

Leisure and Cultural Services Department

Community Recreation and Sports Programme

Monthly Programmes for Apr 2018

North District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Aerobic Dance Training Course									
40490971 (NL001)	10/4-24/5 (excl. 1/5,22/5)	Tu,Th	19:00-20:00	Lung Sum Avenue SC	14+	65	20	5/3	 
40490972 (NL002)	10/4-24/5 (excl. 1/5,22/5)	Tu,Th	20:00-21:00	Lung Sum Avenue SC	14+	65	20	5/3	 
40490973 (NL003)	17/4-31/5 (excl. 1/5,22/5)	Tu,Th	9:00-10:00	Lung Sum Avenue SC	14+	65	20	5/3	 
40490974 (NL004)	17/4-31/5 (excl. 1/5,22/5)	Tu,Th	10:00-11:00	Lung Sum Avenue SC	14+	65	20	5/3	 
40490975 (NH005)	3/4-17/5 (excl. 5/4,1/5)	Tu,Th	15:00-16:00	Luen Wo Hui SC	14+	65	30	5/3	 
40490976 (NH006)	3/4-17/5 (excl. 5/4,1/5)	Tu,Th	15:00-16:00	Luen Wo Hui SC	14+	65	30	5/3	 
40490977 (NH007)	4/4-11/5	W,F	11:00-12:00	Luen Wo Hui SC	14+	65	30	5/3	 
40490978 (NH008)	4/4-11/5	W,F	12:00-13:00	Luen Wo Hui SC	14+	65	30	5/3	 
40490979 (NH009)	4/4-11/5	W,F	19:00-20:00	Luen Wo Hui SC	14+	65	30	5/3	 
40490980 (NH010)	4/4-11/5	W,F	20:00-21:00	Luen Wo Hui SC	14+	65	30	5/3	 
40490981 (NR011)	4/4-11/5	W,F	14:00-15:00	Po Wing RD. SC	14+	65	30	5/3	 
40490982 (NR012)	4/4-11/5	W,F	15:00-16:00	Po Wing RD. SC	14+	65	30	5/3	 
40490983 (NR013)	4/4-14/5	M,W	19:00-20:00	Po Wing RD. SC	14+	65	30	5/3	 
40490984 (NR014)	4/4-14/5	M,W	20:00-21:00	Po Wing RD. SC	14+	65	30	5/3	 
40490985 (NW015)	3/4-17/5 (excl. 5/4,1/5)	Tu,Th	9:00-10:00	Wo Hing SC	14+	65	20	5/3	 
40490986 (NW016)	3/4-17/5 (excl. 5/4,1/5)	Tu,Th	10:00-11:00	Wo Hing SC	14+	65	20	5/3	 
40490987 (NW017)	4/4-11/5	W,F	9:00-10:00	Wo Hing SC	14+	65	20	5/3	 
40490988 (NW018)	4/4-11/5	W,F	10:00-11:00	Wo Hing SC	14+	65	20	5/3	 
40490989 (NW019)	4/4-14/5	M,W	14:00-15:00	Wo Hing SC	14+	65	20	5/3	 
40490990 (NW020)	4/4-14/5	M,W	15:00-16:00	Wo Hing SC	14+	65	20	5/3	 
Baduanjin Training Course									
40491000 (NW030)	12/4-28/6	Th	11:00-12:00	Wo Hing SC	8+	80	30	9/3	 
40491001 (NW031)	12/4-28/6	Th	12:00-13:00	Wo Hing SC	8+	80	30	9/3	 
Children Dance Training Course									
40491010 (NL040)	8/4-10/6	Su	9:00-11:00	Lung Sum Avenue SC	4-6	60	20	1/3	 
40491011 (NL041)	8/4-10/6	Su	11:00-13:00	Lung Sum Avenue SC	7-11	60	20	1/3	 
40491012 (NH042)	8/4-10/6	Su	13:00-15:00	Luen Wo Hui SC	4-11	60	20	1/3	 
