

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



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
Life Saving Training Course(Bronze Medallion)									
40599870 (WC388)	2/7-13/8	M,W,F	19:00-21:00	Wan Chai SP	13+	108	12	14/5-20/5 (27/5) {16/6}	☒
Breaststroke Swimming TC for Adult (I)									
40599829 (WC377)	6/7-5/8	Tu,Th	7:00-8:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599872 (WC392)	8/7-10/8	Tu,Th	21:00-22:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599877 (WC398)	2/7-23/7	M,W,F	20:00-21:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599887 (WC405)	5/7-26/7	M,W,F	7:00-8:00	Victoria Park SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599914 (WC423)	6/7-27/7	Tu,Th,F	20:00-21:00	Victoria Park SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
Breaststroke Swimming TC for Children (I)									
40599841 (WC381)	5/7-26/7	M,Tu,Th	13:00-14:00	Morrison Hill SP	5-8	100	8	14/5-20/5 (27/5) {16/6}	☒
40599898 (WC414)	2/7-20/7	Tu,W,Th,F	15:00-16:00	Victoria Park SP	7-8	100	8	14/5-20/5 (27/5) {16/6}	☒
Breaststroke Swimming TC for Junior (I)									
40599847 (WC383)	5/7-26/7	M,Tu,Th	15:00-16:00	Morrison Hill SP	9-12	100	8	14/5-20/5 (27/5) {16/6}	☒
40599907 (WC416)	2/7-20/7	Tu,W,Th,F	16:00-17:00	Victoria Park SP	9-12	100	8	14/5-20/5 (27/5) {16/6}	☒
Front Crawl Swimming TC for Adult (I)									
40599876 (WC395)	5/7-26/7	M,W,F	9:00-10:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599879 (WC399)	2/7-23/7	M,W,F	21:00-22:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599882 (WC402)	30/7-20/8	M,W,F	9:00-10:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599889 (WC407)	5/7-26/7	M,W,F	8:00-9:00	Victoria Park SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599913 (WC422)	6/7-27/7	Tu,Th,F	19:00-20:00	Victoria Park SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
Front Crawl Swimming TC for Children (I)									
40599843 (WC382)	5/7-26/7	M,Tu,Th	14:00-15:00	Morrison Hill SP	5-8	100	8	14/5-20/5 (27/5) {16/6}	☒
40599909 (WC418)	2/7-20/7	Tu,W,Th,F	17:00-18:00	Victoria Park SP	7-8	100	8	14/5-20/5 (27/5) {16/6}	☒
Front Crawl Swimming TC for Children (II)									
40599920 (WC429)	21/7-5/8	Tu,W,Th,F	17:00-18:00	Victoria Park SP	7-8	100	10	14/5-20/5 (27/5) {16/6}	☒
Front Crawl Swimming TC for Junior (I)									
40599852 (WC384)	5/7-26/7	M,Tu,Th	16:00-17:00	Morrison Hill SP	9-12	100	8	14/5-20/5 (27/5) {16/6}	☒
40599908 (WC417)	2/7-20/7	Tu,W,Th,F	16:00-17:00	Victoria Park SP	9-12	100	8	14/5-20/5 (27/5) {16/6}	☒
40599910 (WC419)	6/7-27/7	Tu,Th,F	18:00-19:00	Victoria Park SP	9-12	100	8	14/5-20/5 (27/5) {16/6}	☒
40599918 (WC427)	21/7-5/8	Tu,W,Th,F	16:00-17:00	Victoria Park SP	9-12	100	8	14/5-20/5 (27/5) {16/6}	☒
40599921 (WC430)	21/7-5/8	Tu,W,Th,F	17:00-18:00	Victoria Park SP	9-12	100	8	14/5-20/5 (27/5) {16/6}	☒
Front Crawl Swimming TC for Youth&Adult (I)									
40599911 (WC420)	6/7-27/7	Tu,Th,F	18:00-19:00	Victoria Park SP	13+	100	8	14/5-20/5 (27/5) {16/6}	☒
Water Safety Course for Baby									
40599837 (WC380)	6/7-5/8	Tu,Th	10:00-11:00	Morrison Hill SP	0-4	100	4	14/5-20/5 (27/5) {16/6}	☒
40599906 (WC415)	2/7-20/7	Tu,W,Th,F	15:00-16:00	Victoria Park SP	0-4	100	8	14/5-20/5 (27/5) {16/6}	☒
Breaststroke Swimming TC for Adult (II)									
40599835 (WC379)	6/7-5/8	Tu,Th	9:00-10:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599875 (WC394)	5/7-26/7	M,W,F	8:00-9:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599883 (WC403)	28/7-18/8	M,W,F	20:00-21:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599912 (WC421)	6/7-27/7	Tu,Th,F	19:00-20:00	Victoria Park SP	18+	100	10	14/5-20/5 (27/5) {16/6}	☒
Front Crawl Swimming TC for Adult (II)									
40599871 (WC391)	8/7-10/8	Tu,Th	20:00-21:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599885 (WC404)	28/7-18/8	M,W,F	21:00-22:00	Morrison Hill SP	18+	100	8	14/5-20/5 (27/5) {16/6}	☒
40599915 (WC424)	6/7-27/7	Tu,Th,F	20:00-21:00	Victoria Park SP	18+	100	10	14/5-20/5 (27/5) {16/6}	☒
Front Crawl Swimming TC for Junior (II)									
40599919 (WC428)	21/7-5/8	Tu,W,Th,F	16:00-17:00	Victoria Park SP	9-12	100	10	14/5-20/5 (27/5) {16/6}	☒
Backstroke Swimming TC(age 17 or below)									
40599891 (WC409)	5/7-28/7 (excl. 9/7)	M,W,F	9:00-10:00	Victoria Park SP	0-17	100	8	14/5-20/5 (27/5) {16/6}	☒


