

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

**Eastern District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Long Distance Running TC</b>									
40600033 (EN0504)	9/7-10/9	F	19:00-21:00	Siu Sai Wan SG	16+	130	20	7/6	
<b>Life-saving Training Course (Bronze Medallion)</b>									
40595602 (ENLS04)	30/7-28/8	M,W,F,Sa	19:00-21:00	Chai Wan SP (Main Pool MP)	13+	108	12	4/6	
40595604 (ENLS05)	6/7-2/9	Tu,Th	19:00-21:00	Chai Wan SP (Main Pool MP)	13+	108	12	4/6	
<b>Breaststroke Training Course for Adult (Level I)</b>									
40595506 (ENAB08)	7/7-28/7	M,W,F	8:00-9:00	Chai Wan SP (Training Pool T3)	18+	100	6	20/5-23/5 (3/6) {24/6}	
40595507 (ENAB09)	8/7-29/7	Tu,Th,Sa	7:00-8:00	Chai Wan SP (Training Pool T3)	18+	100	6	20/5-23/5 (3/6) {24/6}	
<b>Breaststroke Training Course for Children (Level I)</b>									
40595336 (ENCB01)	14/7-26/7 (excl. 20/7)	M,Tu,W,Th,F,Sa	17:00-18:00	Chai Wan SP (Training Pool T1)	5-8	100	6	20/5-23/5 (3/6) {24/6}	
<b>Breaststroke Training Course for Junior (Level I)</b>									
40595423 (ENJB01)	14/7-26/7 (excl. 20/7)	M,Tu,W,Th,F,Sa	16:00-17:00	Chai Wan SP (Training Pool T2)	9-12	100	6	20/5-23/5 (3/6) {24/6}	
<b>Front Crawl Training Course for Adult (Level I)</b>									
40595500 (ENA012)	7/7-28/7	M,W,F	7:00-8:00	Chai Wan SP (Training Pool T3)	18+	100	6	20/5-23/5 (3/6) {24/6}	
40595501 (ENA013)	7/7-28/7	M,W,F	8:00-9:00	Chai Wan SP (Training Pool T3)	18+	100	6	20/5-23/5 (3/6) {24/6}	
40595503 (ENA014)	7/7-28/7	M,W,F	19:00-20:00	Chai Wan SP (Training Pool T3)	18+	100	6	20/5-23/5 (3/6) {24/6}	
40595505 (ENA016)	8/7-29/7	Tu,Th,Sa	8:00-9:00	Chai Wan SP (Training Pool T3)	18+	100	6	20/5-23/5 (3/6) {24/6}	
<b>Front Crawl Training Course for Children (Level I)</b>									
40595252 (ENC001)	14/7-26/7 (excl. 20/7)	M,Tu,W,Th,F,Sa	8:00-9:00	Chai Wan SP (Training Pool T1)	5-8	100	6	20/5-23/5 (3/6) {24/6}	
40595259 (ENC002)	14/7-26/7 (excl. 20/7)	M,Tu,W,Th,F,Sa	9:00-10:00	Chai Wan SP (Training Pool T2)	5-8	100	6	20/5-23/5 (3/6) {24/6}	
40595263 (ENC003)	14/7-26/7 (excl. 20/7)	M,Tu,W,Th,F,Sa	10:00-11:00	Chai Wan SP (Training Pool T2)	5-8	100	6	20/5-23/5 (3/6) {24/6}	
40595266 (ENC004)	14/7-26/7 (excl. 20/7)	M,Tu,W,Th,F,Sa	15:00-16:00	Chai Wan SP (Training Pool T1)	5-8	100	6	20/5-23/5 (3/6) {24/6}	
40595300 (ENC007)	14/7-26/7 (excl. 20/7)	M,Tu,W,Th,F,Sa	18:00-19:00	Chai Wan SP (Training Pool T1)	5-8	100	6	20/5-23/5 (3/6) {24/6}	
