

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Sep 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)	
Swimming (Front Crawl) for Children (I)										
40595823 (NF461)	1/9-24/9 (excl. 22/9)	M,W,F	16:30-17:30	Fanling SP (Training Pool)	5-8	100	8	30/7		
Swimming (Breast Stroke) for Junior (I)										
40595816 (NF457)	2/9-25/9 (excl. 21/9)	Tu,Th,Sa	19:30-20:30	Fanling SP (Training Pool)	9-12	100	8	20/7-26/7 (3/8) {24/8}		
Swimming (Breaststroke) for Adult (I)										
40595788 (NF443)	1/9-24/9 (excl. 22/9)	M,W,F	19:30-20:30	Fanling SP (Training Pool)	18+	100	8	20/7-26/7 (3/8) {24/8}		
40595791 (NF444)	1/9-24/9 (excl. 22/9)	M,W,F	20:30-21:30	Fanling SP (Training Pool)	18+	100	8	20/7-26/7 (3/8) {24/8}		
40595797 (NF447)	2/9-25/9 (excl. 21/9)	Tu,Th,Sa	20:30-21:30	Fanling SP (Training Pool)	18+	100	8	20/7-26/7 (3/8) {24/8}		
Swimming (Breaststroke) for Children (I)										
40595805 (NF451)	1/9-24/9 (excl. 22/9)	M,W,F	17:30-18:30	Fanling SP (Training Pool)	5-8	100	8	30/7		
Swimming (Front Crawl) for Adult (I)										
40595811 (NF454)	1/9-24/9 (excl. 22/9)	M,W,F	19:30-20:30	Fanling SP (Training Pool)	18+	100	8	20/7-26/7 (3/8) {24/8}		
40595812 (NF455)	1/9-24/9 (excl. 22/9)	M,W,F	20:30-21:30	Fanling SP (Training Pool)	18+	100	8	20/7-26/7 (3/8) {24/8}		
40595817 (NF458)	2/9-25/9 (excl. 21/9)	Tu,Th,Sa	20:30-21:30	Fanling SP (Training Pool)	18+	100	8	20/7-26/7 (3/8) {24/8}		
Swimming (Front Crawl) for Junior(I)										
40595795 (NF446)	2/9-25/9 (excl. 21/9)	Tu,Th,Sa	19:30-20:30	Fanling SP (Training Pool)	9-12	100	8	20/7-26/7 (3/8) {24/8}		
Swimming (Breaststroke) for Adult (II)										
40595800 (NF449)	2/9-25/9 (excl. 21/9)	Tu,Th,Sa	19:30-20:30	Fanling SP (Secondary Pool)	18+	100	8	20/7-26/7 (3/8) {24/8}		
Swimming (Front Crawl) for Adult (II)										
40595818 (NF459)	1/9-24/9 (excl. 22/9)	M,W,F	19:30-20:30	Fanling SP (Secondary Pool)	18+	100	8	20/7-26/7 (3/8) {24/8}		
Swimming (Breaststroke) for Adult (III)										
40595803 (NF450)	1/9-24/9 (excl. 22/9)	M,W,F	20:30-21:30	Fanling SP (Main Pool)	18+	100	8	20/7-26/7 (3/8) {24/8}		
Swimming (Front Crawl) for Adult (III)										
40595809 (NF453)	2/9-25/9 (excl. 21/9)	Tu,Th,Sa	20:30-21:30	Fanling SP (Main Pool)	18+	100	8	20/7-26/7 (3/8) {24/8}		
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>										
40607652 (NH923)	2/9-12/10	Tu,Th	10:00-11:00	Luen Wo Hui SC	15+	75	10	@9/8		
40607653 (NW924)	27/9-25/10 (excl. 1/10)	M,W,F	14:00-15:00	Wo Hing SC	15+	75	10	@9/8		
40607654 (NW925)	27/9-25/10 (excl. 1/10)	M,W,F	15:00-16:00	Wo Hing SC	15+	75	10	@9/8		
40607672 (NH922)	2/9-12/10	Tu,Th	9:00-10:00	Luen Wo Hui SC	15+	75	10	@9/8		
Hydro Fitness Training Course										
40595826 (NF463)	1/9-6/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Fanling SP (Training Pool)	14+	80	15	20/7-26/7 (3/8) {24/8}		
Briefing on Proper Ways to Use Fitness Equipment										
40607635 (NH905)	5/9	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	12	22/7-29/7 (5/8) {25/8}		
40607636 (NR906)	4/9	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	12	22/7-29/7 (5/8) {25/8}		
40607637 (NR907)	12/9	Su	10:00-13:00	Po Wing RD. SC	15+	Free	12	22/7-29/7 (5/8) {25/8}		
40607638 (NT908)	12/9	Su	10:00-13:00	Tin Ping SC	15+	Free	10	22/7-29/7 (5/8) {25/8}		
40607639 (NT909)	19/9	Su	15:00-18:00	Tin Ping SC	15+	Free	10	22/7-29/7 (5/8) {25/8}		
40607640 (NW910)	11/9	Sa	14:00-17:00	Wo Hing SC	15+	Free	12	22/7-29/7 (5/8) {25/8}		
Fencing Elementary Training Course(Level II)										
40607651 (NW921)	25/9-13/11	Sa	14:00-16:00	Wo Hing SC	9+	100	10	7/9		
Table-tennis Training Course										
40607663 (NL934)	2/9-18/11 (excl. 14/10,21/10)	Th	14:00-16:00	Luen Wo Hui SC	6+	86	12	6/8		
40607664 (NH935)	18/9-19/10	Tu,Sa	20:00-22:00	Luen Wo Hui SC	6+	86	12	6/8		
40607665 (NH936)	20/9-28/10 (excl. 30/9,14/10)	M,Th	19:00-21:00	Luen Wo Hui SC	6+	86	12	6/8		
40607666 (NH937)	21/9-28/10 (excl. 14/10,21/10)	Tu,Th	10:00-12:00	Luen Wo Hui SC	14+	86	12	22/7-29/7 (5/8) {25/8}		
40607667 (NH938)	24/9-29/10 (excl. 1/10)	W,F	9:00-11:00	Luen Wo Hui SC	14+	86	12	22/7-29/7 (5/8) {25/8}		

