

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

Southern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Aerobic Dance Training Course										
40609940 (SN0925)	5/10-2/11 (excl. 14/10)	Tu,Th,Sa	9:00-10:00	Aberdeen SC	14+	65	30	6/9		
40609941 (SN0926)	5/10-2/11 (excl. 14/10)	Tu,Th,Sa	10:00-11:00	Aberdeen SC	14+	65	30	6/9		
40609942 (SN0927)	27/10-3/12	W,F	18:00-19:00	Aberdeen SC	14+	65	30	20/9		
40609943 (SN0928)	27/10-3/12	W,F	19:00-20:00	Aberdeen SC	14+	65	30	20/9		
40609944 (SN0929)	4/10-29/10	M,W,F	19:00-20:00	Stanley SC	14+	65	6	7/9		
40609945 (SN0930)	4/10-29/10	M,W,F	20:00-21:00	Stanley SC	14+	65	6	7/9		
Baduanjin Training Course										
40609956 (SN0941)	8/10-24/12	F	9:00-10:00	Stanley SC	8+	80	15	13/9		
40609957 (SN0942)	8/10-24/12	F	10:00-11:00	Stanley SC	8+	80	15	13/9		
Children Dance Training Course										
40610019 (SN0952)	31/10-16/1 (excl. 19/12,26/12)	Su	14:00-16:00	Yue Kwong RD. SC	4-11	60	10	9/9		
Chinese Dance Training Course										
40610020 (SN0953)	3/10-5/12	Su	9:00-11:00	Aberdeen SC	12+	45	30	3/9		
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>										
40610024 (SN0957)	19/10-25/11	Tu,Th	16:00-17:00	Aberdeen SC	15+	75	30	@16/9		
40610025 (SN0958)	19/10-25/11	Tu,Th	17:00-18:00	Aberdeen SC	15+	75	30	@16/9		
40610028 (SN0959)	19/10-25/11	Tu,Th	21:00-22:00	Aberdeen SC	15+	75	30	@16/9		
40610034 (SN0960)	4/10-10/11	M,W	18:00-19:00	Aberdeen T/SC	15+	75	30	@6/9		
40610037 (SN0961)	4/10-10/11	M,W	19:00-20:00	Aberdeen T/SC	15+	75	30	@6/9		
40610040 (SN0962)	5/10-12/11	Tu,F	16:00-17:00	Aberdeen T/SC	15+	75	30	@7/9		
40610043 (SN0963)	5/10-12/11	Tu,F	17:00-18:00	Aberdeen T/SC	15+	75	30	@7/9		
40610047 (SN0964)	19/10-30/11 (excl. 9/11)	Tu,Th	20:00-21:00	Aberdeen T/SC	15+	75	30	@16/9		
Jazz TC										
40610190 (SN1005)	15/10-17/12	F	16:00-18:00	Yue Kwong RD. SC	12+	70	10	9/9		
Social Dance Training Course										
40610345 (SN1076)	3/10-5/12	Su	20:00-22:00	Aberdeen SC	14+	86	30	26/8-31/8 (6/9) {23/9}		
40610346 (SN1077)	6/10-5/11	W,F	16:00-18:00	Aberdeen SC	14+	86	30	26/8-31/8 (6/9) {23/9}		
40610347 (SN1078)	11/10-10/11	M,W	20:00-22:00	Aberdeen SC	14+	86	30	26/8-31/8 (6/9) {23/9}		
Tai Chi Made Easy Class										
40610358 (SN1088)	12/10-9/11 (excl. 14/10)	Tu,Th,Sa	7:00-8:00	Aberdeen Promenade (BC)	6+	54	15	28/7-2/8 (6/8) {26/8}		
40610359 (SN1089)	12/10-9/11 (excl. 14/10)	Tu,Th,Sa	8:00-9:00	Aberdeen Promenade (BC)	6+	54	15	23/8		
40610360 (SN1090)	18/10-12/11	M,W,F	7:00-8:00	Aberdeen Promenade (BC)	6+	54	15	19/8		
40610361 (SN1091)	18/10-12/11	M,W,F	8:00-9:00	Aberdeen Promenade (BC)	6+	54	15	19/8		
40610362 (SN1092)	18/10-12/11	M,W,F	18:00-19:00	Aberdeen Promenade (BC)	6+	54	15	19/8		
40610363 (SN1093)	12/10-9/11 (excl. 14/10)	Tu,Th,Sa	7:00-8:00	Hong Fu PG (Soccer Pitch)	6+	54	15	23/8		
40610364 (SN1094)	12/10-9/11 (excl. 14/10)	Tu,Th,Sa	8:00-9:00	Hong Fu PG (Soccer Pitch)	6+	54	15	23/8		
40610365 (SN1095)	12/10-9/11 (excl. 14/10)	Tu,Th,Sa	18:00-19:00	Hong Fu PG (Soccer Pitch)	6+	54	15	23/8		
40610366 (SN1096)	18/10-12/11	M,W,F	7:00-8:00	Hong Fu PG (Soccer Pitch)	6+	54	15	19/8		
40610367 (SN1097)	18/10-12/11	M,W,F	8:00-9:00	Hong Fu PG (Soccer Pitch)	6+	54	15	28/7-2/8 (6/8) {26/8}		
40610368 (SN1098)	18/10-12/11	M,W,F	7:00-8:00	Shek Pai Wan Est.PG(SoccerPitch)	6+	54	15	10/8		
40610369 (SN1099)	18/10-12/11	M,W,F	8:00-9:00	Shek Pai Wan Est.PG(SoccerPitch)	6+	54	15	10/8		
40610370 (SN1100)	18/10-12/11	M,W,F	9:00-10:00	Shek Pai Wan Est.PG(SoccerPitch)	6+	54	15	10/8		
Western Folk Dance Training Course										
40610375 (SN1104)	3/10-5/12	Su	14:00-16:00	Aberdeen SC	8+	45	30	8/9		
Yoga Training Course										

