

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

Kwun Tong District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting { Open Enrollment for Remaining Quota }	
Breaststroke Swimming Cr for Adult (I)									
40545191 (KT1120)	6/11-27/11	M,W,F	8:00-9:00	KTSP (Indoor Training Pool)	18+	100	16	20/9-27/9 (8/10) {29/10}	☒
Front Crawl TC for Adult (Level II)									
40545192 (KT1121)	6/11-27/11	M,W,F	9:00-10:00	KTSP (Indoor Training Pool)	18+	100	20	20/9-27/9 (8/10) {29/10}	☒
Aerobic Dance Training Course									
40544814 (KT1028)	18/11-18/12 (excl. 25/11,9/12)	M,W,F	8:00-9:00	Ngau Tau Kok RD. SC	14+	65	30	20/9-27/9 (8/10) {29/10}	☒
40544818 (KT1026)	14/11-24/12	Tu,Th	9:00-10:00	Lam Tin South SC	14+	65	30	4/10	☒ i
40544820 (KT1027)	14/11-24/12	Tu,Th	10:00-11:00	Lam Tin South SC	14+	65	30	4/10	☒ i
40544824 (KT1024)	11/11-6/12	M,W,F	18:00-19:00	Shui Wo ST. SC	14+	65	25	8/10	☒ i
40544825 (KT1025)	11/11-6/12	M,W,F	19:00-20:00	Shui Wo ST. SC	14+	65	25	8/10	☒ i
40545147 (KT1029)	18/11-18/12 (excl. 25/11,9/12)	M,W,F	9:00-10:00	Ngau Tau Kok RD. SC	14+	65	30	8/10	☒ i
40545148 (KT1030)	22/11-18/12	M,W,F	18:00-19:00	Ngau Tau Kok RD. SC	14+	65	30	20/9-27/9 (8/10) {29/10}	☒
40545149 (KT1031)	22/11-18/12	M,W,F	19:00-20:00	Ngau Tau Kok RD. SC	14+	65	30	20/9-27/9 (8/10) {29/10}	☒
40545150 (KT1032)	25/11-20/12	M,W,F	19:00-20:00	Lam Tin South SC	14+	65	30	8/10	☒ i
40545151 (KT1033)	25/11-20/12	M,W,F	20:00-21:00	Lam Tin South SC	14+	65	30	8/10	☒ i
40545152 (KT1034)	9/11-5/12	Tu,Th,Sa	7:00-8:00	Shui Wo ST. SC	14+	65	25	20/9-27/9 (8/10) {29/10}	☒
40545153 (KT1035)	9/11-5/12	Tu,Th,Sa	8:00-9:00	Shui Wo ST. SC	14+	65	25	20/9-27/9 (8/10) {29/10}	☒
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>									
40544928 (KT1079)	1/11-11/12	W,F	7:00-8:00	Shun Lee Tsuen SC	15+	75	25	@10/10	☒ i
40544929 (KT1080)	1/11-11/12	W,F	8:00-9:00	Shun Lee Tsuen SC	15+	75	25	@10/10	☒ i
40544930 (KT1081)	1/11-11/12	W,F	9:00-10:00	Shun Lee Tsuen SC	15+	75	25	@10/10	☒ i
40544931 (KT1082)	1/11-11/12	W,F	10:00-11:00	Shun Lee Tsuen SC	15+	75	25	@10/10	☒ i
40544932 (KT1083)	1/11-11/12	W,F	18:00-19:00	Shun Lee Tsuen SC	15+	75	25	@10/10	☒ i
40544933 (KT1084)	1/11-11/12	W,F	19:00-20:00	Shun Lee Tsuen SC	15+	75	25	@10/10	☒ i
40544934 (KT1085)	12/11-19/12	Tu,Th	7:00-8:00	Shun Lee Tsuen SC	15+	75	25	@9/10	☒ i
40544935 (KT1086)	12/11-19/12	Tu,Th	8:00-9:00	Shun Lee Tsuen SC	15+	75	25	@9/10	☒ i
40544936 (KT1087)	12/11-19/12	Tu,Th	9:00-10:00	Shun Lee Tsuen SC	15+	75	25	@9/10	☒ i
40544937 (KT1088)	12/11-19/12	Tu,Th	10:00-11:00	Shun Lee Tsuen SC	15+	75	25	@9/10	☒ i
40544938 (KT1089)	12/11-19/12	Tu,Th	15:00-16:00	Shun Lee Tsuen SC	15+	75	25	@9/10	☒ i
