

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jul 2021**

Kwai Tsing District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Long Distance Running Training Course									
40603278 (KWT467)	6/7-5/8	Tu and Thsday	19:00-21:00	Tsing Yi SG	16+	130	20	2/6	
Life-saving TC (Bronze Medallion)									
40584546 (KWT466)	6/7-17/8	Tu,Th,Sa	19:30-21:30	Kwai Shing SP	13+	108	12	1/6	
Breaststroke TC for Adult (Level I)									
40584524 (KWT455)	5/7-26/7	M,W,F	20:30-21:30	North Kwai Chung JC SP	18+	100	6	20/5-24/5 (3/6) {22/6}	
Breaststroke TC for Children (Level I)									
40584528 (KWT519)	9/7-30/7	M,W,F	16:00-17:00	Tsing Yi SP	5-8	100	6	20/5-24/5 (3/6) {22/6}	
Breaststroke TC for Junior & Youth (Level I)									
40584560 (KWT553)	15/7-30/7	M,Tu,Th,F	16:00-17:00	North Kwai Chung JC SP	9-17	100	6	20/5-24/5 (3/6) {22/6}	
Front Crawl TC for Adult (Level I)									
40584523 (KWT456)	5/7-26/7	M,W,F	19:30-20:30	North Kwai Chung JC SP	18+	100	6	20/5-24/5 (3/6) {22/6}	
40584557 (KWT540)	9/7-30/7	M,W,F	19:30-20:30	Tsing Yi SP	18+	100	6	20/5-24/5 (3/6) {22/6}	
Front Crawl TC for Children (Level I)									
40584526 (KWT520)	9/7-30/7	M,W,F	17:00-18:00	Tsing Yi SP	5-8	100	6	20/5-24/5 (3/6) {22/6}	
40584527 (KWT521)	9/7-30/7	M,W,F	18:30-19:30	Tsing Yi SP	5-8	100	6	20/5-24/5 (3/6) {22/6}	
40584558 (KWT554)	15/7-30/7	M,Tu,Th,F	14:00-15:00	North Kwai Chung JC SP	5-8	100	6	20/5-24/5 (3/6) {22/6}	
40584559 (KWT555)	15/7-30/7	M,Tu,Th,F	15:00-16:00	North Kwai Chung JC SP	5-8	100	6	20/5-24/5 (3/6) {22/6}	
40584562 (KWT551)	6/7-5/8	Tu,Th	19:30-20:30	Tsing Yi SP	5-8	100	6	20/5-24/5 (3/6) {22/6}	
Front Crawl TC for Junior & Youth (Level I)									
40584556 (KWT541)	6/7-5/8	Tu,Th	20:30-21:30	Tsing Yi SP	9-17	100	6	20/5-24/5 (3/6) {22/6}	
Aerobic Dance Training Course									
40603927 (KWT420)	2/7-17/9	F	13:00-14:00	Tai Wo Hau SC	14+	65	12	15/6	
40603928 (KWT421)	2/7-17/9	F	14:00-15:00	Tai Wo Hau SC	14+	65	12	15/6	
40605343 (KWT0476)	6/7-12/8	Tu,Th	9:00-10:00	Cheung Fat SC	14+	65	10	21/5-25/5 (8/6) {24/6}	
40605344 (KWT0477)	6/7-12/8	Tu,Th	10:00-11:00	Cheung Fat SC	14+	65	10	21/5-25/5 (8/6) {24/6}	
Jazz Training Course									
40590855 (KWT528)	11/7-19/9 (excl. 1/8)	Su	10:00-12:00	North Kwai Chung Tang Shiu Kin SC	14+	70	15	1/6	
Children Dance Training Course									
40603926 (KWT428)	3/7-4/9	Sa	16:00-18:00	Tai Wo Hau SC	4-6	60	10	4/6	
40605368 (KWT0559)	16/7-18/8	W,F	15:00-17:00	Cheung Fat SC	4-6	60	10	4/6	
Chinese Dance Training Course									
40605373 (KWT0443)	11/7-26/9 (excl. 1/8,5/9)	Su	15:00-17:00	Lai King SC	14+	45	10	21/5-25/5 (8/6) {24/6}	
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>									
40605328 (KWT0422)	2/7-11/8	W,F	8:00-9:00	Cheung Fat SC	15+	75	10	@2/6	
40605332 (KWT0423)	2/7-11/8	W,F	9:00-10:00	Cheung Fat SC	15+	75	10	@2/6	
40605341 (KWT0469)	13/7-19/8	Tu,Th	19:00-20:00	Cheung Fat SC	15+	75	10	@2/6	
40605342 (KWT0470)	13/7-19/8	Tu,Th	20:00-21:00	Cheung Fat SC	15+	75	10	@2/6	
Social Dance Training Course									
40587914 (KWT587)	21/7-20/8	W,F	9:00-11:00	Tsing Yi Southwest SC	14+	86	16	21/5-25/5 (8/6) {24/6}	
40590743 (KWT527)	10/7-11/9	Sa	15:00-17:00	North Kwai Chung Tang Shiu Kin SC	14+	86	16	21/5-25/5 (8/6) {24/6}	
40603924 (KWT442)	4/7-12/9 (excl. 1/8)	Su	15:00-17:00	Tai Wo Hau SC	14+	86	12	21/5-25/5 (8/6) {24/6}	
40605320 (KWT437)	10/7-11/9	Sa	19:00-21:00	Lai King SC	14+	86	12	21/5-25/5 (8/6) {24/6}	
40605419 (KWT522)	9/7-10/9	F	14:00-16:00	Tsing Yi SC	14+	86	16	21/5-25/5 (8/6) {24/6}	
Tai Chi Made Easy Class Training Course									
40605402 (KWT429)	3/7-18/9	Sa	9:00-10:00	Tsing Yi SC	6+	54	15	1/6	
40605403 (KWT430)	3/7-18/9	Sa	10:00-11:00	Tsing Yi SC	6+	54	15	1/6	
Wushu TC for Children									

