

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Sep 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)	
<b>Breaststroke Swimming Cr (Aged 5-17) (Lv.I)</b>									
40606155 (KT0739)	6/9-29/9 (excl. 22/9)	M,W,F	17:00-18:00	LTSP (Indoor Teaching Pool)	5-17	100	5	22/7-28/7 (6/8) {26/8}	☒
<b>Breaststroke TC for Adult (Level I)</b>									
40606156 (KT0740)	6/9-29/9 (excl. 22/9)	M,W,F	7:00-8:00	KTSP (Indoor Training Pool)	18+	100	8	22/7-28/7 (6/8) {26/8}	☒
<b>Front Crawl Swimming Cr (Aged 5-17) (Lv.I)</b>									
40606158 (KT0742)	6/9-29/9 (excl. 22/9)	M,W,F	18:00-19:00	LTSP (Indoor Teaching Pool)	5-17	100	5	22/7-28/7 (6/8) {26/8}	☒
<b>Front Crawl TC for Adult (Level I)</b>									
40606159 (KT0743)	6/9-29/9 (excl. 22/9)	M,W,F	19:00-20:00	LTSP (Indoor Training Pool)	18+	100	5	22/7-28/7 (6/8) {26/8}	☒
<b>Front Crawl Swimming TC for Adult (II)</b>									
40606160 (KT0744)	6/9-29/9 (excl. 22/9)	M,W,F	8:00-9:00	KTSP (Outdoor Secondary Pool)	18+	100	8	22/7-28/7 (6/8) {26/8}	☒
<b>Breaststroke TC for Adult (Level III)</b>									
40606157 (KT0741)	6/9-29/9 (excl. 22/9)	M,W,F	8:00-9:00	KTSP (Indoor Main Pool)	18+	100	8	22/7-28/7 (6/8) {26/8}	☒
<b>Front Crawl TC for Adult (Level III)</b>									
40606161 (KT0745)	6/9-29/9 (excl. 22/9)	M,W,F	9:00-10:00	KTSP (Indoor Main Pool)	18+	100	8	22/7-28/7 (6/8) {26/8}	☒
<b>Aerobic Dance Training Course</b>									
40606168 (KT0752)	10/9-11/10 (excl. 22/9,1/10)	M,W,F	14:00-15:00	Lam Tin South SC	14+	65	15	22/7-28/7 (6/8) {27/8}	☒
40606169 (KT0753)	10/9-11/10 (excl. 22/9,1/10)	M,W,F	15:00-16:00	Lam Tin South SC	14+	65	15	22/7-28/7 (6/8) {27/8}	☒
40606170 (KT0754)	27/9-25/10 (excl. 1/10)	M,W,F	18:00-19:00	Shui Wo ST. SC	14+	65	15	3/8	☒ i
40606171 (KT0755)	24/9-22/10 (excl. 1/10)	M,W,F	19:00-20:00	Lam Tin South SC	14+	65	15	3/8	☒ i
40606172 (KT0756)	27/9-25/10 (excl. 1/10)	M,W,F	19:00-20:00	Shui Wo ST. SC	14+	65	15	3/8	☒ i
40606173 (KT0757)	10/9-11/10 (excl. 22/9,1/10)	M,W,F	8:00-9:00	Lam Tin South SC	14+	65	15	3/8	☒ i
40606174 (KT0758)	24/9-22/10 (excl. 1/10)	M,W,F	20:00-21:00	Lam Tin South SC	14+	65	15	3/8	☒ i
40606175 (KT0759)	10/9-11/10 (excl. 22/9,1/10)	M,W,F	9:00-10:00	Lam Tin South SC	14+	65	15	3/8	☒ i
40606176 (KT0760)	7/9-21/10 (excl. 23/9,14/10)	Tu,Th	10:00-11:00	Lam Tin South SC	14+	65	15	22/7-28/7 (6/8) {27/8}	☒
