






























**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Aug 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
<b>Long Distance Running Training Course</b>									
40599776 (WC362)	7/8-9/10	Sa	16:00-18:00	Happy Valley Recreation Ground	16+	130	20	6/7	 
<b>Life Saving Training Course(Bronze Medallion)</b>									
40603185 (WC452)	16/8-29/9 (excl. 22/9)	M,W,F	19:00-21:00	Wan Chai SP	13+	108	12	23/6-29/6 (7/7) {29/7}	
<b>Breaststroke Swimming TC for Adult (I)</b>									
40603173 (WC445)	10/8-9/9	Tu,Th	9:00-10:00	Morrison Hill SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
40603182 (WC450)	17/8-16/9	Tu,Th	20:00-21:00	Morrison Hill SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
40603190 (WC455)	25/8-15/9	M,W,F	9:00-10:00	Morrison Hill SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
40603193 (WC457)	23/8-13/9	M,W,F	21:00-22:00	Morrison Hill SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
40603215 (WC464)	3/8-27/8 (excl. 6/8,20/8)	Tu,Th,F	19:00-20:00	Victoria Park SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
40603232 (WC470)	2/8-27/8 (excl. 6/8,20/8)	M,W,F	8:00-9:00	Victoria Park SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
<b>Breaststroke Swimming TC for Children (I)</b>									
40603273 (WC475)	10/8-26/8 (excl. 20/8)	Tu,W,Th,F	16:00-17:00	Victoria Park SP	7-8	100	8	23/6-29/6 (7/7) {29/7}	
<b>Front Crawl Swimming TC for Adult (I)</b>									
40603184 (WC451)	17/8-16/9	Tu,Th	21:00-22:00	Morrison Hill SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
40603187 (WC453)	25/8-15/9	M,W,F	7:00-8:00	Morrison Hill SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
40603192 (WC456)	23/8-13/9	M,W,F	20:00-21:00	Morrison Hill SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
40603206 (WC458)	3/8-28/8 (excl. 7/8,21/8)	Tu,Th,Sa	7:00-8:00	Victoria Park SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
40603218 (WC465)	3/8-27/8 (excl. 6/8,20/8)	Tu,Th,F	19:00-20:00	Victoria Park SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
<b>Front Crawl Swimming TC for Children (I)</b>									
40603269 (WC473)	10/8-26/8 (excl. 20/8)	Tu,W,Th,F	15:00-16:00	Victoria Park SP	7-8	100	8	23/6-29/6 (7/7) {29/7}	
<b>Front Crawl Swimming TC for Youth (I)</b>									
40603212 (WC462)	3/8-27/8 (excl. 6/8,20/8)	Tu,Th,F	18:00-19:00	Victoria Park SP	13-17	100	8	23/6-29/6 (7/7) {29/7}	
<b>Water Safety Course for Baby</b>									
40603174 (WC446)	10/8-9/9	Tu,Th	10:00-11:00	Morrison Hill SP	0-4	100	4	23/6-29/6 (7/7) {29/7}	
<b>Breaststroke Swimming TC for Adult (II)</b>									
40603170 (WC443)	10/8-9/9	Tu,Th	7:00-8:00	Morrison Hill SP	18+	100	8	23/6-29/6 (7/7) {29/7}	
<b>Breaststroke Swimming TC for Children (II)</b>									
40603164 (WC437)	2/8-23/8	M,Tu,Th	13:00-14:00	Morrison Hill SP	5-8	100	8	23/6-29/6 (7/7) {29/7}	
<b>Breaststroke Swimming TC for Junior (II)</b>									
40603166 (WC439)	2/8-23/8	M,Tu,Th	15:00-16:00	Morrison Hill SP	9-12	100	8	23/6-29/6 (7/7) {29/7}	
40603276 (WC477)	10/8-26/8 (excl. 20/8)	Tu,W,Th,F	17:00-18:00	Victoria Park SP	9-12	100	10	23/6-29/6 (7/7) {29/7}	
<b>Front Crawl Swimming Cr for Children (II)</b>									
40603165 (WC438)	2/8-23/8	M,Tu,Th	14:00-15:00	Morrison Hill SP	5-8	100	8	23/6-29/6 (7/7) {29/7}	
<b>Front Crawl Swimming Cr for Junior (II)</b>									
40603167 (WC440)	2/8-23/8	M,Tu,Th	16:00-17:00	Morrison Hill SP	9-12	100	8	23/6-29/6 (7/7) {29/7}	
<b>Front Crawl Swimming TC for Adult (II)</b>									
40603222 (WC467)	3/8-27/8 (excl. 6/8,20/8)	Tu,Th,F	20:00-21:00	Victoria Park SP	18+	100	10	23/6-29/6 (7/7) {29/7}	
40603244 (WC471)	2/8-27/8 (excl. 6/8,20/8)	M,W,F	8:00-9:00	Victoria Park SP	18+	100	10	23/6-29/6 (7/7) {29/7}	
<b>Front Crawl Swimming TC for Children (II)</b>									
40603275 (WC476)	10/8-26/8 (excl. 20/8)	Tu,W,Th,F	16:00-17:00	Victoria Park SP	7-8	100	10	23/6-29/6 (7/7) {29/7}	
<b>Front Crawl Swimming TC for Junior (II)</b>									
40603277 (WC478)	10/8-26/8 (excl. 20/8)	Tu,W,Th,F	17:00-18:00	Victoria Park SP	9-12	100	10	23/6-29/6 (7/7) {29/7}	
<b>Front Crawl Swimming TC for Youth (II)</b>									
40603214 (WC463)	3/8-27/8 (excl. 6/8,20/8)	Tu,Th,F	18:00-19:00	Victoria Park SP	13-17	100	10	23/6-29/6 (7/7) {29/7}	
<b>Backstroke Swimming TC (age 17 or below)</b>									
40603177 (WC447)	17/8-16/9	Tu,Th	16:00-17:00	Wan Chai SP	0-17	100	8	23/6-29/6 (7/7) {29/7}	
<b>Breaststroke Swimming TC(III)(age17or below)</b>									
40603179 (WC448)	17/8-16/9	Tu,Th	17:00-18:00	Wan Chai SP	0-17	100	8	23/6-29/6 (7/7) {29/7}	

