

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 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)	
Front Crawl Training Course for Adult (I)										
40640542 (CW1003)	10/10-31/10	M,W,F	18:00-19:00	Sun Yat Sen Memorial Park SP	18+	100	16	23/8-28/8 (6/9) {26/9}		☒
40640544 (CW1005)	10/10-31/10	M,W,F	20:00-21:00	Sun Yat Sen Memorial Park SP	18+	100	16	23/8-28/8 (6/9) {26/9}		☒
Aerobic Dance Training Course										
40640425 (CW0893)	3/10-28/10	M,W,F	18:00-19:00	Hong Kong Park SC	14+	65	30	1/9		☒ i
40640426 (CW0894)	3/10-28/10	M,W,F	19:00-20:00	Hong Kong Park SC	14+	65	30	1/9		☒ i
40640427 (CW0895)	17/10-11/11	M,W,F	13:00-14:00	Hong Kong Park SC	14+	65	30	15/9		☒ i
40640428 (CW0896)	17/10-11/11	M,W,F	14:00-15:00	Hong Kong Park SC	14+	65	30	15/9		☒ i
40640506 (CW0973)	3/10-28/10	M,W,F	10:00-11:00	Smithfield SC	14+	65	30	6/9		☒ i
40640507 (CW0974)	3/10-28/10	M,W,F	11:00-12:00	Smithfield SC	14+	65	30	6/9		☒ i
Children Dance Training Course										
40640452 (CW0919)	9/10-11/12	Su	14:00-16:00	Sheung Wan SC	4-11	60	20	13/9		☒ i
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. 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.</p>										
40640453 (CW0920)	12/10-7/11	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	30	@7/9		☒ i
40640454 (CW0921)	12/10-7/11	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	30	@7/9		☒ i
40640455 (CW0922)	19/10-14/11	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	30	@14/9		☒ i
40640456 (CW0923)	19/10-14/11	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	30	@14/9		☒ i
Jazz Training Course										
40640460 (CW0927)	11/10-13/12	Tu	20:00-22:00	Sheung Wan SC	12+	70	30	1/9		☒ i
Social Dance Training Course										
40640433 (CW0901)	20/10-29/12 (excl. 22/12)	Th	7:00-9:00	Hong Kong Park SC	14+	86	30	14/10		☒ i
40640461 (CW0928)	6/10-8/12	Th	18:00-20:00	Sheung Wan SC	14+	86	30	23/8-28/8 (6/9) {26/9}		☒
40640520 (CW0986)	13/10-15/12	Th	20:00-22:00	Smithfield SC	14+	86	30	23/8-28/8 (6/9) {26/9}		☒
40640521 (CW0987)	17/10-19/12	M	14:00-16:00	Smithfield SC	14+	86	30	23/8-28/8 (6/9) {26/9}		☒
Tai Chi Made Easy Class										
40640536 (CW0999)	25/10-19/11	Tu,Th,Sa	7:00-8:00	KGV Memorial Garden	6+	54	30	21/9		☒ i
40640537 (CW1000)	25/10-19/11	Tu,Th,Sa	8:00-9:00	KGV Memorial Garden	6+	54	30	21/9		☒ i
40640538 (CW1001)	12/10-7/11	M,W,F	17:30-18:30	Blake Garden	6+	54	30	13/9		☒ i
40640541 (CW1002)	25/10-19/11	Tu,Th,Sa	7:00-8:00	Foebe ST. Temp. P/G	6+	54	30	19/9		☒ i
40643085 (CW1162)	12/10-7/11	M,W,F	7:30-8:30	Pokfulam Rd P/G (Football)	6+	54	30	13/9		☒ i
40643180 (CW1173)	5/10-2/11 (excl. 17/10)	M,W,F	7:00-8:00	Hong Kong Park SC	6+	54	30	8/9		☒ i
40640466 (CW0933)	5/10-31/10	M,W,F	7:00-8:00	Sheung Wan SC	6+	54	30	6/9		☒ i
Western Folk Dance Training Course										
40640464 (CW0931)	13/10-15/12	Th	20:00-22:00	Sheung Wan SC	8+	45	30	23/8-28/8 (6/9) {26/9}		☒
Yoga Training Course										
40640438 (CW0905)	15/10-17/12	Sa	14:00-16:00	Hong Kong Park SC	15+	85	30	23/8-28/8 (6/9) {26/9}		☒
40640530 (CW0995)	10/10-12/12	M	9:00-11:00	Smithfield SC	15+	85	30	23/8-28/8 (6/9) {26/9}		☒
Body-Mind Stretch Training Course										
40640515 (CW0982)	18/10-24/11	Tu,Th	19:00-20:00	Smithfield SC	15+	85	24	5/9		☒ i
40640516 (CW0983)	18/10-24/11	Tu,Th	20:00-21:00	Smithfield SC	15+	85	24	5/9		☒ i
Archery Fun Day										
40640508 (CW0975)	1/10	Sa	9:30-11:30	Smithfield SC	12+	Free	12	2/9		☒ i
40640509 (CW0976)	1/10	Sa	11:30-13:30	Smithfield SC	12+	Free	12	2/9		☒ i
Archery Training Course										
40640510 (CW0977)	15/10-17/12	Sa	9:30-11:30	Smithfield SC	12+	70	12	23/8-28/8 (6/9) {26/9}		☒
40640511 (CW0978)	15/10-17/12	Sa	11:30-13:30	Smithfield SC	12+	70	12	23/8-28/8 (6/9) {26/9}		☒
40640512 (CW0979)	16/10-18/12	Su	9:30-11:30	Smithfield SC	12+	70	12	23/8-28/8 (6/9) {26/9}		☒
40640513 (CW0980)	16/10-18/12	Su	11:30-13:30	Smithfield SC	12+	70	12	23/8-28/8 (6/9) {26/9}		☒
C&W District Badminton Demonstration & Promotion Day										
40631006 (CW0451)	4/10	Tu	12:00-17:00	Hong Kong Park SC	7+	Free	270	4/10		Walk-in
Badminton Training Course										

