

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Dec 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)	
Aerobic Dance Training Course									
40548921 (NH1274)	3/12-14/1 (excl. 26/12)	Tu,Th	15:00-16:00	Luen Wo Hui SC	14+	65	30	4/11	
40548922 (NH1212)	3/12-14/1 (excl. 26/12)	Tu,Th	16:00-17:00	Luen Wo Hui SC	14+	65	30	4/11	
40548923 (NH1213)	4/12-17/1 (excl. 25/12,1/1)	W,F	11:00-12:00	Luen Wo Hui SC	14+	65	30	4/11	
40548924 (NH1214)	4/12-17/1 (excl. 25/12,1/1)	W,F	12:00-13:00	Luen Wo Hui SC	14+	65	30	4/11	
40548925 (NH1215)	4/12-17/1 (excl. 25/12,1/1)	W,F	19:00-20:00	Luen Wo Hui SC	14+	65	30	4/11	
40548926 (NH1216)	4/12-17/1 (excl. 25/12,1/1)	W,F	20:00-21:00	Luen Wo Hui SC	14+	65	30	4/11	
40548927 (NW1217)	3/12-16/1 (excl. 24/12,26/12)	Tu,Th	9:00-10:00	Wo Hing SC	14+	65	20	4/11	
40548928 (NW1218)	3/12-16/1 (excl. 24/12,26/12)	Tu,Th	10:00-11:00	Wo Hing SC	14+	65	20	4/11	
40548929 (NW1219)	4/12-17/1 (excl. 25/12,1/1)	W,F	9:00-10:00	Wo Hing SC	14+	65	20	4/11	
40548930 (NW1220)	4/12-17/1 (excl. 25/12,1/1)	W,F	10:00-11:00	Wo Hing SC	14+	65	20	4/11	
40548931 (NW1221)	9/12-22/1 (excl. 25/12,1/1)	M,W	14:00-15:00	Wo Hing SC	14+	65	20	4/11	
40548933 (NW1222)	9/12-22/1 (excl. 25/12,1/1)	M,W	15:00-16:00	Wo Hing SC	14+	65	20	4/11	
Christmas Social Dance Night									
40547836 (NR1211)	15/12	Su	19:00-22:00	Po Wing RD. SC	6+	20	250	1/11	
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>									
40548951 (NH1247)	3/12-14/1 (excl. 26/12)	Tu,Th	19:00-20:00	Luen Wo Hui SC	15+	75	20	@11/11	
40548952 (NH1248)	3/12-14/1 (excl. 26/12)	Tu,Th	20:00-21:00	Luen Wo Hui SC	15+	75	20	@11/11	
40548953 (NH1249)	3/12-14/1 (excl. 26/12)	Tu,Th	21:00-22:00	Luen Wo Hui SC	15+	75	20	@11/11	
40548954 (NT1250)	3/12-14/1 (excl. 26/12)	Tu,Th	19:00-20:00	Tin Ping SC	15+	75	12	@11/11	
40548955 (NT1251)	3/12-14/1 (excl. 26/12)	Tu,Th	20:00-21:00	Tin Ping SC	15+	75	12	@11/11	
40548956 (NT1252)	3/12-14/1 (excl. 26/12)	Tu,Th	21:00-22:00	Tin Ping SC	15+	75	12	@11/11	
40548957 (NT1253)	4/12-17/1 (excl. 25/12,1/1)	W,F	14:00-15:00	Tin Ping RD. SC	15+	75	12	@11/11	
40548958 (NT1254)	4/12-17/1 (excl. 25/12,1/1)	W,F	15:00-16:00	Tin Ping SC	15+	75	12	@11/11	
40548959 (NW1255)	3/12-16/1 (excl. 24/12,26/12)	Tu,Th	14:00-15:00	Wo Hing SC	15+	75	20	@11/11	
40548960 (NW1256)	3/12-16/1 (excl. 24/12,26/12)	Tu,Th	15:00-16:00	Wo Hing SC	15+	75	20	@11/11	
40548961 (NW1257)	28/12-23/1	Tu,Th,Sa	9:00-10:00	Wo Hing SC	15+	75	20	@11/11	
40548962 (NW1258)	28/12-23/1	Tu,Th,Sa	10:00-11:00	Wo Hing SC	15+	75	20	@11/11	
Tai Chi Made Easy Class									
40548971 (NH1267)	8/12-8/3 (excl. 22/12,26/1)	Su	9:00-10:00	Luen Wo Hui SC	6+	54	30	21/10-28/10 (1/11) {21/11}	
40548972 (NH1268)	8/12-8/3 (excl. 22/12,26/1)	Su	10:00-11:00	Luen Wo Hui SC	6+	54	30	21/10-28/10 (1/11) {21/11}	
Yoga Training Course									
40548973 (NL1271)	3/12-17/1 (excl. 27/12,31/12,10/1,14/1)	Tu,F	13:00-15:00	Lung Sum A venue SC	15+	85	30	21/10-28/10 (1/11) {21/11}	
Briefing on Proper Ways to Use Fitness Equipment									
40548936 (NH1224)	7/12	Sa	9:00-12:00	Luen Wo Hui SC	15+	Free	25	21/10-28/10 (1/11) {21/11}	
40548937 (NH1225)	15/12	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	25	21/10-28/10 (1/11) {21/11}	
40548938 (NR1226)	7/12	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	25	21/10-28/10 (1/11) {21/11}	
40548939 (NR1227)	15/12	Su	10:00-13:00	Po Wing RD. SC	15+	Free	25	21/10-28/10 (1/11) {21/11}	
40548940 (NT1228)	8/12	Su	10:00-13:00	Tin Ping SC	15+	Free	20	21/10-28/10 (1/11) {21/11}	
40548941 (NT1229)	15/12	Su	15:00-18:00	Tin Ping SC	15+	Free	20	21/10-28/10 (1/11) {21/11}	
40548942 (NW1230)	14/12	Sa	14:00-17:00	Wo Hing SC	15+	Free	25	21/10-28/10 (1/11) {21/11}	
Badminton Training Course									
40548934 (NL1223)	3/12-3/1	Tu,F	20:00-22:00	Lung Sum A venue SC	14+	118	24	21/10-28/10 (1/11) {21/11}	
Fencing Elementary Training Course(Level I)									
40548950 (NW1246)	7/12-28/12	Sa	14:00-16:00	Wo Hing SC	9+	50	20	6/11	
Table-tennis Training Course									

