

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Aug 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)	
Long Distance Running Training Course									
40605815 (CW0679)	11/8-20/10 (excl. 22/9)	W	18:45-20:45	Sun Yat Sen Memorial Park SC	16+	130	20	12/7	 
Breaststroke TC for Children (I)									
40602318 (CW0420)	9/8-30/8	M,W,F	14:00-15:00	Sun Yat Sen Memorial Park SP	5-8	100	8	21/6-27/6 (5/7) {23/7}	
40602322 (CW0423)	9/8-30/8	M,W,F	17:00-18:00	Sun Yat Sen Memorial Park SP	5-8	100	8	21/6-27/6 (5/7) {23/7}	
40602324 (CW0425)	9/8-30/8	M,W,F	19:00-20:00	Sun Yat Sen Memorial Park SP	5-8	100	8	21/6-27/6 (5/7) {23/7}	
Breaststroke Training Course for Adult (I)									
40602300 (CW0405)	3/8-2/9	Tu,Th	7:00-8:00	Kennedy Town SP	18+	100	8	21/6-27/6 (5/7) {23/7}	
40602313 (CW0416)	9/8-30/8	M,W,F	7:00-8:00	Sun Yat Sen Memorial Park SP	18+	100	8	21/6-27/6 (5/7) {23/7}	
Breaststroke Training Course for Junior (I)									
40602307 (CW0411)	9/8-30/8	M,Th,F	13:00-14:00	Kennedy Town SP	9-12	100	8	21/6-27/6 (5/7) {23/7}	
40602320 (CW0422)	9/8-30/8	M,W,F	16:00-17:00	Sun Yat Sen Memorial Park SP	9-12	100	8	21/6-27/6 (5/7) {23/7}	
Front Crawl TC for Children (I)									
40602315 (CW0417)	9/8-30/8	M,W,F	8:00-9:00	Sun Yat Sen Memorial Park SP	5-8	100	8	21/6-27/6 (5/7) {23/7}	
Front Crawl Training Course for Adult (I)									
40602301 (CW0406)	3/8-2/9	Tu,Th	8:00-9:00	Kennedy Town SP	18+	100	8	21/6-27/6 (5/7) {23/7}	
Front Crawl Training Course for Junior (I)									
40602308 (CW0412)	9/8-30/8	M,Th,F	14:00-15:00	Kennedy Town SP	9-12	100	8	21/6-27/6 (5/7) {23/7}	
Breaststroke TC for Children (II)									
40602319 (CW0421)	9/8-30/8	M,W,F	15:00-16:00	Sun Yat Sen Memorial Park SP	5-8	100	8	21/6-27/6 (5/7) {23/7}	
40602323 (CW0424)	9/8-30/8	M,W,F	18:00-19:00	Sun Yat Sen Memorial Park SP	5-8	100	8	21/6-27/6 (5/7) {23/7}	
Breaststroke Training Course for Youth (II)									
40602325 (CW0426)	9/8-30/8	M,W,F	20:00-21:00	Sun Yat Sen Memorial Park SP	13-17	100	8	21/6-27/6 (5/7) {23/7}	
Breaststroke Training Course for Junior (II)									
40602306 (CW0410)	9/8-30/8	M,Th,F	11:00-12:00	Kennedy Town SP	9-12	100	10	21/6-27/6 (5/7) {23/7}	
