

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

North District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Long Distance Running Training Course									
40543523 (NG1036)	12/10-21/12	Sa	16:00-18:00	North District SG	16+	130	40	12/9	
Aerobic Dance Training Course									
40543432 (NH926)	2/10-8/11	W,F	11:00-12:00	Luen Wo Hui SC	14+	65	30	2/9	
40543433 (NH927)	2/10-8/11	W,F	12:00-13:00	Luen Wo Hui SC	14+	65	30	2/9	
40543434 (NH928)	2/10-8/11	W,F	19:00-20:00	Luen Wo Hui SC	14+	65	30	2/9	
40543436 (NH930)	3/10-12/11	Tu,Th	15:00-16:00	Luen Wo Hui SC	14+	65	30	2/9	
40543437 (NH931)	3/10-12/11	Tu,Th	16:00-17:00	Luen Wo Hui SC	14+	65	30	2/9	
40543438 (932)	8/10-14/11	Tu,Th	9:00-10:00	Wo Hing SC	14+	65	30	2/9	
40543439 (NW933)	8/10-14/11	Tu,Th	10:00-11:00	Wo Hing SC	14+	65	30	2/9	
40543440 (NW934)	9/10-15/11	W,F	9:00-10:00	Wo Hing SC	14+	65	30	2/9	
40543441 (NW935)	9/10-15/11	W,F	10:00-11:00	Wo Hing SC	14+	65	30	2/9	
40543442 (NW936)	14/10-20/11	M,W	14:00-15:00	Wo Hing SC	14+	65	30	2/9	
40543443 (NW937)	14/10-20/11	M,W	15:00-16:00	Wo Hing SC	14+	65	30	2/9	
Baduanjin Training Course									
40543453 (NW947)	3/10-19/12	Th	11:00-12:00	Wo Hing SC	8+	80	30	4/9	
40543454 (NW948)	3/10-19/12	Th	12:00-13:00	Wo Hing SC	8+	80	30	4/9	
Children Dance Training Course									
40543466 (NL960)	6/10-8/12	Su	9:00-11:00	Lung Sum Avenue SC	4-6	60	20	4/9	
40543467 (NL961)	6/10-8/12	Su	11:00-13:00	Lung Sum Avenue SC	7-11	60	20	4/9	
40543468 (NH962)	6/10-8/12	Su	13:00-15:00	Luen Wo Hui SC	4-11	60	20	4/9	
40543469 (NT963)	5/10-21/12	Sa	14:00-16:00	Tin Ping SC	4-14	60	20	4/9	
40543470 (NW964)	13/10-15/12	Su	10:00-12:00	Wo Hing SC	4-11	60	20	4/9	
40543471 (NW965)	18/10-20/12	F	15:00-17:00	Wo Hing SC	4-11	60	20	4/9	
Chinese Dance Training Course									
40543484 (NH966)	10/10-12/12	Th	11:00-13:00	Luen Wo Hui SC	12+	45	30	20/8-27/8 (5/9) {25/9}	
40543485 (NH967)	15/10-17/12	Tu	13:00-15:00	Luen Wo Hui SC	12+	45	30	20/8-27/8 (5/9) {25/9}	
40543486 (NR968)	2/10-4/12	W	10:00-12:00	Po Wing RD. SC	12+	45	30	20/8-27/8 (5/9) {25/9}	
Fitness (Multi-gym) Training Course									
<p>@ 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.</p> <p>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.</p> <p>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.</p> <p>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.</p>									
40543495 (NH1007)	3/10-14/11 (excl. 8/10)	Tu,Th	19:00-20:00	Luen Wo Hui SC	15+	75	20	@9/9	
40543496 (NH1008)	3/10-14/11 (excl. 8/10)	Tu,Th	20:00-21:00	Luen Wo Hui SC	15+	75	20	@9/9	
40543497 (NH1009)	3/10-14/11 (excl. 8/10)	Tu,Th	21:00-22:00	Luen Wo Hui SC	15+	75	20	@9/9	
40543498 (NT1010)	2/10-8/11	W,F	14:00-15:00	Tin Ping SC	15+	75	12	@9/9	
40543499 (NT1011)	2/10-8/11	W,F	15:00-16:00	Tin Ping SC	15+	75	12	@9/9	
40543500 (NT1012)	8/10-14/11	Tu,Th	19:00-20:00	Tin Ping SC	15+	75	12	@9/9	
40543501 (NT1013)	8/10-14/11	Tu,Th	20:00-21:00	Tin Ping SC	15+	75	12	@9/9	
40543502 (NT1014)	8/10-14/11	Tu,Th	21:00-22:00	Tin Ping SC	15+	75	12	@9/9	
40543503 (NW1015)	3/10-29/10	Tu,Th,Sa	9:00-10:00	Wo Hing SC	15+	75	20	@9/9	
40543504 (NW1016)	3/10-29/10	Tu,Th,Sa	10:00-11:00	Wo Hing SC	15+	75	20	@9/9	
40543505 (NW1017)	3/10-12/11	Tu,Th	14:00-15:00	Wo Hing SC	15+	75	20	@9/9	
40543506 (NW1018)	3/10-12/11	Tu,Th	15:00-16:00	Wo Hing SC	15+	75	20	@9/9	
40543507 (NW1019)	9/10-4/11	M,W,F	19:00-20:00	Wo Hing SC	15+	75	20	@9/9	
40543508 (NW1020)	9/10-4/11	M,W,F	20:00-21:00	Wo Hing SC	15+	75	20	@9/9	
Gymnastics for All									
40543512 (NH1025)	6/10-8/12	Su	15:00-17:00	Luen Wo Hui SC	6+	54	20	6/9	
Jazz Training Course									
40543514 (NL1027)	8/10-10/12	Tu	17:00-19:00	Lung Sum Avenue SC	12+	70	20	6/9	

