










































































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

**Sham Shui Po District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Sports for All - Long District Running TC</b>									
40641459 (SS0950)	10/10-12/12	M	20:00-22:00	Sham Shui Po SG	16+	130	40	8/9	 
<b>Breaststroke TC for Adult (Level II)</b>									
40641384 (SS0869)	5/10-26/10	M,W,F	19:00-20:00	Shamshuipo Park SP	18+	100	20	24/8-29/8 (7/9) {29/9}	
<b>Front Crawl TC for Adult (Level II)</b>									
40641385 (SS0870)	5/10-26/10	M,W,F	20:00-21:00	Shamshuipo Park SP	18+	100	20	24/8-29/8 (7/9) {29/9}	
<b>Aerobic Dance Training Course</b>									
40641291 (SS0877)	31/10-30/11 (excl. 7/11,21/11)	M,W,F	9:00-10:00	Lai Chi Kok Park SC	14+	65	18	8/9	 
40641292 (SS0878)	31/10-30/11 (excl. 7/11,21/11)	M,W,F	10:00-11:00	Lai Chi Kok Park SC	14+	65	18	8/9	 
40641294 (SS0886)	25/10-1/12	Tu,Th	14:00-15:00	Lai Chi Kok Park SC	14+	65	18	9/9	 
40641295 (SS0887)	25/10-1/12	Tu,Th	15:00-16:00	Lai Chi Kok Park SC	14+	65	18	9/9	 
40641316 (SS0889)	6/10-15/11	Tu,Th	19:00-20:00	Pei Ho ST. SC	14+	65	30	2/9	 
40641318 (SS0891)	6/10-15/11	Tu,Th	20:00-21:00	Pei Ho ST. SC	14+	65	30	2/9	 
40641338 (SS0898)	7/10-7/11 (excl. 19/10,2/11)	M,W,F	8:00-9:00	Pei Ho ST. SC	14+	65	30	6/9	 
40641339 (SS0900)	7/10-7/11 (excl. 19/10,2/11)	M,W,F	9:00-10:00	Pei Ho ST. SC	14+	65	30	6/9	 
40641340 (SS0946)	10/10-4/11	M,W,F	13:00-14:00	Pei Ho ST. SC	14+	65	30	6/9	 
40641341 (SS0947)	10/10-4/11	M,W,F	14:00-15:00	Pei Ho ST. SC	14+	65	30	8/9	 
40641342 (SS0948)	10/10-4/11	M,W,F	18:00-19:00	Pei Ho ST. SC	14+	65	30	8/9	 
40641343 (SS0949)	10/10-4/11	M,W,F	19:00-20:00	Pei Ho ST. SC	14+	65	30	8/9	 
40641359 (SS0864)	3/10-28/10	M,W,F	18:00-19:00	Po On RD. SC	14+	65	30	1/9	 
40641360 (SS0865)	3/10-28/10	M,W,F	19:00-20:00	Po On RD. SC	14+	65	30	1/9	 
40641364 (SS0899)	7/10-4/11 (excl. 17/10)	M,W,F	8:00-9:00	Po On RD. SC	14+	65	30	13/9	 
40641365 (SS0901)	7/10-4/11 (excl. 17/10)	M,W,F	9:00-10:00	Po On RD. SC	14+	65	30	13/9	 
40641366 (SS0902)	7/10-4/11 (excl. 17/10)	M,W,F	14:00-15:00	Po On RD. SC	14+	65	30	15/9	 
40641367 (SS0903)	7/10-4/11 (excl. 17/10)	M,W,F	15:00-16:00	Po On RD. SC	14+	65	30	15/9	 
<b>Fitness (Multi-gym) TC</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>									
40641347 (SS0974)	18/10-12/11	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	15+	75	30	@13/9	 
40641348 (SS0975)	18/10-12/11	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	15+	75	30	@13/9	 
40641350 (SS0977)	18/10-12/11	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15+	75	30	@13/9	 
40641351 (SS0978)	18/10-12/11	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	15+	75	30	@15/9	 
40641352 (SS0982)	18/10-12/11	Tu,Th,Sa	19:00-20:00	Pei Ho ST. SC	15+	75	30	@15/9	 
40641353 (SS0983)	18/10-12/11	Tu,Th,Sa	20:00-21:00	Pei Ho ST. SC	15+	75	30	@15/9	 
40641369 (SS0906)	7/10-4/11 (excl. 17/10)	M,W,F	8:00-9:00	Po On RD. SC	15+	75	30	@5/9	 
40641370 (SS0907)	7/10-4/11 (excl. 17/10)	M,W,F	9:00-10:00	Po On RD. SC	15+	75	30	@5/9	 
40641371 (SS0908)	7/10-4/11 (excl. 17/10)	M,W,F	10:00-11:00	Po On RD. SC	15+	75	30	@5/9	 
40641373 (SS0912)	7/10-4/11 (excl. 17/10)	M,W,F	16:00-17:00	Po On RD. SC	15+	75	30	@7/9	 
40641375 (SS0914)	7/10-4/11 (excl. 17/10)	M,W,F	18:00-19:00	Po On RD. SC	15+	75	30	@7/9	 
40641376 (SS0915)	7/10-4/11 (excl. 17/10)	M,W,F	19:00-20:00	Po On RD. SC	15+	75	30	@9/9	 
40641386 (SS0909)	7/10-4/11 (excl. 17/10)	M,W,F	13:00-14:00	Po On RD. SC	15+	75	30	@7/9	 
<b>Judo TC</b>									
40641358 (SS0852)	2/10-4/12	Su	14:00-16:00	Po On RD. SC	12+	65	30	5/9	 
<b>Oriental Dance TC</b>									
40641288 (SS0969)	16/10-18/12	Su	18:00-20:00	Pei Ho ST. SC	12+	45	30	24/8-29/8 (7/9) {29/9}	
<b>Social Dance TC</b>									
40641345 (SS0961)	15/10-17/12	Sa	18:00-20:00	Pei Ho ST. SC	14+	86	30	24/8-29/8 (7/9) {29/9}	
40641357 (SS0851)	2/10-4/12	Su	14:00-16:00	Po On RD. SC	14+	86	30	24/8-29/8 (7/9) {29/9}	
<b>Western Folk Dance TC</b>									
40641486 (SS0923)	8/10-10/12	Sa	14:00-16:00	Po On RD. SC	8+	45	30	24/8-29/8 (7/9) {29/9}	
<b>Yoga TC</b>									
40641382 (SS0951)	10/10-18/11 (excl. 17/10,7/11)	M,F	10:00-12:00	Po On RD. SC	15+	85	30	24/8-29/8 (7/9) {29/9}	

