

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

**Wan Chai District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Breaststroke Swimming TC for Adult (I)</b>									
40545113 (WC823)	1/11-22/11	M,W,F	8:00-9:00	Morrison Hill SP	18+	100	16	16/9-22/9 (3/10) {28/10}	☒
40545126 (WC841)	4/11-25/11	M,W,F	8:00-9:00	Victoria Park SP	18+	100	16	16/9-22/9 (3/10) {28/10}	☒
<b>Front Crawl Swimming TC for Adult (I)</b>									
40545124 (WC839)	4/11-25/11	M,W,F	7:00-8:00	Victoria Park SP	18+	100	16	16/9-22/9 (3/10) {28/10}	☒
<b>Breaststroke Swimming TC for Adult (II)</b>									
40545112 (WC822)	1/11-22/11	M,W,F	7:00-8:00	Morrison Hill SP	18+	100	20	16/9-22/9 (3/10) {28/10}	☒
<b>Breaststroke Swimming TC for Adult (III)</b>									
40545128 (WC843)	5/11-5/12	Tu,Th	19:00-20:00	Wan Chai SP	18+	100	20	16/9-22/9 (3/10) {28/10}	☒
<b>Front Crawl Swimming TC for Adult (III)</b>									
40545129 (WC844)	5/11-5/12	Tu,Th	20:00-21:00	Victoria Park SP	18+	100	20	16/9-22/9 (3/10) {28/10}	☒
<b>Aerobic Dance Training Course</b>									
40545052 (WC765)	6/11-13/12	W,F	7:30-8:30	Harbour RD. SC	14+	65	25	10/10	☒ i
<b>Fitness (Multi-gym) Training Course</b>									
@ 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.									
40545081 (WC794)	20/11-20/12 (excl. 2/12,16/12)	M,W,F	7:00-8:00	Lockhart RD. SC	15+	75	20	@21/10	☒ i
40545082 (WC795)	20/11-20/12 (excl. 2/12,16/12)	M,W,F	8:00-9:00	Lockhart RD. SC	15+	75	20	@21/10	☒ i
40545083 (WC796)	20/11-20/12 (excl. 2/12,16/12)	M,W,F	9:00-10:00	Lockhart RD. SC	15+	75	20	@21/10	☒ i
40545084 (WC797)	20/11-20/12 (excl. 2/12,16/12)	M,W,F	10:00-11:00	Lockhart RD. SC	15+	75	20	@21/10	☒ i
40545085 (WC798)	27/11-23/12	M,W,F	15:00-16:00	Lockhart RD. SC	15+	75	20	@23/10	☒ i
40545086 (WC799)	27/11-23/12	M,W,F	16:00-17:00	Lockhart RD. SC	15+	75	20	@23/10	☒ i
40545087 (WC800)	27/11-23/12	M,W,F	17:00-18:00	Lockhart RD. SC	15+	75	20	@23/10	☒ i
<b>Modern Dance Training Course</b>									
40545066 (WC779)	6/11-22/1 (excl. 25/12,1/1)	W	14:00-16:00	Harbour RD. SC	12+	70	25	16/9-22/9 (3/10) {28/10}	☒
<b>Social Dance Training Course</b>									
40545102 (WC815)	18/11-19/12	M,Th	15:00-17:00	Wong Nai Chung SC	14+	86	24	16/9-22/9 (3/10) {28/10}	☒
40545104 (WC816)	19/11-20/12	Tu,F	19:00-21:00	Wong Nai Chung SC	14+	86	24	16/9-22/9 (3/10) {28/10}	☒
<b>Evening Tai Chi Training Course</b>									
40545119 (WC828)	26/11-21/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	19:00-20:00	Wong Nai Chung RD. Crescent Garden	6+	60	40	28/10	☒ i
<b>Morning Tai Chi Training Course</b>									
40545121 (WC829)	26/11-21/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Wong Nai Chung RD. Crescent Garden	6+	60	60	28/10	☒ i
40545123 (WC830)	29/11-25/3 (excl. 25/12,1/1,27/1)	M,W,F	7:00-8:00	Wong Nai Chung RD. Crescent Garden	6+	60	60	29/10	☒ i
<b>Morning Tai Chi Sword Training Course</b>									
40545116 (WC825)	4/11-28/2 (excl. 25/12,1/1,27/1)	M,W,F	7:00-8:00	Moreton Terrace Temp PG	6+	60	40	3/10	☒ i
<b>Western Folkdance Training Course</b>									
40546930 (WC863)	2/11-4/1	Sa	14:00-16:00	Wong Nai Chung SC	8+	45	30	16/9-22/9 (3/10) {28/10}	☒
40546931 (WC864)	2/11-4/1	Sa	16:00-18:00	Wong Nai Chung SC	8+	45	30	16/9-22/9 (3/10) {28/10}	☒
<b>Yoga Training Course</b>									
40545111 (WC821)	15/11-18/12	W,F	14:00-16:00	Wong Nai Chung SC	15+	85	25	16/9-22/9 (3/10) {28/10}	☒
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40545076 (WC789)	3/11	Su	14:00-17:00	Lockhart RD. SC	15+	Free	25	16/9-22/9 (3/10) {28/10}	☒
40545077 (WC790)	9/11	Sa	14:00-17:00	Lockhart RD. SC	15+	Free	25	16/9-22/9 (3/10) {28/10}	☒
40545078 (WC791)	17/11	Su	14:00-17:00	Lockhart RD. SC	15+	Free	25	16/9-22/9 (3/10) {28/10}	☒
<b>Body-Mind Stretch Training Course</b>									

