

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

**Sham Shui Po District**



Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
<b>Aerobic Dance Training Course</b>										
40633141 (SS0392)	5/7-30/7	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	14+	65	30	6/6		
40633142 (SS0393)	5/7-30/7	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	14+	65	30	6/6		
40633166 (SS0411)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	8:00-9:00	Po On RD. SC	14+	65	30	7/6		
40633167 (SS0412)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	9:00-10:00	Po On RD. SC	14+	65	30	7/6		
<b>Fitness (Multi-gym) TC</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.                      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>										
40633213 (SS0419)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	8:00-9:00	Po On RD. SC	15+	75	30	@6/6		
40633217 (SS0420)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	9:00-10:00	Po On RD. SC	15+	75	30	@6/6		
40633218 (SS0423)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	16:00-17:00	Po On RD. SC	15+	75	30	@8/6		
<b>Judo TC</b>										
40633161 (SS0409)	10/7-18/9 (excl. 7/8)	Su	14:00-16:00	Po On RD. SC	12+	65	30	1/6		
<b>Oriental Dance TC</b>										
40632985 (SS0362)	5/7-4/8	Tu,Th	20:00-22:00	Pei Ho ST. SC	12+	45	30	25/5-31/5 (8/6) {29/6}		
<b>Social Dance TC</b>										
40633126 (SS0385)	16/7-17/9	Sa	18:00-20:00	Pei Ho ST. SC	14+	86	30	25/5-31/5 (8/6) {29/6}		
<b>Yoga TC</b>										
40633808 (SS0444)	19/7-18/8	Tu,Th	15:00-17:00	Pei Ho ST. SC	15+	85	30	25/5-31/5 (8/6) {29/6}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40633115 (SS0381)	3/7	Su	18:00-21:00	Pei Ho ST. SC	15+	Free	25	25/5-31/5 (8/6) {29/6}		
<b>Badminton TC</b>										
40633152 (SS0403)	2/7-3/9	Sa	14:00-16:00	Po On RD. SC	7+	118	16	25/5-31/5 (8/6) {29/6}		
40633668 (SS0375)	19/7-18/8	Tu,Th	9:00-11:00	Cheung Sha Wan SC	18+	118	16	25/5-31/5 (8/6) {29/6}		
40633739 (SS0441)	9/7-10/9	Sa	15:00-17:00	Pei Ho ST. SC	7+	118	16	25/5-31/5 (8/6) {29/6}		
<b>Fencing Promotion - Fencing TC (Level I)</b>										
40633738 (SS0440)	3/7-24/7	Su	10:00-12:00	Shek Kip Mei Park SC	9-14	50	20	25/5-31/5 (8/6) {29/6}		
<b>Squash TC for Junior</b>										
40632955 (SS0357)	18/7-10/8	M,W	19:00-21:00	Cornwall ST. Squash & Table Tennis Centre	7-17	160	8	25/5-31/5 (8/6) {29/6}		
<b>Table-Tennis TC for Children</b>										
40632950 (SS0352)	20/7-19/8	W,F	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	6-13	86	16	25/5-31/5 (8/6) {29/6}		
<b>Tennis TC</b>										
40633660 (SS0371)	13/7-12/8	W,F	15:00-17:00	Tung Chau ST. Park TC	18+	170	12	25/5-31/5 (8/6) {29/6}		
40633661 (SS0372)	17/7-2/10 (excl. 7/8,11/9)	Su	9:00-11:00	Tung Chau ST. Park TC	18+	170	12	25/5-31/5 (8/6) {29/6}		
<b>Tennis Training Course for Junior</b>										
40633657 (SS0369)	19/7-18/8	Tu,Th	9:00-11:00	Tung Chau ST. Park TC	12-17	170	12	25/5-31/5 (8/6) {29/6}		
<b>3-on-3Basketball FD for Per with Hearing Impa</b>										
40632965 (SS0569)	3/7	Su	14:00-17:00	Po On RD. SC	12+	Free	4	1/6		
<b>Sports for All - Gateball TC</b>										
40632963 (SS0553)	20/7-12/8	W,F	19:00-21:00	Lai Chi Kok Park Gateball Court	8+	54	15	27/6		

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment		Enrolment Method
						(Balloting)	(Open Enrollment for Remaining Quota)	



**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.



**Baduanjin TS for Persons with Chronic Illness**

40632964 (SS0565) 7/7-25/8 Th 10:00-11:00 Po On RD. SC 18+ 4 1/6  



**HydroFitnessTSfor Persons withChronic illness**

40628672 (SS0230) 4/7-10/8 M,W 10:00-11:00 Shamshuipo Park SP 14+ 5 25/5  



**Hydro-fitness TP for Ex-mentully III Persons**



40628671 (SS0229) 4/7-10/8 M,W 11:00-12:00 Shamshuipo Park SP 14+ 5 25/5  

**BadmintionTS for Ex-mentally III Persons**

40632966 (SS0570) 4/7-25/7 M 19:00-21:00 Shek Kip Mei Park SC 15+ 3 1/6  

**Hydro-fitness TP for per with Physical Disab**

40628669 (SS0227) 8/7-15/8 M,F 10:00-11:00 Lai Chi Kok Park SP 14+ 5 25/5  

40628670 (SS0228) 8/7-15/8 M,F 11:00-12:00 Lai Chi Kok Park SP 14+ 5 25/5  

**Activities for Elderly Programme Number (Class code)**  
(For aged 60 or above, free of charge)

Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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**Baduanjin TC for Elderly**

40632951 (SS0353) 5/7-30/7 Tu,Th,Sa 14:00-15:00 Pei Ho ST. SC 30 25/5-31/5 (8/6) {29/6} 

**Mt Pts for Elderly - Baduanjin Play-in**

40633128 (SS0386) 8/7-15/7 F 9:00-11:00 Pei Ho ST. SC 30 8/7-15/7 Walk-in

**Elderly Fitness TC**

40632953 (SS0355) 4/7-3/8 M,W,F 14:00-15:00 Pei Ho ST. SC 30 25/5-31/5 (8/6) {29/6} 

**HES - Tai Chi Play-in**

40633059 (SS0524) 4/7-25/7 M 9:00-10:30 Pei Ho ST. SC 40 4/7-25/7 Walk-in

**Gateball TC for Elderly**

40632961 (SS0546) 14/7-8/8 M,Th 7:00-9:00 Tai Hang Tung R/G 30 25/5-31/5 (8/6) {29/6} 