

Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Sep 2018

Eastern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Front Crawl Training Cr for Adult (Level I)									
40496797 (ENA023)	4/9-27/9 (excl. 25/9)	Tu,Th,Sa	8:00-9:00	Chai Wan SP	18+	100	16	1/8	
Breaststroke Training Cr for Adult (Level II)									
40496801 (ENAB84)	4/9-27/9 (excl. 25/9)	Tu,Th,Sa	20:00-21:00	Chai Wan SP	18+	100	20	1/8	
Front Crawl Training Cr for Adult (Level II)									
40496798 (ENA088)	4/9-27/9 (excl. 25/9)	Tu,Th,Sa	7:00-8:00	Chai Wan SP	18+	100	20	1/8	
40496799 (ENA089)	4/9-27/9 (excl. 25/9)	Tu,Th,Sa	20:00-21:00	Chai Wan SP	18+	100	20	1/8	
40496800 (ENA090)	5/9-26/9	M,W,F	8:00-9:00	Chai Wan SP	18+	100	20	2/8	
Backstroke Training Course									
40496807 (ENBK52)	4/9-27/9 (excl. 25/9)	Tu,Th,Sa	18:00-19:00	Chai Wan SP	18+	100	20	1/8	
Butterfly Stroke Training Course									
40496809 (ENBF01)	4/9-27/9 (excl. 25/9)	Tu,Th,Sa	18:00-19:00	Chai Wan SP	9-17	100	20	1/8	
Front Crawl Training Course (Level III)									
40496803 (ENL033)	4/9-27/9 (excl. 25/9)	Tu,Th,Sa	19:00-20:00	Chai Wan SP	0-17	100	20	1/8	
40496804 (ENL004)	4/9-27/9 (excl. 25/9)	Tu,Th,Sa	19:00-20:00	Chai Wan SP	18+	100	20	1/8	
Aerobic Dance Training Course									
40505407 (EN0833)	(excl. 26/9-29/10 1/10,15/10,17/10)	M,W,F	7:00-8:00	Java RD. SC	14+	65	30	16/8	
40505408 (EN0834)	(excl. 26/9-29/10 1/10,15/10,17/10)	M,W,F	8:00-9:00	Java RD. SC	14+	65	30	16/8	
40505409 (EN0835)	(excl. 26/9-29/10 1/10,15/10,17/10)	M,W,F	9:00-10:00	Java RD. SC	14+	65	30	16/8	
40505410 (EN0836)	(excl. 26/9-29/10 1/10,15/10,17/10)	M,W,F	10:00-11:00	Java RD. SC	14+	65	30	23/8	
40505411 (EN0837)	(excl. 26/9-29/10 1/10,15/10,17/10)	M,W,F	11:00-12:00	Java RD. SC	14+	65	30	23/8	
40505417 (EN0838)	(excl. 19/9-19/10 1/10,17/10)	M,W,F	14:00-15:00	Java RD. SC	14+	65	30	7/8	
40505424 (EN0839)	(excl. 19/9-19/10 1/10,17/10)	M,W,F	15:00-16:00	Java RD. SC	14+	65	30	7/8	
40505545 (EN0860)	(excl. 28/9-2/11 1/10,10/10,17/10,24/10)	M,W,F	7:00-8:00	Quarry Bay SC	14+	65	30	28/8	
40505547 (EN0862)	(excl. 28/9-2/11 1/10,10/10,17/10,24/10)	M,W,F	9:00-10:00	Quarry Bay SC	14+	65	30	28/8	
40505548 (EN0863)	(excl. 28/9-2/11 1/10,10/10,17/10,24/10)	M,W,F	10:00-11:00	Quarry Bay SC	14+	65	30	28/8	
40505549 (EN0864)	(excl. 28/9-2/11 1/10,10/10,17/10,24/10)	M,W,F	11:00-12:00	Quarry Bay SC	14+	65	30	28/8	
40505550 (EN0865)	(excl. 10/9-26/10 24/9,1/10)	M,F	18:00-19:00	Quarry Bay SC	14+	65	30	7/8	
40505551 (EN0866)	(excl. 10/9-26/10 24/9,1/10)	M,F	19:00-20:00	Quarry Bay SC	14+	65	30	7/8	
40505552 (EN0867)	11/9-23/10 (excl. 25/9)	Tu,Th	15:00-16:00	Quarry Bay SC	14+	65	30	6/8	
40505553 (EN0868)	11/9-23/10 (excl. 25/9)	Tu,Th	16:00-17:00	Quarry Bay SC	14+	65	30	6/8	
40505569 (EN0883)	5/9-12/10	W,F	19:00-20:00	Island East SC	14+	65	30	6/8	
40506569 (EN0911)	5/9-12/10	W,F	20:00-21:00	Island East SC	14+	65	30	6/8	
Baduanjin Training Course									
40505576 (EN0892)	(excl. 26/9-26/10 1/10,17/10)	M,W,F	20:00-21:00	Pak Fuk RD. Safety Town	8+	80	30	21/8	
Chinese Dance Training Course									
40505557 (EN0871)	23/9-25/11	Su	20:00-22:00	Quarry Bay SC	12+	45	30	20/7-26/7 (3/8) {23/8}	
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.									
40505376 (EN0825)	(excl. 3/9-3/10 24/9,1/10)	M,W,F	19:00-20:00	Chai Wan SC	15+	75	20	@1/8	
40505377 (EN0826)	(excl. 3/9-3/10 24/9,1/10)	M,W,F	20:00-21:00	Chai Wan SC	15+	75	20	@1/8	
40505559 (EN0873)	11/9-23/10 (excl. 25/9)	Tu,Th	18:00-19:00	Quarry Bay SC	15+	75	30	@14/8	
40505560 (EN0874)	11/9-23/10 (excl. 25/9)	Tu,Th	19:00-20:00	Quarry Bay SC	15+	75	30	@14/8	
40505561 (EN0875)	11/9-23/10 (excl. 25/9)	Tu,Th	20:00-21:00	Quarry Bay SC	15+	75	30	@16/8	
40505562 (EN0876)	11/9-23/10 (excl. 25/9)	Tu,Th	21:00-22:00	Quarry Bay SC	15+	75	30	@16/8	
40505563 (EN0877)	18/9-16/10 (excl. 25/9)	Tu,Th,Sa	7:00-8:00	Quarry Bay SC	15+	75	30	@21/8	

