

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

North District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Long Distance Running Training Course									
40634537 (NG751)	27/7-28/9	W	19:00-21:00	North District SG	16+	130	40	24/6	
Life-saving Training Course(Bronze Medallion)									
40627700 (NF329)	4/7-15/8	M,W,F	19:30-21:30	Fanling SP (Main Pool)	13+	108	12	2/6	
40627701 (NF330)	28/7-8/9	Tu,Th,Sa	19:30-21:30	Fanling SP (Main Pool)	13+	108	12	20/6	
Breaststroke Training Course for Adult (Level I)									
40626393 (NF221)	12/7-2/8	Tu,Th,Sa	20:30-21:30	Fanling SP (Training Pool)	18+	100	8	30/5-6/6 (9/6) {28/6}	
40626397 (NF225)	12/7-2/8	Tu,Th,Sa	8:00-9:00	Fanling SP (Training Pool)	18+	100	8	30/5-6/6 (9/6) {28/6}	
Breaststroke Training Course for Children (Level I)									
40626404 (NF232)	18/7-8/8	M,W,F	16:30-17:30	Fanling SP (Training Pool)	5-8	100	8	30/5-6/6 (9/6) {28/6}	
Breaststroke Training Course for Junior (Level I)									
40626407 (NF235)	12/7-2/8	Tu,Th,Sa	19:30-20:30	Fanling SP (Training Pool)	9-12	100	8	30/5-6/6 (9/6) {28/6}	
Front Crawl Training Course for Adult (Level I)									
40627456 (NF287)	18/7-8/8	M,W,F	20:30-21:30	Fanling SP (Training Pool)	18+	100	8	30/5-6/6 (9/6) {28/6}	
Front Crawl Training Course for Children (Level I)									
40627451 (NF284)	18/7-8/8	M,W,F	17:30-18:30	Fanling SP (Training Pool)	5-8	100	8	30/5-6/6 (9/6) {28/6}	
Front Crawl Training Course for Junior (Level I)									
40627475 (NF296)	18/7-8/8	M,W,F	19:30-20:30	Fanling SP (Training Pool)	9-12	100	8	30/5-6/6 (9/6) {28/6}	
Children Dance Training Course									
40634381 (NT740)	18/7-17/8	M,W	16:00-18:00	Tin Ping SC	4-11	60	12	8/6	
Chinese Dance Training Course									
40634382 (NH741)	7/7-8/9	Th	11:00-13:00	Luen Wo Hui SC	12+	45	30	25/5-31/5 (7/6) {27/6}	
40634383 (NH742)	12/7-13/9	Tu	13:00-15:00	Luen Wo Hui SC	12+	45	30	25/5-31/5 (7/6) {27/6}	
Gymnastics for All(Summer)									
40634515 (NH748)	20/7-19/8	W,F	13:00-15:00	Luen Wo Hui SC	6+	54	12	14/6	
Jazz Training Course									
40634526 (NL750)	5/7-6/9	Tu	17:00-19:00	Lung Sum Avenue SC	12+	70	20	7/6	
Social Dance Training Course									
40634546 (NL753)	6/7-7/9	W	14:00-16:00	Lung Sum Avenue SC	14+	86	20	25/5-31/5 (7/6) {27/6}	
40634556 (NH754)	15/7-16/9	F	16:00-18:00	Luen Wo Hui SC	14+	86	30	25/5-31/5 (7/6) {27/6}	
Tai Chi Made Easy Class									
40625878 (NX134)	4/7-29/7	M,W,F	7:00-8:00	Po Wing RD. PG	8+	54	30	9/6	
40625888 (NX144)	5/7-30/7	Tu,Th,Sa	8:00-9:00	Wo Hing PG (BC)	8+	54	30	10/6	
40625889 (NX145)	4/7-29/7	M,W,F	20:00-21:00	ShaTauKokRecreation Ground(CLOSED AREA)	8+	54	30	9/6	
Wushu Training Course (Summer Course)									
40634577 (NH759)	19/7-18/8 (excl. 28/7)	Tu,Th	15:00-17:00	Luen Wo Hui SC	6-14	86	20	8/6	
Yoga Training Course									
40634601 (NL760)	8/7-9/9	F	9:00-11:00	Lung Sum Avenue SC	15+	85	20	25/5-31/5 (7/6) {27/6}	
40634604 (NH761)	6/7-7/9	W	13:00-15:00	Luen Wo Hui SC	15+	85	30	25/5-31/5 (7/6) {27/6}	
Briefing on Proper Ways to Use Fitness Equipment									
40634373 (NH737)	2/7	Sa	9:00-12:00	Luen Wo Hui SC	15+	Free	25	25/5-31/5 (7/6) {27/6}	
40634374 (NH738)	10/7	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	25	25/5-31/5 (7/6) {27/6}	
40634376 (NT739)	17/7	Su	15:00-18:00	Tin Ping SC	15+	Free	15	25/5-31/5 (7/6) {27/6}	
Badminton Training Course									
40634366 (NL734)	6/7-17/8 (excl. 18/7,1/8,15/8)	M,W	9:00-11:00	Lung Sum Avenue SC	7-14	118	16	25/5-31/5 (7/6) {27/6}	
40634367 (NL735)	6/7-17/8 (excl. 18/7,1/8,15/8)	M,W	11:00-13:00	Lung Sum Avenue SC	7-14	118	16	25/5-31/5 (7/6) {27/6}	
40634369 (NL736)	7/7-8/9	Th	9:00-11:00	Lung Sum Avenue SC	14+	118	16	25/5-31/5 (7/6) {27/6}	
Track Cycling Training Course (Level I)									

