

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

Central & Western District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Front Crawl Training Course for Adult (I)									
40542908 (CW0991)	14/10-4/11	M,W,F	20:00-21:00	Sun Yat Sen Memorial Park SP	18+	100	16	20/8-26/8 (10/9) {30/9}	☒
40542909 (CW0992)	14/10-4/11	M,W,F	18:00-19:00	Sun Yat Sen Memorial Park SP	18+	100	16	20/8-26/8 (10/9) {30/9}	☒
Aerobic Dance Training Course									
40542809 (CW0889)	2/10-30/10 (excl. 7/10)	M,W,F	13:00-14:00	Hong Kong Park SC	14+	65	30	5/9	☒ i
40542810 (CW0890)	2/10-30/10 (excl. 7/10)	M,W,F	14:00-15:00	Hong Kong Park SC	14+	65	30	5/9	☒ i
40542811 (CW0891)	3/10-14/11 (excl. 8/10)	Tu,Th	12:00-13:00	Hong Kong Park SC	14+	65	30	4/9	☒ i
40542812 (CW0892)	3/10-14/11 (excl. 8/10)	Tu,Th	13:00-14:00	Hong Kong Park SC	14+	65	30	4/9	☒ i
40542813 (CW0893)	14/10-8/11	M,W,F	18:00-19:00	Hong Kong Park SC	14+	65	30	26/9	☒ i
40542814 (CW0894)	14/10-8/11	M,W,F	19:00-20:00	Hong Kong Park SC	14+	65	30	26/9	☒ i
40542829 (CW0911)	9/10-4/11	M,W,F	18:00-19:00	Sheung Wan SC	14+	65	30	20/8-26/8 (10/9) {27/9}	☒
40542830 (CW0912)	9/10-4/11	M,W,F	19:00-20:00	Sheung Wan SC	14+	65	30	20/8-26/8 (10/9) {27/9}	☒
40542831 (CW0913)	11/10-11/11 (excl. 21/10,4/11)	M,W,F	7:00-8:00	Sheung Wan SC	14+	65	30	12/9	☒ i
40542832 (CW0914)	11/10-11/11 (excl. 21/10,4/11)	M,W,F	9:00-10:00	Sheung Wan SC	14+	65	30	12/9	☒ i
40542833 (CW0915)	31/10-10/12	Tu,Th	8:00-9:00	Sheung Wan SC	14+	65	30	25/9	☒ i
40542834 (CW0916)	31/10-10/12	Tu,Th	9:00-10:00	Sheung Wan SC	14+	65	30	25/9	☒ i
40542885 (CW0967)	2/10-30/10 (excl. 7/10)	M,W,F	10:00-11:00	Smithfield SC	14+	65	30	3/9	☒ i
40542886 (CW0968)	2/10-30/10 (excl. 7/10)	M,W,F	11:00-12:00	Smithfield SC	14+	65	30	3/9	☒ i
Baduanjin Training Course									
40542869 (CW0951)	31/10-23/1 (excl. 26/12)	Th	13:00-14:00	Shek Tong Tsui SC	8+	80	30	20/8-26/8 (10/9) {27/9}	☒
Children Dance Training Course									
40542842 (CW0924)	13/10-15/12	Su	14:00-16:00	Sheung Wan SC	4-11	60	20	9/9	☒ i
40542870 (CW0952)	5/10-7/12	Sa	10:00-12:00	Shek Tong Tsui SC	4-11	60	20	5/9	☒ i
Chinese Dance Training Course									
40542871 (CW0953)	16/10-18/12	W	19:00-21:00	Shek Tong Tsui SC	12+	45	30	20/8-26/8 (10/9) {27/9}	☒
40542872 (CW0954)	21/10-23/12	M	19:00-21:00	Shek Tong Tsui SC	12+	45	30	20/8-26/8 (10/9) {27/9}	☒
Social Dance Fun Night									
40542817 (CW0897)	12/10	Sa	19:30-22:30	Hong Kong Park SC	14+	20	70	13/9	☒ i
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. 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.</p>									
40542844 (CW0926)	3/10-14/11 (excl. 7/11)	Tu,Th	20:00-21:00	Sheung Wan SC	15+	75	30	@3/9	☒ i
40542845 (CW0927)	3/10-14/11 (excl. 7/11)	Tu,Th	21:00-22:00	Sheung Wan SC	15+	75	30	@3/9	☒ i
40542846 (CW0928)	21/10-15/11	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	30	@2/9	☒ i
40542847 (CW0929)	21/10-15/11	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	30	@2/9	☒ i
40542848 (CW0930)	21/10-15/11	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	30	@18/9	☒ i
40542849 (CW0931)	21/10-15/11	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	30	@18/9	☒ i
40542850 (CW0932)	30/10-29/11 (excl. 4/11,18/11)	M,W,F	12:00-13:00	Sheung Wan SC	15+	75	30	@25/9	☒ i
40542851 (CW0933)	30/10-29/11 (excl. 4/11,18/11)	M,W,F	13:00-14:00	Sheung Wan SC	15+	75	30	@25/9	☒ i
40542860 (CW0942)	29/10-5/12	Tu,Th	18:00-19:00	Sun Yat Sen Memorial Park SC	15+	75	30	@24/9	☒ i
40542861 (CW0943)	29/10-5/12	Tu,Th	19:00-20:00	Sun Yat Sen Memorial Park SC	15+	75	30	@24/9	☒ i
40542876 (CW0958)	21/10-15/11	M,W,F	18:00-19:00	Shek Tong Tsui SC	15+	75	30	@4/9	☒ i
40542877 (CW0959)	21/10-15/11	M,W,F	19:00-20:00	Shek Tong Tsui SC	15+	75	30	@4/9	☒ i
40542878 (CW0960)	21/10-15/11	M,W,F	20:00-21:00	Shek Tong Tsui SC	15+	75	30	@4/9	☒ i
40542879 (CW0961)	21/10-15/11	M,W,F	21:00-22:00	Shek Tong Tsui SC	15+	75	30	@4/9	☒ i
40542880 (CW0962)	30/10-29/11 (excl. 11/11,25/11)	M,W,F	7:00-8:00	Shek Tong Tsui SC	15+	75	30	@11/9	☒ i
40542881 (CW0963)	30/10-29/11 (excl. 11/11,25/11)	M,W,F	8:00-9:00	Shek Tong Tsui SC	15+	75	30	@11/9	☒ i
Jazz Training Course									
40542853 (CW0935)	8/10-10/12	Tu	20:00-22:00	Sheung Wan SC	12+	70	30	2/9	☒ i