40605424 (KWT534)	11/7-12/9 (excl. 1/8)	Su	14:00-16:00	Tsing Yi SC	6-9	86	10	21/5-25/5 (8/6) {24/6}	☒
Wushu Training Course for Children									
40603910 (KWT536)	12/7-9/8	M,W	14:00-16:00	Tai Wo Hau SC	6-9	86	10	21/5-25/5 (8/6) {24/6}	☒
Yoga Training Course									
40605329 (KWT511)	8/7-9/9	Th	19:00-21:00	Lai King SC	15+	85	12	21/5-25/5 (8/6) {24/6}	☒
40605338 (KWT0438)	3/7-18/9 (excl. 4/9,11/9)	Sa	10:00-12:00	Cheung Fat SC	15+	85	12	21/5-25/5 (8/6) {24/6}	☒
40605418 (KWT494)	7/7-8/9	W	19:00-21:00	Tsing Yi SC	15+	85	15	21/5-25/5 (8/6) {24/6}	☒
40605421 (KWT523)	9/7-10/9	F	10:00-12:00	Tsing Yi SC	15+	85	15	21/5-25/5 (8/6) {24/6}	☒
40605423 (KWT524)	9/7-10/9	F	19:00-21:00	Tsing Yi SC	15+	85	15	21/5-25/5 (8/6) {24/6}	☒
Fitness Training Course for Children									
40605429 (KWT580)	20/7-12/8	Tu,Th	15:00-16:30	Tsing Yi SC	8-14	75	10	21/5-25/5 (8/6) {24/6}	☒
Badminton TC for Children									
40605333 (KWT564)	17/7-19/8	Th,Sa	17:00-19:00	Lai King SC	7-11	118	12	20/5-24/5 (3/6) {22/6}	☒
Badminton Training Course									
40590733 (KWT495)	7/7-8/9	W	19:00-21:00	North Kwai Chung Tang Shiu Kin SC	7+	118	12	20/5-24/5 (3/6) {22/6}	☒
40605330 (KWT514)	8/7-9/9	Th	19:00-21:00	Lai King SC	7+	118	12	20/5-24/5 (3/6) {22/6}	☒
40605411 (KWT478)	6/7-7/9	Tu	19:00-21:00	Tsing Yi SC	7+	118	12	20/5-24/5 (3/6) {22/6}	☒
Badminton Training Course for Children									
40605369 (KWT0560)	16/7-18/8	W,F	9:00-11:00	Cheung Fat SC	7-11	118	12	20/5-24/5 (3/6) {22/6}	☒
40605426 (KWT552)	14/7-13/8	W, F	9:00-11:00	Tsing Yi SC	7-11	118	12	20/5-24/5 (3/6) {22/6}	☒
Parent-child (Aged 7-17) Badminton TC									
40605370 (KWT0565)	17/7-21/8	Sa	19:00-21:00	Cheung Fat SC	7+	73	12	21/5-25/5 (8/6) {24/6}	☒
Parent-child(Aged 7-17) Badminton TC									
40603923 (KWT439)	3/7-7/8	Sa	19:00-21:00	Tai Wo Hau SC	7+	73	12	21/5-25/5 (8/6) {24/6}	☒
Fencing Training Course (Level I)									
40605408 (KWT444)	4/7-25/7	Su	9:00-11:00	Tsing Yi SC	9+	50	10	20/5-24/5 (3/6) {22/6}	☒
Mini-tennis Training Course									
40605425 (KWT543)	13/7-12/8	Tu,Th	13:00-15:00	Tsing Yi SC	6-12	70	8	20/5-24/5 (3/6) {22/6}	☒
Indoor Air-gun Shooting Fun Day									
40603280 (KWT169)	10/7	Sa	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	16/6	☒ i
