

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Oct 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)	
<b>Long Distance Running Training Course</b>										
40640206 (ST0973)	19/10-21/12	W	19:30-21:30	Ma On Shan SG	16+	130	40	1/9		
<b>Aerobic Dance Training Course</b>										
40640207 (ST0974)	3/10-9/11	M,W	14:00-15:00	Che Kung Temple SC	14+	65	30	14/9		
40640208 (ST0975)	3/10-9/11	M,W	15:00-16:00	Che Kung Temple SC	14+	65	30	14/9		
40640211 (ST0978)	7/10-16/11	W,F	19:00-20:00	Heng On SC	14+	65	20	23/8-29/8 (5/9) {27/9}		
40640212 (ST0979)	7/10-16/11	W,F	20:00-21:00	Heng On SC	14+	65	20	23/8-29/8 (5/9) {27/9}		
40640213 (ST0980)	6/10-15/11	Tu,Th	9:00-10:00	Hin Keng SC	14+	65	20	16/9		
40640214 (ST0981)	6/10-15/11	Tu,Th	10:00-11:00	Hin Keng SC	14+	65	20	16/9		
40640215 (ST0982)	6/10-15/11	Tu,Th	19:00-20:00	Hin Keng SC	14+	65	20	23/8-29/8 (5/9) {27/9}		
40640216 (ST0983)	6/10-15/11	Tu,Th	20:00-21:00	Hin Keng SC	14+	65	20	23/8-29/8 (5/9) {27/9}		
<b>Children Dance Training Course</b>										
40640236 (ST1003)	16/10-18/12	Su	14:00-16:00	Heng On SC	4-6	60	20	5/9		
<b>Chinese Dance Training Course</b>										
40640238 (ST1005)	20/10-22/12	Th	14:00-16:00	Che Kung Temple SC	14+	45	30	23/8-29/8 (5/9) {27/9}		
<b>Fitness (Multi-gym) Training Course</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.</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>										
40640239 (ST1006)	18/10-25/11	Tu,F	19:00-20:00	Che Kung Temple SC	15+	75	30	@22/9		
40640240 (ST1007)	18/10-25/11	Tu,F	20:00-21:00	Che Kung Temple SC	15+	75	30	@22/9		
40640243 (ST1010)	12/10-9/11 (excl. 24/10)	M,W,F	9:00-10:00	Heng On SC	15+	75	15	@16/9		
40640244 (ST1011)	6/10-15/11	Tu,Th	20:00-21:00	Hin Keng SC	15+	75	10	@21/9		
40640245 (ST1012)	6/10-15/11	Tu,Th	21:00-22:00	Hin Keng SC	15+	75	10	@21/9		
40640254 (ST1021)	6/10-15/11	Tu,Th	14:00-15:00	Yuen Chau Kok SC	15+	75	30	@20/9		
<b>Jazz Training Course</b>										
40640257 (ST1024)	11/10-11/11	Tu,F	15:00-17:00	Che Kung Temple SC	12+	70	30	23/8-29/8 (5/9) {27/9}		
<b>Social Dance Training Course</b>										
40640259 (ST1026)	17/10-16/11	M,W	20:00-22:00	Che Kung Temple SC	14+	86	30	23/8-29/8 (5/9) {27/9}		
<b>Tai Chi Made Easy Class</b>										
40624367 (ST0077)	7/10-2/11	M,W,F	7:00-8:00	Ma On Shan Recreation Ground (BC)	6+	54	30	23/8-29/8 (5/9) {27/9}		
<b>Yoga Training Course</b>										
40640267 (ST1034)	15/10-17/12	Sa	9:00-11:00	Heng On SC	15+	85	20	23/8-29/8 (5/9) {27/9}		
40640268 (ST1035)	11/10-13/12	Tu	15:00-17:00	Hin Keng SC	15+	85	20	23/8-29/8 (5/9) {27/9}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40640272 (ST1039)	8/10	Sa	13:00-16:00	Che Kung Temple SC	15+	Free	25	23/8-29/8 (5/9) {27/9}		
40640273 (ST1040)	2/10	Su	9:00-12:00	Heng On SC	15+	Free	15	23/8-29/8 (5/9) {27/9}		
40640274 (ST1041)	8/10	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	25	23/8-29/8 (5/9) {27/9}		
40640276 (ST1043)	15/10	Sa	14:00-17:00	Yuen Chau Kok SC	15+	Free	25	23/8-29/8 (5/9) {27/9}		
40642842 (ST1150)	16/10	Su	9:00-12:00	Heng On SC	15+	Free	15	23/8-29/8 (5/9) {27/9}		
<b>Body-Mind Stretch Training Course</b>										
40640279 (ST1046)	16/10-15/1 (excl. 25/12,1/1)	Su	10:00-11:00	Che Kung Temple SC	15+	85	24	2/9		
40640280 (ST1047)	16/10-15/1 (excl. 25/12,1/1)	Su	11:00-12:00	Che Kung Temple SC	15+	85	24	2/9		
40640282 (ST1049)	5/10-21/12	W	19:00-20:00	Yuen Chau Kok SC	15+	85	24	2/9		
40640283 (ST1050)	5/10-21/12	W	20:00-21:00	Yuen Chau Kok SC	15+	85	24	2/9		
<b>Parent-Child (Aged 7-17) Badminton Fun Day</b>										
40640286 (ST1053)	23/10	Su	14:00-15:00	Heng On SC (non air-cond.)	7+	Free	12	23/8-29/8 (5/9) {27/9}		
40640287 (ST1054)	23/10	Su	15:00-16:00	Heng On SC (non air-cond.)	7+	Free	12	23/8-29/8 (5/9) {27/9}		
40640288 (ST1055)	23/10	Su	16:00-17:00	Heng On SC (non air-cond.)	7+	Free	12	23/8-29/8 (5/9) {27/9}		
40640289 (ST1056)	16/10	Su	14:00-15:00	Yuen Chau Kok SC	7+	Free	16	23/8-29/8 (5/9) {27/9}		
40640290 (ST1057)	16/10	Su	15:00-16:00	Yuen Chau Kok SC	7+	Free	16	23/8-29/8 (5/9) {27/9}		
40640291 (ST1058)	16/10	Su	16:00-17:00	Yuen Chau Kok SC	7+	Free	16	23/8-29/8 (5/9) {27/9}		

