Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Apr 2019

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									
40524359 (SK 0169)	2/4-4/6	Tu	19:00-21:00	Tseung Kwan O SG	16+	130	40	18/2-24/2 (6/3) {29/3}	✉
Sport For All - Long Distance Running TC									
40524358 (SK 0168)	7/4-23/6 (excl. 21/4,12/5)	Su	8:00-10:00	Hong Kong Velodrome Park	16+	130	40	18/2-24/2 (6/3) {29/3}	✉
Aerobic Dance Training Course									
40524222 (SK 0032)	4/4-4/5 (excl. 16/4,20/4)	Tu,Th,Sa	9:00-10:00	Tseung Kwan O SC	14+	65	20	22/2	💻 ℹ
40524223 (SK 0033)	4/4-4/5 (excl. 16/4,20/4)	Tu,Th,Sa	10:00-11:00	Tseung Kwan O SC	14+	65	20	22/2	💻 ℹ
40524224 (SK 0034)	4/4-4/5 (excl. 16/4,20/4)	Tu,Th,Sa	11:00-12:00	Tseung Kwan O SC	14+	65	20	22/2	💻 ℹ
40524225 (SK 0035)	9/4-9/5 (excl. 20/4,23/4)	Tu,Th,Sa	9:00-10:00	Tsui Lam SC	14+	65	20	1/3	💻 ℹ
40524226 (SK 0036)	9/4-9/5 (excl. 20/4,23/4)	Tu,Th,Sa	10:00-11:00	Tsui Lam SC	14+	65	20	1/3	💻 ℹ
40524227 (SK 0037)	12/4-29/5 (excl. 19/4,1/5)	W,F	19:00-20:00	Tsui Lam SC	14+	65	20	11/3	💻 ℹ
40524228 (SK 0038)	12/4-29/5 (excl. 19/4,1/5)	W,F	20:00-21:00	Tsui Lam SC	14+	65	20	11/3	💻 ℹ
40524229 (SK 0039)	8/4-17/5 (excl. 15,19,22/4,1,6,13/5)	M,W,F	9:00-10:00	Po Lam SC	14+	65	24	26/2	💻 ℹ
40524230 (SK 0040)	8/4-17/5 (excl. 15,19,22/4,1,6,13/5)	M,W,F	10:00-11:00	Po Lam SC	14+	65	24	26/2	💻 ℹ
40524231 (SK 0041)	9/4-16/5	Tu,Th	19:00-20:00	Po Lam SC	14+	65	24	7/3	💻 ℹ
40524232 (SK 0042)	9/4-16/5	Tu,Th	20:00-21:00	Po Lam SC	14+	65	24	7/3	💻 ℹ
40524233 (SK 0043)	9/4-16/5	Tu,Th	14:00-15:00	Hang Hau SC	14+	65	30	7/3	💻 ℹ
40524234 (SK 0044)	9/4-16/5	Tu,Th	15:00-16:00	Hang Hau SC	14+	65	30	7/3	💻 ℹ
40524235 (SK 0045)	27/4-20/7 (excl. 13/7)	Sa	14:00-15:00	Tiu Keng Leng SC	14+	65	30	18/2-24/2 (6/3) {3/4}	✉
40524236 (SK 0046)	27/4-20/7 (excl. 13/7)	Sa	15:00-16:00	Tiu Keng Leng SC	14+	65	30	18/2-24/2 (6/3) {3/4}	✉
40524314 (SK 0124)	10/4-24/5 (excl. 19/4,1/5)	W,F	13:00-14:00	Sai Kung Squash Courts	14+	65	12	5/3	💻 ℹ
40524315 (SK 0125)	10/4-24/5 (excl. 19/4,1/5)	W,F	14:00-15:00	Sai Kung Squash Courts	14+	65	12	5/3	💻 ℹ
40524327 (SK 0137)	8/4-10/5 (excl. 19/4,22/4,1/5)	M,W,F	14:00-15:00	Hong Kong Velodrome	14+	65	24	21/2	💻 ℹ
