

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

Eastern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Aerobic Dance Training Course									
40614218 (EN1221)	16/12-27/1 (excl. 21/12)	Tu,Th	15:00-16:00	Island East SC	14+	65	15	10/11	
40614219 (EN1222)	16/12-27/1 (excl. 21/12)	Tu,Th	16:00-17:00	Island East SC	14+	65	15	10/11	
40614228 (EN1228)	10/12-28/1 (excl. 24/12,27/12,31/12)	M,F	18:00-19:00	Quarry Bay SC	14+	65	15	10/11	
40614229 (EN1229)	10/12-28/1 (excl. 24/12,27/12,31/12)	M,F	19:00-20:00	Quarry Bay SC	14+	65	15	10/11	
40614230 (EN1230)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	15:00-16:00	Quarry Bay SC	14+	65	15	10/11	
40614231 (EN1231)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	16:00-17:00	Quarry Bay SC	14+	65	15	10/11	
40614286 (EN1285)	15/12-28/1 (excl. 24/12,31/12)	W,F	19:00-20:00	Island East SC	14+	65	15	18/10-25/10 (5/11){24/11}	
40614287 (EN1286)	15/12-28/1 (excl. 24/12,31/12)	W,F	19:00-20:00	Island East SC	14+	65	15	18/10-25/10 (5/11){24/11}	
40614290 (EN1289)	2/12-13/1 (excl. 28/12)	Tu,Th	7:00-8:00	Chai Wan SC	14+	65	15	3/11	
40614291 (EN1290)	2/12-13/1 (excl. 28/12)	Tu,Th	8:00-9:00	Chai Wan SC	14+	65	15	3/11	
40614292 (EN1291)	2/12-13/1 (excl. 21/12)	Tu,Th	19:00-20:00	Chai Wan SC	14+	65	15	18/10-25/10 (5/11){24/11}	
40614293 (EN1292)	2/12-13/1 (excl. 21/12)	Tu,Th	20:00-21:00	Chai Wan SC	14+	65	15	18/10-25/10 (5/11){24/11}	
Baduanjin Training Course									
40614307 (EN1305)	17/12-14/1 (excl. 27/12)	M,W,F	20:00-21:00	North Point Market Roof-top PG	8+	80	15	9/11	
40614308 (EN1306)	17/12-14/1 (excl. 27/12)	M,W,F	8:00-9:00	Heng Fa Villa P/G	8+	80	15	9/11	
Children Dance Training Course									
40614234 (EN1234)	11/12-12/3 (excl. 25/12,1/1,29/1,5/2)	Sa	14:00-16:00	Quarry Bay SC	4-6	60	10	12/11	
Chinese Dance Training Course									
40614221 (EN1223)	14/12-25/1 (excl. 21/12,24/12,31/12)	Tu,F	9:00-11:00	Island East SC	12+	45	15	18/10-25/10 (5/11){24/11}	
40614222 (EN1224)	20/12-7/3 (excl. 27/12,31/1)	M	19:00-21:00	Island East SC	12+	45	15	18/10-25/10 (5/11){24/11}	
40614235 (EN1235)	5/12-27/2 (excl. 26/12,2/1,30/1)	Su	20:00-22:00	Quarry Bay SC	12+	45	15	18/10-25/10 (5/11){24/11}	
40614236 (EN1236)	7/12-11/1 (excl. 21/12)	Tu,Th	13:00-15:00	Quarry Bay SC	12+	45	15	18/10-25/10 (5/11){24/11}	
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>									
40614237 (EN1237)	7/12-18/1 (excl. 21/12)	Tu,Th	14:00-15:00	Quarry Bay SC	15+	75	15	@4/11	
40614238 (EN1238)	7/12-18/1 (excl. 21/12)	Tu,Th	15:00-16:00	Quarry Bay SC	15+	75	15	@4/11	
40614239 (EN1239)	7/12-18/1 (excl. 21/12)	Tu,Th	9:00-10:00	Quarry Bay SC	15+	75	15	@4/11	
40614240 (EN1240)	7/12-18/1 (excl. 21/12)	Tu,Th	10:00-11:00	Quarry Bay SC	15+	75	15	@4/11	
40614241 (EN1241)	15/12-21/1 (excl. 22/12,24/12,27/12,31/12,12/1)	M,W,F	7:00-8:00	Quarry Bay SC	15+	75	15	@15/11	
40614242 (EN1242)	15/12-21/1 (excl. 22/12,24/12,27/12,31/12,12/1)	M,W,F	8:00-9:00	Quarry Bay SC	15+	75	15	@15/11	
40614243 (EN1243)	15/12-21/1 (excl. 22/12,24/12,27/12,31/12,12/1)	M,W,F	9:00-10:00	Quarry Bay SC	15+	75	15	@15/11	
40614244 (EN1244)	15/12-21/1 (excl. 22/12,24/12,27/12,31/12,12/1)	M,W,F	10:00-11:00	Quarry Bay SC	15+	75	15	@15/11	
40614245 (EN1245)	15/12-19/1 (excl. 22/12,24/12,27/12,31/12)	M,W,F	15:00-16:00	Quarry Bay SC	15+	75	15	@15/11	
40614246 (EN1246)	15/12-19/1 (excl. 22/12,24/12,27/12,31/12)	M,W,F	16:00-17:00	Quarry Bay SC	15+	75	15	@15/11	
40614247 (EN1247)	15/12-19/1 (excl. 22/12,24/12,27/12,31/12)	M,W,F	17:00-18:00	Quarry Bay SC	15+	75	15	@15/11	
40614248 (EN1248)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	19:00-20:00	Quarry Bay SC	15+	75	15	@23/11	
40614249 (EN1249)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	20:00-21:00	Quarry Bay SC	15+	75	15	@23/11	
40614250 (EN1250)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	21:00-22:00	Quarry Bay SC	15+	75	15	@23/11	
Tai Chi Made Easy Class									
40614270 (EN1270)	22/12-28/1	W,F	7:00-8:00	Quarry Bay Park II (Basketball court)	6+	54	15	11/11	
40614309 (EN1307)	1/12-29/12 (excl. 27/12)	M,W,F	7:00-8:00	Cloudview road	6+	54	15	28/10	