**Briefing on Proper Ways to Use Fitness Equipment**

40641694 (SS0960)	15/10	Sa	19:00-22:00	Po On RD. SC	15+	Free	25	24/8-29/8 (7/9) {29/9}	✉
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**Badminton TC**

40641300 (SS0992)	25/10-24/11	Tu,Th	9:00-11:00	Lai Chi Kok Park SC	18+	118	16	24/8-29/8 (7/9) {29/9}	✉
40641356 (SS0994)	28/10-29/11	Tu,F	19:00-21:00	Pei Ho ST. SC	18+	118	16	24/8-29/8 (7/9) {29/9}	✉
40641379 (SS0921)	8/10-10/12	Sa	14:00-16:00	Po On RD. SC	7+	118	16	24/8-29/8 (7/9) {29/9}	✉

**Parent-child (Aged 7-17) Badminton Fun Day**

40641006 (SS0854)	2/10	Su	14:00-15:00	Po On RD. SC	7+	Free	16	1/9	📄 i
40641007 (SS0855)	2/10	Su	15:00-16:00	Po On RD. SC	7+	Free	16	1/9	📄 i
40641008 (SS0856)	2/10	Su	16:00-17:00	Po On RD. SC	7+	Free	16	1/9	📄 i

**Fencing Promotion - Fencing TC (Level I)**

40641716 (SS1021)	23/10-13/11	Su	10:00-12:00	Pei Ho ST. SC	15+	50	20	24/8-29/8 (7/9) {29/9}	✉
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**Squash Training Course**

40641267 (SS0868)	3/10-26/10	M,W	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	8	5/9	📄 i
40641270 (SS0879)	6/10-31/10	M,Th	19:00-21:00	Pei Ho ST. SC	18+	160	8	24/8-29/8 (7/9) {29/9}	✉

