

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

Wan Chai District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Breaststroke TC for Adult (I)									
40641892 (WC822)	16/11-7/12	M,W,F	8:00-9:00	Morrison Hill SP	18+	100	16	20/9-26/9 (7/10) {26/10}	☒
Breaststroke TC for Adult (Level I)									
40641809 (WC756)	2/11-23/11	M,W,F	8:00-9:00	Victoria Park SP	18+	100	16	20/9-26/9 (7/10) {26/10}	☒
Breaststroke TC for Adult (Level III)									
40641812 (WC759)	22/11-22/12	Tu,Th	20:00-21:00	Victoria Park SP	18+	100	20	20/9-26/9 (7/10) {26/10}	☒
Front Crawl TC for Adult (Level I)									
40641806 (WC754)	2/11-23/11	M,W,F	7:00-8:00	Victoria Park SP	18+	100	16	20/9-26/9 (7/10) {26/10}	☒
Backstroke Swimming Training Course									
40641811 (WC758)	22/11-22/12	Tu,Th	19:00-20:00	Victoria Park SP	18+	100	20	20/9-26/9 (7/10) {26/10}	☒
Breaststroke TC for Adult (Level II)									
40641888 (WC821)	16/11-7/12	M,W,F	7:00-8:00	Morrison Hill SP	18+	100	20	20/9-26/9 (7/10) {26/10}	☒
Aerobic Dance Training Course									
40641841 (WC784)	1/11-8/12	Tu,Th	7:00-8:00	Lockhart RD. SC	14+	65	30	3/10	☒ i
40641842 (WC785)	1/11-8/12	Tu,Th	8:00-9:00	Lockhart RD. SC	14+	65	30	3/10	☒ i
40641844 (WC787)	2/11-2/12 (excl. 7/11,21/11)	M,W,F	9:00-10:00	Lockhart RD. SC	14+	65	30	6/10	☒ i
40641845 (WC788)	2/11-2/12 (excl. 7/11,21/11)	M,W,F	10:00-11:00	Lockhart RD. SC	14+	65	30	6/10	☒ i
40641856 (WC799)	9/11-5/12	M,W,F	18:00-19:00	Lockhart RD. SC	14+	65	30	5/10	☒ i
40641857 (WC800)	9/11-5/12	M,W,F	19:00-20:00	Lockhart RD. SC	14+	65	30	5/10	☒ i
Fitness Exercise Training Course									
40641855 (WC798)	8/11-8/12	Tu,Th,Sa	11:00-12:00	Lockhart RD. SC	14+	80	30	20/9-26/9 (7/10) {26/10}	☒
Good Fit Training Scheme - Towel Workout									
40644033 (WC848)	29/11-19/1 (excl. 27/12,3/1)	Tu,Th	12:00-13:00	Lockhart RD. SC	14+	80	24	20/9-26/9 (7/10) {26/10}	☒
40644035 (WC849)	29/11-19/1 (excl. 27/12,3/1)	Tu,Th	13:00-14:00	Lockhart RD. SC	14+	80	24	20/9-26/9 (7/10) {26/10}	☒
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>									
40641830 (WC803)	14/11-9/12	M,W,F	15:00-16:00	Lockhart RD. SC	15+	75	12	@13/10	☒ i
40641831 (WC804)	14/11-9/12	M,W,F	16:00-17:00	Lockhart RD. SC	15+	75	12	@13/10	☒ i
40641848 (WC791)	2/11-2/12 (excl. 7/11,21/11)	M,W,F	9:00-10:00	Lockhart RD. SC	15+	75	12	@11/10	☒ i
40641849 (WC792)	2/11-2/12 (excl. 7/11,21/11)	M,W,F	10:00-11:00	Lockhart RD. SC	15+	75	12	@11/10	☒ i
Hydro Fitness Training Course									
40641880 (WC818)	3/11-20/12	Tu,Th	8:00-9:00	Morrison Hill SP	14+	80	30	20/9-26/9 (7/10) {26/10}	☒
40641883 (WC819)	3/11-20/12	Tu,Th	9:00-10:00	Morrison Hill SP	14+	80	30	20/9-26/9 (7/10) {26/10}	☒
40641885 (WC820)	3/11-20/12	Tu,Th	10:00-11:00	Morrison Hill SP	14+	80	30	20/9-26/9 (7/10) {26/10}	☒
Social Dance Training Course									
40641843 (WC786)	1/11-1/12	Tu,Th	20:00-22:00	Lockhart RD. SC	14+	86	30	20/9-26/9 (7/10) {26/10}	☒
40641910 (WC842)	14/11-15/12	M,Th	15:00-17:00	Wong Nai Chung SC	14+	86	24	20/9-26/9 (7/10) {26/10}	☒
40641911 (WC843)	15/11-16/12	Tu,F	19:00-21:00	Wong Nai Chung SC	14+	86	24	20/9-26/9 (7/10) {26/10}	☒
Tai Chi Made Easy Class									
40641867 (WC828)	1/11-26/11	Tu,Th,Sa	7:00-8:00	Lockhart RD. PG	6+	54	30	3/10	☒ i
40645019 (WC950)	2/11-28/11	M,W,F	7:30-8:30	Wan Chai Park	6+	54	60	5/10	☒ i
Briefing on Proper Ways to Use Fitness Equipment									
40641829 (WC801)	12/11	Sa	14:00-17:00	Lockhart RD. SC	15+	Free	12	20/9-26/9 (7/10) {26/10}	☒
40641835 (WC808)	20/11	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	20/9-26/9 (7/10) {26/10}	☒
40641851 (WC794)	6/11	Su	14:00-17:00	Lockhart RD. SC	15+	Free	12	20/9-26/9 (7/10) {26/10}	☒
Body-Mind Stretch Training Course									
40641859 (WC811)	21/11-16/12	M,W,F	14:00-15:00	Lockhart RD. SC	15+	85	24	20/9-26/9 (7/10) {26/10}	☒
40641863 (WC812)	21/11-16/12	M,W,F	15:00-16:00	Lockhart RD. SC	15+	85	24	20/9-26/9 (7/10) {26/10}	☒

