




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

**Wong Tai Sin 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>									
40605495 (WT0493)	10/7-11/9	Sa	17:30-19:30	Po Kong Village RD. Park	16+	130	20	10/6	 
<b>Life-saving TC (Bronze Medallion)</b>									
40592156 (WT0079)	19/7-30/8	M,W,F	19:00-21:00	Morse Park SP(2 Main Pool Lane)	13+	108	12	20/5-27/5 (3/6) {29/6}	
<b>Breaststroke Crawl TC for Youth(Level I)</b>									
40592146 (WT0074)	14/7-29/7	M,Tu,W,Th	11:00-12:00	Morse Park SP(1/2 Teaching Pool)	13-17	100	7	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Adult (Level I)</b>									
40592129 (WT0062)	6/7-21/7	M,Tu,W,Th	19:00-20:00	Morse Park SP(1/2 Teaching Pool)	18+	100	7	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Children (Level I)</b>									
40592145 (WT0073)	14/7-29/7	M,Tu,W,Th	11:00-12:00	Morse Park SP(1/2 Teaching Pool)	5-8	100	7	20/5-26/5 (2/6) {23/6}	
40592152 (WT0077)	14/7-29/7	M,Tu,W,Th	16:00-17:00	Morse Park SP(1/2 Teaching Pool)	5-8	100	7	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Junior(Level I)</b>									
40592125 (WT0060)	6/7-21/7	M,Tu,W,Th	18:00-19:00	Morse Park SP(1/2 Teaching Pool)	9-12	100	7	20/5-26/5 (2/6) {23/6}	
40592150 (WT0076)	14/7-29/7	M,Tu,W,Th	15:00-16:00	Morse Park SP(1/2 Teaching Pool)	9-12	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Adult (Level I)</b>									
40592113 (WT0053)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Morse Park SP(1/2 Teaching Pool)	18+	100	7	20/5-26/5 (2/6) {23/6}	
40592136 (WT0067)	2/7-23/7	M,W,F	8:00-9:00	Morse Park SP(1/2 Teaching Pool)	18+	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Children (Level I)</b>									
40592119 (WT0057)	6/7-21/7	M,Tu,W,Th	17:00-18:00	Morse Park SP(1/2 Teaching Pool)	5-8	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Children(Level I)</b>									
40592143 (WT0071)	14/7-29/7	M,Tu,W,Th	10:00-11:00	Morse Park SP(1/2 Teaching Pool)	5-8	100	7	20/5-26/5 (2/6) {23/6}	
40592148 (WT0075)	14/7-29/7	M,Tu,W,Th	15:00-16:00	Morse Park SP(1/2 Teaching Pool)	5-8	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Junior(Level I)</b>									
40592121 (WT0058)	6/7-21/7	M,Tu,W,Th	17:00-18:00	Morse Park SP(1/2 Teaching Pool)	9-12	100	7	20/5-26/5 (2/6) {23/6}	
40592144 (WT0072)	14/7-29/7	M,Tu,W,Th	10:00-11:00	Morse Park SP(1/2 Teaching Pool)	9-12	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Youth (Level I)</b>									
40592123 (WT0059)	6/7-21/7	M,Tu,W,Th	18:00-19:00	Morse Park SP(1/2 Teaching Pool)	13-17	100	7	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Adult(Level II)</b>									
40592133 (WT0065)	2/7-23/7	M,W,F	7:00-8:00	Morse Park SP(1/2 Teaching Pool)	18+	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Adult(Level II)</b>									
40592106 (WT0050)	6/7-27/7	Tu,Th,Sa	7:00-8:00	Morse Park SP(1/2 Teaching Pool)	18+	100	7	20/5-26/5 (2/6) {23/6}	
40592132 (WT0064)	6/7-21/7	M,Tu,W,Th	20:00-21:00	Morse Park SP(1/2 Teaching Pool)	18+	100	7	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Youth(Level II)</b>									
40592154 (WT0078)	14/7-29/7	M,Tu,W,Th	16:00-17:00	Morse Park SP(1/2 Teaching Pool)	13-17	100	7	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC for Adult (Level III)</b>									
40592116 (WT0055)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Morse Park SP(1 Main Pool Lane)	18+	100	8	20/5-26/5 (2/6) {23/6}	
<b>Breaststroke TC(Aged 17or below)(Level III)</b>									
40592139 (WT0069)	2/7-23/7	M,W,F	17:00-18:00	Morse Park SP(1 Main Pool Lane)	0-17	100	8	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC (Aged 17 or below)(Level III)</b>									
40592140 (WT0070)	2/7-23/7	M,W,F	18:00-19:00	Morse Park SP(1 Main Pool Lane)	0-17	100	8	20/5-26/5 (2/6) {23/6}	
<b>Front Crawl TC for Adult(Level III)</b>									
40592110 (WT0052)	6/7-27/7	Tu,Th,Sa	7:00-8:00	Morse Park SP(1 Main Pool Lane)	18+	100	8	20/5-26/5 (2/6) {23/6}	
<b>Aerobic Dance Training Course</b>									
40605346 (WT0408)	6/7-12/8	Tu,Th	8:00-9:00	Po Kong Village RD. SC	14+	65	15	4/6	 
40605347 (WT0409)	6/7-12/8	Tu,Th	9:00-10:00	Po Kong Village RD. SC	14+	65	15	4/6	 
40605348 (WT0410)	7/7-13/8	W,F	7:00-8:00	Po Kong Village RD. SC	14+	65	15	10/6	 
40605349 (WT0411)	7/7-13/8	W,F	8:00-9:00	Po Kong Village RD. SC	14+	65	15	10/6	 
<b>Children Dance Training Course</b>									
40605381 (WT0456)	4/7-12/9 (excl. 1/8)	Su	9:00-11:00	Chuk Yuen SC	4-6	60	10	20/5-27/5 (3/6) {29/6}	

