

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

Kwun Tong 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 Adult (Level I)									
40604067 (KT0603)	3/8-2/9	Tu,Th	20:00-21:00	KTSP (Indoor Training Pool)	18+	100	7	18/6-24/6 (5/7) {27/7}	☒
Front Crawl TC for Adult (Level I)									
40603833 (KT0613)	3/8-2/9	Tu,Th	19:00-20:00	KTSP (Indoor Training Pool)	18+	100	7	18/6-24/6 (5/7) {27/7}	☒
Front Crawl TC for Junior (Level I)									
40603839 (KT0619)	9/8-30/8	M,W,F	16:00-17:00	LTSP (Indoor Training Pool)	9-12	100	7	18/6-24/6 (5/7) {27/7}	☒
Breaststroke TC (Aged 5-17) (Level II)									
40604069 (KT0605)	9/8-30/8	M,W,F	16:00-17:00	LTSP (Indoor Training Pool)	5-17	100	7	18/6-24/6 (5/7) {27/7}	☒
40604070 (KT0606)	9/8-30/8	M,W,F	18:00-19:00	LTSP (Indoor Training Pool)	5-17	100	7	18/6-24/6 (5/7) {27/7}	☒
Breaststroke TC for Adult (Level II)									
40604068 (KT0604)	3/8-2/9	Tu,Th	19:00-20:00	Kwun Tong S.P. (Outdoor Secondary Pool)	18+	100	7	18/6-24/6 (5/7) {27/7}	☒
Front Crawl TC (Aged 5-17) (Level II)									
40603836 (KT0616)	9/8-30/8	M,W,F	15:00-16:00	LTSP (Indoor Training Pool)	5-17	100	7	18/6-24/6 (5/7) {27/7}	☒
40603837 (KT0617)	9/8-30/8	M,W,F	17:00-18:00	LTSP (Indoor Training Pool)	5-17	100	7	18/6-24/6 (5/7) {27/7}	☒
Front Crawl TC for Adult (Level II)									
40603835 (KT0615)	3/8-2/9	Tu,Th	20:00-21:00	KTSP (Outdoor Secondary Pool)	18+	100	7	18/6-24/6 (5/7) {27/7}	☒
Aerobic Dance Training Course									
40603867 (KT0625)	2/8-1/9 (excl. 11/8,25/8)	M,W,F	14:00-15:00	Lam Tin South SC	14+	65	15	22/6-28/6 (8/7) {28/7}	☒
40604024 (KT0626)	2/8-1/9 (excl. 11/8,25/8)	M,W,F	15:00-16:00	Lam Tin South SC	14+	65	15	22/6-28/6 (8/7) {28/7}	☒
40604026 (KT0627)	18/8-17/9 (excl. 6/9,13/9)	M,W,F	18:00-19:00	Shui Wo ST. SC	14+	65	15	6/7	☒ i
40604028 (KT0630)	19/8-18/9 (excl. 7/9,14/9)	Tu,Th,Sa	7:00-8:00	Shui Wo ST. SC	14+	65	15	22/6-28/6 (8/7) {28/7}	☒
40604029 (KT0631)	18/8-17/9 (excl. 6/9,13/9)	M,W,F	19:00-20:00	Shui Wo ST. SC	14+	65	15	6/7	☒ i
40604030 (KT0632)	24/8-7/10 (excl. 7/9,14/9)	Tu,Th	19:00-20:00	Shui Wo ST. SC	14+	65	15	9/7	☒ i
40604032 (KT0634)	20/8-15/9	M,W,F	19:00-20:00	Lam Tin South SC	14+	65	15	6/7	☒ i
40604033 (KT0635)	2/8-1/9 (excl. 11/8,25/8)	M,W,F	20:00-21:00	Lam Tin South SC	14+	65	15	6/7	☒ i
40604036 (KT0638)	19/8-18/9 (excl. 7/9,14/9)	Tu,Th,Sa	8:00-9:00	Shui Wo ST. SC	14+	65	15	22/6-28/6 (8/7) {28/7}	☒
40604037 (KT0639)	24/8-7/10 (excl. 7/9,14/9)	Tu,Th	20:00-21:00	Shui Wo ST. SC	14+	65	15	9/7	☒ i
40604038 (KT0640)	20/8-15/9	M, W, F	20:00-21:00	Lam Tin South SC	14+	65	15	6/7	☒ i
40604039 (KT0641)	2/8-1/9 (excl. 11/8,25/8)	M,W,F	9:00-10:00	Lam Tin South SC	14+	65	15	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.</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>									
40604055 (KT0661)	4/8-10/9	W,F	10:00-11:00	Lei Yue Mun SC	15+	75	12	@7/7	☒ i
40604056 (KT0662)	4/8-10/9	W,F	8:00-9:00	Lei Yue Mun SC	15+	75	12	@7/7	☒ i
40604057 (KT0663)	4/8-10/9	W,F	9:00-10:00	Lei Yue Mun SC	15+	75	12	@7/7	☒ i
Western Folk Dance Training Course									
40603880 (KT0691)	7/8-9/10	Sa	10:00-12:00	Chun Wah RD. SC	8+	45	15	9/7	☒ i
Yoga Training Course									
40603972 (KT0692)	23/8-25/10 (ex.6,13,20,22,27/9;1,4,18/10)	M,W,F	14:00-15:00	Shui Wo ST. SC	15+	85	15	22/6-28/6 (8/7) {29/7}	☒
40603973 (KT0693)	23/8-25/10 (ex.6,13,20,22,27/9;1,4,18/10)	M,W,F	15:00-16:00	Shui Wo ST. SC	15+	85	15	22/6-28/6 (8/7) {29/7}	☒
40603974 (KT0694)	23/8-25/10 (ex.6,13,20,22,27/9;1,4,18/10)	M,W,F	16:00-17:00	Shui Wo ST. SC	15+	85	15	22/6-28/6 (8/7) {29/7}	☒
Briefing on Proper Ways to Use Fitness Equip.									
40604041 (KT0643)	14/8	Sa	14:00-17:00	Shun Lee Tsuen SC	15+	Free	12	22/6-28/6 (8/7) {29/7}	☒
40604042 (KT0644)	21/8	Sa	14:00-17:00	Shun Lee Tsuen SC	15+	Free	12	22/6-28/6 (8/7) {29/7}	☒
40604043 (KT0645)	1/8	Su	9:00-12:00	Shun Lee Tsuen SC	15+	Free	12	22/6-28/6 (8/7) {29/7}	☒
40604044 (KT0646)	29/8	Su	9:00-12:00	Shun Lee Tsuen SC	15+	Free	12	22/6-28/6 (8/7) {29/7}	☒
40604047 (KT0649)	22/8	Su	9:00-12:00	Lei Yue Mun SC	15+	Free	12	22/6-28/6 (8/7) {29/7}	☒

