

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

**Southern District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Aerobic Dance Training Course</b>									
40639237 (SN0896)	6/10-1/11	Tu,Th,Sa	10:00-11:00	Aberdeen SC	14+	65	30	7/9	
40639238 (SN0897)	24/10-18/11	M,W,F	19:00-20:00	Stanley SC	14+	65	12	22/9	
40639239 (SN0898)	24/10-18/11	M,W,F	20:00-21:00	Stanley SC	14+	65	12	22/9	
<b>Children Dance Training Course</b>									
40639388 (SN0915)	16/10-18/12	Su	14:00-16:00	Apleichau SC	4-11	60	20	16/9	
<b>Chinese Dance Training Course</b>									
40639986 (SN0916)	16/10-18/12	Su	9:00-11:00	Aberdeen SC	12+	45	30	16/9	
<b>Fitness (Multi-gym) Training Course</b>									
@ 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.									
40639392 (SN0920)	24/10-30/11	M,W	19:00-20:00	Aberdeen SC	15+	75	15	@28/9	
40639395 (SN0923)	3/10-9/11	M,W	19:00-20:00	Aberdeen T/SC	15+	75	13	@7/9	
40639397 (SN0925)	7/10-15/11	Tu,F	17:00-18:00	Aberdeen T/SC	15+	75	13	@9/9	
<b>Jazz TC</b>									
40639987 (SN0964)	7/10-9/12	F	16:00-18:00	Apleichau SC	12+	70	30	13/9	
40639988 (SN0965)	16/10-18/12	Su	18:00-20:00	Apleichau SC	12+	70	30	13/9	
<b>Social Dance Training Course</b>									
40639629 (SN1002)	10/10-10/11	M,Th	20:00-22:00	Apleichau SC	14+	86	30	16/9	
40639630 (SN1003)	14/10-16/12	F	20:00-22:00	Apleichau SC	14+	86	30	26/8-1/9 (7/9) {27/9}	
40639631 (SN1004)	5/10-4/11	W,F	16:00-18:00	Aberdeen SC	14+	86	30	26/8-1/9 (7/9) {27/9}	
<b>Western Folk Dance Training Course</b>									
40640029 (SN1019)	16/10-18/12	Su	14:00-16:00	Aberdeen SC	8+	45	30	16/9	
<b>Yoga Training Course</b>									
40640032 (SN1020)	6/10-8/11	Tu,Th	9:00-11:00	Apleichau SC	15+	85	30	26/8-1/9 (7/9) {27/9}	
40640033 (SN1021)	5/10-7/12	W	9:00-11:00	Aberdeen SC	15+	85	30	26/8-1/9 (7/9) {27/9}	
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40639385 (SN0912)	15/10	Sa	14:00-17:00	Apleichau SC	15+	Free	15	26/8-1/9 (7/9) {27/9}	
40639386 (SN0913)	9/10	Su	14:00-17:00	Aberdeen SC	15+	Free	15	26/8-1/9 (7/9) {27/9}	
40639387 (SN0914)	11/10	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	13	26/8-1/9 (7/9) {27/9}	
<b>Body-Mind Stretch TC</b>									
40639251 (SN0910)	21/10-6/1	F	20:00-21:00	Aberdeen SC	15+	85	24	26/8-1/9 (7/9) {27/9}	
<b>Badminton Training Course</b>									
40639241 (SN0900)	5/10-4/11	W,F	9:00-11:00	Apleichau SC	7+	118	16	26/8-1/9 (7/9) {27/9}	
40639242 (SN0901)	6/10-8/11	Tu,Th	14:00-16:00	Apleichau SC	7+	118	16	26/8-1/9 (7/9) {27/9}	
40639243 (SN0902)	5/10-4/11	W,F	14:00-16:00	Aberdeen SC	7+	118	16	26/8-1/9 (7/9) {27/9}	
40639244 (SN0903)	19/10-21/12	W	18:00-20:00	Stanley SC	7+	118	16	22/9	
40639245 (SN0904)	22/10-24/12	Sa	11:00-13:00	Stanley SC	18+	118	16	26/8-1/9 (7/9) {27/9}	
40639246 (SN0905)	5/10-7/12	W	15:00-17:00	Yue Kwong RD. SC	7+	118	16	26/8-1/9 (7/9) {27/9}	
40639247 (SN0906)	6/10-8/12	Th	19:00-21:00	Yue Kwong RD. SC	7+	118	16	26/8-1/9 (7/9) {27/9}	
40639248 (SN0907)	17/10-19/12	M	18:00-20:00	Yue Kwong RD. SC	7+	118	16	26/8-1/9 (7/9) {27/9}	
<b>2022-23 SD Indoor Lawn Bowls Pairs League</b>									
40637798 (QSN0882)	3/10-31/3	M,Tu,W,Th,F,Sa,Su	19:00-23:00	Apleichau SC	8+	100	48	23/8-29/8 (5/9) {26/9}	
<b>SD Indoor Lawn Bowls Comp for Elderly2022*</b>									
40637799 (QSN0881)	2/10	Su	9:00-19:00	Apleichau SC Indoor Lawn Bowl	60+	Free	16	15/8-21/8 (26/8) {15/9}	
<b>Indoor Lawn Bowls Training Course</b>									
40639597 (SN0963)	24/10-16/11	M,W	19:00-21:00	Apleichau SC	8+	54	16	26/8-1/9 (7/9) {27/9}	

