

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

**Kwai Tsing District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Aerobic Dance Training Course</b>									
40520124 (KWT-1239)	2/12-15/1 (excl. 25/12,1/1)	M,W	18:00-19:00	Tsing Yi Southwest SC	14+	65	25	21/11	
40520125 (KWT-1240)	2/12-15/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Tsing Yi Southwest SC	14+	65	25	21/11	
40520136 (KWT-1241)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	9:00-10:00	Tsing Yi Southwest SC	14+	65	25	21/11	
40520137 (KWT-1242)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	10:00-11:00	Tsing Yi Southwest SC	14+	65	25	21/11	
40520424 (KWT-1243)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	North Kwai Chung Tang Shiu Kin SC	14+	65	16	21/11	
40520425 (KWT-1244)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	North Kwai Chung Tang Shiu Kin SC	14+	65	16	21/11	
40532274 (KWT1245)	4/12-17/1 (excl. 25/12,1/1)	W,F	19:00-20:00	Tai Wo Hau SC	14+	65	25	22/10-26/10 (6/11) {25/11}	
40532280 (KWT1246)	4/12-17/1 (excl. 25/12,1/1)	W,F	20:00-21:00	Tai Wo Hau SC	14+	65	25	22/10-26/10 (6/11) {25/11}	
40532284 (KWT1247)	2/12-15/1 (excl. 25/12,1/1)	M,W	9:00-10:00	Tai Wo Hau SC	14+	65	25	22/10-26/10 (6/11) {25/11}	
40532285 (KWT1248)	2/12-15/1 (excl. 25/12,1/1)	M,W	10:00-11:00	Tai Wo Hau SC	14+	65	25	22/10-26/10 (6/11) {25/11}	
40543591	5/12-16/1 (excl. 26/12)	M,Th	14:00-15:00	Cheung Fat SC	14+	65	20	22/10-26/10 (6/11) {25/11}	
40545781 (1355)	2/12-15/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Lai King SC	14+	65	25	21/11	
40545785 (1356)	2/12-15/1 (excl. 25/12,1/1)	M,W	20:00-21:00	Lai King SC	14+	65	25	21/11	
40545792 (1357)	4/12-17/1 (excl. 25/12,1/1)	W,F	9:00-10:00	Lai King SC	14+	65	25	21/11	
40545814 (1372)	4/12-17/1 (excl. 25/12,1/1)	W,F	10:00-11:00	Lai King SC	14+	65	25	21/11	
40545927	9/12-22/1 (excl. 25/12,1/1)	M,W	13:00-14:00	Tsing Yi SC	14+	65	30	22/10-26/10 (6/11) {25/11}	
40545928	9/12-22/1 (excl. 25/12,1/1)	M,W	14:00-15:00	Tsing Yi SC	14+	65	30	22/10-26/10 (6/11) {25/11}	
40545929	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Tsing Yi SC	14+	65	30	22/10-26/10 (6/11) {25/11}	
40545930	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	Tsing Yi SC	14+	65	30	22/10-26/10 (6/11) {25/11}	
40545931	11/12-31/1 (excl. 25/12,1/1,24/1,29/1)	W,F	8:00-9:00	Tsing Yi SC	14+	65	30	22/10-26/10 (6/11) {25/11}	
40545932	11/12-31/1 (excl. 25/12,1/1,24/1,29/1)	W,F	9:00-10:00	Tsing Yi SC	14+	65	30	22/10-26/10 (6/11) {25/11}	
40546044	9/12-17/1	M,F	19:00-20:00	Fung Shue Wo SC	14+	65	20	21/11	
40546045	9/12-17/1	M,F	20:00-21:00	Fung Shue Wo SC	14+	65	20	21/11	
40546675	2/12-13/1 (excl. 26/12)	M,Th	19:00-20:00	Osman Ramju Sadick Memorial SC	14+	65	16	22/10-26/10 (6/11) {25/11}	
40546676	2/12-13/1 (excl. 26/12)	M,Th	20:00-21:00	Osman Ramju Sadick Memorial SC	14+	65	16	22/10-26/10 (6/11) {25/11}	
<b>Baduanjin Training Course</b>									
40520285 (KWT-1257)	4/12-17/1 (excl. 25/12,1/1)	W,F	8:00-9:00	North Kwai Chung Tang Shiu Kin SC	8+	80	30	5/11	
40520476 (KWT-1258)	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	9:00-10:00	Tsing Yi Southwest SC	8+	80	30	5/11	
40520477 (KWT-1259)	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	10:00-11:00	Tsing Yi Southwest SC	8+	80	30	5/11	
<b>Fitness (Multi-gym) Training Course</b>									
@ 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.									
40520444 (KWT-1262)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	15+	75	14	@18/11	
40520445 (KWT-1263)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	15+	75	14	@18/11	
40520446 (KWT-1264)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	North Kwai Chung Tang Shiu Kin SC	15+	75	14	@18/11	
40520447 (KWT-1265)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	North Kwai Chung Tang Shiu Kin SC	15+	75	14	@18/11	
40532289 (KWT1266)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Tai Wo Hau SC	15+	75	20	@18/11	
40532290 (KWT1267)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	Tai Wo Hau SC	15+	75	20	@18/11	
40532291 (KWT1268)	4/12-17/1 (excl. 25/12,1/1)	W,F	9:00-10:00	Tai Wo Hau SC	15+	75	20	@18/10-22/10 (4/11){19/11}	
40532292 (KWT1269)	4/12-17/1 (excl. 25/12,1/1)	W,F	10:00-11:00	Tai Wo Hau SC	15+	75	20	@18/10-22/10 (4/11){19/11}	
40532295 (KWT1270)	2/12-15/1 (excl. 25/12,1/1)	M,W	20:00-21:00	Tai Wo Hau SC	15+	75	20	@18/11	
40532297 (KWT1271)	2/12-15/1 (excl. 25/12,1/1)	M,W	21:00-22:00	Tai Wo Hau SC	15+	75	20	@18/11	
40543592	5/12-16/1 (excl. 26/12)	M,Th	15:00-16:00	Cheung Fat SC	15+	75	20	@18/11	
40545819 (1359)	4/12-17/1 (excl. 25/12,1/1)	W,F	9:00-10:00	Lai King SC	15+	75	20	@18/11	
40545822 (1360)	4/12-17/1 (excl. 25/12,1/1)	W,F	10:00-11:00	Lai King SC	15+	75	20	@18/11	
40545824 (1361)	2/12-15/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Lai King SC	15+	75	20	@18/11	
40545858 (1362)	2/12-15/1 (excl. 25/12,1/1)	M,W	20:00-21:00	Lai King SC	15+	75	20	@18/11	

