



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

**Kwai Tsing District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
<b>Children Dance Training Course</b>										
40615122 (KWT1186)	6/11-22/1 (excl. 25/12,1/1)	Sa	14:00-16:00	Fung Shue Wo SC	4-6	60	10	15/10		
<b>Chinese Dance Training Course</b>										
40612184 (KWT1178)	4/11-6/1	Th	12:00-14:00	Tai Wo Hau SC	14+	45	10	20/9-24/9 (7/10) {25/10}		
<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.            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.            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.            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>										
40615085 (KWT1152)	2/11-9/12	Tu,Th	19:00-20:00	Cheung Fat SC	15+	75	10	@14/10		
40615086 (KWT1153)	2/11-9/12	Tu,Th	20:00-21:00	Cheung Fat SC	15+	75	10	@14/10		
40615091 (KWT1161)	24/11-7/1 (excl. 24/12,31/12)	W,F	8:00-9:00	Cheung Fat SC	15+	75	10	@14/10		
40615092 (KWT1162)	24/11-7/1 (excl. 24/12,31/12)	W,F	9:00-10:00	Cheung Fat SC	15+	75	10	@14/10		
<b>Jazz Training Course</b>										
40587912 (KWT1193)	7/11-9/1	Su	13:00-15:00	Tsing Yi Southwest SC	14+	70	15	22/9-26/9 (11/10) {26/10}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40590724 (KWT1143)	1/11	M	19:00-22:00	North Kwai Chung Tang Shiu Kin SC	15+	Free	12	20/9-24/9 (7/10) {25/10}		
40590725 (KWT1225)	15/11	M	19:00-22:00	North Kwai Chung Tang Shiu Kin SC	15+	Free	12	20/9-24/9 (7/10) {25/10}		
40615081 (KWT1073)	6/11	Sa	18:00-21:00	Cheung Fat SC	15+	Free	12	20/9-24/9 (7/10) {25/10}		
40615082 (KWT1074)	6/11	Sa	19:00-22:00	Cheung Fat SC	15+	Free	12	20/9-24/9 (7/10) {25/10}		
40615119 (KWT1203)	9/11	Tu	18:00-21:00	Fung Shue Wo SC	15+	Free	12	20/9-24/9 (7/10) {25/10}		
40615120 (KWT1204)	9/11	Tu	19:00-22:00	Fung Shue Wo SC	15+	Free	12	20/9-24/9 (7/10) {25/10}		
<b>Body-Mind Stretch Training Course</b>										
40583341 (KWT1144)	1/11-8/12	M,W	16:00-17:00	Tsing Yi Southwest SC	15+	85	12	20/9-24/9 (7/10) {25/10}		
40583342 (KWT1145)	1/11-8/12	M,W	17:00-18:00	Tsing Yi Southwest SC	15+	85	12	20/9-24/9 (7/10) {25/10}		
40612181 (KWT1157)	2/11-25/1 (excl. 21/12)	Tu	19:00-20:00	Tai Wo Hau SC	15+	85	12	20/9-24/9 (7/10) {25/10}		
40612182 (KWT1158)	2/11-25/1 (excl. 21/12)	Tu	20:00-21:00	Tai Wo Hau SC	15+	85	12	20/9-24/9 (7/10) {25/10}		
<b>Badminton Training Course</b>										
40615090 (KWT1205)	9/11-9/12	Tu,Th	19:00-21:00	Cheung Fat SC	7+	118	12	20/9-24/9 (7/10) {25/10}		
40615095 (KWT1170)	3/11-3/12	W,F	9:00-11:00	Lai King SC	7+	118	12	20/9-24/9 (7/10) {25/10}		
40615143 (KWT1206)	10/11-10/12	W,F	9:00-11:00	Tsing Yi SC	7+	118	12	20/9-24/9 (7/10) {25/10}		
<b>Fencing Training Course (Level II)</b>										
40615142 (KWT1195)	7/11-2/1 (excl. 26/12)	Su	9:00-11:00	Tsing Yi SC	9+	100	10	22/9-26/9 (11/10) {26/10}		
<b>Indoor Air-gun Shooting Fun Day</b>										
40615106 (KWT1227)	20/11	Sa	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	22/9-26/9 (11/10) {26/10}		
40615107 (KWT1228)	20/11	Sa	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	22/9-26/9 (11/10) {26/10}		
<b>Squash Training Course</b>										
40612178 (KWT1194)	7/11-2/1 (excl. 26/12)	Su	10:00-12:00	Tai Wo Hau SC	7+	160	6	20/9-24/9 (7/10) {25/10}		
40612183 (KWT1147)	1/11-24/11	M,W	19:00-21:00	Tai Wo Hau SC	7+	160	6	20/9-24/9 (7/10) {25/10}		
40615087 (KWT1163)	3/11-26/11	W,F	19:00-21:00	Cheung Fat SC	7+	160	6	13/10		
40615094 (KWT1146)	1/11-24/11	M,W	19:00-21:00	Lai King SC	7+	160	6	20/9-24/9 (7/10) {25/10}		
40615121 (KWT1636)	9/11-2/12	Tu,Th	19:00-21:00	Tsing Yi SC	7+	160	6	20/9-24/9 (7/10) {25/10}		
<b>Indoor Tennis Training Course</b>										
40590783 (KWT1207)	10/11-10/12	W,F	17:00-19:00	North Kwai Chung Tang Shiu Kin SC	8+	170	3	20/9-24/9 (7/10) {25/10}		
<b>Tennis TC</b>										
40592356	1/11-1/12	M,W	19:00-21:00	Shek Lei ST. TC	8+	170	6	20/9-24/9 (7/10) {25/10}		
40592357	4/11-7/12	Tu,Th	19:00-21:00	Shek Lei ST. TC	8+	170	6	20/9-24/9 (7/10) {25/10}		
<b>Golf Fun Day</b>										
40613442 (KWT1192)	7/11	Su	15:30-17:30	Wo Yi Hop RD. Golf Driving Range	8+	Free	12	19/10		

