

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

**Southern District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
<b>Life Saving TC (Bronze Medallion)</b>										
40622557 (SN0101)	15/7-15/8	M,W,F	19:00-22:00	Pao Yue Kong SP	13+	108	12	2/6		
<b>Breaststroke TC for Adult (Level II)</b>										
40622521 (SN0067)	15/7-5/8	M,W,F	7:00-8:00	Pao Yue Kong SP	18+	100	8	30/5-6/6 (9/6){29/6}		
<b>Breaststroke TC for Junior (Level II)</b>										
40622533 (SN0077)	15/7-5/8	M,W,F	9:00-10:00	Pao Yue Kong SP	9-12	100	8	30/5-6/6 (9/6){29/6}		
<b>Front Crawl TC for Junior (Level II)</b>										
40622549 (SN0093)	15/7-5/8	M,W,F	15:00-16:00	Pao Yue Kong SP	9-12	100	8	30/5-6/6 (9/6){29/6}		
40623021 (SN0118)	14/7-16/8	Tu,Th	9:00-10:00	Pao Yue Kong SP	9-12	100	8	30/5-6/6 (9/6){29/6}		
<b>Front Crawl TC for Youth &amp; Adult (Level II)</b>										
40623061 (SN0121)	14/7-16/8	Tu,Th	8:00-9:00	Pao Yue Kong SP	13+	100	8	30/5-6/6 (9/6){29/6}		
<b>Front Crawl TC for Youth (Level II)</b>										
40622554 (SN0098)	15/7-5/8	M,W,F	16:00-17:00	Pao Yue Kong SP	5-17	100	8	30/5-6/6 (9/6){29/6}		
<b>Backstroke TC for Youth &amp; Adult</b>										
40622694 (SN0105)	14/7-16/8	Tu,Th	19:00-20:00	Pao Yue Kong SP	13+	100	8	30/5-6/6 (9/6){29/6}		
<b>Breaststroke TC for Youth &amp; Adult (Level III)</b>										
40622716 (SN0112)	14/7-16/8	Tu,Th	20:00-21:00	Pao Yue Kong SP	13+	100	8	30/5-6/6 (9/6){29/6}		
<b>Breaststroke TC for Youth (Level II)</b>										
40622536 (SN0080)	15/7-5/8	M,W,F	17:00-18:00	Pao Yue Kong SP	5-17	100	8	30/5-6/6 (9/6){29/6}		
<b>Butterfly Stroke TC for Youth &amp; Adult</b>										
40622717 (SN0113)	14/7-16/8	Tu,Th	20:00-21:00	Pao Yue Kong SP	13+	100	8	30/5-6/6 (9/6){29/6}		
<b>Front Crawl TC for Youth &amp; Adult (Level III)</b>										
40623085 (SN0122)	14/7-16/8	Tu,Th	19:00-20:00	Pao Yue Kong SP	13+	100	8	30/5-6/6 (9/6){29/6}		
<b>Aerobic Dance Training Course</b>										
40631317 (SN0531)	4/7-3/8 (excl. 11/7,25/7)	M,W,F	8:00-9:00	Apleichau SC	14+	65	30	7/6		
40631318 (SN0532)	4/7-3/8 (excl. 11/7,25/7)	M,W,F	9:00-10:00	Apleichau SC	14+	65	30	7/6		
40631334 (SN0548)	19/7-25/8	Tu,Th	9:00-10:00	Stanley SC	14+	65	15	22/6		
40631335 (SN0549)	19/7-25/8	Tu,Th	10:00-11:00	Stanley SC	14+	65	15	22/6		
<b>Children Dance Training Course</b>										
40631442 (SN0575)	17/7-2/10 (excl. 7/8,11/9)	Su	14:00-16:00	Apleichau SC	4-11	60	20	16/6		
<b>General Gymnastic for Children TC</b>										
40631462 (SN0594)	19/7-18/8	Tu,Th	9:00-11:00	Apleichau SC	6-12	54	20	25/5-31/5 (7/6) {27/6}		
<b>Hydro Fitness Training Course</b>										
40622555 (SN0099)	15/7-15/8	M,W,F	10:00-11:00	Pao Yue Kong SP	14+	80	15	30/5-6/6 (9/6){29/6}		
40622556 (SN0100)	15/7-15/8	M,W,F	11:00-12:00	Pao Yue Kong SP	14+	80	15	30/5-6/6 (9/6){29/6}		
<b>Jazz TC</b>										
40631479 (SN0611)	15/7-16/9	F	16:00-18:00	Apleichau SC	12+	70	30	16/6		
<b>Social Dance Training Course</b>										
40631512 (SN0630)	15/7-16/9	F	20:00-22:00	Apleichau SC	14+	86	28	25/5-31/5 (7/6) {27/6}		
<b>Yoga Training Course</b>										
40631924 (SN0665)	5/7-4/8	Tu,Th	9:00-11:00	Apleichau SC	15+	85	30	25/5-31/5 (7/6) {27/6}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40631440 (SN0573)	9/7	Sa	14:00-17:00	Apleichau SC	15+	Free	15	25/5-31/5 (7/6) {27/6}		
<b>Badminton TC for Children and Youth</b>										
40631350 (SN0564)	20/7-19/8	W,F	15:00-17:00	Apleichau SC	7-17	118	16	25/5-31/5 (7/6) {27/6}		
<b>Badminton Training Course</b>										
40631338 (SN0552)	5/7-4/8	Tu,Th	14:00-16:00	Apleichau SC	7+	118	16	25/5-31/5 (7/6) {27/6}		
40631344 (SN0558)	27/7-28/9	W	18:00-20:00	Stanley SC	7+	118	16	24/6		
40631345 (SN0559)	6/7-7/9	W	15:00-17:00	Yue Kwong RD. SC	7+	118	16	25/5-31/5 (7/6) {27/6}		
40631347 (SN0561)	18/7-26/9 (excl. 12/9)	M	18:00-20:00	Yue Kwong RD. SC	7+	118	16	25/5-31/5 (7/6) {27/6}		
<b>Badminton Training Course for Children&amp;Youth</b>										
40631353 (SN0567)	20/7-19/8	W,F	13:00-15:00	Yue Kwong RD. SC	7-17	118	16	25/5-31/5 (7/6) {27/6}		
<b>Fencing Training Course for Junior (Level I)</b>										

