

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

**Sai Kung District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40627558 (SK0433)	25/6	Sa	9:00-12:00	Tseung Kwan O SC	15+	Free	22	9/6	□ i
40627559 (SK0434)	7/6	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	22	26/5	□ i
40627560 (SK435)	7/6	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	22	26/5	□ i
40627562 (SK0436)	25/6	Sa	10:00-13:00	Tseung Kwan O SC	15+	Free	22	9/6	□ i
40627563 (SK0437)	14/6	Tu	19:00-22:00	Hang Hau SC	15+	Free	25	31/5	□ i
40627564 (SK0438)	14/6	Tu	20:00-23:00	Hang Hau SC	15+	Free	25	31/5	□ i
40627642 (SK0505)	2/6	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	14	25/5	□ i
40627643 (SK0506)	2/6	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	14	25/5	□ i
40627644 (SK0507)	16/6	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	14	2/6	□ i
40627645 (SK0508)	16/6	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	14	2/6	□ i
<b>Activities for Elderly</b>									
Programme Number (Class code) (For aged 60 or above, free of charge)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Fitness Exercise TC for Elderly</b>									
40627568 (SK0441)	2/6-2/7	Tu,Th,Sa	8:00-9:00	Tiu Keng Leng SC			30	24/5	□ i
40627569 (SK0442)	2/6-2/7	Tu,Th,Sa	9:00-10:00	Tiu Keng Leng SC			30	24/5	□ i
<b>Fitness Training Course For Elderly</b>									
40627647 (SK0510)	20/6-3/8	M,W	8:00-9:00	Hong Kong Velodrome			25	7/6	□ i
40627648 (SK0511)	20/6-3/8	M,W	9:00-10:00	Hong Kong Velodrome			25	7/6	□ i
<b>Meeting Point for Elderly (Fitness)</b>									
40627669 (SK0529)	10/6-8/7 (excl. 1/7)	F	8:00-10:00	Tsui Lam SC			20	30/5	□ i
<b>Fitness (Multi-gym) TC for Elderly</b>									
40627567 (SK0440)	2/6-12/7	Tu,Th	7:00-8:00	Po Lam SC			17	24/5	□ i
<b>Gymnastics Training Course for Elderly</b>									
40627590 (SK0459)	16/6-30/7	Tu,Th,Sa	8:00-9:00	Tsui Lam SC			20	1/6	□ i
<b>HES-Western Folk Dance Play in</b>									
40627592 (SK0461)	13/6-25/7	M	9:00-11:00	Hang Hau SC			30	31/5	□ i
40627591 (SK0460)	8/6-27/7	W	9:00-11:00	Tseung Kwan O SC			22	27/5	□ i
<b>Health Elderly Scheme-Badminton Self Practice</b>									
40627649 (SK0512)	6/6-27/6	M	7:00-9:00	Hong Kong Velodrome			16	25/5	□ i
<b>Health Elderly Self Practi Scheme-Lawn Bowls</b>									
40627664 (SK0525)	7/6-28/6	Tu	8:00-9:00	Hang Hau Man Kuk Lane Park			16	7/6-28/6	Walk-in
40627665 (SK0526)	7/6-28/6	Tu	9:00-10:00	Hang Hau Man Kuk Lane Park			16	7/6-28/6	Walk-in
<b>Healthy Elderly Scheme-Table Tennis Practice</b>									
40627593 (SK0462)	1/6-29/6	W	8:00-9:00	Tsui Lam SC			8	23/5	□ i
40627594 (SK0463)	1/6-29/6	W	9:00-10:00	Tsui Lam SC			8	23/5	□ i
40627595 (SK0464)	2/6-30/6	Th	7:00-8:00	Hang Hau SC			12	24/5	□ i
40627596 (SK0465)	2/6-30/6	Th	8:00-9:00	Hang Hau SC			12	24/5	□ i
40627597 (SK0466)	2/6-30/6	Th	9:00-10:00	Hang Hau SC			12	24/5	□ i
<b>Gateball Training Course for Elderly</b>									
40627589 (SK0458)	17/6-12/8 (excl. 1/7)	F	8:00-10:00	Tsui Lam SC			15	2/6	□ i
40627609 (SK0478)	2/6-21/7	Th	9:00-11:00	Po Hong Park			15	18/5	□ i
40627610 (SK0479)	14/6-2/8	Tu	9:00-11:00	Sheung Ling PG			30	18/5	□ i