














































**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Nov 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)	
<b>Long Distance Running Training Course</b>										
40545623 (CW1143)	9/11-11/1	Sa	8:00-10:00	Sun Yat Sen Memorial Park SC	16+	130	40	16/10		
<b>Life-saving Training Course</b>										
40545615 (CW1135)	6/11-16/12	M,W,F	19:00-21:00	Sun Yat Sen Memorial Park SP	13+	108	24	3/10		
<b>Breaststroke Training Course for Adult (I)</b>										
40545607 (CW1127)	4/11-25/11	M,W,F	19:00-20:00	Kennedy Town SP	18+	100	16	24/9-30/9 (8/10) {31/10}		
40545618 (CW1138)	7/11-10/12	Tu,Th	7:00-8:00	Sun Yat Sen Memorial Park SP	18+	100	16	24/9-30/9 (8/10) {31/10}		
<b>Front Crawl Training Course for Adult (I)</b>										
40545608 (CW1128)	4/11-25/11	M,W,F	20:00-21:00	Kennedy Town SP	18+	100	16	24/9-30/9 (8/10) {31/10}		
40545620 (CW1140)	7/11-10/12	Tu,Th	8:00-9:00	Sun Yat Sen Memorial Park SP	18+	100	16	24/9-30/9 (8/10) {31/10}		
<b>Breaststroke Training Course for Adult (II)</b>										
40545609 (CW1129)	5/11-5/12	Tu,Th	7:00-8:00	Kennedy Town SP	18+	100	20	24/9-30/9 (8/10) {31/10}		
<b>Front Crawl Training Course for Adult (II)</b>										
40545610 (CW1130)	5/11-5/12	Tu,Th	8:00-9:00	Kennedy Town SP	18+	100	20	24/9-30/9 (8/10) {31/10}		
<b>Breaststroke Training Course for Adult (III)</b>										
40545619 (CW1139)	8/11-29/11	M,W,F	8:00-9:00	Sun Yat Sen Memorial Park SP	18+	100	20	24/9-30/9 (8/10) {31/10}		
<b>Aerobic Dance Training Course</b>										
40545538 (CW1051)	6/11-6/12 (excl. 25/11,2/12)	M,W,F	13:00-14:00	Hong Kong Park SC	14+	65	30	10/10		
40545539 (CW1052)	6/11-6/12 (excl. 25/11,2/12)	M,W,F	14:00-15:00	Hong Kong Park SC	14+	65	30	10/10		
40545540 (CW1053)	25/11-20/12	M,W,F	18:00-19:00	Hong Kong Park SC	14+	65	30	24/10		
40545541 (CW1054)	25/11-20/12	M,W,F	19:00-20:00	Hong Kong Park SC	14+	65	30	24/10		
40545542 (CW1055)	28/11-14/1 (excl. 24/12,26/12)	Tu,Th	12:00-13:00	Hong Kong Park SC	14+	65	30	25/10		
40545543 (CW1056)	28/11-14/1 (excl. 24/12,26/12)	Tu,Th	13:00-14:00	Hong Kong Park SC	14+	65	30	25/10		
40545548 (CW1068)	5/11-12/12	Tu,Th	13:00-14:00	Sheung Wan SC	14+	65	30	2/10		
40545549 (CW1069)	11/11-6/12	M,W,F	18:00-19:00	Sheung Wan SC	14+	65	30	24/9-30/9 (8/10) {30/10}		
40545550 (CW1070)	11/11-6/12	M,W,F	19:00-20:00	Sheung Wan SC	14+	65	30	24/9-30/9 (8/10) {30/10}		
40545551 (CW1071)	22/11-23/12 (excl. 2/12,16/12)	M,W,F	7:00-8:00	Sheung Wan SC	14+	65	30	22/10		
40545552 (CW1072)	22/11-23/12 (excl. 2/12,16/12)	M,W,F	9:00-10:00	Sheung Wan SC	14+	65	30	22/10		
40545573 (CW1093)	14/11-24/12	Tu,Th	14:00-15:00	Shek Tong Tsui SC	14+	65	30	11/10		
40545574 (CW1094)	14/11-24/12	Tu,Th	15:00-16:00	Shek Tong Tsui SC	14+	65	30	11/10		
40545575 (CW1095)	14/11-24/12	Tu,Th	19:00-20:00	Shek Tong Tsui SC	14+	65	30	11/10		
40545576 (CW1096)	14/11-24/12	Tu,Th	20:00-21:00	Shek Tong Tsui SC	14+	65	30	11/10		
40545585 (CW1105)	6/11-4/12 (excl. 8/11)	M,W,F	10:00-11:00	Smithfield SC	14+	65	30	3/10		
40545586 (CW1106)	6/11-4/12 (excl. 8/11)	M,W,F	11:00-12:00	Smithfield SC	14+	65	30	3/10		
40545587 (CW1107)	7/11-17/12	Tu,Th	18:00-19:00	Smithfield SC	14+	65	30	9/10		
40545588 (CW1108)	7/11-17/12	Tu,Th	19:00-20:00	Smithfield SC	14+	65	30	9/10		
<b>Baduanjin Training Course</b>										
40545556 (CW1076)	5/11-12/12	Tu,Th	14:00-15:00	Sheung Wan SC	8+	80	30	4/10		
40545557 (CW1077)	5/11-12/12	Tu,Th	15:00-16:00	Sheung Wan SC	8+	80	30	4/10		
40545577 (CW1097)	8/11-18/12	W,F	13:00-14:00	Shek Tong Tsui SC	8+	80	30	28/10		
40545593 (CW1113)	1/11-11/12	W,F	11:00-12:00	Smithfield SC	8+	80	30	10/10		
<b>Social Dance Fun Night</b>										
40545545 (CW1058)	9/11	Sa	19:30-22:30	Hong Kong Park SC	14+	20	70	4/10		
<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>										
40545559 (CW1079)	5/11-12/12	Tu,Th	12:00-13:00	Sheung Wan SC	15+	75	30	@8/10		
40545560 (CW1080)	20/11-16/12	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	30	@16/10		

