

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

Yau Tsim Mong District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting)	Enrolment Method
								{ Open Enrollment for Remaining Quota }	
Stage I Breaststroke TC for Adult									
40606071 (YM0675)	2/9-2/10	Th,Sa	7:00-8:00	Kowloon Park SP (Training Pool)	18+	100	8	19/7-23/7 (30/7) {19/8}	☒
40606072 (YM0676)	2/9-2/10	Th,Sa	10:00-11:00	Kowloon Park SP (Training Pool)	18+	100	8	19/7-23/7 (30/7) {19/8}	☒
Stage I Front Crawl TC for Adult									
40606074 (YM0677)	2/9-24/9 (excl. 21/9)	Tu,Th,F	18:00-19:00	Kowloon Park SP (Training Pool)	18+	100	8	19/7-23/7 (30/7) {19/8}	☒
40606075 (YM0678)	2/9-24/9 (excl. 21/9)	Tu,Th,F	20:00-21:00	Kowloon Park SP (Training Pool)	18+	100	8	19/7-23/7 (30/7) {19/8}	☒
Stage II Breaststroke TC for Adult									
40606077 (YM0679)	2/9-24/9 (excl. 21/9)	Tu,Th,F	19:00-20:00	Kowloon Park SP (Training Pool)	18+	100	10	19/7-23/7 (30/7) {19/8}	☒
Stage II Front Crawl TC for Adult									
40606078 (YM0680)	2/9-2/10	Th,Sa	8:00-9:00	Kowloon Park SP (Training Pool)	18+	100	10	19/7-23/7 (30/7) {19/8}	☒
40606080 (YM0681)	2/9-2/10	Th,Sa	9:00-10:00	Kowloon Park SP (Training Pool)	18+	100	10	19/7-23/7 (30/7) {19/8}	☒
40606081 (YM0682)	2/9-2/10	Th,Sa	11:00-12:00	Kowloon Park SP (Training Pool)	18+	100	10	19/7-23/7 (30/7) {19/8}	☒
Stage III Breaststroke TC Adult									
40606053 (YM0657)	1/9-6/10 (excl. 22/9)	M,W	21:00-22:00	Kowloon Park SP (Main Pool)	18+	100	8	19/7-23/7 (30/7) {19/8}	☒
Stage III Front Crawl TC Adult									
40606054 (YM0658)	1/9-6/10 (excl. 22/9)	M,W	20:00-21:00	Kowloon Park SP (Main Pool)	18+	100	8	19/7-23/7 (30/7) {19/8}	☒
40606055 (YM0659)	2/9-7/10 (excl. 21/9)	Tu,Th	21:00-22:00	Kowloon Park SP (Main Pool)	18+	100	8	19/7-23/7 (30/7) {19/8}	☒
Aerobic Dance Training Course									
40606058 (YM0662)	6/9-6/10 (excl. 22/9,1/10)	M,W,F	18:00-19:00	Kowloon Park SC (Dance Room)	14+	65	12	3/8	☒ i
40606059 (YM0663)	6/9-6/10 (excl. 22/9,1/10)	M,W,F	19:00-20:00	Kowloon Park SC (Dance Room)	14+	65	12	3/8	☒ i
40606060 (YM0664)	9/9-7/10 (excl. 21/9)	Tu,Th,Sa	7:00-8:00	Kowloon Park SC (Dance Room)	14+	65	12	3/8	☒ i
40606061 (YM0665)	9/9-7/10 (excl. 21/9)	Tu,Th,Sa	8:00-9:00	Kowloon Park SC (Dance Room)	14+	65	12	3/8	☒ i
40606062 (YM0666)	9/9-7/10 (excl. 21/9)	Tu,Th,Sa	9:00-10:00	Kowloon Park SC (Dance Room)	14+	65	12	3/8	☒ i
40606117 (YM0728)	8/9-22/10 (excl. 22/9,1/10)	W,F	7:00-8:00	Fa Yuen ST. SC	14+	65	15	9/8	☒ i
40606120 (YM0729)	8/9-22/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Fa Yuen ST. SC	14+	65	15	9/8	☒ i
40606121 (YM0730)	8/9-22/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Fa Yuen ST. SC	14+	65	15	9/8	☒ i
40606122 (YM0731)	8/9-22/10 (excl. 22/9,1/10)	W,F	15:00-16:00	Fa Yuen ST. SC	14+	65	15	9/8	☒ i
40606123 (YM0732)	8/9-22/10 (excl. 22/9,1/10)	W,F	16:00-17:00	Fa Yuen ST. SC	14+	65	15	9/8	☒ i
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.									
40606086 (YM0698)	8/9-22/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Fa Yuen ST. SC	15+	75	15	@10/8	☒ i
40606087 (YM0699)	8/9-22/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Fa Yuen ST. SC	15+	75	15	@10/8	☒ i
40606088 (YM0700)	8/9-22/10 (excl. 22/9,1/10)	W,F	12:00-13:00	Fa Yuen ST. SC	15+	75	15	@10/8	☒ i
40606089 (YM0701)	8/9-22/10 (excl. 22/9,1/10)	W,F	13:00-14:00	Fa Yuen ST. SC	15+	75	15	@10/8	☒ i
40606090 (YM0702)	8/9-22/10 (excl. 22/9,1/10)	W,F	15:00-16:00	Fa Yuen ST. SC	15+	75	15	@10/8	☒ i
40606091 (YM0703)	28/9-9/11 (excl. 14/10)	Tu,Th	8:00-9:00	Fa Yuen ST. SC	15+	75	15	@27/8	☒ i
40606092 (YM0704)	28/9-9/11 (excl. 14/10)	Tu,Th	9:00-10:00	Fa Yuen ST. SC	15+	75	15	@27/8	☒ i
40606093 (YM0705)	28/9-9/11 (excl. 14/10)	Tu,Th	18:00-19:00	Fa Yuen ST. SC	15+	75	15	@27/8	☒ i
40606094 (YM0706)	28/9-9/11 (excl. 14/10)	Tu,Th	19:00-20:00	Fa Yuen ST. SC	15+	75	15	@27/8	☒ i
40606095 (YM0707)	28/9-9/11 (excl. 14/10)	Tu,Th	20:00-21:00	Fa Yuen ST. SC	15+	75	15	@27/8	☒ i
40606096 (YM0708)	28/9-9/11 (excl. 14/10)	Tu,Th	21:00-22:00	Fa Yuen ST. SC	15+	75	15	@27/8	☒ i
40606128 (YM0737)	15/9-29/10 (excl. 22/9,1/10)	W,F	17:00-18:00	Tai Kok Tsui SC	15+	75	15	@16/8	☒ i
40606129 (YM0738)	15/9-29/10 (excl. 22/9,1/10)	W,F	18:00-19:00	Tai Kok Tsui SC	15+	75	15	@16/8	☒ i
40606130 (YM0739)	15/9-29/10 (excl. 22/9,1/10)	W,F	19:00-20:00	Tai Kok Tsui SC	15+	75	15	@16/8	☒ i
40606131 (YM0740)	15/9-29/10 (excl. 22/9,1/10)	W,F	20:00-21:00	Tai Kok Tsui SC	15+	75	15	@16/8	☒ i
Hydro Fitness Training Course									
40606112 (YM0725)	2/9-7/10 (excl. 21/9,1/10)	Tu,Th,F	18:00-19:00	Kowloon Park SP (Training Pool)	14+	80	12	26/7-30/7 (6/8) {26/8}	☒

