Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Feb 2023

Southern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee($)	Quota	Date of Enrollment (Balloting) [Open Enrollment for Remaining Quota]	Enrolment Method
Aerobic Dance Training Course									
40649797 (SN1422)	21/2-30/3	Tu,Th	14:00-15:00	Apleichau SC	14+	65	30	20/1	
40649800 (SN1423)	21/2-30/3	Tu,Th	15:00-16:00	Apleichau SC	14+	65	30	20/1	
40649803 (SN1424)	21/2-30/3	Tu,Th	18:00-19:00	Apleichau SC	14+	65	30	20/1	
40649805 (SN1425)	21/2-30/3	Tu,Th	19:00-20:00	Apleichau SC	14+	65	30	20/1	
40649827 (SN1426)	15/2-24/3	W,F	18:00-19:00	Aberdeen SC	14+	65	30	16/1	
40649829 (SN1427)	15/2-24/3	W,F	19:00-20:00	Aberdeen SC	14+	65	30	16/1	
40649831 (SN1428)	21/2-30/3	Tu,Th	14:00-15:00	Aberdeen SC	14+	65	30	18/1	
40649833 (SN1429)	21/2-30/3	Tu,Th	15:00-16:00	Aberdeen SC	14+	65	30	18/1	
40649836 (SN1430)	21/2-30/3	Tu,Th	16:00-17:00	Aberdeen SC	14+	65	30	18/1	
40649837 (SN1431)	21/2-30/3	Tu,Th	17:00-18:00	Aberdeen SC	14+	65	30	18/1	
40649838 (SN1432)	28/2-25/3	Tu,Th,Sa	9:00-10:00	Aberdeen SC	14+	65	30	30/1	
40649939 (SN1433)	28/2-25/3	Tu,Th,Sa	10:00-11:00	Aberdeen SC	14+	65	30	30/1	
40649940 (SN1434)	8/2-6/3	M,W,F	19:00-20:00	Stanley SC	14+	65	12	5/1	
40649941 (SN1435)	8/2-6/3	M,W,F	20:00-21:00	Stanley SC	14+	65	12	5/1	
40649942 (SN1436)	14/2-23/3	Tu,Th	9:00-10:00	Stanley SC	14+	65	12	16/1	
40649943 (SN1437)	14/2-23/3	Tu,Th	10:00-11:00	Stanley SC	14+	65	12	16/1	
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.									
40649983 (SN1448)	15/2-24/3	W,F	14:00-15:00	Aberdeen SC	15+	75	28	@17/1	
40649984 (SN1449)	15/2-24/3	W,F	15:00-16:00	Aberdeen SC	15+	75	28	@17/1	
40649985 (SN1450)	20/2-29/3	M,W	19:00-20:00	Aberdeen SC	15+	75	28	@17/1	
40649986 (SN1451)	20/2-29/3	M,W	20:00-21:00	Aberdeen SC	15+	75	28	@17/1	
40649987 (SN1452)	6/2-15/3	M,W	18:00-19:00	Aberdeen T/SC	15+	75	25	@6/1	
40649988 (SN1453)	6/2-15/3	M,W	19:00-20:00	Aberdeen T/SC	15+	75	25	@6/1	
40649989 (SN1454)	3/2-14/3	Tu,F	16:00-17:00	Aberdeen T/SC	15+	75	25	@6/1	
40649990 (SN1455)	3/2-14/3	Tu,F	17:00-18:00	Aberdeen T/SC	15+	75	25	@6/1	
40649991 (SN1456)	14/2-28/3 (excl. 14/3)	Tu,Th	20:00-21:00	Aberdeen T/SC	15+	75	25	@10/1	
40649992 (SN1457)	15/2-24/3	W,F	7:00-8:00	Aberdeen T/SC	15+	75	25	@10/1	
40649993 (SN1458)	15/2-24/3	W,F	8:00-9:00	Aberdeen T/SC	15+	75	25	@10/1	
40649994 (SN1459)	15/2-24/3	W,F	9:00-10:00	Aberdeen T/SC	15+	75	25	@10/1	
Social Dance Training Course									
40650042 (SN1508)	6/2-9/3	M,Th	20:00-22:00	Apleichau SC	14+	86	30	4/1	
40650043 (SN1509)	22/2-25/3	W,Sa	18:00-20:00	Apleichau SC	14+	86	30	23/12-29/12 (6/1){27/1}	
40650044 (SN1510)	21/2-23/3	Tu,Th	18:00-20:00	Aberdeen SC	14+	86	30	23/12-29/12 (6/1){27/1}	
40650045 (SN1511)	22/2-24/3	W,F	16:00-18:00	Aberdeen SC	14+	86	30	23/12-29/12 (6/1){27/1}	
40650046 (SN1512)	27/2-29/3	M,W	20:00-22:00	Aberdeen SC	14+	86	30	23/12-29/12 (6/1){27/1}	
40650048 (SN1513)	15/2-17/3	W,F	20:00-22:00	Stanley SC	14+	86	30	4/1	
Morning Tai Chi Training Course									
40650037 (SN1502)	2/2-30/5 (excl. 21/2,23/2,8/4)	Tu,Th,Sa	7:00-8:00	Shek Pai Wan Estate PG No.1	6+	60	40	23/12-29/12 (6/1){27/1}	
Yoga Training Course									
40650064 (SN1527)	21/2-23/3	Tu,Th	9:00-11:00	Apleichau SC	15+	85	30	23/12-29/12 (6/1){27/1}	
Briefing on Proper Ways to Use Fitness Equipment									
40649951 (SN1445)	11/2	Sa	14:00-17:00	Apleichau SC	15+	Free	25	23/12-29/12 (6/1){27/1}	
40649953 (SN1446)	12/2	Su	14:00-17:00	Aberdeen T/SC	15+	Free	25	23/12-29/12 (6/1){27/1}	
Badminton Training Course									

