















































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

Wan Chai 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									
40628908 (WC374)	2/7-3/9	Sa	16:00-18:00	Happy Valley Recreation Ground	16+	130	40	1/6	 
Life Saving Training Course(Bronze Medallion)									
40628924 (WC390)	4/7-15/8	M,W,F	19:00-21:00	Wan Chai SP	13+	108	12	20/5-27/5 (7/6) {29/6}	
Breaststroke TC for Adult (Level I)									
40628821 (WC305)	5/7-26/7	Tu,Th,F	20:00-21:00	Victoria Park SP	18+	100	8	20/5-27/5 (7/6) {29/6}	
40628919 (WC385)	4/7-25/7	M,W,F	20:00-21:00	Morrison Hill SP	18+	100	8	20/5-27/5 (7/6) {29/6}	
Breaststroke TC for Children (Level I)									
40628812 (WC296)	5/7-20/7	Tu,W,Th,F	15:00-16:00	Victoria Park SP	7-8	100	8	20/5-27/5 (7/6) {29/6}	
Breaststroke TC for Junior (Level I)									
40628814 (WC298)	5/7-20/7	Tu,W,Th,F	16:00-17:00	Victoria Park SP	9-12	100	8	20/5-27/5 (7/6) {29/6}	
Front Crawl TC for Adult (Level I)									
40628920 (WC386)	4/7-25/7	M,W,F	21:00-22:00	Morrison Hill SP	18+	100	8	20/5-27/5 (7/6) {29/6}	
Front Crawl TC for Children (Level I)									
40628816 (WC300)	5/7-20/7	Tu,W,Th,F	17:00-18:00	Victoria Park SP	7-8	100	8	20/5-27/5 (7/6) {29/6}	
Breaststroke TC for Adult (Level II)									
40628926 (WC392)	6/7-27/7	M,W,F	8:00-9:00	Morrison Hill SP	18+	100	10	20/5-27/5 (7/6) {29/6}	
Front Crawl TC for Adult (Level II)									
40628820 (WC304)	5/7-26/7	Tu,Th,F	19:00-20:00	Victoria Park SP	18+	100	10	20/5-27/5 (7/6) {29/6}	
Breaststroke TC (Level III) (age17or below)									
40628921 (WC387)	5/7-4/8	Tu,Th	16:00-17:00	Wan Chai SP	0-17	100	10	20/5-27/5 (7/6) {29/6}	
Butterfly Stroke Training Course									
40628923 (WC389)	5/7-4/8	Tu,Th	18:00-19:00	Wan Chai SP	18+	100	10	20/5-27/5 (7/6) {29/6}	
Front Crawl TC (Level III) (age 17 or below)									
40628922 (WC388)	5/7-4/8	Tu,Th	17:00-18:00	Wan Chai SP	0-17	100	10	20/5-27/5 (7/6) {29/6}	
Aerobic Dance Training Course									
40628835 (WC319)	20/7-29/8	M,W	18:00-19:00	Harbour RD. SC	14+	65	22	16/6	 
40628836 (WC320)	20/7-29/8	M,W	19:00-20:00	Harbour RD. SC	14+	65	22	16/6	 
40628837 (WC321)	14/7-23/8	Tu,Th	18:00-19:00	Harbour RD. SC	14+	65	22	20/5-27/5 (7/6) {29/6}	
40628838 (WC322)	14/7-23/8	Tu,Th	19:00-20:00	Harbour RD. SC	14+	65	22	20/5-27/5 (7/6) {29/6}	
40628839 (WC323)	20/7-26/8	W,F	7:30-8:30	Harbour RD. SC	14+	65	22	16/6	 
40628885 (WC351)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	9:00-10:00	Lockhart RD. SC	14+	65	30	7/6	 
40628886 (WC352)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	10:00-11:00	Lockhart RD. SC	14+	65	30	7/6	 
40628900 (WC366)	21/7-30/8	Tu,Th	7:00-8:00	Lockhart RD. SC	14+	65	30	20/6	 
40628901 (WC367)	21/7-30/8	Tu,Th	8:00-9:00	Lockhart RD. SC	14+	65	30	20/6	 
Children Dance Training Course									
40628848 (WC331)	4/7-4/8	M,Th	14:00-16:00	Harbour RD. SC	4-11	60	20	20/5-27/5 (7/6) {29/6}	
40628903 (WC369)	24/7-16/10 (excl. 7/8,11/9,2/10)	Su	9:00-11:00	Lockhart RD. SC	4-11	60	20	24/6	 
Fitness Exercise Training Course									
40628883 (WC350)	7/7-6/8	Tu,Th,Sa	11:00-12:00	Lockhart RD. SC	14+	80	30	20/5-27/5 (7/6) {29/6}	
Fitness (Multi-gym) Training Course									
@ 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.									
40628887 (WC353)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	7:00-8:00	Lockhart RD. SC	15+	75	10	@9/6	 
40628888 (WC354)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	8:00-9:00	Lockhart RD. SC	15+	75	10	@9/6	 
40628889 (WC355)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	9:00-10:00	Lockhart RD. SC	15+	75	10	@9/6	 
40628890 (WC356)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	10:00-11:00	Lockhart RD. SC	15+	75	10	@9/6	 
40628895 (WC361)	14/7-23/8	Tu,Th	18:00-19:00	Lockhart RD. SC	15+	75	10	@13/6	 
40628896 (WC362)	14/7-23/8	Tu,Th	19:00-20:00	Lockhart RD. SC	15+	75	10	@13/6	 

