

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

Sai Kung 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 TC									
40639225 (SK1155)	11/10-13/12	Tu	19:00-21:00	Tseung Kwan O SG	16+	130	40	23/8-29/8 (6/9) {29/9}	☒
Aerobic Dance Training Course									
40639089 (SK1020)	5/10-2/11 (excl. 17/10)	M,W,F	9:00-10:00	Po Lam SC	14+	65	24	23/8-29/8 (6/9) {29/9}	☒
40639090 (SK1021)	5/10-2/11 (excl. 17/10)	M,W,F	10:00-11:00	Po Lam SC	14+	65	24	23/8-29/8 (6/9) {29/9}	☒
40639093 (SK1024)	11/10-17/11	Tu,Th	14:00-15:00	Hang Hau SC	14+	65	30	23/8-29/8 (6/9) {29/9}	☒
40639094 (SK1025)	11/10-17/11	Tu,Th	15:00-16:00	Hang Hau SC	14+	65	30	23/8-29/8 (6/9) {29/9}	☒
Fitness (Multi-gym) Training Course									
<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>									
40639116 (SK1047)	10/10-16/11	M,W	8:00-9:00	Tseung Kwan O SC	15+	75	25	@5/9	☒ i
40639117 (SK1048)	10/10-16/11	M,W	9:00-10:00	Tseung Kwan O SC	15+	75	25	@5/9	☒ i
40639120 (SK1051)	6/10-15/11	Tu,Th	19:00-20:00	Tsui Lam SC	15+	75	17	@1/9	☒ i
40639121 (SK1052)	6/10-15/11	Tu,Th	20:00-21:00	Tsui Lam SC	15+	75	17	@1/9	☒ i
40639124 (SK1055)	20/10-15/11	Tu,Th,Sa	9:00-10:00	Po Lam SC	15+	75	17	@14/9	☒ i
40639125 (SK1056)	20/10-15/11	Tu,Th,Sa	10:00-11:00	Po Lam SC	15+	75	17	@14/9	☒ i
Jazz Training Course									
40639138 (SK1068)	2/10-4/12	Su	13:00-15:00	Tseung Kwan O SC	12+	70	20	23/8-29/8 (6/9) {29/9}	☒
Social Dance Training Course									
40639146 (SK1076)	3/10-5/12	M	19:00-21:00	Tseung Kwan O SC	14+	86	24	23/8-29/8 (6/9) {29/9}	☒
40639147 (SK1077)	11/10-13/12	Tu	15:00-17:00	Tsui Lam SC	14+	86	24	23/8-29/8 (6/9) {29/9}	☒
Tai Chi Made Easy Class									
40639077 (SK1010)	21/10-28/11	M,F	7:00-8:00	Po Tsui Park	6+	54	30	23/8-29/8 (6/9) {6/10}	☒
Briefing on Proper Ways to Use Fitness Equipment									
40639102 (SK1033)	5/10	W	19:00-22:00	Tseung Kwan O SC	15+	Free	25	23/8-29/8 (6/9) {29/9}	☒
40639103 (SK1034)	5/10	W	20:00-23:00	Tseung Kwan O SC	15+	Free	25	23/8-29/8 (6/9) {29/9}	☒
40639104 (SK1035)	11/10	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	25	23/8-29/8 (6/9) {29/9}	☒
40639105 (SK1036)	11/10	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	25	23/8-29/8 (6/9) {29/9}	☒
40639204 (SK1134)	6/10	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	25	23/8-29/8 (6/9) {29/9}	☒
40639205 (SK1135)	6/10	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	25	23/8-29/8 (6/9) {29/9}	☒
40639206 (SK1136)	13/10	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	25	23/8-29/8 (6/9) {29/9}	☒
40639207 (SK1137)	13/10	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	25	23/8-29/8 (6/9) {29/9}	☒
40642514 (SK1202)	29/10	Sa	9:00-12:00	Tseung Kwan O SC	15+	Free	25	23/8-29/8 (6/9) {6/10}	☒
40642515 (SK1203)	29/10	Sa	10:00-13:00	Tseung Kwan O SC	15+	Free	25	23/8-29/8 (6/9) {6/10}	☒
Stress Management and Physical Relaxation									
40639156 (SK1086)	6/10-22/11	Tu,Th	10:00-11:00	Tiu Keng Leng SC	14+	80	30	1/9	☒ i
Parent-child(Aged 7-17) Badminton Fun Day									
40639182 (SK1112)	29/10	Sa	13:00-14:00	Hang Hau SC	7+	Free	16	21/9	☒
40639183 (SK1113)	29/10	Sa	14:00-15:00	Hang Hau SC	7+	Free	16	21/9	☒
40639184 (SK1114)	29/10	Sa	15:00-16:00	Hang Hau SC	7+	Free	16	21/9	☒
Badminton Training Course									
40639096 (SK1027)	27/10-29/11	Tu,Th	8:00-10:00	Tsui Lam SC	7+	118	16	23/8-29/8 (6/9) {6/10}	☒
40639101 (SK1032)	18/10-17/11	Tu,Th	19:00-21:00	Po Lam SC(non air conditioned)	7+	118	12	23/8-29/8 (6/9) {6/10}	☒
Parent-child(Aged 7-17)Badminton TC									
40639185 (SK1115)	15/10-19/11	Sa	14:00-16:00	Po Lam SC (Non-air.con)	7+	73	12	23/8-29/8 (6/9) {29/9}	☒
Lawn Bowls Training Course									
40639222 (SK1152)	5/10-28/10	W,F	8:00-10:00	Hang Hau Man Kuk Lane Park	8+	54	16	23/8-29/8 (6/9) {29/9}	☒
SKD Squash Comp 2022 (Fem Age 12 or below)*									

