

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Dec 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)	
<b>Aerobic Dance Training Course</b>										
40614852 (SK1437)	31/12-31/1 (excl. 3/1,17/1)	M,W,F	9:00-10:00	Po Lam SC	14+	65	12	18/10-24/10 (4/11) {2/12}		☒
40614853 (SK1438)	31/12-31/1 (excl. 3/1,17/1)	M,W,F	10:00-11:00	Po Lam SC	14+	65	12	18/10-24/10 (4/11) {2/12}		☒
40614857 (SK1442)	21/12-27/1	Tu,Th	19:00-20:00	Po Lam SC	14+	65	12	8/11	☒	i
40614858 (SK1443)	21/12-27/1	Tu,Th	20:00-21:00	Po Lam SC	14+	65	12	8/11	☒	i
40614866 (SK1451)	4/12-4/1 (excl. 25/12,1/1)	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	10	22/10	☒	i
40614867 (SK1452)	4/12-4/1 (excl. 25/12,1/1)	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	10	22/10	☒	i
40614868 (SK1453)	8/12-21/1 (excl. 24/12,31/12)	W,F	19:00-20:00	Tsui Lam SC	14+	65	10	25/10	☒	i
40614869 (SK1454)	8/12-21/1 (excl. 24/12,31/12)	W,F	20:00-21:00	Tsui Lam SC	14+	65	10	25/10	☒	i
40614880 (SK1465)	4/12-12/3 (excl. 18/12,25/12,1/1)	Sa	14:00-15:00	Tiu Keng Leng SC	14+	65	15	18/10-24/10 (4/11) {25/11}		☒
40614881 (SK1466)	4/12-12/3 (excl. 18/12,25/12,1/1)	Sa	15:00-16:00	Tiu Keng Leng SC	14+	65	15	18/10-24/10 (4/11) {25/11}		☒
40614891 (SK1476)	14/12-20/1	Tu,Th	14:00-15:00	Hang Hau SC	14+	65	15	1/11	☒	i
40614892 (SK1477)	14/12-20/1	Tu,Th	15:00-16:00	Hang Hau SC	14+	65	15	1/11	☒	i
40614908 (SK1493)	22/12-28/1	W,F	13:00-14:00	Sai Kung Squash Courts	14+	65	6	9/11	☒	i
40614909 (SK1494)	22/12-28/1	W,F	14:00-15:00	Sai Kung Squash Courts	14+	65	6	9/11	☒	i
40614921 (SK1506)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	19:00-20:00	Hong Kong Velodrome	14+	65	12	18/10-24/10 (4/11) {2/12}		☒
40614922 (SK1507)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	20:00-21:00	Hong Kong Velodrome	14+	65	12	18/10-24/10 (4/11) {2/12}		☒
<b>Fitness (Multi-gym) Training Course</b>										
<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>										
40614854 (SK1439)	20/12-31/1 (excl. 27/12)	M,W	19:00-20:00	Po Lam SC	15+	75	10	@8/11	☒	i
40614855 (SK1440)	20/12-31/1 (excl. 27/12)	M,W	20:00-21:00	Po Lam SC	15+	75	10	@8/11	☒	i
40614860 (SK1445)	9/12-18/1	Tu,Th	15:00-16:00	Po Lam SC	15+	75	10	@28/10	☒	i
40614861 (SK1446)	9/12-18/1	Tu,Th	16:00-17:00	Po Lam SC	15+	75	10	@28/10	☒	i
40614872 (SK1457)	10/12-19/1	W,F	9:00-10:00	Tsui Lam SC	15+	75	10	@29/10	☒	i
40614873 (SK1458)	10/12-19/1	W,F	10:00-11:00	Tsui Lam SC	15+	75	10	@29/10	☒	i
40614874 (SK1459)	24/12-21/1 (excl. 27/12)	M,W,F	15:00-16:00	Tsui Lam SC	15+	75	10	@10/11	☒	i
40614875 (SK1460)	24/12-21/1 (excl. 27/12)	M,W,F	16:00-17:00	Tsui Lam SC	15+	75	10	@10/11	☒	i
40614878 (SK1463)	9/12-18/1	Tu,Th	19:00-20:00	Tsui Lam SC	15+	75	10	@4/11	☒	i
40614879 (SK1464)	9/12-18/1	Tu,Th	20:00-21:00	Tsui Lam SC	15+	75	10	@4/11	☒	i
<b>Jazz Training Course</b>										
40614883 (SK1468)	7/12-6/1	Tu,Th	19:00-21:00	Tiu Keng Leng SC	12+	70	15	25/10	☒	i
<b>Tai Chi Made Easy Class</b>										
40614832 (SK1417)	19/12-13/3 (excl. 26/12)	Su	9:00-10:00	Gateball Court at Sheung Ning P/G	6+	54	15	18/10-24/10 (4/11) {2/12}		☒
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40614896 (SK1481)	7/12	Tu	19:00-22:00	Hang Hau SC	15+	Free	12	18/10-24/10 (4/11) {25/11}		☒
40614897 (SK1482)	7/12	Tu	20:00-23:00	Hang Hau SC	15+	Free	12	18/10-24/10 (4/11) {25/11}		☒
40614926 (SK1511)	2/12	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	12	18/10-24/10 (4/11) {25/11}		☒
40614927 (SK1512)	2/12	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	12	18/10-24/10 (4/11) {25/11}		☒
<b>Stress Management and Physical Relaxation</b>										
40614887 (SK1472)	2/12-20/1 (excl. 28/12)	Tu,Th	10:00-11:00	Tiu Keng Leng SC	14+	80	15	22/10	☒	i
40614890 (SK1475)	8/12-16/3 (excl. 2/2)	W	10:00-11:00	Hang Hau SC	14+	80	15	21/10	☒	i
40614932 (SK1517)	20/12-28/3 (excl. 27/12)	M	10:00-11:00	Hong Kong Velodrome	14+	80	15	18/10-24/10 (4/11) {2/12}		☒
40614933 (SK1518)	20/12-28/3 (excl. 27/12)	M	11:00-12:00	Hong Kong Velodrome	14+	80	15	18/10-24/10 (4/11) {2/12}		☒
<b>Body-Mind Stretch Training Course</b>										
40614923 (SK1508)	21/12-27/1	Tu,Th	14:00-15:00	Hong Kong Velodrome	15+	85	12	18/10-24/10 (4/11) {2/12}		☒
40614924 (SK1509)	21/12-27/1	Tu,Th	15:00-16:00	Hong Kong Velodrome	15+	85	12	18/10-24/10 (4/11) {2/12}		☒
<b>Badminton Training Course</b>										
40614848 (SK1433)	7/12-11/1 (excl. 21/12)	Tu,Th	19:00-21:00	Po Lam SC (non air conditioned)	7+	118	12	18/10-24/10 (4/11) {25/11}		☒
40614862 (SK1447)	14/12-18/1 (excl. 28/12)	Tu,Th	8:00-10:00	Tsui Lam SC	7+	118	16	18/10-24/10 (4/11) {25/11}		☒

