Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Feb 2023

Sha Tin District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee($)	Quota	Date of Enrollment (Balloting) {Open Enrollment for Remaining Quota}	Enrolment Method
Aerobic Dance Training Course									
40651015 (ST1576)	8/2-17/3	W,F	19:00-20:00	Heng On SC	14+	65	20	20/12-28/12 (4/1) {27/1}	✉
40651016 (ST1577)	8/2-17/3	W,F	20:00-21:00	Heng On SC	14+	65	20	20/12-28/12 (4/1) {27/1}	✉
40651017 (ST1578)	9/2-21/3	Tu,Th	9:00-10:00	Heng On SC	14+	65	20	6/1	💻 ℹ
40651018 (ST1579)	9/2-21/3	Tu,Th	10:00-11:00	Heng On SC	14+	65	20	6/1	💻 ℹ
40651019 (ST1580)	2/2-14/3	Tu,Th	9:00-10:00	Hin Keng SC	14+	65	20	9/1	💻 ℹ
40651020 (ST1581)	2/2-14/3	Tu,Th	10:00-11:00	Hin Keng SC	14+	65	20	9/1	💻 ℹ
40651021 (ST1582)	2/2-14/3	Tu,Th	19:00-20:00	Hin Keng SC	14+	65	20	20/12-28/12 (4/1) {27/1}	✉
40651022 (ST1583)	2/2-14/3	Tu,Th	20:00-21:00	Hin Keng SC	14+	65	20	20/12-28/12 (4/1) {27/1}	✉
40651031 (ST1592)	14/2-23/3	Tu,Th	16:00-17:00	Yuen Chau Kok SC	14+	65	30	11/1	💻 ℹ
40651032 (ST1593)	14/2-23/3	Tu,Th	17:00-18:00	Yuen Chau Kok SC	14+	65	30	11/1	💻 ℹ
40651033 (ST1594)	1/2-10/3	W,F	9:00-10:00	Yuen Wo RD. SC	14+	65	20	10/1	💻 ℹ
40651034 (ST1595)	1/2-10/3	W,F	10:00-11:00	Yuen Wo RD. SC	14+	65	20	10/1	💻 ℹ
40651035 (ST1596)	1/2-10/3	W,F	19:00-20:00	Yuen Wo RD. SC	14+	65	25	20/12-28/12 (4/1) {27/1}	✉
40651036 (ST1597)	1/2-10/3	W,F	20:00-21:00	Yuen Wo RD. SC	14+	65	25	20/12-28/12 (4/1) {27/1}	✉
40651037 (ST1598)	2/2-14/3	Tu,Th	8:00-9:00	Yuen Wo RD. SC	14+	65	20	9/1	💻 ℹ
40651038 (ST1599)	2/2-14/3	Tu,Th	9:00-10:00	Yuen Wo RD. SC	14+	65	20	9/1	💻 ℹ
40651039 (ST1600)	2/2-14/3	Tu,Th	10:00-11:00	Yuen Wo RD. SC	14+	65	20	9/1	💻 ℹ
40651040 (ST1601)	2/2-14/3	Tu,Th	13:00-14:00	Yuen Wo RD. SC	14+	65	20	11/1	💻 ℹ
40651041 (ST1602)	2/2-14/3	Tu,Th	14:00-15:00	Yuen Wo RD. SC	14+	65	20	11/1	💻 ℹ

Fitness (Multi-gym) Training Course

@ 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.

