



















**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 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)	
Long Distance Running Training Course										
40611266 (NG1036)	30/10-29/11 (excl. 14/10) 13/11,20/11,25/12,1/1)	Sa	16:00-18:00	North District SG	16+	130	20	20/9		
Aerobic Dance Training Course										
40611092 (NH944)	5/10-16/11 (excl. 14/10)	Tu,Th	15:00-16:00	Luen Wo Hui SC	14+	65	15	6/9		
40611101 (NH947)	6/10-12/11	W,F	12:00-13:00	Luen Wo Hui SC	14+	65	15	6/9		
40611120 (NH948)	6/10-12/11	W,F	19:00-20:00	Luen Wo Hui SC	14+	65	15	6/9		
40611124 (NH949)	6/10-12/11	W,F	20:00-21:00	Luen Wo Hui SC	14+	65	15	6/9		
40611126 (NR950)	6/10-12/11	W,F	14:00-15:00	Po Wing RD. SC	14+	65	15	6/9		
40611128 (NR951)	6/10-12/11	W,F	15:00-16:00	Po Wing RD. SC	14+	65	15	6/9		
40611130 (NR952)	13/10-22/11	M,W	19:00-20:00	Po Wing RD. SC	14+	65	15	6/9		
40611132 (NR953)	13/10-22/11	M,W	20:00-21:00	Po Wing RD. SC	14+	65	15	6/9		
40611134 (NW954)	4/10-10/11	M,W	14:00-15:00	Wo Hing SC	14+	65	10	6/9		
40611137 (NW956)	5/10-16/11 (excl. 14/10)	Tu,Th	9:00-10:00	Wo Hing SC	14+	65	10	6/9		
40611139 (NW957)	5/10-16/11 (excl. 14/10)	Tu,Th	10:00-11:00	Wo Hing SC	14+	65	10	6/9		
40611140 (NW958)	6/10-12/11	W,F	9:00-10:00	Wo Hing SC	14+	65	10	6/9		
Baduanjin Training Course										
40611161 (NW969)	7/10-30/12 (excl. 14/10)	Th	11:00-12:00	Wo Hing SC	8+	80	15	7/9		
40611164 (NW970)	7/10-30/12 (excl. 14/10)	Th	12:00-13:00	Wo Hing SC	8+	80	15	7/9		
Children Dance Training Course										
40611197 (NH984)	3/10-5/12	Su	13:00-15:00	Luen Wo Hui SC	4-11	60	10	1/9		
40611198 (NT985)	2/10-4/12	Sa	14:00-16:00	Tin Ping SC	4-11	60	10	1/9		
40611199 (NW986)	8/10-10/12	F	15:00-17:00	Wo Hing SC	4-6	60	10	1/9		
40611201 (NW987)	10/10-12/12	Su	10:00-12:00	Wo Hing SC	4-11	60	10	1/9		
Chinese Dance Training Course										
40611202 (NH988)	5/10-7/12	Tu	13:00-15:00	Luen Wo Hui SC	12+	45	15	20/8-26/8 (2/9) {23/9}		
40611203 (NH989)	7/10-16/12 (excl. 14/10)	Th	11:00-13:00	Luen Wo Hui SC	12+	45	15	20/8-26/8 (2/9) {23/9}		
40611205 (NR990)	6/10-8/12	W	10:00-12:00	Po Wing RD. SC	12+	45	15	20/8-26/8 (2/9) {23/9}		
Social Dance Night										
40611277 (NR1047)	3/10	Su	19:00-22:00	Luen Wo Hui SC	6+	20	100	1/9		
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>										
40611230 (NH1001)	12/10-23/11 (excl. 14/10)	Tu,Th	20:00-21:00	Luen Wo Hui SC	15+	75	10	@13/9		
40611231 (NH1002)	12/10-23/11 (excl. 14/10)	Tu,Th	21:00-22:00	Luen Wo Hui SC	15+	75	10	@13/9		
40611232 (NR1003)	5/10-16/11 (excl. 14/10)	Tu,Th	19:00-20:00	Po Wing RD. SC	15+	75	15	@13/9		
40611233 (NR1004)	5/10-16/11 (excl. 14/10)	Tu,Th	20:00-21:00	Po Wing RD. SC	15+	75	15	@13/9		
40611237 (NT1008)	8/10-17/11	W,F	14:00-15:00	Tin Ping SC	15+	75	6	@13/9		
40611238 (NT1009)	8/10-17/11	W,F	15:00-16:00	Tin Ping SC	15+	75	6	@13/9		
40611239 (NW1010)	2/10-30/10 (excl. 14/10)	Tu,Th,Sa	9:00-10:00	Wo Hing SC	15+	75	10	@13/9		
40611240 (NW1011)	2/10-30/10 (excl. 14/10)	Tu,Th,Sa	10:00-11:00	Wo Hing SC	15+	75	10	@13/9		
40611241 (NW1012)	11/10-5/11	M,W,F	19:00-20:00	Wo Hing SC	15+	75	10	@13/9		
40611242 (NW1013)	11/10-5/11	M,W,F	20:00-21:00	Wo Hing SC	15+	75	10	@13/9		
40611244 (NW1015)	12/10-23/11 (excl. 14/10)	Tu,Th	14:00-15:00	Wo Hing SC	15+	75	10	@13/9		
40611245 (NW1016)	12/10-23/11 (excl. 14/10)	Tu,Th	15:00-16:00	Wo Hing SC	15+	75	10	@13/9		
Gymnastics for All										
40611253 (NH1024)	3/10-5/12	Su	15:00-17:00	Luen Wo Hui SC	6+	54	6	3/9		
Jazz Training Course										
40611258 (NH1029)	2/10-4/12	Sa	14:00-16:00	Luen Wo Hui SC	12+	70	15	2/9		

