

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

Yau Tsim Mong District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Stage I Front Crawl TC for Adult										
40546135 (YM1325)	5/12-30/1 (excl. 26/12,2/1,4/1,9/1,11/1,16/1,25/1)	Th,Sa	7:00-8:00	Kowloon Park SP (Training Pool)	18+	100	16	18/10-23/10 (31/10){19/11}		☒
40546136 (YM1326)	3/12-27/12 (excl. 24/12,26/12)	Tu,Th,F	18:00-19:00	Kowloon Park SP (Training Pool)	18+	100	16	18/10-23/10 (31/10){19/11}		☒
40546137 (YM1327)	3/12-27/12 (excl. 24/12,26/12)	Tu,Th,F	20:00-21:00	Kowloon Park SP (Training Pool)	18+	100	16	18/10-23/10 (31/10){19/11}		☒
Stage II Breaststroke TC for Adult										
40546138 (YM1328)	3/12-27/12 (excl. 24/12,26/12)	Tu,Th,F	19:00-20:00	Kowloon Park SP (Training Pool)	18+	100	20	18/10-23/10 (31/10){19/11}		☒
Aerobic Dance Training Course										
40546169 (YM1359)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	7:30-8:30	Fa Yuen ST. SC	14+	65	30	15/11		☒ i
40546170 (YM1360)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	8:30-9:30	Fa Yuen ST. SC	14+	65	30	15/11		☒ i
40546171 (YM1361)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	9:30-10:30	Fa Yuen ST. SC	14+	65	30	15/11		☒ i
40546172 (YM1362)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	11:00-12:00	Fa Yuen ST. SC	14+	65	30	15/11		☒ i
40546173 (YM1363)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	12:00-13:00	Fa Yuen ST. SC	14+	65	30	15/11		☒ i
40546174 (YM1364)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	13:00-14:00	Fa Yuen ST. SC	14+	65	30	15/11		☒ i
40546175 (YM1365)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	18:00-19:00	Fa Yuen ST. SC	14+	65	30	15/11		☒ i
40546176 (YM1366)	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Fa Yuen ST. SC	14+	65	30	15/11		☒ i
40546177 (YM1367)	4/12-17/1 (excl. 25/12,1/1)	W,F	15:00-16:00	Tai Kok Tsui SC	14+	65	30	11/11		☒ i
40546178 (YM1368)	4/12-17/1 (excl. 25/12,1/1)	W,F	16:00-17:00	Tai Kok Tsui SC	14+	65	30	11/11		☒ i
40546179 (YM1369)	17/12-30/1 (excl. 26/12,28/1)	Tu,Th	7:00-8:00	Kwun Chung SC	14+	65	25	4/11		☒ i
40546180 (YM1370)	17/12-30/1 (excl. 26/12,28/1)	Tu,Th	8:00-9:00	Kwun Chung SC	14+	65	25	4/11		☒ i
40546181 (YM1371)	17/12-6/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	18:00-19:00	Kwun Chung SC	14+	65	25	21/11		☒ i
40546182 (YM1372)	17/12-6/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	19:00-20:00	Kwun Chung SC	14+	65	25	21/11		☒ i
40546183 (YM1373)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	7:00-8:00	Fa Yuen ST. SC	14+	65	30	11/11		☒ i
40546184 (YM1374)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	8:00-9:00	Fa Yuen ST. SC	14+	65	30	11/11		☒ i
40546185 (YM1375)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	9:00-10:00	Fa Yuen ST. SC	14+	65	30	11/11		☒ i
40546186 (YM1376)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	15:00-16:00	Fa Yuen ST. SC	14+	65	30	11/11		☒ i
40546187 (YM1377)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	16:00-17:00	Fa Yuen ST. SC	14+	65	30	11/11		☒ i
40546188 (YM1378)	20/12-7/2 (excl. 25/12,1/1,24/1)	W,F	18:00-19:00	Kwun Chung SC	14+	65	25	11/11		☒ i
40546189 (YM1379)	20/12-7/2 (excl. 25/12,1/1,24/1)	W,F	19:00-20:00	Kwun Chung SC	14+	65	25	11/11		☒ i
Dance for Health-YTM Dist.Social Dance										
40546132 (YM1322)	24/12	Tu	19:00-23:00	Boundary ST. SC No. 1	8+	20	280	4/11		☒ i
Fitness (Multi-gym) Training Course										
<p>① 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>										
40546159 (YM1349)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	8:00-9:00	Fa Yuen ST. SC	15+	75	30	@18/11		☒ i
40546160 (YM1350)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	9:00-10:00	Fa Yuen ST. SC	15+	75	30	@18/11		☒ i
40546161 (YM1351)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	12:00-13:00	Fa Yuen ST. SC	15+	75	30	@18/11		☒ i
40546162 (YM1352)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	13:00-14:00	Fa Yuen ST. SC	15+	75	30	@18/11		☒ i
40546163 (YM1353)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	15:00-16:00	Fa Yuen ST. SC	15+	75	30	@18/11		☒ i
40546164 (YM1354)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	17:00-18:00	Tai Kok Tsui SC	15+	75	30	@18/11		☒ i
40546165 (YM1355)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	18:00-19:00	Tai Kok Tsui SC	15+	75	30	@18/11		☒ i
40546166 (YM1356)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	19:00-20:00	Tai Kok Tsui SC	15+	75	30	@18/11		☒ i
40546167 (YM1357)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	20:00-21:00	Tai Kok Tsui SC	15+	75	30	@18/11		☒ i
Hydro Fitness Training Course										
40546139 (YM1329)	5/12-14/2 (excl. 26/12,2,3,9,10,16,17,30/1)	Th,Fr	12:00-13:00	Kowloon Park SP (Training Pool)	14+	80	30	18/10-23/10 (31/10){19/11}		☒
40546140 (YM1330)	5/12-14/2 (excl. 26/12,2,3,9,10,16,17,30/1)	Th,Fr	13:00-14:00	Kowloon Park SP (Training Pool)	14+	80	30	18/10-23/10 (31/10){19/11}		☒
40546141 (YM1331)	3/12-23/1 (excl. 26/12,2,3,7,9,10,14,16,17/1)	T,T,F	8:00-9:00	Kowloon Park SP (Training Pool)	14+	80	30	18/10-23/10 (31/10){19/11}		☒
40546142 (YM1332)	3/12-23/1 (26/12,2,3,7,9,10,14,16,17/1)°£¥~	T,T,F	9:00-10:00	Kowloon Park SP (Training Pool)	14+	80	30	18/10-23/10 (31/10){19/11}		☒