40651044 (ST1605)	7/2-16/3	Tu,Th	14:00-15:00	Che Kung Temple SC	15+	75	30	@18/1	💻 ℹ
40651045 (ST1606)	7/2-16/3	Tu,Th	15:00-16:00	Che Kung Temple SC	15+	75	30	@18/1	💻 ℹ
40651046 (ST1607)	7/2-4/3	Tu,Th,Sa	9:00-10:00	Heng On SC	15+	75	15	@12/1	💻 ℹ
40651047 (ST1608)	7/2-4/3	Tu,Th,Sa	19:00-20:00	Heng On SC	15+	75	15	@17/1	💻 ℹ
40651048 (ST1609)	7/2-4/3	Tu,Th,Sa	20:00-21:00	Heng On SC	15+	75	15	@17/1	💻 ℹ
40651058 (ST1619)	1/2-13/3	M,W	9:00-10:00	Yuen Chau Kok SC	15+	75	30	@16/1	💻 ℹ
Jazz Training Course									
40651059 (ST1620)	7/2-10/3	Tu,F	15:00-17:00	Che Kung Temple SC	12+	70	30	20/12-28/12 (4/1) {27/1}	✉
Social Dance Training Course									
40651061 (ST1622)	20/2-22/3	M,W	20:00-22:00	Che Kung Temple SC	14+	86	30	20/12-28/12 (4/1) {27/1}	✉
Tai Chi Made Easy Class									
40646920 (ST1353)	22/2-20/3	MM, W, F	7:00-8:00	Ma On Shan Recreation Ground (BC)	6+	54	30	20/12-28/12 (4/1) {27/1}	✉
Yoga Training Course									
40651064 (ST1625)	1/2-3/3	W,F	12:00-14:00	Yuen Wo RD. SC	15+	85	25	20/12-28/12 (4/1) {27/1}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40651065 (ST1626)	11/2	Sa	13:00-16:00	Che Kung Temple SC	15+	Free	25	20/12-28/12 (4/1) {27/1}	✉
40651066 (ST1627)	5/2	Su	9:00-12:00	Heng On SC	15+	Free	15	20/12-28/12 (4/1) {27/1}	✉
40651069 (ST1630)	18/2	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	25	20/12-28/12 (4/1) {27/1}	✉
Badminton Training Course									
40651074 (ST1635)	6/2-8/3	M,W	20:00-22:00	Che Kung Temple SC	7+	118	24	20/12-28/12 (4/1) {27/1}	✉
40651075 (ST1636)	10/2-15/3	W,F	9:00-11:00	Heng On SC (non air-cond.)	7+	118	18	20/12-28/12 (4/1) {27/1}	✉
40651076 (ST1637)	2/2-6/3	M,Th	19:00-21:00	Hin Keng SC (non air-cond.)	7+	118	18	20/12-28/12 (4/1) {27/1}	✉
40651077 (ST1638)	3/2-7/3	Tu,F	9:00-11:00	Hin Keng SC (non air-cond.)	7+	118	18	20/12-28/12 (4/1) {27/1}	✉
40651082 (ST1643)	6/2-8/3	M,W	19:00-21:00	Yuen Chau Kok SC	7+	118	24	20/12-28/12 (4/1) {27/1}	✉
Track Cycling Training Course (Level I)									
40638676 (ST0894)	4/2	Sa	9:00-13:00	Hong Kong Velodrome	11+	140	20	4/1	💻 ℹ
Lawn Bowls Training Course									
40651083 (ST1644)	21/2-16/3	Tu,Th	10:00-12:00	Siu Lek Yuen RD. PG	8+	54	8	5/1	💻 ℹ
40651084 (ST1645)	21/2-16/3	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	54	8	5/1	💻 ℹ
Squash Training Course									

40651085 (ST1646)	8/2-3/3	W,F	19:00-21:00	Heng On SC	7+	160	8	20/12-28/12 (4/1) {27/1}	✉
40651086 (ST1647)	8/2-3/3	W,F	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	8	20/12-28/12 (4/1) {27/1}	✉
40651087 (ST1648)	9/2-6/3	M,Th	19:00-21:00	Sha Tin Jockey Club Public Squash Courts	7+	160	8	20/12-28/12 (4/1) {27/1}	✉
40651088 (ST1649)	16/2-14/3	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	7+	160	8	20/12-28/12 (4/1) {27/1}	✉
Tennis Training Course									
40651091 (ST1652)	13/2-15/3	M,W	19:00-21:00	Hin Tin PG	8+	170	12	20/12-28/12 (4/1) {27/1}	✉
40651092 (ST1653)	14/2-16/3	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	8+	170	12	20/12-28/12 (4/1) {27/1}	✉
American Pool Training Course - Level I									
40651096 (ST1657)	4/2-25/2	Sa	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	6	20/12-28/12 (4/1) {27/1}	✉
40651097 (ST1658)	4/2-25/2	Sa	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	6	20/12-28/12 (4/1) {27/1}	✉
40651098 (ST1659)	5/2-26/2	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	8-15	120	6	20/12-28/12 (4/1) {27/1}	✉
40651099 (ST1660)	5/2-26/2	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	16+	120	6	20/12-28/12 (4/1) {27/1}	✉
Sha Tin District Volleyball Competition (F)*									
40638697 (QST0915)	4/2-25/2	Sa	9:00-19:00	Yuen Chau Kok SC	12+	60	16	28/11-5/12 (12/12) {6/1}	✉
Sha Tin District Volleyball Competition (M)*									
40638696 (QST0914)	4/2-25/2	Sa	9:00-19:00	Yuen Chau Kok SC	12+	60	16	28/11-5/12 (12/12) {6/1}	✉
Sport Climbing Fun Day									
40651101 (ST1662)	18/2	Sa	14:00-17:00	Yuen Chau Kok SC	12+	Free	24	20/12-28/12 (4/1) {27/1}	✉

