


# Leisure and Cultural Services Department

## Community Recreation and Sports Programme

### Monthly Programmes for May 2019

#### North District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Long Distance Running Training Course</b>									
40528112 (181)	8/5-10/7	W	19:00-21:00	North District SG	16+	130	40	2/4	
<b>Swimming (Breaststroke) for Adult (I)</b>									
40522206 (NF212)	31/5-19/6 (excl. 7/6)	M,W,Th,F	8:00-9:00	Fanling SP (Training Pool)	18+	100	16	23/4	
40522208 (NF214)	31/5-19/6 (excl. 7/6)	M,W,Th,F	19:30-20:30	Fanling SP (Training Pool)	18+	100	16	23/4	
40522209 (NF215)	31/5-19/6 (excl. 7/6)	M,W,Th,F	20:30-21:30	Fanling SP (Training Pool)	18+	100	16	23/4	
<b>Swimming (Breaststroke) for Children (I)</b>									
40522211 (NF217)	31/5-19/6 (excl. 7/6)	M,W,Th,F	17:30-18:30	Fanling SP (Training Pool)	5-8	100	16	19/4	
<b>Swimming (Front Crawl) for Adult (I)</b>									
40522207 (NF213)	31/5-19/6 (excl. 7/6)	M,W,Th,F	19:30-20:30	Fanling SP (Training Pool)	18+	100	16	23/4	
40522210 (NF216)	31/5-19/6 (excl. 7/6)	M,W,Th,F	20:30-21:30	Fanling SP (Training Pool)	18+	100	16	23/4	
<b>Swimming(Front Crawl) for Adult (I)</b>									
40522122 (NF209)	31/5-19/6	MONDAY,WEDNESDAY,THURSDAY,FRIDAY	7:00-8:00	Fanling SP	18+	100	16	23/4	
<b>Fitness (Multi-gym) Training Course</b> @ 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.									
40528098 (NR172)	29/5-10/7 (excl. 7/6)	W,F	9:00-10:00	Po Wing RD. SC	15+	75	30	@8/4	
40528099 (NR173)	29/5-10/7 (excl. 7/6)	W,F	10:00-11:00	Po Wing RD. SC	15+	75	30	@8/4	
40528100 (NW174)	21/5-15/6	Tu,Th,Sa	9:00-10:00	Wo Hing SC	15+	75	20	@8/4	
40528102 (NW175)	21/5-15/6	Tu,Th,Sa	10:00-11:00	Wo Hing SC	15+	75	20	@8/4	
40528103 (NW176)	24/5-21/6 (excl. 7/6)	M,W,F	19:00-20:00	Wo Hing SC	15+	75	20	@8/4	
40528104 (NW177)	24/5-21/6 (excl. 7/6)	M,W,F	20:00-21:00	Wo Hing SC	15+	75	20	@8/4	
40528105 (NW178)	24/5-21/6 (excl. 7/6)	M,W,F	21:00-22:00	Wo Hing SC	15+	75	20	@8/4	
<b>Fitness(Hydro)</b>									
40522113 (NF205)	2/5-1/6	MONDAY,THURSDAY,SATURDAY	7:00-8:00	Fanling SP	14+	80	30	20/3-26/3 (2/4){25/4}	
40522114 (NF206)	2/5-1/6	MONDAY,THURSDAY,SATURDAY	8:00-9:00	Fanling SP (Training Pool)	14+	80	30	20/3-26/3 (2/4){25/4}	
40522116 (NF207)	2/5-1/6	MONDAY,THURSDAY,SATURDAY	19:30-20:30	Fanling SP	14+	80	30	20/3-26/3 (2/4){25/4}	
40522118 (NF208)	2/5-1/6	TUESDAY,THURSDAY,SATURDAY	20:30-21:30	Fanling SP	14+	80	30	20/3-26/3 (2/4){25/4}	
<b>Social Dance Training Course(Technique)</b>									
40528117 (NL184)	22/5-24/7	W	18:00-20:00	Lung Sum Avenue SC	14+	86	30	19/3-25/3 (1/4){24/4}	
<b>Western Folk Dance Training Course</b>									
40528118 (NL190)	2/5-4/7	Th	17:00-19:00	Lung Sum Avenue SC	8+	45	20	3/4	
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40528080 (NH154)	19/5	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	25	19/3-25/3 (1/4){24/4}	
40528081 (NR155)	4/5	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	25	19/3-25/3 (1/4){24/4}	
40528082 (NR156)	12/5	Su	10:00-13:00	Po Wing RD. SC	15+	Free	25	19/3-25/3 (1/4){24/4}	
40528084 (NT157)	5/5	Su	10:00-13:00	Tin Ping SC	15+	Free	20	19/3-25/3 (1/4){24/4}	
40528085 (NT158)	19/5	Su	15:00-18:00	Tin Ping SC	15+	Free	20	19/3-25/3 (1/4){24/4}	
40528086 (NW159)	11/5	Sa	14:00-17:00	Wo Hing SC	15+	Free	25	19/3-25/3 (1/4){24/4}	
<b>Table-tennis Training Course</b>									
40528119 (NL185)	2/5-4/7	Th	17:00-19:00	Lung Sum Avenue SC	6+	86	24	23/4	

