

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

**Wan Chai District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting { Open Enrollment for Remaining Quota })	
<b>Breaststroke Swimming TC for Adult (II)</b>									
40606420 (WC565)	14/9-21/10 (excl. 21/9,14/10)	Tu,Th	9:00-10:00	Morrison Hill SP	18+	100	10	16/7-22/7 (3/8) {27/8}	☒
40606423 (WC568)	20/9-15/10 (excl. 22/9,1/10)	M,W,F	9:00-10:00	Morrison Hill SP	18+	100	10	16/7-22/7 (3/8) {27/8}	☒
<b>Front Crawl Swimming TC for Adult (I)</b>									
40606419 (WC564)	14/9-21/10 (excl. 21/9,14/10)	Tu,Th	8:00-9:00	Morrison Hill SP	18+	100	8	16/7-22/7 (3/8) {27/8}	☒
40606422 (WC567)	20/9-15/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Morrison Hill SP	18+	100	8	16/7-22/7 (3/8) {27/8}	☒
<b>Front Crawl Swimming TC for Adult (II)</b>									
40606421 (WC566)	20/9-15/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Morrison Hill SP	18+	100	10	16/7-22/7 (3/8) {27/8}	☒
<b>Backstroke Swimming Training Course</b>									
40606393 (WC558)	6/9-11/10 (excl. 22/9)	M,W	13:00-14:00	Wan Chai SP	18+	100	8	16/7-22/7 (3/8) {27/8}	☒
40606395 (WC559)	9/9-12/10	Tu,Th	9:00-10:00	Wan Chai SP	18+	100	8	16/7-22/7 (3/8) {27/8}	☒
<b>Breaststroke Swimming TC for Adult (III)</b>									
40606386 (WC556)	6/9-11/10 (excl. 22/9)	M,W	10:00-11:00	Wan Chai SP	18+	100	8	16/7-22/7 (3/8) {27/8}	☒
40606399 (WC562)	9/9-12/10	Tu,Th	13:00-14:00	Wan Chai SP	18+	100	8	16/7-22/7 (3/8) {27/8}	☒
<b>Butterfly Swimming Training Course</b>									
40606383 (WC555)	6/9-11/10 (excl. 22/9)	M,W	9:00-10:00	Wan Chai SP	18+	100	8	16/7-22/7 (3/8) {27/8}	☒
40606398 (WC561)	9/9-12/10	Tu,Th	12:00-13:00	Wan Chai SP	18+	100	8	16/7-22/7 (3/8) {27/8}	☒
<b>Front Crawl Swimming TC for Adult (III)</b>									
40606389 (WC557)	6/9-11/10 (excl. 22/9)	M,W	12:00-13:00	Wan Chai SP	18+	100	8	16/7-22/7 (3/8) {27/8}	☒
40606397 (WC560)	9/9-12/10	Tu,Th	10:00-11:00	Wan Chai SP	18+	100	8	16/7-22/7 (3/8) {27/8}	☒
<b>Aerobic Dance Training Course</b>									
40606425 (WC570)	8/9-20/10 (excl. 22/9)	M,W	18:00-19:00	Harbour RD. SC	14+	65	15	6/8	☒ i
40606426 (WC571)	8/9-20/10 (excl. 22/9)	M,W	19:00-20:00	Harbour RD. SC	14+	65	15	6/8	☒ i
