









**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 2019**

Kowloon City District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Long Distance Running Training Course										
40541472 (KC0812)	5/10-7/12	Sa	15:00-17:00	Kowloon Tsai Park &KTSG	16+	130	40	4/9		
40541474 (KC0813)	13/10-15/12	Su	8:00-10:00	Kowloon Tsai Park &KTSG	16+	130	40	4/9		
Aerobic Dance TC										
40541477 (KC0814)	11/10-13/11 (excl. 14/10,28/10,11/11)	M,W,F	9:00-10:00	Fat Kwong ST. SC	14+	65	30	12/9		
40541478 (KC0815)	11/10-13/11 (excl. 14/10,28/10,11/11)	M,W,F	8:00-9:00	Fat Kwong ST. SC	14+	65	30	12/9		
40541479 (KC0816)	14/10-13/11 (excl. 21/10,4/11)	M,W,F	14:00-15:00	To Kwa Wan SC	14+	65	30	12/9		
40541480 (KC0817)	14/10-13/11 (excl. 21/10,4/11)	M,W,F	15:00-16:00	To Kwa Wan SC	14+	65	30	12/9		
40541481 (KC0818)	2/10-30/10 (excl. 7/10)	M,W,F	18:00-19:00	To Kwa Wan SC	14+	65	30	3/9		
40541482 (KC0819)	2/10-30/10 (excl. 7/10)	M,W,F	19:00-20:00	To Kwa Wan SC	14+	65	30	3/9		
40541483 (KC0820)	2/10-30/10 (excl. 7/10)	M,W,F	19:00-20:00	Hung Hom Municipal Services Building SC	14+	65	30	3/9		
40541484 (KC0821)	2/10-30/10 (excl. 7/10)	M,W,F	18:00-19:00	Hung Hom Municipal Services Building SC	14+	65	30	3/9		
40541485 (KC0822)	17/10-12/11	Tu,Th,Sa	8:00-9:00	Hung Hom Municipal Services Building SC	14+	65	30	9/9		
40541486 (KC0823)	17/10-12/11	Tu,Th,Sa	9:00-10:00	Hung Hom Municipal Services Building SC	14+	65	30	9/9		
Children Dance TC										
40541512 (KC0846)	12/10-14/12	Sa	10:00-12:00	Hung Hom Municipal Services Building SC	4-11	60	20	9/9		
40541513 (KC0847)	20/10-5/1 (excl. 24/11,1/12)	Su	10:00-12:00	Kowloon City SC	4-11	60	20	16/8-22/8 (29/8) {19/9}		
Chinese Dance TC										
40541506 (KC0840)	5/10-7/12	Sa	13:00-15:00	Fat Kwong ST. SC	12+	45	30	16/8-22/8 (29/8) {19/9}		
Fitness (Multi-gym) TC										
<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>										
40541487 (KC0824)	15/10-21/11	Tu,Th	12:00-13:00	Fat Kwong ST. SC	15+	75	20	@10/9		
40541489 (KC0825)	15/10-21/11	Tu,Th	13:00-14:00	Fat Kwong ST. SC	15+	75	20	@10/9		
40541490 (KC0826)	15/10-9/11	Tu,Th,Sa	8:00-9:00	To Kwa Wan SC	15+	75	20	@10/9		
40541491 (KC0827)	15/10-9/11	Tu,Th,Sa	9:00-10:00	To Kwa Wan SC	15+	75	20	@10/9		
40541492 (KC0828)	15/10-9/11	Tu,Th,Sa	10:00-11:00	To Kwa Wan SC	15+	75	20	@10/9		
40541493 (KC0829)	28/10-22/11	M,W,F	18:00-19:00	Fat Kwong ST. SC	15+	75	20	@16/9		
40541494 (KC0830)	28/10-22/11	M,W,F	19:00-20:00	Fat Kwong ST. SC	15+	75	20	@16/9		
40541495 (KC0831)	28/10-22/11	M,W,F	20:00-21:00	Fat Kwong ST. SC	15+	75	20	@16/9		
40541496 (KC0832)	3/10-29/10	Tu,Th,Sa	9:00-10:00	Fat Kwong ST. SC	15+	75	20	@5/9		
40541498 (KC0833)	3/10-29/10	Tu,Th,Sa	10:00-11:00	Fat Kwong ST. SC	15+	75	20	@5/9		
40541499 (KC0834)	3/10-29/10	Tu,Th,Sa	15:00-16:00	Fat Kwong ST. SC	15+	75	20	@5/9		
40541500 (KC0835)	22/10-28/11	Tu,Th	18:00-19:00	Fat Kwong ST. SC	15+	75	20	@24/9		
40541501 (KC0836)	22/10-28/11	Tu,Th	19:00-20:00	Fat Kwong ST. SC	15+	75	20	@24/9		
40541503 (KC0837)	22/10-28/11	Tu,Th	18:00-19:00	To Kwa Wan SC	15+	75	20	@24/9		
40541504 (KC0838)	22/10-28/11	Tu,Th	19:00-20:00	To Kwa Wan SC	15+	75	20	@24/9		
40541505 (KC0839)	22/10-28/11	Tu,Th	20:00-21:00	To Kwa Wan SC	15+	75	20	@24/9		
Jazz TC										
40541511 (KC0845)	2/10-4/12	W	19:00-21:00	Fat Kwong ST. SC	12+	70	30	16/8-22/8 (29/8) {19/9}		
Judo TC for Children										
40541542 (KC0874)	19/10-21/12	Sa	15:00-17:00	Hung Hom Municipal Services Building SC	6-11	65	30	16/8-22/8 (29/8) {23/9}		
Social Dance TC										
40541509 (KC0843)	29/10-28/11	Tu,Th	19:00-21:00	To Kwa Wan SC	14+	86	30	16/8-22/8 (29/8) {19/9}		
40541510 (KC0844)	2/10-6/11 (excl. 7/10)	M,W	15:00-17:00	Fat Kwong ST. SC	14+	86	30	16/8-22/8 (29/8) {19/9}		
Tai Chi Fun Day										
40541557 (KC0886)	12/10	Sa	14:00-17:00	Podium Landscape Courtyard,Kai Ching Est	6+	Free	50	12/10		Walk-in