<b>Front Crawl Training Course for Junior (Level I)</b>									
40595359 (ENJ001)	14/7-26/7 (excl. 20/7)	M,Tu,W,Th,F,Sa	9:00-10:00	Chai Wan SP (Training Pool T2)	9-12	100	6	20/5-23/5 (3/6) {24/6}	
40595399 (ENJ003)	14/7-26/7 (excl. 20/7)	M,Tu,W,Th,F,Sa	17:00-18:00	Chai Wan SP (Training Pool T2)	9-12	100	6	20/5-23/5 (3/6) {24/6}	
<b>Breaststroke Training Course for Adult (Level II)</b>									
40595575 (ENAB81)	7/7-28/7	M,W,F	8:00-9:00	Chai Wan SP (Secondary Pool SP)	18+	100	10	20/5-23/5 (3/6) {24/6}	
40595578 (ENAB82)	7/7-28/7	M,W,F	19:00-20:00	Chai Wan SP (Secondary Pool SP)	18+	100	10	20/5-23/5 (3/6) {24/6}	
<b>Breaststroke Training Course for Junior (Level II)</b>									
40595438 (ENJB81)	7/7-28/7	M,W,F	18:00-19:00	Chai Wan SP (Training Pool T3)	9-12	100	10	20/5-23/5 (3/6) {24/6}	
<b>Front Crawl Training Course for Adult (Level II)</b>									
40595562 (ENA082)	7/7-28/7	M,W,F	18:00-19:00	Chai Wan SP (Secondary Pool SP)	18+	100	10	20/5-23/5 (3/6) {24/6}	
40595573 (ENA085)	14/7-26/7 (excl. 20/7)	M,Tu,W,Th,F,Sa	8:00-9:00	Chai Wan SP (Secondary Pool SP)	18+	100	10	20/5-23/5 (3/6) {24/6}	
<b>Breaststroke Training Course for Aged 17 or below (Level III)</b>									
40595493 (ENLB31)	7/7-28/7	M,W,F	18:00-19:00	Chai Wan SP (Main Pool MP)	0-17	100	10	20/5-23/5 (3/6) {24/6}	
<b>Front Crawl TC for Aged 17 or below (Lv. III)</b>									
40595460 (ENL031)	7/7-28/7	M,W,F	19:00-20:00	Chai Wan SP (Main Pool MP)	0-17	100	10	20/5-23/5 (3/6) {24/6}	
<b>Front Crawl Training Course for Adult (Level III)</b>									
40595591 (ENL002)	7/7-28/7	M,W,F	7:00-8:00	Chai Wan SP (Main Pool MP)	18+	100	6	20/5-23/5 (3/6) {24/6}	
<b>Aerobic Dance Training Course</b>									
40600034 (EN0505)	15/7-24/8	Tu,Th	15:00-16:00	Island East SC	14+	65	15	16/6	
40600035 (EN0506)	15/7-24/8	Tu,Th	16:00-17:00	Island East SC	14+	65	15	16/6	
40600043 (EN0514)	5/7-4/8 (excl. 14/7,28/7)	M,W,F	7:00-8:00	Quarry Bay SC	14+	65	15	8/6	
40600044 (EN0515)	5/7-4/8 (excl. 14/7,28/7)	M,W,F	8:00-9:00	Quarry Bay SC	14+	65	15	8/6	
40600045 (EN0516)	5/7-4/8 (excl. 14/7,28/7)	M,W,F	9:00-10:00	Quarry Bay SC	14+	65	15	8/6	
40600046 (EN0517)	5/7-4/8 (excl. 14/7,28/7)	M,W,F	10:00-11:00	Quarry Bay SC	14+	65	15	8/6	
40600047 (EN0518)	5/7-4/8 (excl. 14/7,28/7)	M,W,F	11:00-12:00	Quarry Bay SC	14+	65	15	8/6	
40600048 (EN0519)	20/7-26/8	Tu,Th	15:00-16:00	Quarry Bay SC	14+	65	15	16/6	

