

























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


**Kowloon City District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) ( Open Enrollment for Remaining Quota )	
<b>Long Distance Running Training Course</b>									
40598711 (KC0526)	17/7-18/9	Sa	15:00-17:00	Kowloon Tsai Park & KTSG	16+	130	20	1/6	 
40598712 (KC0527)	25/7-3/10 (excl. 1/8)	Su	8:00-10:00	Kowloon Tsai Park & KTSG	16+	130	20	1/6	 
<b>Breaststroke TC for Adult (Level I)</b>									
40595121 (KC0287)	12/7-2/8	M,W,F	7:00-8:00	Tai Wan Shan SP	18+	100	6	20/5-26/5 (2/6) {23/6}	
40595180 (KC0333)	15/7-28/7	M,Tu,W,Th,F	20:00-21:00	Tai Wan Shan SP	18+	100	6	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Children (Level I)</b>									
40595108 (KC0277)	8/7-10/8	Tu,Th	9:00-10:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595118 (KC0284)	8/7-10/8	Tu,Th	18:00-19:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595119 (KC0285)	8/7-10/8	Tu,Th	19:00-20:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595126 (KC0290)	12/7-2/8	M,W,F	8:00-9:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595135 (KC0296)	12/7-2/8	M,W,F	9:00-10:00	Tai Wan Shan SP	5-8	100	8	20/5-26/5 (2/6) {23/6}	
40595137 (KC0298)	12/7-2/8	M,W,F	10:00-11:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595151 (KC0308)	12/7-2/8	M,W,F	15:00-16:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595157 (KC0312)	12/7-2/8	M,W,F	16:00-17:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595177 (KC0330)	15/7-28/7	M,Tu,W,Th,F	19:00-20:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Junior (Level I)</b>									
40595116 (KC0282)	8/7-10/8	Tu,Th	17:00-18:00	Tai Wan Shan SP	9-12	100	6	20/5-26/5 (2/6) {23/6}	
40595138 (KC0299)	12/7-2/8	M,W,F	10:00-11:00	Tai Wan Shan SP	9-12	100	6	20/5-26/5 (2/6) {23/6}	
40595161 (KC0315)	12/7-2/8	M,W,F	17:00-18:00	Tai Wan Shan SP	9-12	100	6	20/5-26/5 (2/6) {23/6}	
40595171 (KC0324)	15/7-28/7	M,Tu,W,Th,F	17:00-18:00	Tai Wan Shan SP	9-12	100	6	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Adult (Level I)</b>									
40595100 (KC0269)	8/7-10/8	Tu,Th	7:00-8:00	Tai Wan Shan SP	18+	100	6	20/5-26/5 (2/6) {23/6}	
40595120 (KC0286)	8/7-10/8	Tu,Th	19:00-20:00	Tai Wan Shan SP	18+	100	6	20/5-26/5 (2/6) {23/6}	
40595165 (KC0318)	15/7-28/7	M,Tu,W,Th,F	7:00-8:00	Tai Wan Shan SP	18+	100	6	20/5-26/5 (2/6) {23/6}	
40595168 (KC0321)	15/7-28/7	M,Tu,W,Th,F	8:00-9:00	Tai Wan Shan SP	18+	100	6	20/5-26/5 (2/6) {23/6}	
40595179 (KC0332)	15/7-28/7	M,Tu,W,Th,F	20:00-21:00	Tai Wan Shan SP	18+	100	6	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Children (Level I)</b>									
40595105 (KC0274)	8/7-10/8	Tu,Th	8:00-9:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595117 (KC0283)	8/7-10/8	Tu,Th	18:00-19:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595141 (KC0301)	12/7-2/8	M,W,F	10:00-11:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595145 (KC0304)	12/7-2/8	M,W,F	11:00-12:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595152 (KC0309)	12/7-2/8	M,W,F	15:00-16:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595164 (KC0317)	12/7-2/8	M,W,F	18:00-19:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595174 (KC0327)	15/7-28/7	M,Tu,W,Th,F	18:00-19:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595178 (KC0331)	15/7-28/7	M,Tu,W,Th,F	19:00-20:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Junior (Level I)</b>									
40595134 (KC0295)	12/7-2/8	M,W,F	9:00-10:00	Tai Wan Shan SP	9-12	100	6	20/5-26/5 (2/6) {23/6}	
40595140 (KC0300)	12/7-2/8	M,W,F	10:00-11:00	Tai Wan Shan SP	9-12	100	6	20/5-26/5 (2/6) {23/6}	
40595160 (KC0314)	12/7-2/8	M,W,F	17:00-18:00	Tai Wan Shan SP	9-12	100	6	20/5-26/5 (2/6) {23/6}	
40595172 (KC0325)	15/7-28/7	M,Tu,W,Th,F	17:00-18:00	Tai Wan Shan SP	9-12	100	6	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Youth (Level I)</b>									
40595115 (KC0281)	8/7-10/8	Tu,Th	17:00-18:00	Tai Wan Shan SP	13-17	100	6	20/5-26/5 (2/6) {23/6}	
40595147 (KC0305)	12/7-2/8	M,W,F	11:00-12:00	Tai Wan Shan SP	13-17	100	6	20/5-26/5 (2/6) {23/6}	
<b>Water Safety Course for Baby</b>									
40595111 (KC0279)	8/7-10/8	Tu,Th	9:00-10:00	Tai Wan Shan SP	0-4	100	8	20/5-26/5 (2/6) {23/6}	
40595148 (KC0306)	12/7-2/8	M,W,F	14:00-15:00	Tai Wan Shan SP	0-4	100	8	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Adult (Level II)</b>									
40595129 (KC0292)	12/7-2/8	M,W,F	8:00-9:00	Tai Wan Shan SP	18+	100	7	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Children (Level II)</b>									

