

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

Eastern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting)	Enrolment Method
								(Open Enrollment for Remaining Quota)	
Long Distance Running TC									
40608354 (EN0921)	8/10-10/12	F	19:00-21:00	Siu Sai Wan SG	16+	130	20	10/9	
Breaststroke Training Course for Adult (Level I)									
40597810 (EN0380)	5/10-9/11 (excl. 14/10)	Tu,Th	19:00-20:00	Siu Sai Wan SP (Training Pool TP2)	18+	100	8	6/9	
40597811 (EN0381)	5/10-9/11 (excl. 14/10)	Tu,Th	20:00-21:00	Siu Sai Wan SP (Training Pool TP2)	18+	100	8	6/9	
Breaststroke TC for Children (Level II)									
40597808 (EN0378)	4/10-5/11	M,F	19:00-20:00	Siu Sai Wan SP (Training Pool TP2)	5-8	100	10	3/9	
Front Crawl Training Course for Children (Level II)									
40597809 (EN0379)	4/10-5/11	M,F	20:00-21:00	Siu Sai Wan SP (Training Pool TP2)	5-8	100	10	3/9	
Aerobic Dance Training Course									
40608364 (EN0930)	28/10-7/12	Tu,Th	15:00-16:00	Island East SC	14+	65	15	27/9	
40608365 (EN0931)	28/10-7/12	Tu,Th	16:00-17:00	Island East SC	14+	65	15	27/9	
40608381 (EN0942)	4/10-3/11 (excl. 13/10,27/10)	M,W,F	7:00-8:00	Quarry Bay SC	14+	65	15	2/9	
40608382 (EN0943)	4/10-3/11 (excl. 13/10,27/10)	M,W,F	8:00-9:00	Quarry Bay SC	14+	65	15	2/9	
40608383 (EN0944)	4/10-3/11 (excl. 13/10,27/10)	M,W,F	9:00-10:00	Quarry Bay SC	14+	65	15	2/9	
40608385 (EN0945)	4/10-3/11 (excl. 13/10,27/10)	M,W,F	10:00-11:00	Quarry Bay SC	14+	65	15	2/9	
40608386 (EN0946)	4/10-3/11 (excl. 13/10,27/10)	M,W,F	11:00-12:00	Quarry Bay SC	14+	65	15	2/9	
40608387 (EN0947)	25/10-3/12	M,F	18:00-19:00	Quarry Bay SC	14+	65	15	23/9	
40608388 (EN0948)	25/10-3/12	M,F	19:00-20:00	Quarry Bay SC	14+	65	15	23/9	
40608481 (EN0996)	29/10-8/12	W,F	19:00-20:00	Island East SC	14+	65	15	18/8-24/8 (7/9) {29/9}	
40608482 (EN0997)	29/10-8/12	W,F	20:00-21:00	Island East SC	14+	65	15	18/8-24/8 (7/9) {29/9}	
40608483 (EN0998)	5/10-16/11 (excl. 14/10)	Tu,Th	19:00-20:00	Island East SC	14+	65	15	18/8-24/8 (7/9) {29/9}	
40608484 (EN0999)	5/10-16/11 (excl. 14/10)	Tu,Th	20:00-21:00	Island East SC	14+	65	15	18/8-24/8 (7/9) {29/9}	
40608489 (EN1002)	5/10-16/11 (excl. 14/10)	Tu,Th	7:00-8:00	Chai Wan SC	14+	65	15	3/9	
40608490 (EN1003)	5/10-16/11 (excl. 14/10)	Tu,Th	8:00-9:00	Chai Wan SC	14+	65	15	3/9	
40608491 (EN1004)	5/10-16/11 (excl. 14/10)	Tu,Th	19:00-20:00	Chai Wan SC	14+	65	15	18/8-24/8 (7/9) {29/9}	
40608492 (EN1005)	5/10-16/11	Tu,Th	20:00-21:00	Chai Wan SC	14+	65	15	18/8-24/8 (7/9) {29/9}	
40608519 (EN1029)	11/10-5/11	M,W,F	14:00-15:00	Siu Sai Wan SC	14+	65	15	9/9	
40608520 (EN1030)	11/10-5/11	M,W,F	15:00-16:00	Siu Sai Wan SC	14+	65	15	9/9	
Baduanjin Training Course									
40608521 (EN1031)	22/10-17/11	M,W,F	20:00-21:00	North Point Market Roof-top PG	8+	80	15	21/9	
40608523 (EN1032)	22/10-17/11	M,W,F	8:00-9:00	Heng Fa Villa P/G	8+	80	15	21/9	
Children Dance Training Course									
40608513 (EN1025)	6/10-8/12	W	17:00-19:00	Siu Sai Wan SC	4-11	60	10	18/8-24/8 (7/9) {29/9}	
Chinese Dance Training Course									
40608392 (EN0951)	9/10-11/12	Sa	16:00-18:00	Quarry Bay SC	12+	45	15	18/8-24/8 (7/9) {29/9}	
40608393 (EN0952)	5/10-9/11 (excl. 14/10)	Tu,Th	13:00-15:00	Quarry Bay SC	12+	45	15	18/8-24/8 (7/9) {29/9}	
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>									
40608395 (EN0954)	5/10-16/11 (excl. 14/10)	Tu,Th	14:00-15:00	Quarry Bay SC	15+	75	15	@31/8	
40608396 (EN0955)	5/10-16/11 (excl. 14/10)	Tu,Th	15:00-16:00	Quarry Bay SC	15+	75	15	@31/8	
40608397 (EN0956)	5/10-16/11 (excl. 14/10)	Tu,Th	9:00-10:00	Quarry Bay SC	15+	75	15	@31/8	
40608398 (EN0957)	5/10-16/11 (excl. 14/10)	Tu,Th	10:00-11:00	Quarry Bay SC	15+	75	15	@31/8	
40608493 (EN1006)	20/10-19/11 (excl. 25/10,8/11)	M,W,F	7:00-8:00	Chai Wan SC	15+	75	15	@15/9	
40608494 (EN1007)	20/10-19/11 (excl. 25/10,8/11)	M,W,F	8:00-9:00	Chai Wan SC	15+	75	15	@15/9	
40608495 (EN1008)	15/10-10/11	M,W,F	19:00-20:00	Chai Wan SC	15+	75	15	@15/9	
40608496 (EN1009)	15/10-10/11	M,W,F	20:00-21:00	Chai Wan SC	15+	75	15	@15/9	
Social Dance Training Course									
40608399 (EN0958)	8/10-10/12	F	20:00-22:00	Quarry Bay SC	14+	86	15	18/8-24/8 (7/9) {29/9}	