40545859 (1363)	2/12-13/1 (excl. 26/12)	M,Th	9:00-10:00	Lai King SC	15+	75	20	@18/11		
40545860 (1364)	2/12-13/1 (excl. 26/12)	M,Th	10:00-11:00	Lai King SC	15+	75	20	@18/11		
40546042	4/12-17/1 (excl. 25/12,1/1)	W,F	19:00-20:00	Fung Shue Wo SC	15+	75	20	@18/11		
40546043	4/12-17/1 (excl. 25/12,1/1)	W,F	20:00-21:00	Fung Shue Wo SC	15+	75	20	@18/11		
40546046	8/12-8/3 (excl. 22/12,26/1)	Su	10:00-11:00	Fung Shue Wo SC	15+	75	20	@18/11		
40546047	8/12-8/3 (excl. 22/12,26/1)	Su	11:00-12:00	Fung Shue Wo SC	15+	75	20	@18/11		

#### Social Dance Training Course

40543593	10/12-3/3 (excl. 24/12,31/12,28/1)	Tu	14:00-16:00	Cheung Fat SC	14+	86	26	22/10-26/10 (6/11) {25/11}		
40545933	9/12-17/2 (excl. 27/1)	M	19:00-21:00	Tsing Yi SC	14+	86	30	22/10-26/10 (6/11) {25/11}		
40546038	4/12-26/2 (excl. 25/12,1/1,29/1)	W	14:00-16:00	Fung Shue Wo SC	14+	86	24	22/10-26/10 (6/11) {25/11}		
40546041	5/12-13/2 (excl. 26/12)	Th	19:00-21:00	Fung Shue Wo SC	14+	86	24	12/11		

#### Tai Chi Made Easy Class Training Course

40545936	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	14:00-15:00	Tsing Yi SC	6+	54	30	7/11		
40545937	5/12-23/1 (excl. 24/12,26/12,31/12)	Tu,Th	15:00-16:00	Tsing Yi SC	6+	54	30	7/11		

#### Tai Chi Sword Training Course

40546688	16/12-15/4 (excl. 25/12,1/1,27/1,10/4,13/4)	M,W,F	7:00-8:00	Hing Fong RD. Soccer Pitch	6+	60	40	22/10-26/10 (6/11) {25/11}		
40545923 (1283)	23/12-22/4 (excl. 25/12,1/1,27/1,10/4,13/4)	M,W,F	7:00-8:00	Tsing Yi Park Soccer Pitch	6+	60	40	22/10-26/10 (6/11) {25/11}		
40546805 (KWT1285)	18/12-17/4 (excl. 25/12,1/1,27/1,10/4,13/4)	M,W,F	7:15-8:15	Wonderland Villas	6+	60	40	6/11		

