

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Oct 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>Long Distance Running Training Course</b>										
40608593 (KT0878)	2/10-11/12 (excl. 13/11)	Sa	17:00-19:00	Kowloon Bay SG	16+	130	20	9/9		
<b>Life Saving Training Course(Bronze Medallion)</b>										
40608594 (KT0879)	7/10-14/12 (excl. 14/10)	Tu,Th	20:00-22:00	KTSP (Indoor Main Pool)	13+	108	12	20/8-26/8 (7/9) {28/9}		
<b>Breaststroke Swimming Cr for Adult (Lv.I)</b>										
40608597 (KT0882)	19/10-18/11	Tu,Th	19:00-20:00	LTSP (Indoor Training Pool)	18+	100	5	20/8-26/8 (7/9) {28/9}		
<b>Breaststroke TC for Adult (Level I)</b>										
40608596 (KT0881)	11/10-12/11	M,F	20:00-21:00	KTSP (Indoor Training Pool)	18+	100	8	20/8-26/8 (7/9) {28/9}		
<b>Front Crawl Swimming Cr for Adult (Lv.I)</b>										
40608981 (KT0885)	19/10-18/11	Tu,Th	20:00-21:00	LTSP (Indoor Training Pool)	18+	100	5	20/8-26/8 (7/9) {28/9}		
<b>Front Crawl TC for Adult (Level I)</b>										
40608599 (KT0884)	11/10-12/11	M,F	19:00-20:00	KTSP (Indoor Training Pool)	18+	100	8	20/8-26/8 (7/9) {28/9}		
40608982 (KT0886)	6/10-27/10	M,W,F	7:00-8:00	KTSP (Indoor Training Pool)	18+	100	8	20/8-26/8 (7/9) {28/9}		
<b>Front Crawl TC for Adult (Level II)</b>										
40608983 (KT0887)	6/10-27/10	M,W,F	18:00-19:00	KTSP (Outdoor Secondary Pool)	18+	100	8	20/8-26/8 (7/9) {28/9}		
<b>Breaststroke TC (Aged 13 or above)(Level III)</b>										
40608595 (KT0880)	6/10-27/10	M,W,F	20:00-21:00	KTSP (Indoor Main Pool)	13+	100	8	20/8-26/8 (7/9) {28/9}		
<b>Front Crawl TC (Aged 13 or above) (Level III)</b>										
40608598 (KT0883)	6/10-27/10	M,W,F	19:00-20:00	KTSP (Indoor Main Pool)	13+	100	8	20/8-26/8 (7/9) {28/9}		
<b>Aerobic Dance Training Course</b>										
40608652 (KT0890)	18/10-17/11 (excl. 27/10,10/11)	M,W,F	14:00-15:00	Lam Tin South SC	14+	65	15	20/8-26/8 (7/9) {29/9}		
40608655 (KT0891)	18/10-17/11 (excl. 27/10,10/11)	M,W,F	15:00-16:00	Lam Tin South SC	14+	65	15	20/8-26/8 (7/9) {29/9}		
