

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

Southern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Long Distance Running Training Course									
40616906 (SN1352)	6/12-21/2 (excl. 27/12,31/1)	M	19:00-21:00	Aberdeen Sport Ground	16+	130	20	17/11	
Aerobic Dance Training Course									
40615289 (SN1239)	14/12-13/1 (excl. 25/12,1/1)	Tu,Th,Sa	9:00-10:00	Aberdeen SC	14+	65	15	15/11	
40615290 (SN1240)	14/12-13/1 (excl. 25/12,1/1)	Tu,Th,Sa	10:00-11:00	Aberdeen SC	14+	65	15	15/11	
40615291 (SN1241)	15/12-28/1 (excl. 24/12,31/12)	W,F	18:00-19:00	Aberdeen SC	14+	65	15	15/11	
40615292 (SN1242)	15/12-28/1 (excl. 24/12,31/12)	W,F	19:00-20:00	Aberdeen SC	14+	65	15	15/11	
40615293 (SN1243)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	14:00-15:00	Aberdeen SC	14+	65	15	26/11	
40615294 (SN1244)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	15:00-16:00	Aberdeen SC	14+	65	15	26/11	
40615295 (SN1245)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	16:00-17:00	Aberdeen SC	14+	65	15	26/11	
40615296 (SN1246)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	17:00-18:00	Aberdeen SC	14+	65	15	26/11	
40615275 (SN1232)	8/12-12/1 (excl. 13/12,20/12,27/12)	M,W,F	8:00-9:00	Apleichau SC	14+	65	15	9/11	
40615277 (SN1233)	8/12-12/1 (excl. 13/12,20/12,27/12)	M,W,F	9:00-10:00	Apleichau SC	14+	65	15	9/11	
40615278 (SN1234)	8/12-12/1 (excl. 13/12,20/12,27/12)	M,W,F	10:00-11:00	Apleichau SC	14+	65	15	9/11	
40615280 (SN1235)	23/12-10/2 (excl. 28/12,1/2,3/2)	Tu,Th	14:00-15:00	Apleichau SC	14+	65	15	24/11	
40615281 (SN1236)	23/12-10/2 (excl. 28/12,1/2,3/2)	Tu,Th	15:00-16:00	Apleichau SC	14+	65	15	24/11	
40615286 (SN1237)	23/12-10/2 (excl. 28/12,1/2,3/2)	Tu,Th	18:00-19:00	Apleichau SC	14+	65	15	24/11	
40615287 (SN1238)	23/12-10/2 (excl. 28/12,1/2,3/2)	Tu,Th	19:00-20:00	Apleichau SC	14+	65	15	24/11	
40615300 (SN1247)	8/12-7/1 (excl. 27/12,31/12)	M,W,F	19:00-20:00	Stanley SC	14+	65	6	11/11	
40615303 (SN1248)	8/12-7/1 (excl. 27/12,31/12)	M,W,F	20:00-21:00	Stanley SC	14+	65	6	11/11	
40615305 (SN1249)	21/12-8/2 (excl. 28/12,1/2,3/2)	Tu,Th	9:00-10:00	Stanley SC	14+	65	15	22/11	
40615306 (SN1250)	21/12-8/2 (excl. 28/12,1/2,3/2)	Tu,Th	10:00-11:00	Stanley SC	14+	65	15	22/11	
Children Dance Training Course									
40615327 (SN1257)	11/12-26/2 (excl. 25/12,1/1)	Sa	9:00-11:00	Apleichau SC	4-11	60	10	10/11	
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>									
40615365 (SN1261)	6/12-17/1 (excl. 27/12)	M,W	19:00-20:00	Aberdeen SC	15+	75	15	@8/11	
40615371 (SN1262)	6/12-17/1 (excl. 27/12)	M,W	20:00-21:00	Aberdeen SC	15+	75	15	@8/11	
40615376 (SN1263)	7/12-13/1	Tu,Th	16:00-17:00	Aberdeen SC	15+	75	15	@11/11	
40615382 (SN1264)	7/12-13/1	Tu,Th	17:00-18:00	Aberdeen SC	15+	75	15	@11/11	
40615396 (SN1266)	15/12-28/1 (excl. 24/12,31/12)	W,F	14:00-15:00	Aberdeen SC	15+	75	15	@19/11	
40615404 (SN1267)	15/12-28/1 (excl. 24/12,31/12)	W,F	15:00-16:00	Aberdeen SC	15+	75	15	@19/11	
40615423 (SN1268)	1/12-12/1 (excl. 27/12)	M,W	18:00-19:00	Aberdeen T/SC	15+	75	15	@8/11	
40615442 (SN1269)	1/12-12/1 (excl. 27/12)	M,W	19:00-20:00	Aberdeen T/SC	15+	75	15	@8/11	
40615446 (SN1270)	3/12-21/1 (excl. 21/12,24/12,31/12)	Tu,F	16:00-17:00	Aberdeen T/SC	15+	75	15	@9/11	
40615447 (SN1271)	3/12-21/1 (excl. 21/12,24/12,31/12)	Tu,F	17:00-18:00	Aberdeen T/SC	15+	75	15	@9/11	
40615448 (SN1272)	15/12-28/1 (excl. 24/12,31/12)	W,F	7:00-8:00	Aberdeen T/SC	15+	75	15	@19/11	
40615449 (SN1273)	15/12-28/1 (excl. 24/12,31/12)	W,F	8:00-9:00	Aberdeen T/SC	15+	75	15	@19/11	
40615450 (SN1274)	15/12-28/1 (excl. 24/12,31/12)	W,F	9:00-10:00	Aberdeen T/SC	15+	75	15	@19/11	
Social Dance Training Course									
40616156 (SN1327)	2/12-10/1 (excl. 20/12,27/12)	M,Th	20:00-22:00	Apleichau SC	14+	86	16	10/11	
40616159 (SN1328)	4/12-19/2 (excl. 25/12,1/1)	Sa	19:00-21:00	Stanley SC	14+	86	16	10/11	
40616163 (SN1329)	7/12-15/2 (excl. 1/2)	Tu	15:00-17:00	Stanley SC	14+	86	16	10/11	
40616168 (SN1330)	22/12-26/1 (excl. 24/12)	W,F	20:00-22:00	Stanley SC	14+	86	16	22/11	
Tai Chi Made Easy Class									
40616187 (SN1334)	21/12-20/1 (excl. 25/12,1/1)	Tu,Th,Sa	7:00-8:00	Aberdeen Promenade (BC)	6+	54	15	27/10-1/11 (5/11){23/11}	
40616200 (SN1335)	21/12-20/1 (excl. 25/12,1/1)	Tu,Th,Sa	8:00-9:00	Aberdeen Promenade (BC)	6+	54	15	16/11	