Social Dance Training Course											
40542818 (CW0898)	10/10-12/12	Th	7:00-9:00	Hong Kong Park SC	14+	86	30	13/9			
40542854 (CW0936)	10/10-12/12	Th	18:00-20:00	Sheung Wan SC	14+	86	30	20/8-26/8 (10/9) {30/9}			
40542862 (CW0944)	5/10-21/12 (excl. 23/11,30/11)	Sa	15:00-17:00	Sun Yat Sen Memorial Park SC	14+	86	30	20/8-26/8 (10/9) {30/9}			
40542882 (CW0964)	5/10-7/12	Sa	19:00-21:00	Shek Tong Tsui SC	14+	86	30	20/8-26/8 (10/9) {30/9}			
40542883 (CW0965)	16/10-18/12	W	15:00-17:00	Shek Tong Tsui SC	14+	86	30	20/8-26/8 (10/9) {30/9}			
40542897 (CW0979)	10/10-12/12	Th	20:00-22:00	Smithfield SC	14+	86	30	20/8-26/8 (10/9) {30/9}			
40542898 (CW0980)	14/10-16/12	M	14:00-16:00	Smithfield SC	14+	86	30	20/8-26/8 (10/9) {30/9}			
Tai Chi Training Course											
40542822 (CW0902)	9/10-28/2 (excl. 21/10,4,18,25/11,2,16,25/12,	M,W,F	7:00-8:00	Hong Kong Park SC	6+	60	40	19/9			
40542864 (CW0946)	24/10-14/3 (excl. 5,19,30/11,3,7,17,26/12,	Tu,Th,Sa	7:00-8:00	SAI YING PUN COMMUNITY COMPLEX / SYSPMSC	6+	60	80	16/9			
40542865 (CW0947)	24/10-14/3 (excl. 5,19,30/11,3,7,17,26/12,	Tu,Th,Sa	8:00-9:00	SAI YING PUN COMMUNITY COMPLEX / SYSPMSC	6+	60	80	16/9			
Western Folk Dance Training Course											
40542857 (CW0939)	10/10-12/12	Th	20:00-22:00	Sheung Wan SC	8+	45	30	20/8-26/8 (10/9) {27/9}			
Yoga Training Course											
40542823 (CW0903)	5/10-21/12 (excl. 23/11,30/11)	Sa	14:00-16:00	Hong Kong Park SC	15+	85	30	20/8-26/8 (10/9) {27/9}			
40542858 (CW0940)	12/10-14/12	Sa	11:00-13:00	Sheung Wan SC	15+	85	30	20/8-26/8 (10/9) {27/9}			
40542866 (CW0948)	5/10-21/12 (excl. 23/11,30/11)	Sa	8:00-10:00	Sun Yat Sen Memorial Park SC	15+	85	30	20/8-26/8 (10/9) {27/9}			
40542906 (CW0988)	11/10-13/11	W,F	9:00-11:00	Smithfield SC	15+	85	30	20/8-26/8 (10/9) {27/9}			
40542907 (CW0989)	13/10-5/1 (excl. 3/11,10/11,22/12)	Su	16:00-18:00	Smithfield SC	15+	85	30	20/8-26/8 (10/9) {27/9}			
Briefing on Proper Ways to Use Fitness Equipment											
40542859 (CW0941)	16/10	W	18:00-21:00	Sun Yat Sen Memorial Park SC	15+	Free	25	20/8-26/8 (10/9) {30/9}			
40542875 (CW0957)	14/10	M	19:00-22:00	Shek Tong Tsui SC	15+	Free	25	20/8-26/8 (10/9) {30/9}			
Briefing Session on Fitness Walking											
40542828 (CW0910)	12/10	Sa	9:00-11:00	Sun Yat Sen Memorial Park SC	6+	Free	40	9/9			
