

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

**Central & Western District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Front Crawl Training Course for Adult (I)</b>									
40547813 (CW1261)	6/12-30/12 (excl. 25/12)	M,W,F	7:00- 8:00	Sun Yat Sen Memorial Park SP	18+	100	16	22/10-28/10 (5/11){29/11}	✉
<b>Breaststroke Training Course for Adult (II)</b>									
40547815 (CW1263)	6/12-30/12 (excl. 25/12)	M,W,F	8:00- 9:00	Sun Yat Sen Memorial Park SP	18+	100	20	22/10-28/10 (5/11){29/11}	✉
<b>Aerobic Dance Training Course</b>									
40547730 (CW1179)	9/12-8/1 (excl. 25/12,1/1)	M,W,F	13:00- 14:00	Hong Kong Park SC	14+	65	30	8/11	📄 i
40547731 (CW1180)	9/12-8/1 (excl. 25/12,1/1)	M,W,F	14:00- 15:00	Hong Kong Park SC	14+	65	30	8/11	📄 i
40547742 (CW1192)	16/12-15/1 (excl. 25/12,1/1)	M,W,F	18:00- 19:00	Sheung Wan SC	14+	65	30	22/10-28/10 (5/11){28/11}	✉
40547743 (CW1193)	16/12-15/1 (excl. 25/12,1/1)	M,W,F	19:00- 20:00	Sheung Wan SC	14+	65	30	22/10-28/10 (5/11){28/11}	✉
40547744 (CW1194)	17/12-30/1 (excl. 26/12,28/1)	Tu,Th	8:00- 9:00	Sheung Wan SC	14+	65	30	18/11	📄 i
40547745 (CW1195)	17/12-30/1 (excl. 26/12,28/1)	Tu,Th	9:00- 10:00	Sheung Wan SC	14+	65	30	18/11	📄 i
40547746 (CW1196)	24/12-6/2 (excl. 26/12,28/1)	Tu,Th	13:00- 14:00	Sheung Wan SC	14+	65	30	18/11	📄 i
<b>Baduanjin Training Course</b>									
40547747 (CW1197)	13/12-6/3 (excl. 24/1)	F	17:00- 18:00	Sheung Wan SC	8+	80	30	22/10-28/10 (5/11){28/11}	✉
40547748 (CW1198)	24/12-6/2 (excl. 26/12,28/1)	Tu,Th	14:00- 15:00	Sheung Wan SC	8+	80	30	22/11	📄 i
40547749 (CW1199)	24/12-6/2 (excl. 26/12,28/1)	Tu,Th	15:00- 16:00	Sheung Wan SC	8+	80	30	22/11	📄 i
<b>Dance for Health-Christmas Social Dance Night</b>									
40547734 (CW1183)	14/12	Sa	19:00- 22:30	Hong Kong Park SC	All	20	350	15/11	📄 i
<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>									
40547751 (CW1201)	3/12-30/1 (excl. 10,24,26,31/12,16,28/1)	Tu,Th	20:00- 21:00	Sheung Wan SC	15+	75	30	@5/11	📄 i
40547752 (CW1202)	3/12-30/1 (excl. 10,24,26,31/12,16,28/1)	Tu,Th	21:00- 22:00	Sheung Wan SC	15+	75	30	@5/11	📄 i
