

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

Wan Chai District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Breaststroke Swimming TC for Adult (I)										
40611412 (WC760)	15/11-6/12	M,W,F	8:00-9:00	Morrison Hill SP	18+	100	8	16/9-22/9	{29/10} (5/10)	✉
40611603 (WC850)	1/11-22/11	M,W,F	8:00-9:00	Victoria Park SP	18+	100	8	16/9-22/9	{29/10} (5/10)	✉
Front Crawl Swimming TC for Adult (I)										
40611601 (WC848)	1/11-22/11	M,W,F	7:00-8:00	Victoria Park SP	18+	100	8	16/9-22/9	{29/10} (5/10)	✉
Backstroke Swimming Training Course										
40611605 (WC852)	30/11-30/12	Tu,Th	19:00-20:00	Victoria Park SP	18+	100	10	16/9-22/9	{29/10} (5/10)	✉
Breaststroke Swimming TC for Adult (II)										
40611411 (WC759)	15/11-6/12	M,W,F	7:00-8:00	Morrison Hill SP	18+	100	10	16/9-22/9	{29/10} (5/10)	✉
Breaststroke Swimming TC for Adult (III)										
40611606 (WC853)	30/11-30/12	Tu,Th	20:00-21:00	Victoria Park SP	18+	100	10	16/9-22/9	{29/10} (5/10)	✉
Aerobic Dance Training Course										
40611414 (WC762)	1/11-8/12	M,W	18:00-19:00	Harbour RD. SC	14+	65	15	5/10		📄 i
40611415 (WC763)	1/11-8/12	M,W	19:00-20:00	Harbour RD. SC	14+	65	15	5/10		📄 i
40611436 (WC782)	1/11-26/11	M,W,F	18:00-19:00	Lockhart RD. SC	14+	65	15	16/9-22/9	{29/10} (5/10)	✉
40611438 (WC783)	1/11-26/11	M,W,F	19:00-20:00	Lockhart RD. SC	14+	65	15	16/9-22/9	{29/10} (5/10)	✉
40611439 (WC784)	5/11-3/12 (excl. 15/11)	M,W,F	9:00-10:00	Lockhart RD. SC	14+	65	15	7/10		📄 i
40611441 (WC785)	5/11-3/12 (excl. 15/11)	M,W,F	10:00-11:00	Lockhart RD. SC	14+	65	15	7/10		📄 i
Fitness Exercise Training Course										
40611518 (WC795)	9/11-9/12	Tu,Th,Sa	11:00-12:00	Lockhart RD. SC	14+	80	15	16/9-22/9	{29/10} (5/10)	✉
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>										
40611446 (WC787)	8/11-8/12 (excl. 15/11,6/12)	M,W,F	7:00-8:00	Lockhart RD. SC	15+	75	10	@12/10		📄 i
40611447 (WC788)	8/11-8/12 (excl. 15/11,6/12)	M,W,F	8:00-9:00	Lockhart RD. SC	15+	75	10	@12/10		📄 i
40611453 (WC789)	8/11-8/12 (excl. 15/11,6/12)	M,W,F	9:00-10:00	Lockhart RD. SC	15+	75	10	@12/10		📄 i
40611454 (WC790)	8/11-8/12 (excl. 15/11,6/12)	M,W,F	10:00-11:00	Lockhart RD. SC	15+	75	10	@12/10		📄 i
40611522 (WC799)	15/11-10/12	M,W,F	15:00-16:00	Lockhart RD. SC	15+	75	10	@19/10		📄 i
40611523 (WC800)	15/11-10/12	M,W,F	16:00-17:00	Lockhart RD. SC	15+	75	10	@19/10		📄 i
40611524 (WC801)	15/11-10/12	M,W,F	17:00-18:00	Lockhart RD. SC	15+	75	10	@19/10		📄 i
Modern Dance Training Course										
40611416 (WC764)	3/11-5/1	W	14:00-16:00	Harbour RD. SC	12+	70	15	16/9-22/9	{29/10} (5/10)	✉
Social Dance Training Course										
40611520 (WC797)	11/11-14/12	Tu,Th	20:00-22:00	Lockhart RD. SC	14+	86	16	16/9-22/9	{29/10} (5/10)	✉
40611572 (WC819)	18/11-20/12	M,Th	15:00-17:00	Wong Nai Chung SC	14+	86	16	16/9-22/9	{29/10} (5/10)	✉
40611573 (WC820)	16/11-17/12	Tu,F	19:00-21:00	Wong Nai Chung SC	14+	86	16	16/9-22/9	{29/10} (5/10)	✉
Tai Chi Made Easy Class										
40611592 (WC839)	2/11-27/11	Tu,Th,Sa	7:00-8:00	Lockhart RD. PG	6+	54	15	4/10		📄 i
Yoga Training Course										
40611435 (WC781)	1/11-22/11	M,W,F	14:00-16:00	Lockhart RD. SC	15+	85	20	16/9-22/9	{29/10} (5/10)	✉
Briefing on Proper Ways to Use Fitness Equipment										
40611442 (WC786)	7/11	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	16/9-22/9	{29/10} (5/10)	✉
40611521 (WC798)	13/11	Sa	14:00-17:00	Lockhart RD. SC	15+	Free	12	16/9-22/9	{29/10} (5/10)	✉
40611526 (WC803)	21/11	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	16/9-22/9	{29/10} (5/10)	✉
Body-Mind Stretch Training Course										
40611543 (WC808)	12/11-22/12	W,F	14:00-15:00	Wong Nai Chung SC	15+	85	12	11/10		📄 i
Parent-child(Aged 7-17) Badminton Fun Day										