40491013	7/4-9/6	Sa	14:00-16:00	Tin Ping SC	4-14	60	20	1/3	 
40491014 (NW044)	6/4-8/6	F	15:00-17:00	Wo Hing SC	4-6	60	20	1/3	 
40491015 (NW045)	8/4-10/6	Su	10:00-12:00	Wo Hing SC	4-14	60	20	1/3	 
Chinese Dance Training Course									
40491016 (NH046)	3/4-19/6 (excl. 1/5,22/5)	Tu	13:00-15:00	Luen Wo Hui SC	12+	45	30	20/2-27/2 (6/3) {27/3}	 
40491017 (NH047)	12/4-14/6	Th	11:00-13:00	Luen Wo Hui SC	12+	45	30	20/2-27/2 (6/3) {27/3}	 
40491018 (NR048)	4/4-6/6	W	10:00-12:00	Po Wing RD. SC	12+	45	30	20/2-27/2 (6/3) {27/3}	 
Fitness (Multi-gym) Training Course									
@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired. Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017. For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment. For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.									
40491038 (NH068)	3/4-17/5 (excl. 5/4,1/5)	Tu,Th	19:00-20:00	Luen Wo Hui SC	15+	75	20	@12/3	 
40491039 (NH069)	3/4-17/5 (excl. 5/4,1/5)	Tu,Th	20:00-21:00	Luen Wo Hui SC	15+	75	20	@12/3	 
40491040 (NH070)	3/4-17/5 (excl. 5/4,1/5)	Tu,Th	21:00-22:00	Luen Wo Hui SC	15+	75	20	@12/3	 
40491041 (NH071)	19/4-5/6 (excl. 1/5,22/5)	Tu,Th	9:00-10:00	Luen Wo Hui SC	15+	75	20	@12/3	 
40491042 (NH072)	19/4-5/6 (excl. 1/5,22/5)	Tu,Th	10:00-11:00	Luen Wo Hui SC	15+	75	20	@12/3	 
40491043 (NR073)	10/4-24/5 (excl. 1/5,22/5)	Tu,Th	19:00-20:00	Po Wing RD. SC	15+	75	30	@12/3	 
40491044 (NR074)	10/4-24/5 (excl. 1/5,22/5)	Tu,Th	20:00-21:00	Po Wing RD. SC	15+	75	30	@12/3	 
40491045 (NT075)	4/4-11/5	W,F	14:00-15:00	Tin Ping SC	15+	75	12	@12/3	 
40491046 (NT076)	4/4-11/5	W,F	15:00-16:00	Tin Ping SC	15+	75	12	@12/3	 
40491047 (NT077)	10/4-24/5 (excl. 1/5,22/5)	Tu,Th	19:00-20:00	Tin Ping SC	15+	75	12	@12/3	 
40491048 (NT078)	10/4-24/5 (excl. 1/5,22/5)	Tu,Th	20:00-21:00	Tin Ping SC	15+	75	12	@12/3	 
40491049 (NT079)	10/4-24/5 (excl. 1/5,22/5)	Tu,Th	21:00-22:00	Tin Ping SC	15+	75	12	@12/3	 
40491050 (NW080)	7/4-5/5 (excl. 1/5)	Tu,Th,Sa	9:00-10:00	Wo Hing SC	15+	75	20	@12/3	 
40491051 (NW081)	7/4-5/5 (excl. 1/5)	Tu,Th,Sa	10:00-11:00	Wo Hing SC	15+	75	20	@12/3	 
40491052 (NW082)	9/4-4/5	M,W,F	19:00-20:00	Wo Hing SC	15+	75	20	@12/3	 
40491053 (NW083)	9/4-4/5	M,W,F	20:00-21:00	Wo Hing SC	15+	75	20	@12/3	 
40491054 (NW084)	9/4-4/5	M,W,F	21:00-22:00	Wo Hing SC	15+	75	20	@12/3	 

