
















































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

Wan Chai 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										
40542706 (WC747)	5/10-7/12	Sa	16:00-18:00	Happy Valley Recreation Ground	16+	130	40	4/9		
Breaststroke Swimming TC for Adult (I)										
40542700 (WC730)	4/10-28/10 (excl. 7/10)	M,W,F	7:00-8:00	Morrison Hill SP	18+	100	16	19/8-25/8 (4/9) {25/9}		
Front Crawl Swimming TC for Adult (II)										
40542650 (WC731)	4/10-28/10 (excl. 7/10)	M,W,F	8:00-9:00	Morrison Hill SP	18+	100	20	19/8-25/8 (4/9) {25/9}		
Backstroke Swimming Training Course										
40542669 (WC734)	9/10-11/11	M,W	10:00-11:00	Wan Chai SP	18+	100	20	19/8-25/8 (4/9) {25/9}		
40542694 (WC740)	10/10-12/11	Tu,Th	13:00-14:00	Wan Chai SP	18+	100	20	19/8-25/8 (4/9) {25/9}		
Breaststroke Swimming TC for Adult (III)										
40542674 (WC735)	9/10-11/11	M,W	12:00-13:00	Wan Chai SP	18+	100	20	19/8-25/8 (4/9) {25/9}		
40542686 (WC738)	10/10-12/11	Tu,Th	10:00-11:00	Wan Chai SP	18+	100	20	19/8-25/8 (4/9) {25/9}		
Butterfly Swimming Training Course										
40542680 (WC736)	9/10-11/11	M,W	13:00-14:00	Wan Chai SP	18+	100	20	19/8-25/8 (4/9) {25/9}		
40542685 (WC737)	10/10-12/11	Tu,Th	9:00-10:00	Wan Chai SP	18+	100	20	19/8-25/8 (4/9) {25/9}		
Front Crawl Swimming TC for Adult (III)										
40542663 (WC733)	9/10-11/11	M,W	9:00-10:00	Wan Chai SP	18+	100	20	19/8-25/8 (4/9) {25/9}		
40542690 (WC739)	10/10-12/11	Tu,Th	12:00-13:00	Wan Chai SP	18+	100	20	19/8-25/8 (4/9) {25/9}		
Aerobic Dance Training Course										
40542565 (WC649)	28/10-4/12	M,W	18:00-19:00	Harbour RD. SC	14+	65	25	24/9		
40542566 (WC650)	28/10-4/12	M,W	19:00-20:00	Harbour RD. SC	14+	65	25	24/9		
40542568 (WC651)	17/10-26/11	Tu,Th	18:00-19:00	Harbour RD. SC	14+	65	25	16/9		
40542569 (WC652)	17/10-26/11	Tu,Th	19:00-20:00	Harbour RD. SC	14+	65	25	16/9		
40542606 (WC677)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	9:00-10:00	Lockhart RD. SC	14+	65	30	5/9		
40542607 (WC678)	2/10-1/11 (excl. 7/10,21/10)	M,W,F	10:00-11:00	Lockhart RD. SC	14+	65	30	5/9		
Children Dance Training Course										
40542591 (WC669)	5/10-7/12	Sa	14:00-16:00	Harbour RD. SC	4-11	60	20	2/9		
Good Fit Training Scheme										
40542714 (WC752)	10/10-26/11	Tu,Th	12:00-13:00	Harbour RD. SC	14+	80	25	19/8-25/8 (4/9) {25/9}		
40542716 (WC753)	10/10-26/11	Tu,Th	13:00-14:00	Harbour RD. SC	14+	80	25	19/8-25/8 (4/9) {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>										
40542618 (WC686)	9/10-8/11 (excl. 21/10,4/11)	M,W,F	7:00-8:00	Lockhart RD. SC	15+	75	20	@9/9		
40542620 (WC687)	9/10-8/11 (excl. 21/10,4/11)	M,W,F	8:00-9:00	Lockhart RD. SC	15+	75	20	@9/9		
40542621 (WC688)	9/10-8/11 (excl. 21/10,4/11)	M,W,F	9:00-10:00	Lockhart RD. SC	15+	75	20	@9/9		
40542622 (WC689)	9/10-8/11 (excl. 21/10,4/11)	M,W,F	10:00-11:00	Lockhart RD. SC	15+	75	20	@9/9		
40542624 (WC690)	23/10-18/11	M,W,F	15:00-16:00	Lockhart RD. SC	15+	75	20	@23/9		
40542625 (WC691)	23/10-18/11	M,W,F	16:00-17:00	Lockhart RD. SC	15+	75	20	@23/9		
40542627 (WC692)	23/10-18/11	M,W,F	17:00-18:00	Lockhart RD. SC	15+	75	20	@23/9		
40542628 (WC693)	9/10-18/11	M,W	18:00-19:00	Lockhart RD. SC	15+	75	20	@11/9		
40542631 (WC694)	9/10-18/11	M,W	19:00-20:00	Lockhart RD. SC	15+	75	20	@11/9		
40542632 (WC695)	9/10-18/11	M,W	20:00-21:00	Lockhart RD. SC	15+	75	20	@11/9		
40542633 (WC696)	10/10-19/11	Tu,Th	7:00-8:00	Lockhart RD. SC	15+	75	20	@10/9		
40542635 (WC697)	10/10-19/11	Tu,Th	8:00-9:00	Lockhart RD. SC	15+	75	20	@10/9		
40542636 (WC698)	10/10-19/11	Tu,Th	12:00-13:00	Lockhart RD. SC	15+	75	20	@10/9		
40542638 (WC699)	10/10-19/11	Tu,Th	13:00-14:00	Lockhart RD. SC	15+	75	20	@10/9		
40542639 (WC700)	29/10-5/12	Tu,Th	18:00-19:00	Lockhart RD. SC	15+	75	20	@26/9		

