

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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									
40612469 (SK1363)	13/11-29/1 (excl. 25/12,1/1)	Sa	9:00-11:00	Sai Kung Tang Shiu Kin SG	16+	130	20	16/9-22/9 (5/10) {26/10}	☒
Front Crawl Training Course for Adult (Level III)									
40591649 (SK294)	9/11-9/12	Tu,Th	20:00-21:00	Tseung Kwan O SP (Main Pool)	18+	100	10	23/9-29/9 (7/10) {29/10}	☒
Front Crawl Training Course for Aged 17 or below (Level III)									
40591648 (SK293)	9/11-9/12	Tu,Th	19:00-20:00	Tseung Kwan O SP (Main Pool)	0-17	100	10	23/9-29/9 (7/10) {29/10}	☒
Aerobic Dance Training Course									
40612421 (SK1318)	19/11-17/12 (excl. 6/12)	M,W,F	9:00-10:00	Po Lam SC	14+	65	12	16/9-22/9 (5/10) {2/11}	☒
40612422 (SK1319)	19/11-17/12 (excl. 6/12)	M,W,F	10:00-11:00	Po Lam SC	14+	65	12	16/9-22/9 (5/10) {2/11}	☒
40612426 (SK1323)	2/11-9/12	Tu,Th	19:00-20:00	Po Lam SC	14+	65	12	20/9	☒ i
40612427 (SK1324)	2/11-9/12	Tu,Th	20:00-21:00	Po Lam SC	14+	65	12	20/9	☒ i
40612433 (SK1330)	2/11-27/11	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	10	27/9	☒ i
40612434 (SK1331)	2/11-27/11	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	10	27/9	☒ i
40612476 (SK1368)	3/11-10/12	W,F	13:00-14:00	Sai Kung Squash Courts	14+	65	6	23/9	☒ i
40612478 (SK1369)	3/11-10/12	W,F	14:00-15:00	Sai Kung Squash Courts	14+	65	6	23/9	☒ i
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. 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.</p>									
40612423 (SK1320)	1/11-8/12	M,W	19:00-20:00	Po Lam SC	15+	75	10	@21/9	☒ i
40612424 (SK1321)	1/11-8/12	M,W	20:00-21:00	Po Lam SC	15+	75	10	@21/9	☒ i
40612425 (SK1322)	1/11-8/12	M,W	21:00-22:00	Po Lam SC	15+	75	10	@21/9	☒ i
40612428 (SK1325)	27/11-23/12	Tu,Th,Sa	9:00-10:00	Po Lam SC	15+	75	10	@7/10	☒ i
40612429 (SK1326)	27/11-23/12	Tu,Th,Sa	10:00-11:00	Po Lam SC	15+	75	10	@7/10	☒ i
40612435 (SK1332)	5/11-1/12	M,W,F	15:00-16:00	Tsui Lam SC	15+	75	10	@4/10	☒ i
40612436 (SK1333)	5/11-1/12	M,W,F	16:00-17:00	Tsui Lam SC	15+	75	10	@4/10	☒ i
Briefing on Proper Ways to Use Fitness Equipment									
40612449 (SK1346)	2/11	Tu	19:00-22:00	Hang Hau SC	15+	Free	12	17/9-23/9 (5/10) {2/11}	☒
40612450 (SK1347)	2/11	Tu	20:00-23:00	Hang Hau SC	15+	Free	12	17/9-23/9 (5/10) {2/11}	☒
40612499 (SK1388)	4/11	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	17/9-23/9 (5/10) {26/10}	☒
40612500 (SK1389)	4/11	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	17/9-23/9 (5/10) {26/10}	☒
40612501 (SK1390)	11/11	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	17/9-23/9 (5/10) {26/10}	☒
40612502 (SK1391)	11/11	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	17/9-23/9 (5/10) {26/10}	☒
Parent-child(Aged 7-17) Badminton Fun Day									
40609207 (SK1173)	27/11	Sa	13:00-14:00	Hang Hau SC	7+	Free	12	12/10	☒
40609208 (SK1174)	27/11	Sa	14:00-15:00	Hang Hau SC	7+	Free	12	12/10	☒
40609209 (SK1175)	27/11	Sa	15:00-16:00	Hang Hau SC	7+	Free	12	12/10	☒
Badminton Training Course									
40612432 (SK1329)	3/11-3/12	W,F	19:00-21:00	Tsui Lam SC	7+	118	12	16/9-22/9 (5/10) {26/10}	☒
40612440 (SK1337)	16/11-16/12	Tu,Th	9:00-11:00	Tiu Keng Leng SC	7+	118	12	17/9-23/9 (5/10) {2/11}	☒
Track Cycling Taster Session									
40612510 (SK1399)	27/11	Sa	10:00-13:00	Hong Kong Velodrome	11+	Free	9	8/10	☒ i
Track Cycling Training Course (Level II)									
40602420 (SK683)	23/11	Tu	19:00-23:00	Hong Kong Velodrome	11+	140	9	27/9	☒ i
Track Cycling Training Course (Level III)									
40602430 (SK688)	25/11	Th	19:00-23:00	Hong Kong Velodrome	11+	140	9	6/10	☒ i
SKD Lawn Bowls Competition 2021*									
40612454 (QSK1349)	14/11	Su	9:00-19:00	Hang Hau Man Kuk Lane Park	8+	100	16	17/9-24/9 (5/10) {26/10}	☒
Lawn Bowls Fun Day									
40612491 (SK1380)	6/11	Sa	9:00-11:00	Hang Hau Man Kuk Lane Park	8+	Free	18	17/9-23/9 (5/10) {26/10}	☒
Lawn Bowls Training Course									
40612492 (SK1381)	16/11-9/12	Tu,Th	16:00-18:00	Hang Hau Man Kuk Lane Park	8+	54	12	17/9-23/9 (5/10) {2/11}	☒
Squash Training Course									

