



















**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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 | | | | | | | | | | |
| 40612451 (SN1110) | 1/11-1/12 (excl. 8/11,22/11) | M,W,F | 8:00-9:00 | Apleichau SC | 14+ | 65 | 15 | 5/10 | | |
| 40612453 (SN1111) | 1/11-1/12 (excl. 8/11,22/11) | M,W,F | 9:00-10:00 | Apleichau SC | 14+ | 65 | 15 | 5/10 | | |
| 40612467 (SN1112) | 1/11-1/12 (excl. 8/11,22/11) | M,W,F | 10:00-11:00 | Apleichau SC | 14+ | 65 | 15 | 5/10 | | |
| 40612471 (SN1113) | 2/11-9/12 | Tu,Th | 14:00-15:00 | Apleichau SC | 14+ | 65 | 15 | 4/10 | | |
| 40612474 (SN1114) | 2/11-9/12 | Tu,Th | 15:00-16:00 | Apleichau SC | 14+ | 65 | 15 | 4/10 | | |
| 40612477 (SN01115) | 2/11-9/12 | Tu,Th | 18:00-19:00 | Apleichau SC | 14+ | 65 | 15 | 4/10 | | |
| 40612481 (SN1116) | 2/11-9/12 | Tu,Th | 19:00-20:00 | Apleichau SC | 14+ | 65 | 15 | 4/10 | | |
| 40612487 (SN1117) | 9/11-16/12 | Tu,Th | 14:00-15:00 | Aberdeen SC | 14+ | 65 | 15 | 11/10 | | |
| 40612523 (SN1118) | 9/11-16/12 | Tu,Th | 15:00-16:00 | Aberdeen SC | 14+ | 65 | 15 | 11/10 | | |
| 40612524 (SN1119) | 9/11-16/12 | Tu,Th | 16:00-17:00 | Aberdeen SC | 14+ | 65 | 15 | 11/10 | | |
| 40612525 (SN1120) | 9/11-16/12 | Tu,Th | 17:00-18:00 | Aberdeen SC | 14+ | 65 | 15 | 11/10 | | |
| 40612526 (SN1121) | 9/11-4/12 | Tu,Th,Sa | 9:00-10:00 | Aberdeen SC | 14+ | 65 | 15 | 8/10 | | |
| 40612527 (SN1122) | 9/11-4/12 | Tu,Th,Sa | 10:00-11:00 | Aberdeen SC | 14+ | 65 | 15 | 8/10 | | |
| 40612528 (SN1123) | 2/11-9/12 | Tu,Th | 9:00-10:00 | Stanley SC | 14+ | 65 | 15 | 8/10 | | |
| 40612529 (SN1124) | 2/11-9/12 | Tu,Th | 10:00-11:00 | Stanley SC | 14+ | 65 | 15 | 8/10 | | |
| 40612530 (SN1125) | 5/11-1/12 | M,W,F | 19:00-20:00 | Stanley SC | 14+ | 65 | 6 | 5/10 | | |
| 40612531 (SN1126) | 5/11-1/12 | M,W,F | 20:00-21:00 | Stanley SC | 14+ | 65 | 6 | 5/10 | | |
| Baduanjin Training Course | | | | | | | | | | |
| 40612540 (SN1135) | 17/11-9/2 (excl. 2/2) | W | 9:00-10:00 | Stanley SC | 8+ | 80 | 15 | 12/10 | | |
| 40612541 (SN1136) | 17/11-9/2 (excl. 2/2) | W | 10:00-11:00 | Stanley SC | 8+ | 80 | 15 | 12/10 | | |
| 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> | | | | | | | | | | |
| 40612548 (SN1144) | 3/11-10/12 | W,F | 14:00-15:00 | Aberdeen SC | 15+ | 75 | 15 | @6/10 | | |
| 40612549 (SN1145) | 3/11-10/12 | W,F | 15:00-16:00 | Aberdeen SC | 15+ | 75 | 15 | @6/10 | | |
| 40612550 (SN1146) | 9/11-16/12 | Tu,Th | 7:00-8:00 | Aberdeen SC | 15+ | 75 | 15 | @12/10 | | |
| 40612551 (SN1147) | 9/11-16/12 | Tu,Th | 8:00-9:00 | Aberdeen SC | 15+ | 75 | 15 | @12/10 | | |
| 40612552 (SN1148) | 9/11-16/12 | Tu,Th | 9:00-10:00 | Aberdeen SC | 15+ | 75 | 15 | @12/10 | | |