40542640 (WC701)	29/10-5/12	Tu,Th	19:00-20:00	Lockhart RD. SC	15+	75	20	@26/9	 
40542642 (WC702)	29/10-5/12	Tu,Th	20:00-21:00	Lockhart RD. SC	15+	75	20	@26/9	 
40542643 (WC703)	29/10-5/12	Tu,Th	21:00-22:00	Lockhart RD. SC	15+	75	20	@26/9	 
Gymnastics for all Training Course									
40542564 (WC648)	17/10-19/11	Tu,Th	14:00-16:00	Harbour RD. SC	6+	54	20	19/8-25/8 (4/9) {25/9}	
Hydro Fitness Training Course									
40542697 (WC741)	17/10-3/12	Tu,Th	7:00-8:00	Morrison Hill SP	14+	80	30	19/8-25/8 (4/9) {25/9}	
40542699 (WC742)	17/10-3/12	Tu,Th	8:00-9:00	Morrison Hill SP	14+	80	30	19/8-25/8 (4/9) {25/9}	
40542701 (WC743)	17/10-3/12	Tu,Th	9:00-10:00	Morrison Hill SP	14+	80	30	19/8-25/8 (4/9) {25/9}	
Jazz Training Course									
40542590 (WC668)	8/10-10/12	Tu	10:00-12:00	Harbour RD. SC	12+	70	25	19/8-25/8 (4/9) {25/9}	
Social Dance Training Course									
40542587 (WC666)	2/10-18/11 (excl. 7/10,14/10,28/10,11/11)	M,W	10:00-12:00	Harbour RD. SC	14+	86	24	19/8-25/8 (4/9) {25/9}	
40542687 (WC723)	10/10-11/11	M,Th	15:00-17:00	Wong Nai Chung SC	14+	86	24	19/8-25/8 (4/9) {25/9}	
40542688 (WC724)	8/10-8/11	Tu,F	19:00-21:00	Wong Nai Chung SC	14+	86	24	19/8-25/8 (4/9) {25/9}	
Evening Tai Chi Training Course									
40542592 (WC670)	9/10-5/2 (excl. 25/12,1/1,24/1,27/1)	M,W,F	18:30-19:30	Harbour RD. Garden	6+	60	40	3/9	 
Tai Chi Training Course									
40542719 (WC755)	29/10-22/2 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Lockhart RD. PG	6+	60	60	30/9	 
Yoga Training Course									
40542588 (WC667)	5/10-7/12	Sa	10:00-12:00	Harbour RD. SC	15+	85	25	19/8-25/8 (4/9) {25/9}	
40542670 (WC713)	9/10-30/10	M,W,F	14:00-16:00	Lockhart RD. SC	15+	85	40	19/8-25/8 (4/9) {25/9}	
40542693 (WC727)	4/10-6/11	W,F	14:00-16:00	Wong Nai Chung SC	15+	85	25	19/8-25/8 (4/9) {25/9}	
Briefing on Proper Ways to Use Fitness Equipment									
40542615 (WC684)	6/10	Su	14:00-17:00	Lockhart RD. SC	15+	Free	25	19/8-25/8 (4/9) {25/9}	
40542617 (WC685)	13/10	Su	14:00-17:00	Lockhart RD. SC	15+	Free	25	19/8-25/8 (4/9) {25/9}	
Fitness Walking Briefing Session									
40542721 (WC757)	13/10	Su	9:00-11:00	Wan Chai Park	6+	Free	20	13/9	 