Judo TC									
40546213 (YM1403)	14/12-22/2 (excl. 25/1)	Sa	14:00-16:00	Kowloon Park SC (2/F Act.Rm)	12+	65	25	4/11	
Social Dance Training Course									
40548078 (YM1576)	18/12-29/1 (excl. 25/12,1/1,24/1)	W,F	9:00-11:00	Kwun Chung SC(5/F,No.1 ActRm)	14+	86	30	18/10-23/10 (31/10){19/11}	
40548079 (YM1577)	19/12-23/1 (excl. 26/12)	Tu,Th	15:00-17:00	Kwun Chung SC(5/F,No.1 ActRm)	14+	86	30	18/10-23/10 (31/10){19/11}	
Evening Tai Chi Made Easy Class									
40546222 (YM1412)	17/12-30/1 (excl. 26/12,28/1)	Tu,Th	17:30-18:30	Cherry ST. Park (Piazza)	6+	54	30	24/10-30/10 (7/11){26/11}	
Tai Chi Made Easy Class									
40546223 (YM1413)	29/12-22/3	Su	8:30-9:30	Kowloon Park Sculpture Walk	6+	54	30	7/11	
40546224 (YM1414)	29/12-22/3 (excl. 26/1)	Su	9:30-10:30	Kowloon Park Sculpture Walk	6+	54	30	7/11	
Tai Chi Training Course									
40546220 (YM1410)	3/12-28/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:30-8:30	King's Park Hockey Ground	6+	60	40	8/11	
40546221 (YM1411)	4/12-30/3 (excl. 25/12,1/1,27/1)	M,W,F	8:00-9:00	King's Park Hockey Ground	6+	60	40	7/11	
Tai Chi Sword Training Course									
40546219 (YM1409)	4/12-30/3 (excl. 25/12,1/1,27/1)	M,W,F	7:00-8:00	Kowloon Park Banyan Court	6+	60	40	7/11	
Western Folk Dance TC									
40546190 (YM1380)	2/12-10/2 (excl. 27/1)	M	20:00-22:00	Kowloon Park SC(Sec. Hall)	8+	45	30	14/11	
Yoga Training Course									
40546191 (YM1381)	4/12-10/1 (excl. 25/12,1/1)	W,F	10:00-12:00	Fa Yuen ST. SC	15+	85	30	24/10-30/10 (7/11){26/11}	
40546192 (YM1382)	4/12-10/1 (excl. 25/12,1/1)	W,F	18:00-20:00	Kowloon Park SC (2/F Act.Rm)	15+	85	25	24/10-30/10 (7/11){26/11}	
40546193 (YM1383)	6/12-6/1	M,F	18:00-20:00	Fa Yuen ST. SC	15+	85	30	24/10-30/10 (7/11){26/11}	
Fitness TC for Children									
40546168 (YM1358)	7/12-1/2 (excl. 25/1)	Sa	14:00-15:30	Fa Yuen ST. SC	8-14	75	20	18/11	
Briefing on Proper Ways to Use Fitness Equipment									
40546143 (YM1333)	6/12	F	19:00-22:00	Fa Yuen ST. SC	15+	Free	25	24/10-30/10 (7/11){26/11}	
40546147 (YM1447)	10/12	Tu	9:00-12:00	Tai Kok Tsui SC	15+	Free	25	24/10-30/10 (7/11){26/11}	
40547056 (YM1446)	1/12	Su	10:00-13:00	Tai Kok Tsui SC	15+	Free	25	24/10-30/10 (7/11){26/11}	