Body-Mind Stretch Training Course											
40542893 (CW0975)	22/10-28/11	Tu,Th	19:00-20:00	Smithfield SC	15+	85	24	11/9			
40542894 (CW0976)	22/10-28/11	Tu,Th	20:00-21:00	Smithfield SC	15+	85	24	11/9			
National Day Archery Fun Day											
40542891 (CW0973)	1/10	Tu	9:30-11:30	Smithfield SC	12+	Free	12	2/9			
40542892 (CW0974)	1/10	Tu	11:30-13:30	Smithfield SC	12+	Free	12	2/9			
Archery Training Course											
40542887 (CW0969)	5/10-7/12	Sa	9:30-11:30	Smithfield SC	12+	70	12	20/8-26/8 (10/9) {27/9}			
40542888 (CW0970)	5/10-7/12	Sa	11:30-13:30	Smithfield SC	12+	70	12	20/8-26/8 (10/9) {27/9}			
40542889 (CW0971)	6/10-8/12	Su	9:30-11:30	Smithfield SC	12+	70	12	20/8-26/8 (10/9) {27/9}			
40542890 (CW0972)	6/10-8/12	Su	11:30-13:30	Smithfield SC	12+	70	12	20/8-26/8 (10/9) {27/9}			
Parent-child(Aged 7-17) Badminton FD											
40542837 (CW0919)	13/10	Su	14:00-15:00	Sheung Wan SC	7+	Free	24	11/9			
40542838 (CW0920)	13/10	Su	15:00-16:00	Sheung Wan SC	7+	Free	24	11/9			
40542839 (CW0921)	13/10	Su	16:00-17:00	Sheung Wan SC	7+	Free	24	11/9			
Badminton Training Course											
40542815 (CW0895)	10/10-12/11	Tu,Th	9:00-11:00	Hong Kong Park SC	7+	118	24	20/8-26/8 (10/9) {27/9}			
40542816 (CW0896)	28/10-29/11	M,F	18:00-20:00	Hong Kong Park SC	7+	118	24	20/8-26/8 (10/9) {27/9}			
40542835 (CW0917)	2/10-6/11 (excl. 7/10)	M,W	19:00-21:00	Sheung Wan SC	7+	118	24	20/8-26/8 (10/9) {27/9}			
40542836 (CW0918)	4/10-6/11	W,F	10:00-12:00	Sheung Wan SC	7+	118	24	20/8-26/8 (10/9) {27/9}			
40542840 (CW0922)	3/10-7/11 (excl. 8/10)	Tu,Th	9:00-11:00	Sheung Wan SC	7+	118	24	20/8-26/8 (10/9) {27/9}			
40542841 (CW0923)	16/10-18/12	W	12:00-14:00	Sheung Wan SC	7+	118	24	20/8-26/8 (10/9) {27/9}			
40542867 (CW0949)	3/10-19/12 (excl. 7/11,21/11)	Th	19:00-21:00	Shek Tong Tsui SC	12+	118	24	20/8-26/8 (10/9) {27/9}			
Badminton Training Course for Children											
40542868 (CW0950)	15/10-17/12	Tu	19:00-21:00	Shek Tong Tsui SC	7-11	118	24	18/9			
Indoor Short Mat Bowling Fun Day											
40542899 (CW0981)	2/10-30/10 (excl. 7/10)	M,W,F	10:30-11:30	Smithfield SC	8+	Free	28	2/10-30/10		Walk-in	
Squash Training Course											
40542819 (CW0899)	10/10-4/11	M,Th	7:00-9:00	Hong Kong Squash Centre	7+	160	12	6/9			
40542855 (CW0937)	3/10-29/10	Tu,Th	19:00-21:00	Sheung Wan SC	7+	160	12	2/9			