Tai Chi Made Easy Class										
40541535 (KC0869)	6/10-22/12	Su	7:00-8:00	Hung Hom Municipal Services Building SC	6+	54	30	4/9	 	
Western Folk Dance TC										
40541507 (KC0841)	12/10-14/12	Sa	9:00-11:00	Fat Kwong ST. SC	8+	45	30	16/8-22/8 (29/8) {19/9}		
40541508 (KC0842)	6/10-22/12 (excl. 24/11,1/12)	Su	10:00-12:00	To Kwa Wan SC	8+	45	30	16/8-22/8 (29/8) {19/9}		
Yoga TC										
40541514 (KC0848)	29/10-31/12	Tu	14:00-16:00	Fat Kwong ST. SC	15+	85	30	16/8-22/8 (29/8) {19/9}		
40541517 (KC0849)	31/10-3/12	Tu,Th	10:00-12:00	To Kwa Wan SC	15+	85	30	16/8-22/8 (29/8) {19/9}		
40541519 (KC0850)	29/10-28/11	Tu,Th	15:00-17:00	To Kwa Wan SC	15+	85	30	16/8-22/8 (29/8) {19/9}		
40541520 (KC0851)	8/10-10/12	Tu	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	30	16/8-22/8 (29/8) {19/9}		
40541522 (KC0852)	11/10-13/12	F	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	30	16/8-22/8 (29/8) {19/9}		
40541523 (KC0853)	3/10-5/11	Tu,Th	19:00-21:00	Hung Hom Municipal Services Building SC	15+	85	30	16/8-22/8 (29/8) {19/9}		
Briefing on Proper Ways to Use FE (Class A)										
40541551 (KC0883)	19/10	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	25	16/8-22/8 (29/8) {23/9}		
Briefing on Proper Ways to Use FE (Class B)										
40541553 (KC0884)	19/10	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	25	16/8-22/8 (29/8) {23/9}		
Briefing on Proper Ways to Use Fitness E.										
40541549 (KC0881)	11/10	F	9:00-12:00	To Kwa Wan SC	15+	Free	25	16/8-22/8 (29/8) {23/9}		
40541550 (KC0882)	21/10	M	14:00-17:00	Fat Kwong ST. SC	15+	Free	25	16/8-22/8 (29/8) {23/9}		
Fitness Walking Briefing Session										
40541546 (KC0878)	20/10	Su	16:00-18:00	KWCP & CRP	6+	Free	40	3/9	 	
Body-Mind Stretch TC										
40541524 (KC0854)	10/10-19/11	Tu,Th	10:00-11:00	Kowloon City SC	15+	85	24	6/9	 	
40541525 (KC0855)	10/10-19/11	Tu,Th	11:00-12:00	Kowloon City SC	15+	85	24	6/9	 	
Badminton TC										
40541471 (KC0864)	11/10-13/11	W,F	19:00-21:00	Hung Hom Municipal Services Building SC	7+	118	24	16/8-22/8 (29/8) {23/9}		
40541668 (KC0865)	11/10-13/11	W,F	9:00-11:00	Kowloon City SC	7+	118	24	16/8-22/8 (29/8) {23/9}		
40541669 (KC0866)	15/10-14/11	Tu,Th	19:00-21:00	Kowloon City SC	7+	118	24	16/8-22/8 (29/8) {23/9}		
Parent-child(aged7-17)Badminton TC										
40541670 (KC0867)	6/10-10/11	Su	10:00-12:00	Kowloon City SC	7+	73	24	6/9	 	
Indoor Short Mat Bowling Fun Day										
40541558 (KC0887)	5/10	Sa	10:30-12:30	Kowloon City SC	8+	Free	16	5/10		
Indoor Short Mat Bowling TC										
40541539 (KC0872)	19/10-7/12	Sa	10:30-12:30	Kowloon City SC	8+	54	8	6/9	 	
40541540 (KC0873)	19/10-7/12	Sa	10:30-12:30	Kowloon City SC	8+	54	8	6/9	 	
Squash TC										
40541672 (KC0868)	5/10-23/11	Sa	9:00-11:00	Hung Hom Municipal Services Building SC	7+	160	12	6/9	 	
Table-tennis TC										
40541530 (KC0860)	17/10-19/11	Tu,Th	7:00-9:00	Kowloon City SC	6+	86	24	18/9	 	
Table-tennis Training Course										
40541531 (KC0861)	13/10-5/1 (excl. 24/11,1/12,8/12)	Su	10:00-12:00	Ho Man Tin SC	6+	86	24	16/8-22/8 (29/8) {23/9}		
40541532 (KC0862)	13/10-5/1 (excl. 24/11,1/12,8/12)	Su	8:00-10:00	Ho Man Tin SC	6+	86	24	16/8-22/8 (29/8) {23/9}		
Table-tennis Intermediate Training Course										
40541534 (KC0863)	14/10-4/11	M,W,F	18:00-20:00	Ho Man Tin SC	6+	86	24	16/8-22/8 (29/8) {23/9}		
Tennis TC										
40541527 (KC0857)	13/10-15/12	Su	7:00-9:00	Kowloon Tsai Park Hong Kong TTC.	8+	170	12	16/8-22/8 (29/8) {23/9}		
40541528 (KC0858)	22/10-22/11	Tu,F	7:00-9:00	Junction RD. Park	8+	170	18	18/9	 	
Tennis Training Course										
40541529 (KC0859)	21/10-11/11	M,W,F	10:00-12:00	Ho Man Tin SC TC	8+	170	12	18/9	 	
Tennis Intermediate TC										
40541526 (KC0856)	13/10-15/12	Su	15:00-17:00	Tin Kwong RD. TC	8+	170	12	16/8-22/8 (29/8) {23/9}		
Go TC (Level II)										
40541543 (KC0875)	20/10-8/12 (excl. 24/11,1/12)	Su	16:00-18:00	Kowloon City SC	6+	40	20	6/9	 	
Healthy Exercise for All Campaign Hiking Sch.										
40541536 (KC0870)	20/10	Su	9:00-17:00	Shui Long Wo-Kai Kung Shan	6+	40	48	16/8-22/8 (29/8) {19/9}		

