

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

**Sham Shui Po District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
<b>Backstroke Swimming TC</b>									
40609542 (SS0793)	3/9-27/9 (excl. 22/9)	M,W,F	19:00-20:00	Lai Chi Kok Park SP	9+	100	10	23/7-29/7 (10/8) {31/8}	✉
<b>Breaststroke Swimming Cr for Adult (I)</b>									
40609529 (SS0774)	2/9-5/10	Tu,Th	19:00-20:00	Lai Chi Kok Park SP	18+	100	8	23/7-29/7 (10/8) {31/8}	✉
40609591 (SS0775)	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Shamshuipo Park SP	18+	100	8	23/7-29/7 (10/8) {31/8}	✉
<b>Front Crawl Swimming Cr for Adult (I)</b>									
40609531 (SS0778)	2/9-5/10	Tu,Th	20:00-21:00	Lai Chi Kok Park SP	18+	100	8	23/7-29/7 (10/8) {31/8}	✉
40609532 (SS0780)	8/9-4/10 (excl. 22/9,1/10)	M,W,F	20:00-21:00	Lei Cheng Uk SP	18+	100	8	23/7-29/7 (10/8) {31/8}	✉
<b>Breaststroke Swimming Cr for Adult (II)</b>									
40609592 (SS0776)	3/9-27/9 (excl. 22/9)	M,W,F	20:00-21:00	Shamshuipo Park SP	18+	100	10	23/7-29/7 (10/8) {31/8}	✉
<b>Breaststroke Swimming Cr for Children (II)</b>									
40609535 (SS0784)	8/9-4/10 (excl. 22/9,1/10)	M,W,F	19:00-20:00	Lei Cheng Uk SP	5-8	100	10	23/7-29/7 (10/8) {31/8}	✉
<b>Front Crawl Swimming Cr for Adult (II)</b>									
40609596 (SS0781)	3/9-27/9 (excl. 22/9)	M,W,F	19:00-20:00	Shamshuipo Park SP	18+	100	10	23/7-29/7 (10/8) {31/8}	✉
<b>Front Crawl Swimming Cr for Children (II)</b>									
40609536 (SS0785)	2/9-5/10	Tu,Th	18:00-19:00	Lai Chi Kok Park SP	5-8	100	10	23/7-29/7 (10/8) {31/8}	✉
<b>Breaststroke Swimming Cr for Adult (III)</b>									
40609530 (SS0777)	2/9-5/10	Tu,Th	20:00-21:00	Lai Chi Kok Park SP	18+	100	10	23/7-29/7 (10/8) {31/8}	✉
40609543 (SS0794)	8/9-4/10 (excl. 22/9,1/10)	M,W,F	20:00-21:00	Lei Cheng Uk SP	18+	100	10	23/7-29/7 (10/8) {31/8}	✉
<b>Front Crawl Swimming Cr for Adult (III)</b>									
40609533 (SS0782)	2/9-5/10	Tu,Th	19:00-20:00	Lai Chi Kok Park SP	18+	100	10	23/7-29/7 (10/8) {31/8}	✉