40610377 (SN1106)	13/10-15/12	W	9:00-11:00	Aberdeen SC	15+	85	30	26/8-31/8 (6/9) {23/9}	
Briefing on Proper Ways to Use Fitness Equipment									
40610017 (SN0950)	10/10	Su	14:00-17:00	Aberdeen SC	15+	Free	25	26/8-31/8 (6/9) {23/9}	
40610018 (SN0951)	12/10	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	25	26/8-31/8 (6/9) {23/9}	
Body-Mind Stretch TC									
40610012 (SN0945)	21/10-13/1 (excl. 30/12)	Th	20:00-21:00	Aberdeen SC	15+	85	24	26/8-31/8 (6/9) {23/9}	
40610013 (SN0946)	21/10-13/1 (excl. 30/12)	Th	21:00-22:00	Aberdeen SC	15+	85	24	26/8-31/8 (6/9) {23/9}	
40610014 (SN0947)	22/10-21/1 (excl. 24/12,31/12)	F	20:00-21:00	Aberdeen SC	15+	85	24	26/8-31/8 (6/9) {23/9}	
40610015 (SN0948)	22/10-21/1 (excl. 24/12,31/12)	F	21:00-22:00	Aberdeen SC	15+	85	24	26/8-31/8 (6/9) {23/9}	
Badminton Training Course									
40609950 (SN0935)	5/10-9/11 (excl. 14/10)	Tu,Th	9:00-11:00	Aberdeen SC	7+	118	24	26/8-31/8 (6/9) {23/9}	
40609951 (SN0936)	6/10-5/11	W,F	14:00-16:00	Aberdeen SC	7+	118	24	26/8-31/8 (6/9) {23/9}	
40609952 (SN0937)	23/10-8/1 (excl. 25/12,1/1)	Sa	11:00-13:00	Stanley SC	18+	118	12	26/8-31/8 (6/9) {23/9}	
40609953 (SN0938)	4/10-6/12	M	18:00-20:00	Yue Kwong RD. SC	7+	118	12	26/8-31/8 (6/9) {23/9}	
40609954 (SN0939)	6/10-8/12	W	15:00-17:00	Yue Kwong RD. SC	7+	118	12	26/8-31/8 (6/9) {23/9}	
40609955 (SN0940)	7/10-16/12 (excl. 14/10)	Th	19:00-21:00	Yue Kwong RD. SC	7+	118	12	26/8-31/8 (6/9) {23/9}	
Track Cycling Training Course (Level I)									
40602789 (SN0522)	17/10	Su	14:00-18:00	Hong Kong Velodrome	11+	140	9	6/9	
HK Regional Squash Comp 2021(DM1)*									
40599977 (SN0608)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	19+	20	16	11/8	
HK Regional Squash Comp 2021(DM2)*									
40599983 (SN0609)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	0-18	20	16	11/8	
HK Regional Squash Comp2021FA(Female Master)*									
40599984 (SN0610)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	45+	20	8	11/8	
HK Regional Squash Comp2021FB(Female Master)*									
40599986 (SN0611)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	35-44	20	8	11/8	
HK Regional Squash Comp2021FC(FemaleAdult)*									
40599992 (SN0612)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	19-34	20	8	11/8	
HK Regional Squash Comp2021FD(Female Youth)*									
40599997 (SN0613)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	15-18	20	16	11/8	
HK Regional Squash Comp2021FE(Female Youth)*									
40599999 (SN0614)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	11-14	20	32	11/8	
HK Regional Squash Comp2021FF(Female Youth)*									
40600001 (SN0615)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	0-10	20	16	11/8	
HK Regional Squash Comp2021FM1(FemaleDAult)*									
40600004 (SN0616)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	19+	20	16	11/8	
HK Regional Squash Comp2021FM2(FemaleDYouth)*									
40600005 (SN0617)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	0-18	20	16	11/8	
HK Regional Squash Comp2021MA(Male Master)*									
40600007 (SN0618)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	45+	20	16	11/8	
HK Regional Squash Comp2021MB(Male Master)*									
40600014 (SN1222)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	35-44	20	16	11/8	
HK Regional Squash Comp2021MC(Male Adult)*									
40600016 (SN0620)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	19-34	20	16	11/8	
HK Regional Squash Comp2021MD(Male Youth)*									
40600020 (SN0621)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	15-18	20	16	11/8	
HK Regional Squash Comp2021ME(Male Youth)*									
40600021 (SN0622)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	11-14	20	48	11/8	
HK Regional Squash Comp2021MF(Male Youth)*									
40600022 (SN0623)	10/10-17/10	Su	9:00-18:00	Aberdeen T/SC	0-10	20	32	11/8	
Squash Training Course									
40610349 (SN1080)	7/10-11/11 (excl. 14/10,19/10,2/11)	Tu,Th	14:00-16:00	Aberdeen T/SC	7+	160	6	8/9	
40610350 (SN1081)	2/10-20/11	Sa	10:00-12:00	Aberdeen T/SC	7+	160	12	26/8-31/8 (6/9) {23/9}	
40610351 (SN1082)	2/10-20/11	Sa	12:00-14:00	Aberdeen T/SC	18+	160	12	26/8-31/8 (6/9) {23/9}	
40610352 (SN1083)	5/10-2/11 (excl. 14/10)	Tu,Th	19:00-21:00	Aberdeen T/SC	18+	160	12	26/8-31/8 (6/9) {23/9}	
Table-tennis Training Course									

