

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

Eastern 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 TC										
40542369 (EN0967)	25/10-27/12	F	19:00-21:00	Siu Sai Wan SG	16+	130	40	25/9		
Breaststroke Swimming Cr for Adult (Level 1)										
40528957 (ENAB12)	8/10-7/11	Tu,Th	19:00-20:00	Siu Sai Wan SP	18+	100	16	6/9		
Breaststroke Training Cr for Adult (Level I)										
40528958 (ENAB13)	8/10-7/11	Tu,Th	20:00-21:00	Siu Sai Wan SP	18+	100	16	6/9		
Breaststroke Training Cr for Children (Level II)										
40528955 (ENCB82)	11/10-11/11	M,F	19:00-20:00	Siu Sai Wan SP	5-8	100	20	10/9		
Front Crawl Training Cr for Children (Level II)										
40528956 (ENCO84)	11/10-11/11	M,F	20:00-21:00	Siu Sai Wan SP	5-8	100	20	10/9		
Aerobic Dance Training Course										
40542344 (EN0956)	11/10-6/11	M,W,F	14:00-15:00	Siu Sai Wan SC	14+	65	30	5/9		
40542345 (EN0957)	11/10-6/11	M,W,F	15:00-16:00	Siu Sai Wan SC	14+	65	30	5/9		
40542373 (EN0968)	3/10-12/11	Tu,Th	7:00-8:00	Chai Wan SC	14+	65	20	28/8		
40542383 (EN0973)	3/10-12/11	Tu,Th	8:00-9:00	Chai Wan SC	14+	65	20	28/8		
40542388 (EN0977)	3/10-12/11	Tu,Th	19:00-20:00	Chai Wan SC	14+	65	20	20/8-27/8 (4/9) {26/9}		
40542508 (EN0983)	3/10-12/11	Tu,Th	20:00-21:00	Chai Wan SC	14+	65	20	20/8-27/8 (4/9) {26/9}		
40542511 (EN0986)	22/10-28/11	Tu,Th	15:00-16:00	Island East SC	14+	65	30	16/9		
40542512 (EN0987)	22/10-28/11	Tu,Th	16:00-17:00	Island East SC	14+	65	30	16/9		
40542548 (EN0999)	28/10-22/11	M,W,F	14:00-15:00	Java RD. SC	14+	65	30	17/9		
40542549 (EN1000)	28/10-22/11	M,W,F	15:00-16:00	Java RD. SC	14+	65	30	17/9		
40542550 (EN1001)	10/10-19/11	Tu,Th	12:00-13:00	Java RD. SC	14+	65	30	6/9		
40542551 (EN1002)	10/10-19/11	Tu,Th	13:00-14:00	Java RD. SC	14+	65	30	6/9		
40542552 (EN1003)	10/10-19/11	Tu,Th	19:00-20:00	Java RD. SC	14+	65	30	9/9		
40542553 (EN1004)	10/10-19/11	Tu,Th	20:00-21:00	Java RD. SC	14+	65	30	9/9		
40542705 (EN1030)	23/10-29/11	W,F	19:00-20:00	Island East SC	14+	65	30	17/9		
40542707 (EN1031)	23/10-29/11	W,F	20:00-21:00	Island East SC	14+	65	30	17/9		
40542709 (EN1032)	8/10-19/11 (excl. 22/10)	Tu,Th	19:00-20:00	Island East SC	14+	65	30	28/8		
40542710 (EN1033)	8/10-19/11 (excl. 22/10)	Tu,Th	20:00-21:00	Island East SC	14+	65	30	28/8		
Baduanjin Training Course										
40542726 (EN1038)	25/10-20/11	M,W,F	20:00-21:00	North Point Market Roof-top PG	8+	80	30	24/9		
Children Dance Training Course										
40542340 (EN0946)	2/10-4/12	W	17:00-19:00	Siu Sai Wan SC	4-11	60	20	20/8-27/8 (4/9) {26/9}		
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>										
40542376 (EN0969)	16/10-15/11 (excl. 28/10,11/11)	M,W,F	7:00-8:00	Chai Wan SC	15+	75	30	@18/9		
40542384 (EN0974)	16/10-15/11 (excl. 28/10,11/11)	M,W,F	8:00-9:00	Chai Wan SC	15+	75	30	@18/9		
40542505 (EN0980)	2/10-30/10 (excl. 7/10)	M,W,F	19:00-20:00	Chai Wan SC	15+	75	30	@2/9		
40542509 (EN0984)	2/10-30/10 (excl. 7/10)	M,W,F	20:00-21:00	Chai Wan SC	15+	75	30	@2/9		
Jazz Dance Training Course										
40542557 (EN1008)	2/10-6/11 (excl. 7/10)	M,W	20:00-22:00	Java RD. SC	12+	70	30	20/8-27/8 (4/9) {26/9}		
Modern Dance Training Course										
40542558 (EN1009)	3/10-7/11 (excl. 8/10)	Tu,Th	10:00-12:00	Java RD. SC	12+	70	30	20/8-27/8 (4/9) {26/9}		
Social Dance Training Course										
40542346 (EN0958)	15/10-17/12	Tu	20:00-22:00	Siu Sai Wan SC	14+	86	30	20/8-27/8 (4/9) {26/9}		
40542545 (EN0996)	9/10-11/12	W	15:00-17:00	Sai Wan Ho SC	14+	86	30	20/8-27/8 (4/9) {26/9}		
40542561 (EN1012)	8/10-10/12	Tu	20:00-22:00	Java RD. SC	14+	86	30	20/8-27/8 (4/9) {26/9}		
40542562 (EN1013)	11/10-13/12	F	20:00-22:00	Java RD. SC	14+	86	30	20/8-27/8 (4/9) {26/9}		
Western Folk Dance Training Course										
40542567 (EN1015)	11/10-13/12	F	19:00-21:00	Java RD. SC	14+	45	30	20/8-27/8 (4/9) {26/9}		
Yoga Training Course										