**Chinese Dance Training Course**

40605436 (WT0452)	10/7-11/9	Sa	10:00-12:00	Chuk Yuen SC	12+	45	15	20/5-27/5 (3/6) {29/6}	
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**Online Interactive Prog-Fitness Exercise**

40605546 (WT0563)	5/7-9/7	M,W,F	20:30-21:30	Internet, 30mins before : zoom.us/join	14+	20	50	15/6	
40605547 (WT0564)	19/7-23/7	M,W,F	14:30-15:30	Internet, 30mins before : zoom.us/join	14+	20	50	28/6	

**Fitness (Multi-gym) Training Course**

@ 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.

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.

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.

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.

40605350 (WT0412)	12/7-6/8	M,W,F	7:00-8:00	Chuk Yuen SC	15+	75	15	@7/6	
40605351 (WT0413)	12/7-6/8	M,W,F	8:00-9:00	Chuk Yuen SC	15+	75	15	@7/6	
40605352 (WT0414)	16/7-25/8	W,F	18:00-19:00	Chuk Yuen SC	15+	75	15	@9/6	
40605353 (WT0415)	16/7-25/8	W,F	19:00-20:00	Chuk Yuen SC	15+	75	15	@9/6	
40605354 (WT0416)	20/7-26/8	Tu,Th	8:00-9:00	Chuk Yuen SC	15+	75	15	@8/6	
40605355 (WT0417)	20/7-26/8	Tu,Th	9:00-10:00	Chuk Yuen SC	15+	75	15	@8/6	
40605356 (WT0418)	20/7-26/8	Tu,Th	10:00-11:00	Chuk Yuen SC	15+	75	15	@8/6	
40605357 (WT0419)	20/7-26/8	Tu,Th	14:00-15:00	Chuk Yuen SC	15+	75	15	@8/6	
40605358 (WT0420)	20/7-26/8	Tu,Th	15:00-16:00	Chuk Yuen SC	15+	75	15	@8/6	
40605360 (WT0421)	20/7-26/8	Tu,Th	19:00-20:00	Chuk Yuen SC	15+	75	15	@10/6	
40605361 (WT0422)	20/7-26/8	Tu,Th	20:00-21:00	Chuk Yuen SC	15+	75	15	@10/6	
40605363 (WT0424)	5/7-30/7	M,W,F	8:00-9:00	Po Kong Village RD. SC	15+	75	15	@9/6	
40605364 (WT0425)	5/7-30/7	M,W,F	19:00-20:00	Po Kong Village RD. SC	15+	75	15	@9/6	
40605365 (WT0426)	5/7-30/7	M,W,F	20:00-21:00	Po Kong Village RD. SC	15+	75	15	@9/6	