40640429 (CW0897)	10/10-11/11	M,F	18:00-20:00	Hong Kong Park SC	7+	118	16	23/8-28/8 (6/9) {26/9}	✉
40640431 (CW0899)	12/10-11/11	W,F	7:00-9:00	Hong Kong Park SC	7+	118	16	23/8-28/8 (6/9) {26/9}	✉
40640450 (CW0917)	6/10-8/11	Tu,Th	9:00-11:00	Sheung Wan SC	7+	118	16	23/8-28/8 (6/9) {26/9}	✉
40640451 (CW0918)	12/10-14/12	W	12:00-14:00	Sheung Wan SC	7+	118	16	23/8-28/8 (6/9) {26/9}	✉
40640514 (CW0981)	12/10-11/11	W,F	19:00-21:00	Smithfield SC	7+	118	16	23/8-28/8 (6/9) {26/9}	✉

Indoor Short Mat Bowling Fun Day

40640523 (CW0989)	3/10-31/10	M,W,F	10:30-11:30	Smithfield SC	8+	Free	28	3/10-31/10	Walk-in
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Squash Training Course

40640434 (CW0902)	10/10-3/11	M,Th	7:00-9:00	Hong Kong Squash Centre	7+	160	8	16/9	🖨️ i
40640462 (CW0929)	13/10-8/11	Tu,Th	19:00-21:00	Sheung Wan SC	7+	160	8	16/9	🖨️ i
40640524 (CW0990)	17/10-9/11	M,W	19:00-21:00	Smithfield SC	7+	160	8	16/9	🖨️ i

Table-tennis Fun Day

40640526 (CW0992)	5/10-28/10	W,F	10:00-11:00	Smithfield SC	6+	Free	16	5/10-28/10	Walk-in
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Table-tennis Training Course

