

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

Kowloon City District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Aerobic Dance TC									
40547067 (KC1030)	18/12-17/1 (excl. 25/12,1/1)	M,W,F	19:00-20:00	To Kwa Wan SC	14+	65	30	19/11	
40547068 (KC1031)	18/12-17/1 (excl. 25/12,1/1)	M,W,F	18:00-19:00	To Kwa Wan SC	14+	65	30	19/11	
Baduanjin TC for Adult									
40547069 (KC1032)	1/12-1/3 (excl. 22/12,26/1)	Su	8:00-9:00	Pui Ching Rd. Ply. (Basketball Ct.)	20+	80	30	5/11	
Children Dance TC									
40547070 (KC1033)	7/12-15/2 (excl. 25/1)	Sa	16:00-18:00	To Kwa Wan SC	4-11	60	20	17/10-23/10 (30/10) {21/11}	
KCD Christmas Eve Social Dance Night									
40547066 (KC1029)	24/12	Tu	19:00-23:00	To Kwa Wan SC	6+	20	400	8/11	
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>									
40547071 (KC1034)	2/12-30/12 (excl. 25/12)	M,W,F	18:00-19:00	Fat Kwong ST. SC	15+	75	20	@4/11	
40547072 (KC1035)	2/12-30/12 (excl. 25/12)	M,W,F	19:00-20:00	Fat Kwong ST. SC	15+	75	20	@4/11	
40547073 (KC1036)	2/12-30/12 (excl. 25/12)	M,W,F	20:00-21:00	Fat Kwong ST. SC	15+	75	20	@4/11	
40547074 (KC1037)	3/12-14/1 (excl. 26/12)	Tu,Th	12:00-13:00	Fat Kwong ST. SC	15+	75	20	@7/11	
40547075 (KC1038)	3/12-14/1 (excl. 26/12)	Tu,Th	13:00-14:00	Fat Kwong ST. SC	15+	75	20	@7/11	
40547076 (KC1039)	10/12-30/1 (excl. 24,26,31/12,28/1)	Tu,Th	18:00-19:00	To Kwa Wan SC	15+	75	20	@7/11	
40547077 (KC1040)	10/12-30/1 (excl. 24,26,31/12,28/1)	Tu,Th	19:00-20:00	To Kwa Wan SC	15+	75	20	@7/11	
40547078 (KC1041)	10/12-30/1 (excl. 24,26,31/12,28/1)	Tu,Th	20:00-21:00	To Kwa Wan SC	15+	75	20	@7/11	
40547079 (KC1042)	12/12-23/1 (excl. 26/12)	Tu,Th	18:00-19:00	Fat Kwong ST. SC	15+	75	20	@7/11	
40547080 (KC1043)	12/12-23/1 (excl. 26/12)	Tu,Th	19:00-20:00	Fat Kwong ST. SC	15+	75	20	@7/11	
40547081 (KC1044)	14/12-11/1 (excl. 26/12)	Tu,Th,Sa	9:00-10:00	Fat Kwong ST. SC	15+	75	20	@12/11	
40547082 (KC1045)	14/12-11/1 (excl. 26/12)	Tu,Th,Sa	10:00-11:00	Fat Kwong ST. SC	15+	75	20	@12/11	
40547083 (KC1046)	14/12-11/1 (excl. 26/12)	Tu,Th,Sa	15:00-16:00	Fat Kwong ST. SC	15+	75	20	@12/11	
40547084 (KC1047)	20/12-24/1 (excl. 23,25/12,1,13/1)	M,W,F	7:00-8:00	Fat Kwong ST. SC	15+	75	20	@25/11	
40547085 (KC1048)	20/12-24/1 (excl. 23,25/12,1,13/1)	M,W,F	9:00-10:00	Fat Kwong ST. SC	15+	75	20	@25/11	
40547086 (KC1049)	20/12-24/1 (excl. 23,25/12,1,13/1)	M,W,F	10:00-11:00	Fat Kwong ST. SC	15+	75	20	@25/11	
40547087 (KC1050)	28/12-23/1	Tu,Th,Sa	8:00-9:00	To Kwa Wan SC	15+	75	20	@12/11	
40547088 (KC1051)	28/12-23/1	Tu,Th,Sa	9:00-10:00	To Kwa Wan SC	15+	75	20	@12/11	
40547089 (KC1052)	28/12-23/1	Tu,Th,Sa	10:00-11:00	To Kwa Wan SC	15+	75	20	@12/11	
Social Dance TC									
40547095 (KC1059)	17/12-30/1 (excl. 24,26,31/12,28/1)	Tu,Th	19:00-21:00	To Kwa Wan SC	14+	86	30	17/10-23/10 (30/10) {21/11}	
Tai Chi Fun Day									
40547124 (KC1088)	7/12	Sa	14:00-17:00	Podium Landscape Courtyard,Kai Ching Est	6+	Free	50	7/12	Walk-in
Tai Chi TC									
40547097 (KC1061)	18/12-20/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	7:00-8:00	KTP(Mini-Soccer Pitch No.2)	6+	60	40	18/11	
40547098 (KC1062)	18/12-20/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	6:45-7:45	KWCP(Six Arts Terrace)	6+	60	30	18/11	
40547099 (KC1063)	18/12-20/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	7:00-8:00	Pui Ching Rd. Ply. (Bask. Ct.)	6+	60	40	18/11	
40547100 (KC1064)	18/12-20/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	7:00-8:00	Sheung Shing St. Park. (Open Space Adj.)	6+	60	40	18/11	
40547101 (KC1065)	18/12-20/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	7:00-8:00	Kau Pui Lung Rd. Ply. (Bask. Ct.)	6+	60	40	15/11	
40547102 (KC1066)	18/12-20/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	7:00-8:00	King Wan St. Ply. Tai- chi & mult.pur are	6+	60	80	15/11	
40547103 (KC1067)	18/12-20/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	6:45-7:45	Ko Shan RD. Park(Soccer Pitch)	6+	60	60	15/11	
40547105 (KC1068)	18/12-20/4 (excl. 25/12,1,24,27/1,10,13/4)	M,W,F	20:00-21:00	Hutchison Park (Square)	6+	60	70	15/11	

