

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

**Kwun Tong District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Front Crawl TC for Adult (Level I)</b>									
40547395 (KT1240)	2/12-23/12	M,W,F	8:00-9:00	KTSP (Indoor Training Pool)	18+	100	16	22/10-28/10 (7/11){28/11}	☐
<b>Aerobic Dance Training Course</b>									
40547286 (KT1198)	4/12-10/1 (excl. 11/12,25/12,27/12,1/1,8/1)	M,W,F	8:00-9:00	Lam Tin South SC	14+	65	30	7/11	☐ i
40547287 (KT1199)	4/12-10/1 (excl. 11/12,25/12,27/12,1/1,8/1)	M,W,F	9:00-10:00	Lam Tin South SC	14+	65	30	7/11	☐ i
40547288 (KT1200)	4/12-10/1 (excl. 11/12,25/12,27/12,1/1,8/1)	M,W,F	14:00-15:00	Lam Tin South SC	14+	65	30	22/10-28/10 (7/11){27/11}	☐
40547289 (KT1201)	4/12-10/1 (excl. 11/12,25/12,27/12,1/1,8/1)	M,W,F	15:00-16:00	Lam Tin South SC	14+	65	30	22/10-28/10 (7/11){27/11}	☐
40547290 (KT1202)	27/12-29/1 (excl. 1/1,24/1,27/1)	M,W,F	19:00-20:00	Lam Tin South SC	14+	65	30	7/11	☐ i
40547291 (KT1203)	27/12-29/1 (excl. 1/1,24/1,27/1)	M,W,F	20:00-21:00	Lam Tin South SC	14+	65	30	7/11	☐ i
40547302 (KT1204)	17/12-6/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	19:00-20:00	Lei Yue Mun SC	14+	65	12	22/10-28/10 (7/11){27/11}	☐
40547303 (KT1205)	17/12-6/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	20:00-21:00	Lei Yue Mun SC	14+	65	12	22/10-28/10 (7/11){27/11}	☐
40547304 (KT1206)	10/12-30/1 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	19:00-20:00	Shui Wo ST. SC	14+	65	25	6/11	☐ i
40547305 (KT1207)	10/12-30/1 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	20:00-21:00	Shui Wo ST. SC	14+	65	25	6/11	☐ i
40547306 (KT1208)	14/12-11/1 (excl. 26/12)	Tu,Th,Sa	7:00-8:00	Shui Wo ST. SC	14+	65	25	22/10-28/10 (7/11){27/11}	☐
40547307 (KT1209)	14/12-11/1 (excl. 26/12)	Tu,Th,Sa	8:00-9:00	Shui Wo ST. SC	14+	65	25	22/10-28/10 (7/11){27/11}	☐
40547308 (KT1210)	16/12-15/1 (excl. 25/12,1/1)	M,W,F	18:00-19:00	Shui Wo ST. SC	14+	65	25	7/11	☐ i
40547309 (KT1211)	16/12-15/1 (excl. 25/12,1/1)	M,W,F	19:00-20:00	Shui Wo ST. SC	14+	65	25	7/11	☐ i
40547310 (KT1212)	3/12-2/1 (excl. 24/12,26/12)	Tu,Th,Sa	7:00-8:00	Ngau Tau Kok RD. SC	14+	65	30	6/11	☐ i
40547311 (KT1213)	3/12-2/1 (excl. 24/12,26/12)	Tu,Th,Sa	8:00-9:00	Ngau Tau Kok RD. SC	14+	65	30	6/11	☐ i
40547312 (KT1214)	17/12-6/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	19:00-20:00	Ngau Tau Kok RD. SC	14+	65	30	22/10-28/10 (7/11){27/11}	☐
40547313 (KT1215)	17/12-6/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	20:00-21:00	Ngau Tau Kok RD. SC	14+	65	30	6/11	☐ i
40547314 (KT1216)	12/12-4/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	19:00-20:00	Shun Lee Tsuen SC	14+	65	30	6/11	☐ i
40547315 (KT1217)	12/12-4/2 (excl. 24/12,26/12,31/12,28/1)	Tu,Th	20:00-21:00	Shun Lee Tsuen SC	14+	65	30	6/11	☐ i
40547316 (KT1218)	13/12-31/1 (excl. 25/12,1/1,24/1)	W,F	9:00-10:00	Shun Lee Tsuen SC	14+	65	30	7/11	☐ i
40547317 (KT1219)	13/12-31/1 (excl. 25/12,1/1,24/1)	W,F	10:00-11:00	Shun Lee Tsuen SC	14+	65	30	7/11	☐ i
<b>Dance for Health - Kwun Tong District Christmas Social Dance Night</b>									
40547390 (KT1239)	21/12	Sa	19:00-22:00	Ngau Tau Kok RD. SC	8+	20	200	1/11	☐ i
<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.</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>									
40547485 (KT1255)	6/12-22/1 (excl. 25/12,1/1)	W,F	8:00-9:00	Lei Yue Mun SC	15+	75	25	@4/11	☐ i
40547486 (KT1256)	6/12-22/1 (excl. 25/12,1/1)	W,F	9:00-10:00	Lei Yue Mun SC	15+	75	25	@4/11	☐ i
40547487 (KT1257)	6/12-22/1 (excl. 25/12,1/1)	W,F	10:00-11:00	Lei Yue Mun SC	15+	75	25	@4/11	☐ i
40547488 (KT1258)	12/12-30/1 (excl. 26/12,31/12,28/1)	Tu,Th	19:00-20:00	Lei Yue Mun SC	15+	75	25	@5/11	☐ i
40547489 (KT1259)	12/12-30/1 (excl. 26/12,31/12,28/1)	Tu,Th	20:00-21:00	Lei Yue Mun SC	15+	75	25	@5/11	☐ i
40547490 (KT1260)	12/12-30/1 (excl. 26/12,31/12,28/1)	Tu,Th	21:00-22:00	Lei Yue Mun SC	15+	75	25	@5/11	☐ i
40547491 (KT1261)	20/12-7/2 (excl. 25/12,1/1,24/1)	W,F	7:00-8:00	Shun Lee Tsuen SC	15+	75	25	@4/11	☐ i
40547492 (KT1262)	20/12-7/2 (excl. 25/12,1/1,24/1)	W,F	8:00-9:00	Shun Lee Tsuen SC	15+	75	25	@4/11	☐ i
40547493 (KT1263)	20/12-7/2 (excl. 25/12,1/1,24/1)	W,F	9:00-10:00	Shun Lee Tsuen SC	15+	75	25	@4/11	☐ i
40547494 (KT1264)	20/12-7/2 (excl. 25/12,1/1,24/1)	W,F	10:00-11:00	Shun Lee Tsuen SC	15+	75	25	@4/11	☐ i
40547495 (KT1265)	20/12-7/2 (excl. 25/12,1/1,24/1)	W,F	18:00-19:00	Shun Lee Tsuen SC	15+	75	25	@4/11	☐ i
40547496 (KT1266)	20/12-7/2 (excl. 25/12,1/1,24/1)	W,F	19:00-20:00	Shun Lee Tsuen SC	15+	75	25	@4/11	☐ i