40545097 (WC810)	13/11-23/12	M,W	18:00-19:00	Wong Nai Chung SC	15+	85	24	14/10		
40545098 (WC811)	13/11-23/12	M,W	19:00-20:00	Wong Nai Chung SC	15+	85	24	14/10		
<b>Parent-child(Aged 7-17) Badminton Fun Day</b>										
40545090 (WC803)	24/11	Su	10:00-11:00	Lockhart RD. SC	7+	Free	18	3/10		
40545091 (WC804)	24/11	Su	11:00-12:00	Lockhart RD. SC	7+	Free	18	3/10		
<b>Badminton Training Course</b>										
40545053 (WC766)	15/11-18/12	W,F	7:00-9:00	Harbour RD. SC	7+	118	24	16/9-22/9 (3/10) {28/10}		
40545054 (WC767)	15/11-18/12	W,F	18:00-20:00	Harbour RD. SC	7+	118	24	16/9-22/9 (3/10) {28/10}		
40545073 (WC786)	13/11-23/12 (excl. 4/12,11/12)	M,W	14:00-16:00	Lockhart RD. SC	7+	118	18	16/9-22/9 (3/10) {28/10}		
40545074 (WC787)	7/11-10/12	Tu,Th	9:00-11:00	Lockhart RD. SC	7+	118	18	16/9-22/9 (3/10) {28/10}		
40545075 (WC788)	5/11-12/12 (excl. 3/12,10/12)	Tu,Th	18:00-20:00	Lockhart RD. SC	7+	118	18	16/9-22/9 (3/10) {28/10}		
40545095 (WC808)	19/11-20/12	Tu,F	9:00-11:00	Wong Nai Chung SC	7+	118	18	16/9-22/9 (3/10) {28/10}		
40545096 (WC809)	11/11-12/12	M,Th	19:00-21:00	Wong Nai Chung SC	7+	118	18	16/9-22/9 (3/10) {28/10}		
<b>Indoor Short Mat Bowling Training Course</b>										
40545106 (WC818)	2/11-21/12	Sa	9:00-11:00	Wong Nai Chung SC	18+	54	8	9/10		
<b>Lawn Bowls Training Course</b>										
40545109 (WC835)	18/11-12/12	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	8	16/9-22/9 (3/10) {28/10}		
40545115 (WC836)	18/11-12/12	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	8	16/9-22/9 (3/10) {28/10}		
40545120 (WC837)	5/11-29/11	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	8	16/9-22/9 (3/10) {28/10}		
40545122 (WC838)	5/11-29/11	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	8	16/9-22/9 (3/10) {28/10}		
<b>Table-tennis Training Course</b>										
40545110 (WC820)	12/11-12/12	Tu,Th	17:00-19:00	Wong Nai Chung SC	6+	86	18	16/10		
<b>Tennis Training Course</b>										
40545103 (WC831)	10/11-12/1	Su	9:00-11:00	Hong Kong Tennis Centre	8+	170	18	16/9-22/9 (3/10) {28/10}		
40545107 (WC832)	14/11-16/12	M,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	18	16/9-22/9 (3/10) {28/10}		
40545118 (WC827)	20/11-20/12	W,F	19:00-21:00	Hong Kong Tennis Centre	8+	170	18	16/9-22/9 (3/10) {28/10}		
<b>Health Exercise For All - Hiking</b>										
40545132 (WC847)	10/11	Su	9:00-17:00	D4-Lok Ma Chau - Ho Sheung Heung	6+	40	48	16/9-22/9 (3/10) {28/10}		
<b>Excursion for Families</b>										
40545134 (WC849)	3/11	Su	9:00-17:00	TBC	All	40	48	16/9-22/9 (3/10) {28/10}		
<b>Residential Camp For Families</b>										
40545131 (WC846)	2/11-3/11	Sa,Su	14:00-14:00	Lei Yue Mun Park	All	86	48	16/9-22/9 (3/10) {28/10}		
<b>Fitness@Park</b>										
40545143 (WC858)	2/11	Sa	14:00-17:00	Victoria Park	All	Free	180	2/11	Walk-in	
<b>Outreaching Sports &amp; Games</b>										
40545136 (WC859)	5/11-28/11	Tu,Th	9:30-11:30	Tai Wo ST. PG	All	Free	400	5/11-28/11	Walk-in	
<b>Community Garden Programme</b>										
40545133 (WC848)	9/11-15/3 (excl. 25/1,26/1)	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Wan Chai Park Community Garden	12+	400	24	16/9-22/9 (3/10) {28/10}		

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.

