

**Report on the Organisation of Recreation and Sports Programmes
in Sai Kung District from September 2023 to February 2024
by the Leisure and Cultural Services Department**

Purpose

This paper aims to brief Members on the organisation of recreation and sports programmes by the Sai Kung District Leisure Services Office of the Leisure and Cultural Services Department (LCSD) for the period between September 2023 and February 2024, and those planned for 2024-25.

Background

2. The LCSD makes regular submissions to brief Members on the implementation of recreation and sports programmes in Sai Kung District.

Recreation and Sports Programmes

3. Details of the recreation and sports programmes organised in Sai Kung District between September 2023 and February 2024 are at Annexes I(a) to I(f); details of the recreation and sports programmes to be organised between April and May 2024 are at Annexes II(a) and II(b).

4. Committed to promoting “Sport for All”, the LCSD provides people of varying ages and physical abilities in the district with diversified recreation and sports programmes, in a bid to encourage the public to get into the habit of regular participation in sports and physical activities and lead a healthy lifestyle in furtherance of the “Sport for All” policy. The Sai Kung District Leisure Services Office of the LCSD has drawn up an annual plan for the organisation of recreation and sports programmes for 2024-25, with about 1 707 programmes anticipated to be organised throughout the year for about 122 281 participants. Details of such programmes are at Annex III.

5. To foster district sports activities with local characteristics, Sai Kung District has selected water sports for development since 2006-07, in the hope of establishing Sai Kung District as a base for water sports, thereby identifying potential athletes for further training by the relevant National Sports Associations (NSAs). The Sai Kung District Leisure Services Office will sustain its efforts to strengthen collaborations with the Sai Kung District Council, district sports organisations and the NSAs. The LCSD will review and rationalise the featured activities, with a total of 46 such activities anticipated to be held for about 378 participants in the coming year.

Presentation

6. This paper will be submitted to the Community Involvement, Culture and Recreation Committee of the Sai Kung District Council for Members' reference and information at its meeting on 19 March 2024.

Sai Kung District Leisure Services Office
Leisure and Cultural Services Department
March 2024

Leisure and Cultural Services Department
Recreation and Sports Programmes organised in Sai Kung District in September 2023

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|---------------------------------------------------------------|--------------|------------------------|---------------------------------------------|---------|-------|---------------------|
| 1 | SKD Age Group Swimming Competition | 1 | 10/9/2023 | Tseung Kwan O Swimming Pool | 20 | 756 | 630 |
| 2 | SKD 3-on-3 Basketball Competition | 1 | 3/9/2023 | Hang Hau Sports Centre | 50 | 192 | 103 |
| 3 | SKD Handball Competition | 1 | 17/9/2023 - 24/9/2023 | Tseung Kwan O Sports Centre | 60 | 256 | 251 |
| 4 | Front Crawl Training Course for Adult (Level I) | 1 | 20/9/2023 - 13/10/2023 | Tseung Kwan O Swimming Pool | 100 | 16 | 16 |
| 5 | Front Crawl Training Course for Adult (Level I) | 1 | 15/9/2023 - 9/10/2023 | Tseung Kwan O Swimming Pool | 100 | 16 | 16 |
| 6 | Front Crawl Training Course for Adult (Level I) | 2 | 7/9/2023 - 10/10/2023 | Tseung Kwan O Swimming Pool | 100 | 32 | 32 |
| 7 | Front Crawl Training Course for Adult (Level II) | 1 | 20/9/2023 - 13/10/2023 | Tseung Kwan O Swimming Pool | 100 | 20 | 20 |
| 8 | Breaststroke Training Course for Adult (Level I) | 1 | 20/9/2023 - 13/10/2023 | Tseung Kwan O Swimming Pool | 100 | 16 | 16 |
| 9 | Breaststroke Training Course for Adult (Level I) | 2 | 7/9/2023 - 10/10/2023 | Tseung Kwan O Swimming Pool | 100 | 32 | 29 |
| 10 | Breaststroke Training Course for Adult (Level II) | 1 | 7/9/2023 - 10/10/2023 | Tseung Kwan O Swimming Pool | 100 | 20 | 20 |
| 11 | Butterfly Stroke Training Course for Adult (Level III) | 1 | 7/9/2023 - 10/10/2023 | Tseung Kwan O Swimming Pool | 100 | 20 | 20 |
| 12 | Breaststroke Training Course for Aged 17 or below (Level III) | 1 | 7/9/2023 - 10/10/2023 | Tseung Kwan O Swimming Pool | 100 | 20 | 18 |
| 13 | Front Crawl Training Course for Aged 9-17 (Level I) | 1 | 20/9/2023 - 13/10/2023 | Tseung Kwan O Swimming Pool | 100 | 16 | 8 |
| 14 | Aerobic Dance Training Course | 3 | 26/9/2023 - 28/10/2023 | Tseung Kwan O Sports Centre | 65 | 60 | 60 |
| 15 | Aerobic Dance Training Course | 2 | 5/9/2023 - 3/10/2023 | Tsui Lam Sports Centre | 65 | 40 | 40 |
| 16 | Aerobic Dance Training Course | 2 | 12/9/2023 - 19/10/2023 | Po Lam Sports Centre | 65 | 48 | 48 |
| 17 | Aerobic Dance Training Course | 2 | 6/9/2023 - 13/10/2023 | Sai Kung Squash Courts* | 65 | 24 | 24 |
| 18 | Aerobic Dance Training Course | 2 | 11/9/2023 - 11/10/2023 | Hong Kong Velodrome | 65 | 48 | 48 |
| 19 | Fitness (Multi-gym) Training Course | 3 | 11/9/2023 - 25/10/2023 | Po Lam Sports Centre | 75 | 60 | 60 |
| 20 | Fitness (Multi-gym) Training Course | 2 | 15/9/2023 - 13/10/2023 | Tsui Lam Sports Centre | 75 | 40 | 40 |
| 21 | Jazz Training Course | 1 | 5/9/2023 - 5/10/2023 | Tiu Keng Leng Sports Centre | 70 | 30 | 30 |
| 22 | Social Dance Training Course | 1 | 21/9/2023 - 23/11/2023 | Po Lam Sports Centre | 86 | 24 | 24 |
| 23 | Social Dance Training Course | 1 | 23/9/2023 - 2/12/2023 | Hong Kong Velodrome | 86 | 30 | 30 |
| 24 | Tai Chi Training Course | 1 | 23/9/2023 - 19/3/2024 | Hong Sing Garden | 60 | 45 | 38 |
| 25 | Tai Chi Training Course | 1 | 23/9/2023 - 19/3/2024 | Open Space near Tseung Kwan O Swimming Pool | 60 | 50 | 33 |
| 26 | Tai Chi Made Easy Class | 1 | 24/9/2023 - 17/12/2023 | Open Space near Tseung Kwan O Swimming Pool | 54 | 30 | 29 |
| 27 | Tai Chi Made Easy Class | 1 | 24/9/2023 - 17/12/2023 | Sheung Ning Playground | 54 | 30 | 30 |
| 28 | Tai Chi Made Easy Class | 1 | 3/9/2023 - 26/11/2023 | Wai Man Road Playground* | 54 | 30 | 21 |
| 29 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 12/9/2023 | Tseung Kwan O Sports Centre | Free | 50 | 50 |
| 30 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 23/9/2023 | Tseung Kwan O Sports Centre | Free | 50 | 50 |
| 31 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 12/9/2023 | Hang Hau Sports Centre | Free | 50 | 50 |
| 32 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 7/9/2023 | Hong Kong Velodrome | Free | 50 | 50 |
| 33 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 14/9/2023 | Hong Kong Velodrome | Free | 50 | 50 |
| 34 | Badminton Training Course | 1 | 6/9/2023 - 6/10/2023 | Tseung Kwan O Sports Centre | 118 | 24 | 24 |
| 35 | Badminton Training Course | 1 | 12/9/2023 - 12/10/2023 | Tsui Lam Sports Centre | 118 | 24 | 24 |
| 36 | Badminton Training Course | 1 | 6/9/2023 - 6/10/2023 | Tsui Lam Sports Centre | 118 | 24 | 24 |
| 37 | Go Training Course (Level I) | 1 | 2/9/2023 - 14/10/2023 | Po Lam Sports Centre | 40 | 20 | 20 |
| 38 | Lawn Bowls Fun Day | 1 | 3/9/2023 | Hang Hau Man Kuk Lane Park | Free | 24 | 24 |
| 39 | Squash Training Course | 1 | 12/9/2023 - 5/10/2023 | Tseung Kwan O Sports Centre | 160 | 8 | 8 |
| 40 | Tennis Training Course | 1 | 1/9/2023 - 22/9/2023 | Po Tsui Park | 170 | 18 | 18 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|-------------------------------------------------------|--------------|------------------------|---------------------------------------------|---------|--------------|---------------------|
| 41 | Tennis Training Course | 1 | 21/9/2023 - 24/10/2023 | Po Tsui Park | 170 | 18 | 18 |
| 42 | Tennis Training Course | 1 | 26/9/2023 - 31/10/2023 | Po Tsui Park | 170 | 18 | 18 |
| 43 | Tennis Training Course | 1 | 28/9/2023 - 6/11/2023 | Po Tsui Park | 170 | 18 | 18 |
| 44 | Tennis Training Course | 1 | 7/9/2023 - 10/10/2023 | Sai Kung Tennis Courts* | 170 | 12 | 12 |
| 45 | SKD Kayak 2 Star Award Training Course | 1 | 23/9/2023 | Chong Hing Water Sports Centre* | 30 | 8 | 8 |
| 46 | SKD Kayak 3 Star Award Training Course | 1 | 24/9/2023 | Chong Hing Water Sports Centre* | 30 | 8 | 8 |
| 47 | Intermediate Dragon Boat Training Course | 1 | 23/9/2023 - 24/9/2023 | Chong Hing Water Sports Centre* | 220 | 10 | 10 |
| 48 | Sport Climbing Fun Day | 2 | 23/9/2023 | Tiu Keng Leng Sports Centre | Free | 48 | 48 |
| 49 | Yoga Training Scheme for Persons with Chronic Illness | 1 | 6/9/2023 - 25/10/2023 | Tiu Keng Leng Sports Centre | Free | 15 | 15 |
| 50 | Swimming Training Course for Elderly (Level I) | 1 | 15/9/2023 - 9/10/2023 | Tseung Kwan O Swimming Pool | Free | 16 | 16 |
| 51 | Swimming Training Course for Elderly (Level I) | 1 | 7/9/2023 - 10/10/2023 | Tseung Kwan O Swimming Pool | Free | 16 | 16 |
| 52 | Baduanjin Training Course for Elderly | 1 | 14/9/2023 - 12/10/2023 | Hau Tak Estate | Free | 30 | 30 |
| 53 | Baduanjin Training Course for Elderly | 1 | 14/9/2023 - 12/10/2023 | King Lam Estate | Free | 30 | 22 |
| 54 | Baduanjin Training Course for Elderly | 1 | 14/9/2023 - 12/10/2023 | Sheung Tak Estate | Free | 30 | 30 |
| 55 | Baduanjin Training Course for Elderly | 1 | 14/9/2023 - 12/10/2023 | Tsui Lam Estate | Free | 30 | 24 |
| 56 | Fitness (Multi-gym) Training Course for Elderly | 1 | 5/9/2023 - 17/10/2023 | Po Lam Sports Centre | Free | 20 | 20 |
| 57 | Fitness Exercise Training Course for Elderly | 1 | 21/9/2023 - 28/10/2023 | Tseung Kwan O Sports Centre | Free | 20 | 20 |
| 58 | Gateball Training Course for Elderly | 1 | 1/9/2023 - 20/10/2023 | Tsui Lam Sports Centre | Free | 15 | 15 |
| 59 | Table Tennis Training Course for Elderly | 1 | 4/9/2023 - 9/10/2023 | Sai Kung Squash Courts* | Free | 12 | 12 |
| 60 | Meeting Point for the Elderly - Fitness | 2 | 8/9/2023 - 29/9/2023 | Tsui Lam Sports Centre | Free | 40 | 40 |
| 61 | Meeting Point for Elderly - Tai Chi | 1 | 7/9/2023 - 28/9/2023 | Hong Sing Garden | Free | 30 | 30 |
| 62 | Meeting Point for Elderly - Tai Chi | 1 | 7/9/2023 - 28/9/2023 | Open Space near Tseung Kwan O Swimming Pool | Free | 30 | 30 |
| 63 | Meeting Point for Elderly - Tai Chi | 1 | 6/9/2023 - 27/9/2023 | Hang Hau Man Kuk Lane Park | Free | 30 | 30 |
| 64 | Meeting Point for Elderly - Tai Chi | 2 | 6/9/2023 - 27/9/2023 | Hau Tak Estate | Free | 60 | 60 |
| 65 | Meeting Point for Elderly - Tai Chi | 1 | 6/9/2023 - 27/9/2023 | Ming Tak Estate | Free | 30 | 30 |
| 66 | Meeting Point for Elderly - Tai Chi | 1 | 6/9/2023 - 27/9/2023 | Po Tsui Park | Free | 30 | 30 |
| 67 | Meeting Point for Elderly - Tai Chi | 1 | 6/9/2023 - 27/9/2023 | Sheung Tak Estate | Free | 30 | 30 |
| 68 | Meeting Point for Elderly - Tai Chi | 1 | 6/9/2023 - 27/9/2023 | Tsui Lam Estate | Free | 30 | 30 |
| 69 | Meeting Point for Elderly - Tai Chi Sword | 1 | 6/9/2023 - 27/9/2023 | Tong Ming Street Sitting Out Area | Free | 30 | 30 |
| 70 | Meeting Point for Elderly - Tai Chi Sword | 1 | 7/9/2023 - 28/9/2023 | Tsui Lam Estate | Free | 30 | 30 |
| 71 | Day Camp for Elderly | 1 | 13/9/2023 | Sai Kung Outdoor Recreation Centre* | Free | 48 | 48 |
| 72 | Healthy Elderly Scheme - Badminton Self Practice | 1 | 7/9/2023 - 28/9/2023 | Tseung Kwan O Sports Centre | Free | 20 | 20 |
| 73 | Healthy Elderly Scheme - Lawn Bowls Self Practice | 2 | 5/9/2023 - 26/9/2023 | Hang Hau Man Kuk Lane Park | Free | 32 | 32 |
| 74 | Healthy Elderly Scheme - Table Tennis Self Practice | 2 | 6/9/2023 - 27/9/2023 | Tsui Lam Sports Centre | Free | 16 | 16 |
| 75 | Healthy Elderly Scheme - Table Tennis Self Practice | 3 | 7/9/2023 - 28/9/2023 | Hang Hau Sports Centre | Free | 36 | 36 |
| | Total: | 98 | | | | 3 289 | 3 008 |

Leisure and Cultural Services Department
Recreation and Sports Programmes organised in Sai Kung District in October 2023

