

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

Sha Tin District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Baduanjin Fun Day									
40613690 (ST1359)	6/11	Sa	14:00-16:00	Heng On SC	8+	Free	15	4/10	
Fitness (Multi-gym) Training Course @ 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. 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. 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. 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.									
40613691 (ST1360)	11/11-21/12	Tu,Th	14:00-15:00	Che Kung Temple SC	15+	75	15	@11/10	
40613692 (ST1361)	11/11-21/12	Tu,Th	15:00-16:00	Che Kung Temple SC	15+	75	15	@11/10	
40613693 (ST1362)	1/11-26/11	M,W,F	19:00-20:00	Heng On SC	15+	75	15	@13/10	
40613694 (ST1363)	1/11-26/11	M,W,F	20:00-21:00	Heng On SC	15+	75	15	@13/10	
40613695 (ST1364)	9/11-4/12	Tu,Th,Sa	9:00-10:00	Heng On SC	15+	75	15	@12/10	
40613696 (ST1365)	24/11-22/12 (excl. 13/12)	M,W,F	9:00-10:00	Heng On SC	15+	75	15	@11/10	
40613697 (ST1366)	2/11-9/12	Tu,Th	13:00-14:00	Ma On Shan SC	15+	75	15	@12/10	
40613698 (ST1367)	2/11-9/12	Tu,Th	19:00-20:00	Ma On Shan SC	15+	75	15	@15/10	
40613699 (ST1368)	2/11-9/12	Tu,Th	20:00-21:00	Ma On Shan SC	15+	75	15	@15/10	
40613700 (ST1369)	12/11-8/12	M,W,F	19:00-20:00	Mei Lam SC	15+	75	15	@18/10	
40613701 (ST1370)	12/11-8/12	M,W,F	20:00-21:00	Mei Lam SC	15+	75	15	@18/10	
40613702 (ST1371)	17/11-29/12 (excl. 24/12)	W,F	16:00-17:00	Yuen Chau Kok SC	15+	75	15	@13/10	
Tai Chi Made Easy Class									
40615158	26/11-22/12	M,W,F	6:30-7:30	BC at Kwong Yuen Estate	6+	54	15	17/9-21/9 (29/9){25/10}	
40615159	27/11-23/12	Tu,Th,Sa	6:30-7:30	BC at Kwong Yuen Estate	6+	54	15	17/9-21/9 (29/9){25/10}	
Briefing on Proper Ways to Use Fitness Equipment									
40613705 (ST1374)	13/11	Sa	13:00-16:00	Che Kung Temple SC	15+	Free	12	17/9-21/9 (29/9){25/10}	
40613706 (ST1375)	7/11	Su	9:00-12:00	Heng On SC	15+	Free	12	17/9-21/9 (29/9){25/10}	
40613707 (ST1376)	13/11	Sa	14:00-17:00	Ma On Shan SC	15+	Free	12	17/9-21/9 (29/9){25/10}	
40613708 (ST1377)	7/11	Su	9:00-12:00	Mei Lam SC	15+	Free	12	17/9-21/9 (29/9){25/10}	
40613709 (ST1378)	20/11	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	12	17/9-21/9 (29/9){25/10}	
Stress Management and Physical Relaxation Tr. Cr.									
40613715 (ST1384)	14/11-13/3 (excl. 19/12,26/12,2/1,6/2)	Su	16:00-17:00	Che Kung Temple SC	14+	80	15	5/10	
40613716 (ST1385)	14/11-13/3 (excl. 19/12,26/12,2/1,6/2)	Su	17:00-18:00	Che Kung Temple SC	14+	80	15	5/10	
40613717 (ST1386)	28/11-20/3 (excl. 12/12,19/12,26/12)	Su	9:00-10:00	Yuen Chau Kok SC	14+	80	15	5/10	
40613718 (ST1387)	28/11-20/3 (excl. 12/12,19/12,26/12)	Su	10:00-11:00	Yuen Chau Kok SC	14+	80	15	5/10	
Parent-Child (Aged 7-17) Badminton Fun Day									
40613720 (ST1389)	21/11	Su	14:00-15:00	Heng On SC (non air-cond.)	7+	Free	9	17/9-21/9 (29/9){25/10}	
40613721 (ST1390)	21/11	Su	15:00-16:00	Heng On SC (non air-cond.)	7+	Free	9	17/9-21/9 (29/9){25/10}	
40613722 (ST1391)	21/11	Su	16:00-17:00	Heng On SC (non air-cond.)	7+	Free	9	17/9-21/9 (29/9){25/10}	
40613723 (ST1392)	13/11	Sa	14:00-15:00	Ma On Shan SC	7+	Free	12	17/9-21/9 (29/9){25/10}	
40613724 (ST1393)	13/11	Sa	15:00-16:00	Ma On Shan SC	7+	Free	12	17/9-21/9 (29/9){25/10}	
40613725 (ST1394)	13/11	Sa	16:00-17:00	Ma On Shan SC	7+	Free	12	17/9-21/9 (29/9){25/10}	
Badminton Training Course									
40613726 (ST1395)	15/11-3/1 (excl. 13/12,15/12,20/12,22/12,27/12)	M,W	20:00-22:00	Che Kung Temple SC	7+	118	12	17/9-21/9 (29/9){25/10}	
40613727 (ST1396)	3/11-3/12	W,F	9:00-11:00	Heng On SC (non air-cond.)	7+	118	9	17/9-21/9 (29/9){25/10}	
40613728 (ST1397)	23/11-7/1 (excl. 21/12,24/12,28/12,31/12)	Tu,F	9:00-11:00	Hin Keng SC (non air-cond.)	7+	118	9	17/9-21/9 (29/9){25/10}	
40614543 (ST1492)	27/11-5/3 (excl. 25/12,1/1,5/2,12/2,26/2)	Sa	8:00-10:00	Ma On Shan SC	7+	118	12	17/9-21/9 (29/9){25/10}	
Lawn Bowls Practice Scheme									
40613730 (ST1399)	17/11-12/1 (excl. 27/12)	M,W,F	9:00-12:00	Siu Lek Yuen RD. PG	8+	60	30	6/10	
Lawn Bowls Training Course									
40613731 (ST1400)	16/11-9/12	Tu,Th	10:00-12:00	Siu Lek Yuen RD. PG	8+	54	6	7/10	

