

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Sep 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)	
Breaststroke Training Course for Adult (I)										
40602326 (CW0427)	6/9-4/10 (excl. 22/9,27/9,1/10)	M,W,F	7:00-8:00	Sun Yat Sen Memorial Park SP	18+	100	12	22/7-28/7 (10/8)	{30/8}	☒
Aerobic Dance Training Course										
40607854 (CW0766)	8/9-13/10 (excl. 13/9,20/9,22/9,1/10)	M,W,F	13:00-14:00	Hong Kong Park SC	14+	65	15	12/8		☒ i
40607855 (CW0767)	8/9-13/10 (excl. 13/9,20/9,22/9,1/10)	M,W,F	14:00-15:00	Hong Kong Park SC	14+	65	15	12/8		☒ i
40607864 (CW0780)	9/9-26/10 (excl. 14/9,14/10)	Tu,Th	8:00-9:00	Sheung Wan SC	14+	65	15	2/8		☒ i
40607865 (CW0781)	9/9-26/10 (excl. 14/9,14/10)	Tu,Th	9:00-10:00	Sheung Wan SC	14+	65	15	2/8		☒ i
40607866 (CW0782)	16/9-28/10 (excl. 14/10)	Tu,Th	13:00-14:00	Sheung Wan SC	14+	65	15	9/8		☒ i
40607908 (CW0824)	16/9-2/11 (excl. 21/9,14/10)	Tu,Th	18:00-19:00	Smithfield SC	14+	65	15	6/8		☒ i
40607909 (CW0825)	16/9-2/11 (excl. 21/9,14/10)	Tu,Th	19:00-20:00	Smithfield SC	14+	65	15	6/8		☒ i
40607910 (CW0826)	29/9-27/10 (excl. 1/10)	M,W,F	10:00-11:00	Smithfield SC	14+	65	15	17/8		☒ i
40607911 (CW0827)	29/9-27/10 (excl. 1/10)	M,W,F	11:00-12:00	Smithfield SC	14+	65	15	17/8		☒ i
Baduanjin Training Course										
40607868 (CW0784)	16/9-28/10 (excl. 14/10)	Tu,Th	14:00-15:00	Sheung Wan SC	8+	80	15	18/8		☒ i
40607869 (CW0785)	16/9-28/10 (excl. 14/10)	Tu,Th	15:00-16:00	Sheung Wan SC	8+	80	15	18/8		☒ i
40607919 (CW0835)	8/9-22/10 (excl. 22/9,1/10)	W,F	11:00-12:00	Smithfield SC	8+	80	15	5/8		☒ i
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>										
40607873 (CW0789)	10/9-15/10 (excl. 20/9,22/9,27/9,1/10)	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	15	@2/8		☒ i
40607874 (CW0790)	10/9-15/10 (excl. 20/9,22/9,27/9,1/10)	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	15	@2/8		☒ i
40607875 (CW0791)	15/9-15/10 (excl. 22/9,1/10)	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	15	@4/8		☒ i
40607876 (CW0792)	15/9-15/10 (excl. 22/9,1/10)	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	15	@4/8		☒ i
40607877 (CW0793)	16/9-28/10 (excl. 14/10)	Tu,Th	12:00-13:00	Sheung Wan SC	15+	75	15	@3/8		☒ i
40607878 (CW0794)	23/9-4/11 (excl. 14/10)	Tu,Th	20:00-21:00	Sheung Wan SC	15+	75	15	@10/8		☒ i
40607879 (CW0795)	23/9-4/11 (excl. 14/10)	Tu,Th	21:00-22:00	Sheung Wan SC	15+	75	15	@10/8		☒ i
40607880 (CW0796)	24/9-5/11 (excl. 1/10)	W,F	12:00-13:00	Sheung Wan SC	15+	75	15	@11/8		☒ i
40607881 (CW0797)	24/9-5/11 (excl. 1/10)	W,F	13:00-14:00	Sheung Wan SC	15+	75	15	@11/8		☒ i
Hydro Fitness Training Course										
40602330 (CW0430)	7/9-26/10 (excl. 14/10)	Tu,Th	20:00-21:00	Sun Yat Sen Memorial Park SP	14+	80	12	22/7-28/7 (10/8)	{30/8}	☒
Tai Chi Made Easy Class										
40607884 (CW0800)	10/9-27/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Sheung Wan SC	6+	54	15	10/8		☒ i
40607885 (CW0801)	10/9-27/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Sheung Wan SC	6+	60	15	10/8		☒ i
40607886 (CW0802)	13/9-13/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Sheung Wan SC	6+	54	15	17/8		☒ i
40607931 (CW0845)	13/9-13/10 (excl. 22/9,1/10)	M,W,F	17:30-18:30	Blake Garden	6+	54	15	19/8		☒ i
40607933 (CW0846)	7/9-2/10	Tu,Th,Sa	7:00-8:00	Blake Garden	6+	54	15	16/8		☒ i
40607938 (CW0852)	2/9-19/10 (excl. 21/9,14/10)	Tu,Th	18:00-19:00	Hong Kong Park SC	6+	54	15	9/8		☒ i
Body-Mind Stretch Training Course										
40607870 (CW0786)	10/9-25/10 (excl. 13/9,1/10)	M,F	20:00-21:00	Sheung Wan SC	15+	85	12	22/7-28/7 (10/8)	{30/8}	☒
40607871 (CW0787)	10/9-25/10 (excl. 13/9,1/10)	M,F	21:00-22:00	Sheung Wan SC	15+	85	12	22/7-28/7 (10/8)	{30/8}	☒
Archery FD for Children										
40607916 (CW0832)	25/9	Sa	9:30-11:30	Smithfield SC	6-11	Free	6	16/8		☒ i
40607917 (CW0833)	25/9	Sa	11:30-13:30	Smithfield SC	6-11	Free	6	16/8		☒ i
Badminton Training Course										
40607856 (CW0768)	29/9-3/11 (excl. 1/10)	W,F	7:00-9:00	Hong Kong Park SC	7+	118	12	22/7-28/7 (10/8)	{30/8}	☒
40607857 (CW0769)	27/9-1/11 (excl. 1/10)	M,F	18:00-20:00	Hong Kong Park SC	7+	118	12	22/7-28/7 (10/8)	{30/8}	☒