40505564 (EN0878)	18/9-16/10 (excl. 25/9)	Tu,Th,Sa	8:00-9:00	Quarry Bay SC	15+	75	30	@21/8	 
Jazz Dance Training Course									
40505571 (EN0886)	10/9-15/10 (excl. 1/10)	M,Th	9:00-11:00	Island East SC	12+	70	30	20/7-26/7 (3/8) {23/8}	
Briefing on Proper Ways to Use Fitness Equip									
40505341 (EN0823)	2/9	Su	10:30-13:30	Chai Wan SC	15+	Free	20	20/7-26/7 (3/8) {23/8}	
40505375 (EN0824)	8/9	Sa	14:30-17:30	Chai Wan SC	15+	Free	20	20/7-26/7 (3/8) {23/8}	
40505555 (EN0869)	8/9	Sa	14:30-17:30	Quarry Bay SC	15+	Free	25	20/7-26/7 (3/8) {23/8}	
40505556 (EN0870)	16/9	Su	10:30-13:30	Quarry Bay SC	15+	Free	25	20/7-26/7 (3/8) {23/8}	
Play Leadership Scheme TC									
40505457 (EN0842)	7/9-10/10 (excl. 24/9,1/10)	M,W,F	16:00-17:00	Java RD. SC	4-9	54	15	6/8	 
40505464 (EN0843)	7/9-10/10 (excl. 24/9,1/10)	M,W,F	17:00-18:00	Java RD. SC	4-9	54	15	6/8	 
Body-Mind Stretch Training Course									
40505491 (EN0849)	13/9-29/11	Th	13:00-14:00	Siu Sai Wan SC	15+	85	20	10/8	 
40505493 (EN0850)	13/9-29/11	Th	14:00-15:00	Siu Sai Wan SC	15+	85	20	10/8	 
40505567 (EN0881)	11/9-23/10 (excl. 25/9)	Tu,Th	9:00-10:00	Quarry Bay SC	15+	85	24	10/8	 
40505568 (EN0882)	11/9-23/10 (excl. 25/9)	Tu,Th	10:00-11:00	Quarry Bay SC	15+	85	24	10/8	 
Archery Fun Day									
40505669 (EN0912)	15/9	Sa	9:00-10:00	SSW S/G	8+	Free	40	15/8	 
40505670 (EN0913)	15/9	Sa	10:00-11:00	SSW S/G	8+	Free	40	15/8	 
40505671 (EN0914)	15/9	Sa	11:00-12:00	SSW S/G	8+	Free	40	15/8	 
Badminton Training Course									
40505447 (EN0841)	11/9-16/10 (excl. 25/9)	Tu,F	18:00-20:00	Java RD. SC	7+	118	24	20/7-26/7 (3/8) {23/8}	
40505489 (EN0848)	3/9-8/10 (excl. 1/10)	M,F	19:00-21:00	Siu Sai Wan SC	7+	118	24	20/7-26/7 (3/8) {23/8}	
40505500 (EN0851)	5/9-5/10	W,F	18:00-20:00	Island East SC	7+	118	24	20/7-26/7 (3/8) {23/8}	
40505541 (EN0857)	5/9-5/10	W,F	9:00-11:00	Sai Wan Ho SC	7+	118	24	20/7-26/7 (3/8) {23/8}	
40505565 (EN0879)	20/9-29/10 (excl. 24/9,1/10)	M,Th	19:00-21:00	Quarry Bay SC	7+	118	24	20/7-26/7 (3/8) {23/8}	
