

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

Yau Tsim Mong District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Stage I Breaststroke TC for Adult									
40611166 (YM0794)	7/10-11/11 (excl. 14/10)	Th,Sa	9:00-10:00	Kowloon Park SP (Training Pool)	18+	100	8	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
40611167 (YM0795)	8/10- 12/11 (Excl.14/10)	Th,F	14:00-15:00	Kowloon Park SP (Training Pool)	18+	100	8	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
40611170 (YM0797)	15/10-16/11	Tu,F	7:00-8:00	Kowloon Park SP (Training Pool)	18+	100	8	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
40611171 (YM0798)	15/10-16/11	Tu,F	9:00-10:00	Kowloon Park SP (Training Pool)	18+	100	8	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
Stage I Front Crawl TC for Adult									
40611148 (YM0789)	5/10-28/10 (excl. 14/10)	Tu,Th,F	18:00-19:00	Kowloon Park SP (Training Pool)	18+	100	8	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
40611150 (YM0790)	5/10-28/10 (excl. 14/10)	Tu,Th,F	20:00-21:00	Kowloon Park SP (Training Pool)	18+	100	8	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
Stage II Breaststroke TC for Adult									
40611152 (YM0791)	5/10-28/10 (excl. 14/10)	Tu,Th,F	19:00-20:00	Kowloon Park SP (Training Pool)	18+	100	10	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
40611158 (YM0792)	7/10-11/11 (excl. 14/10)	Th,Sa	10:00-11:00	Kowloon Park SP (Training Pool)	18+	100	10	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
40611168 (YM0796)	8/10- 12/11 (Excl.14/10)	Th,F	15:00-16:00	Kowloon Park SP (Training Pool)	18+	100	10	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
Stage II Front Crawl TC for Adult									
40611145 (YM0788)	2/10-23/10	Tu,F,Sa	9:00-10:00	Kowloon Park SP (Training Pool)	18+	100	10	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
40611162 (YM0793)	7/10-11/11 (excl. 14/10)	Th,Sa	11:00-12:00	Kowloon Park SP (Training Pool)	18+	100	10	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
40611173 (YM0799)	15/10-16/11	Tu,F	8:00-9:00	Kowloon Park SP (Training Pool)	18+	100	10	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
Stage III Backstroke TC Adult									
40611065 (YM0750)	13/10-15/11	M,W	20:00-21:00	Kowloon Park SP (Main Pool)	18+	100	8	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
Stage III Breaststroke TC Adult									
40611067 (YM0752)	12/10-16/11 (excl. 14/10)	Tu,Th	21:00-22:00	Kowloon Park SP (Main Pool)	18+	100	8	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
Stage III Front Crawl TC Adult									
40611068 (YM0751)	13/10-15/11	M,W	21:00-22:00	Kowloon Park SP (Main Pool)	18+	100	8	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
40611069 (YM0753)	12/10-16/11 (excl. 14/10)	Tu,Th	20:00-21:00	Kowloon Park SP (Main Pool)	18+	100	8	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
Aerobic Dance Training Course									
40611088 (YM0768)	13/10-8/11	M,W,F	18:00-19:00	Kowloon Park SC (Dance Room)	14+	65	12	13/9	<input checked="" type="checkbox"/> i
