

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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)	
Breaststroke TC for Adult (Level I)									
40610626 (KT1015)	5/11-26/11	M,W,F	8:00-9:00	KTSP (Indoor Training Pool)	18+	100	8	21/9-27/9 (7/10) {27/10}	☒
Front Crawl TC for Adult (Level I)									
40610627 (KT1016)	5/11-26/11	M,W,F	9:00-10:00	KTSP (Indoor Training Pool)	18+	100	8	21/9-27/9 (7/10) {27/10}	☒
Aerobic Dance Training Course									
40608671 (KT0896)	2/11-9/12	Tu,Th	19:00-20:00	Lei Yue Mun SC	14+	65	15	21/9-27/9 (7/10) {28/10}	☒
40608674 (KT0897)	2/11-9/12	Tu,Th	20:00-21:00	Lei Yue Mun SC	14+	65	15	21/9-27/9 (7/10) {28/10}	☒
40610631 (KT1020)	1/11-26/11	M,W,F	19:00-20:00	Lam Tin South SC	14+	65	15	5/10	☒ i
40610632 (KT1021)	1/11-26/11	M,W,F	20:00-21:00	Lam Tin South SC	14+	65	15	5/10	☒ i
40610633 (KT1022)	1/11-26/11	M,W,F	18:00-19:00	Shui Wo ST. SC	14+	65	15	5/10	☒ i
40610634 (KT1023)	1/11-26/11	M,W,F	19:00-20:00	Shui Wo ST. SC	14+	65	15	5/10	☒ i
40610637 (KT1026)	2/11-9/12	Tu,Th	10:00-11:00	Lam Tin South SC	14+	65	15	21/9-27/9 (7/10) {28/10}	☒
40610651 (KT1029)	2/11-9/12	Tu,Th	9:00-10:00	Lam Tin South SC	14+	65	15	21/9-27/9 (7/10) {28/10}	☒
40610667 (KT1034)	26/11-29/12 (excl. 8/12,22/12,27/12)	M,W,F	14:00-15:00	Lam Tin South SC	14+	65	15	21/9-27/9 (7/10) {28/10}	☒
40610676 (KT1035)	26/11-29/12 (excl. 8/12,22/12,27/12)	M,W,F	15:00-16:00	Lam Tin South SC	14+	65	15	21/9-27/9 (7/10) {28/10}	☒
40610678 (KT1036)	26/11-29/12 (excl. 8/12,22/12,27/12)	M,W,F	8:00-9:00	Lam Tin South SC	14+	65	15	5/10	☒ i
40610680 (KT1037)	26/11-29/12 (excl. 8/12,22/12,27/12)	M,W,F	9:00-10:00	Lam Tin South SC	14+	65	15	5/10	☒ i
Fitness (Multi-gym) Training Course									
<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>									
40611624 (KT1058)	4/11-13/12	M,Th	19:00-20:00	Shun Lee Tsuen SC	15+	75	12	@7/10	☒ i
40611627 (KT1059)	4/11-13/12	M,Th	20:00-21:00	Shun Lee Tsuen SC	15+	75	12	@7/10	☒ i
40611628 (KT1060)	4/11-14/12	Tu,Th	10:00-11:00	Shun Lee Tsuen SC	15+	75	12	@7/10	☒ i
40611630 (KT1061)	4/11-14/12	Tu,Th	15:00-16:00	Shun Lee Tsuen SC	15+	75	12	@7/10	☒ i
