

































































**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jul 2021**

Central & Western District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Breaststroke TC for Children (I)										
40602261 (CW0374)	15/7-6/8 (excl. 5/8)	M,Th,F	14:00-15:00	Kennedy Town SP	5-8	100	8	27/5-2/6 (9/6)	{28/6}	
40602267 (CW0379)	16/7-6/8	M,W,F	8:00-9:00	Sun Yat Sen Memorial Park SP	5-8	100	8	27/5-2/6 (9/6)	{28/6}	
40602283 (CW0391)	27/7-26/8	Tu,Th	18:00-19:00	Sun Yat Sen Memorial Park SP	5-8	100	8	7/6-14/6 (18/6)	{6/7}	
Breaststroke Training Course for Youth (I)										
40602284 (CW0392)	27/7-26/8	Tu,Th	19:00-20:00	Sun Yat Sen Memorial Park SP	13-17	100	8	7/6-14/6 (18/6)	{4/7}	
Breaststroke Training Course for Adult (I)										
40602264 (CW0377)	16/7-6/8	M,W,F	7:00-8:00	Sun Yat Sen Memorial Park SP	18+	100	8	27/5-2/6 (9/6)	{28/6}	
Breaststroke Training Course for Junior (I)										
40602259 (CW0372)	15/7-6/8 (excl. 5/8)	M,Th,F	11:00-12:00	Kennedy Town SP	9-12	100	8	27/5-2/6 (9/6)	{28/6}	
40602263 (CW0376)	15/7-6/8 (excl. 5/8)	M,Th,F	16:00-17:00	Kennedy Town SP	9-12	100	8	27/5-2/6 (9/6)	{28/6}	
Front Crawl TC for Children (I)										
40602260 (CW0373)	15/7-6/8 (excl. 5/8)	M,Th,F	13:00-14:00	Kennedy Town SP	5-8	100	8	27/5-2/6 (9/6)	{28/6}	
40602271 (CW0381)	16/7-6/8	M,W,F	16:00-17:00	Sun Yat Sen Memorial Park SP	5-8	100	8	27/5-2/6 (9/6)	{28/6}	
40602272 (CW0382)	16/7-6/8	M,W,F	19:00-20:00	Sun Yat Sen Memorial Park SP	5-8	100	8	27/5-2/6 (9/6)	{28/6}	
40602285 (CW0393)	27/7-26/8	Tu,Th	8:00-9:00	Sun Yat Sen Memorial Park SP	5-8	100	8	7/6-14/6 (18/6)	{6/7}	
Front Crawl Training Course for Junior (I)										
40602258 (CW0371)	15/7-6/8 (excl. 5/8)	M,Th,F	10:00-11:00	Kennedy Town SP	9-12	100	8	27/5-2/6 (9/6)	{28/6}	
40602262 (CW0375)	15/7-6/8 (excl. 5/8)	M,Th,F	15:00-16:00	Kennedy Town SP	9-12	100	8	27/5-2/6 (9/6)	{28/6}	
40602275 (CW0385)	16/7-6/8	M,W,F	18:00-19:00	Sun Yat Sen Memorial Park SP	9-12	100	8	27/5-2/6 (9/6)	{28/6}	
Front Crawl Training Course for Youth (I)										
40602277 (CW0386)	16/7-6/8	M,W,F	11:00-12:00	Sun Yat Sen Memorial Park SP	13-17	100	8	27/5-2/6 (9/6)	{28/6}	
Front Crawl TC for Children (II)										
40602273 (CW0383)	16/7-6/8	M,W,F	14:00-15:00	Sun Yat Sen Memorial Park SP	5-8	100	8	27/5-2/6 (9/6)	{28/6}	