**Table-tennis TC**

40641273 (SS0930)	9/10-11/12	Su	14:00-16:00	Po On RD. SC	14+	86	12	24/8-29/8 (7/9) {29/9}	✉
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**Tennis TC**

40641477 (SS0904)	7/10-9/11	W,F	15:00-17:00	Tung Chau ST. Park TC	18+	170	12	24/8-29/8 (7/9) {29/9}	✉
40641501 (SS0990)	23/10-8/1 (excl. 25/12,1/1)	Su	9:00-11:00	Tung Chau ST. Park TC	18+	170	12	24/8-29/8 (7/9) {29/9}	✉
40641695 (SS0987)	21/10-23/12	F	19:00-21:00	Shek Kip Mei Park TC	18+	170	12	24/8-29/8 (7/9) {29/9}	✉

**Gateball TC for Adult**

40641243 (SS0880)	6/10-1/11	Tu,Th	19:00-21:00	Sham Shui Po Park	18+	54	15	5/9	📄 i
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**Sports for All - Gateball TC**

40641259 (SS0957)	12/10-4/11	W,F	19:00-21:00	Lai Chi Kok Park Gateball Court	8+	54	15	10/9	📄 i
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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.

**AerobicDance TS for Persons with Visual Impair**

40641246 (SS0892)	11/10-25/10	Tu	10:00-12:00	Po On RD. SC	14+	4	13/9	📄 i
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**Gateball FD for Persons with Visually Impairm**

40641253 (SS0926)	15/10	Sa	14:00-17:00	Cheung Sha Wan SC	8+	20	13/9	📄 i
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**Baduanjin TS for Persons with Chronic Illness**

40641252 (SS0894)	6/10-24/11	Th	10:00-11:00	Po On RD. SC	8+	4	5/9	📄 i
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**Soccer TS for Persons with Hearing Impa**

40641247 (SS0918)	7/10-28/10	F	20:00-21:30	Hing Wah ST. West PG	6+	4	5/9	📄 i
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**Floor Hockey TC for Persons with Intellectual**

40628673 (SS0231)	6/10-3/11	Th	14:00-16:00	Cheung Sha Wan SC	8+	15	23/8	📄 i
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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 <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
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**Baduanjin TC for Elderly**

40641265 (SS0858)	5/10-2/11 (excl. 17/10)	M,W,F	10:00-11:00	Po On RD. SC	30	24/8-29/8 (7/9) {29/9}	✉
40641266 (SS0859)	5/10-2/11 (excl. 17/10)	M,W,F	11:00-12:00	Po On RD. SC	30	24/8-29/8 (7/9) {29/9}	✉



**Mt Pts for Elderly - Baduanjin Play-in**

40641321 (SS0895)	7/10-28/10	F	9:00-11:00	Pei Ho ST. SC	30	7/10-28/10	Walk-in
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**Elderly Fitness TC**

40641284 (SS0962)	15/10-15/11	Tu,Th,Sa	10:00-11:00	Po On RD. SC	30	24/8-29/8 (7/9) {29/9}	✉
40641285 (SS0963)	15/10-15/11	Tu,Th,Sa	11:00-12:00	Po On RD. SC	30	24/8-29/8 (7/9) {29/9}	✉

**HES - Badminton Play-in**

40641693 (SS0876)	7/10-28/10 (excl. 19/10)	W,F	8:00-9:00	Pei Ho ST. SC	8	4/9	 
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**HES - Baduanjin Play-in**

40641473 (SS0896)	7/10-28/10	F	14:00-16:00	Tung Chau ST. Park AR	15	7/10-28/10	Walk-in
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
**HES - Tai Chi Play-in**

40641303 (SS0860)	3/10-31/10	M	9:00-10:30	Pei Ho ST. SC	40	3/10-31/10	Walk-in
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**Mt Pts for Elderly-Indoor Short Mat Bowl Play**

40641308 (SS0881)	6/10-20/10	Th	9:30-11:30	Pei Ho ST. SC	30	6/10-20/10	Walk-in
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**Gateball TC for Elderly**

40641263 (SS0991)	24/10-17/11	M,Th	7:00-9:00	Tai Hang Tung R/G	30	24/8-29/8 (7/9) {29/9}	
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