

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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)	
Long Distance Running Training Course									
40613073 (CW1141)	13/11-29/1 (excl. 25/12,1/1)	Sa	8:00-10:00	Sun Yat Sen Memorial Park SC	16+	130	20	11/10	
Life-saving Training Course									
40613067 (CW1135)	3/11-15/12	M,W,F	19:00-21:00	Sun Yat Sen Memorial Park SP	13+	108	12	4/10	
Breaststroke Training Course for Adult (I)									
40613056 (CW1122)	1/11-22/11	M,W,F	19:00-20:00	Kennedy Town SP	18+	100	8	20/9-26/9 (5/10) {26/10}	
40613068 (CW1136)	4/11-9/12 (excl. 18/11)	Tu,Th	7:00-8:00	Sun Yat Sen Memorial Park SP	18+	100	8	20/9-26/9 (5/10) {26/10}	
Front Crawl Training Course for Adult (I)									
40613057 (CW1123)	1/11-22/11	M,W,F	20:00-21:00	Kennedy Town SP	18+	100	8	20/9-26/9 (5/10) {26/10}	
40613069 (CW1137)	4/11-9/12	Tu,Th	8:00-9:00	Sun Yat Sen Memorial Park SP	18+	100	8	20/9-26/9 (5/10) {26/10}	
Breaststroke Training Course for Adult (II)									
40613060 (CW1126)	2/11-2/12	Tu,Th	7:00-8:00	Kennedy Town SP	18+	100	10	20/9-26/9 (5/10) {26/10}	
Front Crawl Training Course for Adult (II)									
40613061 (CW1127)	2/11-2/12	Tu,Th	8:00-9:00	Kennedy Town SP	18+	100	10	20/9-26/9 (5/10) {26/10}	
Breaststroke Training Course for Adult (III)									
40613071 (CW1139)	10/11-1/12	M,W,F	8:00-9:00	Sun Yat Sen Memorial Park SP	18+	100	10	20/9-26/9 (5/10) {26/10}	
Aerobic Dance Training Course									
40612976 (CW1038)	22/11-17/12	M,W,F	18:00-19:00	Hong Kong Park SC	14+	65	15	5/10	
40612977 (CW1039)	22/11-17/12	M,W,F	19:00-20:00	Hong Kong Park SC	14+	65	15	5/10	
40612978 (CW1040)	29/11-29/12 (excl. 20/12,27/12)	M,W,F	13:00-14:00	Hong Kong Park SC	14+	65	15	7/10	
40612979 (CW1041)	29/11-29/12 (excl. 20/12,27/12)	M,W,F	14:00-15:00	Hong Kong Park SC	14+	65	15	7/10	
40612985 (CW1052)	4/11-14/12	Tu,Th	8:00-9:00	Sheung Wan SC	14+	65	15	4/10	
40612986 (CW1053)	4/11-14/12	Tu,Th	9:00-10:00	Sheung Wan SC	14+	65	15	4/10	
40612987 (CW1054)	4/11-14/12	Tu,Th	13:00-14:00	Sheung Wan SC	14+	65	15	4/10	
40612988 (CW1055)	5/11-1/12	M,W,F	18:00-19:00	Sheung Wan SC	14+	65	15	20/9-26/9 (5/10) {26/10}	
40612989 (CW1056)	5/11-1/12	M,W,F	19:00-20:00	Sheung Wan SC	14+	65	15	20/9-26/9 (5/10) {26/10}	
40612990 (CW1057)	19/11-22/12 (excl. 6/12,13/12,20/12)	M,W,F	7:00-8:00	Sheung Wan SC	14+	65	15	12/10	
40612991 (CW1058)	19/11-22/12 (excl. 6/12,13/12,20/12)	M,W,F	9:00-10:00	Sheung Wan SC	14+	65	15	12/10	
40613033 (CW1099)	3/11-29/11	M,W,F	10:00-11:00	Smithfield SC	14+	65	15	5/10	
40613034 (CW1100)	3/11-29/11	M,W,F	11:00-12:00	Smithfield SC	14+	65	15	5/10	
40613035 (CW1101)	11/11-23/12 (excl. 21/12)	Tu,Th	18:00-19:00	Smithfield SC	14+	65	15	8/10	
40613036 (CW1102)	11/11-23/12 (excl. 21/12)	Tu,Th	19:00-20:00	Smithfield SC	14+	65	15	8/10	
Baduanjin Training Course									
40612994 (CW1060)	4/11-14/12	Tu,Th	14:00-15:00	Sheung Wan SC	8+	80	15	13/10	
40612995 (CW1061)	4/11-14/12	Tu,Th	15:00-16:00	Sheung Wan SC	8+	80	15	13/10	
40613042 (CW1108)	3/11-10/12	W,F	11:00-12:00	Smithfield SC	8+	80	15	18/10	
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>									
40613001 (CW1067)	4/11-14/12	Tu,Th	12:00-13:00	Sheung Wan SC	15+	75	15	@5/10	
40613002 (CW1068)	16/11-28/12 (excl. 21/12)	Tu,Th	20:00-21:00	Sheung Wan SC	15+	75	15	@5/10	
40613003 (CW1069)	16/11-28/12 (excl. 21/12)	Tu,Th	21:00-22:00	Sheung Wan SC	15+	75	15	@5/10	
40613004 (CW1070)	17/11-15/12 (excl. 13/12)	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	15	@6/10	
40613005 (CW1071)	17/11-15/12 (excl. 13/12)	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	15	@6/10	
40613006 (CW1072)	17/11-24/12	W,F	12:00-13:00	Sheung Wan SC	15+	75	15	@6/10	
40613007 (CW1073)	17/11-24/12	W,F	13:00-14:00	Sheung Wan SC	15+	75	15	@6/10	
40613008 (CW1074)	22/11-20/12 (excl. 10/12)	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	15	@4/10	
40613009 (CW1075)	22/11-20/12 (excl. 10/12)	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	15	@4/10	
Hydro Fitness Training Course									
40613053 (CW1119)	1/11-1/12	M,W,F	8:00-9:00	Kennedy Town SP	14+	80	12	20/9-26/9 (5/10) {26/10}	