BMX Fun day									
40489851 (EN0894)	15/9	Sa	9:30-12:30	HK Jockey Club International BMX Park	8+	Free	50	13/8	 
Fencing Training Course (Level I)									
40505570 (EN0884)	1/9-22/9	Sa	15:00-17:00	Island East SC	9+	50	20	1/8	 
Fencing TC (Level II)									
40506567 (EN0885)	29/9-3/11 (excl. 6/10,13/10)	Sa	15:00-17:00	Island East SC	9+	100	20	1/8	 
Indoor Lawn Bowls Training Course									
40505502 (EN0853)	3/9-4/10 (excl. 24/9,1/10)	M,Th	19:00-21:00	Island East SC	8+	54	8	20/7-26/7 (3/8) {23/8}	
40505503 (EN0854)	3/9-4/10 (excl. 24/9,1/10)	M,Th	19:00-21:00	Island East SC	8+	54	8	20/7-26/7 (3/8) {23/8}	
40505520 (EN0855)	4/9-2/10 (excl. 25/9)	Tu,F	9:00-11:00	Island East SC	8+	54	8	20/7-26/7 (3/8) {23/8}	
40505537 (EN0856)	4/9-2/10 (excl. 25/9)	Tu,F	9:00-11:00	Island East SC	8+	54	8	20/7-26/7 (3/8) {23/8}	
Squash Training Course									
40505400 (EN0832)	19/9-12/10	W,F	19:00-21:00	Chai Wan SC	7+	160	8	20/7-26/7 (3/8) {23/8}	
40505472 (EN0844)	4/9-4/10 (excl. 25/9,2/10)	Tu,Th	9:00-11:00	Java RD. SC	18+	160	12	8/8	 
40505566 (EN0880)	17/9-19/10 (excl. 24/9,1/10)	M,F	10:00-12:00	Quarry Bay SC	7+	160	8	8/8	 
Table-tennis Training Course									
40505479 (EN0845)	18/9-23/10 (excl. 25/9)	Tu,Th	16:00-18:00	Siu Sai Wan SC	6+	86	24	22/8	 
40505544 (EN0859)	21/9-23/11	F	16:00-18:00	Sai Wan Ho SC	6+	86	24	20/7-26/7 (3/8) {23/8}	
Tennis Training Course									
40505573 (EN0889)	1/9-3/11	Sa	16:00-18:00	Quarry Bay Park	8-13	170	18	20/7-26/7 (3/8) {23/8}	
40505574 (EN0890)	19/9-24/10 (excl. 17/10)	W,F	9:00-11:00	Quarry Bay Park	8+	170	18	20/7-26/7 (3/8) {23/8}	
40505575 (EN0891)	26/9-5/12 (excl. 17/10)	W	18:00-20:00	Quarry Bay Park	8+	170	18	20/7-26/7 (3/8) {23/8}	
American Pool TC (Level II)									
40505433 (EN0840)	8/9-29/9	Sa	14:00-16:00	Java RD. SC	8+	120	6	20/7-26/7 (3/8) {23/8}	
Activities for Persons with Disabilities									
Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method	