#### Tai Chi Training Course

40519297	19/12-14/4	Tu, Th, Sa	7:00-8:00	KCSG ( Hardsurfaced soccer pitch )	6+	60	40	8/11		
40519298	19/12-14/4	Tu/Th/Sa	20:00-21:00	KCSG ( Hardsurfaced soccer pitch )	6+	60	40	8/11		
40519299	20/12-24/4	M/W/F	7:00-8:00	KCSG ( Hardsurfaced soccer pitch )	6+	60	40	8/11		
40545921 (1275)	19/12-14/4 (excl. 26/12,28/1,4/4)	Tu,Th,Sa	7:00-8:00	Cheung Hang Estate Hang Tsui Hse Podium	6+	60	40	8/11		
40545922 (1276)	19/12-14/4 (excl. 26/12,28/1,4/4)	Tu,Th,Sa	7:00-8:00	Tai Wo Hau Est Fu Kwok Hse Basketball cr	6+	60	35	8/11		
40546804 (KWT1273)	12/12-9/4 (excl. 26/12,25/1,28/1,4/4)	Tu,Th,Sa	18:00-19:00	Lai Yiu Estate	6+	60	40	8/11		
40546806 (KWT1274)	12/12-9/4 (excl. 26/12,25/1,28/1,4/4)	Tu,Th,Sa	7:00-8:00	Shek Lei (I) Estate	6+	60	40	8/11		

#### Yoga Training Course

40546048	9/12-17/2 (excl. 27/1)	M	14:00-16:00	Fung Shue Wo SC	15+	85	20	22/10-26/10 (6/11) {25/11}		
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#### Briefing on Proper Ways to Use Fitness Equipment

40532275 (KWT1288)	8/12	Su	18:00-21:00	Tai Wo Hau SC	15+	Free	25	18/10-22/10 (4/11) {19/11}		
40532288 (KWT1289)	8/12	Su	19:00-22:00	Tai Wo Hau SC	15+	Free	25	18/10-22/10 (4/11) {19/11}		
40543589	14/12	Sa	18:00-21:00	Cheung Fat SC	15+	Free	25	18/10-22/10 (4/11) {19/11}		
40543590	14/12	Sa	19:00-22:00	Cheung Fat SC	15+	Free	25	18/10-22/10 (4/11) {19/11}		

#### Body-Mind Stretch Training Course

40520305 (KWT-1260)	13/12-6/3 (excl. 24/1)	F	19:00-20:00	North Kwai Chung Tang Shiu Kin SC	15+	85	18	22/10-26/10 (6/11) {25/11}		
40520306 (KWT-1261)	13/12-6/3 (excl. 24/1)	F	20:00-21:00	North Kwai Chung Tang Shiu Kin SC	15+	85	18	22/10-26/10 (6/11) {25/11}		

#### Parent-child(Aged 7-17) Badminton FUN DAY

40546689	20/12	F	10:00-11:00	Osman Ramju Sadick Memorial SC	7+	Free	24	28/11		
40546690	20/12	F	11:00-12:00	Osman Ramju Sadick Memorial SC	7+	Free	24	28/11		
40546691	20/12	F	12:00-13:00	Osman Ramju Sadick Memorial SC	7+	Free	24	28/11		

#### Badminton Training Course

40532286 (KWT1292)	2/12-6/1 (excl. 26/12)	M,Th	19:00-21:00	Tai Wo Hau SC	7+	118	24	18/10-22/10 (4/11) {19/11}		
40546049	16/12-20/1 (excl. 26/12)	M,Th	19:00-21:00	Fung Shue Wo SC (non air-conditioned)	7+	118	18	18/10-22/10 (4/11) {19/11}		

#### Indoor Air-gun Shooting Fun Day

40549238 (1370)	21/12	Sa	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	50	12/11		
40549240 (1371)	21/12	Sa	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	50	12/11		

#### Squash Training Course

40545934	10/12-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-21:00	Tsing Yi SC	7+	160	12	18/10-22/10 (4/11) {19/11}		
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#### Table-tennis Training Course

40545935	9/12-17/2 (excl. 27/1)	M	19:00-21:00	Tsing Yi SC	6+	86	24	18/10-22/10 (4/11) {19/11}		
40546687	7/12-15/2 (excl. 25/1)	Sa	14:00-16:00	Osman Ramju Sadick Memorial SC	14+	86	24	18/10-22/10 (4/11) {19/11}		

#### Indoor Tennis Training Course

40520365 (KWT-1293)	10/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-21:00	North Kwai Chung Tang Shiu Kin SC	8+	170	6	18/10-22/10 (4/11) {19/11}		
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#### Tennis Training Course

40545920 (1297)	16/12-22/1 (excl. 25/12,1/1)	M,W	19:00-21:00	Tsing Yi Park	8+	170	18	18/10-22/10 (4/11) {19/11}	✉
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**Beach Volleyball Fun Day**

40519308	8/12	SUN	16:00-18:00	Kwai Chung SG	10+	Free	20	22/11	🏠 i
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**Horticultural Seminar-Narcissus Cutting**

40546692	21/12	Sa	13:00-15:00	Osman Ramju Sadick Memorial SC	All	30	30	18/10-22/10 (4/11) {19/11}	✉
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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
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**Fitness (Multi-gym) TC for Elderly**

@ 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.

