

Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 2018

Kwai Tsing District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Aerobic Dance Training Course									
40507232	15/11-27/12 (excl. 25/12)	Tu,Th	9:00-10:00	Cheung Fat SC	14+	65	20	23/9-27/9 (8/10) {23/10}	☐
40507233	15/11-27/12 (excl. 25/12)	Tu,Th	10:00-11:00	Cheung Fat SC	14+	65	20	23/9-27/9 (8/10) {23/10}	☐
40508676	1/11-10/12	M,Th	13:00-14:00	Osman Ramju Sadick Memorial SC	14+	65	16	23/9-27/9 (8/10) {23/10}	☐
40508677	1/11-10/12	M,Th	14:00-15:00	Osman Ramju Sadick Memorial SC	14+	65	16	23/9-27/9 (8/10) {23/10}	☐
Baduanjin Training Course									
40508678	1/11-11/12	Tu,Th	7:00-8:00	Osman Ramju Sadick Memorial SC	8+	80	30	12/10	☐ i
Children Dance Training Course									
40507239	25/11-27/1	Su	15:00-17:00	Cheung Fat SC	4-6	60	20	25/10	☐ i
Chinese Dance Training Course									
40506945 (KWT1102)	22/11-24/1	Th	12:00-14:00	Tai Wo Hau SC	14+	45	20	23/9-27/9 (8/10) {23/10}	☐
Fitness (Multi-gym) Training Course @ 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. 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. 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. 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.									
40507234	15/11-27/12 (excl. 25/12)	Tu,Th	19:00-20:00	Cheung Fat SC	15+	75	20	@15/10	☐ i
40507235	15/11-27/12 (excl. 25/12)	Tu,Th	20:00-21:00	Cheung Fat SC	15+	75	20	@15/10	☐ i
40507236	16/11-28/12 (excl. 26/12)	W,F	8:00-9:00	Cheung Fat SC	15+	75	20	@15/10	☐ i
40507237	16/11-28/12 (excl. 26/12)	W,F	9:00-10:00	Cheung Fat SC	15+	75	20	@15/10	☐ i
Social Dance Training Course									
40484835 (KWT-1107)	3/11-5/1	Sa	14:00-16:00	Tsing Yi Southwest SC	14+	86	26	23/9-27/9 (8/10) {23/10}	☐
40508682	4/11-6/1	Su	19:00-21:00	Osman Ramju Sadick Memorial SC	14+	86	24	23/9-27/9 (8/10) {23/10}	☐
Tai Chi Made Easy Class									
40508683	6/11-13/12	Tu,Th	13:00-14:00	Osman Ramju Sadick Memorial SC	6+	54	30	24/10	☐ i
40508684	6/11-13/12	Tu,Th	14:00-15:00	Osman Ramju Sadick Memorial SC	6+	54	30	24/10	☐ i
Western Folk Dance Training Course									
40508685	7/11-16/1 (excl. 26/12)	W	19:00-21:00	Osman Ramju Sadick Memorial SC	8+	45	20	23/9-27/9 (8/10) {23/10}	☐
Briefing on Proper Ways to Use Fitness Equipment									
40486357 (KWT-1108)	5/11	M	19:00-22:00	North Kwai Chung Tang Shiu Kin SC	15+	Free	25	23/9-27/9 (8/10) {23/10}	☐
40486358 (KWT-1111)	19/11	M	19:00-22:00	North Kwai Chung Tang Shiu Kin SC	15+	Free	25	23/9-27/9 (8/10) {23/10}	☐
40507089	13/11	Tu	18:00-21:00	Fung Shue Wo SC	15+	Free	25	23/9-27/9 (8/10) {23/10}	☐
40507090	13/11	Tu	19:00-22:00	Fung Shue Wo SC	15+	Free	25	23/9-27/9 (8/10) {23/10}	☐
Stress Management and Physical Relaxation Training Course									
40508686	6/11-21/12	Tu,F	14:00-15:00	Osman Ramju Sadick Memorial SC	14+	80	16	23/9-27/9 (8/10) {23/10}	☐
Body-Mind Stretch Training Course									
40484829 (KWT-1097)	1/11-17/1	Th	19:00-20:00	Tsing Yi Southwest SC	15+	85	24	23/9-27/9 (8/10) {23/10}	☐
40484830 (KWT-1098)	1/11-17/1	Th	20:00-21:00	Tsing Yi Southwest SC	15+	85	24	23/9-27/9 (8/10) {23/10}	☐
40506940 (KWT1099)	6/11-12/2 (excl. 25/12,1/1,5/2)	Tu	19:00-20:00	Tai Wo Hau SC	15+	85	24	23/9-27/9 (8/10) {23/10}	☐
40506943 (KWT1100)	6/11-12/2 (excl. 25/12,1/1,5/2)	Tu	20:00-21:00	Tai Wo Hau SC	15+	85	24	23/9-27/9 (8/10) {23/10}	☐
Badminton Training Course									
40506696	7/11-7/12	W,F	9:00-11:00	Tsing Yi SC	7+	118	24	21/9-25/9 (4/10) {20/10}	☐
40506752 (1113)	9/11-12/12	W,F	9:00-11:00	Lai King SC	7+	118	24	21/9-25/9 (4/10) {20/10}	☐
40507088	1/11-3/12	M,Th	19:00-21:00	Fung Shue Wo SC (non air-conditioned)	7+	118	18	21/9-25/9 (4/10) {20/10}	☐
40507231	13/11-13/12	Tu,Th	19:00-21:00	Cheung Fat SC	7+	118	24	21/9-25/9 (4/10) {20/10}	☐
Badminton Training Course (Adult)									
40508680	1/11-3/1	Th	20:00-22:00	Osman Ramju Sadick Memorial SC	18+	118	24	21/9-25/9 (4/10) {20/10}	☐
Parent-child(Aged 7-17) Badminton TC									
40508687	3/11-8/12	Sa	18:00-20:00	Osman Ramju Sadick Memorial SC	7+	73	24	21/9-25/9 (4/10) {20/10}	☐