40608658 (KT0892)	18/10-17/11 (excl. 27/10,10/11)	M,W,F	8:00-9:00	Lam Tin South SC	14+	65	15	2/9		
40608662 (KT0893)	18/10-17/11 (excl. 27/10,10/11)	M,W,F	9:00-10:00	Lam Tin South SC	14+	65	15	2/9		
40608665 (KT0894)	19/10-25/11	Tu,Th	19:00-20:00	Shun Lee Tsuen SC	14+	65	15	3/9		
40608668 (KT0895)	19/10-25/11	Tu,Th	20:00-21:00	Shun Lee Tsuen SC	14+	65	15	3/9		
40608688 (KT0900)	22/10-1/12	W,F	10:00-11:00	Shun Lee Tsuen SC	14+	65	15	2/9		
40608691 (KT0901)	22/10-1/12	W,F	9:00-10:00	Shun Lee Tsuen SC	14+	65	15	20/8-26/8 (7/9) {29/9}		
40608698 (KT0902)	26/10-2/12	Tu,Th	19:00-20:00	Shui Wo ST. SC	14+	65	15	3/9		
40608699 (KT0903)	26/10-2/12	Tu,Th	20:00-21:00	Shui Wo ST. SC	14+	65	15	3/9		
40608702 (KT0904)	30/10-25/11	Tu,Th,Sa	7:00-8:00	Shui Wo ST. SC	14+	65	15	20/8-26/8 (7/9) {29/9}		
40608706 (KT0905)	30/10-25/11	Tu,Th,Sa	8:00-9:00	Shui Wo ST. SC	14+	65	15	20/8-26/8 (7/9) {29/9}		
<b>Children Dance Training Course</b>										
40609018 (KT0916)	2/10-4/12	Sa	16:00-18:00	Shui Wo ST. SC	7-11	60	10	20/8-26/8 (7/9) {29/9}		
<b>Chinese Dance Training Course</b>										
40609019 (KT0917)	6/10-8/12	W	20:00-22:00	Shui Wo ST. SC	12+	45	15	20/8-26/8 (7/9) {29/9}		
<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>										
40608612 (KT0936)	6/10-12/11	W,F	9:00-10:00	Lei Yue Mun SC	15+	75	12	@8/9		
40609037 (KT0934)	6/10-12/11	W,F	10:00-11:00	Lei Yue Mun SC	15+	75	12	@8/9		
40609038 (KT0935)	6/10-12/11	W,F	8:00-9:00	Lei Yue Mun SC	15+	75	12	@8/9		
<b>Jazz Dance Training Course</b>										
40608615 (KT0940)	3/10-5/12	Su	19:00-21:00	Shui Wo ST. SC	12+	70	15	20/8-26/8 (7/9) {29/9}		
40608616 (KT0941)	4/10-6/12	M	20:00-22:00	Shui Wo ST. SC	12+	70	15	20/8-26/8 (7/9) {29/9}		
<b>Social Dance Training Course</b>										
40608551 (KT0946)	10/10-12/12	Su	20:00-22:00	Lam Tin South SC	14+	86	16	20/8-26/8 (7/9) {29/9}		
40608552 (KT0947)	11/10-13/12	M	19:00-21:00	Shun Lee Tsuen SC	14+	86	16	20/8-26/8 (7/9) {29/9}		
40608554 (KT0949)	8/10-10/12	F	15:00-17:00	Shun Lee Tsuen SC	14+	86	16	20/8-26/8 (7/9) {29/9}		