40614310 (EN1308)	1/12-29/12 (excl. 27/12)	M,W,F	7:00-8:00	Aldrich Bay PG	6+	54	15	28/10		
40614369 (EN1328)	2/12-30/12 (excl. 25/12)	Tu,Th,Sa	7:00-8:00	Yiu Tung Estate	6+	54	15	29/10		
40614370 (EN1329)	2/12-30/12 (excl. 25/12)	Tu,Th,Sa	7:00-8:00	Healthy Village PG	6+	54	15	18/10-25/10 (5/11){24/11}		
40614265 (EN1265)	15/12-26/1 (excl. 27/12)	M,W	7:00-8:00	Chai Wan Park BCs No.1	6+	60	15	11/11		
Briefing on Proper Ways to Use Fitness Equip										
40614232 (EN1232)	4/12	Sa	14:30-17:30	Quarry Bay SC	15+	Free	12	18/10-25/10 (5/11){24/11}		
40614233 (EN1233)	12/12	Su	10:30-13:30	Quarry Bay SC	15+	Free	12	18/10-25/10 (5/11){24/11}		
40614294 (EN1293)	5/12	Su	10:30-13:30	Chai Wan SC	15+	Free	12	18/10-25/10 (5/11){24/11}		
40614295 (EN1294)	11/12	Sa	14:30-17:30	Chai Wan SC	15+	Free	12	18/10-25/10 (5/11){24/11}		
Body-Mind Stretch Training Course										
40614251 (EN1251)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	9:00-10:00	Quarry Bay SC	15+	85	12	22/11		
40614252 (EN1252)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	10:00-11:00	Quarry Bay SC	15+	85	12	22/11		
Bocce TP for Pers with Intel Disability										
40614346 (EN1317)	4/12-15/1 (excl. 25/12,1/1)	Sa	13:00-15:00	Island East SC	8+	Free	10	2/11		
Indoor Lawn Bowls Training Course										
40614225 (EN1226)	20/12-17/1 (excl. 27/12)	M,Th	19:00-21:00	Island East SC	8+	54	6	18/10-25/10 (5/11){24/11}		
40614226 (EN1227)	20/12-17/1 (excl. 27/12)	M,Th	19:00-21:00	Island East SC	8+	54	6	18/10-25/10 (5/11){24/11}		
40616669 (EN1333)	14/12-7/1	Tu,F	9:00-11:00	Island East SC	8+	54	6	18/10-25/10 (5/11){24/11}		
40616670 (EN1334)	14/12-7/1	Tu,F	9:00-11:00	Island East SC	8+	54	6	18/10-25/10 (5/11){24/11}		
8th HKG ED Table Tennis Athlete competition										
40617142 (EN1431)	12/12	Su	9:00-18:00	Chai Wan SC	All	Free	176	16/11		
Table-tennis Training Course										
40614253 (EN1253)	11/12-12/3 (excl. 25/12,1/1,29/1,5/2)	Sa	15:00-17:00	Quarry Bay SC	10-13	86	16	18/10-25/10 (5/11){24/11}		
40614288 (EN1287)	5/12-13/2 (excl. 26/12)	Su	15:00-17:00	Island East SC	6-13	86	16	18/10-25/10 (5/11){24/11}		
8th HKG ED Tennis Athlete Selection Comp.										
40614266 (EN1266)	6/12-10/12	M,Tu,W,Th,F	19:00-23:00	Chai Wan Park TC	8+	20	96	1/11		
Tennis Training Course										
40614262 (EN1262)	14/12-25/1 (excl. 21/12,24/12,31/12)	Tu,F	19:00-21:00	Chai Wan Park TC	8+	170	12	18/10-25/10 (5/11){24/11}		
40614272 (EN1272)	24/12-26/1	W,F	9:00-11:00	Quarry Bay Park	8+	170	12	18/10-25/10 (5/11){24/11}		
40614273 (EN1273)	19/12-27/2 (excl. 26/12)	Su	10:00-12:00	Quarry Bay Park	8+	170	12	18/10-25/10 (5/11){24/11}		
The 8th HKG ED Futsal Selection Competition										
40616791 (EN1335)	11/12	Sa	10:00-18:00	Chai Wan Park	15+	Free	8	8/11		
Community Garden Programme*										
40611721 (EN1109)	5/12-10/4	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Wai Tsui Crescent Community Garden	12+	400	27	18/10-25/10 (5/11){24/11}		
40611722 (EN1110)	5/12-10/4	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Quarry Bay Park Community Garden	12+	400	45	18/10-25/10 (5/11){24/11}		
Activities for Persons with Disabilities Programme Number (Class code) (free of charge)										
Programme Number (Class code)	Date	Day	Time	Venue	Age	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method		
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.										
Aerobic Dance TC for Per w Hearing Impairment										
40611724 (EN1112)	7/12-4/1 (excl. 21/12)	Tu	20:00-22:00	Island East SC	15+	2	9/11			
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40614336 (EN1314)	30/12-20/1	Th	14:00-16:00	Chai Wan SC	15+	2	30/11			
Activities for Elderly Programme Number (Class code) (For aged 60 or above, free of charge)										
Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method			
Swimming Training Course for Elderly (Level I)										
40597819 (EN389)	13/12-5/1 (excl. 27/12)	M,W,F	8:00-9:00	Siu Sai Wan SP (Training Pool TP2)	8	18/10-25/10 (5/11){24/11}				