<b>Front Crawl Swimming TC for Adult (III)</b>										
40603181 (WC449)	17/8-16/9	Tu,Th	18:00-19:00	Wan Chai SP	18+	100	8	23/6-29/6 (7/7) {29/7}		
<b>Front Crawl Swimming TC(III)(age17or below)</b>										
40603256 (WC472)	2/8-27/8 (excl. 6/8,20/8)	M,W,F	9:00-10:00	Victoria Park SP	0-17	100	8	23/6-29/6 (7/7) {29/7}		
<b>Aerobic Dance Training Course</b>										
40603334 (WC500)	11/8-10/9 (excl. 16/8,6/9)	M,W,F	9:00-10:00	Lockhart RD. SC	14+	65	15	13/7		
40603335 (WC501)	11/8-10/9 (excl. 16/8,6/9)	M,W,F	10:00-11:00	Lockhart RD. SC	14+	65	15	13/7		
40603353 (WC516)	20/8-15/9	M,W,F	18:00-19:00	Lockhart RD. SC	14+	65	15	22/7		
40603355 (WC517)	20/8-15/9	M,W,F	19:00-20:00	Lockhart RD. SC	14+	65	15	22/7		
<b>Fitness Exercise Training Course</b>										
40603343 (WC509)	17/8-16/9	Tu,Th,Sa	11:00-12:00	Lockhart RD. SC	14+	80	15	16/6-22/6 (6/7) {30/7}		
<b>Good Fit Training Scheme</b>										
40603393 (WC543)	3/8-16/9	Tu,Th	12:00-13:00	Lockhart RD. SC	14+	80	15	16/6-22/6 (6/7) {30/7}		
40603394 (WC544)	3/8-16/9	Tu,Th	13:00-14:00	Lockhart RD. SC	14+	80	15	16/6-22/6 (6/7) {30/7}		
<b>Fitness (Multi-gym) Training Course</b>										
<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>										
40603326 (WC493)	9/8-15/9	M,W	18:00-19:00	Lockhart RD. SC	15+	75	10	@7/7		
40603327 (WC494)	9/8-15/9	M,W	19:00-20:00	Lockhart RD. SC	15+	75	10	@7/7		
40603329 (WC495)	9/8-15/9	M,W	20:00-21:00	Lockhart RD. SC	15+	75	10	@7/7		
40603330 (WC496)	10/8-16/9	Tu,Th	7:00-8:00	Lockhart RD. SC	15+	75	10	@8/7		
40603331 (WC497)	10/8-16/9	Tu,Th	8:00-9:00	Lockhart RD. SC	15+	75	10	@8/7		
40603332 (WC498)	10/8-16/9	Tu,Th	12:00-13:00	Lockhart RD. SC	15+	75	10	@8/7		
40603333 (WC499)	10/8-16/9	Tu,Th	13:00-14:00	Lockhart RD. SC	15+	75	10	@8/7		
40603345 (WC511)	18/8-15/9 (excl. 6/9)	M,W,F	7:00-8:00	Lockhart RD. SC	15+	75	10	@19/7		
40603346 (WC512)	18/8-15/9 (excl. 6/9)	M,W,F	8:00-9:00	Lockhart RD. SC	15+	75	10	@19/7		
40603347 (WC513)	18/8-15/9 (excl. 6/9)	M,W,F	9:00-10:00	Lockhart RD. SC	15+	75	10	@19/7		
40603348 (WC514)	18/8-15/9 (excl. 6/9)	M,W,F	10:00-11:00	Lockhart RD. SC	15+	75	10	@19/7		
<b>Hydro Fitness Training Course</b>										
40603168 (WC441)	9/8-8/9	M,W,F	18:00-19:00	Morrison Hill SP	14+	80	12	23/6-29/6 (7/7) {29/7}		
40603169 (WC442)	9/8-8/9	M,W,F	19:00-20:00	Morrison Hill SP	14+	80	12	23/6-29/6 (7/7) {29/7}		
<b>Modern Dance Training Course</b>										
40603306 (WC480)	4/8-13/10 (excl. 22/9)	W	14:00-16:00	Harbour RD. SC	12+	70	15	16/6-22/6 (6/7) {30/7}		
<b>Social Dance Training Course</b>										
40603305 (WC479)	2/8-8/9 (excl. 9/8,23/8)	M,W	10:00-12:00	Harbour RD. SC	14+	86	12	16/6-22/6 (6/7) {30/7}		
40603344 (WC510)	17/8-16/9	Tu,Th	20:00-22:00	Lockhart RD. SC	14+	86	15	16/6-22/6 (6/7) {30/7}		
40603368 (WC527)	16/8-16/9	M,Th	15:00-17:00	Wong Nai Chung SC	14+	86	12	16/6-22/6 (6/7) {30/7}		
40603369 (WC528)	17/8-17/9	Tu,F	19:00-21:00	Wong Nai Chung SC	14+	86	12	16/6-22/6 (6/7) {30/7}		
<b>Tai Chi Made Easy Class</b>										
40603374 (WC532)	6/8-1/9	M,W,F	7:00-8:00	Basketball court of Kwai Fong ST.	6+	54	15	6/7		
40603375 (WC533)	3/8-28/8	Tu,Th,Sa	7:00-8:00	Basketball court of Kwai Fong ST.	6+	54	15	2/7		
40603391 (WC541)	4/8-30/8	M,W,F	7:00-8:00	Lockhart RD. PG	6+	54	15	22/7		
<b>Yoga Training Course</b>										
40603323 (WC491)	2/8-23/8	M,W,F	14:00-16:00	Lockhart RD. SC	15+	85	20	16/6-22/6 (6/7) {30/7}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40603336 (WC502)	15/8	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	16/6-22/6 (6/7) {30/7}		
<b>Body-Mind Stretch Training Course</b>										
40603363 (WC523)	13/8-24/9 (excl. 22/9)	W,F	14:00-15:00	Wong Nai Chung SC	15+	85	12	12/7		
<b>Parent-child(Aged 7-17) Badminton Fun Day</b>										
40603313 (WC486)	8/8	Su	10:00-11:00	Harbour RD. SC	7+	Free	12	14/7		
40603314 (WC487)	8/8	Su	11:00-12:00	Harbour RD. SC	7+	Free	12	14/7		
40603315 (WC488)	8/8	Su	12:00-13:00	Harbour RD. SC	7+	Free	12	14/7		
40603337 (WC503)	15/8	Su	10:00-11:00	Lockhart RD. SC	7+	Free	8	14/7		
40603338 (WC504)	15/8	Su	11:00-12:00	Lockhart RD. SC	7+	Free	8	14/7		
<b>Badminton Training Course</b>										
40603307 (WC481)	13/8-15/9	W,F	7:00-9:00	Harbour RD. SC	7+	118	12	16/6-22/6 (6/7) {30/7}		