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota			Date of Enrollment (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
<b>Yoga Training Course</b>									
40608556 (KT0954)	17/10-19/12	Su	15:00-17:00	Shun Lee Tsuen SC	15+	85	15	20/8-26/8 (7/9) {29/9}	☒
40608557 (KT0955)	18/10-20/12	M	15:00-17:00	Shun Lee Tsuen SC	15+	85	15	20/8-26/8 (7/9) {29/9}	☒
<b>Briefing on Proper Ways to Use Fitness Equip.</b>									
40609012 (KT0910)	2/10	Sa	14:00-17:00	Shun Lee Tsuen SC	15+	Free	12	20/8-26/8 (7/9) {28/9}	☒
40609013 (KT0911)	24/10	Su	9:00-12:00	Shun Lee Tsuen SC	15+	Free	12	20/8-26/8 (7/9) {28/9}	☒
40609014 (KT0912)	6/10	W	18:00-21:00	Lei Yue Mun SC	15+	Free	12	20/8-26/8 (7/9) {28/9}	☒
40609015 (KT0913)	10/10	SUN	9:00-12:00	Lei Yue Mun SC	15+	Free	12	20/8-26/8 (7/9) {28/9}	☒
<b>Badminton Training Course</b>									
40608560 (KT0959)	22/10-24/11	W,F	19:00-21:00	Lei Yue Mun SC	12+	118	9	6/9	☒ i
40608562 (KT0961)	6/10-29/10 (excl. 18/10)	M,W,F	7:00-9:00	Shui Wo ST. SC	7+	118	9	20/8-26/8 (7/9) {30/9}	☒
<b>Indoor Short Mat Bowling Fun Day</b>									
40608574 (KT0974)	9/10	Sa	10:00-12:00	Lei Yue Mun SC AR (Large)	20+	Free	16	6/9	☒ i
<b>Squash Training Course</b>									
40608577 (KT0977)	26/10-14/12	Tu	19:00-21:00	Shui Wo ST. SC	7+	160	6	20/8-26/8 (7/9) {30/9}	☒
<b>Table tennis TC for Children</b>									
40609489 (KT1011)	9/10-11/12	Sa	13:00-15:00	Lei Yue Mun SC	6-13	86	12	20/8-26/8 (7/9) {30/9}	☒
<b>Tennis Training Course</b>									
40608578 (KT0979)	10/10-12/12	Su	9:00-11:00	Shun Lee Tsuen Park	8+	170	6	20/8-26/8 (7/9) {30/9}	☒
40608579 (KT0980)	18/10-18/11	M,Th	7:00-9:00	Ping Shek PG	8+	170	6	20/8-26/8 (7/9) {30/9}	☒
40608581 (KT0981)	20/10-22/11	M,W	18:00-20:00	Shun Lee Tsuen Park	8+	170	6	20/8-26/8 (7/9) {30/9}	☒
40608585 (KT0983)	7/10-11/11 (excl. 14/10)	Tu,Th	9:00-11:00	Ping Shek PG	8+	170	6	20/8-26/8 (7/9) {30/9}	☒
40608780 (KT0982)	6/10-5/11	W,F	7:00-9:00	Hong Ning RD. Park	8+	170	6	20/8-26/8 (7/9) {30/9}	☒
<b>Tennis Clinic</b>									
40608779 (KT0978)	13/10-12/11	W, F	19:00-21:00	Hui Ming ST. PG	8+	170	6	20/8-26/8 (7/9) {30/9}	☒
<b>Golf Fun Day</b>									
40608567 (KT0966)	16/10	Sa	10:00-11:00	Shun Lee Tsuen SC	8+	Free	6	20/8-26/8 (7/9) {30/9}	☒
40608568 (KT0967)	16/10	Sa	11:00-12:00	Shun Lee Tsuen SC	8+	Free	6	6/9	☒ i
40608569 (KT0968)	16/10	Sa	9:00-10:00	Shun Lee Tsuen SC	8+	Free	6	20/8-26/8 (7/9) {30/9}	☒
<b>Golf Training Course (Level I)</b>									
40608570 (KT0969)	5/10-19/10 (excl. 14/10)	Tu,Th	19:00-20:30	Shun Lee Tsuen SC	8+	160	6	20/8-26/8 (7/9) {30/9}	☒
40608571 (KT0970)	5/10-19/10 (excl. 14/10)	Tu,Th	20:30-22:00	Shun Lee Tsuen SC	8+	160	6	20/8-26/8 (7/9) {30/9}	☒
<b>American Pool Training Course (Level I)</b>									
40608559 (KT0957)	7/10-4/11 (excl. 14/10)	Th	19:00-21:00	Shun Lee Tsuen SC	8+	120	6	20/8-26/8 (7/9) {30/9}	☒
<b>Snooker Training Course (Level I)</b>									
40608576 (KT0976)	5/10-22/10	Tu,F	19:00-21:00	Shun Lee Tsuen SC	10+	240	6	20/8-26/8 (7/9) {30/9}	☒
<b>Kwun Tong District Cricket Fun Day</b>									
40608611 (KT1006)	17/10	Su	9:00-12:00	Yau Tong Rd. P/G	6+	Free	15	9/9	☒ i
<b>Horticultural Seminar</b>									
40608964 (KT1000)	9/10	Sa	14:30-16:30	Jordan Valley Park	All	30	15	9/9	☒ i
40608965 (KT1001)	17/10	Su	10:30-12:30	Jordan Valley Park	All	30	15	9/9	☒ i
40608966 (KT1002)	24/10	Su	10:30-12:30	Jordan Valley Park	All	30	15	9/9	☒ i
<b>Activities for Persons with Disabilities Programme Number (Class code) (free of charge)</b>									
<b>To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)</b>									
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.									
<b>Fitness Ex TC for Persons w/Chronic Illness</b>									
40608783 (KT0938)	2/10-20/11	Sa	16:00-17:00	Tiu Keng Leng SC	12+	3		1/9	☒ i
<b>Swimming Tr. Scheme for Hearing Impairment</b>									
40608774 (KT0951)	4/10-25/10	M	19:00-21:00	Kwun Tong SP	14+	2		1/9	☒ i
<b>Sport Climbinfor persons w/Hearing Impairment</b>									
40608785 (KT0996)	24/10	Su	11:00-14:00	Lei Yue Mun SC	12+	2		1/9	☒ i

