

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

North District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting { Open Enrollment for Remaining Quota })	
Life-saving Training Course (BM)									
40595275 (NF422)	23/8-8/10 (excl. 22/9,1/10)	M,W,F	19:30-21:30	Fanling SP (Main Pool)	13+	108	12	19/7	
Swimming (Breaststroke) for Children (I)									
40594811 (NF393)	6/8-27/8	M,W,F	19:30-20:30	Fanling SP (Training Pool)	5-8	100	6	18/6-23/6 (30/6) {22/7}	
Swimming (Front Crawl) for Children (I)									
40594807 (NF389)	6/8-27/8	M,W,F	8:00-9:00	Fanling SP (Training Pool)	5-8	100	6	24/6-29/6 (7/7) {28/7}	
40594810 (NF392)	6/8-27/8	M,W,F	17:30-18:30	Fanling SP (Training Pool)	5-8	100	6	24/6-29/6 (7/7) {28/7}	
40594829 (NF410)	7/8-28/8	Tu,Th,Sa	19:30-20:30	Fanling SP (Training Pool)	5-8	100	6	24/6-29/6 (7/7) {28/7}	
Swimming (Breaststroke) for Junior (I)									
40594830 (NF411)	7/8-28/8	Tu,Th,Sa	19:30-20:30	Fanling SP (Training Pool)	9-12	100	6	18/6-23/6 (30/6) {22/7}	
Swimming (Breaststroke) for Adult (I)									
40594791 (NF373)	6/8-27/8	M,W,F	20:30-21:30	Fanling SP (Training Pool)	18+	100	6	18/6-23/6 (30/6) {22/7}	
40594822 (NF404)	7/8-28/8	Tu,Th,Sa	20:30-21:30	Fanling SP (Training Pool)	18+	100	6	18/6-23/6 (30/6) {22/7}	
Swimming (Breaststroke) for Children (I)									
40594794 (NF376)	6/8-27/8	M,W,F	9:00-10:00	Fanling SP (Training Pool)	5-8	100	6	18/6-23/6 (30/6) {22/7}	
40594796 (NF378)	6/8-27/8	M,W,F	14:30-15:30	Fanling SP (Training Pool)	5-8	100	6	18/6-23/6 (30/6) {22/7}	
Swimming (Breaststroke) for Junior (I)									
40594799 (NF381)	6/8-27/8	M,W,F	15:30-16:30	Fanling SP (Training Pool)	9-12	100	6	18/6-23/6 (30/6) {22/7}	
40594823 (NF405)	7/8-28/8	Tu,Th,Sa	8:00-9:00	Fanling SP (Training Pool)	9-12	100	6	18/6-23/6 (30/6) {22/7}	
Swimming (Front Crawl) for Adult (I)									
40594805 (NF387)	6/8-27/8	M,W,F	20:30-21:30	Fanling SP (Training Pool)	18+	100	6	24/6-29/6 (7/7) {28/7}	
40594828 (NF409)	7/8-28/8	Tu,Th,Sa	20:30-21:30	Fanling SP (Training Pool)	18+	100	6	18/6-23/6 (7/7) {28/7}	
Swimming (Front Crawl) for Junior (I)									
40594813 (NF395)	6/8-27/8	M,W,F	10:00-11:00	Fanling SP (Training Pool)	9-12	100	6	24/6-29/6 (7/7) {28/7}	
40594814 (NF396)	6/8-27/8	M,W,F	13:30-14:30	Fanling SP (Training Pool)	9-12	100	6	24/6-29/6 (7/7) {28/7}	
40594815 (NF397)	6/8-27/8	M,W,F	19:30-20:30	Fanling SP (Training Pool)	9-12	100	6	24/6-29/6 (7/7) {28/7}	
Water Safety Course for Baby									
40594835 (NF416)	7/8-28/8	Tu,Th,Sa	9:00-10:00	Fanling SP (Training Pool)	0-4	100	3	24/6-29/6 (7/7) {28/7}	
Swimming (Breaststroke) for Junior(II)									
40594824 (NF406)	7/8-28/8	Tu,Th,Sa	20:30-21:30	Fanling SP (Secondary Pool)	18+	100	8	18/6-23/6 (30/6) {22/7}	
Swimming (Breaststroke) for Children (II)									
40594797 (NF379)	6/8-27/8	M,W,F	16:30-17:30	Fanling SP (Training Pool)	5-8	100	6	18/6-23/6 (30/6) {22/7}	
Swimming (Breaststroke) for Youth (II)									
40594803 (NF385)	6/8-27/8	M,W,F	9:00-10:00	Fanling SP (Secondary Pool)	13-17	100	8	18/6-23/6 (30/6) {22/7}	
Swimming (Front Crawl) for Adult (II)									
40594792 (NF374)	6/8-27/8	M,W,F	20:30-21:30	Fanling SP (Secondary Pool)	18+	100	8	24/6-29/6 (7/7) {28/7}	
40594806 (NF388)	6/8-27/8	M,W,F	8:00-9:00	Fanling SP (Secondary Pool)	18+	100	8	18/6-23/6 (30/6) {22/7}	
Swimming (Front Crawl) for Children (II)									
40594816 (NF398)	6/8-27/8	M,W,F	11:00-12:00	Fanling SP (Training Pool)	9-12	100	6	24/6-29/6 (7/7) {28/7}	
Swimming (Front Crawl) for Youth (II)									
40594818 (NF400)	6/8-27/8	M,W,F	16:30-17:30	Fanling SP (Secondary Pool)	13-17	100	8	24/6-29/6 (7/7) {28/7}	
40594825 (NF407)	7/8-28/8	Tu,Th,Sa	19:30-20:30	Fanling SP (Secondary Pool)	9-17	100	8	24/6-29/6 (7/7) {28/7}	
Swimming (Backstroke) for Adult									
40594789 (NF371)	6/8-27/8	M,W,F	19:30-20:30	Fanling SP (Secondary Pool)	18+	100	8	24/6-29/6 (7/7) {28/7}	
Swimming (Backstroke) for Youth									
40594790 (NF372)	6/8-27/8	M,W,F	15:30-16:30	Fanling SP (Secondary Pool)	0-17	100	8	24/6-29/6 (7/7) {28/7}	
Swimming (Breaststroke) for Adult (III)									
40594793 (NF375)	6/8-27/8	M,W,F	10:00-11:00	Fanling SP (Main Pool)	18+	100	8	18/6-23/6 (30/6) {22/7}	