Stress Management and Physical Relaxation TC									
40546227 (YM1417)	4/12-29/1 (excl. 25/12,1/1,24/1)	W,F	12:00-13:00	Fa Yuen ST. SC	14+	80	30	18/10-23/10 (31/10){19/11}	
40546228 (YM1418)	4/12-29/1 (excl. 25/12,1/1,24/1)	W,F	13:00-14:00	Fa Yuen ST. SC	14+	80	30	18/10-23/10 (31/10){19/11}	
40546229 (YM1419)	7/12-14/3 (excl. 25/1)	Sa	13:00-14:00	Fa Yuen ST. SC	14+	80	30	18/10-23/10 (31/10){19/11}	
40546230 (YM1420)	7/12-14/3 (excl. 25/1)	Sa	14:00-15:00	Fa Yuen ST. SC	14+	80	30	18/10-23/10 (31/10){19/11}	
Fitness Walking Briefing Session									
40546210 (YM1400)	7/12	Sa	9:00-11:00	TST Promenade	6+	Free	40	4/11	
40546211 (YM1401)	11/12	W	9:00-11:00	TST Promenade	6+	Free	40	14/11	
40546212 (YM1402)	21/12	Sa	15:00-17:00	TST Promenade	6+	Free	40	4/11	
Parent-child(Aged 7-17)Badminton Fun Day									
40546201 (YM1391)	7/12	Sa	10:00-11:00	Kwun Chung SC(6/F)	7+	Free	24	11/11	
40546202 (YM1392)	7/12	Sa	11:00-12:00	Kwun Chung SC(6/F)	7+	Free	24	11/11	
40546203 (YM1393)	7/12	Sa	12:00-13:00	Kwun Chung SC(6/F)	7+	Free	24	11/11	
Parent-child (Aged 7-17) Badminton TC									
40546200 (YM1390)	14/12-18/1	Sa	10:00-12:00	Kwun Chung SC	7+	73	24	24/10-30/10 (7/11){26/11}	
Mini Tennis TC for Children									
40546198 (YM1388)	14/12-22/2 (excl. 25/1)	Sa	14:00-16:00	Kwun Chung SC (6/F Arena)	6-12	70	12	24/10-30/10 (7/11){26/11}	
40546199 (YM1389)	14/12-22/2 (excl. 25/1)	Sa	14:00-16:00	Kwun Chung SC (6/F Arena)	6-12	70	12	24/10-30/10 (7/11){26/11}	
Squash Training Course									
40546204 (YM1394)	3/12-7/1 (excl. 24/12,26/12,31/12)	Tu,Th	7:00-9:00	Kwun Chung SC	7+	160	12	8/11	
Table-tennis TC for Junior									
40547057 (YM1448)	14/12-22/2 (excl. 25/1)	Sa	14:00-16:00	Kwun Chung SC(5/F,Act Rm 2)	10-13	86	24	24/10-30/10 (7/11){26/11}	
Table-tennis Training Course									
40547058 (YM1449)	13/12-21/2 (excl. 24/1)	F	9:00-11:00	Kwun Chung SC(5/F, No. 2 Act)	14+	86	24	24/10-30/10 (7/11){26/11}	
Table Tennis Clinic									
40546205 (YM1395)	10/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-21:00	Fa Yuen ST. SC	14+	86	24	24/10-30/10 (7/11){26/11}	
Tennis Training Course									
40546195 (YM1385)	2/12-8/1 (excl. 25/12,1/1)	M,W	19:00-21:00	King's Park RG TC	8+	170	18	24/10-30/10 (7/11){26/11}	

