





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

Southern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Aerobic Dance Training Course										
40642788 (SN1043)	1/11-8/12	Tu,Th	14:00-15:00	Apleichau SC	14+	65	30	3/10		
40642789 (SN1044)	1/11-8/12	Tu,Th	15:00-16:00	Apleichau SC	14+	65	30	3/10		
40642790 (SN1045)	1/11-8/12	Tu,Th	18:00-19:00	Apleichau SC	14+	65	30	3/10		
40642791 (SN1046)	1/11-8/12	Tu,Th	19:00-20:00	Apleichau SC	14+	65	30	3/10		
40642793 (SN1048)	2/11-2/12 (excl. 14/11,28/11)	M,W,F	9:00-10:00	Apleichau SC	14+	65	30	6/10		
40642794 (SN1049)	2/11-2/12 (excl. 14/11,28/11)	M,W,F	10:00-11:00	Apleichau SC	14+	65	30	6/10		
40642795 (SN1050)	1/11-8/12	Tu,Th	14:00-15:00	Aberdeen SC	14+	65	30	7/10		
40642796 (SN1051)	1/11-8/12	Tu,Th	15:00-16:00	Aberdeen SC	14+	65	30	7/10		
40642799 (SN1054)	2/11-9/12	W,F	18:00-19:00	Aberdeen SC	14+	65	30	6/10		
40642800 (SN1055)	2/11-9/12	W,F	19:00-20:00	Aberdeen SC	14+	65	30	6/10		
40642806 (SN1058)	1/11-8/12	Tu,Th	9:00-10:00	Stanley SC	14+	65	30	10/10		
40642808 (SN1059)	1/11-8/12	Tu,Th	10:00-11:00	Stanley SC	14+	65	30	10/10		
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>										
40643050 (SN1080)	29/11-12/1 (excl. 27/12,3/1)	Tu,Th	8:00-9:00	Aberdeen SC	15+	75	15	@25/10		
40643368 (SN1082)	29/11-12/1 (excl. 22/12,27/12)	Tu,Th	16:00-17:00	Aberdeen SC	15+	75	15	@27/10		
40643369 (SN1083)	29/11-12/1 (excl. 22/12,27/12)	Tu,Th	17:00-18:00	Aberdeen SC	15+	75	15	@27/10		
Judo TC										
40643509 (SN1114)	6/11-29/1 (excl. 25/12,1/1,22/1)	Su	14:00-16:00	Apleichau SC	6+	65	30	11/10		
Social Dance Training Course										
40643611 (SN1134)	16/11-17/12	W,Sa	18:00-20:00	Apleichau SC	14+	86	30	27/9-3/10 (10/10) {28/10}		
40643613 (SN1136)	16/11-16/12	W,F	16:00-18:00	Aberdeen SC	14+	86	30	27/9-3/10 (10/10) {28/10}		
40643614 (SN1137)	21/11-21/12	M,W	20:00-22:00	Aberdeen SC	14+	86	30	27/9-3/10 (10/10) {28/10}		
40643617 (SN1139)	29/11-14/2 (excl. 27/12,24/1)	Tu	15:00-17:00	Stanley SC	14+	86	30	31/10		
Tai Chi Made Easy Class										
40643623 (SN1145)	13/11-19/2 (excl. 25/12,1/1,22/1)	Su	8:00-9:00	Yue Kwong RD. SC	6+	54	30	14/10		
40643624 (SN1146)	13/11-19/2 (excl. 25/12,1/1,22/1)	Su	9:00-10:00	Yue Kwong RD. SC	6+	54	30	14/10		
Yoga Training Course										
40643631 (SN1152)	17/11-20/12	Tu,Th	9:00-11:00	Apleichau SC	15+	85	30	27/9-3/10 (10/10) {28/10}		
Briefing on Proper Ways to Use Fitness Equipment										
40642862 (SN1072)	12/11	Sa	14:00-17:00	Apleichau SC	15+	Free	15	27/9-3/10 (10/10) {28/10}		
40642864 (SN1073)	8/11	Tu	19:00-22:00	Aberdeen T/SC	15+	Free	13	27/9-3/10 (10/10) {28/10}		
SD ArcheryComp(Co-organisedwithIslandArcheryC*										
40641717 (QSN1025)	13/11	Su	9:00-18:00	Aberdeen Sport Ground	10+	20	70	22/9		
40645010 (QSN1153)	13/11	Su	9:00-18:00	Aberdeen Sport Ground	10+	20	50	22/9		
Badminton Training Course										
40642811 (SN1062)	11/11-13/12	Tu,F	19:00-21:00	Apleichau SC	7+	118	16	27/9-3/10 (10/10) {28/10}		
40642813 (SN1064)	18/11-21/12	W,F	9:00-11:00	Apleichau SC	7+	118	16	27/9-3/10 (10/10) {28/10}		
40642844 (SN1065)	15/11-15/12	Tu,Th	9:00-11:00	Aberdeen SC	7+	118	16	27/9-3/10 (10/10) {28/10}		
SD Indoor Lawn Bowls Competition2022*										
40635297 (QSN0746)	6/11-20/11	Su	8:30-19:15	Apleichau SC Indoor Lawn Bowl	8+	100	40	31/8-9/9 (16/9) {12/10}		
Indoor Lawn Bowls Training Course										
40643476 (SN1113)	28/11-21/12	M,W	19:00-21:00	Apleichau SC	8+	54	16	27/9-3/10 (10/10) {28/10}		
Squash Training Course										
40643619 (SN1141)	2/11-25/11	W,F	10:00-12:00	Aberdeen T/SC	7+	160	8	27/9-3/10 (10/10) {28/10}		
40643620 (SN1142)	6/11-8/1 (excl. 25/12,1/1)	Su	9:00-11:00	Aberdeen T/SC	7+	160	8	27/9-3/10 (10/10) {28/10}		
Table-tennis Training Course										

