

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

Wong Tai Sin District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Breaststroke Crawl TC for Youth(Level I)									
40592195 (WT0121)	2/9-23/9	Tu,Th,F	18:00-19:00	Morse Park SP(1/2 Teaching Pool)	13-17	100	8	19/7	
Breaststroke TC for Adult (Level I)									
40592200 (WT0126)	1/9-24/9 (excl. 22/9)	M,W,F	7:00-8:00	Morse Park SP(1/2 Teaching Pool)	18+	100	8	19/7	
Breaststroke TC for Children (Level I)									
40592194 (WT0120)	2/9-23/9	Tu,Th,F	18:00-19:00	Morse Park SP(1/2 Teaching Pool)	5-8	100	8	19/7	
Breaststroke TC for Junior(Level I)									
40592193 (WT0119)	2/9-23/9	Tu,Th,F	17:00-18:00	Morse Park SP(1/2 Teaching Pool)	9-12	100	8	19/7	
Front Crawl TC for Adult (Level I)									
40592165 (WT0112)	2/9-23/9	Tu,Th,Sa	7:00-8:00	Morse Park SP(1/2 Teaching Pool)	18+	100	8	19/7	
Front Crawl TC for Children(Level I)									
40592192 (WT0118)	2/9-23/9	Tu,Th,F	17:00-18:00	Morse Park SP(1/2 Teaching Pool)	5-8	100	8	19/7	
Front Crawl TC for Adult(Level II)									
40592171 (WT0115)	2/9-23/9	Tu,Th,Sa	8:00-9:00	Morse Park SP(1/2 Teaching Pool)	18+	100	10	19/7-25/7 (3/8) {25/8}	
40592202 (WT0128)	1/9-24/9 (excl. 22/9)	M,W,F	8:00-9:00	Morse Park SP(1/2 Teaching Pool)	18+	100	10	19/7-25/7 (3/8) {25/8}	
Backstroke TC for Adult									
40592197 (WT0123)	2/9-23/9	M,Tu,Th	19:00-20:00	Morse Park SP(1 Main Pool Lane)	18+	100	8	19/7-25/7 (3/8) {25/8}	
Breaststroke TC for Adult (Level III)									
40592191 (WT0117)	2/9-23/9	Tu,Th,Sa	8:00-9:00	Morse Park SP(1 Main Pool Lane)	18+	100	8	19/7-25/7 (3/8) {25/8}	
40592205 (WT0131)	1/9-8/10 (excl. 22/9,1/10)	W,F	19:00-20:00	Morse Park SP(1 Main Pool Lane)	18+	100	8	19/7-25/7 (3/8) {25/8}	
Butterfly Stroke TC for Adult									
40592199 (WT0125)	2/9-23/9	M,Tu,Th	20:00-21:00	Morse Park SP(1 Main Pool Lane)	18+	100	8	19/7-25/7 (3/8) {25/8}	
Front Crawl TC for Adult(Level III)									
40592169 (WT0114)	2/9-23/9	Tu,Th,Sa	7:00-8:00	Morse Park SP(1 Main Pool Lane)	18+	100	8	19/7-25/7 (3/8) {25/8}	
40599613 (WT0132)	1/9-8/10 (excl. 22/9,1/10)	W,F	20:00-21:00	Morse Park SP(1 Main Pool Lane)	18+	100	8	19/7-25/7 (3/8) {25/8}	
Aerobic Dance Training Course									
40608055 (WT0669)	1/9-15/10 (excl. 22/9,1/10)	W,F	7:00-8:00	Po Kong Village RD. SC	14+	65	15	2/8	
40608056 (WT0670)	1/9-15/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Po Kong Village RD. SC	14+	65	15	2/8	
40608057 (WT0671)	2/9-12/10	Tu,Th	8:00-9:00	Po Kong Village RD. SC	14+	65	15	4/8	
40608058 (WT0672)	2/9-12/10	Tu,Th	9:00-10:00	Po Kong Village RD. SC	14+	65	15	4/8	
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>									
40608060 (WT0673)	3/9-20/10 (excl. 22/9,1/10)	W,F	18:00-19:00	Chuk Yuen SC	15+	75	15	@4/8	
40608061 (WT0674)	3/9-20/10 (excl. 22/9,1/10)	W,F	19:00-20:00	Chuk Yuen SC	15+	75	15	@4/8	
40608062 (WT0675)	7/9-19/10 (excl. 14/10)	Tu,Th	8:00-9:00	Chuk Yuen SC	15+	75	15	@3/8	
40608063 (WT0676)	7/9-19/10 (excl. 14/10)	Tu,Th	9:00-10:00	Chuk Yuen SC	15+	75	15	@3/8	
40608064 (WT0677)	7/9-19/10 (excl. 14/10)	Tu,Th	10:00-11:00	Chuk Yuen SC	15+	75	15	@3/8	
40608065 (WT0678)	7/9-19/10 (excl. 14/10)	Tu,Th	14:00-15:00	Chuk Yuen SC	15+	75	15	@3/8	
40608066 (WT0679)	7/9-19/10 (excl. 14/10)	Tu,Th	15:00-16:00	Chuk Yuen SC	15+	75	15	@3/8	
40608067 (WT0680)	7/9-19/10 (excl. 14/10)	Tu,Th	19:00-20:00	Chuk Yuen SC	15+	75	15	@5/8	
40608069 (WT0681)	7/9-19/10 (excl. 14/10)	Tu,Th	20:00-21:00	Chuk Yuen SC	15+	75	15	@5/8	
40608072 (WT0682)	10/9-11/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Chuk Yuen SC	15+	75	15	@9/8	
40608134 (WT0683)	10/9-11/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Chuk Yuen SC	15+	75	15	@9/8	
40608136 (WT0684)	20/9-20/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Po Kong Village RD. SC	15+	75	15	@9/8	
40608140 (WT0686)	20/9-20/10 (excl. 22/9,1/10)	M,W,F	19:00-20:00	Po Kong Village RD. SC	15+	75	15	@9/8	
40608141 (WT0687)	20/9-20/10 (excl. 22/9,1/10)	M,W,F	20:00-21:00	Po Kong Village RD. SC	15+	75	15	@9/8	
Gymnastics for All Training Course									