40616201 (SN1336)	29/12-24/1	M,W,F	7:00-8:00	Aberdeen Promenade (BC)	6+	54	15	16/11		
40616203 (SN1337)	29/12-24/1	M,W,F	8:00-9:00	Aberdeen Promenade (BC)	6+	54	15	16/11		
40616206 (SN1338)	21/12-20/1 (excl. 25/12,1/1)	Tu,Th,Sa	7:00-8:00	Hong Fu PG (Soccer Pitch)	6+	54	15	17/11		
40616210 (SN1339)	21/12-20/1 (excl. 25/12,1/1)	Tu,Th,Sa	8:00-9:00	Hong Fu PG (Soccer Pitch)	6+	54	15	17/11		
40616212 (SN1340)	21/12-20/1 (excl. 25/12,1/1)	Tu,Th,Sa	18:00-19:00	Hong Fu PG (Soccer Pitch)	6+	54	15	17/11		
40616215 (SN1341)	29/12-24/1	M,W,F	7:00-8:00	Hong Fu PG (Soccer Pitch)	6+	54	15	18/11		
40616219 (SN1342)	29/12-24/1	M,W,F	8:00-9:00	Hong Fu PG (Soccer Pitch)	6+	54	15	27/10-1/11 (5/11){23/11}		
40616223 (SN1343)	29/12-24/1	M,W,F	7:00-8:00	Shek Pai Wan Est.PG(SoccerPitch)	6+	54	15	18/11		
40616226 (SN1344)	29/12-24/1	M,W,F	8:00-9:00	Shek Pai Wan Est.PG(SoccerPitch)	6+	54	15	18/11		
40616228 (SN1345)	29/12-24/1	M,W,F	9:00-10:00	Shek Pai Wan Est.PG(SoccerPitch)	6+	54	15	18/11		
40616235 (SN1346)	11/12-12/3 (excl. 25/12,1/1)	Sa	9:00-10:00	Stanley SC	6+	54	15	12/11		
40616237 (SN1347)	11/12-12/3 (excl. 25/12,1/1)	Sa	10:00-11:00	Stanley SC	6+	54	15	12/11		

Briefing on Proper Ways to Use Fitness Equipment

40615321 (SN1254)	11/12	Sa	14:00-17:00	Apleichau SC	15+	Free	12	27/10-1/11 (5/11){23/11}		
40615323 (SN1255)	12/12	Su	14:00-17:00	Aberdeen T/SC	15+	Free	12	27/10-1/11 (5/11){23/11}		
40615324 (SN1256)	14/12	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	12	27/10-1/11 (5/11){23/11}		