40524328 (SK 0138)	8/4-10/5 (excl. 19/4,22/4,1/5)	M,W,F	15:00-16:00	Hong Kong Velodrome	14+	65	24	21/2	💻 ℹ
40524329 (SK 0139)	11/4-21/5	Tu,Th	19:00-20:00	Hong Kong Velodrome	14+	65	24	11/3	💻 ℹ
40524330 (SK 0140)	11/4-21/5	Tu,Th	20:00-21:00	Hong Kong Velodrome	14+	65	24	11/3	💻 ℹ
Baduanjin Training Course									
40524188 (SK 0001)	10/4-15/5 (excl. 19/4,22/4,1/5,13/5)	M,W,F	9:30-10:30	Open Space near TKOSP	8+	80	30	7/3	💻 ℹ
Children Dance Training Course									
40524246 (SK 0056)	7/4-16/6 (excl. 12/5)	Su	10:00-12:00	Tseung Kwan O SC	4-6	60	20	28/2	💻 ℹ
40524247 (SK 0057)	6/4-15/6 (excl. 20/4)	Sa	16:00-18:00	Po Lam SC	4-6	60	20	28/2	💻 ℹ
40524331 (SK 0141)	7/4-16/6 (excl. 21/4)	Su	14:00-16:00	Hong Kong Velodrome	4-6	60	20	18/2-24/2 (6/3) {29/3}	✉
Chinese Dance Training Course									
40524248 (SK 0058)	17/4-26/6 (excl. 1/5)	W	9:00-11:00	Tsui Lam SC	12+	45	20	18/2-24/2 (6/3) {3/4}	✉
40524249 (SK 0059)	12/4-28/6 (excl. 19/4,7/6)	F	19:00-21:00	Hang Hau SC	12+	45	30	18/2-24/2 (6/3) {29/3}	✉
40524250 (SK 0060)	9/4-11/6	Tu	13:00-15:00	Tiu Keng Leng SC	12+	45	30	18/2-24/2 (6/3) {29/3}	✉

Fitness (Multi-gym) Training Course

@ 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.

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.

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.

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.

40524251 (SK 0061)	10/4-29/5 (excl. 22/4,1/5,13/5)	M,W	8:00-9:00	Tseung Kwan O SC	15+	75	26	@4/3	💻 ℹ
40524252 (SK 0062)	10/4-29/5 (excl. 22/4,1/5,13/5)	M,W	9:00-10:00	Tseung Kwan O SC	15+	75	26	@4/3	💻 ℹ
40524253 (SK 0063)	12/4-29/5 (excl. 19/4,1/5)	W,F	9:00-10:00	Tsui Lam SC	15+	75	20	@8/3	💻 ℹ
40524254 (SK 0064)	12/4-29/5 (excl. 19/4,1/5)	W,F	10:00-11:00	Tsui Lam SC	15+	75	20	@8/3	💻 ℹ
40524255 (SK 0065)	15/4-20/5 (excl. 19/4,22/4,1/5,13/5)	M,W,F	15:00-16:00	Tsui Lam SC	15+	75	20	@15/3	💻 ℹ
40524256 (SK 0066)	15/4-20/5 (excl. 19/4,22/4,1/5,13/5)	M,W,F	16:00-17:00	Tsui Lam SC	15+	75	20	@15/3	💻 ℹ
40524257 (SK 0067)	9/4-16/5	Tu,Th	19:00-20:00	Tsui Lam SC	15+	75	20	@28/2	💻 ℹ
40524258 (SK 0068)	9/4-16/5	Tu,Th	20:00-21:00	Tsui Lam SC	15+	75	20	@28/2	💻 ℹ
40524259 (SK 0069)	9/4-7/5 (excl. 20/4)	Tu,Th,Sa	9:00-10:00	Po Lam SC	15+	75	20	@5/3	💻 ℹ