Tennis Training Course									
40526364 (NG186)	2/5-4/7	Th	9:00-11:00	North District SG	14+	170	18	23/4	 
40526365 (NG187)	6/5-22/7 (excl. 13/5,1/7)	M	9:00-11:00	North District SG	14+	170	18	23/4	 
40526366 (NG188)	7/5-9/7	Tu	20:00-22:00	North District SG	14+	170	18	19/3-25/3 (1/4){24/4}	
40526367 (NG189)	12/5-14/7	Su	17:00-19:00	North District SG	14+	170	18	19/3-25/3 (1/4){24/4}	

#### North District Table Tennis Carnival

40528107 (NH179)	5/5	Su	14:00-17:00	Luen Wo Hui SC	All	Free	60	5/5	Walk-in
40528108 (NH180)	5/5	Su	17:00-20:00	Luen Wo Hui SC	All	Free	60	5/5	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.

#### Yoga TC for Persons with Chronic Illness

40526460 (NX160)	2/5-23/5	Th	11:00-13:00	Po Wing RD. SC	18+	4	1/4	
------------------	----------	----	-------------	----------------	-----	---	-----	---


#### Gateball TS for Persons with Disabilities

40526450 (NX161)	6/5-8/7 (excl. 13/5,1/7)	M	10:00-11:00	Fan Leng Lau RD. PG	18+	4	1/4	
------------------	--------------------------	---	-------------	---------------------	-----	---	-----	---

#### Residential Camp for Persons with Disabilities



40526396 (NX162)	10/5-11/5	F,Sa	14:00-13:00	LMHV	2+	12	1/4	
------------------	-----------	------	-------------	------	----	----	-----	---

#### Water Safety Course for Baby (Disable)

40522212 (NF218)	31/5-19/6 (excl. 7/6)	M,W,F	16:30-17:30	Fanling SP (Training Pool)	0-4	4	1/4	
------------------	-----------------------	-------	-------------	----------------------------	-----	---	-----	---

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 for Elderly (I)

40522124 (NF210)	31/5-19/6	MONDAY,WEDNESDAY,THURSDAY,FRIDAY	7:00-8:00	Fanling SP	16	20/3-26/3 (2/4){25/4}	
40522131 (NF211)	31/5-19/6	MONDAY,WEDNESDAY,THURSDAY,FRIDAY	8:00-9:00	Fanling SP	16	20/3-26/3 (2/4){25/4}	


#### 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.

40528090 (NW167)	21/5-15/6	Tu,Th,Sa	8:00-9:00	Wo Hing SC	20	@19/3-25/3 (1/4){24/4}	
------------------	-----------	----------	-----------	------------	----	------------------------	---

#### HES -Table-tennis Play-in

40528095 (NH170)	2/5-30/5	Tu,Th	8:00-10:00	Luen Wo Hui SC	20	2/5-30/5	Walk-in
------------------	----------	-------	------------	----------------	----	----------	---------


#### HES- Table-Tennis Play-in

40528096 (NR171)	8/5-29/5	W	9:00-11:00	Po Wing RD. SC	20	8/5-29/5	Walk-in
------------------	----------	---	------------	----------------	----	----------	---------

#### HES-Gateball Self Practice Scheme

40528092 (NW168)	2/5-30/5	Th	13:00-15:00	Wo Hing SC	15	2/5-30/5	Walk-in
40528094 (NW169)	7/5-28/5	Tu	13:00-15:00	Wo Hing SC	15	7/5-28/5	Walk-in

#### Day Camp for Elderly

40528088 (NX165)	7/5	Tu	9:00-17:00	Sai Kung ORC	48	19/3-25/3 (1/4){24/4}	
------------------	-----	----	------------	--------------	----	-----------------------	---

Elderly Excursion for OP

40528089 (NX166)	2/5	Th	9:00-17:00	Sai Kung	48	19/3-25/3 (1/4){24/4}	
------------------	-----	----	------------	----------	----	--------------------------	---