| 40612554 (SN1149) | 3/11-10/12 | W,F | 7:00-8:00 | Aberdeen T/SC | 15+ | 75 | 15 | @6/10 | | |
| 40612555 (SN1150) | 3/11-10/12 | W,F | 8:00-9:00 | Aberdeen T/SC | 15+ | 75 | 15 | @6/10 | | |
| 40612556 (SN1151) | 3/11-10/12 | W,F | 9:00-10:00 | Aberdeen T/SC | 15+ | 75 | 15 | @6/10 | | |
| Judo Training Course | | | | | | | | | | |
| 40612600 (SN1177) | 7/11-23/1 (excl. 19/12,26/12) | Su | 14:00-16:00 | Apleichau SC | 6+ | 65 | 15 | 18/10 | | |
| Social Dance Training Course | | | | | | | | | | |
| 40612630 (SN1195) | 10/11-11/12 | W,Sa | 18:00-20:00 | Apleichau SC | 14+ | 86 | 16 | 24/9-30/9 (7/10) {26/10} | | |
| 40612631 (SN1196) | 16/11-16/12 | Tu,Th | 18:00-20:00 | Aberdeen SC | 14+ | 86 | 16 | 24/9-30/9 (7/10) {26/10} | | |
| 40612632 (SN1197) | 17/11-17/12 | W,F | 16:00-18:00 | Aberdeen SC | 14+ | 86 | 16 | 24/9-30/9 (7/10) {26/10} | | |
| 40612633 (SN1198) | 22/11-22/12 | M,W | 20:00-22:00 | Aberdeen SC | 14+ | 86 | 16 | 24/9-30/9 (7/10) {26/10} | | |
| 40612634 (SN1199) | 10/11-10/12 | W,F | 20:00-22:00 | Stanley SC | 14+ | 86 | 16 | 18/10 | | |
| Tai Chi Made Easy Class | | | | | | | | | | |
| 40612639 (SN1204) | 16/11-23/12 | Tu,Th | 17:00-18:00 | Shek Pai Wan Estate PG No.1 | 6+ | 54 | 15 | 19/10 | | |
| 40612640 (SN1205) | 16/11-11/12 | Tu,Th,Sa | 7:00-8:00 | Aberdeen Promenade (BC) | 6+ | 54 | 15 | 24/9-30/9 (7/10) {26/10} | | |
| 40612641 (SN1206) | 16/11-11/12 | Tu,Th,Sa | 8:00-9:00 | Aberdeen Promenade (BC) | 6+ | 54 | 15 | 22/10 | | |
| 40612642 (SN1207) | 22/11-17/12 | M,W,F | 7:00-8:00 | Aberdeen Promenade (BC) | 6+ | 54 | 15 | 19/10 | | |
| 40612643 (SN1208) | 26/11-22/12 | M,W,F | 18:00-19:00 | Shek Pai Wan Estate PG No.1 | 6+ | 54 | 15 | 21/10 | | |
| 40612644 (SN1209) | 16/11-11/12 | Tu,Th,Sa | 18:00-19:00 | Hong Fu PG (Soccer Pitch) | 6+ | 54 | 15 | 22/10 | | |
| 40612645 (SN1210) | 22/11-17/12 | M,W,F | 7:00-8:00 | Shek Pai Wan Est.PG(SoccerPitch) | 6+ | 54 | 15 | 21/10 | | |
| 40612646 (SN1211) | 22/11-17/12 | M,W,F | 9:00-10:00 | Shek Pai Wan Est.PG(SoccerPitch) | 6+ | 54 | 15 | 21/10 | | |
| 40612647 (SN1212) | 22/11-17/12 | M,W,F | 8:00-9:00 | Shek Pai Wan Est.PG(SoccerPitch) | 6+ | 54 | 15 | 21/10 | | |
| 40612648 (SN1213) | 14/11-13/2 (excl. 19/12,26/12) | Su | 8:00-9:00 | Yue Kwong RD. SC | 6+ | 54 | 15 | 13/10 | | |
| 40612649 (SN1214) | 14/11-13/2 (excl. 19/12,26/12) | Su | 9:00-10:00 | Yue Kwong RD. SC | 6+ | 54 | 15 | 13/10 | | |
| 40614733 (SN1226) | 22/11-17/12 | M,W,F | 8:00-9:00 | Aberdeen Promenade (BC) | 6+ | 54 | 15 | 19/10 | | |
| 40614734 (SN1227) | 16/11-11/12 | Tu,Th,Sa | 7:00-8:00 | Hong Fu PG (Soccer Pitch) | 6+ | 54 | 15 | 22/10 | | |

