



















































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

Eastern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Life-saving Training Course (Bronze Medallion)									
40596934 (ENLS06)	3/9-6/10 (excl. 22/9,1/10)	M,W,F,Su	19:00-21:00	Chai Wan SP (Main Pool MP)	13+	108	12	3/8	
Front Crawl Training Course for Adult (Level I)									
40596937 (ENA022)	7/9-28/9	Tu,Th,Sa	8:00-9:00	Chai Wan SP (Training Pool T3)	18+	100	6	9/8	
Breaststroke Training Course for Adult (Level II)									
40596941 (ENAB84)	7/9-28/9	Tu,Th,Sa	20:00-21:00	Chai Wan SP (Secondary Pool SP)	18+	100	10	9/8	
Front Crawl Training Course for Adult (Level II)									
40596940 (ENA091)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Chai Wan SP (Secondary Pool SP)	18+	100	10	3/8	
Front Crawl Training Course for Adult (Level II)									
40596938 (ENA089)	7/9-28/9	Tu,Th,Sa	7:00-8:00	Chai Wan SP (Secondary Pool SP)	18+	100	10	9/8	
40596939 (ENA090)	7/9-28/9	Tu,Th,Sa	20:00-21:00	Chai Wan SP (Secondary Pool SP)	18+	100	10	9/8	
Backstroke Training Course for Adult									
40596974 (ENBK52)	7/9-28/9	Tu,Th,Sa	18:00-19:00	Chai Wan SP (Main Pool MP)	18+	100	10	9/8	
Butterfly Stroke Training Course for Aged 9-17									
40596936 (ENBF02)	7/9-28/9	Tu,Th,Sa	18:00-19:00	Chai Wan SP (Main Pool MP)	9-17	100	10	2/8	
Front Crawl Training Course for Adult (Level III)									
40596973 (ENL004)	7/9-28/9	Tu,Th,Sa	19:00-20:00	Chai Wan SP (Main Pool MP)	18+	100	10	9/8	
Front Crawl Training Course for Aged 17 or below (Level III)									
40596935 (ENL033)	7/9-28/9	Tu,Th,Sa	19:00-20:00	Chai Wan SP (Main Pool MP)	0-17	100	10	2/8	
Aerobic Dance Training Course									
40606546 (EN0802)	2/9-19/10 (excl. 21/9,14/10)	Tu,Th	15:00-16:00	Island East SC	14+	65	15	6/8	
40606547 (EN0803)	2/9-19/10 (excl. 21/9,14/10)	Tu,Th	16:00-17:00	Island East SC	14+	65	15	6/8	
40606556 (EN0810)	6/9-18/10 (excl. 1/10)	M,F	18:00-19:00	Quarry Bay SC	14+	65	15	10/8	
40606557 (EN0811)	6/9-18/10 (excl. 1/10)	M,F	19:00-20:00	Quarry Bay SC	14+	65	15	10/8	
