Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Apr 2019

Wan Chai District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee($)	Quota	Date of Enrollment (Balloting) { Open Enrollment for Remaining Quota }	Enrolment Method
Long Distance Running Training Course									
40523119 (WC96)	6/4-15/6 (excl. 20/4)	Sa	16:00-18:00	Happy Valley Recreation Ground	16+	130	40	11/3	
Backstroke Swimming Training Course									
40523087 (WC87)	3/4-15/5 (excl. 22/4,1/5,13/5)	M,W	10:00-11:00	Wan Chai SP	18+	100	20	18/2-24/2 (4/3) {25/3}	
Breaststroke Swimming TC for Adult (III)									
40523081 (WC85)	2/4-2/5	Tu,Th	10:00-11:00	Wan Chai SP	18+	100	20	18/2-24/2 (4/3) {25/3}	
Butterfly Swimming Training Course									
40523079 (WC84)	2/4-2/5	Tu,Th	9:00-10:00	Wan Chai SP	18+	100	20	18/2-24/2 (4/3) {25/3}	
Front Crawl Swimming TC for Adult (III)									
40523085 (WC86)	3/4-15/5 (excl. 22/4,1/5,13/5)	M,W	9:00-10:00	Wan Chai SP	18+	100	20	18/2-24/2 (4/3) {25/3}	
Aerobic Dance Training Course									
40523028 (WC2)	1/4-20/5 (excl. 22/4,1/5,13/5)	M,W	18:00-19:00	Harbour RD. SC	14+	65	25	5/3	
40523029 (WC3)	1/4-20/5 (excl. 22/4,1/5,13/5)	M,W	19:00-20:00	Harbour RD. SC	14+	65	25	5/3	
40523031 (WC4)	4/4-14/5	Tu,Th	18:00-19:00	Harbour RD. SC	14+	65	25	6/3	
40523032 (WC5)	4/4-14/5	Tu,Th	19:00-20:00	Harbour RD. SC	14+	65	25	6/3	
40523033 (WC6)	10/4-24/5 (excl. 19/4,1/5)	W,F	7:30-8:30	Harbour RD. SC	14+	65	25	7/3	
40523051 (WC23)	3/4-15/5 (excl. 5,15,19,22/4,1,6,13/5)	M,W,F	9:00-10:00	Lockhart RD. SC	14+	65	30	5/3	
40523053 (WC24)	3/4-15/5 (excl. 5,15,19,22/4,1,6,13/5)	M,W,F	10:00-11:00	Lockhart RD. SC	14+	65	30	5/3	
40523054 (WC25)	3/4-8/5 (excl. 5/4,19/4,22/4,1/5)	M,W,F	18:00-19:00	Lockhart RD. SC	14+	65	30	5/3	
40523055 (WC26)	3/4-8/5 (excl. 5/4,19/4,22/4,1/5)	M,W,F	19:00-20:00	Lockhart RD. SC	14+	65	30	5/3	
40523056 (WC27)	9/4-16/5	Tu,Th	7:00-8:00	Lockhart RD. SC	14+	65	30	6/3	
40523057 (WC28)	9/4-16/5	Tu,Th	8:00-9:00	Lockhart RD. SC	14+	65	30	6/3	
Children Dance Training Course									
40523064 (WC34)	7/4-9/6	Su	9:00-11:00	Lockhart RD. SC	4-11	60	20	4/3	
Fitness Exercise Training Course									
40523103 (WC56)	9/4-11/5 (excl. 20/4)	Tu,Th,Sa	11:00-12:00	Lockhart RD. SC	14+	80	30	18/2-24/2 (4/3) {25/3}	
Good Fit Training Scheme									
40523154 (WC107)	9/4-30/5 (excl. 23/4,14/5)	Tu,Th	12:00-13:00	Lockhart RD. SC	14+	80	30	18/2-24/2 (4/3) {25/3}	
40523157 (WC108)	9/4-30/5 (excl. 23/4,14/5)	Tu,Th	13:00-14:00	Lockhart RD. SC	14+	80	30	18/2-24/2 (4/3) {25/3}	
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.									
40523068 (WC37)	8/4-17/5 (excl. 15,19, 22/4, 1, 6,13/5)	M,W,F	7:00-8:00	Lockhart RD. SC	15+	75	20	@12/3	
40523070 (WC38)	8/4-17/5 (excl. 15, 19, 22/4, 1, 6,13/5)	M,W,F	8:00-9:00	Lockhart RD. SC	15+	75	20	@12/3	
40523071 (WC39)	8/4-17/5 (excl. 15/4,19/4,22/4,1/5,6/5,13/5)	M,W,F	9:00-10:00	Lockhart RD. SC	15+	75	20	@12/3	
40523072 (WC40)	8/4-17/5 (excl. 15/4,19/4,22/4,1/5,6/5,13/5)	M,W,F	10:00-11:00	Lockhart RD. SC	15+	75	20	@12/3	
40523074 (WC41)	3/4-8/5 (excl. 5/4,19/4,22/4,1/5)	M,W,F	15:00-16:00	Lockhart RD. SC	15+	75	20	@14/3	
40523075 (WC42)	3/4-8/5 (excl. 5/4,19/4,22/4,1/5)	M,W,F	16:00-17:00	Lockhart RD. SC	15+	75	20	@14/3	
40523078 (WC43)	3/4-8/5 (excl. 5/4,19/4,22/4,1/5)	M,W,F	17:00-18:00	Lockhart RD. SC	15+	75	20	@14/3	
40523080 (WC44)	8/4-27/5 (excl. 22/4,1/5,13/5)	M,W	18:00-19:00	Lockhart RD. SC	15+	75	20	@12/3	
40523082 (WC45)	8/4-27/5 (excl. 22/4,1/5,13/5)	M,W	19:00-20:00	Lockhart RD. SC	15+	75	20	@12/3	
40523084 (WC46)	8/4-27/5 (excl. 22/4,1/5,13/5)	M,W	20:00-21:00	Lockhart RD. SC	15+	75	20	@12/3	
40523086 (WC47)	9/4-16/5	Tu,Th	7:00-8:00	Lockhart RD. SC	15+	75	20	@13/3	
40523088 (WC48)	9/4-16/5	Tu,Th	8:00-9:00	Lockhart RD. SC	15+	75	20	@13/3	
40523089 (WC49)	9/4-16/5	Tu,Th	12:00-13:00	Lockhart RD. SC	15+	75	20	@13/3	
40523091 (WC50)	9/4-16/5	Tu,Th	13:00-14:00	Lockhart RD. SC	15+	75	20	@13/3	
40523093 (WC51)	2/4-9/5	Tu,Th	18:00-19:00	Lockhart RD. SC	15+	75	20	@11/3	
40523094 (WC52)	2/4-9/5	Tu,Th	19:00-20:00	Lockhart RD. SC	15+	75	20	@11/3	