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|-------------------------------------------|--------------|-------------------------|-----------------------------------------------------------------------------------|---------|-------|---------------------|
| 1 | SKD 11-a-side Soccer Competition | 1 | 8/10/2023 - 14/1/2024 | Po Tsui Park, Tseung Kwan O Sports Ground & Sai Kung Tang Shiu Kin Sports Ground* | 100 | 432 | 281 |
| 2 | SKD Age Group Badminton Competition | 1 | 21/10/2023 - 25/11/2023 | Tseung Kwan O Sports Centre | 20 | 590 | 588 |
| 3 | SKD Volleyball Competition | 1 | 29/10/2023 - 5/11/2023 | Hang Hau Sports Centre | 60 | 192 | 192 |
| 4 | Long Distance Running Training Course | 1 | 3/10/2023 - 5/12/2023 | Tseung Kwan O Sports Ground | 130 | 40 | 40 |
| 5 | Long Distance Running Training Course | 1 | 8/10/2023 - 10/12/2023 | Hong Kong Velodrome Park | 130 | 40 | 40 |
| 6 | Aerobic Dance Training Course | 2 | 10/10/2023 - 7/11/2023 | Tsui Lam Sports Centre | 65 | 40 | 40 |
| 7 | Aerobic Dance Training Course | 2 | 4/10/2023 - 3/11/2023 | Po Lam Sports Centre | 65 | 48 | 48 |
| 8 | Aerobic Dance Training Course | 2 | 6/10/2023 - 15/11/2023 | Tsui Lam Sports Centre | 65 | 40 | 38 |
| 9 | Aerobic Dance Training Course | 2 | 31/10/2023 - 7/12/2023 | Po Lam Sports Centre | 65 | 48 | 48 |
| 10 | Aerobic Dance Training Course | 2 | 10/10/2023 - 16/11/2023 | Hang Hau Sports Centre | 65 | 60 | 60 |
| 11 | Aerobic Dance Training Course | 2 | 3/10/2023 - 9/11/2023 | Hong Kong Velodrome | 65 | 48 | 48 |
| 12 | Aerobic Dance Training Course | 2 | 18/10/2023 - 15/11/2023 | Hong Kong Velodrome | 65 | 48 | 48 |
| 13 | Baduanjin Training Course | 1 | 9/10/2023 - 6/11/2023 | Open Space near Tseung Kwan O Swimming Pool | 80 | 30 | 30 |
| 14 | Body-Mind Stretch Training Course | 2 | 3/10/2023 - 9/11/2023 | Hong Kong Velodrome | 85 | 48 | 48 |
| 15 | Children Dance Training Course | 1 | 8/10/2023 - 10/12/2023 | Tseung Kwan O Sports Centre | 60 | 20 | 20 |
| 16 | Children Dance Training Course | 1 | 8/10/2023 - 10/12/2023 | Hong Kong Velodrome | 60 | 20 | 18 |
| 17 | Chinese Dance Training Course | 1 | 3/10/2023 - 12/12/2023 | Tiu Keng Leng Sports Centre | 45 | 30 | 30 |
| 18 | Chinese Dance Training Course | 1 | 11/10/2023 - 13/12/2023 | Tsui Lam Sports Centre | 45 | 20 | 20 |
| 19 | Chinese Dance Training Course | 1 | 13/10/2023 - 15/12/2023 | Hang Hau Sports Centre | 45 | 30 | 30 |
| 20 | Fitness (Multi-gym) Training Course | 2 | 9/10/2023 - 20/11/2023 | Tseung Kwan O Sports Centre | 75 | 50 | 46 |
| 21 | Fitness (Multi-gym) Training Course | 2 | 10/10/2023 - 7/11/2023 | Po Lam Sports Centre | 75 | 40 | 40 |
| 22 | Fitness (Multi-gym) Training Course | 2 | 5/10/2023 - 14/11/2023 | Tsui Lam Sports Centre | 75 | 40 | 40 |
| 23 | Fitness (Multi-gym) Training Course | 2 | 11/10/2023 - 17/11/2023 | Tsui Lam Sports Centre | 75 | 40 | 34 |
| 24 | Fitness (Multi-gym) Training Course | 2 | 5/10/2023 - 31/10/2023 | Po Lam Sports Centre | 75 | 40 | 40 |
| 25 | Jazz Training Course | 1 | 10/10/2023 - 9/11/2023 | Tiu Keng Leng Sports Centre | 70 | 30 | 30 |
| 26 | Jazz Training Course | 1 | 8/10/2023 - 10/12/2023 | Tseung Kwan O Sports Centre | 70 | 20 | 20 |
| 27 | Social Dance Training Course | 1 | 6/10/2023 - 8/12/2023 | Tiu Keng Leng Sports Centre | 86 | 30 | 30 |
| 28 | Social Dance Training Course | 1 | 9/10/2023 - 18/12/2023 | Tseung Kwan O Sports Centre | 86 | 24 | 24 |
| 29 | Social Dance Training Course | 1 | 17/10/2023 - 19/12/2023 | Tsui Lam Sports Centre | 86 | 24 | 24 |
| 30 | Social Dance Training Course | 1 | 8/10/2023 - 24/12/2023 | Po Lam Sports Centre | 86 | 24 | 24 |
| 31 | Social Dance Training Course | 1 | 14/10/2023 - 30/12/2023 | Tsui Lam Sports Centre | 86 | 24 | 24 |
| 32 | Social Dance Training Course | 1 | 8/10/2023 - 24/12/2023 | Hang Hau Sports Centre | 86 | 30 | 30 |
| 33 | Social Dance Training Course | 1 | 4/10/2023 - 6/12/2023 | Hang Hau Sports Centre | 86 | 30 | 30 |
| 34 | Social Dance Training Course | 1 | 6/10/2023 - 8/12/2023 | Hong Kong Velodrome | 86 | 30 | 15 |
| 35 | Stress Management and Physical Relaxation | 1 | 5/10/2023 - 23/11/2023 | Tiu Keng Leng Sports Centre | 80 | 30 | 30 |
| 36 | Tai Chi Training Course | 1 | 6/10/2023 - 15/4/2024 | Hang Hau Man Kuk Lane Park | 60 | 35 | 35 |
| 37 | Tai Chi Training Course | 2 | 6/10/2023 - 15/4/2024 | Hau Tak Estate | 60 | 80 | 69 |
| 38 | Tai Chi Training Course | 1 | 6/10/2023 - 15/4/2024 | Po Tsui Park | 60 | 50 | 33 |
| 39 | Tai Chi Training Course | 1 | 6/10/2023 - 15/4/2024 | Sheung Tak Estate | 60 | 45 | 37 |
| 40 | Tai Chi Training Course | 1 | 6/10/2023 - 15/4/2024 | Tsui Lam Estate | 60 | 45 | 28 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|------------------------------------------------------------------------|--------------|-------------------------|----------------------------------------------------|---------|-------|---------------------|
| 41 | Tai Chi Made Easy Class | 1 | 7/10/2023 - 23/12/2023 | Sheung Ning Playground | 54 | 30 | 30 |
| 42 | Tai Chi Sword Training Course | 1 | 10/10/2023 - 6/4/2024 | Tsui Lam Estate | 60 | 40 | 31 |
| 43 | Western Folk Dance Training Course | 1 | 8/10/2023 - 24/12/2023 | Hang Hau Sports Centre | 45 | 30 | 30 |
| 44 | Break Fund Day for Youth | 2 | 15/10/2023 | Hong Kong Velodrome | Free | 40 | 40 |
| 45 | Yoga Training Course | 1 | 9/10/2023 - 18/12/2023 | Po Lam Sports Centre | 85 | 24 | 24 |
| 46 | Yoga Training Course | 1 | 7/10/2023 - 9/12/2023 | Tseung Kwan O Sports Centre | 85 | 20 | 20 |
| 47 | Yoga Training Course | 1 | 8/10/2023 - 24/12/2023 | Tsui Lam Sports Centre | 85 | 20 | 20 |
| 48 | Yoga Training Course | 1 | 5/10/2023 - 7/12/2023 | Hang Hau Sports Centre | 85 | 30 | 30 |
| 49 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 4/10/2023 | Tseung Kwan O Sports Centre | Free | 50 | 50 |
| 50 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 10/10/2023 | Tseung Kwan O Sports Centre | Free | 50 | 50 |
| 51 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 24/10/2023 | Tseung Kwan O Sports Centre | Free | 50 | 50 |
| 52 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 28/10/2023 | Tseung Kwan O Sports Centre | Free | 50 | 50 |
| 53 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 5/10/2023 | Hong Kong Velodrome | Free | 50 | 50 |
| 54 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 12/10/2023 | Hong Kong Velodrome | Free | 50 | 50 |
| 55 | Badminton Training Course | 1 | 4/10/2023 - 6/12/2023 | Tiu Keng Leng Sports Centre | 118 | 24 | 24 |
| 56 | Badminton Training Course | 1 | 3/10/2023 - 7/11/2023 | Tiu Keng Leng Sports Centre | 118 | 24 | 24 |
| 57 | Badminton Training Course | 1 | 9/10/2023 - 13/11/2023 | Tseung Kwan O Sports Centre | 118 | 24 | 24 |
| 58 | Badminton Training Course | 1 | 17/10/2023 - 16/11/2023 | Po Lam Sports Centre | 118 | 18 | 18 |
| 59 | Badminton Training Course | 1 | 26/10/2023 - 28/11/2023 | Tsui Lam Sports Centre | 118 | 24 | 24 |
| 60 | Badminton Training Course | 1 | 25/10/2023 - 24/11/2023 | Tsui Lam Sports Centre | 118 | 24 | 24 |
| 61 | Badminton Training Course | 1 | 14/10/2023 - 30/12/2023 | Hang Hau Sports Centre | 118 | 24 | 24 |
| 62 | Badminton Training Course | 1 | 9/10/2023 - 13/11/2023 | Hang Hau Sports Centre | 118 | 24 | 24 |
| 63 | Lawn Bowls Training Course | 1 | 4/10/2023 - 27/10/2023 | Hang Hau Man Kuk Lane Park | 54 | 16 | 16 |
| 64 | Mini-tennis Training Course | 1 | 7/10/2023 - 23/12/2023 | Po Lam Sports Centre | 70 | 12 | 12 |
| 65 | Squash Training Course | 1 | 4/10/2023 - 27/10/2023 | Po Lam Sports Centre | 160 | 8 | 8 |
| 66 | Squash Training Course | 1 | 10/10/2023 - 2/11/2023 | Tsui Lam Sports Centre | 160 | 8 | 8 |
| 67 | Table Tennis Training Course | 1 | 7/10/2023 - 9/12/2023 | Tseung Kwan O Sports Centre | 86 | 18 | 18 |
| 68 | Table Tennis Training Course | 1 | 10/10/2023 - 12/12/2023 | Hang Hau Sports Centre | 86 | 18 | 18 |
| 69 | Table Tennis Training Course | 1 | 8/10/2023 - 10/12/2023 | Hong Kong Velodrome | 86 | 24 | 24 |
| 70 | Table Tennis Training Course | 1 | 8/10/2023 - 10/12/2023 | Sai Kung Squash Courts* | 86 | 12 | 12 |
| 71 | Table Tennis Training Course for Children | 1 | 22/10/2023 - 14/1/2024 | Tiu Keng Leng Sports Centre | 86 | 18 | 18 |
| 72 | Tennis Training Course | 1 | 4/10/2023 - 6/12/2023 | Po Tsui Park | 170 | 18 | 18 |
| 73 | Tennis Training Course | 1 | 4/10/2023 - 27/10/2023 | Po Tsui Park | 170 | 18 | 18 |
| 74 | Tennis Training Course | 1 | 9/10/2023 - 13/11/2023 | Po Tsui Park | 170 | 18 | 18 |
| 75 | Tennis Training Course | 1 | 26/10/2023 - 28/11/2023 | Sai Kung Squash Courts* | 170 | 12 | 12 |
| 76 | Tennis Training Course | 1 | 10/10/2023 - 12/12/2023 | Sai Kung Squash Courts* | 170 | 12 | 12 |
| 77 | Tennis Training Course | 1 | 11/10/2023 - 13/12/2023 | Sai Kung Squash Courts* | 170 | 12 | 12 |
| 78 | Tennis Training Course | 1 | 7/10/2023 - 9/12/2023 | Sai Kung Squash Courts* | 170 | 12 | 12 |
| 79 | Orienteering Fun Day | 1 | 21/10/2023 | Hong Kong Velodrome Park | Free | 400 | 97 |
| 80 | Orienteering Fun Day | 1 | 22/10/2023 | Po Hong Park | Free | 400 | 189 |
| 81 | Volleyball Training Course | 1 | 8/10/2023 - 24/12/2023 | Po Lam Sports Centre | 70 | 30 | 30 |
| 82 | Fitness @ Park | 1 | 15/10/2023 | Po Hong Park | Free | 200 | 200 |
| 83 | "SmartPLAY" Smart Way Workshop for All | 1 | 13/10/2023 | Tseung Kwan O Sports Centre | Free | 35 | 35 |
| 84 | "SmartPLAY" Smart Way Workshop for All | 1 | 19/10/2023 | Hang Hau Sports Centre | Free | 35 | 35 |
| 85 | "SmartPLAY" Smart Way Workshop for All | 1 | 25/10/2023 | Po Lam Sports Centre | Free | 35 | 35 |
| 86 | Fitness (Multi-gym) Fun Day for Ex-mentally Ill Persons | 1 | 6/10/2023 | Hang Hau Sports Centre | Free | 8 | 7 |
| 87 | Excursion for Persons with Intellectual Disability and Ex-mentally Ill | 1 | 5/10/2023 | Hong Kong Heritage Museum & Tai Po Waterfront Park | Free | 60 | 55 |
| 88 | Fitness (Multi-gym) Fun Day for Persons with Hearing Impairment | 1 | 31/10/2023 | Tiu Keng Leng Sports Centre | Free | 12 | 10 |
| 89 | Excursion for Persons with Visual Impairment | 1 | 15/10/2023 | Tuen Mun Park, Lau Fau Shan & Tuen Mun Gold Coast | Free | 110 | 93 |
| 90 | Baduanjin Training Course for Elderly | 1 | 17/10/2023 - 11/11/2023 | Hau Tak Estate | Free | 30 | 30 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|-----------------------------------------------------|--------------|-------------------------|---------------------------------------------|---------|--------------|---------------------|
| 91 | Baduanjin Training Course for Elderly | 1 | 17/10/2023 - 11/11/2023 | King Lam Estate | Free | 30 | 20 |
| 92 | Baduanjin Training Course for Elderly | 1 | 17/10/2023 - 11/11/2023 | Sheung Tak Estate | Free | 30 | 30 |
| 93 | Baduanjin Training Course for Elderly | 1 | 17/10/2023 - 11/11/2023 | Tsui Lam Estate | Free | 30 | 22 |
| 94 | Fitness (Multi-gym) Training Course for Elderly | 1 | 26/10/2023 - 5/12/2023 | Po Lam Sports Centre | Free | 20 | 20 |
| 95 | Fitness Exercise Training Course for Elderly | 2 | 3/10/2023 - 4/11/2023 | Tiu Keng Leng Sports Centre | Free | 60 | 60 |
| 96 | Fitness Exercise Training Course for Elderly | 2 | 11/10/2023 - 24/11/2023 | Po Lam Sports Centre | Free | 40 | 40 |
| 97 | Fitness Exercise Training Course for Elderly | 2 | 16/10/2023 - 4/12/2023 | Hong Kong Velodrome | Free | 60 | 60 |
| 98 | Gymnastics for All Training Course for Elderly | 1 | 10/10/2023 - 25/11/2023 | Tsui Lam Sports Centre | Free | 20 | 20 |
| 99 | Gateball Training Course for Elderly | 1 | 31/10/2023 - 19/12/2023 | Sheung Ning Playground | Free | 30 | 30 |
| 100 | Table Tennis Training Course for Elderly | 1 | 7/10/2023 - 9/12/2023 | Sai Kung Squash Courts* | Free | 12 | 12 |
| 101 | Meeting Point for Elderly - Fitness | 2 | 6/10/2023 - 27/10/2023 | Tsui Lam Sports Centre | Free | 40 | 39 |
| 102 | Meeting Point for Elderly - Tai Chi | 1 | 5/10/2023 - 26/10/2023 | Hong Sing Garden | Free | 30 | 30 |
| 103 | Meeting Point for Elderly - Tai Chi | 1 | 5/10/2023 - 26/10/2023 | Open Space near Tseung Kwan O Swimming Pool | Free | 30 | 30 |
| 104 | Meeting Point for Elderly - Tai Chi | 1 | 4/10/2023 - 25/10/2023 | Hang Hau Man Kuk Lane Park | Free | 30 | 30 |
| 105 | Meeting Point for Elderly - Tai Chi | 2 | 4/10/2023 - 25/10/2023 | Hau Tak Estate | Free | 60 | 60 |
| 106 | Meeting Point for Elderly - Tai Chi | 1 | 4/10/2023 - 25/10/2023 | Ming Tak Estate | Free | 30 | 30 |
| 107 | Meeting Point for Elderly - Tai Chi | 1 | 4/10/2023 - 25/10/2023 | Po Tsui Park | Free | 30 | 30 |
| 108 | Meeting Point for Elderly - Tai Chi | 1 | 4/10/2023 - 25/10/2023 | Sheung Tak Estate | Free | 30 | 30 |
| 109 | Meeting Point for Elderly - Tai Chi | 1 | 4/10/2023 - 25/10/2023 | Tsui Lam Estate | Free | 30 | 30 |
| 110 | Meeting Point for Elderly - Tai Chi Sword | 1 | 4/10/2023 - 25/10/2023 | Tong Ming Street Sitting-out Area | Free | 30 | 30 |
| 111 | Meeting Point for Elderly - Tai Chi Sword | 1 | 5/10/2023 - 26/10/2023 | Tsui Lam Estate | Free | 30 | 30 |
| 112 | Day Camp for Elderly | 1 | 11/10/2023 | Tso Kung Tam Outdoor Recreation Centre | Free | 48 | 48 |
| 113 | Healthy Elderly Scheme - Western Folk Dance Play-in | 2 | 4/10/2023 - 22/11/2023 | Tseung Kwan O Sports Centre | Free | 48 | 48 |
| 114 | Healthy Elderly Scheme - Western Folk Dance Play-in | 2 | 9/10/2023 - 27/11/2023 | Hang Hau Sports Centre | Free | 100 | 100 |
| 115 | Healthy Elderly Scheme - Lawn Bowls Self Practice | 2 | 3/10/2023 - 31/10/2023 | Hang Hau Man Kuk Lane Park | Free | 32 | 32 |
| 116 | Healthy Elderly Scheme - Table Tennis Self Practice | 2 | 4/10/2023 - 25/10/2023 | Tsui Lam Sports Centre | Free | 16 | 16 |
| 117 | Healthy Elderly Scheme - Table Tennis Self Practice | 3 | 5/10/2023 - 26/10/2023 | Hang Hau Sports Centre | Free | 36 | 34 |
| | Total: | 149 | | | | 5 878 | 5 074 |

