

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

Kowloon City 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 Medalion)										
40595825 (KC0425)	13/9-27/10 (excl. 22/9,1/10)	M,W,F	19:00-21:00	Tai Wan Shan SP	13+	108	12	19/7-25/7 (2/8)	{23/8}	☒
Breaststroke TC for Adult (Level I)										
40595742 (KC0393)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Tai Wan Shan SP	18+	100	8	6/8		☒ i
40595794 (KC0412)	3/9-27/9 (excl. 22/9)	M,W,F	19:00-20:00	Tai Wan Shan SP	18+	100	8	19/7-25/7 (2/8)	{23/8}	☒
40595799 (KC0414)	3/9-27/9 (excl. 22/9)	M,W,F	20:00-21:00	Tai Wan Shan SP	18+	100	8	19/7-25/7 (2/8)	{23/8}	☒
Breaststroke TC for Children (Level I)										
40595787 (KC0409)	3/9-27/9 (excl. 22/9)	M,W,F	18:00-19:00	Tai Wan Shan SP	5-8	100	8	19/7-25/7 (2/8)	{23/8}	☒
Front Crawl TC for Adult (Level I)										
40595738 (KC0389)	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Tai Wan Shan SP	18+	100	8	6/8		☒ i
40595750 (KC0398)	3/9-27/9 (excl. 22/9)	M,W,F	9:00-10:00	Tai Wan Shan SP	18+	100	8	6/8		☒ i
40595779 (KC0405)	3/9-27/9 (excl. 22/9)	M,W,F	17:00-18:00	Tai Wan Shan SP	18+	100	8	19/7-25/7 (2/8)	{23/8}	☒
40595792 (KC0411)	3/9-27/9 (excl. 22/9)	M,W,F	19:00-20:00	Tai Wan Shan SP	18+	100	8	19/7-25/7 (2/8)	{23/8}	☒
40595796 (KC0413)	3/9-27/9 (excl. 22/9)	M,W,F	20:00-21:00	Tai Wan Shan SP	18+	100	8	19/7-25/7 (2/8)	{23/8}	☒
Front Crawl TC for Children (Level I)										
40595757 (KC0402)	3/9-27/9 (excl. 22/9)	M,W,F	16:00-17:00	Tai Wan Shan SP	5-8	100	8	19/7-25/7 (2/8)	{23/8}	☒
40595786 (KC0408)	3/9-27/9 (excl. 22/9)	M,W,F	18:00-19:00	Tai Wan Shan SP	5-8	100	8	19/7-25/7 (2/8)	{23/8}	☒
Breaststroke TC for Adult (Level II)										
40595745 (KC0395)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Tai Wan Shan SP	18+	100	7	19/7-25/7 (2/8)	{23/8}	☒
Front Crawl TC for Adult (Level II)										
40595740 (KC0391)	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Tai Wan Shan SP	18+	100	7	19/7-25/7 (2/8)	{23/8}	☒
40595772 (KC0403)	3/9-27/9 (excl. 22/9)	M,W,F	16:00-17:00	Tai Wan Shan SP	18+	100	7	19/7-25/7 (2/8)	{23/8}	☒
40595790 (KC0410)	3/9-27/9 (excl. 22/9)	M,W,F	18:00-19:00	Tai Wan Shan SP	18+	100	7	19/7-25/7 (2/8)	{23/8}	☒
Backstroke Training Course for Adult										
40595747 (KC0397)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Tai Wan Shan SP	18+	100	7	19/7-25/7 (2/8)	{23/8}	☒
Butterflystroke Swimming TC for Adult										
40595741 (KC0392)	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Tai Wan Shan SP	18+	100	7	19/7-25/7 (2/8)	{23/8}	☒
Aerobic Dance TC										
40606722 (KC0730)	7/9-2/10	Tu,Th,Sa	8:00-9:00	Hung Hom Municipal Services Building SC	14+	65	15	16/8		☒ i
40606724 (KC0731)	7/9-2/10	Tu,Th,Sa	9:00-10:00	Hung Hom Municipal Services Building SC	14+	65	15	16/8		☒ i
40606725 (KC0732)	17/9-22/10 (excl. 22/9,27/9,1/10,11/10)	M,W,F	8:00-9:00	Fat Kwong ST. SC	14+	65	15	5/8		☒ i
40606726 (KC0733)	17/9-22/10 (excl. 22/9,27/9,1/10,11/10)	M,W,F	9:00-10:00	Fat Kwong ST. SC	14+	65	15	5/8		☒ i
40606727 (KC0734)	23/9-4/11 (excl. 14/10)	Tu,Th	18:00-19:00	Fat Kwong ST. SC	14+	65	15	16/8		☒ i
40606728 (KC0735)	23/9-4/11 (excl. 14/10)	Tu,Th	19:00-20:00	Fat Kwong ST. SC	14+	65	15	16/8		☒ i
Baduanjin TC for Adult										
40606745 (KC0748)	5/9-21/11	Su	8:00-9:00	HMTF (BC)	20+	80	15	10/8		☒ i
Fitness (Multi-gym) TC										
<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>										
40606730 (KC0736)	2/9-28/9	Tu,Th,Sa	9:00-10:00	Fat Kwong ST. SC	15+	75	10	@5/8		☒ i
40606731 (KC0737)	2/9-28/9	Tu,Th,Sa	10:00-11:00	Fat Kwong ST. SC	15+	75	10	@5/8		☒ i
Hydro Fitness TC										
40595813 (KC0420)	8/9-13/10 (excl. 22/9,1/10)	M,W,F	19:00-20:00	Tai Wan Shan SP	14+	80	15	19/7-25/7 (2/8)	{23/8}	☒
40595815 (KC0421)	8/9-13/10 (excl. 22/9,1/10)	M,W,F	20:00-21:00	Tai Wan Shan SP	14+	80	15	19/7-25/7 (2/8)	{23/8}	☒
Western Folk Dance TC										
40606734 (KC0739)	8/9-17/11 (excl. 22/9)	W	9:00-11:00	Hung Hom Municipal Services Building SC	8+	45	15	19/7-25/7 (2/8)	{24/8}	☒
Yoga TC										