40607867 (CW0783)	30/9-4/11 (excl. 14/10)	Tu,Th	9:00-11:00	Sheung Wan SC	7+	118	12	22/7-28/7 (10/8) {30/8}	✉
Parent-child(Aged 7-17) Badminton TC									
40607858 (CW0770)	25/9-30/10	Sa	10:00-12:00	Hong Kong Park SC	7+	73	12	22/7-28/7 (10/8) {30/8}	✉
Squash Training Course									
40607860 (CW0772)	5/9-24/10	Su	14:00-16:00	Hong Kong Squash Centre	7+	160	6	13/8	🖨️ i
40607883 (CW0799)	7/9-5/10 (excl. 21/9)	Tu,Th	19:00-21:00	Sheung Wan SC	7+	160	6	13/8	🖨️ i
40607927 (CW0841)	8/9-6/10 (excl. 22/9)	M,W	19:00-21:00	Smithfield SC	7+	160	6	13/8	🖨️ i
Table-tennis Fun Day									
40607929 (CW0843)	1/9-29/9 (excl. 22/9)	W,F	10:00-11:00	Smithfield SC	6+	Free	12	1/9-29/9	Walk-in
Tennis Training Course									
40607942 (CW0854)	3/9-8/10 (excl. 1/10)	M,F	9:00-11:00	Aberdeen T/SC	8+	170	9	22/7-28/7 (10/8) {30/8}	✉
40607944 (CW0855)	3/9-13/10 (excl. 22/9,1/10)	W,F	20:00-22:00	Hong Kong Tennis Centre	8+	170	9	22/7-28/7 (10/8) {30/8}	✉
Go Training Course (Level III)									
40607923 (CW0838)	2/9-23/9 (excl. 21/9)	Tu,Th	19:00-21:00	Smithfield SC	6+	40	10	4/8	🖨️ i
American Pool Training Course (Stage II)									
40607912 (CW0828)	16/9-7/10	Th	18:30-20:30	Smithfield SC	8+	120	6	13/8	🖨️ i
40607913 (CW0829)	16/9-7/10	Th	20:30-22:30	Smithfield SC	8+	120	6	13/8	🖨️ i
40607914 (CW0830)	18/9-9/10	Sa	14:00-16:00	Smithfield SC	8+	120	6	13/8	🖨️ i
40607915 (CW0831)	18/9-9/10	Sa	16:00-18:00	Smithfield SC	8+	120	6	13/8	🖨️ i
Ultimate Fun Day for Family									
40603119 (CW0847)	18/9	Sa	14:00-15:30	SYSMP Art Turf - Min Soccer Pitch	6+	Free	30	6/8	🖨️ i
40603120 (CW0848)	18/9	Sa	15:30-17:00	SYSMP Art Turf - Min Soccer Pitch	6+	Free	30	6/8	🖨️ i
Gateball Fun Day									
40607882 (CW0798)	2/9-23/9	Th	8:00-10:00	Sheung Wan SC	8+	Free	7	2/9-23/9	Walk-in
C&W Community Garden Programme									
40607930 (CW0844)	26/9-30/1	M,Tu,W,Th,F,Sa,Su	8:00-18:00	SYSMP Community Garden	12+	400	15	22/7-28/7 (10/8) {30/8}	✉