40631448 (SN0580)	23/7-13/8	Sa	9:00-11:00	Apleichau SC	9-14	50	20	25/5-31/5 (7/6) {27/6}	✉
<b>Fencing Training Course(Level I)</b>									
40631447 (SN0579)	23/7-13/8	Sa	11:00-13:00	Apleichau SC	15+	50	20	25/5-31/5 (7/6) {27/6}	✉
<b>Indoor Lawn Bowls Training Course</b>									
40631476 (SN0608)	9/7-27/8	Sa	10:00-12:00	Apleichau SC	8+	54	16	25/5-31/5 (7/6) {27/6}	✉
<b>Mini Tennis Training Course</b>									
40631487 (SN0616)	14/7-25/8 (excl. 25/7,8/8,22/8)	M,Th	10:00-12:00	Apleichau SC	6-12	70	16	14/6	🖨️ i
<b>Squash Training Course</b>									
40631698 (SN0638)	6/7-29/7	W,F	15:00-17:00	Apleichau SC	7+	160	8	13/6	🖨️ i
40631699 (SN0639)	9/7-27/8	Sa	10:00-12:00	Aberdeen T/SC	7+	160	8	25/5-31/5 (7/6) {27/6}	✉
40631700 (SN0640)	9/7-27/8	Sa	12:00-14:00	Aberdeen T/SC	18+	160	8	25/5-31/5 (7/6) {27/6}	✉
40631702 (SN0642)	15/7-1/8	M,W,F	14:00-16:00	Aberdeen T/SC	12-17	160	8	25/5-31/5 (7/6) {27/6}	✉
<b>Table-tennis Training Course</b>									
40631710 (SN0647)	19/7-11/8 (excl. 7/8)	Tu,Th,Su	18:00-20:00	Apleichau SC	6+	86	16	25/5-31/5 (7/6) {27/6}	✉
<b>Table-tennis Training Course for Children</b>									
40631712 (SN0649)	15/7-16/9	F	16:00-18:00	Apleichau SC	6-13	86	16	14/6	🖨️ i
<b>Tennis Training Course</b>									
40631732 (SN0656)	18/7-18/8	M,Th	16:00-18:00	Aberdeen T/SC	8+	170	12	25/5-31/5 (7/6) {27/6}	✉
40631736 (SN0657)	18/7-18/8	M,Th	18:00-20:00	Aberdeen T/SC	18+	170	12	25/5-31/5 (7/6) {27/6}	✉
<b>Tennis Training Course for Children</b>									
40631737 (SN0658)	21/7-23/8	Tu,Th	9:00-11:00	Aberdeen T/SC	8-11	170	12	25/5-31/5 (7/6) {27/6}	✉
<b>Tennis Training Course for Children &amp; Youth</b>									
40631918 (SN0659)	2/7-3/9	Sa	14:00-16:00	Aberdeen T/SC	8-17	170	12	8/6	🖨️ i
40631919 (SN0660)	11/7-1/8	M,W,F	9:00-11:00	Aberdeen T/SC	8-17	170	12	25/5-31/5 (7/6) {27/6}	✉
<b>Go Training Course(Level I)</b>									
40631459 (SN0591)	16/7-20/8	Sa	11:00-13:00	Apleichau SC	6+	40	20	25/5-31/5 (7/6) {27/6}	✉
<b>American Pool Training Course (Level II)</b>									
40631336 (SN0550)	8/7-29/7	F	20:00-22:00	Aberdeen T/SC	8+	120	6	8/6	🖨️ i
<b>Kayak 1 Star Award Training Course (1-day)</b>									
40631480 (SN0612)	9/7	Sa	9:00-17:00	St.Stephen's Beach WSC	14+	30	8	25/5-31/5 (7/6) {27/6}	✉
<b>Basic Windsurfing Training Course (2-day)</b>									
40631356 (SN0570)	9/7-10/7	Sa,Su	9:00-17:00	Stanley Main Beach WSC	14+	130	5	25/5-31/5 (7/6) {27/6}	✉
<b>Online Interactive Prog.-Aerobic Dance</b>									
40634492 (SN0675)	25/7-29/7	M,W,F	15:00-16:00	Internet. 30mins before : zoom.us/join	14+	20	50	4/7	🖨️ i