40610354 (SN1085)	9/10-11/12	Sa	14:00-16:00	Aberdeen SC	6+	86	12	26/8-31/8 (6/9) {23/9}	✉
Tennis Training Course									
40610372 (SN1101)	4/10-5/11	M,F	7:00-9:00	Aberdeen T/SC	8+	170	9	26/8-31/8 (6/9) {23/9}	✉
40610373 (SN1102)	4/10-22/11 (excl. 14/10,1/11,4/11,8/11,11/11)	M,Th	18:00-20:00	Aberdeen T/SC	18+	170	9	26/8-31/8 (6/9) {23/9}	✉
40610374 (SN1103)	6/10-5/11	W,F	16:00-18:00	Aberdeen T/SC	8+	170	9	26/8-31/8 (6/9) {23/9}	✉
40612849 (SN1221)	19/10-3/12 (excl. 2/11,5/11,9/11,12/11)	Tu,F	19:00-21:00	Aberdeen T/SC	8+	170	9	26/8-31/8 (6/9) {23/9}	✉
American Pool Training Course (Level I)									
40609946 (SN0931)	2/10-23/10	Sa	15:00-17:00	Aberdeen T/SC	8+	120	6	3/9	📄 i
Meeting Points for Youth - Soccer FD									
40610200 (SN1008)	15/10-29/10	F	18:00-20:00	Wong Chuk Hang Recreation Ground	12-35	Free	150	15/10-29/10	Walk-in
Online Interactive Prog.-Aerobic Dance									
40612575 (SN1220)	25/10-29/10	M,W,F	20:00-21:00	Internet. 30mins before : zoom.us/join	14+	20	50	4/10	📄 i