Badminton Training Course

40615309 (SN1251)	1/12-9/2 (excl. 2/2)	W	19:00-21:00	Aberdeen SC	7+	118	16	27/10-1/11 (5/11){23/11}		
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Track Cycling Training Course (Level I)

40602789 (SN0522)	5/12	Su	14:00-18:00	Hong Kong Velodrome	11+	140	9	8/11		
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Indoor Lawn Bowls Training Course

40616134 (SN1311)	3/12-7/1 (excl. 21/12,24/12,31/12)	Tu,F	19:00-21:00	Apleichau SC	8+	54	12	27/10-1/11 (5/11){23/11}		
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Squash Training Course

40616170 (SN1331)	2/12-30/12 (excl. 21/12)	Tu,Th	19:00-21:00	Aberdeen T/SC	18+	160	8	27/10-1/11 (5/11){23/11}		
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Table-tennis Training Course

40616179 (SN1332)	5/12-20/2 (excl. 26/12,2/1)	Su	10:00-12:00	Aberdeen SC	6+	86	8	27/10-1/11 (5/11){23/11}		
40616184 (SN1333)	4/12-19/2 (excl. 25/12,1/1)	Sa	14:00-16:00	Stanley SC	6+	86	8	27/10-1/11 (5/11){23/11}		

Tennis Training Course

40616238 (SN1348)	1/12-31/12	W,F	16:00-18:00	Aberdeen T/SC	8+	170	12	27/10-1/11 (5/11){23/11}		
40616239 (SN1349)	2/12-20/1 (excl. 13/12,16/12,20/12,23/12,27/12)	M,Th	18:00-20:00	Aberdeen T/SC	18+	170	12	27/10-1/11 (5/11){23/11}		
40616240 (SN1350)	3/12-7/1 (excl. 27/12)	M,F	7:00-9:00	Aberdeen T/SC	8+	170	12	27/10-1/11 (5/11){23/11}		

SD 7-a-side Soccer Comp(Hard-surface Pitch)*

40612992 (QSN1223)	5/12-12/12	Su	9:00-18:00	Wong Chuk Hang Recreationn Ground Hard S	14+	60	16	27/9-11/10 (18/10){10/11}		
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Meeting Points for Youth - Soccer FD

40616137 (SN1314)	10/12-17/12	F	18:00-20:00	Wong Chuk Hang Recreation Ground	12-35	Free	48	10/12-17/12	Walk-in	
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SD Gateball Competition2021*

40594215 (QSN0407)	11/12-12/12	Sa,Su	7:00-19:00	Aberdeen Sport Ground	12+	60	24	21/10-27/10 (3/11){23/11}		
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Community Garden Programme

40612544 (SN1139)	4/12-23/4 (excl. 25/12,1/1,16/4)	M-Su	8:00-18:00	Apleichau Waterfront Promenade	12+	400	25	27/10-1/11 (8/11){23/11}		
40612545 (SN1140)	4/12-23/4 (excl. 25/12,1/1,16/4)	M-Su	8:00-18:00	Ocean Park RD. Community Garden	12+	400	18	27/10-1/11 (8/11){23/11}		

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

40616135 (SN1312)	7/12-25/1	Tu	9:00-11:00	Yue Kwong RD. SC	30			7/12-25/1	Walk-in	
40616136 (SN1313)	7/12-25/1	Tu	9:00-11:00	Yue Kwong RD. SC	15			7/12-25/1	Walk-in	

Fitness Exercise Training Course for Elderly

40615454 (SN1276)	1/12-14/1	W,F	7:00-8:00	Apleichau SC	15			27/10-1/11 (5/11){23/11}		
40615455 (SN1277)	1/12-14/1	W,F	8:00-9:00	Apleichau SC	15			27/10-1/11 (5/11){23/11}		
40615456 (SN1278)	1/12-14/1	W,F	9:00-10:00	Apleichau SC	15			27/10-1/11 (5/11){23/11}		
40615458 (SN1279)	21/12-10/2 (excl. 1/2,3/2)	Tu,Th	7:00-8:00	Aberdeen SC	15			27/10-1/11 (5/11){23/11}		
40615488 (SN1280)	21/12-10/2 (excl. 1/2,3/2)	Tu,Th	8:00-9:00	Aberdeen SC	15			27/10-1/11 (5/11){23/11}		