40520355 (KWT-1306)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	8:00-9:00	North Kwai Chung Tang Shiu Kin SC	14	@18/10-22/10 (4/11){19/11}	✉
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**HES-Badminton Self Practice Scheme**

40520160 (KWT-1321)	3/12-31/12	Tu	7:00-8:00	Tsing Yi Southwest SC	20	11/11	🏠 i
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40520161 (KWT-1322)	3/12-31/12	Tu	8:00-9:00	Tsing Yi Southwest SC	20	11/11	🏠 i
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40543587	5/12-19/12	Th	13:00-14:00	Cheung Fat SC	24	11/11	🏠 i
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40543588	5/12-19/12	Th	14:00-15:00	Cheung Fat SC	24	11/11	🏠 i
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40545939	4/12-18/12	W	7:00-8:00	Tsing Yi SC	20	11/11	🏠 i
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40545940	4/12-18/12	W	8:00-9:00	Tsing Yi SC	20	11/11	🏠 i
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**HES-Fitness Play-in**

40532301 (KWT1313)	5/12-19/12	Th	9:00-10:00	Tai Wo Hau SC	25	18/10-22/10 (4/11){19/11}	✉
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40532303 (KWT1314)	5/12-19/12	Th	10:00-11:00	Tai Wo Hau SC	25	18/10-22/10 (4/11){19/11}	✉
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40545861 (1365)	2/12-30/12	M	7:00-8:00	Lai King SC	25	13/11	🏠 i
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40545865 (1366)	5/12-19/12	Th	8:00-9:00	Lai King SC	25	13/11	🏠 i
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40520408 (KWT-1311)	4/12-18/12	W	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	18	13/11	🏠 i
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40520409 (KWT-1312)	4/12-18/12	W	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	18	13/11	🏠 i
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40545941	2/12-30/12	M	8:00-9:00	Tsing Yi SC	20	13/11	🏠 i
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40545942	2/12-30/12	M	9:00-10:00	Tsing Yi SC	20	13/11	🏠 i
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**HES-Fitness(Multi-gym) Play-in**

40545862 (1367)	2/12-30/12	M	8:00-9:00	Lai King SC	20	12/11	🏠 i
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**HES-Gateball Self Practice Scheme**

40532309 (KWT1317)	2/12-30/12	M	7:00-8:00	Tai Wo Hau SC	20	15/11	🏠 i
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40532311 (KWT1318)	2/12-30/12	M	8:00-9:00	Tai Wo Hau SC	20	15/11	🏠 i
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40546679	4/12-18/12	W	7:00-8:00	Osman Ramju Sadick Memorial SC	20	15/11	🏠 i
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40546680	4/12-18/12	W	8:00-9:00	Osman Ramju Sadick Memorial SC	20	15/11	🏠 i
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**HES-Table-tennis Self Practice Scheme**

40520384 (KWT-1327)	5/12-19/12	Th	13:30-14:30	North Kwai Chung Tang Shiu Kin SC	36	14/11	🏠 i
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40520385 (KWT-1328)	5/12-19/12	Th	14:30-15:30	North Kwai Chung Tang Shiu Kin SC	36	14/11	🏠 i
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40543585	2/12-30/12	M	13:00-14:00	Cheung Fat SC	36	14/11	🏠 i
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40543586	2/12-30/12	M	14:00-15:00	Cheung Fat SC	36	14/11	🏠 i
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40545867 (1368)	2/12-30/12	M	7:00-8:00	Lai King SC	24	14/11	🏠 i
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40545868 (1369)	2/12-30/12	M	8:00-9:00	Lai King SC	24	14/11	🏠 i
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40546039	4/12-18/12	W	9:00-10:00	Fung Shue Wo SC (non air-conditioned)	24	14/11	🏠 i
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40546040	4/12-18/12	W	10:00-11:00	Fung Shue Wo SC (non air-conditioned)	24	14/11	🏠 i
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40545943	2/12-30/12	M	7:00-8:00	Tsing Yi SC	24	14/11	🏠 i
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