

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jul 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									
40631004 (CW0449)	11/7-5/8	M,W,F	18:00-19:00	Hong Kong Park SC	14+	65	30	7/6	
40631005 (CW0450)	11/7-5/8	M,W,F	19:00-20:00	Hong Kong Park SC	14+	65	30	7/6	
40631022 (CW0467)	6/7-5/8 (excl. 18/7,1/8)	M,W,F	7:00-8:00	Sheung Wan SC	14+	65	30	9/6	
40631023 (CW0468)	6/7-5/8 (excl. 18/7,1/8)	M,W,F	9:00-10:00	Sheung Wan SC	14+	65	30	9/6	
40631024 (CW0469)	22/7-17/8	M,W,F	18:00-19:00	Sheung Wan SC	14+	65	30	25/5-30/5 (7/6) {27/6}	
40631025 (CW0470)	22/7-17/8	M,W,F	19:00-20:00	Sheung Wan SC	14+	65	30	25/5-30/5 (7/6) {27/6}	
40631026 (CW0471)	26/7-1/9	Tu,Th	8:00-9:00	Sheung Wan SC	14+	65	30	8/6	
40631027 (CW0472)	26/7-1/9	Tu,Th	9:00-10:00	Sheung Wan SC	14+	65	30	8/6	
40631028 (CW0473)	26/7-1/9	Tu,Th	13:00-14:00	Sheung Wan SC	14+	65	30	8/6	
40631104 (CW0544)	21/7-30/8	Tu,Th	18:00-19:00	Smithfield SC	14+	65	30	1/6	
40631105 (CW0545)	21/7-30/8	Tu,Th	19:00-20:00	Smithfield SC	14+	65	30	1/6	
40631106 (CW0546)	25/7-19/8	M,W,F	10:00-11:00	Smithfield SC	14+	65	30	14/6	
40631108 (CW0547)	25/7-19/8	M,W,F	11:00-12:00	Smithfield SC	14+	65	30	14/6	
Baduanjin Training Course									
40631032 (CW0477)	21/7-30/8	Tu,Th	14:00-15:00	Sheung Wan SC	8+	80	30	13/6	
40631033 (CW0478)	21/7-30/8	Tu,Th	15:00-16:00	Sheung Wan SC	8+	80	30	13/6	
40631123 (CW0562)	22/7-31/8	W,F	11:00-12:00	Smithfield SC	8+	80	30	6/6	
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>									
40631039 (CW0484)	4/7-29/7	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	30	@1/6	
40631040 (CW0485)	4/7-29/7	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	30	@1/6	
40631042 (CW0487)	15/7-10/8	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	30	@6/6	
40631043 (CW0488)	15/7-10/8	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	30	@6/6	
40631046 (CW0491)	26/7-1/9	Tu,Th	12:00-13:00	Sheung Wan SC	15+	75	30	@14/6	
40631047 (CW0492)	29/7-7/9	W,F	12:00-13:00	Sheung Wan SC	15+	75	30	@15/6	
40631048 (CW0493)	29/7-7/9	W,F	13:00-14:00	Sheung Wan SC	15+	75	30	@15/6	
Social Dance Training Course									
40631009 (CW0454)	14/7-15/9	Th	7:00-9:00	Hong Kong Park SC	14+	86	30	6/6	
40631125 (CW0564)	14/7-15/9	Th	20:00-22:00	Smithfield SC	14+	86	30	25/5-30/5 (7/6) {28/6}	
40631126 (CW0565)	18/7-26/9 (excl. 12/9)	M	14:00-16:00	Smithfield SC	14+	86	30	25/5-30/5 (7/6) {28/6}	
Tai Chi Made Easy Class									
40631141 (CW0580)	5/7-11/8	Tu,Th	18:00-19:00	Hong Kong Park SC	6+	54	15	10/6	
Yoga Training Course									
40631013 (CW0458)	9/7-17/9 (excl. 10/9)	Sa	14:00-16:00	Hong Kong Park SC	15+	85	30	25/5-30/5 (7/6) {28/6}	
Briefing on Proper Ways to Use Fitness Equipment									
40631041 (CW0486)	14/7	Th	18:00-21:00	Sheung Wan SC (11/F)	15+	Free	25	25/5-30/5 (7/6) {28/6}	
Stress Management and Physical Relaxation Training Course									
40631129 (CW0568)	30/7-12/11 (excl. 10/9,1/10)	Sa	10:00-11:00	Smithfield SC	14+	80	30	17/6	
40631130 (CW0569)	30/7-12/11 (excl. 10/9,1/10)	Sa	11:00-12:00	Smithfield SC	14+	80	30	17/6	
Body-Mind Stretch Training Course									
40631034 (CW0479)	29/7-5/9	M,F	20:00-21:00	Sheung Wan SC	15+	85	24	25/5-30/5 (7/6) {27/6}	
40631035 (CW0480)	29/7-5/9	M,F	21:00-22:00	Sheung Wan SC	15+	85	24	25/5-30/5 (7/6) {27/6}	
Archery Training Course									
40631117 (CW0556)	9/7-17/9 (excl. 10/9)	Sa	9:30-11:30	Smithfield SC	12+	70	12	25/5-30/5 (7/6) {27/6}	
40631118 (CW0557)	9/7-17/9 (excl. 10/9)	Sa	11:30-13:30	Smithfield SC	12+	70	12	25/5-30/5 (7/6) {27/6}	
Badminton Training Course									
40631007 (CW0452)	6/7-5/8	W,F	7:00-9:00	Hong Kong Park SC	7+	118	16	25/5-30/5 (7/6) {27/6}	

