






























































**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Aug 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)	
Breaststroke TC for Children (Level I)										
40584576 (KWT673)	4/8-25/8	M,W,F	17:00-18:00	Tsing Yi SP	5-8	100	6	21/6-25/6	(5/7) {20/7}	☒
Front Crawl TC for Adult (Level I)										
40584595 (KWT755)	17/8-16/9	Tu,Th	20:30-21:30	Tsing Yi SP	18+	100	6	21/6-25/6	(5/7) {20/7}	☒
Front Crawl TC for Children (Level I)										
40584577 (KWT667)	4/8-25/8	M,W,F	18:00-19:00	Tsing Yi SP	5-8	100	6	21/6-25/6	(5/7) {20/7}	☒
Front Crawl TC for Children (Level II)										
40584578 (KWT674)	4/8-25/8	M,W,F	19:00-20:00	Tsing Yi SP	5-8	100	6	21/6-25/6	(5/7) {20/7}	☒
Backstroke TC for Junior & Youth										
40584580 (KWT675)	4/8-25/8	M,W,F	18:00-19:00	Tsing Yi SP	9-17	100	8	21/6-25/6	(5/7) {20/7}	☒
Breaststroke TC for Adult (Level III)										
40584569 (KWT669)	4/8-25/8	M,W,F	20:30-21:30	Kwai Shing SP	18+	100	8	21/6-25/6	(5/7) {20/7}	☒
Front Crawl TC for Adult (Level III)										
40584568 (KWT671)	4/8-25/8	M,W,F	19:30-20:30	Kwai Shing SP	18+	100	8	21/6-25/6	(5/7) {20/7}	☒
Front Crawl TC for Junior & Youth (Level III)										
40584579 (KWT678)	4/8-25/8	M,W,F	17:00-18:00	Tsing Yi SP	9-17	100	8	21/6-25/6	(5/7) {20/7}	☒
Aerobic Dance Training Course										
40587884 (KWT635)	3/8-9/9	Tu,Th	9:00-10:00	Tsing Yi Southwest SC	14+	65	15	13/7		☒ i
40587885 (KWT636)	3/8-9/9	Tu,Th	10:00-11:00	Tsing Yi Southwest SC	14+	65	15	13/7		☒ i
40587896 (KWT608)	2/8-8/9	M,W	18:00-19:00	Tsing Yi Southwest SC	14+	65	15	13/7		☒ i
40587897 (KWT609)	2/8-8/9	M,W	19:00-20:00	Tsing Yi Southwest SC	14+	65	15	13/7		☒ i
40590839 (KWT734)	10/8-16/9	Tu,Th	19:00-20:00	North Kwai Chung Tang Shiu Kin SC	14+	65	8	13/7		☒ i
40590840 (KWT735)	10/8-16/9	Tu,Th	20:00-21:00	North Kwai Chung Tang Shiu Kin SC	14+	65	8	13/7		☒ i
40606228 (KWT681)	4/8-10/9	W,F	19:00-20:00	Tai Wo Hau SC	14+	65	12	18/6-22/6	(6/7) {21/7}	☒
40606229 (KWT682)	4/8-10/9	W,F	20:00-21:00	Tai Wo Hau SC	14+	65	12	18/6-22/6	(6/7) {21/7}	☒
40606235 (KWT679)	4/8-13/9	M,W	9:00-10:00	Tai Wo Hau SC	14+	65	12	18/6-22/6	(6/7) {21/7}	☒
40606236 (KWT680)	4/8-13/9	M,W	10:00-11:00	Tai Wo Hau SC	14+	65	12	18/6-22/6	(6/7) {21/7}	☒
40607373 (KWT611)	2/8-9/9	M,Th	14:00-15:00	Cheung Fat SC	14+	65	10	13/7		☒ i
40607386 (KWT627)	2/8-8/9	M, W	13:00-14:00	Tsing Yi SC	14+	65	15	18/6-22/6	(6/7) {21/7}	☒
40607387 (KWT628)	2/8-8/9	M, W	14:00-15:00	Tsing Yi SC	14+	65	15	18/6-22/6	(6/7) {21/7}	☒
40607388 (KWT646)	3/8-9/9	Tu, Th	19:00-20:00	Tsing Yi SC	14+	65	15	18/6-22/6	(6/7) {21/7}	☒
40607389 (KWT647)	3/8-9/9	Tu, Th	20:00-21:00	Tsing Yi SC	14+	65	15	18/6-22/6	(6/7) {21/7}	☒
40607393 (KWT685)	4/8-10/9	W, F	8:00-9:00	Tsing Yi SC	14+	65	15	18/6-22/6	(6/7) {21/7}	☒
40607394 (KWT686)	4/8-10/9	W	9:00-10:00	Tsing Yi SC	14+	65	15	18/6-22/6	(6/7) {21/7}	☒
40607601 (KWT655)	4/8-10/9	W,F	9:00-10:00	Lai King SC	14+	65	12	13/7		☒ i
40607602 (KWT656)	4/8-10/9	W,F	10:00-11:00	Lai King SC	14+	65	12	13/7		☒ i
40607603 (KWT602)	2/8-8/9	M,W	19:00-20:00	Lai King SC	14+	65	12	13/7		☒ i
40607604 (KWT603)	2/8-8/9	M,W	20:00-21:00	Lai King SC	14+	65	12	13/7		☒ i
Baduanjin Training Course										
40590718 (KWT713)	6/8-15/9	W,F	8:00-9:00	North Kwai Chung Tang Shiu Kin SC	8+	80	15	6/7		☒ i
40606240 (KWT633)	3/8-26/10 (excl. 21/9)	Tu	19:00-20:00	Tai Wo Hau SC	8+	80	12	6/7		☒ i
40606241 (KWT634)	3/8-26/10 (excl. 21/9)	Tu	20:00-21:00	Tai Wo Hau SC	8+	80	12	6/7		☒ i
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. 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.</p>										
40588037 (KWT688)	4/8-10/9	W,F	9:00-10:00	Tsing Yi Southwest SC	15+	75	15	@18/6-22/6	(6/7) {21/7}	☒
40590760 (KWT738)	10/8-16/9	Tu,Th	19:00-20:00	North Kwai Chung Tang Shiu Kin SC	15+	75	7	@12/7		☒ i
40590761 (KWT739)	10/8-16/9	Tu,Th	20:00-21:00	North Kwai Chung Tang Shiu Kin SC	15+	75	7	@12/7		☒ i
40590762 (KWT736)	10/8-16/9	Tu,Th	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	15+	75	7	@12/7		☒ i
40590763 (KWT737)	10/8-16/9	Tu,Th	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	15+	75	7	@12/7		☒ i

