











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

**Wong Tai Sin District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
<b>Aerobic Dance Training Course</b>										
40545289 (WT0753)	1/11-11/12	W,F	7:00-8:00	Po Kong Village RD. SC	14+	65	30	3/10		
40545290 (WT0754)	1/11-11/12	W,F	8:00-9:00	Po Kong Village RD. SC	14+	65	30	3/10		
40545291 (WT0755)	5/11-12/12	Tu,Th	8:00-9:00	Po Kong Village RD. SC	14+	65	30	2/10		
40545292 (WT0756)	5/11-12/12	Tu,Th	9:00-10:00	Po Kong Village RD. SC	14+	65	30	2/10		
<b>Fitness (Multi-gym) Training Course</b>										
<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.                      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.</p>										
40545496 (WT0760)	20/11-16/12	M,W,F	7:00-8:00	Chuk Yuen SC	15+	75	25	@9/10		
40545497 (WT0761)	20/11-16/12	M, W, F	8:00-9:00	Chuk Yuen SC	15+	75	25	@9/10		
40545524 (WT0762)	4/11-29/11	M,W,F	7:00-8:00	Po Kong Village RD. SC	15+	75	25	@11/10		
40545525 (WT0763)	4/11-29/11	M,W,F	8:00-9:00	Po Kong Village RD. SC	15+	75	25	@11/10		
40545526 (WT0764)	4/11-29/11	M,W,F	19:00-20:00	Po Kong Village RD. SC	15+	75	25	@11/10		
40545527 (WT0765)	4/11-29/11	M,W,F	20:00-21:00	Po Kong Village RD. SC	15+	75	25	@11/10		
<b>Yoga Training Course</b>										
40545529 (WT0767)	6/11-6/12	W,F	10:00-12:00	Po Kong Village RD. SC	15+	85	30	20/9-27/9 (3/10) {29/10}		
40545530 (WT0768)	15/11-18/12	W,F	14:00-16:00	Chuk Yuen SC	15+	85	30	20/9-27/9 (3/10) {29/10}		
40545531 (WT0769)	19/11-19/12	Tu,Th	12:00-14:00	Chuk Yuen SC	15+	85	30	20/9-27/9 (3/10) {29/10}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40545297 (WT0757)	9/11-16/11	Sa	14:00-17:00	Chuk Yuen SC	15+	Free	25	20/9-27/9 (3/10) {29/10}		
40545299 (WT0758)	3/11-10/11	Su	14:00-17:00	Po Kong Village RD. SC	15+	Free	25	20/9-27/9 (3/10) {29/10}		
<b>Badminton Training Course</b>										
40545528 (WT0766)	11/11-11/12	M,W	19:00-21:00	Po Kong Village RD. SC	18+	118	24	20/9-27/9 (3/10) {29/10}		
<b>Squash Training Course</b>										
40545534 (WT0772)	25/11-13/1	M	19:00-21:00	Chuk Yuen SC	18+	160	12	14/10		
<b>Hiking Scheme</b>										
40545536 (WT0774)	24/11	Su	9:00-16:00	C8 - Pok Fu Lam Reservoir - HK University	6+	40	48	20/9-27/9 (3/10) {29/10}		
<b>Activities for Persons with Disabilities</b>										
Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age	Quota	Date of Enrollment		Enrolment Method	
							(Balloting)	(Open Enrollment for Remaining Quota)		
<b>To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)</b>										
<p>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.</p>										
<b>Body-Mind Stretch Training Programme for Persons with Chronic Illness</b>										
40535816 (WT0449)	4/11-9/12	M	19:00-20:30	Choi Hung RD. SC	15+	20		17/9		
<b>Day Camp for Persons with Chronic illness</b>										
40545863 (WT0806)	17/11	Su	10:00-16:00	Lei Yue Mun Park	6+	8		2/10		
40545864 (WT0807)	23/11	Sa	9:00-16:00	Sai Kung ORC	6+	6		2/10		
40546086 (WT0809)	24/11	Su	9:00-17:00	Lady MacLehose HV	All	6		2/10		
<b>Excursion for Persons with Chronic illness</b>										
40545866 (WT0808)	2/11	Sa	9:00-17:00	Airport Core Prog Exh Cent PS Hert Trail	12+	20		2/10		
<b>Residential Camp for Persons with Chronic illness</b>										
40546094 (WT0810)	30/11-1/12	Sa,Su	14:00-14:00	Lady MacLehose HV	6+	4		2/10		
<b>Day Camp for Ex-mentally ill Persons</b>										
40546095 (WT0811)	15/11	F	9:00-16:00	Sai Kung ORC	6+	10		2/10		