40544939 (KT1090)	12/11-19/12	Tu,Th	16:00-17:00	Shun Lee Tsuen SC	15+	75	25	@9/10	☒ i
40544940 (KT1091)	12/11-19/12	Tu,Th	19:00-20:00	Shun Lee Tsuen SC	15+	75	25	@9/10	☒ i
40544941 (KT1092)	12/11-19/12	Tu,Th	20:00-21:00	Shun Lee Tsuen SC	15+	75	25	@9/10	☒ i
Hydro Fitness Training Course									
40545177 (KT1105)	4/11-18/12	M,W	19:00-20:00	KTSP (Indoor Training Pool)	14+	80	30	20/9-27/9 (8/10) {29/10}	☒
40545178 (KT1106)	4/11-18/12	M,W	20:00-21:00	KTSP (Indoor Training Pool)	14+	80	30	20/9-27/9 (8/10) {29/10}	☒
Yoga Training Course									
40544988 (KT1135)	14/11-16/12	M,Th	15:00-17:00	Shun Lee Tsuen SC	15+	85	30	20/9-27/9 (8/10) {30/10}	☒
40544989 (KT1136)	19/11-19/12	Tu,Th	9:00-11:00	Ngau Tau Kok RD. SC	15+	85	30	20/9-27/9 (8/10) {30/10}	☒
40544990 (KT1137)	5/11-5/12	Tu,Th	9:00-11:00	Shui Wo ST. SC	15+	85	25	20/9-27/9 (8/10) {30/10}	☒
40544991 (KT1138)	11/11-8/1 (excl. 18/11,2/12,16/12,25/12,1/1,6/1)	M,W,F	14:00-15:00	Shui Wo ST. SC	15+	85	25	20/9-27/9 (8/10) {30/10}	☒
40544992 (KT1139)	11/11-8/1 (excl. 18/11,2/12,16/12,25/12,1/1,6/1)	M,W,F	15:00-16:00	Shui Wo ST. SC	15+	85	25	20/9-27/9 (8/10) {30/10}	☒
40544993 (KT1140)	11/11-8/1 (excl. 18/11,2/12,16/12,25/12,1/1,6/1)	M,W,F	16:00-17:00	Shui Wo ST. SC	15+	85	25	20/9-27/9 (8/10) {30/10}	☒
Briefing on Proper Ways to Use Fitness Equip.									
40545156 (KT1038)	3/11	Su	9:00-12:00	Shun Lee Tsuen SC	15+	Free	25	20/9 (8/10) {29/10}	☒
40545157 (KT1039)	4/11	M	18:00-21:00	Shun Lee Tsuen SC	15+	Free	25	20/9-27/9 (8/10) {29/10}	☒
40545158 (KT1040)	10/11	Su	9:00-12:00	Lei Yue Mun SC	15+	Free	25	20/9-27/9 (8/10) {29/10}	☒

40545159 (KT1041)	13/11	W	18:00-21:00	Lei Yue Mun SC	15+	Free	25	20/9-27/9 (8/10) {29/10}	✉
40545160 (KT1042)	16/11	Sa	14:00-17:00	Shun Lee Tsuen SC	15+	Free	25	20/9-27/9 (8/10) {29/10}	✉
Briefing Session on Fitness Walking									
40545185 (KT1114)	15/11	F	19:30-21:30	Jordan Valley Park	6+	Free	40	10/10	📄 i
Badminton Training Course									
40545162 (KT1044)	1/11-22/11	M,W,F	7:00-9:00	Hiu Kwong ST. SC	7+	118	24	20/9-27/9 (8/10) {31/10}	✉
40545163 (KT1045)	12/11-12/12	Tu,Th	19:00-21:00	Ngau Tau Kok RD. SC	18+	118	18	20/9-27/9 (8/10) {31/10}	✉
40545164 (KT1046)	20/11-20/12	W,F	9:00-11:00	Kowloon Bay SC	7+	118	24	20/9-27/9 (8/10) {31/10}	✉
40545165 (KT1047)	7/11-10/12	Tu,Th	9:00-11:00	Kowloon Bay SC	7+	118	24	20/9-27/9 (8/10) {31/10}	✉
40545168 (KT1048)	8/11-10/1	F	19:00-21:00	Shun Lee Tsuen SC	18+	118	24	20/9-27/9 (8/10) {31/10}	✉
Badminton Clinic									
40545161 (KT1043)	6/11-6/12	W,F	19:00-21:00	Hiu Kwong ST. SC	12+	118	24	20/9-27/9 (8/10) {31/10}	✉
Squash Training Course									
40545190 (KT1119)	5/11-7/1 (excl. 24/12,31/12)	Tu	19:00-21:00	Shui Wo ST. SC	7+	160	8	11/10	📄 i