Swimming Training Course for Elderly (Level II)

40597820 (EN390)	13/12-5/1 (excl. 27/12)	M,W,F	9:00-10:00	Siu Sai Wan SP (Training Pool TP2)	10	18/10-25/10 (5/11){24/11}	✉
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Mt Pts for Elderly - Baduanjin

40614299 (EN1298)	1/12-29/12	W	8:00-10:00	Chai Wan SC	35	1/12-29/12	Walk-in
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Mt Pts for Elderly-Morning Fitness Exercise

40614269 (EN1269)	5/12-30/1 (excl. 26/12)	Su	7:00-9:00	Java RD. PG (BC)	15	5/12-30/1	Walk-in
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OS-Fitness Assessment & Exhibition for Elderly

40614260 (EN1260)	11/12	Sa	8:00-10:00	Chai Wan Park	40	11/12	Walk-in
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Elderly Fitness Training Course

40614254 (EN1254)	4/12-11/1 (excl. 21/12,25/12,1/1)	Tu,Th,Sa	7:00-8:00	Quarry Bay SC	15	18/10-25/10 (5/11){24/11}	✉
40614255 (EN1255)	4/12-11/1 (excl. 21/12,25/12,1/1)	Tu,Th,Sa	8:00-9:00	Quarry Bay SC	15	18/10-25/10 (5/11){24/11}	✉

General Gymnastics TC for Elderly

40614223 (EN1225)	1/12-22/12	M,W,F	14:00-16:00	Island East SC	6	18/10-25/10 (5/11){24/11}	✉
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Mt Pts for the Elderly - Social Dance

40614297 (EN1296)	7/12-21/12	Tu	8:00-10:00	Chai Wan SC	55	7/12-21/12	Walk-in
40614306 (EN1304)	3/12-31/12	F	8:00-10:00	Siu Sai Wan SC	16	3/12-31/12	Walk-in

Tai Chi FD for Persons with Physical Dis

40614345 (EN1316)	4/12	Sa	10:00-12:00	Island East SC	1	2/11	📄 i
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Tai Chi Made Easy Class for Elderly

40614256 (EN1256)	3/12-24/1 (excl. 20/12,24/12,27/12,31/12)	M,F	7:00-8:00	Quarry Bay SC	15	18/10-25/10 (5/11){24/11}	✉
40614296 (EN1295)	29/12-28/1 (excl. 10/1,24/1)	M,W,F	7:00-8:00	Chai Wan SC	30	18/10-25/10 (5/11){24/11}	✉

Mt Pts for Elderly - Badminton

40614298 (EN1297)	7/12-21/12	Tu	10:00-12:00	Chai Wan SC	24	7/12-21/12	Walk-in
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Mt Pts for the Elderly - Table-tennis

40614300 (EN1299)	2/12-30/12	Th	8:00-10:00	Chai Wan SC	24	2/12-30/12	Walk-in
40614304 (EN1303)	2/12-30/12	Th	8:00-10:00	Siu Sai Wan SC	24	2/12-30/12	Walk-in

Mt Pts for Elderly - Gateball

40614301 (EN1300)	3/12-31/12	F	8:00-10:00	Chai Wan SC	15	3/12-31/12	Walk-in
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