40611259 (NW1030)	8/10-10/12	F	19:00-21:00	Wo Hing SC	12+	70	10	2/9	
Judo Training Course									
40611260 (NH1031)	5/10-7/12	Tu	19:00-21:00	Luen Wo Hui SC	6+	65	15	3/9	
40611261 (NR1032)	5/10-7/12	Tu	18:00-20:00	Po Wing RD. SC	6+	65	15	3/9	
40611264 (NW1034)	6/10-8/12	W	18:00-20:00	Wo Hing SC	6+	65	10	3/9	
40611265 (NW1035)	9/10-11/12	Sa	14:00-16:00	Wo Hing SC	6+	65	10	3/9	
Social Dance Training Course									
40611271 (NH1041)	3/10-5/12	Su	20:00-22:00	Luen Wo Hui SC	14+	86	16	20/8-26/8 (2/9) {24/9}	
40611272 (NH1042)	8/10-10/12	F	16:00-18:00	Luen Wo Hui SC	14+	86	16	20/8-26/8 (2/9) {24/9}	
40611273 (NR1043)	5/10-7/12	Tu	14:00-16:00	Po Wing RD. SC	14+	86	16	20/8-26/8 (2/9) {24/9}	
40611274 (NW1044)	7/10-16/12 (excl. 14/10)	Th	20:00-22:00	Wo Hing SC	14+	86	16	20/8-26/8 (2/9) {24/9}	
40611275 (NW1045)	8/10-10/12	F	11:00-13:00	Wo Hing SC	14+	86	16	20/8-26/8 (2/9) {24/9}	
Social Dance Training Course(Technique)									
40611276 (NL1046)	13/10-15/12	W	16:00-18:00	Tin Ping SC	14+	86	10	20/8-26/8 (2/9) {24/9}	
Chi Tai Made Easy Class									
40611499 (NX1087)	4/10-29/10	M,W,F	7:00-8:00	Luen Wo Hui PG	8+	54	15	3/9	
Tai Chi Made Easy Class									
40611491 (NX1082)	4/10-29/10	M,W,F	19:00-20:00	Sha Tau Kok Recreation Ground	8+	54	15	3/9	
40611492 (NX1083)	4/10-29/10	M,W,F	20:00-21:00	Sha Tau Kok Recreation Ground	8+	54	15	3/9	
40611493 (NX1084)	4/10-29/10	M,W,F	7:00-8:00	Po Wing RD. PG	8+	54	15	3/9	
40611495 (NX1085)	4/10-29/10	M,W,F	8:00-9:00	Po Wing RD. PG	8+	54	15	3/9	
40611497 (NX1086)	4/10-29/10	M,W,F	8:00-9:00	Wo Hing PG BC No.2	8+	54	15	3/9	
40611502 (NX1088)	4/10-29/10	M,W,F	8:00-9:00	Luen Wo Hui PG	8+	54	15	3/9	
40611504 (NX1089)	2/10-30/10 (excl. 14/10)	Tu,Th,Sa	8:00-9:00	Wo Hing PG BC No.2	8+	54	15	3/9	
Western Folk Dance Training Course									
40611472 (NW1067)	9/10-11/12	Sa	19:00-21:00	Wo Hing SC	8+	45	10	9/9	
Yoga Training Course									
40611479 (NH1074)	2/10-4/12	Sa	12:00-14:00	Luen Wo Hui SC	15+	85	15	20/8-26/8 (2/9) {23/9}	
40611480 (NH1075)	3/10-5/12	Su	7:00-9:00	Luen Wo Hui SC	15+	85	15	20/8-26/8 (2/9) {23/9}	
40611481 (NH1076)	13/10-15/12	W	13:00-15:00	Luen Wo Hui SC	15+	85	15	20/8-26/8 (2/9) {23/9}	
40611482 (NW1077)	9/10-11/12	Sa	8:00-10:00	Wo Hing SC	15+	85	15	20/8-26/8 (2/9) {23/9}	
40611483 (NW1078)	9/10-11/12	Sa	10:00-12:00	Wo Hing SC	15+	85	15	20/8-26/8 (2/9) {23/9}	
Briefing on Proper Ways to Use Fitness Equipment									
40611183 (NH975)	2/10	Sa	9:00-12:00	Luen Wo Hui SC	15+	Free	12	20/8-26/8 (2/9) {23/9}	
40611185 (NH976)	10/10	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	12	20/8-26/8 (2/9) {23/9}	
40611187 (NR977)	2/10	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	12	20/8-26/8 (2/9) {23/9}	
40611189 (NR978)	10/10	Su	10:00-13:00	Po Wing RD. SC	15+	Free	12	20/8-26/8 (2/9) {23/9}	
40611191 (NT980)	10/10	Su	15:00-18:00	Tin Ping SC	15+	Free	10	20/8-26/8 (2/9) {23/9}	
40611193 (NW981)	9/10	Sa	14:00-17:00	Wo Hing SC	15+	Free	12	20/8-26/8 (2/9) {23/9}	
Body-Mind Stretch Training Course									
40611182 (NR974)	7/10-18/11 (excl. 14/10)	Th,F	20:00-21:00	Po Wing RD. SC	15+	85	12	9/9	
Badminton Training Course									
40611147 (NR963)	22/10-24/12	F	14:00-16:00	Po Wing RD. SC	7+	118	12	20/8-26/8 (2/9) {23/9}	
40611151 (NR964)	27/10-29/12	W	20:00-22:00	Po Wing RD. SC	7+	118	12	20/8-26/8 (2/9) {23/9}	
40611153 (NW965)	5/10-7/12	Tu	20:00-22:00	Wo Hing SC	14+	118	12	20/8-26/8 (2/9) {23/9}	
40611155 (NW966)	6/10-8/12	W	9:00-11:00	Wo Hing SC	7+	118	12	20/8-26/8 (2/9) {23/9}	
40611157 (NW967)	6/10-8/12	W	18:00-20:00	Wo Hing SC	7+	118	12	20/8-26/8 (2/9) {23/9}	
40611159 (NW968)	11/10-13/12	M	13:00-15:00	Wo Hing SC	7+	118	12	20/8-26/8 (2/9) {23/9}	
In-line Roller Skating Training Course									
40611256 (NP1027)	17/10-19/12	Su	16:00-18:00	North District Park	6+	55	10	10/9	
Squash Training Course									
40611279 (NL1049)	5/10-23/11	Tu	19:00-21:00	Wo Hing SC	18+	160	6	7/9	
40611280 (NL1050)	7/10-2/12 (excl. 14/10)	Th	20:00-22:00	Wo Hing SC	18+	160	6	20/8-26/8 (2/9) {24/9}	
Table-tennis Training Course									
40611457 (NH1051)	2/10-4/12	Sa	16:00-18:00	Luen Wo Hui SC	14+	86	12	2/9	
40611458 (NW1052)	2/10-4/12	Sa	16:00-18:00	Wo Hing SC	6+	86	12	2/9	
40611459 (NW1053)	5/10-7/12	Tu	18:00-20:00	Wo Hing SC	6+	86	12	2/9	
40611460 (NH1054)	2/10-4/12	Sa	10:00-12:00	Luen Wo Hui SC	6-13	86	12	2/9	