40628897 (WC363)	14/7-23/8	Tu,Th	20:00-21:00	Lockhart RD. SC	15+	75	10	@13/6		
40628898 (WC364)	14/7-23/8	Tu,Th	21:00-22:00	Lockhart RD. SC	15+	75	10	@13/6		
40628904 (WC370)	29/7-24/8	M,W,F	15:00-16:00	Lockhart RD. SC	15+	75	10	@28/6		
40628905 (WC371)	29/7-24/8	M,W,F	16:00-17:00	Lockhart RD. SC	15+	75	10	@28/6		
40628906 (WC372)	29/7-24/8	M,W,F	17:00-18:00	Lockhart RD. SC	15+	75	10	@28/6		
Hydro Fitness Training Course										
40628917 (WC383)	4/7-3/8	M,W,F	18:00-19:00	Morrison Hill SP	14+	80	15	20/5-27/5 (7/6) {29/6}		
40628918 (WC384)	4/7-3/8	M,W,F	19:00-20:00	Morrison Hill SP	14+	80	15	20/5-27/5 (7/6) {29/6}		
Jazz Training Course										
40628841 (WC324)	12/7-20/9 (excl. 13/9)	Tu	10:00-12:00	Harbour RD. SC	12+	70	22	20/5-27/5 (7/6) {29/6}		
40628879 (WC346)	6/7-7/9	W	20:00-22:00	Lockhart RD. SC	12+	70	30	20/5-27/5 (7/6) {29/6}		
Oriental Dance Training Course										
40628902 (WC368)	22/7-23/9	F	20:00-22:00	Lockhart RD. SC	12+	45	30	20/5-27/5 (7/6) {29/6}		
Social Dance Training Course										
40628892 (WC358)	9/7-17/9 (excl. 10/9)	Sa	20:00-22:00	Lockhart RD. SC	14+	86	30	20/5-27/5 (7/6) {29/6}		
40628965 (WC428)	8/7-12/8 (excl. 22/7)	Tu,F	19:00-21:00	Wong Nai Chung SC	14+	86	24	20/5-27/5 (7/6) {29/6}		
Tai Chi Made Easy Class										
40634621 (WC552)	11/7-5/8	M,W,F	7:30-8:30	Wan Chai Park	6+	54	60	13/6		
Western Folkdance Training Course										
40628971 (WC434)	2/7-3/9	Sa	14:00-16:00	Wong Nai Chung SC	8+	45	24	20/5-27/5 (7/6) {29/6}		
40628972 (WC435)	2/7-3/9	Sa	16:00-18:00	Wong Nai Chung SC	8+	45	24	20/5-27/5 (7/6) {29/6}		
Wushu Training Course for Children										
40628877 (WC344)	3/7-4/9 (excl. 7/8)	Su	11:00-13:00	Lockhart RD. SC	6-14	86	20	1/6		
Yoga Training Course										
40628842 (WC325)	9/7-10/9	Sa	10:00-12:00	Harbour RD. SC	15+	85	22	20/5-27/5 (7/6) {29/6}		
40628874 (WC341)	2/7-3/9	Sa	7:00-9:00	Lockhart RD. SC	15+	85	40	20/5-27/5 (7/6) {29/6}		
40628875 (WC342)	2/7-3/9	Sa	18:00-20:00	Lockhart RD. SC	15+	85	40	20/5-27/5 (7/6) {29/6}		
Briefing on Proper Ways to Use Fitness Equipment										
40628876 (WC343)	3/7	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	20/5-27/5 (7/6) {29/6}		