40603309 (WC482)	13/8-15/9	W,F	18:00-20:00	Harbour RD. SC	7+	118	12	16/6-22/6 (6/7) {30/7}	✉
40603339 (WC505)	17/8-16/9	Tu,Th	9:00-11:00	Lockhart RD. SC	7+	118	9	16/6-22/6 (6/7) {30/7}	✉
40603340 (WC506)	17/8-16/9	Tu,Th	18:00-20:00	Lockhart RD. SC	7+	118	9	16/6-22/6 (6/7) {30/7}	✉
40603358 (WC519)	23/8-27/9 (excl. 22/9)	M,W	14:00-16:00	Lockhart RD. SC	7+	118	9	16/6-22/6 (6/7) {30/7}	✉
40603360 (WC521)	20/8-21/9	Tu,F	9:00-11:00	Wong Nai Chung SC	7+	118	9	16/6-22/6 (6/7) {30/7}	✉
40603361 (WC522)	16/8-16/9	M,Th	19:00-21:00	Wong Nai Chung SC	7+	118	9	16/6-22/6 (6/7) {30/7}	✉
<b>Badminton Training Course For Youth</b>									
40603310 (WC483)	2/8-23/8	M,W,F	16:00-18:00	Harbour RD. SC	12-17	118	12	16/6-22/6 (6/7) {30/7}	✉
<b>Badminton Training Course For Children</b>									
40603311 (WC484)	4/8-25/8	M,W,F	14:00-16:00	Harbour RD. SC	7-11	118	12	16/6-22/6 (6/7) {30/7}	✉
<b>Indoor Short Mat Bowling Training Course</b>									
40603359 (WC520)	7/8-25/9	Sa	9:00-11:00	Wong Nai Chung SC	18+	54	6	9/7	📄 i
<b>Lawn Bowls Training Course</b>									
40603397 (WC547)	3/8-27/8	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	6	16/6-22/6 (6/7) {30/7}	✉
40603398 (WC548)	3/8-27/8	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	6	16/6-22/6 (6/7) {30/7}	✉
<b>Table-tennis Training Course</b>									
40603371 (WC530)	17/8-16/9	Tu,Th	17:00-19:00	Wong Nai Chung SC	6+	86	9	12/7	📄 i
<b>Tennis Training Course</b>									
40603373 (WC531)	16/8-16/9	M,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	9	16/6-22/6 (6/7) {30/7}	✉
40603385 (WC535)	25/8-29/9 (excl. 22/9)	W,F	9:00-11:00	Hong Kong Tennis Centre	8+	170	9	16/6-22/6 (6/7) {30/7}	✉
40603386 (WC536)	25/8-29/9 (excl. 22/9)	W,F	19:00-21:00	Hong Kong Tennis Centre	8+	170	9	16/6-22/6 (6/7) {30/7}	✉
40603399 (WC549)	17/8-16/9	Tu,Th	7:00-9:00	Victoria Park TC	8+	170	9	16/6-22/6 (6/7) {30/7}	✉
<b>Community Garden Programme</b>									
40603965 (WC550)	14/8-12/12	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Dragon RD. Garden	12+	400	5	16/6-22/6 (6/7) {30/7}	✉

