

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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)	
Fitness (Multi-gym) Training Course										
@ 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.										
40614507 (NH1121)	9/11-16/12	Tu,Th	9:00-10:00	Luen Wo Hui SC	15+	75	10	@11/10		
40614508 (NH1122)	9/11-16/12	Tu,Th	10:00-11:00	Luen Wo Hui SC	15+	75	10	@11/10		
40614509 (NR1123)	3/11-10/12	W,F	9:00-10:00	Po Wing RD. SC	15+	75	15	@11/10		
40614510 (NR1124)	3/11-10/12	W,F	10:00-11:00	Po Wing RD. SC	15+	75	15	@11/10		
40614511 (NW1125)	16/11-11/12	Tu,Th,Sa	9:00-10:00	Wo Hing SC	15+	75	10	@11/10		
40614512 (NW1126)	16/11-11/12	Tu,Th,Sa	10:00-11:00	Wo Hing SC	15+	75	10	@11/10		
40614513 (NW1127)	22/11-17/12	M,W,F	14:00-15:00	Wo Hing SC	15+	75	10	@11/10		
40614515 (NW1129)	22/11-17/12	M,W,F	19:00-20:00	Wo Hing SC	15+	75	10	@11/10		
40614516 (NW1130)	22/11-17/12	M,W,F	20:00-21:00	Wo Hing SC	15+	75	10	@11/10		
Chi Tai Made Easy Class										
40615151 (NX1161)	3/11-29/11	M,W,F	7:00-8:00	Luen Wo Hui PG	8+	54	15	7/10		
40615153 (NX1162)	3/11-29/11	M,W,F	8:00-9:00	Luen Wo Hui PG	8+	54	15	7/10		
Tai Chi Made Easy Class										
40615144 (NX1155)	3/11-29/11	M,W,F	19:00-20:00	Sha Tau Kok Recreation Ground	8+	54	15	7/10		
40615146 (NX1156)	3/11-29/11	M,W,F	20:00-21:00	Sha Tau Kok Recreation Ground	8+	54	15	7/10		
40615147 (NX1157)	3/11-29/11	M,W,F	7:00-8:00	Po Wing RD. PG	8+	54	15	7/10		
40615148 (NX1158)	3/11-29/11	M,W,F	8:00-9:00	Po Wing RD. PG	8+	54	15	7/10		
40615149 (NX1159)	3/11-29/11	M,W,F	8:00-9:00	Wo Hing PG BC No.2	8+	54	15	7/10		
40615150 (NX1160)	4/11-30/11	Tu,Th,Sa	8:00-9:00	Wo Hing PG BC No.2	8+	54	15	8/10		
Briefing on Proper Ways to Use Fitness Equipment										
40614488 (NH1102)	7/11	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	12	20/9-26/9 (4/10) {26/10}		
40614489 (NR1103)	6/11	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	12	20/9-26/9 (4/10) {26/10}		
40614490 (NR1104)	14/11	Su	10:00-13:00	Po Wing RD. SC	15+	Free	12	20/9-26/9 (4/10) {26/10}		
40614491 (NT1105)	7/11	Su	10:00-13:00	Tin Ping SC	15+	Free	10	20/9-26/9 (4/10) {26/10}		
40614493 (NW1107)	13/11	Sa	14:00-17:00	Wo Hing SC	15+	Free	12	20/9-26/9 (4/10) {26/10}		
Body-Mind Stretch Training Course										
40614486 (NL1100)	22/11-21/2 (excl. 27/12,31/1)	M	18:00-19:00	Po Wing RD. SC	15+	85	12	21/10		
Table-tennis Training Course										
40611461 (NT1055)	7/11-23/1 (excl. 19/12,26/12)	Su	9:00-11:00	Tin Ping SC (non air conditioned)	6+	86	12	5/10		
40611462 (NT1056)	7/11-23/1 (excl. 19/12,26/12)	Su	15:00-17:00	Tin Ping SC (non air conditioned)	6+	86	12	5/10		
40614529 (NH1143)	2/11-4/12	Tu,Sa	20:00-22:00	Luen Wo Hui SC	6+	86	12	5/10		
40614530 (NH1144)	15/11-16/12	M,Th	19:00-21:00	Luen Wo Hui SC	6+	86	12	5/10		
40614531 (NH1145)	16/11-16/12	Tu,Th	10:00-12:00	Luen Wo Hui SC	14+	86	12	20/9-26/9 (4/10) {26/10}		
40614532 (NH1146)	17/11-17/12	W,F	9:00-11:00	Luen Wo Hui SC	14+	86	12	20/9-26/9 (4/10) {26/10}		
Tennis Training Course										
40614533 (NG1147)	26/11-28/1	F	9:00-11:00	North District SG	14+	170	9	13/10		
40614534 (NG1148)	26/11-18/2 (excl. 24/12,31/12,4/2)	F	20:00-22:00	North District SG	14+	170	9	20/9-26/9 (4/10) {26/10}		
40614535 (NG1149)	28/11-6/2 (excl. 26/12)	Su	17:00-19:00	North District SG	14+	170	9	20/9-26/9 (4/10) {26/10}		
40614536 (NG1150)	28/11-6/2 (excl. 26/12)	Su	19:00-21:00	North District SG	14+	170	9	20/9-26/9 (4/10) {26/10}		
40614537 (NG1151)	30/11-15/2 (excl. 21/12,1/2)	Tu	20:00-22:00	North District SG	14+	170	9	20/9-26/9 (4/10) {26/10}		
Handball Fun Day										
40614522 (NP1136)	20/11	Sa	15:00-17:00	North District Park	11-18	Free	20	20/11		Walk-in
Sports Climbing Training Course										
40614528 (NR1142)	7/11-14/11	Su	12:00-18:00	Po Wing RD. SC	12+	40	4	20/9-26/9 (4/10) {26/10}		