40611527 (WC804)	21/11	Su	10:00-11:00	Lockhart RD. SC	7+	Free	9	21/10	
40611528 (WC805)	21/11	Su	11:00-12:00	Lockhart RD. SC	7+	Free	9	21/10	
Badminton Training Course									
40611417 (WC765)	12/11-15/12	W,F	7:00-9:00	Harbour RD. SC	7+	118	12	16/9-22/9 (5/10) {29/10}	
40611418 (WC766)	12/11-15/12	W,F	18:00-20:00	Harbour RD. SC	7+	118	12	16/9-22/9 (5/10) {29/10}	
40611515 (WC792)	9/11-16/12 (excl. 30/11,7/12)	Tu,Th	18:00-20:00	Lockhart RD. SC	7+	118	9	16/9-22/9 (5/10) {29/10}	
40611519 (WC796)	11/11-14/12	Tu,Th	9:00-11:00	Lockhart RD. SC	7+	118	9	16/9-22/9 (5/10) {29/10}	
40611525 (WC802)	17/11-3/1 (excl. 8/12,22/12,27/12,29/12)	M,W	14:00-16:00	Lockhart RD. SC	7+	118	9	16/9-22/9 (5/10) {29/10}	
40611539 (WC806)	16/11-17/12	Tu,F	9:00-11:00	Wong Nai Chung SC	7+	118	9	16/9-22/9 (5/10) {29/10}	
40611541 (WC807)	11/11-13/12	M,Th	19:00-21:00	Wong Nai Chung SC	7+	118	9	16/9-22/9 (5/10) {29/10}	
Lawn Bowls Training Course									
40611599 (WC846)	15/11-9/12	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	6	16/9-22/9 (5/10) {29/10}	
40611600 (WC847)	15/11-9/12	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	6	16/9-22/9 (5/10) {29/10}	
Table-tennis Training Course									
40611576 (WC822)	11/11-14/12	Tu,Th	17:00-19:00	Wong Nai Chung SC	6+	86	9	11/10	
Tennis Training Course									
40611577 (WC823)	11/11-13/12	M,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	9	16/9-22/9 (5/10) {29/10}	
40611578 (WC824)	14/11-23/1 (excl. 26/12)	Su	9:00-11:00	Hong Kong Tennis Centre	8+	170	9	16/9-22/9 (5/10) {29/10}	
40611583 (WC830)	17/11-17/12	W,F	19:00-21:00	Causeway Bay SG	8+	170	9	16/9-22/9 (5/10) {29/10}	
40611584 (WC831)	24/11-24/12	W,F	9:00-11:00	Causeway Bay SG	8+	170	9	16/9-22/9 (5/10) {29/10}	
Wan Chai Dist 11-a-side Soccer Comp. 2021									
40611263 (QWC826)	7/11-21/11	Su	9:00-19:00	Happy Valley Recreation Ground	14+	60	8	10/9-16/9 (30/9) {22/10}	
Volleyball Training Course									
40611419 (WC767)	27/11-12/2 (excl. 25/12,1/1)	Sa	9:00-11:00	Harbour RD. SC	10+	70	15	16/9-22/9 (5/10) {29/10}	

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrolment <small>(Balloting) (Open Enrolment 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 and sports 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.