Parent-child(Aged 7-17) Badminton Fun Day									
40542598 (WC673)	20/10	Su	10:00-11:00	Harbour RD. SC	7+	Free	24	19/9	
40542599 (WC674)	20/10	Su	11:00-12:00	Harbour RD. SC	7+	Free	24	19/9	
40542601 (WC675)	20/10	Su	12:00-13:00	Harbour RD. SC	7+	Free	24	19/9	
Badminton Training Course									
40542570 (WC653)	4/10-8/11 (excl. 1/11)	W,F	7:00-9:00	Harbour RD. SC	7+	118	24	19/8-25/8 (4/9) {25/9}	
40542572 (WC654)	4/10-6/11	W,F	18:00-20:00	Harbour RD. SC	7+	118	24	19/8-25/8 (4/9) {25/9}	
40542614 (WC683)	2/10-6/11 (excl. 7/10)	M,W	14:00-16:00	Lockhart RD. SC	7+	118	18	19/8-25/8 (4/9) {25/9}	
40542678 (WC717)	8/10-8/11	Tu,F	9:00-11:00	Wong Nai Chung SC	7+	118	18	19/8-25/8 (4/9) {25/9}	
Parent-child(Aged 7-17) Badminton TC									
40542658 (WC707)	6/10-10/11	Su	11:00-13:00	Lockhart RD. SC	7+	73	18	19/8-25/8 (4/9) {25/9}	
Badminton Training Course For Children									
40542679 (WC718)	6/10-15/12 (excl. 24/11)	Su	9:00-11:00	Wong Nai Chung SC	7-11	118	18	6/9	 
Lawn Bowls Training Course									
40542711 (WC749)	3/10-31/10 (excl. 7/10)	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	8	19/8-25/8 (4/9) {25/9}	
40542712 (WC750)	3/10-31/10 (excl. 7/10)	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	8	19/8-25/8 (4/9) {25/9}	
Squash Tr. Cr.									
40542595 (WC672)	2/10-25/10	W,F	7:00-9:00	Harbour RD. SC	7+	160	12	5/9	 
40542692 (WC726)	20/10-8/12	Su	9:00-11:00	Wong Nai Chung SC	7+	160	8	19/9	 
Tennis Training Course									
40542702 (WC744)	23/10-22/11	W,F	9:00-11:00	Hong Kong Tennis Centre	8+	170	18	19/8-25/8 (4/9) {25/9}	
40542703 (WC745)	31/10-2/12	M,Th	7:00-9:00	Hong Kong Tennis Centre	8+	170	18	19/8-25/8 (4/9) {25/9}	
40542704 (WC746)	3/10-7/11 (excl. 7/10)	M,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	18	19/8-25/8 (4/9) {25/9}	
40542713 (WC751)	22/10-21/11	Tu,Th	7:00-9:00	Victoria Park TC	8+	170	18	19/8-25/8 (4/9) {25/9}	
Wan Chai Dist 7-a-side Soccer Comp. 2019									
40542205 (WC646)	6/10-3/11	Su	9:00-18:00	Victoria Park	14+	60	16	2/8-16/8 (21/8) {11/9}	
Horse Riding Fun Day									
40542723 (WC758)	13/10	Su	14:00-18:00	Lei Yue Mun Public Riding School	6+	75	24	19/8-25/8 (4/9) {25/9}	