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|---|--------------------------------------|----------|-------------|----------------------------------|-------|------|-----|-----------------------------|---|
| 40614735 (SN1228) | 16/11-11/12 | Tu,Th,Sa | 8:00-9:00 | Hong Fu PG (Soccer Pitch) | 6+ | 54 | 15 | 22/10 |   |
| 40614736 (SN1229) | 22/11-17/12 | M,W,F | 7:00-8:00 | Hong Fu PG (Soccer Pitch) | 6+ | 54 | 15 | 19/10 |   |
| 40614737 (SN1230) | 22/11-17/12 | M,W,F | 8:00-9:00 | Hong Fu PG (Soccer Pitch) | 6+ | 54 | 15 | 24/9-30/9 (7/10) {26/10} |  |
| Yoga Training Course | | | | | | | | | |
| 40612658 (SN1219) | 18/11-21/12 | Tu,Th | 9:00-11:00 | Apleichau SC | 15+ | 85 | 15 | 24/9-30/9 (7/10) {26/10} |  |
| Briefing on Proper Ways to Use Fitness Equipment | | | | | | | | | |
| 40612542 (SN1137) | 13/11 | Sa | 14:00-17:00 | Apleichau SC | 15+ | Free | 12 | 24/9-30/9 (7/10) {26/10} |  |
| 40612543 (SN1138) | 9/11 | Tu | 19:00-22:00 | Aberdeen T/SC | 15+ | Free | 12 | 24/9-30/9 (7/10) {26/10} |  |
| SDA rcheryComp(Co-organisedwithIslandArcheryC* | | | | | | | | | |
| 40612628 (QSN1194) | 14/11 | Su | 9:00-18:00 | Aberdeen Sport Ground | 10+ | 20 | 120 | 13/9 |  |
| Badminton Training Course | | | | | | | | | |
| 40612532 (SN1127) | 16/11-17/12 | Tu,F | 19:00-21:00 | Apleichau SC | 7+ | 118 | 12 | 24/9-30/9 (7/10) {26/10} |  |
| 40612533 (SN1128) | 17/11-17/12 | W,F | 9:00-11:00 | Apleichau SC | 7+ | 118 | 12 | 24/9-30/9 (7/10) {26/10} |  |
| 40612534 (SN1129) | 23/11-30/12 (excl. 21/12,28/12) | Tu,Th | 14:00-16:00 | Apleichau SC | 7+ | 118 | 12 | 24/9-30/9 (7/10) {26/10} |  |
| 40612535 (SN1130) | 17/11-17/12 | W,F | 14:00-16:00 | Aberdeen SC | 7+ | 118 | 12 | 24/9-30/9 (7/10) {26/10} |  |
| 40612536 (SN1131) | 23/11-23/12 | Tu,Th | 9:00-11:00 | Aberdeen SC | 7+ | 118 | 12 | 24/9-30/9 (7/10) {26/10} |  |
| 40612537 (SN1132) | 17/11-19/1 | W | 18:00-20:00 | Stanley SC | 7+ | 118 | 12 | 15/10 |   |
| 40612538 (SN1133) | 6/11-29/1 (excl. 18/12,25/12,1/1) | Sa | 15:00-17:00 | Wong Chuk Hang SC | 18+ | 118 | 12 | 24/9-30/9 (7/10) {26/10} |  |
| 40612539 (SN1134) | 26/11-11/2 (excl. 24/12,31/12) | F | 18:00-20:00 | Wong Chuk Hang SC | 18+ | 118 | 12 | 24/9-30/9 (7/10) {26/10} |  |
| SD Indoor Lawn Bowls Competition2021* | | | | | | | | | |
| 40600212 (QSN0651) | 7/11-21/11 | Su | 8:30-19:15 | Apleichau SC Indoor Lawn Bowl | 8+ | 100 | 40 | 6/9-13/9 (17/9) {12/10} |  |
| Mini Tennis Training Course | | | | | | | | | |
| 40612606 (SN1181) | 6/11-29/1 (excl. 18/12,25/12,1/1) | Sa | 13:00-15:00 | Wong Chuk Hang SC | 6-12 | 70 | 8 | 18/10 |   |
| Squash Training Course | | | | | | | | | |
| 40612635 (SN1200) | 1/11-3/1 (excl. 20/12,27/12) | M | 18:00-20:00 | Aberdeen T/SC | 7+ | 160 | 6 | 24/9-30/9 (7/10) {26/10} |  |
| 40612636 (SN1201) | 3/11-26/11 | W,F | 10:00-12:00 | Aberdeen T/SC | 7+ | 160 | 6 | 24/9-30/9 (7/10) {26/10} |  |
| 40612637 (SN1202) | 7/11-9/1 (excl. 19/12,26/12) | Su | 9:00-11:00 | Aberdeen T/SC | 7+ | 160 | 6 | 24/9-30/9 (7/10) {26/10} |  |
| Table Tennis Training Course | | | | | | | | | |
| 40612638 (SN1203) | 15/11-24/1 (excl. 27/12) | M | 20:00-22:00 | Stanley SC | 6+ | 86 | 6 | 18/10 |   |
| Tennis Training Course | | | | | | | | | |
| 40612655 (SN1216) | 1/11-2/12 | M,Th | 16:00-18:00 | Aberdeen T/SC | 8+ | 170 | 9 | 24/9-30/9 (7/10) {26/10} |  |
| Meeting Points - Soccer Play in for Youth FD | | | | | | | | | |
| 40612605 (SN1180) | 19/11-26/11 | F | 18:00-20:00 | Wong Chuk Hang Recreation Ground | 12-35 | Free | 48 | 19/11-26/11 | Walk-in |

