

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 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)	
Front Crawl Training Course for Adult (I)									
40610515 (CW1001)	11/10-1/11	M,W,F	18:00-19:00	Sun Yat Sen Memorial Park SP	18+	100	8	23/8-29/8 (7/9) {29/9}	☒
40610517 (CW1003)	11/10-1/11	M,W,F	20:00-21:00	Sun Yat Sen Memorial Park SP	18+	100	8	23/8-29/8 (7/9) {29/9}	☒
Aerobic Dance Training Course									
40610432 (CW0899)	5/10-16/11 (excl. 14/10)	Tu,Th	12:00-13:00	Hong Kong Park SC	14+	65	15	3/9	☒ i
40610433 (CW0900)	5/10-16/11 (excl. 14/10)	Tu,Th	13:00-14:00	Hong Kong Park SC	14+	65	15	3/9	☒ i
40610434 (CW0901)	11/10-5/11	M,W,F	18:00-19:00	Hong Kong Park SC	14+	65	15	9/9	☒ i
40610435 (CW0902)	11/10-5/11	M,W,F	19:00-20:00	Hong Kong Park SC	14+	65	15	9/9	☒ i
40610436 (CW0903)	25/10-19/11	M,W,F	13:00-14:00	Hong Kong Park SC	14+	65	15	16/9	☒ i
40610437 (CW0904)	25/10-19/11	M,W,F	14:00-15:00	Hong Kong Park SC	14+	65	15	16/9	☒ i
40610451 (CW0918)	6/10-5/11 (excl. 18/10,1/11)	M,W,F	7:00-8:00	Sheung Wan SC	14+	65	15	7/9	☒ i
40610452 (CW0919)	6/10-5/11 (excl. 18/10,1/11)	M,W,F	9:00-10:00	Sheung Wan SC	14+	65	15	7/9	☒ i
40610453 (CW0920)	6/10-1/11	M,W,F	18:00-19:00	Sheung Wan SC	14+	65	15	23/8-29/8 (7/9) {28/9}	☒
40610454 (CW0921)	6/10-1/11	M,W,F	19:00-20:00	Sheung Wan SC	14+	65	15	23/8-29/8 (7/9) {28/9}	☒
Children Dance Training Course									
40610456 (CW0923)	3/10-5/12	Su	14:00-16:00	Sheung Wan SC	4-11	60	10	3/9	☒ 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>									
40610458 (CW0925)	18/10-12/11	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	15	@1/9	☒ i
40610459 (CW0926)	18/10-12/11	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	15	@1/9	☒ i
40610460 (CW0927)	20/10-17/11 (excl. 15/11)	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	15	@8/9	☒ i
40610461 (CW0928)	20/10-17/11 (excl. 15/11)	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	15	@8/9	☒ i
Jazz Training Course									
40610463 (CW0930)	5/10-7/12	Tu	20:00-22:00	Sheung Wan SC	12+	70	15	17/9	☒ i
Social Dance Training Course									
40610440 (CW0907)	21/10-23/12	Th	7:00-9:00	Hong Kong Park SC	14+	86	16	17/9	☒ i
40610464 (CW0931)	7/10-16/12 (excl. 14/10)	Th	18:00-20:00	Sheung Wan SC	14+	86	16	23/8-29/8 (7/9) {29/9}	☒
40610498 (CW0983)	7/10-16/12 (excl. 14/10)	Th	20:00-22:00	Smithfield SC	14+	86	16	23/8-29/8 (7/9) {29/9}	☒
40610499 (CW0984)	11/10-13/12	M	14:00-16:00	Smithfield SC	14+	86	16	23/8-29/8 (7/9) {29/9}	☒
Tai Chi Made Easy Class									
40610512 (CW0997)	5/10-2/11 (excl. 14/10)	Tu,Th,Sa	7:00-8:00	KGV Memorial Garden	6+	54	15	1/9	☒ i
40610513 (CW0998)	5/10-2/11 (excl. 14/10)	Tu,Th,Sa	8:00-9:00	KGV Memorial Garden	6+	54	15	1/9	☒ i
40610514 (CW0999)	5/10-2/11 (excl. 14/10)	Tu,Th,Sa	7:00-8:00	Kennedy Town PG	6+	54	15	1/9	☒ i
40610549 (CW1035)	4/10-29/10	M,W,F	7:30-8:30	Pokfulam RD. PG	6+	54	15	7/9	☒ i
Western Folk Dance Training Course									
40610467 (CW0934)	7/10-16/12 (excl. 14/10)	Th	20:00-22:00	Sheung Wan SC	8+	45	15	23/8-29/8 (7/9) {29/9}	☒
Yoga Training Course									
40610444 (CW0911)	16/10-8/1 (excl. 18/12,25/12,1/1)	Sa	14:00-16:00	Hong Kong Park SC	15+	85	15	23/8-29/8 (7/9) {29/9}	☒
40610468 (CW0935)	9/10-11/12	Sa	11:00-13:00	Sheung Wan SC	15+	85	15	23/8-29/8 (7/9) {29/9}	☒
40610507 (CW0992)	3/10-5/12	Su	16:00-18:00	Smithfield SC	15+	85	15	23/8-29/8 (7/9) {29/9}	☒
Body-Mind Stretch Training Course									
40610494 (CW0979)	19/10-25/11	Tu,Th	19:00-20:00	Smithfield SC	15+	85	12	13/9	☒ i
40610495 (CW0980)	19/10-25/11	Tu,Th	20:00-21:00	Smithfield SC	15+	85	12	13/9	☒ i
Archery Fun Day									
40610488 (CW0973)	1/10	F	9:30-11:30	Smithfield SC	12+	Free	6	6/9	☒ i
40610489 (CW0974)	1/10	F	11:30-13:30	Smithfield SC	12+	Free	6	6/9	☒ i
Archery Training Course									
40610490 (CW0975)	2/10-4/12	Sa	9:30-11:30	Smithfield SC	12+	70	6	23/8-29/8 (7/9) {28/9}	☒
40610491 (CW0976)	2/10-4/12	Sa	11:30-13:30	Smithfield SC	12+	70	6	23/8-29/8 (7/9) {28/9}	☒

