

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jul 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) | |
| Life-saving Training Course(Bronze Medallion) | | | | | | | | | |
| 40634387 (ST0677) | 6/7-17/8 | M,W,F | 20:00-22:00 | Hin Tin SP | 13+ | 108 | 12 | 2/6 | |
| Backstroke Swimming Training Course | | | | | | | | | |
| 40632128 (ST0319) | 6/7-27/7 | M,W,F | 20:30-21:30 | Ma On Shan SP | 18+ | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Breaststroke Swimming Cr (III) | | | | | | | | | |
| 40632121 (ST0317) | 6/7-27/7 | M,W,F | 18:30-19:30 | Sha Tin JC SP | 0-17 | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Breaststroke Swimming Cr for Adult (I) | | | | | | | | | |
| 40631989 (ST0268) | 6/7-27/7 | M,W,F | 20:30-21:30 | Hin Tin SP | 18+ | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Breaststroke Swimming Cr for Children (I) | | | | | | | | | |
| 40632053 (ST0295) | 6/7-27/7 | M,W,F | 20:30-21:30 | Sha Tin JC SP | 5-8 | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Breaststroke Swimming Cr for Children (II) | | | | | | | | | |
| 40632071 (ST0296) | 6/7-27/7 | M,W,F | 18:30-19:30 | Ma On Shan SP | 5-8 | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Breaststroke Swimming Cr for Junior (II) | | | | | | | | | |
| 40632096 (ST0308) | 5/7-26/7 | Tu,Th,Sa | 18:30-19:30 | Sha Tin JC SP | 9-12 | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Breaststroke Swimming Cr for Youth (I) | | | | | | | | | |
| 40631985 (ST0263) | 6/7-27/7 | M,W,F | 19:30-20:30 | Ma On Shan SP | 13-17 | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Butterfly Stroke Swimming Training Course | | | | | | | | | |
| 40632133 (ST0321) | 5/7-26/7 | Tu,Th,Sa | 19:30-20:30 | Ma On Shan SP | 18+ | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Front Crawl Swimming Cr (III) | | | | | | | | | |
| 40632118 (ST0315) | 5/7-26/7 | Tu,Th,Sa | 19:30-20:30 | Sha Tin JC SP | 18+ | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Front Crawl Swimming Cr for Adult (I) | | | | | | | | | |
| 40631997 (ST0266) | 5/7-26/7 | Tu,Th,Sa | 7:00-8:00 | Sha Tin JC SP | 18+ | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Front Crawl Swimming Cr for Children (I) | | | | | | | | | |
| 40632025 (ST0285) | 6/7-27/7 | M,W,F | 18:30-19:30 | Ma On Shan SP | 5-8 | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Front Crawl Swimming Cr for Children (II) | | | | | | | | | |
| 40632068 (ST0286) | 5/7-26/7 | Tu,Th,Sa | 18:30-19:30 | Ma On Shan SP | 5-8 | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Front Crawl Swimming Cr for Junior (I) | | | | | | | | | |
| 40632082 (ST0302) | 6/7-27/7 | M,W,F | 19:30-20:30 | Sha Tin JC SP | 9-12 | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Front Crawl Swimming Cr for Youth (I) | | | | | | | | | |
| 40631988 (ST0272) | 6/7-27/7 | M,W,F | 19:30-20:30 | Sha Tin JC SP | 13-17 | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| Swimming Cr for Elderly (I) | | | | | | | | | |
| 40632076 (ST0298) | 6/7-27/7 | M,W,F | 18:30-19:30 | Hin Tin SP | 60+ | 100 | 8 | 25/5-1/6 (9/6) {30/6} | |
| 40632150 (ST0326) | 5/7-26/7 | Tu,Th,Sa | 8:00-9:00 | Sha Tin JC SP | 60+ | 100 | 80 | 25/5-1/6 (9/6) {30/6} | |
| 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.</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> | | | | | | | | | |
| 40624326 (ST0036) | 18/7-17/8 (excl. 25/7,8/8) | M,W,F | 9:00-10:00 | Heng On SC | 15+ | 75 | 15 | @10/6 | |
| 40624327 (ST0037) | 21/7-30/8 | Tu,Th | 20:00-21:00 | Hin Keng SC | 15+ | 75 | 10 | @15/6 | |
| 40624328 (ST0038) | 21/7-30/8 | Tu,Th | 21:00-22:00 | Hin Keng SC | 15+ | 75 | 10 | @15/6 | |
| Social Dance Training Course | | | | | | | | | |
| 40624347 (ST0057) | 2/7-3/9 | Sa | 18:00-20:00 | Yuen Chau Kok SC | 14+ | 86 | 26 | 25/5-30/5 (6/6) {27/6} | |
| Wushu Training Course for Children | | | | | | | | | |
| 40634396 (ST0686) | 2/7-27/8 | Sa | 15:00-17:00 | Hin Keng SC | 6-14 | 86 | 20 | 9/6 | |
| Yoga Training Course | | | | | | | | | |
| 40624858 (ST0094) | 16/7-24/9 (excl. 10/9) | Sa | 9:00-11:00 | Heng On SC | 15+ | 85 | 13 | 25/5-30/5 (6/6) {27/6} | |
| Fitness Exercise Tr Cr for Children | | | | | | | | | |

