

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Sep 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)									
40591642 (SK287)	9/9-12/10	Tu,Th	7:00-8:00	Tseung Kwan O SP (Teaching Pool)	18+	100	8	23/7-29/7 (6/8) {27/8}	✉
Front Crawl Training Course for Adult (Level I)									
40591636 (SK281)	10/9-6/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Tseung Kwan O SP (Teaching Pool)	18+	100	8	23/7-29/7 (6/8) {27/8}	✉
Front Crawl Training Course for Aged 9-17 (Level I)									
40591634 (SK279)	10/9-6/10 (excl. 22/9,1/10)	M,W,F	19:30-20:30	Tseung Kwan O SP (Teaching Pool)	9-17	100	8	30/7	📱 i
Front Crawl Training Course for Adult (Level I)									
40591643 (SK288)	9/9-12/10	Tu,Th	20:30-21:30	Tseung Kwan O SP (Teaching Pool)	18+	100	8	23/7-29/7 (6/8) {27/8}	✉
Breaststroke Training Course for Adult (Level II)									
40591644 (SK289)	9/9-12/10	Tu,Th	19:30-20:30	Tseung Kwan O SP (Teaching Pool)	18+	100	10	23/7-29/7 (6/8) {27/8}	✉
Front Crawl Training Course for Adult (Level II)									
40591640 (SK285)	10/9-6/10 (excl. 22/9,1/10)	M,W,F	20:30-21:30	Tseung Kwan O SP (Teaching Pool)	18+	100	10	23/7-29/7 (6/8) {27/8}	✉
Breaststroke Training Course for Aged 17 or below (Level III)									
40591635 (SK280)	9/9-12/10	Tu,Th	19:30-20:30	Tseung Kwan O SP (Main Pool)	0-17	100	8	29/7	📱 i
Butterfly Stroke Training Course for Adult									
40591645 (SK290)	9/9-12/10	Tu,Th	20:30-21:30	Tseung Kwan O SP (Main Pool)	18+	100	8	23/7-29/7 (6/8) {27/8}	✉
Aerobic Dance Training Course									
40606971 (SK946)	7/9-21/10 (excl. 21/9,14/10)	Tu,Th	19:00-20:00	Po Lam SC	14+	65	12	30/7	📱 i
40606972 (SK947)	7/9-21/10 (excl. 21/9,14/10)	Tu,Th	20:00-21:00	Po Lam SC	14+	65	12	30/7	📱 i
40606978 (SK953)	28/9-26/10 (excl. 14/10)	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	10	9/8	📱 i
40606979 (SK954)	28/9-26/10 (excl. 14/10)	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	10	9/8	📱 i
40607001 (SK976)	8/9-22/10 (excl. 22/9,1/10)	W,F	13:00-14:00	Sai Kung Squash Courts	14+	65	6	29/7	📱 i
40607002 (SK977)	8/9-22/10 (excl. 22/9,1/10)	W,F	14:00-15:00	Sai Kung Squash Courts	14+	65	6	29/7	📱 i
40607025 (SK1000)	15/9-15/10 (excl. 22/9,1/10)	M,W,F	14:00-15:00	Hong Kong Velodrome	14+	65	15	20/7-26/7 (3/8) {31/8}	✉
40607026 (SK1001)	15/9-15/10 (excl. 22/9,1/10)	M,W,F	15:00-16:00	Hong Kong Velodrome	14+	65	15	20/7-26/7 (3/8) {31/8}	✉
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>									
40606968 (SK943)	8/9-20/10 (excl. 22/9)	M,W	19:00-20:00	Po Lam SC	15+	75	10	@26/7	📱 i
40606969 (SK944)	8/9-20/10 (excl. 22/9)	M,W	20:00-21:00	Po Lam SC	15+	75	10	@26/7	📱 i
40606970 (SK945)	8/9-20/10 (excl. 22/9)	M,W	21:00-22:00	Po Lam SC	15+	75	10	@26/7	📱 i
40606973 (SK948)	14/9-9/10	Tu,Th,Sa	9:00-10:00	Po Lam SC	15+	75	10	@5/8	📱 i
40606974 (SK949)	14/9-9/10	Tu,Th,Sa	10:00-11:00	Po Lam SC	15+	75	10	@5/8	📱 i
40606980 (SK955)	13/9-13/10 (excl. 22/9,1/10)	M,W,F	15:00-16:00	Tsui Lam SC	15+	75	10	@2/8	📱 i
40606981 (SK956)	13/9-13/10 (excl. 22/9,1/10)	M,W,F	16:00-17:00	Tsui Lam SC	15+	75	10	@2/8	📱 i
Jazz Training Course									
40606984 (SK959)	2/9-5/10	Tu,Th	19:00-21:00	Tiu Keng Leng SC	12+	70	15	23/7	📱 i
Tai Chi Made Easy									
40606999 (SK974)	5/9-21/11	Su	7:00-8:00	Wai Man RD. PG	6+	60	15	20/7-26/7 (3/8) {24/8}	✉
Tai Chi Made Easy Class									
40606952 (SK927)	12/9-12/12 (excl. 7/11,14/11)	Su	9:00-10:00	Gateball Court at Sheung Ning Park	6+	54	15	20/7-26/7 (3/8) {31/8}	✉
Online Interactive Prog.-Fitness Yoga									
40609792 (SK1272)	28/9-30/9	Tu,Th	20:00-21:00	Internet. 30 mins before : zoom.us/join	15+	20	50	7/9	📱 i
Briefing on Proper Ways to Use Fitness Equipment									
40606991 (SK966)	14/9	Tu	19:00-22:00	Hang Hau SC	15+	Free	12	20/7-26/7 (3/8) {24/8}	✉
40606992 (SK967)	14/9	Tu	20:00-23:00	Hang Hau SC	15+	Free	12	20/7-26/7 (3/8) {24/8}	✉
40607028 (SK1003)	2/9	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	20/7-26/7 (3/8) {24/8}	✉
40607029 (SK1004)	2/9	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	20/7-26/7 (3/8) {24/8}	✉