40523096 (WC53)	2/4-9/5	Tu,Th	20:00-21:00	Lockhart RD. SC	15+	75	20	@11/3	
40523098 (WC54)	2/4-9/5	Tu,Th	21:00-22:00	Lockhart RD. SC	15+	75	20	@11/3	
Gymnastics for all Training Course									
40523027 (WC1)	2/4-2/5	Tu,Th	14:00-16:00	Harbour RD. SC	6+	54	20	18/2-24/2 (4/3) {25/3}	
Jazz Training Course									
40523046 (WC19)	2/4-4/6	Tu	10:00-12:00	Harbour RD. SC	12+	70	25	18/2-24/2 (4/3) {25/3}	
40523104 (WC57)	10/4-19/6 (excl. 1/5)	W	20:00-22:00	Lockhart RD. SC	12+	70	30	18/2-24/2 (4/3) {25/3}	
40523131 (WC75)	1/4-17/6 (excl. 22/4,13/5)	M	19:00-21:00	Wong Nai Chung SC	12+	70	25	18/2-24/2 (4/3) {25/3}	
Modern Dance Training Course									
40523047 (WC20)	3/4-12/6 (excl. 1/5)	W	14:00-16:00	Harbour RD. SC	12+	70	25	18/2-24/2 (4/3) {25/3}	
Oriental Dance Training Course									
40523105 (WC58)	12/4-28/6 (excl. 19/4,7/6)	F	20:00-22:00	Lockhart RD. SC	12+	45	30	18/2-24/2 (4/3) {25/3}	
Social Dance Training Course									
40523044 (WC17)	3/4-20/5 (excl. 8/4,22/4,1/5,13/5)	M,W	10:00-12:00	Harbour RD. SC	14+	86	24	18/2-24/2 (4/3) {25/3}	
40523109 (WC60)	9/4-9/5	Tu,Th	20:00-22:00	Lockhart RD. SC	14+	86	30	18/2-24/2 (4/3) {25/3}	
40523111 (WC61)	6/4-15/6 (excl. 20/4)	Sa	20:00-22:00	Lockhart RD. SC	14+	86	30	18/2-24/2 (4/3) {25/3}	
40523132 (WC76)	1/4-6/5 (excl. 22/4)	M,Th	15:00-17:00	Wong Nai Chung SC	14+	86	24	18/2-24/2 (4/3) {25/3}	
40523134 (WC77)	9/4-14/5 (excl. 19/4)	Tu,F	19:00-21:00	Wong Nai Chung SC	14+	86	24	18/2-24/2 (4/3) {25/3}	
Evening Tai Chi Training Course									
40523115 (WC95)	2/4-23/7 (excl. 20/4)	Tu,Th,Sa	19:00-20:00	Wong Nai Chung RD. Crescent Garden	6+	60	40	15/3	
Morning Tai Chi Training Course									
40523107 (WC93)	1/4-5/8 (excl. 5,19, 22/4,1, 13/5, 7/6, 1/7)	M,W,F	7:00-8:00	Wong Nai Chung RD. Crescent Garden	6+	60	60	12/3	
40523110 (WC94)	2/4-23/7 (excl. 20/4)	Tu,Th,Sa	7:00-8:00	Wong Nai Chung RD. Crescent Garden	6+	60	60	15/3	
40523137 (WC98)	24/4-21/8 (excl. 1/5,13/5,7/6,1/7)	M,W,F	7:00-8:00	Victoria Park (Band Stand)	6+	60	70	12/3	
Tai Chi Training Course									
40523159 (WC112)	15/4-16/8 (excl. 19/4,22/4,1/5,13/5,7/6,1/7)	M,W,F	7:00-8:00	Fleming RD. Garden	6+	60	70	12/3	
Morning Tai Chi Sword Training Course									
40523140 (WC99)	9/4-30/7 (excl. 20/4)	Tu,Th,Sa	7:00-8:00	Victoria Park (Band Stand)	6+	60	70	15/3	
Western Folkdance Training Course									