40606113 (YM0726)	2/9-7/10 (excl. 21/9,1/10)	Tu,Th,F	19:00-20:00	Kowloon Park SP (Training Pool)	14+	80	12	26/7-30/7 (6/8) {26/8}	✉
Jazz Training Course									
40606064 (YM0668)	7/9-12/10 (excl. 21/9)	Tu,Th	20:00-22:00	Kowloon Park SC(Dance Room)	12+	70	12	26/7-30/7 (6/8) {26/8}	✉
Social Dance Training Course									
40606066 (YM0670)	8/9-15/10 (excl. 22/9,1/10)	W,F	20:00-22:00	Kowloon Park SC (Dance Room)	14+	86	12	19/7-23/7 (30/7) {19/8}	✉
40606115 (YM0727)	30/9-9/12 (excl. 14/10)	Th	20:00-22:00	Fa Yuen ST. SC(Dance Room)	14+	86	16	19/7-23/7 (30/7) {19/8}	✉
Evening Tai Chi Made Easy Class									
40606111 (YM0724)	14/9-2/11 (excl. 23/9,30/9,14/10)	Tu,Th	17:30-18:30	Cherry ST. Park (BC)	6+	54	15	9/8	📄 i
Yoga Training Course									
40606067 (YM0671)	1/9-6/10 (excl. 22/9)	M,W	20:00-22:00	Kowloon Park SC (2/F Act.Rm)	15+	85	12	19/7-23/7 (30/7) {19/8}	✉
40606068 (YM0672)	3/9-13/10 (excl. 22/9,1/10)	W,F	18:00-20:00	Kowloon Park SC (2/F Act.Rm)	15+	85	12	19/7-23/7 (30/7) {19/8}	✉
40606105 (YM0714)	10/9-15/10 (excl. 1/10)	M,F	18:00-20:00	Fa Yuen ST. SC	15+	85	15	19/7-23/7 (30/7) {19/8}	✉
40606106 (YM0715)	15/9-22/10 (excl. 22/9,1/10)	W,F	10:00-12:00	Fa Yuen ST. SC	15+	85	15	19/7-23/7 (30/7) {19/8}	✉
Fitness TC for Children									
40606110 (YM0723)	4/9-23/10	Sa	14:00-15:30	Fa Yuen ST. SC	8-14	75	10	4/8	📄 i
Briefing on Proper Ways to Use Fitness Equipment									
40606085 (YM0697)	3/9	F	19:00-22:00	Fa Yuen ST. SC	15+	Free	12	26/7-30/7 (6/8) {26/8}	✉
40606125 (YM0734)	5/9	Su	10:00-13:00	Tai Kok Tsui SC	15+	Free	12	26/7-30/7 (6/8) {26/8}	✉
40606126 (YM0735)	11/9	Sa	9:00-12:00	Tai Kok Tsui SC	15+	Free	12	26/7-30/7 (6/8) {26/8}	✉
40606127 (YM0736)	14/9	Tu	9:00-12:00	Tai Kok Tsui SC	15+	Free	12	26/7-30/7 (6/8) {26/8}	✉
Badminton Training Course									
40606063 (YM0667)	16/9-21/10 (excl. 14/10)	Tu,Th	9:00-11:00	Kowloon Park SC (Arena)	7+	118	12	26/7-30/7 (6/8) {26/8}	✉
40606082 (YM0694)	30/9-4/11 (excl. 14/10)	Tu,Th	7:00-9:00	Fa Yuen ST. SC	7+	118	9	26/7-30/7 (6/8) {26/8}	✉
40606124 (YM0733)	4/9-13/11 (excl. 11/9)	Sa	19:00-21:00	Tai Kok Tsui SC (7/F Arena)	7+	118	12	26/7-30/7 (6/8) {26/8}	✉
Squash Training Course									
40606083 (YM0695)	27/9-25/10 (excl. 14/10)	M,Th	19:00-21:00	Fa Yuen ST. SC(11/F)	7+	160	6	26/8	📄 i
40609909 (YM0847)	1/9-29/9 (excl. 22/9)	M,W	7:00-9:00	Kowloon Park Sc (Squash Rm)	7+	160	6	19/7-23/7 (30/7) {19/8}	✉
40609910 (YM0848)	2/9-28/9	Tu,Th	7:00-9:00	Kowloon Park Sc (Squash Rm)	7+	160	6	19/7-23/7 (30/7) {19/8}	✉
Table Tennis Training Course (Advanced)									
40606084 (YM0696)	2/9-7/10 (excl. 21/9)	Tu,Th	18:00-20:00	Fa Yuen ST. SC	14+	86	9	19/7-23/7 (30/7) {19/8}	✉
Tennis Training Course									
40606109 (YM0719)	7/9-12/10 (excl. 1/10)	Tu,F	15:00-17:00	King's Park RG TC	8+	170	9	26/7-30/7 (6/8) {26/8}	✉
Sport Climbing TC									
40606134 (YM0743)	18/9-25/9	Sa	14:00-17:00	Tai Kok Tsui SC	12+	40	4	18/8	📄 i