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

40610194 (SN1006)	12/10-30/11	Tu	9:00-11:00	Yue Kwong RD. SC	15	12/10-30/11	Walk-in
40610196 (SN1007)	12/10-30/11	Tu	9:00-11:00	Yue Kwong RD. SC	15	12/10-30/11	Walk-in

Fitness Exercise Training Course for Elderly

40610062 (SN0968)	6/10-19/11	W,F	9:00-10:00	Aberdeen T/SC	15	26/8-31/8 (6/9) {23/9}	✉
40610063 (SN0969)	19/10-2/12	Tu,Th	7:00-8:00	Aberdeen SC	25	26/8-31/8 (6/9) {23/9}	✉
40610064 (SN0970)	19/10-2/12	Tu,Th	8:00-9:00	Aberdeen SC	25	26/8-31/8 (6/9) {23/9}	✉
40610065 (SN0971)	5/10-23/11 (excl. 14/10)	Tu,Th	7:00-8:00	Aberdeen T/SC	25	26/8-31/8 (6/9) {23/9}	✉
40610066 (SN0972)	5/10-23/11 (excl. 14/10)	Tu,Th	8:00-9:00	Aberdeen T/SC	25	26/8-31/8 (6/9) {23/9}	✉
40610067 (SN0973)	11/10-29/11 (excl. 18/10)	M,W	10:00-11:00	Aberdeen T/SC	25	26/8-31/8 (6/9) {23/9}	✉
40610068 (SN0974)	11/10-29/11 (excl. 18/10)	M,W	11:00-12:00	Aberdeen T/SC	25	26/8-31/8 (6/9) {23/9}	✉
40610069 (SN0975)	21/10-20/1	Th	14:00-15:00	Wong Chuk Hang SC	6	26/8-31/8 (6/9) {23/9}	✉
40610070 (SN0976)	21/10-20/1	Th	15:00-16:00	Wong Chuk Hang SC	6	26/8-31/8 (6/9) {23/9}	✉

Social Dance TC for Elderly

40610348 (SN1079)	20/10-19/11	W,F	9:00-11:00	Yue Kwong RD. SC	12	20/9	📄 i
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Healthy Elderly Scheme-Table-Tennis FD

40610106 (SN0992)	6/10-29/10	W,F	12:00-14:00	Aberdeen T/SC	3	6/10-29/10	Walk-in
40610107 (SN0993)	8/10-29/10	F	9:00-11:00	Aberdeen SC	8	8/10-29/10	Walk-in
40610108 (SN0994)	4/10-29/10	M,W,F	7:00-9:00	Aberdeen T/SC	6	4/10-29/10	Walk-in
40610109 (SN0995)	5/10-30/11	Tu	9:00-11:00	Stanley SC	6	5/10-30/11	Walk-in
40610110 (SN0996)	5/10-26/10	Tu	8:00-11:00	Wong Chuk Hang SC	16	5/10-26/10	Walk-in
40610111 (SN0997)	7/10-28/10 (excl. 14/10)	Th	8:00-11:00	Wong Chuk Hang SC	16	7/10-28/10	Walk-in

Healthy Elderly Scheme-Tennis FD

40610112 (SN0998)	6/10-27/10	W	7:00-10:00	Aberdeen T/SC	3	6/10-27/10	Walk-in
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Healthy Elderly Scheme-American Pool FD

40610074 (SN0980)	4/10-28/10 (excl. 14/10)	M,Th	7:00-9:00	Aberdeen T/SC	3	4/10-28/10	Walk-in
40610078 (SN0984)	4/10-29/10	M,W,F	9:00-11:00	Aberdeen T/SC	4	4/10-29/10	Walk-in

Healthy Elderly Scheme-Gateball FD

40610083 (SN0987)	6/10-27/10	W	9:00-11:00	Wong Chuk Hang SC	10	6/10-27/10	Walk-in
40610084 (SN0988)	5/10-28/10 (excl. 14/10)	Tu,Th	14:00-16:00	Yue Kwong RD. SC	10	5/10-28/10	Walk-in