

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

Eastern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Breaststroke Training Course for Adult (Level I)										
40597813 (EN383)	15/11-17/12	M,F	20:00-21:00	Siu Sai Wan SP (Training Pool TP2)	18+	100	8	15/10		
40597814 (EN384)	23/11-23/12	Tu,Th	7:00-8:00	Siu Sai Wan SP (Training Pool TP2)	18+	100	8	15/10		
Breaststroke Training Course (Level II)										
40597812 (EN382)	15/11-17/12	M,F	19:00-20:00	Siu Sai Wan SP (Training Pool TP2)	9-17	100	10	15/10		
Aerobic Dance Training Course										
40611741 (EN1123)	4/11-14/12	Tu,Th	15:00-16:00	Quarry Bay SC	14+	65	15	6/10		
40611742 (EN1124)	4/11-14/12	Tu,Th	16:00-17:00	Quarry Bay SC	14+	65	15	6/10		
40611743 (EN1125)	19/11-20/12 (excl. 24/11,8/12)	M,W,F	7:00-8:00	Quarry Bay SC	14+	65	15	12/10		
40611744 (EN1126)	19/11-20/12 (excl. 24/11,8/12)	M,W,F	8:00-9:00	Quarry Bay SC	14+	65	15	12/10		
40611745 (EN1127)	19/11-20/12 (excl. 24/11,8/12)	M,W,F	9:00-10:00	Quarry Bay SC	14+	65	15	12/10		
40611746 (EN1128)	19/11-20/12 (excl. 24/11,8/12)	M,W,F	10:00-11:00	Quarry Bay SC	14+	65	15	12/10		
40611747 (EN1129)	19/11-20/12 (excl. 24/11,8/12)	M,W,F	11:00-12:00	Quarry Bay SC	14+	65	15	12/10		
40611805 (EN1175)	25/11-6/1 (excl. 21/12)	Tu,Th	19:00-20:00	Island East SC	14+	65	15	17/9-22/9 (6/10) {27/10}		
40611806 (EN1176)	25/11-6/1 (excl. 21/12)	Tu,Th	20:00-21:00	Island East SC	14+	65	15	17/9-22/9 (6/10) {27/10}		
40611845 (EN1209)	22/11-22/12 (excl. 13/12,20/12)	M,W,F	14:00-15:00	Siu Sai Wan SC	14+	65	15	26/10		
40611846 (EN1210)	22/11-22/12 (excl. 13/12,20/12)	M,W,F	15:00-16:00	Siu Sai Wan SC	14+	65	15	26/10		
Baduanjin Training Course										
40611719 (EN1107)	19/11-15/12	M,W,F	20:00-21:00	North Point Market Roof-top PG	8+	80	15	21/10		
40611720 (EN1108)	19/11-15/12	M,W,F	8:00-9:00	Heng Fa Chuen PG	8+	80	15	21/10		
Children Dance Training Course										
40611808 (EN1177)	7/11-16/1 (excl. 26/12)	Su	9:00-11:00	Island East SC	4-6	60	10	17/9-22/9 (6/10) {27/10}		
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>										
40611750 (EN1132)	2/11-9/12	Tu,Th	19:00-20:00	Quarry Bay SC	15+	75	15	@30/9		
40611752 (EN1133)	2/11-9/12	Tu,Th	20:00-21:00	Quarry Bay SC	15+	75	15	@30/9		
40611753 (EN1134)	2/11-9/12	Tu,Th	21:00-22:00	Quarry Bay SC	15+	75	15	@30/9		
40611754 (EN1135)	5/11-6/12 (excl. 10/11,24/11)	M,W,F	7:00-8:00	Chai Wan SC	15+	75	15	@4/10		
40611755 (EN1136)	5/11-6/12 (excl. 10/11,24/11)	M,W,F	8:00-9:00	Chai Wan SC	15+	75	15	@4/10		
40611756 (EN1137)	5/11-6/12 (excl. 10/11,24/11)	M,W,F	9:00-10:00	Quarry Bay SC	15+	75	15	@4/10		
40611757 (EN1138)	5/11-6/12 (excl. 10/11,24/11)	M,W,F	10:00-11:00	Quarry Bay SC	15+	75	15	@4/10		
40611758 (EN1139)	5/11-1/12	M,W,F	15:00-16:00	Quarry Bay SC	15+	75	15	@4/10		
40611759 (EN1140)	5/11-1/12	M,W,F	16:00-17:00	Quarry Bay SC	15+	75	15	@4/10		
40611760 (EN1141)	5/11-1/12	M,W,F	17:00-18:00	Quarry Bay SC	15+	75	15	@4/10		
40611816 (EN1183)	24/11-22/12 (excl. 13/12)	M,W,F	7:00-8:00	Chai Wan SC	15+	75	15	@18/10		
40611817 (EN1184)	24/11-22/12 (excl. 13/12)	M,W,F	8:00-9:00	Chai Wan SC	15+	75	15	@18/10		
40611818 (EN1185)	19/11-15/12	M,W,F	19:00-20:00	Chai Wan SC	15+	75	15	@18/10		
40611819 (EN1186)	19/11-15/12	M,W,F	20:00-21:00	Chai Wan SC	15+	75	15	@18/10		
Hydro Fitness Training Course										
40597817 (EN387)	1/11-1/12	M,W,F	9:00-10:00	Siu Sai Wan SP (Training Pool TP2)	14+	80	10	17/9-22/9 (6/10) {27/10}		
40597818 (EN388)	1/11-1/12	M,W,F	10:00-11:00	Siu Sai Wan SP (Training Pool TP2)	14+	80	10	17/9-22/9 (6/10) {27/10}		
Jazz Dance Training Course										
40611811 (EN1179)	8/11-9/12	M,Th	9:00-11:00	Island East SC	12+	70	15	17/9-22/9 (6/10) {27/10}		
Briefing on Proper Ways to Use Fitness Equip										
40611748 (EN1130)	6/11	Sa	14:30-17:30	Quarry Bay SC	15+	Free	12	17/9-22/9 (6/10) {27/10}		
40611749 (EN1131)	14/11	Su	10:30-13:30	Quarry Bay SC	15+	Free	12	17/9-22/9 (6/10) {27/10}		
40611820 (EN1187)	7/11	Su	10:30-13:30	Chai Wan SC	15+	Free	12	17/9-22/9 (6/10) {27/10}		