40606224 (KWT606)	2/8-8/9	M,W	20:00-21:00	Tai Wo Hau SC	15+	75	10	@12/7	 	
40606225 (KWT607)	2/8-8/9	M,W	21:00-22:00	Tai Wo Hau SC	15+	75	10	@12/7	 	
40606230 (KWT683)	4/8-10/9	W,F	9:00-10:00	Tai Wo Hau SC	15+	75	10	@18/6-22/6 (6/7) {21/7}		
40606231 (KWT684)	4/8-10/9	W,F	10:00-11:00	Tai Wo Hau SC	15+	75	10	@18/6-22/6 (6/7) {21/7}		
40607372 (KWT610)	2/8-9/9	M,Th	15:00-16:00	Cheung Fat SC	15+	75	10	@12/7	 	
40607398 (KWT771)	31/8-12/10 (excl. 21/9)	Tu,Th	19:00-20:00	Cheung Fat SC	15+	75	10	@12/7	 	
40607399 (KWT772)	31/8-12/10 (excl. 21/9)	Tu,Th	20:00-21:00	Cheung Fat SC	15+	75	10	@12/7	 	
40607400 (KWT237)	18/8-29/9 (excl. 22/9)	W,F	8:00-9:00	Cheung Fat SC	15+	75	10	@12/7	 	
40607401 (KWT238)	18/8-29/9 (excl. 22/9)	W,F	9:00-10:00	Cheung Fat SC	15+	75	10	@12/7	 	
40607595 (KWT600)	2/8-9/9	M,Th	9:00-10:00	Lai King SC	15+	75	10	@12/7	 	
40607596 (KWT601)	2/8-9/9	M,Th	10:00-11:00	Lai King SC	15+	75	10	@12/7	 	
40607597 (KWT657)	4/8-10/9	W,F	9:00-10:00	Lai King SC	15+	75	10	@12/7	 	
40607598 (KWT658)	4/8-10/9	W,F	10:00-11:00	Lai King SC	15+	75	10	@12/7	 	
40607599 (KWT604)	2/8-8/9	M,W	19:00-20:00	Lai King SC	15+	75	10	@12/7	 	
40607600 (KWT605)	2/8-8/9	M,W	20:00-21:00	Lai King SC	15+	75	10	@12/7	 	
Social Dance Training Course										
40587915 (KWT723)	7/8-9/10	Sa	14:00-16:00	Tsing Yi Southwest SC	14+	86	16	18/6-22/6 (6/7) {21/7}		
40607379 (KWT690)	4/8-13/10 (excl. 22/9)	W	12:00-14:00	Tsing Yi Southwest SC	14+	86	16	18/6-22/6 (6/7) {21/7}		
40607385 (KWT626)	2/8-4/10	M	19:00-21:00	Tsing Yi SC	14+	86	16	18/6-22/6 (6/7) {21/7}		
Tai Chi Made Easy Class										
40590859 (KWT733)	10/8-16/9	Tu,Th	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	6+	54	15	13/7	 	
Yoga Training Course										
40607378 (KWT629)	2/8-4/10	M	14:00-16:00	Tsing Yi Southwest SC	15+	85	12	18/6-22/6 (6/7) {21/7}		
Briefing on Proper Ways to Use Fitness Equipment										
40606222 (KWT753)	15/8	Su	18:00-21:00	Tai Wo Hau SC	15+	Free	12	19/6-23/6 (8/7) {26/7}		
40606223 (KWT754)	15/8	Su	19:00-22:00	Tai Wo Hau SC	15+	Free	12	19/6-23/6 (8/7) {26/7}		
40607396 (KWT724)	7/8	Sa	18:00-21:00	Cheung Fat SC	15+	Free	12	19/6-23/6 (8/7) {26/7}		
40607397 (KWT725)	7/8	Sa	19:00-22:00	Cheung Fat SC	15+	Free	12	19/6-23/6 (8/7) {26/7}		
