

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Oct 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)	
<b>Aerobic Dance Training Course</b>										
40639919 (NL919)	6/10-15/11	Tu,Th	9:00-10:00	Lung Sum Avenue SC	14+	65	20	5/9		
40639920 (NL920)	6/10-15/11	Tu,Th	10:00-11:00	Lung Sum Avenue SC	14+	65	20	5/9		
40639923 (NH923)	5/10-11/11	W,F	11:00-12:00	Luen Wo Hui SC	14+	65	30	5/9		
40639924 (NH924)	5/10-11/11	W,F	12:00-13:00	Luen Wo Hui SC	14+	65	30	5/9		
40639936 (NR931)	5/10-11/11	W,F	14:00-15:00	Po Wing RD. SC	14+	65	30	5/9		
40639937 (NR932)	5/10-11/11	W,F	15:00-16:00	Po Wing RD. SC	14+	65	30	5/9		
40639942 (NW937)	11/10-17/11	Tu,Th	9:00-10:00	Wo Hing SC	14+	65	20	5/9		
40639943 (NW938)	11/10-17/11	Tu,Th	10:00-11:00	Wo Hing SC	14+	65	20	5/9		
<b>Baduanjin Training Course</b>										
40639953 (NW948)	6/10-22/12	Th	11:00-12:00	Wo Hing SC	8+	80	20	7/9		
40639954 (NW949)	6/10-22/12	Th	12:00-13:00	Wo Hing SC	8+	80	20	7/9		
<b>Children Dance Training Course</b>										
40640008 (NL961)	2/10-4/12	Su	9:00-11:00	Lung Sum Avenue SC	4-6	60	20	1/9		
40640012 (NT963)	8/10-10/12	Sa	14:00-16:00	Tin Ping SC	4-11	60	12	1/9		
40640017 (NW965)	14/10-16/12	F	15:00-17:00	Wo Hing SC	4-6	60	20	1/9		
<b>Chinese Dance Training Course</b>										
40640019 (NH966)	6/10-8/12	Th	11:00-13:00	Luen Wo Hui SC	12+	45	30	23/8-29/8 (5/9) {26/9}		
40640020 (NH967)	11/10-13/12	Tu	13:00-15:00	Luen Wo Hui SC	12+	45	30	23/8-29/8 (5/9) {26/9}		
<b>Fitness (Multi-gym) Training Course</b>										
<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>										
40640048 (NR983)	6/10-15/11	Tu,Th	19:00-20:00	Po Wing RD. SC	15+	75	30	@13/9		
40640050 (NR984)	6/10-15/11	Tu,Th	20:00-21:00	Po Wing RD. SC	15+	75	30	@13/9		
40640051 (NT985)	5/10-16/11 (excl. 28/10)	W,F	14:00-15:00	Tin Ping SC	15+	75	15	@13/9		
40640053 (NT986)	5/10-16/11 (excl. 28/10)	W,F	15:00-16:00	Tin Ping SC	15+	75	15	@13/9		
40640060 (NW989)	3/10-28/10	M,W,F	14:00-15:00	Wo Hing SC	15+	75	20	@13/9		
40640061 (NW990)	3/10-28/10	M,W,F	15:00-16:00	Wo Hing SC	15+	75	20	@13/9		
<b>Gymnastics for All(Summer)</b>										
40640078 (NH1003)	9/10-11/12	Su	15:00-17:00	Luen Wo Hui SC	6+	54	20	9/9		
<b>Jazz Training Course</b>										
40640085 (NL1007)	11/10-13/12	Tu	17:00-19:00	Lung Sum Avenue SC	12+	70	20	6/9		
40640087 (NH1008)	8/10-10/12	Sa	14:00-16:00	Luen Wo Hui SC	12+	70	30	6/9		
<b>Social Dance Training Course</b>										
40640116 (NL1018)	3/10-5/12	M	15:00-17:00	Lung Sum Avenue SC	14+	86	30	23/8-29/8 (5/9) {27/9}		
40640117 (NL1019)	5/10-7/12	W	14:00-16:00	Lung Sum Avenue SC	14+	86	30	23/8-29/8 (5/9) {27/9}		
40640125 (NH1021)	7/10-9/12	F	16:00-18:00	Luen Wo Hui SC	14+	86	30	23/8-29/8 (5/9) {27/9}		
40640127 (NR1023)	11/10-13/12	Tu	14:00-16:00	Po Wing RD. SC	14+	86	30	23/8-29/8 (5/9) {27/9}		
40640129 (NW1025)	14/10-16/12	F	11:00-13:00	Wo Hing SC	14+	86	20	23/8-29/8 (5/9) {27/9}		
<b>Tai Chi Made Easy Class</b>										
40638625 (NX847)	3/10-28/10	M,W,F	8:00-9:00	Fanling Recreation Ground	8+	54	30	1/9		
40638626 (NX847)	6/10-1/11	Tu,Th,Sa	8:00-9:00	Fanling Recreation Ground	8+	54	30	2/9		
40638629 (NX851)	3/10-28/10	M,W,F	7:00-8:00	On Lok Tsuen PG(BC	8+	54	30	1/9		
40638630 (NX852)	3/10-28/10	M,W,F	19:00-20:00	ShaTauKokRecreationGround(Closed Area)	8+	54	30	1/9		
40638631 (NX853)	3/10-28/10	M,W,F	8:00-9:00	On Lok Tsuen PG(BC	8+	54	30	1/9		
40638632 (NX854)	3/10-28/10	M,W,F	20:00-21:00	ShaTauKokRecreationGround(Closed Area)	8+	54	30	1/9		
<b>Tai Chi Training Course</b>										
40638627 (NX849)	3/10-28/10	M,W,F	7:00-8:00	Po Wing Wing PG	8+	54	30	1/9		
40638628 (NX850)	3/10-28/10	M,W,F	8:00-9:00	Po Wing Wing PG	8+	54	20	1/9		