40545561 (CW1081)	20/11-16/12	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	30	@16/10	 
40545562 (CW1082)	20/11-16/12	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	30	@16/10	 
40545563 (CW1083)	20/11-16/12	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	30	@16/10	 
40545569 (CW1089)	11/11-20/12	M,F	19:00-20:00	Sun Yat Sen Memorial Park SC	15+	75	30	@2/10	 
40545570 (CW1090)	11/11-20/12	M,F	20:00-21:00	Sun Yat Sen Memorial Park SC	15+	75	30	@2/10	 
40545580 (CW1100)	22/11-23/12 (excl. 9/12,20/12)	M,W,F	18:00-19:00	Shek Tong Tsui SC	15+	75	30	@14/10	 
40545581 (CW1101)	22/11-23/12 (excl. 9/12,20/12)	M,W,F	19:00-20:00	Shek Tong Tsui SC	15+	75	30	@14/10	 
40545582 (CW1102)	22/11-23/12 (excl. 9/12,20/12)	M,W,F	20:00-21:00	Shek Tong Tsui SC	15+	75	30	@14/10	 
40545583 (CW1103)	22/11-23/12 (excl. 9/12,20/12)	M,W,F	21:00-22:00	Shek Tong Tsui SC	15+	75	30	@14/10	 
<b>Hydro Fitness Training Course</b>									
40545603 (CW1123)	4/11-4/12	M,W,F	8:00-9:00	Kennedy Town SP	14+	80	30	24/9-30/9 (8/10) {31/10}	
40545604 (CW1124)	5/11-19/12	Tu,Th	19:00-20:00	Kennedy Town SP	14+	80	30	24/9-30/9 (8/10) {31/10}	
40545616 (CW1136)	6/11-6/12	M,W,F	12:00-13:00	Sun Yat Sen Memorial Park SP	14+	80	30	24/9-30/9 (8/10) {31/10}	
<b>Evening Tai Chi Training Course</b>									
40545627 (CW1147)	29/11-27/3 (excl. 25/12,1/1,27/1,29/1)	M,W,F	17:30-18:30	Blake Garden	6+	60	80	24/10	 
<b>Tai Chi Made Easy Class</b>									
40545628 (CW1149)	5/11-12/12	Tu,Th	18:30-19:30	Tamar Park Amphitheater	6+	54	30	18/10	 
<b>Tai Chi Training Course</b>									
40545625 (CW1145)	4/11-2/3 (excl. 25/12,1/1,27/1,29/1)	M,W,F	7:00-8:00	KGV Memorial Garden	6+	60	80	8/10	 
40545626 (CW1146)	4/11-2/3 (excl. 25/12,1/1,27/1,29/1)	M,W,F	8:00-9:00	KGV Memorial Garden	6+	60	80	8/10	 
<b>Yoga Training Course</b>									
40545565 (CW1085)	11/11-13/12	M,F	20:00-22:00	Sheung Wan SC	15+	85	30	24/9-30/9 (8/10) {30/10}	
40545602 (CW1122)	22/11-27/12 (excl. 25/12)	W,F	9:00-11:00	Smithfield SC	15+	85	30	24/9-30/9 (8/10) {30/10}	
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40545558 (CW1078)	7/11	Th	18:00-21:00	Sheung Wan SC (11/F)	15+	Free	25	24/9-30/9 (8/10) {30/10}	