Breaststroke Swimming TC(III)(age17or below)										
40599858 (WC385)	8/7-10/8	Tu,Th	16:00-17:00	Wan Chai SP	0-17	100	8	14/5-20/5 (27/5) {16/6}		
Butterfly Swimming Training Course										
40599868 (WC387)	8/7-10/8	Tu,Th	18:00-19:00	Wan Chai SP	18+	100	8	14/5-20/5 (27/5) {16/6}		
Front Crawl Swimming TC(III)(age 17 or below)										
40599860 (WC386)	8/7-10/8	Tu,Th	17:00-18:00	Wan Chai SP	0-17	100	8	14/5-20/5 (27/5) {16/6}		
Aerobic Dance Training Course										
40599664 (WC281)	21/7-30/8	M,W	18:00-19:00	Harbour RD. SC	14+	65	15	25/6		
40599665 (WC282)	21/7-30/8	M,W	19:00-20:00	Harbour RD. SC	14+	65	15	25/6		
40599666 (WC283)	15/7-24/8	Tu,Th	18:00-19:00	Harbour RD. SC	14+	65	15	18/5-24/5 (2/6) {25/6}		
40599667 (WC284)	15/7-24/8	Tu,Th	19:00-20:00	Harbour RD. SC	14+	65	15	18/5-24/5 (2/6) {25/6}		
40599668 (WC285)	16/7-25/8	W,F	7:30-8:30	Harbour RD. SC	14+	65	15	17/6		
40599693 (WC302)	2/7-4/8 (excl. 5/7,19/7,2/8)	M,W,F	9:00-10:00	Lockhart RD. SC	14+	65	15	2/6		
40599694 (WC303)	2/7-4/8 (excl. 5/7,19/7,2/8)	M,W,F	10:00-11:00	Lockhart RD. SC	14+	65	15	2/6		
40599731 (WC332)	19/7-13/8	M,W,F	18:00-19:00	Lockhart RD. SC	14+	65	15	22/6		
40599733 (WC333)	19/7-13/8	M,W,F	19:00-20:00	Lockhart RD. SC	14+	65	15	22/6		
40599734 (WC334)	20/7-26/8	Tu,Th	7:00-8:00	Lockhart RD. SC	14+	65	15	23/6		
40599736 (WC335)	20/7-26/8	Tu,Th	8:00-9:00	Lockhart RD. SC	14+	65	15	23/6		
Children Dance Training Course										
40599678 (WC292)	12/7-12/8	M,Th	14:00-16:00	Harbour RD. SC	4-11	60	10	18/5-24/5 (2/6) {25/6}		
40599720 (WC323)	11/7-19/9 (excl. 1/8)	Su	9:00-11:00	Lockhart RD. SC	4-11	60	10	11/6		
Fitness Exercise Training Course										
40599705 (WC310)	6/7-5/8	Tu,Th,Sa	11:00-12:00	Lockhart RD. SC	14+	80	15	18/5-24/5 (2/6) {25/6}		
Online Interactive Prog.-Parent-child Fitness										
40605508 (WC551)	10/7-24/7	Sa	14:30-15:30	Internet. 30mins before :zoom.us/join	3+	20	50	19/6		
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>										
40599709 (WC314)	9/7-9/8 (excl. 19/7,2/8)	M,W,F	7:00-8:00	Lockhart RD. SC	15+	75	10	@9/6		
