

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 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)	
Long Distance Running Training Course										
40608635 (KC0779)	2/10-4/12	Every Sa	15:00-17:00	Kowloon Tsai Park &KTSG	16+	130	20	1/9		
40608636 (KC0780)	17/10-19/12	Su	8:00-10:00	Kowloon Tsai Park &KTSG	16+	130	20	1/9		
Aerobic Dance TC										
40608637 (KC0781)	4/10-29/10	M,W,F	18:00-19:00	Hung Hom Municipal Services Building SC	14+	65	15	14/9		
40608638 (KC0782)	4/10-29/10	M,W,F	19:00-20:00	Hung Hom Municipal Services Building SC	14+	65	15	14/9		
40608639 (KC0783)	16/10-11/11	Tu,Th,Sa	8:00-9:00	Hung Hom Municipal Services Building SC	14+	65	15	13/9		
40608640 (KC0784)	16/10-11/11	Tu,Th,Sa	9:00-10:00	Hung Hom Municipal Services Building SC	14+	65	15	13/9		
Children Dance TC										
40608663 (KC0803)	3/10-5/12	Su	10:00-12:00	Kowloon City SC	4-11	60	10	18/8-24/8 (31/8) {21/9}		
40608664 (KC0804)	9/10-11/12	Sa	10:00-12:00	Hung Hom Municipal Services Building SC	4-11	60	10	8/9		
Chinese Dance TC										
40608666 (KC0805)	16/10-8/1 (excl. 18/12,25/12,1/1)	Sa	13:00-15:00	Fat Kwong ST. SC	12+	45	15	18/8-24/8 (31/8) {21/9}		
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.</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>										
40608641 (KC0785)	4/10-3/11 (excl. 11/10,25/10)	M,W,F	7:00-8:00	Fat Kwong ST. SC	15+	75	10	@8/9		
40608642 (KC0786)	4/10-3/11 (excl. 11/10,25/10)	M,W,F	9:00-10:00	Fat Kwong ST. SC	15+	75	10	@8/9		
40608643 (KC0787)	4/10-3/11 (excl. 11/10,25/10)	M,W,F	10:00-11:00	Fat Kwong ST. SC	15+	75	10	@8/9		
40608644 (KC0788)	5/10-16/11 (excl. 14/10)	Tu,Th	18:00-19:00	Fat Kwong ST. SC	15+	75	10	@9/9		
40608645 (KC0789)	5/10-16/11 (excl. 14/10)	Tu,Th	19:00-20:00	Fat Kwong ST. SC	15+	75	10	@9/9		
40608651 (KC0795)	12/10-9/11 (excl. 14/10)	Tu,Th,Sa	9:00-10:00	Fat Kwong ST. SC	15+	75	10	@2/9		
40608653 (KC0796)	12/10-9/11 (excl. 14/10)	Tu,Th,Sa	10:00-11:00	Fat Kwong ST. SC	15+	75	10	@2/9		
Social Dance TC										
40608669 (KC0807)	11/10-10/11	M,W	15:00-17:00	Fat Kwong ST. SC	14+	86	16	18/8-24/8 (31/8) {21/9}		
Tai Chi Made Easy Class										
40608670 (KC0808)	31/10-23/1 (excl. 26/12)	Su	7:00-8:00	Hung Hom Municipal Services Building SC	6+	54	15	2/9		
Western Folk Dance TC										
40608667 (KC0806)	23/10-15/1 (excl. 18/12,25/12,1/1)	Sa	9:00-11:00	Fat Kwong ST. SC	8+	45	15	18/8-24/8 (31/8) {21/9}		
Yoga TC										
40608672 (KC0809)	5/10-7/12	Tu	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	15	18/8-24/8 (31/8) {21/9}		
40608673 (KC0810)	8/10-10/12	F	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	15	18/8-24/8 (31/8) {21/9}		
Briefing on Proper Ways to Use Fitness E.										
40608656 (KC0798)	4/10	M	14:00-17:00	Fat Kwong ST. SC	15+	Free	12	18/8-24/8 (31/8) {21/9}		
Body-Mind Stretch TC										
40608689 (KC0822)	6/10-12/11	W,F	11:00-12:00	Fat Kwong ST. SC	15+	85	12	1/9		
40608690 (KC0823)	6/10-12/11	W,F	12:00-13:00	Fat Kwong ST. SC	15+	85	12	1/9		
Badminton TC										
40608675 (KC0811)	15/10-17/11	W,F	9:00-11:00	Kowloon City SC	7+	118	12	18/8-24/8 (31/8) {23/9}		
40608676 (KC0812)	21/10-23/11	Tu,Th	19:00-21:00	Kowloon City SC	7+	118	12	18/8-24/8 (31/8) {23/9}		
Track Cycling Training Course (Level I)										
40608692 (KC0824)	30/10	Sa	14:00-18:00	HONG KONG VELODROME	11+	140	9	29/9		
Indoor Short Mat Bowling TC										
40608686 (KC0820)	2/10-4/12 (excl. 13/11,20/11)	Sa	10:30-12:30	Kowloon City SC	8+	54	6	10/9		
40608687 (KC0821)	2/10-4/12 (excl. 13/11,20/11)	Sa	10:30-12:30	Kowloon City SC	8+	54	6	10/9		
Squash TC										
40608684 (KC0818)	9/10-27/11	Sa	9:00-11:00	Hung Hom Municipal Services Building SC	7+	160	6	10/9		

Tennis TC									
40608680 (KC0815)	10/10-12/12	Su	7:00-9:00	Kowloon Tsai Park Hong Kong TTC.	8+	170	6	18/8-24/8 (31/8) {23/9}	
40608682 (KC0817)	19/10-19/11	Tu,F	7:00-9:00	Junction RD. Park TC	8+	170	9	16/9	
Tennis Intermediate TC									
40608679 (KC0814)	10/10-12/12	Su	15:00-17:00	Tin Kwong RD. TC	8+	170	12	18/8-24/8 (31/8) {23/9}	
Soccer Training Course									
40608685 (KC0819)	9/10-11/12	Sa	16:00-18:00	Ho Man Tin Park(Mini Soccer Pitch)	6+	60	15	10/9	

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
---	------	-----	------	-------	-----------	--	------------------

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 Per. with Ex-men III									
40596097 (KC0439)	3/10-7/11	Su	16:00-18:00	Hung Hom Municipal Services Building SC	15+	8	14/9		

Body-mind Stretch TP for Per. with Phy. Disa.									
40608710 (KC0837)	5/10-26/10	Tu	14:00-16:00	Kowloon City SC	4+	2	18/8		

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
---	------	-----	------	-------	-------	--	------------------

Mt Pts for Elderly - Baduanjin							
40608725 (KC0847)	5/10-26/10	Tu	9:00-10:00	Fat Kwong ST. SC	15	5/10-26/10	Walk-in

Mt Pts for Elderly - Elderly Fitness							
40608727 (KC0848)	6/10-27/10	W	8:00-10:00	Hung Hom Municipal Services Building SC	15	6/10-27/10	Walk-in

Mt Pts for Elderly - Dance							
40608728 (KC0849)	4/10-25/10	M	7:00-9:00	Hung Hom Municipal Services Building SC	10	4/10-25/10	Walk-in

Healthy Elderly Scheme - Badminton							
40608729 (KC0850)	5/10-26/10	Tu	9:00-11:00	Kowloon City SC	16	5/10-26/10	Walk-in