40602287 (CW0394)	27/7-26/8	Tu,Th	17:00-18:00	Sun Yat Sen Memorial Park SP	5-8	100	8	7/6-14/6 (18/6)	{6/7}	
Front Crawl Training Course for Junior (II)										
40602288 (CW0395)	27/7-26/8	Tu,Th	7:00-8:00	Sun Yat Sen Memorial Park SP	9-12	100	8	7/6-14/6 (18/6)	{6/7}	
Front Crawl Training Course for Youth (II)										
40602278 (CW0387)	16/7-6/8	M,W,F	10:00-11:00	Sun Yat Sen Memorial Park SP	13-17	100	8	27/5-2/6 (9/6)	{28/6}	
Backstroke TC for Junior & Youth (III)										
40602291 (CW0397)	29/7-31/8	Tu,Th	8:00-9:00	Sun Yat Sen Memorial Park SP	0-17	100	8	7/6-14/6 (18/6)	{6/7}	
Breaststroke TC for Junior & Youth (III)										
40602269 (CW0380)	16/7-6/8	M,W,F	15:00-16:00	Sun Yat Sen Memorial Park SP	0-17	100	8	27/5-2/6 (9/6)	{28/6}	
40602292 (CW0398)	29/7-31/8	Tu,Th	18:00-19:00	Sun Yat Sen Memorial Park SP	0-17	100	8	7/6-14/6 (18/6)	{6/7}	
Breaststroke Training Course for Adult (III)										
40602265 (CW0378)	16/7-6/8	M,W,F	7:00-8:00	Sun Yat Sen Memorial Park SP	18+	100	8	27/5-2/6 (9/6)	{28/6}	
Butterfly TC for Junior & Youth (III)										
40602293 (CW0399)	29/7-31/8	Tu,Th	9:00-10:00	Sun Yat Sen Memorial Park SP	0-17	100	8	7/6-14/6 (18/6)	{6/7}	
Front Crawl TC for Junior & Youth (III)										
40602274 (CW0384)	16/7-6/8	M,W,F	14:00-15:00	Sun Yat Sen Memorial Park SP	0-17	100	8	27/5-2/6 (9/6)	{28/6}	
40602296 (CW0401)	29/7-31/8	Tu,Th	19:00-20:00	Sun Yat Sen Memorial Park SP	0-17	100	8	7/6-14/6 (18/6)	{6/7}	
Front Crawl Training Course for Adult (III)										
40602294 (CW0400)	29/7-31/8	Tu,Th	20:00-21:00	Sun Yat Sen Memorial Park SP	18+	100	8	7/6-14/6 (18/6)	{6/7}	
Aerobic Dance Training Course										
40602791 (CW0432)	12/7-6/8	M,W,F	18:00-19:00	Hong Kong Park SC	14+	65	15	3/6		
40602792 (CW0433)	12/7-6/8	M,W,F	19:00-20:00	Hong Kong Park SC	14+	65	15	3/6		
40602805 (CW0451)	9/7-9/8 (excl. 19/7,2/8)	M,W,F	7:00-8:00	Sheung Wan SC	14+	65	15	1/6		
40602806 (CW0452)	9/7-9/8 (excl. 19/7,2/8)	M,W,F	9:00-10:00	Sheung Wan SC	14+	65	15	1/6		
40602807 (CW0453)	20/7-26/8	Tu,Th	8:00-9:00	Sheung Wan SC	14+	65	15	7/6		
40602808 (CW0454)	20/7-26/8	Tu,Th	9:00-10:00	Sheung Wan SC	14+	65	15	7/6		
40602809 (CW0455)	26/7-20/8	M,W,F	18:00-19:00	Sheung Wan SC	14+	65	15	26/5-31/5 (8/6)	{29/6}	
40602810 (CW0456)	26/7-20/8	M,W,F	19:00-20:00	Sheung Wan SC	14+	65	15	26/5-31/5 (8/6)	{29/6}	