40491055 (NW085)	27/4-23/5	M,W,F	14:00-15:00	Wo Hing SC	15+	75	20	@12/3	 
40491056 (NW086)	27/4-23/5	M,W,F	15:00-16:00	Wo Hing SC	15+	75	20	@12/3	 
Gymnastics for All									
40491058 (NH088)	8/4-10/6	Su	15:00-17:00	Luen Wo Hui SC	6-13	54	20	2/3	 
Hydro Fitness Training Course									
40489932 (NF205)	23/4-23/5	M,W,F	8:00-9:00	Fanling SP	14+	80	30	20/2-27/2 (5/3) {23/3}	
40489934 (NF206)	23/4-23/5	M,W,F	19:30-20:30	Fanling SP	14+	80	30	20/2-27/2 (5/3) {23/3}	
40490059 (NF207)	23/4-23/5	M,W,F	20:30-21:30	Fanling SP	14+	80	30	20/2-27/2 (5/3) {23/3}	
Jazz Training Course									
40491059 (NL089)	3/4-19/6 (excl. 1/5,22/5)	Tu	17:00-19:00	Lung Sum Avenue SC	12+	70	20	2/3	 
40491060 (NH090)	7/4-9/6	Sa	14:00-16:00	Luen Wo Hui SC	12+	70	30	2/3	 
40491061 (NW091)	6/4-8/6	F	19:00-21:00	Wo Hing SC	14+	70	20	2/3	 
Judo Training Course									
40491062 (NH092)	10/4-26/6 (excl. 1/5,22/5)	Tu	19:00-21:00	Luen Wo Hui SC	6+	65	30	1/3	 
40491063 (NR093)	3/4-19/6 (excl. 1/5,22/5)	Tu	18:00-20:00	Po Wing RD. SC	6+	65	30	1/3	 
40491064 (NT094)	12/4-14/6	Th	19:00-21:00	Tin Ping SC (non air-conditioned)	6+	65	30	1/3	 
40491065 (NW095)	4/4-6/6	W	18:00-20:00	Wo Hing SC	6+	65	20	1/3	 
40491066 (NW096)	7/4-9/6	Sa	14:00-16:00	Wo Hing SC	6+	65	20	1/3	 
Social Dance Training Course									
40491072 (NL101)	4/4-6/6	W	14:00-16:00	Lung Sum Avenue SC	14+	86	30	20/2-27/2 (6/3) {26/3}	
40491073 (NL102)	6/4-8/6	F	20:00-22:00	Lung Sum Avenue SC	14+	86	30	20/2-27/2 (6/3) {26/3}	
40491074 (NL103)	9/4-11/6	M	15:00-17:00	Lung Sum Avenue SC	14+	86	30	20/2-27/2 (6/3) {26/3}	
40491075 (NH104)	8/4-10/6	Su	20:00-22:00	Luen Wo Hui SC	14+	86	30	20/2-27/2 (6/3) {26/3}	
40491076 (NH105)	20/4-22/6	F	16:00-18:00	Luen Wo Hui SC	14+	86	30	20/2-27/2 (6/3) {26/3}	
40491077 (NR106)	3/4-19/6 (excl. 1/5,22/5)	Tu	14:00-16:00	Po Wing RD. SC	14+	86	30	20/2-27/2 (6/3) {26/3}	
40491078 (NW107)	6/4-8/6	F	11:00-13:00	Wo Hing SC	14+	86	30	20/2-27/2 (6/3) {26/3}	
40491079 (NW108)	12/4-14/6	Th	20:00-22:00	Wo Hing SC	14+	86	30	20/2-27/2 (6/3) {26/3}	
Tai Chi Made Easy Class									
40491095 (NH123)	8/4-24/6	Su	9:00-10:00	Luen Wo Hui SC	6+	54	30	20/2-27/2 (6/3) {26/3}	
40491096 (NH124)	8/4-24/6	Su	10:00-11:00	Luen Wo Hui SC	6+	54	30	20/2-27/2 (6/3) {26/3}	
Western Folk Dance Training Course									
40491101 (NW129)	7/4-9/6	Sa	19:00-21:00	Wo Hing SC	12+	45	20	7/3	 
Yoga Training Course									
40491102 (NL130)	6/4-11/5 (excl. 1/5)	Tu,F	13:00-15:00	Lung Sum Avenue SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