**Evening Tai Chi Training Course**

40547687 (KT1173)	4/12-1/4 (excl. 25/12,1/1,24/1,27/1)	M,W,F	20:30-21:30	KT Garden Est. (BB Crt near Hung Cheuk H	6+	60	50	12/11	 
40547688 (KT1174)	4/12-1/4 (excl. 25/12,1/1,24/1,27/1)	M,W,F	20:30-21:30	Podium of Kwong Tin Estate (near LTSSC)	6+	60	50	12/11	 


**Tai Chi Training Course**

40547715 (KT1187)	3/12-28/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Yau Tong Reservoir PG	6+	60	70	11/11	 
40547719 (KT1191)	4/12-1/4 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:00-8:00	Lam Tin Service Reservoir P/G	6+	60	70	12/11	 
40547720 (KT1192)	4/12-1/4 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:00-8:00	Shun Tin Estate(Roof Garden of Garage A)	6+	60	50	12/11	 
40547724 (KT1196)	4/12-1/4 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:00-8:00	Laguna Park	6+	60	70	12/11	 

**Tai Chi Sword Training Course**

40547709 (KT1179)	3/12-28/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Sau Mau Ping Estate - Volleyball Court	6+	60	40	11/11	 
40547710 (KT1183)	3/12-28/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Shun Tin Estate (Roof Garden of Garage A	6+	60	40	11/11	 
40547711 (KT1182)	3/12-28/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Lam Tin Service Reservoir P/G	6+	60	70	11/11	 
40547712 (KT1186)	3/12-28/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Laguna Park	6+	60	50	11/11	 