40546196 (YM1386)	3/12-7/1 (excl. 26/12)	Tu,Th	19:00-21:00	Cherry ST. Park TC	8+	170	12	24/10-30/10 (7/11){26/11}	✉
40546197 (YM1387)	17/12-17/1	Tu,F	15:00-17:00	King's Park RG TC	8+	170	18	24/10-30/10 (7/11){26/11}	✉

Go Training Course (Level II)

40546194 (YM1384)	7/12-11/1	Sa	14:30-16:30	Fa Yuen ST. SC	6+	40	20	11/11	📄 i
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Hiking Scheme

40546209 (YM1399)	8/12	Su	9:00-16:00	C4:Wong Nai Tun-Tai Tong	6+	40	48	17/10-21/10 (7/11){26/11}	✉
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Horse Riding Fun Day

40546208 (YM1398)	15/12	Su	15:00-17:00	Lei Yue Mun Public Riding School	6+	75	24	14/11	📄 i
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Sports Climbing Fun Day

40546207 (YM1397)	8/12	Su	9:00-10:00	Tai Kok Tsui SC	12+	Free	20	21/11	📄 i
40547059 (YM1450)	8/12	Su	10:00-11:00	Tai Kok Tsui SC	12+	Free	20	21/11	📄 i
40547060 (YM1451)	8/12	Su	11:00-12:00	Tai Kok Tsui SC	12+	Free	20	21/11	📄 i

Sport Climbing TC

40546206 (YM1396)	7/12-14/12	Sa	14:00-17:00	Tai Kok Tsui SC	12+	40	15	19/11	📄 i
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Storm the Park Day

40546134 (YM1324)	8/12	Su	14:00-17:00	Kowloon Park	All	Free	300	8/12	Walk-in
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Kung Fu Corner

40546214 (YM1404)	1/12	Su	14:30-16:30	Kowloon Park Sculpture Walk	All	Free	500	1/12	Walk-in
40546215 (YM1405)	8/12	Su	14:30-16:30	Kowloon Park Sculpture Walk	All	Free	500	8/12	Walk-in
40546216 (YM1406)	15/12	Su	14:30-16:30	Kowloon Park Sculpture Walk	All	Free	500	15/12	Walk-in
40546217 (YM1407)	22/12	Su	14:30-16:30	Kowloon Park Sculpture Walk	All	Free	500	22/12	Walk-in
40546218 (YM1408)	29/12	Su	14:30-16:30	Kowloon Park Sculpture Walk	All	Free	500	29/12	Walk-in

Mt Pts for Morning Bird Watchers

40546225 (YM1415)	6/12-27/12	F	7:30-9:30	Kowloon Park Arcade (Assembly)	All	Free	20	6/12-27/12	Walk-in
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Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	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 FD for Visual Impairment

