

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

Sai Kung District

| Programme Number (Class code) | Date | Day | Time | Venue | Age | Fee(\$) | Quota | Date of Enrollment | Enrolment Method |
|---|--------------------------------------|----------|-------------|------------------------------|------|---------|-------|--|------------------|
| | | | | | | | | (Balloting) (Open Enrollment for Remaining Quota) | |
| Front Crawl Training Course for Adult (Level III) | | | | | | | | | |
| 40623879 (SK 289) | 10/11-13/12 | Tu,Th | 20:00-21:00 | Tseung Kwan O SP (Main Pool) | 18+ | 100 | 20 | 28/9-4/10 (11/10) {1/11} | ☒ |
| Front Crawl Training Course for Aged 17 or below (Level III) | | | | | | | | | |
| 40623878 (SK 288) | 10/11-13/12 | Tu,Th | 19:00-20:00 | Tseung Kwan O SP (Main Pool) | 0-17 | 100 | 20 | 28/9-4/10 (11/10) {1/11} | ☒ |
| Aerobic Dance Training Course | | | | | | | | | |
| 40642500 (SK1188) | 3/11-1/12 (excl. 15/11) | Tu,Th,Sa | 9:00-10:00 | Tseung Kwan O SC | 14+ | 65 | 20 | 28/9-4/10 (11/10) {1/11} | ☒ |
| 40642501 (SK1189) | 3/11-1/12 (excl. 15/11) | Tu,Th,Sa | 10:00-11:00 | Tseung Kwan O SC | 14+ | 65 | 20 | 28/9-4/10 (11/10) {1/11} | ☒ |
| 40642505 (SK1193) | 1/11-26/11 | Tu,Th,Sa | 9:00-10:00 | Tsui Lam SC | 14+ | 65 | 20 | 3/10 | ☒ i |
| 40642506 (SK1194) | 1/11-26/11 | Tu,Th,Sa | 10:00-11:00 | Tsui Lam SC | 14+ | 65 | 20 | 3/10 | ☒ i |
| 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> | | | | | | | | | |
| 40642525 (SK1213) | 4/11-30/11 | M,W,F | 15:00-16:00 | Tsui Lam SC | 15+ | 75 | 17 | @10/10 | ☒ i |
| 40642526 (SK1214) | 4/11-30/11 | M,W,F | 16:00-17:00 | Tsui Lam SC | 15+ | 75 | 17 | @10/10 | ☒ i |
| 40642527 (SK1215) | 24/11-20/12 | Tu,Th,Sa | 9:00-10:00 | Po Lam SC | 15+ | 75 | 17 | @17/10 | ☒ i |
| 40642528 (SK1216) | 24/11-20/12 | Tu,Th,Sa | 10:00-11:00 | Po Lam SC | 15+ | 75 | 17 | @17/10 | ☒ i |
| Briefing on Proper Ways to Use Fitness Equipment | | | | | | | | | |
| 40642513 (SK1201) | 8/11 | Tu | 13:00-16:00 | Tseung Kwan O SC | 15+ | Free | 25 | 28/9-4/10 (11/10) {1/11} | ☒ |
| 40642516 (SK1204) | 8/11 | Tu | 14:00-17:00 | Tseung Kwan O SC | 15+ | Free | 25 | 28/9-4/10 (11/10) {1/11} | ☒ |
| 40642517 (SK1205) | 8/11 | Tu | 19:00-22:00 | Hang Hau SC | 15+ | Free | 25 | 28/9-4/10 (11/10) {1/11} | ☒ |
| 40642518 (SK1206) | 8/11 | Tu | 20:00-23:00 | Hang Hau SC | 15+ | Free | 25 | 28/9-4/10 (11/10) {1/11} | ☒ |
| 40642576 (SK1263) | 3/11 | Th | 19:00-22:00 | Hong Kong Velodrome | 15+ | Free | 25 | 28/9-4/10 (11/10) {1/11} | ☒ |