Enrolment methods that applicable only to programmes especially designed for persons with disabilities

Persons with disabilities (PWDs) may enrol in programmes especially designed for them at the organising District Leisure Services Office or any other district offices . Each participant may be accompanied by ONE carer. Enrolment charge is free. The arrangements for accompanying carers are as follows:

Training schemes: Accompanying carers may attend class with the enrolled PWDs on the training day. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification.

Other activities: Accompanying carers are required to enrol in play-in activities with PWDs to facilitate coach and camp place arrangements. Permits, which must be presented when attending activities, will be issued to accompanying carers upon successful enrolment.

Excursion for Persons with Visual Impairment								
40505667 (EN0910)	16/9	Su	9:00-17:00	New Territories	60+	13	30/7	
General Gymnastics TS for Chronic Ill Persons								
40505659 (EN0906)	17/9-15/10 (excl. 1/10)	M,Th	18:00-19:00	Island East SC	18+	4	30/7	
Badminton TS for Ex-mentally ill Persons								
40505666 (EN0909)	7/9-28/9	F	10:00-12:00	Quarry Bay SC	18-65	6	30/7	
Tai Chi TS for Ex-mentally ill Person								
40505661 (EN0908)	7/9-26/10	F	16:30-17:30	Chai Wan SC	30-60	2	30/7	
Hydro-fitness TS for Physical Disabled Person								
40505660 (EN0907)	5/9-26/9	W	10:30-12:00	Siu Sai Wan SP	8+	2	30/7	
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	
Swimming Training Cr for Elderly (Level II)								
40496802 (ENE082)	5/9-26/9	M,W,F	7:00-8:00	Chai Wan SP	20	20/7-26/7 (3/8) {23/8}		
Mt Pts for Elderly - Baduanjin								
40505379 (EN0828)	5/9-19/9	W	8:00-10:00	Chai Wan SC	55	5/9-19/9	Walk-in	
OS-Fitness Assessment &Exhibition for Elderly								
40505572 (EN0888)	8/9	Sa	8:00-10:00	Quarry Bay Park(LKW Entrance)	150	8/9	Walk-in	
OS-Morning Fitness Exercise for Elderly								
40505579 (EN0896)	3/9-28/9	M,W,F	7:30-9:30	Chai Wan Park	50	3/9-28/9	Walk-in	
General Gymnastics TC for Elderly								
40505501 (EN0852)	5/9-28/9 (excl. 24/9)	M,W,F	14:00-16:00	Island East SC	20	20/7-26/7 (3/8) {23/8}		
Mt Pts for the Elderly - Social Dance								
40505386 (EN0830)	4/9-18/9	Tu	8:00-10:00	Chai Wan SC	110	4/9-18/9	Walk-in	
40505487 (EN0847)	7/9-28/9	F	8:00-10:00	Siu Sai Wan SC	30	7/9-28/9	Walk-in	
Social Dance FD for the Elderly								
40505542 (EN0858)	20/9	Th	10:00-12:00	Sai Wan Ho SC	100	20/9	Walk-in	
Mt Pts for Elderly - Badminton								
40505378 (EN0827)	4/9-18/9	Tu	10:00-12:00	Chai Wan SC	32	4/9-18/9	Walk-in	
Mt Pts for the Elderly - Table-tennis								
40505397 (EN0831)	6/9-27/9	Th	8:00-10:00	Chai Wan SC	36	6/9-27/9	Walk-in	
40505486 (EN0846)	6/9-27/9	Th	8:00-10:00	Siu Sai Wan SC	30	6/9-27/9	Walk-in	
Mt Pts for Elderly - Gateball								
40505380 (EN0829)	7/9-28/9	F	8:00-10:00	Chai Wan SC	30	7/9-28/9	Walk-in	
Excursion for Elderly								
40505578 (EN0895)	20/9	Th	9:00-17:00	Sai Kung	100	20/7-26/7 (3/8) {23/8}		
Fitness Assessment for Elderly								
40505577 (EN0893)	1/9-29/9	Sa	8:00-10:00	Pak Fuk RD. Safety Town	150	1/9-29/9	Walk-in	