

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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
Backstroke Training Course									
40643976 (SS1082)	2/11-23/11	M,W,F	20:00-21:00	Shamshuipo Park SP	9+	100	20	22/9-28/9 (6/10) {27/10}	✉
Breaststroke TC for Adult (Level III)									
40643808 (SS1039)	2/11-23/11	M,W,F	19:00-20:00	Lai Chi Kok Park SP	18+	100	20	22/9-28/9 (6/10) {27/10}	✉
Butterfly Training Course									
40643977 (SS1139)	2/11-23/11	M,W,F	19:00-20:00	Shamshuipo Park SP	9+	100	20	22/9-28/9 (6/10) {27/10}	✉
Front Crawl TC for Adult (Level III)									
40643809 (SS1048)	2/11-23/11	M,W,F	20:00-21:00	Lai Chi Kok Park SP	18+	100	20	22/9-28/9 (6/10) {27/10}	✉
Aerobic Dance Training Course									
40643821 (SS1093)	18/11-16/12 (excl. 7/12)	M,W,F	8:00-9:00	Pei Ho ST. SC	14+	65	30	11/10	📄 i
40643822 (SS1095)	18/11-16/12 (excl. 7/12)	M,W,F	9:00-10:00	Pei Ho ST. SC	14+	65	30	11/10	📄 i
40643823 (SS1119)	21/11-16/12	M,W,F	13:00-14:00	Pei Ho ST. SC	14+	65	30	11/10	📄 i
40643824 (SS1120)	21/11-16/12	M,W,F	14:00-15:00	Pei Ho ST. SC	14+	65	30	13/10	📄 i
40643825 (SS1121)	21/11-16/12	M,W,F	18:00-19:00	Pei Ho ST. SC	14+	65	30	13/10	📄 i
40643826 (SS1122)	21/11-16/12	M,W,F	19:00-20:00	Pei Ho ST. SC	14+	65	30	13/10	📄 i
40643827 (SS1124)	22/11-17/12	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	14+	65	30	12/10	📄 i
40643828 (SS1125)	22/11-17/12	Tu,Th,Sa	9:00-10:00	Pei Ho ST. SC	14+	65	30	12/10	📄 i
40643843 (SS1094)	18/11-21/12 (excl. 21/11,5/12,19/12)	M,W,F	8:00-9:00	Po On RD. SC	14+	65	30	18/10	📄 i
40643844 (SS1096)	18/11-21/12 (excl. 21/11,5/12,19/12)	M,W,F	9:00-10:00	Po On RD. SC	14+	65	30	18/10	📄 i
40643845 (SS1097)	18/11-21/12 (excl. 21/11,5/12,19/12)	M,W,F	14:00-15:00	Po On RD. SC	14+	65	30	20/10	📄 i
40643846 (SS1098)	18/11-21/12 (excl. 21/11,5/12,19/12)	M,W,F	15:00-16:00	Po On RD. SC	14+	65	30	20/10	📄 i
40643847 (SS1099)	18/11-14/12	M,W,F	18:00-19:00	Po On RD. SC	14+	65	30	25/10	📄 i
40643848 (SS1100)	18/11-14/12	M,W,F	19:00-20:00	Po On RD. SC	14+	65	30	25/10	📄 i
Fitness (Multi-gym) TC									
<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>									
40643829 (SS1126)	22/11-17/12	Tu,Th,Sa	7:00-8:00	Pei Ho ST. SC	15+	75	30	@25/10	📄 i
40643830 (SS1127)	22/11-17/12	Tu,Th,Sa	8:00-9:00	Pei Ho ST. SC	15+	75	30	@25/10	📄 i
40643832 (SS1129)	22/11-17/12	Tu,Th,Sa	13:00-14:00	Pei Ho ST. SC	15+	75	30	@25/10	📄 i
40643833 (SS1130)	22/11-17/12	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	15+	75	30	@27/10	📄 i
40643850 (SS1102)	18/11-21/12 (excl. 21/11,5/12,19/12)	M,W,F	8:00-9:00	Po On RD. SC	15+	75	30	@17/10	📄 i
40643851 (SS1103)	18/11-21/12 (excl. 21/11,5/12,19/12)	M,W,F	9:00-10:00	Po On RD. SC	15+	75	30	@17/10	📄 i
40643854 (SS1108)	18/11-21/12 (excl. 21/11,5/12,19/12)	M,W,F	16:00-17:00	Po On RD. SC	15+	75	30	@19/10	📄 i
40643856 (SS1110)	18/11-21/12 (excl. 21/11,5/12,19/12)	M,W,F	18:00-19:00	Po On RD. SC	15+	75	30	@19/10	📄 i
40643857 (SS1111)	18/11-21/12 (excl. 21/11,5/12,19/12)	M,W,F	19:00-20:00	Po On RD. SC	15+	75	30	@19/10	📄 i
40643979 (SS1105)	18/11-21/12 (excl. 21/11,5/12,19/12)	M,W,F	13:00-14:00	Po On RD. SC	15+	75	30	@17/10	📄 i
40643980 (SS1133)	22/11-17/12	Tu,Th,Sa	17:00-18:00	Pei Ho ST. SC	15+	75	30	@27/10	📄 i
40643981 (SS1134)	22/11-17/12	Tu,Th,Sa	18:00-19:00	Pei Ho ST. SC	15+	75	30	@27/10	📄 i
Jazz TC									
40644028 (SS1061)	4/11-5/12	M,F	18:00-20:00	Pei Ho ST. SC	12+	70	30	6/10	📄 i
Oriental Dance TC									
40643804 (SS1080)	10/11-13/12	Tu,Th	20:00-22:00	Pei Ho ST. SC	12+	45	30	22/9-28/9 (6/10) {27/10}	✉
Social Dance TC									
40643818 (SS1087)	15/11-15/12	Tu,Th	18:00-20:00	Pei Ho ST. SC	14+	86	30	22/9-28/9 (6/10) {27/10}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40643842 (SS1084)	13/11	Su	14:00-17:00	Po On RD. SC	15+	Free	25	22/9-28/9 (6/10) {27/10}	✉

