

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

North 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 Training Course									
40640096 (NG1014)	5/11-28/1 (excl. 24/12,31/12,21/1)	Sa	16:00-18:00	North District SG	16+	130	40	11/10	
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>									
40642750 (NH1130)	8/11-15/12	Tu,Th	9:00-10:00	Luen Wo Hui SC	15+	75	20	@10/10	
40642751 (NH1131)	8/11-15/12	Tu,Th	10:00-11:00	Luen Wo Hui SC	15+	75	20	@10/10	
40642754 (NW1134)	14/11-9/12	M,W,F	14:00-15:00	Wo Hing SC	15+	75	20	@10/10	
40642755 (NW1135)	14/11-9/12	M,W,F	15:00-16:00	Wo Hing SC	15+	75	20	@10/10	
Tai Chi Made Easy Class									
40644698 (NX1167)	2/11-28/11	M,W,F	8:00-9:00	Fanling Recreation Ground	8+	54	30	6/10	
40644699 (NX1168)	3/11-29/11	Tu,Th,Sa	8:00-9:00	Fanling Recreation Ground	8+	54	30	5/10	
40644700 (NX1169)	2/11-28/11	M,W,F	7:00-8:00	Po Wing Wing PG	8+	54	30	6/10	
40644701 (NX1170)	2/11-28/11	M,W,F	8:00-9:00	Po Wing Wing PG	8+	54	30	6/10	
40644702 (NX1171)	2/11-28/11	M,W,F	7:00-8:00	On Lok Tsuen PG(BC	8+	54	30	6/10	
40644703 (NX1172)	2/11-28/11	M,W,F	8:00-9:00	On Lok Tsuen PG(BC	8+	54	30	6/10	
40644704 (NX1173)	2/11-28/11	M,W,F	19:00-20:00	ShaTauKokRecreationGround(Closed Area)	8+	54	30	6/10	
40644705 (NX1174)	2/11-28/11	M,W,F	20:00-21:00	ShaTauKokRecreationGround(Closed Area)	8+	54	30	6/10	
Briefing on Proper Ways to Use Fitness Equipment									
40642683 (NH1109)	13/11	Su	15:00-18:00	Luen Wo Hui SC	15+	Free	25	23/9-29/9 (6/10) {26/10}	
40642684 (NH1110)	5/11	Sa	14:00-17:00	Po Wing RD. SC	15+	Free	25	23/9-29/9 (6/10) {26/10}	
40642687 (NT1113)	20/11	Su	10:00-13:00	Tin Ping SC	15+	Free	15	23/9-29/9 (6/10) {26/10}	
40642688 (NW1114)	12/11	Sa	14:00-17:00	Wo Hing SC	15+	Free	20	23/9-29/9 (6/10) {26/10}	
Body-Mind Stretch Training Course									
40642680 (NL1067)	7/11-13/2 (excl. 26/12,2/1,23/1)	M	19:00-20:00	Lung Sum Avenue SC	15+	85	24	6/10	
40642681 (NL1068)	7/11-13/2 (excl. 26/12,2/1,23/1)	M	20:00-21:00	Lung Sum Avenue SC	15+	85	24	6/10	
Table-tennis Training Course									
40642774 (NH1154)	1/11-1/12	Tu,Th	10:00-12:00	Luen Wo Hui SC	14+	86	16	23/9-29/9 (6/10) {26/10}	
40642777 (NH1157)	9/11-9/12	W,F	9:00-11:00	Luen Wo Hui SC	14+	86	16	23/9-29/9 (6/10) {26/10}	
Tennis Training Course									
40642778 (NG1158)	1/11-10/1 (excl. 27/12)	Tu	20:00-22:00	North District SG	14+	170	12	23/9-29/9 (6/10) {26/10}	
40642780 (NG1160)	3/11-5/1	Th	9:00-11:00	North District SG	14+	170	12	23/9-29/9 (6/10) {26/10}	
40642782 (NG1162)	25/11-3/2 (excl. 27/1)	F	9:00-11:00	North District SG	14+	170	12	23/9-29/9 (6/10) {26/10}	
40642783 (NG1163)	25/11-3/2 (excl. 27/1)	F	20:00-22:00	North District SG	14+	170	12	23/9-29/9 (6/10) {26/10}	
Gateball Training Course									
40642759 (NX1139)	19/11-7/1	Sa	9:00-11:00	Pak Fuk Tin Sum PG	8+	54	15	12/10	
Handball Fun Day									
40642764 (NP1144)	26/11	Sa	14:00-17:00	North District Park	11+	Free	60	26/11	Walk-in
Horse Riding cum Archery									
40642766 (NX1146)	6/11	Su	15:00-17:00	Tuen Mum Public Riding School	6+	75	32	5/10	
Sports Climbing Fun Day									
40642771 (NR1151)	5/11	Sa	13:00-15:00	Po Wing RD. SC	12+	Free	15	7/10	
40642772 (NR1152)	5/11	Sa	15:00-17:00	Po Wing RD. SC	12+	Free	15	7/10	
Fun Day for Children									
40642758	20/11	Su	10:00-13:00	North District SG	All	Free	100	20/11	

