




































Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Sep 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)	
Life-saving TC (Bronze Medallion)									
40584610 (KWT800)	1/9-15/10 (excl. 22/9,1/10)	M,W,F	19:00-21:00	Tsing Yi SP	13+	108	16	22/7	
40584614 (KWT840)	2/9-19/10 (excl. 21/9,14/10)	Tu,Th,Sa	19:30-21:30	Kwai Shing SP	13+	108	16	22/7	
Backstroke TC									
40584606 (KWT867)	3/9-27/9 (excl. 22/9)	M,W,F	19:30-20:30	Kwai Shing SP	13+	100	8	19/7-23/7 (2/8) {17/8}	
Backstroke TC for Adult									
40584611 (KWT848)	2/9-23/9	Tu,Th,Sa	7:00-8:00	North Kwai Chung JC SP	18+	100	8	19/7-23/7 (29/7) {16/8}	
Breaststroke TC for Adult (Level III)									
40584602 (KWT835)	1/9-24/9 (excl. 22/9)	M,W,F	7:00-8:00	North Kwai Chung JC SP	18+	100	8	19/7-23/7 (29/7) {16/8}	
Breaststroke TC for Junior & Youth (Level III)									
40584605 (KWT866)	3/9-27/9 (excl. 22/9)	M,W,F	18:30-19:30	Kwai Shing SP	9-17	100	8	19/7-23/7 (29/7) {16/8}	
Butterfly Stroke TC									
40584607 (KWT868)	3/9-27/9 (excl. 22/9)	M,W,F	20:30-21:30	Kwai Shing SP	13+	100	8	19/7-23/7 (2/8) {17/8}	
Front Crawl TC for Adult (Level III)									
40584608 (KW836)	1/9-24/9 (excl. 22/9)	M,W,F	7:00-8:00	Tsing Yi SP	18+	100	8	19/7-23/7 (29/7) {16/8}	
Baduanjin Training Course									
40583327 (KWT841)	2/9-19/10 (excl. 21/9,14/10)	Tu,Th	9:00-10:00	Tsing Yi Southwest SC	8+	80	15	6/8	
40583328 (KWT842)	2/9-19/10 (excl. 21/9,14/10)	Tu,Th	10:00-11:00	Tsing Yi Southwest SC	8+	80	15	6/8	
40609865 (KWT851)	2/9-25/11 (exclude 14/10)	Th	8:00-9:00	Tsing Yi SC	8+	80	15	21/7-25/7 (5/8) {23/8}	
40609866 (KWT852)	2/9-25/11 (exclude 14/10)	Th	9:00-10:00	Tsing Yi SC	8+	80	15	21/7-25/7 (5/8) {23/8}	
Jazz Training Course									
40609881 (KWT913)	12/9-14/11	Su	9:00-11:00	Tsing Yi SC	14+	70	15	10/8	
Social Dance Training Course									
40609803 (KWT915)	15/9-24/11 (excl. 22/9)	W	14:00-16:00	Fung Shue Wo SC	14+	86	14	23/7-27/7 (9/8) {25/8}	
Tai Chi Made Easy Class									
40592351 (KWT0716)	1/9-29/9 (excl. 22/9)	M,W,F	8:00-9:00	On Chit ST. Soccer Pitch	6+	54	15	11/8	