40548967 (NH1263)	19/12-23/1 (excl. 26/12)	M,Th	19:00-21:00	Luen Wo Hui SC	6+	86	24	13/11		
40548968 (NH1264)	24/12-30/1 (excl. 26/12,28/1)	Tu,Th	10:00-12:00	Luen Wo Hui SC	14+	86	24	21/10-28/10 (1/11) {21/11}		
40548969 (NH1265)	27/12-5/2 (excl. 1/1,29/1)	W,F	9:00-11:00	Luen Wo Hui SC	14+	86	24	21/10-28/10 (1/11) {21/11}		
40548970 (NH1266)	31/12-8/2 (excl. 25/1,28/1)	Tu,Sa	20:00-22:00	Luen Wo Hui SC	6+	86	24	13/11		

Tennis Training Course

40526385 (NG1269)	4/12-26/2 (excl. 25/12,1/1,29/1)	W	14:00-16:00	North District SG	14+	170	18	5/11		
40526386 (NG1270)	13/12-28/2 (excl. 24/1,31/1)	F	9:00-11:00	North District SG	14+	170	18	5/11		

Go Training Course (Level I)

40548964 (NW1260)	7/12-11/1	Sa	18:00-20:00	Wo Hing SC	6+	40	20	8/11		
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Sports Climbing Training Course

40548966 (NR1262)	8/12-15/12	Su	12:00-18:00	Po Wing RD. SC	12+	40	18	21/10-28/10 (1/11) {21/11}		
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Tent Camp

40546932 (NX1210)	7/12-8/12	Sa,Su	14:00-14:00	Chong Hing WSC	All	50	44	23/10		
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Community Garden Programme

40548943 (NP1231)	15/12-26/4 (excl. 26/1,12/4)	Su	14:00-17:00	North District Park	12+	400	60	21/10-28/10 (1/11) {21/11}		
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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.

Day Camp for Ex-mentally ill persons

40526433 (NX1232)	12/12	Th	9:00-17:00	TKTORC	16-65	4	1/11		
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Day Camp for persons with Intellectual Disability

40526434 (NX1234)	14/12	Sa	9:00-17:00	TKTORC	6+	4	1/11		
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Excursion for persons with Disability

40526432 (NX1235)	7/12	Sa	9:00-17:00	HK	0-70	18	1/11		
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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 (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.

40548944 (NT1240)	3/12-14/1 (excl. 26/12)	Tu,Th	8:00-9:00	Tin Ping SC	12	@21/10-28/10 (1/11){21/11}	
40548945 (NT1241)	3/12-14/1 (excl. 26/12)	Tu,Th	9:00-10:00	Tin Ping SC	12	@21/10-28/10 (1/11){21/11}	

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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.

40548946 (NW1242)	28/12-23/1	Tu,Th,Sa	8:00-9:00	Wo Hing SC	20	@21/10-28/10 (1/11){21/11}	
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HES- Table-Tennis Play-in

40548949 (NT1245)	3/12-31/12 (excl. 26/12)	Tu,Th	8:00-10:00	Tin Ping SC	20	3/12-31/12	Walk-in
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HES-Gateball Self Practice Scheme

40548947 (NW1243)	3/12-31/12 (excl. 24/12)	Tu	13:00-15:00	Wo Hing SC	15	3/12-31/12	Walk-in
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40548948 (NW1244)	5/12-19/12	Th	13:00-15:00	Wo Hing SC	15	5/12-19/12	Walk-in
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Elderly Day Camp for OP

40541032 (NX893)	3/12	Tu	9:00-17:00	Tso Kung Tam ORC	48	21/10-28/10 (1/11){21/11}	✉
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Elderly Excursion for OP

40541037 (NX898)	5/12	Th	9:00-17:00	Tsuen Wam	48	21/10-28/10 (1/11){21/11}	✉
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