<b>Badminton Training Course</b>									
40640292 (ST1059)	5/10-7/11	M,W	19:00-21:00	Heng On SC (non air-cond.)	7+	118	12	23/8-29/8 (5/9) {27/9}	✉
40640299 (ST1066)	3/10-2/11	M,W	19:00-21:00	Yuen Chau Kok SC	7+	118	16	23/8-29/8 (5/9) {27/9}	✉
<b>Lawn Bowls Practice Scheme</b>									
40640301 (ST1068)	6/10-29/12 (excl. 27/12)	Tu,Th	9:00-12:00	Siu Lek Yuen RD. PG	8+	60	60	6/9	📄 i
40640302 (ST1069)	6/10-29/12 (excl. 27/12)	Tu,Th	14:00-17:00	Siu Lek Yuen RD. PG	8+	60	60	6/9	📄 i
<b>Lawn Bowls Training Course</b>									
40640303 (ST1070)	11/10-3/11	Tu,Th	10:00-12:00	Siu Lek Yuen RD. PG	8+	54	8	7/9	📄 i
40640305 (ST1072)	19/10-11/11	W,F	15:00-17:00	Siu Lek Yuen RD. PG	8+	54	8	7/9	📄 i
<b>Squash Training Course</b>									
40640307 (ST1074)	8/10-26/11	Sa	15:00-17:00	Hin Keng SC	7+	160	8	23/8-29/8 (5/9) {27/9}	✉
40640312 (ST1079)	18/10-10/11	Tu,Th	19:00-21:00	Siu Lek Yuen RD. PG	7+	160	8	23/8-29/8 (5/9) {27/9}	✉
<b>Table-tennis Training Course</b>									
40640314 (ST1081)	11/10-13/12	Tu	15:00-17:00	Che Kung Temple SC	14+	86	16	23/8-29/8 (5/9) {27/9}	✉
40640315 (ST1082)	15/10-17/12	Sa	15:00-17:00	Heng On SC (non air-cond.)	14+	86	12	23/8-29/8 (5/9) {27/9}	✉
<b>Tennis Training Course</b>									
40640319 (ST1086)	11/10-11/11	Tu,F	19:00-21:00	Hin Tin PG	8+	170	8	23/8-29/8 (5/9) {27/9}	✉
40640323 (ST1090)	8/10-10/12	Sa	16:00-18:00	Tsang Tai Uk Recreation Ground	8+	170	8	23/8-29/8 (5/9) {27/9}	✉
40640324 (ST1091)	17/10-16/11	M,W	19:00-21:00	Yuen Wo PG	8+	170	12	23/8-29/8 (5/9) {27/9}	✉
40640325 (ST1092)	25/10-24/11	Tu,Th	9:00-11:00	Yuen Wo PG	8+	170	12	23/8-29/8 (5/9) {27/9}	✉
<b>Go Tr. Cr. (Level II)</b>									
40640326 (ST1093)	2/10-6/11	Su	14:00-16:00	Sha Tin Jockey Club Public Squash Courts	6+	40	20	23/8-29/8 (5/9) {27/9}	✉
40640327 (ST1094)	2/10-6/11	Su	16:00-18:00	Sha Tin Jockey Club Public Squash Courts	6+	40	20	23/8-29/8 (5/9) {27/9}	✉
<b>Gateball Training Course for Adults</b>									
40640331 (ST1098)	5/10-28/10	W,F	15:00-17:00	Ma On Shan Recreation Ground	20+	54	15	8/9	📄 i

<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.