40649944 (SN1438)	21/2-24/3	Tu,F	19:00-21:00	Apleichau SC	7+	118	24	23/12-29/12 (6/1){27/1}	✉
40649945 (SN1439)	21/2-23/3	Tu,Th	14:00-16:00	Apleichau SC	7+	118	24	23/12-29/12 (6/1){27/1}	✉
40649946 (SN1440)	22/2-24/3	W,F	9:00-11:00	Apleichau SC	7+	118	24	23/12-29/12 (6/1){27/1}	✉
40649947 (SN1441)	21/2-23/3	Tu,Th	9:00-11:00	Aberdeen SC	7+	118	24	23/12-29/12 (6/1){27/1}	✉
40649948 (SN1442)	22/2-24/3	W,F	14:00-16:00	Aberdeen SC	7+	118	24	23/12-29/12 (6/1){27/1}	✉
Indoor Lawn Bowls Promotion Day									
40650027 (SN1492)	26/2	Su	10:00-11:00	Apleichau SC	8+	Free	48	26/1	🖳 *i*
40650028 (SN1493)	26/2	Su	11:00-12:00	Apleichau SC	8+	Free	48	26/1	🖳 *i*
40650029 (SN1494)	26/2	Su	12:00-13:00	Apleichau SC	8+	Free	48	26/1	🖳 *i*
Indoor Lawn Bowls Training Course									
40650030 (SN1495)	14/2-10/3	Tu,F	19:00-21:00	Apleichau SC	8+	54	16	23/12-29/12 (6/1){27/1}	✉
Squash Training Course									
40650050 (SN1514)	2/2-28/2	Tu,Th	19:00-21:00	Aberdeen T/SC	18+	160	12	23/12-29/12 (6/1){27/1}	✉
40650051 (SN1515)	4/2-25/3	Sa	10:00-12:00	Aberdeen T/SC	7+	160	12	23/12-29/12 (6/1){27/1}	✉
40650052 (SN1516)	4/2-25/3	Sa	12:00-14:00	Aberdeen T/SC	18+	160	12	23/12-29/12 (6/1){27/1}	✉
40650053 (SN1517)	5/2-26/3	Su	9:00-11:00	Aberdeen T/SC	7+	160	12	23/12-29/12 (6/1){27/1}	✉
40650054 (SN1518)	6/2-27/3	M	18:00-20:00	Aberdeen T/SC	7+	160	12	23/12-29/12 (6/1){27/1}	✉
Table-tennis Training Course									
40650056 (SN1519)	27/2-15/5 (excl. 10/4,1/5)	M	20:00-22:00	Stanley SC	6+	86	12	30/1	🖳 *i*
Tennis Training Course									
40650057 (SN1520)	1/2-3/3	W,F	16:00-18:00	Aberdeen T/SC	8+	170	18	23/12-29/12 (6/1){27/1}	✉
40650058 (SN1521)	3/2-6/3	M,F	7:00-9:00	Aberdeen T/SC	8+	170	18	23/12-29/12 (6/1){27/1}	✉
40650059 (SN1522)	12/2-23/4 (excl. 9/4)	Su	7:00-9:00	Aberdeen T/SC	8+	170	18	23/12-29/12 (6/1){27/1}	✉
40650060 (SN1523)	20/2-23/3	M,Th	16:00-18:00	Aberdeen T/SC	8+	170	18	23/12-29/12 (6/1){27/1}	✉
40650061 (SN1524)	21/2-24/3	Tu,F	19:00-21:00	Aberdeen T/SC	8+	170	18	23/12-29/12 (6/1){27/1}	✉
40650062 (SN1525)	21/2-23/3	Tu,Th	8:00-10:00	Aberdeen T/SC	8+	170	18	23/12-29/12 (6/1){27/1}	✉
Tennis Training Course for Children & Youth									
40650063 (SN1526)	18/2-29/4 (excl. 8/4)	Sa	14:00-16:00	Aberdeen T/SC	8-17	170	18	11/1	🖳 *i*
SD 11-a-side Soccer Comp*									
40650041 (QSN1507)	5/2-19/2	Su	9:00-18:00	AberdeenSportsGroundArtificialTurfPitch	14+	100	12	13/12-19/12 (23/12){17/1}	✉
Meeting Points for Youth- Soccer FD									
40650033 (SN1498)	17/2-24/2	F	18:00-20:00	Wong Chuk Hang Recreation Ground	12-35	Free	150	17/2-24/2	Walk-in