40606558 (EN0812)	7/9-26/10 (excl. 21/9,23/9,14/10)	Tu,Th	15:00-16:00	Quarry Bay SC	14+	65	15	6/8	
40606559 (EN0813)	7/9-26/10 (excl. 21/9,23/9,14/10)	Tu,Th	16:00-17:00	Quarry Bay SC	14+	65	15	6/8	
40606595 (EN0838)	24/9-27/10 (excl. 1/10,4/10,18/10)	M,W,F	7:00-8:00	Java RD. SC	14+	65	15	26/8	
40606596 (EN0839)	24/9-27/10 (excl. 1/10,4/10,18/10)	M,W,F	8:00-9:00	Java RD. SC	14+	65	15	26/8	
40606597 (EN0840)	24/9-27/10 (excl. 1/10,4/10,18/10)	M,W,F	9:00-10:00	Java RD. SC	14+	65	15	26/8	
40606598 (EN0841)	24/9-27/10 (excl. 1/10,4/10,18/10)	M,W,F	10:00-11:00	Java RD. SC	14+	65	15	26/8	
40606599 (EN0842)	24/9-27/10 (excl. 1/10,4/10,18/10)	M,W,F	11:00-12:00	Java RD. SC	14+	65	15	26/8	
40606600 (EN0843)	24/9-22/10 (excl. 1/10)	M,W,F	14:00-15:00	Java RD. SC	14+	65	15	26/8	
40606601 (EN0844)	24/9-22/10 (excl. 1/10)	M,W,F	15:00-16:00	Java RD. SC	14+	65	15	26/8	
40606609 (EN0852)	8/9-22/10 (excl. 22/9,1/10)	W,F	19:00-20:00	Island East SC	14+	65	15	19/7-22/7 (5/8) {25/8}	
40606610 (EN0853)	8/9-22/10 (excl. 22/9,1/10)	W,F	20:00-21:00	Island East SC	14+	65	15	19/7-22/7 (5/8) {25/8}	
Baduanjin Training Course									
40606660 (EN0878)	20/9-20/10 (excl. 22/9,1/10)	M,W,F	20:00-21:00	North Point Market Roof-top PG	8+	80	15	19/8	
Chinese Dance Training Course									
40606549 (EN0805)	3/9-12/10 (excl. 21/9,1/10)	Tu,F	9:00-11:00	Island East SC	12+	45	15	19/7-22/7 (5/8) {25/8}	
40606550 (EN0806)	27/9-29/11	M	19:00-21:00	Island East SC	12+	45	15	19/7-22/7 (5/8) {25/8}	
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>									
40606565 (EN0816)	2/9-21/10 (excl. 21/9,23/9,14/10)	Tu,Th	19:00-20:00	Quarry Bay SC	15+	75	15	@3/8	
40606567 (EN0817)	2/9-21/10 (excl. 21/9,23/9,14/10)	Tu,Th	20:00-21:00	Quarry Bay SC	15+	75	15	@3/8	
40606570 (EN0819)	27/9-29/10 (excl. 1/10,13/10,27/10)	M,W,F	7:00-8:00	Quarry Bay SC	15+	75	15	@30/8	
40606571 (EN0820)	27/9-29/10 (excl. 1/10,13/10,27/10)	M,W,F	8:00-9:00	Quarry Bay SC	15+	75	15	@30/8	
40606573 (EN0821)	27/9-29/10 (excl. 1/10,13/10,27/10)	M,W,F	9:00-10:00	Quarry Bay SC	15+	75	15	@30/8	