40599710 (WC315)	9/7-9/8 (excl. 19/7,2/8)	M,W,F	8:00-9:00	Lockhart RD. SC	15+	75	10	@9/6		
40599712 (WC316)	9/7-9/8 (excl. 19/7,2/8)	M,W,F	9:00-10:00	Lockhart RD. SC	15+	75	10	@9/6		
40599713 (WC317)	9/7-9/8 (excl. 19/7,2/8)	M,W,F	10:00-11:00	Lockhart RD. SC	15+	75	10	@9/6		
40599725 (WC327)	15/7-24/8	Tu,Th	18:00-19:00	Lockhart RD. SC	15+	75	10	@17/6		
40599726 (WC328)	15/7-24/8	Tu,Th	19:00-20:00	Lockhart RD. SC	15+	75	10	@17/6		
40599727 (WC329)	15/7-24/8	Tu,Th	20:00-21:00	Lockhart RD. SC	15+	75	10	@17/6		
40599728 (WC330)	15/7-24/8	Tu,Th	21:00-22:00	Lockhart RD. SC	15+	75	10	@17/6		
40599737 (WC336)	28/7-23/8	M,W,F	15:00-16:00	Lockhart RD. SC	15+	75	10	@28/6		
40599738 (WC337)	28/7-23/8	M,W,F	16:00-17:00	Lockhart RD. SC	15+	75	10	@28/6		
40599739 (WC338)	28/7-23/8	M,W,F	17:00-18:00	Lockhart RD. SC	15+	75	10	@28/6		
Hydro Fitness Training Course										
40599902 (WC389)	8/7-24/8	Tu,Th	18:00-19:00	Morrison Hill SP	14+	80	12	14/5-20/5 (27/5) {16/6}		
40599903 (WC390)	8/7-24/8	Tu,Th	19:00-20:00	Morrison Hill SP	14+	80	12	14/5-20/5 (27/5) {16/6}		
40599904 (WC396)	2/7-2/8	M,W,F	18:00-19:00	Morrison Hill SP	14+	80	12	14/5-20/5 (27/5) {16/6}		
40599905 (WC397)	2/7-2/8	M,W,F	19:00-20:00	Morrison Hill SP	14+	80	12	14/5-20/5 (27/5) {16/6}		
Jazz Training Course										
40599669 (WC286)	13/7-14/9	Tu	10:00-12:00	Harbour RD. SC	12+	70	15	18/5-24/5 (2/6) {25/6}		
40599724 (WC326)	14/7-15/9	W	20:00-22:00	Lockhart RD. SC	12+	70	15	18/5-24/5 (2/6) {25/6}		
Oriental Dance Training Course										
40599708 (WC313)	9/7-10/9	F	20:00-22:00	Lockhart RD. SC	12+	45	15	18/5-24/5 (2/6) {25/6}		
Social Dance Training Course										
40599706 (WC311)	6/7-5/8	Tu,Th	20:00-22:00	Lockhart RD. SC	14+	86	16	18/5-24/5 (2/6) {25/6}		
40599717 (WC320)	10/7-11/9	Sa	20:00-22:00	Lockhart RD. SC	14+	86	16	18/5-24/5 (2/6) {25/6}		
40599767 (WC353)	6/7-6/8	Tu,F	19:00-21:00	Wong Nai Chung SC	14+	86	12	18/5-24/5 (2/6) {25/6}		
Tai Chi Made Easy Class										
40599785 (WC371)	3/7-29/7	Tu,Th,Sa	7:00-8:00	Lockhart RD. PG	6+	54	15	1/6		
Western Folkdance Training Course										

