

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 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 })	
Long Distance Running TC									
40609218 (SK1183)	5/10-7/12	Tu	19:00-21:00	Tseung Kwan O SG	16+	130	20	18/8-24/8 (2/9) {24/9}	☒
Aerobic Dance Training Course									
40609093 (SK1074)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	9:00-10:00	Po Lam SC	14+	65	12	18/8-24/8 (2/9) {24/9}	☒
40609094 (SK1075)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	10:00-11:00	Po Lam SC	14+	65	12	18/8-24/8 (2/9) {24/9}	☒
40609108 (SK1088)	8/10-17/11	W,F	19:00-20:00	Tsui Lam SC	14+	65	10	26/8	☒ i
40609110 (SK1089)	8/10-17/11	W,F	20:00-21:00	Tsui Lam SC	14+	65	10	26/8	☒ i
40609135 (SK1113)	19/10-25/11	Tu,Th	14:00-15:00	Hang Hau SC	14+	65	15	6/9	☒ i
40609136 (SK1114)	19/10-25/11	Tu,Th	15:00-16:00	Hang Hau SC	14+	65	15	6/9	☒ i
40609233 (SK1196)	5/10-16/11 (excl. 14/10)	Tu,Th	19:00-20:00	Hong Kong Velodrome	14+	65	15	18/8-24/8 (2/9) {24/9}	☒
40609234 (SK1197)	5/10-16/11 (excl. 14/10)	Tu,Th	20:00-21:00	Hong Kong Velodrome	14+	65	15	18/8-24/8 (2/9) {24/9}	☒
40609235 (SK1198)	25/10-19/11	M,W,F	14:00-15:00	Hong Kong Velodrome	14+	65	15	18/8-24/8 (2/9) {29/9}	☒
40609236 (SK1199)	25/10-19/11	M,W,F	15:00-16:00	Hong Kong Velodrome	14+	65	15	18/8-24/8 (2/9) {29/9}	☒
Children Dance Training Course									
40609240 (SK1202)	17/10-19/12	Su	14:00-16:00	Hong Kong Velodrome	4-6	60	10	18/8-24/8 (2/9) {29/9}	☒
Chinese Dance Training Course									
40609112 (SK1091)	13/10-15/12	W	9:00-11:00	Tsui Lam SC	12+	45	10	18/8-24/8 (2/9) {24/9}	☒
40609123 (SK1102)	5/10-7/12	Tu	13:00-15:00	Tiu Keng Leng SC	12+	45	15	18/8-24/8 (2/9) {24/9}	☒
40609134 (SK1112)	15/10-17/12	F	19:00-21:00	Hang Hau SC	12+	45	15	18/8-24/8 (2/9) {24/9}	☒
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>									
40609095 (SK1076)	21/10-16/11	Tu,Th,Sa	9:00-10:00	Po Lam SC	15+	75	10	@9/9	☒ i
40609096 (SK1077)	21/10-16/11	Tu,Th,Sa	10:00-11:00	Po Lam SC	15+	75	10	@9/9	☒ i
40609099 (SK1080)	7/10-18/11 (excl. 14/10)	Tu,Th	15:00-16:00	Po Lam SC	15+	75	10	@2/9	☒ i
40609100 (SK1081)	7/10-18/11 (excl. 14/10)	Tu,Th	16:00-17:00	Po Lam SC	15+	75	10	@2/9	☒ i
40609113 (SK1092)	8/10-17/11	W,F	9:00-10:00	Tsui Lam SC	15+	75	10	@27/8	☒ i
40609114 (SK1093)	8/10-17/11	W,F	10:00-11:00	Tsui Lam SC	15+	75	10	@27/8	☒ i
40609118 (SK1097)	5/10-16/11 (excl. 14/10)	Tu,Th	19:00-20:00	Tsui Lam SC	15+	75	10	@19/8	☒ i
40609119 (SK1098)	5/10-16/11 (excl. 14/10)	Tu,Th	20:00-21:00	Tsui Lam SC	15+	75	10	@19/8	☒ i
Jazz Training Course									
40609126 (SK1105)	12/10-16/11 (excl. 14/10)	Tu,Th	19:00-21:00	Tiu Keng Leng SC	12+	70	15	27/8	☒ i
Social Dance Training Course									
40609101 (SK1082)	10/10-12/12	Su	14:00-16:00	Po Lam SC	14+	86	12	18/8-24/8 (2/9) {24/9}	☒
40609106 (SK1086)	16/10-18/12	Sa	14:00-16:00	Tsui Lam SC	14+	86	12	18/8-24/8 (2/9) {29/9}	☒
40609128 (SK1107)	8/10-10/12	F	19:00-21:00	Tiu Keng Leng SC	14+	86	16	18/8-24/8 (2/9) {24/9}	☒
40609137 (SK1115)	6/10-8/12	W	19:00-21:00	Hang Hau SC	14+	86	16	18/8-24/8 (2/9) {24/9}	☒
40609138 (SK1116)	10/10-12/12	Su	9:00-11:00	Hang Hau SC	14+	86	16	18/8-24/8 (2/9) {29/9}	☒
40609252 (SK1212)	23/10-8/1 (excl. 25/12,1/1)	Sa	16:00-18:00	Hong Kong Velodrome	14+	86	16	18/8-24/8 (2/9) {29/9}	☒
40609253 (SK1213)	22/10-24/12	F	19:00-21:00	Hong Kong Velodrome	14+	86	16	18/8-24/8 (2/9) {29/9}	☒
Tai Chi Made Easy Class									
40609055 (SK1038)	2/10-15/1	Sa	9:00-10:00	Tai Chi Court at Sheung Ning Park	6+	54	15	18/8-24/8 (2/9) {24/9}	☒
Western Folk Dance Training Course									
40609144 (SK1121)	10/10-12/12	Su	16:00-18:00	Hang Hau SC	8+	45	15	18/8-24/8 (2/9) {29/9}	☒
Yoga Training Course									
40609146 (SK1122)	7/10-16/12 (excl. 14/10)	Th	19:00-21:00	Hang Hau SC	15+	85	15	18/8-24/8 (2/9) {24/9}	☒
Briefing on Proper Ways to Use Fitness Equipment									
40609243 (SK1204)	7/10	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	18/8-24/8 (2/9) {24/9}	☒
40609244 (SK1205)	7/10	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	18/8-24/8 (2/9) {24/9}	☒
40609245 (SK1206)	21/10	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	18/8-24/8 (2/9) {29/9}	☒