| 40642577 (SK1264) | 3/11 | Th | 20:00-23:00 | Hong Kong Velodrome | 15+ | Free | 25 | 28/9-4/10 (11/10) {1/11} | ☒ |
| 40642578 (SK1265) | 10/11 | Th | 19:00-22:00 | Hong Kong Velodrome | 15+ | Free | 25 | 28/9-4/10 (11/10) {1/11} | ☒ |
| 40642579 (SK1266) | 10/11 | Th | 20:00-23:00 | Hong Kong Velodrome | 15+ | Free | 25 | 28/9-4/10 (11/10) {1/11} | ☒ |
| Stress Management and Physical Relaxation | | | | | | | | | |
| 40642583 (SK1270) | 28/11-20/3 (excl. 26/12,2/1,23/1) | M | 10:00-11:00 | Hong Kong Velodrome | 14+ | 80 | 30 | 28/9-4/10 (11/10) {8/11} | ☒ |
| 40642584 (SK1271) | 28/11-20/3 (excl. 26/12,2/1,23/1) | M | 11:00-12:00 | Hong Kong Velodrome | 14+ | 80 | 30 | 28/9-4/10 (11/10) {8/11} | ☒ |
| Parent-child(Aged 7-17) Badminton Fun Day | | | | | | | | | |
| 40642568 (SK1255) | 6/11 | Su | 9:00-10:00 | Tseung Kwan O SC | 7+ | Free | 16 | 7/10 | ☒ |
| 40642569 (SK1256) | 6/11 | Su | 10:00-11:00 | Tseung Kwan O SC | 7+ | Free | 16 | 7/10 | ☒ |
| 40642570 (SK1257) | 6/11 | Su | 11:00-12:00 | Tseung Kwan O SC | 18+ | Free | 16 | 7/10 | ☒ |
| Badminton Training Course | | | | | | | | | |
| 40642511 (SK1199) | 2/11-2/12 | W,F | 19:00-21:00 | Tsui Lam SC | 7+ | 118 | 16 | 28/9-4/10 (11/10) {1/11} | ☒ |
| 40642512 (SK1200) | 15/11-15/12 | Tu,Th | 9:00-11:00 | Tiu Keng Leng SC | 7+ | 118 | 16 | 28/9-4/10 (11/10) {1/11} | ☒ |
| SKD Lawn Bowls Competition 2022* | | | | | | | | | |
| 40642543 (SK1230) | 13/11 | Su | 9:00-19:00 | Hang Hau Man Kuk Lane Park | 8+ | 100 | 16 | 16/9-23/9 (3/10) {25/10} | ☒ |
| Lawn Bowls Fun Day | | | | | | | | | |
| 40642593 (SK1280) | 5/11 | Sa | 9:00-11:00 | Hang Hau Man Kuk Lane Park | 8+ | Free | 24 | 28/9-4/10 (11/10) {1/11} | ☒ |
| Lawn Bowls Training Course | | | | | | | | | |
| 40642594 (SK1281) | 15/11-8/12 | Tu,Th | 16:00-18:00 | Hang Hau Man Kuk Lane Park | 8+ | 54 | 16 | 28/9-4/10 (11/10) {1/11} | ☒ |
| Squash Training Course | | | | | | | | | |
| 40642545 (SK1232) | 15/11-8/12 | Tu,Th | 19:00-21:00 | Tseung Kwan O SC | 7+ | 160 | 8 | 11/10 | ☒ i |
| 40642546 (SK1233) | 16/11-9/12 | W,F | 19:00-21:00 | Po Lam SC | 7+ | 160 | 8 | 12/10 | ☒ i |
| Tennis Training Course | | | | | | | | | |
| 40642555 (SK1242) | 16/11-19/12 | M,W | 9:00-11:00 | Po Tsui Park | 8+ | 170 | 12 | 28/9-4/10 (11/10) {8/11} | ☒ |
| 40642556 (SK1243) | 17/11-19/12 | M,Th | 19:00-21:00 | Po Tsui Park | 8+ | 170 | 12 | 28/9-4/10 (11/10) {8/11} | ☒ |
| 40642557 (SK1244) | 18/11-20/12 | Tu,F | 19:00-21:00 | Po Tsui Park | 8+ | 170 | 12 | 28/9-4/10 (11/10) {8/11} | ☒ |
| 40642558 (SK1245) | 7/11-28/11 | M,W,F | 15:00-17:00 | Po Tsui Park | 8+ | 170 | 12 | 12/10 | ☒ i |