Body-Mind Stretch Training Course										
40590738 (KWT717)	6/8-29/10 (excl. 1/10)	F	19:00-20:00	North Kwai Chung Tang Shiu Kin SC	15+	85	12	18/6-22/6 (6/7) {21/7}		
40590739 (KWT718)	6/8-29/10 (excl. 1/10)	F	20:00-21:00	North Kwai Chung Tang Shiu Kin SC	15+	85	12	18/6-22/6 (6/7) {21/7}		
Badminton Training Course										
40606237 (KWT706)	5/8-6/9	M,Th	19:00-21:00	Tai Wo Hau SC	7+	118	12	18/6-22/6 (6/7) {21/7}		
40607610 (KWT692)	4/8-3/9	W,F	9:00-11:00	Lai King SC	7+	118	12	18/6-22/6 (6/7) {21/7}		
40607705 (KWT395)	18/8-17/9	W,F	9:00-11:00	Tsing Yi SC	7+	118	12	18/6-22/6 (6/7) {21/7}		
Fencing Training Course (Level I)										
40607395 (KWT730)	8/8-29/8	Su	9:00-11:00	Tsing Yi SC	9+	50	10	19/6-23/6 (8/7) {26/7}		
Mini-tennis Fun Day										
40607697 (KWT0152)	28/8	Sa	15:00-17:00	Mei King PG	6-12	Free	6	5/7	 	
Indoor Air-gun Shooting Fun Day										
40607614 (KWT745)	14/8	Sa	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	5/7	 	
40607615 (KWT746)	14/8	Sa	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	5/7	 	
Squash Training Course										
40606234 (KWT729)	8/8-26/9	Su	10:00-12:00	Tai Wo Hau SC	7+	160	6	19/6-23/6 (8/7) {26/7}		
40607390 (KWT649)	3/8-26/8	Tu,Th	19:00-21:00	Tsing Yi SC	7+	160	6	19/6-23/6 (8/7) {26/7}		
Squash Training Course for Youth										
40606233 (KWT726)	7/8-24/8	Tu,Th,Sa	14:00-16:00	Tai Wo Hau SC	7-17	160	6	19/6-23/6 (8/7) {26/7}		
Table-tennis Training Course										
40606232 (KWT691)	4/8-25/8	M,W,F	10:00-12:00	Tai Wo Hau SC	6+	86	12	18/6-22/6 (6/7) {21/7}		
Indoor Tennis Training Course										
40590780 (KWT740)	10/8-9/9	Tu,Th	19:00-21:00	North Kwai Chung Tang Shiu Kin SC	8+	170	3	19/6-23/6 (8/7) {26/7}		
Tennis Training Course										
40607593	4/8-3/9	W,F	9:00-11:00	Tsing Yi Park	8+	170	9	19/6-23/6 (8/7) {23/7}		
40607686	30/8-4/10	M,W	19:00-21:00	Tsing Yi Park	8+	170	9	19/6-23/6 (8/7) {23/7}		
Golf Fun Day										
40607683 (KWT748)	15/8	Su	15:30-17:30	Wo Yi Hop RD. Golf Driving Range	8+	Free	12	7/7	 	
Golf Short Games Training Course										
40607681 (KWT651)	3/8-17/8	Tu	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	19/6-23/6 (8/7) {26/7}		
40607682 (KWT732)	8/8-22/8	Su	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	19/6-23/6 (8/7) {26/7}		