40545571 (CW1091)	13/11	W	18:00-21:00	Sun Yat Sen Memorial Park SC	15+	Free	25	24/9-30/9 (8/10) {30/10}	
<b>Badminton Training Course</b>									
40545544 (CW1057)	13/11-20/12 (excl. 4/12,6/12)	W,F	7:00-9:00	Hong Kong Park SC	7+	118	24	24/9-30/9 (8/10) {30/10}	
40545553 (CW1073)	13/11-13/12	W,F	10:00-12:00	Sheung Wan SC	7+	118	24	24/9-30/9 (8/10) {30/10}	
40545554 (CW1074)	18/11-18/12	M,W	19:00-21:00	Sheung Wan SC	7+	118	24	24/9-30/9 (8/10) {30/10}	
40545555 (CW1075)	19/11-19/12	Tu,Th	9:00-11:00	Sheung Wan SC	7+	118	24	24/9-30/9 (8/10) {30/10}	
40545591 (CW1111)	6/11-6/12	W,F	19:00-21:00	Smithfield SC	7+	118	24	24/9-30/9 (8/10) {30/10}	
<b>Parent-child(Aged 7-17) Badminton TC</b>									
40545592 (CW1112)	16/11-21/12	Sa	10:00-12:00	Smithfield SC	7+	73	24	24/9-30/9 (8/10) {30/10}	
<b>Indoor Short Mat Bowling Fun Day</b>									
40545600 (CW1120)	4/11-29/11 (excl. 8/11)	M,W,F	10:30-11:30	Smithfield SC	8+	Free	28	4/11-29/11	Walk-in
<b>Squash Training Course</b>									
40545566 (CW1086)	5/11-28/11	Tu,Th	19:00-21:00	Sheung Wan SC	7+	160	12	14/10	 
40545572 (CW1092)	6/11-2/12	M,W	19:00-21:00	Sun Yat Sen Memorial Park SC	7+	160	12	8/10	 
40545594 (CW1114)	20/11-16/12	M,W	19:00-21:00	Smithfield SC	7+	160	12	17/10	 
<b>Table-tennis Fun Day</b>									
40545598 (CW1118)	1/11-29/11	W,F	10:00-11:00	Smithfield SC	6+	Free	28	1/11-29/11	Walk-in
<b>Table-tennis Training Course</b>									
40545597 (CW1117)	19/11-19/12	Tu,Th	16:00-18:00	Smithfield SC	14+	86	24	24/9-30/9 (8/10) {30/10}	
<b>Table-tennis Training Course for Children</b>									
40545584 (CW1104)	16/11-18/1	Sa	9:00-11:00	Shek Tong Tsui SC	6-13	86	24	18/10	 
<b>American Pool Training Course (Level I)</b>									
40545589 (CW1109)	23/11-14/12	Sa	14:00-16:00	Smithfield SC	8+	120	6	18/10	 
40545590 (CW1110)	23/11-14/12	Sa	16:00-18:00	Smithfield SC	8+	120	6	18/10	 
<b>Gateball Fun Day</b>									
40545564 (CW1084)	7/11-28/11	Th	8:00-10:00	Sheung Wan SC	8+	Free	20	7/11-28/11	Walk-in
<b>Healthy Exercise for All Campaign - Hiking Scheme</b>									
40545629 (CW1150)	17/11	Su	9:00-16:00	B5 Uk Tau - Wong Shek - Hoi Ha	6+	40	48	24/9-30/9 (8/10) {30/10}	
<b>Horse Riding Fun Day</b>									
40545631 (CW1152)	10/11	Su	15:00-17:00	Lei Yue Mun Public Riding School	6+	75	24	16/10	 