40606427 (WC572)	2/9-19/10 (excl. 21/9,14/10)	Tu,Th	18:00-19:00	Harbour RD. SC	14+	65	15	16/7-22/7 (3/8) {27/8}	☒
40606428 (WC573)	2/9-19/10 (excl. 21/9,14/10)	Tu,Th	19:00-20:00	Harbour RD. SC	14+	65	15	16/7-22/7 (3/8) {27/8}	☒
40606429 (WC574)	3/9-20/10 (excl. 22/9,1/10)	W,F	7:30-8:30	Harbour RD. SC	14+	65	15	3/8	☒ i
40606456 (WC601)	7/9-19/10 (excl. 14/10)	Tu,Th	7:00-8:00	Lockhart RD. SC	14+	65	15	5/8	☒ i
40606457 (WC602)	7/9-19/10 (excl. 14/10)	Tu,Th	8:00-9:00	Lockhart RD. SC	14+	65	15	5/8	☒ i
40606460 (WC605)	24/9-27/10 (excl. 1/10,4/10,18/10)	M,W,F	9:00-10:00	Lockhart RD. SC	14+	65	15	17/8	☒ i
40606461 (WC606)	24/9-27/10 (excl. 1/10,4/10,18/10)	M,W,F	10:00-11:00	Lockhart RD. SC	14+	65	15	17/8	☒ i
40606462 (WC607)	24/9-22/10 (excl. 1/10)	M,W,F	18:00-19:00	Lockhart RD. SC	14+	65	15	25/8	☒ i
40606463 (WC608)	24/9-22/10 (excl. 1/10)	M,W,F	19:00-20:00	Lockhart RD. SC	14+	65	15	25/8	☒ i
<b>Fitness Exercise Training Course</b>									
40606474 (WC618)	28/9-30/10 (excl. 14/10)	Tu,Th,Sa	11:00-12:00	Lockhart RD. SC	14+	80	15	16/7-22/7 (3/8) {27/8}	☒
<b>Fitness (Multi-gym) Training Course</b>									
@ 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.									
40606448 (WC593)	1/9-29/9 (excl. 22/9)	M,W,F	15:00-16:00	Lockhart RD. SC	15+	75	10	@3/8	☒ i
40606449 (WC594)	1/9-29/9 (excl. 22/9)	M,W,F	16:00-17:00	Lockhart RD. SC	15+	75	10	@3/8	☒ i
40606450 (WC595)	1/9-29/9 (excl. 22/9)	M,W,F	17:00-18:00	Lockhart RD. SC	15+	75	10	@3/8	☒ i
40606451 (WC596)	2/9-12/10	Tu,Th	18:00-19:00	Lockhart RD. SC	15+	75	10	@4/8	☒ i
40606452 (WC597)	2/9-12/10	Tu,Th	19:00-20:00	Lockhart RD. SC	15+	75	10	@4/8	☒ i
40606453 (WC598)	2/9-12/10	Tu,Th	20:00-21:00	Lockhart RD. SC	15+	75	10	@4/8	☒ i
40606454 (WC599)	2/9-12/10	Tu,Th	21:00-22:00	Lockhart RD. SC	15+	75	10	@4/8	☒ i
40606464 (WC609)	27/9-29/10 (excl. 1/10,4/10,18/10)	M,W,F	7:00-8:00	Lockhart RD. SC	15+	75	10	@24/8	☒ i
40606465 (WC610)	27/9-29/10 (excl. 1/10,4/10,18/10)	M,W,F	8:00-9:00	Lockhart RD. SC	15+	75	10	@24/8	☒ i
40606466 (WC611)	27/9-29/10 (excl. 1/10,4/10,18/10)	M,W,F	9:00-10:00	Lockhart RD. SC	15+	75	10	@26/8	☒ i