Swimming (Front Crawl) for Youth (III)

40594819 (NF401)	6/8-27/8	M,W,F	17:30-18:30	Fanling SP (Main Pool)	0-17	100	8	24/6-29/6 (7/7) {28/7}	☒
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Aerobic Dance Training Course

40605862 (NH712)	6/8-15/9	W,F	12:00-13:00	Luen Wo Hui SC	14+	65	15	5/7	☒ i
40605863 (NH713)	6/8-15/9	W,F	19:00-20:00	Luen Wo Hui SC	14+	65	15	5/7	☒ i
40605864 (NH714)	6/8-15/9	W,F	20:00-21:00	Luen Wo Hui SC	14+	65	15	5/7	☒ i
40605865 (NH715)	10/8-16/9	Tu,Th	15:00-16:00	Luen Wo Hui SC	14+	65	15	5/7	☒ i
40605867 (NR717)	4/8-10/9	W,F	14:00-15:00	Po Wing RD. SC	14+	65	15	5/7	☒ i
40605868 (NR718)	4/8-10/9	W,F	15:00-16:00	Po Wing RD. SC	14+	65	15	5/7	☒ i
40605870 (NR719)	16/8-27/9 (excl. 22/9)	M,W	19:00-20:00	Po Wing RD. SC	14+	65	15	5/7	☒ i
40605871 (NR720)	16/8-27/9 (excl. 22/9)	M,W	20:00-21:00	Po Wing RD. SC	14+	65	15	5/7	☒ i
40605873 (NW721)	4/8-10/9	W,F	9:00-10:00	Wo Hing SC	14+	65	10	5/7	☒ i
40605875 (NW723)	9/8-15/9	M,W	14:00-15:00	Wo Hing SC	14+	65	10	5/7	☒ i
40605879 (NW725)	10/8-16/9	Tu,Th	9:00-10:00	Wo Hing SC	14+	65	10	5/7	☒ i
40605880 (NW726)	10/8-16/9	Tu,Th	10:00-11:00	Wo Hing SC	14+	65	10	5/7	☒ i

Fitness (Multi-gym) Training Course

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 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.