40547753 (CW1203)	6/12-10/1 (excl. 16/12,25/12,1/1,6/1)	M,W,F	12:00- 13:00	Sheung Wan SC	15+	75	30	@4/11	📄 i
40547754 (CW1204)	6/12-10/1 (excl. 16/12,25/12,1/1,6/1)	M,W,F	13:00- 14:00	Sheung Wan SC	15+	75	30	@4/11	📄 i
40547755 (CW1205)	20/12-20/1 (excl. 25/12,1/1)	M,W,F	7:00- 8:00	Sheung Wan SC	15+	75	30	@13/11	📄 i
40547756 (CW1206)	20/12-20/1 (excl. 25/12,1/1)	M,W,F	8:00- 9:00	Sheung Wan SC	15+	75	30	@13/11	📄 i
40547757 (CW1207)	20/12-20/1 (excl. 25/12,1/1)	M,W,F	18:00- 19:00	Sheung Wan SC	15+	75	30	@7/11	📄 i
40547758 (CW1208)	20/12-20/1 (excl. 25/12,1/1)	M,W,F	19:00- 20:00	Sheung Wan SC	15+	75	30	@7/11	📄 i
40547759 (CW1209)	24/12-6/2 (excl. 26/12,28/1)	Tu,Th	12:00- 13:00	Sheung Wan SC	15+	75	30	@8/11	📄 i
40547767 (CW1217)	17/12-11/2 (excl. 24/12,26/12,31/12,2/1,28/1)	Tu,Th	18:00- 19:00	Sun Yat Sen Memorial Park SC	15+	75	30	@14/11	📄 i
40547768 (CW1218)	17/12-11/2 (excl. 24/12,26/12,31/12,2/1,28/1)	Tu,Th	19:00- 20:00	Sun Yat Sen Memorial Park SC	15+	75	30	@14/11	📄 i
40547769 (CW1219)	27/12-10/2 (excl. 24/1,27/1)	M,F	19:00- 20:00	Sun Yat Sen Memorial Park SC	15+	75	30	@25/11	📄 i
40547770 (CW1220)	27/12-10/2 (excl. 24/1,27/1)	M,F	20:00- 21:00	Sun Yat Sen Memorial Park SC	15+	75	30	@25/11	📄 i
40547780 (CW1230)	6/12-10/1 (excl. 9/12,23/12,25/12,1/1)	M,W,F	7:00- 8:00	Shek Tong Tsui SC	15+	75	30	@18/11	📄 i
40547781 (CW1231)	6/12-10/1 (excl. 9/12,23/12,25/12,1/1)	M,W,F	8:00- 9:00	Shek Tong Tsui SC	15+	75	30	@18/11	📄 i
<b>Hydro Fitness Training Course</b>									
40547811 (CW1259)	5/12-23/1 (excl. 26/12)	Tu,Th	8:00- 9:00	Sun Yat Sen Memorial Park SP	14+	80	30	22/10-28/10 (5/11){29/11}	✉
<b>Tai Chi Made Easy FD</b>									
40547803 (CW1251)	4/12	W	15:00- 16:00	Smithfield SC	6+	Free	30	5/11	📄 i
<b>Tai Chi Made Easy Fun Day</b>									
40547783 (CW1233)	6/12	F	14:00- 15:00	Shek Tong Tsui SC	6+	Free	30	7/11	📄 i
40547784 (CW1234)	6/12	F	15:00- 16:00	Shek Tong Tsui SC	6+	Free	30	7/11	📄 i
<b>Evening Tai Chi Training Course</b>									
40547806 (CW1254)	20/12-24/4 (excl. 25/12,1,24,27,29/1,10,13/4)	M,W,F	18:00- 19:00	Statue Square Garden	6+	60	40	27/11	📄 i