40602811 (CW0457)	27/7-2/9	Tu,Th	13:00-14:00	Sheung Wan SC	14+	65	15	7/6	 
40602877 (CW0523)	21/7-16/8	M,W,F	10:00-11:00	Smithfield SC	14+	65	15	10/6	 
40602878 (CW0524)	21/7-16/8	M,W,F	11:00-12:00	Smithfield SC	14+	65	15	10/6	 
40602879 (CW0525)	29/7-7/9	Tu,Th	18:00-19:00	Smithfield SC	14+	65	15	18/6	 
40602880 (CW0526)	29/7-7/9	Tu,Th	19:00-20:00	Smithfield SC	14+	65	15	18/6	 
Baduanjin Training Course									
40602815 (CW0461)	27/7-2/9	Tu,Th	14:00-15:00	Sheung Wan SC	8+	80	15	9/6	 
40602816 (CW0462)	27/7-2/9	Tu,Th	15:00-16:00	Sheung Wan SC	8+	80	15	9/6	 
40602893 (CW0539)	21/7-27/8	W,F	11:00-12:00	Smithfield SC	8+	80	15	7/6	 
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>									
40602822 (CW0468)	12/7-6/8	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	15	@7/6	 
40602823 (CW0469)	12/7-6/8	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	15	@7/6	 
40602824 (CW0470)	14/7-9/8	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	15	@9/6	 
40602825 (CW0471)	14/7-9/8	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	15	@9/6	 
40602826 (CW0472)	27/7-2/9	Tu,Th	12:00-13:00	Sheung Wan SC	15+	75	15	@15/6	 
Hydro Fitness Training Course									
40602257 (CW0370)	6/7-19/8	Tu,Th	19:00-20:00	Kennedy Town SP	14+	80	8	27/5-2/6 (9/6){28/6}	
Jazz Training Course									
40602827 (CW0473)	6/7-7/9	Tu	20:00-22:00	Sheung Wan SC	12+	70	15	11/6	 
Social Dance Training Course									
40602797 (CW0438)	15/7-16/9	Th	7:00-9:00	Hong Kong Park SC	14+	86	16	8/6	 
40602831 (CW0477)	15/7-16/9	Th	18:00-20:00	Sheung Wan SC	14+	86	16	26/5-31/5 (8/6) {30/6}	
40602895 (CW0541)	15/7-16/9	Th	20:00-22:00	Smithfield SC	14+	86	16	26/5-31/5 (8/6) {30/6}	
40602896 (CW0542)	19/7-20/9	M	14:00-16:00	Smithfield SC	14+	86	16	26/5-31/5 (8/6) {30/6}	
Tai Chi Made Easy Class									
40602911 (CW0557)	5/7-30/7	M,W,F	7:00-8:00	Blake Garden	6+	54	15	15/6	 
40602912 (CW0558)	5/7-30/7	M,W,F	8:00-9:00	Blake Garden	6+	54	15	15/6	 
40602913 (CW0559)	5/7-30/7	M,W,F	7:30-8:30	Pokfulam RD. PG	6+	54	15	15/6	 
Western Folk Dance Training Course									
40602835 (CW0481)	15/7-16/9	Th	20:00-22:00	Sheung Wan SC	8+	45	15	26/5-31/5 (8/6) {30/6}	
Wushu Training Course for Children									
40602908 (CW0554)	19/7-16/8	M,Th	10:00-12:00	Smithfield SC	6-14	86	10	26/5-31/5 (8/6) {30/6}	
Yoga Training Course									
40602801 (CW0442)	10/7-9/10 (excl. 4/9,11/9,18/9,25/9)	Sa	14:00-16:00	Hong Kong Park SC	15+	85	15	26/5-31/5 (8/6) {30/6}	
40602836 (CW0482)	17/7-18/9	Sa	11:00-13:00	Sheung Wan SC	15+	85	15	26/5-31/5 (8/6) {30/6}	
40602909 (CW0555)	14/7-13/8	W,F	9:00-11:00	Smithfield SC	15+	85	15	26/5-31/5 (8/6) {30/6}	
Briefing on Proper Ways to Use Fitness Equipment									
40602821 (CW0467)	22/7	Th	18:00-21:00	Sheung Wan SC (11/F)	15+	Free	12	26/5-31/5 (8/6) {29/6}	
Stress Management and Physical Relaxation Training Course									
40602899 (CW0545)	24/7-23/10	Sa	10:00-11:00	Smithfield SC	14+	80	15	17/6	 
40602900 (CW0546)	24/7-23/10	Sa	11:00-12:00	Smithfield SC	14+	80	15	17/6	 
Body-Mind Stretch Training Course									
40602817 (CW0463)	23/7-30/8	M,F	20:00-21:00	Sheung Wan SC	15+	85	12	26/5-31/5 (8/6) {29/6}	
40602818 (CW0464)	23/7-30/8	M,F	21:00-22:00	Sheung Wan SC	15+	85	12	26/5-31/5 (8/6) {29/6}	
Archery Fun Day									
40602885 (CW0531)	1/7	Th	9:30-11:30	Smithfield SC	12+	Free	6	1/6	 
40602886 (CW0532)	1/7	Th	11:30-13:30	Smithfield SC	12+	Free	6	1/6	 
Archery Training Course									
40602887 (CW0533)	4/7-12/9 (excl. 1/8)	Su	9:30-11:30	Smithfield SC	12+	70	6	26/5-31/5 (8/6) {29/6}	
40602888 (CW0534)	4/7-12/9 (excl. 1/8)	Su	11:30-13:30	Smithfield SC	12+	70	6	26/5-31/5 (8/6) {29/6}	
40602889 (CW0535)	10/7-11/9	Sa	9:30-11:30	Smithfield SC	12+	70	6	26/5-31/5 (8/6) {29/6}	
40602890 (CW0536)	10/7-11/9	Sa	11:30-13:30	Smithfield SC	12+	70	6	26/5-31/5 (8/6) {29/6}	
Archery Training Course for Children									
40602891 (CW0537)	16/7-6/8	M,W,F	12:30-14:30	Smithfield SC	6-11	70	6	26/5-31/5 (8/6) {29/6}	
40602892 (CW0538)	16/7-6/8	M,W,F	14:30-16:30	Smithfield SC	6-11	70	6	26/5-31/5 (8/6) {29/6}	
Badminton Training Course									
40602794 (CW0435)	19/7-27/8 (excl. 9/8,13/8)	M,F	18:00-20:00	Hong Kong Park SC	7+	118	12	26/5-31/5 (8/6) {29/6}	
40602795 (CW0436)	21/7-27/8 (excl. 11/8,13/8)	W,F	7:00-9:00	Hong Kong Park SC	7+	118	12	26/5-31/5 (8/6) {29/6}	