40546248 (YM1438)	7/12	Sa	10:00-12:00	Kwun Chung SC	15+	4	1/11	📄 i
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Fun Day for Persons with Disabilities

40546249 (YM1439)	14/12	Sa	9:00-12:00	Boundary ST. SC No. 1	8+	500	14/12	Walk-in
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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 <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
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Stage I Swimming TC for Elderly

40546231 (YM1421)	5/12-30/1 (excl. 26/12,2/1,4/1,9/1,11/1,16/1,25/1)	Th,Sa	8:00-9:00	Kowloon Park SP (Training Pool)	16	18/10-23/10 (31/10) {19/11}	✉
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Stage II Swimming TC for Elderly

40546232 (YM1422)	5/12-30/1 (excl. 26/12,2/1,4/1,9/1,11/1,16/1,25/1)	Th,Sa	9:00-10:00	Kowloon Park SP	20	18/10-23/10 (31/10) {19/11}	✉
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Mt Pts for Elderly - Baduanjin

40546241 (YM1431)	4/12-30/12 (excl. 16/12,25/12)	M,W,F	7:00-9:00	Fa Yuen ST. SC	30	4/12-30/12	Walk-in
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Mt Pts for Elderly - Baduanjin

40546242 (YM1432)	3/12-31/12	Tu	8:00-9:00	Kwun Chung SC (5/F Act. Rm 1)	30	3/12-31/12	Walk-in
40546243 (YM1433)	3/12-31/12	Tu	9:00-10:00	Kwun Chung SC (5/F Act. Rm 1)	30	3/12-31/12	Walk-in

Mt Pts for Elderly - Fitness Exercise

40546244 (YM1434)	3/12-19/12	Tu,Th	14:00-15:00	Fa Yuen ST. SC	45	3/12-19/12	Walk-in
Mt Pts for Elderly - Fitness Exercise							
40546245 (YM1435)	6/12-27/12	F	8:00-9:00	Kwun Chung SC (6/F Dance Rm)	30	6/12-27/12	Walk-in
40546246 (YM1436)	6/12-27/12	F	9:00-10:00	Kwun Chung SC (6/F Dance Rm)	30	6/12-27/12	Walk-in
Fitness(Multi-Gym) TC for Elderly							
<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>							
40546233 (YM1423)	18/12-5/2 (excl. 25/12,1/1,24/1)	W,F	14:00-15:00	Fa Yuen ST. SC	30	@18/10-23/10 (31/10) {19/11}	✉
Mt Pts for Elderly - Tai Chi							
40546240 (YM1430)	1/12-29/12	Su	7:00-8:00	Kowloon Park Banyan Court	140	1/12-29/12	Walk-in
Mt Pts for Elderly - Badminton Play-in							
40546236 (YM1426)	3/12-31/12 (excl. 26/12)	Tu,Th	8:00-10:00	Tai Kok Tsui SC	24	3/12-31/12	Walk-in
Mt Pts for Elderly - Indoor Short Mat Bowling							
40546239 (YM1429)	4/12-18/12	W	9:30-11:30	Kwun Chung SC	20	4/12-18/12	Walk-in
Mt Pts for Elderly - Table Tennis							
40546237 (YM1427)	3/12-31/12	Tu,F	7:00-9:00	Boundary ST. SC No. 2	24	3/12-31/12	Walk-in
40546238 (YM1428)	4/12-18/12	W	9:30-11:30	Kwun Chung SC	20	4/12-18/12	Walk-in
Healthy Elderly Scheme - Gateball							
40546234 (YM1424)	4/12-18/12	W	7:00-9:00	Boundary ST. SC No. 2	20	4/12-18/12	Walk-in
40546235 (YM1425)	5/12-19/12	Th	9:30-11:30	Kwun Chung SC	16	5/12-19/12	Walk-in
Excursion for Elderly							
40546247 (YM1437)	12/12	Th	9:00-17:00	Miu Fat Buddhist Monastery,Tsim Bei Tsui	96	18/10-23/10 (31/10) {19/11}	✉