40609246 (SK1207)	21/10	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	18/8-24/8 (2/9) {29/9}	✉
Stress Management and Physical Relaxation									
40609129 (SK1108)	5/10-23/11 (excl. 14/10)	Tu,Th	10:00-11:00	Tiu Keng Leng SC	14+	80	15	23/8	📄 i
Briefing Session on Fitness Walking									
40609181 (SK1151)	11/10	M	9:00-11:00	Po Tsui Park	6+	Free	20	30/8	📄 i
Body-Mind Stretch Training Course									
40609238 (SK1200)	5/10-16/11 (excl. 14/10)	Tu,Th	14:00-15:00	Hong Kong Velodrome	15+	85	12	18/8-24/8 (2/9) {24/9}	✉
40609239 (SK1201)	5/10-16/11 (excl. 14/10)	Tu,Th	15:00-16:00	Hong Kong Velodrome	15+	85	12	18/8-24/8 (2/9) {24/9}	✉
Badminton Training Course									
40609089 (SK1070)	19/10-18/11	Tu,Th	19:00-21:00	Po Lam SC (non air conditioned)	7+	118	9	18/8-24/8 (2/9) {29/9}	✉
40609103 (SK1084)	26/10-25/11	Tu,Th	8:00-10:00	Tsui Lam SC	7+	118	12	18/8-24/8 (2/9) {29/9}	✉
40609120 (SK1099)	5/10-9/11 (excl. 14/10)	Tu,Th	9:00-11:00	Tiu Keng Leng SC	7+	118	12	18/8-24/8 (2/9) {24/9}	✉
40609121 (SK1100)	6/10-8/12	W	10:00-12:00	Tiu Keng Leng SC	7+	118	12	18/8-24/8 (2/9) {24/9}	✉
40609130 (SK1109)	4/10-8/11 (excl. 14/10)	M,Th	15:00-17:00	Hang Hau SC	7+	118	12	18/8-24/8 (2/9) {24/9}	✉
40609131 (SK1110)	2/10-18/12 (excl. 20/11,4/12)	Sa	8:00-10:00	Hang Hau SC	7+	118	12	18/8-24/8 (2/9) {24/9}	✉
Parent-child(Aged7-17)Badminton TC									
40609210 (SK1176)	16/10-20/11	Sa	14:00-16:00	Po Lam SC (Non- air.con)	7+	73	8	18/8-24/8 (2/9) {29/9}	✉
Track Cycling Taster Session									
40609255 (SK1215)	2/10	Sa	10:00-13:00	Hong Kong Velodrome	11+	Free	9	19/8	📄 i
40609261 (SK1220)	20/10	W	19:00-22:00	Hong Kong Velodrome	11+	Free	9	6/9	📄 i
40609262 (SK1221)	16/10	Sa	10:00-13:00	Hong Kong Velodrome	11+	Free	9	3/9	📄 i
40609263 (SK1222)	30/10	Sa	10:00-13:00	Hong Kong Velodrome	11+	Free	9	14/9	📄 i
Track Cycling Training Course (Level II)									
40602419 (SK682)	12/10	Tu	18:00-22:00	Hong Kong Velodrome	11+	140	9	27/8	📄 i
Track Cycling Training Course (Level III)									
40602429 (SK687)	28/10	Th	18:00-22:00	Hong Kong Velodrome	11+	140	9	13/9	📄 i
Lawn Bowls Training Course									
40609222 (SK1186)	6/10-29/10	W,F	8:00-10:00	Hang Hau Man Kuk Lane Park	8+	54	12	18/8-24/8 (2/9) {24/9}	✉
Mini Tennis Training Course									