40609546 (SS0796)	8/9-4/10 (excl. 22/9,1/10)	M,W,F	19:00-20:00	Lei Cheng Uk SP	18+	100	10	23/7-29/7 (10/8) {31/8}	✉
<b>Butterfly Swimming TC</b>									
40609544 (SS0795)	3/9-27/9 (excl. 22/9)	M,W,F	20:00-21:00	Lai Chi Kok Park SP	9+	100	10	23/7-29/7 (10/8) {31/8}	✉
<b>Aerobic Dance TC</b>									
40609553 (SS0752)	27/9-25/10 (excl. 1/10)	M,W,F	13:00-14:00	Pei Ho ST. SC	14+	65	15	7/9	📄 i
40609554 (SS0753)	27/9-25/10 (excl. 1/10)	M,W,F	14:00-15:00	Pei Ho ST. SC	14+	65	15	7/9	📄 i
40609555 (SS0754)	27/9-25/10 (excl. 1/10)	M,W,F	18:00-19:00	Pei Ho ST. SC	14+	65	15	7/9	📄 i
40609556 (SS0755)	27/9-25/10 (excl. 1/10)	M,W,F	19:00-20:00	Pei Ho ST. SC	14+	65	15	7/9	📄 i
<b>Fitness (Multi-gym) TC</b>									
<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>									
40609559 (SS0761)	9/9-5/10	Tu,Th,Sa	7:00-8:00	Pei Ho ST. SC	15+	75	15	@12/8	📄 i
40609560 (SS0762)	9/9-5/10	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	15+	75	15	@12/8	📄 i
40609563 (SS0765)	9/9-5/10	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15+	75	15	@17/8	📄 i
40609564 (SS0766)	9/9-5/10	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	15+	75	15	@17/8	📄 i
40609566 (SS0768)	9/9-5/10	Tu,Th,Sa	17:00-18:00	Pei Ho ST. SC	15+	75	15	@19/8	📄 i
40609567 (SS0769)	9/9-5/10	Tu,Th,Sa	18:00-19:00	Pei Ho ST. SC	15+	75	15	@23/7-29/7 (10/8) {31/8}	✉
40609568 (SS0770)	9/9-5/10	Tu,Th,Sa	19:00-20:00	Pei Ho ST. SC	15+	75	15	@24/8	📄 i
40609569 (SS0771)	9/9-5/10	Tu,Th,Sa	20:00-21:00	Pei Ho ST. SC	15+	75	15	@24/8	📄 i
<b>Hydro - fitness TC</b>									
40609528 (SS0773)	2/9-21/10 (excl. 14/10)	M,Th	7:00-8:00	Lai Chi Kok Park SP	14+	80	15	23/7-29/7 (10/8) {31/8}	✉
<b>Jazz TC</b>									
40609607 (SS0735)	17/9-22/10 (excl. 1/10)	M,F	18:00-20:00	Pei Ho ST. SC	12+	70	15	27/8	📄 i
<b>Judo TC for Children</b>									
40609575 (SS0744)	26/9-28/11	Su	12:00-14:00	Po On RD. SC	6-11	65	15	27/8	📄 i
<b>Oriental Dance TC</b>									
40609520 (SS0696)	30/9-4/11 (excl. 14/10)	Tu,Th	20:00-22:00	Pei Ho ST. SC	12+	45	15	23/7-29/7 (10/8) {31/8}	✉
<b>Social Dance TC</b>									

