

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

Central & Western District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Front Crawl Training Course for Adult (I)									
40615544 (CW1252)	3/12-24/12	M,W,F	8:00-9:00	Sun Yat Sen Memorial Park SP	18+	100	8	25/10-31/10 (9/11){29/11}	✉
Breaststroke Training Course for Adult (II)									
40615543 (CW1251)	3/12-24/12	M,W,F	7:00-8:00	Sun Yat Sen Memorial Park SP	18+	100	10	25/10-31/10 (9/11){29/11}	✉
Aerobic Dance Training Course									
40615465 (CW1175)	7/12-18/1 (excl. 11/1)	Tu,Th	12:00-13:00	Hong Kong Park SC	14+	65	15	3/11	📄 i
40615466 (CW1176)	7/12-18/1 (excl. 11/1)	Tu,Th	13:00-14:00	Hong Kong Park SC	14+	65	15	3/11	📄 i
40615477 (CW1190)	6/12-7/1 (excl. 24/12,27/12,31/12)	M,W,F	18:00-19:00	Sheung Wan SC	14+	65	15	25/10-31/10 (9/11){29/11}	✉
40615478 (CW1191)	6/12-7/1 (excl. 24/12,27/12,31/12)	M,W,F	19:00-20:00	Sheung Wan SC	14+	65	15	25/10-31/10 (9/11){29/11}	✉
40615479 (CW1192)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	8:00-9:00	Sheung Wan SC	14+	65	15	8/11	📄 i
40615480 (CW1193)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	9:00-10:00	Sheung Wan SC	14+	65	15	8/11	📄 i
40615481 (CW1194)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	13:00-14:00	Sheung Wan SC	14+	65	15	8/11	📄 i
40615482 (CW1195)	29/12-28/1 (excl. 3/1,17/1)	M,W,F	7:00-8:00	Sheung Wan SC	14+	65	15	16/11	📄 i
40615483 (CW1196)	29/12-28/1 (excl. 3/1,17/1)	M,W,F	9:00-10:00	Sheung Wan SC	14+	65	15	16/11	📄 i
40615516 (CW1227)	8/12-10/1 (excl. 24/12,27/12,31/12)	M,W,F	10:00-11:00	Smithfield SC	14+	65	15	11/11	📄 i
40615517 (CW1228)	8/12-10/1 (excl. 24/12,27/12,31/12)	M,W,F	11:00-12:00	Smithfield SC	14+	65	15	11/11	📄 i
Baduanjin Training Course									
40615485 (CW1198)	10/12-18/3 (excl. 24/12,31/12,4/2)	F	17:00-18:00	Sheung Wan SC	8+	80	15	25/10-31/10 (9/11){29/11}	✉
40615486 (CW1199)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	14:00-15:00	Sheung Wan SC	8+	80	15	15/11	📄 i
40615487 (CW1200)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	15:00-16:00	Sheung Wan SC	8+	80	15	15/11	📄 i
40615524 (CW1234)	15/12-28/1 (excl. 24/12,31/12)	W,F	11:00-12:00	Smithfield SC	8+	80	15	2/11	📄 i
Children Dance Training Course									
40615525 (CW1235)	11/12-26/2 (excl. 25/12,1/1)	Sa	14:00-16:00	Smithfield SC	4-11	60	10	1/11	📄 i
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>									
40615494 (CW1206)	17/12-17/1 (excl. 20/12,27/12)	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	15	@3/11	📄 i
40615495 (CW1207)	17/12-17/1 (excl. 20/12,27/12)	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	15	@3/11	📄 i
40615496 (CW1208)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	12:00-13:00	Sheung Wan SC	15+	75	15	@2/11	📄 i
40615497 (CW1209)	29/12-28/1 (excl. 31/12,19/1)	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	15	@8/11	📄 i
40615498 (CW1210)	29/12-28/1 (excl. 31/12,19/1)	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	15	@8/11	📄 i
Hydro Fitness Training Course									
40615541 (CW1249)	16/12-10/2 (excl. 6/1,1/2,3/2)	Tu,Th	8:00-9:00	Sun Yat Sen Memorial Park SP	14+	80	12	25/10-31/10 (9/11){29/11}	✉
Tai Chi Made Easy FD									
40615536 (CW1244)	1/12	W	15:00-16:00	Smithfield SC	6+	Free	15	1/11	📄 i
Tai Chi Made Easy Class									
40615501 (CW1213)	15/12-9/3 (excl. 2/2)	W	15:00-16:00	Sheung Wan SC	6+	54	15	18/11	📄 i
40615502 (CW1214)	15/12-9/3 (excl. 2/2)	W	16:00-17:00	Sheung Wan SC	6+	54	15	18/11	📄 i
40615537 (CW1245)	6/12-7/1 (excl. 24/12,27/12,31/12)	M,W,F	7:00-8:00	Smithfield SC	6+	54	15	9/11	📄 i
40615546 (CW1254)	17/12-14/1 (excl. 27/12)	M,W,F	7:00-8:00	KGV Memorial Garden	6+	54	15	17/11	📄 i
40615548 (CW1255)	17/12-14/1 (excl. 27/12)	M,W,F	8:00-9:00	KGV Memorial Garden	6+	54	15	17/11	📄 i
40617228 (CW1279)	2/12-30/12 (excl. 25/12)	Tu,Th,Sa	7:00-8:00	Kenndy Town PG	6+	54	15	10/11	📄 i
Yoga Training Course									
40615473 (CW1184)	1/12-9/2 (excl. 2/2)	W	8:00-10:00	Hong Kong Park SC	15+	85	15	25/10-31/10 (9/11){29/11}	✉
40616772 (CW1278)	1/12-9/2 (excl. 2/2)	W	9:00-11:00	Smithfield SC	15+	85	15	25/10-31/10 (9/11){29/11}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40615493 (CW1205)	10/12	F	18:00-21:00	Sheung Wan SC (11/F)	15+	Free	12	25/10-31/10 (9/11){29/11}	✉