**Jazz Dance Training Course**

40605374 (WT0453)	4/7-12/9 (excl. 1/8)	Su	16:00-18:00	Choi Hung RD. SC	12+	70	15	20/5-27/5 (3/6) {29/6}	
40605375 (WT0454)	4/7-12/9 (excl. 1/8)	Su	9:00-11:00	Po Kong Village RD. SC	12+	70	15	20/5-27/5 (3/6) {29/6}	

**Wu Shu Training Course**

40605474 (WT0474)	2/7-23/7 (excl. 12/7)	M,W,F	10:00-12:00	Ngau Chi Wan SC	6-14	86	10	20/5-27/5 (3/6) {29/6}	
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**Yoga Training Course**

40605378 (WT0427)	6/7-7/9	Tu	19:00-21:00	Choi Hung RD. SC	15+	85	15	20/5-27/5 (3/6) {29/6}	
40605379 (WT0428)	2/7-4/8	W,F	14:00-16:00	Chuk Yuen SC	15+	85	15	20/5-27/5 (3/6) {29/6}	
40605380 (WT0429)	6/7-5/8	Tu,Th	13:00-15:00	Chuk Yuen SC	15+	85	15	20/5-27/5 (3/6) {29/6}	
40605382 (WT0430)	14/7-15/9	W	19:00-21:00	Chuk Yuen SC	15+	85	15	20/5-27/5 (3/6) {29/6}	
40605384 (WT0431)	19/7-20/9	M	19:00-21:00	Chuk Yuen SC	15+	85	15	20/5-27/5 (3/6) {29/6}	
40605386 (WT0432)	21/7-20/8	W,F	10:00-12:00	Po Kong Village RD. SC	15+	85	15	20/5-27/5 (3/6) {29/6}	

**Briefing on Proper Ways to Use Fitness Equipment**

40605464 (WT0470)	3/7	Sa	14:00-17:00	Po Kong Village RD. SC	15+	Free	12	20/5-27/5 (3/6) {29/6}	
40605466 (WT0471)	11/7-18/7	Su	14:00-17:00	Po Kong Village RD. SC	15+	Free	12	20/5-27/5 (3/6) {29/6}	
40605468 (WT0472)	10/7-17/7	Sa	14:00-17:00	Chuk Yuen SC	15+	Free	12	20/5-27/5 (3/6) {29/6}	

**Archery Fun Day**

40605387 (WT0433)	11/7	Su	13:30-14:30	Ngau Chi Wan Park	8+	Free	6	9/6	
40605388 (WT0434)	11/7	Su	14:30-15:30	Ngau Chi Wan Park	8+	Free	6	9/6	
40605390 (WT0435)	11/7	Su	15:30-16:30	Ngau Chi Wan Park	8+	Free	6	9/6	

**Badminton Training Course**

40605391 (WT0436)	8/7-9/9	Th	19:00-21:00	Choi Hung RD. SC	18+	118	12	20/5-27/5 (3/6) {29/6}	
40605395 (WT0438)	6/7-7/9	Tu	15:00-17:00	Kai Tak East SC	18+	118	12	20/5-27/5 (3/6) {29/6}	
40605397 (WT0439)	7/7-8/9	W	13:00-15:00	Ngau Chi Wan SC	7+	118	12	20/5-27/5 (3/6) {29/6}	
40605398 (WT0440)	22/7-23/8	M,Th	7:00-9:00	Ngau Chi Wan SC	7+	118	12	20/5-27/5 (3/6) {29/6}	