40599773 (WC359)	3/7-4/9	Sa	14:00-16:00	Wong Nai Chung SC	8+	45	15	18/5-24/5 (2/6) {25/6}	✉
40599774 (WC360)	3/7-4/9	Sa	16:00-18:00	Wong Nai Chung SC	8+	45	15	18/5-24/5 (2/6) {25/6}	✉
Wushu Training Course for Children									
40599722 (WC324)	11/7-12/9 (excl. 1/8)	Su	11:00-13:00	Lockhart RD. SC	6-14	86	10	11/6	📄 i
Yoga Training Course									
40599670 (WC287)	10/7-11/9	Sa	10:00-12:00	Harbour RD. SC	15+	85	15	18/5-24/5 (2/6) {25/6}	✉
40599697 (WC305)	5/7-26/7	M,W,F	14:00-16:00	Lockhart RD. SC	15+	85	20	18/5-24/5 (2/6) {25/6}	✉
40599718 (WC321)	10/7-11/9	Sa	7:00-9:00	Lockhart RD. SC	15+	85	20	18/5-24/5 (2/6) {25/6}	✉
40599719 (WC322)	10/7-11/9	Sa	18:00-20:00	Lockhart RD. SC	15+	85	20	18/5-24/5 (2/6) {25/6}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40599696 (WC304)	4/7	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	18/5-24/5 (2/6) {25/6}	✉
40599716 (WC319)	11/7	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	18/5-24/5 (2/6) {25/6}	✉
40599730 (WC331)	18/7	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	18/5-24/5 (2/6) {25/6}	✉
Body-Mind Stretch Training Course									
40599757 (WC343)	2/7-11/8	W,F	14:00-15:00	Wong Nai Chung SC	15+	85	12	2/6	📄 i
Parent-child(Aged 7-17) Badminton Fun Day									
40599763 (WC349)	20/7	Tu	9:00-10:00	Wong Nai Chung SC	7+	Free	9	21/6	👤
40599764 (WC350)	20/7	Tu	10:00-11:00	Wong Nai Chung SC	7+	Free	9	21/6	👤
Badminton Training Course									
40599671 (WC288)	2/7-4/8	W,F	7:00-9:00	Harbour RD. SC	7+	118	12	18/5-24/5 (2/6) {25/6}	✉
40599674 (WC289)	2/7-4/8	W,F	18:00-20:00	Harbour RD. SC	7+	118	12	18/5-24/5 (2/6) {25/6}	✉
40599698 (WC306)	6/7-5/8	Tu,Th	9:00-11:00	Lockhart RD. SC	7+	118	9	18/5-24/5 (2/6) {25/6}	✉
40599700 (WC307)	6/7-5/8	Tu,Th	18:00-20:00	Lockhart RD. SC	7+	118	9	18/5-24/5 (2/6) {25/6}	✉
40599754 (WC340)	2/7-10/8 (excl. 20/7,23/7)	Tu,F	9:00-11:00	Wong Nai Chung SC	7+	118	9	18/5-24/5 (2/6) {25/6}	✉
40599755 (WC341)	5/7-5/8	M,Th	19:00-21:00	Wong Nai Chung SC	7+	118	9	18/5-24/5 (2/6) {25/6}	✉
Parent-child(Aged 7-17) Badminton TC									
40599765 (WC351)	4/7-15/8 (excl. 1/8)	Su	11:00-13:00	Wong Nai Chung SC	7+	73	9	18/5-24/5 (2/6) {25/6}	✉
Badminton Training Course For Children									
