

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

Kwai Tsing District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting { Open Enrollment for Remaining Quota })	
Aerobic Dance Training Course									
40532263 (KWT1123)	1/11-17/1	F	13:00-14:00	Tai Wo Hau SC	14+	65	20	8/10	
40532265 (KWT1124)	1/11-17/1	F	14:00-15:00	Tai Wo Hau SC	14+	65	20	8/10	
40535152	5/11-12/12	Tu,Th	9:00-10:00	Cheung Fat SC	14+	65	20	19/9-23/9 (9/10) {28/10}	
40535153	5/11-12/12	Tu,Th	10:00-11:00	Cheung Fat SC	14+	65	20	19/9-23/9 (9/10) {28/10}	
Chinese Dance Training Course									
40532273 (KWT1129)	7/11-16/1 (excl. 26/12)	Th	12:00-14:00	Tai Wo Hau SC	14+	45	20	19/9-23/9 (9/10) {28/10}	
Fitness (Multi-gym) Training Course									
<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>									
40535154	5/11-12/12	Tu,Th	19:00-20:00	Cheung Fat SC	15+	75	20	@14/10	
40535155	5/11-12/12	Tu,Th	20:00-21:00	Cheung Fat SC	15+	75	20	@14/10	
40535156	6/11-13/12	W,F	8:00-9:00	Cheung Fat SC	15+	75	20	@14/10	
40535157	6/11-13/12	W,F	9:00-10:00	Cheung Fat SC	15+	75	20	@14/10	
40541842	21/11-9/1 (excl. 24/12,26/12,31/12)	Tu,Th	8:00-9:00	Fung Shue Wo SC	15+	75	20	@14/10	
40541843	21/11-9/1 (excl. 24/12,26/12,31/12)	Tu,Th	9:00-10:00	Fung Shue Wo SC	15+	75	20	@14/10	
Social Dance Training Course									
40520180 (KWT-1136)	2/11-4/1	Sa	14:00-16:00	Tsing Yi Southwest SC	14+	86	26	19/9-23/9 (9/10) {28/10}	
Tai Chi Made Easy Class									
40542165	5/11-12/12	Tu,Th	13:00-14:00	Osman Ramju Sadick Memorial SC	6+	54	30	17/10	
40542166	5/11-12/12	Tu,Th	14:00-15:00	Osman Ramju Sadick Memorial SC	6+	54	30	17/10	
Briefing on Proper Ways to Use Fitness Equipment									
40520289 (KWT-1142)	4/11	M	19:00-22:00	North Kwai Chung Tang Shiu Kin SC	15+	Free	25	19/9-23/9 (9/10) {28/10}	
40520290 (KWT-1143)	18/11	M	19:00-22:00	North Kwai Chung Tang Shiu Kin SC	15+	Free	25	19/9-23/9 (9/10) {28/10}	
40541840	12/11	Tu	18:00-21:00	Fung Shue Wo SC	15+	Free	25	19/9-23/9 (9/10) {28/10}	
40541841	12/11	Tu	19:00-22:00	Fung Shue Wo SC	15+	Free	25	19/9-23/9 (9/10) {28/10}	
Stress Management and Physical Relaxation Training Course									
40542161	1/11-17/12	Tu,F	14:00-15:00	Osman Ramju Sadick Memorial SC	14+	80	16	19/9-23/9 (9/10) {28/10}	
Body-Mind Stretch Training Course									
40520174 (KWT-1125)	7/11-30/1 (excl. 26/12)	Th	19:00-20:00	Tsing Yi Southwest SC	15+	85	24	18/9-22/9 (3/10) {21/10}	
40520175 (KWT-1126)	7/11-30/1 (excl. 26/12)	Th	20:00-21:00	Tsing Yi Southwest SC	15+	85	24	18/9-22/9 (3/10) {21/10}	
40532270 (KWT1127)	12/11-18/2 (excl. 24/12,31/12,28/1)	Tu	19:00-20:00	Tai Wo Hau SC	15+	85	24	18/9-22/9 (3/10) {21/10}	
40532271 (KWT1128)	12/11-18/2 (excl. 24/12,31/12,28/1)	Tu	20:00-21:00	Tai Wo Hau SC	15+	85	24	18/9-22/9 (3/10) {21/10}	
Badminton Training Course									
40535151	5/11-5/12	Tu,Th	19:00-21:00	Cheung Fat SC	7+	118	24	18/9-22/9 (3/10) {21/10}	
40541307 (1146)	6/11-6/12	W,F	9:00-11:00	Lai King SC	7+	118	24	18/9-22/9 (3/10) {21/10}	
40541680	6/11-6/12	W,F	9:00-11:00	Tsing Yi SC	7+	118	24	18/9-22/9 (3/10) {21/10}	
40541839	4/11-5/12	M,Th	19:00-21:00	Fung Shue Wo SC (non air-conditioned)	7+	118	18	18/9-22/9 (3/10) {21/10}	
Parent-child(Aged 7-17) Badminton TC									
40542163	2/11-21/12 (excl. 23/11,30/11)	Sa	18:00-20:00	Osman Ramju Sadick Memorial SC	7+	73	24	18/9-22/9 (3/10) {21/10}	
Fencing Training Course (Level II)									
40541681	10/11-5/1 (excl. 22/12)	Su	9:00-11:00	Tsing Yi SC	9+	100	20	18/9-22/9 (3/10) {21/10}	
Indoor Air-gun Shooting Fun Day									
40546896 (KWT1165)	23/11	Sa	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	50	15/10	
40546897 (KWT1166)	23/11	Sa	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	50	15/10	
Squash Training Course									