40606467 (WC612)	27/9-29/10 (excl. 1/10,4/10,18/10)	M,W,F	10:00-11:00	Lockhart RD. SC	15+	75	10	@26/8		
<b>Gymnastics for all Training Course</b>										
40606424 (WC569)	2/9-7/10 (excl. 21/9)	Tu,Th	14:00-16:00	Harbour RD. SC	6+	54	10	16/7-22/7 (3/8) {27/8}		
<b>Jazz Training Course</b>										
40606483 (WC626)	6/9-8/11	M	19:00-21:00	Wong Nai Chung SC	12+	70	15	16/7-22/7 (3/8) {27/8}		
<b>Social Dance Training Course</b>										
40606475 (WC619)	28/9-2/11 (excl. 14/10)	Tu,Th	20:00-22:00	Lockhart RD. SC	14+	86	16	16/7-22/7 (3/8) {27/8}		
<b>Tai Chi Made Easy Class</b>										
40606497 (WC641)	1/9-29/9 (excl. 22/9)	M,W,F	7:00-8:00	Wun Sha ST. Children's PG	6+	54	15	19/8		
40606501 (WC645)	24/9-22/10 (excl. 1/10)	M,W,F	7:30-8:30	Wan Chai Park	6+	54	15	19/8		
<b>Yoga Training Course</b>										
40606447 (WC592)	1/9-24/9 (excl. 22/9)	M,W,F	14:00-16:00	Lockhart RD. SC	15+	85	20	16/7-22/7 (3/8) {27/8}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40606455 (WC600)	5/9	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	16/7-22/7 (3/8) {27/8}		
40606458 (WC603)	11/9	Sa	14:00-17:00	Lockhart RD. SC	15+	Free	12	16/7-22/7 (3/8) {27/8}		
40606459 (WC604)	19/9	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	16/7-22/7 (3/8) {27/8}		
<b>Body-Mind Stretch Training Course</b>										
40606477 (WC621)	29/9-10/11 (excl. 1/10)	W,F	14:00-15:00	Wong Nai Chung SC	15+	85	12	27/8		
<b>Parent-child (Aged 7-17) Badminton Fun Day</b>										
40606484 (WC627)	12/9	Su	11:00-12:00	Wong Nai Chung SC	7+	Free	9	10/8		
40606485 (WC628)	12/9	Su	12:00-13:00	Wong Nai Chung SC	7+	Free	9	10/8		
<b>Badminton Training Course</b>										
40606430 (WC575)	29/9-3/11 (excl. 1/10)	W,F	7:00-9:00	Harbour RD. SC	7+	118	12	16/7-22/7 (3/8) {27/8}		
40606431 (WC576)	29/9-3/11 (excl. 1/10)	W,F	18:00-20:00	Harbour RD. SC	7+	118	12	16/7-22/7 (3/8) {27/8}		
40606469 (WC614)	28/9-2/11 (excl. 14/10)	Tu,Th	9:00-11:00	Lockhart RD. SC	7+	118	9	16/7-22/7 (3/8) {27/8}		
40606470 (WC615)	28/9-2/11 (excl. 14/10)	Tu,Th	18:00-20:00	Lockhart RD. SC	7+	118	9	16/7-22/7 (3/8) {27/8}		
40606476 (WC620)	27/9-1/11 (excl. 14/10)	M,Th	19:00-21:00	Wong Nai Chung SC	7+	118	9	16/7-22/7 (3/8) {27/8}		
<b>Lawn Bowls Training Course</b>										
40606503 (WC647)	3/9-28/9	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	6	16/7-22/7 (3/8) {27/8}		
40606504 (WC648)	3/9-28/9	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	6	16/7-22/7 (3/8) {27/8}		
<b>Squash Training Course</b>										
40606487 (WC630)	1/9-29/9 (excl. 22/9)	W,F	19:00-21:00	Wong Nai Chung SC	7+	160	6	5/8		
<b>Table-tennis Training Course</b>										
40606433 (WC578)	4/9-6/11	Sa	9:00-11:00	Harbour RD. SC	6+	86	12	16/7-22/7 (3/8) {27/8}		
40606488 (WC631)	28/9-2/11 (excl. 14/10)	Tu,Th	17:00-19:00	Wong Nai Chung SC	6+	86	9	27/8		
<b>Tennis Training Course</b>										
40606489 (WC632)	27/9-1/11 (excl. 14/10)	M,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	9	16/7-22/7 (3/8) {27/8}		
40606490 (WC633)	5/9-7/11	Su	9:00-11:00	Hong Kong Tennis Centre	8+	170	9	16/7-22/7 (3/8) {27/8}		
40606491 (WC634)	13/9-18/10	M,Th	7:00-9:00	Causeway Bay SG	8+	170	9	16/7-22/7 (3/8) {27/8}		
<b>Go TC For Children (Level I)</b>										
40606434 (WC579)	4/9-9/10	Sa	14:00-16:00	Harbour RD. SC	6-10	40	10	16/7-22/7 (3/8) {27/8}		
<b>Volleyball Training Course</b>										
40606432 (WC577)	4/9-6/11	Sa	9:00-11:00	Harbour RD. SC	10+	70	15	16/7-22/7 (3/8) {27/8}		