40595175 (KC0328)	15/7-28/7	M,Tu,W,Th,F	18:00-19:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Junior (Level II)</b>									
40595136 (KC0297)	12/7-2/8	M,W,F	9:00-10:00	Tai Wan Shan SP	9-12	100	7	20/5-26/5 (2/6) {23/6}	
40595158 (KC0313)	12/7-2/8	M,W,F	16:00-17:00	Tai Wan Shan SP	9-12	100	7	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Youth (Level II)</b>									
40595143 (KC0302)	12/7-2/8	M,W,F	10:00-11:00	Tai Wan Shan SP	13-17	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Adult (Level II)</b>									
40595106 (KC0275)	8/7-10/8	Tu,Th	8:00-9:00	Tai Wan Shan SP	18+	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Children (Level II)</b>									
40595155 (KC0311)	12/7-2/8	M,W,F	16:00-17:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
40595162 (KC0316)	12/7-2/8	M,W,F	18:00-19:00	Tai Wan Shan SP	5-8	100	6	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Junior (Level II)</b>									
40595150 (KC0307)	12/7-2/8	M,W,F	14:00-15:00	Tai Wan Shan SP	9-12	100	7	20/5-26/5 (2/6) {23/6}	
40595154 (KC0310)	12/7-2/8	M,W,F	15:00-16:00	Tai Wan Shan SP	9-12	100	7	20/5-26/5 (2/6) {23/6}	
<b>Backstroke Training Course</b>									
40595113 (KC0280)	8/7-10/8	Tu,Th	9:00-10:00	Tai Wan Shan SP	0-17	100	7	20/5-26/5 (2/6) {23/6}	
<b>Backstroke Training Course for Adult</b>									
40595170 (KC0323)	15/7-28/7	M,Tu,W,Th,F	8:00-9:00	Tai Wan Shan SP	18+	100	7	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Adult (Level III)</b>									
40595167 (KC0320)	15/7-28/7	M,Tu,W,Th,F	7:00-8:00	Tai Wan Shan SP	18+	100	7	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Youth (Level III)</b>									
40595173 (KC0326)	15/7-28/7	M,Tu,W,Th,F	17:00-18:00	Tai Wan Shan SP	0-17	100	7	20/5-26/5 (2/6) {23/6}	
<b>Butterflystroke Swimming TC</b>									
40595107 (KC0276)	8/7-10/8	Tu,Th	8:00-9:00	Tai Wan Shan SP	9-17	100	7	20/5-26/5 (2/6) {23/6}	
<b>Butterflystroke Swimming TC for Adult</b>									
40595103 (KC0272)	8/7-10/8	Tu,Th	7:00-8:00	Tai Wan Shan SP	18+	100	7	20/5-26/5 (2/6) {23/6}	
40595123 (KC0289)	12/7-2/8	M,W,F	7:00-8:00	Tai Wan Shan SP	18+	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Adult (Level III)</b>									
40595132 (KC0293)	12/7-2/8	M,W,F	8:00-9:00	Tai Wan Shan SP	18+	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Youth (Level III)</b>									
40595176 (KC0329)	15/7-28/7	M,Tu,W,Th,F	18:00-19:00	Tai Wan Shan SP	0-17	100	7	20/5-26/5 (2/6) {23/6}	
<b>Aerobic Dance TC</b>									
40598713 (KC0528)	2/7-28/7	M,W,F	18:00-19:00	Hung Hom Municipal Services Building SC	14+	65	15	15/6	
40598714 (KC0529)	2/7-28/7	M,W,F	19:00-20:00	Hung Hom Municipal Services Building SC	14+	65	15	15/6	
40598717 (KC0532)	22/7-31/8	Tu,Th	18:00-19:00	Fat Kwong ST. SC	14+	65	15	28/6	
40598718 (KC0533)	22/7-31/8	Tu,Th	19:00-20:00	Fat Kwong ST. SC	14+	65	15	28/6	
<b>Children Dance TC</b>									
40598741 (KC0556)	4/7-26/9 (excl. 1/8,5/9,12/9)	Su	10:00-12:00	Fat Kwong ST. SC	4-11	60	10	20/5-26/5 (2/6) {24/6}	
<b>Chinese Dance TC</b>									
40598742 (KC0557)	10/7-25/9 (excl. 4/9,11/9)	Sa	13:00-15:00	Fat Kwong ST. SC	12+	45	15	20/5-26/5 (2/6) {24/6}	
40598743 (KC0558)	26/7-11/10 (excl. 6/9,13/9)	M	19:00-21:00	Fat Kwong ST. SC	12+	45	15	20/5-26/5 (2/6) {24/6}	
<b>Fitness (Multi-gym) TC</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>									
40598719 (KC0534)	2/7-2/8 (excl. 12/7,26/7)	M,W,F	7:00-8:00	Fat Kwong ST. SC	15+	75	10	@7/6	
40598720 (KC0535)	2/7-2/8 (excl. 12/7,26/7)	M,W,F	9:00-10:00	Fat Kwong ST. SC	15+	75	10	@7/6	
40598721 (KC0536)	2/7-2/8 (excl. 12/7,26/7)	M,W,F	10:00-11:00	Fat Kwong ST. SC	15+	75	10	@7/6	
40598725 (KC0540)	26/7-20/8	M,W,F	18:00-19:00	Fat Kwong ST. SC	15+	75	10	@28/6	
40598726 (KC0541)	26/7-20/8	M,W,F	19:00-20:00	Fat Kwong ST. SC	15+	75	10	@28/6	
40598727 (KC0542)	26/7-20/8	M,W,F	20:00-21:00	Fat Kwong ST. SC	15+	75	10	@28/6	
40598728 (KC0543)	27/7-21/8	Tu,Th,Sa	15:00-16:00	Fat Kwong ST. SC	15+	75	10	@3/6	
40598729 (KC0544)	29/7-24/8	Tu,Th,Sa	9:00-10:00	Fat Kwong ST. SC	15+	75	10	@3/6	
40598730 (KC0545)	29/7-24/8	Tu,Th,Sa	10:00-11:00	Fat Kwong ST. SC	15+	75	10	@3/6	
<b>Online Interactive Programmes-Fitness Yoga</b>									
40605581 (KC0726)	6/7-8/7	Tu,Th	20:00-21:00	Internet. 30mins before: zoom.us/join	14+	20	50	15/6	