40609804 (KWT929)	19/9-5/12	Su	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	6+	54	15	11/8	
40609806 (KWT930)	19/9-5/12	Su	11:00-12:00	North Kwai Chung Tang Shiu Kin SC	6+	54	15	11/8	
Western Folk Dance Training Course									
40587920 (KWT801)	1/9-8/10 (excl. 22/9,1/10)	W,F	9:00-11:00	Tsing Yi Southwest SC	8+	45	15	12/8	
Yoga Training Course									
40609750 (KWT877)	4/9-6/11	Sa	8:00-10:00	Lai King SC	15+	85	12	21/7-25/7 (5/8) {23/8}	
Briefing on Proper Ways to Use Fitness Equipment									
40588027 (KWT878)	4/9	Sa	10:00-13:00	Tsing Yi Southwest SC	15+	Free	12	21/7-25/7 (5/8) {23/8}	
40588028 (KWT910)	11/9	Sa	10:00-13:00	Tsing Yi Southwest SC	15+	Free	12	21/7-25/7 (5/8) {23/8}	
40609752 (KWT883)	5/9	Su	16:00-19:00	Lai King SC	15+	Free	12	21/7-25/7 (5/8) {23/8}	
40609753 (KWT884)	5/9	Su	17:00-20:00	Lai King SC	15+	Free	12	21/7-25/7 (5/8) {23/8}	
40609800 (KWT936)	14/9	Tu	18:00-21:00	Fung Shue Wo SC	15+	Free	12	21/7-25/7 (5/8) {23/8}	
40609801 (KWT937)	14/9	Tu	19:00-22:00	Fung Shue Wo SC	15+	Free	12	21/7-25/7 (5/8) {23/8}	
Body-Mind Stretch Training Course									
40583339 (KWT853)	2/9-19/10 (excl. 21/9,14/10)	Tu,Th	19:00-20:00	Tsing Yi Southwest SC	15+	85	12	21/7-25/7 (5/8) {23/8}	
40583340 (KWT854)	2/9-19/10 (excl. 21/9,14/10)	Tu,Th	20:00-21:00	Tsing Yi Southwest SC	15+	85	12	21/7-25/7 (5/8) {23/8}	
Badminton Training Course									
40587907 (KWT869)	3/9-12/11 (excl. 1/10)	F	9:00-11:00	Tsing Yi Southwest SC	7+	118	12	21/7-25/7 (5/8) {23/8}	
40609751 (KWT916)	15/9-22/10 (excl. 22/9,1/10)	W,F	9:00-11:00	Lai King SC	7+	118	12	21/7-25/7 (5/8) {23/8}	
40609863 (KWT938)	23/9-28/10 (excl. 14/10)	Tu,Th	19:00-21:00	Cheung Fat SC	7+	118	12	21/7-25/7 (5/8) {23/8}	
40609869 (KWT906)	24/9-29/10 (exclude 1/10)	W, F	9:00-11:00	Tsing Yi SC	7+	118	12	21/7-25/7 (5/8) {23/8}	
Parent-child (Aged 7-17) Badminton Fun day									
40609878 (KWT871)	4/9	Sa	18:00-19:00	Tsing Yi SC	7+	Free	12	6/8	
40609879 (KWT872)	4/9	Sa	19:00-20:00	Tsing Yi SC	7+	Free	12	6/8	