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.

Body-Mind Stretch TP for Persons with CDS

40596827 (YM0185)	18/9-23/10	Sa	10:00-12:00	Kowloon Park SC (Activity Rm)	15+	8	19/7	📄 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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Stage I Swimming TC for Elderly

40606050 (YM0654)	3/9-12/10 (excl. 21/9,1/10)	Tu,F	7:00-8:00	Kowloon Park SP (Training)	8	19/7-23/7 (30/7) {19/8}	✉
40606051 (YM0655)	3/9-12/10 (excl. 21/9,1/10)	Tu,F	8:00-9:00	Kowloon Park SP (Training)	8	19/7-23/7 (30/7) {19/8}	✉

Stage II Swimming TC for Elderly

40606052 (YM0656)	3/9-12/10 (excl. 21/9,1/10)	Tu,F	9:00-10:00	Kowloon Park SP (Training)	10	19/7-23/7 (30/7) {19/8}	✉
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Stage III Swimming TC for Ederly

40606056 (YM0660)	2/9-7/10 (excl. 21/9)	Tu,Th	20:00-21:00	Kowloon Park SP (Main Pool)	8	19/7-23/7 (30/7) {19/8}	✉
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Mt Pts for Elderly - Baduanjin

40606103 (YM0712)	1/9-29/9 (excl. 6/9,20/9,22/9)	M,W,F	7:00-9:00	Fa Yuen ST. SC	15	1/9-29/9	Walk-in
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Mt Pts for Elderly - Fitness Exercise

40606104 (YM0713)	2/9-30/9 (excl. 21/9)	Tu,Th	14:00-15:00	Fa Yuen ST. SC	15	2/9-30/9	Walk-in
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Fitness(Multi-Gym) TC for Elderly

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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.

40606098 (YM0709)	8/9-22/10 (excl. 22/9,1/10)	W,F	14:00-15:00	Fa Yuen ST. SC	15	@26/7-30/7 (6/8){26/8}	✉
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40606099 (YM0710)	28/9-9/11 (excl. 14/10)	Tu,Th	10:00-11:00	Fa Yuen ST. SC	15	@26/7-30/7 (6/8){26/8}	✉
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Mt Pts for Elderly - Badminton Play-in

40606133 (YM0742)	2/9-30/9	Tu,Th	8:00-10:00	Tai Kok Tsui SC	12	2/9-30/9	Walk-in
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