40602813 (CW0459)	6/7-5/8	Tu,Th	9:00-11:00	Sheung Wan SC	7+	118	12	26/5-31/5 (8/6) {29/6}	✉
40602814 (CW0460)	14/7-29/9 (excl. 18/8,22/9)	W	12:00-14:00	Sheung Wan SC	7+	118	12	26/5-31/5 (8/6) {29/6}	✉

Parent-child(Aged 7-17) Badminton Training Course

40602812 (CW0458)	3/7-7/8	Sa	11:00-13:00	Sheung Wan SC	7+	73	12	26/5-31/5 (8/6) {29/6}	✉
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Mini-tennis Training Course for Children

40602829 (CW0475)	16/7-25/8 (excl. 18/8,20/8)	W,F	10:00-12:00	Sheung Wan SC	6-9	70	8	26/5-31/5 (8/6) {30/6}	✉
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Mini-tennis Training Course for Children & Junior

40602828 (CW0474)	3/7-4/9	Sa	9:00-11:00	Sheung Wan SC	6-12	70	8	26/5-31/5 (8/6) {30/6}	✉
40602830 (CW0476)	16/7-25/8 (excl. 18/8,20/8)	W,F	14:00-16:00	Sheung Wan SC	6-12	70	8	26/5-31/5 (8/6) {30/6}	✉

Squash Training Course for Children

40602798 (CW0439)	12/7-28/7	M,W,F	16:00-18:00	Hong Kong Squash Centre	7-11	160	6	26/5-31/5 (8/6) {30/6}	✉
40602832 (CW0478)	21/7-13/8	W,F	14:00-16:00	Sheung Wan SC	7-11	160	6	26/5-31/5 (8/6) {30/6}	✉

Squash Training Course for Youth

40602799 (CW0440)	13/7-29/7	Tu,Th,Sa	14:00-16:00	Hong Kong Squash Centre	12-17	160	6	26/5-31/5 (8/6) {30/6}	✉
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Table-tennis Fun Day

40602902 (CW0548)	2/7-30/7	W,F	10:00-11:00	Smithfield SC	6+	Free	12	2/7-30/7	Walk-in
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Table-tennis TC for Children

40602834 (CW0480)	20/7-26/8 (excl. 17/8,19/8)	Tu,Th	13:00-15:00	Sheung Wan SC	6-13	86	12	26/5-31/5 (8/6) {30/6}	✉
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Table-tennis Training Course

40602833 (CW0479)	17/7-18/9	Sa	14:00-16:00	Sheung Wan SC	6+	86	12	26/5-31/5 (8/6) {30/6}	✉
40602903 (CW0549)	6/7-5/8	Tu,Th	16:00-18:00	Smithfield SC	14+	86	12	26/5-31/5 (8/6) {30/6}	✉
40602904 (CW0550)	14/7-13/8	W,F	18:00-20:00	Smithfield SC	14+	86	9	26/5-31/5 (8/6) {30/6}	✉

Table-tennis Training Course for Children

40602905 (CW0551)	15/7-26/8 (excl. 27/7,10/8,24/8)	Tu,Th	10:00-12:00	Smithfield SC	6-13	86	12	26/5-31/5 (8/6) {30/6}	✉
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Tennis Training Course