40609550 (SS0747)	21/9-26/10 (excl. 14/10)	Tu,Th	18:00-20:00	Pei Ho ST. SC	14+	86	16	23/7-29/7 (10/8) {31/8}	✉
40609581 (SS0745)	14/9-19/10 (excl. 14/10)	Tu,Th	15:00-17:00	Shek Kip Mei Park SC	14+	86	15	23/7-29/7 (10/8) {31/8}	✉
<b>Yoga TC</b>									
40609526 (SS0759)	27/9-29/11	M	11:00-13:00	Shek Kip Mei Park SC	15+	85	15	23/7-29/7 (10/8) {31/8}	✉
40609558 (SS0758)	2/9-5/10	Tu,Th	15:00-17:00	Pei Ho ST. SC	15+	85	15	23/7-29/7 (10/8) {31/8}	✉
40609584 (SS0757)	1/9-6/10 (excl. 22/9)	M,W	14:00-16:00	Shek Kip Mei Park SC	15+	85	15	23/7-29/7 (10/8) {31/8}	✉
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40609547 (SS0736)	2/9	Th	18:00-21:00	Pei Ho ST. SC	15+	Free	12	23/7-29/7 (10/8) {31/8}	✉
40609573 (SS0739)	26/9	Su	14:00-17:00	Po On RD. SC	15+	Free	12	23/7-29/7 (10/8) {31/8}	✉
40609580 (SS0738)	18/9	Sa	19:00-22:00	Shek Kip Mei Park SC	15+	Free	12	23/7-29/7 (10/8) {31/8}	✉
<b>Badminton TC</b>									
40609523 (SS0740)	9/9-19/10 (excl. 14/9,14/10)	Tu,Th	9:00-11:00	Cheung Sha Wan SC	18+	118	6	23/7-29/7 (10/8) {31/8}	✉
40609524 (SS0742)	29/9-30/10	W,Sa	19:00-21:00	Cheung Sha Wan SC	18+	118	6	23/7-29/7 (10/8) {31/8}	✉
40609548 (SS0741)	10/9-15/10 (excl. 1/10)	Tu,F	19:00-21:00	Pei Ho ST. SC	18+	118	12	23/7-29/7 (10/8) {31/8}	✉
40609574 (SS0743)	16/9-21/10 (excl. 14/10)	Tu,Th	9:00-11:00	Po On RD. SC	18+	118	12	23/7-29/7 (10/8) {31/8}	✉
<b>Squash Training Course</b>									
40609516 (SS0732)	1/9-29/9 (excl. 22/9)	M,W	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	6	2/8	🖨️ i
40609517 (SS0733)	1/9-27/10 (excl. 22/9)	W	19:00-21:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	6	2/8	🖨️ i
40609518 (SS0734)	5/9-24/10	Su	14:00-16:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	6	5/8	🖨️ i
<b>Table-tennis TC for Children</b>									
40609511 (SS0695)	11/9-13/11	Sa	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	6-13	86	12	23/7-29/7 (10/8) {31/8}	✉
<b>Tennis TC</b>									
40609522 (SS0729)	1/9-10/11 (excl. 22/9)	W	19:00-21:00	Lai Chi Kok Park TC	18+	170	9	23/7-29/7 (10/8) {31/8}	✉
40609585 (SS0760)	6/9-11/10 (excl. 22/9)	M,W	9:00-11:00	Shek Kip Mei Park TC	18+	170	9	23/7-29/7 (10/8) {31/8}	✉
40609604 (SS0730)	2/9-5/10	Tu,Th	9:00-11:00	Tung Chau ST. Park TC	18+	170	9	23/7-29/7 (10/8) {31/8}	✉
40609605 (SS0731)	2/9-4/10	M,Th	19:00-21:00	Tung Chau ST. Park TC	18+	170	9	23/7-29/7 (10/8) {31/8}	✉
<b>Go Training Course (Level II)</b>									
40609557 (SS0756)	18/9-23/10	Sa	16:00-18:00	Pei Ho ST. SC	11+	40	10	25/8	🖨️ i
<b>Sport for All - Gateball TC</b>									
40609506 (SS0815)	17/9-20/10 (excl. 22/9,1/10)	W,F	19:00-21:00	Lai Chi Kok Park	8+	54	7	16/8	🖨️ i