40611090 (YM0766)	6/10-12/11	W,F	8:00-9:00	Kowloon Park SC (Dance Room)	14+	65	12	13/9	<input checked="" type="checkbox"/> i
40611091 (YM0767)	6/10-12/11	W,F	9:00-10:00	Kowloon Park SC (Dance Room)	14+	65	12	13/9	<input checked="" type="checkbox"/> i
40611093 (YM0769)	13/10-8/11	M,W,F	19:00-20:00	Kowloon Park SC (Dance Room)	14+	65	12	13/9	<input checked="" type="checkbox"/> i
40611095 (YM0770)	19/10-13/11	Tu,Th,Sa	7:00-8:00	Kowloon Park SC (Dance Room)	14+	65	12	13/9	<input checked="" type="checkbox"/> i
40611097 (YM0771)	19/10-13/11	Tu,Th,Sa	8:00-9:00	Kowloon Park SC (Dance Room)	14+	65	12	13/9	<input checked="" type="checkbox"/> i
40611100 (YM0772)	19/10-13/11	Tu,Th,Sa	9:00-10:00	Kowloon Park SC (Dance Room)	14+	65	12	13/9	<input checked="" type="checkbox"/> i
40611351 (YM0939)	5/10-16/11 (excl. 14/10)	Tu,Th	7:30-8:30	Fa Yuen ST. SC	14+	65	15	3/9	<input checked="" type="checkbox"/> i
40611352 (YM0940)	5/10-16/11 (excl. 14/10)	Tu,Th	8:30-9:30	Fa Yuen ST. SC	14+	65	15	3/9	<input checked="" type="checkbox"/> i
40611353 (YM0941)	5/10-16/11 (excl. 14/10)	Tu,Th	9:30-10:30	Fa Yuen ST. SC	14+	65	15	3/9	<input checked="" type="checkbox"/> i
40611354 (YM0942)	5/10-16/11 (excl. 14/10)	Tu,Th	11:00-12:00	Fa Yuen ST. SC	14+	65	15	3/9	<input checked="" type="checkbox"/> i
40611355 (YM0943)	5/10-16/11 (excl. 14/10)	Tu,Th	12:00-13:00	Fa Yuen ST. SC	14+	65	15	3/9	<input checked="" type="checkbox"/> i
40611356 (YM0944)	5/10-16/11 (excl. 14/10)	Tu,Th	13:00-14:00	Fa Yuen ST. SC	14+	65	15	3/9	<input checked="" type="checkbox"/> i
40611357 (YM0945)	5/10-16/11 (excl. 14/10)	Tu,Th	18:00-19:00	Fa Yuen ST. SC	14+	65	15	3/9	<input checked="" type="checkbox"/> i
40611358 (YM0946)	5/10-16/11 (excl. 14/10)	Tu,Th	19:00-20:00	Fa Yuen ST. SC	14+	65	15	3/9	<input checked="" type="checkbox"/> i
40611359 (YM0952)	6/10-12/11	W,F	15:00-16:00	Tai Kok Tsui SC	14+	65	15	6/9	<input checked="" type="checkbox"/> i
40611360 (YM0953)	6/10-12/11	W,F	16:00-17:00	Tai Kok Tsui SC	14+	65	15	6/9	<input checked="" type="checkbox"/> i
Children Dance Training Course									
40611285 (YM0812)	2/10-4/12	Sa	15:00-17:00	Fa Yuen ST. SC	4-11	60	10	24/8-29/8 (7/9) {27/9}	<input checked="" type="checkbox"/>
Chinese Dance Training Course									
40611286 (YM0813)	6/10-8/12	W	18:00-20:00	Fa Yuen ST. SC	12+	45	15	24/8-29/8 (7/9) {27/9}	<input checked="" type="checkbox"/>
Hydro Fitness Training Course									
40611342 (YM0930)	8/10-26/11 (excl. 14/10)	Th,F	14:00-15:00	Kowloon Park SP (Training Pool)	14+	80	12	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
40611343 (YM0931)	8/10-26/11 (excl. 14/10)	Th,F	15:00-16:00	Kowloon Park SP (Training Pool)	14+	80	12	19/8-23/8 (31/8) {20/9}	<input checked="" type="checkbox"/>
Jazz Training Course									
40611102 (YM0773)	26/10-25/11	Tu,Th	20:00-22:00	Kowloon Park SC (Dance Room)	12+	70	12	24/8-29/8 (7/9) {27/9}	<input checked="" type="checkbox"/>