Tennis Training Course									
40544969 (KT1127)	11/11-11/12	M,W	19:00-21:00	Hiu Ming ST. PG	8+	170	12	20/9-27/9 (8/10) {31/10}	✉
40544970 (KT1128)	12/11-13/12	Tu,F	16:00-18:00	Sin Fat RD. T/C	8+	170	12	20/9-27/9 (8/10) {31/10}	✉
40544971 (KT1129)	25/11-30/12 (excl. 25/12)	M,W	18:00-20:00	Shun Lee Tsuen Park	8+	170	12	20/9-27/9 (8/10) {31/10}	✉
Golf Training Course (Level I)									
40545174 (KT1102)	3/11-24/11	Su	9:00-10:30	Shun Lee Tsuen SC	8+	160	6	20/9-27/9 (8/10) {31/10}	✉
40545175 (KT1103)	3/11-24/11	Su	10:30-12:00	Shun Lee Tsuen SC	8+	160	6	20/9-27/9 (8/10) {31/10}	✉
American Pool Training Course (Level I)									
40545154 (KT1036)	27/11-18/12	W	19:00-21:00	Shun Lee Tsuen SC	8+	120	12	11/10	📄 i
40545155 (KT1037)	4/11-25/11	M	19:00-21:00	Shun Lee Tsuen SC	8+	120	12	11/10	📄 i
Snooker Training Course (Level 1)									
40545187 (KT1116)	5/11-22/11	Tu,F	19:00-21:00	Shun Lee Tsuen SC	10+	240	8	20/9-27/9 (8/10) {31/10}	✉
Outreaching Mt. Pts. For Youth - Basketball Play-in									
40545169 (KT1051)	1/11-29/11	F	19:00-22:00	Kwun Tong Recreation Ground (Court.No.2)	13+	Free	60	1/11-29/11	Walk-in
Outreaching Mt. Pts. For Youth-Soccer Play-in									
40545189 (KT1118)	1/11-29/11	F	19:00-22:00	Kwun Tong Recreation Ground (no.2 court)	13+	Free	60	1/11-29/11	Walk-in
Gateball Fun Day									
40544943 (KT1098)	10/11	Su	12:00-14:00	Jordan Valley PG	20+	Free	30	11/10	📄 i
Gateball Training Course									
40545172 (KT1100)	3/11-22/12	Su	10:00-12:00	Jordan Valley PG	20+	Free	30	11/10	📄 i
KT District Volleyball Comp for Female									
40544974 (KT1132)	10/11-17/11	Su	8:00-19:00	Kowloon Bay SC	12+	60	16	12/9-21/9 (30/9) {24/10}	✉
KT District Volleyball Comp for Male									
40544975 (KT1133)	10/11-17/11	Su	8:00-19:00	Kowloon Bay SC	12+	60	16	12/9-21/9 (30/9) {24/10}	✉
Healthy Exercise for All Campaign - Hiking Scheme									
40545179 (KT1107)	3/11	Su	9:00-16:00	D2 - Wan Chai Gap - Jardine's Lookout	6+	40	48	20/9-27/9 (8/10) {29/10}	✉
Horse Riding Fun Day									
40545193 (KT1110)	17/11	Su	15:00-17:00	Lei Yue Mun Park Public Riding School	6+	75	24	11/10	📄 i
Horticultural Seminar									
40545180 (KT1108)	2/11	Sa	14:30-16:30	Jordan Valley Park	All	30	30	11/10	📄 i
40545181 (KT1109)	17/11	Su	10:30-12:30	Jordan Valley Park	All	30	30	11/10	📄 i
Community Garden Scheme									
40545170 (KT1052)	3/11-14/3 (excl. 25/1,26/1,27/1,28/1)	M to Su	8:00-18:00	Sau Ming RD. Park	12+	400	30	20/9-27/9 (8/10) {31/10}	✉

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
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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.