40614864 (SK1449)	22/12-28/1 (excl. 24/12,31/12)	W,F	19:00-21:00	Tsui Lam SC	7+	118	16	18/10-24/10 (4/11) {2/12}	✉
40614888 (SK1473)	6/12-13/1 (excl. 20/12,27/12)	M,Th	15:00-17:00	Hang Hau SC	7+	118	16	18/10-24/10 (4/11) {25/11}	✉

#### Parent-child(Aged7-17)Badminton TC

40614914 (SK1499)	11/12-5/2 (excl. 18/12,25/12,1/1)	Sa	14:00-16:00	Po Lam SC (Non-air.con)	7+	73	12	18/10-24/10 (4/11) {25/11}	✉
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#### Track Cycling Taster Session

40614938 (SK1523)	8/12	W	19:00-22:00	Hong Kong Velodrome	11+	Free	9	28/10	📄 i
40614939 (SK1524)	18/12	Sa	10:00-13:00	Hong Kong Velodrome	11+	Free	9	4/11	📄 i
40614940 (SK1525)	22/12	W	19:00-22:00	Hong Kong Velodrome	11+	Free	9	5/11	📄 i

#### Mini-tennis Training Course

40614865 (SK1450)	4/12-26/2 (excl. 18/12,25/12,1/1)	Sa	13:00-15:00	Tsui Lam SC	6-12	70	16	18/10-24/10 (4/11) {25/11}	✉
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#### Squash Training Course

40614849 (SK1434)	17/12-19/1 (excl. 24/12,31/12)	W,F	19:00-21:00	Po Lam SC	7+	160	8	1/11	📄 i
40614870 (SK1455)	16/12-11/1	Tu,Th	19:00-21:00	Tsui Lam SC	7+	160	8	1/11	📄 i
40614910 (SK1495)	3/12-31/12 (excl. 24/12)	W,F	19:00-21:00	Sai Kung Squash Courts	7+	160	8	19/10	📄 i