40608515 (EN1026)	12/10-14/12	Tu	20:00-22:00	Siu Sai Wan SC	14+	86	16	18/8-24/8 (7/9) {29/9}	✉
Western Folk Dance TC									
40608394 (EN0953)	4/10-6/12	M	15:00-17:00	Quarry Bay SC	14+	45	15	1/9	📄 i
Yoga Training Course									
40608402 (EN0961)	9/10-11/12	Sa	18:00-20:00	Quarry Bay SC	15+	85	15	18/8-24/8 (7/9) {29/9}	✉
Briefing on Proper Ways to Use Fitness Equip									
40608390 (EN0949)	9/10	Sa	14:30-17:30	Quarry Bay SC	15+	Free	12	18/8-24/8 (7/9) {29/9}	✉
40608391 (EN0950)	17/10	Su	10:30-13:30	Quarry Bay SC	15+	Free	12	18/8-24/8 (7/9) {29/9}	✉
40608498 (EN1011)	9/10	Sa	14:30-17:30	Chai Wan SC	15+	Free	12	18/8-24/8 (7/9) {29/9}	✉
Body-Mind Stretch Training Course									
40608400 (EN0959)	7/10-30/12 (excl. 14/10)	Th	18:00-19:00	Quarry Bay SC	15+	85	12	8/9	📄 i
40608401 (EN0960)	7/10-30/12 (excl. 14/10)	Th	19:00-20:00	Quarry Bay SC	15+	85	12	8/9	📄 i
Archery Fun Day									
40608346 (EN0916)	16/10	Sa	9:00-10:00	Siu Sai Wan SG	8+	Free	12	13/9	📄 i
40608348 (EN0917)	16/10	Sa	10:00-11:00	Siu Sai Wan SG	8+	Free	12	13/9	📄 i
40608349 (EN0918)	16/10	Sa	11:00-12:00	Siu Sai Wan SG	8+	Free	12	13/9	📄 i
Archery Training Course									
40608351 (EN0919)	8/10-10/12	F	16:00-18:00	Siu Sai Wan SG	6+	70	6	18/8-24/8 (7/9) {29/9}	✉
40608353 (EN0920)	23/10-15/1 (excl. 6/11,25/12,1/1)	Sa	10:00-12:00	Siu Sai Wan SG	6+	70	6	18/8-24/8 (7/9) {29/9}	✉
Badminton Training Course									
40608368 (EN0932)	5/10-9/11 (excl. 14/10)	Tu,Th	9:00-11:00	Island East SC	7+	118	12	18/8-24/8 (7/9) {29/9}	✉
40608512 (EN1024)	18/10-19/11	M,F	19:00-21:00	Siu Sai Wan SC	7+	118	12	18/8-24/8 (7/9) {29/9}	✉
Indoor Lawn Bowls Training Course									
40608371 (EN0934)	4/10-1/11 (excl. 14/10)	M,Th	19:00-21:00	Island East SC	8+	54	6	18/8-24/8 (7/9) {29/9}	✉
40608372 (EN0935)	4/10-1/11 (excl. 14/10)	M,Th	19:00-21:00	Island East SC	8+	54	6	18/8-24/8 (7/9) {29/9}	✉
40608374 (EN0936)	12/10-5/11	Tu,F	9:00-11:00	Island East SC	8+	54	6	18/8-24/8 (7/9) {29/9}	✉
40608375 (EN0937)	12/10-5/11	Tu,F	9:00-11:00	Island East SC	8+	54	6	18/8-24/8 (7/9) {29/9}	✉
Squash Training Course									
40608403 (EN0962)	27/10-19/11	W,F	19:00-21:00	Quarry Bay SC	7+	160	6	28/9	📄 i
Tennis Training Course									
40608411 (EN0970)	12/10-12/11	Tu,F	19:00-21:00	Chai Wan Park TC	8+	170	9	18/8-24/8 (7/9) {29/9}	✉
40608450 (EN0974)	6/10-8/12	W	18:00-20:00	Quarry Bay Park	8+	170	9	18/8-24/8 (7/9) {29/9}	✉