40611184 (YM0801)	6/10-8/11	M,W	20:00-22:00	Fa Yuen ST. SC	12+	70	15	24/8-29/8 (7/9) {27/9}	
40611364 (YM0957)	3/10-5/12	Su	10:00-12:00	Tai Kok Tsui SC	12+	70	15	2/9	

Social Dance Training Course

40611109 (YM0776)	9/10-11/12	Sa	19:00-21:00	Kowloon Park SC (Dance Room)	14+	86	12	19/8-23/8 (31/8) {20/9}	
40611111 (YM0777)	20/10-19/11	W,F	20:00-22:00	Kowloon Park SC (Dance Room)	14+	86	12	19/8-23/8 (31/8) {20/9}	
40611113 (YM0778)	21/10-23/12	Th	18:00-20:00	Kowloon Park SC (Dance Room)	14+	86	12	19/8-23/8 (31/8) {20/9}	
40611305 (YM0888)	5/10-7/12	Tu	15:00-17:00	Kowloon Park SC (Dance Rm)	14+	86	12	19/8-23/8 (31/8) {20/9}	
40611344 (YM0932)	3/10-5/12	Su	10:00-12:00	Fa Yuen ST. SC (Dance Room)	14+	86	16	19/8-23/8 (31/8) {20/9}	
40611345 (YM0933)	5/10-9/11 (excl. 14/10)	Tu,Th	10:00-12:00	Fa Yuen ST. SC10/F Act Rm2	14+	86	16	19/8-23/8 (31/8) {20/9}	
40611346 (YM0934)	5/10-5/11	Tu,F	20:00-22:00	Fa Yuen ST. SC (Dance Room)	14+	86	16	19/8-23/8 (31/8) {20/9}	

Yoga Training Course

40611114 (YM0779)	5/10-7/12	Tu	19:00-21:00	Kowloon Park SC (2/F Act.Rm)	15+	85	12	19/8-23/8 (31/8) {20/9}	
40611116 (YM0780)	17/10-9/1 (excl. 12/12,19/12,26/12)	Su	8:00-10:00	Kowloon Park SC (2/F Act.Rm)	15+	85	12	19/8-23/8 (31/8) {20/9}	
40611118 (YM0781)	18/10-17/11	M,W	20:00-22:00	Kowloon Park SC (2/F Act.Rm)	15+	85	12	19/8-23/8 (31/8) {20/9}	
40611121 (YM0782)	20/10-19/11	W,F	18:00-20:00	Kowloon Park SC (2/F Act.Rm)	15+	85	12	19/8-23/8 (31/8) {20/9}	
40611127 (YM0783)	21/10-23/12	Th	19:00-21:00	Kowloon Park SC (2/F Act.Rm)	15+	85	12	19/8-23/8 (31/8) {20/9}	
40611291 (YM0818)	5/10-7/12	Tu	14:00-16:00	Fa Yuen ST. SC	15+	85	15	19/8-23/8 (31/8) {20/9}	
40611292 (YM0819)	5/10-7/12	Tu	16:00-18:00	Fa Yuen ST. SC	15+	85	15	19/8-23/8 (31/8) {20/9}	
40611293 (YM0820)	7/10-16/12 (excl. 14/10)	Th	14:00-16:00	Fa Yuen ST. SC	15+	85	15	19/8-23/8 (31/8) {20/9}	
40611294 (YM0821)	7/10-16/12 (excl. 14/10)	Th	16:00-18:00	Fa Yuen ST. SC	15+	85	15	19/8-23/8 (31/8) {20/9}	
40611295 (YM0878)	18/10-19/11	M,F	18:00-20:00	Fa Yuen ST. SC	15+	85	15	19/8-23/8 (31/8) {20/9}	
40611296 (YM0879)	27/10-26/11	W,F	10:00-12:00	Fa Yuen ST. SC	15+	85	15	19/8-23/8 (31/8) {20/9}	

Briefing on Proper Ways to Use Fitness Equipment

40611284 (YM0811)	8/10	F	19:00-22:00	Fa Yuen ST. SC	15+	Free	12	19/8-23/8 (31/8) {20/9}	
40611361 (YM0954)	3/10	Su	10:00-13:00	Tai Kok Tsui SC	15+	Free	12	19/8-23/8 (31/8) {20/9}	
40611362 (YM0955)	12/10	Tu	9:00-12:00	Tai Kok Tsui SC	15+	Free	12	19/8-23/8 (31/8) {20/9}	

Stress Management and Physical Relaxation TC

40611289 (YM0816)	6/10-19/11	W,F	12:00-13:00	Fa Yuen ST. SC	14+	80	15	24/8-29/8 (7/9) {27/9}	
40611290 (YM0817)	6/10-19/11	W,F	13:00-14:00	Fa Yuen ST. SC	14+	80	15	24/8-29/8 (7/9) {27/9}	

Parent-child(Aged 7-17)Badminton Fun Day

40611368 (YM0961)	10/10	Su	15:00-16:00	Tai Kok Tsui SC	7+	Free	12	15/9	
40611369 (YM0962)	10/10	Su	16:00-17:00	Tai Kok Tsui SC	7+	Free	12	15/9	
40611370 (YM0963)	10/10	Su	17:00-18:00	Tai Kok Tsui SC	7+	Free	12	15/9	