Golf Training Course (Level I)										
40607673 (KWT0731)	8/8-22/8	Su	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	19/6-22/6 (8/7) {26/7}		
Golf Training Course (Level II)										
40607674 (KWT650)	3/8-17/8	Tu	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	19/6-23/6 (8/7) {26/7}		
Cricket Fun Day										
40592309 (KWT0396)	7/8	Sa	13:30-16:30	Wo Yi Hop RD. SG	6+	Free	5	6/7		
40592315 (KWT0922)	28/8	Sa	13:30-16:30	Wo Yi Hop RD. SG	6+	Free	5	6/7		
Beach Volleyball Fun Day										
40582823 (KWT0728)	8/8	Sunday	16:00-18:00	Kwai Chung SG	10+	Free	15	15/7		
Skateboarding Fun Day										
40607612 (KWT719)	7/8	Sa	14:30-16:00	Tsing Yi Northeast Park-Skateboard arena	8+	Free	12	8/7		
40607613 (KWT720)	7/8	Sa	16:00-17:30	Tsing Yi Northeast Park-Skateboard arena	8+	Free	12	8/7		

Programme Number (Class code) <small>(free of charge)</small>	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.

Table Tennis TC for Person Hearing Impairment

40596146 (KWT0595)	3/8-26/8	Tu/Th	19:00-21:00	Cheung Fat SC	7+	8	18/6	
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Badminton TC for Ex-Mentally Ill Persons

40597576 (KWT0812)	4/8-25/8	Every W	14:00-16:00	Tai Wo Hau SC	15+	2	14/7	
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Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	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)

40584582 (KWT709)	5/8-7/9	Tu,Th	9:00-10:00	North Kwai Chung JC SP	6	19/6-23/6 (8/7) {26/7}	
40584594 (KWT756)	17/8-16/9	Tu,Th	19:30-20:30	Tsing Yi SP	6	19/6-23/6 (8/7) {26/7}	

Swimming TC for Elderly (Level II)

40584583 (KWT710)	5/8-7/9	Tu,Th	10:00-11:00	North Kwai Chung JC SP	6	19/6-23/6 (8/7) {26/7}	
40584584 (KWT711)	5/8-7/9	Tu,Th	11:00-12:00	North Kwai Chung JC SP	6	19/6-23/6 (8/7) {26/7}	

Fitness (Multi-gym) TC for Elderly

@ 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.