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 TS for Persons with Chronic Illness

40634119 (NX726)	1/11-20/12	Tu	10:00-11:00	PWRSC	18+	3	3/10	<i>i</i>
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Body-Mind TS for Ex-mentally Ill Persons

40629064 (NR173)	13/11-18/12	Su	16:00-18:00	PWRSC	18+	4	3/9	<i>i</i>
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Basketball TS for Persons with Ex-mentally

40633981 (NX647)	3/11	Th	10:00-12:00	Wo Hing SC	20-50	6	3/10	<i>i</i>
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Outreaching for People with Ex-mentally III

40634055 (NX680)	1/11	Tu	15:00-17:00	LSASC	18-65	6	3/10	<i>i</i>
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40634056 (NX681)	8/11	Tu	15:00-17:00	LSASC	18-65	6	3/10	<i>i</i>
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40634057 (NX682)	15/11	Tu	15:00-17:00	LSASC	18-65	6	3/10	<i>i</i>
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40634058 (NX683)	22/11	Tu	15:00-17:00	LSASC	18-65	6	3/10	<i>i</i>
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40634059 (NX684)	29/11	Tu	15:00-17:00	LSASC	18-65	6	3/10	<i>i</i>
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Table-tennis for Persons with Autism

40634110 (NX720)	5/11	Sa	8:00-9:00	Lung Sum Avenue SC	6-25	4	3/10	<i>i</i>
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40634111 (NX721)	12/11	Sa	8:00-9:00	Lung Sum Avenue SC	6-25	4	3/10	<i>i</i>
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40634112 (NX722)	19/11	Sa	8:00-9:00	Lung Sum Avenue SC	6-25	4	3/10	<i>i</i>
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40634113 (NX723)	26/11	Sa	8:00-9:00	Lung Sum Avenue SC	6-25	4	3/10	<i>i</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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Elderly - Fitness Exercise for Elderly

40642694 (NH1120)	9/11-23/12	W,F	8:00-9:00	Luen Wo Hui SC	30	23/9-29/9 (6/10) {26/10}	
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40642695 (NH1121)	9/11-23/12	W,F	9:00-10:00	Luen Wo Hui SC	30	23/9-29/9 (6/10) {26/10}	
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Social Dance (Technique) Training Course

40642769 (NL1149)	2/11-4/1	W	16:00-18:00	Lung Sum Avenue SC	30	23/9-29/9 (6/10) {26/10}	
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HES- Table-Tennis Play-in

40642747 (NH1127)	1/11-29/11	Tu,Th	8:00-10:00	Luen Wo Hui SC	16	1/11-29/11	Walk-in
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HES-Gateball Self Practice Scheme

40642745 (NW1125)	1/11-29/11	Tu	13:00-15:00	Wo Hing SC	15	1/11-29/11	Walk-in
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40642746 (NW1126)	3/11-24/11	Th	13:00-15:00	Wo Hing SC	15	3/11-24/11	Walk-in
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