40609880 (KWT873)	4/9	Sa	20:00-21:00	Tsing Yi SC	7+	Free	12	6/8	 
Indoor Air-gun Shooting Fun Day									
40609793	25/9	Sa	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	21/7-25/7 (5/8) {23/8}	
40609794	25/9	Sa	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	21/7-25/7 (5/8) {23/8}	
Squash Training Course									
40609749 (KWT837)	1/9-29/9 (excl. 22/9)	M,W	19:00-21:00	Lai King SC	7+	160	6	21/7-25/7 (5/8) {23/8}	
40609858 (KWT804)	1/9-29/9 (excl. 22/9)	W,F	19:00-21:00	Cheung Fat SC	7+	160	6	21/7-25/7 (5/8) {23/8}	
40609877 (KWT293)	7/9-5/10 (excl. 21/9)	Tu,Th	19:00-21:00	Tsing Yi SC	7+	160	6	21/7-25/7 (5/8) {23/8}	
Table-tennis Training Course									
40609802 (KWT928)	18/9-20/11	Sa	13:00-15:00	North Kwai Chung Tang Shiu Kin SC	6+	86	12	23/7-27/7 (9/8) {25/8}	
40609868 (KWT895)	6/9-8/11	M	19:00-21:00	Tsing Yi SC	6+	86	12	23/7-27/7 (9/8) {25/8}	
Indoor Tennis Training Course									
40590781 (KWT907)	8/9-15/10 (excl. 22/9,1/10)	W,F	17:00-19:00	North Kwai Chung Tang Shiu Kin SC	8+	170	3	23/7-27/7 (9/8) {25/8}	
Tennis TC									
40592349 (KWT-0870)	3/9-8/10 (excl. 1/10)	Tu,F	9:00-11:00	Shek Lei ST. TC	8+	170	6	23/7-27/7 (9/8) {25/8}	
40592352 (KWT0858)	2/9-5/10	Tu,Th	19:00-21:00	Shek Lei ST. TC	6+	170	6	23/7-27/7 (9/8) {25/8}	
40592354 (KWT0879)	4/9-6/11	Sa	10:00-12:00	Shek Lei ST. TC	8+	170	6	23/7-27/7 (9/8) {25/8}	
Golf Fun Day									
40609775 (KWT880)	5/9	Su	15:30-17:30	Wo Yi Hop RD. Golf Driving Range	8+	Free	12	9/8	 
40609777	19/9	Su	15:30-17:30	Wo Yi Hop RD. Golf Driving Range	8+	Free	12	9/8	 
Golf Short Games Training Course									
40609784	7/9-21/9	Tu	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	23/7-27/7 (9/8) {25/8}	
Golf Training Course (Level I)									
40609780 (KWT885)	5/9-19/9	Su	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	23/7-27/7 (9/8) {25/8}	
40609782 (KWT903)	7/9-21/9	Tu	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	23/7-27/7 (9/8) {25/8}	
Basketball Training Course									
40587904 (KWT898)	6/9-8/11	M	19:00-21:00	Tsing Yi Southwest SC	10+	75	15	21/7-25/7 (5/8) {23/8}	
Beach Volleyball Fun Day									
40609785 (KWT882)	12/9	Su	16:00-18:00	Kwai Chung SG	10+	Free	15	12/8	 
40609787 (KWT881)	12/9	Su	14:00-16:00	Kwai Chung SG	10+	Free	15	12/8	 
Sports Climbing Fun Day									
40588077 (KWT874)	4/9	Sa	13:00-14:30	Tsing Yi Southwest SC	12+	Free	4	11/8	 
40588078 (KWT875)	4/9	Sa	14:30-16:00	Tsing Yi Southwest SC	12+	Free	4	11/8	 
40588079 (KWT876)	4/9	Sa	16:00-17:30	Tsing Yi Southwest SC	12+	Free	4	11/8	 
Horticultural Seminar									
40592311 (KWT0749)	5/9	Su	10:00-12:00	Tsing Yi SC	6+	30	12	9/8	 
Online Interactive Prog.-Body-mind Stretch									
40608998	24/9-29/9	M,W,F	20:00-21:00	Internet. 30mins before : zoom.us/join	6+	20	50	3/9	 