40602915 (CW0561)	13/7-12/8	Tu,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	9	26/5-31/5 (8/6) {30/6}	✉
40602916 (CW0562)	21/7-20/8	W,F	20:00-22:00	Hong Kong Tennis Centre	8+	170	9	26/5-31/5 (8/6) {30/6}	✉

Go TC (Level I)

40602894 (CW0540)	6/7-22/7	Tu,Th	19:00-21:00	Smithfield SC	6+	40	10	2/6	📄 i
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American Pool Training Course (Level I)

40602881 (CW0527)	3/7-24/7	Sa	14:00-16:00	Smithfield SC	8+	120	6	4/6	📄 i
40602882 (CW0528)	3/7-24/7	Sa	16:00-18:00	Smithfield SC	8+	120	6	4/6	📄 i
40602883 (CW0529)	8/7-29/7	Th	18:30-20:30	Smithfield SC	8+	120	6	4/6	📄 i
40602884 (CW0530)	8/7-29/7	Th	20:30-22:30	Smithfield SC	8+	120	6	4/6	📄 i

Water Safety Course for Baby

40602282 (CW0390)	16/7-6/8	M,W,F	15:00-16:00	Sun Yat Sen Memorial Park SP	0-4	100	4	27/5-2/6 (9/6){28/6}	✉
40602289 (CW0396)	27/7-26/8	Tu,Th	9:00-10:00	Sun Yat Sen Memorial Park SP	0-4	100	4	7/6-14/6 (18/6){6/7}	✉

Online Interactive Prog.- Tai Chi

40605522 (CW0583)	2/7-7/7	M,W,F	10:00-11:00	Internet. 30mins before :zoom.us/join	6+	20	50	11/6	📄 i
40605523 (CW0584)	12/7-16/7	M,W,F	10:00-11:00	Internet. 30mins before :zoom.us/join	6+	20	50	21/6	📄 i
40605524 (CW0585)	19/7-23/7	M,W,F	10:00-11:00	Internet. 30mins before :zoom.us/join	6+	20	50	28/6	📄 i

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.

Body-Mind Stretch Fun Day for Persons with Visual Impairment

40602967 (CW0257)	28/7	W	15:00-17:00	Sheung Wan SC	8+	4	20/5	📄 i
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Gateball TS for Persons with Hearing Impairment

40602989 (CW0580)	30/7-27/8 (excl. 20/8)	F	20:00-22:00	Sheung Wan SC	8+	2	20/5	📄 i
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Hydro Fitness Training Programme for Ex-mentally III Persons


40596183 (CW0168)	5/7-12/8	M,Th	17:00-18:00	Kennedy Town SP	14+	5	20/5	📄 i
40596184 (CW0169)	6/7-13/8	Tu,F	17:00-18:00	Kennedy Town SP	14+	5	20/5	📄 i


American Pool TS for Persons with Autism / ADHD


 40602933 (CW0579) 23/7-13/8 F 10:00-12:00 Smithfield SC 8+ 2 20/5  


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 Course for Elderly (I)


 40602279 (CW0388) 16/7-6/8 M,W,F 20:00-21:00 Sun Yat Sen Memorial Park SP 8 27/5-2/6 (9/6) {28/6} 
Swimming Training Course for Elderly (III)

 40602280 (CW0389) 16/7-6/8 M,W,F 8:00-9:00 Sun Yat Sen Memorial Park SP 8 27/5-2/6 (9/6) {28/6} 

 40602297 (CW0402) 29/7-31/8 Tu,Th 7:00-8:00 Sun Yat Sen Memorial Park SP 8 7/6-14/6 (18/6) {6/7} 
Fitness Exercise Training Course for the Elderly

 40602819 (CW0465) 9/7-13/8 (excl. 19/7,2/8) M,W,F 8:00-9:00 Sheung Wan SC 15 26/5-31/5 (8/6) {29/6} 

 40602820 (CW0466) 20/7-2/9 Tu,Th 7:00-8:00 Sheung Wan SC 15 26/5-31/5 (8/6) {29/6} 
Hydro Fitness Training Course for the Elderly

 40602256 (CW0369) 6/7-19/8 Tu,Th 18:00-19:00 Kennedy Town SP 8 27/5-2/6 (9/6) {28/6} 
HES - Table Tennis Self Practice

40602800 (CW0441) 2/7-30/7 F 8:00-10:00 Hong Kong Park SC 12 2/7-30/7 Walk-in

HES - Table-tennis Play-in

40602901 (CW0547) 2/7-30/7 W,F 9:00-10:00 Smithfield SC 12 2/7-30/7 Walk-in