40611463 (NT1057)	4/10-6/12	M	16:00-18:00	Tin Ping SC (non air conditioned)	6+	86	12	2/9	 
40611464 (NT1058)	4/10-6/12	M	18:00-20:00	Tin Ping SC (non air conditioned)	6+	86	12	2/9	 
Indoor Tennis Training Course									
40611465 (NW1059)	5/10-7/12	Tu	9:00-11:00	Wo Hing SC	14+	170	3	20/8-26/8 (2/9) {24/9}	
40611466 (NW1060)	6/10-8/12	W	20:00-22:00	Wo Hing SC	14+	170	3	20/8-26/8 (2/9) {24/9}	
40611467 (NW1061)	10/10-12/12	Su	17:00-19:00	Wo Hing SC	8-13	170	3	20/8-26/8 (2/9) {24/9}	
40611468 (NW1062)	10/10-12/12	Su	19:00-21:00	Wo Hing SC	14+	170	3	20/8-26/8 (2/9) {24/9}	
Go Training Course (Level II)									
40611247 (NW1018)	2/10-6/11	Sa	18:00-20:00	Wo Hing SC	6+	40	10	15/9	 
Basketball Training Course for Female									
40611177 (NL971)	2/10-4/12	Sa	12:00-14:00	Wo Hing SC	10+	75	15	20/8-26/8 (2/9) {23/9}	
Basketball Training Course for Male									
40611179 (NL972)	2/10-4/12	Sa	10:00-12:00	Wo Hing SC	10+	75	15	20/8-26/8 (2/9) {23/9}	
The 35th ND Soccer Competition (Open)									
40610126 (Q-NG1064)	9/10-17/10	Sa,Su	9:00-19:00	North District SG	14+	60	16	23/8	
The 35th ND Soccer Competition (Youth)									
40610124 (Q-NG1065)	9/10-17/10	Sa,Su	9:00-19:00	North District SG	12-17	60	8	23/8	
Gateball Training Course									
40611246 (NX1017)	9/10-27/11	Sa	9:00-11:00	Pak Fuk Tin Sum PG	8+	54	7	10/9	 
Sports Climbing Training Course									
40611278 (NR1048)	3/10-10/10	Su	12:00-18:00	Po Wing RD. SC	12+	40	4	20/8-26/8 (2/9) {24/9}	
Fun Day for Children									
40595850 (NX425)	17/10	Su	10:00-13:00	North District Park	All	Free	450	17/10	