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
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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 Fun Day for Persons with Visual Impairment

40607965 (CW0870)	13/9	M	15:00-17:00	Sheung Wan SC	8+	2	26/7	🖨️ i
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Hydro Fitness TS Persons with Chronic Illness

40609545 (CW0586)	3/9-24/9	F	14:00-15:00	Sun Yat Sen Memorial Park SP	14+	2	26/7	🖨️ i
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Golf Fun Day for Persons with Chronic Illness

40596278 (CW0256)	12/9	Su	9:00-13:00	Tuen Mun RSC	8+	3	26/7	🖨️ i
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Stress Management and Physical Relaxation TS for Persons with Hearing Impairment

40607966 (CW0871)	1/9-29/9 (excl. 22/9)	W	20:00-22:00	Smithfield SC	14+	2	26/7	🖨️ 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 <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
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Swimming Training Course for Elderly (I)

40602328 (CW0428)	6/9-4/10 (excl. 22/9,27/9,1/10)	M,W,F	8:00-9:00	Sun Yat Sen Memorial Park SP	12	22/7-28/7 (10/8) {30/8}	✉
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Fitness Exercise Training Course for the Elderly

40607872 (CW0788)	9/9-2/11 (excl. 14/9,14/10)	Tu,Th	7:00-8:00	Sheung Wan SC	15	22/7-28/7 (10/8) {30/8}	✉
40607920 (CW0836)	15/9-20/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Smithfield SC	15	22/7-28/7 (10/8) {30/8}	✉
40607921 (CW0837)	15/9-20/10 (excl. 22/9,1/10)	M,W,F	9:00-10:00	Smithfield SC	15	22/7-28/7 (10/8) {30/8}	✉

Hydro Fitness Training Course for the Elderly

40602329 (CW0429)	7/9-26/10 (excl. 14/10)	Tu,Th	19:00-20:00	Sun Yat Sen Memorial Park SP	12	22/7-28/7 (10/8) {30/8}	
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HES - Table Tennis Self Practice

40607862 (CW0774)	3/9-24/9	F	8:00-10:00	Hong Kong Park SC	12	3/9-24/9	Walk-in
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HES - Table-tennis Play-in

40607928 (CW0842)	1/9-29/9 (excl. 22/9)	W,F	9:00-10:00	Smithfield SC	12	1/9-29/9	Walk-in
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