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

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:
(1) Training schemes: Accompanying carers may attend the class with the enrolled PWDs on the training day. No enrolment is required. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification.
(2) Other activities: Accompanying carers are required to enrol in recreation programmes with PWDs to facilitate coach and camp place arrangements. Admission tickets, which must be presented for verification when attending activities, will be issued to accompanying carers upon successful enrolment.

(HQ)Body-MindStretchTCforPW/Visual Impairment								
40640038 (SN1023)	6/2-27/2	M	15:00-17:00	Apleichau SC	15+	4	6/1	🖳 *i*

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
Meeting Points for Elderly-Baduanjin FD							
40650031 (SN1496)	28/2-28/3	Tu	9:00-11:00	Yue Kwong RD. SC	30	28/2-28/3	Walk-in
40650032 (SN1497)	28/2-28/3	Tu	9:00-11:00	Yue Kwong RD. SC	30	28/2-28/3	Walk-in
Fitness Exercise Training Course for Elderly							
40649995 (SN1460)	8/2-24/3	W,F	7:00-8:00	Apleichau SC	25	23/12-29/12 (6/1){27/1}	✉
40649996 (SN1461)	8/2-24/3	W,F	8:00-9:00	Apleichau SC	25	23/12-29/12 (6/1){27/1}	✉
40649997 (SN1462)	8/2-24/3	W,F	9:00-10:00	Apleichau SC	25	23/12-29/12 (6/1){27/1}	✉
40649998 (SN1463)	2/2-21/3	Tu,Th	7:00-8:00	Aberdeen T/SC	25	23/12-29/12 (6/1){27/1}	✉