40600049 (EN0520)	20/7-26/8	Tu,Th	16:00-17:00	Quarry Bay SC	14+	65	15	16/6		
40600050 (EN0521)	23/7-30/8	M,F	18:00-19:00	Quarry Bay SC	14+	65	15	22/6		
40600051 (EN0522)	23/7-30/8	M,F	19:00-20:00	Quarry Bay SC	14+	65	15	22/6		
40600094 (EN0565)	2/7-4/8 (excl. 5/7,19/7,2/8)	M,W,F	7:00-8:00	Java RD. SC	14+	65	15	3/6		
40600095 (EN0566)	2/7-4/8 (excl. 5/7,19/7,2/8)	M,W,F	8:00-9:00	Java RD. SC	14+	65	15	3/6		
40600096 (EN0567)	2/7-4/8 (excl. 5/7,19/7,2/8)	M,W,F	9:00-10:00	Java RD. SC	14+	65	15	3/6		
40600097 (EN0568)	2/7-4/8 (excl. 5/7,19/7,2/8)	M,W,F	10:00-11:00	Java RD. SC	14+	65	15	3/6		
40600098 (EN0569)	2/7-4/8 (excl. 5/7,19/7,2/8)	M,W,F	11:00-12:00	Java RD. SC	14+	65	15	3/6		
40600099 (EN0570)	7/7-2/8	M,W,F	14:00-15:00	Java RD. SC	14+	65	15	3/6		
40600100 (EN0571)	7/7-2/8	M,W,F	15:00-16:00	Java RD. SC	14+	65	15	3/6		
40600124 (EN0595)	21/7-27/8	W,F	19:00-20:00	Island East SC	14+	65	15	24/5-27/5 (8/6) {30/6}		
40600125 (EN0596)	21/7-27/8	W,F	20:00-21:00	Island East SC	14+	65	15	24/5-27/5 (8/6) {30/6}		
40600160 (EN0630)	5/7-30/7	M,W,F	14:00-15:00	Siu Sai Wan SC	14+	65	15	8/6		
40600161 (EN0631)	5/7-30/7	M,W,F	15:00-16:00	Siu Sai Wan SC	14+	65	15	8/6		
<b>Baduanjin Training Course</b>										
40600028 (EN0499)	26/7-20/8	M,W,F	20:00-21:00	North Point Market Roof-top PG	8+	80	15	29/6		
40600029 (EN0500)	26/7-20/8	M,W,F	8:00-9:00	Heng Fa Chuen PG	8+	80	15	29/6		
<b>Children Dance Training Course</b>										
40600126 (EN0597)	18/7-26/9 (excl. 1/8)	Su	9:00-11:00	Island East SC	7-11	60	10	24/5-27/5 (8/6) {30/6}		
40600158 (EN0628)	7/7-8/9	W	17:00-19:00	Siu Sai Wan SC	4-11	60	10	20/5-23/5 (4/6) {23/6}		
<b>Chinese Dance Training Course</b>										
40600036 (EN0507)	20/7-20/8	Tu,F	9:00-11:00	Island East SC	12+	45	15	24/5-27/5 (8/6) {30/6}		
40600037 (EN0508)	5/7-6/9	M	19:00-21:00	Island East SC	12+	45	15	20/5-23/5 (4/6) {23/6}		
40600054 (EN0525)	10/7-11/9	Sa	16:00-18:00	Quarry Bay SC	12+	45	15	20/5-23/5 (4/6) {23/6}		
<b>Fitness (Multi-gym) Training Course</b>										
@ 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.										
40600056 (EN0527)	5/7-4/8 (excl. 14/7,28/7)	M,W,F	7:00-8:00	Quarry Bay SC	15+	75	15	@31/5		