40543515 (NH1028)	5/10-7/12	Sa	14:00-16:00	Luen Wo Hui SC	12+	70	30	6/9	
40543516 (NW1029)	18/10-20/12	F	19:00-21:00	Wo Hing SC	12+	70	20	6/9	
Judo Training Course									
40543517 (NH1030)	15/10-17/12	Tu	19:00-21:00	Luen Wo Hui SC	6+	65	30	5/9	
40543518 (NR1031)	8/10-10/12	Tu	18:00-20:00	Po Wing RD. SC	6+	65	30	5/9	
40543519 (NT1032)	10/10-12/12	Th	19:00-21:00	Tin Ping SC (non air-conditioned)	6+	65	30	5/9	
40543520 (NW1033)	2/10-4/12	W	18:00-20:00	Wo Hing SC	6+	65	20	5/9	
40543521 (NW1034)	5/10-7/12	Sa	14:00-16:00	Wo Hing SC	6+	65	20	5/9	
Social Dance Training Course									
40543525 (NL1039)	2/10-4/12	W	14:00-16:00	Lung Sum Avenue SC	14+	86	30	20/8-27/8 (5/9) {26/9}	
40543526 (1040)	11/10-13/12	F	20:00-22:00	Lung Sum Avenue SC	14+	86	30	20/8-27/8 (5/9) {26/9}	
40543527 (NL1041)	14/10-16/12	M	15:00-17:00	Lung Sum Avenue SC	14+	86	30	20/8-27/8 (5/9) {26/9}	
40543528 (NH1042)	4/10-6/12	F	16:00-18:00	Luen Wo Hui SC	14+	86	30	20/8-27/8 (5/9) {26/9}	
40543529 (NH1043)	6/10-8/12	Su	20:00-22:00	Luen Wo Hui SC	14+	86	30	20/8-27/8 (5/9) {26/9}	
40543530 (NR1044)	8/10-10/12	Tu	14:00-16:00	Po Wing RD. SC	14+	86	30	20/8-27/8 (5/9) {26/9}	
40543531 (NW1045)	3/10-5/12	Th	20:00-22:00	Wo Hing SC	14+	86	30	20/8-27/8 (5/9) {26/9}	
Social Dance Training Course(Technique)									
40543533 (NL1047)	30/10-15/1 (excl. 25/12,1/1)	W	18:00-20:00	Lung Sum Avenue SC	14+	86	30	20/8-27/8 (5/9) {26/9}	
Tai Chi Training Course									
40543544 (NX1058)	23/10-19/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	6:30-7:30	Cheung Wah Estate Central SG	8+	60	40	17/9	
40543545 (NX1059)	12/10-6/2 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	6:30-7:30	Choi Yuen Estate sitting-out-area	8+	60	40	16/9	
40543546 (NX1060)	23/10-19/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:00-8:00	Luen Wo Hui PG	8+	60	50	17/9	
40543547 (NX1061)	12/10-6/2 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	6:30-7:30	Sheung Shui Wai Village	8+	60	30	16/9	
40543548 (NX1062)	23/10-19/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	6:30-7:30	Sheung Shui Wai Village	8+	60	30	17/9	
40543549 (NX1063)	23/10-19/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	19:30-20:30	Open Spaces adjacent to TPSC	8+	60	40	17/9	
40543550 (NX1064)	23/10-19/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	20:30-21:30	Open space adjacent to WHSC	8+	60	40	17/9	