<b>Meeting Point for Morning Bird-Watchers in HKP</b>									
40545547 (CW1060)	6/11-27/11	W	8:00-10:00	Hong Kong Park	All	Free	30	6/11-27/11	Walk-in
<b>Hong Kong Park Green Fun</b>									
40545655 (CW1061)	24/11	Su	13:00-16:30	Hong Kong Park Conservatory	All	Free	500	24/11	Walk-in
<b>Community Garden Programme</b>									
40545624 (CW1144)	17/11-21/3	M,Tu,W,Th,F,Sa,Su	8:00-18:00	SYSMP Community Garden	12+	400	55	24/9-30/9 (8/10) {30/10}	✉

<b>Activities for Persons with Disabilities Programme Number (Class code)</b> <small>(free of charge)</small>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Age Quota</b>	<b>Date of Enrollment</b> <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	<b>Enrolment Method</b>
--	-------------	------------	-------------	--------------	------------------	---	-------------------------

**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.

<b>Fitness Exercise TS for Persons with Chronic Illness</b>									
40545648 (CW1169)	8/11-29/11	F	14:00-16:00	Sheung Wan SC	14+	4	23/9		☒ i

<b>Fitness (Multi-gym) TS for Persons with Chronic Illness</b>									
40545645 (CW1166)	1/11-22/11	F	10:00-12:00	Sun Yat Sen Memorial Park SC	15+	4	23/9		☒ i

<b>Excursion for Persons with Chronic Illness</b>									
40545653 (CW1173)	10/11	Su	9:00-17:00	Tai Po Kadoorie Farm	0-75	20	23/9		☒ i

<b>Aerobic Dance TS for Persons with Hearing Impairment</b>									
40545647 (CW1168)	6/11-27/11	W	20:00-22:00	Sheung Wan SC	14+	4	23/9		☒ i

<b>Golf Fun Day for Persons for Ex-mentally III Persons</b>									
40545649 (CW1170)	16/11	Sa	14:00-16:00	Tuen Mun RSC	8+	6	23/9		☒ i

<b>Excursion for Persons with Ex-mentally III Persons</b>									
40545652 (CW1172)	20/11	W	9:00-17:00	TST	All	10	23/9		☒ i

<b>Western Folk Dance TS for Persons with Intellectual Disability</b>									
40545890 (CW1167)	2/11-23/11	Sa	9:00-11:00	Sheung Wan SC	8+	2	23/9		☒ i

<b>Day Camp for Persons with Intellectual Disability</b>									
40545650 (CW1171)	16/11	Sa	9:00-17:00	Lady MacLehose HV	8+	12	23/9		☒ i