40611631 (KT1062)	4/11-14/12	Tu,Th	16:00-17:00	Shun Lee Tsuen SC	15+	75	12	@7/10	☒ i
40611633 (KT1063)	4/11-14/12	Tu,Th	7:00-8:00	Shun Lee Tsuen SC	15+	75	12	@7/10	☒ i
40611634 (KT1064)	4/11-14/12	Tu,Th	8:00-9:00	Shun Lee Tsuen SC	15+	75	12	@7/10	☒ i
40611636 (KT1065)	4/11-14/12	Tu,Th	9:00-10:00	Shun Lee Tsuen SC	15+	75	12	@7/10	☒ i
40611638 (KT1066)	5/11-15/12	W,F	10:00-11:00	Shun Lee Tsuen SC	15+	75	12	@6/10	☒ i
40611639 (KT1067)	5/11-15/12	W,F	18:00-19:00	Shun Lee Tsuen SC	15+	75	12	@6/10	☒ i
40611641 (KT1068)	5/11-15/12	W,F	7:00-8:00	Shun Lee Tsuen SC	15+	75	12	@6/10	☒ i
40611642 (KT1069)	5/11-15/12	W,F	19:00-20:00	Shun Lee Tsuen SC	15+	75	12	@6/10	☒ i
40611644 (KT1070)	5/11-15/12	W,F	8:00-9:00	Shun Lee Tsuen SC	15+	75	12	@6/10	☒ i
40611646 (KT1071)	5/11-15/12	W,F	9:00-10:00	Shun Lee Tsuen SC	15+	75	12	@6/10	☒ i
Hydro Fitness Training Course									
40611655 (KT1074)	1/11-1/12	M,W,F	20:00-21:00	KTSP (Indoor Training Pool)	14+	80	11	21/9-27/9 (7/10) {27/10}	☒
40611653 (KT1073)	1/11-1/12	M,W,F	19:00-20:00	KTSP (Indoor Training Pool)	14+	80	11	21/9-27/9 (7/10) {27/10}	☒
Yoga Training Course									
40611178 (KT1081)	2/11-2/12	Tu,Th	9:00-11:00	Shui Wo ST. SC	15+	85	15	21/9-27/9 (7/10) {28/10}	☒
40611181 (KT1082)	5/11-31/12 (excl. 15/11,6/12,13/12,20/12,27/12)	M,W,F	14:00-15:00	Shui Wo ST. SC	15+	85	15	21/9-27/9 (7/10) {28/10}	☒
40611186 (KT1083)	5/11-31/12 (excl. 15/11,6/12,13/12,20/12,27/12)	M,W,F	15:00-16:00	Shui Wo ST. SC	15+	85	15	21/9-27/9 (7/10) {28/10}	☒
40611192 (KT1084)	5/11-31/12 (excl. 15/11,6/12,13/12,20/12,27/12)	M,W,F	16:00-17:00	Shui Wo ST. SC	15+	85	15	21/9-27/9 (7/10) {28/10}	☒
Briefing on Proper Ways to Use Fitness Equip.									
40611221 (KT1038)	6/11	Sa	14:00-17:00	Shun Lee Tsuen SC	15+	Free	12	21/9-27/9 (7/10) {28/10}	☒
40611222 (KT1039)	21/11	Su	9:00-12:00	Shun Lee Tsuen SC	15+	Free	12	21/9-27/9 (7/10) {28/10}	☒
40611223 (KT1040)	28/11	Su	9:00-12:00	Shun Lee Tsuen SC	15+	Free	12	21/9-27/9 (7/10) {28/10}	☒
40611224 (KT1041)	7/11	Su	9:00-12:00	Lei Yue Mun SC	15+	Free	12	21/9-27/9 (7/10) {28/10}	☒
40611225 (KT1042)	10/11	W	18:00-21:00	Lei Yue Mun SC	15+	Free	12	21/9-27/9 (7/10) {28/10}	☒

