

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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)	
Age 9 to 17 Breaststroke TC (Level II)										
40624829 (EN298)	25/11-30/12 (excl. 26/12)	M,F	19:00-20:00	Siu Sai Wan SP (Training Pool TP2)	9-17	100	10	19/10		
Front Crawl Training Cr for Adult (II)										
40624830 (EN299)	25/11-30/12 (excl. 26/12)	M,F	20:00-21:00	Siu Sai Wan SP (Training Pool TP2)	18+	100	10	19/10		
Aerobic Dance Training Course										
40641943 (EN1177)	24/11-10/1 (excl. 22/12,27/12)	Tu,Th	19:00-20:00	Island East SC	14+	65	30	21/9-27/9 (6/10) {26/10}		
40641944 (EN1178)	24/11-10/1 (excl. 22/12,27/12)	Tu,Th	20:00-21:00	Island East SC	14+	65	30	21/9-27/9 (6/10) {26/10}		
40641977 (EN1211)	4/11-12/12	M,F	19:00-20:00	Quarry Bay SC	14+	65	30	27/9		
40641978 (EN1212)	7/11-7/12 (excl. 9/11,23/11)	M,W,F	7:00-8:00	Quarry Bay SC	14+	65	30	29/9		
40641979 (EN1213)	7/11-7/12 (excl. 9/11,23/11)	M,W,F	8:00-9:00	Quarry Bay SC	14+	65	30	29/9		
40641980 (EN1214)	7/11-7/12	M,W,F	9:00-10:00	Quarry Bay SC	14+	65	30	29/9		
Baduanjin Training Course										
40641931 (EN1165)	14/11-9/12	M,W,F	20:00-21:00	North Point Market Roof-top PG	8+	80	30	11/10		
40641932 (EN1166)	14/11-9/12	M,W,F	8:00-9:00	Hing Wah Estate No.1 PG	8+	80	30	11/10		
Children Dance Training Course										
40641945 (EN1179)	6/11-29/1 (excl. 25/12,1/1,22/1)	Su	9:00-11:00	Island East SC	4-6	60	20	21/9-27/9 (6/10) {26/10}		
Chinese Dance Training Course										
40641948 (EN1182)	1/11-2/12	Tu,F	9:00-11:00	Island East SC	12+	45	30	21/9-27/9 (6/10) {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>										
40641877 (EN1105)	30/11-4/1	M,W,F	7:00-8:00	Chai Wan SC	15+	75	23	@18/10		
40641878 (EN1106)	30/11-4/1	M,W,F	8:00-9:00	Chai Wan SC	15+	75	23	@18/10		
40641881 (EN1107)	23/11-19/12	M,W,F	19:00-20:00	Chai Wan SC	15+	75	23	@18/10		
40641884 (EN1108)	23/11-19/12	M,W,F	20:00-21:00	Chai Wan SC	15+	75	23	@18/10		
40641986 (EN1220)	2/11-2/12 (excl. 9/11,23/11)	M,W,F	7:00-8:00	Quarry Bay SC	15+	75	25	@27/9		
40641987 (EN1221)	2/11-2/12 (excl. 9/11,23/11)	M,W,F	8:00-9:00	Quarry Bay SC	15+	75	25	@27/9		
40641990 (EN1224)	2/11-28/11	M,W,F	15:00-16:00	Quarry Bay SC	15+	75	25	@28/9		
40641991 (EN1225)	2/11-28/11	M,W,F	16:00-17:00	Quarry Bay SC	15+	75	25	@28/9		
Hydro Fitness Training Course										
40624835 (EN0303)	7/11-21/12	M,W	10:00-11:00	Siu Sai Wan SP (Training Pool TP2)	14+	80	15	21/9-27/9 (6/10) {26/10}		
40624836 (EN0304)	7/11-21/12	M,W	11:00-12:00	Siu Sai Wan SP (Training Pool TP2)	14+	80	15	21/9-27/9 (6/10) {26/10}		
Jazz Dance Training Course										
40641947 (EN1181)	7/11-8/12	M,Th	10:00-12:00	Island East SC	12+	70	30	21/9-27/9 (6/10) {26/10}		
Tai Chi Made Easy Class										
40632542 (EN0709)	2/11-28/11	M,W,F	7:00-8:00	Chai Wan Park BCs No.1 & 2	6+	54	30	17/10		
40632873 (EN0798)	25/11-21/12	M,W,F	7:00-8:00	Cloud View RD. Service Res PG	6+	54	30	13/10		
40641933 (EN1167)	26/11-22/12	Tu,Th,Sa	7:00-8:00	Yiu Tung Estate Carpark Basketball court	6+	54	30	17/10		
40641998 (EN1232)	9/11-16/12	W,F	7:00-8:00	Quarry Bay Park (BC)	6+	54	30	17/10		
Briefing on Proper Ways to Use Fitness Equip										
40641890 (EN1110)	12/11	Sa	14:30-17:30	Chai Wan SC	15+	Free	23	16/9-27/9 (6/10) {26/10}		
40641984 (EN1218)	5/11	Sa	14:30-17:30	Quarry Bay SC	15+	Free	25	21/9-27/9 (6/10) {26/10}		
40641985 (EN1219)	13/11	Su	10:30-13:30	Quarry Bay SC	15+	Free	25	21/9-27/9 (6/10) {26/10}		
Badminton Training Course										
40641983 (EN1217)	17/11-19/12	M,Th	19:00-21:00	Quarry Bay SC	7+	118	16	21/9-27/9 (6/10) {26/10}		
Indoor Lawn Bowls Training Course										
40641950 (EN1184)	14/11-8/12	M,Th	19:00-21:00	Island East SC	8+	54	8	21/9-27/9 (6/10) {26/10}		
40641951 (EN1185)	14/11-8/12	M,Th	19:00-21:00	Island East SC	8+	54	8	21/9-27/9 (6/10) {26/10}		
40641952 (EN1186)	15/11-9/12	Tu,F	9:00-11:00	Island East SC	8+	54	8	21/9-27/9 (6/10) {26/10}		