40606735 (KC0740)	14/9-19/10 (excl. 14/10)	Tu,Th	19:00-21:00	Hung Hom Municipal Services Building SC	15+	85	15	19/7-25/7 (2/8) {24/8}	✉
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Briefing on Proper Ways to Use FE

40606732 (KC0738)	20/9	M	14:00-17:00	Fat Kwong ST. SC	15+	Free	12	19/7-25/7 (2/8) {24/8}	✉
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Body-Mind Stretch Fun Day

40606744 (KC0747)	16/9	Th	8:00-9:00	Fat Kwong ST. SC	15+	Free	12	2/8	🖨️ ⓘ
40609795 (KC0855)	16/9	Th	9:00-10:00	Fat Kwong ST. SC	15+	Free	12	2/8	🖨️ ⓘ

Badminton TC

40606737 (KC0742)	9/9-19/10 (excl. 21/9,14/10)	Tu,Th	19:00-21:00	Kowloon City SC	7+	118	12	19/7-25/7 (2/8) {24/8}	✉
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Badminton TC for Children

40606736 (KC0741)	18/9-4/12 (excl. 13/11,20/11)	Sa	14:00-16:00	Kowloon City SC	7-11	118	12	19/7-25/7 (2/8) {24/8}	✉
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Indoor Short Mat Bowling Fun Day

40609796 (KC0856)	25/9	Sa	10:30-13:30	Kowloon City SC	8+	Free	16	25/9	Walk-in
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Squash TC

40606741 (KC0745)	1/9-29/9 (excl. 22/9)	M,W	19:00-21:00	Fat Kwong ST. SC	7+	160	6	2/8	🖨️ ⓘ
40606743 (KC0746)	7/9-30/9	Tu,Th	19:00-21:00	Hung Hom Municipal Services Building SC	7+	160	6	2/8	🖨️ ⓘ

Table-tennis Training Course

40606739 (KC0743)	2/9-5/10	Tu,Th	7:00-9:00	Kowloon City SC	6+	86	12	2/8	🖨️ ⓘ
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Tennis TC

40606740 (KC0744)	1/9-8/10 (excl. 22/9,1/10)	W,F	19:00-21:00	Tin Kwong RD. TC	8+	170	6	19/7-25/7 (2/8) {24/8}	✉
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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 (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
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Swimming TC for Elderly (level I)

40595739 (KC0390)	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Tai Wan Shan SP	8	19/7-25/7 (2/8) {23/8}	✉
40595743 (KC0394)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Tai Wan Shan SP	8	19/7-25/7 (2/8) {23/8}	✉
40595752 (KC0399)	3/9-27/9 (excl. 22/9)	M,W,F	9:00-10:00	Tai Wan Shan SP	8	19/7-25/7 (2/8) {23/8}	✉
40595776 (KC0404)	3/9-27/9 (excl. 22/9)	M,W,F	16:00-17:00	Tai Wan Shan SP	8	19/7-25/7 (2/8) {23/8}	✉
40595781 (KC0406)	3/9-27/9 (excl. 22/9)	M,W,F	17:00-18:00	Tai Wan Shan SP	8	19/7-25/7 (2/8) {23/8}	✉

Swimming TC for Elderly (Level II)

40595753 (KC0400)	3/9-27/9 (excl. 22/9)	M,W,F	9:00-10:00	Tai Wan Shan SP	7	19/7-25/7 (2/8) {23/8}	✉
40595755 (KC0401)	3/9-27/9	M,W,F	9:00-10:00	Tai Wan Shan SP	7	19/7-25/7 (2/8) {23/8}	✉
40595782 (KC0407)	3/9-27/9 (excl. 22/9)	M,W,F	17:00-18:00	Tai Wan Shan SP	7	19/7-25/7 (2/8) {23/8}	✉

Swimming TC for Elderly (Level III)

40595746 (KC0396)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Tai Wan Shan SP	7	19/7-25/7 (2/8) {23/8}	✉
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Mt Pts for Elderly - Baduanjin

40606759 (KC0758)	7/9-28/9	Tu	9:00-10:00	Fat Kwong ST. SC	15	7/9-28/9	Walk-in
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Mt Pts for Elderly - Elderly Fitness

40606761 (KC0760)	1/9-29/9 (excl. 22/9)	W	8:00-10:00	Hung Hom Municipal Services Building SC	15	1/9-29/9	Walk-in
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Mt Pts for Elderly - General Gymnastic

40606760 (KC0759)	2/9-30/9	Th	14:00-16:00	Hung Hom Municipal Services Building SC	40	2/9-30/9	Walk-in
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Healthy Elderly Scheme - Badminton

40606763 (KC0762)	7/9-28/9	Tu	9:00-11:00	Kowloon City SC	16	7/9-28/9	Walk-in
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Mt Pts for Elderly - Gateball

40606762 (KC0761)	1/9-29/9 (excl. 22/9)	W	9:00-11:00	Hung Hom Municipal Services Building SC	12	1/9-29/9	Walk-in
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