**Badminton Training Course for Children**

40605389 (WT0457)	13/7-12/8	Tu,Th	13:00-15:00	Po Kong Village RD. SC	7-11	118	12	20/5-27/5 (3/6) {29/6}	
40605392 (WT0458)	21/7-20/8	W,F	13:00-15:00	Choi Hung RD. SC	7-11	118	12	20/5-27/5 (3/6) {29/6}	

**Badminton Training Course for Youth**

40605445 (WT0466)	14/7-13/8	W,F	11:00-13:00	Choi Hung RD. SC	7-17	118	12	20/5-27/5 (3/6) {29/6}	
40605448 (WT0467)	8/7-9/9	Th	18:00-20:00	Chuk Yuen SC	7-17	118	12	20/5-27/5 (3/6) {29/6}	
40605462 (WT0468)	12/7-11/8	M,W	19:00-21:00	Po Kong Village RD. SC	12-17	118	12	20/5-27/5 (3/6) {29/6}	

**Mini-tennis TC for Children**

40605428 (WT0449)	2/7-4/8	W,F	9:00-11:00	Choi Hung RD. SC	6-9	70	8	20/5-27/5 (3/6) {29/6}	
40605430 (WT0450)	5/7-4/8	M,W	15:00-17:00	Choi Hung RD. SC	10-12	70	8	20/5-27/5 (3/6) {29/6}	

**Squash Training Course**

40605422 (WT0448)	12/7-4/8	M,W	19:00-21:00	Po Kong Village RD. SC	18+	160	6	9/6	
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**Squash Training Course for Youth**

40605407 (WT0461)	20/7-12/8	Tu,Th	9:00-11:00	Po Kong Village RD. SC	7-17	160	6	20/5-27/5 (3/6) {29/6}	✉
40605435 (WT0462)	21/7-13/8	W,F	9:00-11:00	Choi Hung RD. SC	7-17	160	6	16/6	📄 i
40605439 (WT0463)	21/7-13/8	W,F	11:00-13:00	Choi Hung RD. SC	7-17	160	6	16/6	📄 i
40605463 (WT0469)	8/7-26/8	Th	17:00-19:00	Chuk Yuen SC	7-17	160	6	20/5-27/5 (3/6) {29/6}	✉

**Table-tennis Training Course**

40605406 (WT0444)	8/7-9/9	Th	19:00-21:00	Choi Hung RD. SC	14+	86	6	20/5-27/5 (3/6) {29/6}	✉
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**Table-tennis Training Course for Children**

40605396 (WT0459)	14/7-13/8	W,F	10:00-12:00	Po Kong Village RD. SC	6-13	86	9	20/5-27/5 (3/6) {29/6}	✉
40605400 (WT0460)	21/7-20/8	W,F	14:00-16:00	Choi Hung RD. SC	6-13	86	6	20/5-27/5 (3/6) {29/6}	✉

**Tennis Training Course**

40605416 (WT0445)	6/7-5/8	Tu,Th	9:00-11:00	Shek Ku Lung RD. PG	8+	170	6	20/5-27/5 (3/6) {29/6}	✉
40605417 (WT0446)	6/7-5/8	Tu,Th	20:00-22:00	Ma Chai Hang Recreation Ground	8+	170	6	20/5-27/5 (3/6) {29/6}	✉

**Go Training Course (Level I)**

40605432 (WT0451)	14/7-30/7	W,F	12:00-14:00	Chuk Yuen SC	6-10	40	10	20/5-27/5 (3/6) {29/6}	✉
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**Volleyball Training Course**

40605404 (WT0442)	4/7-5/9	Su	18:00-20:00	Kai Tak East SC	10+	70	15	20/5-27/5 (3/6) {29/6}	✉
40605405 (WT0443)	5/7-6/9	M	19:00-21:00	Ngau Chi Wan SC	10+	70	15	20/5-27/5 (3/6) {29/6}	✉

**Water Safety Course for Baby**

40592118 (WT0056)	6/7-27/7	Tu,Th,Sa	9:00-10:00	Morse Park SP(1 Teaching Pool)	0-4	100	8	20/5-26/5 (2/6) {23/6}	✉
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**Horticultural Seminar for Families**

40605471 (WT0560)	17/7	Sa	14:00-16:00	Morse Park No. 3 - Greening Centre	All	30	14	4/6	📄 i
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**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.

