

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Dec 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
Breaststroke Swimming Cr for Adult (III)									
40595043	2/12-4/1	Tu,Th	19:00-20:00	Hin Tin SP	18+	100	10	18/10-22/10 (29/10){22/11}	☒
Front Crawl Swimming Cr for Adult (III)									
40595042	2/12-4/1	Tu,Th	18:00-19:00	Hin Tin SP	18+	100	10	18/10-22/10 (29/10){22/11}	☒
Aerobic Dance Training Course									
40615767 (ST1500)	1/12-14/1 (excl. 24/12,31/12)	W,F	19:00-20:00	Heng On SC	14+	65	15	18/10-22/10 (29/10){22/11}	☒
40615768 (ST1501)	1/12-14/1 (excl. 24/12,31/12)	W,F	20:00-21:00	Heng On SC	14+	65	15	18/10-22/10 (29/10){22/11}	☒
40615769 (ST1502)	2/12-18/1 (excl. 21/12,28/12)	Tu,Th	9:00-10:00	Heng On SC	14+	65	15	8/11	☒ i
40615770 (ST1503)	2/12-18/1 (excl. 21/12,28/12)	Tu,Th	10:00-11:00	Heng On SC	14+	65	15	8/11	☒ i
40615771 (ST1504)	2/12-18/1 (excl. 21/12,28/12)	Tu,Th	9:00-10:00	Hin Keng SC	14+	65	10	10/11	☒ i
40615772 (ST1505)	2/12-18/1 (excl. 21/12,28/12)	Tu,Th	10:00-11:00	Hin Keng SC	14+	65	10	10/11	☒ i
40615773 (ST1506)	2/12-13/1 (excl. 21/12)	Tu,Th	19:00-20:00	Hin Keng SC	14+	65	10	18/10-22/10 (29/10){22/11}	☒
40615774 (ST1507)	2/12-13/1 (excl. 21/12)	Tu,Th	20:00-21:00	Hin Keng SC	14+	65	10	18/10-22/10 (29/10){22/11}	☒
40615775 (ST1508)	1/12-14/1 (excl. 24/12,31/12)	W,F	14:00-15:00	Ma On Shan SC	14+	65	15	18/10-22/10 (29/10){22/11}	☒
40615776 (ST1509)	6/12-24/1 (excl. 24/12,27/12,31/12)	M,F	19:00-20:00	Ma On Shan SC	14+	65	15	18/10-22/10 (29/10){22/11}	☒
40615777 (ST1510)	6/12-24/1 (excl. 24/12,27/12,31/12)	M,F	20:00-21:00	Ma On Shan SC	14+	65	15	18/10-22/10 (29/10){22/11}	☒
40615778 (ST1511)	2/12-13/1 (excl. 21/12)	Tu,Th	9:00-10:00	Mei Lam SC	14+	65	15	5/11	☒ i
40615779 (ST1512)	2/12-13/1 (excl. 21/12)	Tu,Th	10:00-11:00	Mei Lam SC	14+	65	15	5/11	☒ i
40615780 (ST1513)	2/12-13/1 (excl. 21/12)	Tu,Th	14:00-15:00	Mei Lam SC	14+	65	15	11/11	☒ i
40615781 (ST1514)	6/12-19/1 (excl. 20/12,27/12)	M,W	19:00-20:00	Mei Lam SC	14+	65	15	18/10-22/10 (29/10){22/11}	☒
40615782 (ST1515)	6/12-19/1 (excl. 20/12,27/12)	M,W	20:00-21:00	Mei Lam SC	14+	65	15	18/10-22/10 (29/10){22/11}	☒
40615783 (ST1516)	2/12-13/1 (excl. 21/12)	Tu,Th	16:00-17:00	Yuen Chau Kok SC	14+	65	15	12/11	☒ i