40612420 (SK1317)	17/11-10/12	W,F	19:00-21:00	Po Lam SC	7+	160	6	5/10	
Tennis Training Course									
40612462 (SK1357)	18/11-21/12	Tu,Th	17:00-19:00	Po Tsui Park	8+	170	9	17/9-23/9 (5/10) {2/11}	
40612463 (SK1358)	15/11-16/12	M,Th	19:00-21:00	Po Tsui Park	8+	170	9	17/9-23/9 (5/10) {2/11}	
40612464 (SK1359)	19/11-21/12	Tu,F	19:00-21:00	Po Tsui Park	8+	170	9	17/9-23/9 (5/10) {2/11}	
40612465 (SK1360)	15/11-15/12	M,W	9:00-11:00	Po Tsui Park	8+	170	9	17/9-23/9 (5/10) {2/11}	
40612466 (SK1361)	15/11-6/12	M,W,F	15:00-17:00	Po Tsui Park	8+	170	9	30/9	
40612480 (SK1371)	4/11-6/12	M,Th	19:00-21:00	Sai Kung TC	8+	170	6	17/9-23/9 (5/10) {26/10}	

Go Training Course(Stage II)

40612431 (SK1328)	6/11-11/12	Sa	11:00-13:00	Po Lam SC	6+	40	10	16/9-22/9 (5/10) {26/10}	
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SKD Gateball Comp 2021 (Open)*

40607014 (QSK989)	7/11	Su	9:00-18:00	Sheung Ning PG	8+	100	8	6/9-12/9 (23/9) {18/10}	
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Sport Climbing Training Course

40612444 (SK1341)	7/11-14/11	Su	12:00-18:00	Tiu Keng Leng SC	12+	40	4	17/9-23/9 (5/10) {26/10}	
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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

40612441 (SK1338)	16/11-16/12	Tu,Th,Sa	8:00-9:00	Tiu Keng Leng SC	15	17/9-23/9 (5/10) {2/11}	
40612442 (SK1339)	16/11-16/12	Tu,Th,Sa	9:00-10:00	Tiu Keng Leng SC	15	17/9-23/9 (5/10) {2/11}	

Meeting Point for Elderly (Fitness)

40612489 (SK1378)	12/11-3/12	F	8:00-10:00	Tsui Lam SC	10	16/9-22/9 (5/10) {26/10}	
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Fitness (Multi-gym) TC for Elderly

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40612430 (SK1327)	2/11-9/12	Tu,Th	7:00-8:00	Po Lam SC	10	@16/9-22/9 (5/10){26/10}	
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Health Elderly Scheme - Lawn Bowl Self Prac

40612497 (SK1386)	2/11-30/11	Tu	9:00-10:00	Hang Hau Man Kuk Lane Park	12	2/11-30/11	Walk-in
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Health Elderly Scheme-Table Tennis Self Practice Scheme

40612437 (SK1334)	3/11-24/11	W	8:00-9:00	Tsui Lam SC	4	20/9	
40612438 (SK1335)	5/11-26/11	F	8:00-9:00	Tsui Lam SC	4	20/9	
40612445 (SK1342)	4/11-25/11	Th	7:00-8:00	Hang Hau SC	6	20/9	
40612446 (SK1343)	4/11-25/11	Th	8:00-9:00	Hang Hau SC	6	20/9	
40612447 (SK1344)	4/11-25/11	Th	9:00-10:00	Hang Hau SC	6	20/9	

Health Elderly Self Practi Scheme-Lawn Bowls

40612496 (SK1385)	2/11-30/11	Tu	8:00-9:00	Hang Hau Man Kuk Lane Park	12	2/11-30/11	Walk-in
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Table-tennis Training Course for Elderly

40612479 (SK1370)	8/11-9/12	M,Th	14:00-16:00	Sai Kung Squash Courts	6	17/9-23/9 (5/10) {26/10}	
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SKD Gateball Comp 2021 (Elderly)*

40607013 (QSK988)	6/11	Sa	9:00-18:00	Sheung Ning PG	8	6/9-12/9 (23/9) {18/10}	
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Gateball Training Course for Elderly

40612439 (SK1336)	12/11-31/12	F	8:00-10:00	Tsui Lam SC	7	16/9-22/9 (5/10) {26/10}	
40612458 (SK1353)	18/11-6/1	Th	9:00-11:00	Po Hong Park	7	17/9-23/9 (5/10) {2/11}	
40612459 (SK1354)	23/11-11/1	Tu	9:00-11:00	Sheung Ling PG	15	17/9-23/9 (5/10) {2/11}	