Badminton Training Course

40611135 (YM0785)	4/10-3/11	M,W	19:00-21:00	Kowloon Park SC (Arena)	7+	118	12	24/8-29/8 (7/9) {27/9}	
40611138 (YM0786)	5/10-14/12 (excl. 16/11)	Tu	7:00-9:00	Kowloon Park SC (Arena)	7+	118	12	24/8-29/8 (7/9) {27/9}	
40611367 (YM0960)	6/10-5/11	W,F	19:00-21:00	Tai Kok Tsui SC (7/F Arena)	7+	118	12	24/8-29/8 (7/9) {27/9}	

Stage II Fencing Training Course

40611335 (YM0921)	3/10-21/11	Su	18:00-20:00	Kwun Chung SC (5/F Act. Rm 1)	9+	100	10	3/9	
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Squash Training Course

40611212 (YM0807)	30/10-18/12	Sa	14:00-16:00	Fa Yuen ST. SC (11/F)	7+	160	6	28/9	
40611313 (YM0896)	4/10-27/10	M,W	7:00-9:00	Kowloon Park SC (Squash Court)	7+	160	6	19/8-23/8 (31/8) {20/9}	
40611314 (YM0897)	5/10-2/11 (excl. 14/10)	Tu,Th	7:00-9:00	Kowloon Park SC (Squash Court)	7+	160	6	19/8-23/8 (31/8) {20/9}	

Tennis Training Course

40611325 (YM0911)	6/10-5/11	W,F	9:00-11:00	King's Park RG TC	8+	170	9	24/8-29/8 (7/9) {27/9}	
40611326 (YM0912)	7/10-11/11 (excl. 14/10)	Tu,Th	7:00-9:00	King's Park RG TC	8+	170	9	24/8-29/8 (7/9) {27/9}	
40611327 (YM0913)	11/10-10/11	M,W	19:00-21:00	King's Park RG TC	8+	170	9	24/8-29/8 (7/9) {27/9}	
40611348 (YM0936)	5/10-9/11 (excl. 14/10)	Tu,Th	19:00-21:00	Cherry ST. Park TC	8+	170	6	24/8-29/8 (7/9) {27/9}	

Go Training Course (Level I)

40611336 (YM0922)	9/10-13/11	Sa	14:30-16:30	Fa Yuen ST. SC	6+	40	10	24/8-29/8 (7/9) {27/9}	
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Sports Climbing Fun Day

40611372 (YM0965)	10/10	Su	9:00-10:00	Tai Kok Tsui SC	12+	Free	4	8/9	
40611373 (YM0966)	10/10	Su	10:00-11:00	Tai Kok Tsui SC	12+	Free	4	8/9	
40611374 (YM0967)	10/10	Su	11:00-12:00	Tai Kok Tsui SC	12+	Free	4	8/9	

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.

Body-mind Stretch TP for Ex-mentally III


40596823 (YM0184) 8/10-12/11 F 13:00-15:00 Fa Yuen ST. SC 15+ 7 7/9  

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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Stage I Swimming TC for Elderly

40611063 (YM0748) 2/10-23/10 Tu,F,Sa 7:00-8:00 Kowloon Park SP (Training Pool) 8 19/8-23/8 (31/8) {20/9} 

Stage II Swimming TC for Elderly

40611064 (YM0749) 2/10-23/10 Tu,F,Sa 8:00-9:00 Kowloon Park SP (Training Pool) 10 19/8-23/8 (31/8) {20/9} 

Mt Pts for Elderly - Baduanjin

40611283 (YM0810) 6/10-29/10 (excl. 18/10) M,W,F 7:00-9:00 Fa Yuen ST. SC 15 6/10-29/10 Walk-in

Mt Pts for Elderly - Fitness Exercise

40611287 (YM0814) 5/10-28/10 (excl. 14/10) Tu,Th 14:00-15:00 Fa Yuen ST. SC 15 5/10-28/10 Walk-in

Mt Pts for Elderly - Badminton Play-in

40611371 (YM0964) 5/10-28/10 (excl. 14/10) Tu,Th 8:00-10:00 Tai Kok Tsui SC 12 5/10-28/10 Walk-in