40606575 (EN0822)	27/9-29/10 (excl. 1/10,13/10,27/10)	M,W,F	10:00-11:00	Quarry Bay SC	15+	75	15	@30/8	 
40606577 (EN0823)	27/9-25/10 (excl. 1/10)	M,W,F	15:00-16:00	Quarry Bay SC	15+	75	15	@30/8	 
40606579 (EN0824)	27/9-25/10 (excl. 1/10)	M,W,F	16:00-17:00	Quarry Bay SC	15+	75	15	@30/8	 
40606614 (EN0857)	8/9-15/10 (excl. 13/9,22/9,27/9,1/10,11/10)	M,W,F	7:00-8:00	Chai Wan SC	15+	75	15	@11/8	 
40606615 (EN0858)	8/9-15/10 (excl. 13/9,22/9,27/9,1/10,11/10)	M,W,F	8:00-9:00	Chai Wan SC	15+	75	15	@11/8	 
40606616 (EN0859)	10/9-11/10 (excl. 22/9,1/10)	M,W,F	19:00-20:00	Chai Wan SC	15+	75	15	@11/8	 
40606617 (EN0860)	10/9-11/10 (excl. 22/9,1/10)	M,W,F	20:00-21:00	Chai Wan SC	15+	75	15	@11/8	 
Jazz Dance Training Course									
40606613 (EN0856)	6/9-7/10	M,Th	9:00-11:00	Island East SC	12+	70	15	19/7-22/7 (5/8) {25/8}	
Folk dance TC for Per with Hearing Impairment									
40606662 (EN0880)	6/9-27/9	M	15:00-17:00	Java RD. SC	15+	20	2	10/8	 
Tai Chi Made Easy Class									
40603734 (EN0713)	2/9-30/9 (excl. 21/9)	Tu,Th,Sa	7:00-8:00	Quarry Bay Park 1(Basketball court no.2)	6+	60	15	2/8	 
Briefing on Proper Ways to Use Fitness Equip									
40606562 (EN0814)	4/9	Sa	14:30-17:30	Quarry Bay SC	15+	Free	12	19/7-22/7 (5/8) {25/8}	
40606564 (EN0815)	12/9	Su	10:30-13:30	Quarry Bay SC	15+	Free	12	19/7-22/7 (5/8) {25/8}	
40606619 (EN0862)	11/9	Sa	14:30-17:30	Chai Wan SC	15+	Free	12	19/7-22/7 (5/8) {25/8}	
Body-Mind Stretch Training Course									
40606583 (EN0826)	2/9-21/10 (excl. 21/9,23/9,14/10)	Tu,Th	9:00-10:00	Quarry Bay SC	15+	85	12	2/8	 
40606584 (EN0827)	2/9-21/10 (excl. 21/9,23/9,14/10)	Tu,Th	10:00-11:00	Quarry Bay SC	15+	85	12	2/8	 
Archery Fun Day									
40606535 (EN0791)	11/9	Sa	9:00-10:00	Siu Sai Wan SG	8+	Free	12	13/8	 
40606536 (EN0792)	11/9	Sa	10:00-11:00	Siu Sai Wan SG	8+	Free	12	13/8	 
40606537 (EN0793)	11/9	Sa	11:00-12:00	Siu Sai Wan SG	8+	Free	12	13/8	 
Badminton Training Course									
40606548 (EN0804)	1/9-8/10 (excl. 22/9,1/10)	W,F	18:00-20:00	Island East SC	7+	118	12	19/7-22/7 (5/8) {25/8}	
40606585 (EN0828)	13/9-21/10 (excl. 23/9,14/10)	M,Th	19:00-21:00	Quarry Bay SC	7+	118	12	19/7-22/7 (5/8) {25/8}	
40606603 (EN0846)	3/9-15/10 (excl. 7/9,14/9,1/10)	Tu,F	18:00-20:00	Java RD. SC	7+	118	12	19/7-22/7 (5/8) {25/8}	
40606655 (EN0873)	3/9-15/10 (excl. 6/9,13/9,1/10)	M,F	19:00-21:00	Siu Sai Wan SC	7+	118	12	19/7-22/7 (5/8) {25/8}	
Indoor Lawn Bowls Training Course									
40606553 (EN0808)	2/9-27/9	M,Th	19:00-21:00	Island East SC	8+	54	6	19/7-22/7 (5/8) {25/8}	
40606555 (EN0809)	2/9-27/9	M,Th	19:00-21:00	Island East SC	8+	54	6	19/7-22/7 (5/8) {25/8}	
Squash Training Course									
40606586 (EN0829)	3/9-27/9	M,F	10:00-12:00	Quarry Bay SC	7+	160	6	5/8	 
40606606 (EN0849)	2/9-5/10 (excl. 7/9,14/9)	Tu,Th	9:00-11:00	Java RD. SC	18+	160	6	2/8	 
40606620 (EN0863)	24/9-22/10 (excl. 1/10)	W,F	19:00-21:00	Chai Wan SC	7+	160	6	24/8	 
Table-tennis Training Course									
40606611 (EN0854)	6/9-11/10 (excl. 22/9)	M,W	19:00-21:00	Island East SC	14+	86	10	19/7-22/7 (5/8) {25/8}	
40606654 (EN0872)	14/9-21/10 (excl. 21/9,14/10)	Tu,Th	16:00-18:00	Siu Sai Wan SC	6+	86	12	19/7-22/7 (5/8) {25/8}	
Tennis Training Course									
40606592 (EN0835)	29/9-3/11 (excl. 1/10)	W,F	9:00-11:00	Quarry Bay Park	8+	170	9	19/7-22/7 (5/8) {25/8}	
40606593 (EN0836)	26/9-28/11	Su	10:00-12:00	Quarry Bay Park	8+	170	9	19/7-22/7 (5/8) {25/8}	
40606594 (EN0837)	4/9-6/11	Sa	16:00-18:00	Quarry Bay Park	8-13	170	9	19/7-22/7 (5/8) {25/8}	
American Pool TC (Level II)									
40606602 (EN0845)	18/9-9/10	Sa	14:00-16:00	Java RD. SC	8+	120	3	19/7-22/7 (5/8) {25/8}	