<b>Activities for Elderly Programme Number (Class code)</b> <small>(For aged 60 or above, free of charge)</small>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Quota</b>	<b>Date of Enrollment</b> <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	<b>Enrolment Method</b>
--	-------------	------------	-------------	--------------	--------------	---	-------------------------

<b>Swimming Training Course for Elderly (I)</b>							
40545611 (CW1131)	4/11-25/11	M,W,F	17:00-18:00	Kennedy Town SP	16	24/9-30/9 (8/10) {31/10}	✉
40545612 (CW1132)	4/11-25/11	M,W,F	18:00-19:00	Kennedy Town SP	16	24/9-30/9 (8/10) {31/10}	✉
40545613 (CW1133)	5/11-5/12	Tu,Th	10:00-11:00	Kennedy Town SP	16	24/9-30/9 (8/10) {31/10}	✉

<b>Swimming Training Course for Elderly (II)</b>							
40545614 (CW1134)	5/11-5/12	Tu,Th	9:00-10:00	Kennedy Town SP	20	24/9-30/9 (8/10) {31/10}	✉
40545621 (CW1141)	7/11-10/12	Tu,Th	9:00-10:00	Sun Yat Sen Memorial Park SP	20	24/9-30/9 (8/10) {31/10}	✉

<b>Swimming Training Course for Elderly (III)</b>							
40545622 (CW1142)	8/11-29/11	M,W,F	9:00-10:00	Sun Yat Sen Memorial Park SP	20	24/9-30/9 (8/10) {31/10}	✉

<b>Fitness Exercise Training Course for the Elderly</b>							
40545567 (CW1087)	27/11-22/1 (excl. 9/12,25/12,1/1)	M,W	7:00-8:00	Sun Yat Sen Memorial Park SC	30	29/10	☒ i
40545568 (CW1088)	27/11-22/1 (excl. 9/12,25/12,1/1)	M,W	8:00-9:00	Sun Yat Sen Memorial Park SC	30	29/10	☒ i

<b>Hydro Fitness Training Course for the Elderly</b>							
40545605 (CW1125)	5/11-19/12	Tu,Th	18:00-19:00	Kennedy Town SP	30	24/9-30/9 (8/10) {31/10}	✉
40545606 (CW1126)	4/11-4/12	M,W,F	9:00-10:00	Kennedy Town SP	30	24/9-30/9 (8/10) {31/10}	✉

40545617 (CW1137)	6/11-6/12	M,W,F	11:00-12:00	Sun Yat Sen Memorial Park SP	30	24/9-30/9 (8/10) {31/10}	✉
-------------------	-----------	-------	-------------	------------------------------	----	-----------------------------	---

**Tai Chi Training Course for the Elderly**

40545595 (CW1115)	1/11-28/2 (excl. 8/11,25/12,1/1,27/1)	M,W,F	7:30-8:30	Smithfield SC	50	24/9-30/9 (8/10) {30/10}	✉
-------------------	--	-------	-----------	---------------	----	-----------------------------	---

**HES - Indoor Short Mat Bowling Play-in**

40545601 (CW1121)	4/11-29/11 (excl. 8/11)	M,W,F	9:30-10:30	Smithfield SC	28	4/11-29/11	Walk-in
-------------------	----------------------------	-------	------------	---------------	----	------------	---------

**HES - Table Tennis Self Practice**

40545546 (CW1059)	1/11-29/11	F	8:00-10:00	Hong Kong Park SC	18	1/11-29/11	Walk-in
-------------------	------------	---	------------	-------------------	----	------------	---------

**HES - Table-tennis Play-in**

40545599 (CW1119)	1/11-29/11	W,F	9:00-10:00	Smithfield SC	28	1/11-29/11	Walk-in
-------------------	------------	-----	------------	---------------	----	------------	---------

**Day Camp for the Elderly**

40545630 (CW1151)	8/11	F	9:00-16:00	Tso Kung Tam ORC	86	24/9-30/9 (8/10) {30/10}	✉
-------------------	------	---	------------	------------------	----	-----------------------------	---