<b>Gateball Fun Day for Persons with Intellectual Disability</b>							
40545777 (WT0794)	26/11	Tu	10:00-12:00	Morse Park No. 3 Gateball Crt	6+	5	2/10  
<b>Excursions for Persons with Intellectual Disability</b>							
40545782 (WT0795)	1/11	F	9:00-17:00	Yuen Long	6+	5	2/10  
<b>Residential Camp for Persons with Intellectual Disability</b>							
40545788 (WT0796)	15/11-16/11	F,Sa	14:30-13:00	Sai Kung ORC	6+	7	2/10  
<b>Yoga Training Scheme for Persons with Physical Disability</b>							
40545857 (WT0804)	7/11-28/11	Th	10:00-12:00	Kowloon East PHAB Centre	6+	4	2/10  
<b>Golf Fun Day for Persons with Physical Disability</b>							
40545856 (WT0803)	16/11	Sa	10:00-12:00	Tuen Mun RSC	6+	3	2/10  
<b>Activities for Elderly Programme Number (Class code)</b> <small>(For aged 60 or above, free of charge)</small>							
<b>Programme Number (Class code)</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Quota</b>	<b>Date of Enrollment</b> <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	<b>Enrolment Method</b>
<b>Meeting Points for Elderly - Baduanjin Fun Day</b>							
40545665 (WT0780)	1/11-29/11	W,F	8:00-9:00	Po Kong Village RD. SC	45	1/11-29/11	Walk-in
<b>Meeting Points for Elderly - Fitness Exercise Fun Day</b>							
40545668 (WT0783)	1/11-29/11	M,W,F	7:00-8:00	Morse Park No. 3 - Basketball Ct	30	1/11-29/11	Walk-in
<b>Meeting Points for Elderly - General Gymnastics Fun Day</b>							
40545669 (WT0784)	1/11-29/11	Tu,F	9:00-11:00	Chuk Yuen SC	60	1/11-29/11	Walk-in
<b>Social Dance Fun Day for Elderly</b>							
40545661 (WT0776)	20/11	W	8:00-11:00	Morse Park SC	40	20/11	Walk-in
<b>Healthy Elderly Scheme - Indoor Gateball Fun Day</b>							
40545674 (WT0789)	1/11-29/11	Tu,F	7:00-9:00	Chuk Yuen SC	15	1/11-29/11	Walk-in
40545675 (WT0790)	1/11-29/11	W,F	9:00-12:00	Kai Tak East SC	30	1/11-29/11	Walk-in
40545676 (WT0791)	5/11-28/11	Tu,Th	9:00-11:00	Po Kong Village RD. SC	30	5/11-28/11	Walk-in
40545677 (WT0792)	4/11-28/11 (excl. 25/11)	M,Th	7:00-9:00	Morse Park SC	30	4/11-28/11	Walk-in
<b>Healthy Elderly Scheme - Table Tennis Fun Day</b>							
40545670 (WT0785)	5/11-28/11	Tu,Th	10:00-12:00	Chuk Yuen SC	20	5/11-28/11	Walk-in
40545671 (WT0786)	1/11-29/11	W,F	9:00-12:00	Kai Tak East SC	20	1/11-29/11	Walk-in
40545673 (WT0788)	4/11-28/11 (excl. 25/11)	M,Th	7:00-9:00	Morse Park SC	20	4/11-28/11	Walk-in
<b>Meeting Points for Elderly - Indoor Short Mat Bowling Cum Indoor Gateball Fun Day</b>							
40545666 (WT0781)	5/11-28/11	Tu,Th	9:30-11:30	Kai Tak East SC	25	5/11-28/11	Walk-in
<b>Gateball Fun Day for the Elderly</b>							
40545662 (WT0777)	2/11	Sa	8:00-10:00	Morse Park(Park No3)Gateball crts(2crts)	30	2/11	Walk-in
40545663 (WT0778)	16/11	Sa	8:00-10:00	Morse Park(Park No3)Gateball crts(2crts)	30	16/11	Walk-in
<b>Excursion for the Elderly</b>							
40545664 (WT0779)	6/11	W	9:00-17:00	Tai Au Mun	96	20/9-27/9 (3/10) {29/10}	