Briefing on Proper Ways to Use Fitness Equipment									
40604045 (KT0647)	4/8	W	18:00-21:00	Lei Yue Mun SC	15+	Free	12	22/6-28/6 (8/7) {29/7}	✉
40604046 (KT0648)	2/8	M	9:00-12:00	Lei Yue Mun SC	15+	Free	12	22/6-28/6 (8/7) {29/7}	✉
Badminton Training Course									
40603968 (KT0697)	4/8-27/8 (excl. 16/8)	M,W,F	7:00-9:00	Shui Wo ST. SC	7+	118	9	22/6-28/6 (8/7) {30/7}	✉
40603969 (KT0698)	2/8-1/9	M,W	19:00-21:00	Lam Tin South SC	7+	118	12	22/6-28/6 (8/7) {30/7}	✉
Fencing Promotion Scheme-Fencing TC(Level II)									
40603976 (KT0702)	8/8-26/9	Su	11:00-13:00	Lei Yue Mun SC	9+	100	10	7/7	🖨️ i
Squash Training Course for Junior									
40603989 (KT0715)	3/8-26/8	Tu,Th	14:00-16:00	Lam Tin South SC	7-17	160	6	22/6-28/6 (8/7) {30/7}	✉
Tennis Training Course									
40603990 (KT0716)	24/8-24/9	Tu,F	15:00-17:00	Hui Ming ST. PG	8+	170	12	22/6-28/6 (8/7) {29/7}	✉
Golf Fun Day									
40603977 (KT0703)	21/8	Sa	10:00-11:00	Shun Lee Tsuen SC	8+	Free	6	22/6-28/6 (8/7) {30/7}	✉
40603978 (KT0704)	21/8	Sa	11:00-12:00	Shun Lee Tsuen SC	8+	Free	6	22/6-28/6 (8/7) {30/7}	✉
40603979 (KT0705)	21/8	Sa	9:00-10:00	Shun Lee Tsuen SC	8+	Free	6	22/6-28/6 (8/7) {30/7}	✉
Golf Training Course (Level I)									
40603980 (KT0706)	3/8-12/8	Tu,Th	19:00-20:30	Shun Lee Tsuen SC	8+	160	6	22/6-28/6 (8/7) {30/7}	✉
40603981 (KT0707)	3/8-12/8	Tu,Th	20:30-22:00	Shun Lee Tsuen SC	8+	160	6	22/6-28/6 (8/7) {30/7}	✉
Golf Training Course (Level I) for Children									
40603982 (KT0708)	4/8-13/8	W,F	10:30-12:00	Shun Lee Tsuen SC	8-17	160	6	22/6-28/6 (8/7) {30/7}	✉
40603983 (KT0709)	4/8-13/8	W,F	9:00-10:30	Shun Lee Tsuen SC	8-17	160	6	22/6-28/6 (8/7) {30/7}	✉
American Pool Training Course (Level II)									
40603967 (KT0696)	4/8-25/8	W	19:00-21:00	Lei Yue Mun SC	8+	120	6	7/7	🖨️ i
Outreaching Mt.Pts. For Youth-Basketball Play-in									
40603853 (KT0734)	6/8-27/8	F	19:00-22:00	Kwun Tong Recreation Ground (Court No.2)	13+	Free	30	6/8-27/8	Walk-in
Outreaching Mt. Pts.For Youth - Soccer Play-in									
40603854 (KT0735)	6/8-27/8	F	19:00-22:00	Kwun Tong Recreation Ground (Court No.2)	13+	Free	30	6/8-27/8	Walk-in
Horticultural Seminar									
40603994 (KT0721)	14/8	Sa	14:30-16:30	Jordan Valley Park	All	30	15	8/7	🖨️ i
40603995 (KT0722)	29/8	Su	10:30-12:30	Jordan Valley Park	All	30	15	8/7	🖨️ i
40603996 (KT0723)	21/8	Sa	14:30-16:30	Jordan Valley Park	All	30	15	8/7	🖨️ i
Online Interactive Prog.-Body-mind Stretch									
40605574 (KT0736)	9/8-13/8	M,W,F	20:00-21:00	Internet. 30 mins before: zoom.us/join	15+	20	50	19/7	🖨️ i