40543551 (NX1065)	23/10-19/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:00-8:00	Po Wing RD. PG	8+	60	40	17/9	
40543552 (NX1066)	12/10-6/2 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	6:30-7:30	Sheung Shui Garden No.1	8+	60	40	16/9	
40543553 (NX1067)	23/10-19/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	6:30-7:30	Sheung Shui Garden No.1	8+	60	40	17/9	
40543555 (NX1068)	23/10-19/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	8:00-9:00	Wo Hing PG BC No.2	8+	60	40	17/9	
40543556 (NX1069)	12/10-6/2 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	20:00-21:00	Choi Yuen Estate Gateball Court	8+	60	40	16/9	
Tai Chi Sword Training Course									
40543557 (NX1070)	12/10-6/2 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	6:30-7:30	Cheung Wah Estate Central SG	12+	60	40	16/9	
40543558 (NX1071)	23/10-19/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	20:00-21:00	Choi Yuen Estate Gateball Court	12+	60	40	17/9	
40543559 (NX1072)	12/10-6/2 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Luen Wo Hui PG	12+	60	40	16/9	
40543560 (NX1073)	23/10-19/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	20:00-21:00	Sha Tau Kok Recreation Ground	12+	60	40	17/9	
40543561 (NX1074)	12/10-6/2 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	8:00-9:00	Wo Hing PG BC No.2	12+	60	40	16/9	
Western Folk Dance Training Course									
40543567 (NW1082)	5/10-7/12	Sa	19:00-21:00	Wo Hing SC	8+	45	20	6/9	
Yoga Training Course									
40543568 (NL1083)	2/10-4/12	W	8:00-10:00	Lung Sum Avenue SC	15+	85	30	20/8-27/8 (5/9) {26/9}	
40543569 (NL1084)	2/10-4/12	W	10:00-12:00	Lung Sum Avenue SC	15+	85	30	20/8-27/8 (5/9) {26/9}	
40543570 (NL1085)	4/10-5/11	Tu,F	13:00-15:00	Lung Sum Avenue SC	15+	85	30	20/8-27/8 (5/9) {26/9}	
40543571 (NL1086)	6/10-8/12	Su	13:00-15:00	Lung Sum Avenue SC	15+	85	30	20/8-27/8 (5/9) {26/9}	
40543572 (NL1087)	6/10-8/12	Su	15:00-17:00	Lung Sum Avenue SC	15+	85	30	20/8-27/8 (5/9) {26/9}	
40543573 (NL1088)	11/10-13/12	F	9:00-11:00	Lung Sum Avenue SC	15+	85	30	20/8-27/8 (5/9) {26/9}	
40543574 (NH1089)	5/10-7/12	Sa	12:00-14:00	Luen Wo Hui SC	15+	85	30	20/8-27/8 (5/9) {26/9}	
40543575 (NH1090)	6/10-8/12	Su	7:00-9:00	Luen Wo Hui SC	15+	85	30	20/8-27/8 (5/9) {26/9}	
40543576 (NH1091)	9/10-11/12	W	13:00-15:00	Luen Wo Hui SC	15+	85	30	20/8-27/8 (5/9) {26/9}	
40543577 (NW1092)	5/10-7/12	Sa	8:00-10:00	Wo Hing SC	15+	85	30	20/8-27/8 (5/9) {26/9}	