40627535 (QSK0416)	30/10-6/11	Su	9:00-18:00	Tseung Kwan O SC	0-12	20	20	1/9		
SKD Squash Comp 2022 (Fem Age 13-18)*										
40627536 (QSK0417)	30/10-6/11	Su	9:00-18:00	Tseung Kwan O SC	13-18	20	8	1/9		
SKD Squash Comp 2022 (Fem Age 19 or above)*										
40627539 (QSK0418)	30/10-6/11	Su	9:00-18:00	Tseung Kwan O SC	19+	20	12	1/9		
SKD Squash Comp 2022 (Male Age 13-18)*										
40627541 (QSK0420)	30/10-6/11	Su	9:00-18:00	Tseung Kwan O SC	13-18	20	8	1/9		
SKD Squash Comp 2022 (Male Age 19 or above)*										
40627542 (QSK0421)	30/10-6/11	Su	9:00-18:00	Tseung Kwan O SC	19+	20	20	1/9		
SKD Squash Comp 2022(Male Age 12 or below)*										
40627540 (QSK0419)	30/10-6/11	Su	9:00-18:00	Tseung Kwan O SC	0-12	20	20	1/9		
Squash Training Course										
40639154 (SK1084)	5/10-28/10	W,F	19:00-21:00	Po Lam SC	7+	160	8	29/8		
40639155 (SK1085)	11/10-3/11	Tu,Th	19:00-21:00	Tsui Lam SC	7+	160	8	13/9		
Table-tennis Training Course										
40639158 (SK1088)	11/10-13/12	Tu	19:00-21:00	Hang Hau SC	6+	86	12	23/8-29/8 (6/9) {29/9}		
40639188 (SK1118)	9/10-11/12	Su	10:00-12:00	Sai Kung Squash Courts	6+	86	8	23/8-29/8 (6/9) {29/9}		
Tennis Training Course										
40639174 (SK1104)	5/10-7/11	M,W	9:00-11:00	Po Tsui Park	8+	170	12	23/8-29/8 (6/9) {29/9}		
40639175 (SK1105)	6/10-7/11	M,Th	19:00-21:00	Po Tsui Park	8+	170	12	23/8-29/8 (6/9) {29/9}		
40639176 (SK1106)	7/10-8/11	Tu,F	19:00-21:00	Po Tsui Park	8+	170	12	23/8-29/8 (6/9) {29/9}		
40639177 (SK1107)	5/10-7/12	W	19:00-21:00	Po Tsui Park	8+	170	12	23/8-29/8 (6/9) {29/9}		
40639178 (SK1108)	6/10-8/11	Tu,Th	17:00-19:00	Po Tsui Park	8+	170	12	23/8-29/8 (6/9) {29/9}		
40639179 (SK1109)	7/10-28/10	M,W,F	15:00-17:00	Po Tsui Park	8+	170	12	2/9		
40639189 (SK1119)	8/10-10/12	Sa	9:00-11:00	Sai Kung TC	8+	170	8	23/8-29/8 (6/9) {29/9}		
40639190 (SK1120)	11/10-13/12	Tu	17:00-19:00	Sai Kung TC	8+	170	8	23/8-29/8 (6/9) {29/9}		
40639191 (SK1121)	12/10-14/12	W	19:00-21:00	Sai Kung TC	8+	170	8	23/8-29/8 (6/9) {29/9}		
40639192 (SK1122)	27/10-28/11	M,Th	19:00-21:00	Sai Kung TC	8+	170	8	23/8-29/8 (6/9) {6/10}		
SKD 3-on-3 Basketball Comp 2022 (Men)*										
40637468 (QSK1158)	9/10	Su	9:00-18:00	Hang Hau SC	12+	50	16	21/7-12/8 (23/8) {14/9}		
SKD 3-on-3 Basketball Comp 2022 (Women)*										
40637469 (QSK1159)	9/10	Su	9:00-18:00	Hang Hau SC	12+	50	8	21/7-12/8 (23/8) {14/9}		
SKD 11-a-side Soccer Competition 2022*										
40639496 (QSK1161)	30/10-5/2 (excl. 20/11,25/12,1/1,22/1,29/1)	Su	10:00-20:00	PTP, SKTSKSG, TKOSG	14+	100	12	25/8-7/9 (15/9) {10/10}		
Volleyball Training Course										
40639193 (SK1123)	9/10-11/12	Su	14:00-16:00	Po Lam SC(Non Air-con.)	10+	70	30	23/8-29/8 (6/9) {29/9}		
SKD Kayak Training Course (3 Star Award)										
40639196 (SK1126)	15/10	Sa	9:00-17:00	Chong Hing WSC	14+	30	8	23/8-29/8 (6/9) {29/9}		
40639197 (SK1127)	16/10	Su	9:00-17:00	Chong Hing WSC	14+	30	8	23/8-29/8 (6/9) {29/9}		
SKD Basic Windsurfing Training Course										
40639195 (SK1125)	15/10-16/10	Sa,Su	9:00-17:00	Chong Hing WSC	14+	130	5	23/8-29/8 (6/9) {29/9}		
Online Interactive Prog.- Fitness Yoga										
40643053 (SK1285)	11/10-13/10	Tu,Th	20:00-21:00	Internet. 30 mins before : zoom.us/join	15+	20	50	20/9		