40628893 (WC359)	9/7	Sa	14:00-17:00	Lockhart RD. SC	15+	Free	12	20/5-27/5 (7/6) {29/6}		
40628899 (WC365)	17/7	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	20/5-27/5 (7/6) {29/6}		
Body-Mind Stretch Training Course										
40628955 (WC418)	6/7-12/8	W,F	14:00-15:00	Wong Nai Chung SC	15+	85	24	2/6		
Badminton Training Course										
40628843 (WC326)	6/7-5/8	W,F	7:00-9:00	Harbour RD. SC	7+	118	16	20/5-27/5 (7/6) {29/6}		
40628844 (WC327)	6/7-5/8	W,F	18:00-20:00	Harbour RD. SC	7+	118	16	20/5-27/5 (7/6) {29/6}		
40628880 (WC347)	7/7-9/8	Tu,Th	9:00-11:00	Lockhart RD. SC	7+	118	12	20/5-27/5 (7/6) {29/6}		
40628952 (WC415)	5/7-5/8	Tu,F	9:00-11:00	Wong Nai Chung SC	7+	118	12	20/5-27/5 (7/6) {29/6}		
40628953 (WC416)	4/7-4/8	M,Th	19:00-21:00	Wong Nai Chung SC	7+	118	12	20/5-27/5 (7/6) {29/6}		
Parent-child(Aged 7-17) Badminton TC										
40628963 (WC426)	3/7-14/8 (excl. 7/8)	Su	11:00-13:00	Wong Nai Chung SC	7+	73	12	20/5-27/5 (7/6) {29/6}		
Badminton Training Course For Children										
40628849 (WC332)	4/7-25/7	M,W,F	14:00-16:00	Harbour RD. SC	7-11	118	16	20/5-27/5 (7/6) {29/6}		
40628894 (WC360)	11/7-10/8	M,W	14:00-16:00	Lockhart RD. SC	7-11	118	12	20/5-27/5 (7/6) {29/6}		
Lawn Bowls Fun Day										
40628832 (WC316)	10/7	Su	8:00-9:00	Victoria Park Bowling Green	8+	Free	8	10/6		
40628833 (WC317)	10/7	Su	9:00-10:00	Victoria Park Bowling Green	8+	Free	8	10/6		
Lawn Bowls Training Course										
40628829 (WC313)	5/7-29/7	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	8	20/5-27/5 (7/6) {29/6}		
40628830 (WC314)	5/7-29/7	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	8	20/5-27/5 (7/6) {29/6}		
Mini-tennis Training Course										
40628959 (WC422)	7/7-9/8	Tu,Th	14:00-16:00	Wong Nai Chung SC	6-9	70	12	20/5-27/5 (7/6) {29/6}		
40628960 (WC423)	7/7-9/8	Tu,Th	16:00-18:00	Wong Nai Chung SC	6-9	70	12	20/5-27/5 (7/6) {29/6}		
Squash Training Course										
40628846 (WC329)	6/7-29/7	W,F	7:00-9:00	Harbour RD. SC	7+	160	8	2/6		
Table-tennis TC for Children (Low Table)										
40628854 (WC337)	5/7-4/8	Tu,Th	14:30-16:00	Harbour RD. SC	6-9	86	16	20/5-27/5 (7/6) {29/6}		
Table-tennis Training Course										
40628968 (WC431)	5/7-4/8	Tu,Th	17:00-19:00	Wong Nai Chung SC	6+	86	18	6/6		