Outreaching Sports & Games



40542724 (WC759) 3/10-31/10 Tu,Th 9:30-11:30 Tai Wo ST. PG All Free 450 3/10-31/10 Walk-in



Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) <small>(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.

Table Tennis TC for Ex-M III persons


 40542730 (WC762) 10/10-31/10 Th 16:00-18:00 Lockhart RD. SC 14+ 4 9/9  
Excursion for Persons with Intellectual Disab

 40542728 (WC763) 13/10 Su 9:00-17:00 TBC All 10 12/9  
Excursion for Persons with Physical Disability (HQ)

 40542708 (WC748) 19/10 Sa 9:00-17:00 N.T.West 45+ 20 19/9  




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 (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
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Swimming TC for Elderly (I)

 40542656 (WC732) 4/10-28/10 (excl. 7/10) M,W,F 9:00-10:00 Morrison Hill SP 16 19/8-25/8 (4/9) {25/9} 
Baduanjin Funday for Elderly

40542576 (WC657)	4/10	F	9:15-11:45	Harbour RD. SC	160	4/10	Walk-in
40542577 (WC658)	11/10	F	9:15-11:45	Harbour RD. SC	160	11/10	Walk-in
40542578 (WC659)	18/10	F	9:15-11:45	Harbour RD. SC	160	18/10	Walk-in
40542579 (WC660)	25/10	F	9:15-11:45	Harbour RD. SC	160	25/10	Walk-in

Elderly Fitness Exercise Training Course

40542681 (WC719)	9/10-13/11 (excl. 16/10,6/11)	M,W,F	8:00-9:00	Wong Nai Chung SC	30	19/8-25/8 (4/9) {25/9}	
40542683 (WC720)	9/10-13/11 (excl. 16/10,6/11)	M,W,F	9:00-10:00	Wong Nai Chung SC	30	19/8-25/8 (4/9) {25/9}	
40542684 (WC721)	9/10-13/11 (excl. 16/10,6/11)	M,W,F	10:00-11:00	Wong Nai Chung SC	30	19/8-25/8 (4/9) {25/9}	

Morning Fitness Exercise for Elderly

40542717 (WC754) 3/10-31/10 Tu,Th,Sa 6:00-8:00 Bowen RD. Park 260 3/10-31/10 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.

 40542652 (WC704) 9/10-8/11 (excl. 21/10,4/11) M,W,F 11:00-12:00 Lockhart RD. SC 20 @19/8-25/8 (4/9){25/9} 
General Gymnastics Funday for Elderly

40542580 (WC661)	2/10	W	9:15-11:45	Harbour RD. SC	80	2/10	Walk-in
40542581 (WC662)	9/10	W	9:15-11:45	Harbour RD. SC	80	9/10	Walk-in
40542582 (WC663)	16/10	W	9:15-11:45	Harbour RD. SC	80	16/10	Walk-in
40542584 (WC664)	23/10	W	9:15-11:45	Harbour RD. SC	80	23/10	Walk-in
40542585 (WC665)	30/10	W	9:15-11:45	Harbour RD. SC	80	30/10	Walk-in

MP for Elderly - Indoor Short Mat Bowling

40542575 (WC656) 8/10-29/10 Tu 9:30-11:30 Harbour RD. SC 64 8/10-29/10 Walk-in

HES Indr Short Mat Bowling cum Table-tennis P

40542691 (WC725) 14/10-28/10 M 8:00-10:00 Wong Nai Chung SC 36 14/10-28/10 Walk-in

Meeting Points for Elderly - Indoor Gateball

40542574 (WC655) 3/10-31/10 Th 9:30-11:30 Harbour RD. SC 80 3/10-31/10 Walk-in

Day Camp for the Elderly

 40542720 (WC756) 10/10 Th 9:00-16:00 Lei Yue Mun Park 96 19/8-25/8 (4/9) {25/9} 