

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



Sham Shui Po District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Backstroke Swimming TC									
40616013 (SS1169)	7/12-6/1	Tu,Th	19:00-20:00	Shamshuipo Park SP	9+	100	10	23/10-28/10 (9/11) {30/11}	☒
Butterfly Swimming TC									
40616014 (SS1193)	7/12-6/1	Tu,Th	20:00-21:00	Shamshuipo Park SP	9+	100	10	23/10-28/10 (9/11) {30/11}	☒
Aerobic Dance Training Course									
40615652 (SS1171)	3/12-12/1	W,F	12:00-13:00	Shek Kip Mei Park SC	14+	65	15	2/11	☒ i
40615653 (SS1172)	3/12-12/1	W,F	13:00-14:00	Shek Kip Mei Park SC	14+	65	15	2/11	☒ i
40615662 (SS1175)	9/12-25/1 (excl. 21/12,23/12)	Tu,Th	19:00-20:00	Pei Ho ST. SC	14+	65	15	15/11	☒ i
40615663 (SS1176)	9/12-25/1 (excl. 21/12,23/12)	Tu,Th	20:00-21:00	Pei Ho ST. SC	14+	65	15	15/11	☒ i
40615664 (SS1177)	29/12-26/1 (excl. 31/12)	M,W,F	13:00-14:00	Pei Ho ST. SC	14+	65	15	2/12	☒ i
40615665 (SS1178)	29/12-26/1 (excl. 31/12)	M,W,F	14:00-15:00	Pei Ho ST. SC	14+	65	15	2/12	☒ i
40615666 (SS1179)	29/12-26/1 (excl. 31/12)	M,W,F	18:00-19:00	Pei Ho ST. SC	14+	65	15	2/12	☒ i
40615667 (SS1180)	29/12-26/1 (excl. 31/12)	M,W,F	19:00-20:00	Pei Ho ST. SC	14+	65	15	2/12	☒ i
Tai Chi Made Easy Class									
40615655 (SS1130)	14/12-13/1 (excl. 25/12,1/1)	Tu,Th,Sa	7:00-8:00	Po On RD. PG	6+	54	15	16/11	☒ i
40615656 (SS1132)	14/12-13/1 (excl. 25/12,1/1)	Tu,Th,Sa	7:00-8:00	Hing Wah ST. PG	6+	54	15	16/11	☒ i
40615657 (SS1134)	13/12-10/1 (excl. 27/12)	M,W,F	7:00-8:00	Po On RD. PG	6+	54	15	15/11	☒ i
40615717 (SS1131)	14/12-13/1 (excl. 25/12,1/1)	Tu,Th,Sa	7:00-8:00	Wai Chi ST. PG	6+	54	15	16/11	☒ i
40615718 (SS1135)	13/12-10/1 (excl. 27/12)	M,W,F	7:00-8:00	Wai Chi ST. PG	6+	54	15	15/11	☒ i
40616075 (SS1199)	14/12-13/1 (excl. 25/12,1/1)	Tu,Th,Sa	7:00-8:00	Sham Shui Po Park II (BC)	6+	54	15	15/11	☒ i
Yoga TC									
40615654 (SS1188)	30/12-10/3 (excl. 3/2)	Th	12:00-14:00	Shek Kip Mei Park SC	15+	85	15	23/10-28/10 (9/11) {30/11}	☒
40615668 (SS1186)	2/12-11/1 (excl. 21/12,23/12)	Tu,Th	15:00-17:00	Pei Ho ST. SC	15+	85	15	23/10-28/10 (9/11) {30/11}	☒
40615672 (SS1187)	17/12-31/1 (excl. 20/12,27/12,31/1,17/1)	M,F	10:00-12:00	Po On RD. SC	15+	85	15	23/10-28/10 (9/11) {30/11}	☒
Briefing on Proper Ways to Use Fitness Equipment									
40615658 (SS1139)	5/12	Su	14:00-17:00	Pei Ho ST. SC	15+	Free	12	23/10-28/10 (9/11) {30/11}	☒
40615669 (SS1140)	5/12	Su	14:00-17:00	Po On RD. SC	15+	Free	12	23/10-28/10 (9/11) {30/11}	☒
40615673 (SS1141)	18/12	Sa	19:00-22:00	Shek Kip Mei Park SC	15+	Free	12	23/10-28/10 (9/11) {30/11}	☒
Badminton TC									
40615649 (SS1143)	9/12-18/1 (excl. 21/12,28/12)	Tu,Th	9:00-11:00	Cheung Sha Wan SC	18+	118	8	23/10-28/10 (9/11) {30/11}	☒
40615650 (SS1145)	29/12-9/2 (excl. 1/1,2/2,5/2)	W,Sa	19:00-21:00	Cheung Sha Wan SC	18+	118	8	23/10-28/10 (9/11) {30/11}	☒
40615670 (SS1144)	17/12-24/1 (excl. 20/12,27/12)	M,F	19:00-21:00	Po On RD. SC	18+	118	16	23/10-28/10 (9/11) {30/11}	☒
40615674 (SS1142)	2/12-13/1 (excl. 13/12,20/12,27/12)	M,Th	9:00-11:00	Shek Kip Mei Park SC	18+	118	16	23/10-28/10 (9/11) {30/11}	☒
Squash Training Course									
40615646 (SS1194)	2/12-30/12 (excl. 27/12)	M,Th	19:00-21:00	Pei Ho ST. SC	18+	160	8	23/10-28/10 (9/11) {30/11}	☒
40615647 (SS1195)	5/12-30/1 (excl. 26/12)	Su	10:00-12:00	Pei Ho ST. SC	7+	160	8	5/11	☒ i
Table-tennis TC for Children									
40615641 (SS1146)	4/12-19/2 (excl. 25/12,1/1)	Sa	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	6-13	86	12	23/10-28/10 (9/11) {30/11}	☒
Tennis TC									
40615648 (SS1191)	7/12-15/2 (excl. 1/2)	Tu	9:00-11:00	Lai Chi Kok Park TC	18+	170	12	16/11	☒ i
40615716 (SS1192)	16/12-18/1	Tu,Th	9:00-11:00	Tung Chau ST. Park TC	18+	170	12	23/10-28/10 (9/11) {30/11}	☒
SSPD Gateball Competition 2021									
40616012 (QSS1183)	4/12-5/12	Sa,Su	9:00-18:00	Tai Hang Tung R/G	8+	100	16	29/9-10/10 (19/10) {11/11}	☒
Sports for All - Gateball TC									
40616006 (SS1185)	1/12-29/12 (excl. 24/12)	W,F	19:00-21:00	Lai Chi Kok Park Gateball Court	8+	54	7	1/11	☒ i
Activities for Persons with Disabilities									
Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method	