40608150 (WT0703)	3/9-12/11 (excl. 1/10)	F	10:00-12:00	Ngau Chi Wan SC	6+	54	10	5/8		
40608151 (WT0704)	3/9-12/11 (excl. 1/10)	F	12:00-14:00	Ngau Chi Wan SC	6+	54	10	5/8		

Hydro-Fitness Training Course

40592196 (WT0122)	2/9-21/10 (excl. 14/10)	Tu,Th	19:00-20:00	Morse Park SP(1 Teaching Pool)	14+	80	15	19/7-26/7 (5/8) {30/8}	
40592198 (WT0124)	2/9-21/10 (excl. 14/10)	Tu,Th	20:00-21:00	Morse Park SP(1 Teaching Pool)	14+	80	15	19/7-26/7 (5/8) {30/8}	

Social Dance Training Course

40608142 (WT0699)	25/9-27/11	Sa	20:00-22:00	Po Kong Village RD. SC	14+	86	16	16/7-23/7 (5/8) {30/8}	
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Yoga Training Course

40608144 (WT0688)	8/9-15/10 (excl. 22/9, 1/10)	W,F	10:00-12:00	Po Kong Village RD. SC	15+	85	15	16/7-23/7 (5/8) {30/8}	
40608145 (WT0689)	28/9-2/11 (excl. 14/10)	Tu,Th	13:00-15:00	Chuk Yuen SC	15+	85	15	19/7-26/7 (5/8) {30/8}	
40608148 (WT0690)	29/9-3/11 (excl. 1/10)	W,F	14:00-16:00	Chuk Yuen SC	15+	85	15	19/7-26/7 (5/8) {30/8}	

Briefing on Proper Ways to Use Fitness Equipment

40608143 (WT0700)	11/9-18/9	Sa	14:00-17:00	Chuk Yuen SC	15+	Free	12	19/7-26/7 (5/8) {30/8}	
40608146 (WT0701)	12/9-19/9	Su	14:00-17:00	Po Kong Village RD. SC	15+	Free	12	16/7-23/7 (5/8) {30/8}	

Archery Fun Day

40608068 (WT0692)	12/9	Su	14:30-15:30	Ngau Chi Wan Park	8+	Free	6	12/8		
40608070 (WT0693)	12/9	Su	15:30-16:30	Ngau Chi Wan Park	8+	Free	6	12/8		
40608149 (WT0691)	12/9	Su	13:30-14:30	Ngau Chi Wan Park	8+	Free	6	12/8		

Badminton Training Course

40608135 (WT0696)	2/9-4/10	M,Th	7:00-9:00	Ngau Chi Wan SC	7+	118	12	19/7-26/7 (5/8) {30/8}	
40608137 (WT0697)	6/9-8/11	M	15:00-17:00	Po Kong Village RD. SC	12+	118	12	16/7-23/7 (5/8) {30/8}	
40608139 (WT0698)	6/9-11/10 (excl. 22/9)	M,W	19:00-21:00	Po Kong Village RD. SC	12+	118	12	16/7-23/7 (5/8) {30/8}	