40491103 (NL131)	4/4-6/6	W	8:00-10:00	Lung Sum Avenue SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
40491104 (NL132)	4/4-6/6	W	10:00-12:00	Lung Sum Avenue SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
40491105 (NL133)	6/4-8/6	F	9:00-11:00	Lung Sum Avenue SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
40491106 (NL134)	8/4-10/6	Su	15:00-17:00	Lung Sum Avenue SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
40491107 (NL135)	8/4-10/6	Su	17:00-19:00	Lung Sum Avenue SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
40491108 (NH136)	4/4-6/6	W	13:00-15:00	Luen Wo Hui SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
40491109 (NH137)	7/4-9/6	Sa	12:00-14:00	Luen Wo Hui SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
40491110 (NH138)	8/4-10/6	Su	12:00-14:00	Luen Wo Hui SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
40491111 (NW139)	7/4-9/6	Sa	8:00-10:00	Wo Hing SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
40491112 (NW140)	7/4-9/6	Sa	10:00-12:00	Wo Hing SC	15+	85	30	20/2-27/2 (6/3) {27/3}	
Briefing on Proper Ways to Use Fitness Equipment									
40491004 (NH034)	8/4	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	25	20/2-27/2 (6/3) {27/3}	
40491005 (NR035)	7/4	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	25	20/2-27/2 (6/3) {27/3}	
40491006 (NR036)	15/4	Su	10:00-13:00	Po Wing RD. SC	15+	Free	25	20/2-27/2 (6/3) {27/3}	
40491007 (NT037)	8/4	Su	10:00-13:00	Tin Ping SC	15+	Free	20	20/2-27/2 (6/3) {27/3}	
40491008 (NT038)	15/4	Su	15:00-18:00	Tin Ping SC	15+	Free	20	20/2-27/2 (6/3) {27/3}	
40491009 (NW039)	14/4	Sa	14:00-17:00	Wo Hing SC	15+	Free	25	20/2-27/2 (6/3) {27/3}	
Badminton Training Course									
40490991 (NL021)	3/4-8/5 (excl. 1/5)	Tu,F	20:00-22:00	Lung Sum Avenue SC	14+	118	24	20/2-27/2 (6/3) {27/3}	
40490993 (NL023)	12/4-14/6	Th	9:00-11:00	Lung Sum Avenue SC	14+	118	24	20/2-27/2 (6/3) {27/3}	
40490994 (NR024)	4/4-13/6 (excl. 2/5)	W	20:00-22:00	Po Wing RD. SC	7+	118	24	20/2-27/2 (6/3) {27/3}	
40490995 (NR025)	6/4-15/6 (excl. 4/5)	F	14:00-16:00	Po Wing RD. SC	7+	118	24	20/2-27/2 (6/3) {27/3}	
40490996 (NW026)	3/4-19/6 (excl. 1/5,22/5)	Tu	20:00-22:00	Wo Hing SC	14+	118	24	20/2-27/2 (6/3) {27/3}	
40490997 (NW027)	4/4-6/6	W	9:00-11:00	Wo Hing SC	7+	118	24	20/2-27/2 (6/3) {27/3}	
40490998 (NW028)	4/4-6/6	W	18:00-20:00	Wo Hing SC	7+	118	24	20/2-27/2 (6/3) {27/3}	