40547106 (KC1069)	28/12-25/4 (excl. 25,28/1,4,11/4)	Tu,Th,Sa	18:00-19:00	Tai Chi Area,Tak Long Est.	6+	60	40	27/11		
Tai Chi Training Course										
40547096 (KC1060)	9/12-6/4 (excl. 25/12,1,27,29/1)	M,W,F	7:00-8:00	Ho Man Tin Park(Mini Soccer Pitch)	6+	60	60	4/11		
Yoga TC										
40547107 (KC1070)	17/12-21/1 (excl. 26/12)	Tu,Th	15:00-17:00	To Kwa Wan SC	15+	85	30	17/10-23/10 (30/10) {22/11}		
40547108 (KC1071)	19/12-23/1 (excl. 26/12)	Tu,Th	10:00-12:00	To Kwa Wan SC	15+	85	30	17/10-23/10 (30/10) {22/11}		
40547109 (KC1072)	31/12-4/2 (excl. 28/1)	Tu,Th	19:00-21:00	Hung Hom Municipal Services Building SC	15+	85	30	17/10-23/10 (30/10) {22/11}		
Briefing on Proper Ways to Use FE										
40547090 (KC1054)	13/12	F	14:00-17:00	Fat Kwong ST. SC	15+	Free	25	17/10-23/10 (30/10) {21/11}		
40547091 (KC1055)	13/12	F	9:00-12:00	To Kwa Wan SC	15+	Free	25	17/10-23/10 (30/10) {21/11}		
Briefing on Proper Ways to Use FE (Class A)										
40547092 (KC1056)	21/12	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	25	17/10-23/10 (30/10) {21/11}		
Briefing on Proper Ways to Use FE (Class B)										
40547093 (KC1057)	21/12	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	25	17/10-23/10 (30/10) {21/11}		
Fitness Walking Briefing Session										
40547094 (KC1058)	15/12	Su	16:00-18:00	KWCP & CRP	6+	Free	40	1/11		
Body-Mind Stretch TC										
40549324 (KC1121)	13/12-31/1 (excl. 25/12,1/1,24/1)	W,F	19:00-20:00	Fat Kwong ST. SC	15+	85	24	7/11		
40549325 (KC1122)	13/12-31/1 (excl. 25/12,1/1,24/1)	W,F	20:00-21:00	Fat Kwong ST. SC	15+	85	24	7/11		
Badminton TC										
40547110 (KC1073)	4/12-10/1 (excl. 25/12,1/1)	W,F	9:00-11:00	Fat Kwong ST. SC	7+	118	24	17/10-23/10 (30/10) {22/11}		
40547111 (KC1074)	3/12-7/1 (excl. 26/12)	Tu,Th	19:00-21:00	Kowloon City SC	7+	118	24	17/10-23/10 (30/10) {22/11}		
40547112 (KC1075)	3/12-7/1 (excl. 26/12)	Tu,Th	15:00-17:00	Kowloon City SC	7+	118	24	17/10-23/10 (30/10) {22/11}		
Mini-tennis TC										
40548476 (KC1120)	1/12-9/2 (excl. 26/1)	Su	11:00-13:00	Hung Hom Municipal Services Building SC	6-12	70	16	17/10-23/10 (30/10) {22/11}		
Squash TC										
40547117 (KC1080)	3/12-31/12 (excl. 26/12)	Tu,Th	19:00-21:00	Hung Hom Municipal Services Building SC	7+	160	12	4/11		
Table-tennis TC										
40547118 (KC1081)	5/12-9/1 (excl. 26/12)	Tu,Th	7:00-9:00	Kowloon City SC	6+	86	24	4/11		
Tennis Training Course										
40547115 (KC1078)	8/12-16/2 (excl. 26/1)	Su	7:00-9:00	Junction RD. Park	8+	170	12	4/11		
Go Elementary TC (Stage III)										
40547113 (KC1076)	15/12-19/1	Su	16:00-18:00	Kowloon City SC	6+	40	20	1/11		
Cricket Fun Day										
40547122 (KC1085)	8/12	Su	10:00-12:00	Junction RD. Park (Soccer Pitch)	6+	Free	30	1/11		
Gateball Fun Day										
40547121 (KC1084)	8/12	Su	14:30-16:30	Hung Hom Municipal Services Building SC	8+	Free	30	1/11		
Healthy Exercise for All Campaign Hiking Sch.										
40547120 (KC1083)	8/12	Su	9:00-17:00	C4: Wong Nai Tun-Tai Tong	6+	40	48	17/10-23/10 (30/10) {22/11}		
Horse Riding FD										
40547123 (KC1086)	8/12	Su	15:00-17:00	Lei Yue Mun Public Riding School	6+	75	24	7/11		
Excursion for Families										
40547119 (KC1082)	15/12	Su	9:00-17:00	TBC	All	40	96	17/10-23/10 (30/10) {22/11}		
Dance cum R & S Carnival										
40547125 (KC1089)	8/12	Su	15:00-16:00	KWCP(Six Arts Terrace)	All	Free	450	8/12		Walk-in
40547126 (KC1090)	14/12	Sa	15:00-17:00	KTCTP	All	Free	500	14/12		Walk-in
Sport for All Carnival										
40547128 (KC1092)	1/12	Su	14:00-17:00	Argyle St. PG	All	Free	1500	1/12		Walk-in
Horticulture Seminar (Topic:)										
40547127 (KC1091)	14/12	Sa	10:00-12:00	Hung Hom Municipal Services Building SC	All	30	30	12/11		