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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#### Swimming TC for Elderly (Level II)

40622558 (SN0102)	15/7-5/8	M,W,F	8:00-9:00	Pao Yue Kong SP	8	30/5-6/6 (9/6) {29/6}	✉
40623090 (SN0126)	14/7-16/8	Tu,Th	7:00-8:00	Pao Yue Kong SP	8	30/5-6/6 (9/6) {29/6}	✉

#### Meeting Points for Elderly-Baduanjin FD

40631481 (SN0613)	28/7-15/9	Th	9:00-11:00	Yue Kwong RD. SC	60	28/7-15/9	Walk-in
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#### Fitness Exercise Training Course for Elderly

40631454 (SN0586)	6/7-5/8	M,W,F	7:00-8:00	Stanley SC	15	25/5-31/5 (7/6) {27/6}	✉
40631455 (SN0587)	6/7-5/8	M,W,F	8:00-9:00	Stanley SC	15	25/5-31/5 (7/6) {27/6}	✉

#### Healthy Elderly Scheme-Table-Tennis FD

40631471 (SN0603)	6/7-29/7	W,F	12:00-14:00	Apleichau SC	4	6/7-29/7	Walk-in
40631472 (SN0604)	4/7-29/7	M,W,F	7:00-9:00	Aberdeen T/SC	12	4/7-29/7	Walk-in

#### Healthy Elderly Scheme-American Pool FD

40631464 (SN0596)	4/7-28/7	M,Th	7:00-9:00	Apleichau SC	4	4/7-28/7	Walk-in
40631468 (SN0600)	4/7-29/7	M,W,F	9:00-11:00	Aberdeen T/SC	4	4/7-29/7	Walk-in

#### Healthy Elderly Scheme- Gateball FD

40631470 (SN0602)	5/7-26/7	Tu	7:00-9:00	Apleichau SC	10	5/7-26/7	Walk-in
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