<b>Squash Training Course</b>										
40639635 (SN1008)	11/10-3/11	Tu,Th	14:00-16:00	Apleichau SC	7+	160	8	14/9		
40639636 (SN1009)	6/10-1/11	Tu,Th	19:00-21:00	Aberdeen T/SC	18+	160	8	26/8-1/9 (7/9) {27/9}		
<b>Table Tennis Training Course for Adult</b>										
40639639 (SN1012)	8/10-10/12	Sa	20:00-22:00	Apleichau SC	14+	86	16	26/8-1/9 (7/9) {27/9}		
<b>Table-tennis Training Course</b>										
40639637 (SN1010)	16/10-18/12	Su	10:00-12:00	Apleichau SC	6+	86	16	26/8-1/9 (7/9) {27/9}		
<b>Table-tennis Training Course for Children</b>										
40639640 (SN1013)	14/10-16/12	F	16:00-18:00	Apleichau SC	6-13	86	16	14/9		
<b>Tennis Training Course</b>										
40639779 (SN1016)	5/10-4/11	W,F	16:00-18:00	Aberdeen T/SC	8+	170	12	26/8-1/9 (7/9) {27/9}		
<b>Tennis Training Course for Children &amp; Youth</b>										
40639780 (SN1017)	22/10-24/12	Sa	14:00-16:00	Aberdeen T/SC	8-17	170	12	22/9		
<b>American Pool Training Course (Level I)</b>										
40639240 (SN0899)	8/10-29/10	Sa	15:00-17:00	Aberdeen T/SC	8+	120	6	9/9		
<b>SD Gateball Competition 2022*</b>										
40626717 (QSN0402)	22/10-29/10	Sa	9:00-18:00	Aberdeen Sport Ground	12+	60	24	30/8-8/9 (15/9) {6/10}		
<b>SD Volleyball Comp(Men)*</b>										
40640011 (QSN1000)	9/10-16/10	Su	9:00-19:00	Apleichau SC	10+	60	16	18/8-26/8 (1/9) {21/9}		
<b>SD Volleyball Comp(Women)*</b>										
40640013 (QSN1001)	9/10-16/10	Su	9:00-19:00	Apleichau SC	10+	60	16	18/8-26/8 (1/9) {21/9}		

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

**Bocce TC for Persons with Intell. Disability**

40629145 (SN0526)	8/10-5/11	Sa	13:00-15:00	Apleichau SC	8+	20	6/9		
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**Table Tennis Tr Scheme for Ex-mentally III P**