**Body-mind Stretch TP (Ex-mentally III Person)**

40629085	5/10-9/11	W	17:00-19:00	Yuen Chau Kok SC	15+	15	29/8	📄 i
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**Lawn Bowls Tr Cr for Ex-mentally III Persons**

40638352 (ST0850)	7/10-25/11	F	15:00-16:00	Yuen Chau Kok SC	15+	3	28/8	📄 i
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**Modern Dacne TC for Intellectual Disability**

40629088	2/10-4/12	Su	18:00-20:00	Yuen Chau Kok SC	7+	12	29/8	📄 i
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**Lawn Bowls Fun Day for Physical Disability**

40638348 (ST0846)	6/10	Th	19:00-21:00	Yuen Chau Kok SC	8+	3	29/8	📄 i
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**Table Tennis Tr. Cr. for Physical Disability**

40638354 (ST0852)	5/10-26/10	W	14:00-16:00	Heng On SC (non air-cond.)	8+	3	29/8	📄 i
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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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**Chinese Dance Training Course for Elderly**

40640338 (ST1105)	11/10-13/12	Tu	8:00-10:00	Hin Keng SC	20	24/8-30/8 (6/9) {28/9}	✉
40640339 (ST1106)	11/10-13/12	Tu	10:00-12:00	Hin Keng SC	20	24/8-30/8 (6/9) {28/9}	✉

**Fitness Exercise Training Course for Elderly**

40640342 (ST1109)	3/10-16/11	M,W	15:00-16:00	Heng On SC	20	24/8-30/8 (6/9) {28/9}	✉
40640343 (ST1110)	3/10-16/11	M,W	16:00-17:00	Heng On SC	20	24/8-30/8 (6/9) {28/9}	✉

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

@ 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.

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40640347 (ST1114)	12/10-9/11 (excl. 24/10)	M,W,F	8:00-9:00	Heng On SC	15	@24/8-30/8 (6/9){28/9}	✉
40640350 (ST1117)	6/10-15/11	Tu,Th	13:00-14:00	Yuen Chau Kok SC	30	@24/8-30/8 (6/9){28/9}	✉

**HES - Social Dance Fun Day for Elderly**

40640351 (ST1118)	7/10-28/10	F	10:00-11:30	Heng On SC	22	7/10-28/10	Walk-in
40640352 (ST1119)	7/10-28/10	F	11:30-13:00	Heng On SC	22	7/10-28/10	Walk-in

**Social Dance Tr. Cr. for Elderly**

40640353 (ST1120)	12/10-11/11	W,F	8:00-10:00	Hin Keng SC	20	24/8-30/8 (6/9) {28/9}	✉
40640354 (ST1121)	12/10-11/11	W,F	10:00-12:00	Hin Keng SC	20	24/8-30/8 (6/9) {28/9}	✉

**HES - Badminton Fun Day for Elderly**

40640356 (ST1123)	3/10-31/10	M,W	8:00-10:00	Yuen Chau Kok SC	16	3/10-31/10	Walk-in
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**HES - Table-tennis Fun Day for Elderly**

40640357 (ST1124)	3/10-31/10	M,W	9:00-11:00	Che Kung Temple SC	16	3/10-31/10	Walk-in
40640358 (ST1125)	5/10-28/10	W,F	8:00-10:00	Hin Keng SC	12	5/10-28/10	Walk-in
40640362 (ST1129)	7/10-28/10	Tu,F	8:00-10:00	Sha Tin Jockey Club Public Squash Courts	16	7/10-28/10	Walk-in
40640363 (ST1130)	7/10-28/10	Tu,F	10:00-12:00	Sha Tin Jockey Club Public Squash Courts	16	7/10-28/10	Walk-in
40640365 (ST1132)	3/10-31/10	M,W	14:00-16:00	Siu Lek Yuen RD. PG	8	3/10-31/10	Walk-in
40640366 (ST1133)	3/10-31/10	M,W	9:00-11:00	Yuen Chau Kok SC	8	3/10-31/10	Walk-in

**Gateball Fun Day for Elderly**

40640369 (ST1136)	3/10	M	10:00-12:00	Heng On SC (non air-cond.)	15	3/10	Walk-in
40640370 (ST1137)	20/10	Th	15:00-17:00	Ma On Shan Recreation Ground	15	20/10	Walk-in