
































































**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Nov 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)	
<b>Long Distance Running Training Course</b>									
40642712 (CW1127)	12/11-14/1	Sa	8:00-10:00	Sun Yat Sen Memorial Park SC	16+	130	40	3/10	 
<b>Life-saving Training Course</b>									
40642725 (CW1140)	2/11-14/12	M,W,F	19:00-21:00	Sun Yat Sen Memorial Park SP	13+	108	20	13/10	 
<b>Breaststroke Training Course for Adult (I)</b>									
40642709 (CW1124)	2/11-23/11	M,W,F	19:00-20:00	Kennedy Town SP	18+	100	16	21/9-27/9 (5/10) {26/10}	
40642720 (CW1135)	3/11-6/12	Tu,Th	7:00-8:00	Sun Yat Sen Memorial Park SP	18+	100	16	21/9-27/9 (5/10) {26/10}	
<b>Front Crawl Training Course for Adult (I)</b>									
40642710 (CW1125)	2/11-23/11	M,W,F	20:00-21:00	Kennedy Town SP	18+	100	16	21/9-27/9 (5/10) {26/10}	
40642721 (CW1136)	3/11-6/12	Tu,Th	8:00-9:00	Sun Yat Sen Memorial Park SP	18+	100	16	21/9-27/9 (5/10) {26/10}	
<b>Breaststroke Training Course for Adult (II)</b>									
40642699 (CW1114)	1/11-1/12	Tu,Th	7:00-8:00	Kennedy Town SP	18+	100	20	21/9-27/9 (5/10) {26/10}	
<b>Front Crawl Training Course for Adult (II)</b>									
40642700 (CW1115)	1/11-1/12	Tu,Th	8:00-9:00	Kennedy Town SP	18+	100	20	21/9-27/9 (5/10) {26/10}	
<b>Breaststroke Training Course for Adult (III)</b>									
40642723 (CW1138)	9/11-30/11	M,W,F	8:00-9:00	Sun Yat Sen Memorial Park SP	18+	100	20	21/9-27/9 (5/10) {26/10}	
<b>Aerobic Dance Training Course</b>									
40642601 (CW1038)	21/11-16/12	M,W,F	13:00-14:00	Hong Kong Park SC	14+	65	30	13/10	 
40642602 (CW1039)	21/11-16/12	M,W,F	14:00-15:00	Hong Kong Park SC	14+	65	30	13/10	 
40642603 (CW1040)	21/11-16/12	M,W,F	18:00-19:00	Hong Kong Park SC	14+	65	30	25/10	 
40642604 (CW1041)	21/11-16/12	M,W,F	19:00-20:00	Hong Kong Park SC	14+	65	30	25/10	 
40642605 (CW1042)	22/11-10/1 (excl. 22/12,27/12,3/1) 22/11-10/1	Tu,Th	12:00-13:00	Hong Kong Park SC	14+	65	30	21/10	 
40642606 (CW1043)	22/11-10/1 (excl. 22/12,27/12,3/1)	Tu,Th	13:00-14:00	Hong Kong Park SC	14+	65	30	21/10	 
40642612 (CW1049)	2/11-28/11	M,W,F	18:00-19:00	Sheung Wan SC	14+	65	30	21/9-27/9 (5/10) {26/10}	
40642613 (CW1050)	2/11-28/11	M,W,F	19:00-20:00	Sheung Wan SC	14+	65	30	21/9-27/9 (5/10) {26/10}	
40642614 (CW1051)	3/11-13/12	Tu,Th	8:00-9:00	Sheung Wan SC	14+	65	30	3/10	 
40642615 (CW1052)	3/11-13/12	Tu,Th	9:00-10:00	Sheung Wan SC	14+	65	30	3/10	 
40642616 (CW1053)	3/11-13/12	Tu,Th	13:00-14:00	Sheung Wan SC	14+	65	30	3/10	 
40642618 (CW1055)	9/11-9/12 (excl. 21/11,5/12)	M,W,F	9:00-10:00	Sheung Wan SC	14+	65	30	18/10	 
40642660 (CW1096)	3/11-13/12	Tu,Th	18:00-19:00	Smithfield SC	14+	65	30	5/10	 
40642661 (CW1097)	3/11-13/12	Tu,Th	19:00-20:00	Smithfield SC	14+	65	30	5/10	 
40642662 (CW1098)	7/11-2/12	M,W,F	10:00-11:00	Smithfield SC	14+	65	30	7/10	 
40642663 (CW1099)	7/11-2/12	M,W,F	11:00-12:00	Smithfield SC	14+	65	30	7/10	 
<b>Baduanjin Training Course</b>									
40642621 (CW1057)	1/11-8/12	Tu,Th	14:00-15:00	Sheung Wan SC	8+	80	30	19/10	 
40642622 (CW1058)	1/11-8/12	Tu,Th	15:00-16:00	Sheung Wan SC	8+	80	30	19/10	 
40642670 (CW1106)	2/11-9/12	W,F	11:00-12:00	Smithfield SC	8+	80	30	10/10	 
<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>									
40642628 (CW1064)	3/11-13/12	Tu,Th	12:00-13:00	Sheung Wan SC	15+	75	30	@6/10	 
40642629 (CW1065)	4/11-14/12	W,F	12:00-13:00	Sheung Wan SC	15+	75	30	@5/10	 
40642630 (CW1066)	4/11-14/12	W,F	13:00-14:00	Sheung Wan SC	15+	75	30	@5/10	 
40642631 (CW1067)	14/11-9/12	M,W,F	18:00-19:00	Sheung Wan SC	15+	75	30	@12/10	 
40642632 (CW1068)	14/11-9/12	M,W,F	19:00-20:00	Sheung Wan SC	15+	75	30	@12/10	 
40642633 (CW1069)	21/11-16/12	M,W,F	7:00-8:00	Sheung Wan SC	15+	75	30	@24/10	 
40642634 (CW1070)	21/11-16/12	M,W,F	8:00-9:00	Sheung Wan SC	15+	75	30	@24/10	 
<b>Hydro Fitness Training Course</b>									
40642705 (CW1120)	1/11-15/12	Tu,Th	19:00-20:00	Kennedy Town SP	14+	80	20	21/9-27/9 (5/10) {26/10}	
40642706 (CW1121)	2/11-2/12	M,W,F	8:00-9:00	Kennedy Town SP	14+	80	20	21/9-27/9 (5/10) {26/10}	
40642719 (CW1134)	2/11-2/12	M,W,F	11:00-12:00	Sun Yat Sen Memorial Park SP	14+	80	20	21/9-27/9 (5/10) {26/10}	