40611821 (EN1188)	13/11	Sa	14:30-17:30	Chai Wan SC	15+	Free	12	17/9-22/9 (6/10) {27/10}	✉
Body-Mind Stretch Training Course									
40611761 (EN1142)	2/11-9/12	Tu,Th	9:00-10:00	Quarry Bay SC	15+	85	12	30/9	📄 i
40611763 (EN1143)	2/11-9/12	Tu,Th	10:00-11:00	Quarry Bay SC	15+	85	12	30/9	📄 i
Badminton Training Course									
40611764 (EN1144)	15/11-16/12	M,Th	19:00-21:00	Quarry Bay SC	7+	118	12	17/9-22/9 (6/10) {27/10}	✉
40611842 (EN1206)	26/11-7/1 (excl. 13/11) 24/12,27/12,31/12)	M,F	19:00-21:00	Siu Sai Wan SC	7+	118	12	17/9-22/9 (6/10) {27/10}	✉
Parent Child Badminton Fun Day									
40611813 (EN1180)	13/11	Sa	14:00-15:00	Chai Wan SC	7+	Free	12	11/10	♿
40611814 (EN1181)	13/11	Sa	15:00-16:00	Chai Wan SC	7+	Free	12	11/10	♿
40611815 (EN1182)	13/11	Sa	16:00-17:00	Chai Wan SC	7+	Free	12	11/10	♿
Indoor Lawn Bowls Training Course									
40611739 (EN1121)	16/11-10/12	Tu,F	9:00-11:00	Island East SC	8+	54	6	17/9-22/9 (6/10) {27/10}	✉
40611740 (EN1122)	16/11-10/12	Tu,F	9:00-11:00	Island East SC	8+	54	6	17/9-22/9 (6/10) {27/10}	✉
Squash Training Course									
40611824 (EN1189)	10/11-3/12	W,F	19:00-21:00	Chai Wan SC	7+	160	6	8/10	📄 i
Table-tennis Training Course									
40611766 (EN1146)	2/11-2/12	Tu,Th	18:00-20:00	Quarry Bay SC	10-13	86	12	17/9-22/9 (6/10) {27/10}	✉
40611810 (EN1178)	1/11-1/12	M,W	19:00-21:00	Island East SC	14+	86	10	17/9-22/9 (6/10) {27/10}	✉
40611841 (EN1205)	4/11-7/12	Tu,Th	16:00-18:00	Siu Sai Wan SC	6+	86	12	17/9-22/9 (6/10) {27/10}	✉
Tennis Training Course									
40611777 (EN1154)	12/11-15/12	W,F	9:00-11:00	Quarry Bay Park	8+	170	9	17/9-22/9 (6/10) {27/10}	✉
Go TC (Level 2)									
40611765 (EN1145)	1/11-6/12	M	18:30-20:30	Quarry Bay SC	6+	40	10	30/9	📄 i
ED 7-a-side Soccer Comp 2021*(Open Group)									
40611718 (QEN1106)	6/11-14/11 (excl. 13/11)	Sa,Su	9:00-18:00	Chai Wan Park soccer pitch no. 2	14+	60	20	6/9-13/9 (21/9) {15/10}	✉
ED 7-a-side Soccer Comp 2021*(Youth Group)									
40611717 (QEN1105)	6/11-14/11 (excl. 13/11)	Sa,Su	9:00-18:00	Chai Wan Park soccer pitch no. 2	14+	60	8	6/9-13/9 (21/9) {15/10}	✉
Community Garden Programme*									
40611721 (EN1109)	28/11-27/3	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Wai Tsui Crescent Community Garden	12+	400	27	17/9-22/9 (6/10) {27/10}	✉
40611722 (EN1110)	28/11-27/3	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Quarry Bay Park Community Garden	12+	400	45	17/9-22/9 (6/10) {27/10}	✉

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) (Open Enrollment 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 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 Person w Hearing Impairment

40611725 (EN1113)	25/11-16/12	Th	20:00-22:00	Island East SC	15+	2	11/10	📄 i
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Body-Mind Stretch TC for Chronic Illness Per

40596137 (EN0407)	3/11-19/11	W,F	13:00-15:00	Quarry Bay SC	15+	8	28/9	📄 i
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Body-Mind Stretch TC for Physical Disability

40596136 (EN0406)	2/11-7/12	Tu	11:00-13:00	Island East SC	15+	8	6/10	📄 i
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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 Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
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Swimming Training Course for Elderly (Level I)

40597815 (EN385)	23/11-23/12	Tu,Th	9:00-10:00	Siu Sai Wan SP (Training Pool TP2)	8	17/9-22/9 (6/10) {27/10}	✉
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Swimming Training Course for Elderly (Level II)

40597816 (EN0386)	23/11-23/12	Tu,Th	8:00-9:00	Siu Sai Wan SP (Training Pool TP2)	10	17/9-22/9 (6/10) {27/10}	✉
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Tai Chi Made Easy Class for Elderly

40611825 (EN1190)	17/11-17/12 (excl. 22/11,13/12)	M,W,F	7:00-8:00	Chai Wan SC	30	17/9-22/9 (6/10) {27/10}	
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