Leisure and Cultural Services Department
Recreation and Sports Programmes organised in Sai Kung District in November 2023

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|---------------------------------------------------------------|--------------|-------------------------|---------------------------------------------------------------------|---------|-------|---------------------|
| 1 | SKD Age Group Athletic Meet | 1 | 12/11/2023 | Tseung Kwan O Sports Ground & Sai Kung Tang Shiu Kin Sports Ground* | 20 | 700 | 700 |
| 2 | SKD Age Group Tennis Competition | 1 | 4/11/2023 - 21/12/2023 | Po Tsui Park | 20 | 440 | 440 |
| 3 | SKD Gateball Competition (Open) | 1 | 19/11/2023 | Sheung Ning Playground | 100 | 64 | 64 |
| 4 | SKD Gateball Competition (Elderly) | 1 | 18/11/2023 | Sheung Ning Playground | Free | 64 | 64 |
| 5 | SKD Lawn Bowls Competition | 1 | 19/11/2023 | Hang Hau Man Kuk Lane Park | 100 | 96 | 84 |
| 6 | SKD Sand Sculpture Competition (Disabled) | 1 | 19/11/2023 | Clear Water Bay Second Beach* | 30 | 64 | 21 |
| 7 | SKD Sand Sculpture Competition (Open) | 1 | 19/11/2023 | Clear Water Bay Second Beach* | 60 | 40 | 10 |
| 8 | SKD Sand Sculpture Competition (Family) | 1 | 19/11/2023 | Clear Water Bay Second Beach* | 60 | 120 | 44 |
| 9 | SKD Sand Sculpture Fun Day | 1 | 19/11/2023 | Clear Water Bay Second Beach* | Free | 1 500 | 780 |
| 10 | Front Crawl Training Course for Adult (Level III) | 1 | 7/11/2023 - 7/12/2023 | Tseung Kwan O Swimming Pool | 100 | 20 | 20 |
| 11 | Front Crawl Training Course for Aged 17 or below (Level III) | 1 | 7/11/2023 - 7/12/2023 | Tseung Kwan O Swimming Pool | 100 | 20 | 10 |
| 12 | Aerobic Dance Training Course | 3 | 4/11/2023 - 7/12/2023 | Tseung Kwan O Sports Centre | 65 | 60 | 60 |
| 13 | Aerobic Dance Training Course | 2 | 14/11/2023 - 12/12/2023 | Tsui Lam Sports Centre | 65 | 40 | 40 |
| 14 | Aerobic Dance Training Course | 2 | 15/11/2023 - 20/12/2023 | Po Lam Sports Centre | 65 | 48 | 48 |
| 15 | Baduanjin Training Course | 1 | 22/11/2023 - 18/12/2023 | Open Space near Tseung Kwan O Swimming Pool | 80 | 30 | 30 |
| 16 | Fitness (Multi-gym) Training Course | 3 | 6/11/2023 - 20/12/2023 | Po Lam Sports Centre | 75 | 60 | 60 |
| 17 | Fitness (Multi-gym) Training Course | 2 | 3/11/2023 - 29/11/2023 | Tsui Lam Sports Centre | 75 | 40 | 40 |
| 18 | Fitness (Multi-gym) Training Course | 2 | 11/11/2023 - 7/12/2023 | Po Lam Sports Centre | 75 | 40 | 40 |
| 19 | Tai Chi Sword Training Course | 1 | 21/11/2023 - 19/3/2024 | Wai Man Road Playground* | 60 | 40 | 34 |
| 20 | Tai Chi Made Easy Class | 1 | 4/11/2023 - 20/1/2024 | Tong Ming Street Sitting-out Area | 54 | 30 | 11 |
| 21 | Folk Dance Fun Day | 1 | 18/11/2023 | Hang Hau Sports Centre | Free | 80 | 80 |
| 22 | Briefing on Proper Ways to Use Fitness Equipment (In English) | 1 | 14/11/2023 | Tseung Kwan O Sports Centre | Free | 25 | 25 |
| 23 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 14/11/2023 | Tseung Kwan O Sports Centre | Free | 25 | 25 |
| 24 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 7/11/2023 | Hang Hau Sports Centre | Free | 50 | 50 |
| 25 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 2/11/2023 | Hong Kong Velodrome | Free | 50 | 50 |
| 26 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 9/11/2023 | Hong Kong Velodrome | Free | 50 | 50 |
| 27 | Badminton Training Course | 1 | 14/11/2023 - 14/12/2023 | Tiu Keng Leng Sports Centre | 118 | 24 | 24 |
| 28 | Badminton Training Course | 1 | 1/11/2023 - 1/12/2023 | Tseung Kwan O Sports Centre | 118 | 24 | 24 |
| 29 | Badminton Training Course | 1 | 20/11/2023 - 21/12/2023 | Tseung Kwan O Sports Centre | 118 | 24 | 24 |
| 30 | Go Training Course (Level II) | 1 | 4/11/2023 - 16/12/2023 | Po Lam Sports Centre | 40 | 20 | 20 |
| 31 | Lawn Bowls Training Course | 1 | 7/11/2023 - 30/11/2023 | Hang Hau Man Kuk Lane Park | 54 | 16 | 16 |
| 32 | Lawn Bowls Fun Day | 1 | 4/11/2023 | Hang Hau Man Kuk Lane Park | Free | 24 | 24 |
| 33 | Squash Training Course | 1 | 14/11/2023 - 7/12/2023 | Tseung Kwan O Sports Centre | 160 | 8 | 8 |
| 34 | Squash Training Course | 1 | 15/11/2023 - 8/12/2023 | Po Lam Sports Centre | 160 | 8 | 8 |
| 35 | Tennis Training Course | 1 | 3/11/2023 - 24/11/2023 | Po Tsui Park | 170 | 18 | 18 |
| 36 | Tennis Training Course | 1 | 2/11/2023 - 5/12/2023 | Po Tsui Park | 170 | 18 | 18 |
| 37 | Tennis Training Course | 1 | 10/11/2023 - 12/12/2023 | Po Tsui Park | 170 | 18 | 18 |
| 38 | Tennis Training Course | 1 | 16/11/2023 - 28/12/2023 | Po Tsui Park | 170 | 18 | 18 |
| 39 | Tennis Training Course | 1 | 22/11/2023 - 27/12/2023 | Po Tsui Park | 170 | 18 | 18 |
| 40 | Sport Climbing Training Course | 1 | 5/11/2023 - 12/11/2023 | Tiu Keng Leng Sports Centre | 40 | 15 | 15 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|--------------------------------------------------------------|--------------|-------------------------|----------------------------------------------|---------|--------------|---------------------|
| 41 | Indoor Cricket Fun Day | 3 | 4/11/2023 | Tseung Kwan O Sports Centre | Free | 90 | 90 |
| 42 | Healthy Exercise for All Campaign - Quali Walk | 1 | 19/11/2023 | Tuen Mun Wah Fat Playground to Lam Tei | Free | 48 | 48 |
| 43 | Healthy Exercise for All Campaign - Hiking Scheme | 1 | 1/11/2023 | Po Tsui Park | 20 | 20 | 16 |
| 44 | Fitness @ Park | 1 | 12/11/2023 | Wai Man Road Playground* | Free | 200 | 151 |
| 45 | "SmartPLAY" Smart Way Workshop for All | 1 | 10/11/2023 | Tiu Keng Leng Sports Centre | Free | 35 | 35 |
| 46 | "SmartPLAY" Smart Way Workshop for All | 1 | 30/11/2023 | Hong Kong Velodrome | Free | 35 | 35 |
| 47 | "SmartPLAY" Smart Way Workshop for All | 1 | 28/11/2023 | Tsui Lam Sports Centre | Free | 35 | 33 |
| 48 | Archery Training Scheme for Ex-mentally Ill Persons | 1 | 8/11/2023 - 29/11/2023 | Ngau Chi Wan Park | Free | 10 | 10 |
| 49 | Day Camp for Persons with Autism and Intellectual Disability | 1 | 11/11/2023 | Sai Kung Outdoor Recreation Centre* | Free | 120 | 120 |
| 50 | Baduanjin Training Course for Elderly | 1 | 16/11/2023 - 12/12/2023 | Hau Tak Estate | Free | 30 | 30 |
| 51 | Baduanjin Training Course for Elderly | 1 | 16/11/2023 - 12/12/2023 | King Lam Estate | Free | 30 | 18 |
| 52 | Baduanjin Training Course for Elderly | 1 | 16/11/2023 - 12/12/2023 | Sheung Tak Estate | Free | 30 | 30 |
| 53 | Baduanjin Training Course for Elderly | 1 | 16/11/2023 - 12/12/2023 | Tsui Lam Estate | Free | 30 | 23 |
| 54 | Fitness Exercise Training Course for Elderly | 2 | 14/11/2023 - 19/12/2023 | Tiu Keng Leng Sports Centre | Free | 60 | 60 |
| 55 | Fitness Exercise Training Course for Elderly | 1 | 2/11/2023 - 9/12/2023 | Tseung Kwan O Sports Centre | Free | 20 | 20 |
| 56 | Gateball Training Course for Elderly | 1 | 10/11/2023 - 29/12/2023 | Tsui Lam Sports Centre | Free | 15 | 15 |
| 57 | Gateball Training Course for Elderly | 1 | 2/11/2023 - 21/12/2023 | Po Hong Park | Free | 15 | 15 |
| 58 | Meeting Point for the Elderly - Fitness | 2 | 3/11/2023 - 24/11/2023 | Tsui Lam Sports Centre | Free | 40 | 40 |
| 59 | Meeting Point for Elderly - Tai Chi | 1 | 2/11/2023 - 30/11/2023 | Hong Sing Garden | Free | 30 | 30 |
| 60 | Meeting Point for Elderly - Tai Chi | 1 | 2/11/2023 - 30/11/2023 | Open Space near Tseung Kwan O Swimming Pool | Free | 30 | 30 |
| 61 | Meeting Point for Elderly - Tai Chi | 1 | 1/11/2023 - 29/11/2023 | Hang Hau Man Kuk Lane Park | Free | 30 | 30 |
| 62 | Meeting Point for Elderly - Tai Chi | 2 | 1/11/2023 - 29/11/2023 | Hau Tak Estate | Free | 60 | 60 |
| 63 | Meeting Point for Elderly - Tai Chi | 1 | 1/11/2023 - 29/11/2023 | Ming Tak Estate | Free | 30 | 30 |
| 64 | Meeting Point for Elderly - Tai Chi | 1 | 1/11/2023 - 29/11/2023 | Po Tsui Park | Free | 30 | 30 |
| 65 | Meeting Point for Elderly - Tai Chi | 1 | 1/11/2023 - 29/11/2023 | Sheung Tak Estate | Free | 30 | 30 |
| 66 | Meeting Point for Elderly - Tai Chi | 1 | 1/11/2023 - 29/11/2023 | Tsui Lam Estate | Free | 30 | 30 |
| 67 | Meeting Point for Elderly - Tai Chi Sword | 1 | 1/11/2023 - 29/11/2023 | Tong Ming Street Sitting Out Area | Free | 30 | 30 |
| 68 | Meeting Point for Elderly - Tai Chi Sword | 1 | 2/11/2023 - 30/11/2023 | Tsui Lam Estate | Free | 30 | 30 |
| 69 | Excursion for Elderly | 2 | 22/11/2023 | Ho Sheung Heung, Long Valley & Wong Uk Garde | Free | 192 | 192 |
| 70 | Healthy Elderly Scheme - Badminton Self Practice | 1 | 2/11/2023 - 30/11/2023 | Tseung Kwan O Sports Centre | Free | 20 | 20 |
| 71 | Healthy Elderly Scheme - Lawn Bowls Self Practice | 2 | 7/11/2023 - 28/11/2023 | Hang Hau Man Kuk Lane Park | Free | 32 | 32 |
| 72 | Healthy Elderly Scheme - Table Tennis Self Practice | 2 | 1/11/2023 - 29/11/2023 | Tsui Lam Sports Centre | Free | 16 | 16 |
| 73 | Healthy Elderly Scheme - Table Tennis Self Practice | 3 | 9/11/2023 - 30/11/2023 | Hang Hau Sports Centre | Free | 36 | 36 |
| 74 | "SmartPLAY" Smart Way Workshop for Elderly | 1 | 7/11/2023 | Tsui Lam Sports Centre | Free | 35 | 26 |
| 75 | "SmartPLAY" Smart Way Workshop for Elderly | 1 | 15/11/2023 | Tseung Kwan O Sports Centre | Free | 35 | 35 |
| | Total: | 96 | | | | 5 608 | 4 609 |

Leisure and Cultural Services Department
Recreation and Sports Programmes organised in Sai Kung District in December 2023