40600057 (EN0528)	5/7-4/8 (excl. 14/7,28/7)	M,W,F	8:00-9:00	Quarry Bay SC	15+	75	15	@31/5		
40600058 (EN0529)	5/7-4/8 (excl. 14/7,28/7)	M,W,F	9:00-10:00	Quarry Bay SC	15+	75	15	@31/5		
40600059 (EN0530)	5/7-4/8 (excl. 14/7,28/7)	M,W,F	10:00-11:00	Quarry Bay SC	15+	75	15	@31/5		
40600060 (EN0531)	5/7-30/7	M,W,F	15:00-16:00	Quarry Bay SC	15+	75	15	@31/5		
40600061 (EN0532)	5/7-30/7	M,W,F	16:00-17:00	Quarry Bay SC	15+	75	15	@31/5		
40600063 (EN0534)	20/7-26/8	Tu,Th	19:00-20:00	Quarry Bay SC	15+	75	15	@24/6		
40600064 (EN0535)	20/7-26/8	Tu,Th	20:00-21:00	Quarry Bay SC	15+	75	15	@24/6		
40600135 (EN0606)	12/7-6/8	M,W,F	19:00-20:00	Chai Wan SC	15+	75	15	@9/6		
40600136 (EN0607)	12/7-6/8	M,W,F	20:00-21:00	Chai Wan SC	15+	75	15	@9/6		
<b>General Gymnastics Training Course</b>										
40600105 (EN0576)	16/7-18/8	W,F	14:00-16:00	Java RD. SC	6-18	54	6	24/5-27/5 (8/6) {30/6}		
40600106 (EN0577)	16/7-18/8	W,F	16:00-18:00	Java RD. SC	6-18	54	6	24/5-27/5 (8/6) {30/6}		
<b>Hydro Fitness Training Course</b>										
40595600 (ENHF03)	8/7-24/8	Tu,Th	19:00-20:00	Chai Wan SP(Training Pool T3)	14+	80	13	20/5-23/5 (3/6) {24/6}		
40595601 (ENHF04)	8/7-24/8	Tu,Th	20:00-21:00	Chai Wan SP(Training Pool T3)	14+	80	13	20/5-23/5 (3/6) {24/6}		
<b>Jazz Dance Training Course</b>										
40600107 (EN0578)	7/7-9/8	M,W	20:00-22:00	Java RD. SC	12+	70	15	20/5-23/5 (4/6) {23/6}		
40600134 (EN0605)	5/7-5/8	M,Th	9:00-11:00	Island East SC	12+	70	15	20/5-23/5 (4/6) {23/6}		
<b>Social Dance Training Course</b>										
40600066 (EN0537)	9/7-10/9	F	20:00-22:00	Quarry Bay SC	14+	86	16	20/5-23/5 (4/6) {23/6}		
40600112 (EN0583)	6/7-21/9 (excl. 7/9,14/9)	Tu	20:00-22:00	Java RD. SC	14+	86	16	20/5-23/5 (4/6) {23/6}		
40600113 (EN0584)	9/7-10/9	F	20:00-22:00	Java RD. SC	14+	86	16	20/5-23/5 (4/6) {23/6}		
40600159 (EN0629)	13/7-14/9	Tu	20:00-22:00	Siu Sai Wan SC	14+	86	16	20/5-23/5 (4/6) {23/6}		
<b>Western Folk Dance Training Course</b>										
40600055 (EN0526)	12/7-13/9	M	15:00-17:00	Quarry Bay SC	14+	45	15	17/6		
40600117 (EN0588)	9/7-10/9	F	19:00-21:00	Java RD. SC	14+	45	15	20/5-23/5 (4/6) {23/6}		
<b>Wushu Training Course</b>										
40600118 (EN0589)	15/7-12/8	Tu,Th	10:00-12:00	Java RD. SC	6-14	86	10	24/5-27/5 (8/6) {30/6}		