40542571 (EN1016)	4/10-6/12	F	8:00-10:00	Java RD. SC	15+	85	30	20/8-27/8 (4/9) {26/9}	☒
40542573 (EN1017)	6/10-8/12	Su	13:00-15:00	Java RD. SC	15+	85	30	20/8-27/8 (4/9) {26/9}	☒
Briefing on Proper Ways to Use Fitness Equip									
40542503 (EN0978)	6/10	Su	10:30-13:30	Chai Wan SC	15+	Free	25	20/8-27/8 (4/9) {26/9}	☒
40542504 (EN0979)	12/10	Sa	14:30-17:30	Chai Wan SC	15+	Free	25	20/8-27/8 (4/9) {26/9}	☒
Play Leadership Scheme TC									
40542559 (EN1010)	16/10-13/11	M,W,F	16:00-17:00	Java RD. SC	4-9	54	15	12/9	☒ i
40542560 (EN1011)	16/10-13/11	M,W,F	17:00-18:00	Java RD. SC	4-9	54	15	12/9	☒ i
Fitness Walking Briefing Session									
40542743 (EN1040)	12/10	Sa	9:30-11:30	Quarry Bay Park(LKW entrance)	15+	Free	40	11/9	☒ i
Body-Mind Stretch Training Course									
40542637 (EN1018)	3/10-19/12	Th	18:00-19:00	Java RD. SC	15+	85	24	26/8	☒ i
40542641 (EN1019)	3/10-19/12	Th	19:00-20:00	Java RD. SC	15+	85	24	26/8	☒ i
40542646 (EN1020)	29/10-5/12	Tu,Th	9:00-10:00	Quarry Bay SC	15+	85	24	20/9	☒ i
40542648 (EN1021)	29/10-5/12	Tu,Th	10:00-11:00	Quarry Bay SC	15+	85	24	20/9	☒ i
Archery Fun Day									
40542354 (EN0963)	19/10	Sa	9:00-10:00	SSW S/G	8+	Free	40	11/9	☒ i
40542355 (EN0964)	19/10	Sa	10:00-11:00	SSW S/G	8+	Free	40	11/9	☒ i
40542359 (EN0965)	19/10	Sa	11:00-12:00	SSW S/G	8+	Free	40	11/9	☒ i
Archery Training Course									
40542365 (EN0966)	25/10-27/12	F	16:00-18:00	SSW S/G	6+	70	12	20/8-27/8 (4/9) {26/9}	☒
Badminton Training Course									
40542343 (EN0955)	14/10-15/11	M,F	19:00-21:00	Siu Sai Wan SC	7+	118	24	20/8-27/8 (4/9) {26/9}	☒
40542513 (EN0988)	8/10-7/11	Tu,Th	9:00-11:00	Island East SC	7+	118	24	20/8-27/8 (4/9) {26/9}	☒
40542543 (EN0994)	8/10-7/11	Tu,Th	16:00-18:00	Sai Wan Ho SC	7+	118	24	20/8-27/8 (4/9) {26/9}	☒
Parent-child (Aged 7-17) Badminton FD									
40542660 (EN1022)	12/10	Sa	14:00-15:00	Quarry Bay SC	7+	Free	24	30/8	☒