40649999 (SN1464)	2/2-21/3	Tu,Th	8:00-9:00	Aberdeen T/SC	25	23/12-29/12 (6/1){27/1}	✉
40650000 (SN1465)	6/2-22/3	M,W	10:00-11:00	Aberdeen T/SC	25	23/12-29/12 (6/1){27/1}	✉
40650001 (SN1466)	6/2-22/3	M,W	11:00-12:00	Aberdeen T/SC	25	23/12-29/12 (6/1){27/1}	✉
40650002 (SN1467)	27/2-29/3	M,W,F	7:00-8:00	Stanley SC	30	23/12-29/12 (6/1){27/1}	✉
40650003 (SN1468)	27/2-29/3	M,W,F	8:00-9:00	Stanley SC	30	23/12-29/12 (6/1){27/1}	✉
Healthy Elderly Scheme-Indoor Lawn Bowls FD							
40650017 (SN1482)	7/2-28/3	Tu	9:00-11:00	Apleichau SC	40	7/2-28/3	Walk-in
Healthy Elderly Scheme-Table-Tennis FD							
40650018 (SN1483)	1/2-24/2	W,F	12:00-14:00	Apleichau SC	6	1/2-24/2	Walk-in
40650019 (SN1484)	2/2-30/3 (excl. 13/2,27/2,13/3,27/3)	M,Tu,Th	7:00-10:00	Apleichau SC	6	2/2-30/3	Walk-in
40650020 (SN1485)	2/2-28/2 (excl. 13/2,27/2)	M,Tu,Th	10:00-12:00	Apleichau SC	6	2/2-28/2	Walk-in
40650021 (SN1486)	3/2-24/2	F	9:00-11:00	Aberdeen SC	12	3/2-24/2	Walk-in
40650022 (SN1487)	1/2-27/2	M,W,F	7:00-9:00	Aberdeen T/SC	18	1/2-27/2	Walk-in
40650023 (SN1488)	7/2-28/3	Tu	9:00-11:00	Stanley SC	6	7/2-28/3	Walk-in
Healthy Elderly Scheme-Tennis FD							
40650026 (SN1491)	1/2-22/2	W	7:00-10:00	Aberdeen T/SC	6	1/2-22/2	Walk-in
Healthy Elderly Scheme-American Pool FD							
40650008 (SN1473)	1/2-24/2	W,F	10:00-12:00	Apleichau SC	6	1/2-24/2	Walk-in
40650009 (SN1474)	2/2-27/2	M,Th	7:00-9:00	Apleichau SC	6	2/2-27/2	Walk-in
40650010 (SN1475)	7/2-28/2	Tu	7:00-9:00	Apleichau SC	6	7/2-28/2	Walk-in
40650011 (SN1476)	1/2-27/2	M,W,F	7:00-9:00	Aberdeen T/SC	6	1/2-27/2	Walk-in
40650012 (SN1477)	1/2-27/2	M,W,F	9:00-11:00	Aberdeen T/SC	6	1/2-27/2	Walk-in
40650013 (SN1478)	2/2-28/2 (excl. 7/2,21/2)	Tu,Th	10:00-12:00	Aberdeen T/SC	6	2/2-28/2	Walk-in
Healthy Elderly Scheme- Gateball FD							
40650014 (SN1479)	3/2-24/2	F	11:00-13:00	Apleichau SC	15	3/2-24/2	Walk-in
Healthy Elderly Scheme-Gateball FD							
40650016 (SN1481)	2/2-28/2	Tu,Th	14:00-16:00	Yue Kwong RD. SC	15	2/2-28/2	Walk-in