40615512 (SN1281)	1/12-24/1 (excl. 20/12,27/12)	M,W	10:00-11:00	Aberdeen T/SC	15	27/10-1/11 (5/11){23/11}	✉
40615521 (SN1282)	1/12-24/1 (excl. 20/12,27/12)	M,W	11:00-12:00	Aberdeen T/SC	15	27/10-1/11 (5/11){23/11}	✉
40615530 (SN1283)	2/12-18/1	Tu,Th	7:00-8:00	Aberdeen T/SC	15	27/10-1/11 (5/11){23/11}	✉
40615535 (SN1284)	2/12-18/1	Tu,Th	8:00-9:00	Aberdeen T/SC	15	27/10-1/11 (5/11){23/11}	✉
40615554 (SN1285)	8/12-10/1 (excl. 27/12)	M,W,F	7:00-8:00	Stanley SC	15	27/10-1/11 (5/11){23/11}	✉
40615568 (SN1286)	8/12-10/1 (excl. 27/12)	M,W,F	8:00-9:00	Stanley SC	15	27/10-1/11 (5/11){23/11}	✉
40615572 (SN1287)	7/12-29/3 (excl. 21/12,28/12,1/2)	Tu	14:00-15:00	Wong Chuk Hang SC	6	27/10-1/11 (5/11){23/11}	✉
40615574 (SN1288)	7/12-29/3 (excl. 21/12,28/12,1/2)	Tu	15:00-16:00	Wong Chuk Hang SC	6	27/10-1/11 (5/11){23/11}	✉

Healthy Elderly Scheme-Indoor Lawn Bowls FD

40616122 (SN1301)	7/12-25/1 (excl. 28/12)	Tu	9:00-11:00	Apleichau SC	30	7/12-25/1	Walk-in
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Healthy Elderly Scheme- Table Tennis FD

40616131 (SN1308)	2/12-30/12	Th	8:00-11:00	Wong Chuk Hang SC	16	2/12-30/12	Walk-in
40616132 (SN1309)	7/12-14/12	Tu	8:00-11:00	Wong Chuk Hang SC	16	7/12-14/12	Walk-in

Healthy Elderly Scheme-Table-Tennis FD

40616123 (SN1302)	1/12-31/12	W,F	12:00-14:00	Apleichau SC	3	1/12-31/12	Walk-in
40616124 (SN1303)	2/12-31/1 (excl. 13,20,27,28/12,10,24/1)	M,Tu,Th	7:00-10:00	Apleichau SC	3	2/12-31/1	Walk-in
40616125 (SN1304)	2/12-30/12 (excl. 13/12,20/12,27/12,28/12)	M,Tu,Th	10:00-12:00	Apleichau SC	3	2/12-30/12	Walk-in
40616126 (SN1305)	3/12-24/12	F	9:00-11:00	Aberdeen SC	8	3/12-24/12	Walk-in
40616127 (SN1306)	1/12-31/12 (excl. 20/12,27/12)	M,W,F	7:00-9:00	Aberdeen T/SC	6	1/12-31/12	Walk-in
40616130 (SN1307)	7/12-25/1 (excl. 28/12)	Tu	9:00-11:00	Stanley SC	6	7/12-25/1	Walk-in

Healthy Elderly Scheme-Tennis FD

40616133 (SN1310)	1/12-29/12	W	7:00-10:00	Aberdeen T/SC	4	1/12-29/12	Walk-in
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Healthy Elderly Scheme-American Pool FD

40616113 (SN1292)	1/12-31/12	W,F	10:00-12:00	Apleichau SC	3	1/12-31/12	Walk-in
40616114 (SN1293)	2/12-30/12 (excl. 20/12,27/12)	M,Th	7:00-9:00	Apleichau SC	3	2/12-30/12	Walk-in
40616115 (SN1294)	7/12-28/12	Tu	7:00-9:00	Apleichau SC	3	7/12-28/12	Walk-in
40616116 (SN1295)	1/12-31/12 (excl. 27/12)	M,W,F	7:00-9:00	Aberdeen T/SC	4	1/12-31/12	Walk-in
40616117 (SN1296)	1/12-31/12 (excl. 27/12)	M,W,F	9:00-11:00	Aberdeen T/SC	4	1/12-31/12	Walk-in

Healthy Elderly Scheme- Gateball FD

40616119 (SN1298)	3/12-31/12	F	11:00-13:00	Apleichau SC	10	3/12-31/12	Walk-in
40616121 (SN1299)	1/12-22/12	W	9:00-11:00	Wong Chuk Hang SC	10	1/12-22/12	Walk-in

Healthy Elderly Scheme-Gateball FD

40616120 (SN1300)	2/12-30/12	Tu,Th	14:00-16:00	Yue Kwong RD. SC	10	2/12-30/12	Walk-in
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