40542664 (EN1023)	12/10	Sa	15:00-16:00	Quarry Bay SC	7+	Free	24	30/8	☒
40542667 (EN1024)	12/10	Sa	16:00-17:00	Quarry Bay SC	7+	Free	24	30/8	☒
40542671 (EN1025)	20/10	Su	14:00-15:00	Quarry Bay SC	7+	Free	24	13/9	☒
40542676 (EN1026)	20/10	Su	15:00-16:00	Quarry Bay SC	7+	Free	24	13/9	☒
40542682 (EN1027)	20/10	Su	16:00-17:00	Quarry Bay SC	7+	Free	24	13/9	☒
Fencing TC (Level II)									
40542715 (EN1034)	19/10-7/12	Sa	15:00-17:00	Island East SC	9+	100	20	18/9	☒ i
Indoor Lawn Bowls Training Course									
40542515 (EN0990)	3/10-31/10 (excl. 7/10)	M,Th	19:00-21:00	Island East SC	8+	54	8	20/8-27/8 (4/9) {26/9}	☒
40542516 (EN0991)	3/10-31/10 (excl. 7/10)	M,Th	19:00-21:00	Island East SC	8+	54	8	20/8-27/8 (4/9) {26/9}	☒
40542517 (EN0992)	29/10-22/11	Tu,F	9:00-11:00	Island East SC	8+	54	8	20/8-27/8 (4/9) {26/9}	☒
40542518 (EN0993)	29/10-22/11	Tu,F	9:00-11:00	Island East SC	8+	54	8	20/8-27/8 (4/9) {26/9}	☒
Squash Training Course									
40542382 (EN0972)	23/10-15/11	W,F	19:00-21:00	Chai Wan SC	7+	160	8	23/9	☒ i
40542547 (EN0998)	4/10-30/10	W,F	9:00-11:00	Sai Wan Ho SC	7+	160	8	9/9	☒ i
40542563 (EN1014)	10/10-5/11	Tu,Th	9:00-11:00	Java RD. SC	18+	160	12	9/9	☒ i
Tennis Training Course									
40542745 (EN1042)	2/10-1/11	W,F	9:00-11:00	Quarry Bay Park	8+	170	18	20/8-27/8 (4/9) {26/9}	☒
40542746 (EN1043)	16/10-18/12	W	18:00-20:00	Quarry Bay Park	8+	170	18	20/8-27/8 (4/9) {26/9}	☒
40542751 (EN1048)	15/10-15/11	Tu,F	19:00-21:00	Chai Wan Park TC	8+	170	18	20/8-27/8 (4/9) {26/9}	☒
Go TC (Level 2)									
40542689 (EN1028)	14/10-18/11	M	18:30-20:30	Quarry Bay SC	6+	40	20	12/9	☒ i
American Pool TC (Level I)									
40542554 (EN1005)	10/10-31/10	Th	18:00-20:00	Java RD. SC	8+	120	6	20/8-27/8 (4/9) {26/9}	☒
40542555 (EN1006)	10/10-31/10	Th	20:00-22:00	Java RD. SC	8+	120	6	20/8-27/8 (4/9) {26/9}	☒
HEFAC-Hiking Scheme									
40542752 (EN1049)	13/10	Su	9:00-17:00	N. T. C8	6+	40	48	12/8-19/8 (4/9) {26/9}	☒