**Yoga Training Course**

40547386 (KT1238)	17/12-21/1 (excl. 26/12)	Tu,Th	9:00-11:00	Shui Wo ST. SC	15+	85	25	22/10-28/10 (7/11){28/11}	
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**Briefing on Proper Ways to Use Fitness Equip.**

40547480 (KT1250)	29/12	Su	9:00-12:00	Lei Yue Mun SC	15+	Free	25	22/10-28/10 (7/11){27/11}	
40547481 (KT1251)	2/12	M	18:00-21:00	Shun Lee Tsuen SC	15+	Free	25	22/10-28/10 (7/11){27/11}	
40547482 (KT1252)	14/12	Sa	14:00-17:00	Shun Lee Tsuen SC	15+	Free	25	22/10-28/10 (7/11){27/11}	
40547483 (KT1253)	4/12	W	18:00-21:00	Lei Yue Mun SC	15+	Free	25	22/10-28/10 (7/11){27/11}	
40547484 (KT1254)	9/12	M	18:00-21:00	Lei Yue Mun SC	15+	Free	25	22/10-28/10 (7/11){27/11}	


**Badminton Training Course**

40547475 (KT1248)	4/12-30/12 (excl. 16/12,25/12)	M,W,F	7:00-9:00	Shui Wo ST. SC	7+	118	18	22/10-28/10 (7/11){29/11}	
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**Indoor Short Mat Bowling Training Course**

40547322 (KT1224)	1/12-19/1	Su	11:00-13:00	Lei Yue Mun SC(AR)	20+	54	8	1/11	 
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**Squash Training Course**

40547373 (KT1234)	3/12-3/1 (excl. 24/12,31/12)	Tu,F	19:00-21:00	Hiu Kwong ST. SC	7+	160	8	6/11	 
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


**Squash Clinic**

40547370 (KT1233)	2/12-30/12 (excl. 25/12)	M,W	19:00-21:00	Shun Lee Tsuen SC	7+	160	8	5/11	 
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
**Table-tennis TC for Children**

40547379 (KT1236)	7/12-15/2 (excl. 25/1)	Sa	13:00-15:00	Lei Yue Mun SC	6-13	86	24	22/10-28/10 (7/11){29/11}	
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


**Tennis Training Course**

40547683 (KT1168)	10/12-14/1 (excl. 26/12)	Tu,Th	19:00-21:00	Hiu Ming ST. PG	8+	170	12	22/10-28/10 (7/11){29/11}	
40547684 (KT1169)	1/12-16/2 (excl. 22/12,26/1)	Su	19:00-21:00	Ping Shek PG	8+	170	12	22/10-28/10 (7/11){29/11}	
40547685 (KT1171)	3/12-14/1 (excl. 24/12,26/12,31/12)	Tu,Th	9:00-11:00	Ping Shek PG	8+	170	12	22/10-28/10 (7/11){29/11}	
40547686 (KT1172)	4/12-10/1 (excl. 25/12,1/1)	W,F	7:00-9:00	Hiu Ming ST. PG	8+	170	12	22/10-28/10 (7/11){29/11}	

**Tennis Clinic**

40547682 (KT1167)	2/12-6/1 (excl. 25/12)	M,W	19:00-21:00	Jordan Valley PG TC	8+	170	12	22/10-28/10 (7/11){29/11}	
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**Golf Fun Day**

40547505 (KT1275)	14/12	Sa	9:00-10:00	Shun Lee Tsuen SC	8+	Free	6	22/10-28/10 (7/11){29/11}	
40547506 (KT1276)	14/12	Sa	10:00-11:00	Shun Lee Tsuen SC	8+	Free	6	22/10-28/10 (7/11){29/11}	
40547507 (KT1277)	14/12	Sa	11:00-12:00	Shun Lee Tsuen SC	8+	Free	6	22/10-28/10 (7/11){29/11}	


**Golf Training Course (Level I)**

40547698 (KT1278)	3/12-12/12	Tu,Th	19:00-20:30	Shun Lee Tsuen SC	8+	160	6	22/10-28/10 (7/11){29/11}	
40547699 (KT1279)	3/12-12/12	Tu,Th	20:30-22:00	Shun Lee Tsuen SC	8+	160	6	22/10-28/10 (7/11){29/11}	