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
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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.

TS for Persons with Chronic Illness

40608530 (EN1037)	2/10-20/11	Sa	15:00-16:00	Quarry Bay SC	18+	2	7/9	📄 i
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Multi Gym TS for Chronically ill Persons

40608531 (EN1038)	11/10-29/11	M	19:00-20:00	Quarry Bay SC	18-70	2	8/9	📄 i
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Badminton TS for P w Intellectual D&Ex III

40608525 (EN1033)	7/10-4/11 (excl. 14/10)	Th	14:00-16:00	Chai Wan SC	15+	2	8/9	📄 i
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Croquet TS for Persons with Intellectual Dis

40608528 (EN1035)	2/10-23/10	Sa	10:00-12:00	Chai Wan SC	14+	2	31/8	📄 i
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Yoga TS for Pers with Physical Disabilities

40608532 (EN1039)	8/10-26/11	F	19:00-21:00	Siu Sai Wan SC	8+	2	10/9	📄 i
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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
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Mt Pts for Elderly - Baduanjin

40608503 (EN1016)	6/10-27/10	W	8:00-10:00	Chai Wan SC	35	6/10-27/10	Walk-in
Chinese Dance TC for Elderly							
40608500 (EN1013)	6/10-8/12	W	11:00-13:00	Chai Wan SC	15	18/8-24/8 (7/9) {29/9}	✉
Elderly Fitness Training Course							
40608404 (EN0963)	28/10-27/11	Tu,Th,Sa	7:00-8:00	Quarry Bay SC	15	18/8-24/8 (7/9) {29/9}	✉
40608405 (EN0964)	28/10-27/11	Tu,Th,Sa	8:00-9:00	Quarry Bay SC	15	18/8-24/8 (7/9) {29/9}	✉
General Gymnastics TC for Elderly							
40608370 (EN0933)	4/10-25/10	M,W,F	14:00-16:00	Island East SC	6	18/8-24/8 (7/9) {29/9}	✉
Mt Pts for the Elderly - Social Dance							
40608517 (EN1028)	8/10-29/10	F	8:00-10:00	Siu Sai Wan SC	16	8/10-29/10	Walk-in
Social Dance TC for the Elderly							
40608486 (EN1000)	8/10-10/12	F	13:00-15:00	Island East SC	16	18/8-24/8 (7/9) {29/9}	✉
Tai Chi Made Easy Class for Elderly							
40608406 (EN0965)	4/10-12/11	M,F	7:00-8:00	Quarry Bay SC	15	18/8-24/8 (7/9) {29/9}	✉
40608499 (EN1012)	13/10-12/11 (excl. 25/10,8/11)	M,W,F	7:00-8:00	Quarry Bay SC	30	18/8-24/8 (7/9) {29/9}	✉
Mt Pts for Elderly - Badminton							
40608502 (EN1015)	5/10-26/10	Tu	10:00-12:00	Chai Wan SC	16	5/10-26/10	Walk-in
Mt Pts for the Elderly - Table-tennis							
40608516 (EN1027)	7/10-28/10 (excl. 14/10)	Th	8:00-10:00	Siu Sai Wan SC	18	7/10-28/10	Walk-in
Mt Pts for Elderly - Gateball							
40608505 (EN1018)	8/10-29/10	F	8:00-10:00	Chai Wan SC	15	8/10-29/10	Walk-in