40606177 (KT0761)	7/9-19/10 (excl. 14/10)	Tu,Th	19:00-20:00	Lei Yue Mun SC	14+	65	15	22/7-28/7 (6/8) {27/8}	☒
40606179 (KT0763)	2/9-12/10	Tu,Th	19:00-20:00	Shun Lee Tsuen SC	14+	65	15	4/8	☒ i
40606180 (KT0764)	7/9-19/10 (excl. 14/10)	Tu,Th	20:00-21:00	Lei Yue Mun SC	14+	65	15	22/7-28/7 (6/8) {27/8}	☒
40606182 (KT0766)	2/9-12/10	Tu,Th	20:00-21:00	Shun Lee Tsuen SC	14+	65	15	4/8	☒ i
40606183 (KT0767)	7/9-21/10 (excl. 23/9,14/10)	Tu,Th	9:00-10:00	Lam Tin South SC	14+	65	15	22/7-28/7 (6/8) {27/8}	☒
40606185 (KT0769)	25/9-23/10 (excl. 14/10)	Tu,Th,Sa	7:00-8:00	Shui Wo ST. SC	14+	65	15	22/7-28/7 (6/8) {27/8}	☒
40606187 (KT0771)	25/9-23/10 (excl. 14/10)	Tu,Th,Sa	8:00-9:00	Shui Wo ST. SC	14+	65	15	22/7-28/7 (6/8) {27/8}	☒
40606188 (KT0772)	1/9-15/10 (excl. 22/9,1/10)	W,F	10:00-11:00	Shun Lee Tsuen SC	14+	65	15	3/8	☒ i
40606189 (KT0773)	1/9-15/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Shun Lee Tsuen SC	14+	65	15	22/7-28/7 (6/8) {27/8}	☒
<b>Fitness (Multi-gym) Training Course</b>									
<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>									
40605876 (KT0804)	2/9-12/10	Tu,Th	19:00-20:00	Lei Yue Mun SC	15+	75	12	@10/8	☒ i
40605882 (KT0805)	14/9-26/10 (excl. 14/10)	Tu,Th	8:00-9:00	Shun Lee Tsuen SC	15+	75	12	@10/8	☒ i
40605886 (KT0806)	2/9-12/10	Tu,Th	20:00-21:00	Lei Yue Mun SC	15+	75	12	@10/8	☒ i
40605888 (KT0807)	14/9-26/10 (excl. 14/10)	Tu,Th	9:00-10:00	Shun Lee Tsuen SC	15+	75	12	@10/8	☒ i
40605890 (KT0808)	2/9-12/10	Tu,Th	21:00-22:00	Lei Yue Mun SC	15+	75	12	@10/8	☒ i
40605893 (KT0809)	10/9-27/10 (excl. 22/9,1/10)	W,F	10:00-11:00	Shun Lee Tsuen SC	15+	75	12	@11/8	☒ i
40605896 (KT0810)	10/9-27/10 (excl. 22/9,1/10)	W,F	18:00-19:00	Shun Lee Tsuen SC	15+	75	12	@11/8	☒ i
40605899 (KT0811)	10/9-27/10 (excl. 22/9,1/10)	W,F	7:00-8:00	Shun Lee Tsuen SC	15+	75	12	@11/8	☒ i
40605901 (KT0812)	10/9-27/10 (excl. 22/9,1/10)	W,F	19:00-20:00	Shun Lee Tsuen SC	15+	75	12	@11/8	☒ i
40605902 (KT0813)	10/9-27/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Shun Lee Tsuen SC	15+	75	12	@11/8	☒ i
40605903 (KT0814)	10/9-27/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Shun Lee Tsuen SC	15+	75	12	@11/8	☒ i
40606214 (KT0798)	13/9-25/10 (excl. 14/10)	M,Th	19:00-20:00	Shun Lee Tsuen SC	15+	75	12	@9/8	☒ i
40606215 (KT0799)	13/9-25/10 (excl. 14/10)	M,Th	20:00-21:00	Shun Lee Tsuen SC	15+	75	12	@9/8	☒ i

