

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

Sham Shui Po District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Backstroke Swimming TC										
40614146 (SS1034)	5/11-26/11	M,W,F	20:00-21:00	Shamshuipo Park SP	9+	100	10	23/9-29/9 (7/10)	{29/10}	☒
Breaststroke Swimming Cr for Adult (III)										
40614089 (SS1032)	10/11-1/12	M,W,F	19:00-20:00	Lai Chi Kok Park SP	18+	100	10	23/9-29/9 (7/10)	{29/10}	☒
Front Crawl Swimming Cr for Adult (III)										
40614090 (SS1033)	10/11-1/12	M,W,F	20:00-21:00	Lai Chi Kok Park SP	18+	100	10	23/9-29/9 (7/10)	{29/10}	☒
Butterfly Swimming TC										
40614147 (SS1035)	5/11-26/11	M,W,F	19:00-20:00	Shamshuipo Park SP	9+	100	10	23/9-29/9 (7/10)	{29/10}	☒
Aerobic Dance Training Course										
40614086 (SS1001)	29/11-7/1 (excl. 6,13,20,27,31/12,3/1)	M,W,F	16:00-17:00	Pei Ho ST. SC	14+	65	15	28/10		☒ i
40614087 (SS1002)	29/11-7/1 (excl. 6,13,20,27,31/12,3/1)	M,W,F	17:00-18:00	Pei Ho ST. SC	14+	65	15	28/10		☒ i
40614098 (SS0986)	10/11-6/12	M,W,F	13:00-14:00	Pei Ho ST. SC	14+	65	15	12/10		☒ i
40614099 (SS0987)	10/11-6/12	M,W,F	14:00-15:00	Pei Ho ST. SC	14+	65	15	12/10		☒ i
40614100 (SS0988)	10/11-6/12	M,W,F	18:00-19:00	Pei Ho ST. SC	14+	65	15	12/10		☒ i
40614102 (SS0989)	10/11-6/12	M,W,F	19:00-20:00	Pei Ho ST. SC	14+	65	15	12/10		☒ i
40614103 (SS0990)	19/11-20/12 (excl. 1/12,15/12)	M,W,F	7:00-8:00	Pei Ho ST. SC	14+	65	15	19/10		☒ i
40614104 (SS0991)	19/11-20/12 (excl. 1/12,15/12)	M,W,F	8:00-9:00	Pei Ho ST. SC	14+	65	15	19/10		☒ i
40614105 (SS0993)	19/11-20/12 (excl. 1/12,15/12)	M,W,F	9:00-10:00	Pei Ho ST. SC	14+	65	15	19/10		☒ i
40614106 (SS0999)	20/11-16/12	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	14+	65	15	20/10		☒ i
40614107 (SS1000)	20/11-16/12	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	14+	65	15	20/10		☒ i
40614121 (SS0992)	19/11-17/12 (excl. 6/12)	M,W,F	8:00-9:00	Po On RD. SC	14+	65	15	19/10		☒ i
40614122 (SS0994)	19/11-17/12 (excl. 6/12)	M,W,F	9:00-10:00	Po On RD. SC	14+	65	15	19/10		☒ i
40614123 (SS0995)	19/11-17/12 (excl. 6/12)	M,W,F	14:00-15:00	Po On RD. SC	14+	65	15	21/10		☒ i
40614124 (SS0996)	19/11-17/12 (excl. 6/12)	M,W,F	15:00-16:00	Po On RD. SC	14+	65	15	21/10		☒ i
40614125 (SS0997)	19/11-15/12	M,W,F	18:00-19:00	Po On RD. SC	14+	65	15	26/10		☒ i
40614126 (SS0998)	19/11-15/12	M,W,F	19:00-20:00	Po On RD. SC	14+	65	15	26/10		☒ i
Fitness (Multi-gym) TC										
@ 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.										
40614109 (SS1019)	23/11-18/12	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	15+	75	15	@2/11		☒ i
40614110 (SS1020)	23/11-18/12	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	15+	75	15	@2/11		☒ i
40614111 (SS1022)	23/11-18/12	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15+	75	15	@2/11		☒ i
40614112 (SS1023)	23/11-18/12	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	15+	75	15	@2/11		☒ i
40614113 (SS1025)	23/11-18/12	Tu,Th,Sa	17:00-18:00	Pei Ho ST. SC	15+	75	15	@4/11		☒ i
40614114 (SS1026)	23/11-18/12	Tu,Th,Sa	18:00-19:00	Pei Ho ST. SC	15+	75	15	@23/9-29/9 (7/10)	{29/10}	☒
40614115 (SS1027)	23/11-18/12	Tu,Th,Sa	19:00-20:00	Pei Ho ST. SC	15+	75	15	@4/11		☒ i
40614116 (SS1028)	23/11-18/12	Tu,Th,Sa	20:00-21:00	Pei Ho ST. SC	15+	75	15	@4/11		☒ i
40614127 (SS1006)	19/11-17/12 (excl. 6/12)	M,W,F	8:00-9:00	Po On RD. SC	15+	75	15	@18/10		☒ i
40614128 (SS1007)	19/11-17/12 (excl. 6/12)	M,W,F	9:00-10:00	Po On RD. SC	15+	75	15	@18/10		☒ i
40614129 (SS1009)	19/11-17/12 (excl. 6/12)	M,W,F	13:00-14:00	Po On RD. SC	15+	75	15	@18/10		☒ i
40614131 (SS1012)	19/11-17/12 (excl. 6/12)	M,W,F	16:00-17:00	Po On RD. SC	15+	75	15	@20/10		☒ i
40614132 (SS1014)	19/11-17/12 (excl. 6/12)	M,W,F	18:00-19:00	Po On RD. SC	15+	75	15	@20/10		☒ i
40614133 (SS1015)	19/11-17/12 (excl. 6/12)	M,W,F	19:00-20:00	Po On RD. SC	15+	75	15	@22/10		☒ i
Jazz TC										
40614154 (SS0969)	12/11-13/12	M,F	18:00-20:00	Pei Ho ST. SC	12+	70	15	12/10		☒ i
Oriental Dance TC										
40614079 (SS0958)	16/11-16/12	Tu,Th	20:00-22:00	Pei Ho ST. SC	12+	45	15	23/9-29/9 (7/10)	{29/10}	☒
Social Dance TC										
40614094 (SS0980)	16/11-16/12	Tu,Th	18:00-20:00	Pei Ho ST. SC	14+	86	16	23/9-29/9 (7/10)	{29/10}	☒