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: In view of the latest situation of COVID-19, to better control the number of participants, accompanying carers who wish to participate with persons with disabilities (PWDs) in any recreation and sports programmes designated for PWDs are required to enrol in the programmes. This will remain until further notice.


Fitness-Exercise TP for Persons Visual Impai

40596128 (SS0135) 2/12-13/1 Th 15:00-17:00 Shek Kip Mei Park SC 14+ 8 18/10  

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


40615642 (SS1148) 1/12-5/1 (excl. 6/12,20/12,27/12,3/1) M,W,F 10:00-11:00 Po On RD. SC 15 23/10-28/10 (9/11){30/11} 


40615643 (SS1149) 1/12-5/1 (excl. 6/12,20/12,27/12,3/1) M,W,F 11:00-12:00 Po On RD. SC 15 23/10-28/10 (9/11){30/11} 

Mt Pts for Elderly - Baduanjin Play-in

40615659 (SS1153) 3/12-17/12 F 9:00-11:00 Pei Ho ST. SC 15 3/12-17/12 Walk-in

Elderly Fitness TC



40615644 (SS1151) 2/12-6/1 (excl. 25/12,1/1) Tu,Th,Sa 10:00-11:00 Po On RD. SC 15 23/10-28/10 (9/11){30/11} 

40615645 (SS1152) 2/12-6/1 (excl. 25/12,1/1) Tu,Th,Sa 11:00-12:00 Po On RD. SC 15 23/10-28/10 (9/11){30/11} 

Mt Pts for Elderly -Social Dance Play-in

40615651 (SS1154) 7/12-14/12 Tu 9:15-11:45 Pei Ho ST. SC 16 7/12-14/12 Walk-in

HES - Badminton Play-in

40615675 (SS1167) 1/12-24/12 W,F 8:00-9:00 Shek Kip Mei Park SC 8 4/11  

HES - Baduanjin Play-in

40615713 (SS1157) 3/12-31/12 F 14:00-16:00 Tung Chau ST. Park AR 15 3/12-31/12 Walk-in

HES - Table-tennis Play-in

40615671 (SS1164) 2/12-30/12 Th 10:30-12:00 Po On RD. SC 16 2/12-30/12 Walk-in

HES - Tai Chi Play-in

40615661 (SS1158) 6/12-13/12 M 9:00-10:30 Pei Ho ST. SC 20 6/12-13/12 Walk-in

Mt Pts for Elderly-Indoor Short Mat Bowl Play

40615660 (SS1156) 2/12-16/12 Th 9:30-11:30 Pei Ho ST. SC 16 2/12-16/12 Walk-in

Gateball TC for Elderly

40616005 (SS1150) 2/12-30/12 (excl. 27/12) M,Th 7:00-9:00 Tai Hang Tung R/G 15 23/10-28/10 (9/11){30/11} 