

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Jun 2022**

**Southern District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Long Distance Running Training Course</b>									
40628762 (SN0498)	27/6-29/8	M	19:00-21:00	Aberdeen Sport Ground	16+	130	40	30/5	
<b>Aerobic Dance Training Course</b>									
40628613 (SN0421)	2/6-12/7	Tu,Th	14:00-15:00	Apleichau SC	14+	65	30	25/5	
40628614 (SN0422)	2/6-12/7	Tu,Th	15:00-16:00	Apleichau SC	14+	65	30	25/5	
<b>Baduanjin Training Course</b>									
40628625 (SN0432)	8/6-24/8	W	9:00-10:00	Stanley SC	8+	80	15	27/5	
40628626 (SN0433)	8/6-24/8	W	10:00-11:00	Stanley SC	8+	80	15	27/5	
<b>Children Dance Training Course</b>									
40628633 (SN0440)	11/6-13/8	Sa	9:00-11:00	Apleichau SC	4-11	60	20	30/5	
<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>									
40628650 (SN0457)	7/6-19/7 (excl. 1/7)	Tu,F	16:00-17:00	Aberdeen T/SC	15+	75	15	@26/5	
40628653 (SN0460)	8/6-18/7	M,W	19:00-20:00	Aberdeen T/SC	15+	75	15	@26/5	
<b>Social Dance Training Course</b>									
40628778 (SN0514)	7/6-9/8	Tu	15:00-17:00	Stanley SC	14+	86	16	25/5	
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40628630 (SN0437)	11/6	Sa	14:00-17:00	Apleichau SC	15+	Free	15	30/5	
<b>Body-Mind Stretch TC</b>									
40628628 (SN0435)	7/6-23/8	Tu	20:00-21:00	Apleichau SC	15+	85	24	26/5	
40628629 (SN0436)	7/6-23/8	Tu	21:00-22:00	Apleichau SC	15+	85	24	26/5	
<b>Squash Training Course</b>									
40628782 (SN0518)	1/6-29/6 (excl. 3/6)	W,F	10:00-12:00	Aberdeen T/SC	7+	160	8	24/5	
<b>Tennis Training Course</b>									
40628785 (SN0521)	2/6-4/7	M,Th	16:00-18:00	Aberdeen T/SC	8+	170	12	25/5	
<b>Online Interactive Prog.-Aerobic Dance</b>									
40628770 (SN0506)	1/6-8/6 (excl. 3/6)	M,W,F	20:00-21:00	Internet. 30mins before : zoom.us/join	14+	20	50	11/5	
<b>Activities for Elderly</b>									
Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method		
(For aged 60 or above, free of charge)									
<b>Meeting Points for Elderly-Baduanjin FD</b>									
40628763 (SN0499)	2/6-21/7	Th	9:00-11:00	Yue Kwong RD. SC	60	2/6-21/7	Walk-in		
40628765 (SN0501)	21/6-9/8	Tu	9:00-11:00	Yue Kwong RD. SC	60	21/6-9/8	Walk-in		
<b>Fitness Exercise Training Course for Elderly</b>									
40628656 (SN0463)	8/6-27/7 (excl. 1/7)	W,F	7:00-8:00	Apleichau SC	12	27/5			
40628657 (SN0464)	8/6-27/7 (excl. 1/7)	W,F	8:00-9:00	Apleichau SC	12	27/5			
40628662 (SN0469)	1/6-18/7	M,W	11:00-12:00	Aberdeen T/SC	15	24/5			
40628664 (SN0471)	2/6-19/7	Tu,Th	8:00-9:00	Aberdeen T/SC	15	24/5			
<b>Healthy Elderly Scheme-Indoor Lawn Bowls FD</b>									
40628692 (SN0486)	7/6-30/8	Tu	9:00-11:00	Apleichau SC	40	7/6-30/8	Walk-in		
<b>Healthy Elderly Scheme-Table-Tennis FD</b>									
40628697 (SN0491)	1/6-29/6 (excl. 3/6)	M,W,F	7:00-9:00	Aberdeen T/SC	12	1/6-29/6	Walk-in		
40628698 (SN0492)	7/6-28/6	Tu	9:00-11:00	Stanley SC	3	7/6-28/6	Walk-in		
<b>Healthy Elderly Scheme-Tennis FD</b>									
40628701 (SN0495)	1/6-29/6	W	7:00-10:00	Aberdeen T/SC	4	1/6-29/6	Walk-in		
<b>Healthy Elderly Scheme-American Pool FD</b>									
40628687 (SN0481)	1/6-29/6 (excl. 3/6)	M,W,F	9:00-11:00	Aberdeen T/SC	4	1/6-29/6	Walk-in		
<b>Healthy Elderly Scheme-Gateball FD</b>									
40628691 (SN0485)	2/6-30/6	Tu,Th	14:00-16:00	Yue Kwong RD. SC	10	2/6-30/6	Walk-in		