Social Dance Training Scheme for Persons with Visual Impairment									
40540470 (KT0858)	16/11-14/12 (excl. 7/12)	Sa	15:00-17:00	Ngau Tau Kok RD. SC	14+	4	2/10		
Sport Climbing Fun Day for Persons with Visual Impairment									
40540460 (KT0853)	7/11	Th	14:00-16:00	Shun Lee Tsuen SC	12+	2	3/10		
Golf Fun Day for Persons with Chronic Illness									
40544859 (KT1134)	3/11	Su	14:00-16:00	Shun Lee Tsuen SC	8+	3	3/10		
Swimming Training Scheme for Ex-mentally III Persons									
40540465 (KT0856)	11/11-2/12	M	10:00-12:00	KTSP (Indoor Training Pool)	18+	2	3/10		
Hydro Fitness Training Scheme for Ex-mentally									
40540467 (KT0857)	8/11-6/12 (excl 29/11)	F	10:00-12:00	KTSP (Indoor Training Pool)	18+	2	3/10		
Hydro Fitness Training Scheme for Ex-mentally III Persons									
40540511 (KT0867)	5/11-19/11 (excl 14/11)	Tu,Th	9:00-11:00	KTSP (Indoor Training Pool)	18+	4	2/10		
Day Camp for Persons with Ex-mentally III Persons									
40540623 (KT0881)	29/11	F	9:00-17:00	Tso Kung Tam ORC	All	10	2/10		
Swimming Training Scheme for Persons with Intellectual Disability									
40540438 (KT0643)	5/11-26/11	Tu	18:00-20:00	Kwun Tong SP	5+	2	3/10		
Day Camp for Persons with Intellectual Disability									
40540619 (KT0878)	18/11	W	9:00-16:00	Lei Yue Mun Park	All	4	2/10		
Excursion for Persons with Intellectual Disability									
40540617 (KT0876)	6/11	W	10:00-15:00	Ma Wan	All	5	2/10		
Sport Climbing Fun Day for Persons with Physical Disability									
40540618 (KT0877)	9/11	Sa	14:00-16:00	Shun Lee Tsuen SC	12+	3	3/10		
Gateball Training Scheme for Persons with Disability									
40540616 (KT0875)	2/11-23/11	Sa	10:00-12:00	Jordan Valley PG	8+	3	3/10		
Gateball Training Scheme for Persons with Intellectual Disability, Austim and Ex-mentally III Persons									
40540621 (KT0880)	6/11-4/12	W	10:00-11:30	Hong Ning RD. Park	8+	4	3/10		
Excursion for Persons with Physical Disability, Intellectual Disability and Autism									
40540512 (KT0869)	15/11	F	9:00-17:00	TaiTam Heritage Trail & Citygallery	All	8	2/10		
Sport Climbing Fun Day for Persons with Intellectual Disability, Ex-mentally III Persons and Autism									
40540610 (KT0871)	16/11	Sa	14:00-17:00	Shun Lee Tsuen SC	12+	3	3/10		

Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
Swimming TC for Elderly (Level I)							
40544964 (KT1122)	6/11-27/11	M,W,F	7:00-8:00	KTSP (Indoor Training Pool)	16	20/9-27/9 (8/10){30/10}	
40544965 (KT1123)	8/11-9/12	M,F	7:00-8:00	LTSP (Indoor Training Pool)	12	20/9-27/9 (8/10){30/10}	
40544966 (KT1124)	8/11-9/12	M,F	8:00-9:00	LTSP (Indoor Training Pool)	12	20/9-27/9 (8/10){30/10}	
Baduanjin Play-in for Elderly							
40545166 (KT1049)	5/11-12/12	Tu,Th	7:00-8:00	Ngau Tau Kok RD. SC	35	20/9-27/9 (8/10){31/10}	
40545167 (KT1050)	5/11-12/12	Tu,Th	8:00-9:00	Ngau Tau Kok RD. SC	35	20/9-27/9 (8/10){30/10}	
Meeting Point for Elderly - Fitness Exercise							
40544846 (KT1064)	1/11-29/11 (excl. 13/11,27/11)	M,W,F	10:00-12:00	Lam Tin South SC	30	1/11-29/11	Walk-in
40544847 (KT1068)	4/11-25/11	M	14:00-16:00	Yuet Wah St P/G	60	4/11-25/11	Walk-in

