

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

Eastern District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Long Distance Running TC									
40629336 (EN0674)	7/7-8/9	Th	19:00-21:00	Siu Sai Wan SG	16+	130	40	8/6	
Life-saving Training Course (Bronze Medallion)									
40625546 (ENLS04)	27/7-26/8	M,W,F,Sa	19:00-21:00	Chai Wan SP (MP)	13+	108	12	28/6	
Breaststroke Training Course for Adult (Level I)									
40625515 (ENAB009)	7/7-28/7	Tu,Th,Sa	7:00-8:00	Chai Wan SP (Training Pool T3)	18+	100	8	26/5-31/5 (13/6) {29/6}	
Breaststroke Training Cr for Adult (Level I)									
40625505 (ENAB019)	6/7-27/7	M,W,F	8:00-9:00	Chai Wan SP (Training Pool T3)	18+	100	8	26/5-31/5 (13/6) {29/6}	
Front Crawl Training Course for Adult (Level I)									
40625502 (ENA014)	6/7-27/7	M,W,F	7:00-8:00	Chai Wan SP (Training Pool T3)	18+	100	8	26/5-31/5 (13/6) {29/6}	
40625512 (ENA018)	7/7-28/7	Tu,Th,Sa	8:00-9:00	Chai Wan SP (Training Pool T3)	18+	100	8	26/5-31/5 (13/6) {29/6}	
Breaststroke Training Course for Adult (Level III)									
40625543 (ENAB012)	6/7-27/7	M,W,F	20:00-21:00	Chai Wan SP (Main Pool MP)	18+	100	10	26/5-31/5 (13/6) {29/6}	
Breaststroke Training Course for Aged 17 or below (Level III)									
40625501 (ENCB04)	6/7-27/7	M,W,F	18:00-19:00	Chai Wan SP (Main Pool MP)	0-17	100	10	26/5-31/5 (13/6) {29/6}	
Front Crawl Training Course for Adult (Level 3)									
40625498 (ENA038)	6/7-27/7	M,W,F	19:00-20:00	Chai Wan SP (Main Pool MP)	18+	100	10	26/5-31/5 (13/6) {29/6}	
Aerobic Dance Training Course									
40629273 (EN0548)	4/7-29/7	M,W,F	14:00-15:00	Siu Sai Wan SC	14+	65	30	26/5	
40629274 (EN0549)	4/7-29/7	M,W,F	15:00-16:00	Siu Sai Wan SC	14+	65	30	26/5	
40629296 (EN0563)	27/7-2/9	W,F	19:00-20:00	Island East SC	14+	65	30	26/5-31/5 (13/6) {29/6}	
40629308 (EN0575)	21/7-30/8	Tu,Th	16:00-17:00	Island East SC	14+	65	30	17/6	
40629417 (EN0626)	4/7-3/8 (excl. 13/7,27/7)	M,W,F	7:00-8:00	Quarry Bay SC	14+	65	30	26/5	
40629418 (EN0627)	4/7-3/8 (excl. 13/7,27/7)	M,W,F	8:00-9:00	Quarry Bay SC	14+	65	30	26/5	
40629422 (EN0631)	19/7-25/8	Tu,Th	15:00-16:00	Quarry Bay SC	14+	65	30	17/6	
40629423 (EN0632)	19/7-25/8	Tu,Th	16:00-17:00	Quarry Bay SC	14+	65	30	17/6	
Baduanjin Training Course									
40629290 (EN0558)	22/7-17/8	M,W,F	20:00-21:00	North Point Market Roof-top PG	8+	80	30	21/6	
40629291 (EN0559)	22/7-17/8	M,W,F	8:00-9:00	Heng Fa Chuen PG	8+	80	30	21/6	
Chinese Dance Training Course									
40629309 (EN0576)	22/7-23/8	Tu,F	9:00-11:00	Island East SC	12+	45	30	26/5-31/5 (13/6) {29/6}	
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>									
40629249 (EN0524)	4/7-3/8 (excl. 11/7,25/7)	M,W,F	7:00-8:00	Chai Wan SC	15+	75	23	@1/6	
40629250 (EN0525)	4/7-3/8 (excl. 11/7,25/7)	M,W,F	8:00-9:00	Chai Wan SC	15+	75	23	@1/6	
40629251 (EN0526)	22/7-17/8	M,W,F	19:00-20:00	Chai Wan SC	15+	75	23	@20/6	
40629252 (EN0527)	22/7-17/8	M,W,F	20:00-21:00	Chai Wan SC	15+	75	23	@20/6	
40629440 (EN0649)	6/7-5/8 (excl. 13/7,27/7)	M,W,F	7:00-8:00	Quarry Bay SC	15+	75	25	@1/6	
40629441 (EN0650)	6/7-5/8 (excl. 13/7,27/7)	M,W,F	8:00-9:00	Quarry Bay SC	15+	75	25	@1/6	
40629444 (EN0653)	4/7-29/7	M,W,F	15:00-16:00	Quarry Bay SC	15+	75	25	@26/5	
40629445 (EN0654)	4/7-29/7	M,W,F	16:00-17:00	Quarry Bay SC	15+	75	25	@26/5	
Hydro Fitness Training Course									
40625544 (ENHF03)	7/7-23/8	Tu,Th	19:00-20:00	Chai Wan SP (Training Pool T3)	14+	80	15	26/5-31/5 (13/6) {29/6}	
40625545 (ENHF04)	7/7-23/8	Tu,Th	20:00-21:00	Chai Wan SP (Training Pool T3)	14+	80	15	26/5-31/5 (13/6) {29/6}	
Jazz Dance Training Course									
40629306 (EN0573)	4/7-4/8	M,Th	10:00-12:00	Island East SC	12+	70	30	26/5-31/5 (13/6) {29/6}	