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 TS for Ex-mentally III Pers**

40603389 (WC539)	5/8-26/8	Th	16:00-18:00	Harbour RD. SC	15+	2	9/7	📄 i
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**Table Tennis TP for Pers. w Intellectual Disab**

40596104 (WC210)	7/8-4/9	Sa	16:00-18:00	Lockhart RD. SC	8+	8	16/6	📄 i
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Activities for Elderly Programme Number (Class code) (For aged 60 or above, free of charge)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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**Swimming TC for Elderly (I)**

40603171 (WC444)	10/8-9/9	Tu,Th	8:00-9:00	Morrison Hill SP	8	23/6-29/6 (7/7) {29/7}	✉
40603230 (WC469)	2/8-27/8 (excl. 6/8,20/8)	M,W,F	7:00-8:00	Victoria Park SP	8	23/6-29/6 (7/7) {29/7}	✉

**Swimming TC for Elderly (II)**

40603188 (WC454)	25/8-15/9	M,W,F	8:00-9:00	Morrison Hill SP	8	23/6-29/6 (7/7) {29/7}	✉
40603210 (WC461)	3/8-28/8 (excl. 7/8,21/8)	Tu,Th,Sa	8:00-9:00	Victoria Park SP	10	23/6-29/6 (7/7) {29/7}	✉

**Elderly Fitness Exercise Training Course**

40603342 (WC508)	17/8-16/9	Tu,Th,Sa	10:00-11:00	Lockhart RD. SC	15	16/6-22/6 (6/7) {30/7}	✉
40603364 (WC524)	20/8-27/9 (excl. 1/9,15/9,22/9)	M,W,F	8:00-9:00	Wong Nai Chung SC	15	16/6-22/6 (6/7) {30/7}	✉
40603365 (WC525)	20/8-27/9 (excl. 1/9,15/9,22/9)	M,W,F	9:00-10:00	Wong Nai Chung SC	15	16/6-22/6 (6/7) {30/7}	✉
40603367 (WC526)	20/8-27/9 (excl. 1/9,15/9,22/9)	M,W,F	10:00-11:00	Wong Nai Chung SC	15	16/6-22/6 (6/7) {30/7}	✉

**Morning Fitness Exercise for Elderly**

40603387 (WC537)	3/8-31/8	Tu,Th,Sa	6:00-8:00	Bowen RD. Temporary PG	15	3/8-31/8	Walk-in
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**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.

40603350 (WC515)	18/8-15/9 (excl. 6/9)	M,W,F	11:00- 12:00	Lockhart RD. SC	10	@16/6-22/6 (6/7){30/7}	✉
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**Social Dance Tr.Cr. for Elderly**

40603370 (WC529)	17/8-16/9	Tu,Th	13:00- 15:00	Wong Nai Chung SC	12	16/6-22/6 (6/7) {30/7}	✉
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