40610492 (CW0977)	3/10-5/12	Su	9:30-11:30	Smithfield SC	12+	70	6	23/8-29/8 (7/9) {28/9}	✉
40610493 (CW0978)	3/10-5/12	Su	11:30-13:30	Smithfield SC	12+	70	6	23/8-29/8 (7/9) {28/9}	✉

Badminton Training Course

40610438 (CW0905)	19/10-18/11	Tu,Th	9:00-11:00	Hong Kong Park SC	7+	118	12	23/8-29/8 (7/9) {28/9}	✉
-------------------	-------------	-------	------------	-------------------	----	-----	----	---------------------------	---

Indoor Short Mat Bowling Fun Day

40610501 (CW0986)	4/10-29/10	M,W,F	10:30-11:30	Smithfield SC	8+	Free	16	4/10-29/10	Walk-in
-------------------	------------	-------	-------------	---------------	----	------	----	------------	---------

Squash Training Course

40610441 (CW0908)	11/10-8/11 (excl. 14/10)	M,Th	7:00-9:00	Hong Kong Squash Centre	7+	160	6	15/9	📄 i
40610465 (CW0932)	7/10-4/11 (excl. 14/10)	Tu,Th	19:00-21:00	Sheung Wan SC	7+	160	6	15/9	📄 i
40610502 (CW0987)	18/10-10/11	M,W	19:00-21:00	Smithfield SC	7+	160	6	2/9	📄 i

Table-tennis Fun Day

40610506 (CW0991)	6/10-29/10	W,F	10:00-11:00	Smithfield SC	6+	Free	12	6/10-29/10	Walk-in
-------------------	------------	-----	-------------	---------------	----	------	----	------------	---------