| | | | | | | | | | |
|---|---|-------|-------------|------------------|-----|------|----|-----------------------------|---------|
| 40642559 (SK1246) | 17/11-20/12 | Tu,Th | 17:00-19:00 | Po Tsui Park | 8+ | 170 | 12 | 28/9-4/10 (11/10) {8/11} | ✉ |
| Indoor Cricket Fun Day | | | | | | | | | |
| 40642479 (SK1167) | 12/11 | Sa | 11:00-12:00 | Tseung Kwan O SC | 6+ | Free | 30 | 12/11 | Walk-in |
| 40642480 (SK1168) | 12/11 | Sa | 12:00-13:00 | Tseung Kwan O SC | 6+ | Free | 30 | 12/11 | Walk-in |
| 40642481 (SK1169) | 12/11 | Sa | 13:00-14:00 | Tseung Kwan O SC | 6+ | Free | 30 | 12/11 | Walk-in |
| SKD Handball Competition 2022 (Men) | | | | | | | | | |
| 40643174 (SK1287) | 20/11-27/11 | Su | 9:00-18:00 | Tseung Kwan O SC | 11+ | 60 | 8 | 14/9-21/9 (3/10) {28/10} | ✉ |
| SKD Handball Competition 2022 (Women) | | | | | | | | | |
| 40643173 (SK1286) | 20/11-27/11 | Su | 9:00-18:00 | Tseung Kwan O SC | 11+ | 60 | 8 | 14/9-21/9 (3/10) {28/10} | ✉ |
| SKD Volleyball Competition 2022 (Men)* | | | | | | | | | |
| 40644877 (QSK1289) | 20/11-18/12 (excl. 27/11,4/12,11/12) | Su | 9:00-18:00 | Hang Hau SC | 12+ | 60 | 16 | 22/9-29/9 (10/10) {2/11} | ✉ |
| SKD Volleyball Competition 2022 (Women)* | | | | | | | | | |
| 40644878 (QSK1290) | 20/11-18/12 (excl. 27/11,4/12,11/12) | Su | 9:00-18:00 | Hang Hau SC | 12+ | 60 | 16 | 22/9-29/9 (10/10) {2/11} | ✉ |
| Sport Climbing Training Course | | | | | | | | | |
| 40642544 (SK1231) | 6/11-13/11 | Su | 12:00-18:00 | Tiu Keng Leng SC | 12+ | 40 | 15 | 28/9-4/10 (11/10) {1/11} | ✉ |

| 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 |
|---|------|-----|------|-------|-----------|--|------------------|
|---|------|-----|------|-------|-----------|--|------------------|

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 TC with Chronic Illness

| | | | | | | | | |
|-------------------|-------------|----|-------------|------------------|-----|----|-------|-----|
| 40642553 (SK1240) | 10/11-15/12 | Th | 15:00-17:00 | Tseung Kwan O SC | 15+ | 15 | 20/10 | ✉ i |
|-------------------|-------------|----|-------------|------------------|-----|----|-------|-----|

Fitness(Multi-gym)TC with hearing Impairment

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|-------------------|------------|---|-------------|------------------|-----|---|------|-----|
| 40645009 (SK1448) | 2/11-23/11 | W | 15:00-17:00 | Tiu Keng Leng SC | 15+ | 3 | 5/10 | ✉ i |
|-------------------|------------|---|-------------|------------------|-----|---|------|-----|

Gateball TC for Persons with Hearing impair

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|-------------------|------------|---|-------------|----------------|-----|---|-------|-----|
| 40642552 (SK1239) | 9/11-30/11 | W | 15:00-17:00 | Sheung Ling PG | 15+ | 3 | 12/10 | ✉ i |
|-------------------|------------|---|-------------|----------------|-----|---|-------|-----|

| 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 |
|---|------|-----|------|-------|-------|--|------------------|
|---|------|-----|------|-------|-------|--|------------------|

