












































































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

**Sham Shui Po District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting)	Enrolment Method
								{ Open Enrollment for Remaining Quota }	
<b>Sports for All - Long District Running TC</b>									
40611486 (SS0935)	11/10-13/12	M	20:00-22:00	Sham Shui Po SG	16+	130	20	10/9	 
<b>Breaststroke Swimming Cr for Adult (LvII)</b>									
40611484 (SS0906)	6/10-27/10	M,W,F	19:00-20:00	Shamshuipo Park SP	18+	100	10	23/8-29/8 (6/9) {30/9}	
<b>Front Crawl Swimming Cr for Adult (II)</b>									
40611485 (SS0907)	6/10-27/10	M,W,F	20:00-21:00	Shamshuipo Park SP	18+	100	10	23/8-29/8 (6/9) {30/9}	
<b>Aerobic Dance Training Course</b>									
40610972 (SS0863)	6/10-12/11	W,F	12:00-13:00	Shek Kip Mei Park SC	14+	65	15	6/9	 
40610973 (SS0864)	6/10-12/11	W,F	13:00-14:00	Shek Kip Mei Park SC	14+	65	15	6/9	 
40610974 (SS0867)	6/10-1/11	M,W,F	16:00-17:00	Pei Ho ST. SC	14+	65	15	7/9	 
40610975 (SS0868)	6/10-1/11	M,W,F	17:00-18:00	Pei Ho ST. SC	14+	65	15	7/9	 
40610984 (SS0861)	5/10-2/11 (excl. 14/10)	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	14+	65	15	13/9	 
40610985 (SS0862)	5/10-2/11 (excl. 14/10)	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	14+	65	15	13/9	 
40610986 (SS0865)	5/10-16/11 (excl. 14/10)	Tu,Th	19:00-20:00	Pei Ho ST. SC	14+	65	15	15/9	 
40610987 (SS0866)	5/10-16/11 (excl. 14/10)	Tu,Th	20:00-21:00	Pei Ho ST. SC	14+	65	15	15/9	 
40610988 (SS0869)	8/10-8/11 (excl. 20/10,3/11)	M,W,F	7:00-8:00	Pei Ho ST. SC	14+	65	15	16/9	 
40610989 (SS0870)	8/10-8/11 (excl. 20/10,3/11)	M,W,F	8:00-9:00	Pei Ho ST. SC	14+	65	15	16/9	 
40610991 (SS0872)	8/10-8/11 (excl. 20/10,3/11)	M,W,F	9:00-10:00	Pei Ho ST. SC	14+	65	15	16/9	 
40611019 (SS0859)	4/10-29/10	M,W,F	18:00-19:00	Po On RD. SC	14+	65	15	2/9	 
40611020 (SS0860)	4/10-29/10	M,W,F	19:00-20:00	Po On RD. SC	14+	65	15	2/9	 
40611021 (SS0871)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	8:00-9:00	Po On RD. SC	14+	65	15	7/9	 
40611022 (SS0873)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	9:00-10:00	Po On RD. SC	14+	65	15	7/9	 
40611026 (SS0874)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	14:00-15:00	Po On RD. SC	14+	65	15	9/9	 