40588042 (KWT687)	4/8-10/9	W,F	8:00-9:00	Tsing Yi Southwest SC	15	@18/6-22/6 (6/7){21/7}	
40590748 (KWT741)	10/8-16/9	Tu,Th	8:00-9:00	North Kwai Chung Tang Shiu Kin SC	7	@18/6-22/6 (6/7){21/7}	

HES-Badminton Self Practice Scheme

40588052 (KWT637)	3/8-31/8	Tu	7:00-8:00	Tsing Yi Southwest SC	16	12/7	
40588053 (KWT638)	3/8-31/8	Tu	8:00-9:00	Tsing Yi Southwest SC	16	12/7	
40607377 (KWT699)	5/8-26/8	Th	13:00-14:00	Cheung Fat SC	16	7/7	
40607687 (KWT700)	5/8-26/8	Th	14:00-15:00	Cheung Fat SC	16	7/7	
40607391 (KWT661)	4/8-25/8	W	7:00-8:00	Tsing Yi SC	16	5/7	
40607392 (KWT662)	4/8-25/8	W	8:00-9:00	Tsing Yi SC	16	5/7	

HES-Fitness Play-in

40606226 (KWT707)	5/8-26/8	Th	9:00-10:00	Tai Wo Hau SC	12	19/6-23/6 (8/7) {26/7}	
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40606227 (KWT708)	5/8-26/8	Th	10:00-11:00	Tai Wo Hau SC	12	19/6-23/6 (8/7) {26/7}	
40607607 (KWT614)	2/8-30/8	M	7:00-8:00	Lai King SC	12	8/7	<i>i</i>
40607608 (KWT696)	5/8-26/8	Th	8:00-9:00	Lai King SC	12	8/7	<i>i</i>
40590819 (KWT663)	4/8-25/8	W	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	9	8/7	<i>i</i>
40590820 (KWT664)	4/8-25/8	W	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	9	8/7	<i>i</i>
40607383 (KWT618)	2/8-30/8	M	8:00-9:00	Tsing Yi SC	10	8/7	<i>i</i>
40607384 (KWT619)	2/8-30/8	M	9:00-10:00	Tsing Yi SC	10	8/7	<i>i</i>
HES-Fitness(Multi-gym) Play-in							
40607609 (KWT615)	2/8-30/8	M	8:00-9:00	Lai King SC	10	9/7	<i>i</i>
HES-Gateball Self Practice Scheme							
40606238 (KWT630)	2/8-30/8	M	7:00-8:00	Tai Wo Hau SC	8	9/7	<i>i</i>
40606239 (KWT631)	2/8-30/8	M	8:00-9:00	Tai Wo Hau SC	8	9/7	<i>i</i>
HES-Table-tennis Self Practice Scheme							
40590795 (KWT697)	5/8-26/8	Th	13:30-14:30	North Kwai Chung Tang Shiu Kin SC	16	2/7	<i>i</i>
40590796 (KWT698)	5/8-26/8	Th	14:30-15:30	North Kwai Chung Tang Shiu Kin SC	16	2/7	<i>i</i>
40607374 (KWT620)	2/8-30/8	M	13:00-14:00	Cheung Fat SC	16	2/7	<i>i</i>
40607375 (KWT621)	2/8-30/8	M	14:00-15:00	Cheung Fat SC	16	2/7	<i>i</i>
40607605 (KWT612)	2/8-30/8	M	7:00-8:00	Lai King SC	16	2/7	<i>i</i>
40607606 (KWT613)	2/8-30/8	M	8:00-9:00	Lai King SC	16	2/7	<i>i</i>
40607381 (KWT616)	2/8-30/8	M	7:00-8:00	Tsing Yi SC	16	2/7	<i>i</i>
40607382 (KWT617)	2/8-30/8	M	8:00-9:00	Tsing Yi SC	16	2/7	<i>i</i>