| 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 |
|--|------|-----|------|-------|-----|-------|---|------------------|
|--|------|-----|------|-------|-----|-------|---|------------------|

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.

(HQ) Body-Mind Stretch for Ex-mentally Ill Persons



| | | | | | | | | |
|-------------------|-----------|----|-------------|--------------|-----|---|------|---|
| 40596142 (SN0424) | 4/11-9/12 | Th | 16:00-18:00 | Apleichau SC | 15+ | 8 | 7/10 |   |
|-------------------|-----------|----|-------------|--------------|-----|---|------|---|

| 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 |
|--|------|-----|------|-------|-------|---|------------------|
|--|------|-----|------|-------|-------|---|------------------|

Meeting Points for Elderly-Baduanjin FD

| | | | | | | | |
|-------------------|------------|----|------------|------------------|----|------------|---------|
| 40612602 (SN1178) | 25/11-13/1 | Th | 9:00-11:00 | Yue Kwong RD. SC | 30 | 25/11-13/1 | Walk-in |
| 40612603 (SN1179) | 25/11-13/1 | Th | 9:00-11:00 | Yue Kwong RD. SC | 15 | 25/11-13/1 | Walk-in |

Fitness Exercise Training Course for Elderly

| | | | | | | | |
|-------------------|-----------|-------|-----------|------------|----|-----------------------------|---|
| 40612557 (SN1152) | 1/11-1/12 | M,W,F | 7:00-8:00 | Stanley SC | 15 | 24/9-30/9 (7/10) {26/10} |  |
| 40612558 (SN1153) | 1/11-1/12 | M,W,F | 8:00-9:00 | Stanley SC | 15 | 24/9-30/9 (7/10) {26/10} |  |

Healthy Elderly Scheme-Indoor Lawn Bowls FD

| | | | | | | | |
|-------------------|------------|---|-----------|--------------|----|------------|---------|
| 40612577 (SN1166) | 1/11-13/12 | M | 7:00-9:00 | Apleichau SC | 30 | 1/11-13/12 | Walk-in |
|-------------------|------------|---|-----------|--------------|----|------------|---------|