40605952 (NH746)	12/8-21/9	Tu,Th	19:00-20:00	Luen Wo Hui SC	15+	75	10	@12/7	☒ i
40605954 (NH747)	12/8-21/9	Tu,Th	20:00-21:00	Luen Wo Hui SC	15+	75	10	@12/7	☒ i
40605955 (NH748)	12/8-21/9	Tu,Th	21:00-22:00	Luen Wo Hui SC	15+	75	10	@12/7	☒ i
40605956 (NR749)	3/8-9/9	Tu,Th	19:00-20:00	Po Wing RD. SC	15+	75	15	@12/7	☒ i
40605957 (NR750)	3/8-9/9	Tu,Th	20:00-21:00	Po Wing RD. SC	15+	75	15	@12/7	☒ i
40605958 (NR751)	25/8-8/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Po Wing RD. SC	15+	75	15	@12/7	☒ i
40605959 (NR752)	25/8-8/10 (excl. 22/9,1/10)	W,F	10:00-11:00	Po Wing RD. SC	15+	75	15	@12/7	☒ i
40605964 (NT756)	11/8-17/9	W,F	14:00-15:00	Tin Ping SC	15+	75	6	@12/7	☒ i
40605966 (NT757)	11/8-17/9	W,F	15:00-16:00	Tin Ping SC	15+	75	6	@12/7	☒ i
40605967 (NW758)	9/8-3/9	M,W,F	14:00-15:00	Wo Hing SC	15+	75	10	@12/7	☒ i
40605970 (NW761)	10/8-16/9	Tu,Th	15:00-16:00	Wo Hing SC	15+	75	10	@12/7	☒ i
40605971 (NW762)	17/8-11/9	Tu,Th,Sa	9:00-10:00	Wo Hing SC	15+	75	10	@12/7	☒ i
40605972 (NW763)	17/8-11/9	Tu,Th,Sa	10:00-11:00	Wo Hing SC	15+	75	10	@12/7	☒ i
40605973 (NW764)	23/8-17/9	M,W,F	19:00-20:00	Wo Hing SC	15+	75	10	@12/7	☒ i
40605974 (NW765)	23/8-17/9	M,W,F	20:00-21:00	Wo Hing SC	15+	75	10	@12/7	☒ i

Tai Chi Made Easy Class

40605989 (NX780)	2/8-27/8	M,W,F	7:00-8:00	Po Wing RD. PG	8+	54	15	8/7	☒ i
40605990 (NX781)	2/8-27/8	M,W,F	8:00-9:00	Po Wing RD. PG	8+	54	15	8/7	☒ i
40605992 (NX782)	2/8-27/8	M,W,F	7:00-8:00	Luen Wo Hui PG	8+	54	15	8/7	☒ i
40605994 (NX783)	2/8-27/8	M,W,F	8:00-9:00	Wo Hing PG BC No.2	8+	54	15	8/7	☒ i
40605997 (NX785)	28/8-13/11	Su	9:00-10:00	Luen Wo Hui SC	8+	54	15	21/6-27/6 (5/7) {23/7}	☒
40605998 (NX786)	28/8-13/11	Su	10:00-11:00	Luen Wo Hui SC	8+	54	15	21/6-27/6 (5/7) {23/7}	☒
40606001 (NX788)	2/8-27/8	M,W,F	19:00-20:00	Sha Tau Kok Recreation Ground	8+	54	15	8/7	☒ i
40606002 (NX789)	2/8-27/8	M,W,F	8:00-9:00	Luen Wo Hui PG	8+	54	15	8/7	☒ i
40606003 (NX790)	2/8-27/8	M,W,F	20:00-21:00	Sha Tau Kok Recreation Ground	8+	54	15	8/7	☒ i
40606004 (NX791)	3/8-28/8	Tu,Th,Sa	8:00-9:00	Wo Hing PG BC No.2	12+	54	15	8/7	☒ i

Briefing on Proper Ways to Use Fitness Equipment

40605887 (NH730)	7/8	Sa	9:00-12:00	Luen Wo Hui SC	15+	Free	12	21/6-27/6 (5/7) {23/7}	☒
40605889 (NH731)	15/8	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	12	21/6-27/6 (5/7) {23/7}	☒
40605892 (NR732)	7/8	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	12	21/6-27/6 (5/7) {23/7}	☒
40605894 (NR733)	15/8	Su	10:00-13:00	Po Wing RD. SC	15+	Free	12	21/6-27/6 (5/7) {23/7}	☒
40605897 (NT735)	15/8	Su	15:00-18:00	Tin Ping SC	15+	Free	10	21/6-27/6 (5/7) {23/7}	☒
40605898 (NW736)	14/8	Sa	14:00-17:00	Wo Hing SC	15+	Free	12	21/6-27/6 (5/7) {23/7}	☒

Track Cycling Training Course (Level I)

40602246 (NX799)	8/8	Su	14:00-18:00	Hong Kong Velodrome	11+	140	9	7/7	☒ i
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Fencing Elementary Training Course (Level I)

40605943 (NW745)	14/8-4/9	Sa	14:00-16:00	Wo Hing SC	9+	50	10	9/7	☒ i
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Table-tennis Training Course