40532267 (KWT1158)	3/11-29/12 (excl. 22/12)	Su	10:00-12:00	Tai Wo Hau SC	7+	160	8	18/9-22/9 (3/10) {21/10}	✉
40532272 (KWT1159)	4/11-27/11	M,W	19:00-21:00	Tai Wo Hau SC	7+	160	8	18/9-22/9 (3/10) {21/10}	✉
40535158	6/11-29/11	W,F	19:00-21:00	Cheung Fat SC	7+	160	12	16/10	📄 i
40541306 (1156)	4/11-27/11	M,W	19:00-21:00	Lai King SC	7+	160	8	18/9-22/9 (3/10) {21/10}	✉

Indoor Tennis Training Course

40520364 (KWT-1163)	13/11-13/12	W,F	17:00-19:00	North Kwai Chung Tang Shiu Kin SC	8+	170	6	18/9-22/9 (3/10) {21/10}	✉
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Tennis Training Course

40541632 (1161)	15/11-18/12	W,F	9:00-11:00	Tsing Yi Park	8+	170	18	18/9-22/9 (3/10) {21/10}	✉
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Golf Fun Day

40541469 (KWT1164)	10/11	Su	15:30-17:30	Wo Yi Hop RD. Golf Driving Range	8+	Free	30	22/10	📄 i
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Golf Short Games Training Course

40541475 (KWT1151)	3/11-17/11	Su	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	18/9-22/9 (3/10) {21/10}	✉
40541476 (KWT1152)	5/11-19/11	Tu	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	18/9-22/9 (3/10) {21/10}	✉

Golf Training Course (Level I)

40541470 (KWT1153)	3/11-17/11	Su	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	18/9-22/9 (3/10) {21/10}	✉
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Golf Training Course (Level II)

40541473 (KWT1154)	5/11-19/11	Tu	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	18/9-22/9 (3/10) {21/10}	✉
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Healthy Exercise for All-Hiking

40541663 (KWT1167)	3/11	Su	9:00-17:00	Route B7 Jardine's Lookout - Tai Tam Tuk	6+	40	48	19/9-23/9 (9/10) {28/10}	✉
40541664 (KWT1168)	24/11	Su	9:00-17:00	Route D5 Fu Tai Au - Wo Keng Shan	6+	40	48	19/9-23/9 (9/10) {28/10}	✉

Sports Climbing Fun Day

40520190 (KWT-1169)	2/11	Sa	13:00-14:30	Tsing Yi Southwest SC	12+	Free	24	15/10	📄 i
40520191 (KWT-1170)	2/11	Sa	14:30-16:00	Tsing Yi Southwest SC	12+	Free	24	15/10	📄 i
40520192 (KWT-1171)	2/11	Sa	16:00-17:30	Tsing Yi Southwest SC	12+	Free	24	15/10	📄 i

Activities for Persons with Disabilities

Programme Number (Class code) <small>(free of charge)</small>	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.