40602316 (CW0418)	9/8-30/8	M,W,F	9:00-10:00	Sun Yat Sen Memorial Park SP	9-12	100	8	21/6-27/6 (5/7) {23/7}	
Front Crawl Training Course for Junior (II)									
40602305 (CW0409)	9/8-30/8	M,Th,F	10:00-11:00	Kennedy Town SP	9-12	100	10	21/6-27/6 (5/7) {23/7}	
Backstroke TC for Junior & Youth (III)									
40602310 (CW0413)	9/8-30/8	M,W,F	18:00-19:00	Sun Yat Sen Memorial Park SP	0-17	100	8	21/6-27/6 (5/7) {23/7}	
Butterfly TC for Junior & Youth (III)									
40602311 (CW0414)	9/8-30/8	M,W,F	19:00-20:00	Sun Yat Sen Memorial Park SP	0-17	100	8	21/6-27/6 (5/7) {23/7}	
Front Crawl Training Course for Adult (III)									
40602312 (CW0415)	9/8-30/8	M,W,F	20:00-21:00	Sun Yat Sen Memorial Park SP	18+	100	8	21/6-27/6 (5/7) {23/7}	
Aerobic Dance Training Course									
40605722 (CW0596)	4/8-30/8	M,W,F	13:00-14:00	Hong Kong Park SC	14+	65	15	8/7	 
40605723 (CW0597)	4/8-30/8	M,W,F	14:00-15:00	Hong Kong Park SC	14+	65	15	8/7	 
40605724 (CW0598)	10/8-16/9	Tu,Th	12:00-13:00	Hong Kong Park SC	14+	65	15	7/7	 
40605725 (CW0599)	10/8-16/9	Tu,Th	13:00-14:00	Hong Kong Park SC	14+	65	15	7/7	 
40605726 (CW0600)	25/8-20/9	M,W,F	18:00-19:00	Hong Kong Park SC	14+	65	15	15/7	 
40605727 (CW0601)	25/8-20/9	M,W,F	19:00-20:00	Hong Kong Park SC	14+	65	15	15/7	 
40605741 (CW0614)	18/8-17/9 (excl. 6/9,13/9)	M,W,F	7:00-8:00	Sheung Wan SC	14+	65	15	22/7	 
40605742 (CW0615)	18/8-17/9 (excl. 6/9,13/9)	M,W,F	9:00-10:00	Sheung Wan SC	14+	65	15	22/7	 
40605743 (CW0616)	27/8-29/9 (excl. 6/9,13/9,22/9)	M,W,F	18:00-19:00	Sheung Wan SC	14+	65	15	21/6-27/6 (6/7) {28/7}	
40605744 (CW0617)	27/8-29/9 (excl. 6/9,13/9,22/9)	M,W,F	19:00-20:00	Sheung Wan SC	14+	65	15	21/6-27/6 (6/7) {28/7}	
40605791 (CW0659)	23/8-17/9	M,W,F	10:00-11:00	Smithfield SC	14+	65	15	13/7	 
40605792 (CW0660)	23/8-17/9	M,W,F	11:00-12:00	Smithfield SC	14+	65	15	13/7	 
Baduanjin Training Course									
40605746 (CW0619)	13/8-5/11 (excl. 1/10)	F	17:00-18:00	Sheung Wan SC	8+	80	15	21/6-27/6 (6/7) {28/7}	
Children Dance Training Course									
40605796 (CW0664)	7/8-9/10	Sa	14:00-16:00	Smithfield SC	4-11	60	10	21/6-27/6 (6/7) {28/7}	