Tai Chi Made Easy Class										
40642713 (CW1128)	28/11-23/12	M,W,F	7:00-8:00	Blake Garden	6+	54	30	25/10		
40642714 (CW1129)	28/11-23/12	M,W,F	8:00-9:00	Blake Garden	6+	54	30	25/10		
40642715 (CW1130)	28/11-23/12	M,W,F	7:30-8:30	Pokfulam RD. PG	6+	54	30	18/10		
40642716 (CW1131)	3/11-13/12	Tu,Th	18:00-19:00	Hong Kong Park SC	6+	54	15	5/10		

#### Briefing on Proper Ways to Use Fitness Equipment

40642627 (CW1063)	11/11	F	18:00-21:00	Sheung Wan SC (11/F)	15+	Free	25	21/9-27/9 (5/10) {26/10}		
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#### Body-Mind Stretch Training Course

40642623 (CW1059)	4/11-12/12	M,F	20:00-21:00	Sheung Wan SC	15+	85	24	21/9-27/9 (5/10) {26/10}		
40642624 (CW1060)	4/11-12/12	M,F	21:00-22:00	Sheung Wan SC	15+	85	24	21/9-27/9 (5/10) {26/10}		

#### Badminton Training Course

40642620 (CW1056)	17/11-20/12	Tu,Th	9:00-11:00	Sheung Wan SC	7+	118	16	21/9-27/9 (5/10) {26/10}		
40642669 (CW1105)	23/11-23/12	W,F	19:00-21:00	Smithfield SC	7+	118	16	21/9-27/9 (5/10) {26/10}		

#### Parent-child(Aged 7-17) Badminton TC

40642668 (CW1104)	5/11-10/12	Sa	10:00-12:00	Smithfield SC	7+	73	16	21/9-27/9 (5/10) {26/10}		
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#### Indoor Short Mat Bowling Fun Day

40642673 (CW1108)	2/11-30/11	M,W,F	10:30-11:30	Smithfield SC	8+	Free	28	2/11-30/11	Walk-in	
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#### Squash Training Course

40642636 (CW1072)	17/11-13/12	Tu,Th	19:00-21:00	Sheung Wan SC	7+	160	8	21/10		
40642675 (CW1109)	21/11-14/12	M,W	19:00-21:00	Smithfield SC	7+	160	8	21/10		

#### Table-tennis Fun Day

40642679 (CW1113)	2/11-30/11	W,F	10:00-11:00	Smithfield SC	6+	Free	16	2/11-30/11	Walk-in	
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#### Table-tennis Training Course

