

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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)	
Breaststroke Training Cr for Adult (Level I)										
40528960 (ENAB14)	15/11-16/12	M,F	20:00-21:00	Siu Sai Wan SP	18+	100	16	14/10		
40528961 (ENAB15)	19/11-19/12	Tu,Th	7:00-8:00	Siu Sai Wan Swimming Pool	18+	100	16	18/10		
Breaststroke Swimming Cr for Junior(LeveI II)										
40528959 (ENJB83)	15/11-16/12	M,F	19:00-20:00	Siu Sai Wan SP	9-12	100	20	14/10		
Aerobic Dance Training Course										
40545200 (EN1101)	25/11-20/12	M,W,F	14:00-15:00	Siu Sai Wan SC	14+	65	30	22/10		
40545201 (EN1102)	25/11-20/12	M,W,F	15:00-16:00	Siu Sai Wan SC	14+	65	30	22/10		
40545229 (EN1130)	8/11-9/12 (excl. 18/11,2/12)	M,W,F	7:00-8:00	Java RD. SC	14+	65	30	8/10		
40545230 (EN1131)	8/11-9/12 (excl. 18/11,2/12)	M,W,F	8:00-9:00	Java RD. SC	14+	65	30	8/10		
40545231 (EN1132)	8/11-9/12 (excl. 18/11,2/12)	M,W,F	9:00-10:00	Java RD. SC	14+	65	30	8/10		
40545232 (EN1133)	8/11-9/12 (excl. 18/11,2/12)	M,W,F	10:00-11:00	Java RD. SC	14+	65	30	8/10		
40545240 (EN1134)	8/11-9/12 (excl. 18/11,2/12)	M,W,F	11:00-12:00	Java RD. SC	14+	65	30	8/10		
Baduanjin Training Course										
40545264 (EN1155)	22/11-18/12	M,W,F	20:00-21:00	North Point Market Roof-top PG	8+	80	30	29/10		
Children Dance Training Course										
40545243 (EN1137)	3/11-5/1	Su	9:00-11:00	Java RD. SC	4-11	60	20	4/10		
Chinese Dance Training Course										
40545222 (EN1123)	12/11-13/12	Tu,F	9:00-11:00	Island East SC	12+	45	30	17/9-24/9 (4/10) {24/10}		
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>										
40545206 (EN1107)	18/11-18/12 (excl. 25/11,9/12)	M,W,F	7:00-8:00	Chai Wan SC	15+	75	30	@16/10		
40545209 (EN1110)	18/11-18/12 (excl. 25/11,9/12)	M,W,F	8:00-9:00	Chai Wan SC	15+	75	30	@16/10		
40545214 (EN1115)	4/11-29/11	M,W,F	19:00-20:00	Chai Wan SC	15+	75	30	@2/10		
40545217 (EN1118)	4/11-29/11	M,W,F	20:00-21:00	Chai Wan SC	15+	75	30	@2/10		
Hydro Fitness Training Course										
40528964 (ENHF07)	4/11-4/12	M,W,F	9:00-10:00	Siu Sai Wan SP	14+	80	15	17/9-24/9 (4/10) {24/10}		
40528965 (ENHF08)	4/11-4/12	M,W,F	10:00-11:00	Siu Sai Wan SP	14+	80	15	17/9-24/9 (4/10) {24/10}		
Jazz Dance Training Course										
40545245 (EN1139)	18/11-18/12	M,W	20:00-22:00	Java RD. SC	12+	70	30	17/9-24/9 (4/10) {24/10}		
40545260 (EN1151)	11/11-12/12	M,Th	9:00-11:00	Island East SC	12+	70	30	17/9-24/9 (4/10) {24/10}		
Modern Dance Training Course										
40545246 (EN1140)	19/11-19/12	Tu,Th	10:00-12:00	Java RD. SC	12+	70	30	17/9-24/9 (4/10) {24/10}		
Tai Chi Training Course										
40545287 (EN1169)	21/11-24/3 (excl. 24,26,31/12,25,28,30/1)	Tu,Th,Sa	20:00-21:00	Quarry Bay Park (LKW entrance)	6+	60	70	23/10		
Tai Chi Sword Training Course										
40545286 (EN1168)	21/11-24/3 (excl. 24,26,31/12,25,28,30/1)	Tu,Th,Sa	6:30-7:30	Quarry Bay Park (LKW Entrance)	6+	60	40	25/10		
Briefing on Proper Ways to Use Fitness Equip										
40545212 (EN1113)	3/11	Su	10:30-13:30	Chai Wan SC	15+	Free	25	17/9-24/9 (4/10) {24/10}		
40545213 (EN1114)	9/11	Sa	14:30-17:30	Chai Wan SC	15+	Free	25	17/9-24/9 (4/10) {24/10}		
Play Leadership Scheme TC										
40545250 (EN1144)	22/11-20/12	M,W,F	16:00-17:00	Java RD. SC	4-9	54	15	22/10		
40545251 (EN1145)	22/11-20/12	M,W,F	17:00-18:00	Java RD. SC	4-9	54	15	22/10		
Badminton TC										
40542351 (EN1100)	25/11-27/12	M,F	19:00-21:00	Siu Sai Wan SC	7+	118	24	17/9-24/9 (4/10) {24/10}		