Dance cum R & S Carnival

40541544 (KC0876)	13/10	Su	15:00-16:00	KWCP(Six Arts Terrace)	All	Free	450	13/10	Walk-in
40541547 (KC0879)	12/10	Sa	15:00-17:00	KTRP	All	Free	500	12/10	Walk-in

R&S Carnival cum Dance Fun Day

40541574 (KC0892)	19/10	Sa	14:00-17:00	Argyle ST. PG	All	Free	1500	19/10	Walk-in
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Community Garden Programme

40541538 (KC0871)	28/10-2/3	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Kowloon Tsai Park	12+	400	30	16/8-22/8 (29/8) {23/9}	✉
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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
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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: Training schemes: Accompanying carers may attend the 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 recreation programmes with PWDs to facilitate coach and camp place arrangements. Admission tickets, which must be presented for verification when attending activities, will be issued to accompanying carers upon successful enrolment.

Fitness Assessment for Per. w Hearing impair.

40541601 (KC0901)	5/10	Sa	10:00-13:00	Ho Man Tin SC	15+	8		2/9	☒ i
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Social Dance TS for Per. with Hearing Imp.

40541578 (KC0894)	11/10-22/10	Tu,F	19:00-21:00	Hung Hom Municipal Services Building SC	14+	2		2/9	☒ i
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Wushu TS for Per. with Int. Disability

40541603 (KC0904)	5/10-26/10	Sa	10:00-12:00	Hung Hom Municipal Services Building SC	6+	2		2/9	☒ i
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Social Dance TS for Ex-mentally III Per.