40523113 (WC62)	27/4-29/6	Sa	14:00-16:00	Lockhart RD. SC	8+	45	30	18/2-24/2 (4/3) {25/3}	
40523114 (WC63)	27/4-29/6	Sa	16:00-18:00	Lockhart RD. SC	8+	45	30	18/2-24/2 (4/3) {25/3}	
Yoga Training Course									
40523045 (WC18)	6/4-15/6 (excl. 20/4)	Sa	10:00-12:00	Harbour RD. SC	15+	85	25	18/2-24/2 (4/3) {25/3}	
40523116 (WC64)	1/4-29/4 (excl. 5/4,19/4,22/4)	M,W,F	14:00-16:00	Lockhart RD. SC	15+	85	40	18/2-24/2 (4/3) {25/3}	
40523117 (WC65)	6/4-15/6 (excl. 20/4)	Sa	7:00-9:00	Lockhart RD. SC	15+	85	40	18/2-24/2 (4/3) {25/3}	
40523118 (WC66)	6/4-15/6 (excl. 20/4)	Sa	18:00-20:00	Lockhart RD. SC	15+	85	40	18/2-24/2 (4/3) {25/3}	
40523141 (WC81)	10/4-17/5 (excl. 19/4,1/5)	W,F	14:00-16:00	Wong Nai Chung SC	15+	85	25	18/2-24/2 (4/3) {25/3}	
Briefing on Proper Ways to Use Fitness Equipment									
40523061 (WC32)	7/4	Su	14:00-17:00	Lockhart RD. SC	15+	Free	25	18/2-24/2 (4/3) {25/3}	
40523063 (WC33)	14/4	Su	14:00-17:00	Lockhart RD. SC	15+	Free	25	18/2-24/2 (4/3) {25/3}	
Badminton Training Course									
40523034 (WC7)	3/4-15/5 (excl. 5/4,19/4,1/5)	W,F	7:00-9:00	Harbour RD. SC	7+	118	24	18/2-24/2 (4/3) {25/3}	
40523035 (WC8)	3/4-15/5 (excl. 5/4,19/4,1/5)	W,F	18:00-20:00	Harbour RD. SC	7+	118	24	18/2-24/2 (4/3) {25/3}	
40523058 (WC29)	1/4-8/5 (excl. 22/4,1/5)	M,W	14:00-16:00	Lockhart RD. SC	7+	118	18	18/2-24/2 (4/3) {25/3}	
40523059 (WC30)	2/4-2/5	Tu,Th	9:00-11:00	Lockhart RD. SC	7+	118	18	18/2-24/2 (4/3) {25/3}	
40523060 (WC31)	2/4-2/5	Tu,Th	18:00-20:00	Lockhart RD. SC	7+	118	18	18/2-24/2 (4/3) {25/3}	
40523122 (WC68)	2/4-10/5 (excl. 5/4,19/4)	Tu,F	9:00-11:00	Wong Nai Chung SC	7+	118	18	18/2-24/2 (4/3) {25/3}	
40523123 (WC69)	1/4-6/5 (excl. 22/4)	M,Th	19:00-21:00	Wong Nai Chung SC	7+	118	18	18/2-24/2 (4/3) {25/3}	
Parent-child(Aged 7-17) Badminton TC									
40523108 (WC59)	7/4-12/5	Su	11:00-13:00	Lockhart RD. SC	7+	73	18	18/2-24/2 (4/3) {25/3}	
Badminton Training Course For Children									
40523124 (WC70)	7/4-9/6	Su	9:00-11:00	Wong Nai Chung SC	7-11	118	18	4/3	
Lawn Bowls Training Course									
40523142 (WC100)	15/4-16/5 (excl. 22/4,13/5)	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	8	18/2-24/2 (4/3) {25/3}	
40523144 (WC101)	15/4-16/5 (excl. 22/4,13/5)	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	8	18/2-24/2 (4/3) {25/3}	
40523151 (WC103)	2/4-3/5 (excl. 5/4,19/4)	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	8	18/2-24/2 (4/3) {25/3}	