<b>Tai Chi Made Easy Class</b>										
40547763 (CW1213)	18/12-18/3 (excl. 25/12,1/1)	W	15:00-16:00	Sheung Wan SC	6+	54	30	4/11		
40547764 (CW1214)	18/12-18/3 (excl. 25/12,1/1)	W	16:00-17:00	Sheung Wan SC	6+	54	30	4/11		
<b>Tai Chi Training Course</b>										
40547772 (CW1222)	9/12-3/4 (excl. 25/12,1/1,27/1)	M,W,F	7:00-8:00	Sun Yat Sen Memorial Park SC	6+	60	80	12/11		
40547773 (CW1223)	9/12-3/4 (excl. 25/12,1/1,27/1)	M,W,F	8:00-9:00	Sun Yat Sen Memorial Park SC	6+	60	80	12/11		
<b>Tai Chi Sword Training Course</b>										
40547765 (CW1215)	2/12-30/3 (excl. 25/12,1/1,27/1,29/1)	M,W,F	7:00-8:00	Sheung Wan SC	6+	60	60	19/11		
40547807 (CW1255)	3/12-28/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Blake Garden	6+	60	60	13/11		
<b>Yoga Training Course</b>										
40547738 (CW1187)	4/12-19/2 (excl. 25/12,1/1)	W	8:00-10:00	Hong Kong Park SC	15+	85	30	22/10-28/10 (5/11){29/11}		
<b>*The 36th C&amp;WD Dance Competition cum Prize Presentation Ceremony</b>										
40540396 (QCW0833)	15/12	Su	14:30-19:00	Sheung Wan Civic Centre 5/F	All	60	30	22/10		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40547760 (CW1210)	10/12	Tu	18:00-21:00	Sheung Wan SC (11/F)	15+	Free	25	22/10-28/10 (5/11){29/11}		
40547766 (CW1216)	11/12	W	18:00-21:00	Sun Yat Sen Memorial Park SC	15+	Free	25	22/10-28/10 (5/11){29/11}		
40547782 (CW1232)	9/12	M	19:00-22:00	Shek Tong Tsui SC	15+	Free	25	22/10-28/10 (5/11){29/11}		
<b>Briefing Session on Fitness Walking</b>										
40547741 (CW1191)	14/12	Sa	9:00-11:00	Hong Kong Park	6+	Free	40	1/11		
<b>Body-Mind Stretch Training Course</b>										
40545578 (CW1098)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Shek Tong Tsui SC	15+	85	24	11/11		
40545579 (CW1099)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	Shek Tong Tsui SC	15+	85	24	11/11		
<b>Little Archer Christmas TC</b>										
40547789 (CW1239)	20/12-2/1	M,Tu,W,Th,F,Sa,Su	12:30-14:30	Smithfield SC	6-11	70	12	9/11		
40547790 (CW1240)	20/12-2/1	M,Tu,W,Th,F,Sa,Su	14:30-16:30	Smithfield SC	6-11	70	12	9/11		
<b>Parent-child(Aged 7-17) Badminton FD</b>										
40547775 (CW1225)	15/12	Su	12:00-13:00	Shek Tong Tsui SC	7+	Free	24	18/11		
40547776 (CW1226)	15/12	Su	13:00-14:00	Shek Tong Tsui SC	7+	Free	24	18/11		
40547777 (CW1227)	15/12	Su	14:00-15:00	Shek Tong Tsui SC	7+	Free	24	18/11		
<b>Badminton Training Course</b>										
40547732 (CW1181)	12/12-21/1 (excl. 24/12,26/12)	Tu,Th	9:00-11:00	Hong Kong Park SC	7+	118	24	22/10-28/10 (5/11){28/11}		
40547733 (CW1182)	30/12-7/2 (excl. 24/1,27/1)	M,F	18:00-20:00	Hong Kong Park SC	7+	118	24	22/10-28/10 (5/11){28/11}		
40547774 (CW1224)	8/12-23/2 (excl. 29/12,26/1)	Su	10:00-12:00	Shek Tong Tsui SC	7+	118	24	22/10-28/10 (5/11){28/11}		
40547791 (CW1241)	13/12-22/1 (excl. 25/12,1/1)	W,F	19:00-21:00	Smithfield SC	7+	118	24	22/10-28/10 (5/11){28/11}		
<b>Indoor Short Mat Bowling Fun Day</b>										
40547798 (CW1248)	2/12-30/12 (excl. 25/12)	M,W,F	10:30-11:30	Smithfield SC	8+	Free	28	2/12-30/12	Walk-in	
<b>Squash Training Course</b>										
40547735 (CW1184)	9/12-6/1 (excl. 26/12)	M,Th	7:00-9:00	Hong Kong Squash Centre	7+	160	12	1/11		
40547762 (CW1212)	10/12-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-21:00	Sheung Wan SC	7+	160	12	15/11		
40547771 (CW1221)	23/12-22/1 (excl. 25/12,1/1)	M,W	19:00-21:00	Sun Yat Sen Memorial Park SC	7+	160	12	9/11		
<b>Table-tennis Fun Day</b>										
40547804 (CW1252)	4/12-13/12	W,F	10:00-11:00	Smithfield SC	6+	Free	28	4/12-13/12	Walk-in	
<b>Table-tennis Training Course</b>										
40547737 (CW1186)	10/12-14/1 (excl. 26/12)	Tu,Th	7:00-9:00	Hong Kong Park SC	6+	86	18	11/11		
<b>Tennis Training Course</b>										
40547816 (CW1264)	10/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	18	22/10-28/10 (5/11){29/11}		
40547817 (CW1265)	11/12-17/1 (excl. 25/12,1/1)	W,F	20:00-22:00	Hong Kong Tennis Centre	8+	170	18	22/10-28/10 (5/11){29/11}		
40547818 (CW1266)	13/12-13/1	M,F	9:00-11:00	Aberdeen T/SC	8+	170	18	22/10-28/10 (5/11){29/11}		
<b>American Pool Training Course (Level I)</b>										
40547787 (CW1237)	5/12-2/1 (excl. 26/12)	Th	18:30-20:30	Smithfield SC	8+	120	6	1/11		
40547788 (CW1238)	5/12-2/1 (excl. 26/12)	Th	20:30-22:30	Smithfield SC	8+	120	6	1/11		
<b>Gateball Fun Day</b>										
40547761 (CW1211)	5/12-19/12	Th	8:00-10:00	Sheung Wan SC	8+	Free	20	5/12-19/12	Walk-in	
<b>Healthy Exercise for All Campaign - Hiking Scheme</b>										
40547820 (CW1268)	15/12	Su	9:00-16:00	C5 Wu Tip Shan - Lam Tsuen	6+	40	48	22/10-28/10 (5/11){29/11}		
<b>Fun in Parks</b>										