40605584 (KC0727)	13/7-15/7	Tu,Th	20:00-21:00	Internet. 30mins before: zoom.us/join	14+	20	50	22/6	 
40605586 (KC0728)	27/7-29/7	Tu,Th	20:00-21:00	Internet. 30mins before: zoom.us/join	14+	20	50	6/7	 
<b>Judo TC for Children</b>									
40598739 (KC0554)	31/7-2/10	Sa	15:00-17:00	Hung Hom Municipal Services Building SC	6-11	65	15	20/5-26/5 (2/6) {24/6}	
<b>Online Interactive Programmes-Hip-Hop Dance</b>									
40605578 (KC0725)	13/7-15/7	Tu,Th	14:30-15:30	Internet. 30mins before: zoom.us/join	14+	20	50	22/6	 
<b>Parent-child(Aged 6-12)Social Dance TC</b>									
40598750 (KC0561)	17/7-21/8	Sa	10:00-12:00	Hung Hom Municipal Services Building SC	6+	88	16	22/6	 
<b>Social Dance TC</b>									
40598752 (KC0562)	7/7-9/8	M,W	15:00-17:00	Fat Kwong ST. SC	14+	86	16	20/5-26/5 (2/6) {24/6}	
<b>Tai Chi Fun Day</b>									
40598959 (KC0600)	3/7	Sa	9:00-12:00	Cattle Depot Art Park	6+	Free	20	3/7	Walk-in
<b>Tai Chi Made Easy Class</b>									
40598755 (KC0564)	25/7-17/10 (excl. 1/8)	Su	7:00-8:00	Hung Hom Municipal Services Building SC	6+	54	15	11/6	 
40598756 (KC0565)	26/7-2/9	M,Th	20:00-21:00	Ho Man Tin Park (BC)	6+	54	15	11/6	 
<b>Western Folk Dance TC</b>									
40598746 (KC0559)	17/7-2/10 (excl. 4/9,11/9)	Sa	9:00-11:00	Fat Kwong ST. SC	8+	45	15	20/5-26/5 (2/6) {24/6}	
<b>Wushu TC for Children</b>									
40598740 (KC0555)	20/7-19/8	Tu,Th	16:00-18:00	Fat Kwong ST. SC	6-14	86	10	20/5-26/5 (2/6) {24/6}	
<b>Yoga TC</b>									
40598758 (KC0566)	6/7-7/9	Tu	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	15	20/5-26/5 (2/6) {24/6}	
40598761 (KC0567)	9/7-10/9	F	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	15	20/5-26/5 (2/6) {24/6}	
40598763 (KC0568)	20/7-12/10 (excl. 7/9,14/9,21/9)	Tu	14:00-16:00	Fat Kwong ST. SC	15+	85	15	20/5-26/5 (2/6) {24/6}	
<b>Briefing on Proper Ways to Use Fitness E.</b>									
40598732 (KC0547)	5/7	M	14:00-17:00	Fat Kwong ST. SC	15+	Free	12	20/5-26/5 (2/6) {24/6}	
<b>Badminton TC</b>									
40598782 (KC0575)	16/7-18/8	W,F	9:00-11:00	Kowloon City SC	7+	118	12	20/5-26/5 (2/6) {24/6}	
<b>Badminton TC for Children</b>									