40641953 (EN1187)	15/11-9/12	Tu,F	9:00-11:00	Island East SC	8+	54	8	21/9-27/9 (6/10) {26/10}	✉
Squash Training Course									
40641893 (EN1111)	9/11-21/12	W,F	19:00-21:00	Chai Wan SC	7+	160	8	3/10	📄 i
Table-tennis Training Course									
40641946 (EN1180)	2/11-5/12	M,W	19:00-21:00	Island East SC	14+	86	20	21/9-27/9 (6/10) {26/10}	✉
40641994 (EN1228)	3/11-6/12	Tu,Th	18:00-20:00	Quarry Bay SC	10-13	86	16	21/9-27/9 (6/10) {26/10}	✉
Go TC (Level 2)									
40641993 (EN1227)	7/11-12/12	M	18:30-20:30	Quarry Bay SC	6+	40	10	30/9	📄 i
ED 7-a-side Soccer Comp 2022*(Open Group)									
40641936 (QEN1170)	5/11-13/11	Sa,Su	9:00-18:00	Chai Wan Park soccer pitch no. 2	14+	60	20	22/8-13/9 (16/9) {14/10}	✉
ED 7-a-side Soccer Comp 2022*(Youth Group)									
40641935 (QEN1169)	5/11-13/11	Sa,Su	9:00-18:00	Chai Wan Park soccer pitch no. 2	14-19	60	8	22/8-13/9 (16/9) {14/10}	✉
Online Prog - Parent-Child Fitness									
40642000 (EN1234)	12/11-26/11	Sa	11:00-12:00	Internet, 30mins before : zoom.us/join	3+	20	50	21/10	📄 i

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.

Aerobic Dance for Per w Hearing Impairment

40641941 (EN1175)	29/11-20/12	Tu	20:00-22:00	Quarry Bay SC	6+	4	13/10	📄 i
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Body Stretch TS for the Pers w Physical Dis

40641939 (EN1173)	1/11-29/11	Tu	10:00-12:00	Chai Wan SC	18+	4	5/10	📄 i
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Lawn Bowl TS for the Per w Chronic Illness

40641937 (EN1171)	3/11-22/12	Th	10:00-12:00	Island East SC	18+	4	5/10	📄 i
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Bocce TC for Pers with Intel Disability

40629054 (EN0520)	19/11-17/12	Sa	13:00-15:00	Island East SC	8+	16	21/9	📄 i
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Yoga TS for the Persons w Chronic Illness

40641938 (EN1172)	2/11-21/12	W	18:00-19:00	Island East SC	18+	4	5/10	📄 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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Swimming Training Course for Elderly (Level I)

40624833 (EN301)	18/11-20/12	Tu,F	10:00-11:00	Siu Sai Wan SP (Training Pool TP2)	16	21/9-27/9 (6/10) {26/10}	✉
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Swimming Training Course for Elderly Level II

40624834 (EN302)	18/11-20/12	Tu,F	11:00-12:00	Siu Sai Wan SP (Training Pool TP2)	10	21/9-27/9 (6/10) {26/10}	✉
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Mt Pts for Elderly - Baduanjin

40641899 (EN1115)	2/11-30/11	W	8:00-10:00	Chai Wan SC	70	2/11-30/11	Walk-in
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General Gymnastics TC for Elderly

40641949 (EN1183)	2/11-23/11	M,W,F	14:00-16:00	Island East SC	12	21/9-27/9 (6/10) {26/10}	✉
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Mt Pts for the Elderly - Social Dance

40641896 (EN1113)	1/11-29/11	Tu	8:00-10:00	Chai Wan SC	110	11/12-29/11	Walk-in
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Mt Pts for Elderly - Badminton

40641898 (EN1114)	1/11-29/11	Tu	10:00-12:00	Chai Wan SC	32	1/11-29/11	Walk-in
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Mt Pts for the Elderly - Table-tennis

40641900 (EN1116)	3/11-24/11	Th	8:00-10:00	Chai Wan SC	36	3/11-24/11	Walk-in
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Mt Pts for Elderly - Gateball

40641903 (EN1117)	4/11-25/11	F	8:00-10:00	Chai Wan SC	30	4/11-25/11	Walk-in
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