40611027 (SS0875)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	15:00-16:00	Po On RD. SC	14+	65	15	9/9	 
<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>									
40610993 (SS0894)	16/10-11/11	Tu,Th,Sa	7:00-8:00	Pei Ho ST. SC	15+	75	15	@28/9	 
40610994 (SS0895)	16/10-11/11	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	15+	75	15	@28/9	 
40610995 (SS0898)	16/10-11/11	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15+	75	15	@28/9	 
40610996 (SS0899)	16/10-11/11	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	15+	75	15	@30/9	 
40610997 (SS0901)	16/10-11/11	Tu,Th,Sa	17:00-18:00	Pei Ho ST. SC	15+	75	15	@30/9	 
40610998 (SS0902)	16/10-11/11	Tu,Th,Sa	18:00-19:00	Pei Ho ST. SC	15+	75	15	@23/8-29/8 (6/9) {30/9}	
40610999 (SS0903)	16/10-11/11	Tu,Th,Sa	19:00-20:00	Pei Ho ST. SC	15+	75	15	@5/10	 
40611000 (SS0904)	16/10-11/11	Tu,Th,Sa	20:00-21:00	Pei Ho ST. SC	15+	75	15	@5/10	 
40611033 (SS0882)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	8:00-9:00	Po On RD. SC	15+	75	15	@6/9	 
40611034 (SS0883)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	9:00-10:00	Po On RD. SC	15+	75	15	@6/9	 
40611035 (SS0885)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	13:00-14:00	Po On RD. SC	15+	75	15	@8/9	 
40611036 (SS888)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	16:00-17:00	Po On RD. SC	15+	75	15	@8/9	 
40611037 (SS0890)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	18:00-19:00	Po On RD. SC	15+	75	15	@10/9	 
40611038 (SS0891)	8/10-8/11 (excl. 18/10,1/11)	M,W,F	19:00-20:00	Po On RD. SC	15+	75	15	@10/9	 
<b>Judo TC</b>									
40611015 (SS0856)	3/10-5/12	Su	14:00-16:00	Po On RD. SC	12+	65	15	3/9	 
<b>Oriental Dance TC</b>									
40611380 (SS0825)	10/10-12/12	Su	18:00-20:00	Pei Ho ST. SC	12+	45	15	23/8-29/8 (6/9) {30/9}	
<b>Social Dance TC</b>									
40610981 (SS0851)	16/10-18/12	Sa	18:00-20:00	Pei Ho ST. SC	14+	86	16	23/8-29/8 (6/9) {30/9}	
40611009 (SS0850)	3/10-5/12	Su	14:00-16:00	Po On RD. SC	14+	86	16	23/8-29/8 (6/9) {30/9}	
40611054 (SS0852)	17/10-19/12	Su	10:00-12:00	Shek Kip Mei Park SC	14+	86	16	23/8-29/8 (6/9) {30/9}	
<b>Tai Chi Made Easy Class</b>									
40611726 (SS0951)	18/10-12/11	M,W,F	7:00-8:00	Wai Chi ST. PG	6+	54	15	17/9	 
40611727 (SS0952)	19/10-13/11	Tu,Th,Sa	7:00-8:00	Wai Chi ST. PG	6+	54	15	20/9	 

