

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

Sha Tin District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Aerobic Dance Training Course										
40631523 (ST0543)	8/6-20/7 (excl. 1/7)	W,F	19:00-20:00	Heng On SC	14+	65	13	18/5		
40631524 (ST0544)	8/6-20/7 (excl. 1/7)	W,F	20:00-21:00	Heng On SC	14+	65	13	18/5		
40631525 (ST0545)	2/6-12/7	Tu,Th	9:00-10:00	Hin Keng SC	14+	65	15	18/5		
40631526 (ST0546)	2/6-12/7	Tu,Th	10:00-11:00	Hin Keng SC	14+	65	15	18/5		
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. 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.</p>										
40624335 (ST0045)	7/6-14/7	Tu,Th	20:00-21:00	Hin Keng SC	15+	75	10	@18/5		
40624336 (ST0046)	7/6-14/7	Tu,Th	21:00-22:00	Hin Keng SC	15+	75	10	@18/5		
40631552 (ST0572)	6/6-8/7 (excl. 13/6,27/6,1/7)	M,W,F	9:00-10:00	Heng On SC	15+	75	15	@18/5		
Yoga Training Course										
40624859 (ST0095)	7/6-9/8	Tu	15:00-17:00	Hin Keng SC	15+	85	15	18/5		
Briefing on Proper Ways to Use Fitness Equipment										
40631571 (ST0591)	12/6	Su	9:00-12:00	Heng On SC	15+	Free	15	18/5		
Badminton Training Course										
40631584 (ST0604)	8/6-11/7	M,W	19:00-21:00	Heng On SC (non air-cond.)	7+	118	8	18/5		
40631586 (ST0606)	7/6-12/7 (excl. 1/7)	Tu,F	9:00-11:00	Hin Keng SC (non air-cond.)	7+	118	12	18/5		
Lawn Bowls Practice Scheme										
40631592 (ST0612)	27/6-22/8 (excl. 1/7)	M,W,F	9:00-12:00	Siu Lek Yuen RD. PG	8+	60	60	18/5		
Lawn Bowls Training Course										
40627873 (ST0492)	2/6-28/6	Tu,Th	19:00-21:00	Yuen Chau Kok SC	8+	54	8	18/5		
40631594 (ST0614)	1/6-29/6 (excl. 3/6)	W,F	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	8	18/5		
Squash Training Course										
40631595 (ST0615)	8/6-6/7 (excl. 1/7)	W,F	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	8	18/5		
40631596 (ST0616)	9/6-4/7	M,Th	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	8	18/5		
40631597 (ST0617)	21/6-14/7	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	7+	160	8	18/5		
Tennis Training Course										
40631602 (ST0622)	8/6-11/7	M,W	9:00-11:00	Ma On Shan Recreation Ground	8+	170	8	18/5		
40631603 (ST0623)	2/6-5/7	Tu,Th	19:00-21:00	Hin Tin PG	8+	170	8	18/5		
40631604 (ST0624)	8/6-11/7	M,W	9:00-11:00	Yuen Wo PG	8+	170	12	18/5		
American Pool Training Course - Level I										
40631605 (ST0625)	4/6-25/6	Sa	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	3	18/5		
40631608 (ST0628)	5/6-3/7 (excl. 19/6)	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	3	18/5		

Activities for Elderly Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment		Enrolment Method
						(Balloting)	(Open Enrollment for Remaining Quota)	
Chinese Dance Training Course for Elderly								
40631613 (ST0633)	2/6-5/7	Tu,Th	15:00-17:00	Sha Tin Jockey Club Public Squash Courts	13	20/5		
Fitness Exercise Training Course for Elderly								
40631617 (ST0637)	8/6-27/7 (excl. 1/7)	W,F	8:00-9:00	Hin Keng SC	15	20/5		
40631618 (ST0638)	8/6-27/7 (excl. 1/7)	W,F	9:00-10:00	Hin Keng SC	15	20/5		
Fitness (Multi-gym) Tr. Cr. for Elderly								
40631622 (ST0642)	6/6-8/7 (excl. 13/6,27/6,1/7)	M,W,F	8:00-9:00	Heng On SC	15	20/5		
Social Dance Tr. Cr. for Elderly								
40631628 (ST0648)	8/6-13/7 (excl. 1/7)	W,F	8:00-10:00	Hin Keng SC	12	20/5		
HES - Table-tennis Fun Day for Elderly								

40631633 (ST0653)	1/6-29/6 (excl. 3/6)	W,F	8:00-10:00	Hin Keng SC	12	1/6-29/6	Walk-in
40631638 (ST0658)	7/6-28/6	Tu,F	10:00-12:00	Sha Tin Jockey Club Public Squash Courts	8	7/6-28/6	Walk-in
40631641 (ST0661)	1/6-29/6	M,W	9:00-11:00	Yuen Chau Kok SC	8	1/6-29/6	Walk-in