**Chi Dance Tr for Persons with Chronic illness**

40605443 (WT0500)	5/7-23/8	M	15:00-17:00	Choi Hung RD. SC	12+	3	1/6	📄 i
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**Tai Chi Training Scheme for Persons with Intellectual Disability**

40605467 (WT0507)	2/7-20/8	F	13:00-14:00	Chuk Yuen SC	40-70	3	1/6	📄 i
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**Body-Mind Stretch Training Programme for Persons with Physical Disability**

40596105 (WT0141)	12/7-29/7	M,Th	16:00-18:00	Choi Hung RD. SC	15+	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)**

40592108 (WT0051)	6/7-27/7	Tu,Th,Sa	7:00-8:00	Morse Park SP(1/2 Teaching Pool)	7	20/5-26/5 (2/6) {23/6}	✉
40592130 (WT0063)	6/7-21/7	M,Tu,W,Th	20:00-21:00	Morse Park SP(1/2 Teaching Pool)	7	20/5-26/5 (2/6) {23/6}	✉
40592137 (WT0068)	2/7-23/7	M,W,F	8:00-9:00	Morse Park SP(1/2 Teaching Pool)	7	20/5-26/5 (2/6) {23/6}	✉

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

40592115 (WT0054)	6/7-27/7	Tu,Th,Sa	8:00-9:00	Morse Park SP(1/2 Teaching Pool)	7	20/5-26/5 (2/6) {23/6}	✉
40592127 (WT0061)	6/7-21/7	M,Tu,W,Th	19:00-20:00	Morse Park SP(1/2 Teaching Pool)	7	20/5-26/5 (2/6) {23/6}	✉
40592135 (WT0066)	2/7-23/7	M,W,F	7:00-8:00	Morse Park SP(1/2 Teaching Pool)	7	20/5-26/5 (2/6) {23/6}	✉

**Meeting Points for Elderly - Baduanjin Fun Day**

40605494 (WT0492)	2/7-30/7	W,F	8:00-9:00	Po Kong Village RD. SC	15	2/7-30/7	Walk-in
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**Meeting Points for Elderly - Fitness Exercise Fun Day**

40605489 (WT0487)	2/7-30/7	M,W,F	7:00-8:00	Morse Park No. 3 - Basketball Crt	15	2/7	Walk-in
40605490 (WT0488)	6/7-29/7	Tu,Th	7:00-8:00	Hammer Hill RD. SG	15	6/7	Walk-in

<b>Meeting Points for Elderly - General Gymnastics Fun Day</b>							
40605493 (WT0491)	2/7-30/7	Tu,F	9:00-11:00	Chuk Yuen SC	6	2/7-30/7	Walk-in
<b>Meeting Points for Elderly - Dance Fun Day</b>							
40605491 (WT0489)	2/7-30/7	W,F	8:00-10:00	Ngau Chi Wan SC	16	2/7-30/7	Walk-in
<b>Healthy Elderly Scheme - Indoor Gateball Fun Day</b>							
40605485 (WT0483)	2/7-30/7	Tu,F	7:00-9:00	Chuk Yuen SC	7	2/7-30/7	Walk-in
40605486 (WT0484)	2/7-30/7	W,F	9:00-12:00	Kai Tak East SC	15	2/7-30/7	Walk-in
<b>Healthy Elderly Scheme - Table Tennis Fun Day</b>							
40605479 (WT0479)	2/7-30/7	W,F	9:00-12:00	Kai Tak East SC	6	2/7	Walk-in
40605481 (WT0480)	6/7-29/7	Tu,Th	10:00-12:00	Chuk Yuen SC	6	6/7	Walk-in
40605482 (WT0481)	2/7-30/7	W,F	7:00-9:00	Choi Hung RD. SC	12	2/7	Walk-in
<b>Meeting Points for Elderly - Indoor Short Mat Bowling Cum Indoor Gateball Fun Day</b>							
40605492 (WT0490)	6/7-29/7	Tu,Th	9:30-11:30	Kai Tak East SC	15	6/7	Walk-in