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**
Chinese Dance Training Course for Elderly							
40651104 (ST1665)	1/2-3/3	W,F	8:00-10:00	Yuen Wo RD. SC	30	21/12-29/12 (5/1){30/1}	✉
40651105 (ST1666)	1/2-3/3	W,F	10:00-12:00	Yuen Wo RD. SC	30	21/12-29/12 (5/1){30/1}	✉
Fitness Exercise Training Course for Elderly							
40651106 (ST1667)	8/2-27/3	M,W	15:00-16:00	Heng On SC	20	21/12-29/12 (5/1){30/1}	✉
40651107 (ST1668)	8/2-27/3	M,W	16:00-17:00	Heng On SC	20	21/12-29/12 (5/1){30/1}	✉
40651108 (ST1669)	7/2-23/3	Tu,Th	8:00-9:00	Yuen Wo RD. SC	25	21/12-29/12 (5/1){30/1}	✉
40651109 (ST1670)	7/2-23/3	Tu,Th	9:00-10:00	Yuen Wo RD. SC	25	21/12-29/12 (5/1){30/1}	✉
40651110 (ST1671)	7/2-23/3	Tu,Th	10:00-11:00	Yuen Wo RD. SC	25	21/12-29/12 (5/1){30/1}	✉
Fitness (Multi-gym) Tr. Cr. for Elderly							
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40651111 (ST1672)	7/2-4/3	Tu,Th,Sa	8:00-9:00	Heng On SC	15	@21/12-29/12 (5/1){30/1}	✉
40651115 (ST1676)	1/2-13/3	M,W	8:00-9:00	Yuen Chau Kok SC	30	@21/12-29/12 (5/1){30/1}	✉
HES - Social Dance Fun Day for Elderly							
40651116 (ST1677)	3/2-24/2	F	10:00-11:30	Heng On SC	22	3/2-24/2	Walk-in
40651117 (ST1678)	3/2-24/2	F	11:30-13:00	Heng On SC	22	3/2-24/2	Walk-in
Social Dance Tr. Cr. for Elderly							
40651118 (ST1679)	6/2-8/3	M,W	14:00-16:00	Che Kung Temple SC	30	21/12-29/12 (5/1){30/1}	✉
40651119 (ST1680)	1/2-3/3	W,F	8:00-10:00	Hin Keng SC	20	21/12-29/12 (5/1){30/1}	✉
40651120 (ST1681)	1/2-3/3	W,F	10:00-12:00	Hin Keng SC	20	21/12-29/12 (5/1){30/1}	✉
HES - Badminton Fun Day for Elderly							
40651122 (ST1683)	1/2-27/2	M,W	8:00-10:00	Yuen Chau Kok SC	24	1/2-27/2	Walk-in
HES - Table-tennis Fun Day for Elderly							
40651123 (ST1684)	1/2-27/2	M,W	9:00-11:00	Che Kung Temple SC	24	1/2-27/2	Walk-in
40651124 (ST1685)	1/2-24/2	W,F	8:00-10:00	Hin Keng SC	24	1/2-24/2	Walk-in

40651128 (ST1689)	3/2-28/2	Tu,F	8:00-10:00	Sha Tin Jockey Club Public Squash Courts	24	3/2-28/2	Walk-in
40651129 (ST1690)	3/2-28/2	Tu,F	10:00-12:00	Sha Tin Jockey Club Public Squash Courts	24	3/2-28/2	Walk-in
40651130 (ST1691)	1/2-27/2	M,W	14:00-16:00	Siu Lek Yuen RD. PG	12	1/2-27/2	Walk-in
40651131 (ST1692)	2/2-27/2	M,Th	8:00-10:00	Siu Lek Yuen RD. PG	12	2/2-27/2	Walk-in
40651132 (ST1693)	1/2-27/2	M,W	9:00-11:00	Yuen Chau Kok SC	16	1/2-27/2	Walk-in
40651133 (ST1694)	3/2-28/2	Tu,F	8:00-10:00	Yuen Wo RD. SC	24	3/2-28/2	Walk-in
40651134 (ST1695)	3/2-28/2	Tu,F	10:00-12:00	Yuen Wo RD. SC	24	3/2-28/2	Walk-in
Gateball Fun Day for Elderly							
40651135 (ST1696)	6/2	M	10:00-12:00	Heng On SC (non air-cond.)	15	6/2	Walk-in
40651136 (ST1697)	16/2	Th	15:00-17:00	Ma On Shan Recrestion Ground	15	16/2	Walk-in