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|-----------------------------------------------------------|--------------|------------------------|---------------------------------------------|---------|-------|---------------------|
| 1 | Aerobic Dance Training Course | 2 | 23/12/2023 - 16/3/2024 | Tiu Keng Leng Sports Centre | 65 | 60 | 60 |
| 2 | Aerobic Dance Training Course | 3 | 12/12/2023 - 13/1/2024 | Tseung Kwan O Sports Centre | 65 | 60 | 50 |
| 3 | Aerobic Dance Training Course | 2 | 8/12/2023 - 17/1/2024 | Tsui Lam Sports Centre | 65 | 40 | 40 |
| 4 | Aerobic Dance Training Course | 2 | 19/12/2023 - 16/1/2024 | Tsui Lam Sports Centre | 65 | 40 | 40 |
| 5 | Aerobic Dance Training Course | 2 | 5/12/2023 - 16/1/2024 | Hang Hau Sports Centre | 65 | 60 | 60 |
| 6 | Aerobic Dance Training Course | 2 | 12/12/2023 - 23/1/2024 | Hong Kong Velodrome | 65 | 48 | 48 |
| 7 | Aerobic Dance Training Course | 2 | 11/12/2023 - 12/1/2024 | Hong Kong Velodrome | 65 | 48 | 48 |
| 8 | Body-Mind Stretch Training Course | 2 | 5/12/2023 - 16/1/2024 | Hong Kong Velodrome | 85 | 48 | 48 |
| 9 | Children Dance Training Course | 1 | 2/12/2023 - 3/2/2024 | Po Lam Sports Centre | 60 | 20 | 20 |
| 10 | Fitness (Multi-gym) Training Course | 2 | 4/12/2023 - 17/1/2024 | Tseung Kwan O Sports Centre | 75 | 50 | 50 |
| 11 | Fitness (Multi-gym) Training Course | 2 | 13/12/2023 - 24/1/2024 | Tsui Lam Sports Centre | 75 | 40 | 40 |
| 12 | Fitness (Multi-gym) Training Course | 2 | 5/12/2023 - 16/1/2024 | Po Lam Sports Centre | 75 | 40 | 40 |
| 13 | Fitness (Multi-gym) Training Course | 2 | 7/12/2023 - 18/1/2024 | Tsui Lam Sports Centre | 75 | 40 | 40 |
| 14 | Fitness (Multi-gym) Training Course | 3 | 27/12/2023 - 7/2/2024 | Po Lam Sports Centre | 75 | 60 | 60 |
| 15 | Fitness (Multi-gym) Training Course | 2 | 18/12/2023 - 17/1/2024 | Tsui Lam Sports Centre | 75 | 40 | 40 |
| 16 | Fitness (Multi-gym) Training Course | 2 | 19/12/2023 - 16/1/2024 | Po Lam Sports Centre | 75 | 40 | 40 |
| 17 | Jazz Training Course | 1 | 5/12/2023 - 9/1/2024 | Tiu Keng Leng Sports Centre | 70 | 30 | 30 |
| 18 | Social Dance Training Course | 1 | 14/12/2023 - 15/2/2024 | Po Lam Sports Centre | 86 | 24 | 24 |
| 19 | Stress Management and Physical Relaxation Training Course | 1 | 5/12/2023 - 23/1/2024 | Tiu Keng Leng Sports Centre | 80 | 30 | 30 |
| 20 | Stress Management and Physical Relaxation Training Course | 2 | 4/12/2023 - 25/3/2024 | Tseung Kwan O Sports Centre | 80 | 40 | 38 |
| 21 | Stress Management and Physical Relaxation Training Course | 1 | 6/12/2023 - 20/3/2024 | Hang Hau Sports Centre | 80 | 30 | 30 |
| 22 | Stress Management and Physical Relaxation Training Course | 2 | 4/12/2023 - 25/3/2024 | Hong Kong Velodrome | 80 | 60 | 60 |
| 23 | Tai Chi Training Course | 1 | 1/12/2023 - 27/3/2024 | Wai Man Road Playground* | 60 | 50 | 30 |
| 24 | Tai Chi Made Easy Class | 1 | 24/12/2023 - 17/3/2024 | Open Space near Tseung Kwan O Swimming Pool | 54 | 30 | 29 |
| 25 | Tai Chi Made Easy Class | 1 | 24/12/2023 - 17/3/2024 | Sheung Ning Playground | 54 | 30 | 30 |
| 26 | Tai Chi Made Easy Class | 1 | 30/12/2023 - 23/3/2024 | Sheung Ning Playground | 54 | 30 | 30 |
| 27 | Folk Dance Fun Day | 1 | 23/12/2023 | Tiu Keng Leng Sports Centre | Free | 80 | 80 |
| 28 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 5/12/2023 | Tseung Kwan O Sports Centre | Free | 25 | 25 |
| 29 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 7/12/2023 | Tseung Kwan O Sports Centre | Free | 25 | 24 |
| 30 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 19/12/2023 | Tseung Kwan O Sports Centre | Free | 25 | 25 |
| 31 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 21/12/2023 | Tseung Kwan O Sports Centre | Free | 25 | 24 |
| 32 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 5/12/2023 | Hang Hau Sports Centre | Free | 25 | 25 |
| 33 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 7/12/2023 | Hang Hau Sports Centre | Free | 25 | 25 |
| 34 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 7/12/2023 | Hong Kong Velodrome | Free | 50 | 50 |
| 35 | Dance for Health - SKD Christmas Social Dance Night | 1 | 24/12/2023 | Hang Hau Sports Centre | 20 | 300 | 262 |
| 36 | Badminton Training Course | 1 | 20/12/2023 - 19/1/2024 | Tseung Kwan O Sports Centre | 118 | 24 | 24 |
| 37 | Badminton Training Course | 1 | 5/12/2023 - 9/1/2024 | Po Lam Sports Centre | 118 | 18 | 18 |
| 38 | Badminton Training Course | 1 | 19/12/2023 - 23/1/2024 | Tsui Lam Sports Centre | 118 | 24 | 23 |
| 39 | Badminton Training Course | 1 | 13/12/2023 - 12/1/2024 | Tsui Lam Sports Centre | 118 | 24 | 24 |
| 40 | Badminton Training Course | 1 | 4/12/2023 - 18/1/2024 | Hang Hau Sports Centre | 118 | 24 | 24 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|-----------------------------------------------------|--------------|-------------------------|---------------------------------------------|---------|--------------|---------------------|
| 41 | Track Cycling Training Course (Level II) | 1 | 30/12/2023 | Hong Kong Velodrome | 140 | 20 | 20 |
| 42 | Track Cycling Training Course (Level III) | 1 | 28/12/2023 | Hong Kong Velodrome | 140 | 20 | 14 |
| 43 | Track Cycling Taster Session | 1 | 23/12/2023 | Hong Kong Velodrome | Free | 20 | 20 |
| 44 | Track Cycling Taster Session | 1 | 27/12/2023 | Hong Kong Velodrome | Free | 20 | 20 |
| 45 | Track Cycling Taster Session | 1 | 30/12/2023 | Hong Kong Velodrome | Free | 20 | 20 |
| 46 | Mini-tennis Training Course for Children | 1 | 2/12/2023 - 24/2/2024 | Tsui Lam Sports Centre | 70 | 16 | 8 |
| 47 | Squash Training Course | 1 | 1/12/2023 - 27/12/2023 | Sai Kung Squash Courts | 160 | 8 | 8 |
| 48 | Table Tennis Training Course | 1 | 2/12/2023 - 3/2/2024 | Po Lam Sports Centre | 86 | 18 | 18 |
| 49 | Table Tennis Training Course | 1 | 24/12/2023 - 17/3/2024 | Tsui Lam Sports Centre | 86 | 12 | 12 |
| 50 | Tennis Training Course | 1 | 1/12/2023 - 27/12/2023 | Po Tsui Park | 170 | 18 | 18 |
| 51 | Tennis Training Course | 1 | 14/12/2023 - 25/1/2024 | Po Tsui Park | 170 | 18 | 18 |
| 52 | Tennis Training Course | 1 | 29/12/2023 - 6/2/2024 | Po Tsui Park | 170 | 18 | 18 |
| 53 | Tennis Training Course | 1 | 12/12/2023 - 16/1/2024 | Sai Kung Tennis Courts* | 170 | 12 | 12 |
| 54 | Sport Climbing Fun Day | 2 | 16/12/2023 | Tiu Keng Leng Sports Centre | Free | 48 | 48 |
| 55 | Residential Camp for Families | 1 | 16/12/2023 - 17/12/2023 | Sai Kung Outdoor Recreation Centre* | 60 | 48 | 48 |
| 56 | Healthy Exercise for All Campaign - Quali Walk | 1 | 17/12/2023 | Ma On Kong to Tsing Lung Tau | 40 | 48 | 48 |
| 57 | Orienteering Fun Day | 1 | 9/12/2023 | Sheung Ning Playground | Free | 400 | 200 |
| 58 | Table-tennis Fun Day | 3 | 17/12/2023 | Hong Kong Velodrome | Free | 54 | 54 |
| 59 | Horse Riding Fun Day | 1 | 3/12/2023 | Lei Yue Mun Park Public Riding School | 75 | 24 | 24 |
| 60 | Baduanjin Training Course for Elderly | 1 | 16/12/2023 - 13/1/2024 | Hau Tak Estate | Free | 30 | 30 |
| 61 | Baduanjin Training Course for Elderly | 1 | 16/12/2023 - 13/1/2024 | King Lam Estate | Free | 30 | 28 |
| 62 | Baduanjin Training Course for Elderly | 1 | 16/12/2023 - 13/1/2024 | Sheung Tak Estate | Free | 30 | 30 |
| 63 | Baduanjin Training Course for Elderly | 1 | 16/12/2023 - 13/1/2024 | Tsui Lam Estate | Free | 30 | 26 |
| 64 | Fitness (Multi-gym) Training Course for Elderly | 1 | 14/12/2023 - 30/1/2024 | Po Lam Sports Centre | Free | 20 | 19 |
| 65 | Fitness Exercise Training Course for Elderly | 1 | 12/12/2023 - 20/1/2024 | Tseung Kwan O Sports Centre | Free | 20 | 19 |
| 66 | Fitness Exercise Training Course for Elderly | 2 | 11/12/2023 - 31/1/2024 | Hong Kong Velodrome | Free | 60 | 59 |
| 67 | Gymnastics for All Training Course for Elderly | 1 | 5/12/2023 - 25/1/2024 | Tsui Lam Sports Centre | Free | 20 | 20 |
| 68 | Meeting Point for the Elderly - Fitness | 2 | 1/12/2023 - 22/12/2023 | Tsui Lam Sports Centre | Free | 40 | 40 |
| 69 | Meeting Point for the Elderly - Fitness | 2 | 29/12/2023 - 19/1/2024 | Tsui Lam Sports Centre | Free | 40 | 37 |
| 70 | Meeting Point for Elderly - Tai Chi | 1 | 7/12/2023 - 28/12/2023 | Hong Sing Garden | Free | 30 | 30 |
| 71 | Meeting Point for Elderly - Tai Chi | 1 | 7/12/2023 - 28/12/2023 | Open Space near Tseung Kwan O Swimming Pool | Free | 30 | 30 |
| 72 | Meeting Point for Elderly - Tai Chi | 1 | 6/12/2023 - 27/12/2023 | Hang Hau Man Kuk Lane Park | Free | 30 | 30 |
| 73 | Meeting Point for Elderly - Tai Chi | 2 | 6/12/2023 - 27/12/2023 | Hau Tak Estate | Free | 60 | 60 |
| 74 | Meeting Point for Elderly - Tai Chi | 1 | 6/12/2023 - 27/12/2023 | Ming Tak Estate | Free | 30 | 30 |
| 75 | Meeting Point for Elderly - Tai Chi | 1 | 6/12/2023 - 27/12/2023 | Po Tsui Park | Free | 30 | 30 |
| 76 | Meeting Point for Elderly - Tai Chi | 1 | 6/12/2023 - 27/12/2023 | Sheung Tak Estate | Free | 30 | 30 |
| 77 | Meeting Point for Elderly - Tai Chi | 1 | 6/12/2023 - 27/12/2023 | Tsui Lam Estate | Free | 30 | 30 |
| 78 | Meeting Point for Elderly - Tai Chi Sword | 1 | 6/12/2023 - 27/12/2023 | Tong Ming Street Sitting-out Area | Free | 30 | 30 |
| 79 | Meeting Point for Elderly - Tai Chi Sword | 1 | 7/12/2023 - 28/12/2023 | Tsui Lam Estate | Free | 30 | 30 |
| 80 | Healthy Elderly Scheme - Western Folk Dance Play-in | 2 | 4/12/2023 - 29/1/2024 | Hang Hau Sports Centre | Free | 100 | 100 |
| 81 | Healthy Elderly Scheme - Western Folk Dance Play-in | 2 | 6/12/2023 - 24/1/2024 | Tseung Kwan O Sports Centre | Free | 48 | 48 |
| 82 | Healthy Elderly Scheme - Lawn Bowls Self Practice | 2 | 5/12/2023 - 19/12/2023 | Hang Hau Man Kuk Lane Park | Free | 32 | 32 |
| 83 | Healthy Elderly Scheme - Table Tennis Self Practice | 2 | 6/12/2023 - 20/12/2023 | Tsui Lam Sports Centre | Free | 16 | 16 |
| 84 | Healthy Elderly Scheme - Table Tennis Self Practice | 3 | 7/12/2023 - 28/12/2023 | Hang Hau Sports Centre | Free | 36 | 36 |
| | Total: | 117 | | | | 3 506 | 3 206 |

Leisure and Cultural Services Department
Recreation and Sports Programmes organised in Sai Kung District in January 2024