40611728 (SS0953)	19/10-13/11	Tu,Th,Sa	7:00-8:00	Hing Wah ST. PG Soccer Pitch	6+	54	15	20/9		
40611734 (SS0954)	18/10-12/11	M,W,F	7:00-8:00	Po On RD. PG Soccer Pitch	6+	54	15	17/9		
40611735 (SS0955)	19/10-13/11	Tu,Th,Sa	7:00-8:00	Po On RD. PG Soccer Pitch	6+	54	15	20/9		
<b>Western Folk Dance TC</b>										
40611381 (SS0824)	2/10-4/12	Sa	14:00-16:00	Po On RD. SC	8+	45	15	23/8-29/8 (6/9) {30/9}		
<b>Yoga TC</b>										
40610992 (SS0879)	19/10-18/11	Tu,Th	15:00-17:00	Pei Ho ST. SC	15+	85	15	23/8-29/8 (6/9) {30/9}		
40611028 (SS0876)	4/10-6/12	M	19:00-21:00	Po On RD. SC	15+	85	15	23/8-29/8 (6/9) {30/9}		
40611032 (SS0878)	11/10-22/11 (excl. 18/10,1/11,15/11)	M,F	10:00-12:00	Po On RD. SC	15+	85	15	23/8-29/8 (6/9) {30/9}		
40611056 (SS0877)	7/10-16/12 (excl. 14/10)	Th	10:00-12:00	Shek Kip Mei Park SC	15+	85	15	23/8-29/8 (6/9) {30/9}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40610976 (SS0840)	7/10	Th	18:00-21:00	Pei Ho ST. SC	15+	Free	12	23/8-29/8 (6/9) {30/9}		
40611002 (SS0841)	10/10	Su	14:00-17:00	Po On RD. SC	15+	Free	12	23/8-29/8 (6/9) {30/9}		
40611041 (SS0842)	16/10	Sa	19:00-22:00	Shek Kip Mei Park SC	15+	Free	12	23/8-29/8 (6/9) {30/9}		
<b>Badminton TC</b>										
40610970 (SS0849)	26/10-25/11	Tu,Th	9:00-11:00	Cheung Sha Wan SC	18+	118	6	23/8-29/8 (6/9) {30/9}		
40610978 (SS0844)	4/10-8/11 (excl. 14/10)	M,Th	9:00-11:00	Pei Ho ST. SC	18+	118	12	23/8-29/8 (6/9) {30/9}		
40610980 (SS0848)	22/10-23/11	Tu,F	19:00-21:00	Pei Ho ST. SC	18+	118	12	23/8-29/8 (6/9) {30/9}		
40611003 (SS0843)	2/10-4/12	Sa	14:00-16:00	Po On RD. SC	7+	118	12	23/8-29/8 (6/9) {30/9}		
40611005 (SS0846)	11/10-12/11	M,F	19:00-21:00	Po On RD. SC	18+	118	12	23/8-29/8 (6/9) {30/9}		
40611042 (SS0845)	4/10-8/11 (excl. 14/10)	M,Th	9:00-11:00	Shek Kip Mei Park SC	18+	118	12	23/8-29/8 (6/9) {30/9}		
<b>Parent-child(7-17) Badminton Fun Day</b>										
40611407 (SS0942)	3/10	Su	10:00-11:00	Po On RD. SC	7+	Free	12	3/9		
40611408 (SS0943)	3/10	Su	11:00-12:00	Po On RD. SC	7+	Free	12	3/9		
40611409 (SS0944)	3/10	Su	12:00-13:00	Po On RD. SC	7+	Free	12	3/9		
<b>Track Cycling Training Course (Level I)</b>										
40603637 (SS0941)	24/10	Su	14:00-18:00	Hong Kong Velodrome	11+	140	9	23/9		
<b>Squash Training Course</b>										
40611506 (SS0837)	4/10-27/10	M,W	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	6	3/9		
40611508 (SS0838)	7/10-4/11 (excl. 14/10)	M,Th	19:00-21:00	Pei Ho ST. SC	18+	160	6	23/8-29/8 (6/9) {30/9}		
<b>Table-tennis TC</b>										
40611494 (SS0821)	2/10-4/12	Sa	14:00-16:00	Cornwall ST. Squash & Table Tennis Centre	14+	86	12	2/9		
40611496 (SS0822)	10/10-12/12	Su	14:00-16:00	Po On RD. SC	14+	86	9	23/8-29/8 (6/9) {30/9}		
40611498 (SS0823)	19/10-18/11	Tu,Th	14:00-16:00	Cornwall ST. Squash & Table Tennis Centre	14+	86	12	20/9		
<b>Tennis TC</b>										
40611057 (SS0880)	15/10-17/12	F	19:00-21:00	Shek Kip Mei Park TC	18+	170	9	23/8-29/8 (6/9) {30/9}		
40611382 (SS0834)	3/10-5/12	Su	9:00-11:00	Tung Chau ST. Park TC	18+	170	9	23/8-29/8 (6/9) {30/9}		
40611383 (SS0835)	6/10-5/11	W,F	7:00-9:00	Tung Chau ST. Park TC	18+	170	9	23/8-29/8 (6/9) {30/9}		
40611384 (SS0836)	6/10-5/11	W,F	15:00-17:00	Tung Chau ST. Park TC	18+	170	9	23/8-29/8 (6/9) {30/9}		
<b>Gateball TC for Adult</b>										
40611404 (SS0937)	5/10-2/11 (excl. 14/10)	Tu,Th	19:00-21:00	Sham Shui Po Park	18+	54	7	3/9		
<b>Sport for All - Gateball TC</b>										
40611406 (SS0940)	22/10-17/11	W,F	19:00-21:00	Lai Chi Kok Park	8+	54	7	20/9		

