

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

Eastern 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 TC										
40638610 (EN1065)	6/10-8/12	Th	19:00-21:00	Siu Sai Wan SG	16+	130	40	2/9		
Breaststroke TC for Adult (Level I)										
40624824 (EN0293)	10/10-11/11	M,F	20:00-21:00	Siu Sai Wan SP (Training Pool TP2)	18+	100	16	6/9		
Breaststroke Training Course for Children (I)										
40624813 (EN0291)	10/10-11/11	M,F	19:00-20:00	Siu Sai Wan SP (Training Pool TP2)	5-8	100	16	6/9		
Front Crawl Swimming Cr for Children (I)										
40624825 (EN0294)	25/10-24/11	Tu,Th	19:00-20:00	Siu Sai Wan SP (Training Pool TP2)	5-8	100	16	20/9		
Front Crawl Training Cr for Adult (I)										
40624826 (EN0295)	25/10-24/11	Tu,Th	20:00-21:00	Siu Sai Wan SP (Training Pool TP2)	18+	100	16	20/9		
Aerobic Dance Training Course										
40638496 (EN0953)	6/10-15/11	Tu,Th	7:00-8:00	Chai Wan SC	14+	65	20	5/9		
40638497 (EN0954)	6/10-15/11	Tu,Th	8:00-9:00	Chai Wan SC	14+	65	20	5/9		
40638498 (EN0955)	6/10-15/11	Tu,Th	19:00-20:00	Chai Wan SC	14+	65	20	23/8-29/8 (8/9) {28/9}		
40638499 (EN0956)	6/10-15/11	Tu,Th	20:00-21:00	Chai Wan SC	14+	65	20	23/8-29/8 (8/9) {28/9}		
40638544 (EN0998)	28/10-7/12	W,F	19:00-20:00	Island East SC	14+	65	30	23/8-29/8 (8/9) {28/9}		
40638546 (EN1000)	6/10-15/11	Tu,Th	19:00-20:00	Island East SC	14+	65	30	23/8-29/8 (8/9) {28/9}		
40638551 (EN1005)	27/10-6/12	Tu,Th	16:00-17:00	Island East SC	14+	65	30	26/9		
40638582 (EN1037)	27/10-6/12	Tu,Th	15:00-16:00	Quarry Bay SC	14+	65	30	26/9		
Baduanjin Training Course										
40638531 (EN0986)	17/10-11/11	M,W,F	8:00-9:00	Heng Fa Chuen P/G	8+	80	30	15/9		
40638613 (EN0987)	17/10-11/11	M,W,F	20:00-21:00	North point	8+	80	30	15/9		
Chinese Dance Training Course										
40638590 (EN1045)	8/10-10/12	Sa	16:00-18:00	Quarry Bay SC	12+	45	30	23/8-29/8 (8/9) {28/9}		
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>										
40638500 (EN0957)	26/10-23/11 (excl. 14/11)	M,W,F	7:00-8:00	Chai Wan SC	15+	75	23	@21/9		
40638501 (EN0958)	26/10-23/11 (excl. 14/11)	M,W,F	8:00-9:00	Chai Wan SC	15+	75	23	@21/9		
40638502 (EN0959)	24/10-18/11	M,W,F	19:00-20:00	Chai Wan SC	15+	75	23	@21/9		
40638503 (EN0960)	24/10-18/11	M,W,F	20:00-21:00	Chai Wan SC	15+	75	23	@21/9		
40638596 (EN1051)	6/10-15/11	Tu,Th	9:00-10:00	Quarry Bay SC	15+	75	25	@6/9		
40638597 (EN1052)	6/10-15/11	Tu,Th	10:00-11:00	Quarry Bay SC	15+	75	25	@6/9		
40638598 (EN1053)	25/10-1/12	Tu,Th	19:00-20:00	Quarry Bay SC	15+	75	25	@22/9		
40638599 (EN1054)	25/10-1/12	Tu,Th	20:00-21:00	Quarry Bay SC	15+	75	25	@22/9		
Social Dance Training Course										
40638601 (EN1056)	7/10-9/12	F	20:00-22:00	Quarry Bay SC	14+	86	30	23/8-29/8 (8/9) {28/9}		
Tai Chi Made Easy Class										
40632541 (EN0708)	3/10-28/10	M,W,F	20:00-21:00	Siu Sai Wan Estate	6+	54	30	30/8		
Western Folk Dance TC										
40638604 (EN1059)	10/10-12/12	M	15:00-17:00	Quarry Bay SC	14+	45	30	9/9		
Briefing on Proper Ways to Use Fitness Equip										
40638505 (EN0962)	8/10	Sa	14:30-17:30	Chai Wan SC	15+	Free	23	23/8-29/8 (8/9) {28/9}		
40638588 (EN1043)	8/10	Sa	14:30-17:30	Quarry Bay SC	15+	Free	25	23/8-29/8 (8/9) {28/9}		
40638589 (EN1044)	16/10	Su	10:30-13:30	Quarry Bay SC	15+	Free	25	23/8-29/8 (8/9) {28/9}		
Body-Mind Stretch Training Course										
40638584 (EN1039)	6/10-29/12 (excl. 22/12)	Th	18:00-19:00	Quarry Bay SC	15+	85	24	2/9		
40638585 (EN1040)	6/10-29/12	Th	18:00-19:00	Quarry Bay SC	15+	85	24	2/9		
Archery Fun Day										
40638605 (EN1060)	15/10	Sa	9:00-10:00	Siu Sai Wan SG	8+	Free	24	13/9		
40638606 (EN1061)	15/10	Sa	10:00-11:00	Siu Sai Wan SG	8+	Free	24	13/9		
40638607 (EN1062)	15/10	Sa	11:00-12:00	Siu Sai Wan SG	8+	Free	24	13/9		

