

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Dec 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)	
Aerobic Dance Training Course										
40547857 (EN1208)	3/12-14/1 (excl. 26/12)	Tu,Th	7:00-8:00	Chai Wan SC	14+	65	20	28/10		
40547858 (EN1209)	3/12-14/1 (excl. 26/12)	Tu,Th	8:00-9:00	Chai Wan SC	14+	65	20	28/10		
40547863 (EN1214)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Chai Wan SC	14+	65	20	21/10-28/10 (5/11) {26/11}		
40547864 (EN1215)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	Chai Wan SC	14+	65	20	21/10-28/10 (5/11) {26/11}		
40548085 (EN1222)	10/12-30/1 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	15:00-16:00	Island East SC	14+	65	30	6/11		
40548086 (EN1223)	10/12-30/1 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	16:00-17:00	Island East SC	14+	65	30	6/11		
40548096 (EN1231)	27/12-31/1 (excl. 1/1,6/1,20/1,27/1)	M,W,F	7:00-8:00	Java RD. SC	14+	65	30	14/11		
40548100 (EN1232)	27/12-31/1 (excl. 1/1,6/1,20/1,27/1)	M,W,F	8:00-9:00	Java RD. SC	14+	65	30	14/11		
40548101 (EN1233)	27/12-31/1 (excl. 1/1,6/1,20/1,27/1)	M,W,F	9:00-10:00	Java RD. SC	14+	65	30	14/11		
40548104 (EN1234)	27/12-31/1 (excl. 1/1,6/1,20/1,27/1)	M,W,F	10:00-11:00	Java RD. SC	14+	65	30	14/11		
40548106 (EN1235)	27/12-31/1 (excl. 1/1,6/1,20/1,27/1)	M,W,F	11:00-12:00	Java RD. SC	14+	65	30	14/11		
40548109 (EN1236)	2/12-30/12 (excl. 25/12)	M,W,F	14:00-15:00	Java RD. SC	14+	65	30	29/10		
40548111 (EN1237)	2/12-30/12 (excl. 25/12)	M,W,F	15:00-16:00	Java RD. SC	14+	65	30	29/10		
40548112 (EN1238)	3/12-16/1 (excl. 24/12,26/12)	Tu,Th	12:00-13:00	Java RD. SC	14+	65	30	30/10		
40548115 (EN1239)	3/12-16/1 (excl. 24/12,26/12)	Tu,Th	13:00-14:00	Java RD. SC	14+	65	30	30/10		
40548116 (EN1240)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Java RD. SC	14+	65	30	1/11		
40548117 (EN1241)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	Java RD. SC	14+	65	30	1/11		
40548131 (EN1247)	6/12-22/1 (excl. 25/12,1/1)	W,F	19:00-20:00	Island East SC	14+	65	30	7/11		
40548132 (EN1248)	6/12-22/1 (excl. 25/12,1/1)	W,F	20:00-21:00	Island East SC	14+	65	30	7/11		
40548133 (EN1249)	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Island East SC	14+	65	30	4/11		
40548134 (EN1250)	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	Island East SC	14+	65	30	4/11		
Baduanjin Training Course										
40548139 (EN1258)	23/12-22/1 (excl. 25/12,1/1)	M,W,F	20:00-21:00	North Point Market Roof-top PG	8+	80	30	25/11		
Children Dance Training Course										
40548135 (EN1251)	1/12-9/2 (excl. 26/1)	Su	9:00-11:00	Island East SC	4-6	60	20	28/10		
Chinese Dance Training Course										
40548087 (EN1224)	31/12-7/2 (excl. 24/1,28/1)	Tu,F	9:00-11:00	Island East SC	12+	45	30	21/10-28/10 (5/11) {26/11}		
Eastern District Christmas Eve Dance Night										
40549172 (EN1293)	24/12	Tu	19:00-22:00	Island East SC	6+	20	400	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>										
40547868 (EN1219)	2/12-30/12 (excl. 25/12)	M,W,F	19:00-20:00	Chai Wan SC	15+	75	30	@30/10		
40548081 (EN1220)	2/12-30/12 (excl. 25/12)	M,W,F	20:00-21:00	Chai Wan SC	15+	75	30	@30/10		
Tai Chi Training Course										
40548143 (EN1260)	23/12-24/4 (excl. 25/12,1/1,24/1,27/1,10/4,13/4)	M,W,F	7:00-8:00	Cloudview RD. Service Reservoir P/G	6+	60	40	19/11		
40548145 (EN1261)	23/12-24/4 (excl. 25/12,1/1,24/1,27/1,10/4,13/4)	M,W,F	7:00-8:00	Aldrich Bay PG	6+	60	70	21/11		
40548148 (EN1262)	10/12-7/4 (excl. 26/12,25/1,28/1,4/4)	Tu,Th,Sa	7:00-8:00	BC in Yiu Tung Estate	6+	60	70	11/11		