#### Table Tennis Training Course

40614850 (SK1435)	4/12-26/2 (excl. 25/12,1/1,5/2)	Sa	14:00-16:00	Po Lam SC	14+	86	12	18/10-24/10 (4/11) {25/11}	✉
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#### Table-tennis Training Course

40614871 (SK1456)	12/12-20/2 (excl. 26/12)	Su	16:00-18:00	Tsui Lam SC	6+	86	8	18/10-24/10 (4/11) {25/11}	✉
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#### Tennis Training Course

40614902 (SK1487)	30/12-7/2 (excl. 31/1,3/2)	M,Th	19:00-21:00	Po Tsui Park	8+	170	9	18/10-24/10 (4/11) {2/12}	✉
40614911 (SK1496)	20/12-24/1 (excl. 27/12)	M,Th	19:00-21:00	Sai Kung TC	8+	170	8	18/10-24/10 (4/11) {2/12}	✉

#### Sport Climbing Fun Day

40614885 (SK1470)	11/12	Sa	15:30-17:00	Tiu Keng Leng SC	12+	Free	4	27/10	📄 i
40614886 (SK1471)	11/12	Sa	17:00-18:30	Tiu Keng Leng SC	12+	Free	4	27/10	📄 i

#### Activities for Elderly Programme Number (Class code)

(For aged 60 or above, free of charge)

Date

Day

Time

Venue

Quota

Date of Enrolment (Balloting)  
(Open Enrolment for Remaining Quota)

Enrolment Method

#### Fitness Training Course For Elderly

40614928 (SK1513)	1/12-24/1 (excl. 6/12,27/12)	M,W	8:00-9:00	Hong Kong Velodrome	15			18/10-24/10 (4/11){25/11}	✉
40614929 (SK1514)	1/12-24/1 (excl. 6/12,27/12)	M,W	9:00-10:00	Hong Kong Velodrome	15			18/10-24/10 (4/11){25/11}	✉

#### Meeting Point for Elderly (Fitness)

40614916 (SK1501)	10/12-31/12	F	8:00-10:00	Tsui Lam SC	10			18/10-24/10 (4/11){25/11}	✉
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#### Fitness (Multi-gym) TC 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.

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.

40614859 (SK1444)	21/12-27/1	Tu,Th	7:00-8:00	Po Lam SC	10			@18/10-24/10 (4/11){2/12}	✉
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#### Gymnastics Training Course for Elderly

40614863 (SK1448)	2/12-22/1 (excl. 25/12,28/12,1/1)	Tu,Th,Sa	8:00-9:00	Tsui Lam SC	6			18/10-24/10 (4/11){25/11}	✉
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#### Health Elderly Scheme - Lawn Bowl Self Prac

40614920 (SK1505)	7/12-28/12	Tu	9:00-10:00	Hang Hau Man Kuk Lane Park	48			7/12-28/12	Walk-in
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#### Health Elderly Scheme-Badminton Self Practice




40614930 (SK1515)	13/12-20/12	M	7:00-9:00	Hong Kong Velodrome	16			20/10	📄 i
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#### Health Elderly Scheme-Dance Play in

40614889 (SK1474)	6/12-31/1 (excl. 20/12,27/12)	M	9:00-11:00	Hang Hau SC	50			18/10-24/10 (4/11){25/11}	✉
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#### Health Elderly Scheme-Table Tennis Self Practice Scheme

40614876 (SK1461)	1/12-29/12	W	8:00-9:00	Tsui Lam SC	8			18/10	📄 i
40614877 (SK1462)	3/12-31/12	F	8:00-9:00	Tsui Lam SC	8			18/10	📄 i
40614893 (SK1478)	2/12-23/12	Th	7:00-8:00	Hang Hau SC	12			18/10	📄 i

40614894 (SK1479)	2/12-23/12	Th	8:00-9:00	Hang Hau SC	12	18/10	 
40614895 (SK1480)	2/12-23/12	Th	9:00-10:00	Hang Hau SC	12	18/10	 
<b>Health Elderly Self Practi Scheme-Lawn Bowls</b>							
40614919 (SK1504)	7/12-28/12	Tu	8:00-9:00	Hang Hau Man Kuk Lane Park	48	7/12-28/12	Walk-in