Body-Mind Stretch Training Course										
40615489 (CW1201)	17/12-11/2 (excl. 24/12,27/12,31/12,31/1,4/2)	M,F	20:00-21:00	Sheung Wan SC	15+	85	12	25/10-31/10 (9/11){29/11}		✉
40615490 (CW1202)	17/12-11/2 (excl. 24/12,27/12,31/12,31/1,4/2)	M,F	21:00-22:00	Sheung Wan SC	15+	85	12	25/10-31/10 (9/11){29/11}		✉
Little Archer Christmas TC										
40615518 (CW1229)	18/12-2/1	M,Tu,W,Th,F,Sa,Su	12:30-14:30	Smithfield SC	6-11	70	6	12/11		📄 i
40615519 (CW1230)	18/12-2/1	M,Tu,W,Th,F,Sa,Su	14:30-16:30	Smithfield SC	6-11	70	6	12/11		📄 i
Parent-child(Aged 7-17) Badminton Fun Day										
40615520 (CW1231)	4/12	Sa	14:00-15:00	Smithfield SC	7+	Free	16	5/11		📄 i
40615522 (CW1232)	4/12	Sa	15:00-16:00	Smithfield SC	7+	Free	16	5/11		📄 i
40615523 (CW1233)	4/12	Sa	16:00-17:00	Smithfield SC	7+	Free	16	5/11		📄 i
Badminton Training Course										
40615467 (CW1177)	14/12-13/1	Tu,Th	9:00-11:00	Hong Kong Park SC	7+	118	16	25/10-31/10 (9/11){29/11}		✉
40615468 (CW1178)	15/12-14/1	W,F	7:00-9:00	Hong Kong Park SC	7+	118	16	25/10-31/10 (9/11){29/11}		✉
40615469 (CW1179)	17/12-24/1 (excl. 24/12,27/12)	M,F	18:00-20:00	Hong Kong Park SC	7+	118	16	25/10-31/10 (9/11){29/11}		✉
Indoor Short Mat Bowling Fun Day										
40615533 (CW1242)	1/12-29/12 (excl. 24/12,27/12)	M,W,F	10:30-11:30	Smithfield SC	8+	Free	16	1/12-29/12	Walk-in	
Squash Training Course										
40615470 (CW1181)	6/12-3/1 (excl. 27/12)	M,Th	7:00-9:00	Hong Kong Squash Centre	7+	160	8	19/11		📄 i
Table-tennis Fun Day										
40615539 (CW1247)	1/12-29/12 (excl. 24/12)	W,F	10:00-11:00	Smithfield SC	6+	Free	16	1/12-29/12	Walk-in	
Table-tennis Training Course										
40615471 (CW1182)	7/12-6/1	Tu,Th	7:00-9:00	Hong Kong Park SC	6+	86	16	10/11		📄 i
40615540 (CW1248)	23/12-15/2 (excl. 28/12,11/1,25/1,1/2,3/2,8/2)	Tu,Th	10:00-12:00	Smithfield SC	6+	86	12	25/10-31/10 (9/11){29/11}		✉
Tennis Training Course										
40615551 (CW1259)	7/12-11/1 (excl. 28/12)	Tu,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	12	25/10-31/10 (9/11){29/11}		✉
40615552 (CW1260)	8/12-14/1 (excl. 24/12,31/12)	W,F	20:00-22:00	Hong Kong Tennis Centre	8+	170	12	25/10-31/10 (9/11){29/11}		✉
40615553 (CW1261)	10/12-21/1 (excl. 24/12,27/12,31/12)	M,F	9:00-11:00	Aberdeen T/SC	8+	170	12	25/10-31/10 (9/11){29/11}		✉