40614136 (SS0978)	2/11-2/12	Tu,Th	15:00-17:00	Shek Kip Mei Park SC	14+	86	16	23/9-29/9 (7/10) {29/10}	✉
Tai Chi Made Easy Class									
40615134 (SS1129)	2/11-27/11	Tu,Th,Sa	7:00-8:00	Sham Shui Po Park II (BC)	6+	54	15	23/9-29/9 (7/10) {29/10}	✉
Yoga TC									
40614139 (SS1003)	1/11-1/12	M,W	14:00-16:00	Shek Kip Mei Park SC	15+	85	15	23/9-29/9 (7/10) {29/10}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40614092 (SS0972)	18/11	Th	18:00-21:00	Pei Ho ST. SC	15+	Free	12	23/9-29/9 (7/10) {29/10}	✉
40614119 (SS0971)	7/11	Su	14:00-17:00	Po On RD. SC	15+	Free	12	23/9-29/9 (7/10) {29/10}	✉
40614135 (SS0973)	20/11	Sa	19:00-22:00	Shek Kip Mei Park SC	15+	Free	12	23/9-29/9 (7/10) {29/10}	✉
Sports for All Body-Mind Stretch TC									
40613835 (SS1059)	3/11-10/12	W,F	20:00-21:00	Shek Kip Mei Park SC	15+	85	12	4/10	📄 i
40613836 (SS1060)	3/11-10/12	W,F	21:00-22:00	Shek Kip Mei Park SC	15+	85	12	4/10	📄 i
Badminton TC									
40614084 (SS0974)	3/11-22/12 (excl. 6/11,20/11,4/12,11/12,18/12)	W,Sa	19:00-21:00	Cheung Sha Wan SC	18+	118	6	23/9-29/9 (7/10) {29/10}	✉
40614093 (SS0976)	15/11-16/12	M,Th	9:00-11:00	Pei Ho ST. SC	18+	118	12	23/9-29/9 (7/10) {29/10}	✉
40614120 (SS0975)	11/11-14/12	Tu,Th	9:00-11:00	Po On RD. SC	18+	118	12	23/9-29/9 (7/10) {29/10}	✉
Squash Training Course									
40614073 (SS0966)	3/11-29/11	M,W	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	6	4/10	📄 i
40614074 (SS0967)	3/11-22/12	W	19:00-21:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	6	4/10	📄 i
Tennis TC									
40614080 (SS0963)	1/11-2/12	M,Th	15:00-17:00	Lai Chi Kok Park TC	18+	170	9	11/10	📄 i
40614140 (SS1004)	1/11-1/12	M,W	9:00-11:00	Shek Kip Mei Park TC	18+	170	9	23/9-29/9 (7/10) {29/10}	✉
40614152 (SS0964)	2/11-2/12	Tu,Th	9:00-11:00	Tung Chau ST. Park TC	18+	170	9	23/9-29/9 (7/10) {29/10}	✉
40614153 (SS0965)	11/11-13/12	M,Th	19:00-21:00	Tung Chau ST. Park TC	18+	170	9	23/9-29/9 (7/10) {29/10}	✉
Gateball TC for Adult									
40613825 (SS1053)	11/11-7/12	Tu,Th	19:00-21:00	Sham Shui Po Park	18+	54	7	11/10	📄 i
SSPD 7-a-side Mini-soccer Comp 2021									
40609790 (QSS1049)	7/11-14/11	Su	9:00-18:00	Cheung Sha Wan PG	14+	60	12	16/9	♿