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|--------------------------------------------------|--------------|-----------------------|---------------------------------------------|---------|-------|---------------------|
| 1 | SKD Sports Carnival | 1 | 7/1/2024 | Hong Kong Velodrome Park | Free | 2 730 | 2 730 |
| 2 | Green Carnival | 1 | 13/1/2024 | Hong Kong Velodrome Park | Free | 2 000 | 2 000 |
| 3 | Long Distance Running Training Course | 1 | 2/1/2024 - 12/3/2024 | Tseung Kwan O Sports Ground | 130 | 40 | 40 |
| 4 | Long Distance Running Training Course | 1 | 7/1/2024 - 17/3/2024 | Hong Kong Velodrome Park | 130 | 40 | 40 |
| 5 | Backstroke Training Course for Adult | 1 | 9/1/2024 - 8/2/2024 | Tseung Kwan O Swimming Pool | 100 | 20 | 20 |
| 6 | Butterfly Stroke Training Course for Adult | 1 | 9/1/2024 - 8/2/2024 | Tseung Kwan O Swimming Pool | 100 | 20 | 15 |
| 7 | Aerobic Dance Training Course | 2 | 3/1/2024 - 31/1/2024 | Po Lam Sports Centre | 65 | 48 | 48 |
| 8 | Aerobic Dance Training Course | 2 | 23/1/2024 - 22/2/2024 | Tsui Lam Sports Centre | 65 | 40 | 40 |
| 9 | Baduanjin Training Course | 1 | 3/1/2024 - 29/1/2024 | Open Space near Tseung Kwan O Swimming Pool | 80 | 30 | 30 |
| 10 | Children Dance Training Course | 1 | 7/1/2024 - 17/3/2024 | Tseung Kwan O Sports Centre | 60 | 20 | 12 |
| 11 | Children Dance Training Course | 1 | 7/1/2024 - 7/4/2024 | Hong Kong Velodrome | 60 | 20 | 12 |
| 12 | Chinese Dance Training Course | 1 | 2/1/2024 - 12/3/2024 | Tiu Keng Leng Sports Centre | 45 | 30 | 30 |
| 13 | Chinese Dance Training Course | 1 | 10/1/2024 - 20/3/2024 | Tsui Lam Sports Centre | 45 | 20 | 20 |
| 14 | Chinese Dance Training Course | 1 | 5/1/2024 - 15/3/2024 | Hang Hau Sports Centre | 45 | 30 | 30 |
| 15 | Jazz Training Course | 1 | 7/1/2024 - 17/3/2024 | Tseung Kwan O Sports Centre | 70 | 20 | 20 |
| 16 | Social Dance Training Course | 1 | 5/1/2024 - 8/3/2024 | Tiu Keng Leng Sports Centre | 86 | 30 | 30 |
| 17 | Social Dance Training Course | 1 | 8/1/2024 - 18/3/2024 | Tseung Kwan O Sports Centre | 86 | 24 | 13 |
| 18 | Social Dance Training Course | 1 | 16/1/2024 - 26/3/2024 | Tsui Lam Sports Centre | 86 | 24 | 17 |
| 19 | Social Dance Training Course | 1 | 13/1/2024 - 23/3/2024 | Tsui Lam Sports Centre | 86 | 24 | 18 |
| 20 | Social Dance Training Course | 1 | 7/1/2024 - 17/3/2024 | Po Lam Sports Centre | 86 | 24 | 24 |
| 21 | Social Dance Training Course | 1 | 3/1/2024 - 6/3/2024 | Hang Hau Sports Centre | 86 | 30 | 30 |
| 22 | Social Dance Training Course | 1 | 7/1/2024 - 17/3/2024 | Hang Hau Sports Centre | 86 | 30 | 30 |
| 23 | Social Dance Training Course | 1 | 5/1/2024 - 5/4/2024 | Hong Kong Velodrome | 86 | 30 | 24 |
| 24 | Social Dance Training Course | 1 | 6/1/2024 - 6/4/2024 | Hong Kong Velodrome | 86 | 30 | 30 |
| 25 | Tai Chi Made Easy Class | 1 | 7/1/2024 - 31/3/2024 | Wai Man Road Playground* | 54 | 30 | 16 |
| 26 | Tai Chi Made Easy Class | 1 | 27/1/2024 - 27/4/2024 | Tong Ming Street Sitting-out Area | 54 | 30 | 20 |
| 27 | Western Folk Dance Training Course | 1 | 7/1/2024 - 17/3/2024 | Hang Hau Sports Centre | 45 | 30 | 30 |
| 28 | Yoga Training Course | 1 | 6/1/2024 - 16/3/2024 | Tseung Kwan O Sports Centre | 85 | 20 | 20 |
| 29 | Yoga Training Course | 1 | 8/1/2024 - 18/3/2024 | Po Lam Sports Centre | 85 | 24 | 24 |
| 30 | Yoga Training Course | 1 | 7/1/2024 - 17/3/2024 | Tsui Lam Sports Centre | 85 | 20 | 20 |
| 31 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 3/1/2024 | Tseung Kwan O Sports Centre | Free | 25 | 25 |
| 32 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 11/1/2024 | Tseung Kwan O Sports Centre | Free | 25 | 25 |
| 33 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 9/1/2024 | Tseung Kwan O Sports Centre | Free | 25 | 25 |
| 34 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 10/1/2024 | Tseung Kwan O Sports Centre | Free | 25 | 25 |
| 35 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 2/1/2024 | Hang Hau Sports Centre | Free | 25 | 25 |
| 36 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 4/1/2024 | Hang Hau Sports Centre | Free | 25 | 25 |
| 37 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 4/1/2024 | Hong Kong Velodrome | Free | 50 | 50 |
| 38 | Briefing on Proper Ways to Use Fitness Equipment | 2 | 11/1/2024 | Hong Kong Velodrome | Free | 50 | 50 |
| 39 | Badminton Training Course | 1 | 2/1/2024 - 1/2/2024 | Tiu Keng Leng Sports Centre | 118 | 24 | 24 |
| 40 | Badminton Training Course | 1 | 3/1/2024 - 13/3/2024 | Tiu Keng Leng Sports Centre | 118 | 24 | 24 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|--------------------------------------------------------------------|--------------|-----------------------|-----------------------------------------|---------|-------|---------------------|
| 41 | Badminton Training Course | 1 | 8/1/2024 - 8/2/2024 | Tseung Kwan O Sports Centre | 118 | 24 | 24 |
| 42 | Badminton Training Course | 1 | 6/1/2024 - 16/3/2024 | Hang Hau Sports Centre | 118 | 24 | 24 |
| 43 | Track Cycling Taster Session | 1 | 6/1/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 44 | Track Cycling Taster Session | 1 | 10/1/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 45 | Track Cycling Taster Session | 1 | 13/1/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 46 | Track Cycling Taster Session | 1 | 17/1/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 47 | Track Cycling Taster Session | 1 | 20/1/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 48 | Track Cycling Taster Session | 1 | 21/1/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 49 | Track Cycling Taster Session | 1 | 27/1/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 50 | Go Training Course (Level III) | 1 | 6/1/2024 - 17/2/2024 | Po Lam Sports Centre | 40 | 20 | 16 |
| 51 | Lawn Bowls Training Course | 1 | 3/1/2024 - 29/1/2024 | Hang Hau Man Kuk Lane Park | 54 | 16 | 16 |
| 52 | Lawn Bowls Fun Day | 1 | 7/1/2024 | Hang Hau Man Kuk Lane Park | Free | 24 | 24 |
| 53 | Squash Training Course | 1 | 3/1/2024 - 26/1/2024 | Po Lam Sports Centre | 160 | 8 | 8 |
| 54 | Squash Training Course | 1 | 9/1/2024 - 1/2/2024 | Tseung Kwan O Sports Centre | 160 | 8 | 8 |
| 55 | Table Tennis Training Course | 1 | 6/1/2024 - 16/3/2024 | Tseung Kwan O Sports Centre | 86 | 18 | 18 |
| 56 | Table Tennis Training Course | 1 | 2/1/2024 - 12/3/2024 | Hang Hau Sports Centre | 86 | 18 | 18 |
| 57 | Table Tennis Training Course | 1 | 7/1/2024 - 17/3/2024 | Sai Kung Squash Courts* | 86 | 12 | 12 |
| 58 | Table Tennis Training Course | 1 | 7/1/2024 - 7/4/2024 | Hong Kong Velodrome | 86 | 24 | 24 |
| 59 | Table Tennis Training Course for Children | 1 | 21/1/2024 - 31/3/2024 | Tiu Keng Leng Sports Centre | 86 | 18 | 18 |
| 60 | Tennis Training Course | 1 | 10/1/2024 - 13/3/2024 | Po Tsui Park | 170 | 18 | 18 |
| 61 | Tennis Training Course | 1 | 5/1/2024 - 26/1/2024 | Po Tsui Park | 170 | 18 | 18 |
| 62 | Tennis Training Course | 1 | 4/1/2024 - 8/2/2024 | Po Tsui Park | 170 | 18 | 18 |
| 63 | Tennis Training Course | 1 | 10/1/2024 - 14/2/2024 | Po Tsui Park | 170 | 18 | 18 |
| 64 | Tennis Training Course | 1 | 9/1/2024 - 12/3/2024 | Sai Kung Tennis Courts* | 170 | 12 | 12 |
| 65 | Tennis Training Course | 1 | 10/1/2024 - 13/3/2024 | Sai Kung Tennis Courts* | 170 | 12 | 12 |
| 66 | Tennis Training Course | 1 | 6/1/2024 - 16/3/2024 | Sai Kung Tennis Courts* | 170 | 12 | 12 |
| 67 | Sport Climbing Training Course | 1 | 7/1/2024 - 14/1/2024 | Tiu Keng Leng Sports Centre | 40 | 15 | 15 |
| 68 | Healthy Exercise for All Campaign - Quali Walk | 1 | 7/1/2024 | Yuen Tsuen Ancient Trail Shek Lung Kung | 40 | 48 | 33 |
| 69 | Orienteering Fun Day | 1 | 7/1/2024 | Sai Kung Tang Shiu Kin Sports Ground* | Free | 400 | 210 |
| 70 | Fitness Fun Day | 1 | 7/1/2024 | Hong Kong Velodrome Park | Free | 1000 | 1000 |
| 71 | Volleyball Training Course | 1 | 6/1/2024 - 16/3/2024 | Tseung Kwan O Sports Centre | 70 | 30 | 30 |
| 72 | Community Garden Programme | 1 | 13/1/2024 - 18/5/2024 | Sheung Ning Playground Community Garden | 400 | 28 | 28 |
| 73 | Community Garden Programme | 2 | 14/1/2024 - 19/5/2024 | Yuk Nga Lane Community Garden | 400 | 76 | 76 |
| 74 | Community Planting Day | 1 | 13/1/2024 | Hong Kong Velodrome Park | Free | 300 | 300 |
| 75 | Body-Mind Stretch Training Course for Persons with Chronic Illness | 1 | 3/1/2024 - 28/2/2024 | Hong Kong Velodrome | Free | 15 | 15 |
| 76 | Gateball Training Scheme for Persons with Hearing Impairment | 1 | 3/1/2024 - 24/1/2024 | Sheung Ning Playground | Free | 15 | 9 |
| 77 | Residential Camp for Persons with Hearing Impairment | 1 | 13/1/2024 - 14/1/2024 | Lady Maclehole Holiday Village* | Free | 50 | 36 |
| 78 | Day Camp for Ex-mentally Ill Persons | 1 | 26/1/2024 | Sai Kung Outdoor Recreation Centre* | Free | 30 | 27 |
| 79 | Excursion for Persons with Visual Impairment | 1 | 28/1/2024 | Tai O | Free | 110 | 90 |
| 80 | Baduanjin Training Course for Elderly | 1 | 18/1/2024 - 17/2/2024 | Hau Tak Estate | Free | 30 | 30 |
| 81 | Baduanjin Training Course for Elderly | 1 | 18/1/2024 - 17/2/2024 | King Lam Estate | Free | 30 | 23 |
| 82 | Baduanjin Training Course for Elderly | 1 | 18/1/2024 - 17/2/2024 | Sheung Tak Estate | Free | 30 | 30 |
| 83 | Baduanjin Training Course for Elderly | 1 | 18/1/2024 - 17/2/2024 | Tsui Lam Estate | Free | 30 | 24 |
| 84 | Fitness Exercise Training Course for Elderly | 2 | 2/1/2024 - 1/2/2024 | Tiu Keng Leng Sports Centre | Free | 60 | 60 |
| 85 | Fitness Exercise Training Course for Elderly | 2 | 10/1/2024 - 28/2/2024 | Po Lam Sports Centre | Free | 40 | 40 |
| 86 | Gateball Training Course for Elderly | 1 | 19/1/2024 - 15/3/2024 | Tsui Lam Sports Centre | Free | 15 | 15 |
| 87 | Gateball Training Course for Elderly | 1 | 9/1/2024 - 5/3/2024 | Sheung Ning Playground | Free | 30 | 30 |
| 88 | Gateball Training Course for Elderly | 1 | 11/1/2024 - 29/2/2024 | Po Hong Park | Free | 15 | 15 |
| 89 | Meeting Point for the Elderly - Fitness | 2 | 26/1/2024 - 16/2/2024 | Tsui Lam Sports Centre | Free | 40 | 40 |
| 90 | Meeting Point for Elderly - Tai Chi | 1 | 4/1/2024 - 25/1/2024 | Hong Sing Garden | Free | 30 | 30 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|---------------|-----------------------------------------------------|--------------|----------------------|---------------------------------------------|---------|--------------|---------------------|
| 91 | Meeting Point for Elderly - Tai Chi | 1 | 4/1/2024 - 25/1/2024 | Open Space near Tseung Kwan O Swimming Pool | Free | 30 | 30 |
| 92 | Meeting Point for Elderly - Tai Chi | 1 | 3/1/2024 - 31/1/2024 | Hang Hau Man Kuk Lane Park | Free | 30 | 30 |
| 93 | Meeting Point for Elderly - Tai Chi | 2 | 3/1/2024 - 31/1/2024 | Hau Tak Estate | Free | 60 | 60 |
| 94 | Meeting Point for Elderly - Tai Chi | 1 | 3/1/2024 - 31/1/2024 | Ming Tak Estate | Free | 30 | 30 |
| 95 | Meeting Point for Elderly - Tai Chi | 1 | 3/1/2024 - 31/1/2024 | Po Tsui Park | Free | 30 | 30 |
| 96 | Meeting Point for Elderly - Tai Chi | 1 | 3/1/2024 - 31/1/2024 | Sheung Tak Estate | Free | 30 | 30 |
| 97 | Meeting Point for Elderly - Tai Chi | 1 | 3/1/2024 - 31/1/2024 | Tsui Lam Estate | Free | 30 | 30 |
| 98 | Meeting Point for Elderly - Tai Chi Sword | 1 | 3/1/2024 - 31/1/2024 | Tong Ming Street Sitting-out Area | Free | 30 | 30 |
| 99 | Meeting Point for Elderly - Tai Chi Sword | 1 | 4/1/2024 - 25/1/2024 | Tsui Lam Estate | Free | 30 | 30 |
| 100 | Day Camp for Elderly | 1 | 10/1/2024 | Lady Maclehole Holiday Village* | Free | 48 | 48 |
| 101 | Healthy Elderly Scheme - Badminton Self Practice | 1 | 4/1/2024 - 25/1/2024 | Tseung Kwan O Sports Centre | Free | 20 | 20 |
| 102 | Healthy Elderly Scheme - Lawn Bowls Self Practice | 2 | 2/1/2024 - 30/1/2024 | Hang Hau Man Kuk Lane Park | Free | 32 | 32 |
| 103 | Healthy Elderly Scheme - Table Tennis Self Practice | 2 | 3/1/2024 - 31/1/2024 | Tsui Lam Sports Centre | Free | 16 | 16 |
| 104 | Healthy Elderly Scheme - Table Tennis Self Practice | 3 | 4/1/2024 - 25/1/2024 | Hang Hau Sports Centre | Free | 36 | 36 |
| Total: | | 117 | | | | 9 187 | 8 847 |

Leisure and Cultural Services Department
Recreation and Sports Programmes organised in Sai Kung District in February 2024