**American Pool Training Course (Level II)**

40547473 (KT1246)	9/12-30/12	M	19:00-21:00	Shun Lee Tsuen SC	8+	120	12	5/11	 
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**Snooker Training Course (Level 1)**

40547703 (KT1282)	3/12-20/12	Tu,F	19:00-21:00	Shun Lee Tsuen SC	10+	240	8	22/10-28/10 (7/11){27/11}	
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**Sport for All - Ultimate Fun Day for Family**

40523930	8/12	Su	14:00-15:30	Kwun Tong Recreation Ground Soccer Pitch	6+	Free	40	4/11	 
40523931	8/12	Su	15:30-17:00	Kwun Tong Recreation Ground Soccer Pitch	6+	Free	40	4/11	 

40547401 (KT1241)	8/12	Su	14:00-15:30	Kwun Tong Recreation Ground Soccer Pitch	6+	Free	40	1/11	
40547403 (KT1242)	8/12	Su	15:30-17:00	Kwun Tong Recreation Ground Soccer Pitch	6+	Free	40	1/11	

#### Healthy Exercise for All Campaign - Hiking Scheme

40547689 (KT1175)	8/12	Su	9:00-16:00	C6 - Devil's Peak - Tseng Lan Shue	6+	40	48	22/10-28/10 (7/11){27/11}	
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#### Orienteering Fun Day

40547691 (KT1177)	8/12	Su	14:00-17:00	Lam Tin Park	All	Free	800	8/12	Walk-in
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#### Horticultural Seminar

40547675 (KT1160)	1/12	Su	14:30-16:30	Jordan Valley Park	All	30	30	1/11	
40547676 (KT1161)	7/12	Sa	14:30-16:30	Jordan Valley Park	All	30	30	1/11	
40547677 (KT1162)	15/12	Su	10:30-12:30	Jordan Valley Park	All	30	30	1/11	

#### Community Garden Scheme

40547663 (KT1148)	8/12-18/4 (excl. 25-28/1)	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Jordan Valley Park Community Garden	12+	400	45	22/10-28/10 (7/11){27/11}	
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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 PWs 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 PWs 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.

#### Residential Camp for Persons with Visual Impairment

40540643 (KT0886)	7/12-8/12	Sa,Su	14:00-14:00	Tso Kung Tam ORC	All	4	8/11	
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#### Horticultural Fun Day for Persons with Physical Disability

40540630 (KT0883)	21/12	Sa	9:30-12:00	Jordan Valley Park	All	3	8/11	
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#### Fun Games for Persons with Disability

40547504 (KT1274)	5/12	Sa	10:00-13:00	Lei Yue Mun SC	All	2000	5/12	
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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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#### Swimming TC for Elderly (Level I)

40547470 (KT1243)	2/12-23/12	M,W,F	7:00-8:00	KTSP (Indoor Training Pool)	16	22/10-28/10 (7/11) {28/11}	
40547471 (KT1244)	13/12-17/1 (excl. 27/12)	M,F	7:00-8:00	LTSP (Indoor Training Pool)	12	22/10-28/10 (7/11) {28/11}	
40547472 (KT1245)	13/12-17/1 (excl. 27/12)	M,F	8:00-9:00	LTSP (Indoor Training Pool)	12	22/10-28/10 (7/11) {28/11}	

#### Baduanjin Play-in for Elderly

40547661 (KT1146)	11/12-24/1 (excl. 25/12,1/1)	W,F	7:00-8:00	Shui Wo ST. SC	35	22/10-28/10 (7/11) {28/11}	
40547662 (KT1147)	11/12-24/1 (excl. 25/12,1/1)	W,F	8:00-9:00	Shui Wo ST. SC	35	22/10-28/10 (7/11) {28/11}	

#### Meeting Point for Elderly - Fitness Exercise

40547328 (KT1227)	2/12-30/12 (excl. 11/12,25/12,27/12)	M,W,F	10:00-12:00	Lam Tin South SC	30	2/12-30/12	
40547329 (KT1228)	3/12-31/12 (excl. 26/12)	Tu,Th,Sa	9:30-11:30	Lei Yue Mun SC	25	3/12-31/12	
40547330 (KT1229)	2/12-30/12	M	14:00-16:00	Yuet Wah St P/G	60	2/12-30/12	
40547331 (KT1230)	2/12-30/12 (excl. 9/12,23/12,25/12)	M,W,F	12:00-14:00	Ngau Tau Kok RD. SC	30	2/12-30/12	