Table-tennis Training Course

40610442 (CW0909)	5/10-9/11 (excl. 14/10)	Tu,Th	7:00-9:00	Hong Kong Park SC	6+	86	12	8/9	📄 i
40610503 (CW0988)	2/10-4/12	Sa	16:00-18:00	Smithfield SC	6+	86	12	23/8-29/8 (7/9) {29/9}	✉
40610504 (CW0989)	5/10-9/11 (excl. 14/10)	Tu,Th	16:00-18:00	Smithfield SC	14+	86	12	23/8-29/8 (7/9) {29/9}	✉

Tennis Training Course

40610518 (CW1004)	12/10-16/11 (excl. 14/10)	Tu,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	9	23/8-29/8 (7/9) {29/9}	✉
40610519 (CW1005)	22/10-22/11	M,F	9:00-11:00	Aberdeen T/SC	8+	170	9	23/8-29/8 (7/9) {29/9}	✉

Gateball Fun Day

40610462 (CW0929)	7/10-28/10 (excl. 14/10)	Th	8:00-10:00	Sheung Wan SC	8+	Free	7	7/10-28/10	Walk-in
-------------------	-----------------------------	----	------------	---------------	----	------	---	------------	---------

Horticultural Seminar

40610446 (CW0913)	10/10	Su	14:30-16:30	Hong Kong Squash Centre	18+	30	15	8/10	📄 i
-------------------	-------	----	-------------	-------------------------	-----	----	----	------	-----

Activities for Persons with Disabilities

Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Quota	Date of Enrollment (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	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.

Baduanjin TS for Persons with Chronic Illness

40610548 (CW1034)	5/10-26/10	Tu	15:00-17:00	Smithfield SC	8+	2	23/8	📄 i
-------------------	------------	----	-------------	---------------	----	---	------	-----

Badminton TS for Persons with Autism / ADHD

40605835 (CW0697)	7/10-4/11 (excl. 14/10)	Th	9:00-11:00	Smithfield SC	12+	2	23/8	📄 i
-------------------	----------------------------	----	------------	---------------	-----	---	------	-----

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 (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
---	------	-----	------	-------	-------	---	------------------

Swimming Training Course for Elderly (I)

40610516 (CW1002)	11/10-1/11	M,W,F	19:00-20:00	Sun Yat Sen Memorial Park SP	8	23/8-29/8 (7/9) {29/9}	✉
-------------------	------------	-------	-------------	------------------------------	---	---------------------------	---

Fitness Exercise Training Course for the Elderly

40610457 (CW0924)	6/10-10/11 (excl. 18/10,25/10,1/11)	M,W,F	8:00-9:00	Sheung Wan SC	15	23/8-29/8 (7/9) {28/9}	✉
40610496 (CW0981)	27/10-26/11	M,W,F	8:00-9:00	Smithfield SC	15	23/8-29/8 (7/9) {28/9}	✉
40610497 (CW0982)	27/10-26/11	M,W,F	9:00-10:00	Smithfield SC	15	23/8-29/8 (7/9) {28/9}	✉

HES - Indoor Short Mat Bowling Play-in

40610500 (CW0985)	4/10-29/10	M,W,F	9:30-10:30	Smithfield SC	16	4/10-29/10	Walk-in
-------------------	------------	-------	------------	---------------	----	------------	---------

HES - Table Tennis Self Practice

40610443 (CW0910)	8/10-29/10	F	8:00-10:00	Hong Kong Park SC	12	8/10-29/10	Walk-in
-------------------	------------	---	------------	-------------------	----	------------	---------

HES - Table-tennis Play-in

40610505 (CW0990)	6/10-29/10	W,F	9:00-10:00	Smithfield SC	12	6/10-29/10	Walk-in
-------------------	------------	-----	------------	---------------	----	------------	---------