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|------|--------------------------------------------------|--------------|-----------------------|---------------------------------------------|---------|-------|---------------------|
| 1 | Aerobic Dance Training Course | 2 | 7/2/2024 - 20/3/2024 | Tsui Lam Sports Centre | 65 | 40 | 36 |
| 2 | Aerobic Dance Training Course | 2 | 16/2/2024 - 20/3/2024 | Po Lam Sports Centre | 65 | 48 | 48 |
| 3 | Aerobic Dance Training Course | 2 | 29/2/2024 - 26/3/2024 | Tsui Lam Sports Centre | 65 | 40 | 40 |
| 4 | Aerobic Dance Training Course | 3 | 15/2/2024 - 16/3/2024 | Tseung Kwan O Sports Centre | 65 | 60 | 60 |
| 5 | Aerobic Dance Training Course | 2 | 6/2/2024 - 19/3/2024 | Hang Hau Sports Centre | 65 | 60 | 60 |
| 6 | Aerobic Dance Training Course | 2 | 5/2/2024 - 4/3/2024 | Hong Kong Velodrome | 65 | 48 | 48 |
| 7 | Aerobic Dance Training Course | 2 | 6/2/2024 - 28/3/2024 | Hong Kong Velodrome | 65 | 48 | 48 |
| 8 | Baduanjin Training Course | 1 | 19/2/2024 - 15/3/2024 | Open Space near Tseung Kwan O Swimming Pool | 80 | 30 | 30 |
| 9 | Body-Mind Stretch Training Course | 2 | 6/2/2024 - 28/3/2024 | Hong Kong Velodrome | 85 | 48 | 48 |
| 10 | Fitness (Multi-gym) Training Course | 2 | 5/2/2024 - 18/3/2024 | Tseung Kwan O Sports Centre | 75 | 50 | 50 |
| 11 | Fitness (Multi-gym) Training Course | 3 | 19/2/2024 - 27/3/2024 | Po Lam Sports Centre | 75 | 60 | 60 |
| 12 | Fitness (Multi-gym) Training Course | 2 | 16/2/2024 - 27/3/2024 | Tsui Lam Sports Centre | 75 | 40 | 40 |
| 13 | Fitness (Multi-gym) Training Course | 2 | 1/2/2024 - 14/3/2024 | Po Lam Sports Centre | 75 | 40 | 40 |
| 14 | Fitness (Multi-gym) Training Course | 2 | 8/2/2024 - 21/3/2024 | Tsui Lam Sports Centre | 75 | 40 | 40 |
| 15 | Fitness (Multi-gym) Training Course | 2 | 14/2/2024 - 11/3/2024 | Tsui Lam Sports Centre | 75 | 40 | 40 |
| 16 | Fitness (Multi-gym) Training Course | 2 | 1/2/2024 - 2/3/2024 | Po Lam Sports Centre | 75 | 40 | 40 |
| 17 | Jazz Training Course | 1 | 6/2/2024 - 12/3/2024 | Tiu Keng Leng Sports Centre | 70 | 30 | 30 |
| 18 | Horse Riding Fun Day | 1 | 25/2/2024 | Lei Yue Mun Park Public Riding School | 75 | 24 | 24 |
| 19 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 15/2/2024 | Tseung Kwan O Sports Centre | Free | 25 | 25 |
| 20 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 8/2/2024 | Hong Kong Velodrome | Free | 25 | 25 |
| 21 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 15/2/2024 | Hong Kong Velodrome | Free | 25 | 25 |
| 22 | Badminton Training Course | 1 | 20/2/2024 - 21/3/2024 | Tiu Keng Leng Sports Centre | 118 | 24 | 24 |
| 23 | Badminton Training Course | 1 | 7/2/2024 - 13/3/2024 | Tseung Kwan O Sports Centre | 118 | 24 | 24 |
| 24 | Badminton Training Course | 1 | 19/2/2024 - 21/3/2024 | Tseung Kwan O Sports Centre | 118 | 24 | 24 |
| 25 | Badminton Training Course | 1 | 15/2/2024 - 19/3/2024 | Po Lam Sports Centre | 118 | 18 | 18 |
| 26 | Badminton Training Course | 1 | 15/2/2024 - 19/3/2024 | Tsui Lam Sports Centre | 118 | 24 | 24 |
| 27 | Badminton Training Course | 1 | 2/2/2024 - 8/3/2024 | Tsui Lam Sports Centre | 118 | 24 | 24 |
| 28 | Badminton Training Course | 1 | 5/2/2024 - 11/3/2024 | Hang Hau Sports Centre | 118 | 24 | 24 |
| 29 | Track Cycling Training Course (Level II) | 1 | 20/2/2024 | Hong Kong Velodrome | 140 | 20 | 17 |
| 30 | Track Cycling Taster Session | 1 | 28/2/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 31 | Track Cycling Taster Session | 1 | 7/2/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 32 | Track Cycling Taster Session | 1 | 21/2/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 33 | Track Cycling Taster Session | 1 | 3/2/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 34 | Track Cycling Taster Session | 1 | 24/2/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 35 | Track Cycling Taster Session | 1 | 17/2/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 36 | Lawn Bowls Training Course | 1 | 2/2/2024 - 1/3/2024 | Hang Hau Man Kuk Lane Park | 54 | 16 | 16 |
| 37 | Squash Training Course | 1 | 20/2/2024 - 14/3/2024 | Tseung Kwan O Sports Centre | 160 | 8 | 8 |
| 38 | Squash Training Course | 1 | 14/2/2024 - 8/3/2024 | Po Lam Sports Centre | 160 | 8 | 8 |
| 39 | Squash Training Course | 1 | 15/2/2024 - 12/3/2024 | Tsui Lam Sports Centre | 160 | 8 | 8 |
| 40 | Tennis Training Course | 1 | 2/2/2024 - 28/2/2024 | Po Tsui Park | 170 | 18 | 18 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota | No. of Participants |
|---------------|-----------------------------------------------------|--------------|-----------------------|---------------------------------------------|---------|--------------|---------------------|
| 41 | Tennis Training Course | 1 | 1/2/2024 - 7/3/2024 | Po Tsui Park | 170 | 18 | 18 |
| 42 | Tennis Training Course | 1 | 20/2/2024 - 22/3/2024 | Po Tsui Park | 170 | 18 | 18 |
| 43 | Tennis Training Course | 1 | 19/2/2024 - 21/3/2024 | Po Tsui Park | 170 | 18 | 18 |
| 44 | Tennis Training Course | 1 | 26/2/2024 - 27/3/2024 | Po Tsui Park | 170 | 18 | 18 |
| 45 | Tennis Training Course | 1 | 15/2/2024 - 19/3/2024 | Sai Kung Tennis Courts* | 170 | 12 | 12 |
| 46 | Orienteering Fun Day | 1 | 25/2/2024 | Hong Kong Velodrome Park | Free | 400 | 200 |
| 47 | Baduanjin Training Course for Elderly | 1 | 22/2/2024 - 19/3/2024 | Hau Tak Estate | Free | 30 | 30 |
| 48 | Baduanjin Training Course for Elderly | 1 | 22/2/2024 - 19/3/2024 | King Lam Estate | Free | 30 | 25 |
| 49 | Baduanjin Training Course for Elderly | 1 | 22/2/2024 - 19/3/2024 | Sheung Tak Estate | Free | 30 | 30 |
| 50 | Baduanjin Training Course for Elderly | 1 | 22/2/2024 - 19/3/2024 | Tsui Lam Estate | Free | 30 | 30 |
| 51 | Fitness (Multi-gym) Training Course for Elderly | 1 | 8/2/2024 - 21/3/2024 | Po Lam Sports Centre | Free | 20 | 20 |
| 52 | Gymnastics for All Training Course for Elderly | 1 | 1/2/2024 - 21/3/2024 | Tsui Lam Sports Centre | Free | 20 | 20 |
| 53 | Fitness Exercise Training Course for Elderly | 2 | 20/2/2024 - 21/3/2024 | Tiu Keng Leng Sports Centre | Free | 60 | 60 |
| 54 | Fitness Exercise Training Course for Elderly | 1 | 15/2/2024 - 23/3/2024 | Tseung Kwan O Sports Centre | Free | 20 | 20 |
| 55 | Fitness Exercise Training Course for Elderly | 2 | 7/2/2024 - 15/4/2024 | Hong Kong Velodrome | Free | 60 | 60 |
| 56 | Meeting Point for Elderly - Tai Chi | 1 | 1/2/2024 - 29/2/2024 | Hong Sing Garden | Free | 30 | 30 |
| 57 | Meeting Point for Elderly - Tai Chi | 1 | 1/2/2024 - 29/2/2024 | Open Space near Tseung Kwan O Swimming Pool | Free | 30 | 30 |
| 58 | Meeting Point for Elderly - Tai Chi | 1 | 7/2/2024 - 28/2/2024 | Hang Hau Man Kuk Lane Park | Free | 30 | 30 |
| 59 | Meeting Point for Elderly - Tai Chi | 2 | 7/2/2024 - 28/2/2024 | Hau Tak Estate | Free | 60 | 60 |
| 60 | Meeting Point for Elderly - Tai Chi | 1 | 7/2/2024 - 28/2/2024 | Ming Tak Estate | Free | 30 | 30 |
| 61 | Meeting Point for Elderly - Tai Chi | 1 | 7/2/2024 - 28/2/2024 | Po Tsui Park | Free | 30 | 30 |
| 62 | Meeting Point for Elderly - Tai Chi | 1 | 7/2/2024 - 28/2/2024 | Sheung Tak Estate | Free | 30 | 30 |
| 63 | Meeting Point for Elderly - Tai Chi | 1 | 7/2/2024 - 28/2/2024 | Tsui Lam Estate | Free | 30 | 30 |
| 64 | Meeting Point for Elderly - Tai Chi Sword | 1 | 7/2/2024 - 28/2/2024 | Tong Ming Street Sitting-out Area | Free | 30 | 30 |
| 65 | Meeting Point for Elderly - Tai Chi Sword | 1 | 1/2/2024 - 29/2/2024 | Tsui Lam Estate | Free | 30 | 30 |
| 66 | Healthy Elderly Scheme - Western Folk Dance Play-in | 1 | 5/2/2024 - 25/3/2024 | Hang Hau Sports Centre | Free | 50 | 50 |
| 67 | Healthy Elderly Scheme - Western Folk Dance Play-in | 1 | 8/2/2024 - 4/4/2024 | Hang Hau Sports Centre | Free | 50 | 50 |
| 68 | Healthy Elderly Scheme - Western Folk Dance Play-in | 1 | 7/2/2024 - 27/3/2024 | Tseung Kwan O Sports Centre | Free | 24 | 24 |
| 69 | Healthy Elderly Scheme - Western Folk Dance Play-in | 1 | 2/2/2024 - 22/3/2024 | Tseung Kwan O Sports Centre | Free | 24 | 24 |
| 70 | Healthy Elderly Scheme - Badminton Self Practice | 1 | 5/2/2024 - 26/2/2024 | Hong Kong Velodrome | Free | 20 | 20 |
| 71 | Healthy Elderly Scheme - Lawn Bowls Self Practice | 2 | 6/2/2024 - 27/2/2024 | Hang Hau Man Kuk Lane Park | Free | 32 | 32 |
| 72 | Healthy Elderly Scheme - Table Tennis Self Practice | 2 | 7/2/2024 - 28/2/2024 | Tsui Lam Sports Centre | Free | 16 | 16 |
| 73 | Healthy Elderly Scheme - Table Tennis Self Practice | 3 | 1/2/2024 - 29/2/2024 | Hang Hau Sports Centre | Free | 36 | 36 |
| Total: | | 97 | | | | 2 587 | 2 375 |

Leisure and Cultural Services Department
Recreation and Sports Programmes to be organised in Sai Kung District in April 2024