40613732 (ST1401)	16/11-9/12	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	6	7/10	
40613733 (ST1402)	2/11-25/11	Tu,Th	19:00-21:00	Yuen Chau Kok SC	8+	54	6	17/9-21/9 (29/9){25/10}	
Sha Tin District Squash Competition (FA)*									
40613739 (QST1408)	14/11-21/11	Su	9:00-22:00	Sha Tin Jockey Club Public Squash Courts	35+	20	8	4/10	
Sha Tin District Squash Competition (FB)*									
40613740 (QST1409)	14/11-21/11	Su	9:00-22:00	Sha Tin Jockey Club Public Squash Courts	19-34	20	8	4/10	
Sha Tin District Squash Competition (FC)*									
40613741 (QST1410)	14/11-21/11	Su	9:00-22:00	Sha Tin Jockey Club Public Squash Courts	15-18	20	8	4/10	
Sha Tin District Squash Competition (FD)*									
40613742 (QST1411)	14/11-21/11	Su	9:00-22:00	Sha Tin Jockey Club Public Squash Courts	12-14	20	8	4/10	
Sha Tin District Squash Competition (FE)*									
40613743 (QST1412)	14/11-21/11	Su	9:00-22:00	Sha Tin Jockey Club Public Squash Courts	0-11	20	16	4/10	
Sha Tin District Squash Competition (MA)*									
40613734 (QST1403)	14/11-21/11	Su	9:00-22:00	Sha Tin Jockey Club Public Squash Courts	35+	20	8	4/10	
Sha Tin District Squash Competition (MB)*									
40613735 (QST1404)	14/11-21/11	Su	9:00-22:00	Sha Tin Jockey Club Public Squash Courts	19-34	20	8	4/10	
Sha Tin District Squash Competition (MC)*									
40613736 (QST1405)	14/11-21/11	Su	9:00-22:00	Sha Tin Jockey Club Public Squash Courts	15-18	20	8	4/10	
Sha Tin District Squash Competition (MD)*									
40613737 (QST1406)	14/11-21/11	Su	9:00-22:00	Sha Tin Jockey Club Public Squash Courts	12-14	20	16	4/10	
Sha Tin District Squash Competition (ME)*									
40613738 (QST1407)	14/11-21/11	Su	9:00-22:00	Sha Tin Jockey Club Public Squash Courts	0-11	20	24	4/10	
Squash Training Course									
40613744 (ST1413)	10/11-3/12	W,F	19:00-21:00	Heng On SC	7+	160	6	17/9-21/9 (29/9){25/10}	
40613745 (ST1414)	1/11-25/11	M,Th	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	6	17/9-21/9 (29/9){25/10}	
Tennis Training Course									
40613773 (ST1442)	17/11-20/12	M,W	19:00-21:00	Hin Tin PG	8+	170	6	17/9-21/9 (29/9){25/10}	
40613774 (ST1443)	15/11-15/12	M,W	9:00-11:00	Ma On Shan Recreation Ground	8+	170	6	17/9-21/9 (29/9){25/10}	
40613775 (ST1444)	4/11-6/12	M,Th	19:00-21:00	Tsang Tai Uk Recreation Ground	8+	170	6	17/9-21/9 (29/9){25/10}	
40613776 (ST1445)	8/11-8/12	M,W	9:00-11:00	Yuen Wo PG	8+	170	6	17/9-21/9 (29/9){25/10}	
American Pool Training Course - Level I									
40613777 (ST1446)	7/11-28/11	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	3	17/9-21/9 (29/9){25/10}	
40613778 (ST1447)	7/11-28/11	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	3	17/9-21/9 (29/9){25/10}	
American Pool Training Course - Level II									
40613779 (ST1448)	6/11-27/11	Sa	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	3	17/9-21/9 (29/9){25/10}	
40613780 (ST1449)	6/11-27/11	Sa	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	3	17/9-21/9 (29/9){25/10}	
Gateball Training Course for Adults									
40613781 (ST1450)	3/11-26/11	W,F	15:00-17:00	Ma On Shan Recreation Ground	20+	54	7	4/10	
Community Garden Programme									
40613783 (ST1452)	6/11-12/3	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Che Kung Miu RD. P/G Community Garden	12+	400	15	17/9-21/9 (29/9){25/10}	
40615162	6/11-12/3	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Che Kung Miu RD. P/G Community Garden	12+	400	15	17/9-21/9 (29/9){25/10}	