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

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: In view of the latest situation of COVID-19, to better control the number of participants, accompanying carers who wish to participate with persons with disabilities (PWDs) in any recreation and sports programmes designated for PWDs are required to enrol in the programmes. This will remain until further notice.

Table Tennis TS for Persons with Chronic Illness										
40615570 (CW1277)	1/12-22/12	W	14:00-16:00	Smithfield SC	6+	2	22/10			📄 i

Activities for Elderly										
Programme Number (Class code)	Date	Day	Time	Venue	Age	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method		
<small>(For aged 60 or above, free of charge)</small>										

Swimming Training Course for Elderly (I)

40615545 (CW1253)	3/12-24/12	M,W,F	9:00-10:00	Sun Yat Sen Memorial Park SP		8	25/10-31/10 (9/11){29/11}			✉
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Fitness Exercise TC for the Elderly

40615491 (CW1203)	23/12-15/2 (excl. 1/2,3/2)	Tu,Th	7:00-8:00	Sheung Wan SC		15	25/10-31/10 (9/11){29/11}			✉
40615528 (CW1238)	16/12-24/3 (excl. 3/2)	Th	14:00-15:00	Smithfield SC		15	25/10-31/10 (9/11){29/11}			✉
40615529 (CW1239)	16/12-24/3 (excl. 3/2)	Th	15:00-16:00	Smithfield SC		15	25/10-31/10 (9/11){29/11}			✉

Fitness Exercise Training Course for the Elderly

40615492 (CW1204)	29/12-16/2 (excl. 3,10,12,17,31/1,2,4,7/2)	M,W,F	8:00-9:00	Sheung Wan SC		15	25/10-31/10 (9/11){29/11}			✉
40615526 (CW1236)	10/12-17/1 (excl. 24/12,27/12,31/12)	M,W,F	8:00-9:00	Smithfield SC		15	25/10-31/10 (9/11){29/11}			✉
40615527 (CW1237)	10/12-17/1 (excl. 24/12,27/12,31/12)	M,W,F	9:00-10:00	Smithfield SC		15	25/10-31/10 (9/11){29/11}			✉

Hydro Fitness Training Course for the Elderly

40615542 (CW1250)	16/12-10/2 (excl. 6/1,1/2,3/2)	Tu,Th	9:00-10:00	Sun Yat Sen Memorial Park SP	12	25/10-31/10 (9/11){29/11}	
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Easy Tai Chi Fun Day for the Elderly

40615534 (CW1243)	1/12	W	14:00- 15:00	Smithfield SC	15	1/11	
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HES - Indoor Short Mat Bowling Play-in

40615532 (CW1241)	1/12-29/12 (excl. 24/12,27/12)	M,W,F	9:30-10:30	Smithfield SC	16	1/12-29/12	Walk-in
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Indoor Short Mat Bowling TC For Elderly

40615531 (CW1240)	8/12-7/1 (excl. 24/12,31/12)	W,F	15:00- 17:00	Smithfield SC	6	8/11	
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HES - Table Tennis Self Practice

40615472 (CW1183)	3/12-31/12	F	8:00-10:00	Hong Kong Park SC	16	3/12-31/12	Walk-in
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HES - Table-tennis Play-in

40615538 (CW1246)	1/12-29/12 (excl. 24/12)	W,F	9:00-10:00	Smithfield SC	16	1/12-29/12	Walk-in
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