Badminton TC

40643838 (SS1138)	24/11-29/12 (excl. 26/12)	M,Th	9:00-11:00	Pei Ho ST. SC	18+	118	16	22/9-28/9 (6/10) {27/10}	✉
40643841 (SS1079)	10/11-13/12	Tu,Th	9:00-11:00	Po On RD. SC	18+	118	16	22/9-28/9 (6/10) {27/10}	✉

Squash Training Course

40643799 (SS1049)	2/11-28/11	M,W	16:00-18:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	8	3/10	📄 i
40643800 (SS1050)	2/11-21/12	W	19:00-21:00	Cornwall ST. Squash & Table Tennis Centre	7+	160	8	3/10	📄 i

Tennis TC

40643803 (SS1072)	7/11-8/12	M,Th	15:00-17:00	Lai Chi Kok Park TC	18+	170	12	17/10	📄 i
40643860 (SS1046)	2/11-5/12	M,W	9:00-11:00	Shek Kip Mei Park TC	18+	170	12	22/9-28/9 (6/10) {27/10}	✉
40644027 (SS1056)	3/11-6/12	Tu,Th	9:00-11:00	Tung Chau ST. Park TC	18+	170	12	22/9-28/9 (6/10) {27/10}	✉

Gateball TC for Adult

40643789 (SS1078)	10/11-6/12	Tu,Th	19:00-21:00	Sham Shui Po Park	18+	54	15	3/10	📄 i
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Sports for All - Gateball TC

40643791 (SS1088)	16/11-9/12	W,F	19:00-21:00	Lai Chi Kok Park Gateball Court	8+	54	15	3/10	📄 i
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SSPD 7-a-side Mini-soccer Competition 2022

40643811 (QSS1085)	13/11-20/11	Su	9:00-18:00	Cheung Sha Wan PG	14+	60	12	13/9	👤
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Online Interactive Programme - Go

40643794 (SS1123)	21/11-25/11	M,W,F	16:00-17:00	Internet. 30mins before :zoom.us/join	6+	20	50	31/10	📄 i
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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.

Body-MindStretchFD for Per.w/ Chronic Illness

40643792 (SS1089)	4/11	F	10:00-12:00	Po On RD. SC	15+	4	3/10	📄 i
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Badminton TS for Per. w/ Chronic Illness

40643784 (SS1055)	2/11-23/11	W	13:00-15:00	Pei Ho ST. SC	7+	3	3/10	📄 i
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Basketball TS for Per. w/ Hearing Imp

40643787 (SS1060)	4/11-18/11	F	21:00-23:00	Po On RD. SC	10+	4	3/10	📄 i
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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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Baduanjin TC for Elderly

40643797 (SS1027)	1/11-26/11	Tu,Th,Sa	14:00-15:00	Pei Ho ST. SC	30	22/9-28/9 (6/10) {27/10}	✉
40643798 (SS1028)	1/11-26/11	Tu,Th,Sa	15:00-16:00	Pei Ho ST. SC	30	22/9-28/9 (6/10) {27/10}	✉

Mt Pts for Elderly - Baduanjin Play-in

40643813 (SS1057)	4/11-25/11	F	9:00-11:00	Pei Ho ST. SC	30	4/11-25/11	Walk-in
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Elderly Fitness TC

40643801 (SS1067)	7/11-7/12	M,W,F	14:00-15:00	Pei Ho ST. SC	30	22/9-28/9 (6/10) {27/10}	✉
40643802 (SS1068)	7/11-7/12	M,W,F	15:00-16:00	Pei Ho ST. SC	30	22/9-28/9 (6/10) {27/10}	✉

HES - Tai Chi Play-in

40643814 (SS1069)	7/11-28/11	M	9:00-10:30	Pei Ho ST. SC	40	7/11-28/11	Walk-in
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Mt Pts for Elderly-Indoor Short Mat Bowl Play

40643812 (SS1052)	3/11-17/11	Th	9:30-11:30	Pei Ho ST. SC	30	3/11-17/11	Walk-in
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HES - Table-Tennis Play-in

40643840 (SS1054)	3/11-24/11	Th	10:30-12:00	Po On RD. SC	16	3/11-24/11	Walk-in
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Gateball TC for Elderly

40643783 (SS1033)	2/11-25/11	W,F	7:00-9:00	Lai Chi Kok Park	30	22/9-28/9 (6/10) {27/10}	✉
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