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.

**Fitness Exercise FD for Persons with Chronic**

40611397 (SS0936)	29/10	F	14:30-16:30	Pei Ho ST. SC	14+	3	1/9		
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**Badminton TS for persons with Hearing Impairm**

40611405 (SS0939)	5/10-26/10	Tu	20:00-22:00	Shek Kip Mei Park SC	7+	2	1/9		
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**Body-Mind StretchFDfor Per with Intellectual**

40611448 (SS0945)	5/10	Tu	19:00-20:00	Shek Kip Mei Park SC	15+	2	1/9	<b>i</b>
40611449 (SS0946)	12/10	Tu	19:00-20:00	Shek Kip Mei Park SC	15+	2	1/9	<b>i</b>
40611450 (SS0947)	19/10	Tu	19:00-20:00	Shek Kip Mei Park SC	15+	2	1/9	<b>i</b>
40611451 (SS0948)	26/10	Tu	19:00-20:00	Shek Kip Mei Park SC	15+	2	1/9	<b>i</b>

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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**Baduanjin TC for Elderly**

40611500 (SS0828)	11/10-10/11 (excl. 18/10,1/11)	M,W,F	10:00-11:00	Po On RD. SC	15	23/8-29/8 (6/9) {30/9}	
40611501 (SS0829)	11/10-10/11 (excl. 18/10,1/11)	M,W,F	11:00-12:00	Po On RD. SC	15	23/8-29/8 (6/9) {30/9}	

**Mt Pts for Elderly - Baduanjin Play-in**

40610982 (SS0853)	8/10-29/10	F	9:00-11:00	Pei Ho ST. SC	15	8/10-29/10	Walk-in
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**Elderly Fitness TC**

40611503 (SS0830)	16/10-16/11	Tu,Th,Sa	10:00-11:00	Po On RD. SC	15	23/8-29/8 (6/9) {30/9}	
40611505 (SS0831)	16/10-16/11	Tu,Th,Sa	11:00-12:00	Po On RD. SC	15	23/8-29/8 (6/9) {30/9}	

**Mt Pts for Elderly - Social Dance Play-in**

40610971 (SS0854)	5/10-26/10	Tu	9:15-11:45	Pei Ho ST. SC	16	5/10-26/10	Walk-in
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**HES - Badminton Play-in**

40611058 (SS0934)	6/10-29/10	W,F	8:00-9:00	Shek Kip Mei Park SC	6	7/9	<b>i</b>
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**HES - Baduanjin Play-in**

40611385 (SS0924)	8/10-29/10	F	14:00-16:00	Tung Chau ST. Park AR	15	8/10-29/10	Walk-in
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**HES - Table-Tennis Play-in**

40611387 (SS0929)	6/10-27/10 (excl. 18/10)	M,W	9:00-10:30	Tung Chau ST. Park	12	6/10-27/10	Walk-in
40611388 (SS0930)	6/10-27/10 (excl. 18/10)	M,W	10:30-12:00	Tung Chau ST. Park	12	6/10-27/10	Walk-in

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

40611039 (SS0932)	7/10-28/10 (excl. 14/10)	Th	10:30-12:00	Po On RD. SC	12	7/10-28/10	Walk-in
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**HES - Tai Chi Play-in**

40611001 (SS0925)	4/10-25/10	M	9:00-10:30	Pei Ho ST. SC	20	4/10-25/10	Walk-in
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**Mt Pts for Elderly-Indoor Short Mat Bowl Play**

40610983 (SS0855)	7/10-28/10 (excl. 14/10)	Th	9:30-11:30	Pei Ho ST. SC	16	7/10-28/10	Walk-in
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