40607030 (SK1005)	9/9	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	20/7-26/7 (3/8) {24/8}	✉
40607031 (SK1006)	9/9	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	20/7-26/7 (3/8) {24/8}	✉
Badminton Training Course									
40606976 (SK951)	2/9-5/10	Tu,Th	8:00-10:00	Tsui Lam SC	7+	118	12	20/7-26/7 (3/8) {24/8}	✉
40606977 (SK952)	8/9-15/10 (excl. 22/9,1/10)	W,F	19:00-21:00	Tsui Lam SC	7+	118	12	20/7-26/7 (3/8) {24/8}	✉
Parent-child(Aged7-17)Badminton TC									
40607006 (SK981)	11/9-23/10 (excl. 25/9)	Sa	13:00-15:00	Hang Hau SC	7+	73	12	20/7-26/7 (3/8) {24/8}	✉
Track Cycling Taster Session									
40607039 (SK1014)	15/9	W	19:00-22:00	Hong Kong Velodrome	11+	Free	9	6/8	📄 i
40607040 (SK1015)	25/9	Sa	10:00-13:00	Hong Kong Velodrome	11+	Free	9	10/8	📄 i
40607041 (SK1016)	29/9	W	19:00-22:00	Hong Kong Velodrome	11+	Free	9	12/8	📄 i
Lawn Bowls Fun Day									
40607016 (SK991)	5/9	Su	9:00-11:00	Hang Hau Man Kuk Lane Park	8+	Free	18	20/7-26/7 (3/8) {24/8}	✉
Tennis Training Course									
40606997 (SK972)	30/9-4/11 (excl. 14/10)	M,Th	19:00-21:00	Po Tsui Park	8+	170	9	20/7-26/7 (3/8) {31/8}	✉
40606998 (SK973)	1/9-24/9 (excl. 22/9)	M,W,F	15:00-17:00	Po Tsui Park	8+	170	9	20/7	📄 i
40607004 (SK979)	13/9-18/10 (excl. 14/10)	M,Th	19:00-21:00	Sai Kung TC	8+	170	6	20/7-26/7 (3/8) {24/8}	✉
SKD Kayak Training Course (1 Star Award)									
40607010 (SK985)	11/9	Sa	9:00-17:00	Chong Hing WSC	12+	30	8	20/7-26/7 (3/8) {24/8}	✉
SKD Kayak Training Course (2 Star Award)									
40607011 (SK986)	12/9	sun	9:00-17:00	Chong Hing WSC	12+	30	8	20/7-26/7 (3/8) {24/8}	✉
Sport Climbing Fun Day									
40606986 (SK961)	25/9	Sa	15:30-17:00	Tiu Keng Leng SC	12+	Free	4	4/8	📄 i
40606987 (SK962)	25/9	Sa	17:00-18:30	Tiu Keng Leng SC	12+	Free	4	4/8	📄 i
SKD Basic Windsurfing Training Course									
40607007 (SK982)	11/9-12/9	Sa,Su	9:00-17:00	Chong Hing WSC	14+	130	5	20/7-26/7 (3/8) {24/8}	✉
SKD Intermediate Dragon Boat Tr. Cr.									
40607009 (SK984)	11/9-12/9	Sa,Su	9:00-17:00	Chong Hing WSC	12+	220	10	20/7-26/7 (3/8) {24/8}	✉