<b>Golf Short Games Training Course</b>									
40613441 (KWT1160)	2/11-16/11	Tu	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	20/9-24/9 (7/10) {25/10}	✉
40613443 (KWT1197)	7/11-21/11	Su	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	20/9-24/9 (7/10) {25/10}	✉
<b>Golf Training Course (Level I)</b>									
40613438 (KWT1196)	7/11-21/11	Su	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	20/9-24/9 (7/10) {25/10}	✉
<b>Golf Training Course (Level II)</b>									
40613440 (KWT1159)	2/11-16/11	Tu	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	20/9-24/9 (7/10) {25/10}	✉
<b>Cricket Fun Day</b>									
40615104 (KWT1226)	21/11	Su	15:00-17:00	Gin Drinkers Bay Temp. Cricket Grounds	6+	Free	12	18/10	🖨️ i
<b>Beach Volleyball Fun Day</b>									
40615117 (KWT1221)	14/11	Su	14:00-16:00	Kwai Chung SG	10+	Free	15	19/10	🖨️ i
40615118 (KWT1222)	14/11	Su	16:00-18:00	Kwai Chung SG	10+	Free	15	19/10	🖨️ i
<b>Sports Climbing Fun Day</b>									
40588083 (KWT1188)	6/11	Sa	13:00-14:30	Tsing Yi Southwest SC	12+	Free	4	13/10	🖨️ i
40588084 (KWT1189)	6/11	Sa	14:30-16:00	Tsing Yi Southwest SC	12+	Free	4	13/10	🖨️ i
40588085 (KWT1190)	6/11	Sa	16:00-17:30	Tsing Yi Southwest SC	12+	Free	4	13/10	🖨️ i
<b>Community Garden Programme</b>									
40592290	27/11-26/3	M,Tu,W,Th,F,Sa,Su	9:00-13:00	Kwai Fuk RD. Community Garden	12+	400	13	22/9-26/9 (11/10) {26/10}	✉
40615111	27/11-26/3	M,Tu,W,Th,F,Sa,Su	14:00-18:00	Kwai Fuk RD. Community Garden	12+	400	13	22/9-26/9 (11/10) {26/10}	✉
<b>Activities for Persons with Disabilities</b>									
<b>Programme Number (Class code)</b> <small>(free of charge)</small>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Age Quota</b>			<b>Date of Enrollment</b> <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	<b>Enrolment Method</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>Body-Mind Stretch TC for Persons w/ CI</b>									
40596180 (KWT0419)	16/11-2/12	Every Tu & Th	19:00-21:00	Fung Shue Wo SC	15+	8		22/10	🖨️ i
<b>Yoga TC Scheme for Ex-Mentally III Persons</b>									
40597592 (KWT1184)	5/11-26/11	Every F	15:00-17:00	Tai Wo Hau SC	15+	2		20/10	🖨️ i
<b>Golf Fun Day for Ex-mentally III Persons</b>									
40597591 (KWT1135)	1/11	M	14:00-16:00	Tuen Mun Recreation and SC	8+	2		19/10	🖨️ i
<b>Activities for Elderly</b>									
<b>Programme Number (Class code)</b> <small>(For aged 60 or above, free of charge)</small>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Quota</b>			<b>Date of Enrollment</b> <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	<b>Enrolment Method</b>
<b>HES-Badminton Self Practice Scheme</b>									
40588058 (KWT1154)	2/11-30/11	Tu	7:00-8:00	Tsing Yi Southwest SC	16			8/10	🖨️ i
40588059 (KWT1155)	2/11-30/11	Tu	8:00-9:00	Tsing Yi Southwest SC	16			8/10	🖨️ i
40615088 (KWT1176)	4/11-25/11	Th	13:00-14:00	Cheung Fat SC	16			8/10	🖨️ i
40615089 (KWT1177)	4/11-25/11	Th	14:00-15:00	Cheung Fat SC	16			8/10	🖨️ i
40615140 (KWT1166)	3/11-24/11	W	7:00-8:00	Tsing Yi SC	16			8/10	🖨️ i
40615141 (KWT1167)	3/11-24/11	W	8:00-9:00	Tsing Yi SC	16			8/10	🖨️ i
<b>HES-Fitness Play-in</b>									
40612176 (KWT1179)	4/11-25/11	Th	9:00-10:00	Tai Wo Hau SC	12			20/9-24/9 (7/10) {25/10}	✉
40612177 (KWT1180)	4/11-25/11	Th	10:00-11:00	Tai Wo Hau SC	12			20/9-24/9 (7/10) {25/10}	✉
40615096 (KWT1122)	1/11-29/11	M	7:00-8:00	Lai King SC	12			12/10	🖨️ i
40615097 (KWT1173)	4/11-25/11	Th	8:00-9:00	Lai King SC	12			12/10	🖨️ i
40590825 (KWT1168)	3/11-24/11	W	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	9			12/10	🖨️ i
40590826 (KWT1169)	3/11-24/11	W	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	9			12/10	🖨️ i
40615138 (KWT1126)	1/11-29/11	M	8:00-9:00	Tsing Yi SC	10			12/10	🖨️ i
40615139 (KWT1127)	1/11-29/11	M	9:00-10:00	Tsing Yi SC	10			12/10	🖨️ i