40641897 (WC837)	18/11-28/12	W,F	14:00-15:00	Wong Nai Chung SC	15+	85	24	18/10		
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Parent-child(Aged 7-17) Badminton Fun Day

40641836 (WC809)	19/11	Sa	10:00-11:00	Lockhart RD. SC	7+	Free	12	20/10		
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40641858 (WC810)	19/11	Sa	11:00-12:00	Lockhart RD. SC	7+	Free	12	20/10		
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Badminton Training Course

40641833 (WC806)	15/11-15/12	Tu,Th	9:00-11:00	Lockhart RD. SC	7+	118	12	20/9-26/9 (7/10) {26/10}		
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40641834 (WC807)	16/11-28/12 (excl. 7/12,14/12,26/12)	M,W	14:00-16:00	Lockhart RD. SC	7+	118	12	20/9-26/9 (7/10) {26/10}		
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40641852 (WC795)	8/11-15/12 (excl. 6/12,13/12)	Tu,Th	18:00-20:00	Lockhart RD. SC	7+	118	12	20/9-26/9 (7/10) {26/10}		
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40641889 (WC835)	15/11-16/12	Tu,F	19:00-21:00	Wong Nai Chung SC	7+	118	12	20/9-26/9 (7/10) {26/10}		
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40641891 (WC836)	10/11-12/12	M,Th	9:00-11:00	Wong Nai Chung SC	7+	118	12	20/9-26/9 (7/10) {26/10}		
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Indoor Short Mat Bowling Training Course

40641886 (WC834)	5/11-24/12	Sa	9:00-11:00	Wong Nai Chung SC	18+	54	8	7/10		
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Lawn Bowls Training Course

40641813 (WC760)	4/11-29/11	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	8	20/9-26/9 (7/10) {26/10}		
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40641814 (WC761)	4/11-29/11	Tu,F	19:00-21:00	Victoria Park Bowling Green	8+	54	8	20/9-26/9 (7/10) {26/10}		
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40641815 (WC762)	14/11-8/12	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	8	20/9-26/9 (7/10) {26/10}		
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40641816 (WC763)	14/11-8/12	M,Th	9:00-11:00	Victoria Park Bowling Green	8+	54	8	20/9-26/9 (7/10) {26/10}		
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Table-tennis Training Course

40641913 (WC845)	10/11-13/12	Tu,Th	17:00-19:00	Wong Nai Chung SC	6+	86	12	10/10		
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Tennis Training Course

40641865 (WC813)	17/11-19/12	M,Th	19:00-21:00	Hong Kong Tennis Centre	8+	170	12	20/9-26/9 (7/10) {26/10}		
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40641868 (WC815)	30/11-30/12	W,F	19:00-21:00	Causeway Bay SG	8+	170	18	20/9-26/9 (7/10) {26/10}		
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40641869 (WC816)	30/11-30/12	W,F	9:00-11:00	Causeway Bay SG	8+	170	18	20/9-26/9 (7/10) {26/10}		
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Activities for Elderly

Programme Number (Class code)
(For aged 60 or above, free of charge)

Date of Enrollment
(Balloting)
(Open Enrollment for Remaining Quota)

Enrolment Method

Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment	Enrolment Method
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Swimming TC for Elderly (Level I)

40641808 (WC755)	2/11-23/11	M,W,F	7:00-8:00	Victoria Park SP	16	20/9-26/9 (7/10) {26/10}	
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Swimming TC for Elderly (Level II)

40641810 (WC757)	2/11-23/11	M,W,F	8:00-9:00	Victoria Park SP	20	20/9-26/9 (7/10) {26/10}	
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40641894 (WC823)	16/11-7/12	M,W,F	9:00-10:00	Morrison Hill SP	20	20/9-26/9 (7/10) {26/10}	
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Elderly Fitness Exercise Training Course

40641853 (WC796)	8/11-8/12	Tu,Th,Sa	9:00-10:00	Lockhart RD. SC	30	20/9-26/9 (7/10) {26/10}	
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40641854 (WC797)	8/11-8/12	Tu,Th,Sa	10:00-11:00	Lockhart RD. SC	30	20/9-26/9 (7/10) {26/10}	
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40641902 (WC838)	21/11-28/12 (excl. 7/12,21/12,26/12)	M,W,F	8:00-9:00	Wong Nai Chung SC	30	20/9-26/9 (7/10) {26/10}	
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40641904 (WC839)	21/11-28/12 (excl. 7/12,21/12,26/12)	M,W,F	9:00-10:00	Wong Nai Chung SC	30	20/9-26/9 (7/10) {26/10}	
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40641906 (WC840)	21/11-28/12 (excl. 7/12,21/12,26/12)	M,W,F	10:00-11:00	Wong Nai Chung SC	30	20/9-26/9 (7/10) {26/10}	
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40641915 (WC846)	21/11-11/1 (excl. 26/12,2/1)	M,W	19:00-20:00	Wong Nai Chung SC	30	20/9-26/9 (7/10) {26/10}	
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Social Dance TC for Elderly

40641912 (WC844)	15/11-15/12	Tu,Th	13:00-15:00	Wong Nai Chung SC	24	20/9-26/9 (7/10) {26/10}	
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HES Indr Short Mat Bowling cum Badminton Play-in

40641908 (WC841)	7/11-28/11	M	8:00-10:00	Wong Nai Chung SC	48	7/11-28/11	Walk-in
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