40598778 (KC0573)	13/7-13/8	Tu,F	10:00-12:00	Hung Hom Municipal Services Building SC	7-11	118	12	20/5-26/5 (2/6) {24/6}	
<b>Parent-child(aged7-17)Badminton TC</b>									
40598770 (KC0570)	4/7-29/8 (excl. 1/8,15/8,22/8)	Su	16:00-18:00	Kowloon City SC	7+	73	12	22/6	 
<b>Mini-tennis TC</b>									
40598797 (KC0581)	5/7-29/7 (excl. 12/7,26/7)	M,Tu,Th	12:00-14:00	Hung Hom Municipal Services Building SC	6-12	70	8	18/6	 
40598799 (KC0582)	5/7-26/7	M,Tu,Th	16:00-18:00	Hung Hom Municipal Services Building SC	6-12	70	8	18/6	 
40598801 (KC0583)	4/7-10/10 (excl. 1/8,15/8,22/8,5/9,12/9)	Su	10:00-12:00	Kowloon City SC	6-12	70	8	18/6	 
<b>Squash TC</b>									
40598818 (KC0591)	2/7-28/7	W,F	19:00-21:00	Hung Hom Municipal Services Building SC	7+	160	6	7/6	 
40598819 (KC0592)	2/7-28/7	W,F	10:00-12:00	Fat Kwong ST. SC	7+	160	6	7/6	 
40598821 (KC0593)	6/7-29/7	Tu,Th	14:00-16:00	Fat Kwong ST. SC	7+	160	6	7/6	 
<b>Table-tennis Training Course</b>									
40598793 (KC0579)	15/7-17/8	Tu,Th	7:00-9:00	Kowloon City SC	6+	86	12	18/6	 
<b>Tennis TC</b>									
40598810 (KC0587)	16/7-17/8	Tu,F	7:00-9:00	Tin Kwong RD. TC	8+	170	6	20/5-26/5 (2/6) {24/6}	
40598814 (KC0589)	13/7-12/8	Tu,Th	19:00-21:00	Junction RD. Park TC	8+	170	9	20/5-26/5 (2/6) {24/6}	
40598815 (KC0590)	26/7-16/8	M,W,F	7:00-9:00	Junction RD. Park TC	8+	170	9	20/5-26/5 (2/6) {24/6}	
<b>Tennis TC for Junior</b>									
40598804 (KC0584)	22/7-24/8	Tu,Th	9:00-11:00	Junction RD. Park TC	8-11	170	9	20/5-26/5 (2/6) {24/6}	
<b>Tennis TC for Youth</b>									
40598806 (KC0585)	13/7-3/8	Tu,Th,Sa	9:00-11:00	Tin Kwong RD. TC	12-17	170	6	20/5-26/5 (2/6) {24/6}	
40598809 (KC0586)	12/7-2/8	M,W,F	17:00-19:00	Kowloon Tsai Park	12-17	170	6	20/5-26/5 (2/6) {24/6}	
<b>Basketball TC for Men</b>									
40598955 (KC0596)	16/7-18/8	W,F	16:00-18:00	Hung Hom Municipal Services Building SC	10+	75	15	20/5-26/5 (2/6) {24/6}	
<b>Basketball TC for Women</b>									
40598956 (KC0597)	16/7-18/8	W,F	14:00-16:00	Hung Hom Municipal Services Building SC	10+	75	15	20/5-26/5 (2/6) {24/6}	
<b>Soccer Training Course</b>									
40598957 (KC0598)	3/7-4/9	Sa	16:00-18:00	Ho Man Tin Park (Mini Soccer Pitch)	6+	60	15	20/5-26/5 (2/6) {24/6}	