<b>Western Folk Dance Training Course</b>										
40640154 (NW1051)	8/10-10/12	Sa	19:00-21:00	Wo Hing SC	8+	45	20	9/9		
<b>Yoga Training Course</b>										
40640161 (NH1058)	5/10-7/12	W	13:00-15:00	Luen Wo Hui SC	15+	85	30	23/8-29/8 (5/9) {27/9}		
40640162 (NH1059)	8/10-10/12	Sa	12:00-14:00	Luen Wo Hui SC	15+	85	30	23/8-29/8 (5/9) {27/9}		
40640163 (NH1060)	9/10-11/12	Su	7:00-9:00	Luen Wo Hui SC	15+	85	30	23/8-29/8 (5/9) {27/9}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40639999 (NH955)	9/10	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	25	23/8-29/8 (5/9) {26/9}		
40640000 (NR956)	8/10	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	25	23/8-29/8 (5/9) {26/9}		
40640001 (NR957)	16/10	Su	10:00-13:00	Po Wing RD. SC	15+	Free	25	23/8-29/8 (5/9) {26/9}		
40640004 (NT958)	2/10	Su	10:00-13:00	Tin Ping SC	15+	Free	15	23/8-29/8 (5/9) {26/9}		
40640007 (NW960)	8/10	Sa	14:00-17:00	Wo Hing SC	15+	Free	20	23/8-29/8 (5/9) {26/9}		
<b>Body-Mind Stretch Training Course</b>										
40639992 (NR952)	6/10-11/11	Th,F	19:00-20:00	Lung Sum Avenue SC	15+	85	24	8/9		
40639994 (NR953)	6/10-11/11	Th,F	20:00-21:00	Lung Sum Avenue SC	15+	85	24	8/9		
<b>Badminton Training Course</b>										
40639944 (NL939)	6/10-8/12	Th	9:00-11:00	Lung Sum Avenue SC	14+	118	16	23/8-29/8 (5/9) {26/9}		
40639948 (NR943)	14/10-16/12	F	14:00-16:00	Po Wing RD. SC	7+	118	16	23/8-29/8 (5/9) {26/9}		
40639951 (NW946)	10/10-12/12	M	13:00-15:00	Wo Hing SC	14+	118	16	23/8-29/8 (5/9) {26/9}		
<b>Fencing Elementary Training Course(Level II)</b>										
40640044 (NW980)	8/10-26/11	Sa	14:00-16:00	Wo Hing SC	9+	100	20	9/9		
<b>In-line Roller Skating Training Course</b>										
40640083 (NP1006)	8/10-10/12	Sa	15:00-17:00	North District Park	6+	55	20	23/8		
<b>ND Squash Competition 2022 (Men/Youth/ME)</b>										
40642983	9/10-16/10	Su	9:00-18:00	Wo Hing SC	7-11	20	16	1/9		
<b>ND Squash Competition 2022 (Women's/Adult/WB)</b>										