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota |
|------|-----------------------------------------------------------|--------------|-----------------------|---------------------------------------------|---------|-------|
| 1 | Long Distance Running Training Course | 1 | 9/4/2024 - 11/6/2024 | Tseung Kwan O Sports Ground | 130 | 40 |
| 2 | Long Distance Running Training Course | 1 | 7/4/2024 - 9/6/2024 | Hong Kong Velodrome Park | 130 | 40 |
| 3 | Aerobic Dance Training Course | 2 | 20/4/2024 - 6/7/2024 | Tiu Keng Leng Sports Centre | 65 | 60 |
| 4 | Aerobic Dance Training Course | 3 | 9/4/2024 - 9/5/2024 | Tseung Kwan O Sports Centre | 65 | 60 |
| 5 | Aerobic Dance Training Course | 2 | 8/4/2024 - 10/5/2024 | Po Lam Sports Centre | 65 | 48 |
| 6 | Aerobic Dance Training Course | 2 | 9/4/2024 - 16/5/2024 | Po Lam Sports Centre | 65 | 48 |
| 7 | Aerobic Dance Training Course | 2 | 9/4/2024 - 4/5/2024 | Tsui Lam Sports Centre | 65 | 40 |
| 8 | Aerobic Dance Training Course | 2 | 10/4/2024 - 24/5/2024 | Tsui Lam Sports Centre | 65 | 40 |
| 9 | Aerobic Dance Training Course | 2 | 8/4/2024 - 6/5/2024 | Hong Kong Velodrome | 65 | 48 |
| 10 | Aerobic Dance Training Course | 2 | 9/4/2024 - 16/5/2024 | Hong Kong Velodrome | 65 | 48 |
| 11 | Baduanjin Training Course | 1 | 15/4/2024 - 13/5/2024 | Open Space near Tseung Kwan O Swimming Pool | 80 | 30 |
| 12 | Body-Mind Stretch Training Course | 2 | 9/4/2024 - 16/5/2024 | Hong Kong Velodrome | 85 | 48 |
| 13 | Children Dance Training Course | 1 | 13/4/2024 - 15/6/2024 | Po Lam Sports Centre | 60 | 20 |
| 14 | Children Dance Training Course | 1 | 7/4/2024 - 9/6/2024 | Tseung Kwan O Sports Centre | 60 | 20 |
| 15 | Children Dance Training Course | 1 | 21/4/2024 - 23/6/2024 | Hong Kong Velodrome | 60 | 20 |
| 16 | Chinese Dance Training Course | 1 | 16/4/2024 - 18/6/2024 | Tiu Keng Leng Sports Centre | 45 | 30 |
| 17 | Chinese Dance Training Course | 1 | 10/4/2024 - 26/6/2024 | Tsui Lam Sports Centre | 45 | 20 |
| 18 | Fitness (Multi-gym) Training Course | 2 | 8/4/2024 - 22/5/2024 | Tseung Kwan O Sports Centre | 75 | 52 |
| 19 | Fitness (Multi-gym) Training Course | 3 | 8/4/2024 - 22/5/2024 | Po Lam Sports Centre | 75 | 60 |
| 20 | Fitness (Multi-gym) Training Course | 2 | 9/4/2024 - 16/5/2024 | Po Lam Sports Centre | 75 | 40 |
| 21 | Fitness (Multi-gym) Training Course | 2 | 8/4/2024 - 6/5/2024 | Tsui Lam Sports Centre | 75 | 40 |
| 22 | Fitness (Multi-gym) Training Course | 2 | 9/4/2024 - 16/5/2024 | Tsui Lam Sports Centre | 75 | 40 |
| 23 | Fitness (Multi-gym) Training Course | 2 | 6/4/2024 - 2/5/2024 | Po Lam Sports Centre | 75 | 40 |
| 24 | Fitness (Multi-gym) Training Course | 2 | 10/4/2024 - 24/5/2024 | Tsui Lam Sports Centre | 75 | 40 |
| 25 | Jazz Training Course | 1 | 9/4/2024 - 9/5/2024 | Tiu Keng Leng Sports Centre | 70 | 30 |
| 26 | Jazz Training Course | 1 | 7/4/2024 - 9/6/2024 | Tseung Kwan O Sports Centre | 70 | 20 |
| 27 | Social Dance Training Course | 1 | 5/4/2024 - 7/6/2024 | Tiu Keng Leng Sports Centre | 86 | 30 |
| 28 | Social Dance Training Course | 1 | 8/4/2024 - 17/6/2024 | Tseung Kwan O Sports Centre | 86 | 24 |
| 29 | Social Dance Training Course | 1 | 11/4/2024 - 13/6/2024 | Po Lam Sports Centre | 86 | 24 |
| 30 | Social Dance Training Course | 1 | 13/4/2024 - 15/6/2024 | Tsui Lam Sports Centre | 86 | 24 |
| 31 | Social Dance Training Course | 1 | 7/4/2024 - 9/6/2024 | Po Lam Sports Centre | 86 | 24 |
| 32 | Social Dance Training Course | 1 | 16/4/2024 - 18/6/2024 | Tsui Lam Sports Centre | 86 | 24 |
| 33 | Social Dance Training Course | 1 | 3/4/2024 - 19/6/2024 | Hang Hau Sports Centre | 86 | 30 |
| 34 | Social Dance Training Course | 1 | 7/4/2024 - 9/6/2024 | Hang Hau Sports Centre | 86 | 30 |
| 35 | Social Dance Training Course | 1 | 19/4/2024 - 21/6/2024 | Hong Kong Velodrome | 86 | 30 |
| 36 | Social Dance Training Course | 1 | 20/4/2024 - 22/6/2024 | Hong Kong Velodrome | 86 | 30 |
| 37 | Stress Management and Physical Relaxation Training Course | 1 | 9/4/2024 - 23/5/2023 | Tiu Keng Leng Sports Centre | 80 | 30 |
| 38 | Stress Management and Physical Relaxation Training Course | 2 | 8/4/2024 - 22/7/2024 | Tseung Kwan O Sports Centre | 80 | 40 |
| 39 | Stress Management and Physical Relaxation Training Course | 1 | 10/4/2024 - 24/7/2024 | Hang Hau Sports Centre | 80 | 30 |
| 40 | Stress Management and Physical Relaxation Training Course | 2 | 29/4/2024 - 12/8/2024 | Hong Kong Velodrome | 80 | 60 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota |
|------|--------------------------------------------------|--------------|-----------------------|---------------------------------------------|---------|-------|
| 41 | Tai Chi Training Course | 1 | 19/4/2025 - 7/10/2024 | Hang Hau Man Kuk Lane Park | 60 | 35 |
| 42 | Tai Chi Training Course | 2 | 19/4/2025 - 7/10/2024 | Hau Tak Estate | 60 | 100 |
| 43 | Tai Chi Training Course | 1 | 19/4/2025 - 7/10/2024 | Ming Tak Estate | 60 | 50 |
| 44 | Tai Chi Training Course | 1 | 19/4/2025 - 7/10/2024 | Po Tsui Park | 60 | 50 |
| 45 | Tai Chi Training Course | 1 | 19/4/2025 - 7/10/2024 | Sheung Tak Estate | 60 | 45 |
| 46 | Tai Chi Training Course | 1 | 19/4/2025 - 7/10/2024 | Tsui Lam Estate | 60 | 45 |
| 47 | Tai Chi Training Course | 1 | 2/4/2025 - 14/9/2024 | Hong Sing Garden | 60 | 45 |
| 48 | Tai Chi Training Course | 1 | 2/4/2025 - 14/9/2024 | Open Space near Tseung Kwan O Swimming Pool | 60 | 50 |
| 49 | Tai Chi Training Course | 1 | 3/4/2024 - 31/7/2024 | Wai Man Road Playground* | 60 | 50 |
| 50 | Tai Chi Made Easy Class | 1 | 7/4/2024 - 30/6/2024 | Open Space near Tseung Kwan O Swimming Pool | 54 | 30 |
| 51 | Tai Chi Made Easy Class | 1 | 7/4/2024 - 30/6/2024 | Sheung Ning Playground | 54 | 30 |
| 52 | Tai Chi Made Easy Class | 1 | 6/4/2024 - 22/6/2024 | Sheung Ning Playground | 54 | 30 |
| 53 | Tai Chi Sword Training Course | 1 | 9/4/2024 - 21/9/2024 | Tsui Lam Estate | 60 | 40 |
| 54 | Tai Chi Sword Training Course | 1 | 2/4/2024 - 23/7/2024 | Wai Man Road Playground* | 60 | 40 |
| 55 | Western Folk Dance Training Course | 1 | 7/4/2024 - 9/6/2024 | Hang Hau Sports Centre | 45 | 30 |
| 56 | Yoga Training Course | 1 | 10/4/2024 - 26/6/2024 | Hang Hau Sports Centre | 85 | 30 |
| 57 | Yoga Training Course | 1 | 8/4/2024 - 17/6/2024 | Po Lam Sports Centre | 85 | 24 |
| 58 | Yoga Training Course | 1 | 6/4/2024 - 8/6/2024 | Tseung Kwan O Sports Centre | 85 | 20 |
| 59 | Yoga Training Course | 1 | 14/4/2024 - 16/6/2024 | Tsui Lam Sports Centre | 85 | 20 |
| 60 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 9/4/2024 | Tseung Kwan O Sports Centre | Free | 25 |
| 61 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 10/4/2024 | Tseung Kwan O Sports Centre | Free | 25 |
| 62 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 11/4/2024 | Tseung Kwan O Sports Centre | Free | 25 |
| 63 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 17/4/2024 | Tseung Kwan O Sports Centre | Free | 25 |
| 64 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 10/4/2024 | Hong Kong Velodrome | Free | 25 |
| 65 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 11/4/2024 | Hong Kong Velodrome | Free | 25 |
| 66 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 17/4/2024 | Hong Kong Velodrome | Free | 25 |
| 67 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 18/4/2024 | Hong Kong Velodrome | Free | 25 |
| 68 | Badminton Training Course | 1 | 3/4/2024 - 19/6/2024 | Tiu Keng Leng Sports Centre | 118 | 24 |
| 69 | Badminton Training Course | 1 | 9/4/2024 - 9/5/2024 | Tiu Keng Leng Sports Centre | 118 | 24 |
| 70 | Badminton Training Course | 1 | 3/4/2024 - 8/5/2024 | Tseung Kwan O Sports Centre | 118 | 24 |
| 71 | Badminton Training Course | 1 | 8/4/2024 - 9/5/2024 | Tseung Kwan O Sports Centre | 118 | 24 |
| 72 | Badminton Training Course | 1 | 9/4/2024 - 9/5/2024 | Po Lam Sports Centre | 118 | 18 |
| 73 | Badminton Training Course | 1 | 9/4/2024 - 9/5/2024 | Tsui Lam Sports Centre | 118 | 24 |
| 74 | Badminton Training Course | 1 | 10/4/2024 - 17/5/2024 | Tsui Lam Sports Centre | 118 | 24 |
| 75 | Badminton Training Course | 1 | 6/4/2024 - 8/6/2024 | Hang Hau Sports Centre | 118 | 24 |
| 76 | Badminton Training Course | 1 | 8/4/2024 - 9/5/2024 | Hang Hau Sports Centre | 118 | 24 |
| 77 | Track Cycling Training Course (Level I) | 1 | 7/4/2024 | Hong Kong Velodrome | 140 | 20 |
| 78 | Track Cycling Training Course (Level II) | 1 | 2/4/2024 | Hong Kong Velodrome | 140 | 20 |
| 79 | Track Cycling Training Course (Level III) | 1 | 11/4/2024 | Hong Kong Velodrome | 140 | 20 |
| 80 | Track Cycling Taster Session | 1 | 3/4/2024 | Hong Kong Velodrome | Free | 20 |
| 81 | Track Cycling Taster Session | 1 | 13/4/2024 | Hong Kong Velodrome | Free | 20 |
| 82 | Track Cycling Taster Session | 1 | 17/4//2024 | Hong Kong Velodrome | Free | 20 |
| 83 | Track Cycling Taster Session | 1 | 27/4/2024 | Hong Kong Velodrome | Free | 20 |
| 84 | Squash Training Course | 1 | 16/4/2024 - 9/5/2024 | Tseung Kwan O Sports Centre | 160 | 8 |
| 85 | Squash Training Course | 1 | 10/4/2024 - 8/5/2024 | Po Lam Sports Centre | 160 | 8 |
| 86 | Squash Training Course | 1 | 16/4/2024 - 9/5/2024 | Tsui Lam Sports Centre | 160 | 8 |
| 87 | Table Tennis Training Course | 1 | 6/4/2024 - 8/6/2024 | Tseung Kwan O Sports Centre | 86 | 18 |
| 88 | Table Tennis Training Course | 1 | 14/4/2024 - 16/6/2024 | Tsui Lam Sports Centre | 86 | 12 |
| 89 | Table Tennis Training Course | 1 | 2/4/2024 - 4/6/2024 | Hang Hau Sports Centre | 86 | 18 |
| 90 | Table Tennis Training Course | 1 | 21/4/2024 - 23/6/2024 | Hong Kong Velodrome | 86 | 24 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota |
|---------------|-----------------------------------------------------|--------------|-----------------------|---------------------------------------------|---------|--------------|
| 91 | Table Tennis Training Course | 1 | 14/4/2024 - 16/6/2024 | Sai Kung Squash Courts | 86 | 12 |
| 92 | Table Tennis Training Course | 1 | 13/4/2024 - 15/6/2024 | Sai Kung Squash Courts | 86 | 12 |
| 93 | Tennis Training Course | 1 | 3/4/2024 - 24/4/2024 | Po Tsui Park | 170 | 18 |
| 94 | Tennis Training Course | 1 | 3/4/2024 - 19/6/2024 | Po Tsui Park | 170 | 18 |
| 95 | Tennis Training Course | 1 | 2/4/2024 - 3/5/2024 | Po Tsui Park | 170 | 18 |
| 96 | Tennis Training Course | 1 | 2/4/2024 - 7/5/2024 | Po Tsui Park | 170 | 18 |
| 97 | Tennis Training Course | 1 | 8/4/2024 - 9/5/2024 | Po Tsui Park | 170 | 18 |
| 98 | Tennis Training Course | 1 | 10/4/2024 - 20/5/2024 | Po Tsui Park | 170 | 18 |
| 99 | Tennis Training Course | 1 | 6/4/2024 - 8/6/2024 | Po Tsui Park | 170 | 18 |
| 100 | Tennis Training Course | 1 | 16/4/2024 - 16/5/2024 | Sai Kung Tennis Courts* | 170 | 12 |
| 101 | Tennis Training Course | 1 | 10/4/2024 - 26/6/2024 | Sai Kung Tennis Courts* | 170 | 12 |
| 102 | Tennis Training Course | 1 | 13/4/2024 - 15/6/2024 | Sai Kung Tennis Courts* | 170 | 12 |
| 103 | Baduanjin Training Course for Elderly | 1 | 6/4/2024 - 2/5/2024 | Hau Tak Estate | Free | 30 |
| 104 | Baduanjin Training Course for Elderly | 1 | 6/4/2024 - 2/5/2024 | King Lam Estate | Free | 30 |
| 105 | Baduanjin Training Course for Elderly | 1 | 6/4/2024 - 2/5/2024 | Sheung Tak Estate | Free | 30 |
| 106 | Baduanjin Training Course for Elderly | 1 | 6/4/2024 - 2/5/2024 | Tsui Lam Estate | Free | 30 |
| 107 | Fitness (Multi-gym) Training Course for Elderly | 1 | 9/4/2024 - 16/5/2024 | Po Lam Sports Centre | Free | 20 |
| 108 | Fitness Exercise Training Course for Elderly | 2 | 9/4/2024 - 9/5/2024 | Tiu Keng Leng Sports Centre | Free | 60 |
| 109 | Fitness Exercise Training Course for Elderly | 1 | 9/4/2024 - 14/5/2024 | Tseung Kwan O Sports Centre | Free | 20 |
| 110 | Fitness Exercise Training Course for Elderly | 2 | 10/4/2024 - 31/5/2024 | Po Lam Sports Centre | Free | 40 |
| 111 | Fitness Exercise Training Course for Elderly | 2 | 22/4/2024 - 17/6/2024 | Hong Kong Velodrome | Free | 60 |
| 112 | Gymnastics for All Training Course for Elderly | 1 | 9/4/2024 - 23/5/2024 | Tsui Lam Sports Centre | Free | 20 |
| 113 | Gateball Training Course for Elderly | 1 | 12/4/2024 - 31/5/2024 | Tsui Lam Sports Centre | Free | 15 |
| 114 | Gateball Training Course for Elderly | 1 | 2/4/2024 - 21/5/2024 | Sheung Ning Playground | Free | 30 |
| 115 | Gateball Training Course for Elderly | 1 | 11/4/2024 - 30/5/2024 | Po Hong Park | Free | 15 |
| 116 | Table Tennis Training Course for Elderly | 1 | 15/4/2024 - 22/5/2024 | Sai Kung Squash Courts* | Free | 12 |
| 117 | Having Fun in Elderly Exercise (Fitness) | 2 | 5/4/2024 - 26/4/2024 | Tsui Lam Sports Centre | Free | 40 |
| 118 | Meeting Point for Elderly - Tai Chi | 1 | 11/4/2024 - 25/4/2024 | Hong Sing Garden | Free | 30 |
| 119 | Meeting Point for Elderly - Tai Chi | 1 | 11/4/2024 - 25/4/2024 | Open Space near Tseung Kwan O Swimming Pool | Free | 30 |
| 120 | Meeting Point for Elderly - Tai Chi | 1 | 3/4/2024 - 24/4/2024 | Hang Hau Man Kuk Lane Park | Free | 30 |
| 121 | Meeting Point for Elderly - Tai Chi | 2 | 3/4/2024 - 24/4/2024 | Hau Tak Estate | Free | 60 |
| 122 | Meeting Point for Elderly - Tai Chi | 1 | 3/4/2024 - 24/4/2024 | Ming Tak Estate | Free | 30 |
| 123 | Meeting Point for Elderly - Tai Chi | 1 | 3/4/2024 - 24/4/2024 | Po Tsui Park | Free | 30 |
| 124 | Meeting Point for Elderly - Tai Chi | 1 | 3/4/2024 - 24/4/2024 | Sheung Tak Estate | Free | 30 |
| 125 | Meeting Point for Elderly - Tai Chi | 1 | 3/4/2024 - 24/4/2024 | Tsui Lam Estate | Free | 30 |
| 126 | Meeting Point for Elderly - Tai Chi Sword | 1 | 3/4/2024 - 24/4/2024 | Tong Ming Street Sitting-out Area | Free | 30 |
| 127 | Meeting Point for Elderly - Tai Chi Sword | 1 | 11/4/2024 - 25/4/2024 | Tsui Lam Estate | Free | 30 |
| 128 | Healthy Elderly Scheme - Western Folk Dance Play-in | 1 | 3/4/2024 - 29/5/2024 | Tseung Kwan O Sports Centre | Free | 24 |
| 129 | Healthy Elderly Scheme - Western Folk Dance Play-in | 1 | 5/4/2024 - 31/5/2024 | Tseung Kwan O Sports Centre | Free | 24 |
| 130 | Healthy Elderly Scheme - Western Folk Dance Play-in | 1 | 8/4/2024 - 20/5/2024 | Hang Hau Sports Centre | Free | 30 |
| 131 | Healthy Elderly Scheme - Western Folk Dance Play-in | 1 | 11/4/2024 - 23/5/2024 | Hang Hau Sports Centre | Free | 30 |
| 132 | Healthy Elderly Scheme - Badminton Self Practice | 2 | 8/4/2024 - 29/4/2024 | Hong Kong Velodrome | Free | 48 |
| 133 | Healthy Elderly Scheme - Gateball Fun Day | 2 | 11/4/2024 - 25/4/2024 | Sheung Ning Playground | Free | 60 |
| 134 | Healthy Elderly Scheme - Lawn Bowls Self Practice | 2 | 2/4/2024 - 30/4/2024 | Hang Hau Man Kuk Lane Park | Free | 32 |
| 135 | Healthy Elderly Scheme - Table Tennis Self Practice | 2 | 3/4/2024 - 24/4/2024 | Tsui Lam Sports Centre | Free | 16 |
| 136 | Healthy Elderly Scheme - Table Tennis Self Practice | 3 | 11/4/2024 - 25/4/2024 | Hang Hau Sports Centre | Free | 36 |
| Total: | | 168 | | | | 4 130 |

Leisure and Cultural Services Department
Recreation and Sports Programmes to be organised in Sai Kung District in May 2024