40606216 (KT0800)	14/9-26/10 (excl. 14/10)	Tu,Th	10:00-11:00	Shun Lee Tsuen SC	15+	75	12	@10/8		
40606217 (KT0801)	14/9-26/10 (excl. 14/10)	Tu,Th	15:00-16:00	Shun Lee Tsuen SC	15+	75	12	@10/8		
40606218 (KT0802)	14/9-26/10 (excl. 14/10)	Tu,Th	16:00-17:00	Shun Lee Tsuen SC	15+	75	12	@10/8		
40606219 (KT0803)	14/9-26/10 (excl. 14/10)	Tu,Th	7:00-8:00	Shun Lee Tsuen SC	15+	75	12	@10/8		
<b>Hydro Fitness Training Course</b>										
40605905 (KT0816)	1/9-6/10 (excl. 22/9,1/10)	M,W,F	19:00-20:00	KTSP (Indoor Training Pool)	14+	80	11	22/7-28/7 (6/8) {30/8}		
40605906 (KT0817)	1/9-6/10 (excl. 22/9,1/10)	M,W,F	20:00-21:00	KTSP (Indoor Training Pool)	14+	80	11	22/7-28/7 (6/8) {30/8}		
<b>Yoga Training Course</b>										
40605916 (KT0827)	16/9-21/10 (excl. 14/10)	Tu,Th	9:00-11:00	Shui Wo ST. SC	15+	85	15	22/7-28/7 (6/8) {27/8}		
<b>Briefing on Proper Ways to Use Fitness Equip.</b>										
40606190 (KT0774)	4/9	Sa	14:00-17:00	Shun Lee Tsuen SC	15+	Free	12	22/7-28/7 (6/8) {27/8}		
40606191 (KT0775)	26/9	Su	9:00-12:00	Shun Lee Tsuen SC	15+	Free	12	22/7-28/7 (6/8) {27/8}		
40606192 (KT0776)	6/9	M	9:00-12:00	Lei Yue Mun SC	15+	Free	12	22/7-28/7 (6/8) {27/8}		
40606193 (KT0777)	19/9	Su	9:00-12:00	Lei Yue Mun SC	15+	Free	12	22/7-28/7 (6/8) {27/8}		
40606194 (KT0778)	15/9	W	18:00-21:00	Lei Yue Mun SC	15+	Free	12	22/7-28/7 (6/8) {27/8}		
<b>Parent-child(Aged 7-17) Badminton TC</b>										
40605927 (KT0838)	4/9-9/10	Sa	10:00-12:00	Lei Yue Mun SC	7+	73	10	6/8		
<b>Badminton Training Course</b>										
40605918 (KT0829)	4/9-6/11	Sa	10:00-12:00	Shun Lee Tsuen SC	18+	118	12	22/7-28/7 (6/8) {30/8}		
40605921 (KT0832)	8/9-15/10 (excl. 22/9,1/10)	W,F	19:00-21:00	Lei Yue Mun SC	12+	118	9	22/7-28/7 (6/8) {30/8}		
<b>Squash Training Course</b>										
40605941 (KT0844)	6/9-4/10 (excl. 22/9)	M,W	19:00-21:00	Shun Lee Tsuen SC	7+	160	6	22/7-28/7 (6/8) {30/8}		
<b>Tennis Training Course</b>										
40605944 (KT0845)	6/9-7/10	M,Th	8:00-10:00	SHUN LEE TSUEN PARK	8+	170	6	6/8		
40605948 (KT0846)	1/9-6/10 (excl. 22/9)	M,W	18:00-20:00	SHUN LEE TSUEN PARK	8+	170	6	22/7-28/7 (6/8) {30/8}		