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























Chinese Dance TC For Ex-mental Illness Person

40639164 (SK1094)	7/10-25/11	F	16:00-17:00	Po Lam SC	12+	10	2/9		
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Body-mind Stretch TC for Ex-mental ill Person

40628678 (SK0531)	5/10-9/11	W	15:00-17:00	Tiu Keng Leng SC	15+	15	23/8		
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Golf Fun Day for Persons with Disabilities

40639180 (SK1110)	30/10	Su	11:00-13:00	Tuen Mun Golf Centre	5+	2	21/9	 
Golf FD for Persons with Physical Disability								
40639170 (SK1100)	8/10	Sa	14:00-16:00	Tuen Mun Recreation and SC	5+	4	2/9	 
Activities for Elderly								
Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method	
Fitness Training Course For Elderly								
40639210 (SK1140)	10/10-23/11	M,W	8:00-9:00	Hong Kong Velodrome	30	23/8-29/8 (6/9) {29/9}		
40639211 (SK1141)	10/10-23/11	M,W	9:00-10:00	Hong Kong Velodrome	30	23/8-29/8 (6/9) {29/9}		
Gymnastics for All for Elderly								
40639129 (SK1060)	15/10-29/11	Tu,Th,Sa	8:00-9:00	Tsui Lam SC	20	23/8-29/8 (6/9) {29/9}		
Meeting Point for Elderly (Tai Chi)								
40639057 (SK0994)	5/10-26/10	W	7:00-8:00	Po Tsui Park	30	5/10-26/10	Walk-in	
HES - Western Folk Dance Play-in								
40639130 (SK1061)	5/10-23/11	W	9:00-11:00	Tseung Kwan O SC	24	23/8-29/8 (6/9) {29/9}		
HES-Western Folk Dance Play in								
40639131 (SK1062)	10/10-21/11	M	9:00-11:00	Hang Hau SC	30	23/8-29/8 (6/9) {29/9}		
Health Elderly Scheme Self Prac- Lawn Bowls								
40639221 (SK1151)	11/10-25/10	Tu	9:00-10:00	Hang Hau Man Kuk Lane Park	16	11/10-25/10	Walk-in	
Health Elderly Scheme-Badminton Self Practice								
40639212 (SK1142)	3/10-31/10	M	7:00-9:00	Hong Kong Velodrome	20	24/8	 	
Health Elderly Scheme-Table Tennis Self Practice Scheme								
40639133 (SK1063)	5/10-26/10	W	8:00-9:00	Tsui Lam SC	8	29/8	 	
40639134 (SK1064)	5/10-26/10	W	9:00-10:00	Tsui Lam SC	8	29/8	 	
40639135 (SK1065)	6/10-27/10	Th	7:00-8:00	Hang Hau SC	12	5/9	 	
40639136 (SK1066)	6/10-27/10	Th	8:00-9:00	Hang Hau SC	12	5/9	 	
40639137 (SK1067)	6/10-27/10	Th	9:00-10:00	Hang Hau SC	12	5/9	 	
Health Elderly Self Practi Scheme-Lawn Bowls								
40639220 (SK1150)	11/10-25/10	Tu	8:00-9:00	Hang Hau Man Kuk Lane Park	16	11/10-25/10	Walk-in	
Table-tennis Training Course for Elderly								
40639187 (SK1117)	8/10-10/12	Sa	10:00-12:00	Sai Kung Squash Courts	8	23/8-29/8 (6/9) {29/9}		
Gateball Training Course for Elderly								
40639168 (SK1098)	6/10-24/11	Th	9:00-11:00	Po Hong Park	15	23/8-29/8 (6/9) {29/9}	