Badminton TS for Ex-mentally III Persons

40611589 (WC836)	4/11-25/11	Th	16:00-18:00	Lockhart RD. SC	14+	2	4/10	
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Lawn Bowls TS for Pers. with Intell. Disabili

40611588 (WC835)	13/11-11/12 (excl. 27/11)	Sa	14:00-16:00	Victoria Park Bowling Green	8+	2	8/10	
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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 Enrolment <small>(Balloting) (Open Enrolment for Remaining Quota)</small>	Enrolment Method
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Swimming TC for Elderly (I)

40611602 (WC849)	1/11-22/11	M,W,F	7:00-8:00	Victoria Park SP	8	16/9-22/9 (5/10) {29/10}	
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Swimming TC for Elderly (II)

40611413 (WC761)	15/11-6/12	M,W,F	9:00-10:00	Morrison Hill SP	10	16/9-22/9 (5/10) {29/10}	
40611604 (WC851)	1/11-22/11	M,W,F	8:00-9:00	Victoria Park SP	10	16/9-22/9 (5/10) {29/10}	

Baduanjin Fun Day for Elderly

40611423 (WC771)	5/11	F	9:15-11:45	Harbour RD. SC	80	5/11	Walk-in
40611424 (WC772)	12/11	F	9:15-11:45	Harbour RD. SC	80	12/11	Walk-in
40611425 (WC773)	19/11	F	9:15-11:45	Harbour RD. SC	80	19/11	Walk-in
40611426 (WC774)	26/11	F	9:15-11:45	Harbour RD. SC	80	26/11	Walk-in

Elderly Fitness Exercise Training Course

40611516 (WC793)	9/11-9/12	Tu,Th,Sa	9:00-10:00	Lockhart RD. SC	15	16/9-22/9 (5/10) {29/10}	
40611517 (WC794)	9/11-9/12	Tu,Th,Sa	10:00-11:00	Lockhart RD. SC	15	16/9-22/9 (5/10) {29/10}	

40611544 (WC809)	22/11-10/1 (excl. 27/12)	M,W	19:00-20:00	Wong Nai Chung SC	15	16/9-22/9 (5/10) {29/10}	✉
40611545 (WC810)	19/11-24/12 (excl. 1/12,15/12)	M,W,F	8:00-9:00	Wong Nai Chung SC	15	16/9-22/9 (5/10) {29/10}	✉
40611546 (WC811)	19/11-24/12 (excl. 1/12,15/12)	M,W,F	9:00-10:00	Wong Nai Chung SC	15	16/9-22/9 (5/10) {29/10}	✉
40611548 (WC812)	19/11-24/12 (excl. 1/12,15/12)	M,W,F	10:00-11:00	Wong Nai Chung SC	15	16/9-22/9 (5/10) {29/10}	✉

Morning Fitness Exercise for Elderly

40611586 (WC833)	2/11-30/11	Tu,Th,Sa	6:00-8:00	Bowen RD. Temporary PG	15	2/11-30/11	Walk-in
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Fitness (Multi-gym) TC For Elderly

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40611455 (WC791)	8/11-8/12 (excl. 15/11,6/12)	M,W,F	11:00-12:00	Lockhart RD. SC	10	@16/9-22/9 (5/10){29/10}	✉
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General Gymnastics Fun Day for Elderly

40611427 (WC775)	3/11	W	9:15-11:45	Harbour RD. SC	40	3/11	Walk-in
40611429 (WC776)	10/11	W	9:15-11:45	Harbour RD. SC	40	10/11	Walk-in
40611430 (WC777)	17/11	W	9:15-11:45	Harbour RD. SC	40	17/11	Walk-in
40611432 (WC778)	24/11	W	9:15-11:45	Harbour RD. SC	40	24/11	Walk-in

Social Dance TC for Elderly

40611575 (WC821)	11/11-14/12	Tu,Th	13:00-15:00	Wong Nai Chung SC	16	16/9-22/9 (5/10) {29/10}	✉
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MPS for Elderly - Indoor Short Mat Bowling

40611421 (WC769)	2/11-30/11	Tu	9:30-11:30	Harbour RD. SC	40	2/11-30/11	Walk-in
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HES Indr Short Mat Bowling cum Table-tennis P

40611549 (WC813)	1/11-29/11	M	8:00-10:00	Wong Nai Chung SC	30	1/11-29/11	Walk-in
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Meeting Points for Elderly - Indoor Gateball

40611422 (WC770)	4/11-25/11	Th	9:30-11:30	Harbour RD. SC	32	4/11-25/11	Walk-in
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