**Hydro Fitness Training Scheme for Ex-mentally III Persons**

40608974 (KT1183)	4/10-29/10	M,F	12:00-13:00	KTSP (Indoor Training Pool)	14+	2	1/9		
40609493 (KT1012)	21/10-9/12	Th	12:00-13:00	Kwun Tong SP	14+	2	1/9		

**Western Folk Danc for Ex-mentally III Persons**

40612954 (KT1182)	5/10-26/10	Tu	15:00-17:00	Chun Wah RD. SC	8+	3	1/9		
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**Swimming Training Scheme for Persons with Intellectual Disability**

40612612 (KT0624)	5/10-23/11	Tu	20:00-21:00	Kwun Tong SP	5+	2	1/9		
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**Badminton Fun for Persons w/Intel Disability**

40608978 (KT0958)	3/10	Su	10:00-12:00	Shun Lee Tsuen SC	8+	3	1/9		
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**Baduanjin TS for Persons w/Visual Impai**

40608976 (KT0950)	5/10-26/10	TUE	15:00-17:00	SLTSC	8+	3	1/9		
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**Social D Fun Day for Persons w/Phy Disability**

40608975 (KT0945)	9/10	Sa	10:00-12:00	Hong Chi District Support Centre KT West	14+	4	1/9		
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**Gateball Training Scheme for Persons with Intellectual Disability and Autism**

40608972 (KT1007)	9/10-27/11	Sa	14:00-15:00	Jordan Valley PG	All	2	1/9		
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**Horticultural Fun Day for Persons w/Autism**

40608963 (KT0999)	9/10	Sa	10:30-12:30	Jordan Valley Park	6+	4	1/9		
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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) (Open Enrollment for Remaining Quota)	Enrolment Method
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**Swimming TC for Elderly (Level I)**

40608631 (KT0889)	6/10-27/10	M,W,F	8:00-9:00	KTSP(Indoor Training Pool)	8	20/8-26/8 (7/9) {28/9}	
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**Baduanjin Play-in for Elderly**

40609016 (KT0914)	27/10-3/12	W,F	7:00-8:00	Shui Wo ST. SC	15	20/8-26/8 (7/9) {28/9}	
40609017 (KT0915)	27/10-3/12	W,F	8:00-9:00	Shui Wo ST. SC	15	20/8-26/8 (7/9) {28/9}	

**Meeting Point for Elderly - Fitness Exercise**

40609030 (KT0927)	2/10-30/10 (excl. 14/10)	Tu,Th,Sa	9:30-11:30	Lei Yue Mun SC	15	2/10-30/10	Walk-in
40609032 (KT0929)	4/10-29/10 (excl. 13/10,27/10)	M,W,F	9:30-11:30	Lam Tin South SC	15	4/10-29/10	Walk-in

**Meeting Point for Elderly - Morning Exercise**

40609033 (KT0930)	2/10-30/10 (excl. 14/10)	M,Tu,W,Th,F,Sa	6:30-8:30	Lam Tin Park (Nr 5-a-side Soccer Pitch)	15	2/10-30/10	Walk-in
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**Fitness Exercise TC for Elderly**

40609020 (KT0918)	5/10-23/11 (excl. 14/10)	Tu,Th	14:00-15:00	Lam Tin South SC	15	20/8-26/8 (7/9) {28/9}	
40609021 (KT0919)	5/10-23/11 (excl. 14/10)	Tu,Th	15:00-16:00	Lam Tin South SC	15	20/8-26/8 (7/9) {28/9}	

**Healthy Elderly Scheme - Badminton**

40608563 (KT0962)	5/10-29/10 (excl. 14/10,18/10)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	12	5/10-29/10	Walk-in
40608565 (KT0964)	5/10-28/10 (excl. 14/10)	Tu,Th	7:00-10:00	Shun Lee Tsuen SC	12	5/10-28/10	Walk-in
40608566 (KT0965)	6/10-29/10	W,F	8:00-11:00	Lei Yue Mun SC	12	6/10-29/10	Walk-in

**Healthy Elderly Scheme - Social Dance Play-in**

40608618 (KT0944)	5/10-26/10	Tu	10:00-12:00	Shun Lee Tsuen SC	10	5/10-26/10	Walk-in
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**Healthy Elderly Scheme - Table-tennis Play-in**

40608600 (KT0984)	5/10-29/10 (excl. 14/10,18/10)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	12	5/10-29/10	Walk-in
40608601 (KT0985)	5/10-28/10 (excl. 14/10)	Tu,Th	8:00-11:30	Lei Yue Mun SC	12	5/10-28/10	Walk-in
40608603 (KT0987)	6/10-29/10	W,F	7:00-10:00	Shun Lee Tsuen SC	12	6/10-29/10	Walk-in

**Healthy Elderly Scheme - Golf**

40608572 (KT0972)	5/10-28/10 (excl. 14/10)	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	12	5/10-28/10	Walk-in
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**Meeting Point for Elderly - Billiard**

40608575 (KT0975)	5/10-28/10 (excl. 14/10)	Tu,Th	8:00- 10:00	Shun Lee Tsuen SC	16	5/10-28/10	Walk-in
<b>Meeting Point for Elderly - Gateball</b>							
40608980 (KT1009)	7/10-28/10	Th	9:00- 11:00	Hong Ning Rd Park(Outdoor Gateball Crt)	15	7/10-28/10	Walk-in