40543578 (NW1093)	5/10-7/12	Sa	10:00-12:00	Wo Hing SC	15+	85	30	20/8-27/8 (5/9) {26/9}	
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Briefing on Proper Ways to Use Fitness Equipment

40543459 (NH953)	5/10	Sa	9:00-12:00	Luen Wo Hui SC	15+	Free	25	20/8-27/8 (5/9) {25/9}	
40543460 (NH954)	13/10	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	25	20/8-27/8 (5/9) {25/9}	
40543461 (NR955)	5/10	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	25	20/8-27/8 (5/9) {25/9}	
40543462 (NR956)	13/10	Su	10:00-13:00	Po Wing RD. SC	15+	Free	25	20/8-27/8 (5/9) {25/9}	
40543463 (NT957)	13/10	Su	10:00-13:00	Tin Ping SC	15+	Free	20	20/8-27/8 (5/9) {25/9}	
40543464 (NT958)	20/10	Su	15:00-18:00	Tin Ping SC	15+	Free	20	20/8-27/8 (5/9) {25/9}	
40543465 (NW959)	12/10	Sa	14:00-17:00	Wo Hing SC	15+	Free	25	20/8-27/8 (5/9) {25/9}	

Body-Mind Stretch Training Course

40543457 (NR951)	3/10-8/11	Th,F	19:00-20:00	Po Wing RD. SC	15+	85	24	5/9	
40543458 (NR952)	3/10-8/11	Th,F	20:00-21:00	Po Wing RD. SC	15+	85	24	5/9	

Badminton Training Course

40543444 (NL938)	3/10-5/12	Th	9:00-11:00	Lung Sum Avenue SC	14+	118	24	20/8-27/8 (5/9) {25/9}	
40543445 (NL939)	4/10-5/11	Tu,F	20:00-22:00	Lung Sum Avenue SC	14+	118	24	20/8-27/8 (5/9) {25/9}	
40543446 (NL940)	5/10-28/12 (excl. 9/11,23/11,30/11)	Sa	14:00-16:00	Lung Sum Avenue SC	7+	118	24	20/8-27/8 (5/9) {25/9}	
40543447 (NR941)	2/10-4/12	W	20:00-22:00	Po Wing RD. SC	7+	118	24	20/8-27/8 (5/9) {25/9}	
40543448 (NR942)	11/10-13/12	F	14:00-16:00	Po Wing RD. SC	7+	118	24	20/8-27/8 (5/9) {25/9}	
40543449 (NW943)	2/10-4/12	W	9:00-11:00	Wo Hing SC	14+	118	24	20/8-27/8 (5/9) {25/9}	
40543450 (NW944)	2/10-4/12	W	18:00-20:00	Wo Hing SC	7+	118	24	20/8-27/8 (5/9) {25/9}	
40543451 (NW945)	8/10-10/12	Tu	20:00-22:00	Wo Hing SC	7+	118	24	20/8-27/8 (5/9) {25/9}	
40543452 (NW946)	14/10-16/12	M	13:00-15:00	Wo Hing SC	7+	118	24	20/8-27/8 (5/9) {25/9}	

In-line Roller Skating Training Course

40543513 (NP1026)	6/10-8/12	Su	16:00-18:00	North District Park	6+	55	20	6/9	
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Squash Training Course

40543534 (NL1048)	4/10-22/11	F	20:00-22:00	Lung Sum Avenue SC	18+	160	8	20/8-27/8 (5/9) {25/9}	
40543535 (NL1049)	8/10-26/11	Tu	19:00-21:00	Lung Sum Avenue SC	18+	160	8	12/9	

Table-tennis Training Course

40543536 (NH1050)	5/10-7/12	Sa	16:00-18:00	Luen Wo Hui SC	14+	86	24	13/9	
40543537 (NW1051)	5/10-7/12	Sa	16:00-18:00	Wo Hing SC	6+	86	24	13/9	
40543538 (NW1052)	8/10-10/12	Tu	18:00-20:00	Wo Hing SC	6+	86	24	13/9	
40543539 (NH1053)	5/10-7/12	Sa	10:00-12:00	Luen Wo Hui SC	6-13	86	24	13/9	
40543540 (NT1054)	2/10-4/12	W	16:00-18:00	Tin Ping SC (non air conditioned)	6+	86	24	13/9	
40543541 (NT1055)	2/10-4/12	W	18:00-20:00	Tin Ping SC (non air conditioned)	6+	86	24	13/9	
40543542 (NT1056)	13/10-5/1	Su	9:00-11:00	Tin Ping SC (non air conditioned)	6+	86	24	13/9	
40543543 (NT1057)	13/10-5/1	Su	15:00-17:00	Tin Ping SC (non air conditioned)	6+	86	24	13/9	

Indoor Tennis Training Course

40543562 (NW1077)	2/10-4/12	W	20:00-22:00	Wo Hing SC	14+	170	6	20/8-27/8 (5/9) {25/9}	
40543563 (NW1078)	13/10-15/12	Su	17:00-19:00	Wo Hing SC	8-13	170	6	20/8-27/8 (5/9) {25/9}	
40543564 (NW1079)	13/10-15/12	Su	19:00-21:00	Wo Hing SC	14+	170	6	20/8-27/8 (5/9) {25/9}	
40543565 (NW1080)	15/10-17/12	Tu	9:00-11:00	Wo Hing SC	14+	170	6	20/8-27/8 (5/9) {25/9}	