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

Fitness TS for Persons with Chronic Illness

40606370 (NR860)	4/11-23/12	Th	10:00-11:00	PWRSC	18+	2	4/10	
------------------	------------	----	-------------	-------	-----	---	------	--

Body-Mind TS for Persons with Chronic Illness

40606365 (NR855)	9/11-4/1 (excl. 28/12)	Tu	10:00-11:00	PWRSC	18+	2	4/10	
------------------	---------------------------	----	-------------	-------	-----	---	------	--

Body-Mind Stretch TP for Ex-mentally III Pers

40596109 (NX193)	14/11-19/12	Su	16:00-18:00	PWRSC	15+	8	17/9	
------------------	-------------	----	-------------	-------	-----	---	------	--

Body-Mind TS for Ex-mentally III Persons

40606364 (NR854)	2/11	Tu	12:00-14:00	PWRSC	18+	2	4/10	
40606371 (NR861)	9/11	Tu	11:00-13:00	PWRSC	18+	2	4/10	
40606378 (NR868)	16/11	Tu	11:00-13:00	PWRSC	18+	2	4/10	
40606387 (NR874)	23/11	Tu	11:00-13:00	PWRSC	18+	2	4/10	
40606394 (NR879)	30/11	Tu	11:00-13:00	PWRSC	18+	2	4/10	

Basketball TS for Persons with Ex-mentally

40606366 (NR856)	3/11	W	12:00-14:00	Wo Hing SC	18+	2	4/10	
40606372 (NR862)	10/11	W	12:00-14:00	Wo Hing SC	18+	2	4/10	
40606379 (NR869)	17/11	W	12:00-14:00	Wo Hing SC	18+	2	4/10	

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

Fitness Exercise TC for Elderly

40614499 (NH1113)	12/11-29/12	W,F	8:00-9:00	Luen Wo Hui SC	15	20/9-26/9 (4/10) {26/10}	
40614500 (NH1114)	12/11-29/12	W,F	9:00-10:00	Luen Wo Hui SC	15	20/9-26/9 (4/10) {26/10}	
40614502 (NR1116)	2/11-16/12	Tu,Th	7:00-8:00	Po Wing RD.SC	15	20/9-26/9 (4/10) {26/10}	
40614503 (NR1117)	2/11-16/12	Tu,Th	8:00-9:00	Po Wing RD.SC	15	20/9-26/9 (4/10) {26/10}	

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.

40614495 (NH1109)	10/11-17/12	W,F	8:00-9:00	Luen Wo Hui SC	10	@20/9-26/9 (4/10){26/10}	
40614496 (NH1110)	10/11-17/12	W,F	9:00-10:00	Luen Wo Hui SC	10	@20/9-26/9 (4/10){26/10}	
40614497 (NW1111)	16/11-11/12	Tu,Th,Sa	8:00-9:00	Wo Hing SC	10	@20/9-26/9 (4/10){26/10}	

HES- Table-Tennis Play-in

40614506 (NH1120)	2/11-30/11	Tu,Th	8:00-10:00	Luen Wo Hui SC	12	2/11-30/11	Walk-in
-------------------	------------	-------	------------	----------------	----	------------	---------

HES-Gateball Self Practice Scheme

40614504 (NW1118)	2/11-30/11	Tu	13:00-15:00	Wo Hing SC	7	2/11-30/11	Walk-in
40614505 (NW1119)	4/11-25/11	Th	13:00-15:00	Wo Hing SC	7	4/11-25/11	Walk-in