BMX Fun Day										
40487786 (KWT1129)	17/11	Sa	9:30-12:30	The HKJC International BMX Park	8+	Free	50	22/10		
40487787 (KWT1130)	17/11	Sa	14:30-17:30	The HKJC International BMX Park	8+	Free	50	22/10		
Fencing Training Course (Level II)										
40506697	11/11-30/12	Su	9:00-11:00	Tsing Yi SC	9+	100	20	19/10		
Mini-tennis Training Course										
40508681	3/11-5/1	Sa	16:00-18:00	Osman Ramju Sadick Memorial SC	6-12	70	16	21/9-25/9 (4/10) {20/10}		
Indoor Air-gun Shooting Fun Day										
40485992	17/11	Sa	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	50	16/10		
40485993	17/11	Sa	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	50	16/10		
Squash Training Course										
40506753 (1122)	5/11-28/11	M,W	19:00-21:00	Lai King SC	7+	160	8	21/9-25/9 (4/10) {20/10}		
40506956 (KWT1120)	2/11-28/11	W,F	19:00-21:00	Tai Wo Hau SC	7+	160	8	21/9-25/9 (4/10) {20/10}		
40506957 (KWT1121)	4/11-23/12	Su	10:00-12:00	Tai Wo Hau SC	7+	160	8	21/9-25/9 (4/10) {20/10}		
40507238	16/11-12/12	W,F	19:00-21:00	Cheung Fat SC	7+	160	12	18/10		
Indoor Tennis Training Course										
40486428 (KWT-1119)	21/11-21/12	W,F	17:00-19:00	North Kwai Chung Tang Shiu Kin SC	8+	170	6	21/9-25/9 (4/10) {20/10}		
Tennis Training Course										
40507793 (1126)	16/11-19/12	W,F	9:00-11:00	Tsing Yi Park	8+	170	18	21/9-25/9 (4/10) {20/10}		
Golf Fun Day										
40487783 (KWT1131)	11/11	Su	15:30-17:30	Wo Yi Hop RD. Golf Driving Range	8+	Free	30	22/10		
Golf Short Games Training Course										
40487779 (KWT1115)	4/11-18/11	Su	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	21/9-25/9 (4/10) {20/10}		
40487782 (KWT1116)	13/11-27/11	Tu	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	21/9-25/9 (4/10) {20/10}		
Golf Training Course (Level I)										
40487780 (KWT1117)	4/11-18/11	Su	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	21/9-25/9 (4/10) {20/10}		
Golf Training Course (Level II)										
40487781 (KWT1118)	13/11-27/11	Tu	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	21/9-25/9 (4/10) {20/10}		
Basketball Training Course										
40508679	3/11-5/1	Sa	9:00-11:00	Osman Ramju Sadick Memorial SC	10+	75	30	21/9-25/9 (4/10) {20/10}		
Healthy Exercise for All-Hiking										
40497981	25/11	Su	9:00-16:00	C7: Tai Lam - Pak Fu	6+	40	48	21/9-25/9 (4/10) {20/10}		
Sports Climbing Fun Day										
40484775 (KWT-1132)	3/11	Sa	13:00-15:00	Tsing Yi Southwest SC	12+	Free	30	16/10		
40484776 (KWT-1133)	3/11	Sa	15:00-17:00	Tsing Yi Southwest SC	12+	Free	30	16/10		