40603281 (KWT170)	10/7	Sa	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	16/6	☒ i
40603282 (KWT561)	17/7	Sa	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	16/6	☒ i
40603283 (KWT562)	17/7	Sa	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	16/6	☒ i
Squash Training Course									
40590848 (KWT460)	5/7-28/7	M,W	19:00-21:00	North Kwai Chung Tang Shiu Kin SC	7+	160	6	20/5-24/5 (3/6) {22/6}	☒
40603917 (KWT537)	12/7-4/8	M,W	19:00-21:00	Tai Wo Hau SC	7+	160	6	20/5-24/5 (3/6) {22/6}	☒
40605327 (KWT458)	5/7-28/7	M,W	19:00-21:00	Lai King SC	7+	160	6	20/5-24/5 (3/6) {22/6}	☒
40605336 (KWT0424)	2/7-28/7	W,F	19:00-21:00	Cheung Fat SC	7+	160	6	2/6	☒ i
Squash Training Course for Junior									
40605335 (KWT569)	19/7-4/8	M,W,F	14:00-16:00	Lai King SC	7-17	160	6	20/5-24/5 (3/6) {22/6}	☒
40605367 (KWT0558)	15/7-10/8	Tu,Th	16:00-18:00	Cheung Fat SC	7-17	160	6	20/5-24/5 (3/6) {22/6}	☒
Squash Training Course for Youth									
40603915 (KWT542)	13/7-29/7	Tu,Th,Sa	14:00-16:00	Tai Wo Hau SC	7-17	160	6	20/5-24/5 (3/6) {22/6}	☒
Table-tennis Training Course									
40590729 (KWT538)	12/7-13/9	M	19:00-21:00	North Kwai Chung Tang Shiu Kin SC	6+	86	12	20/5-24/5 (3/6) {22/6}	☒
40603905 (KWT525)	9/7-30/7	M,W,F	10:00-12:00	Tai Wo Hau SC	6+	86	12	20/5-24/5 (3/6) {22/6}	☒
40603925 (KWT535)	11/7-19/9 (excl. 1/8)	Su	10:00-12:00	Tai Wo Hau SC	6+	86	12	20/5-24/5 (3/6) {22/6}	☒
40605326 (KWT457)	5/7-6/9	M	19:00-21:00	Lai King SC	6+	86	12	20/5-24/5 (3/6) {22/6}	☒
40605331 (KWT556)	15/7-17/8	Tu,Th	15:00-17:00	Lai King SC	6+	86	12	20/5-24/5 (3/6) {22/6}	☒
40605337 (KWT0427)	2/7-4/8	W,F	19:00-21:00	Cheung Fat SC	6+	86	12	20/5-24/5 (3/6) {22/6}	☒
40605366 (KWT0557)	15/7-17/8	Tu,Th	9:00-11:00	Cheung Fat SC	6+	86	12	20/5-24/5 (3/6) {22/6}	☒
40605427 (KWT571)	19/7-19/8	M, Th	9:00-11:00	Tsing Yi SC	6+	86	12	20/5-24/5 (3/6) {22/6}	☒
Indoor Tennis Training Course									
40590779 (KWT496)	7/7-6/8	W,F	17:00-19:00	North Kwai Chung Tang Shiu Kin SC	8+	170	3	20/5-24/5 (3/6) {22/6}	☒
Tennis Training Course									
40605383	19/7-18/8	M,W	19:00-21:00	Tsing Yi Park	8+	170	9	20/5-24/5 (3/6) {22/6}	☒
Tennis Training Course for Youth									