40544848 (KT1067)	2/11-30/11	Tu,Th,Sa	9:30-11:30	Lei Yue Mun SC	25	2/11-30/11	Walk-in
40544849 (KT1065)	1/11-29/11 (excl. 11/11,25/11)	M,W,F	12:00-14:00	Ngau Tau Kok RD. SC	30	1/11-29/11	Walk-in
Meeting Point for Elderly - Morning Exercise							
40544850 (KT1066)	1/11-30/11	M,Tu,W,Th,F,Sa	6:30-8:30	Lam Tin Park (Nr 5-a-side Soccer Pitch)	50	1/11-30/11	Walk-in
Meeting Point for Elderly-Fitness Assessment							
40544942 (KT1093)	4/11	M	14:00-16:00	Yuet Wah St P/G	80	4/11	Walk-in
Fitness Exercise TC for Elderly							
40544926 (KT1077)	4/11-11/12 (excl. 11/11,25/11,9/12)	M,W,F	14:00-15:00	Ngau Tau Kok RD. SC	30	20/9-27/9 (8/10){30/10}	✉
40544927 (KT1078)	4/11-11/12 (excl. 11/11,25/11,9/12)	M,W,F	15:00-16:00	Ngau Tau Kok RD. SC	30	20/9-27/9 (8/10){30/10}	✉
Meeting Point for Elderly - Tai Chi							
40544967 (KT1125)	5/11-28/11	Tu,Th	9:30-11:30	Hiu Kwong ST. SC	50	5/11-28/11	Walk-in
Healthy Elderly Scheme - Badminton							
40544829 (KT1055)	5/11-28/11	Tu,Th	7:00-10:00	Shun Lee Tsuen SC	24	5/11-28/11	Walk-in
40544831 (KT1054)	5/11-28/11	Tu,Th	8:30-11:00	Kowloon Bay SC	24	5/11-28/11	Walk-in
40544833 (KT1056)	1/11-29/11	W,F	8:00-11:00	Lei Yue Mun SC	24	1/11-29/11	Walk-in
40545171 (KT1053)	1/11-29/11 (excl. 4/11,18/11)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	24	1/11-29/11	Walk-in
Healthy Elderly Scheme - Golf							
40545173 (KT1101)	5/11-28/11	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	12	5/11-28/11	Walk-in
Healthy Elderly Scheme - Social Dance Play-in							
40545186 (KT1115)	5/11-26/11	Tu	10:00-12:00	Shun Lee Tsuen SC	20	5/11-26/11	Walk-in
Healthy Elderly Scheme Table tennis Play in							
40544837 (KT1057)	1/11-29/11 (excl. 4/11,18/11)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	24	1/11-29/11	Walk-in
40544840 (KT1058)	1/11-29/11 (excl. 4/11,18/11,25/11)	M,W,F	8:30-11:00	Kowloon Bay SC	24	1/11-29/11	Walk-in
40544841 (KT1059)	1/11-29/11	W,F	7:00-10:00	Shun Lee Tsuen SC	24	1/11-29/11	Walk-in
40544842 (KT1060)	5/11-28/11	Tu,Th	8:00-11:30	Lei Yue Mun SC	24	5/11-28/11	Walk-in
Meeting Point for Elderly - Mini-tennis							
40545183 (KT1112)	4/11-25/11	M	9:00-11:00	Ping Shek PG	12	4/11-25/11	Walk-in
40545184 (KT1113)	1/11-29/11	W,F	8:00-10:00	Ping Shek PG	12	1/11-29/11	Walk-in
Mt.Pts.For OP-Tennis Friendly Match & Play-in							
40544968 (KT1126)	1/11-29/11	W,F	8:30-10:30	Shun Lee Tsuen Park	12	1/11-29/11	Walk-in
Meeting Point for Elderly - Table Tennis							
40544972 (KT1130)	1/11-29/11	W,F	9:15-11:45	Hiu Kwong ST. SC	24	1/11-29/11	Walk-in
Meeting Point for Elderly - Billiard							
40545188 (KT1117)	5/11-28/11	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	16	5/11-28/11	Walk-in
Indoor Gateball TC for Elderly							
40544944 (KT1099)	14/11-10/12	Tu,Th	9:00-11:00	Ngau Tau Kok RD. SC	30	20/9-27/9 (8/10){30/10}	✉
Mt. Pts. For Elderly - Gateball							
40544945 (KT1097)	7/11-28/11	Th	9:00-11:00	Hong Ning Rd Park(Outdoor Gateball Crt)	30	7/11-28/11	Walk-in
Excursion for Elderly							
40544844 (KT1062)	7/11	Th	9:00-17:00	New Territories	92	20/9-27/9 (8/10){30/10}	✉
40544845 (KT1063)	14/11	Th	9:00-17:00	Kowloon	92	20/9-27/9 (8/10){30/10}	✉