40642676 (CW1110)	1/11-8/12 (excl. 8/11,22/11)	Tu,Th	10:00-12:00	Smithfield SC	6+	86	16	21/9-27/9 (5/10) {26/10}		
40642677 (CW1111)	17/11-20/12	Tu,Th	16:00-18:00	Smithfield SC	14+	86	16	21/9-27/9 (5/10) {26/10}		

#### American Pool Training Course (Stage I)

40642664 (CW1100)	17/11-8/12	Th	18:30-20:30	Smithfield SC	8+	120	6	7/10		
40642665 (CW1101)	17/11-8/12	Th	20:30-22:30	Smithfield SC	8+	120	6	7/10		
40642666 (CW1102)	19/11-10/12	Sa	14:00-16:00	Smithfield SC	8+	120	6	14/10		
40642667 (CW1103)	19/11-10/12	Sa	16:00-18:00	Smithfield SC	8+	120	6	14/10		

#### Gateball Fun Day

40642635 (CW1071)	3/11-24/11	Th	8:00-10:00	Sheung Wan SC	8+	Free	20	3/11-24/11	Walk-in	
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#### Online Interactive Prog. - Body-mind Stretch

40642639 (CW1076)	14/11-18/11	M,W,F	15:00-16:00	Internet. 30 mins before : zoom.us/join	15+	20	50	24/10		
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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.

#### Hydro Fitness TS for Persons with Chronic Illness

40624766 (CW0160)	2/11-23/11	W	13:00-14:00	Sun Yat Sen Memorial Park SP	14+	3	21/9		
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#### Western Folk Dance TS for Persons with Chronic Illness

40642742 (CW1157)	4/11-25/11	F	10:00-12:00	Sheung Wan SC	8+	4	21/9		
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#### Gateball TS for Persons with Hearing Impairment

40642741 (CW1156)	2/11-23/11	W	15:00-17:00	Sheung Wan SC	8+	2	21/9		
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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)

40642702 (CW1117)	1/11-1/12	Tu,Th	10:00-11:00	Kennedy Town SP	16	21/9-27/9 (5/10) {26/10}	
40642703 (CW1118)	1/11-1/12	Tu,Th	11:00-12:00	Kennedy Town SP	16	21/9-27/9 (5/10) {26/10}	
40642708 (CW1123)	2/11-23/11	M,W,F	18:00-19:00	Kennedy Town SP	16	21/9-27/9 (5/10) {26/10}	

#### Swimming Training Course for Elderly (II)

40642701 (CW1116)	1/11-1/12	Tu,Th	9:00-10:00	Kennedy Town SP	20	21/9-27/9 (5/10) {26/10}	
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40642722 (CW1137)	3/11-6/12	Tu,Th	9:00-10:00	Sun Yat Sen Memorial Park SP	20	21/9-27/9 (5/10) {26/10}	✉
<b>Swimming Training Course for Elderly (III)</b>							
40642724 (CW1139)	9/11-30/11	M,W,F	9:00-10:00	Sun Yat Sen Memorial Park SP	20	21/9-27/9 (5/10) {26/10}	✉
<b>Fitness Exercise Training Course for the Elderly</b>							
40642625 (CW1061)	3/11-20/12	Tu,Th	7:00-8:00	Sheung Wan SC	30	21/9-27/9 (5/10) {26/10}	✉
40642626 (CW1062)	9/11-9/12	M,W,F	8:00-9:00	Sheung Wan SC	30	21/9-27/9 (5/10) {26/10}	✉
<b>Hydro Fitness Training Course for the Elderly</b>							
40642704 (CW1119)	1/11-15/12	Tu,Th	18:00-19:00	Kennedy Town SP	20	21/9-27/9 (5/10) {26/10}	✉
40642707 (CW1122)	2/11-2/12	M,W,F	9:00-10:00	Kennedy Town SP	20	21/9-27/9 (5/10) {26/10}	✉
40642718 (CW1133)	2/11-2/12	M,W,F	10:00-11:00	Sun Yat Sen Memorial Park SP	20	21/9-27/9 (5/10) {26/10}	✉
<b>HES - Indoor Short Mat Bowling Play-in</b>							
40642672 (CW1107)	2/11-30/11	M,W,F	9:30-10:30	Smithfield SC	28	2/11-30/11	Walk-in
<b>HES - Table-tennis Play-in</b>							
40642678 (CW1112)	2/11-30/11	W,F	9:00-10:00	Smithfield SC	16	2/11-30/11	Walk-in