

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Dec 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>									
40548224 (WC931)	2/12-23/12	M,W,F	8:00-9:00	Victoria Park SP	18+	100	16	16/10-22/10 (4/11) {25/11}	☒
<b>Front Crawl Swimming TC for Adult (I)</b>									
40548222 (WC929)	2/12-23/12	M,W,F	7:00-8:00	Victoria Park SP	18+	100	16	16/10-22/10 (4/11) {25/11}	☒
40548225 (WC932)	2/12-23/12	M,W,F	8:00-9:00	Victoria Park SP	18+	100	16	16/10-22/10 (4/11) {25/11}	☒
40548281 (WC921)	2/12-23/12	M,W,F	9:00-10:00	Morrison Hill SP	18+	100	16	16/10-22/10 (4/11) {25/11}	☒
<b>Breaststroke Swimming TC for Adult (II)</b>									
40548279 (WC920)	2/12-23/12	M,W,F	8:00-9:00	Morrison Hill SP	18+	100	20	16/10-22/10 (4/11) {25/11}	☒
<b>Backstroke Swimming Training Course</b>									
40548226 (WC933)	3/12-7/1 (excl. 26/12)	Tu,Th	19:00- 20:00	Victoria Park SP	18+	100	20	16/10-22/10 (4/11) {25/11}	☒
<b>Breaststroke Swimming TC for Adult (III)</b>									
40548228 (WC934)	3/12-7/1 (excl. 26/12)	Tu,Th	20:00- 21:00	Victoria Park SP	18+	100	20	16/10-22/10 (4/11) {25/11}	☒
<b>Aerobic Dance Training Course</b>									
40548092 (WC868)	16/12-3/2 (excl. 25/12,1/1,27/1)	M,W	18:00- 19:00	Harbour RD. SC	14+	65	25	22/11	☒ i
40548095 (WC869)	16/12-3/2 (excl. 25/12,1/1,27/1)	M,W	19:00- 20:00	Harbour RD. SC	14+	65	25	22/11	☒ i
40548097 (WC870)	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	18:00- 19:00	Harbour RD. SC	14+	65	25	8/11	☒ i
40548098 (WC871)	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00- 20:00	Harbour RD. SC	14+	65	25	8/11	☒ i
40548099 (WC872)	27/12-7/2 (excl. 1/1)	W,F	7:30-8:30	Harbour RD. SC	14+	65	25	28/11	☒ i
40548128 (WC888)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	9:00-10:00	Lockhart RD. SC	14+	65	30	26/11	☒ i
40548164 (WC889)	18/12-22/1 (excl. 25/12,1/1,6/1,20/1)	M,W,F	10:00- 11:00	Lockhart RD. SC	14+	65	30	26/11	☒ i
40548168 (WC890)	2/12-30/12 (excl. 25/12)	M,W,F	18:00- 19:00	Lockhart RD. SC	14+	65	30	26/11	☒ i
40548170 (WC891)	2/12-30/12 (excl. 25/12)	M,W,F	19:00- 20:00	Lockhart RD. SC	14+	65	30	26/11	☒ i
<b>Wan Chai District New Year Eve Dance Party</b>									