40605385	19/7-9/8	M,W,F	15:00-17:00	Tsing Yi Park	8-17	170	9	20/5-24/5 (3/6) {22/6}	✉
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Go Training Course (Level I)

40605371 (KWT0566)	17/7-21/8	Sa	15:30-17:30	Cheung Fat SC	6+	40	10	21/5-25/5 (8/6) {24/6}	✉
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Beach Volleyball Fun Day

40582822 (KWT0532)	11/7	Sunday	16:00-18:00	Kwai Chung SG	10+	Free	15	16/6	📄 i
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Sports Climbing Fun Day

40588074 (KWT434)	3/7	Sa	10:00-11:30	Tsing Yi Southwest SC	12+	Free	4	17/6	📄 i
40588075 (KWT435)	3/7	Sa	11:30-13:00	Tsing Yi Southwest SC	12+	Free	4	17/6	📄 i
40588076 (KWT436)	3/7	Sa	13:00-14:30	Tsing Yi Southwest SC	12+	Free	4	17/6	📄 i

Skateboarding Fun Day

40603180 (KWT431)	3/7	Sa	14:30-16:00	Tsing Yi Northeast Park-Skateboard arena	8+	Free	12	17/6	📄 i
40603183 (KWT432)	3/7	Sa	16:00-17:30	Tsing Yi Northeast Park-Skateboard arena	8+	Free	12	17/6	📄 i

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.

Aerobic Dance TC for Ex-Mentally III Persons

40597574 (KWT0418)	2/7-23/7	Every F	15:00-17:00	Tai Wo Hau SC	14+	2	10/6	📄 i
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Floor Hockey TP for Persons w/ ID

40596145 (KWT0417)	30/7-27/8	FRIDAY	14:00-16:00	Cheung Fat SC	8+	8	20/5	📄 i
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Activities for Elderly Programme Number (Class code) (For aged 60 or above, free of charge)

Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Swimming TC for Elderly (Level I)

40584522 (KWT463)	5/7-26/7	M,W,F	18:30-19:30	North Kwai Chung JC SP	6	21/5-25/5 (8/6) {24/6}	✉
40584533 (KWT479)	6/7-27/7	Tu,Th,Sa	9:00-10:00	North Kwai Chung JC SP	6	21/5-25/5 (8/6) {24/6}	✉
40584555 (KWT544)	6/7-5/8	Tu,Th	18:30-19:30	Tsing Yi SP	6	21/5-25/5 (8/6) {24/6}	✉