40524260 (SK 0070)	9/4-7/5 (excl. 20/4)	Tu,Th,Sa	10:00-11:00	Po Lam SC	15+	75	20	@5/3	💻 ℹ

40524261 (SK 0071)	9/4-16/5	Tu,Th	15:00-16:00	Po Lam SC	15+	75	20	@7/3	
40524262 (SK 0072)	9/4-16/5	Tu,Th	16:00-17:00	Po Lam SC	15+	75	20	@7/3	
40524263 (SK 0073)	1/4-20/5 (excl. 22/4,1/5,13/5)	M,W	19:00-20:00	Po Lam SC	15+	75	20	@20/2	
40524264 (SK 0074)	1/4-20/5 (excl. 22/4,1/5,13/5)	M,W	20:00-21:00	Po Lam SC	15+	75	20	@20/2	
40524265 (SK 0075)	1/4-20/5 (excl. 22/4,1/5,13/5)	M,W	21:00-22:00	Po Lam SC	15+	75	20	@20/2	
Jazz Training Course									
40524266 (SK 0076)	7/4-16/6 (excl. 12/5)	Su	13:00-15:00	Tseung Kwan O SC	12+	70	20	18/2-24/2 (6/3) {29/3}	
40524267 (SK 0077)	9/4-9/5	Tu,Th	19:00-21:00	Tiu Keng Leng SC	12+	70	30	8/3	
Social Dance Training Course									
40524268 (SK 0078)	1/4-17/6 (excl. 22/4,13/5)	M	19:00-21:00	Tseung Kwan O SC	14+	86	24	18/2-24/2 (6/3) {29/3}	
40524269 (SK 0079)	27/4-29/6	Sa	14:00-16:00	Tsui Lam SC	14+	86	24	18/2-24/2 (6/3) {3/4}	
40524271 (SK 0081)	10/4-19/6 (excl. 1/5)	W	19:00-21:00	Hang Hau SC	14+	86	30	18/2-24/2 (6/3) {29/3}	
40524272 (SK 0082)	7/4-23/6 (excl. 21/4,12/5)	Su	9:00-11:00	Hang Hau SC	14+	86	30	18/2-24/2 (6/3) {29/3}	
40524273 (SK 0083)	7/4-23/6 (excl. 21/4,12/5)	Su	14:00-16:00	Po Lam SC	14+	86	24	18/2-24/2 (6/3) {29/3}	
40524274 (SK 0084)	12/4-28/6 (excl. 19/4,7/6)	F	19:00-21:00	Tiu Keng Leng SC	14+	86	30	18/2-24/2 (6/3) {29/3}	
40524332 (SK 0142)	26/4-5/7 (excl. 7/6)	F	19:00-21:00	Hong Kong Velodrome	14+	86	30	18/2-24/2 (6/3) {3/4}	
40524333 (SK 0143)	6/4-15/6 (excl. 20/4)	Sa	16:00-18:00	Hong Kong Velodrome	14+	86	30	18/2-24/2 (6/3) {29/3}	
Social Dance Training Course (Inter)									
40524270 (SK 0080)	27/4-29/6	Sa	16:00-18:00	Tsui Lam SC	14+	86	24	18/2-24/2 (6/3) {3/4}	
40524275 (SK 0085)	7/4-23/6 (excl. 21/4,12/5)	Su	16:00-18:00	Po Lam SC	14+	86	24	18/2-24/2 (6/3) {29/3}	
Tai Chi Made Easy Class									
40524205 (SK 0018)	7/4-23/6	Su	8:00-9:00	Open Space near Tsung Kwan O SP	6+	54	30	18/2-24/2 (6/3) {29/3}	
40524206 (SK 0019)	7/4-23/6	Su	9:00-10:00	Tai Chi Court at Sheung Ning Park	6+	54	30	18/2-24/2 (6/3) {29/3}	
40524210 (SK 0020)	6/4-29/6 (excl. 20/4)	Sa	7:00-8:00	Podium of Choi Ming Shopping Mall	6+	54	30	25/2	