Tennis Training Course

40607668 (NG939)	13/9-15/11	M	9:00-11:00	North District SG	14+	170	9	12/8		
40607669 (NG940)	13/9-15/11	M	20:00-22:00	North District SG	14+	170	9	22/7-29/7 (5/8) {25/8}		

American Pool Table Training Course(Stage II)

40607633 (NW903)	25/9-16/10	Sa	14:00-16:00	Wo Hing SC	8-15	120	3	22/7-29/7 (5/8) {25/8}		
40607634 (NW904)	25/9-16/10	Sa	16:00-18:00	Wo Hing SC	16+	120	3	22/7-29/7 (5/8) {25/8}		

Football Training Course

40607655 (NX926)	4/9-6/11	Sa	15:00-17:00	Pak Wo RD. PG	6-11	60	15	5/8		
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**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.

Badminton TS for Persons with Intellectual D

40606335 (NR826)	18/9	Sa	9:00-10:00	Po Wing RD. SC	6-25	2	4/8		
40606336 (NR827)	4/9	Sa	9:00-10:00	Po Wing RD. SC	6-25	2	4/8		

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 for Elderly (I)

40595829 (NF465)	2/9-25/9 (excl. 21/9)	Tu,Th,Sa	7:00-8:00	Fanling SP (Training Pool)	8	20/7-26/7 (3/8) {24/8}	
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Swimming for Elderly (II)

40595830 (NF466)	2/9-25/9 (excl. 21/9)	Tu,Th,Sa	8:00-9:00	Fanling SP (Secondary Pool)	8	20/7-26/7 (3/8) {24/8}	
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Elderly - Fitness Exercise for Elderly

40607645 (NH915)	1/9-22/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Luen Wo Hui SC	15	22/7-29/7 (5/8) {25/8}	
40607646 (NH916)	1/9-22/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Luen Wo Hui SC	15	22/7-29/7 (5/8) {25/8}	

Fitness (Multi-gym) Training Course for Elderly

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40607642 (NH912)	1/9-15/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Luen Wo Hui SC	10	@22/7-29/7 (5/8){25/8}	
40607643 (NH913)	1/9-15/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Luen Wo Hui SC	10	@22/7-29/7 (5/8){25/8}	

Hydro Fitness Training Course for Elderly

40595828 (NF464)	1/9-6/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Fanling SP (Training Pool)	15	20/7-26/7 (3/8) {24/8}	
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HES- Table-Tennis Play-in

40607650 (NH920)	2/9-30/9	Tu,Th	8:00-10:00	Luen Wo Hui SC	12	2/9-30/9	Walk-in
40609748 (NR943)	1/9-29/9 (excl. 22/9)	W	9:00-11:00	Po Wing RD. SC	15	1/9-29/9	Walk-in

HES-Gateball Self Practice Scheme

40607648 (NW918)	2/9-30/9	Th	13:00-15:00	Wo Hing SC	7	2/9-30/9	Walk-in
40607649 (NW919)	7/9-28/9	Tu	13:00-15:00	Wo Hing SC	7	7/9-28/9	Walk-in