Swimming TC for Elderly (Level II)

40584534 (KWT480)	6/7-27/7	Tu,Th,Sa	10:00-11:00	North Kwai Chung JC SP	6	21/5-25/5 (8/6) {24/6}	✉
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HES-Badminton Self Practice Scheme

40588050 (KWT471)	6/7-27/7	Tu	7:00-8:00	Tsing Yi Southwest SC	16	7/6	📄 i
40588051 (KWT472)	6/7-27/7	Tu	8:00-9:00	Tsing Yi Southwest SC	16	7/6	📄 i
40605345 (KWT0500)	8/7-29/7	Th	13:00-14:00	Cheung Fat SC	16	7/6	📄 i
40605359 (KWT0501)	8/7-29/7	Th	14:00-15:00	Cheung Fat SC	16	7/6	📄 i
40605414 (KWT483)	7/7-28/7	W	7:00-8:00	Tsing Yi SC	16	7/6	📄 i
40605415 (KWT484)	7/7-28/7	W	8:00-9:00	Tsing Yi SC	16	7/6	📄 i

HES-Fitness Play-in

40603919 (KWT515)	8/7-29/7	Th	9:00-10:00	Tai Wo Hau SC	12	20/5-24/5 (3/6) {22/6}	✉
40603921 (KWT516)	8/7-29/7	Th	10:00-11:00	Tai Wo Hau SC	12	20/5-24/5 (3/6) {22/6}	✉
40605323 (KWT447)	5/7-26/7	M	7:00-8:00	Lai King SC	12	9/6	📄 i
40605324 (KWT497)	8/7-29/7	Th	8:00-9:00	Lai King SC	12	9/6	📄 i
40590817 (KWT485)	7/7-28/7	W	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	9	9/6	📄 i
40590818 (KWT486)	7/7-28/7	W	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	9	9/6	📄 i
40605412 (KWT451)	5/7-26/7	M	8:00-9:00	Tsing Yi SC	10	9/6	📄 i
40605413 (KWT452)	5/7-26/7	M	9:00-10:00	Tsing Yi SC	10	9/6	📄 i

HES-Fitness(Multi-gym) Play-in

40605325 (KWT448)	5/7-26/7	M	8:00-9:00	Lai King SC	10	4/6	📄 i
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HES-Gateball Self Practice Scheme

40603902 (KWT461)	5/7-26/7	M	7:00-8:00	Tai Wo Hau SC	8	10/6	📄 i
40603904 (KWT462)	5/7-26/7	M	8:00-9:00	Tai Wo Hau SC	8	10/6	📄 i

HES-Table-tennis Self Practice Scheme

40590793 (KWT498)	8/7-29/7	Th	13:30-14:30	North Kwai Chung Tang Shiu Kin SC	16	11/6	 <i>i</i>
40590794 (KWT499)	8/7-29/7	Th	14:30-15:30	North Kwai Chung Tang Shiu Kin SC	16	11/6	 <i>i</i>
40605321 (KWT445)	5/7-26/7	M	7:00-8:00	Lai King SC	16	11/6	 <i>i</i>
40605322 (KWT446)	5/7-26/7	M	8:00-9:00	Lai King SC	16	11/6	 <i>i</i>
40605339 (KWT0453)	5/7-26/7	M	13:00-14:00	Cheung Fat SC	16	11/6	 <i>i</i>
40605340 (KWT0454)	5/7-26/7	M	14:00-15:00	Cheung Fat SC	16	11/6	 <i>i</i>
40605409 (KWT449)	5/7-26/7	M	7:00-8:00	Tsing Yi SC	16	11/6	 <i>i</i>
40605410 (KWT450)	5/7-26/7	M	8:00-9:00	Tsing Yi SC	16	11/6	 <i>i</i>