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

Southern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee($)	Quota	Date of Enrollment (Balloting) {Open Enrollment for Remaining Quota}	Enrolment Method
Long Distance Running Training Course									
40651786 (SN1565)	27/3-12/6 (excl. 10/4,1/5)	M	19:00-21:00	Aberdeen Sport Ground	16+	130	40	27/2	
Aerobic Dance Training Course									
40651638 (SN1529)	1/3-31/3 (excl. 13/3,27/3)	M,W,F	8:00-9:00	Apleichau SC	14+	65	30	3/2	
40651639 (SN1530)	1/3-31/3 (excl. 13/3,27/3)	M,W,F	9:00-10:00	Apleichau SC	14+	65	30	3/2	
40651640 (SN1531)	1/3-31/3 (excl. 13/3,27/3)	M,W,F	10:00-11:00	Apleichau SC	14+	65	30	3/2	
40651641 (SN1532)	13/3-14/4 (excl. 5/4,7/4,10/4)	M,W,F	19:00-20:00	Stanley SC	14+	65	12	14/2	
40651642 (SN1533)	13/3-14/4 (excl. 5/4,7/4,10/4)	M,W,F	20:00-21:00	Stanley SC	14+	65	12	14/2	
Baduanjin Training Course									
40651643 (SN1524)	3/3-2/6 (excl. 7/4,26/5)	F	9:00-10:00	Stanley SC	8+	80	30	6/2	
40651644 (SN1535)	3/3-2/6 (excl. 7/4,26/5)	F	10:00-11:00	Stanley SC	8+	80	30	6/2	
40651645 (SN1536)	29/3-21/6 (excl. 5/4)	W	9:00-10:00	Stanley SC	8+	80	30	28/2	
40651646 (SN1537)	29/3-21/6 (excl. 5/4)	W	10:00-11:00	Stanley SC	8+	80	30	28/2	
Social Dance Training Course									
40651799 (SN1576)	4/3-13/5 (excl. 8/4)	Sa	19:00-21:00	Stanley SC	14+	86	30	9/2	
40651800 (SN1577)	7/3-9/5	Tu	15:00-17:00	Stanley SC	14+	86	30	9/2	
40651801 (SN1578)	29/3-5/5 (excl. 5/4,7/4)	W,F	20:00-22:00	Stanley SC	14+	86	30	9/2	
Tai Chi Made Easy Class									
40651804 (SN1581)	18/3-10/6 (excl. 8/4)	Sa	9:00-10:00	Stanley SC	6+	54	30	21/2	
40651805 (SN1582)	18/3-10/6 (excl. 8/4)	Sa	10:00-11:00	Stanley SC	6+	54	30	21/2	
Briefing on Proper Ways to Use Fitness Equipment									
40651647 (SN1538)	11/3	Sa	14:00-17:00	Apleichau SC	15+	Free	25	26/1-31/1 (3/2) {22/2}	
40651648 (SN1539)	14/3	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	25	26/1-31/1 (3/2) {22/2}	
Squash Training Course									
40651802 (SN1579)	1/3-24/3	W,F	10:00-12:00	Aberdeen T/SC	7+	160	12	26/1-31/1 (3/2) {22/2}	
Table-tennis Training Course									
40651803 (SN1580)	4/3-13/5 (excl. 8/4)	Sa	14:00-16:00	Stanley SC	6+	86	12	26/1-31/1 (3/2) {22/2}	
Meeting Points for Youth - Soccer FD									
40651787 (SN1566)	17/3-31/3	F	18:00-20:00	Wong Chuk Hang Recreation Ground	12-35	Free	17	17/3-31/3	Walk-in

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
Healthy Elderly Scheme-Indoor Lawn Bowls FD							
40651758 (SN1554)	1/3-29/3	W	7:00-9:00	Apleichau SC	40	1/3-29/3	Walk-in
40651760 (SN1555)	2/3-30/3	Th	7:00-9:00	Apleichau SC	40	2/3-30/3	Walk-in
40651761 (SN1556)	3/3-31/3	F	8:00-10:00	Apleichau SC	40	3/3-31/3	Walk-in
40651763 (SN1557)	6/3-27/3	M	7:00-9:00	Apleichau SC	40	6/3-27/3	Walk-in
Healthy Elderly Scheme-Table-Tennis FD							
40651778 (SN1558)	1/3-31/3	W,F	12:00-14:00	Apleichau SC	6	1/3-31/3	Walk-in
40651779 (SN1559)	2/3-30/3 (excl. 13/3,27/3)	M,Tu,Th	10:00-12:00	Apleichau SC	6	2/3-30/3	Walk-in
40651780 (SN1560)	3/3-24/3	F	9:00-11:00	Aberdeen SC	12	3/3-24/3	Walk-in
40651781 (SN1561)	1/3-31/3	M,W,F	7:00-9:00	Aberdeen T/SC	18	1/3-31/3	Walk-in
Healthy Elderly Scheme-Tennis FD							
40651784 (SN1564)	1/3-29/3	W	7:00-10:00	Aberdeen T/SC	6	1/3-29/3	Walk-in
Healthy Elderly Scheme-American Pool FD							
40651727 (SN1545)	1/3-31/3	W,F	10:00-12:00	Apleichau SC	6	1/3-31/3	Walk-in
40651729 (SN1546)	2/3-30/3	M,Th	7:00-9:00	Apleichau SC	6	2/3-30/3	Walk-in
40651732 (SN1547)	7/3-28/3	Tu	7:00-9:00	Apleichau SC	6	7/3-28/3	Walk-in
40651734 (SN1548)	1/3-31/3	M,W,F	7:00-9:00	Aberdeen T/SC	6	1/3-31/3	Walk-in
40651738 (SN1549)	1/3-31/3	M,W,F	9:00-11:00	Aberdeen T/SC	6	1/3-31/3	Walk-in
40651742 (SN1550)	2/3-30/3 (excl. 7/3,21/3)	Tu,Th	10:00-12:00	Aberdeen T/SC	6	2/3-30/3	Walk-in
Healthy Elderly Scheme-Gateball FD							
40651748 (SN1551)	3/3-31/3	F	11:00-13:00	Apleichau SC	15	3/3-31/3	Walk-in
40651752 (SN1553)	2/3-30/3	Tu,Th	14:00-16:00	Yue Kwong RD. SC	15	2/3-30/3	Walk-in