40609090 (SK1071)	9/10-11/12	Sa	9:00-11:00	Po Lam SC(Non Air- conditioned)	6-12	70	8	18/8-24/8 (2/9) {24/9}	✉
Squash Training Course									
40609091 (SK1072)	6/10-29/10	W,F	19:00-21:00	Po Lam SC	7+	160	6	23/8	📄 i
40609111 (SK1090)	12/10-9/11 (excl. 14/10)	Tu,Th	19:00-21:00	Tsui Lam SC	7+	160	6	3/9	📄 i
Children Table Tennis Training Course									
40609122 (SK1101)	10/10-12/12	Su	9:00-11:00	Tiu Keng Leng SC	6-13	86	10	18/8-24/8 (2/9) {29/9}	✉
Table-tennis Training Course									
40609143 (SK1120)	12/10-14/12	Tu	19:00-21:00	Hang Hau SC	6+	86	9	18/8-24/8 (2/9) {24/9}	✉
40609197 (SK1165)	10/10-12/12	Su	10:00-12:00	Sai Kung Squash Courts	6+	86	6	18/8-24/8 (2/9) {24/9}	✉
40609254 (SK1214)	17/10-19/12	Su	10:00-12:00	Hong Kong Velodrome	6+	86	12	18/8-24/8 (2/9) {29/9}	✉
Tennis Training Course									
40609188 (SK1157)	4/10-3/11	M,W	9:00-11:00	Po Tsui Park	8+	170	9	18/8-24/8 (2/9) {24/9}	✉
40609189 (SK1158)	8/10-9/11	Tu,F	19:00-21:00	Po Tsui Park	8+	170	9	18/8-24/8 (2/9) {24/9}	✉
40609190 (SK1159)	5/10-9/11 (excl. 14/10)	Tu,Th	17:00-19:00	Po Tsui Park	8+	170	9	18/8-24/8 (2/9) {24/9}	✉
40609192 (SK1160)	6/10-8/12	W	19:00-21:00	Po Tsui Park	8+	170	9	18/8-24/8 (2/9) {24/9}	✉
40609193 (SK1161)	11/10-1/11	M,W,F	15:00-17:00	Po Tsui Park	8+	170	9	7/9	📄 i
40609200 (SK1167)	12/10-14/12	Tu	17:00-19:00	Sai Kung TC	8+	170	6	18/8-24/8 (2/9) {24/9}	✉
40609201 (SK1168)	20/10-22/12	W	19:00-21:00	Sai Kung TC	8+	170	6	18/8-24/8 (2/9) {29/9}	✉
40609202 (SK1169)	9/10-11/12	Sa	9:00-11:00	Sai Kung TC	8+	170	6	18/8-24/8 (2/9) {24/9}	✉
SKD 11-a-side Soccer Competition 2021*									
40609185 (QSK1154)	17/10-16/1	Su	10:00-19:00	PTP, SKTSKSG, TKOSG	14+	100	12	20/8-26/8 (3/9) {27/9}	✉
Volleyball Training Course									
40609206 (SK1172)	10/10-12/12	Su	14:00-16:00	Po Lam SC(Non Air- con.)	10+	70	15	18/8-24/8 (2/9) {24/9}	✉
SKD Kayak Training Course (2 Star Award)									
40609215 (SK1180)	9/10	Sa	9:00-17:00	Chong Hing WSC	12+	30	8	18/8-24/8 (2/9) {24/9}	✉
SKD Kayak Training Course (3 Star Award)									
40609216 (SK1181)	10/10	Su	9:00-17:00	Chong Hing WSC	12+	30	8	18/8-24/8 (2/9) {24/9}	✉
SKD Basic Windsurfing Training Course									
40609214 (SK1179)	9/10-10/10	Sa,Su	9:00-17:00	Chong Hing WSC	14+	130	5	18/8-24/8 (2/9) {24/9}	✉