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of		Enrolment Method
						Enrollment	Enrolment	
						(Balloting)	(Open Enrollment for Remaining Quota)	

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 PWs 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 PWs 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.

Hydro Fitness TS for Chronic Ill Persons

40606665 (EN0883)	7/9-26/10	Tu	10:00-11:00	Siu Sai Wan SP	18-65	2	10/8	
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Hydro Fitness TP for P w Physical Disability

40606666 (EN0884)	8/9-13/10 (excl. 22/9)	W	10:00-12:00	Siu Sai Wan SP	18-65	2	10/8	
40607616 (EN0914)	3/9-8/10 (excl. 1/10)	F	10:00-12:00	Siu Sai Wan SP	18-65	2	5/8	

Table-tennis TS for Persons with Autism

40606664 (EN0882)	4/9-23/10	Sa	9:00-11:00	Island East SC	6+	2	10/8	
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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****Swimming Training Course fro Elderly (Level II)**

40596942 (ENE082)	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Chai Wan SP(Training Pool T3)	6	19/7-22/7 (5/8) {25/8}	
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Mt Pts for Elderly - Baduanjin

40606624 (EN0867)	1/9-29/9 (excl. 22/9)	W	8:00-10:00	Chai Wan SC	35	1/9-7/9	Walk-in
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General Gymnastics TC for Elderly

40606552 (EN0807)	1/9-24/9 (excl. 22/9)	M,W,F	14:00-16:00	Island East SC	6	19/7-22/7 (5/8) {25/8}	
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Elderly Fitness Training Course

40606587 (EN0830)	11/9-21/10 (excl. 21/9,23/9,2/10,14/10)	Tu,Th,Sa	7:00-8:00	Quarry Bay SC	15	19/7-22/7 (5/8) {25/8}	
40606588 (EN0831)	11/9-21/10 (excl. 21/9,23/9,2/10,14/10)	Tu,Th,Sa	8:00-9:00	Quarry Bay SC	15	19/7-22/7 (5/8) {25/8}	

Mt Pts for the Elderly - Social Dance

40606659 (EN0877)	3/9-24/9	F	8:00-10:00	Siu Sai Wan SC	16	3/9-24/9	Walk-in
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Tai Chi Made Easy Class for Elderly

40606621 (EN0864)	1/9-6/10 (excl. 13/9,22/9,27/9,1/10)	M,W,F	7:00-8:00	Chai Wan SC	30	19/7-22/7 (5/8) {25/8}	
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Mt Pts for Elderly - Badminton

40606623 (EN0866)	7/9-28/9	Tu	10:00-12:00	Chai Wan SC	16	7/9-13/9	Walk-in
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Mt Pts for the Elderly - Table-tennis

40606658 (EN0876)	2/9-30/9	Th	8:00-10:00	Siu Sai Wan SC	18	2/9-30/9	Walk-in
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Mt Pts for Elderly - Gateball

40606626 (EN0869)	3/9-24/9	F	8:00-10:00	Chai Wan SC	15	3/9-9/9	Walk-in
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Baduanjin Training Course

40606661 (EN0879)	20/9-20/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Heng Fa Chuen PG	15	19/8	
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