


































**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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)	
Aerobic Dance TC										
40544790 (KC0935)	11/11-6/12	M,W,F	19:00-20:00	To Kwa Wan SC	14+	65	30	8/10		
40544791 (KC0936)	11/11-6/12	M,W,F	18:00-19:00	To Kwa Wan SC	14+	65	30	8/10		
40544792 (KC0937)	14/11-31/12 (excl. 24/12,26/12)	Tu,Th	18:00-19:00	Fat Kwong ST. SC	14+	65	30	9/10		
40544793 (KC0938)	14/11-31/12 (excl. 24/12,26/12)	Tu,Th	19:00-20:00	Fat Kwong ST. SC	14+	65	30	9/10		
40544794 (KC0939)	15/11-11/12	M,W,F	18:00-19:00	Hung Hom Municipal Services Building SC	14+	65	30	8/10		
40544795 (KC0940)	15/11-11/12	M,W,F	19:00-20:00	Hung Hom Municipal Services Building SC	14+	65	30	8/10		
40544796 (KC0941)	20/11-20/12 (excl. 25/11,9/12)	M,W,F	8:00-9:00	Fat Kwong ST. SC	14+	65	30	17/10		
40544797 (KC0942)	20/11-20/12 (excl. 25/11,9/12)	M,W,F	9:00-10:00	Fat Kwong ST. SC	14+	65	30	17/10		
40544798 (KC0943)	20/11-23/12 (excl. 25/11,2/12,16/12)	M,W,F	14:00-15:00	To Kwa Wan SC	14+	65	30	17/10		
40544799 (KC0944)	20/11-23/12 (excl. 25/11,2/12,16/12)	M,W,F	15:00-16:00	To Kwa Wan SC	14+	65	30	17/10		
40544800 (KC0945)	21/11-17/12	Tu,Th,Sa	8:00-9:00	Hung Hom Municipal Services Building SC	14+	65	30	9/10		
40544801 (KC0946)	21/11-17/12	Tu,Th,Sa	9:00-10:00	Hung Hom Municipal Services Building SC	14+	65	30	9/10		
Baduanjin TC for Adult										
40544864 (KC0975)	2/11-18/1	Sa	9:00-10:00	JRP Open Space Adjacent to Baske. Court	20+	80	30	4/10		
Chinese Dance TC										
40544802 (KC0947)	18/11-20/1	M	19:00-21:00	Fat Kwong ST. SC	12+	45	30	18/9-24/9 (2/10) {24/10}		
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>										
40544803 (KC0948)	21/11-17/12	Tu,Th,Sa	8:00-9:00	To Kwa Wan SC	15+	75	20	@22/10		
40544804 (KC0949)	21/11-17/12	Tu,Th,Sa	9:00-10:00	To Kwa Wan SC	15+	75	20	@22/10		
40544805 (KC0950)	21/11-17/12	Tu,Th,Sa	10:00-11:00	To Kwa Wan SC	15+	75	20	@22/10		
40544806 (KC0951)	9/11-5/12	Tu,Th,Sa	9:00-10:00	Fat Kwong ST. SC	15+	75	20	@3/10		
40544807 (KC0952)	9/11-5/12	Tu,Th,Sa	10:00-11:00	Fat Kwong ST. SC	15+	75	20	@3/10		
40544808 (KC0953)	9/11-5/12	Tu,Th,Sa	15:00-16:00	Fat Kwong ST. SC	15+	75	20	@3/10		
40544809 (KC0954)	8/11-11/12 (excl. 11/11,25/11,9/12)	M,W,F	7:00-8:00	Fat Kwong ST. SC	15+	75	20	@14/10		
40544810 (KC0955)	8/11-11/12 (excl. 11/11,25/11,9/12)	M,W,F	9:00-10:00	Fat Kwong ST. SC	15+	75	20	@14/10		
40544811 (KC0956)	8/11-11/12 (excl. 11/11,25/11,9/12)	M,W,F	10:00-11:00	Fat Kwong ST. SC	15+	75	20	@14/10		
Social Dance TC										
40544819 (KC0962)	3/11-5/1	Su	14:00-16:00	Hung Hom Municipal Services Building SC	14+	86	30	18/9-24/9 (2/10) {24/10}		
40544821 (KC0963)	18/11-18/12	M,W	15:00-17:00	Fat Kwong ST. SC	14+	86	30	18/9-24/9 (2/10) {24/10}		
Tai Chi Fun Day										
40544880 (KC0990)	9/11	Sa	14:00-17:00	Tai Chi Area Tak Long Est	6+	Free	50	9/11		Walk-in
Tai Chi Made Easy Class										
40544870 (KC0981)	17/11-23/2 (excl. 24/11,1/12,26/1)	Su	8:00-9:00	To Kwa Wan SC	6+	54	25	18/9-24/9 (2/10) {25/10}		
40544871 (KC0982)	17/11-23/2 (excl. 24/11,1/12,26/1)	Su	9:00-10:00	To Kwa Wan SC	6+	54	25	14/10		
Tai Chi Sword TC										
40544866 (KC0977)	30/11-26/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Pui Ching Rd. Ply. (Basketball Ct.)	6+	60	40	11/10		
40544867 (KC0978)	30/11-26/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	6:45-7:45	KSRP(Soccer Pitch)	6+	60	60	11/10		
40544868 (KC0979)	30/11-26/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	JRP (Space Adj. to BC)	6+	60	40	16/10		
40544869 (KC0980)	30/11-26/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	KTP(Mini-Soccer Pitch No.2)	6+	60	40	16/10		
Tai Chi Sword Training Course										