40490999 (NW029)	9/4-11/6	M	13:00-15:00	Wo Hing SC	7+	118	24	20/2-27/2 (6/3) {27/3}	✉
Fencing Elementary Training Course(Level I)									
40491037 (NW067)	21/4-12/5	Sa	14:00-16:00	Wo Hing SC	9+	50	20	19/3	🖨️ <i>i</i>
Squash Training Course									
40491081 (NL110)	3/4-5/6 (excl. 1/5,22/5)	Tu	19:00-21:00	Lung Sum Avenue SC	18+	160	8	6/3	🖨️ <i>i</i>
40491082 (NL111)	6/4-25/5	F	20:00-22:00	Lung Sum Avenue SC	18+	160	8	6/3	🖨️ <i>i</i>
Table-tennis Training Course									
40491083 (NH112)	7/4-9/6	Sa	16:00-18:00	Luen Wo Hui SC	14+	86	24	8/3	🖨️ <i>i</i>
40491084 (NW113)	3/4-19/6 (excl. 1/5,22/5)	Tu	18:00-20:00	Wo Hing SC	6+	86	24	8/3	🖨️ <i>i</i>
40491086 (NW114)	7/4-9/6	Sa	16:00-18:00	Wo Hing SC	6+	86	24	8/3	🖨️ <i>i</i>
40491087 (NH115)	7/4-9/6	Sa	10:00-12:00	Luen Wo Hui SC	6-13	86	24	8/3	🖨️ <i>i</i>
40491088 (NH116)	9/4-10/5	M,Th	19:00-21:00	Luen Wo Hui SC	6+	86	24	8/3	🖨️ <i>i</i>
40491089 (NH117)	10/4-15/5 (excl. 1/5)	Tu,Th	10:00-12:00	Luen Wo Hui SC	14+	86	24	8/3	🖨️ <i>i</i>
40491090 (NH118)	17/4-26/5 (excl. 1/5,22/5)	Tu,Sa	20:00-22:00	Luen Wo Hui SC	6+	86	24	8/3	🖨️ <i>i</i>
40491091 (NT119)	4/4-6/6	W	16:00-18:00	Tin Ping SC (non air conditioned)	6+	86	24	8/3	🖨️ <i>i</i>
40491092 (NT120)	4/4-6/6	W	18:00-20:00	Tin Ping SC (non air conditioned)	6+	86	24	8/3	🖨️ <i>i</i>
40491093 (NT121)	15/4-24/6	Su	9:00-11:00	Tin Ping SC (non air conditioned)	6+	86	24	8/3	🖨️ <i>i</i>
40491094 (NT122)	15/4-24/6	Su	15:00-17:00	Tin Ping SC (non air conditioned)	6+	86	24	8/3	🖨️ <i>i</i>
Indoor Tennis Training Course									
40491097 (NW125)	3/4-19/6 (excl. 1/5,22/5)	Tu	9:00-11:00	Wo Hing SC	14+	170	6	20/2-27/2 (6/3) {26/3}	✉
40491098 (NW126)	4/4-6/6	W	20:00-22:00	Wo Hing SC	14+	170	6	20/2-27/2 (6/3) {26/3}	✉
40491099 (NW127)	8/4-10/6	Su	17:00-19:00	Wo Hing SC	8-13	170	6	20/2-27/2 (6/3) {26/3}	✉
40491100 (NW128)	8/4-10/6	Su	19:00-21:00	Wo Hing SC	14+	170	6	20/2-27/2 (6/3) {26/3}	✉
Tennis Training Course									
40491138 (NG142)	12/4-14/6	Th	20:00-22:00	North District SG	14+	170	12	20/2-27/2 (6/3) {26/3}	✉
Go Training Course (Level I)									
40491057 (NW087)	7/4-12/5	Sa	18:00-20:00	Wo Hing SC	6+	40	20	2/3	🖨️ <i>i</i>
Basketball Training Course for Female									
40491002 (NL032)	7/4-16/6 (excl. 26/5)	Sa	11:00-13:00	Lung Sum Avenue SC	10+	75	30	20/2-27/2 (6/3) {27/3}	✉
Basketball Training Course for Male									
40491003 (NL033)	7/4-16/6 (excl. 26/5)	Sa	9:00-11:00	Lung Sum Avenue SC	10+	75	30	20/2-27/2 (6/3) {27/3}	✉
Gateball Training Course									
40491140 (NX141)	21/4-7/7 (excl. 26/5,2/6,9/6,16/6)	Sa	9:00-11:00	Pak Fuk Tin Sum PG	8+	54	15	16/3	🖨️ <i>i</i>
Sports Climbing Fun Day									
40491080 (NR109)	15/4	Su	14:00-17:00	Po Wing RD. SC	12+	Free	18	15/3	🖨️ <i>i</i>