Table-tennis Training Course For Junior

40628852 (WC335)	5/7-4/8	Tu,Th	16:00-18:00	Harbour RD. SC	6-13	86	16	20/5-27/5 (7/6) {29/6}	✉
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Tennis Training Course

40628831 (WC315)	5/7-4/8	Tu,Th	7:00-9:00	Victoria Park TC	8+	170	12	20/5-27/5 (7/6) {29/6}	✉
40628910 (WC376)	13/7-12/8	W,F	9:00-11:00	Causeway Bay SG	8+	170	12	20/5-27/5 (7/6) {29/6}	✉
40628911 (WC377)	13/7-12/8	W,F	19:00-21:00	Causeway Bay SG	8+	170	12	20/5-27/5 (7/6) {29/6}	✉
40628912 (WC378)	18/7-18/8	M,Th	7:00-9:00	Causeway Bay SG	8+	170	12	20/5-27/5 (7/6) {29/6}	✉

Tennis Training Course for Children

40628907 (WC373)	10/7-18/9 (excl. 7/8)	Su	9:00-11:00	Hong Kong Tennis Centre	8-11	170	16	20/5-27/5 (7/6) {29/6}	✉
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Go TC For Children (Level I)

40628855 (WC338)	9/7-13/8	Sa	14:00-16:00	Harbour RD. SC	6-10	40	12	20/5-27/5 (7/6) {29/6}	✉
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Basketball Training Course

40628954 (WC417)	15/7-5/8	M,W,F	15:00-17:00	Wong Nai Chung SC	10+	75	30	20/5-27/5 (7/6) {29/6}	✉
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Indoor Gateball Training Course for Adult

40628878 (WC345)	6/7-24/8	W	19:00-21:00	Lockhart RD. SC	20+	54	15	2/6	📺 i
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Volleyball Training Course

40628845 (WC328)	6/7-6/8	W,Sa	9:00-11:00	Harbour RD. SC	10+	70	30	20/5-27/5 (7/6) {29/6}	✉
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Good Fit Training Scheme - Seminar

40628834 (WC318)	10/7	Su	10:30-12:00	Lockhart RD. SC	14+	Free	50	10/6	📺 i
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Online Interactive Programme - Go

40634622 (WC554)	18/7-22/7	M,W,F	20:00-21:00	Internet. 30mins before : zoom.us/join	7+	20	50	27/6	📺 i
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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.

Badminton Fun Day for Per. w. Chronic illness

40628909 (WC375)	24/7	Su	14:00-17:00	Harbour RD. SC	8+	2	24/6	📺 i
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Badminton TS for Pers w Intellect. Disability

40628940 (WC405)	2/7-23/7	Sa	10:00-12:00	Lockhart RD. SC	5+	2	1/6	📺 i
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Golf Fun Day for Per. w. Intellect. Disability.

40634635 (WC553)	31/7	Su	15:30-17:30	Wo Yi Hop RD. Golf Driving Range	5+	2	30/6	📺 i
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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 TC for Elderly (Level I)

40628806 (WC290)	4/7-25/7	M,W,F	8:00-9:00	Victoria Park SP	8	20/5-27/5 (7/6) {29/6}	✉
40628925 (WC391)	6/7-27/7	M,W,F	7:00-8:00	Morrison Hill SP	8	20/5-27/5 (7/6) {29/6}	✉

Swimming TC for Elderly (Level II)

40628804 (WC288)	4/7-25/7	M,W,F	7:00-8:00	Victoria Park SP	10	20/5-27/5 (7/6) {29/6}	✉
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Elderly Fitness Exercise Training Course

40628881 (WC348)	7/7-6/8	Tu,Th,Sa	9:00-10:00	Lockhart RD. SC	30	20/5-27/5 (7/6) {29/6}	✉
40628882 (WC349)	7/7-6/8	Tu,Th,Sa	10:00-11:00	Lockhart RD. SC	30	20/5-27/5 (7/6) {29/6}	✉
40628956 (WC419)	8/7-12/8 (excl. 20/7,3/8)	M,W,F	8:00-9:00	Wong Nai Chung SC	24	20/5-27/5 (7/6) {29/6}	✉
40628957 (WC420)	8/7-12/8 (excl. 20/7,3/8)	M,W,F	9:00-10:00	Wong Nai Chung SC	24	20/5-27/5 (7/6) {29/6}	✉
40628958 (WC421)	8/7-12/8 (excl. 20/7,3/8)	M,W,F	10:00-11:00	Wong Nai Chung SC	24	20/5-27/5 (7/6) {29/6}	✉


Fitness(Multi-gym)Training Course For Elderly

@ 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.

40628891 (WC357)	8/7-8/8 (excl. 18/7,1/8)	M,W,F	11:00-12:00	Lockhart RD. SC	14	@20/5-27/5 (7/6){29/6}	
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Social Dance TC for Elderly

40628966 (WC429)	7/7-9/8	Tu,Th	13:00-15:00	Wong Nai Chung SC	24	20/5-27/5 (7/6) {29/6}	
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