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
---	------	-----	------	-------	-----	-------	--	------------------

Enrolment methods that applicable only to programmes especially designed for persons with disabilities

Persons with disabilities (PWDs) may enrol in programmes especially designed for them at the organising District Leisure Services Office or any other district offices . Each participant may be accompanied by ONE carer. Enrolment charge is free. The arrangements for accompanying carers are as follows:

Training schemes: Accompanying carers may attend class with the enrolled PWDs on the training day. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification.

Other activities: Accompanying carers are required to enrol in play-in activities with PWDs to facilitate coach and camp place arrangements. Permits, which must be presented when attending activities, will be issued to accompanying carers upon successful enrolment.

Fitness(Multi-gym) TS for PW Chronic Illness										
40497951	1/11-20/12	Th	10:00-11:00	Tai Wo Hau SC	15+	3	2/10			
Floor Hockey TP for Persons w/ ID										
40512613	12/11-28/11	M,W	19:00-21:00	Cheung Fat SC	8+	15	24/9			
Day Camp for Persons with Disabilities										
40509481	20/11	Tu	9:00-17:00	Sai Kung ORC	6+	40	2/10			
Excursion for Persons with disabilities										
40509486	24/11	Sa	9:30-15:30	Yuen Long Park	6+	10	1/10			
Fitness Exercise TP for Persons w/ VI										
40512614	7/11-19/12	W	20:00-22:00	Tsing Yi Southwest SC	14+	20	24/9			
Body-Mind Stretch TP for Persons w/ PD										
40512612	5/11-10/12	M	20:00-22:00	Tsing Yi Southwest SC	15+	20	20/9			