Body-Mind Stretch TC for Ex-M III persons

40536391 (1177)	8/11-13/12	F	19:00-20:30	Cheung Fat SC	15+	20	17/9	📄 i
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Golf Fun Day for Persons with Disabilities

40541467 (KWT1176)	17/11	Su	16:30-17:30	Wo Yi Hop RD. Golf Driving Range	8+	6	18/10	📄 i
40541468 (KWT1175)	17/11	Su	15:30-16:30	Wo Yi Hop RD. Golf Driving Range	8+	6	18/10	📄 i

Activities for Elderly Programme Number (Class code) (For aged 60 or above, free of charge)

Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Fitness (Multi-gym) TC for Elderly

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40541844	21/11-9/1 (excl. 24/12,26/12,31/12)	Tu,Th	10:00-11:00	Fung Shue Wo SC	20	@19/9-23/9 (9/10){28/10}	✉
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HES-Badminton Self Practice Scheme

40520158 (KWT-1193)	5/11-26/11	Tu	7:00-8:00	Tsing Yi Southwest SC	20	8/10	📄 i
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40520159 (KWT-1194)	5/11-26/11	Tu	8:00-9:00	Tsing Yi Southwest SC	20	8/10	
40535149	7/11-28/11	Th	13:00-14:00	Cheung Fat SC	24	8/10	
40535150	7/11-28/11	Th	14:00-15:00	Cheung Fat SC	24	8/10	
40541683	6/11-27/11	W	7:00-8:00	Tsing Yi SC	20	8/10	
40541684	6/11-27/11	W	8:00-9:00	Tsing Yi SC	20	8/10	
HES-Fitness Play-in							
40532264 (KWT1207)	7/11-28/11	Th	9:00-10:00	Tai Wo Hau SC	25	18/9-22/9 (3/10){21/10}	
40532266 (KWT1208)	7/11-28/11	Th	10:00-11:00	Tai Wo Hau SC	25	18/9-22/9 (3/10){21/10}	
40541308 (1201)	7/11-28/11	Th	8:00-9:00	Lai King SC	25	4/10	
40541309 (1202)	4/11-25/11	M	7:00-8:00	Lai King SC	25	4/10	
40520406 (KWT-1203)	6/11-27/11	W	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	18	4/10	
40520407 (KWT-1204)	6/11-27/11	W	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	18	4/10	
40541685	4/11-25/11	M	8:00-9:00	Tsing Yi SC	20	4/10	
40541686	4/11-25/11	M	9:00-10:00	Tsing Yi SC	20	4/10	
HES-Fitness(Multi-gym) Play-in							
40541310 (1209)	4/11-25/11	M	8:00-9:00	Lai King SC	20	2/10	
HES-Gateball Self Practice Scheme							
40532268 (KWT1199)	4/11-25/11	M	7:00-8:00	Tai Wo Hau SC	20	10/10	
40532269 (KWT1200)	4/11-25/11	M	8:00-9:00	Tai Wo Hau SC	20	10/10	
40542170	6/11-27/11	W	7:00-8:00	Osman Ramju Sadick Memorial SC	20	10/10	
40542171	6/11-27/11	W	8:00-9:00	Osman Ramju Sadick Memorial SC	20	10/10	
HES-Table-tennis Self Practice Scheme							
40520382 (KWT-1185)	7/11-28/11	Th	13:30-14:30	North Kwai Chung Tang Shiu Kin SC	36	11/10	
40520383 (KWT-1186)	7/11-28/11	Th	14:30-15:30	North Kwai Chung Tang Shiu Kin SC	36	11/10	
40535147	4/11-18/11	M	13:00-14:00	Cheung Fat SC	36	11/10	
40535148	4/11-18/11	M	14:00-15:00	Cheung Fat SC	36	11/10	
40541311 (1179)	4/11-25/11	M	7:00-8:00	Lai King SC	24	11/10	
40541312 (1180)	4/11-25/11	M	8:00-9:00	Lai King SC	24	11/10	
40541837	6/11-27/11	W	9:00-10:00	Fung Shue Wo SC (non air-conditioned)	24	11/10	
40541838	6/11-27/11	W	10:00-11:00	Fung Shue Wo SC (non air-conditioned)	24	11/10	
40542167	1/11-29/11	F	8:00-9:00	Osman Ramju Sadick Memorial SC	24	11/10	
40542169	1/11-29/11	F	9:00-10:00	Osman Ramju Sadick Memorial SC	24	11/10	
40541687	4/11-25/11	M	7:00-8:00	Tsing Yi SC	24	11/10	
40541688	4/11-25/11	M	8:00-9:00	Tsing Yi SC	24	11/10	