

# 殘疾人士體育訓練計劃

## Sports Training Programmes for Persons with Disabilities

康樂及文化事務署為不同殘疾人士設計一系列訓練課程，讓殘疾人士有更多機會參與多元化的體育活動，**費用全免**。

The Leisure and Cultural Services Department is organising a series of training courses for persons with different types of disabilities. It aims to provide a wide variety of sports programmes for their participation **free of charge**.

**11.2018 - 3.2019**

### 肢體傷殘人士 Persons with Physical Disability

- 身心伸展 Body-Mind Stretch
- 羽毛球 Badminton

### 智障人士 Persons with Intellectual Disability

- 滾球 Bocce
- 地板曲棍球 Floor Hockey

### 聽障人士 Persons with Hearing Impairment

- 羽毛球 Badminton
- 乒乓球 Table Tennis

### 視障人士 Persons with Visual Impairment

- 徒手健體 Fitness Exercise

各訓練班的章程及報名表格可從康文署各區康樂事務辦事處或體育館索取，或在康文署殘疾人士專頁下載。  
Prospectuses and enrolment forms of the courses are available at all LCSD District Leisure Services Offices and Sports Centres, and LCSD's dedicated webpage for persons with disabilities.



查詢 Enquiries: **2414 5555**  
[www.lcsd.gov.hk/tc/dlso/sport\\_training.html](http://www.lcsd.gov.hk/tc/dlso/sport_training.html)