40541575 (KC0893)	8/10-29/10	Tu	14:00-16:00	Ho Man Tin SC	14+	5		2/9	☒ i
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Outdoor Lawn Bowls for Ex-mentally III Per.

40541602 (KC0903)	10/10-31/10	Th	14:30-16:30	Hang Hau Man Kuk Lane Park	8+	2		2/9	☒ i
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Day Camp for Per. with Int. Dis.

40541590 (KC0895)	11/10	F	10:00-17:00	Tso Kung Tam ORC	All	16		2/9	☒ i
40541592 (KC0896)	25/10	F	10:00-17:00	Tso Kung Tam ORC	All	16		2/9	☒ i

Basketball TS for Intellectual Disability

40541674 (KC0902)	28/10-18/11	M	15:00-17:00	Fat Kwong ST. SC	10+	4		2/9	☒ i
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Excursion for Per. with Int. Dis.

40541597 (KC0898)	25/10	F	9:00-16:30	The Mills & Airport Core Programme	All	28		2/9	☒ i
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Body-mind Stretch TP for Per. with Phy. Dis.

40535856 (KC0643)	6/10-10/11	Su	16:00-17:30	HHMSBSC (Dance Room)	15+	20		16/8	☒ i
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Excursion for Per. with Physical Disability

40541599 (KC0899)	13/10	Su	9:00-16:30	Ping Shan Heritage Trail	All	20		2/9	☒ i
40541600 (KC0900)	20/10	Su	10:00-17:00	Ngong Ping Village	All	10		2/9	☒ i

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
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Baduanjin TC for Elderly

40541604 (KC0905)	13/10-29/12	Su	7:30-8:30	King Wan St. PG	30			16/8-22/8 (29/8) {23/9}	✉
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Mt Pts for Elderly - Baduanjin

40541610 (KC0911)	3/10-31/10	Th	9:00-11:00	To Kwa Wan SC	30			3/10-31/10	Walk-in
40541611 (KC0912)	8/10-29/10	Tu	9:00-10:00	Fat Kwong ST. SC	25			8/10-29/10	Walk-in

Mt Pts for Elderly - Elderly Fitness

40541616 (KC0916)	2/10-30/10	W	8:00-10:00	Hung Hom Municipal Services Building SC	30			2/10-30/10	Walk-in
40541617 (KC0917)	2/10-30/10	W	9:00-11:00	To Kwa Wan SC	50			2/10-30/10	Walk-in

Fitness Assessment for Elderly

40541626 (KC0926)	2/10	W	9:00-11:00	To Kwa Wan SC	60	2/10	Walk-in
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Mt Pts for Elderly - Dance

40541620 (KC0920)	14/10-28/10	M	7:00-9:00	Hung Hom Municipal Services Building SC	20	14/10-28/10	Walk-in
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Mt Pts for Elderly - General Gymnastic

40541619 (KC0919)	3/10-31/10	Th	14:00-16:00	Hung Hom Municipal Services Building SC	80	3/10-31/10	Walk-in
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Mt Pts for Elderly - Oriental Dance

40541612 (KC0913)	15/10-29/10	Tu	9:00-11:00	To Kwa Wan SC	90	15/10-29/10	Walk-in
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Mt Pts for Elderly - Social Dance

40541613 (KC0914)	4/10-25/10	F	9:00-11:00	To Kwa Wan SC	150	4/10-25/10	Walk-in
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Healthy Elderly Scheme - Badminton

40541615 (KC0915)	15/10-29/10	Tu	9:00-11:00	Kowloon City SC	24	15/10-29/10	Walk-in
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Healthy Elderly Scheme - T-T Playin

40541627 (KC0927)	3/10-31/10	Th	9:00-11:00	Ho Man Tin SC	36	3/10-31/10	Walk-in
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40541628 (KC0928)	2/10-30/10	W	9:00-11:00	To Kwa Wan SC	36	2/10-30/10	Walk-in
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40541629 (KC0929)	3/10-31/10	Th	9:00-11:00	To Kwa Wan SC	36	3/10-31/10	Walk-in
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Healthy Elderly Scheme- American Pool

40541630 (KC0930)	4/10-25/10	F	9:00-11:00	Ho Man Tin SC	12	4/10-25/10	Walk-in
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Mt Pts for Elderly - Gateball

40541618 (KC0918)	2/10-30/10	W	9:00-11:00	Hung Hom Municipal Services Building SC	25	2/10-30/10	Walk-in
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Excursion for Elderly

40541605 (KC0906)	9/10	W	9:00-17:00	HK Island(tbc)	97	16/8-22/8 (29/8) {23/9}	✉
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