Track Cycling Training Course (Level I)

40608152 (WT0705)	26/9	Su	14:00-18:00	Hong Kong Velodrome	11+	140	9	25/8		
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Tennis Training Course

40608071 (WT0694)	2/9-7/10 (excl. 21/9)	Tu,Th	9:00-11:00	Shek Ku Lung RD. PG	8+	170	6	19/7-26/7 (5/8) {30/8}	
40608073 (WT0695)	2/9-7/10 (excl. 21/9)	Tu,Th	20:00-22:00	Ma Chai Hang Recreation Ground	8+	170	6	19/7-26/7 (5/8) {30/8}	

Water Safety Course for Baby

40592204 (WT0130)	1/9-24/9 (excl. 22/9)	M,W,F	9:00-10:00	Morse Park SP(1 Teaching Pool)	0-4	100	8	19/7-25/7 (3/8) {25/8}	
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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.

Yoga Training Scheme for Persons with Chronic Illness

40608182 (WT0729)	1/9-27/10 (excl. 22/9)	W	10:00-12:00	Choi Hung RD. SC	15+	3	2/8		
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Body-Mind Stretch Training Programme for Ex-mentally ill Persons

40596107 (WT0143)	1/9-17/9	W,F	16:00-18:00	Choi Hung RD. SC	15+	8	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 I)

40592167 (WT0113)	2/9-23/9	Tu,Th,Sa	7:00-8:00	Morse Park SP(1/2 Teaching Pool)	8	19/7-25/7 (3/8) {25/8}	
40592203 (WT0129)	1/9-24/9 (excl. 22/9)	M,W,F	8:00-9:00	Morse Park SP(1/2 Teaching Pool)	8	19/7-25/7 (3/8) {25/8}	

Swimming TC for Elderly (Level II)

40592172 (WT0116)	2/9-23/9	Tu,Th,Sa	8:00-9:00	Morse Park SP(1/2 Teaching Pool)	10	19/7-25/7 (3/8) {25/8}	
40592201 (WT0127)	1/9-24/9 (excl. 22/9)	M,W,F	7:00-8:00	Morse Park SP(1/2 Teaching Pool)	10	19/7-25/7 (3/8) {25/8}	

Meeting Points for Elderly - Baduanjin Fun Day

40608189 (WT0722)	1/9-29/9 (excl. 22/9)	W,F	8:00-9:00	Po Kong Village RD. SC	15	1/9-29/9	Walk-in
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Meeting Points for Elderly - Fitness Exercise Fun Day

40608184 (WT0718)	1/9-29/9 (excl. 22/9)	M,W,F	7:00-8:00	Morse Park No. 3- Basketball Crt	15	1/9	Walk-in
40608185 (WT0719)	2/9-30/9	Tu,Th	7:00-8:00	Hammer Hill RD. SG	15	2/9	Walk-in
Meeting Points for Elderly - General Gymnastics Fun Day							
40608188 (WT0721)	3/9-28/9	Tu,F	9:00-11:00	Chuk Yuen SC	6	3/9-28/9	Walk-in
Meeting Points for Elderly - Dance Fun Day							
40608192 (WT0723)	1/9-29/9 (excl. 22/9)	W,F	8:00-10:00	Ngau Chi Wan SC	16	1/9-29/9	Walk-in
Healthy Elderly Scheme - Indoor Gateball Fun Day							
40608160 (WT0711)	1/9-29/9 (excl. 22/9)	W,F	9:00-12:00	Kai Tak East SC	15	1/9-29/9	Walk-in
Healthy Elderly Scheme - Table Tennis Fun Day							
40608155 (WT0706)	1/9-29/9 (excl. 22/9)	W,F	7:00-9:00	Choi Hung RD. SC	12	1/9	Walk-in
40608156 (WT0707)	1/9-29/9 (excl. 22/9)	W,F	9:00-12:00	Kai Tak East SC	6	1/9	Walk-in
40608157 (WT0708)	2/9-30/9	Tu,Th	10:00-12:00	Chuk Yuen SC	6	2/9	Walk-in
Meeting Points for Elderly - Indoor Short Mat Bowling Cum Indoor Gateball Fun Day							
40608186 (WT0720)	2/9-30/9	Tu,Th	9:30-11:30	Kai Tak East SC	15	2/9	Walk-in
Gateball Fun Day for the Elderly							
40608193 (WT0724)	4/9	Sa	8:00-10:00	Morse Park(Park No3)Gateball crts(2crts)	15	4/9	Walk-in
40608194 (WT0725)	18/9	Sa	8:00-10:00	Morse Park(Park No3)Gateball crts(2crts)	15	18/9	Walk-in