**Land Excursion for Persons w Visual Impairment**

40545145 (WC834)	10/11	Su	9:00-17:00	Yuen Long	12+	10	4/10		
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**Residential Camp for Pers with Intellectual D**

40545141 (WC856)	16/11-17/11	Sa,Su	14:00-14:00	Lady Macle hose HV	All	6	2/10		
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**Golf Fun Day for Physical Disability (HQ)**

40545144 (WC833)	9/11	Sa	14:00-17:00	Tuen Mun Golf Centre	10+	6	4/10		
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**Lawn Bowls TC for EX-mentally III Persons**

40523166 (WC117)	6/11-27/11	W	16:00-18:00	Victoria Park	14+	4	17/9		
40545137 (WC852)	6/11-27/11	W	16:00-18:00	Victoria Park	14+	4	17/9		

**Day Camp for Persons with Intellectual Disability**

40545139 (WC854)	8/11	F	9:00-17:00	Lady Macleahose HV	All	30	2/10	 
40545140 (WC855)	3/11	Su	9:30-16:00	Lei Yue Mun Park	All	20	2/10	 

**Excursion for Intellectual Disability**

40545142 (WC857)	17/11	Su	9:30-16:00	TBC	All	10	2/10	 
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**Wheelchair Tennis Training Programme for Pers**

40535797 (WC472)	4/11-6/12	M,F	7:00-9:00	Victoria Park TC	8+	12	17/9	 
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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) (Open Enrollment for Remaining Quota)	Enrolment Method
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**Swimming TC for Elderly (I)**

40545125 (WC840)	4/11-25/11	M,W,F	7:00-8:00	Victoria Park SP	16	16/9-22/9 (3/10) {28/10}	
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


**Swimming TC for Elderly (II)**

40545114 (WC824)	1/11-22/11	M,W,F	9:00-10:00	Morrison Hill SP	20	16/9-22/9 (3/10) {28/10}	
40545127 (WC842)	4/11-25/11	M,W,F	8:00-9:00	Victoria Park SP	20	16/9-22/9 (3/10) {28/10}	

**Baduanjin Fun Day for Elderly**

40545058 (WC771)	8/11	F	9:15-11:45	Harbour RD. SC	160	8/11	Walk-in
40545059 (WC772)	15/11	F	9:15-11:45	Harbour RD. SC	160	15/11	Walk-in
40545060 (WC773)	22/11	F	9:15-11:45	Harbour RD. SC	160	22/11	Walk-in
40545061 (WC774)	29/11	F	9:15-11:45	Harbour RD. SC	160	29/11	Walk-in

**Elderly Fitness Exercise Training Course**

40545099 (WC812)	22/11-30/12 (excl. 4/12,18/12,25/12)	M,W,F	8:00-9:00	Wong Nai Chung SC	30	16/9-22/9 (3/10) {28/10}	
40545100 (WC813)	22/11-30/12 (excl. 4/12,18/12,25/12)	M,W,F	9:00-10:00	Wong Nai Chung SC	30	16/9-22/9 (3/10) {28/10}	
40545101 (WC814)	22/11-30/12 (excl. 4/12,18/12,25/12)	M,W,F	10:00-11:00	Wong Nai Chung SC	30	16/9-22/9 (3/10) {28/10}	

**Morning Fitness Exercise for Elderly**

40545130 (WC845)	2/11-30/11	Tu,Th,Sa	6:00-8:00	Bowen RD. Park	260	2/11-30/11	Walk-in
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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.

40545088 (WC801)	20/11-20/12 (excl. 2/12,16/12)	M,W,F	11:00-12:00	Lockhart RD. SC	20	@16/9-22/9 (3/10){28/10}	
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**General Gymnastics Fun Day for Elderly**

40545062 (WC775)	6/11	W	9:15-11:45	Harbour RD. SC	80	6/11	Walk-in
40545063 (WC776)	13/11	W	9:15-11:45	Harbour RD. SC	80	13/11	Walk-in
40545064 (WC777)	20/11	W	9:15-11:45	Harbour RD. SC	80	20/11	Walk-in
40545065 (WC778)	27/11	W	9:15-11:45	Harbour RD. SC	80	27/11	Walk-in

**Social Dance Tr.Cr. for Elderly**

40545105 (WC817)	14/11-17/12	Tu,Th	13:00-15:00	Wong Nai Chung SC	24	16/9-22/9 (3/10) {28/10}	
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**MPS for Elderly - Indoor Short Mat Bowling**

40545056 (WC769)	5/11-26/11	Tu	9:30-11:30	Harbour RD. SC	64	5/11-26/11	Walk-in
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**HES Indr Short Mat Bowling Badminton Play-in**

40545108 (WC819)	4/11-25/11	M	8:00-10:00	Wong Nai Chung SC	48	4/11-25/11	Walk-in
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**Meeting Points for Elderly - Indoor Gateball**

40545055 (WC768)	7/11-28/11	Th	9:30-11:30	Harbour RD. SC	64	7/11-28/11	Walk-in
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