40599679 (WC293)	7/7-28/7	M,W,F	14:00-16:00	Harbour RD. SC	7-11	118	12	18/5-24/5 (2/6) {25/6}	✉
40599723 (WC325)	12/7-11/8	M,W	14:00-16:00	Lockhart RD. SC	7-11	118	9	18/5-24/5 (2/6) {25/6}	✉
Mini-tennis Training Course									
40599761 (WC347)	6/7-5/8	Tu,Th	14:00-16:00	Wong Nai Chung SC	6-9	70	6	18/5-24/5 (2/6) {25/6}	✉
40599762 (WC348)	6/7-5/8	Tu,Th	16:00-18:00	Wong Nai Chung SC	6-9	70	6	18/5-24/5 (2/6) {25/6}	✉
Squash Training Course									
40599677 (WC291)	2/7-28/7	W,F	7:00-9:00	Harbour RD. SC	7+	160	6	2/6	📄 i
Squash Training Course for Junior									
40599769 (WC355)	6/7-29/7	Tu,Th	9:00-11:00	Wong Nai Chung SC	7-17	160	4	18/5-24/5 (2/6) {25/6}	✉
Table-tennis Tr. Cr. for Children (Low Table)									
40599684 (WC297)	13/7-12/8	Tu,Th	9:00-10:30	Harbour RD. SC	6-9	86	10	18/5-24/5 (2/6) {25/6}	✉
40599685 (WC298)	13/7-12/8	Tu,Th	10:30-12:00	Harbour RD. SC	6-9	86	10	18/5-24/5 (2/6) {25/6}	✉
40599771 (WC357)	12/7-13/8	M,F	11:00-12:30	Wong Nai Chung SC	6-9	86	10	18/5-24/5 (2/6) {25/6}	✉
Table-tennis Training Course									
40599770 (WC356)	6/7-5/8	Tu,Th	17:00-19:00	Wong Nai Chung SC	6+	86	9	7/6	📄 i
Table-tennis Training Course For Junior									
40599680 (WC294)	12/7-2/8	M,W,F	14:00-16:00	Harbour RD. SC	6-13	86	12	18/5-24/5 (2/6) {25/6}	✉
40599681 (WC295)	12/7-2/8	M,W,F	16:00-18:00	Harbour RD. SC	6-13	86	12	18/5-24/5 (2/6) {25/6}	✉
40599682 (WC296)	13/7-12/8	Tu,Th	14:00-16:00	Harbour RD. SC	6-13	86	12	18/5-24/5 (2/6) {25/6}	✉
40599772 (WC358)	13/7-12/8	Tu,Th	10:00-12:00	Wong Nai Chung SC	6-13	86	9	18/5-24/5 (2/6) {25/6}	✉
Tennis Training Course									
40599775 (WC361)	5/7-5/8	M,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	9	18/5-24/5 (2/6) {25/6}	✉
40599777 (WC363)	19/7-19/8	M,Th	7:00-9:00	Hong Kong Tennis Centre	8+	170	9	16/6	📄 i
40599779 (WC365)	14/7-13/8	W,F	9:00-11:00	Hong Kong Tennis Centre	8+	170	9	16/6	📄 i
40599780 (WC366)	14/7-13/8	W,F	19:00-21:00	Hong Kong Tennis Centre	8+	170	9	16/6	📄 i
Go Tr. Cr. For Children (Level I)									
40599687 (WC299)	3/7-7/8	Sa	14:00-16:00	Harbour RD. SC	6-10	40	10	18/5-24/5 (2/6) {25/6}	✉
Basketball Training Course									
40599756 (WC342)	12/7-2/8	M,W,F	15:00-17:00	Wong Nai Chung SC	10+	75	15	18/5-24/5 (2/6) {25/6}	✉