40524211 (SK 0021)	6/4-29/6 (excl. 20/4)	Sa	9:00-10:00	Tai Chi Court at Sheung Ning Park	6+	54	30	18/2-24/2 (6/3) {29/3}	
Tai Chi Training Course									
40524213 (SK 0023)	8/4-11/10 (excl. 19/4,22/4,13/5,7/6,1/7,7/10)	M,F	7:00-8:00	Hang Hau Man Kuk Lane Park	6+	60	35	19/2	
40524214 (SK 0024)	8/4-11/10 (excl. 19,22/4,13/5,7/6,1/7,7/10)	M,F	7:00-8:00	Hau Tak Estate	6+	60	50	19/2	
40524215 (SK 0025)	8/4-11/10 (excl. 19,22/4,13/5,7/6,1/7,7/10)	M,F	19:30-20:30	Hau Tak Estate	6+	60	50	20/2	
40524216 (SK 0026)	8/4-11/10 (excl. 19/4,22/4,13/5,7/6,1/7,7/10)	M,F	7:00-8:00	Ming Tak Estate	6+	60	50	21/2	
40524217 (SK 0027)	8/4-11/10 (excl. 19/4,22/4,13/5,7/6,1/7,7/10)	M,F	7:00-8:00	Po Tsui Park	6+	60	50	26/2	
40524218 (SK 0028)	8/4-11/10 (excl. 19,22/4,13/5,7/6,1/7,7/10)	M,F	7:00-8:00	Sheung Tak Estate	6+	60	45	26/2	
40524219 (SK 0029)	8/4-11/10 (excl. 19,22/4,13/5,7/6,1/7,7/10)	M,F	7:00-8:00	Tsui Lam Estate	6+	60	45	28/2	
40524220 (SK 0030)	9/4-28/9 (excl. 20/4,14/9)	Tu,Sa	7:00-8:00	Hong Shing Garden	6+	60	45	4/3	
40524221 (SK 0031)	9/4-28/9 (excl. 20/4,14/9)	Tu,Sa	7:00-8:00	Open Space near TKOSP	6+	60	50	4/3	
40524369 (SK 0179)	1/4-5/8	M,W,F	7:00-8:00	Wai Man RD. PG	6+	60	50	18/2-24/2 (6/3) {29/3}	
Tai Chi Sword Training Course									
40524368 (SK 0178)	2/4-23/7 (excl. 20/4)	Tu,Th,Sa	7:00-8:00	Wai Man RD. PG	6+	60	40	18/2	
Western Folk Dance Training Course									
40524280 (SK 0090)	7/4-23/6 (excl. 21/4,12/5)	Su	16:00-18:00	Hang Hau SC	8+	45	30	25/2	
Yoga Training Course									
40524281 (SK 0091)	6/4-15/6 (excl. 20/4)	Sa	17:00-19:00	Tseung Kwan O SC	15+	85	20	18/2-24/2 (6/3) {29/3}	
40524282 (SK 0092)	14/4-23/6 (excl. 12/5)	Su	19:00-21:00	Tsui Lam SC	15+	85	20	18/2-24/2 (6/3) {29/3}	
40524283 (SK 0093)	11/4-13/6	Th	19:00-21:00	Hang Hau SC	15+	85	30	18/2-24/2 (6/3) {29/3}	
40524284 (SK 0094)	8/4-24/6 (excl. 22/4,13/5)	M	16:00-18:00	Po Lam SC	15+	85	24	18/2-24/2 (6/3) {29/3}	
Briefing on Proper Ways to Use Fitness Equipment									
40524285 (SK 0095)	9/4	Tu	13:00-16:00	Tseung Kwan O SC	15+	Free	25	18/2-24/2 (6/3) {29/3}	
40524286 (SK 0096)	9/4	Tu	14:00-17:00	Tseung Kwan O SC	15+	Free	25	18/2-24/2 (6/3) {29/3}	
40524287 (SK 0097)	17/4	W	19:00-22:00	Tseung Kwan O SC	15+	Free	25	18/2-24/2 (6/3) {3/4}	
