

LCSD launches new “Online Interactive Sports Training Programmes”

The Leisure and Cultural Services Department (LCSD) will launch the new "Online Interactive Sports Training Programmes" in January 2021 for coaches and members of the public to undergo interactive sports training through an online platform simultaneously. Enrolment for the programmes will start on December 14 (Monday).

The "Online Interactive Sports Training Programmes" offers eight types of courses suitable for people of all ages, covering aerobic dance, fitness exercise, body-mind stretch, parent-child fitness, tai chi, fitness exercise for children, fitness yoga and hip hop dance. The courses are designed by the Physical Fitness Association of Hong Kong, China and the Hong Kong Tai Chi Association.

The online interactive programmes emphasise interaction in training and enable participants to have more in-depth exchanges of experiences via online video, while enhancing the fun of sports and encouraging participants to exercise daily and establish a healthy lifestyle.

Participants can join the real-time online courses at home by using their computer/electronic equipment (such as a tablet or mobile phone) equipped with wireless or broadband network data with Zoom software. Each course consists of two or three one-hour sessions.

Members of the public can enrol on a first-come, first-served basis starting from 8.30am on the first day of enrolment through Leisure Link Internet Booking service (leisurelink.lcsd.gov.hk). The course fee is \$20. Please visit the LCSD website (www.lcsd.gov.hk/en/visavis) or call 2414 5555 for details.

The "Online Interactive Sports Training Programmes" are part of the interactive activities under the LCSD Edutainment Channel (www.lcsd.gov.hk/en/edutainment-channel.html) that cater for public needs when people stay at home to fight against the epidemic. They aim to promote leisure and culture and to enhance the public's knowledge and interest in these areas through a one-stop online platform covering informative and learning materials.

The LCSD Edutainment Channel integrates education with entertainment and brings together six categories of online resources, namely sports, horticulture and greening, reading, museums, performing arts and animals. It features a new 101 Academy which enables the public to acquire basic knowledge through videos and access the latest leisure and cultural information from the comfort of their homes anytime. The "vis-a-vis +01" series in the 101 Academy utilises Internet technology to create an interactive experience for members of the public.