Indoor Gateball Training Course for Adult

40599707 (WC312)	7/7-25/8	W	19:00-21:00	Lockhart RD. SC	20+	54	7	7/6	 
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Volleyball Training Course

40599675 (WC290)	3/7-4/8	W,Sa	9:00-11:00	Harbour RD. SC	10+	70	15	18/5-24/5 (2/6) {25/6}	
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Parent-child Summer Fun

40599766 (WC352)	23/7	F	9:00-11:00	Wong Nai Chung SC	7+	Free	15	21/6	
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Community Garden Programme

40593045 (WC195)	17/7-14/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Wan Chai Park Community Garden	12+	400	8	18/5-24/5 (2/6) {25/6}	
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Good Fit Training Scheme - Seminar

40599789 (WC375)	11/7	Su	10:30-12:00	Lockhart RD. SC	14+	Free	50	9/6	 
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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 <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.

Basketball TS for Pers w Intellec. Disability



40599783 (WC369)	3/7-24/7	Sa	10:00-12:00	Lockhart RD. SC	10+	2	4/6	 
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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 <small>(Balloting) { Open Enrollment for Remaining Quota }</small>	Enrolment Method
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Swimming TC for Elderly (I)

40599874 (WC393)	5/7-26/7	M,W,F	7:00-8:00	Morrison Hill SP	8	14/5-20/5 (27/5) {16/6}	
40599881 (WC401)	30/7-20/8	M,W,F	8:00-9:00	Morrison Hill SP	8	14/5-20/5 (27/5) {16/6}	
40599888 (WC406)	5/7-26/7	M,W,F	7:00-8:00	Victoria Park SP	8	14/5-20/5 (27/5) {16/6}	

Swimming TC for Elderly (II)

40599832 (WC378)	6/7-5/8	Tu,Th	8:00-9:00	Morrison Hill SP	8	14/5-20/5 (27/5) {16/6}	
40599880 (WC400)	30/7-20/8	M,W,F	7:00-8:00	Morrison Hill SP	8	14/5-20/5 (27/5) {16/6}	
40599890 (WC408)	5/7-26/7	M,W,F	8:00-9:00	Victoria Park SP	10	14/5-20/5 (27/5) {16/6}	

Elderly Fitness Exercise Training Course

40599702 (WC308)	6/7-5/8	Tu,Th,Sa	9:00-10:00	Lockhart RD. SC	15	18/5-24/5 (2/6) {25/6}	
40599704 (WC309)	6/7-5/8	Tu,Th,Sa	10:00-11:00	Lockhart RD. SC	15	18/5-24/5 (2/6) {25/6}	
40599758 (WC344)	5/7-11/8 (excl. 7/7,21/7,4/8)	M,W,F	8:00-9:00	Wong Nai Chung SC	15	18/5-24/5 (2/6) {25/6}	
40599759 (WC345)	5/7-11/8 (excl. 7/7,21/7,4/8)	M,W,F	9:00-10:00	Wong Nai Chung SC	15	18/5-24/5 (2/6) {25/6}	
40599760 (WC346)	5/7-11/8 (excl. 7/7,21/7,4/8)	M,W,F	10:00-11:00	Wong Nai Chung SC	15	18/5-24/5 (2/6) {25/6}	


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.

40599714 (WC318)	9/7-9/8 (excl. 19/7,2/8)	M,W,F	11:00-12:00	Lockhart RD. SC	10	@18/5-24/5 (2/6){25/6}	
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Social Dance Tr.Cr. for Elderly

40599768 (WC354)	6/7-5/8	Tu,Th	13:00-15:00	Wong Nai Chung SC	12	18/5-24/5 (2/6) {25/6}	
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