**HES-Gateball Self Practice Scheme**

40612179 (KWT1148)	1/11-29/11	M	7:00-8:00	Tai Wo Hau SC	8	5/10	 <i>i</i>
40612180 (KWT1149)	1/11-29/11	M	8:00-9:00	Tai Wo Hau SC	8	5/10	 <i>i</i>

**HES-Table-tennis Self Practice Scheme**

40590801 (KWT1174)	4/11-25/11	Th	13:30-14:30	North Kwai Chung Tang Shiu Kin SC	16	6/10	 <i>i</i>
40590802 (KWT1175)	4/11-25/11	Th	14:30-15:30	North Kwai Chung Tang Shiu Kin SC	16	6/10	 <i>i</i>
40615083 (KWT1128)	1/11-29/11	M	13:00-14:00	Cheung Fat SC	16	6/10	 <i>i</i>
40615084 (KWT1129)	1/11-29/11	M	14:00-15:00	Cheung Fat SC	16	6/10	 <i>i</i>
40615098 (KWT1120)	1/11-29/11	M	7:00-8:00	Lai King SC	16	6/10	 <i>i</i>
40615099 (KWT1121)	1/11-29/11	M	8:00-9:00	Lai King SC	16	6/10	 <i>i</i>
40615136 (KWT1124)	1/11-29/11	M	7:00-8:00	Tsing Yi SC	16	6/10	 <i>i</i>
40615137 (KWT1125)	1/11-29/11	M	8:00-9:00	Tsing Yi SC	16	6/10	 <i>i</i>