Activities for Elderly Programme Number (Class code) (For aged 60 or above, free of charge)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Fitness Exercise TC for Elderly

40491025 (NH055)	4/4-18/5	W,F	7:00-8:00	Luen Wo Hui SC	30	20/2-27/2 (6/3) {26/3}	✉
40491026 (NH056)	4/4-18/5	W,F	8:00-9:00	Luen Wo Hui SC	30	20/2-27/2 (6/3) {26/3}	✉
40491027 (NH057)	4/4-18/5	W,F	9:00-10:00	Luen Wo Hui SC	30	20/2-27/2 (6/3) {26/3}	✉
40491028 (NH058)	4/4-18/5	W,F	10:00-11:00	Luen Wo Hui SC	30	20/2-27/2 (6/3) {26/3}	✉
40491029 (NR059)	10/4-31/5 (excl. 1/5,22/5)	Tu,Th	7:00-8:00	Po Wing RD.SC	30	7/3	🖨️ <i>i</i>
40491030 (NR060)	10/4-31/5 (excl. 1/5,22/5)	Tu,Th	8:00-9:00	Po Wing RD.SC	30	7/3	🖨️ <i>i</i>

Fitness (Multi-gym) Training CourseforElderly

@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired.

Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017.

For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment.

For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.

40491020 (NH050)	11/4-18/5	W,F	8:00-9:00	Luen Wo Hui SC	20	@20/2-27/2 (6/3){26/3}	✉
40491021 (NH051)	11/4-18/5	W,F	9:00-10:00	Luen Wo Hui SC	20	@20/2-27/2 (6/3){26/3}	✉

40491022 (NT052)	10/4-24/5 (excl. 1/5,22/5)	Tu,Th	8:00-9:00	Tin Ping SC	12	@20/2-27/2 (6/3){26/3}	✉
40491023 (NT053)	10/4-24/5 (excl. 1/5,22/5)	Tu,Th	9:00-10:00	Tin Ping SC	12	@20/2-27/2 (6/3){26/3}	✉

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For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.

40491024 (NW054)	7/4-5/5 (excl. 1/5)	Tu,Th,Sa	8:00-9:00	Wo Hing SC	20	@20/2-27/2 (6/3){26/3}	✉
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Hydro Fitness Training Course for Elderly

40489931 (NF208)	23/4-23/5	M,W,F	7:00-8:00	Fanling SP	30	20/2-27/2 (5/3) {23/3}	✉
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Social Dance Training Course for OP

40491034 (NL064)	9/4-11/6	M	13:00-15:00	Lung Sum Avenue SC	30	20/2-27/2 (6/3) {26/3}	✉
40491035 (NL065)	10/4-10/7 (excl. 1/5,22/5,19/6,3/7)	Tu	11:00-13:00	Lung Sum Avenue SC	30	20/2-27/2 (6/3) {26/3}	✉

HES- Table-Tennis Play-in

40491033 (NT063)	3/4-26/4 (excl. 5/4)	Tu,Th	8:00-10:00	Tin Ping SC	20	3/4-26/4	Walk-in
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HES-Gateball Self Practice Scheme

40491031 (NW061)	3/4-24/4	Tu	13:00-15:00	Wo Hing SC	15	3/4-24/4	Walk-in
40491032 (NW062)	12/4-26/4	Th	13:00-15:00	Wo Hing SC	15	12/4-26/4	Walk-in

Day Camp for Elderly

40491019 (NX049)	10/4	Tu	9:00-17:00	TKTORC	48	20/2-27/2 (6/3) {26/3}	✉
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Elderly Excursion for OP

40491036 (NX66)	19/4	Th	9:00-17:00	Yuen Long , Tin Shui Wai	48	20/2-27/2 (6/3) {26/3}	✉
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