40548155 (EN1264)	10/12-7/4 (excl. 26/12,25/1,28/1,4/4)	Tu,Th,Sa	7:00-8:00	Healthy Village PG	6+	60	70	21/10-28/10 (5/11) {26/11}	✉
40548235 (EN1272)	23/12-27/4	M,W,F,25/12,1/1,24/1,27/1,29/1,10/4,13/4	6:30-7:30	Quarry Bay Park (LKW entrance)	6+	60	70	19/11	📄 i
40548236 (EN1273)	23/12-27/4	M,W,F,25/12,1/1,24/1,27/1,29/1,10/4,13/4	20:00-21:00	Quarry Bay Park (Tai Chi Garden)	6+	60	70	22/11	📄 i
40548277 (EN1281)	10/12-4/4 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Open Space Next to Yue Wan Comm.Ctr.	6+	60	50	13/11	📄 i
40548280 (EN1282)	27/12-27/4 (excl. 1/1,24/1,27/1,10/4,13/4)	M,W,F	20:00-21:00	Siu Sai Wan Estate	6+	60	40	27/11	📄 i
Tai Chi Sword Training Course									
40548142 (EN1259)	10/12-7/4 (excl. 26/12,25/1,28/1,4/4)	Tu,Th,Sa	7:00-8:00	Cloudview RD. Service Reservoir P/G	6+	60	40	13/11	📄 i
40548151 (EN1263)	23/12-24/4 (excl. 25/12,1/1,24/1,27/1,10/4,13/4)	M,W,F	7:00-8:00	BC in Yiu Tung Est	6+	60	40	21/11	📄 i
40548162 (EN1265)	23/12-24/4 (excl. 25/12,1/1,24/1,27/1,10/4,13/4)	M,W,F	7:00-8:00	Healthy Village PG	6+	60	40	21/10-28/10 (5/11) {26/11}	✉
40548283 (EN1283)	27/12-24/4 (excl. 1/1,27/1,10/4,13/4)	M,W,F	7:00-8:00	Chai Wan Park BCs No.1 & 2	6+	60	50	26/11	📄 i
Western Folk Dance Training Course									
40548094 (EN1230)	5/12-13/2 (excl. 26/12)	Th	13:00-15:00	Sai Wan Ho SC	8+	45	30	21/10-28/10 (5/11) {26/11}	✉
Briefing on Proper Ways to Use Fitness Equip									
40547865 (EN1216)	8/12	Su	10:30-13:30	Chai Wan SC	15+	Free	25	21/10-28/10 (5/11) {26/11}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40547866 (EN1217)	14/12	Sa	14:30-17:30	Chai Wan SC	15+	Free	25	21/10-28/10 (5/11) {26/11}	✉
Fitness Walking Briefing Session									
