

# Sports Training Programme for Persons with Disabilities to open for enrolment

A new round of the Sports Training Programme for Persons with Disabilities, from the Leisure and Cultural Services Department (LCSD), will start in July, covering a wide variety of sports activities specially designed for persons with disabilities. The programme will be open for enrolment from June 1.

A spokesman for the LCSD said, "The programme includes different types of sports training courses, which are open for participation free of charge for persons with physical disabilities, intellectual disabilities, hearing impairment, visual impairment, autism and chronic illnesses as well as ex-mentally ill persons. The courses have been devised with professional advice provided by relevant national sports associations to suit the needs of various types of disabilities."

The types of sports training cover body-mind stretching, badminton, bocce, table tennis, fitness exercises, hydro fitness, wheelchair tennis, swimming, modern dance and the newly-included seated group aerobics. Through systematic and professional sports training, these courses will help arouse interest among persons with disabilities to participate in sports activities while enhancing physical and mental health. Each participant can be accompanied by one carer for assistance during the courses.

The courses in July will be open for enrolment from June 1. Prospectuses and enrolment forms can be downloaded from the webpage of the [Sports Training Programme for Persons with Disabilities](#) under the LCSD's dedicated website for persons with disabilities (Recreation and Sports Programmes/Facilities). They are also available from the District Leisure Services Offices or sports centres of the LCSD. Video highlights of the training programme can be viewed at the website. For enquiries, please call 2414 5555.