Tennis Training Course

40526382 (NG1075)	18/10-20/12	F	20:00-22:00	North District SG	14+	170	12	20/8-27/8 (5/9) {25/9}	
40526391 (NG1076)	6/10-8/12	Su	19:00-21:00	North District SG	14+	170	12	20/8-27/8 (5/9) {25/9}	

Go Training Course (Level II)

40543511 (NW1024)	5/10-9/11	Sa	18:00-20:00	Wo Hing SC	6+	40	20	9/9	
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Basketball Training Course for Female

40543455 (NL949)	5/10-14/12 (excl. 9/11)	Sa	11:00-13:00	Lung Sum Avenue SC	10+	75	30	20/8-27/8 (5/9) {26/9}	
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Basketball Training Course for Male

40543456 (NL950)	5/10-14/12 (excl. 9/11)	Sa	9:00-11:00	Lung Sum Avenue SC	10+	75	30	20/8-27/8 (5/9) {26/9}	
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Gateball Training Course

40543510 (NX1023)	19/10-7/12	Sa	9:00-11:00	Pak Fuk Tin Sum PG	8+	54	15	18/9	
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Healthy Exercise for All Campaign-Hiking

40541059 (NX899)	13/10	Su	9:00-17:00	Hiking Trail - C5	6+	40	48	20/8-27/8 (5/9) {25/9}	
40541060 (NX900)	27/10	Su	9:00-17:00	Hiking Trail - D2	6+	40	48	20/8-27/8 (5/9) {25/9}	

Tent Camp

40543566 (NX1081)	19/10-20/10	Sa,Su	14:00-14:00	Chong Hing WSC	All	50	44	4/9	
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Fun Day for Children

40543584 (NX1022)	27/10	Su	10:00-13:00	North District Park	All	Free	800	27/10	
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Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age	Quota	Date of Enrollment <small>(Balloting) { Open Enrollment for Remaining Quota }</small>	Enrolment Method
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To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)

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.

Excursion for persons with Chronic Illness

40526412 (NX974)	12/10	Sa	9:00-17:00	Hong Kong	6+	11	2/9	
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Day Camp for Persons with Disabilities

40526416 (NX972)	25/10	F	9:00-17:00	Sai Kung ORC	18-65	2	2/9	
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Badminton TS with Persons with Intellectual

40526471 (NR970)	12/10-2/11	Sa	10:00-12:00	Po Wing RD. SC	6-25	4	2/9	
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Basketball TS for Persons with Intellectual

40526417 (NW971)	24/10-14/11	THU	9:00-11:00	WHSC	18+	4	2/9	
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Excursion for persons with Disability

40526413 (NX975)	13/10	Su	9:00-17:00	Lantau Island	6+	10	2/9	
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40526415 (NX973)	25/10	F	9:30-17:00	Yeun Long	15+	8	2/9	
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FD for Persons with Intellectual Disabilities

40526411 (NX998)	4/10	F	9:00-12:00	Wo Hing SC	20-50	8	2/9	
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Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment <small>(Balloting) { Open Enrollment for Remaining Quota }</small>	Enrolment Method
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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.

40543487 (NT999)	10/10-19/11	Tu,Th	8:00-9:00	Tin Ping SC	12	@20/8-27/8 (5/9){26/9}	
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40543488 (NT1000)	10/10-19/11	Tu,Th	9:00-10:00	Tin Ping SC	12	@20/8-27/8 (5/9){26/9}	
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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.

40543489 (NW1001)	3/10-29/10	Tu,Th,Sa	8:00-9:00	Wo Hing SC	20	@20/8-27/8 (5/9){26/9}	
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Social Dance Training Course for OP

40543493 (NL1005)	14/10-16/12	M	13:00-15:00	Lung Sum Avenue SC	30	20/8-27/8 (5/9) {26/9}	
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40543494 (NL1006)	15/10-24/12 (excl. 3/12)	Tu	11:00-13:00	Lung Sum Avenue SC	30	20/8-27/8 (5/9) {26/9}	
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HES- Table-Tennis Play-in

40543492 (NT1004)	3/10-31/10	Tu,Th	8:00-10:00	Tin Ping SC	20	3/10-31/10	Walk-in
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HES-Gateball Self Practice Scheme

40543491 (1003)	8/10-29/10	Tu	13:00-15:00	Wo Hing SC	15	8/10-29/10	Walk-in
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Day Camp for Elderly

40541029 (NX890)	15/10	Tu	9:00-17:00	Lei Yue Mun Park	48	20/8-27/8 (5/9) {26/9}	
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Elderly Excursion for OP

40541035 (NX896)	10/10	Th	9:00-17:00	KLN	48	20/8-27/8 (5/9) {26/9}	
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