40600147 (EN0618)	15/7-12/8	Tu,Th	16:00-18:00	Chai Wan SC	6-14	86	10	16/6	
<b>Wushu Training Course for Children</b>									
40600042 (EN0513)	17/7-11/9	Sa	11:00-13:00	Java RD. SC	6-14	86	10	21/6	
<b>Yoga Training Course</b>									
40600071 (EN0542)	10/7-11/9	Sa	18:00-20:00	Quarry Bay SC	15+	85	15	20/5-23/5 (4/6) {23/6}	
40600120 (EN0591)	23/7-24/9	F	8:00-10:00	Java RD. SC	15+	85	15	24/5-27/5 (8/6) {30/6}	
40600121 (EN0592)	11/7-3/10 (excl. 1/8,5/9,12/9)	Su	13:00-15:00	Java RD. SC	15+	85	15	20/5-23/5 (4/6) {23/6}	
<b>Fitness Training Course for Children</b>									
40600128 (EN0599)	19/7-11/8	M,W	14:00-15:30	Island East SC	8-14	75	10	24/5-27/5 (8/6) {30/6}	
40600129 (EN0600)	19/7-11/8	M,W	15:30-17:00	Island East SC	8-14	75	10	24/5-27/5 (8/6) {30/6}	
<b>Briefing on Proper Ways to Use Fitness Equip</b>									
40600052 (EN0523)	3/7	Sa	14:30-17:30	Quarry Bay SC	15+	Free	12	20/5-23/5 (4/6) {23/6}	
40600053 (EN0524)	11/7	Su	10:30-13:30	Quarry Bay SC	15+	Free	12	20/5-23/5 (4/6) {23/6}	
40600138 (EN0609)	10/7	Sa	14:30-17:30	Chai Wan SC	15+	Free	12	20/5-23/5 (4/6) {23/6}	
<b>Body-Mind Stretch Training Course</b>									
40600068 (EN0539)	8/7-23/9	Th	19:00-20:00	Quarry Bay SC	15+	85	12	15/6	
40600069 (EN0540)	15/7-24/8	Tu,Th	9:00-10:00	Quarry Bay SC	15+	85	12	15/6	
<b>Archery Fun Day</b>									
40600030 (EN0501)	17/7	Sa	9:00-10:00	Siu Sai Wan SG	8+	Free	12	21/6	
40600031 (EN0502)	17/7	Sa	10:00-11:00	Siu Sai Wan SG	8+	Free	12	21/6	
40600032 (EN0503)	17/7	Sa	11:00-12:00	Siu Sai Wan SG	8+	Free	12	21/6	
<b>Badminton Training Course</b>									
40600074 (EN0545)	8/7-9/8	M,Th	19:00-21:00	Quarry Bay SC	7+	118	12	20/5-23/5 (4/6) {23/6}	
40600076 (EN0547)	20/7-19/8	Tu,Th	9:00-11:00	Quarry Bay SC	12+	118	12	24/5-27/5 (8/6) {30/6}	
40600101 (EN0572)	14/7-13/8	W,F	9:00-11:00	Java RD. SC	7+	118	12	20/5-23/5 (4/6) {23/6}	
40600102 (EN0573)	14/7-13/8	W,F	13:00-15:00	Java RD. SC	7+	118	12	20/5-23/5 (4/6) {23/6}	
40600157 (EN0627)	13/7-12/8	Tu,Th	8:00-10:00	Siu Sai Wan SC	7-17	118	12	20/5-23/5 (4/6) {23/6}	
<b>Parent-child (Aged 7-17) Badminton FD</b>									
40600131 (EN0602)	11/7	Su	9:00-10:00	Island East SC	7+	Free	8	20/5-23/5 (4/6) {23/6}	
40600132 (EN0603)	11/7	Su	10:00-11:00	Island East SC	7+	Free	8	20/5-23/5 (4/6) {23/6}	
40600133 (EN0604)	11/7	Su	11:00-12:00	Island East SC	7+	Free	8	20/5-23/5 (4/6) {23/6}	
<b>Indoor Lawn Bowls Training Course</b>									
40600040 (EN0511)	27/7-20/8	Tu,F	9:00-11:00	Island East SC	8+	54	6	24/5-27/5 (8/6) {30/6}	
40600041 (EN0512)	27/7-20/8	Tu,F	9:00-11:00	Island East SC	8+	54	6	24/5-27/5 (8/6) {30/6}	
<b>Indoor Lawn Bowls Training Course(Middle Age)</b>									
40600038 (EN0509)	3/7-21/8	Sa	19:00-21:00	Island East SC	45+	54	6	20/5-23/5 (4/6) {23/6}	
40600039 (EN0510)	3/7-21/8	Sa	19:00-21:00	Island East SC	45+	54	6	20/5-23/5 (4/6) {23/6}	
<b>Squash Training Course</b>									
40600079 (EN0550)	3/7-21/8	Sa	10:00-12:00	Quarry Bay SC	7+	160	6	2/6	
40600081 (EN0552)	7/7-30/7	W,F	19:00-21:00	Quarry Bay SC	7+	160	6	2/6	
40600114 (EN0585)	4/7-29/8 (excl. 1/8)	Su	9:00-11:00	Java RD. SC	7-11	160	6	20/5-23/5 (4/6) {23/6}	
40600115 (EN0586)	20/7-5/8	Tu,Th,Sa	9:00-11:00	Java RD. SC	7-11	160	6	24/5-27/5 (8/6) {30/6}	
40600116 (EN0587)	20/7-5/8	Tu,Th,Sa	11:00-13:00	Java RD. SC	12-17	160	6	24/5-27/5 (8/6) {30/6}	
40600139 (EN0610)	13/7-5/8	Tu,Th	8:00-10:00	Chai Wan SC	7+	160	6	2/6	
<b>Table-tennis Training Course</b>									
40600082 (EN0553)	20/7-19/8	Tu,Th	14:00-15:30	Quarry Bay SC	6-9	86	12	24/5-27/5 (8/6) {30/6}	
40600130 (EN0601)	4/7-12/9 (excl. 1/8)	Su	15:00-17:00	Island East SC	6-13	86	10	20/5-23/5 (4/6) {23/6}	
<b>Tennis Training Course</b>									
40600090 (EN0561)	2/7-4/8	W,F	9:00-11:00	Quarry Bay Park	8+	170	9	20/5-23/5 (4/6) {23/6}	
40600091 (EN0562)	7/7-8/9	W	18:00-20:00	Quarry Bay Park	8+	170	9	20/5-23/5 (4/6) {23/6}	
40600092 (EN0563)	4/7-12/9 (excl. 1/8)	Su	10:00-12:00	Quarry Bay Park	12-17	170	9	20/5-23/5 (4/6) {23/6}	
40600093 (EN0564)	15/7-17/8	Tu,Th	9:00-11:00	Quarry Bay Park	8-13	170	9	24/5-27/5 (8/6) {30/6}	
<b>Go TC (Level I)</b>									
40600077 (EN0548)	12/7-16/8	M	14:30-16:30	Quarry Bay SC	6-10	40	10	17/6	
40600078 (EN0549)	12/7-16/8	M	16:30-18:30	Quarry Bay SC	11+	40	10	17/6	
<b>Basketball Training Course (Female)</b>									
40600103 (EN0574)	15/7-17/8	Tu,Th	14:00-16:00	Java RD. SC	10+	75	15	24/5-27/5 (8/6) {30/6}	