40548240 (WC941)	31/12-1/1	Tu,W	20:30-0:30	Harbour RD. SC	6+	20	500	15/11	☒ i
<b>Fitness Exercise Training Course</b>									
40548259 (WC912)	17/12-21/1 (excl. 24/12,26/12)	Tu,Th,Sa	11:00- 12:00	Lockhart RD. SC	14+	80	30	16/10-22/10 (4/11) {25/11}	☒
<b>Good Fit Training Scheme</b>									
40548229 (WC935)	5/12-23/1 (excl. 26/12)	Tu,Th	12:00- 13:00	Lockhart RD. SC	14+	80	30	16/10-22/10 (4/11) {25/11}	☒
40548231 (WC936)	5/12-23/1 (excl. 26/12)	Tu,Th	13:00- 14:00	Lockhart RD. SC	14+	80	30	16/10-22/10 (4/11) {25/11}	☒
<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>									
40548255 (WC901)	4/12-20/1 (excl. 25/12,1/1)	M,W	18:00- 19:00	Lockhart RD. SC	15+	75	20	@4/11	☒ i
40548256 (WC911)	19/12-4/2 (excl. 26/12,28/1)	Tu,Th	21:00- 22:00	Lockhart RD. SC	15+	75	20	@19/11	☒ i
40548257 (WC902)	4/12-20/1 (excl. 25/12,1/1)	M,W	19:00- 20:00	Lockhart RD. SC	15+	75	20	@4/11	☒ i
40548261 (WC903)	4/12-20/1 (excl. 25/12,1/1)	M,W	20:00- 21:00	Lockhart RD. SC	15+	75	20	@4/11	☒ i
40548263 (WC904)	10/12-23/1 (excl. 26/12,31/12)	Tu,Th	7:00-8:00	Lockhart RD. SC	15+	75	20	@12/11	☒ i
40548265 (WC905)	10/12-23/1 (excl. 26/12,31/12)	Tu,Th	8:00-9:00	Lockhart RD. SC	15+	75	20	@12/11	☒ i
40548267 (WC906)	10/12-23/1 (excl. 26/12,31/12)	Tu,Th	12:00- 13:00	Lockhart RD. SC	15+	75	20	@12/11	☒ i
40548268 (WC907)	10/12-23/1 (excl. 26/12,31/12)	Tu,Th	13:00- 14:00	Lockhart RD. SC	15+	75	20	@12/11	☒ i
40548272 (WC908)	19/12-4/2 (excl. 26/12,28/1)	Tu,Th	18:00- 19:00	Lockhart RD. SC	15+	75	20	@19/11	☒ i
40548274 (WC909)	19/12-4/2 (excl. 26/12,28/1)	Tu,Th	19:00- 20:00	Lockhart RD. SC	15+	75	20	@19/11	☒ i
40548278 (WC910)	19/12-4/2 (excl. 26/12,28/1)	Tu,Th	20:00- 21:00	Lockhart RD. SC	15+	75	20	@19/11	☒ i
<b>Gymnastics for all Training Course</b>									
40548084 (WC867)	3/12-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	14:00- 16:00	Harbour RD. SC	6+	54	20	16/10-22/10 (4/11) {25/11}	☒
<b>Hydro Fitness Training Course</b>									
40548282 (WC922)	5/12-23/1 (excl. 26/12)	Tu,Th	7:00-8:00	Morrison Hill SP	14+	80	30	16/10-22/10 (4/11) {25/11}	☒
40548284 (WC923)	5/12-23/1 (excl. 26/12)	Tu,Th	8:00-9:00	Morrison Hill SP	14+	80	30	16/10-22/10 (4/11) {25/11}	☒