40544865 (KC0976)	26/11-21/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Ho Man Tin Park (Mini Soccer Pitch)	6+	60	40	11/10	 
Yoga TC									
40544872 (KC0983)	1/11-3/1	F	14:00-16:00	Fat Kwong ST. SC	15+	85	30	18/9-24/9 (2/10) {25/10}	
40544873 (KC0984)	19/11-19/12	Tu,Th	19:00-21:00	Hung Hom Municipal Services Building SC	15+	85	30	18/9-24/9 (2/10) {25/10}	
Briefing on Proper Ways to Use FE (Class A)									
40544815 (KC0959)	16/11	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	25	18/9-24/9 (2/10) {24/10}	
Briefing on Proper Ways to Use FE (Class B)									
40544816 (KC0960)	16/11	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	25	18/9-24/9 (2/10) {24/10}	
Briefing on Proper Ways to Use Fitness E.									
40544812 (KC0957)	8/11	F	14:00-17:00	Fat Kwong ST. SC	15+	Free	25	18/9-24/9 (2/10) {24/10}	
40544813 (KC0958)	8/11	F	9:00-12:00	To Kwa Wan SC	15+	Free	25	18/9-24/9 (2/10) {24/10}	
Fitness Walking Briefing Session									
40544879 (KC0989)	16/11	Sa	15:00-17:00	Kowloon Tsai Park	6+	Free	40	2/10	 
Badminton TC									
40544826 (KC0965)	5/11-5/12	Tu,Th	9:00-11:00	Kowloon City SC	7+	118	24	18/9-24/9 (2/10) {24/10}	
40544827 (KC0966)	5/11-5/12	Tu,Th	19:00-21:00	Hung Hom Municipal Services Building SC	7+	118	24	18/9-24/9 (2/10) {24/10}	
40544828 (KC0967)	1/11-4/12	W,F	19:00-21:00	To Kwa Wan SC	7+	118	24	18/9-24/9 (2/10) {24/10}	
Mini-tennis TC									
40544830 (KC0968)	2/11-18/1 (excl. 23/11,30/11)	Sa	14:00-16:00	To Kwa Wan SC	6-12	70	16	3/10	 
Squash TC									
40544822 (KC0964)	1/11-27/11	W,F	19:00-21:00	Fat Kwong ST. SC	7+	160	12	3/10	 
Table-tennis Training Course									
40544838 (KC0973)	11/11-2/12	M,W,F	18:00-20:00	Ho Man Tin SC	6+	86	24	18/9-24/9 (2/10) {25/10}	
40544839 (KC0974)	12/11-12/12	Tu,Th	7:00-9:00	Ho Man Tin SC	6+	86	24	9/10	 
Tennis TC									
40544832 (KC0969)	5/11-6/12	Tu,F	7:00-9:00	Tin Kwong RD. TC	8+	170	12	8/10	 
40544834 (KC0970)	19/11-19/12	Tu,Th	19:00-21:00	Junction RD. Park TC	8+	170	18	18/9-24/9 (2/10) {25/10}	
40544835 (KC0971)	28/11-7/1 (excl. 24/12,26/12)	Tu,Th	18:00-20:00	Tin Kwong RD. TC	8+	170	12	18/9-24/9 (2/10) {25/10}	
40544836 (KC0972)	5/11-6/12	Tu,F	15:00-17:00	Ho Man Tin SC TC	8+	170	12	8/10	 
Cricket Fun Day									
40544881 (KC0991)	9/11	Sa	15:00-17:00	Junction RD. Park (Soccer Pitch)	6+	Free	30	2/10	 
Healthy Exercise for All Campaign Hiking Sch.									
40544875 (KC0986)	3/11	Su	9:00-17:00	C1 Wu Kau Tang - Luk Keng	6+	40	48	18/9-24/9 (2/10) {25/10}	
40544876 (KC0987)	24/11	Su	9:00-17:00	D6 : Kong Ha Au - Luk Keng	6+	40	48	18/9-24/9 (2/10) {25/10}	
Excursion for Families									
40544877 (KC0988)	17/11	Su	9:00-17:00	HK Island(tbc)	All	40	96	18/9-24/9 (2/10) {25/10}	
Dance cum R & S Carnival									
40544882 (KC0992)	2/11	Sa	15:00-17:00	KTCTP	All	Free	500	2/11	Walk-in
Horticulture Seminar									
40544874 (KC0985)	17/11	Su	14:30-16:30	To Kwa Wan SC	All	30	30	16/10	 

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.