**Basketball Training Course (Male)**

40600104 (EN0575)	15/7-17/8	Tu,Th	16:00-18:00	Java RD. SC	10+	75	15	24/5-27/5 (8/6) {30/6}	✉
-------------------	-----------	-------	-------------	-------------	-----	----	----	---------------------------	---

**Basketball Training Course for Female**

40600141 (EN0612)	15/7-17/8	Tu,Th	14:00-16:00	Chai Wan SC	10+	75	15	24/5-27/5 (8/6) {30/6}	✉
-------------------	-----------	-------	-------------	-------------	-----	----	----	---------------------------	---

**Basketball Training Course for Male**

40600140 (EN0611)	15/7-17/8	Tu,Th	16:00-18:00	Chai Wan SC	10+	75	15	24/5-27/5 (8/6) {30/6}	✉
-------------------	-----------	-------	-------------	-------------	-----	----	----	---------------------------	---

**Volleyball Training Course for Female**

40600084 (EN0555)	16/7-18/8	W,F	13:30-15:30	Quarry Bay SC	10+	70	15	24/5-27/5 (8/6) {30/6}	✉
-------------------	-----------	-----	-------------	---------------	-----	----	----	---------------------------	---

**Volleyball Training Course for Male**

40600085 (EN0556)	16/7-18/8	W,F	15:30-17:30	Quarry Bay SC	10+	70	15	24/5-27/5 (8/6) {30/6}	✉
-------------------	-----------	-----	-------------	---------------	-----	----	----	---------------------------	---

**Water Safety Course for Baby**

40595021 (ENB001)	7/7-28/7	M,W,F	9:00-10:00	Chai Wan SP(Training Pool T1)	0-4	100	6	20/5-23/5 (3/6) {24/6}	✉
-------------------	----------	-------	------------	-------------------------------	-----	-----	---	---------------------------	---

**Community Garden Programme\***

40600191 (EN0650)	18/7-14/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Wai Tsui Crescent Community Garden	12+	400	27	24/5-27/5 (8/6) {30/6}	✉
40600192 (EN0651)	18/7-14/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Quarry Bay Park	12+	400	24	24/5-27/5 (8/6) {30/6}	✉

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
---	------	-----	------	-------	-----	-------	--	------------------