40523153 (WC104)	2/4-3/5 (excl. 5/4,19/4)	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	8	18/2-24/2 (4/3) {25/3}	✉
Squash Tr. Cr.									
40523049 (WC22)	3/4-8/5 (excl. 5/4,19/4,1/5)	W,F	7:00-9:00	Harbour RD. SC	7+	160	12	7/3	🖳 *i*
Table-tennis Training Course									
40523139 (WC80)	2/4-2/5	Tu,Th	17:00-19:00	Wong Nai Chung SC	6+	86	18	4/3	🖳 *i*
Tennis Training Course									
40523092 (WC88)	3/4-15/5 (excl. 5/4,19/4,1/5)	W,F	9:00-11:00	Hong Kong Tennis Centre	8+	170	18	18/2-24/2 (4/3) {25/3}	✉
40523095 (WC89)	3/4-15/5 (excl. 5/4,19/4,1/5)	W,F	19:00-21:00	Hong Kong Tennis Centre	8+	170	18	18/2-24/2 (4/3) {25/3}	✉
40523097 (WC90)	8/4-16/5 (excl. 22/4,13/5)	M,Th	7:00-9:00	Victoria Park TC	8+	170	18	18/2-24/2 (4/3) {25/3}	✉
40523100 (WC91)	1/4-6/5 (excl. 22/4)	M,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	18	18/2-24/2 (4/3) {25/3}	✉
40523102 (WC92)	7/4-9/6	Su	9:00-11:00	Hong Kong Tennis Centre	8+	170	18	18/2-24/2 (4/3) {25/3}	✉
40523145 (WC102)	2/4-2/5	Tu,Th	7:00-9:00	Victoria Park TC	8+	170	18	18/2-24/2 (4/3) {25/3}	✉
Basketball Training Course									
40523125 (WC71)	6/4-15/6 (excl. 20/4)	Sa	19:00-21:00	Wong Nai Chung SC	10+	75	30	4/3	🖳 *i*
Outreaching Sports & Games									
40523162 (WC114)	2/4-30/4	Tu,Th	9:30-11:30	Tai Wo ST. PG	All	Free	450	2/4-30/4	Walk-in