40615784 (ST1517)	2/12-13/1 (excl. 21/12)	Tu,Th	17:00-18:00	Yuen Chau Kok SC	14+	65	15	12/11	☒ i
Baduanjin Training Course									
40615794 (ST1527)	7/12-18/1 (excl. 21/12)	Tu,Th	15:00-16:00	Ma On Shan SC	8+	80	15	18/10-22/10 (29/10){22/11}	☒
40615795 (ST1528)	7/12-18/1 (excl. 21/12)	Tu,Th	16:00-17:00	Ma On Shan SC	8+	80	15	18/10-22/10 (29/10){22/11}	☒
Children Dance Training Course									
40615796 (ST1529)	4/12-19/2 (excl. 25/12,1/1)	Sa	9:00-11:00	Sha Tin Jockey Club Public Squash Courts	4-6	60	10	3/11	☒ i
40615797 (ST1530)	4/12-19/2 (excl. 25/12,1/1)	Sa	11:00-13:00	Sha Tin Jockey Club Public Squash Courts	4-6	60	10	3/11	☒ i
Sha Tin District Christmas Social Dance Night									
40615810 (ST1543)	5/12	SUN	19:00-22:00	Mei Lam SC	6+	20	60	1/11	☒ 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.</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>									
40615798 (ST1531)	1/12-3/1 (excl. 24/12,27/12,31/12)	M,W,F	20:00-21:00	Heng On SC	15+	75	15	@10/11	☒ i
40615799 (ST1532)	1/12-3/1 (excl. 24/12,27/12,31/12)	M,W,F	18:00-19:00	Heng On SC	15+	75	15	@10/11	☒ i
40615800 (ST1533)	2/12-6/1 (excl. 21/12,25/12,28/12,1/1)	Tu,Th,Sa	19:00-20:00	Heng On SC	15+	75	15	@12/11	☒ i
40615801 (ST1534)	2/12-6/1 (excl. 21/12,25/12,28/12,1/1)	Tu,Th,Sa	20:00-21:00	Heng On SC	15+	75	15	@12/11	☒ i
40615802 (ST1535)	14/12-18/1 (excl. 21/12,25/12,28/12,1/1)	Tu,Th,Sa	9:00-10:00	Heng On SC	15+	75	15	@11/11	☒ i
40615803 (ST1536)	1/12-14/1 (excl. 24/12,31/12)	W,F	13:00-14:00	Ma On Shan SC	15+	75	15	@17/11	☒ i
40615804 (ST1537)	7/12-18/1 (excl. 21/12)	Tu,Th	9:00-10:00	Ma On Shan SC	15+	75	15	@16/11	☒ i
40615805 (ST1538)	7/12-18/1 (excl. 21/12)	Tu,Th	10:00-11:00	Ma On Shan SC	15+	75	15	@16/11	☒ i
40615806 (ST1539)	2/12-13/1 (excl. 21/12)	Tu,Th	7:00-8:00	Mei Lam SC	15+	75	15	@18/11	☒ i
40615807 (ST1540)	6/12-17/1 (excl. 27/12)	M,W	8:00-9:00	Yuen Chau Kok SC	15+	75	15	@15/11	☒ i
40615808 (ST1541)	6/12-17/1 (excl. 27/12)	M,W	9:00-10:00	Yuen Chau Kok SC	15+	75	15	@15/11	☒ i
Jazz Training Course									
40615809 (ST1542)	6/12-10/1 (excl. 27/12)	M,W	15:00-17:00	Ma On Shan SC	12+	70	15	18/10-22/10 (29/10){22/11}	☒