40642986	9/10-16/10	Su	9:00-18:00	Wo Hing SC	19-34	20	8	1/9		
<b>ND Squash Competition 2022 (Women/Senior/WA)</b>										
40642985	9/10-16/10	Su	9:00-18:00	Wo Hing SC	35+	20	8	1/9		
<b>ND Squash Competition 2022 (Women/Youth/WC)</b>										
40642987	9/10-16/10	Su	9:00-18:00	Wo Hing SC	15-18	20	8	1/9		
<b>ND Squash Competition 2022 (Women/Youth/WD)</b>										
40642989	9/10-16/10	Su	9:00-18:00	Wo Hing SC	12-14	20	12	1/9		
<b>ND Squash Competition 2022 (Women/Youth/WE)</b>										
40642991	9/10-16/10	Su	9:00-18:00	Wo Hing SC	7-11	20	12	1/9		
<b>ND Squash Competition 2022(Men/Adult/MB)</b>										
40642978	9/10-16/10	Su	9:00-18:00	Wo Hing SC	19-34	20	8	1/9		
<b>ND Squash Competition 2022(Men/Youth/MC)</b>										
40642980	9/10-16/10	Su	9:00-18:00	Wo Hing SC	15-18	20	8	1/9		
<b>ND Squash Competition2022 (Men/Youth/MD)</b>										
40642981	9/10-16/10	Su	9:00-18:00	Wo Hing SC	12-14	20	16	1/9		
<b>ND Squash Competition2022(Men/Senior/MA)</b>										
40642976	9/10-16/10	Su	9:00-18:00	Wo Hing SC	35+	20	8	1/9		
<b>Squash Training Course</b>										
40640131 (NL1027)	7/10-25/11	F	20:00-22:00	Lung Sum Avenue SC	18+	160	8	23/8-29/8 (5/9) {27/9}		
40640132 (NL1028)	11/10-29/11	Tu	19:00-21:00	Lung Sum Avenue SC	18+	160	8	7/9		
<b>Table-tennis Training Course</b>										
40640135 (NH1031)	8/10-10/12	Sa	16:00-18:00	Luen Wo Hui SC	14+	86	16	2/9		
40640141 (NT1037)	5/10-14/12 (excl. 30/11)	W	16:00-18:00	Tin Ping SC (non air conditioned)	6+	86	16	2/9		
<b>Indoor Tennis Training Course</b>										
40640143 (NW1039)	5/10-14/12 (excl. 30/11)	W	20:00-22:00	Wo Hing SC	14+	170	4	23/8-29/8 (5/9) {26/9}		
40640146 (NW1042)	11/10-13/12	Tu	9:00-11:00	Wo Hing SC	14+	170	4	23/8-29/8 (5/9) {26/9}		
<b>Tennis Training Course</b>										
40640147	2/10-4/12	Su	17:00-19:00	North District SG	14+	170	24	23/8-29/8 (5/9) {26/9}		
40640149	29/10-14/1 (excl. 24/12,31/12)	Sa	19:00-21:00	North District SG	14+	170	24	23/8-29/8 (5/9) {26/9}		