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
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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.

Fitness Exercise TC for Visual Impairment Per

40536412 (EN0689)	5/10-16/11	Sa	16:00-18:00	SAI WAN HO SPORTS CENTRE(ACTIVITY ROOM)	14+	20	27/8	
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Baduanjin TS for Person with Chronic Illness

40542741 (EN1091)	14/10-2/12	M	14:00-15:00	Sai Wan Ho SC	14+	4	27/8	
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Badminton TC for Intel Di & Ex-mentally ill P

40542738 (EN1088)	3/10-24/10	Th	14:00-16:00	Chai Wan SC	20-65	3	3/9	
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Table-tennis TS for Ex-mentally ill Persons

40542739 (EN1089)	3/10-24/10	Th	10:00-12:00	Chai Wan SC	18-65	4	3/9	
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Day Camp for Intell Disabled Persons

40542737 (EN1087)	11/10	F	9:00-16:00	Tso Kung Tam ORC	20-75	8	3/9	
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Excursion for Autism, Intell Dis & Phys Dis. P

40542736 (EN1086)	25/10	F	9:30-15:30	Inspiration Lake, Tung Chung	20-80	16	3/9	
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YOGA TC for Persons with Phys Disability

40542740 (EN1090)	11/10-29/11	F	11:00-12:00	Siu Sai Wan SC	8+	3	3/9	
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Activities for Elderly Programme Number (Class code)
(For aged 60 or above, free of charge)

Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
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Mt Pts for Elderly - Baduanjin

40542381 (EN0971)	2/10-30/10	W	8:00-10:00	Chai Wan SC	70	2/10-30/10	Walk-in
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Chinese Dance TC for Elderly

40542387 (EN0976)	2/10-4/12	W	11:00-13:00	Chai Wan SC	20	20/8-27/8 (4/9) {26/9}	
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Mt Pts for Elderly-Morning Fitness Exercise

40542744 (EN1041)	6/10-24/11	Su	7:00-9:00	Quarry Bay Park(Tai Chi Garden)	50	6/10-24/11	Walk-in
40542748 (EN1045)	6/10-24/11	Su	7:30-9:30	Chai Wan Park	50	6/10-24/11	Walk-in

OS-Fitness Assessment & Exhibition for Elderly

40542749 (EN1046)	19/10	Sa	8:00-10:00	Chai Wan Park	150	19/10	Walk-in
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OS-Morning Fitness Exercise for Elderly

40542750 (EN1047)	2/10-30/10 (excl. 7/10)	M,W,F	7:30-9:30	Chai Wan Park	50	2/10-30/10	Walk-in
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General Gymnastics TC for Elderly

40542514 (EN0989)	2/10-25/10 (excl. 7/10)	M,W,F	14:00-16:00	Island East SC	20	20/8-27/8 (4/9) {26/9}	
40542556 (EN1007)	3/10-5/11	Tu,Th	14:00-16:00	Java RD. SC	20	20/8-27/8 (4/9) {26/9}	

Mt Pts for the Elderly - Social Dance

40542342 (EN0954)	4/10-25/10	F	8:00-10:00	Siu Sai Wan SC	30	4/10-25/10	Walk-in
40542506 (EN0981)	8/10-29/10	Tu	8:00-10:00	Chai Wan SC	110	8/10-29/10	Walk-in

Social Dance FD for the Elderly

40542544 (EN0995)	10/10	Th	10:00-12:00	Sai Wan Ho SC	100	10/10	Walk-in
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Social Dance TC for the Elderly

40542546 (EN0997)	4/10-6/12	F	9:00-11:00	Sai Wan Ho SC	30	20/8-27/8 (4/9) {26/9}	
40542718 (EN1035)	4/10-6/12	F	13:00-15:00	Island East SC	30	20/8-27/8 (4/9) {26/9}	

Tai Chi Made Easy Class for Elderly

40542510 (EN0985)	2/10-4/11 (excl. 7/10,14/10,28/10)	M,W,F	7:00-8:00	Chai Wan SC	60	20/8-27/8 (4/9) {26/9}	
40542696 (EN1029)	11/10-18/11	M,F	7:00-8:00	Quarry Bay SC	60	20/8-27/8 (4/9) {26/9}	

Mt Pts for Elderly - Badminton

40542380 (EN0970)	8/10-29/10	Tu	10:00-12:00	Chai Wan SC	32	8/10-29/10	Walk-in
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Mt Pts for the Elderly - Table-tennis

40542341 (EN0953)	3/10-31/10	Th	8:00-10:00	Siu Sai Wan SC	30	3/10-31/10	Walk-in
40542507 (EN0982)	3/10-31/10	Th	8:00-10:00	Chai Wan SC	36	3/10-31/10	Walk-in

Mt Pts for Elderly - Gateball

40542385 (EN0975)	4/10-25/10	F	8:00-10:00	Chai Wan SC	30	4/10-25/10	Walk-in
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Day Camp for Elderly

40542747 (EN1044)	15/10	Tu	9:00-17:00	Sai Kung ORC	98	20/8-27/8 (4/9) {26/9}	✉
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Fitness Assessment for Elderly

40542742 (EN1039)	5/10-26/10	Sa	8:00-10:00	Pak Fuk RD. Safety Town	150	5/10-26/10	Walk-in
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