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

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
Tai Chi Made Easy Class									
40652658 (SS1615)	1/3-27/3	M,W,F	17:00-18:00	Tung Chau ST. Park	6+	54	30	1/2	
40652659 (SS1616)	2/3-28/3	Tu,Th,Sa	7:00-8:00	Sham Shui Po Park	6+	54	30	1/2	
Briefing on Proper Ways to Use Fitness Equipment									
40652585 (SS1590)	5/3	Su	18:00-21:00	Pei Ho ST. SC	15+	Free	25	26/1-31/1 (8/2) {28/2}	
40652586 (SS1588)	12/3	Su	14:00-17:00	Po On RD. SC	15+	Free	25	26/1-31/1 (8/2) {28/2}	
40652587 (SS1587)	4/3	Sa	8:00-11:00	Sham Shui Po SC	15+	Free	25	26/1-31/1 (8/2) {28/2}	

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
Mt Pts for Elderly - Baduanjin Play-in							
40652588 (SS1608)	3/3-17/3	F	9:00-11:00	Pei Ho ST. SC	30	3/3-17/3	Walk-in
Mt Pts for Elderly -Social Dance Play-in							
40652591 (SS1607)	1/3-29/3	W	9:15-11:45	Lai Chi Kok Park SC	30	1/3-29/3	Walk-in
HES - Badminton Play-in							
40652609 (SS1595)	3/3-31/3 (excl. 15/3)	W,F	7:00-8:00	Pei Ho ST. SC	12	2/2	
40652613 (SS1596)	3/3-31/3 (excl. 15/3)	W,F	8:00-9:00	Pei Ho ST. SC	12	2/2	
HES - Baduanjin Play-in							
40652619 (SS1597)	3/3-31/3	F	14:00-16:00	Tung Chau ST. Park AR	40	3/3-31/3	Walk-in
HES - Tai Chi Play-in							
40652594 (SS1604)	6/3-27/3	M	9:00-10:30	Pei Ho ST. SC	40	6/3-27/3	Walk-in
40652597 (SS1605)	6/3-27/3	M	10:30-12:00	Pei Ho ST. SC	40	6/3-27/3	Walk-in
Mt Pts for Elderly-Indoor Short Mat Bowl Play							
40652593 (SS1610)	2/3-23/3	Th	9:30-11:30	Pei Ho ST. SC	30	2/3-23/3	Walk-in
HES - Table-Tennis Play-in							
40652590 (SS1598)	1/3-31/3	Tu,W,Th,F	9:00-12:00	Cornwall ST. Squash & Table Tennis Centre	24	1/3-31/3	Walk-in
40652592 (SS1603)	6/3-27/3	M	15:30-17:30	Lai Chi Kok Park SC	24	6/3-27/3	Walk-in
40652601 (SS1601)	2/3-30/3	Th	9:00-10:30	Po On RD. SC	24	2/3-30/3	Walk-in
40652603 (SS1602)	2/3-30/3	Th	10:30-12:00	Po On RD. SC	24	2/3-30/3	Walk-in
40652623 (SS1599)	1/3-29/3 (excl. 6/3,20/3)	M,W	9:00-10:30	Tung Chau ST. Park	24	1/3-29/3	Walk-in
40652626 (SS1600)	1/3-29/3 (excl. 6/3,20/3)	M,W	10:30-12:00	Tung Chau ST. Park	24	1/3-29/3	Walk-in
Mt Pts for Elderly -Gateball Play-in							
40652589 (SS1609)	7/3-28/3	Tu	9:30-11:30	Lai Chi Kok Park SC	30	7/3-28/3	Walk-in