Social Dance Training Course										
40629452 (EN0661)	8/7-9/9	F	20:00-22:00	Quarry Bay SC	14+	86	30	26/5-31/5 (13/6) {29/6}		
Western Folk Dance Training Course										
40629460 (EN0669)	18/7-26/9 (excl. 12/9)	M	15:00-17:00	Quarry Bay SC	14+	45	30	16/6		
Yoga Training Course										
40629461 (EN0670)	2/7-3/9	Sa	18:00-20:00	Quarry Bay SC	15+	85	30	26/5-31/5 (13/6) {29/6}		
Children Dance Training Course										
40629298 (EN0565)	17/7-2/10 (excl. 7/8,11/9)	Su	9:00-11:00	Island East SC	7-11	75	20	26/5-31/5 (13/6) {29/6}		
Briefing on Proper Ways to Use Fitness Equip										
40629254 (EN0529)	9/7	Sa	14:30-17:30	Chai Wan SC	15+	Free	23	26/5-31/5 (13/6) {29/6}		
40629433 (EN0642)	2/7	Sa	14:30-17:30	Quarry Bay SC	14+	Free	25	26/5-31/5 (13/6) {29/6}		
40629434 (EN0643)	10/7	Su	10:30-13:30	Quarry Bay SC	14+	Free	25	26/5-31/5 (13/6) {29/6}		
Body-Mind Stretch Training Course										
40629431 (EN0640)	14/7-23/8	Tu,Th	9:00-10:00	Quarry Bay SC	15+	85	24	6/6		
40629432 (EN0641)	14/7-23/8	Tu,Th	10:00-11:00	Quarry Bay SC	15+	85	24	6/6		
Archery Fun Day										
40629333 (EN0671)	16/7	Sa	9:00-10:00	Siu Sai Wan SG	8+	Free	12	16/6		
40629334 (EN0672)	16/7	Sa	10:00-11:00	Siu Sai Wan SG	8+	Free	12	16/6		
40629335 (EN0673)	16/7	Sa	11:00-12:00	Siu Sai Wan SG	8+	Free	12	16/6		
Badminton Training Course										
40629427 (EN0636)	18/7-29/8 (excl. 27/7,10/8,24/8)	M,W	11:00-13:00	Quarry Bay SC	7-11	118	16	26/5-31/5 (13/6) {29/6}		
Track Cycling Training Course (Level I)										
40628680 (EN0516)	3/7	Su	14:00-18:00	Hong Kong Velodrome	11+	140	20	27/5		
Indoor Lawn Bowls Training Course										
40629314 (EN0580)	29/7-23/8	Tu,F	9:00-11:00	Island East SC	8+	54	8	26/5-31/5 (13/6) {29/6}		
40629315 (EN0581)	29/7-23/8	Tu,F	9:00-11:00	Island East SC	8+	54	8	26/5-31/5 (10/6) {29/6}		
Squash Training Course										
40629453 (EN0662)	2/7-20/8	Sa	10:00-12:00	Quarry Bay SC	7+	160	8	30/5		
Table-tennis Training Course										
40629267 (EN0542)	26/7-25/8	Tu,Th	16:00-18:00	Siu Sai Wan SC	6+	86	16	26/5-31/5 (13/6) {29/6}		
40629302 (EN0569)	3/7-18/9 (excl. 7/8,11/9)	Su	15:00-17:00	Island East SC	6-13	86	20	26/5-31/5 (13/6) {29/6}		
