. 21/9)	Tu,Th,Sa	9:00-10:00	Sha Tin JC SP		13		19/7-23/7 (3/8) {26/8}	
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HES - Social Dance Fun Day for Elderly

40607282 (ST1147)	3/9-24/9	F	10:00-11:30	Heng On SC		16		3/9-24/9	Walk-in
40607283 (ST1148)	3/9-24/9	F	11:30-13:00	Heng On SC		16		3/9-24/9	Walk-in

HES - Badminton Fun Day for Elderly

40607284 (ST1149)	1/9-29/9 (excl. 22/9)	M,W	8:00-10:00	Yuen Chau Kok SC		12		1/9-29/9	Walk-in
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HES - Table-tennis Fun Day for Elderly

40607285 (ST1150)	1/9-29/9	M, W	9:00-11:00	Che Kung Temple SC		12		1/9-29/9	Walk-in
40607286 (ST1151)	2/9-30/9	Tu,Th	8:00-10:00	Hin Keng SC		9		2/9-30/9	Walk-in
40607287 (ST1152)	2/9-30/9	Th	12:00-14:00	Ma On Shan SC		12		2/9-30/9	Walk-in
40607288 (ST1153)	7/9-28/9	Tu	14:00-16:00	Ma On Shan SC		12		7/9-28/9	Walk-in
40607289 (ST1154)	3/9-28/9	Tu,F	8:00-10:00	Sha Tin Jockey Club Public Squash Courts		6		3/9-28/9	Walk-in
40607290 (ST1155)	3/9-28/9	Tu,F	10:00-12:00	Sha Tin Jockey Club Public Squash Courts		6		3/9-28/9	Walk-in
40607291 (ST1156)	1/9-29/9	M, W	14:00-16:00	Siu Lek Yuen RD. PG		6		1/9-29/9	Walk-in
40607292 (ST1157)	2/9-30/9	M, Th	8:00-10:00	Siu Lek Yuen RD. PG		6		2/9-30/9	Walk-in
40607293 (ST1158)	1/9-29/9 (excl. 22/9)	M,W	9:00-11:00	Yuen Chau Kok SC		6		1/9-29/9	Walk-in

Gateball Fun Day for Elderly

40607296 (ST1161)	6/9	M	10:00-12:00	Heng On SC (non air-cond.)		7		6/9	Walk-in
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Gateball Training Course for Elderly

40607298 (ST1163)	28/9-26/10 (excl. 14/10)	Tu,Th	9:00-11:00	Ma On Shan SC		15		20/7-26/7 (3/8) {25/8}	
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