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.



BaduanjinTS for Persons with Chronic Illness

40606338 (NR829)	12/10-2/11	Tu	10:00-12:00	Po Wing RD. SC	18+	2	10/9	 
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Basketball TS for Persons with Ex-mentally

40606339 (NR830)	6/10	W	12:00-14:00	Po Wing RD. SC	18+	2	10/9	 
40606344 (NR835)	13/10	W	12:00-14:00	Po Wing RD. SC	18+	2	10/9	 
40606351 (NR841)	20/10	W	12:00-14:00	Po Wing RD. SC	18+	2	10/9	 
40606359 (NR849)	27/10	W	12:00-14:00	Po Wing RD. SC	18+	2	10/9	 

Badminton TS for Persons with Intellectual D

40606343 (NR834)	10/10	Su	10:00-11:00	Po Wing RD. SC	6-25	2	10/9	 
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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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
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.

40611207 (NT991)	7/10-18/11 (excl. 14/10)	Tu,Th	8:00-9:00	Tin Ping SC	6	@20/8-26/8 (2/9){24/9}	
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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.

40611213 (NW993)	2/10-30/10 (excl. 14/10)	Tu,Th,Sa	8:00-9:00	Wo Hing SC	10	@20/8-26/8 (2/9){24/9}	✉
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Social Dance Training Course for OP

40611226 (NL997)	7/10-16/12 (excl. 14/10)	Th	13:00-15:00	Tin Ping SC	10	20/8-26/8 (2/9) {24/9}	✉
40611227 (NL998)	8/10-10/12	F	14:00-16:00	Tin Ping SC	10	20/8-26/8 (2/9) {24/9}	✉

HES- Table-Tennis Play-in

40611219 (NT996)	5/10-28/10 (excl. 14/10)	Tu,Th	8:00-10:00	Tin Ping SC	15	5/10-28/10	Walk-in
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HES-Gateball Self Practice Scheme

40611215 (NW994)	5/10-26/10	Tu	13:00-15:00	Wo Hing SC	7	5/10-26/10	Walk-in
40611217 (NW995)	7/10-28/10 (excl. 14/10)	Th	13:00-15:00	Wo Hing SC	7	7/10-28/10	Walk-in