40548285 (WC924)	5/12-23/1 (excl. 26/12)	Tu,Th	9:00-10:00	Morrison Hill SP	14+	80	30	16/10-22/10 (4/11) {25/11}	
<b>Jazz Training Course</b>									
40549173 (WC946)	4/12-26/2 (excl. 25/12,1/1,29/1)	W	20:00-22:00	Lockhart RD. SC	12+	70	30	16/10-22/10 (4/11) {25/11}	
<b>Oriental Dance Training Course</b>									
40549174 (WC947)	13/12-21/2 (excl. 24/1)	F	20:00-22:00	Lockhart RD. SC	12+	45	30	16/10-22/10 (4/11) {25/11}	
<b>Social Dance Training Course</b>									
40548119 (WC882)	2/12-20/1 (excl. 9/12,23/12,25/12,1/1,13/1)	M,W	10:00-12:00	Harbour RD. SC	14+	86	24	16/10-22/10 (4/11) {25/11}	
40549175 (WC948)	12/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-22:00	Lockhart RD. SC	14+	86	30	16/10-22/10 (4/11) {25/11}	
40549178 (WC949)	7/12-15/2 (excl. 25/1)	Sa	20:00-22:00	Lockhart RD. SC	14+	86	30	16/10-22/10 (4/11) {25/11}	
<b>Tai Chi Training Course</b>									
40548237 (WC939)	16/12-20/4 (excl. 25/12,1,27,29,31/1,10,13/4)	M,W,F	7:00-8:00	Fleming RD. Garden	6+	60	70	21/11	
40548288 (WC926)	16/12-15/4 (excl. 25/12,1,27/1,10/4,13/4)	M,W,F	7:00-8:00	Victoria Park (Band Stand)	6+	60	70	14/11	
<b>Tai Chi Sword Training Course</b>									
40548290 (WC927)	7/12-2/4 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Victoria Park (Band Stand)	6+	60	70	6/11	
<b>Yoga Training Course</b>									
40548262 (WC913)	4/12-27/12 (excl. 25/12)	M,W,F	14:00-16:00	Lockhart RD. SC	15+	85	40	16/10-22/10 (4/11) {25/11}	
40549176 (WC950)	7/12-15/2 (excl. 25/1)	Sa	7:00-9:00	Lockhart RD. SC	15+	85	40	16/10-22/10 (4/11) {25/11}	
40549177 (WC951)	7/12-15/2 (excl. 25/1)	Sa	18:00-20:00	Lockhart RD. SC	15+	85	40	16/10-22/10 (4/11) {25/11}	
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40548247 (WC896)	1/12	Su	14:00-17:00	Lockhart RD. SC	15+	Free	25	16/10-22/10 (4/11) {25/11}	
40548248 (WC897)	7/12	Sa	14:00-17:00	Lockhart RD. SC	15+	Free	25	16/10-22/10 (4/11) {25/11}	
40548249 (WC898)	15/12	Su	14:00-17:00	Lockhart RD. SC	15+	Free	25	16/10-22/10 (4/11) {25/11}	
<b>Parent-child(Aged 7-17) Badminton Fun Day</b>									
40548269 (WC916)	8/12	Su	11:00-12:00	Wong Nai Chung SC	7+	Free	18	1/11	
40548271 (WC917)	8/12	Su	12:00-13:00	Wong Nai Chung SC	7+	Free	18	1/11	
<b>Badminton Training Course</b>									
40548243 (WC895)	19/12-30/1 (excl. 24/12,26/12,28/1)	Tu,Th	9:00-11:00	Lockhart RD. SC	7+	118	18	16/10-22/10 (4/11) {25/11}	
40548266 (WC915)	23/12-30/1 (excl. 26/12,27/1)	M,Th	19:00-21:00	Wong Nai Chung SC	7+	118	18	16/10-22/10 (4/11) {25/11}	
<b>Squash Tr. Cr.</b>									
40548125 (WC885)	4/12-3/1 (excl. 25/12,1/1)	W,F	18:30-20:30	Harbour RD. SC	7+	160	12	1/11	
<b>Table-tennis Training Course</b>									
40548126 (WC886)	7/12-15/2 (excl. 25/1)	Sa	9:00-11:00	Harbour RD. SC	6+	86	24	16/10-22/10 (4/11) {25/11}	
<b>Tennis Training Course</b>									
40546893 (WC861)	11/12-17/1 (excl. 25/12,1/1)	W,F	9:00-11:00	Hong Kong Tennis Centre	8+	170	18	16/10-22/10 (4/11) {25/11}	
40546894 (WC862)	19/12-23/1 (excl. 26/12)	M,Th	7:00-9:00	Hong Kong Tennis Centre	8+	170	18	16/10-22/10 (4/11) {25/11}	
40548291 (WC928)	5/12-9/1 (excl. 26/12)	Tu,Th	7:00-9:00	Victoria Park TC	8+	170	18	16/10-22/10 (4/11) {25/11}	
<b>Volleyball Training Course</b>									
40548120 (WC883)	7/12-15/2 (excl. 25/1)	Sa	9:00-11:00	Harbour RD. SC	10+	70	30	16/10-22/10 (4/11) {25/11}	
<b>Health Exercise For All - Hiking</b>									
40548239 (WC940)	8/12	Su	9:00-17:00	«ªÀÀùªL´M,U ò	6+	40	48	16/10-22/10 (4/11) {25/11}	
<b>Ultimate Fun Day</b>									
40548245 (WC943)	8/12	Su	14:00-15:30	Hennessy RD. PG	3+	Free	60	8/11	
40548250 (WC944)	8/12	Su	15:30-17:00	Hennessy RD. PG	3+	Free	60	8/11	
<b>Outreaching Sports &amp; Games</b>									
40548242 (WC942)	3/12-31/12 (excl. 26/12)	Tu,Th	9:30-11:30	Tai Wo ST. PG	All	Free	400	3/12-31/12	Walk-in
<b>Good Fit Tr. Scheme -Exercise &amp; Health Seminar</b>									
40548232 (WC937)	1/12	Su	14:30-16:00	Leighton Hill Community Hall	14+	Free	100	1/11	

