

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jun 2022**

North 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 | | | | | | | | | |
| 40632390 (NL554) | 2/6-12/7 | Tu,Th | 9:00-10:00 | Lung Sum Avenue SC | 14+ | 65 | 20 | 20/5 | |
| 40632391 (NL555) | 2/6-12/7 | Tu,Th | 10:00-11:00 | Lung Sum Avenue SC | 14+ | 65 | 20 | 20/5 | |
| 40632396 (NH560) | 8/6-20/7 (excl. 1/7) | W,F | 11:00-12:00 | Luen Wo Hui SC | 14+ | 65 | 30 | 20/5 | |
| 40632397 (NH561) | 8/6-20/7 (excl. 1/7) | W,F | 12:00-13:00 | Luen Wo Hui SC | 14+ | 65 | 30 | 20/5 | |
| 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. 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. 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. 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> | | | | | | | | | |
| 40632438 (NH602) | 23/6-2/8 | Tu,Th | 9:00-10:00 | Luen Wo Hui SC | 15+ | 75 | 20 | @18/5 | |
| 40632439 (NH603) | 23/6-2/8 | Tu,Th | 10:00-11:00 | Luen Wo Hui SC | 15+ | 75 | 20 | @18/5 | |
| 40632448 (NT610) | 8/6-22/7 (excl. 29/6,1/7) | W,F | 14:00-15:00 | Tin Ping SC | 15+ | 75 | 12 | @18/5 | |
| 40632449 (NT611) | 8/6-22/7 (excl. 29/6,1/7) | W,F | 15:00-16:00 | Tin Ping SC | 15+ | 75 | 12 | @18/5 | |
| Tai Chi Made Easy Class | | | | | | | | | |
| 40625880 (NX136) | 1/6-29/6 (excl. 3/6) | M,W,F | 7:00-8:00 | Po Wing RD. PG | 8+ | 54 | 30 | 18/5 | |
| 40625890 (NX146) | 1/6-29/6 (excl. 3/6) | M,W,F | 19:00-20:00 | ShaTauKokRecreation Ground(CLOSED AREA) | 8+ | 54 | 30 | 18/5 | |
| Briefing on Proper Ways to Use Fitness Equipment | | | | | | | | | |
| 40632413 (NH577) | 4/6 | Sa | 9:00-12:00 | Luen Wo Hui SC | 15+ | Free | 25 | 23/5 | |
| 40632414 (NH578) | 12/6 | Su | 15:00-18:00 | Luen Wo Hui SC | 15+ | Free | 25 | 23/5 | |
| 40632418 (NT582) | 19/6 | Su | 15:00-18:00 | Tin Ping SC | 15+ | Free | 12 | 23/5 | |
| Body-Mind Stretch Training Course | | | | | | | | | |
| 40632412 (NH576) | 15/6-31/8 | W | 16:00-17:00 | Luen Wo Hui SC | 15+ | 85 | 24 | 24/5 | |
| In-line Roller Skating Training Course | | | | | | | | | |
| 40632457 (NP619) | 19/6-21/8 | Su | 16:00-18:00 | North District Park | 6+ | 55 | 20 | 23/5 | |
| Table-tennis Training Course | | | | | | | | | |
| 40632463 (NH625) | 8/6-13/7 (excl. 1/7) | W,F | 9:00-11:00 | Luen Wo Hui SC | 14+ | 86 | 16 | 19/5 | |
| Tennis Training Course | | | | | | | | | |
| 40632464 (NG626) | 5/6-14/8 (excl. 7/8) | Su | 17:00-19:00 | North District SG | 14+ | 170 | 12 | 18/5 | |
| Volleyball Training Course for Female | | | | | | | | | |
| 40632467 (NL629) | 2/6-5/7 | Tu,Th | 13:00-15:00 | Lung Sum Avenue SC | 10+ | 70 | 20 | 19/5 | |
| Volleyball Training Course for Male | | | | | | | | | |
| 40632468 (NL630) | 2/6-5/7 | Tu,Th | 15:00-17:00 | Lung Sum Avenue SC | 10+ | 70 | 20 | 19/5 | |

| 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 |
|---|--------------------------|-------|------------|----------------|-------|---|---------------------|
| Elderly - Fitness Exercise for Elderly | | | | | | | |
| 40632427 (NH591) | 22/6-10/8 (excl. 1/7) | W,F | 8:00-9:00 | Luen Wo Hui SC | 30 | 24/5 | |
| 40632428 (NH592) | 22/6-10/8 (excl. 1/7) | W,F | 9:00-10:00 | Luen Wo Hui SC | 30 | 24/5 | |
| Fitness (Multi-gym) Training Course for Elderly | | | | | | | |
| 40632423 (NT587) | 2/6-14/7 (excl. 30/6) | Tu,Th | 8:00-9:00 | Tin Ping SC | 12 | 19/5 | |