40629456 (EN0665)	19/7-18/8	Tu,Th	14:00-15:30	Quarry Bay SC	6-9	86	16	26/5-31/5 (13/6) {29/6}		
Tennis Training Course										
40629338 (EN0676)	6/7-5/8	W,F	9:00-11:00	Quarry Bay Park	8+	170	12	26/5-31/5 (13/6) {29/6}		
40629339 (EN0677)	3/7-11/9 (excl. 7/8)	Su	10:00-12:00	Quarry Bay Park	12-17	170	12	26/5-31/5 (13/6) {29/6}		
40629340 (EN0678)	19/7-18/8	Tu,Th	9:00-11:00	Quarry Bay Park	8+	170	12	26/5-31/5 (13/6) {29/6}		
Go TC (Level I)										
40629450 (EN0659)	11/7-15/8	M	14:30-16:30	Quarry Bay SC	6-10	40	10	10/6		
40629451 (EN0660)	11/7-15/8	M	16:30-18:30	Quarry Bay SC	11+	40	10	10/6		
Community Garden Programme										
40625414 (EN0350)	17/7-20/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Quarry Bay Park Community Garden	12+	400	45	26/5-31/5 (13/6) {29/6}		
Community Garden Programme*										
40625413 (EN0349)	17/7-20/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Wai Tsui Crescent Community Garden	12+	400	27	26/5-31/5 (13/6) {29/6}		

Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age	Quota	Date of Enrollment (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	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.

Body-Mind Stretch TC for Physical Disable


40629051 (EN0517)	4/7-8/8	M	13:00-15:00	Quarry Bay SC	15+	15	25/5		
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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) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
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Swimming Training Course for Elderly (Level I)

40625541 (ENE006)	7/7-28/7	Tu,Th,Sa	9:00-10:00	Chai Wan SP(Training Pool T3)	8	26/5-31/5 (13/6) {29/6}	
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Swimming Training Course for Elderly (Level1)

40625415 (ENE012)	6/7-27/7	M,W,F	9:00-10:00	Chai Wan SP(Training Pool T3)	8	26/5-31/5 (13/6) {29/6}	
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Social Dance TC for the Elderly

40629299 (EN0566)	8/7-9/9	F	13:00-15:00	Island East SC	30	26/5-31/5 (13/6) {29/6}	
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Mt Pts for Elderly - Badminton

40629262 (EN0537)	5/7-26/7	Tu	10:00-12:00	Chai Wan SC	16	5/7-26/7	Walk-in
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