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|-------------------|------------|----|------------|--------------|----|------------|---------|
| 40612578 (SN1167) | 3/11-29/12 | W | 7:00-9:00 | Apleichau SC | 30 | 3/11-29/12 | Walk-in |
| 40612580 (SN1168) | 4/11-30/12 | Th | 7:00-9:00 | Apleichau SC | 30 | 4/11-30/12 | Walk-in |
| 40612583 (SN1169) | 5/11-31/12 | F | 8:00-10:00 | Apleichau SC | 30 | 5/11-31/12 | Walk-in |

Healthy Elderly Scheme- Table Tennis FD

| | | | | | | | |
|-------------------|----------------------------------|---------|-------------|--------------|---|------------|---------|
| 40612584 (SN1170) | 1/11-30/11 (excl. 8/11,22/11) | M,Tu,Th | 10:00-12:00 | Apleichau SC | 3 | 1/11-30/11 | Walk-in |
| 40612587 (SN1171) | 3/11-26/11 | W,F | 12:00-14:00 | Apleichau SC | 3 | 3/11-26/11 | Walk-in |

Healthy Elderly Scheme-Table-Tennis FD

| | | | | | | | |
|-------------------|------------|-------|------------|-------------------|----|------------|---------|
| 40612592 (SN1172) | 5/11-26/11 | F | 9:00-11:00 | Aberdeen SC | 6 | 5/11-26/11 | Walk-in |
| 40612594 (SN1173) | 1/11-29/11 | M,W,F | 7:00-9:00 | Aberdeen T/SC | 6 | 1/11-29/11 | Walk-in |
| 40612596 (SN1174) | 2/11-30/11 | Tu | 8:00-11:00 | Wong Chuk Hang SC | 21 | 2/11-30/11 | Walk-in |
| 40612597 (SN1175) | 4/11-25/11 | Th | 8:00-11:00 | Wong Chuk Hang SC | 21 | 4/11-25/11 | Walk-in |

Healthy Elderly Scheme-Tennis FD

| | | | | | | | |
|-------------------|------------|---|------------|---------------|---|------------|---------|
| 40612598 (SN1176) | 3/11-24/11 | W | 7:00-10:00 | Aberdeen T/SC | 3 | 3/11-24/11 | Walk-in |
|-------------------|------------|---|------------|---------------|---|------------|---------|

Healthy Elderly Scheme-American Pool FD

| | | | | | | | |
|-------------------|------------|-------|-------------|---------------|---|------------|---------|
| 40612565 (SN1157) | 1/11-29/11 | M,Th | 7:00-9:00 | Apleichau SC | 3 | 1/11-29/11 | Walk-in |
| 40612567 (SN1158) | 2/11-30/11 | Tu | 7:00-9:00 | Apleichau SC | 3 | 2/11-30/11 | Walk-in |
| 40612568 (SN1159) | 3/11-26/11 | W,F | 10:00-12:00 | Apleichau SC | 3 | 3/11-26/11 | Walk-in |
| 40612571 (SN1161) | 1/11-29/11 | M,W,F | 9:00-11:00 | Aberdeen T/SC | 3 | 1/11-29/11 | Walk-in |

Healthy Elderly Scheme- Gateball FD

| | | | | | | | |
|-------------------|------------|---|-------------|-------------------|----|------------|---------|
| 40612573 (SN1163) | 5/11-26/11 | F | 11:00-13:00 | Apleichau SC | 10 | 5/11-26/11 | Walk-in |
| 40612574 (SN1164) | 3/11-24/11 | W | 9:00-11:00 | Wong Chuk Hang SC | 7 | 3/11-24/11 | Walk-in |

Healthy Elderly Scheme-Gateball FD

| | | | | | | | |
|-------------------|------------|-------|-------------|------------------|----|------------|---------|
| 40612576 (SN1165) | 2/11-30/11 | Tu,Th | 14:00-16:00 | Yue Kwong RD. SC | 10 | 2/11-30/11 | Walk-in |
|-------------------|------------|-------|-------------|------------------|----|------------|---------|