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	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 PWs 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 PWs 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.

**Body-Mind StretchTCfor Persons with Visual Im**

40596129 (SS0136)	8/9-27/10 (excl. 22/9,29/9)	W	10:00-12:00	Shek Kip Mei Park SC	15+	8	19/7	🖨️ i
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**Basketball TS for person with Hearing Impair**

40609510 (SS0819)	1/9-29/9 (excl. 22/9)	W	20:00-22:00	Shek Kip Mei Park SC	10+	3	2/8	🖨️ i
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**Badminton TS Persons with intellectual Disabi**

40609507 (SS0816)	28/9-12/10	Tu	19:00-20:00	Shek Kip Mei Park SC	7+	2	2/8	🖨️ i
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**Basketball TS for Ex-mentally III Persons**

40609508 (SS0817)	2/9-30/9 (excl. 9/9)	Th	10:00-12:00	Shek Kip Mei Park SC	10+	2	2/8	🖨️ i
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**IndoorShortMatBowling TS for PhysicHand Per**

40609500 (SS0809)	2/9-23/9	Th	14:30-16:30	Pei Ho ST. SC	8+	2	2/8	🖨️ i
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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
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**Swimming Tr Cr for Elderly (I)**

40609541 (SS0791)	2/9-5/10	Tu,Th	18:00-19:00	Lai Chi Kok Park SP	8	23/7-29/7 (10/8){31/8}	✉
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**Swimming Tr Cr for Elderly (II)**

40609538 (SS0788)	2/9-23/9	Tu,Th,Sa	7:00-8:00	Li Cheng Uk SP	10	23/7-29/7 (10/8){31/8}	✉
40609539 (SS0789)	2/9-23/9	Tu,Th,Sa	8:00-9:00	Li Cheng Uk SP	10	23/7-29/7 (10/8){31/8}	✉
40609599 (SS0792)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Shamshuipo Park SP	10	23/7-29/7 (10/8){31/8}	✉

**Baduanjin TC for Elderly**

40609512 (SS0698)	2/9-28/9	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15	23/7-29/7 (10/8){31/8}	✉
40609513 (SS0699)	2/9-28/9	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	15	23/7-29/7 (10/8){31/8}	✉

**HES - Baduanjin Play-in**

40609609 (SS0798)	3/9-24/9	F	14:00-16:00	Tung Chau ST. Park Squash Court	15	3/9-24/9	Walk-in
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**Mt Pts for Elderly - Baduanjin Play-in**

40609551 (SS0748)	3/9-24/9	F	9:00-11:00	Pei Ho ST. SC	15	3/9-24/9	Walk-in
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**Elderly Fitness TC**

40609514 (SS0700)	1/9-6/10 (excl. 22/9,1/10)	M,W,F	14:00-15:00	Pei Ho ST. SC	15	23/7-29/7 (10/8){31/8}	✉
40609515 (SS0701)	1/9-6/10 (excl. 22/9,1/10)	M,W,F	15:00-16:00	Pei Ho ST. SC	15	23/7-29/7 (10/8){31/8}	✉

**Hydro-fitness TC for Elderly**

40609537 (SS0787)	2/9-21/10 (excl. 14/10)	M,Th	8:00-9:00	Lai Chi Kok Park SP	15	23/7-29/7 (10/8){31/8}	✉
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**HES - Tai Chi Play-in**

40609571 (SS0799)	6/9-27/9	M	9:00-10:30	Pei Ho ST. SC	20	6/9-27/9	Walk-in
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**HES - Badminton Play-in**

40609588 (SS0808)	1/9-29/9 (excl. 22/9)	W,F	8:00-9:00	Shek Kip Mei Park SC	6	5/8	📄 i
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**Mt Pts for Elderly-Indoor Short Mat Bowl Play**

40609552 (SS0750)	2/9-30/9	Th	9:30-11:30	Pei Ho ST. SC	16	2/9-30/9	Walk-in
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**HES - Table-Tennis Play-in**

40609577 (SS0805)	2/9-30/9	Th	10:30-12:00	Po On RD. SC	12	2/9-30/9	Walk-in
40609610 (SS0802)	1/9-29/9 (excl. 6/9,20/9,22/9)	M,W	9:00-10:30	Tung Chau ST. Park	12	1/9-29/9	Walk-in
40609612 (SS0803)	1/9-29/9 (excl. 6/9,20/9,22/9)	M,W	10:30-12:00	Tung Chau ST. Park	12	1/9-29/9	Walk-in

**HES - Table-tennis Play-in**

40609527 (SS0806)	20/9-27/9	M	15:00-18:00	Po On RD. SC	12	20/9-27/9	Walk-in
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**Gateball TC for Elderly**

40609501 (SS0810)	1/9-29/9 (excl. 22/9)	W,F	7:00-9:00	Lai Chi Kok Park	7	23/7-29/7 (10/8){31/8}	✉
40609502 (SS0811)	20/9-18/10 (excl. 14/10)	M,Th	7:00-9:00	Tai Hang Tung R/G Gateball Court	15	23/7-29/7 (10/8){31/8}	✉