40542901 (CW0983)	14/10-6/11	M,W	19:00-21:00	Smithfield SC	7+	160	12	13/9	
Table-tennis Fun Day									
40542902 (CW0984)	2/10-30/10	W,F	10:00-11:00	Smithfield SC	6+	Free	28	2/10-30/10	Walk-in
Table-tennis Training Course									
40542821 (CW0901)	10/10-12/11	Tu,Th	7:00-9:00	Hong Kong Park SC	6+	86	18	16/9	
40542856 (CW0938)	12/10-14/12	Sa	14:00-16:00	Sheung Wan SC	6+	86	24	20/8-26/8 (10/9) {30/9}	
40542904 (CW0986)	5/10-21/12 (excl. 23/11,30/11)	Sa	16:00-18:00	Smithfield SC	6+	86	24	20/8-26/8 (10/9) {30/9}	
40542905 (CW0987)	8/10-7/11	Tu,Th	16:00-18:00	Smithfield SC	14+	86	24	20/8-26/8 (10/9) {30/9}	
40543902 (CW0990)	29/10-5/12 (excl. 12/11,26/11)	Tu,Th	10:00-12:00	Smithfield SC	6+	86	18	20/8-26/8 (10/9) {30/9}	
Tennis Training Course									
40542911 (CW0994)	17/10-19/11	Tu,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	18	20/8-26/8 (10/9) {30/9}	
40542912 (CW0995)	25/10-25/11	M,F	9:00-11:00	Aberdeen T/SC	8+	170	18	20/8-26/8 (10/9) {30/9}	
40542913 (CW0996)	25/10-27/11	W,F	20:00-22:00	Hong Kong Tennis Centre	8+	170	18	20/8-26/8 (10/9) {30/9}	
Gateball Fun Day									
40542852 (CW0934)	10/10-31/10	Th	8:00-10:00	Sheung Wan SC	8+	Free	20	10/10-31/10	Walk-in
Healthy Exercise for All Campaign - Hiking Scheme									
40542915 (CW0998)	6/10	Su	9:00-16:00	A12 Lau Shui Heung - Tai Po Tau	6+	40	48	20/8-26/8 (10/9) {30/9}	
Horticultural Seminar									
40542827 (CW0909)	13/10	Su	14:30-16:30	Hong Kong Squash Centre	18+	30	30	9/9	
Meeting Point for Morning Bird-Watchers in HKP									
40542825 (CW0905)	2/10-30/10	W	8:00-10:00	Hong Kong Park	All	Free	30	2/10-30/10	Walk-in

Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	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 Visual Impairment

40542936 (CW1019)	27/10	Su	9:00-17:00	Victoria Peak	All	20	26/8	
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Table Tennis TS for Persons with Chronic Illness

40542940 (CW1023)	4/10-25/10	F	14:00-16:00	Sheung Wan SC	6+	3	26/8	
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Social Dance TS for Persons with Hearing Impairment

40542939 (CW1022)	9/10-30/10	W	20:00-22:00	Sheung Wan SC	8+	4	26/8	
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Gateball TS for Persons with Intellectual Disability

40542938 (CW1021)	5/10-26/10	Sa	9:00-11:00	Sheung Wan SC	8+	2	26/8	
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Day Camp for Persons with Intellectual Disability

40542934 (CW1017)	19/10	Sa	9:30-16:00	Tso Kung Tam ORC	8+	12	26/8	
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Residential Camp for Persons with Autism

40542935 (CW1018)	26/10-27/10	Sa,Su	13:00-13:00	Lei Yue Mun Park and HV	8-18	10	26/8	
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Sport Climbing FD for Persons with Autism / Intellectual Disability

40542937 (CW1020)	26/10	Sa	11:00-13:00	Shun Lee Tsuen SC	12+	4	26/8	
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Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Swimming Training Course for Elderly (I)

40542910 (CW0993)	14/10-4/11	M,W,F	19:00-20:00	Sun Yat Sen Memorial Park SP	16	20/8-26/8 (10/9) {30/9}	
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Fitness Exercise Training Course for the Elderly

40542843 (CW0925)	11/10-15/11 (excl. 21/10,4/11)	M,W,F	8:00-9:00	Sheung Wan SC	30	20/8-26/8 (10/9) {30/9}	
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40542873 (CW0955)	8/10-21/11	Tu,Th	7:00-8:00	Shek Tong Tsui SC	30	20/8-26/8 (10/9) {30/9}	
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40542874 (CW0956)	8/10-21/11	Tu,Th	8:00-9:00	Shek Tong Tsui SC	30	20/8-26/8 (10/9) {30/9}	
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40542895 (CW0977)	25/10-29/11 (excl. 1/11,8/11)	M,W,F	8:00-9:00	Smithfield SC	50	20/8-26/8 (10/9) {30/9}	✉
40542896 (CW0978)	25/10-29/11 (excl. 1/11,8/11)	M,W,F	9:00-10:00	Smithfield SC	50	20/8-26/8 (10/9) {30/9}	✉

Social Dance TC for the Elderly

40542863 (CW0945)	10/10-12/12	Th	9:00-11:00	Sun Yat Sen Memorial Park SC	30	20/8-26/8 (10/9) {30/9}	✉
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HES - Indoor Short Mat Bowling Play-in

40542900 (CW0982)	2/10-30/10 (excl. 7/10)	M,W,F	9:30-10:30	Smithfield SC	28	2/10-30/10	Walk-in
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HES - Table Tennis Self Practice

40542820 (CW0900)	4/10-25/10	F	8:00-10:00	Hong Kong Park SC	18	4/10-25/10	Walk-in
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HES - Table-tennis Play-in

40542903 (CW0985)	2/10-30/10	W,F	9:00-10:00	Smithfield SC	28	2/10-30/10	Walk-in
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Excursion for the Elderly

40542914 (CW0997)	4/10	F	9:00-16:00	Fung Hang Family Walk, Tai Po	90	20/8-26/8 (10/9) {27/9}	✉
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