Fitness (Multi-gym) Training Course

@ 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.

40605748 (CW0621)	4/8-10/9	W,F	12:00-13:00	Sheung Wan SC	15+	75	15	@7/7		
40605749 (CW0622)	4/8-10/9	W,F	13:00-14:00	Sheung Wan SC	15+	75	15	@7/7		
40605750 (CW0623)	10/8-16/9	Tu,Th	20:00-21:00	Sheung Wan SC	15+	75	15	@8/7		
40605751 (CW0624)	10/8-16/9	Tu,Th	21:00-22:00	Sheung Wan SC	15+	75	15	@8/7		
40605752 (CW0625)	11/8-8/9 (excl. 6/9)	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	15	@12/7		
40605753 (CW0626)	11/8-8/9 (excl. 6/9)	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	15	@12/7		
40605755 (CW0627)	13/8-8/9	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	15	@14/7		
40605756 (CW0628)	13/8-8/9	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	15	@14/7		

Hydro Fitness Training Course

40602298 (CW0403)	2/8-1/9	M,W,F	8:00-9:00	Kennedy Town SP	14+	80	8	21/6-27/6 (5/7) {23/7}		
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Tai Chi Made Easy Class

40605759 (CW0630)	11/8-3/11 (excl. 22/9)	W	15:00-16:00	Sheung Wan SC	6+	54	15	5/7		
40605760 (CW0631)	11/8-3/11 (excl. 22/9)	W	16:00-17:00	Sheung Wan SC	6+	54	15	5/7		
40605808 (CW0673)	11/8-6/9	M,W,F	7:00-8:00	Smithfield SC	6+	54	15	6/7		
40605816 (CW0680)	13/8-8/9	M,W,F	7:00-8:00	KGV Memorial Garden	6+	54	15	6/7		
40605817 (CW0681)	13/8-8/9	M,W,F	8:00-9:00	KGV Memorial Garden	6+	54	15	6/7		

Yoga Training Course

40605737 (CW0610)	4/8-13/10 (excl. 22/9)	W	8:00-10:00	Hong Kong Park SC	15+	85	15	21/6-27/6 (6/7) {28/7}		
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Briefing Session on Fitness Walking

40605739 (CW0612)	7/8	Sa	9:00-11:00	Hong Kong Park	6+	Free	20	2/7		
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Archery Training Course for Children

40605793 (CW0661)	9/8-30/8	M,W,F	12:30-14:30	Smithfield SC	6-11	70	6	21/6-27/6 (6/7) {28/7}		
40605794 (CW0662)	9/8-30/8	M,W,F	14:30-16:30	Smithfield SC	6-11	70	6	21/6-27/6 (6/7) {28/7}		

Badminton Training Course

40605729 (CW0602)	3/8-9/9 (excl. 10/8,12/8)	Tu,Th	9:00-11:00	Hong Kong Park SC	7+	118	12	21/6-27/6 (6/7) {28/7}		
40605745 (CW0618)	24/8-23/9	Tu,Th	9:00-11:00	Sheung Wan SC	7+	118	12	21/6-27/6 (6/7) {28/7}		

Squash Training Course

40605731 (CW0604)	2/8-26/8	M,Th	7:00-9:00	Hong Kong Squash Centre	7+	160	6	9/7		
40605757 (CW0629)	3/8-26/8	Tu,Th	19:00-21:00	Sheung Wan SC	7+	160	6	9/7		
40605807 (CW0672)	4/8-30/8	M,W	19:00-21:00	Smithfield SC	7+	160	6	9/7		

Squash Training Course for Children

40605732 (CW0605)	9/8-25/8	M,W,F	16:00-18:00	Hong Kong Squash Centre	7-11	160	6	21/6-27/6 (6/7) {28/7}		
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Squash Training Course for Youth

40605733 (CW0606)	10/8-26/8	Tu,Th,Sa	14:00-16:00	Hong Kong Squash Centre	12-17	160	6	21/6-27/6 (6/7) {28/7}		
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Squash Clinic

40605734 (CW0607)	17/8-12/10 (excl. 21/9)	Tu	19:00-21:00	Hong Kong Squash Centre	7+	160	6	21/6-27/6 (6/7) {28/7}		
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Table-tennis Fun Day

40605810 (CW0675)	4/8-27/8	W,F	10:00-11:00	Smithfield SC	6+	Free	12	4/8-27/8		Walk-in
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Table Tennis TS for Persons with Autism / ADHD

40605838 (CW0699)	6/8-27/8	F	16:00-18:00	Sheung Wan SC	6+	Free	2	23/6		
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Table-tennis Training Course

40605736 (CW0609)	10/8-9/9	Tu,Th	7:00-9:00	Hong Kong Park SC	6+	86	12	14/7		
40605812 (CW0676)	17/8-16/9	Tu,Th	16:00-18:00	Smithfield SC	14+	86	12	21/6-27/6 (6/7) {28/7}		
40605813 (CW0677)	26/8-7/10 (excl. 14/9,21/9,28/9)	Tu,Th	10:00-12:00	Smithfield SC	6+	86	9	21/6-27/6 (6/7) {28/7}		

Tennis Training Course

40605819 (CW0683)	24/8-23/9	Tu,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	9	21/6-27/6 (6/7) {28/7}		
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Go Training Course (Level II)