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 III Persons (HQ)**

40548287 (WC925)	29/12	Su	10:30-16:30	Lei Yue Mun Park	15+	4	1/11	<b>i</b>
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**Land Excursion for Intellectual Disability**

40548254 (WC945)	15/12	Su	9:00-17:00	Tai Po	All	10	1/11	<b>i</b>
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**Excursion for Persons with Physical Disability (HQ)**

40547728 (WC748)	28/12	Sa	9:00-17:00	N.T.West	45+	20	28/11	<b>i</b>
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**Activities for Elderly Programme Number (Class code)**

(For aged 60 or above, free of charge)

**Date of Enrollment**  
 (Balloting)  
 (Open Enrollment for Remaining Quota)

**Enrolment Method**

**Swimming TC for Elderly (I)**

40548223 (WC930)	2/12-23/12	M,W,F	7:00-8:00	Victoria Park SP		16	16/10-22/10 (4/11){25/11}	
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40548275 (WC919)	2/12-23/12	M,W,F	7:00-8:00	Morrison Hill SP		16	16/10-22/10 (4/11){25/11}	
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**Baduanjin Funday for Elderly**

40548105 (WC875)	6/12	F	9:15-11:45	Harbour RD. SC		160	6/12	Walk-in
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40548107 (WC876)	13/12	F	9:15-11:45	Harbour RD. SC		160	13/12	Walk-in
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40548108 (WC877)	20/12	F	9:15-11:45	Harbour RD. SC		160	20/12	Walk-in
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40548110 (WC878)	27/12	F	9:15-11:45	Harbour RD. SC		160	27/12	Walk-in
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**Elderly Fitness Exercise Training Course**

40548252 (WC899)	17/12-21/1 (excl. 24/12,26/12)	Tu,Th,Sa	9:00-10:00	Lockhart RD. SC		30	16/10-22/10 (4/11){25/11}	
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40548253 (WC900)	17/12-21/1 (excl. 24/12,26/12)	Tu,Th,Sa	10:00-11:00	Lockhart RD. SC		30	16/10-22/10 (4/11){25/11}	
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**Morning Fitness Exercise for Elderly**

40548234 (WC938)	3/12-31/12 (excl. 26/12)	Tu,Th,Sa	6:00-8:00	Bowen RD. Park		240	3/12-31/12	Walk-in
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**General Gymnastics Funday for Elderly**

40548113 (WC879)	4/12	W	9:15-11:45	Harbour RD. SC		80	4/12	Walk-in
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40548114 (WC880)	11/12	W	9:15-11:45	Harbour RD. SC		80	11/12	Walk-in
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40548118 (WC881)	18/12	W	9:15-11:45	Harbour RD. SC		80	18/12	Walk-in
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**MP for Elderly - Indoor Short Mat Bowling**

40548103 (WC874)	3/12-24/12	Tu	9:30-11:30	Harbour RD. SC		64	3/12-24/12	Walk-in
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**HES Indr Short Mat Bowling cum Table-tennis P**

40548273 (WC918)	2/12-30/12	M	8:00-10:00	Wong Nai Chung SC		60	2/12-30/12	Walk-in
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**Meeting Points for Elderly - Indoor Gateball**

40548102 (WC873)	5/12-19/12	Th	9:30-11:30	Harbour RD. SC		48	5/12-19/12	Walk-in
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