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 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.

Tai Chi TC for Ex-mentally III Persons

40609194 (SK1162)	6/10-24/11	W	16:00-17:00	Hang Hau SC	6+	2	27/9	
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Body-Mind Stretch Training Programme for Ex-mentally III Persons

40596603 (SK501)	6/10-10/11	W	15:00-17:00	Tiu Keng Leng SC	15+	8	30/8	
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Golf Fun Day for Persons with Disabilities

40604345 (SK780)	31/10	Su	10:00-12:00	Tuen Mun Recreation and SC	5+	4	1/9	
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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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Fitness Exercise TC for Elderly

40609124 (SK1103)	5/10-6/11 (excl. 14/10)	Tu,Th,Sa	8:00-9:00	Tiu Keng Leng SC	15	18/8-24/8 (2/9) {24/9}	
40609125 (SK1104)	5/10-6/11 (excl. 14/10)	Tu,Th,Sa	9:00-10:00	Tiu Keng Leng SC	15	18/8-24/8 (2/9) {24/9}	

Fitness Training Course For Elderly

40609247 (SK1208)	6/10-22/11	M,W	8:00-9:00	Hong Kong Velodrome	15	18/8-24/8 (2/9) {24/9}	
40609248 (SK1209)	6/10-22/11	M,W	9:00-10:00	Hong Kong Velodrome	15	18/8-24/8 (2/9) {24/9}	

Fitness Training Course for Elderly

40609097 (SK1078)	29/10-15/12	W,F	7:00-8:00	Po Lam SC	10	18/8-24/8 (2/9) {29/9}	
40609098 (SK1079)	29/10-15/12	W,F	8:00-9:00	Po Lam SC	10	18/8-24/8 (2/9) {29/9}	

Meeting Point for Elderly (Fitness)

40609217 (SK1182)	15/10-5/11	F	8:00-10:00	Tsui Lam SC	10	18/8-24/8 (2/9) {29/9}	
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Gymnastics Training Course for Elderly

40609104 (SK1085)	2/10-18/11 (excl. 14/10)	Tu,Th,Sa	8:00-9:00	Tsui Lam SC	6	18/8-24/8 (2/9) {24/9}	
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Health Elderly Scheme - Lawn Bowl Self Prac

40609232 (SK1195)	5/10-26/10	Tu	9:00-10:00	Hang Hau Man Kuk Lane Park	12	5/10-26/10	Walk-in
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Health Elderly Scheme-Badminton Self Practice

40609249 (SK1210)	4/10-25/10	M	7:00-9:00	Hong Kong Velodrome	10	20/8	
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Health Elderly Scheme-Dance Play in

40609132 (SK1111)	4/10-22/11	M	9:00-11:00	Hang Hau SC	25	18/8-24/8 (2/9) {24/9}	
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Health Elderly Scheme-Lawn Bowl Self Prac

40609231 (SK1194)	5/10-26/10	Tu	8:00-9:00	Hang Hau Man Kuk Lane Park	12	5/10-26/10	Walk-in
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Health Elderly Scheme-Table Tennis Self Practice Scheme

40609116 (SK1095)	6/10-27/10	W	8:00-9:00	Tsui Lam SC	8	30/8	
40609117 (SK1096)	8/10-29/10	F	8:00-9:00	Tsui Lam SC	8	30/8	
40609140 (SK1117)	7/10-28/10 (excl. 14/10)	Th	7:00-8:00	Hang Hau SC	9	30/8	
40609141 (SK1118)	7/10-28/10 (excl. 14/10)	Th	8:00-9:00	Hang Hau SC	9	30/8	
40609142 (SK1119)	7/10-28/10 (excl. 14/10)	Th	9:00-10:00	Hang Hau SC	9	30/8	

Table-tennis Training Course for Elderly

40609199 (SK1166)	9/10-11/12	Sa	10:00-12:00	Sai Kung Squash Courts	6	18/8-24/8 (2/9) {24/9}	
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