

































































**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Nov 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)	
<b>Aerobic Dance Training Course</b>										
40545010 (NL1111)	5/11-12/12	Tu,Th	19:00-20:00	Lung Sum Avenue SC	14+	65	20	8/10		 
40545011 (NL1112)	5/11-12/12	Tu,Th	20:00-21:00	Lung Sum Avenue SC	14+	65	20	8/10		 
40545012 (NL1113)	7/11-19/12 (excl. 3/12)	Tu,Th	9:00-10:00	Lung Sum Avenue SC	14+	65	20	8/10		 
40545013 (NL1114)	7/11-19/12 (excl. 3/12)	Tu,Th	10:00-11:00	Lung Sum Avenue SC	14+	65	20	8/10		 
40545014 (NR1115)	13/11-20/12	W,F	14:00-15:00	Po Wing RD. SC	14+	65	30	8/10		 
40545015 (NR1116)	13/11-20/12	W,F	15:00-16:00	Po Wing RD. SC	14+	65	30	8/10		 
40545016 (NR1117)	18/11-30/12 (excl. 25/12)	M,W	19:00-20:00	Po Wing RD. SC	14+	65	30	8/10		 
40545017 (NR1118)	18/11-30/12 (excl. 25/12)	M,W	20:00-21:00	Po Wing RD. SC	14+	65	30	8/10		 
<b>Fitness (Multi-gym) Training Course</b>										
<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>										
40545038 (NH1156)	5/11-12/12	Tu,Th	9:00-10:00	Luen Wo Hui SC	15+	75	20	@14/10		 
40545039 (NH1157)	5/11-12/12	Tu,Th	10:00-11:00	Luen Wo Hui SC	15+	75	20	@14/10		 
40545040 (NR1158)	6/11-13/12	W,F	9:00-10:00	Po Wing RD. SC	15+	75	30	@14/10		 
40545041 (NR1159)	6/11-13/12	W,F	10:00-11:00	Po Wing RD. SC	15+	75	30	@14/10		 
40545042 (NR1160)	21/11-9/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Po Wing RD. SC	15+	75	30	@14/10		 
40545043 (NR1161)	21/11-9/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	Po Wing RD. SC	15+	75	30	@14/10		 
40545044 (NW1162)	14/11-10/12	Tu,Th,Sa	9:00-10:00	Wo Hing SC	15+	75	20	@14/10		 
40545045 (NW1163)	14/11-10/12	Tu,Th,Sa	10:00-11:00	Wo Hing SC	15+	75	20	@14/10		 
40545046 (NW1164)	18/11-13/12	M,W,F	14:00-15:00	Wo Hing SC	15+	75	20	@14/10		 
40545047 (NW1165)	18/11-13/12	M,W,F	15:00-16:00	Wo Hing SC	15+	75	20	@14/10		 
40545048 (NW1166)	20/11-16/12	M,W,F	19:00-20:00	Wo Hing SC	15+	75	20	@14/10		 
40545049 (NW1167)	20/11-16/12	M,W,F	20:00-21:00	Wo Hing SC	15+	75	20	@14/10		 
40545050 (NW1168)	20/11-16/12	M,W,F	21:00-22:00	Wo Hing SC	15+	75	20	@14/10		 
<b>Tai Chi Training Course</b>										
40543554 (NX1176)	11/11-9/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	6:30-7:30	Basketball Crt Tsung Pak Long	8+	60	40	2/10		 
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40545020 (NH1121)	10/11	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	25	16/9-26/9 (4/10) {25/10}		
40545021 (NR1122)	2/11	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	25	16/9-26/9 (4/10) {25/10}		
40545022 (NR1123)	10/11	Su	10:00-13:00	Po Wing RD. SC	15+	Free	25	16/9-26/9 (4/10) {25/10}		
40545023 (NT1124)	10/11	Su	10:00-13:00	Tin Ping SC	15+	Free	20	16/9-26/9 (4/10) {25/10}		
40545024 (NT1125)	17/11	Su	15:00-18:00	Tin Ping SC	15+	Free	20	16/9-26/9 (4/10) {25/10}		
40545025 (NW1126)	9/11	Sa	14:00-17:00	Wo Hing SC	15+	Free	25	16/9-26/9 (4/10) {25/10}		
<b>Body-Mind Stretch Training Course</b>										
40545018 (NL1119)	11/11-3/2 (excl. 27/1)	M	19:00-20:00	Lung Sum Avenue SC	15+	85	24	10/10		 
40545019 (NX1120)	11/11-3/2 (excl. 27/1)	M	20:00-21:00	Lung Sum Avenue SC	15+	85	24	10/10		 
<b>Table-tennis Training Course</b>										
40546125 (NH1172)	1/11-4/12	W,F	9:00-10:00	Luen Wo Hui SC	6-13	86	24	16/9-26/9 (4/10) {25/10}		
40546126 (NH1173)	2/11-3/12	Tu,Sa	20:00-22:00	Luen Wo Hui SC	6-13	86	24	3/10		 
40546127 (NH1174)	4/11-5/12	M,Th	19:00-21:00	Luen Wo Hui SC	6-13	86	24	3/10		 
40546128 (NH1175)	5/11-5/12	Tu,Th	10:00-12:00	Luen Wo Hui SC	6-13	86	24	16/9-26/9 (4/10) {25/10}		
<b>Tennis Training Course</b>										
40526384 (NG1177)	14/11-23/1 (excl. 26/12)	Th	20:00-22:00	North District SG	14+	170	18	16/9-26/9 (4/10) {25/10}		
<b>Sports Climbing Training Course</b>										
40546124 (NR1171)	17/11-24/11	Su	12:00-18:00	Po Wing RD. SC	12+	40	18	16/9-26/9 (4/10) {25/10}		
<b>Tent Camp</b>										
40546129 (NX1178)	16/11-17/11	Sa,Su	14:00-14:00	Chong Hing WSC	All	50	44	2/10		
<b>Fitness@Park Fun Day for Children</b>										
40546899 (NX1181)	17/11	Su	10:00-13:00	North District SG	All	Free	800	17/11		