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota |
|------|--------------------------------------------------|--------------|-----------------------|---------------------------------------------|---------|-------|
| 1 | SKD Basketball Competition | 1 | 5/5/2024 - 2/6/2024 | Hang Hau Sports Centre | 60 | 384 |
| 2 | Aerobic Dance Training Course | 3 | 23/5/2024 - 22/6/2024 | Tseung Kwan O Sports Centre | 65 | 60 |
| 3 | Aerobic Dance Training Course | 2 | 14/5/2024 - 8/6/2024 | Tsui Lam Sports Centre | 65 | 40 |
| 4 | Aerobic Dance Training Course | 2 | 27/5/2024 - 28/6/2024 | Po Lam Sports Centre | 65 | 48 |
| 5 | Aerobic Dance Training Course | 2 | 28/5/2024 - 4/7/2024 | Po Lam Sports Centre | 65 | 48 |
| 6 | Aerobic Dance Training Course | 2 | 7/5/2024 - 13/6/2024 | Hang Hau Sports Centre | 65 | 60 |
| 7 | Chinese Dance Training Course | 1 | 3/5/2024 - 5/7/2024 | Hang Hau Sports Centre | 45 | 30 |
| 8 | Baduanjin Training Course | 1 | 29/5/2024 - 26/6/2024 | Open Space near Tseung Kwan O Swimming Pool | 80 | 30 |
| 9 | Fitness (Multi-gym) Training Course | 2 | 7/5/2024 - 1/6/2024 | Po Lam Sports Centre | 75 | 40 |
| 10 | Social Dance Fun Day | 1 | 18/5/2024 | Hang Hau Sports Centre | Free | 80 |
| 11 | Tai Chi Made Easy Class | 1 | 4/5/2024 - 20/7/2024 | Tong Ming Street Sitting-out Area | 54 | 30 |
| 12 | Tai Chi Made Easy Class | 1 | 5/5/2024 - 21/7/2024 | Wai Man Road Playground* | 54 | 30 |
| 13 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 11/5/2024 | Tseung Kwan O Sports Centre | Free | 25 |
| 14 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 14/5/2024 | Tseung Kwan O Sports Centre | Free | 25 |
| 15 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 16/5/2024 | Tseung Kwan O Sports Centre | Free | 25 |
| 16 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 18/5/2024 | Tseung Kwan O Sports Centre | Free | 25 |
| 17 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 7/5/2024 | Hang Hau Sports Centre | Free | 25 |
| 18 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 9/5/2024 | Hang Hau Sports Centre | Free | 25 |
| 19 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 8/5/2024 | Hong Kong Velodrome | Free | 25 |
| 20 | Briefing on Proper Ways to Use Fitness Equipment | 1 | 9/5/2024 | Hong Kong Velodrome | Free | 25 |
| 21 | Badminton Training Course | 1 | 20/5/2024 - 24/6/2024 | Tseung Kwan O Sports Centre | 118 | 24 |
| 22 | Badminton Training Course | 1 | 22/5/2024 - 21/6/2024 | Tseung Kwan O Sports Centre | 118 | 24 |
| 23 | Badminton Training Course | 1 | 28/5/2024 - 2/7/2024 | Tsui Lam Sports Centre | 118 | 24 |
| 24 | Track Cycling Training Course (Level I) | 1 | 5/5/2024 | Hong Kong Velodrome | 140 | 20 |
| 25 | Track Cycling Training Course (Level II) | 1 | 14/5/2024 | Hong Kong Velodrome | 140 | 20 |
| 26 | Track Cycling Training Course (Level III) | 1 | 9/5/2024 | Hong Kong Velodrome | 140 | 20 |
| 27 | Track Cycling Taster Session | 1 | 4/5/2024 | Hong Kong Velodrome | Free | 20 |
| 28 | Track Cycling Taster Session | 1 | 8/5/2024 | Hong Kong Velodrome | Free | 20 |
| 29 | Track Cycling Taster Session | 1 | 18/5/2024 | Hong Kong Velodrome | Free | 20 |
| 30 | Track Cycling Taster Session | 1 | 22/5/2024 | Hong Kong Velodrome | Free | 20 |
| 31 | Fencing Fun Day | 2 | 19/5/2024 | Tiu Keng Leng Sports Centre | Free | 40 |
| 32 | Mini-tennis Training Course | 1 | 11/5/2024 - 13/7/2024 | Po Lam Sports Centre | 70 | 12 |
| 33 | Squash Training Course | 1 | 22/5/2024 - 14/6/2024 | Po Lam Sports Centre | 160 | 8 |
| 34 | Table Tennis Training Course for Children | 1 | 5/5/2024 - 7/7/2024 | Tiu Keng Leng Sports Centre | 86 | 18 |
| 35 | Table Tennis Training Course | 1 | 4/5/2024 - 6/7/2024 | Po Lam Sports Centre | 86 | 18 |
| 36 | Tennis Training Course | 1 | 3/5/2024 - 27/5/2024 | Po Tsui Park | 170 | 18 |
| 37 | Tennis Training Course | 1 | 16/5/2024 - 18/6/2024 | Po Tsui Park | 170 | 18 |
| 38 | Tennis Training Course | 1 | 14/5/2024 - 14/6/2024 | Po Tsui Park | 170 | 18 |
| 39 | Tennis Training Course | 1 | 20/5/2024 - 24/6/2024 | Po Tsui Park | 170 | 18 |
| 40 | Tennis Training Course | 1 | 29/5/2024 - 8/7/2024 | Po Tsui Park | 170 | 18 |

| Item | Programmes | No. of Prog. | Date | Venue (*Located in Sai Kung) | Fee(\$) | Quota |
|---------------|----------------------------------------------------------|--------------|-----------------------|---------------------------------------------|---------|--------------|
| 41 | SKD Kayak 1 Star Award Training Course | 1 | 19/5/2024 | Chong Hing Water Sports Centre* | 30 | 8 |
| 42 | SKD Kayak 1 Star Award Training Course | 1 | 25/5/2024 | Chong Hing Water Sports Centre* | 30 | 8 |
| 43 | SKD Kayak 2 Star Award Training Course | 1 | 26/5/2024 | Chong Hing Water Sports Centre* | 30 | 8 |
| 44 | Sai Kung District Elementary Dragon Boat Training Course | 1 | 19/5/2024 | Chong Hing Water Sports Centre* | 90 | 10 |
| 45 | Sai Kung District Elementary Dragon Boat Training Course | 1 | 25/5/2024 | Chong Hing Water Sports Centre* | 90 | 10 |
| 46 | Sai Kung District Elementary Dragon Boat Training Course | 1 | 26/5/2024 | Chong Hing Water Sports Centre* | 90 | 10 |
| 47 | Sport Climbing Training Course | 1 | 19/5/2024 - 26/5/2024 | Tiu Keng Leng Sports Centre | 40 | 15 |
| 48 | Handball Training Course | 1 | 4/5/2024 - 6/7/2024 | Tseung Kwan O Sports Centre | 45 | 20 |
| 49 | Sport Climbing Fun Day | 2 | 4/5/2024 | Tiu Keng Leng Sports Centre | Free | 48 |
| 50 | Day Camp for Families | 1 | 19/5/2024 | Lei Yue Mun Park | 60 | 48 |
| 51 | Day Camp for Elderly | 1 | 8/5/2024 | Sai Kung Outdoor Recreation Centre* | Free | 48 |
| 52 | Baduanjin Training Course for Elderly | 1 | 9/5/2024 - 4/6/2024 | Hau Tak Estate | Free | 30 |
| 53 | Baduanjin Training Course for Elderly | 1 | 9/5/2024 - 4/6/2024 | King Lam Estate | Free | 30 |
| 54 | Baduanjin Training Course for Elderly | 1 | 9/5/2024 - 4/6/2024 | Sheung Tak Estate | Free | 30 |
| 55 | Baduanjin Training Course for Elderly | 1 | 9/5/2024 - 4/6/2024 | Tsui Lam Estate | Free | 30 |
| 56 | Fitness (Multi-gym) Training Course for Elderly | 1 | 28/5/2024 - 9/7/2024 | Po Lam Sports Centre | Free | 20 |
| 57 | Fitness Exercise Training Course for Elderly | 1 | 23/5/2024 - 27/6/2024 | Tseung Kwan O Sports Centre | Free | 20 |
| 58 | Having Fun in Elderly Exercise (Fitness) | 2 | 3/5/2024 - 31/5/2024 | Tsui Lam Sports Centre | Free | 40 |
| 59 | Healthy Elderly Scheme - Gateball Fun Day | 2 | 2/5/2024 - 30/5/2023 | Sheung Ning Playground | Free | 60 |
| 60 | Meeting Point for Elderly - Tai Chi | 1 | 2/5/2024 - 30/5/2024 | Hong Sing Garden | Free | 30 |
| 61 | Meeting Point for Elderly - Tai Chi | 1 | 2/5/2024 - 30/5/2024 | Open Space near Tseung Kwan O Swimming Pool | Free | 30 |
| 62 | Meeting Point for Elderly - Tai Chi | 1 | 8/5/2024 - 29/5/2024 | Hang Hau Man Kuk Lane Park | Free | 30 |
| 63 | Meeting Point for Elderly - Tai Chi | 2 | 8/5/2024 - 29/5/2024 | Hau Tak Estate | Free | 60 |
| 64 | Meeting Point for Elderly - Tai Chi | 1 | 8/5/2024 - 29/5/2024 | Ming Tak Estate | Free | 30 |
| 65 | Meeting Point for Elderly - Tai Chi | 1 | 8/5/2024 - 29/5/2024 | Po Tsui Park | Free | 30 |
| 66 | Meeting Point for Elderly - Tai Chi | 1 | 8/5/2024 - 29/5/2024 | Sheung Tak Estate | Free | 30 |
| 67 | Meeting Point for Elderly - Tai Chi | 1 | 8/5/2024 - 29/5/2024 | Tsui Lam Estate | Free | 30 |
| 68 | Meeting Point for Elderly - Tai Chi Sword | 1 | 8/5/2024 - 29/5/2024 | Tong Ming Street Sitting Out Area | Free | 30 |
| 69 | Meeting Point for Elderly - Tai Chi Sword | 1 | 2/5/2024 - 30/5/2024 | Tsui Lam Estate | Free | 30 |
| 70 | Healthy Elderly Scheme - Badminton Self Practice | 2 | 2/5/2024 - 30/5/2024 | Tseung Kwan O Sports Centre | Free | 48 |
| 71 | Healthy Elderly Scheme - Table Tennis Self Practice | 2 | 8/5/2024 - 29/5/2024 | Tsui Lam Sports Centre | Free | 16 |
| 72 | Healthy Elderly Scheme - Table Tennis Self Practice | 3 | 2/5/2024 - 23/5/2024 | Hang Hau Sports Centre | Free | 36 |
| Total: | | 88 | | | | 2 401 |

Leisure and Cultural Services Department
2024/2025 Annual Programme Plan for Sai Kung District

| Category | Estimated No. of Activities | Estimated No. of Participants |
|--------------------------------------------------|-----------------------------|-------------------------------|
| <i>1. Athletics & Aquatics</i> | | |
| <u>Training Course</u> | | |
| Distance Run | 9 | 360 |
| Life-Saving | 5 | 120 |
| Swimming | 88 | 1 488 |
| <u>Competition</u> | | |
| Swimming Gala | 1 | 756 |
| Athletic Meet | 1 | 700 |
| Sub-total | 104 | 3 424 |
| <i>2. Dance & Fitness</i> | | |
| <u>Training Course</u> | | |
| Aerobic Dance | 146 | 3 220 |
| Baduanjin | 8 | 240 |
| Body-Mind Strech | 12 | 288 |
| Children Dance | 13 | 260 |
| Chinese Dance | 12 | 320 |
| Fitness (Multi-gym) | 101 | 2 080 |
| Fitness Course for Children | 1 | 20 |
| Hydro Fitness | 6 | 120 |
| Jazz | 11 | 290 |
| Play Leadership Scheme | 2 | 40 |
| Quali Walk | 2 | 40 |
| Social Dance | 40 | 1 080 |
| Stress Management and Physical Relaxation | 21 | 570 |
| Tai Chi | 21 | 950 |
| Tai Chi Made Easy | 19 | 570 |
| Tai Chi Sword | 5 | 200 |
| Western Folk Dance | 4 | 120 |
| Wushu | 1 | 20 |
| Yoga | 16 | 376 |
| Briefing on Outdoor Fitness Training | 4 | 120 |
| Parent-child Fitness Training Course | 2 | 40 |
| <u>Recreation Activity</u> | | |
| Briefing on Proper Ways to Use Fitness Equipment | 102 | 2 850 |
| Fitness Room Monthly Ticket Scheme | 48 | 37 707 |
| Dance Night / Performance | 6 | 700 |
| Breaking | 2 | 40 |
| Sub-total | 605 | 52 261 |

| Category | Estimated No. of Activities | Estimated No. of Participants |
|----------------------------|-----------------------------|-------------------------------|
| 3. Individual Games | | |
| <u>Training Course</u> | | |
| Badminton | 59 | 1 380 |
| Contract Bridge | 2 | 48 |
| Cycling | 20 | 400 |
| Fencing | 2 | 40 |
| Go Activity | 5 | 100 |
| Lawn Bowls | 7 | 112 |
| Mini Tennis | 5 | 72 |
| Squash | 27 | 216 |
| Table-tennis | 31 | 516 |
| Tennis | 68 | 1 110 |
| <u>Recreation Activity</u> | | |
| Cycling | 83 | 1 660 |
| Fencing | 2 | 40 |
| Lawn Bowls | 6 | 144 |
| <u>Competition</u> | | |
| Badminton | 1 | 590 |
| Lawn Bowls | 1 | 96 |
| Squash | 1 | 88 |
| Table-tennis | 1 | 536 |
| Tennis | 1 | 440 |
| Sub-total | 322 | 7 588 |
| | | |
| 4. Outdoor Pursuits | | |
| <u>Training Course</u> | | |
| Canoeing | 21 | 168 |
| Sport Climbing | 4 | 60 |
| Windsurfing | 8 | 40 |
| Dragon Boat | 17 | 170 |
| <u>Recreation Activity</u> | | |
| Day Camping | 2 | 96 |
| Hiking | 4 | 192 |
| Horse Riding | 2 | 48 |
| Orienteering | 5 | 2 000 |
| Residential Camping | 1 | 48 |
| Sand Sculpture | 3 | 1 628 |
| Sport Climbing | 16 | 384 |
| Skateboarding | 2 | 36 |
| <u>Competition</u> | | |
| Sand Sculpture | 1 | 260 |
| Sub-total | 86 | 5 130 |

| Category | Estimated No. of Activities | Estimated No. of Participants |
|------------------------------------------------------------------------|-----------------------------|-------------------------------|
| 5. Team Games | | |
| <u>Training Course</u> | | |
| Baseball | 1 | 30 |
| Basketball | 1 | 30 |
| Handball | 1 | 20 |
| Hockey | 1 | 24 |
| Rugby | 1 | 20 |
| Volleyball | 3 | 90 |
| <u>Recreation Activity</u> | | |
| Cricket | 2 | 180 |
| Ultimate | 2 | 80 |
| <u>Competition</u> | | |
| 3-on-3 Basketball | 1 | 192 |
| 11-a-side Soccer | 1 | 432 |
| Basketball | 1 | 768 |
| Gateball | 1 | 64 |
| Handball | 1 | 256 |
| Volleyball | 1 | 192 |
| Sub-total | 18 | 2 378 |
| | | |
| 6. Other Activities | | |
| <u>Training Course</u> | | |
| Programmes for Older Persons | 133 | 3 304 |
| Programmes for Persons with Disabilities/Persons with Chronic Diseases | 6 | 150 |
| Youth at Risk Activity | 1 | 15 |
| Programmes for Low-income Families | 3 | 72 |
| <u>Recreation Activity</u> | | |
| Programmes for Older Persons (Excluding Healthy Elderly Scheme) | 205 | 19 002 |
| Healthy Elderly Scheme | 130 | 14 868 |
| Programmes for Youths at Risk | 8 | 340 |
| Programmes for Persons with Disabilities/Persons with Chronic Diseases | 57 | 2 340 |
| Programmes for Low-income Families | 13 | 1 067 |
| Carnival / Sports Carnival | 3 | 8 230 |
| Community Garden Programmes | 6 | 214 |
| Fun Games / Potted Sports Day | 3 | 1 400 |
| Horticultural Programmes | 1 | 20 |
| Tree Planting Activities | 1 | 350 |
| <u>Competition</u> | | |
| Programmes for Older Persons | 1 | 64 |
| Programmes for Persons with Disabilities/Persons with Chronic Diseases | 1 | 64 |
| Sub-total | 572 | 51 500 |
| Total | 1 707 | 122 281 |