40548230 (EN1270)	14/12	Sa	9:30-11:30	Quarry Bay Park(LKW entrance)	15+	Free	40	12/11	📄 i
Body-Mind Stretch Training Course									
40548122 (EN1243)	17/12-30/1 (excl. 26/12,28/1)	Tu,Th	9:00-10:00	Java Road SC	15+	85	24	15/11	📄 i
40548124 (EN1244)	17/12-30/1 (excl. 26/12,28/1)	Tu,Th	10:00-11:00	Java Road SC	15+	85	24	15/11	📄 i
Archery Fun Day									
40545203 (EN1104)	14/12	Sa	9:00-10:00	SSW S/G	8+	Free	40	8/11	📄 i
40545204 (EN1105)	14/12	Sa	10:00-11:00	SSW S/G	8+	Free	40	8/11	📄 i
40545205 (EN1106)	14/12	Sa	11:00-12:00	SSW S/G	8+	Free	40	8/11	📄 i
40547853 (EN1289)	21/12	Sa	9:00-10:00	SSW S/G	8+	Free	40	18/11	📄 i
40547854 (EN1290)	21/12	Sa	10:00-11:00	SSW S/G	8+	Free	40	18/11	📄 i
40547855 (EN1291)	21/12	Sa	11:00-12:00	SSW S/G	8+	Free	40	18/11	📄 i
Archery Guide Visit									
40547852 (EN1207)	1/12	Su	10:00-12:00	SSW S/G	8+	Free	20	8/11	📄 i
40547856 (EN1292)	1/12	Su	13:00-15:00	SSW S/G	8+	Free	20	8/11	📄 i
Badminton Training Course									
40548091 (EN1228)	3/12-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	16:00-18:00	Sai Wan Ho SC	7+	118	24	21/10-28/10 (5/11) {26/11}	✉
40548121 (EN1242)	27/12-7/2 (excl. 31/12,24/1,28/1)	Tu,F	18:00-20:00	Java RD. SC	7+	118	24	21/10-28/10 (5/11) {26/11}	✉
40548129 (EN1245)	5/12-9/1 (excl. 26/12)	M,Th	19:00-21:00	Quarry Bay SC	7+	118	24	21/10-28/10 (5/11) {26/11}	✉
Parent-child (Aged 7-17) Badminton FD									
40545256 (EN1254)	7/12	Sa	14:00-15:00	Quarry Bay SC	7+	Free	24	12/11	📄 i
40545257 (EN1255)	7/12	Sa	15:00-16:00	Quarry Bay SC	7+	Free	24	12/11	📄 i
40545258 (EN1256)	7/12	Sa	16:00-17:00	Quarry Bay SC	7+	Free	24	12/11	📄 i
Indoor Lawn Bowls Training Course									
40548089 (EN1226)	3/12-27/12	Tu,F	9:00-11:00	Island East SC	8+	54	8	21/10-28/10 (5/11) {26/11}	✉