40605985 (NH776)	2/8-2/9	M,Th	19:00-21:00	Luen Wo Hui SC	6+	86	12	6/7	☒ i
40605986 (NH777)	3/8-4/9	Tu,Sa	20:00-22:00	Luen Wo Hui SC	6+	86	12	6/7	☒ i
40605987 (NH778)	3/8-2/9	Tu,Th	10:00-12:00	Luen Wo Hui SC	14+	86	12	21/6-27/6 (5/7) {23/7}	☒
40605988 (NH779)	4/8-3/9	W,F	9:00-11:00	Luen Wo Hui SC	14+	86	12	21/6-27/6 (5/7) {23/7}	☒



Tennis Training Course

40606006 (NG792)	4/8-13/10 (excl. 22/9)	W	14:00-16:00	North District SG	14+	170	9	7/7	☒ i
40606007 (NG793)	10/8-19/10 (excl. 21/9)	Tu	20:00-22:00	North District SG	14+	170	9	21/6-27/6 (5/7) {23/7}	☒


40606008 (NG794)	19/8-28/10 (excl. 14/10)	Th	9:00-11:00	North District SG	14+	170	9	7/7	 
40606009 (NG795)	19/8-28/10 (excl. 14/10)	Th	20:00-22:00	North District SG	14+	170	9	21/6-27/6 (5/7) {23/7}	
40606010 (NG796)	20/8-29/10 (excl. 1/10)	F	9:00-11:00	North District SG	14+	170	9	7/7	 
40606011 (NG797)	20/8-29/10 (excl. 1/10)	F	20:00-22:00	North District SG	14+	170	9	21/6-27/6 (5/7) {23/7}	
Go Training Course (Level I)									
40605979 (NW770)	7/8-11/9	Sa	18:00-20:00	Wo Hing SC	6+	40	10	8/7	 
American Pool Table Training Course(Stage I)									
40605883 (NW727)	7/8-28/8	Sa	14:00-16:00	Wo Hing SC	8-15	120	3	21/6-27/6 (5/7) {23/7}	
40605884 (NW728)	7/8-28/8	Sa	16:00-18:00	Wo Hing SC	16+	120	3	21/6-27/6 (5/7) {23/7}	
Ultimate Fun Day for Family									
40602351 (NR800)	15/8	Su	14:00-15:30	Po Wing RD. SC	6+	Free	20	2/7	 
40602353 (NR801)	15/8	Su	15:30-17:00	Po Wing RD. SC	6+	Free	20	2/7	 
Gateball Training Course									
40605978 (NX769)	7/8-25/9	Sa	9:00-11:00	Pak Fuk Tin Sum PG	8+	54	7	8/7	 

Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of		Enrolment Method
						Enrollment	Enrolment	
						(Balloting)	(Open Enrollment for Remaining Quota)	



Swimming for Elderly (I)

40594820 (NF402)	6/8-27/8	M,W,F	7:00-8:00	Fanling SP (Training Pool)	6	18/6-23/6 (30/6) {22/7}	
40594832 (NF413)	7/8-28/8	Tu,Th,Sa	7:00-8:00	Fanling SP (Training Pool)	6	18/6-23/6 (30/6) {22/7}	

Swimming for Elderly (II)

40594821 (NF403)	6/8-27/8	M,W,F	7:00-8:00	Fanling SP (Secondary Pool)	8	18/6-23/6 (30/6) {22/7}	
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Fitness Exercise TC for Elderly

40605937 (NR740)	19/8-5/10	Tu,Th	7:00-8:00	Po Wing RD.SC	15	21/6-27/6 (5/7) {23/7}	
40605938 (NR741)	19/8-5/10	Tu,Th	8:00-9:00	Po Wing RD.SC	15	21/6-27/6 (5/7) {23/7}	


Fitness (Multi-gym) Training Course for Elderly

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40606114 (NT737)	10/8-16/9	Tu,Th	8:00-9:00	Tin Ping SC	6	@21/6-27/6 (5/7){23/7}	
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Fitness(Multi-gym) Training Course for Elderly

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40606118 (NW739)	17/8-11/9	Tu,Th,Sa	8:00-9:00	Wo Hing SC	10	@21/6-27/6 (5/7){23/7}	
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HES- Table-Tennis Play-in

40605942 (NR744)	3/8-31/8	Tu,Th	8:00-10:00	Po Wing RD. SC	12	3/8-31/8	Walk-in
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HES-Gateball Self Practice Scheme

40605939 (NW742)	3/8-31/8	Tu	13:00-15:00	Wo Hing SC	7	3/8-31/8	Walk-in
40605940 (NW743)	5/8-26/8	Th	13:00-15:00	Wo Hing SC	7	5/8-26/8	Walk-in