**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.

**Baduanjin Fun Day for Person with Intel Dis**

40600168 (EN0634)	24/7	Sa	10:00-12:00	Island East SC	30-75	2	21/6	✉ i
-------------------	------	----	-------------	----------------	-------	---	------	-----

**Baduanjin TS for Person with Visual Impair**

40596139 (EN0409)	6/7-12/8	Tu,Th	11:00-12:00	Island East SC	14+	8	20/5	✉ i
-------------------	----------	-------	-------------	----------------	-----	---	------	-----

**Hydro-fitness TS for Chronic ill Person**

40596138 (EN0408)	7/7-13/8	W,F	16:00-17:00	Chai Wan SP	14-65	5	20/5	✉ i
-------------------	----------	-----	-------------	-------------	-------	---	------	-----

**Body-Mind Stretch TC for Chronic Illness Per**

40600179 (EN0639)	3/7-21/8	Sa	10:00-11:00	Java RD. SC	18-65	2	2/6	✉ i
-------------------	----------	----	-------------	-------------	-------	---	-----	-----

**Body-Mind Stretch TC for Physical Disable**

40596135 (EN0405)	4/7-15/8 (excl. 1/8)	Su	16:00-18:00	Island East SC	15-65	8	20/5	✉ i
-------------------	----------------------	----	-------------	----------------	-------	---	------	-----

**Badminton for Persons with hearing Impairment**

40596141 (EN0411)	3/7-18/9 (excl. 14/8,21/8,4/9,11/9)	Sa	12:00-14:00	Chai Wan SC	7+	8	20/5	✉ i
-------------------	-------------------------------------	----	-------------	-------------	----	---	------	-----

**Table-tennis TC for Chronic Illness Per**

40600176 (EN0638)	6/7-27/7	Tu	10:00-12:00	Island East SC	18-65	2	2/6	✉ i
-------------------	----------	----	-------------	----------------	-------	---	-----	-----

**Fitness Exercise TS for Pers w Chrome Illness**

40600174 (EN0637)	7/7-25/8	Th	19:00-20:00	Island East SC	18-70	2	4/6	✉ i
-------------------	----------	----	-------------	----------------	-------	---	-----	-----

**Badminton TC Intel Disab and Physical Disab**

40600172 (EN0636)	14/7-1/9	W	15:00-17:00	Chai Wan SC	20-70	2	21/6	✉ i
-------------------	----------	---	-------------	-------------	-------	---	------	-----

**Badminton TS for Persons with Autism**

40600170 (EN0635)	17/7-4/9	Sa	9:00-11:00	Island East SC	14+	2	21/6	✉ i
-------------------	----------	----	------------	----------------	-----	---	------	-----

**Lawn Bowl TS for Persons with Ex-men III**

40600194 (EN0653)	8/7-29/7	Th	10:00-12:00	Island East SC	18-70	2	9/6	✉ 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
---	------	-----	------	-------	-------	--	------------------

**Swimming Training Course for Elderly (Level I)**

40595580 (ENE004)	7/7-28/7	M,W,F	7:00-8:00	Chai Wan SP(Training Pool T3)	6	20/5-23/5 (3/6) {24/6}	✉
40595587 (ENE006)	8/7-29/7	Tu,Th,Sa	9:00-10:00	Chai Wan SP(Training Pool T3)	6	20/5-23/5 (3/6) {24/6}	✉
<b>OS-Morning Fitness Exercise for Elderly</b>							
40600087 (EN0558)	2/7-28/7	M,W,F	7:30-9:30	Chai Wan Park	15	2/7-28/7	Walk-in
<b>Social Dance TC for the Elderly</b>							
40600127 (EN0598)	9/7-10/9	F	13:00-15:00	Island East SC	16	20/5-23/5 (4/6) {23/6}	✉
<b>Mt Pts for Elderly - Badminton</b>							
40600146 (EN0617)	6/7-27/7	Tu	10:00-12:00	Chai Wan SC	16	6/7-27/7	Walk-in
<b>Fitness Assessment for Elderly</b>							
40600195 (EN0654)	3/7-31/7	Sa	8:00-10:00	Pak Fuk RD. Safety Town	40	3/7-31/7	Walk-in