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
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Fitness Exercise Training Course for Elderly

40613789 (ST1458)	3/11-17/12	W,F	8:00-9:00	Hin Keng SC	12	18/9-23/9 (30/9) {26/10}	✉
40613790 (ST1459)	3/11-17/12	W,F	9:00-10:00	Hin Keng SC	12	18/9-23/9 (30/9) {26/10}	✉

Fitness (Multi-gym) Tr. Cr. for Elderly

@ 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.

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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.

40613791 (ST1460)	9/11-4/12	Tu,Th,Sa	8:00-9:00	Heng On SC	15	@18/9-23/9 (30/9){26/10}	✉
40613792 (ST1461)	24/11-22/12 (excl. 13/12)	M,W,F	8:00-9:00	Heng On SC	15	@18/9-23/9 (30/9){26/10}	✉
40613793 (ST1462)	17/11-29/12 (excl. 24/12)	W,F	15:00-16:00	Yuen Chau Kok SC	15	@18/9-23/9 (30/9){26/10}	✉

HES - Social Dance Fun Day for Elderly

40613794 (ST1463)	5/11-26/11	F	10:00-11:30	Heng On SC	16	5/11-26/11	Walk-in
40613795 (ST1464)	5/11-26/11	F	11:30-13:00	Heng On SC	16	5/11-26/11	Walk-in

HES - Badminton Fun Day for Elderly

40613796 (ST1465)	1/11-29/11	M,W	8:00-10:00	Yuen Chau Kok SC	12	1/11-29/11	Walk-in
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HES - Table-tennis Fun Day for Elderly

40613797 (ST1466)	1/11-29/11	M,W	9:00-11:00	Che Kung Temple SC	12	1/11-29/11	Walk-in
40613798 (ST1467)	2/11-30/11	Tu,Th	8:00-10:00	Hin Keng SC	9	2/11-30/11	Walk-in
40613799 (ST1468)	2/11-30/11	Tu	14:00-15:00	Ma On Shan SC	12	2/11-30/11	Walk-in
40613800 (ST1469)	4/11-25/11	Th	12:00-13:00	Ma On Shan SC	12	4/11-25/11	Walk-in
40613801 (ST1470)	2/11-30/11	Tu,F	8:00-10:00	Sha Tin Jockey Club Public Squash Courts	6	2/11-30/11	Walk-in
40613802 (ST1471)	2/11-30/11	Tu,F	10:00-12:00	Sha Tin Jockey Club Public Squash Courts	6	2/11-30/11	Walk-in
40613803 (ST1472)	1/11-29/11	M,Th	8:00-10:00	Siu Lek Yuen RD. PG	6	1/11-29/11	Walk-in
40613804 (ST1473)	1/11-29/11	M,W	14:00-16:00	Siu Lek Yuen RD. PG	6	1/11-29/11	Walk-in
40613805 (ST1474)	1/11-29/11	M,W	9:00-11:00	Yuen Chau Kok SC	6	1/11-29/11	Walk-in
40614544 (ST1493)	2/11-30/11	Tu	15:00-16:00	Ma On Shan SC	12	2/11-30/11	Walk-in
40614545 (ST1494)	4/11-25/11	Th	13:00-14:00	Ma On Shan SC	12	4/11-25/11	Walk-in

Gateball Fun Day for Elderly

40613808 (ST1477)	1/11	M	10:00-12:00	Heng On SC (non air-cond.)	7	1/11	Walk-in
40613809 (ST1478)	18/11	Th	15:00-17:00	Ma On Shan Recreation Ground	7	18/11	Walk-in

Gateball Training Course for Elderly

40613810 (ST1479)	3/11-22/12	W	9:00-11:00	Ma On Shan Recreation Ground	7	18/9-23/9 (30/9) {26/10}	✉
40613811 (ST1480)	16/11-9/12	Tu,Th	9:00-11:00	Ma On Shan SC	15	18/9-23/9 (30/9) {26/10}	✉