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age	Quota	Date of Enrollment (Balloting) {Open Enrollment for Remaining Quota}	Enrolment Method

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

Persons with disabilities (PWDs) can enrol at any District Leisure Services Offices or recreation and sports venues with Leisure Link Services, or by post. Each participant may be accompanied by ONE carer for free. The arrangements for accompanying carers are as follows:

Training schemes: Accompanying carers may attend the 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 recreation programmes with PWDs to facilitate coach and camp place arrangements. Admission tickets, which must be presented for verification when attending activities, will be issued to accompanying carers upon successful enrolment.

Lawn Bowls TC for EX-mentally Ill Persons								
40523166 (WC117)	3/4-24/4	W	16:00-18:00	Victoria Park	14+	4	1/3	🖳

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
Baduanjin Funday for Elderly							
40523038 (WC11)	12/4	F	9:15-11:45	Harbour RD. SC	160	12/4	Walk-in
40523039 (WC12)	26/4	F	9:15-11:45	Harbour RD. SC	160	26/4	Walk-in
Elderly Fitness Exercise Training Course							
40523066 (WC35)	9/4-11/5 (excl. 20/4)	Tu,Th,Sa	9:00-10:00	Lockhart RD. SC	30	18/2-24/2 (4/3) {25/3}	✉
40523067 (WC36)	9/4-11/5 (excl. 20/4)	Tu,Th,Sa	10:00-11:00	Lockhart RD. SC	30	18/2-24/2 (4/3) {25/3}	✉
40523126 (WC72)	8/4-22/5 (excl. 17,19, 22/4, 1,13,15/5)	M,W,F	8:00-9:00	Wong Nai Chung SC	30	18/2-24/2 (4/3) {25/3}	✉
40523129 (WC73)	8/4-22/5 (excl. 17, 19, 22/4, 1,13, 15/5)	M,W,F	9:00-10:00	Wong Nai Chung SC	30	18/2-24/2 (4/3) {25/3}	✉
40523130 (WC74)	8/4-22/5 (excl. 17, 19, 22/4, 1, 13, 15/5)	M,W,F	10:00-11:00	Wong Nai Chung SC	30	18/2-24/2 (4/3) {25/3}	✉
Morning Fitness Exercise for Elderly							
40523158 (WC111)	2/4-30/4 (excl. 20/4)	Tu,Th,Sa	6:00-8:00	Bowen RD. Park	240	2/4-30/4	Walk-in

Fitness(Multi-gym)Training Course For Elderly

@ 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.

40523101 (WC55)	8/4-17/5 (excl. 15,19,22/4, 1, 6, 13/5)	M,W,F	11:00-12:00	Lockhart RD. SC	20	@18/2-24/2 (4/3){25/3}	✉

General Gymnastics Funday for Elderly							
40523040 (WC13)	3/4	W	9:15-11:45	Harbour RD. SC	80	3/4	Walk-in
40523041 (WC14)	10/4	W	9:15-11:45	Harbour RD. SC	80	10/4	Walk-in
40523042 (WC15)	17/4	W	9:15-11:45	Harbour RD. SC	80	17/4	Walk-in
40523043 (WC16)	24/4	W	9:15-11:45	Harbour RD. SC	80	24/4	Walk-in
Social Dance Tr.Cr. for Elderly							
40523135 (WC78)	4/4-9/5 (excl. 2/5)	Tu,Th	13:00-15:00	Wong Nai Chung SC	24	18/2-24/2 (4/3) {25/3}	✉
MP for Elderly - Indoor Short Mat Bowling							
40523037 (WC10)	2/4-30/4	Tu	9:30-11:30	Harbour RD. SC	80	2/4-30/4	Walk-in
HES Indr Short Mat Bowling cum Table-tennis P							
40523136 (WC79)	1/4-29/4 (excl. 22/4)	M	8:00-10:00	Wong Nai Chung SC	48	1/4-29/4	Walk-in
Meeting Points for Elderly - Indoor Gateball							
40523036 (WC9)	4/4-25/4	Th	9:30-11:30	Harbour RD. SC	64	4/4-25/4	Walk-in