Body-Mind Stretch Training Course

40611440 (KT1047)	9/11-16/12	Tu,Th	19:00-20:00	Lam Tin South SC	15+	85	12	21/9-27/9 (7/10) {29/10}	✉
40611443 (KT1048)	9/11-16/12	Tu,Th	20:00-21:00	Lam Tin South SC	15+	85	12	21/9-27/9 (7/10) {29/10}	✉

Badminton Training Course

40611211 (KT1087)	12/11-28/1 (excl. 24/12,31/12)	F	19:00-21:00	Shun Lee Tsuen SC	18+	118	12	21/9-27/9 (7/10) {29/10}	✉
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Tennis Training Course

40610691 (KT1108)	16/11-17/12	Tu,F	16:00-18:00	Sin Fat RD. T/C	8+	170	6	21/9-27/9 (7/10) {29/10}	✉
40610692 (KT1109)	30/11-30/12	Tu,Th	19:00-21:00	Hiu Ming ST. PG	8+	170	12	21/9-27/9 (7/10) {29/10}	✉
40611389 (KT1107)	1/11-1/12	M,W	19:00-21:00	Hong Ning RD. Park	8+	170	6	21/9-27/9 (7/10) {29/10}	✉

Golf Training Course (Level I)

40611045 (KT1096)	7/11-28/11	Su	10:30-12:00	Shun Lee Tsuen SC	8+	160	6	21/9-27/9 (7/10) {29/10}	✉
40611046 (KT1097)	7/11-28/11	Su	9:00-10:30	Shun Lee Tsuen SC	8+	160	6	21/9-27/9 (7/10) {29/10}	✉

American Pool Training Course (Level I)

40611195 (KT1085)	8/11-29/11	M	19:00-21:00	Shun Lee Tsuen SC	8+	120	6	8/10	🖨️ i
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Snooker Training Course (Level 1)

40611051 (KT1102)	2/11-19/11	Tu,F	19:00-21:00	Shun Lee Tsuen SC	10+	240	6	21/9-27/9 (7/10) {29/10}	✉
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Outreaching Mt. Pts. For Youth-Basketball Play-in

40610688 (KT1128)	5/11-26/11	F	19:00-22:00	Kwun Tong Recreation Ground (Court No.2)	13+	Free	30	5/11-26/11	Walk-in
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Outreaching Mt. Pts. For Youth-Soccer Play-in

40611220 (KT1138)	5/11-26/11	F	19:00-22:00	Kwun Tong Recreation Ground (no.2 court)	13+	Free	30	5/11-26/11	Walk-in
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Gateball Fun Day

40610689 (KT1129)	14/11	Su	12:00-14:00	Jordan Valley PG	20+	Free	15	11/10	🖨️ i
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Gateball Training Course

40610690 (KT1131)	7/11-26/12	Su	10:00-12:00	Jordan Valley PG	20+	54	15	8/10	🖨️ i
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Horticultural Seminar

40611395 (KT1124)	7/11	Su	10:30-12:30	Jordan Valley Park	All	30	15	8/10	🖨️ i
40611396 (KT1125)	13/11	Sa	14:30-16:30	Jordan Valley Park	All	30	15	8/10	🖨️ i
40611398 (KT1126)	21/11	Su	10:30-12:30	Jordan Valley Park	All	30	15	8/10	🖨️ i

Community Garden Scheme

40610687 (KT0225)	7/11-13/3 (excl. 1/2,2/2,3/2)	M to Su	8:00-18:00	Sau Ming RD. Park Community Garden	12+	400	15	21/9-27/9 (7/10) {29/10}	✉
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Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	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 PWs 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 PWs 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.

Western Folk Dance TC for Persons w/Intel Dis

40610645 (KT1080)	3/11-24/11	W	14:00-16:00	-	14+	2	4/10	🖨️ i
40610647 (KT1184)	27/11-18/12	Sa	13:00-15:00	SLTSC	All	2	4/10	🖨️ i

Gateball Fun Day for Persons with Ex-mentally

40611402 (KT1130)	5/11	F	15:00-17:00	Hong Ning RD. Park	All	2	4/10	🖨️ i
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Gateball TS for Persons with Visual Impairmen

40611564 (KT1135)	4/11-25/11	THUR	14:00-16:00	Jordan Valley PG	8+	2	4/10	🖨️ i
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Gateball Training Scheme for Persons with Intellectual Disability and Autism

40611558 (KT1133)	1/11-22/11	M	10:00-11:30	Hong Ning RD. Park	All	3	4/10	🖨️ i
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Horticultural Fun Day for Persons with Intellectual Disability

40611394 (KT1123)	13/11	Sa	10:00-12:00	Jordan Valley Park	All	4	4/10	🖨️ i
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**Activities for Elderly Programme Number (Class code)
(For aged 60 or above, free of charge)**