40548090 (EN1227)	3/12-27/12	Tu,F	9:00-11:00	Island East SC	8+	54	8	21/10-28/10 (5/11) {26/11}	✉
Table-tennis Training Course									
40548136 (EN1252)	8/12-16/2 (excl. 26/1)	Su	15:00-17:00	Island East SC	6-13	86	20	21/10-28/10 (5/11) {26/11}	✉
Tennis Training Course									
40548238 (EN1274)	8/12-16/2 (excl. 26/1)	Su	10:00-12:00	Quarry Bay Park	8+	170	18	21/10-28/10 (5/11) {26/11}	✉
40548270 (EN1280)	17/12-17/1	Tu,F	19:00-21:00	Chai Wan Park TC	8+	170	18	21/10-28/10 (5/11) {26/11}	✉
HEFAC-Hiking Scheme									
40548276 (EN1093)	15/12	Su	9:00-17:00	N. T. D9	6+	40	48	14/10-21/10 (5/11) {26/11}	✉
Carnival for the Family									
40548246 (EN1276)	14/12	Sa	14:00-17:00	Chai Wan Park BC No.1 & 2	All	Free	3000	14/12	Walk-in

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age	Quota	Date of Enrollment <small>(Balloting) (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.

Day Camp for Intell Disabled Persons									
40548408 (EN1284)	28/12	Sa	9:00-16:00	Lei Yue Mun Park	6-18	12	5/11	✉ i	
Excursion for Intell Disabled Person									
40548169 (EN1266)	6/12	F	9:00-16:00	N.T	20-75	8	5/11	✉ i	
40548410 (EN1286)	8/12	Su	9:00-17:00	N.T	3+	10	5/11	✉ i	
Tai Chi TS for Person with Physical Disabilit									
40548173 (EN1267)	6/12-10/1	F	10:00-11:00	Siu Sai Wan SC	8+	3	31/10	✉ i	
Day Camp for Autism & Intell Dis Person									
40548409 (EN1285)	15/12	Su	9:00-15:30	Sai Kung ORC	2-6	12	5/11	✉ i	

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
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Swimming Training Cr for Elderly (Level I)							
40528966 (ENE010)	27/12-20/1 (excl. 1/1)	M,W,F	8:00-9:00	Siu Sai Wan Swimming Pool	16	21/10-28/10 (5/11){26/11}	✉
Swimming Training Cr for Elderly (Level II)							
40528967 (ENE084)	27/12-20/1 (excl. 1/1)	M,W,F	9:00-10:00	Siu Sai Wan Swimming Pool	20	21/10-28/10 (5/11){26/11}	✉
Mt Pts for Elderly -Baduanjin							
40547860 (EN1211)	4/12-18/12	W	8:00-10:00	Chai Wan SC	70	4/12-18/12	Walk-in
Mt Pts for Elderly-Morning Fitness Exercise							
40548233 (EN1271)	1/12-19/1	Su	7:00-9:00	Quarry Bay Park(Tai Chi Garden)	50	1/12-19/1	Walk-in
40548251 (EN1277)	1/12-19/1	Su	7:30-9:30	Chai Wan Park	50	1/12-19/1	Walk-in
OS-Fitness Assessment &Exhibition for Elderly							
40548258 (EN1278)	15/12	Su	8:00-10:00	Chai Wan Park	150	15/12	Walk-in
OS-Morning Fitness Exercise for Elderly							
40548260 (EN1279)	2/12-30/12 (excl. 25/12)	M,W,F	7:30-9:30	Chai Wan Park	50	2/12-30/12	Walk-in
General Gymnastics TC for Elderly							
40548088 (EN1225)	2/12-23/12	M,W,F	14:00-16:00	Island East SC	20	21/10-28/10 (5/11){26/11}	✉
Mt Pts for the Elderly - Social Dance							
40547851 (EN1206)	6/12-27/12	F	8:00-10:00	Siu Sai Wan SC	30	6/12-27/12	Walk-in
40547862 (EN1213)	3/12-31/12	Tu	8:00-10:00	Chai Wan SC	110	3/12-31/12	Walk-in

Social Dance FD for the Elderly

40548093 (EN1229)	12/12	Th	10:00-12:00	Sai Wan Ho SC	100	12/12	Walk-in
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Tai Chi Made Easy Class for Elderly

40548130 (EN1246)	6/12-17/1 (excl. 27/12)	M,F	7:00-8:00	Quarry Bay SC	60	21/10-28/10 (5/11){26/11}	✉
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Mt Pts for Elderly - Badminton

40547859 (EN1210)	3/12-31/12	Tu	10:00-12:00	Chai Wan SC	32	3/12-31/12	Walk-in
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Mt Pts for the Elderly - Table-tennis

40547850 (EN1205)	5/12-19/12	Th	8:00-10:00	Siu Sai Wan SC	30	5/12-19/12	Walk-in
40547867 (EN1218)	5/12-19/12	Th	8:00-10:00	Chai Wan SC	36	5/12-19/12	Walk-in

Mt Pts for Elderly - Gateball

40547861 (EN1212)	6/12-27/12	F	8:00-10:00	Chai Wan SC	30	6/12-27/12	Walk-in
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Day Camp for Elderly

40548241 (EN1275)	17/12	Tu	9:00-17:00	Tso Kung Tam ORC	98	21/10-28/10 (5/11){26/11}	✉
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Fitness Assessment for Elderly

40548221 (EN1268)	7/12-28/12	Sa	8:00-10:00	Pak Fuk RD. Safety Town	150	7/12-28/12	Walk-in
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