40639641 (SN1014)	7/10-28/10	F	14:00-16:00	Aberdeen SC	20-65	8	15/9		
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**Table Tennis Training Programme for PHI**

40629146 (SN0529)	8/10-26/11	Sa	10:00-12:00	Apleichau SC	7+	16	14/9		
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<b>Activities for Elderly Programme Number (Class code)</b> <small>(For aged 60 or above, free of charge)</small>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Quota</b>	<b>Date of Enrollment</b> <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	<b>Enrolment Method</b>
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**Meeting Points for Elderly-Baduanjin FD**

40639598 (SN0966)	18/10-6/12	Tu	9:00-11:00	Yue Kwong RD. SC	30	18/10-6/12	Walk-in
40639599 (SN0967)	18/10-6/12	Tu	9:00-11:00	Yue Kwong RD. SC	30	18/10-6/12	Walk-in

**Fitness Exercise Training Course for Elderly**

40639400 (SN0928)	5/10-18/11	W,F	7:00-8:00	Apleichau SC	22	26/8-1/9 (7/9) {27/9}	
40639401 (SN0929)	5/10-18/11	W,F	8:00-9:00	Apleichau SC	22	26/8-1/9 (7/9) {27/9}	
40639405 (SN0933)	3/10-21/11 (excl. 5/10)	M,W	10:00-11:00	Aberdeen T/SC	25	26/8-1/9 (7/9) {27/9}	
40639569 (SN0935)	6/10-22/11	Tu,Th	7:00-8:00	Aberdeen T/SC	25	26/8-1/9 (7/9) {27/9}	
40639571 (SN0937)	28/10-28/11	M,W,F	7:00-8:00	Stanley SC	30	26/8-1/9 (7/9) {27/9}	
40639572 (SN0938)	28/10-28/11	M,W,F	8:00-9:00	Stanley SC	30	26/8-1/9 (7/9) {27/9}	

**Social Dance Training Course for Elderly**

40639634 (SN1007)	19/10-18/11	W,F	9:00-11:00	Yue Kwong RD. SC	12	20/9		
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**Healthy Elderly Scheme-Indoor Lawn Bowls FD**

40639585 (SN0951)	11/10-29/11	Tu	9:00-11:00	Apleichau SC	40	11/10-29/11	Walk-in
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**Healthy Elderly Scheme-Table-Tennis FD**

40639587 (SN0953)	3/10-31/10 (excl. 4/10,10/10,24/10)	M,Tu,Th	10:00-12:00	Apleichau SC	4	3/10-31/10	Walk-in
40639588 (SN0954)	5/10-28/10	W,F	12:00-14:00	Apleichau SC	4	5/10-28/10	Walk-in
40639590 (SN0956)	3/10-31/10	M,W,F	7:00-9:00	Aberdeen T/SC	12	3/10-31/10	Walk-in
<b>Healthy Elderly Scheme-Tennis FD</b>							
40639593 (SN0959)	5/10-26/10	W	7:00-10:00	Aberdeen T/SC	4	5/10-26/10	Walk-in
<b>Healthy Elderly Scheme-American Pool FD</b>							
40639576 (SN0942)	3/10-31/10	M,Th	7:00-9:00	Apleichau SC	4	3/10-31/10	Walk-in
40639578 (SN0944)	11/10-25/10	Tu	7:00-9:00	Apleichau SC	4	11/10-25/10	Walk-in
40639580 (SN0946)	3/10-31/10	M,W,F	9:00-11:00	Aberdeen T/SC	4	3/10-31/10	Walk-in
<b>Healthy Elderly Scheme- Gateball FD</b>							
40639582 (SN0948)	7/10-28/10	F	11:00-13:00	Apleichau SC	10	7/10-28/10	Walk-in
<b>Healthy Elderly Scheme-Gateball FD</b>							
40639584 (SN0950)	6/10-27/10	Tu,Th	14:00-16:00	Yue Kwong RD. SC	10	6/10-27/10	Walk-in