40613059 (CW1125)	2/11-16/12	Tu,Th	19:00-20:00	Kennedy Town SP	14+	80	12	20/9-26/9 (5/10) {26/10}	✉
40613066 (CW1134)	8/11-15/12 (excl. 10/11,17/11,24/11)	M,W,F	11:00-12:00	Sun Yat Sen Memorial Park SP	14+	80	12	20/9-26/9 (5/10) {26/10}	✉

Tai Chi Made Easy Class

40613075 (CW1143)	8/11-3/12	M,W,F	7:00-8:00	Blake Garden	6+	54	15	21/10	📄 i
40613076 (CW1144)	8/11-3/12	M,W,F	8:00-9:00	Blake Garden	6+	54	15	21/10	📄 i
40613077 (CW1145)	8/11-3/12	M,W,F	7:30-8:30	Pokfulam RD. PG	6+	54	15	21/10	📄 i
40613079 (CW1147)	4/11-14/12	Tu,Th	18:00-19:00	Hong Kong Park SC	6+	54	15	8/10	📄 i

Briefing on Proper Ways to Use Fitness Equipment

40613000 (CW1066)	15/11	M	18:00-21:00	Sheung Wan SC (11/F)	15+	Free	12	20/9-26/9 (5/10) {26/10}	✉
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Stress Management and Physical Relaxation Training Course

40613045 (CW1111)	27/11-12/3 (excl. 25/12,1/1)	Sa	10:00-11:00	Smithfield SC	14+	80	15	22/10	📄 i
40613046 (CW1112)	27/11-12/3 (excl. 25/12,1/1)	Sa	11:00-12:00	Smithfield SC	14+	80	15	22/10	📄 i

Body-Mind Stretch Training Course

40612996 (CW1062)	1/11-10/12	M,F	20:00-21:00	Sheung Wan SC	15+	85	12	20/9-26/9 (5/10) {26/10}	✉
40612997 (CW1063)	1/11-10/12	M,F	21:00-22:00	Sheung Wan SC	15+	85	12	20/9-26/9 (5/10) {26/10}	✉

Badminton Training Course

40613041 (CW1107)	17/11-17/12	W,F	19:00-21:00	Smithfield SC	7+	118	12	20/9-26/9 (5/10) {26/10}	✉
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Indoor Short Mat Bowling Fun Day

40613044 (CW1110)	1/11-29/11	M,W,F	10:30-11:30	Smithfield SC	8+	Free	16	1/11-29/11	Walk-in
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Squash Training Course

40613047 (CW1113)	22/11-15/12	M,W	19:00-21:00	Smithfield SC	7+	160	6	22/10	📄 i
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Table-tennis Fun Day

40613050 (CW1116)	3/11-26/11	W,F	10:00-11:00	Smithfield SC	6+	Free	12	3/11-26/11	Walk-in
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Table-tennis Training Course

40613048 (CW1114)	2/11-9/12 (excl. 9/11,23/11)	Tu,Th	10:00-12:00	Smithfield SC	6+	86	9	20/9-26/9 (5/10) {26/10}	✉
40613051 (CW1117)	18/11-23/12 (excl. 21/12)	Tu,Th	16:00-18:00	Smithfield SC	14+	86	12	20/9-26/9 (5/10) {26/10}	✉

Tennis Training Course

40613084 (CW1152)	3/11-3/12	W,F	20:00-22:00	Hong Kong Tennis Centre	8+	170	9	20/9-26/9 (5/10) {26/10}	✉
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American Pool Training Course (Stage I)