Social Dance Training Course									
40615811 (ST1544)	1/12-7/1 (excl. 24/12,31/12)	W,F	9:00-11:00	Ma On Shan SC	14+	86	16	18/10-22/10 (29/10){22/11}	☑
40615812 (ST1545)	9/12-13/1 (excl. 21/12)	Tu,Th	20:00-22:00	Mei Lam SC	14+	86	16	18/10-22/10 (29/10){22/11}	☑
Tai Chi Made Easy Class									
40615814 (ST1547)	11/12-13/1 (excl. 21/12,25/12,1/1)	Tu,Th,Sa	7:00-8:00	Ma On Shan SC	6+	54	15	18/10-22/10 (29/10){22/11}	☑
40615828 (ST1561)	8/12-5/1 (excl. 27/12)	M,W,F	7:00-8:00	Hin Tin PG	6+	54	15	18/10-22/10 (29/10){22/11}	☑
Briefing on Proper Ways to Use Fitness Equipment									
40615844 (ST1577)	5/12	Su	9:00-12:00	Heng On SC	15+	Free	12	18/10-22/10 (29/10){22/11}	☑
40615845 (ST1578)	11/12	Sa	14:00-17:00	Ma On Shan SC	15+	Free	12	18/10-22/10 (29/10){22/11}	☑
40615846 (ST1579)	5/12	Su	9:00-12:00	Mei Lam SC	15+	Free	12	18/10-22/10 (29/10){22/11}	☑
40615847 (ST1580)	18/12	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	12	18/10-22/10 (29/10){22/11}	☑
Badminton Training Course									
40615852 (ST1585)	1/12-5/1 (excl. 27/12)	M,W	19:00-21:00	Heng On SC (non air-cond.)	7+	118	12	18/10-22/10 (29/10){22/11}	☑
40615853 (ST1586)	2/12-10/1 (excl. 20/12,27/12)	M,Th	19:00-21:00	Hin Keng SC (non air-cond.)	7+	118	12	18/10-22/10 (29/10){22/11}	☑
40615854 (ST1587)	14/12-18/1 (excl. 21/12)	Tu,Th	19:00-21:00	Ma On Shan SC	7+	118	16	18/10-22/10 (29/10){22/11}	☑
40615855 (ST1588)	15/12-21/1 (excl. 24/12,31/12)	W,F	13:00-15:00	Ma On Shan SC	7+	118	16	18/10-22/10 (29/10){22/11}	☑
40615856 (ST1589)	1/12-7/1 (excl. 24/12,31/12)	W,F	9:00-11:00	Mei Lam SC	7+	118	16	18/10-22/10 (29/10){22/11}	☑
40615857 (ST1590)	2/12-11/1 (excl. 14/12,21/12)	Tu,Th	19:00-21:00	Mei Lam SC	7+	118	16	18/10-22/10 (29/10){22/11}	☑
40615858 (ST1591)	1/12-5/1 (excl. 27/12)	M,W	19:00-21:00	Yuen Chau Kok SC	7+	118	16	18/10-22/10 (29/10){22/11}	☑
Lawn Bowls Training Course									
40615860 (ST1593)	1/12-24/12	W,F	15:00-17:00	Siu Lek Yuen RD. PG	8+	54	6	2/11	☑ i
40615861 (ST1594)	1/12-29/12 (excl. 24/12)	W,F	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	6	18/10-22/10 (29/10){22/11}	☑
Squash Training Course									
40615862 (ST1595)	1/12-29/12 (excl. 24/12)	W,F	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	6	18/10-22/10 (29/10){22/11}	☑
40615863 (ST1596)	16/12-13/1 (excl. 21/12)	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	7+	160	8	18/10-22/10 (29/10){22/11}	☑
Table-tennis Training Course									
40615864 (ST1597)	3/12-18/2 (excl. 24/12,31/12)	F	17:00-19:00	Heng On SC(non air-cond.)	6+	86	12	18/10-22/10 (29/10){22/11}	☑
40615865 (ST1598)	6/12-21/1 (excl. 20/12,24/12,27/12,31/12)	M,F	19:00-21:00	Ma On Shan SC	14+	86	16	18/10-22/10 (29/10){22/11}	☑
40615866 (ST1599)	8/12-14/1 (excl. 24/12,31/12)	W,F	9:00-11:00	Ma On Shan SC	14+	86	16	18/10-22/10 (29/10){22/11}	☑
Tennis Training Course									
40615867 (ST1600)	14/12-18/1 (excl. 21/12)	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	170	8	18/10-22/10 (29/10){22/11}	☑
40615868 (ST1601)	4/12-19/2 (excl. 25/12,1/1)	Sa	16:00-18:00	Tsang Tai Uk Recreation Ground	8+	170	8	18/10-22/10 (29/10){22/11}	☑
American Pool Training Course - Level I									
40615871 (ST1604)	18/12-22/1 (excl. 25/12,1/1)	Sa	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	3	18/10-22/10 (29/10){22/11}	☑
40615872 (ST1605)	18/12-22/1 (excl. 25/12,1/1)	Sa	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	3	18/10-22/10 (29/10){22/11}	☑
American Pool Training Course - Level II									
40615873 (ST1606)	19/12-9/1	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	3	18/10-22/10 (29/10){22/11}	☑
40615874 (ST1607)	19/12-9/1	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	3	18/10-22/10 (29/10){22/11}	☑
Sport Climbing Fun Day									
40615879 (ST1612)	18/12	Sa	14:00-17:00	Yuen Chau Kok SC	12+	Free	8	18/10-22/10 (29/10){22/11}	☑
Activities for Elderly									
Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting)	Enrolment Method		
<small>(For aged 60 or above, free of charge)</small>									
Baduanjin Training Course for Elderly									
40615883 (ST1616)	6/12-14/3 (excl. 20/12,27/12,31/1)	M	15:00-16:00	Hin Keng SC	10	19/10-25/10 (1/11){23/11}	☑		
40615884 (ST1617)	6/12-14/3 (excl. 20/12,27/12,31/1)	M	16:00-17:00	Hin Keng SC	10	19/10-25/10 (1/11){23/11}	☑		
Chinese Dance Training Course for Elderly									
40615885 (ST1618)	2/12-4/1	Tu,Th	15:00-17:00	Sha Tin Jockey Club Public Squash Courts	15	19/10-25/10 (1/11){23/11}	☑		
Fitness Exercise Training Course for Elderly									
40615888 (ST1621)	6/12-24/1 (excl. 27/12)	M,W	15:00-16:00	Heng On SC	15	19/10-25/10 (1/11){23/11}	☑		
40615889 (ST1622)	6/12-24/1 (excl. 27/12)	M,W	16:00-17:00	Heng On SC	15	19/10-25/10 (1/11){23/11}	☑		