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	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.

Gateball FD for Persons with Visual Impaired

40613849 (SS1065)	20/11	Sa	14:00-17:00	Cheung Sha Wan SC	8+	2	1/10	📄 i
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Gateball TS for Persons with Chronical Illnes

40613830 (SS1056)	3/11-24/11	W	10:00-12:00	Tai Hang Tung R/G Gateball Court	8+	2	1/10	📄 i
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Badminton TS for persons with Hearing Impairm

40613871 (SS1069)	2/11-23/11	Tu	20:00-22:00	Shek Kip Mei Park SC	7+	2	1/10	📄 i
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Badminton TS Persons with intellectual Disabi

40613847 (SS1063)	3/11-24/11	W	15:00-16:00	Po On RD. SC	7+	2	1/10	📄 i
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Activities for Elderly Programme Number (Class code)
(For aged 60 or above, free of charge)

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 (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
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Baduanjin TC for Elderly

40614068 (SS0959)	2/11-27/11	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15	23/9-29/9 (7/10) {29/10}	✉
40614069 (SS0960)	2/11-27/11	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	15	23/9-29/9 (7/10) {29/10}	✉

Mt Pts for Elderly - Baduanjin Play-in							
40614095 (SS0981)	5/11-26/11	F	9:00-11:00	Pei Ho ST. SC	15	5/11-26/11	Walk-in
Elderly Fitness TC							
40614070 (SS0961)	8/11-8/12	M,W,F	14:00-15:00	Pei Ho ST. SC	15	23/9-29/9 (7/10) {29/10}	✉
40614071 (SS0962)	8/11-8/12	M,W,F	15:00-16:00	Pei Ho ST. SC	15	23/9-29/9 (7/10) {29/10}	✉
Mt Pts for Elderly -Social Dance Play-in							
40614085 (SS0982)	3/11-24/11	W	9:15-11:45	Pei Ho ST. SC	16	3/11-24/11	Walk-in
HES - Badminton Play-in							
40614141 (SS1048)	3/11-26/11	W,F	8:00-9:00	Shek Kip Mei Park SC	6	7/10	📧 i
HES - Baduanjin Play-in							
40614155 (SS1038)	5/11-26/11	F	14:00-16:00	Tung Chau ST. Park Squash Court	15	5/11-26/11	Walk-in
HES - Table-tennis Play-in							
40614134 (SS1046)	4/11-25/11	Th	10:30-12:00	Po On RD. SC	12	4/11-25/11	Walk-in
HES - Tai Chi Play-in							
40614117 (SS1039)	1/11-29/11	M	9:00-10:30	Pei Ho ST. SC	20	1/11-29/11	Walk-in
Mt Pts for Elderly-Indoor Short Mat Bowl Play							
40614096 (SS0983)	4/11-25/11	Th	9:30-11:30	Pei Ho ST. SC	16	4/11-25/11	Walk-in
Gateball TC for Elderly							
40613827 (SS1054)	3/11-26/11	W,F	7:00-9:00	Lai Chi Kok Park	15	23/9-29/9 (7/10) {29/10}	✉