**Go Training Course (Level II)**

40640070 (NW997)	8/10-12/11	Sa	18:00-20:00	Wo Hing SC	6+	40	20	19/9		
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**Basketball Training Course for Female**

40639990 (NL950)	8/10-10/12	Sa	11:00-13:00	Lung Sum Avenue SC	10+	75	30	23/8-29/8 (5/9) {26/9}	
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**Basketball Training Course for Male**

40639991 (NL951)	8/10-10/12	Sa	9:00-11:00	Lung Sum Avenue SC	10+	75	30	23/8-29/8 (5/9) {26/9}	
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**The 36th ND Soccer Competition (Open)**

40642380 (NG1047)	8/10-23/10	Sa,Su	9:00-19:00	North District SG	14+	60	16	22/8	
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**The 36th ND Soccer Competition (Youth)**

40642379 (NG1048)	8/10-23/10	Sa,Su	9:00-19:00	North District SG	12-17	60	8	22/8	
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**The 35th ND Volleyball Comp. - Female/Open**

40642092 (QNR1065)	2/10-16/10	Su	9:00-22:00	Po Wing RD. SC	12+	60	16	9/8-15/8 (24/8) {15/9}	
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**The 35th ND Volleyball Comp. - Male/Open**

40642090 (QNR1063)	2/10-16/10	Su	9:00-22:00	Po Wing RD. SC	12+	60	16	9/8-15/8 (24/8) {15/9}	
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**The 35th ND Volleyball Comp. - Male/Youth**

40642091 (QNR1064)	2/10-16/10	Su	9:00-22:00	Po Wing RD. SC	12-17	60	8	9/8-15/8 (24/8) {15/9}	
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**The 35th ND Volleyball Comp.- Female/Youth**

40642093 (QNR1066)	2/10-16/10	Su	9:00-22:00	Po Wing RD. SC	12-17	60	8	9/8-15/8 (24/8) {15/9}	
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**Sports Climbing Training Course**

40640130 (NR1026)	2/10-9/10	Su	12:00-18:00	Po Wing RD. SC	12+	40	15	23/8-29/8 (5/9) {27/9}	
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**Online Interactive Prog. - Tai Chi**

40640098 (NX1016)	24/10-28/10	M,W,F	10:00-11:00	Internet. 30 mins before : zoom.us/join	15+	20	50	3/10		
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Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) (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.

**Fitness (Multi-gym)TS for Chronic Illness**

40634121	7/10-25/11	F	10:00-11:00	PWRSC	18+	2	1/9		
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**Basketball TS for Persons with Ex-mentally**

40633978 (NX644)	6/10	Th	10:00-12:00	Wo Hing SC	20-50	6	1/9		
40633979 (NX645)	13/10	Th	10:00-12:00	Wo Hing SC	20-50	6	1/9		
40633980 (NX646)	27/10	Th	10:00-12:00	Wo Hing SC	20-50	6	1/9		

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
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**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.

40640025 (NT970)	6/10-15/11	Tu,Th	8:00-9:00	Tin Ping SC	15	@23/8-29/8 (5/9){27/9}	
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**Social Dance Training Course for OP**

40640040 (NL976)	6/10-8/12	Th	13:00-15:00	Lung Sum Avenue SC	30	23/8-29/8 (5/9) {27/9}	
40640041 (NL977)	7/10-9/12	F	14:00-16:00	Lung Sum Avenue SC	30	23/8-29/8 (5/9) {27/9}	

**HES-Gateball Self Practice Scheme**

40640036 (NW973)	6/10-27/10	Th	13:00-15:00	Wo Hing SC	15	6/10-27/10	Walk-in
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