Fitness Exercise TC for Elderly

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|-------------------|-------------|----------|------------|------------------|----|-------------------------|---|
| 40642523 (SK1211) | 15/11-15/12 | Tu,Th,Sa | 8:00-9:00 | Tiu Keng Leng SC | 30 | 28/9-4/10 (11/10){1/11} | ✉ |
| 40642524 (SK1212) | 15/11-15/12 | Tu,Th,Sa | 9:00-10:00 | Tiu Keng Leng SC | 30 | 28/9-4/10 (11/10){1/11} | ✉ |

Meeting Point for Elderly (Tai Chi)

| | | | | | | | |
|-------------------|------------|---|-----------|--------------|----|------------|---------|
| 40642490 (SK1178) | 2/11-30/11 | W | 7:00-8:00 | Po Tsui Park | 30 | 2/11-30/11 | Walk-in |
|-------------------|------------|---|-----------|--------------|----|------------|---------|

HES - Badminton Self Practice Scheme

| | | | | | | | |
|-------------------|------------|----|------------|------------------|----|------|-----|
| 40642531 (SK1219) | 3/11-24/11 | Th | 8:00-10:00 | Tseung Kwan O SC | 16 | 5/10 | ✉ i |
|-------------------|------------|----|------------|------------------|----|------|-----|

Health Elderly Scheme - Lawn Bowl Self Prac

| | | | | | | | |
|-------------------|------------|----|------------|----------------------------|----|------------|---------|
| 40642592 (SK1279) | 1/11-29/11 | Tu | 9:00-10:00 | Hang Hau Man Kuk Lane Park | 16 | 1/11-29/11 | Walk-in |
|-------------------|------------|----|------------|----------------------------|----|------------|---------|

Health Elderly Scheme-Table Tennis Self Practice Scheme

| | | | | | | | |
|-------------------|------------|----|------------|-------------|----|-------|-----|
| 40642532 (SK1220) | 2/11-30/11 | W | 8:00-9:00 | Tsui Lam SC | 8 | 3/10 | ✉ i |
| 40642533 (SK1221) | 2/11-30/11 | W | 9:00-10:00 | Tsui Lam SC | 8 | 3/10 | ✉ i |
| 40642534 (SK1222) | 3/11-24/11 | Th | 7:00-8:00 | Hang Hau SC | 12 | 13/10 | ✉ i |
| 40642535 (SK1223) | 3/11-24/11 | Th | 8:00-9:00 | Hang Hau SC | 12 | 13/10 | ✉ i |
| 40642536 (SK1224) | 3/11-24/11 | Th | 9:00-10:00 | Hang Hau SC | 12 | 13/10 | ✉ i |

Health Elderly Self Practi Scheme-Lawn Bowls

| | | | | | | | |
|-------------------|------------|----|-----------|----------------------------|----|------------|---------|
| 40642591 (SK1278) | 1/11-29/11 | Tu | 8:00-9:00 | Hang Hau Man Kuk Lane Park | 16 | 1/11-29/11 | Walk-in |
|-------------------|------------|----|-----------|----------------------------|----|------------|---------|

Table-tennis Training Course for Elderly

| | | | | | | | |
|-------------------|-------------|------|-------------|------------------------|---|-------------------------|---|
| 40642572 (SK1259) | 10/11-12/12 | M,Th | 14:00-16:00 | Sai Kung Squash Courts | 8 | 28/9-4/10 (11/10){1/11} | ✉ |
|-------------------|-------------|------|-------------|------------------------|---|-------------------------|---|

Gateball Training Course for Elderly

| | | | | | | | |
|-------------------|------------------------|----|------------|----------------|----|-------------------------|---|
| 40642529 (SK1217) | 11/11-30/12 | F | 8:00-10:00 | Tsui Lam SC | 15 | 28/9-4/10 (11/10){1/11} | ✉ |
| 40642548 (SK1235) | 8/11-3/1 (excl. 27/12) | Tu | 9:00-11:00 | Sheung Ling PG | 30 | 28/9-4/10 (11/10){1/11} | ✉ |