40524288 (SK 0098)	17/4	W	20:00-23:00	Tseung Kwan O SC	15+	Free	25	18/2-24/2 (6/3) {3/4}	
40524336 (SK 0146)	18/4	Th	19:00-22:00	Hong Kong Velodrome	15+	Free	25	18/2-24/2 (6/3) {3/4}	
40524337 (SK 0147)	18/4	Th	20:00-23:00	Hong Kong Velodrome	15+	Free	25	18/2-24/2 (6/3) {3/4}	
Stress Management and Physical Relaxation									
40524276 (SK 0086)	1/4-22/7 (excl. 22/4,13/5,1/7)	M	9:00-10:00	Tseung Kwan O SC	14+	80	20	20/2	

40524277 (SK 0087)	1/4-22/7 (excl. 22/4,13/5,1/7)	M	10:00-11:00	Tseung Kwan O SC	14+	80	20	20/2	
40524278 (SK 0088)	17/4-24/7 (excl. 1/5)	W	10:00-11:00	Hang Hau SC	14+	80	30	15/3	
40524279 (SK 0089)	9/4-30/5 (excl. 23/4,14/5)	Tu,Th	10:00-11:00	Tiu Keng Leng SC	14+	80	30	8/3	
40524334 (SK 0144)	8/4-29/7 (excl. 22/4,13/5,1/7)	M	10:00-11:00	Hong Kong Velodrome	14+	80	30	19/2	
40524335 (SK 0145)	8/4-29/7 (excl. 22/4,13/5,1/7)	M	11:00-12:00	Hong Kong Velodrome	14+	80	30	19/2	
Briefing Session on Fitness Walking									
40524360 (SK 0170)	28/4	Su	9:00-11:00	Po Tsui Park	6+	Free	40	20/3	
Parent-child(Aged7-17)Badminton TC									
40524318 (SK 0128)	6/4-18/5 (excl. 20/4)	Sa	14:00-16:00	Po Lam SC (Non-air.con)	7+	73	18	18/2-24/2 (6/3) {29/3}	
Badminton Training Course									
40524237 (SK 0047)	10/4-17/5 (excl. 19/4,1/5)	W,F	8:00-10:00	Tseung Kwan O SC	7+	118	24	18/2-24/2 (6/3) {29/3}	
40524238 (SK 0048)	4/4-9/5 (excl. 22/4)	M,Th	19:00-21:00	Tseung Kwan O SC	7+	118	24	18/2-24/2 (6/3) {29/3}	
40524239 (SK 0049)	9/4-16/5 (excl. 23/4,14/5)	Tu,Th	8:00-10:00	Tsui Lam SC	7+	118	24	18/2-24/2 (6/3) {29/3}	
40524240 (SK 0050)	24/4-29/5 (excl. 1/5)	W,F	19:00-21:00	Tsui Lam SC	7+	118	24	18/2-24/2 (6/3) {3/4}	
40524241 (SK 0051)	15/4-23/5 (excl. 22/4,13/5)	M,Th	15:00-17:00	Hang Hau SC	7+	118	24	18/2-24/2 (6/3) {3/4}	
40524242 (SK 0052)	6/4-15/6 (excl. 20/4)	Sa	8:00-10:00	Hang Hau SC	7+	118	24	18/2-24/2 (6/3) {29/3}	
40524243 (SK 0053)	9/4-9/5	Tu,Th	19:00-21:00	Po Lam SC (Non Air-cond)	7+	118	24	18/2-24/2 (6/3) {29/3}	
40524244 (SK 0054)	3/4-12/6 (excl. 1/5)	W	10:00-12:00	Tiu Keng Leng SC	7+	118	24	18/2-24/2 (6/3) {29/3}	
40524245 (SK 0055)	2/4-7/5 (excl. 23/4)	Tu,Th	9:00-11:00	Tiu Keng Leng SC	7+	118	24	18/2-24/2 (6/3) {29/3}	
Track Cycling Training Course (Level I)									