Archery Training Course

40638608 (EN1063)	7/10-23/12 (excl. 4/11,11/11)	F	16:00-18:00	Siu Sai Wan SG	6+	70	12	23/8-29/8 (8/9) {28/9}	✉
40638609 (EN1064)	22/10-7/1 (excl. 19/11,24/12)	Sa	10:00-12:00	Siu Sai Wan SG	6+	70	12	23/8-29/8 (8/9) {28/9}	✉

Badminton Training Course

40638552 (EN1006)	11/10-10/11	Tu,Th	9:00-11:00	Island East SC	7+	118	16	23/8-29/8 (8/9) {28/9}	✉
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Fencing Training Course (Level II)

40638549 (EN1003)	22/10-10/12	Sa	15:00-17:00	Island East SC	9+	100	20	23/8-29/8 (8/9) {28/9}	✉
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Indoor Lawn Bowls Training Course

40638555 (EN1009)	3/10-27/10	M,Th	19:00-21:00	Island East SC	8+	54	8	23/8-29/8 (8/9) {28/9}	✉
40638556 (EN01010)	3/10-27/10	M,Th	19:00-21:00	Island East SC	8+	54	8	23/8-29/8 (8/9) {28/9}	✉
40638557 (EN1011)	11/10-4/11	Tu,F	9:00-11:00	Island East SC	8+	54	8	23/8-29/8 (8/9) {28/9}	✉
40638558 (EN1012)	11/10-4/11	Tu,F	9:00-11:00	Island East SC	8+	54	8	23/8-29/8 (8/9) {28/9}	✉

Squash Training Course

40638495 (EN0952)	5/10-28/10	W,F	19:00-21:00	Chai Wan SC	7+	160	8	1/9	📄 i
40638602 (EN1057)	26/10-18/11	W,F	19:00-21:00	Quarry Bay SC	7+	160	8	22/9	📄 i

Tennis Training Course

40638517 (EN0974)	11/10-11/11	Tu,F	19:00-21:00	Chai Wan Park TC	8+	170	12	23/8-29/8 (8/9) {28/9}	✉
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ED Basketball Knock-out Comp. 2022 (Men)*

40629437 (QEN0646)	2/10-9/10	Su	9:00-18:00	Chai Wan SC	12+	60	16	15/8-22/8 (29/8) {19/9}	✉
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ED Basketball Knock-out Comp. 2022 (Women)*

40629436 (QEN0645)	2/10-9/10	Su	9:00-18:00	Chai Wan SC	12+	60	16	15/8-22/8 (29/8) {19/9}	✉
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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 Ex for the Pers w Chronic Illness

40638535 (EN0989)	8/10-29/10	Sa	14:00-16:00	Island East SC	18+	4	2/9	📄 i
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Badminton for Persons with Autism

40631696 (EN0685)	12/10-30/11	Tu	16:00-18:00	Island East SC	13+	2	8/9	📄 i
40631697 (EN0686)	8/10-26/11	Sa	10:00-12:00	Island East SC	8+	2	7/9	📄 i

Lawn Bowl TS for the Per w Chronic Illness

40627822 (EN0508)	11/10-29/11	Tu	11:00-13:00	Island East SC	18+	4	7/9	📄 i
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Baduanjin TC for Pers with Visual Impairment

40629056 (EN0522)	3/10-11/11	M,F	18:00-19:00	Chai Wan SC	8+	15	23/8	📄 i
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Badminton TS for P w Intellectual D&Ex III

40638541 (EN0995)	6/10-27/10	Th	13:00-15:00	Chai Wan SC	20-65	4	2/9	📄 i
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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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Mt Pts for Elderly - Baduanjin

40638510 (EN0967)	5/10-26/10	W	8:00-10:00	Chai Wan SC	70	5/10-26/10	Walk-in
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Elderly Fitness Training Course

40638593 (EN1048)	25/10-24/11	Tu,Th,Sa	8:00-9:00	Quarry Bay SC	30	23/8-29/8 (8/9) {28/9}	✉
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General Gymnastics TC for Elderly

40638554 (EN1008)	3/10-24/10	M,W,F	14:00-16:00	Island East SC	20	23/8-29/8 (8/9) {28/9}	✉
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Mt Pts for the Elderly - Social Dance

40638508 (EN0965)	11/10-25/10	Tu	8:00-10:00	Chai Wan SC	110	11/10-25/10	Walk-in
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Tai Chi Made Easy Class for Elderly

40638603 (EN1058)	3/10-11/11	M,F	7:00-8:00	Quarry Bay SC	30	23/8-29/8 (8/9) {28/9}	✉
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Mt Pts for Elderly - Badminton

40638509 (EN0966)	11/10-25/10	Tu	10:00-12:00	Chai Wan SC	32	11/10-25/10	Walk-in
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Mt Pts for the Elderly - Table-tennis

40638511 (EN0968)	6/10-27/10	Th	8:00-10:00	Chai Wan SC	36	6/10-27/10	Walk-in
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Mt Pts for Elderly - Gateball

40638512 (EN0969)	7/10-28/10	F	8:00-10:00	Chai Wan SC	30	7/10-28/10	Walk-in
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