40628086 (NX169)	17/7	Su	9:00-13:00	Hong Kong Velodrome	11+	140	20	16/6	
In-line Roller Skating Training Course									
40634518 (NX749)	2/7-3/9	Sa	16:00-18:00	Fanling Recreation Ground	6+	55	20	25/5-31/5 (7/6) {27/6}	
Table-tennis Training Course									
40634567 (NL755)	4/7-3/8	M,W	13:00-15:00	Lung Sum Avenue SC	6+	86	16	1/6	
40634568 (NL756)	4/7-3/8	M,W	15:00-17:00	Lung Sum Avenue SC	6+	86	16	1/6	
Tennis Training Course									
40634573 (NG757)	7/7-8/9	Th	20:00-22:00	North District SG	14+	170	12	25/5-31/5 (7/6) {27/6}	
40634575 (NG758)	19/7-18/8	Tu,Th	9:00-11:00	North District SG	14+	170	12	17/6	
Football Fun Day									
40634501 (NX746)	21/7	Th	16:00-18:00	Pak Wo RD. PG	6-11	Free	30	21/7	Walk-in
Gateball Training Course									
40634508 (NX747)	9/7-27/8	Sa	9:00-11:00	Pak Fuk Tin Sum PG	8+	54	15	6/6	
Community Garden Programme									
40632420 (NP584)	10/7-6/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	North District Park Community Garden	12+	400	30	25/5-31/5 (7/6) {27/6}	

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	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: 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.

Hydro Fitness TS for Chronic Illness

40634128 (NF730)	7/7-25/8	Th	10:00-11:00	FLSP	18+	2	1/6	
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Hydro Fitness Training Programme for Persons with Physical Disability

40629063 (NF172)	21/7-6/10	Th	16:00-17:00	Fanling SP (Training Pool)	14+	5	25/5	
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Badminton TS for Persons with Autism

40633974 (NX640)	16/7	Sa	10:00-11:00	Wo Hing SC	8-16	2	1/6	
40633975 (NX641)	23/7	Sa	10:00-11:00	Wo Hing SC	8-16	2	1/6	
40633976 (NX642)	30/7	Sa	10:00-11:00	Wo Hing SC	8-16	2	1/6	

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
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Swimming Training Courses for Elderly (Level II)

40627732 (NF361)	18/7-8/8	M,W,F	8:00-9:00	Fanling SP (Training Pool)	10	30/5-6/6 (9/6) {28/6}	
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Swimming Training Course for Elderly (Level I)

40627725 (NF354)	12/7-2/8	Tu,Th,Sa	7:00-8:00	Fanling SP (Training Pool)	8	30/5-6/6 (9/6) {28/6}	
40627726 (NF355)	18/7-8/8	M,W,F	7:00-8:00	Fanling SP (Training Pool)	8	30/5-6/6 (9/6) {28/6}	

Social Dance Training Course for OP

40634385 (NL744)	7/7-8/9	Th	13:00-15:00	Lung Sum Avenue SC	20	25/5-31/5 (7/6) {27/6}	
40634386 (NL745)	8/7-9/9	F	14:00-16:00	Lung Sum Avenue SC	20	25/5-31/5 (7/6) {27/6}	

HES- Table-Tennis Play-in

40634384 (NH743)	5/7-28/7	Tu,Th	8:00-10:00	Luen Wo Hui SC	16	5/7-28/7	Walk-in
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