40605953 (KT0847)	11/9-13/11	Sa	16:00-18:00	Sin Fat RD. T/C	8+	170	6	22/7-28/7 (6/8) {30/8}		
40605960 (KT0848)	5/9-7/11	Su	19:00-21:00	Ping Shek PG	8+	170	6	22/7-28/7 (6/8) {30/8}		
40605965 (KT0849)	2/9-5/10	Tu,Th	19:00-21:00	Hui Ming ST. PG	8+	170	12	22/7-28/7 (6/8) {30/8}		
40605991 (KT0850)	2/9-5/10	Tu,Th	9:00-11:00	Hong Ning RD. Park	8+	170	12	22/7-28/7 (6/8) {30/8}		
40605993 (KT0851)	7/9-7/10	Tu,Th	9:00-11:00	Sin Fat RD. T/C	8+	170	6	22/7-28/7 (6/8) {30/8}		
<b>Golf Training Course (Level II)</b>										
40605928 (KT0839)	5/9-26/9	Su	10:30-12:00	Shun Lee Tsuen SC	8+	160	6	22/7-28/7 (6/8) {30/8}		
40605929 (KT0840)	5/9-26/9	Su	9:00-10:30	Shun Lee Tsuen SC	8+	160	6	22/7-28/7 (6/8) {30/8}		
<b>Outreaching Mt. Pts. For Youth - Basketball Play-in</b>										
40606028 (KT0869)	3/9-24/9	F	19:00-22:00	Kwun Tong Recreation Ground (Court.No.2)	13+	Free	60	3/9-24/9		Walk-in
<b>Kwun Tong District Cricket Fun Day</b>										
40606119 (KT0871)	4/9	Sa	9:00-12:00	Yau Tong RD. PG	6+	Free	15	5/8		
<b>Outreaching Mt.Pts. For Youth- Soccer Play-in</b>										
40606138 (KT0873)	3/9-24/9	F	19:00-22:00	Kwun Tong Recreation Ground (no.2 court)	13+	Free	60	3/9-24/9		Walk-in
<b>Sport Climbing FD</b>										
40606019 (KT0861)	11/9	Sa	14:00-17:00	Shun Lee Tsuen SC	12+	Free	14	6/8		
<b>Sport Climbing Fun Day For Ex-mentally III</b>										
40606715 (KT0875)	15/9	W	14:00-17:00	Shun Lee Tsuen SC	12+	Free	3	2/8		
<b>Horticultural Seminar</b>										
40606025 (KT0866)	4/9	Sa	14:30-16:30	Jordan Valley Park	All	30	15	5/8		
40606026 (KT0867)	19/9	Su	10:30-12:30	Jordan Valley Park	All	30	15	5/8		
<b>Online Interactive Prog-Fitness Exercise</b>										
40605577 (KT0738)	15/9-20/9	M,W,F	14:30-15:30	Internet. 30 mins before: zoom.us/join	14+	20	50	25/8		
<b>Activities for Persons with Disabilities Programme Number (Class code) (free of charge)</b>										
<b>Programme Number (Class code)</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Age</b>	<b>Quota</b>	<b>Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)</b>	<b>Enrolment Method</b>		