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

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40615893 (ST1626)	14/12-18/1 (excl. 21/12,25/12,28/12,1/1)	Tu,Th,Sa	8:00-9:00	Heng On SC	15	@19/10-25/10 (1/11){23/11}	✉
40615894 (ST1627)	2/12-13/1 (excl. 21/12)	Tu,Th	8:00-9:00	Mei Lam SC	15	@19/10-25/10 (1/11){23/11}	✉
40615895 (ST1628)	2/12-13/1 (excl. 21/12)	Tu,Th	15:00-16:00	Mei Lam SC	15	@19/10-25/10 (1/11){23/11}	✉

HES - Social Dance Fun Day for Elderly

40615896 (ST1629)	3/12-31/12	F	10:00-11:30	Heng On SC	16	3/12-31/12	Walk-in
40615897 (ST1630)	3/12-31/12	F	11:30-13:00	Heng On SC	16	3/12-31/12	Walk-in

Social Dance Tr. Cr. for Elderly

40615898 (ST1631)	3/12-12/1 (excl. 24/12,31/12)	W,F	8:00-10:00	Hin Keng SC	16	19/10-25/10 (1/11){23/11}	✉
40615899 (ST1632)	3/12-12/1 (excl. 24/12,31/12)	W,F	10:00-12:00	Hin Keng SC	16	19/10-25/10 (1/11){23/11}	✉

Tai Chi Made Easy Class for Elderly

40615900 (ST1633)	15/12-9/3 (excl. 2/2)	W	15:00-16:00	Hin Keng SC	10	19/10-25/10 (1/11){23/11}	✉
40615901 (ST1634)	15/12-9/3 (excl. 2/2)	W	16:00-17:00	Hin Keng SC	10	19/10-25/10 (1/11){23/11}	✉
40615902 (ST1635)	1/12-14/1 (excl. 24/12,31/12)	W,F	7:00-8:00	Ma On Shan SC	15	19/10-25/10 (1/11){23/11}	✉

HES - Badminton Fun Day for Elderly

40615903 (ST1636)	1/12-29/12 (excl. 13/12,20/12,27/12)	M,W	8:00-10:00	Yuen Chau Kok SC	16	1/12-29/12	Walk-in
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HES - Table-tennis Fun Day for Elderly

40615904 (ST1637)	1/12-29/12 (excl. 27/12)	M,W	9:00-11:00	Che Kung Temple SC	16	1/12-29/12	Walk-in
40615905 (ST1638)	1/12-29/12 (excl. 24/12)	W,F	8:00-10:00	Hin Keng SC	12	1/12-29/12	Walk-in
40615906 (ST1639)	2/12-30/12	Th	12:00-13:00	Ma On Shan SC	16	2/12-30/12	Walk-in
40615907 (ST1640)	7/12-28/12 (excl. 21/12)	Tu	14:00-15:00	Ma On Shan SC	16	7/12-28/12	Walk-in
40615908 (ST1641)	2/12-30/12 (excl. 21/12)	Tu,Th	8:00-10:00	Mei Lam SC	8	2/12-30/12	Walk-in
40615909 (ST1642)	3/12-31/12 (excl. 28/12)	Tu,F	8:00-10:00	Sha Tin Jockey Club Public Squash Courts	8	3/12-31/12	Walk-in
40615910 (ST1643)	3/12-31/12 (excl. 28/12)	Tu,F	10:00-12:00	Sha Tin Jockey Club Public Squash Courts	8	3/12-31/12	Walk-in
40615911 (ST1644)	1/12-29/12 (excl. 27/12)	M,W	14:00-16:00	Siu Lek Yuen RD. PG	8	1/12-29/12	Walk-in
40615912 (ST1645)	2/12-30/12 (excl. 27/12)	M,Th	8:00-10:00	Siu Lek Yuen RD. PG	8	2/12-30/12	Walk-in
40615913 (ST1646)	1/12-29/12 (excl. 13/12,20/12,27/12)	M,W	9:00-11:00	Yuen Chau Kok SC	8	1/12-29/12	Walk-in
40617682 (ST1789)	2/12-30/12	Th	13:00-14:00	Ma On Shan SC	16	2/12-30/12	Walk-in
40617683 (ST1790)	7/12-28/12 (excl. 21/12)	Tu	14:00-15:00	Ma On Shan SC	16	7/12-28/12	Walk-in

Gateball Fun Day for Elderly

40615916 (ST1649)	6/12	M	10:00-12:00	Heng On SC (non air-cond.)	7	6/12	Walk-in
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