40524340 (SK 0150)	7/4	Su	14:00-18:00	Hong Kong Velodrome	11+	140	20	15/2	
40524341 (SK 0151)	14/4	Su	14:00-18:00	Hong Kong Velodrome	11+	140	20	12/3	
Track Cycling Training Course (Level II)									
40524342 (SK 0152)	2/4	Tu	18:00-22:00	Hong Kong Velodrome	11+	140	20	22/2	
40524343 (SK 0153)	23/4	Tu	18:00-22:00	Hong Kong Velodrome	11+	140	20	18/3	
Track Cycling Training Course (Level III)									
40524344 (SK 0154)	11/4	Th	18:00-22:00	Hong Kong Velodrome	11+	140	20	11/3	
Squash Training Course									
40524292 (SK 0102)	11/4-7/5	Tu,Th	19:00-21:00	Tseung Kwan O SC	7+	160	8	28/2	
40524293 (SK 0103)	16/4-9/5	Tu,Th	19:00-21:00	Tsui Lam SC	7+	160	8	14/3	
40524294 (SK 0104)	10/4-10/5 (excl. 19/4,1/5)	W,F	19:00-21:00	Po Lam SC	7+	160	8	7/3	
Table-tennis Training Course									
40524295 (SK 0105)	6/4-15/6 (excl. 20/4)	Sa	14:00-16:00	Tseung Kwan O SC	6+	86	18	18/2-24/2 (6/3) {29/3}	
40524296 (SK 0106)	21/4-30/6 (excl. 12/5)	Su	16:00-18:00	Tsui Lam SC	6+	86	12	18/2-24/2 (6/3) {3/4}	
40524297 (SK 0107)	16/4-18/6	Tu	19:00-21:00	Hang Hau SC	6+	86	18	18/2-24/2 (6/3) {3/4}	
40524298 (SK 0108)	6/4-15/6 (excl. 20/4)	Sa	14:00-16:00	Po Lam SC	14+	86	18	18/2-24/2 (6/3) {29/3}	
40524320 (SK 0130)	14/4-23/6 (excl. 21/4)	Su	10:00-12:00	Sai Kung Squash Courts	6+	86	12	18/2-24/2 (6/3) {29/3}	
40524321 (SK 0131)	13/4-22/6 (excl. 20/4)	Sa	10:00-12:00	Sai Kung Squash Courts	6+	86	12	18/2-24/2 (6/3) {29/3}	
40524345 (SK 0155)	21/4-23/6	Su	10:00-12:00	Hong Kong Velodrome	6+	86	24	18/2-24/2 (6/3) {3/4}	
Tennis Training Course									
40524323 (SK 0133)	11/4-20/5 (excl. 22/4,13/5)	M,Th	19:00-21:00	Sai Kung TC	8+	170	12	18/2-24/2 (6/3) {29/3}	
40524324 (SK 0134)	9/4-11/6	Tu	17:00-19:00	Sai Kung TC	8+	170	12	18/2-24/2 (6/3) {29/3}	
40524325 (SK 0135)	17/4-26/6 (excl. 1/5)	W	19:00-21:00	Sai Kung TC	8+	170	12	18/2-24/2 (6/3) {3/4}	
40524326 (SK 0136)	27/4-29/6	Sa	9:00-11:00	Sai Kung TC	8+	170	12	18/2-24/2 (6/3) {3/4}	
40524370 (SK 0180)	3/4-12/6 (excl. 1/5)	W	19:00-21:00	Po Tsui Park	8+	170	18	18/2-24/2 (6/3) {29/3}	
40524371 (SK 0181)	2/4-2/5	Tu,Th	17:00-19:00	Po Tsui Park	8+	170	18	18/2-24/2 (6/3) {29/3}	
40524372 (SK 0182)	1/4-6/5 (excl. 22/4)	M,Th	19:00-21:00	Po Tsui Park	8+	170	18	18/2-24/2 (6/3) {29/3}	