**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 Programme for Persons with Hearing Impairment**

40596153 (KT0381)	7/9-8/10 (excl. 24/9,1/10)	Tu,F	16:00-18:00	Kwun Tong SP	7+	8	19/7		
40596154 (KT0382)	1/9-29/9 (excl. 22/9)	W,F	16:00-18:00	Lam Tin SP	7+	8	19/7		

**Swimming Training Scheme for persons with Hearing Impairment**

40606167 (KT0751)	6/9-27/9	M	19:00-21:00	Kwun Tong SP	6-18	2	2/8		
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**Swimming Training Scheme for Ex-mentally III Persons**

40606166 (KT0750)	2/9-27/9	M,Th	12:00-13:00	KTSP	5+	2	2/8		
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**Baduanjin TS for Ex-mentally III Persons**

40607710 (KT0877)	3/9-29/10 (excl. 1/10)	F	10:00-11:00	Chun Wah RD. SC	8+	3	2/8		
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**Horticultural Fun Day for Persons w/Chronic I**

40606023 (KT0865)	15/9	W	10:00-12:00	Jordan Valley Park	8+	3	2/8		
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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 <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
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**Swimming TC for Elderly (Level I)**

40606162 (KT0746)	6/9-29/9 (excl. 22/9)	M,W,F	9:00-10:00	KTSP (Indoor Training Pool)	8	22/7-28/7 (6/8){26/8}	
40606163 (KT0747)	2/9-5/10	Tu,Th	7:00-8:00	LTSP (Indoor Training Pool)	5	22/7-28/7 (6/8){26/8}	
40606164 (KT0748)	2/9-5/10	Tu,Th	8:00-9:00	LTSP (Indoor Training Pool)	5	22/7-28/7 (6/8){26/8}	

**Swimming TC for Elderly (Level II)**

40606165 (KT0749)	6/9-29/9 (excl. 22/9)	M,W,F	7:00-8:00	KTSP (Outdoor Secondary Pool)	8	22/7-28/7 (6/8){26/8}	
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**Baduanjin Play-in for Elderly**

40606195 (KT0779)	9/9-26/10 (excl. 14/9,14/10)	Tu,Th	7:00-8:00	Lam Tin South SC	15	22/7-28/7 (6/8){26/8}	
40606196 (KT0780)	9/9-26/10 (excl. 14/9,14/10)	Tu,Th	8:00-9:00	Lam Tin South SC	15	22/7-28/7 (6/8){26/8}	
40606199 (KT0783)	1/9-15/10 (excl. 22/9,1/10)	W,F	7:00-8:00	Shui Wo ST. SC	15	22/7-28/7 (6/8){26/8}	
40606200 (KT0784)	1/9-15/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Shui Wo ST. SC	15	22/7-28/7 (6/8){26/8}	

**Meeting Point for Elderly - Fitness Exercise**

40606211 (KT0795)	1/9-29/9 (excl. 8/9,20/9,22/9,27/9)	M,W,F	9:30-11:30	Lam Tin South SC	15	1/9-29/9	Walk-in
40606212 (KT0796)	2/9-30/9	Tu,Th,Sa	9:30-11:30	Lei Yue Mun SC	15	2/9-30/9	Walk-in

**Meeting Point for Elderly - Morning Exercise**

40606213 (KT0797)	1/9-30/9 (excl. 22/9)	M,Tu,W,Th,F,Sa	6:30-8:30	Lam Tin Park (Nr 5-a-side Soccer Pitch)	15	1/9-30/9	Walk-in
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**Healthy Elderly Scheme - Badminton**

40605923 (KT0834)	1/9-30/9 (excl. 6/9,7/9,13/9,14/9,20/9,22/9)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	12	1/9-30/9	Walk-in
40605924 (KT0835)	2/9-30/9	Tu,Th	7:00-10:00	Shun Lee Tsuen SC	12	2/9-30/9	Walk-in
40605926 (KT0837)	1/9-29/9 (excl. 22/9)	W,F	8:00-11:00	Lei Yue Mun SC	12	1/9-29/9	Walk-in

**Healthy Elderly Scheme - Golf**

40605934 (KT0841)	2/9-30/9	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	12	2/9-30/9	Walk-in
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**Healthy Elderly Scheme - Social Dance Play-in**

40605909 (KT0820)	7/9-28/9	Tu	10:00-12:00	Shun Lee Tsuen SC	10	7/9-28/9	Walk-in
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**Healthy Elderly Scheme - Table-tennis Play-in**

40605999 (KT0853)	1/9-30/9 (excl. 6/9,7/9,13/9,14/9,20/9,22/9)	M,Tu,W,Th,F	7:00- 10:00	Chun Wah RD. SC	12	1/9-30/9	Walk-in
40606012 (KT0854)	2/9-30/9	Tu,Th	8:00- 11:30	Lei Yue Mun SC	12	2/9-30/9	Walk-in
40606013 (KT0855)	1/9-29/9	W,F	7:00- 10:00	Shun Lee Tsuen SC	12	1/9-29/9	Walk-in