Badminton Training Course

40545242 (EN1136)	1/11-3/12	Tu,F	18:00-20:00	Java RD. SC	7+	118	24	17/9-24/9 (4/10) {24/10}	✉
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Parent-child (Aged 7-17) Badminton FD

40545219 (EN1120)	16/11	Sa	14:00-15:00	Chai Wan SC	7+	Free	24	17/10	♿
40545220 (EN1121)	16/11	Sa	15:00-16:00	Chai Wan SC	7+	Free	24	17/10	♿
40545221 (EN1122)	16/11	Sa	16:00-17:00	Chai Wan SC	7+	Free	24	17/10	♿
40545247 (EN1141)	17/11	Su	10:00-11:00	Java RD. SC	7+	Free	24	16/10	♿
40545248 (EN1142)	17/11	Su	11:00-12:00	Java RD. SC	7+	Free	24	16/10	♿
40545249 (EN1143)	17/11	Su	12:00-13:00	Java RD. SC	7+	Free	24	16/10	♿
40545253 (EN1147)	3/11	Su	14:00-15:00	Quarry Bay SC	7+	Free	24	30/9	♿
40545254 (EN1148)	3/11	Su	15:00-16:00	Quarry Bay SC	7+	Free	24	30/9	♿
40545255 (EN1149)	3/11	Su	16:00-17:00	Quarry Bay SC	7+	Free	24	30/9	♿

Indoor Lawn Bowls Training Course

40545224 (EN1125)	11/11-5/12	M,Th	19:00-21:00	Island East SC	8+	54	8	17/9-24/9 (4/10) {24/10}	✉
40545225 (EN1126)	11/11-5/12	M,Th	19:00-21:00	Island East SC	8+	54	8	17/9-24/9 (4/10) {24/10}	✉

Squash Training Course

40545215 (EN1116)	27/11-20/12	W,F	19:00-21:00	Chai Wan SC	7+	160	8	21/10	♿ i
40545227 (EN1128)	9/11-28/12	Sa	15:00-17:00	Sai Wan Ho SC	7-17	160	8	10/10	♿ i
40545228 (EN1129)	6/11-29/11	W,F	9:00-11:00	Sai Wan Ho SC	7+	160	8	10/10	♿ i
40545252 (EN1146)	19/11-12/12	Tu,Th	9:00-11:00	Java RD. SC	18+	160	12	21/10	♿ i
40545259 (EN1150)	6/11-29/11	W,F	19:00-21:00	Quarry Bay SC	7+	160	8	3/10	♿ i

Table-tennis Training Course

40545261 (EN1152)	4/11-4/12	M,W	19:00-21:00	Island East SC	14+	86	20	17/9-24/9 (4/10) {24/10}	✉
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Table-tennis TC

40542347 (EN1097)	7/11-10/12	Tu,Th	16:00-18:00	Siu Sai Wan SC	6+	86	24	17/9-24/9 (4/10) {24/10}	✉
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Tennis Training Course

40545293 (EN1170)	13/11-13/12	W,F	9:00-11:00	Quarry Bay Park	8+	170	18	17/9-24/9 (4/10) {24/10}	✉
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American Pool TC (Level II)

40545241 (EN1135)	14/11-5/12	Th	20:00-22:00	Java RD. SC	8+	120	6	17/9-24/9 (4/10) {24/10}	✉
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HEFAC-Hiking Scheme

40545298 (EN1092)	17/11	Su	9:00-17:00	N. T. B4	6+	40	48	9/9-16/9 (4/10) {24/10}	✉
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Carnival for persons with disabilities2019

40545282 (EN1165)	22/11	F	9:30-12:30	Aldrich Bay Play Ground	3+	Free	1500	22/11	Walk-in
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ED Family Fun Day

40546933 (EN1203)	16/11	Sa	14:00-17:00	Aldrich Bay Park	3+	Free	4300	16/11	Walk-in
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ED Sports for All Carnival

40546934 (EN1204)	16/11	Sa	14:00-17:00	Aldrich Bay Park	3+	Free	1000	16/11	Walk-in
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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.