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 TS for Persons with Chronic Illness**

40526469 (NR1129)	7/11-2/1	Th	10:00-11:00	PWRSC	18+	3	2/10	☐ i
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**Disabled-Golf FD for Ex-mentally ill Persons**

40526422 (NX1130)	15/11	F	14:00-16:00	Tuen Mun	15+	6	2/10	☐ i
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**Day Camp for Persons with Intellectual/Autism**

40526420 (NX1127)	10/11	Su	9:00-17:00	LMHV	2-6	12	2/10	☐ i
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**Residential Camp for People with Disabilities**

40526418 (NX1142)	2/11-3/11	Sa,Su	14:00-13:00	Sai Kung ORC	18+	8	2/10	☐ i
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40526427 (NX1143)	16/11-17/11	Sa,Su	14:00-14:00	Sai Kung ORC	6+	4	2/10	☐ i
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**Day Camp for PersonswithIntellectual/Autism**

40526430 (NX1128)	8/11	F	9:00-17:00	TKTORC	6-19	34	2/10	☐ i
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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) (Open Enrollment for Remaining Quota)	Enrolment Method
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**Fitness Exercise TC for Elderly**

40545029 (NH1147)	1/11-18/12	W,F	7:00-8:00	Luen Wo Hui SC	30	16/9-26/9 (4/10) {25/10}	☐
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40545030 (NH1148)	1/11-18/12	W,F	8:00-9:00	Luen Wo Hui SC	30	16/9-26/9 (4/10) {25/10}	☐
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40545031 (NH1149)	1/11-18/12	W,F	9:00-10:00	Luen Wo Hui SC	30	16/9-26/9 (4/10) {25/10}	☐
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40545032 (NH1150)	1/11-18/12	W,F	10:00-11:00	Luen Wo Hui SC	30	16/9-26/9 (4/10) {25/10}	☐
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40545033 (NR1151)	5/11-24/12	Tu,Th	7:00-8:00	Po Wing RD.SC	30	16/9-26/9 (4/10) {25/10}	☐
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40545034 (NR1152)	5/11-24/12	Tu,Th	8:00-9:00	Po Wing RD.SC	30	16/9-26/9 (4/10) {25/10}	☐
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40545026 (NH1144)	1/11-11/12	W,F	8:00-9:00	Luen Wo Hui SC	20	@16/9-26/9 (4/10){25/10}	☐
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40545027 (NH1145)	1/11-11/12	W,F	9:00-10:00	Luen Wo Hui SC	20	@16/9-26/9 (4/10){25/10}	☐
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**Fitness (Multi-gym) Training CourseforElderly**

@ 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.

40545026 (NH1144)	1/11-11/12	W,F	8:00-9:00	Luen Wo Hui SC	20	@16/9-26/9 (4/10){25/10}	☐
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40545027 (NH1145)	1/11-11/12	W,F	9:00-10:00	Luen Wo Hui SC	20	@16/9-26/9 (4/10){25/10}	☐
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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.

40545028 (NW1146)	14/11-10/12	Tu,Th,Sa	8:00-9:00	Wo Hing SC	20	@16/9-26/9 (4/10){25/10}	☐
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40545028 (NW1146)	14/11-10/12	Tu,Th,Sa	8:00-9:00	Wo Hing SC	20	@16/9-26/9 (4/10){25/10}	☐
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**HES -Table-tennis Play-in**

40545037 (NH1155)	5/11-28/11	Tu,Th	8:00-10:00	Luen Wo Hui SC	20	5/11-28/11	Walk-in
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**HES-Gateball Self Practice Scheme**

40545035 (NW1153)	5/11-26/11	Tu	13:00-15:00	Wo Hing SC	15	5/11-26/11	Walk-in
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40545036 (NW1154)	7/11-28/11	Th	13:00-15:00	Wo Hing SC	15	7/11-28/11	Walk-in
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**Day Camp for Elderly**

40541027 (NX889)	5/11	Tu	9:00-17:00	LMHV	48	16/9-26/9 (4/10) {25/10}	✉
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**Elderly Excursion for OP**

40541033 (NX894)	14/11	Th	9:00-17:00	HK	48	16/9-26/9 (4/10) {25/10}	✉
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**Sports Carnival for Elderly**

40546900 (NX1182)	2/11	Sa	9:00-12:00	Fanling Recreation Ground	1000	2/11	Walk-in
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