40643622 (SN1144)	14/11-6/2 (excl. 26/12,2/1,23/1)	M	20:00-22:00	Stanley SC	6+	86	12	14/10	 
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Tennis Training Course

40643626 (SN1148)	1/11-1/12	Tu,Th	8:00-10:00	Aberdeen T/SC	8+	170	12	27/9-3/10 (10/10) {28/10}	
40643628 (SN1149)	3/11-5/12	M,Th	16:00-18:00	Aberdeen T/SC	8+	170	12	27/9-3/10 (10/10) {28/10}	

Meeting Points for Youth- Soccer FD

40643512 (SN1117)	18/11-25/11	F	18:00-20:00	Wong Chuk Hang Recreation Ground	12-35	Free	26	18/11-25/11	Walk-in
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Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	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.

(HQ) Body-Mind Stretch for Ex-mentally ill Persons

40629147 (SN0528)	3/11-8/12	Th	16:00-18:00	Apleichau SC	15+	15	21/9	 
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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
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Meeting Points for Elderly-Baduanjin FD

40643510 (SN1115)	17/11-5/1	Th	9:00-11:00	Yue Kwong RD. SC	30	17/11-5/1	Walk-in
40643511 (SN1116)	17/11-5/1	Th	9:00-11:00	Yue Kwong RD. SC	30	17/11-5/1	Walk-in

Healthy Elderly Scheme-Indoor Lawn Bowls FD

40643411 (SN1101)	2/11-28/12	W	7:00-9:00	Apleichau SC	40	2/11-28/12	Walk-in
40643416 (SN1103)	4/11-30/12	F	8:00-10:00	Apleichau SC	40	4/11-30/12	Walk-in
40643419 (SN1104)	7/11-19/12	M	7:00-9:00	Apleichau SC	40	7/11-19/12	Walk-in

Healthy Elderly Scheme-Table-Tennis FD

40643434 (SN1105)	1/11-29/11 (excl. 14/11,28/11)	M,Tu,Th	10:00-12:00	Apleichau SC	4	1/11-29/11	Walk-in
40643436 (SN1106)	2/11-30/11	W,F	12:00-14:00	Apleichau SC	4	2/11-30/11	Walk-in
40643443 (SN1107)	4/11-25/11	F	9:00-11:00	Aberdeen SC	8	4/11-25/11	Walk-in
40643446 (SN1108)	2/11-30/11	M,W,F	7:00-9:00	Aberdeen T/SC	12	2/11-30/11	Walk-in
40643455 (SN1109)	1/11-29/11	Tu	9:00-11:00	Stanley SC	6	1/11-29/11	Walk-in

Healthy Elderly Scheme-Tennis FD

40643462 (SN1112)	2/11-30/11	W	7:00-10:00	Aberdeen T/SC	4	2/11-30/11	Walk-in
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Healthy Elderly Scheme-American Pool FD

40643392 (SN1093)	2/11-30/11	W,F	10:00-12:00	Apleichau SC	4	2/11-30/11	Walk-in
40643394 (SN1094)	3/11-28/11	M,Th	7:00-9:00	Apleichau SC	4	3/11-28/11	Walk-in
40643402 (SN1096)	2/11-30/11	M,W,F	9:00-11:00	Aberdeen T/SC	4	2/11-30/11	Walk-in

Healthy Elderly Scheme- Gateball FD

40643404 (SN1098)	4/11-25/11	F	11:00-13:00	Apleichau SC	10	4/11-25/11	Walk-in
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Healthy Elderly Scheme-Gateball FD

40643410 (SN1100)	1/11-29/11	Tu,Th	14:00-16:00	Yue Kwong RD. SC	10	1/11-29/11	Walk-in
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