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
--	------	-----	------	-------	-----------	--	------------------



**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.


**Adult Hydro Fitness TS for Persons with Chronic Illness**

40606350 (WC553)	2/9-28/10 (excl. 14/10)	Th	18:00-19:00	Morrison Hill SP	18+	3	3/8		
40606380 (WC554)	2/9-28/10 (excl. 14/10)	Th	19:00-20:00	Morrison Hill SP	18+	3	3/8		

**Aerobic TS for Ex-Mentally III Persons**

40606494 (WC638)	9/9-30/9	Th	16:00-18:00	Lockhart RD. SC	14+	2	9/8	 
------------------	----------	----	-------------	-----------------	-----	---	-----	---


**Aerobic Dance TS for Pers. with Intel. Disab.**

40606495 (WC639)	4/9-25/9	Sa	14:00-16:00	Lockhart RD. SC	14+	2	2/8	 
------------------	----------	----	-------------	-----------------	-----	---	-----	---

**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****Swimming TC for Elderly (II)**

40606418 (WC563)	14/9-21/10 (excl. 21/9,14/10)	Tu,Th	7:00-8:00	Morrison Hill SP	10	16/7-22/7 (3/8) {27/8}	
------------------	----------------------------------	-------	-----------	------------------	----	---------------------------	---

**Baduanjin Fun Day for Elderly**

40606438 (WC583)	3/9	F	9:15-11:45	Harbour RD. SC	80	3/9	Walk-in
40606439 (WC584)	10/9	F	9:15-11:45	Harbour RD. SC	80	10/9	Walk-in
40606440 (WC585)	17/9	F	9:15-11:45	Harbour RD. SC	80	17/9	Walk-in
40606441 (WC586)	24/9	F	9:15-11:45	Harbour RD. SC	80	24/9	Walk-in

**Elderly Fitness Exercise Training Course**

40606471 (WC616)	28/9-30/10 (excl. 14/10)	Tu,Th,Sa	9:00-10:00	Lockhart RD. SC	15	16/7-22/7 (3/8) {27/8}	
40606472 (WC617)	28/9-30/10 (excl. 14/10)	Tu,Th,Sa	10:00-11:00	Lockhart RD. SC	15	16/7-22/7 (3/8) {27/8}	

**Morning Fitness Exercise for Elderly**

40606492 (WC636)	2/9-30/9	Tu,Th,Sa	6:00-8:00	Bowen RD. Temporary PG	15	2/9-30/9	Walk-in
------------------	----------	----------	-----------	---------------------------	----	----------	---------


**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.

40606468 (WC613)	27/9-29/10 (excl. 1/10,4/10,18/10)	M,W,F	11:00-12:00	Lockhart RD. SC	10	@16/7-22/7 (3/8){27/8}	
------------------	---------------------------------------	-------	-------------	-----------------	----	---------------------------	---

**General Gymnastics Fun Day for Elderly**

40606442 (WC587)	1/9	W	9:15-11:45	Harbour RD. SC	40	1/9	Walk-in
40606443 (WC588)	8/9	W	9:15-11:45	Harbour RD. SC	40	8/9	Walk-in
40606444 (WC589)	15/9	W	9:15-11:45	Harbour RD. SC	40	15/9	Walk-in
40606445 (WC590)	29/9	W	9:15-11:45	Harbour RD. SC	40	29/9	Walk-in

**Social Dance Tr.Cr. for Elderly**

40606486 (WC629)	28/9-2/11 (excl. 14/10)	Tu,Th	13:00-15:00	Wong Nai Chung SC	16	16/7-22/7 (3/8) {27/8}	
------------------	----------------------------	-------	-------------	-------------------	----	---------------------------	---

**MP for Elderly - Indoor Short Mat Bowling**

40606436 (WC581)	7/9-28/9 (excl. 21/9)	Tu	9:30-11:30	Harbour RD. SC	24	7/9-28/9	Walk-in
------------------	--------------------------	----	------------	----------------	----	----------	---------

**HES Indr Short Mat Bowling cum Badminton Play-in**

40606478 (WC622)	6/9-13/9	M	8:00-10:00	Wong Nai Chung SC	12	6/9-13/9	Walk-in
------------------	----------	---	------------	-------------------	----	----------	---------

**Meeting Points for Elderly - Indoor Gateball**

40606437 (WC582)	2/9-30/9	Th	9:30-11:30	Harbour RD. SC	40	2/9-30/9	Walk-in
------------------	----------	----	------------	----------------	----	----------	---------