Badminton TC for Persons with Chronic Illness

40545281 (EN1164)	1/11-22/11	F	20:00-21:00	Island East SC	8+	4	11/10	♿ i
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Body-Mind Str TP for Hearing Impaired Persons

40545267 (EN1159)	5/11-26/11	Tu	15:00-17:00	Java RD SC	14+	4	11/10	♿ i
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Day Camp for Autism,Intell & Phys Disabled Pe

40545273 (EN1163)	3/11	Su	9:00-17:00	Sai Kung ORC	3-12	24	15/10	♿ i
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Day Camp for Ex-mentally Ill Persons

40545272 (EN1162)	7/11	Th	9:00-17:00	Sai Kung ORC	18-65	24	11/10	♿ i
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Excursion for Autism Person

40545268 (EN1160)	10/11	Su	9:00-17:00	N.T	20-30	20	15/10	
Excursion for Intell & Physic Disabled Person								
40545269 (EN1161)	17/11	Su	9:00-17:00	Hong Kong Correctional Services Museum	35-70	6	15/10	
BODY-MIND STRETCH TP FOR PHYSICAL DISABILITY								
40536414 (EN0691)	1/11-20/11	W,F	13:00-14:30	Sai Wan Ho SC(Dance Room)	15+	20	17/9	
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 <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method	
Swimming Training Cr for Elderly (Level I)								
40528962 (ENE009)	19/11-19/12	Tu,Th	9:00-10:00	Siu Sai Wan Swimming Pool	16	17/9-24/9 (4/10) {24/10}		
Swimming Training Cr for Elderly (Level II)								
40528963 (ENE083)	19/11-19/12	Tu,Th	8:00-9:00	Siu Sai Wan Swimming Pool	20	17/9-24/9 (4/10) {24/10}		
Mt Pts for Elderly - Baduanjin								
40545208 (EN1109)	6/11-27/11	W	8:00-10:00	Chai Wan SC	70	6/11-27/11	Walk-in	
OS-Fitness Assessment &Exhibition for Elderly								
40545284 (EN1167)	9/11	Sa	8:00-10:00	Quarry Bay Park(LKW Entrance)	150	9/11	Walk-in	
OS-Morning Fitness Exercise for Elderly								
40545296 (EN1172)	1/11-27/11	M,W,F	7:30-9:30	Chai Wan Park	50	1/11-27/11	Walk-in	
General Gymnastics TC for Elderly								
40545223 (EN1124)	4/11-25/11	M,W,F	14:00-16:00	Island East SC	20	17/9-24/9 (4/10) {24/10}		
40545244 (EN1138)	19/11-19/12	Tu,Th	14:00-16:00	Java RD. SC	20	17/9-24/9 (4/10) {24/10}		
Mt Pts for the Elderly - Social Dance								
40545211 (EN1112)	5/11-26/11	Tu	8:00-10:00	Chai Wan SC	110	5/11-26/11	Walk-in	
Social Dance FD for the Elderly								
40545226 (EN1127)	14/11	Th	10:00-12:00	Sai Wan Ho SC	100	14/11	Walk-in	
Mt Pts for Elderly - Social Dance								
40542349 (EN1099)	1/11-29/11	F	8:00-10:00	Siu Sai Wan SC	30	1/11-29/11	Walk-in	
Tai Chi Made Easy Class for Elderly								
40545218 (EN1119)	18/11-18/12 (excl. 25/11,9/12)	M,W,F	7:00-8:00	Chai Wan SC	60	17/9-24/9 (4/10) {24/10}		
Mt Pts for Elderly - Badminton								
40545207 (EN1108)	5/11-26/11	Tu	10:00-12:00	Chai Wan SC	32	5/11-26/11	Walk-in	
Mt Pts for the Elderly - Table-tennis								
40545216 (EN1117)	7/11-28/11	Th	8:00-10:00	Chai Wan SC	36	7/11-28/11	Walk-in	
Mt Pts for Elderly Table Tennis								
40542348 (EN1098)	7/11-28/11	Th	8:00-10:00	Siu Sai Wan SC	30	7/11-28/11	Walk-in	
Mt Pts for Elderly - Gateball								
40545210 (EN1111)	1/11-29/11	F	8:00-10:00	Chai Wan SC	30	1/11-29/11	Walk-in	
Excursion for Elderly								
40545295 (EN1171)	14/11	Th	9:00-17:00	Yuen Yuen Institute,Nan Lian Gar& LY Mun	100	17/9-24/9 (4/10) {24/10}		
Fitness Assessment for Elderly								
40545283 (EN1166)	2/11-30/11	Sa	8:00-10:00	Pak Fuk RD. Safety Town	150	2/11-30/11	Walk-in	