#### Meeting Point for Elderly - Morning Exercise

40547332 (KT1231)	2/12-31/12 (excl. 25/12,26/12)	M,Tu,W,Th,F,Sa	6:30-8:30	Lam Tin Park (Nr 5-a-side Soccer Pitch)	50	2/12-31/12	
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**Meeting Point for Elderly-Fitness Assessment**

40547327 (KT1226)	2/12	M	14:00-16:00	Yuet Wah St P/G	80	2/12	♿
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**Fitness Exercise TC for Elderly**

40547318 (KT1220)	12/12-4/2 (excl. 26/12,28/1)	Tu,Th	14:00-15:00	Lam Tin South SC	30	22/10-28/10 (7/11) {28/11}	✉
40547319 (KT1221)	12/12-4/2 (excl. 26/12,28/1)	Tu,Th	15:00-16:00	Lam Tin South SC	30	22/10-28/10 (7/11) {28/11}	✉
40547320 (KT1222)	27/12-7/2 (excl. 1/1,13/1,24/1,27/1,29/1)	M,W,F	14:00-15:00	Ngau Tau Kok RD. SC	30	22/10-28/10 (7/11) {28/11}	✉
40547321 (KT1223)	27/12-7/2 (excl. 1/1,13/1,24/1,27/1,29/1)	M,W,F	15:00-16:00	Ngau Tau Kok RD. SC	30	22/10-28/10 (7/11) {28/11}	✉

**Meeting Point for Elderly - Tai Chi**

40547690 (KT1176)	3/12-31/12 (excl. 26/12)	Tu,Th	9:30-11:30	Hiu Kwong ST. SC	50	3/12-31/12	♿
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**Tai Chi Training Course for Elderly**

40547725 (KT1197)	4/12-1/4 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:30-8:30	Kai Yip Estate-Basketball Crt	50	11/11	📺 i
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**Healthy Elderly Scheme - Badminton**

40547669 (KT1154)	3/12-31/12 (excl. 26/12)	Tu,Th	7:00-10:00	Shun Lee Tsuen SC	24	3/12-31/12	♿
40547670 (KT1155)	4/12-27/12 (excl. 25/12)	W,F	8:00-11:00	Lei Yue Mun SC	24	4/12-27/12	♿

**Healthy Elderly Scheme - Golf**

40547700 (KT1280)	3/12-31/12 (excl. 24/12,26/12)	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	12	3/12-31/12	♿
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**Healthy Elderly Scheme - Social Dance Play-in**

40547666 (KT1151)	3/12-31/12	Tu	10:00-12:00	Shun Lee Tsuen SC	20	3/12-31/12	♿
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**Healthy Elderly Scheme - Table-tennis Play-in**

40547673 (KT1158)	4/12-27/12 (excl. 25/12)	W,F	7:00-10:00	Shun Lee Tsuen SC	24	4/12-27/12	♿
40547674 (KT1159)	3/12-31/12 (excl. 26/12)	Tu,Th	8:00-11:30	Lei Yue Mun SC	24	3/12-31/12	♿

**Meeting Point for Elderly - Mini-tennis**

40547679 (KT1164)	4/12-27/12 (excl. 25/12)	W,F	8:00-10:00	Ping Shek PG	12	4/12-27/12	♿
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**Mt.Pts.For OP-Tennis Friendly Match & Play-in**

40547680 (KT1165)	4/12-27/12 (excl. 25/12)	W,F	8:30-10:30	Shun Lee Tsuen Park	12	4/12-27/12	♿
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**Meeting Point for Elderly - Table Tennis**

40547366 (KT1232)	4/12-27/12 (excl. 25/12)	W,F	9:15-11:45	Hiu Kwong ST. SC	24	4/12-27/12	♿
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**Meeting Point for Elderly - Billiard**

40547702 (KT1281)	3/12-31/12 (excl. 24/12,26/12)	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	16	3/12-31/12	♿
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**Meeting Point For Elderly - Gateball**

40547678 (KT1163)	5/12-19/12	Th	9:00-11:00	Hong Ning Rd Park(Outdoor Gateball Crt)	30	5/12-19/12	♿
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