40524373 (SK 0183)	1/4-8/5 (excl. 22/4,1/5)	M,W	9:00-11:00	Po Tsui Park	8+	170	18	18/2-24/2 (6/3) {29/3}	
40524374 (SK 0184)	2/4-10/5 (excl. 5/4,19/4)	Tu,F	19:00-21:00	Po Tsui Park	8+	170	18	18/2-24/2 (6/3) {29/3}	
40524375 (SK 0185)	1/4-29/4 (excl. 5/4,19/4,22/4)	M,W,F	15:00-17:00	Po Tsui Park	8+	170	18	18/2	
40524376 (SK 0186)	13/4-22/6 (excl. 20/4)	Sa	16:00-18:00	Po Tsui Park	8+	170	18	18/2-24/2 (6/3) {29/3}	

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**
Baduanjin Training Course for Elderly							
40524189 (SK 0002)	6/4-4/5 (excl. 20/4)	Tu,Th,Sa	9:00-10:00	Hau Tak Estate	30	18/2-24/2 (6/3) {29/3}	

40524190 (SK 0003)	6/4-4/5 (excl. 20/4)	Tu,Th,Sa	7:00-8:00	King Lam Estate	30	18/2-24/2 (6/3) {29/3}	✉
40524191 (SK 0004)	6/4-4/5 (excl. 20/4)	Tu,Th,Sa	7:30-8:30	Sheung Tak Estate	30	18/2-24/2 (6/3) {29/3}	✉
40524192 (SK 0005)	6/4-4/5 (excl. 20/4)	Tu,Th,Sa	8:30-9:30	Tsui Lam Estate	30	18/2-24/2 (6/3) {29/3}	✉
Fitness Training Course for Elderly							
40524299 (SK 0109)	4/4-11/5 (excl. 16/4,20/4,7/5)	Tu,Th,Sa	8:00-9:00	Tseung Kwan O SC	20	18/2-24/2 (6/3) {29/3}	✉
40524302 (SK 0112)	24/4-14/6 (excl. 1/5,7/6)	W,F	7:00-8:00	Po Lam SC	20	18/2-24/2 (6/3) {3/4}	✉
40524303 (SK 0113)	24/4-14/6 (excl. 1/5,7/6)	W,F	8:00-9:00	Po Lam SC	20	18/2-24/2 (6/3) {3/4}	✉
40524312 (SK 0122)	9/4-16/5 (excl. 20/4,23/4,14/5)	Tu,Th,Sa	8:00-9:00	Tiu Keng Leng SC	30	18/2-24/2 (6/3) {29/3}	✉
40524313 (SK 0123)	9/4-16/5 (excl. 20/4,23/4,14/5)	Tu,Th,Sa	9:00-10:00	Tiu Keng Leng SC	30	18/2-24/2 (6/3) {29/3}	✉
40524354 (SK 0164)	3/4-29/5 (excl. 22/4,1/5,13/5)	M,W	8:00-9:00	Hong Kong Velodrome	30	18/2-24/2 (6/3) {29/3}	✉
40524355 (SK 0165)	3/4-29/5 (excl. 22/4,1/5,13/5)	M,W	9:00-10:00	Hong Kong Velodrome	30	18/2-24/2 (6/3) {29/3}	✉
Meeting Point for Elderly (Fitness)							
40524357 (SK 0167)	12/4-10/5 (excl. 19/4)	F	8:00-10:00	Tsui Lam SC	20	18/2-24/2 (6/3) {29/3}	✉
Fitness (Multi-gym) Training Course for Elderly							
@ 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. 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. 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. 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.							