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|---|------------------------|-------------------|-------------|--|------|------|----|------------------------|--|
| 40634398 (ST0688) | 2/7-20/8 | Sa | 15:00-16:30 | Sha Tin Jockey Club Public Squash Courts | 8-14 | 75 | 15 | 10/6 | |
| Briefing on Proper Ways to Use Fitness Equipment | | | | | | | | | |
| 40624862 (ST0098) | 10/7 | Su | 9:00-12:00 | Heng On SC | 15+ | Free | 15 | 25/5-30/5 (6/6) {27/6} | |
| 40624866 (ST0102) | 16/7 | Sa | 14:00-17:00 | Yuen Chau Kok SC | 15+ | Free | 25 | 25/5-30/5 (6/6) {27/6} | |
| Parent-Child (Aged 7-17) Badminton Fun Day | | | | | | | | | |
| 40634408 (ST0698) | 10/7 | Su | 14:00-15:00 | Yuen Chau Kok SC | 7+ | Free | 16 | 25/5-30/5 (6/6) {27/6} | |
| 40634409 (ST0699) | 10/7 | Su | 15:00-16:00 | Yuen Chau Kok SC | 7+ | Free | 16 | 25/5-30/5 (6/6) {27/6} | |
| Badminton Training Course for Children | | | | | | | | | |
| 40634418 (ST0708) | 2/7-3/9 | Sa | 9:00-11:00 | Hin Keng SC (non air-cond.) | 7-11 | 118 | 12 | 25/5-30/5 (6/6) {27/6} | |
| Lawn Bowls Practice Scheme | | | | | | | | | |
| 40624885 (ST0121) | 5/7-22/9 | Tu,Th | 14:00-17:00 | Siu Lek Yuen RD. PG | 8+ | 60 | 60 | 7/6 | |
| Lawn Bowls Training Course | | | | | | | | | |
| 40634426 (ST0716) | 20/7-12/8 | W,F | 19:00-21:00 | Siu Lek Yuen RD. PG | 8+ | 54 | 8 | 25/5-30/5 (6/6) {27/6} | |
| Squash Training Course | | | | | | | | | |
| 40634429 (ST0719) | 7/7-2/8 | Tu,Th | 19:00-21:00 | Heng On SC | 7+ | 160 | 8 | 25/5-30/5 (6/6) {27/6} | |
| Squash Training Course for Junior | | | | | | | | | |
| 40634433 (ST0723) | 9/7-27/8 | Sa | 14:00-16:00 | Sha Tin Jockey Club Public Squash Courts | 7-17 | 160 | 8 | 25/5-30/5 (6/6) {27/6} | |
| Table-tennis Training Course | | | | | | | | | |
| 40624895 (ST0131) | 16/7-24/9 (excl. 10/9) | Sa | 15:00-17:00 | Heng On SC | 14+ | 86 | 12 | 25/5-30/5 (6/6) {27/6} | |
| Tennis Training Course | | | | | | | | | |
| 40624902 (ST0137) | 12/7-12/8 | Tu,F | 19:00-21:00 | Hin Tin PG | 8+ | 170 | 8 | 25/5-30/5 (6/6) {27/6} | |
| Go Tr. Cr. (Level I) | | | | | | | | | |
| 40634464 (ST0754) | 3/7-14/8 (excl. 7/8) | Su | 14:00-16:00 | Sha Tin Jockey Club Public Squash Courts | 6-10 | 40 | 20 | 25/5-30/5 (6/6) {27/6} | |
| 40634465 (ST0755) | 3/7-14/8 (excl. 7/8) | Su | 16:00-18:00 | Sha Tin Jockey Club Public Squash Courts | 11+ | 40 | 20 | 25/5-30/5 (6/6) {27/6} | |
| Contract Bridge Training Course | | | | | | | | | |
| 40634467 (ST0757) | 4/7-25/7 | M | 15:15-17:45 | Sha Tin Jockey Club Public Squash Courts | 11+ | 100 | 24 | 25/5-30/5 (6/6) {27/6} | |
| Community Garden Programme | | | | | | | | | |
| 40624917 (ST0150) | 23/7-26/11 | M,Tu,W,Th,F,Sa,Su | 8:00-18:00 | Che Kung Miu RD. P/G Community Garden | 12+ | 400 | 15 | 23/5-30/5 (6/6) {27/6} | |
| 40634491 (ST0786) | 23/7-26/11 | M,Tu,W,Th,F,Sa,Su | 8:00-18:00 | Che Kung Miu RD. P/G Community Garden | 12+ | 400 | 15 | 25/5-30/5 (6/6) {27/6} | |

| Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small> | Date | Day | Time | Venue | Age Quota | Date of Enrollment <small>(Balloting) { Open Enrollment for Remaining Quota }</small> | 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.

Table Tennis Tr Cr for Hearing Impairment

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|----------|----------|-----|-------------|------------------|----|----|------|--|
| 40629090 | 6/7-29/7 | W,F | 17:00-19:00 | Yuen Chau Kok SC | 7+ | 11 | 25/5 | |
|----------|----------|-----|-------------|------------------|----|----|------|--|

| 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 |
|---|------|-----|------|-------|-------|--|------------------|
|---|------|-----|------|-------|-------|--|------------------|

Chinese Dance Training Course for Elderly

| | | | | | | | |
|-------------------|---------|----|-------------|-------------|----|------------------------|--|
| 40624921 (ST0154) | 5/7-6/9 | Tu | 8:00-10:00 | Hin Keng SC | 15 | 25/5-30/5 (6/6) {27/6} | |
| 40624922 (ST0155) | 5/7-6/9 | Tu | 10:00-12:00 | Hin Keng SC | 15 | 25/5-30/5 (6/6) {27/6} | |

Fitness (Multi-gym) Tr. Cr. for Elderly

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|---|-------------------------------|-------|-------------|--|----|---------------------------|---------|
| 40624935 (ST0167) | 18/7-17/8 (excl. 25/7,8/8) | M,W,F | 8:00-9:00 | Heng On SC | 15 | @25/5-30/5 (6/6){27/6} | ✉ |
| HES - Social Dance Fun Day for Elderly | | | | | | | |
| 40624941 (ST0172) | 8/7-29/7 | F | 10:00-11:30 | Heng On SC | 12 | 8/7-29/7 | Walk-in |
| 40624942 (ST0173) | 8/7-29/7 | F | 11:30-13:00 | Heng On SC | 12 | 8/7-29/7 | Walk-in |
| Tai Chi Made Easy Class for Elderly | | | | | | | |
| 40634733 (ST0787) | 6/7-21/9 | W | 15:00-16:00 | Hin Keng SC | 15 | 25/5-30/5 (6/6) {27/6} | ✉ |
| 40634736 (ST0788) | 6/7-21/9 | W | 16:00-17:00 | Hin Keng SC | 15 | 25/5-30/5 (6/6) {27/6} | ✉ |
| HES - Badminton Fun Day for Elderly | | | | | | | |
| 40624948 (ST0179) | 4/7-27/7 | M,W | 8:00-10:00 | Yuen Chau Kok SC | 16 | 4/7-27/7 | Walk-in |
| HES - Table-tennis Fun Day for Elderly | | | | | | | |
| 40624954 (ST0184) | 5/7-29/7 | Tu,F | 8:00-10:00 | Sha Tin Jockey Club Public Squash Courts | 16 | 5/7-29/7 | Walk-in |
| 40624955 (ST0185) | 5/7-29/7 | Tu,F | 10:00-12:00 | Sha Tin Jockey Club Public Squash Courts | 16 | 5/7-29/7 | Walk-in |
| 40624957 (ST0187) | 4/7-27/7 | M,W | 14:00-16:00 | Siu Lek Yuen RD. PG | 8 | 4/7-27/7 | Walk-in |
| 40624958 (ST0188) | 4/7-27/7 | M,W | 9:00-11:00 | Yuen Chau Kok SC | 8 | 4/7-27/7 | Walk-in |