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)

40610628 (KT1017)	12/11-13/12	M,F	7:00-8:00	LTSP (Indoor Training Pool)	5	21/9-27/9 (7/10){27/10}	✉
40610629 (KT1018)	5/11-26/11	M,W,F	7:00-8:00	KTSP (Indoor Training Pool)	8	21/9-27/9 (7/10){27/10}	✉

Swimming TC for Elderly (Level II)

40610630 (KT1019)	12/11-13/12	M,F	8:00-9:00	LTSP (Indoor Training Pool)	6	21/9-27/9 (7/10){27/10}	✉
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Baduanjin Play-in for Elderly

40611428 (KT1043)	2/11-9/12	Tu,Th	7:00-8:00	Lam Tin South SC	15	21/9-27/9 (7/10){27/10}	✉
40611431 (KT1044)	2/11-9/12	Tu,Th	8:00-9:00	Lam Tin South SC	15	21/9-27/9 (7/10){27/10}	✉

Meeting Point for Elderly - Fitness Exercise

40611618 (KT1054)	1/11-29/11 (excl. 10/11,24/11)	M,W,F	9:30-11:30	Lam Tin South SC	15	1/11-29/11	Walk-in
40611621 (KT1056)	2/11-30/11	Tu,Th,Sa	9:30-11:30	Lei Yue Mun SC	15	2/11-30/11	Walk-in

Meeting Point for Elderly - Morning Exercise

40611623 (KT1057)	1/11-30/11	M,Tu,W,Th,F,Sa	6:30-8:30	Lam Tin Park (Nr 5-a-side Soccer Pitch)	15	1/11-30/11	Walk-in
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Healthy Elderly Scheme - Badminton

40611030 (KT1092)	2/11-30/11 (excl. 15/11)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	12	2/11-30/11	Walk-in
40611043 (KT1094)	2/11-30/11 (exclude 25/11)	Tu,Th	7:00-10:00	Shun Lee Tsuen SC	12	2/11-30/11	Walk-in
40611044 (KT1095)	3/11-26/11	W,F	8:00-11:00	Lei Yue Mun SC	12	3/11-26/11	Walk-in

Healthy Elderly Scheme - Golf

40611047 (KT1098)	2/11-30/11	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	12	2/11-30/11	Walk-in
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Healthy Elderly Scheme - Social Dance Play-in

40611174 (KT1077)	2/11-30/11	Tu	10:00-12:00	Shun Lee Tsuen SC	10	2/11-30/11	Walk-in
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Healthy Elderly Scheme - Table-tennis Play-in

40610694 (KT1111)	2/11-30/11	Tu,Th	8:00-11:30	Lei Yue Mun SC	12	2/11-30/11	Walk-in
40610696 (KT1113)	3/11-26/11	W,F	7:00-10:00	Shun Lee Tsuen SC	12	3/11-26/11	Walk-in

Healthy Elderly Scheme Table tennis Play in

40610693 (KT1110)	2/11-30/11 (excl. 15/11)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	12	2/11-30/11	Walk-in
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Meeting Point for Elderly - Mini-tennis

40611049 (KT1100)	3/11-26/11	W,F	8:00-10:00	Ping Shek PG	6	3/11-26/11	Walk-in
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Mt. Pts. for Elderly-Mini-tennis

40611048 (KT1099)	1/11-29/11	M	9:00-11:00	Hong Ning RD. Park	12	1/11-29/11	Walk-in
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Mt.Pts.For OP-Tennis Friendly Match & Play-in

40611386 (KT1106)	3/11-26/11	W,F	8:30-10:30	Shun Lee Tsuen Park	6	3/11-26/11	Walk-in
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Meeting Point for Elderly - Billiard

40611050 (KT1101)	2/11-30/11	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	16	2/11-30/11	Walk-in
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Mt. Pts. For Elderly - Gateball

40611218 (KT1137)	4/11-25/11	Th	9:00-11:00	Hong Ning Rd Park(Outdoor Gateball Crt)	30	4/11-25/11	Walk-in
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