40524301 (SK 0111)	9/4-16/5	Tu,Th	7:00-8:00	Po Lam SC	20	@18/2-24/2 (6/3){29/3}	✉
Gymnastics Training Course for Elderly							
40524305 (SK 0115)	9/4-30/5 (excl. 20/4,23/4,14/5)	Tu,Th,Sa	8:00-9:00	Tsui Lam SC	20	18/2-24/2 (6/3) {29/3}	✉
Meeting Point for Elderly (Tai Chi)							
40524194 (SK 0007)	4/4-25/4	Th	7:00-8:00	Hong Shing Garden	35	4/4-25/4	Walk-in
40524195 (SK 0008)	4/4-25/4	Th	7:00-8:00	Open Space near TKOSP	30	4/4-25/4	Walk-in
40524196 (SK 0009)	3/4-24/4	W	7:00-8:00	Hang Hau Man Kuk Lane Park	35	3/4-24/4	Walk-in
40524197 (SK 0010)	3/4-24/4	W	7:00-8:00	Hau Tak Estate	35	3/4-24/4	Walk-in
40524198 (SK 0011)	3/4-24/4	W	19:30-20:30	Hau Tak Estate	35	3/4-24/4	Walk-in
40524199 (SK 0012)	3/4-24/4	W	7:00-8:00	Ming Tak Estate	35	3/4-24/4	Walk-in
40524200 (SK 0013)	3/4-24/4	W	7:00-8:00	Po Tsui Park	35	3/4-24/4	Walk-in
40524201 (SK 0014)	3/4-24/4	W	7:00-8:00	Sheung Tak Estate	35	3/4-24/4	Walk-in
40524202 (SK 0015)	3/4-24/4	W	7:00-8:00	Tsui Lam Estate	35	3/4-24/4	Walk-in
Meeting Point for Elderly (Tai Chi Sword)							
40524193 (SK 0006)	4/4-25/4	Th	7:00-8:00	Tsui Lam Estate	35	4/4-25/4	Walk-in
Tai Chi Sword Training Course							
40524212 (SK 0022)	9/4-28/9 (excl. 20/4,14/9)	Tu,Sa	7:00-8:00	Tsui Lam Estate	40	8/3	🖳 *i*
Health Elderly Scheme-Badminton Self Practice							
40524356 (SK 0166)	1/4-29/4 (excl. 22/4)	M	7:00-9:00	Hong Kong Velodrome	20	19/2	🖳 *i*
Health Elderly Scheme-Dance Play in							
40524300 (SK 0110)	10/4-5/6 (excl. 1/5)	W	9:00-11:00	Tseung Kwan O SC	24	18/2-24/2 (6/3) {29/3}	✉
40524308 (SK 0118)	1/4-27/5 (excl. 22/4,13/5)	M	9:00-11:00	Tseung Kwan O SC	50	18/2-24/2 (6/3) {29/3}	✉
Health Elderly Scheme-Table Tennis Self Practice Scheme							
40524306 (SK 0116)	3/4-24/4	W	8:00-9:00	Tsui Lam SC	8	25/2	🖳 *i*
40524307 (SK 0117)	12/4-26/4 (excl. 19/4)	F	8:00-9:00	Tsui Lam SC	8	12/3	🖳 *i*
40524309 (SK 0119)	4/4-25/4	Th	7:00-8:00	Hang Hau SC	12	18/2	🖳 *i*
40524310 (SK 0120)	4/4-25/4	Th	8:00-9:00	Hang Hau SC	12	18/2	🖳 *i*
40524311 (SK 0121)	4/4-25/4	Th	9:00-10:00	Hang Hau SC	12	18/2	🖳 *i*

Table-tennis Training Course for Elderly							
40524322 (SK 0132)	25/4-30/5 (excl. 13/5)	M,Th	14:00-16:00	Sai Kung Squash Courts	12	18/2-24/2 (6/3) {3/4}	✉
Gateball Training Course for Elderly							
40524361 (SK 0171)	2/4-21/5	Tu	9:00-11:00	Sheung Ning PG	30	18/2-24/2 (6/3) {29/3}	✉
40524362 (SK 0172)	11/4-30/5	Th	9:00-11:00	Po Hong Park	15	18/2-24/2 (6/3) {29/3}	✉
Gateball Training Course for elderly							
40524304 (SK 0114)	26/4-21/6 (excl. 7/6)	F	8:00-10:00	Tsui Lam SC	15	18/2-24/2 (6/3) {3/4}	✉
Day Camp for Elderly							
40524317 (SK 0127)	10/4	W	9:00-17:00	Sai Kung ORC	48	18/2-24/2 (6/3) {29/3}	✉