40605801 (CW0669)	3/8-19/8	Tu,Th	19:00-21:00	Smithfield SC	6+	40	10	2/7		
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Water Safety Course for Baby

40602317 (CW0419)	9/8-30/8	M,W,F	13:00-14:00	Sun Yat Sen Memorial Park SP	0-4	100	4	21/6-27/6 (5/7) {23/7}		
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Horticultural Seminar

40605738 (CW0611)	8/8	Su	14:30-16:30	Hong Kong Squash Centre	18+	30	15	5/7		
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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 (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 TS for Persons with Hearing Impairment

40605833 (CW0696)	9/8-30/8	M	15:00-17:00	Sheung Wan SC	15+	2	23/6	<i>i</i>
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Body-Mind Stretch TS for Persons with Ex-mentally III Persons / Low Income

40592577 (CW0162)	7/8-28/8	Sa	8:00-10:00	Sheung Wan SC	15+	2	23/6	<i>i</i>
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Swimming FD for Persons with Intellectual Disability

40605563 (CW0588)	9/8	M	11:00-13:00	Sun Yat Sen Memorial Park SP	14+	2	23/6	<i>i</i>
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40605564 (CW0589)	16/8	M	11:00-13:00	Sun Yat Sen Memorial Park SP	14+	2	23/6	<i>i</i>
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40605565 (CW0590)	20/8	F	11:00-13:00	Sun Yat Sen Memorial Park SP	14+	2	23/6	<i>i</i>
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40605566 (CW0591)	27/8	F	11:00-13:00	Sun Yat Sen Memorial Park SP	14+	2	23/6	<i>i</i>
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40605566 (CW0591)	27/8	F	11:00-13:00	Sun Yat Sen Memorial Park SP	14+	2	23/6	<i>i</i>
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Golf Fun Day for Persons with Physical Disability

40602248 (CW0368)	29/8	Su	14:00-17:00	Tuen Mun RSC	8+	2	23/6	<i>i</i>
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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 (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Swimming Training Course for Elderly (I)

40602303 (CW0407)	3/8-2/9	Tu,Th	9:00-10:00	Kennedy Town SP	8	21/6-27/6 (5/7) {23/7}	
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40602304 (CW0408)	3/8-2/9	Tu,Th	10:00-11:00	Kennedy Town SP	8	21/6-27/6 (5/7) {23/7}	
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Fitness Exercise TC for the Elderly

40605799 (CW0667)	26/8-2/12 (excl. 14/10)	Th	14:00-15:00	Smithfield SC	15	21/6-27/6 (6/7) {28/7}	
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40605800 (CW0668)	26/8-2/12 (excl. 14/10)	Th	15:00-16:00	Smithfield SC	15	21/6-27/6 (6/7) {28/7}	
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Fitness Exercise Training Course for the Elderly

40605747 (CW0620)	18/8-29/9 (excl. 6/9,8/9,20/9,22/9,27/9)	M,W,F	8:00-9:00	Sheung Wan SC	15	21/6-27/6 (6/7) {28/7}	
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40605797 (CW0665)	2/8-1/9	M,W,F	8:00-9:00	Smithfield SC	15	21/6-27/6 (6/7) {28/7}	
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40605798 (CW0666)	2/8-1/9	M,W,F	9:00-10:00	Smithfield SC	15	21/6-27/6 (6/7) {28/7}	
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40605798 (CW0666)	2/8-1/9	M,W,F	9:00-10:00	Smithfield SC	15	21/6-27/6 (6/7) {28/7}	
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Hydro Fitness Training Course for the Elderly

40602299 (CW0404)	2/8-1/9	M,W,F	9:00-10:00	Kennedy Town SP	8	21/6-27/6 (5/7) {23/7}	
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HES - Table Tennis Self Practice

40605735 (CW0608)	6/8-27/8	F	8:00-10:00	Hong Kong Park SC	12	6/8-27/8	Walk-in
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HES - Table-tennis Play-in

40605809 (CW0674)	4/8-27/8	W,F	9:00-10:00	Smithfield SC	12	4/8-27/8	Walk-in
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