**Community Garden Programme**

40596689 (KC0489) 17/7-20/11 M,Tu,W,Th,F,Sa,Su 14:30-17:30 Kowloon Tsai Park 12+ 400 17 20/5-26/5 (2/6) {24/6} 



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.



**Aerobic Dance TS for Per. with Hearing Impair**

40598967 (KC0607) 5/7-26/7 M 19:00-21:00 Hung Hom Municipal Services Building SC 14+ 2 1/6  



**Fitness TS for Persons wt Hearing Impairment**

40605334 (KC0724) 8/7-26/8 Th 20:00-21:00 Fat Kwong ST. SC 15+ 2 1/6  

**Yoga TS for Per. with Autism**


40598960 (KC0601) 21/7-25/8 W 10:00-12:00 Hung Hom Municipal Services Building SC 6+ 3 1/6  


**Table Tennis TS for Persons with Autism**


40598961 (KC0602) 21/7-25/8 W 13:00-15:00 Hung Hom Municipal Services Building SC 8+ 2 1/6  


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)**


40595101 (KC0270) 8/7-10/8 Tu,Th 7:00-8:00 Tai Wan Shan SP 6 20/5-26/5 (2/6) {23/6} 


40595104 (KC0273) 8/7-10/8 Tu,Th 8:00-9:00 Tai Wan Shan SP 6 20/5-26/5 (2/6) {23/6} 


40595109 (KC0278) 8/7-10/8 Tu,Th 9:00-10:00 Tai Wan Shan SP 6 20/5-26/5 (2/6) {23/6} 


40595122 (KC0288) 12/7-2/8 M,W,F 7:00-8:00 Tai Wan Shan SP 6 20/5-26/5 (2/6) {23/6} 

40595128 (KC0291) 12/7-2/8 M,W,F 8:00-9:00 Tai Wan Shan SP 6 20/5-26/5 (2/6) {23/6} 


40595133 (KC0294) 12/7-2/8 M,W,F 9:00-10:00 Tai Wan Shan SP 6 20/5-26/5 (2/6) {23/6} 

40595144 (KC0303) 12/7-2/8 M,W,F 11:00-12:00 Tai Wan Shan SP 8 20/5-26/5 (2/6) {23/6} 

40595166 (KC0319) 15/7-28/7 M,Tu,W,Th,F 7:00-8:00 Tai Wan Shan SP 6 20/5-26/5 (2/6) {23/6} 

40595169 (KC0322) 15/7-28/7 M,Tu,W,Th,F 8:00-9:00 Tai Wan Shan SP 6 20/5-26/5 (2/6) {23/6} 

**Swimming TC for Elderly (Level II)**

40595102 (KC0271) 8/7-10/8 Tu,Th 7:00-8:00 Tai Wan Shan SP 7 20/5-26/5 (2/6) {23/6} 

**Mt Pts for Elderly - Baduanjin**

40598970 (KC0610) 6/7-27/7 Tu 9:00-10:00 Fat Kwong ST. SC 15 6/7-27/7 Walk-in

**Mt Pts for Elderly - Elderly Fitness**

40598974 (KC0614) 7/7-28/7 W 8:00-10:00 Hung Hom Municipal Services Building SC 15 7/7-28/7 Walk-in

**Mt Pts for Elderly - General Gymnastic**

40598972 (KC0612) 8/7-29/7 Th 14:00-16:00 Hung Hom Municipal Services Building SC 40 8/7-29/7 Walk-in

**Healthy Elderly Scheme - Badminton**

40598979 (KC0619) 6/7-27/7 Tu 9:00-11:00 Kowloon City SC 12 6/7-27/7 Walk-in

**Mt Pts for Elderly - Gateball**

40598977 (KC0617) 7/7-28/7 W 9:00-11:00 Hung Hom Municipal Services Building SC 12 7/7-28/7 Walk-in