40640435 (CW0903)	6/10-8/11	Tu,Th	7:00-9:00	Hong Kong Park SC	6+	86	12	2/9	🖨️ i
40640463 (CW0930)	15/10-31/12 (excl. 5/11,12/11)	Sa	14:00-16:00	Sheung Wan SC	6+	86	16	23/8-28/8 (6/9) {26/9}	✉
40640528 (CW0993)	6/10-8/11	Tu,Th	16:00-18:00	Smithfield SC	14+	86	16	23/8-28/8 (6/9) {26/9}	✉
40640529 (CW0994)	15/10-17/12	Sa	16:00-18:00	Smithfield SC	6+	86	16	23/8-28/8 (6/9) {26/9}	✉

Tennis Training Course

40640545 (CW1006)	6/10-8/11	Tu,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	12	23/8-28/8 (6/9) {26/9}	✉
40640546 (CW1007)	17/10-18/11	M,F	9:00-11:00	Aberdeen T/SC	8+	170	12	23/8-28/8 (6/9) {26/9}	✉
40640547 (CW1008)	21/10-23/11	W,F	20:00-22:00	Hong Kong Tennis Centre	8+	170	12	23/8-28/8 (6/9) {26/9}	✉

Gateball Fun Day

40640459 (CW0926)	6/10-27/10	Th	8:00-10:00	Sheung Wan SC	8+	Free	20	6/10-27/10	Walk-in
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Horticultural Seminar

40640439 (CW0906)	9/10	Su	14:30-16:30	Hong Kong Squash Centre	18+	30	30	7/9	🖨️ 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.

Body-Mind Stretch Fun Day for Persons with Visual Impairment

40640576 (CW1031)	14/10	F	14:00-17:00	Sheung Wan SC	15+	4	23/8	🖨️ i
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Hydro Fitness TS for Persons with Chronic Illness

40627462 (CW0257)	5/10-26/10	W	14:00-15:00	Sun Yat Sen Memorial Park SP	14+	3	23/8	🖨️ i
40640578 (CW1033)	5/10-26/10	W	11:00-12:00	Sun Yat Sen Memorial Park SP	14+	3	23/8	🖨️ i

Golf Fun Day for Persons with Chronic Illness

40640580 (CW1034)	9/10	Su	9:00-13:00	Tuen Mun RSC	8+	4	23/8	🖨️ i
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Aerobic Dance TS for Persons with Hearing Impairment

40640577 (CW1032)	8/10-29/10	Sa	10:00-12:00	Sun Yat Sen Memorial Park SC	14+	3	23/8	🖨️ i
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Swimming TS for Persons with Autism and ADHD

40629888 (CW0385)	6/10-27/10	Th	10:00-12:00	Sun Yat Sen Memorial Park SP	14+	3	23/8	🖨️ i
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Modern Dance Training Programme for Persons with Autism

40629062 (CW0264)	9/10-11/12	Su	14:00-16:00	Smithfield SC	7+	12	23/8	🖨️ 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 Training Course for Elderly (I)

40640543 (CW1004)	10/10-31/10	M,W,F	19:00-20:00	Sun Yat Sen Memorial Park SP	16	22/8-28/8 (6/9) {26/9}	✉
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Fitness Exercise Training Course for the Elderly

40640518 (CW0984)	24/10-23/11	M,W,F	8:00-9:00	Smithfield SC	30	23/8-28/8 (6/9) {26/9}	✉
40640519 (CW0985)	24/10-23/11	M,W,F	9:00-10:00	Smithfield SC	30	23/8-28/8 (6/9) {26/9}	✉

HES - Indoor Short Mat Bowling Play-in

40640522 (CW0988)	3/10-31/10	M,W,F	9:30-10:30	Smithfield SC	28	3/10-31/10	Walk-in
HES - Table-tennis Play-in							
40640525 (CW0991)	5/10-28/10	W,F	9:00-10:00	Smithfield SC	16	5/10-28/10	Walk-in