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.

Swimming Training Scheme for persons with Hearing Impairment

40604540 (KT0623)	4/8-25/8	W	19:00-21:00	Kwun Tong SP	6-18	3	5/7	🖨️ i
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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)

40604064 (KT0600)	9/8-30/8	M,W,F	13:00-14:00	LTSP (Indoor Training Pool)	7	18/6-24/6 (5/7) {27/7}	✉
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Swimming TC for Elderly (Level II)

40603842 (KT0622)	9/8-30/8	M,W,F	14:00-15:00	LTSP (Indoor Training Pool)	7	18/6-24/6 (5/7) {27/7}	✉
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Meeting Point for Elderly - Fitness Exercise

40604075 (KT0658)	3/8-31/8	Tu,Th,Sa	9:30-11:30	Lei Yue Mun SC	15	3/8-31/8	Walk-in
40604076 (KT0659)	2/8-30/8 (excl. 11/8,25/8)	M,W,F	9:30-11:30	Lam Tin South SC	15	2/8-30/8	Walk-in
Meeting Point for Elderly - Morning Exercise							
40604077 (KT0660)	2/8-31/8	M,Tu,W,Th,F,Sa	6:30-8:30	Lam Tin Park (Nr 5-a-side Soccer Pitch)	50	2/8-31/8	Walk-in
Fitness Exercise TC for Elderly							
40604050 (KT0652)	3/8-16/9	Tu,Th	14:00-15:00	Lam Tin South SC	15	22/6-28/6 (8/7) {28/7}	✉
40604051 (KT0653)	3/8-16/9	Tu,Th	15:00-16:00	Lam Tin South SC	15	22/6-28/6 (8/7) {28/7}	✉
Healthy Elderly Scheme - Badminton							
40603971 (KT0700)	3/8-31/8 (excl. 16/8)	M,Tu,W,Th,F	7:00-9:00	Chun Wah RD. SC	12	3/8-31/8	Walk-in
40603975 (KT0701)	3/8-31/8	Tu,Th	7:00-9:00	Shun Lee Tsuen SC	12	3/8-31/8	Walk-in
Healthy Elderly Scheme - Golf							
40603984 (KT0710)	3/8-31/8	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	12	3/8-31/8	Walk-in
Healthy Elderly Scheme Table tennis Play in							
40603991 (KT0717)	3/8-31/8 (excl. 16/8)	M,Tu,W,Th,F	7:00-9:00	Chun Wah RD. SC	12	3/8-31/8	Walk-in