40547809 (CW1257)	8/12	Su	14:30-17:30	C&W District Promenade (Central Section)	All	Free	250	8/12	Walk-in
40547810 (CW1258)	15/12	Su	14:30-17:30	Sun Yat Sen Memorial Park	All	Free	200	15/12	Walk-in

#### Sport for All Carnival

40547808 (CW1256)	8/12	Su	14:00-17:00	Belcher Bay Park	All	Free	600	8/12	Walk-in
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#### Meeting Point for Morning Bird-Watchers in HKP

40547739 (CW1189)	4/12-25/12	W	8:00-10:00	Hong Kong Park	All	Free	30	4/12-25/12	Walk-in
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#### Activities for Persons with Disabilities



Programme Number (Class code) <small>(free of charge)</small>	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.

#### Excursion for Persons with Chronic Illness

40545654 (CW1174)	8/12	Su	9:00-17:00	Tai O & Long Ping	All	20	28/10	 
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#### Day Camp For Ex-mentally III Persons

40547832 (CW1242)	15/12	Su	9:00-16:00	Lady MacLehose HV	All	10	28/10	 
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#### Golf Fun Day for Persons with Intellectual Disability

40547834 (CW1247)	14/12	Sa	9:00-11:00	Tuen Mun RSC	8+	6	28/10	 
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#### 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 (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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#### Swimming Training Course for Elderly (I)

40547814 (CW1262)	6/12-30/12 (excl. 25/12)	M,W,F	9:00-10:00	Sun Yat Sen Memorial Park SP	16	22/10-28/10 (5/11){29/11}	
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#### Fitness Exercise Training Course for the Elderly

40547750 (CW1200)	10/12-30/1 (excl. 26/12,28/1)	Tu,Th	7:00-8:00	Sheung Wan SC	30	22/10-28/10 (5/11){28/11}	
40547778 (CW1228)	3/12-23/1 (excl. 26/12,31/12)	Tu,Th	7:00-8:00	Shek Tong Tsui SC	30	22/10-28/10 (5/11){28/11}	
40547779 (CW1229)	3/12-23/1 (excl. 26/12,31/12)	Tu,Th	8:00-9:00	Shek Tong Tsui SC	30	22/10-28/10 (5/11){28/11}	

#### Hydro Fitness Training Course for the Elderly

40547812 (CW1260)	5/12-23/1 (excl. 26/12)	Tu,Th	9:00-10:00	Sun Yat Sen Memorial Park SP	30	22/10-28/10 (5/11){29/11}	
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#### Easy Tai Chi Fun Day for the Elderly

40547802 (CW1250)	4/12	W	14:00-15:00	Smithfield SC	30	5/11	 
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#### HES - Indoor Short Mat Bowling Play-in

40547799 (CW1249)	2/12-30/12 (excl. 25/12)	M,W,F	9:30-10:30	Smithfield SC	28	2/12-30/12	Walk-in
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
#### HES - Table Tennis Self Practice

40547736 (CW1185)	6/12-27/12	F	8:00-10:00	Hong Kong Park SC	18	6/12-27/12	Walk-in
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#### HES - Table-tennis Play-in

40547805 (CW1253)	4/12-13/12	W,F	9:00-10:00	Smithfield SC	28	4/12-13/12	Walk-in
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#### Excursion for the Elderly

40547819 (CW1267)	6/12	F	9:00-16:00	Lung Yeuk Tau Heritage Trail	90	22/10-28/10 (5/11){28/11}	
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