40613037 (CW1103)	13/11-4/12	Sa	14:00-16:00	Smithfield SC	8+	120	6	15/10	📄 i
40613038 (CW1104)	13/11-4/12	Sa	16:00-18:00	Smithfield SC	8+	120	6	15/10	📄 i
40613039 (CW1105)	18/11-9/12	Th	18:30-20:30	Smithfield SC	8+	120	6	15/10	📄 i
40613040 (CW1106)	18/11-9/12	Th	20:30-22:30	Smithfield SC	8+	120	6	15/10	📄 i

C&W Dist.7-a-side Soccer Competition2021

40608019 (QCW1036)	7/11	Su	8:00-19:00	KGV Memorial Garden Soccer Pitches	14+	60	8	23/9	👤
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Gateball Fun Day

40613010 (CW1076)	4/11-25/11	Th	8:00-10:00	Sheung Wan SC	8+	Free	7	4/11-25/11	Walk-in
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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.

Hydro Fitness TS for Persons with Chronic Illness

40602932 (CW0578)	3/11-24/11	W	10:00-11:00	Sun Yat Sen Memorial Park SP	14+	2	23/9	📄 i
40605562 (CW0587)	3/11-24/11	W	11:00-12:00	Sun Yat Sen Memorial Park SP	14+	2	23/9	📄 i
40613105 (CW1173)	8/11-29/11	M	10:00-11:00	Kennedy Town SP	14+	2	23/9	📄 i

Body-mind Stretch Training Programme for Persons with Chronic Illness

40596182 (CW0167)	2/11-25/11 (excl. 9/11,23/11)	Tu,Th	10:00-12:00	Smithfield SC	15+	15	23/9	📄 i
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American Pool TS for Persons with Hearing Impairment

40613104 (CW1172)	3/11-24/11	W	20:00-22:00	Smithfield SC	8+	2	23/9	📄 i
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Sport Climbing FD for Persons with Disability

40613103 (CW1171)	20/11	Sa	9:00-13:00	Shun Lee Tsuen SC	12+	2	23/9	📄 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
Swimming Training Course for Elderly (I)							
40613055 (CW1121)	1/11-22/11	M,W,F	18:00-19:00	Kennedy Town SP	8	20/9-26/9 (5/10) {26/10}	✉
40613063 (CW1129)	2/11-2/12	Tu,Th	10:00-11:00	Kennedy Town SP	8	20/9-26/9 (5/10) {26/10}	✉
40613064 (CW1130)	2/11-2/12	Tu,Th	11:00-12:00	Kennedy Town SP	8	20/9-26/9 (5/10) {26/10}	✉
Swimming Training Course for Elderly (II)							
40613062 (CW1128)	2/11-2/12	Tu,Th	9:00-10:00	Kennedy Town SP	10	20/9-26/9 (5/10) {26/10}	✉
40613070 (CW1138)	4/11-9/12 (excl. 18/11)	Tu,Th	9:00-10:00	Sun Yat Sen Memorial Park SP	10	20/9-26/9 (5/10) {26/10}	✉
Swimming Training Course for Elderly (III)							
40613072 (CW1140)	10/11-1/12	M,W,F	9:00-10:00	Sun Yat Sen Memorial Park SP	10	20/9-26/9 (5/10) {26/10}	✉
Fitness Exercise Training Course for the Elderly							
40612998 (CW1064)	4/11-21/12	Tu,Th	7:00-8:00	Sheung Wan SC	15	20/9-26/9 (5/10) {26/10}	✉
40612999 (CW1065)	17/11-24/12 (excl. 6/12,13/12,20/12)	M,W,F	8:00-9:00	Sheung Wan SC	15	20/9-26/9 (5/10) {26/10}	✉
Hydro Fitness Training Course for the Elderly							
40613054 (CW1120)	1/11-1/12	M,W,F	9:00-10:00	Kennedy Town SP	12	20/9-26/9 (5/10) {26/10}	✉
40613058 (CW1124)	2/11-16/12	Tu,Th	18:00-19:00	Kennedy Town SP	12	20/9-26/9 (5/10) {26/10}	✉
40613065 (CW1133)	8/11-15/12 (excl. 10/11,17/11,24/11)	M,W,F	10:00-11:00	Sun Yat Sen Memorial Park SP	12	20/9-26/9 (5/10) {26/10}	✉
HES - Indoor Short Mat Bowling Play-in							
40613043 (CW1109)	1/11-29/11	M,W,F	9:30-10:30	Smithfield SC	16	1/11-29/11	Walk-in
HES - Table Tennis Self Practice							
40612981 (CW1043)	5/11-26/11	F	8:00-10:00	Hong Kong Park SC	12	5/11-26/11	Walk-in
HES - Table-tennis Play-in							
40613049 (CW1115)	3/11-26/11	W,F	9:00-10:00	Smithfield SC	12	3/11-26/11	Walk-in