Excursion for Persons w/ Visual Impairment								
40497963	18/11	Su	9:00-17:00	Sai Kung	All	10	2/10	
Golf Fun Day for Persons with Disabilities								
40487784 (KWT1160)	18/11	Su	15:30-16:30	Wo Yi Hop RD. Golf Driving Range	8+	6	2/10	
40487785 (KWT1161)	18/11	Su	16:30-17:30	Wo Yi Hop RD. Golf Driving Range	8+	6	2/10	
Activities for Elderly								
Programme Number (Class code) (For aged 60 or above, free of charge)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method	
HES-Badminton Self Practice Scheme								
40484758 (KWT-1139)	6/11-27/11	Tu	7:00-8:00	Tsing Yi Southwest SC	20	9/10		<i>i</i>
40484759 (KWT-1140)	6/11-27/11	Tu	8:00-9:00	Tsing Yi Southwest SC	20	9/10		<i>i</i>
40507227	1/11-29/11	Th	13:00-14:00	Cheung Fat SC	24	9/10		<i>i</i>
40507228	1/11-29/11	Th	14:00-15:00	Cheung Fat SC	24	9/10		<i>i</i>
40506699	7/11-28/11	W	7:00-8:00	Tsing Yi SC	20	9/10		<i>i</i>
40506700	7/11-28/11	W	8:00-9:00	Tsing Yi SC	20	9/10		<i>i</i>
HES-Fitness Play-in								
40506754 (1141)	1/11-29/11	Th	8:00-9:00	Lai King SC	25	10/10		<i>i</i>
40506755 (1144)	5/11-26/11	M	7:00-8:00	Lai King SC	25	10/10		<i>i</i>
40506948 (KWT1142)	1/11-29/11	Th	9:00-10:00	Tai Wo Hau SC	25	21/9-25/9 (4/10) {20/10}		
40506951 (KWT1143)	1/11-29/11	Th	10:00-11:00	Tai Wo Hau SC	25	21/9-25/9 (4/10) {20/10}		
40486446 (KWT-1145)	7/11-28/11	W	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	18	10/10		<i>i</i>
40486447 (KWT-1146)	7/11-28/11	W	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	18	10/10		<i>i</i>
40506701	5/11-26/11	M	8:00-9:00	Tsing Yi SC	20	10/10		<i>i</i>
40506702	5/11-26/11	M	9:00-10:00	Tsing Yi SC	20	10/10		<i>i</i>
HES-Fitness(Multi-gym) Play-in								
40506756 (1147)	5/11-26/11	M	8:00-9:00	Lai King SC	20	3/10		<i>i</i>
HES-Gateball Self Practice Scheme								
40506952 (KWT1148)	5/11-26/11	M	7:00-8:00	Tai Wo Hau SC	20	12/10		<i>i</i>
40506954 (KWT1149)	5/11-26/11	M	8:00-9:00	Tai Wo Hau SC	20	12/10		<i>i</i>
40508690	7/11-28/11	W	7:00-8:00	Osman Ramju Sadick Memorial SC	20	12/10		<i>i</i>
40508691	7/11-28/11	W	8:00-9:00	Osman Ramju Sadick Memorial SC	20	12/10		<i>i</i>
HES-Table-tennis Self Practice Scheme								
40486411 (KWT-1150)	1/11-29/11	Th	13:30-14:30	North Kwai Chung Tang Shiu Kin SC	36	11/10		<i>i</i>
40486412 (KWT-1151)	1/11-29/11	Th	14:30-15:30	North Kwai Chung Tang Shiu Kin SC	36	11/10		<i>i</i>
40506757 (1154)	5/11-26/11	M	7:00-8:00	Lai King SC	24	11/10		<i>i</i>
40506758 (1155)	5/11-26/11	M	8:00-9:00	Lai King SC	24	11/10		<i>i</i>
40507086	7/11-28/11	W	9:00-10:00	Fung Shue Wo SC (non air-conditioned)	24	11/10		<i>i</i>
40507087	7/11-28/11	W	10:00-11:00	Fung Shue Wo SC (non air-conditioned)	24	11/10		<i>i</i>
40507229	5/11-26/11	M	13:00-14:00	Cheung Fat SC	36	11/10		<i>i</i>
40507230	5/11-26/11	M	14:00-15:00	Cheung Fat SC	36	11/10		<i>i</i>
40508688	2/11-30/11	F	8:00-9:00	Osman Ramju Sadick Memorial SC	24	11/10		<i>i</i>
40508689	2/11-30/11	F	9:00-10:00	Osman Ramju Sadick Memorial SC	24	11/10		<i>i</i>
40506703	5/11-26/11	M	7:00-8:00	Tsing Yi SC	24	11/10		<i>i</i>
40506704	5/11-26/11	M	8:00-9:00	Tsing Yi SC	24	11/10		<i>i</i>