40631029 (CW0474)	7/7-9/8	Tu,Th	9:00-11:00	Sheung Wan SC	7+	118	16	25/5-30/5 (7/6) {27/6}	✉
40631030 (CW0475)	13/7-14/9	W	12:00-14:00	Sheung Wan SC	7+	118	16	25/5-30/5 (7/6) {27/6}	✉
Badminton Training Course for Youth									
40631122 (CW0561)	20/7-19/8	W,F	14:00-16:00	Smithfield SC	12-17	118	16	25/5-30/5 (7/6) {27/6}	✉
Indoor Short Mat Bowling Fun Day									
40631128 (CW0567)	4/7-29/7	M,W,F	10:30-11:30	Smithfield SC	8+	Free	28	4/7-29/7	Walk-in
Squash Training Course for Children									
40631010 (CW0455)	11/7-27/7	M,W,F	16:00-18:00	Hong Kong Squash Centre	7-11	160	8	25/5-30/5 (7/6) {28/6}	✉
Squash Training Course for Youth									
40631011 (CW0456)	12/7-28/7	Tu,Th,Sa	14:00-16:00	Hong Kong Squash Centre	12-17	160	8	25/5-30/5 (7/6) {28/6}	✉
Table-tennis Fun Day									
40631132 (CW0571)	6/7-29/7	W,F	10:00-11:00	Smithfield SC	6+	Free	16	6/7-29/7	Walk-in
Table-tennis Training Course									
40631055 (CW0500)	16/7-17/9	Sa	14:00-16:00	Sheung Wan SC	6+	86	16	25/5-30/5 (7/6) {28/6}	✉
40631133 (CW0572)	5/7-4/8	Tu,Th	16:00-18:00	Smithfield SC	14+	86	16	25/5-30/5 (7/6) {28/6}	✉
40631134 (CW0573)	15/7-17/8	W,F	18:00-20:00	Smithfield SC	14+	86	16	25/5-30/5 (7/6) {28/6}	✉
40631135 (CW0574)	16/7-24/9 (excl. 10/9)	Sa	16:00-18:00	Smithfield SC	6+	86	16	25/5-30/5 (7/6) {28/6}	✉
Tennis Training Course									
40631143 (CW0582)	2/7-23/7	Tu,Th,Sa	19:00-21:00	Hong Kong Tennis Centre	8+	170	12	25/5-30/5 (7/6) {28/6}	✉
40631144 (CW0583)	4/7-27/7 (excl. 25/7)	M,W,F	20:00-22:00	Hong Kong Tennis Centre	8+	170	12	25/5-30/5 (7/6) {28/6}	✉
C&W Community Garden Programme									
40631142 (CW0581)	31/7-4/12	M,Tu,W,Th,F,Sa,Su	8:00-18:00	SYSMP Community Garden	12+	400	15	25/5-30/5 (7/6) {28/6}	✉

Programme Number (Class code) <small>(free of charge)</small>	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 Training Programme for Ex-mentally III Persons

40629059 (CW0261)	4/7-11/8	M,Th	17:00-18:00	Kennedy Town SP	14+	5	25/5	☒ i
40629060 (CW0262)	5/7-12/8	Tu,F	17:00-18:00	Kennedy Town SP	14+	5	25/5	☒ i

Body-mind Stretch Training Programme for Persons with Physical Disability

40629058 (CW0260)	9/7-13/8	Sa	10:00-12:00	Smithfield SC	15+	15	24/5	☒ i
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Golf Fun Day for Persons with Autism and ADHD

40624769 (CW0162)	10/7	Su	14:00-17:00	Tuen Mun RSC	8+	4	25/5	☒ i
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Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Fitness Exercise Training Course for the Elderly

40631037 (CW0482)	6/7-5/8	M,W,F	8:00-9:00	Sheung Wan SC	30	25/5-30/5 (7/6) {27/6}	✉
40631038 (CW0483)	26/7-8/9	Tu,Th	7:00-8:00	Sheung Wan SC	30	25/5-30/5 (7/6) {27/6}	✉

HES - Indoor Short Mat Bowling Play-in

40631127 (CW0566)	4/7-29/7	M,W,F	9:30-10:30	Smithfield SC	28	4/7-29/7	Walk-in
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HES - Table-tennis Play-in

40631131 (CW0570)	6/7-29/7	W,F	9:00-10:00	Smithfield SC	16	6/7-29/7	Walk-in
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