Aerobic Dance TS for Per. with Inr. Dis.

40544884 (KC0994)	2/11-30/11 (excl. 23/11)	Sa	10:00-12:00	Hung Hom Municipal Services Building SC	14+	2	2/10	 
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American Pool TS for Persons with Hearing Imp

40544889 (KC0998)	14/11-26/11	Tu,Th	19:00-21:00	Ho Man Tin SC	8+	2	2/10	 
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Chinese Dance TS for Ex-mentally III Per.

40544888 (KC0997)	7/11-28/11	Th	11:00-13:00	Hung Hom Municipal Services Building SC	12+	2	2/10	 
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Day Camp for Ex-mentally III Per.								
40544892 (KC1001)	22/11	F	9:00-17:00	Tso Kung Tam ORC	All	10	2/10	<i>i</i>
Day Camp for Per. with Int. Dis.								
40544883 (KC0993)	23/11	Sa	9:00-16:00	Lady MacLehose HV	All	20	2/10	<i>i</i>
40544890 (KC0999)	15/11	F	10:00-15:00	TKT ORC	All	6	2/10	<i>i</i>
40544893 (KC1002)	22/11	F	9:00-15:00	Sai Kung ORC	All	20	2/10	<i>i</i>
Excursion for Ex-mentally III Per.								
40541595 (KC0897)	22/11	F	9:00-17:00	tbc	All	8	2/10	<i>i</i>
40544894 (KC1003)	22/11	F	9:00-17:00	TBC	All	10	2/10	<i>i</i>
American Pool FD for Persons with Int. Dis.								
40544885 (KC0995)	12/11	Tu	10:00-11:30	Ho Man Tin SC	8+	2	2/10	<i>i</i>
40544887 (KC0996)	26/11	Tu	10:00-11:30	Ho Man Tin SC	8+	2	2/10	<i>i</i>
Excursion for Per. with Chronic illness								
40544895 (KC1004)	30/11	Sa	9:00-17:00	Lau Fau Shan	All	10	2/10	<i>i</i>
Excursion for Per. with Physical Disability								
40544891 (KC1000)	16/11	Sa	10:30-15:30	Ping Chan Heritage Trail / Yuen Long	All	6	2/10	<i>i</i>
Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>								
Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method	
Mt Pts for Elderly - Baduanjin								
40544897 (KC1006)	5/11-26/11	Tu	9:00-10:00	Fat Kwong ST. SC	25	5/11-26/11	Walk-in	
40544901 (KC1010)	7/11-28/11	Th	9:00-11:00	To Kwa Wan SC	30	7/11-28/11	Walk-in	
Mt Pts for Elderly - Elderly Fitness								
40544899 (KC1008)	6/11-27/11	W	8:00-10:00	Hung Hom Municipal Services Building SC	30	6/11-27/11	Walk-in	
40544900 (KC1009)	6/11-27/11	W	9:00-11:00	To Kwa Wan SC	50	6/11-27/11	Walk-in	
Mt Pts for Elderly - General Gymnastic								
40544908 (KC1017)	7/11-28/11	Th	14:00-16:00	Hung Hom Municipal Services Building SC	80	7/11-28/11	Walk-in	
Mt Pts for Elderly - Oriental Dance								
40544898 (KC1007)	5/11-26/11	Tu	9:00-11:00	To Kwa Wan SC	90	5/11-26/11	Walk-in	
Mt Pts for Elderly - Social Dance								
40544896 (KC1005)	1/11-29/11	F	9:00-11:00	To Kwa Wan SC	150	1/11-29/11	Walk-in	
Healthy Elderly Scheme - Badminton								
40544903 (KC1012)	20/11-27/11	W	9:00-11:00	Kowloon City SC	24	20/11-27/11	Walk-in	
40544915 (KC1024)	5/11-26/11	Tu	7:00-9:00	To Kwa Wan SC	12	5/11-26/11	Walk-in	
Healthy Elderly Scheme - Table-tennis								
40544912 (KC1021)	4/11-18/11	M	9:00-11:00	Ho Man Tin SC	36	4/11-18/11	Walk-in	
40544913 (KC1022)	7/11-28/11	Th	9:00-11:00	Ho Man Tin SC	36	7/11-28/11	Walk-in	
40544914 (KC1023)	7/11-28/11	Th	9:00-11:00	To Kwa Wan SC	36	7/11-28/11	Walk-in	
Healthy Elderly Scheme- American Pool								
40544916 (KC1025)	1/11-29/11	F	9:00-11:00	Ho Man Tin SC	12	1/11-29/11	Walk-in	
Mt Pts for Elderly - Gateball								
40544907 (KC1016)	6/11-27/11	W	9:00-11:00	Hung Hom Municipal Services Building SC	25	6/11-27/11	Walk-in	
Day Camp for Elderly								
40544902 (KC1011)	13/11	W	9:00-16:00	Sai Kung ORC	97	18/9-24/9 (2/10) {25/10}		