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

Aerobic Dance TC for Persons w/hearing impair

40601908 (SK616)	4/9-23/10	Sa	11:00-12:00	Hong Kong Velodrome	14+	3	15/7	📄 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 Enrolment <small>(Balloting) (Open Enrolment for Remaining Quota)</small>	Enrolment Method
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Swimming Training Course for Elderly (Level I)

40591646 (SK291)	10/9-6/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Tseung Kwan O SP (Teaching Pool)	8	23/7-29/7 (6/8) {27/8}	✉
40591647 (SK292)	9/9-12/10	Tu,Th	8:00-9:00	Tseung Kwan O SP (Teaching Pool)	8	23/7-29/7 (6/8) {27/8}	✉

Meeting Point for Elderly (Fitness)

40607015 (SK990)	10/9-8/10 (excl. 1/10)	F	8:00-10:00	Tsui Lam SC	10	20/7-26/7 (3/8) {24/8}	✉
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Fitness (Multi-gym) TC for Elderly

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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.

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40606975 (SK950)	9/9-21/10 (excl. 14/10)	Tu,Th	7:00-8:00	Po Lam SC	10	@20/7-26/7 (3/8){24/8}	✉
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Health Elderly Scheme Self Prac- Lawn Bowls

40607024 (SK999)	7/9-28/9	Tu	9:00-10:00	Hang Hau Man Kuk Lane Park	12	7/9-28/9	Walk-in
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Health Elderly Scheme-Table Tennis Self Practice Scheme

40606982 (SK957)	1/9-29/9 (excl. 22/9)	W	8:00-9:00	Tsui Lam SC	8	19/7	📧 i
40606983 (SK958)	3/9-24/9	F	8:00-9:00	Tsui Lam SC	8	19/7	📧 i
40606988 (SK963)	2/9-23/9	Th	7:00-8:00	Hang Hau SC	9	19/7	📧 i
40606989 (SK964)	2/9-23/9	Th	8:00-9:00	Hang Hau SC	9	19/7	📧 i
40606990 (SK965)	2/9-23/9	Th	9:00-10:00	Hang Hau SC	9	19/7	📧 i

Health Elderly Self Practi Scheme-Lawn Bowls

40607023 (SK998)	7/9-28/9	Tu	8:00-9:00	Hang Hau Man Kuk Lane Park	12	7/9-28/9	Walk-in
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Table-tennis Training Course for Elderly

40607003 (SK978)	6/9-7/10	M,Th	14:00-16:00	Sai Kung Squash Courts	6	20/7-26/7 (3/8) {24/8}	✉
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Gateball Training Course for Elderly

40606994 (SK969)	14/9-2/11	Tu	9:00-11:00	Sheung Ling PG	15	20/7-26/7 (3/8) {24/8}	✉
40606995 (SK970)	9/9-4/11 (excl. 14/10)	Th	9:00-11:00	Po Hong Park	7	20/7-26/7 (3/8) {24/8}	✉