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.


Table Tennis TC for Ex-Mentally III Persons

40597579 (KWT0351)	3/9-24/9	Every F	14:00-16:00	Tai Wo Hau SC	7+	2	13/8	 
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Group Aerobic TP for Persons w/ PD

40596952	2/9-20/9	M. Th	15:00-17:00	Tai Wo Hau SC	14+	8	19/7	 
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Hydro Fitness TP for Persons w/ PD

40596951	1/9-13/10	M, W	16:00-17:00	Tsing Yi SP	14+	5	19/7	 
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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 III)

40584603 (KWT839)	1/9-24/9 (excl. 22/9)	M,W,F	8:00-9:00	North Kwai Chung JC SP	8	21/7-25/7 (5/8) {23/8}	✉
40584609 (KWT838)	1/9-24/9 (excl. 22/9)	M,W,F	8:00-9:00	Tsing Yi SP	8	21/7-25/7 (5/8) {23/8}	✉
40584612 (KWT857)	2/9-23/9	Tu,Th,Sa	8:00-9:00	North Kwai Chung JC SP	8	21/7-25/7 (5/8) {23/8}	✉

HES-Badminton Self Practice Scheme

40588054 (KWT900)	7/9-28/9	Tu	7:00-8:00	Tsing Yi Southwest SC	16	2/8	🏸 i
40588055 (KWT901)	7/9-28/9	Tu	8:00-9:00	Tsing Yi Southwest SC	16	2/8	🏸 i
40609859 (KWT846)	2/9-30/9	Th	13:00-14:00	Cheung Fat SC	16	2/8	🏸 i
40609860 (KWT847)	2/9-30/9	Th	14:00-15:00	Cheung Fat SC	16	2/8	🏸 i
40609872 (KWT807)	1/9-29/9 (exclude 22/9)	W	7:00-8:00	Tsing Yi SC	16	2/8	🏸 i
40609873 (KWT808)	1/9-29/9 (exclude 22/9)	W	8:00-9:00	Tsing Yi SC	16	2/8	🏸 i

HES-Fitness Play-in

40609756 (KWT889)	6/9-27/9	M	7:00-8:00	Lai King SC	12	3/8	🏋️ i
40609757 (KWT843)	2/9-30/9	Th	8:00-9:00	Lai King SC	12	3/8	🏋️ i
40609761 (KWT855)	2/9-30/9	Th	9:00-10:00	Tai Wo Hau SC	12	21/7-25/7 (5/8) {23/8}	✉
40609762 (KWT856)	2/9-30/9	Th	10:00-11:00	Tai Wo Hau SC	12	21/7-25/7 (5/8) {23/8}	✉
40590821 (KWT809)	1/9-29/9 (excl. 22/9)	W	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	9	3/8	🏋️ i
40590822 (KWT810)	1/9-29/9 (excl. 22/9)	W	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	9	3/8	🏋️ i
40609874 (KWT893)	6/9-27/9	M	8:00-9:00	Tsing Yi SC	10	3/8	🏋️ i
40609875 (KWT894)	6/9-27/9	M	9:00-10:00	Tsing Yi SC	10	3/8	🏋️ i

HES-Fitness(Multi-gym) Play-in

40609758 (KWT890)	6/9-27/9	M	8:00-9:00	Lai King SC	10	4/8	🏋️ i
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HES-Gateball Self Practice Scheme

40609759 (KWT896)	6/9-27/9	M	7:00-8:00	Tai Wo Hau SC	8	4/8	🏏 i
40609760 (KWT897)	6/9-27/9	M	8:00-9:00	Tai Wo Hau SC	8	4/8	🏏 i

HES-Table-tennis Self Practice Scheme

40590797 (KWT844)	2/9-30/9	Th	13:30-14:30	North Kwai Chung Tang Shiu Kin SC	16	5/8	🏓 i
40590798 (KWT845)	2/9-30/9	Th	14:30-15:30	North Kwai Chung Tang Shiu Kin SC	16	5/8	🏓 i
40609754 (KWT887)	6/9-27/9	M	7:00-8:00	Lai King SC	16	5/8	🏓 i
40609755 (KWT888)	6/9-27/9	M	8:00-9:00	Lai King SC	16	5/8	🏓 i
40609861 (KWT932)	6/9-13/9	M	13:00-14:00	Cheung Fat SC	16	5/8	🏓 i
40609862 (KWT933)	6/9-13/9	M	14:00-15:00	Cheung Fat SC	16	5/8	🏓 i
40609870 (KWT891)	6/9-27/9	M	7:00-8:00	Tsing Yi SC	16	5/8	🏓 i
40609871 (KWT892)	6/9-27/9	M	8:00-9:00	Tsing Yi SC	16	5/8	🏓 i