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.

Excursion for Per. w/ Intellectual Disability								
40547130 (KC1094)	6/12	F	9:00-16:30	HK Museum of Art & KLN Park	All	30	1/11	<i>i</i>
Golf FD for Physical Disability								
40547132 (KC1096)	1/12	Su	10:00-12:00	Tuen Mun RSC	8+	6	1/11	<i>i</i>
Excursion for Per. with Hearing Impairment								
40547129 (KC1093)	12/12	Th	9:00-17:00	NT	All	10	1/11	<i>i</i>
Excursion for Per. with Phy. Dis. & Chr. illn								
40547131 (KC1095)	8/12	Su	10:30-16:00	Stanley Mkt. & HK Corr. Services Museum	12+	14	1/11	<i>i</i>

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
Mt Pts for Elderly - Baduanjin							
40547136 (KC1100)	5/12-19/12	Th	9:00-11:00	To Kwa Wan SC	30	5/12-19/12	Walk-in
40547137 (KC1101)	3/12-31/12	Tu	9:00-10:00	Fat Kwong ST. SC	25	3/12-31/12	Walk-in
Mt Pts for Elderly - Dance							
40547146 (KC1109)	2/12-30/12	M	7:00-9:00	Hung Hom Municipal Services Building SC	20	2/12-30/12	Walk-in
Mt Pts for Elderly - Elderly Fitness							
40547141 (KC1105)	4/12-18/12	W	8:00-10:00	Hung Hom Municipal Services Building SC	30	4/12-18/12	Walk-in
40547142 (KC1106)	4/12-18/12	W	9:00-11:00	To Kwa Wan SC	50	4/12-18/12	Walk-in
Fitness Assessment for Elderly							
40547147 (KC1114)	4/12	W	9:00-11:00	To Kwa Wan SC	60	4/12	Walk-in
Mt Pts for Elderly - General Gymnastic							
40547144 (KC1108)	5/12-19/12	Th	14:00-16:00	Hung Hom Municipal Services Building SC	80	5/12-19/12	Walk-in
Mt Pts for Elderly - Oriental Dance							
40547138 (KC1102)	3/12-31/12	Tu	9:00-11:00	To Kwa Wan SC	90	3/12-31/12	Walk-in
Mt Pts for Elderly - Social Dance							
40547139 (KC1103)	6/12-27/12	F	9:00-11:00	To Kwa Wan SC	150	6/12-27/12	Walk-in
Healthy Elderly Scheme - Badminton							
40547140 (KC1104)	10/12-31/12	Tu	9:00-11:00	Kowloon City SC	24	10/12-31/12	Walk-in
Healthy Elderly Scheme - Table-tennis							
40547148 (KC1115)	5/12-19/12	Th	9:00-11:00	Ho Man Tin SC	36	5/12-19/12	Walk-in
40547149 (KC1116)	4/12-18/12	W	9:00-11:00	To Kwa Wan SC	36	4/12-18/12	Walk-in
40547150 (KC1117)	5/12-19/12	Th	9:00-11:00	To Kwa Wan SC	36	5/12-19/12	Walk-in
Healthy Elderly Scheme- American Pool							
40547151 (KC1118)	6/12-27/12	F	9:00-11:00	Ho Man Tin SC	12	6/12-27/12	Walk-in
Mt Pts for Elderly - Gateball							
40547143 (KC1107)	4/12-18/12	W	9:00-11:00	Hung Hom Municipal Services Building SC	25	4/12-18/12	Walk-in
Day Camp for Elderly							
40547133 (KC1097)	15/12	Su	9:00-16:00	Tso Kung Tam ORC	130	17/10-23/10 (30/10){22/11}	