

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

Central & Western District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Aerobic Dance Training Course										
40629785 (CW0282)	7/6-14/7	Tu,Th	8:00-9:00	Sheung Wan SC	14+	65	30	18/5		
40629786 (CW0283)	7/6-14/7	Tu,Th	9:00-10:00	Sheung Wan SC	14+	65	30	18/5		
40629787 (CW0284)	7/6-14/7	Tu,Th	13:00-14:00	Sheung Wan SC	14+	65	30	18/5		
40629824 (CW0321)	2/6-12/7	Tu,Th	18:00-19:00	Smithfield SC	14+	65	30	19/5		
40629825 (CW0322)	2/6-12/7	Tu,Th	19:00-20:00	Smithfield SC	14+	65	30	19/5		
40629826 (CW0323)	20/6-18/7 (excl. 1/7)	M,W,F	10:00-11:00	Smithfield SC	14+	65	30	24/5		
40629827 (CW0324)	20/6-18/7 (excl. 1/7)	M,W,F	11:00-12:00	Smithfield SC	14+	65	30	24/5		
Baduanjin Training Course										
40629790 (CW0287)	2/6-12/7	Tu,Th	14:00-15:00	Sheung Wan SC	8+	80	30	25/5		
40629791 (CW0288)	2/6-12/7	Tu,Th	15:00-16:00	Sheung Wan SC	8+	80	30	25/5		
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>										
40629795 (CW0292)	7/6-14/7	Tu,Th	12:00-13:00	Sheung Wan SC	15+	75	30	@19/5		
40629796 (CW0293)	8/6-20/7 (excl. 1/7)	W,F	12:00-13:00	Sheung Wan SC	15+	75	30	@23/5		
40629797 (CW0294)	8/6-20/7 (excl. 1/7)	W,F	13:00-14:00	Sheung Wan SC	15+	75	30	@23/5		
40629798 (CW0295)	13/6-11/7 (excl. 1/7)	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	30	@25/5		
40629799 (CW0296)	13/6-11/7 (excl. 1/7)	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	30	@25/5		
Tai Chi Made Easy Class										
40629861 (CW0358)	21/6-16/7	Tu,Th,Sa	7:00-8:00	KGV Memorial Garden	6+	54	30	30/5		
40629862 (CW0359)	21/6-16/7	Tu,Th,Sa	8:00-9:00	KGV Memorial Garden	6+	54	30	30/5		
40629863 (CW0360)	8/6-6/7 (excl. 1/7)	M,W,F	17:30-18:30	Blake Garden	6+	54	30	31/5		
Yoga Training Course										
40629844 (CW0341)	27/6-29/8	M	9:00-11:00	Smithfield SC	15+	85	30	26/5		
Archery Fun Day										
40629828 (CW0325)	3/6	F	9:30-11:30	Smithfield SC	12+	Free	12	18/5		
40629829 (CW0326)	3/6	F	11:30-13:30	Smithfield SC	12+	Free	12	18/5		
Badminton Training Course										
40629830 (CW0327)	1/6-8/7 (excl. 3/6,1/7)	W,F	19:00-21:00	Smithfield SC	7+	118	16	23/5		
Indoor Short Mat Bowling Fun Day										
40629839 (CW0336)	1/6-29/6 (excl. 3/6)	M,W,F	10:30-11:30	Smithfield SC	8+	Free	28	1/6-29/6		Walk-in
Squash Training Course										
40629777 (CW0274)	6/6-30/6	M,Th	7:00-9:00	Hong Kong Squash Centre	7+	160	8	23/5		
40629778 (CW0275)	14/6-2/8	Tu	19:00-21:00	Hong Kong Squash Centre	7+	160	8	23/5		
40629841 (CW0338)	29/6-25/7	M,W	19:00-21:00	Smithfield SC	7+	160	8	27/5		
Table-tennis Fun Day										
40629843 (CW0340)	1/6-29/6 (excl. 3/6)	W,F	10:00-11:00	Smithfield SC	6+	Free	16	1/6-29/6		Walk-in
Gateball Fun Day										
40629800 (CW0297)	2/6-23/6	Th	8:00-10:00	Sheung Wan SC	8+	Free	20	2/6-23/6		Walk-in
Horticultural Seminar										
40629782 (CW0279)	5/6	Su	14:30-16:30	Hong Kong Squash Centre	18+	30	30	25/5		

Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age	Quota	Date of Enrollment		Enrolment Method
							(Balloting)	(Open Enrollment for Remaining Quota)	

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

40629886 (CW0383)	4/6-25/6	Sa	10:00-12:00	Sheung Wan SC	6+	3		18/5		
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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
Baduanjin Fun Day for the Elderly							
40629834 (CW0331)	2/6-23/6	Th	16:00-17:00	Smithfield SC	30	2/6-23/6	Walk-in
Fitness Exercise Training Course for the Elderly							
40629794 (CW0291)	2/6-19/7	Tu,Th	7:00-8:00	Sheung Wan SC	30	27/5	 <i>i</i>
40629835 (CW0332)	27/6-29/7 (excl. 1/7)	M,W,F	8:00-9:00	Smithfield SC	30	31/5	 <i>i</i>
40629836 (CW0333)	27/6-29/7 (excl. 1/7)	M,W,F	9:00-10:00	Smithfield SC	30	31/5	 <i>i</i>
HES - Indoor Short Mat Bowling Play-in							
40629838 (CW0335)	1/6-29/6 (excl. 3/6)	M,W,F	9:30-10:30	Smithfield SC	28	1/6-29/6	Walk-in
HES - Table-tennis Play-in							
40629842 (CW0339)	1/6-29/6 (excl. 3/6)	W,F	9:00-10:00	Smithfield SC	16	1/6-29/6	Walk-in