

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Dec 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>Long Distance Running Training Course</b>										
40616781 (KWT 0899)	4/12-26/2 (excl. 25/12,1/1,5/2)	Sa	9:00-11:00	Tsing Yi SG	16+	130	20	8/11		
<b>Aerobic Dance Training Course</b>										
40587888 (KWT1271)	2/12-13/1 (excl. 21/12)	Tu,Th	9:00-10:00	Tsing Yi Southwest SC	14+	65	15	12/11		
40587889 (KWT1272)	2/12-13/1 (excl. 21/12)	Tu,Th	10:00-11:00	Tsing Yi Southwest SC	14+	65	15	12/11		
40587900 (KWT1241)	1/12-12/1 (excl. 27/12)	M,W	18:00-19:00	Tsing Yi Southwest SC	14+	65	15	12/11		
40587901 (KWT1242)	1/12-12/1 (excl. 27/12)	M,W	19:00-20:00	Tsing Yi Southwest SC	14+	65	15	12/11		
40590843 (KWT1330)	7/12-18/1	Tu,Th	19:00-20:00	North Kwai Chung Tang Shiu Kin SC	14+	65	8	12/11		
40590844 (KWT1331)	7/12-18/1	Tu,Th	20:00-21:00	North Kwai Chung Tang Shiu Kin SC	14+	65	8	12/11		
40616907 (KWT1262)	1/12-14/1 (excl. 24/12,31/12)	W,F	19:00-20:00	Tai Wo Hau SC	14+	65	12	22/10-26/10 (8/11) {23/11}		
40616908 (KWT1263)	1/12-14/1 (excl. 24/12,31/12)	W,F	20:00-21:00	Tai Wo Hau SC	14+	65	12	22/10-26/10 (8/11) {23/11}		
40616909 (KWT1317)	6/12-17/1 (excl. 27/12)	M,W	9:00-10:00	Tai Wo Hau SC	14+	65	12	22/10-26/10 (8/11) {23/11}		
40616910 (KWT1318)	6/12-17/1 (excl. 27/12)	M,W	10:00-11:00	Tai Wo Hau SC	14+	65	12	22/10-26/10 (8/11) {23/11}		
40616922 (KWT1380)	31/12-25/3 (excl. 4/2)	F	13:00-14:00	Tai Wo Hau SC	14+	65	12	12/11		
40616923 (KWT1381)	31/12-25/3 (excl. 4/2)	F	14:00-15:00	Tai Wo Hau SC	14+	65	12	12/11		
40617483 (KWT1201)	9/12-18/1	Tu,Th	9:00-10:00	Cheung Fat SC	14+	65	15	22/10-26/10 (8/11) {23/11}		
40617484 (KWT1202)	9/12-18/1	Tu,Th	10:00-11:00	Cheung Fat SC	14+	65	15	22/10-26/10 (8/11) {23/11}		
40617503 (KWT1323)	6/12-17/1 (excl. 27/12)	M, W	13:00-14:00	Tsing Yi SC	14+	65	15	22/10-26/10 (8/11) {23/11}		
40617504 (KWT1324)	6/12-17/1 (excl. 27/12)	M, W	14:00-15:00	Tsing Yi SC	14+	65	15	22/10-26/10 (8/11) {23/11}		
40617505 (KWT1338)	7/12-18/1 (excl. 21/12)	Tu, Th	19:00-20:00	Tsing Yi SC	14+	65	15	22/10-26/10 (8/11) {23/11}		
40617506 (KWT1339)	7/12-18/1 (excl. 21/12)	Tu, Th	20:00-21:00	Tsing Yi SC	14+	65	15	22/10-26/10 (8/11) {23/11}		
40617507 (KWT1345)	8/12-19/1 (excl. 31/12)	W, F	8:00-9:00	Tsing Yi SC	14+	65	15	22/10-26/10 (8/11) {23/11}		
40617508 (KWT1346)	8/12-19/1 (excl. 31/12)	W, F	9:00-10:00	Tsing Yi SC	14+	65	15	22/10-26/10 (8/11) {23/11}		
40617529 (KWT1231)	1/12-12/1 (excl. 27/12)	M,W	19:00-20:00	Lai King SC	14+	65	12	12/11		
40617531 (KWT1232)	1/12-12/1 (excl. 27/12)	M,W	20:00-21:00	Lai King SC	14+	65	12	12/11		
40617541 (KWT1237)	1/12-12/1 (excl. 31/12)	W,F	9:00-10:00	Lai King SC	14+	65	12	12/11		
40617542 (KWT1238)	1/12-12/1 (excl. 31/12)	W,F	10:00-11:00	Lai King SC	14+	65	12	12/11		
40617635 (KWT1305)	6/12-24/1 (excl. 24/12,27/12,31/12)	M,F	19:00-20:00	Fung Shue Wo SC	14+	65	15	12/11		
40617638 (KWT1306)	6/12-24/1 (excl. 24/12,27/12,31/12)	M,F	20:00-21:00	Fung Shue Wo SC	14+	65	15	12/11		
<b>Baduanjin Training Course</b>										
40583331 (KWT1348)	9/12-20/1 (excl. 21/12)	Tu,Th	9:00-10:00	Tsing Yi Southwest SC	8+	80	15	5/11		
40583332 (KWT1349)	9/12-20/1 (excl. 21/12)	Tu,Th	10:00-11:00	Tsing Yi Southwest SC	8+	80	15	5/11		
40590720 (KWT1243)	1/12-14/1 (excl. 24/12,31/12)	W,F	8:00-9:00	North Kwai Chung Tang Shiu Kin SC	8+	80	15	5/11		
40617492 (KWT1369)	16/12-10/3 (excl. 3/2)	Th	8:00-9:00	Tsing Yi SC	8+	80	15	24/10-28/10 (10/11) {26/11}		
40617493 (KWT1370)	16/12-10/3 (excl. 3/2)	Th	9:00-10:00	Tsing Yi SC	8+	80	15	24/10-28/10 (10/11) {26/11}		
<b>Fitness (Multi-gym) Training Course</b>										
@ 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.										
40588039 (KWT1267)	1/12-14/1 (excl. 24/12,31/12)	W,F	9:00-10:00	Tsing Yi Southwest SC	15+	75	15	@22/10-26/10 (8/11) {23/11}		
40590768 (KWT1334)	7/12-18/1 (excl. 21/12)	Tu,Th	19:00-20:00	North Kwai Chung Tang Shiu Kin SC	15+	75	7	@15/11		
40590769 (KWT1335)	7/12-18/1 (excl. 21/12)	Tu,Th	20:00-21:00	North Kwai Chung Tang Shiu Kin SC	15+	75	7	@15/11		
40590770 (KWT1332)	7/12-18/1 (excl. 21/12)	Tu,Th	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	15+	75	7	@15/11		
40590771 (KWT1333)	7/12-18/1 (excl. 21/12)	Tu,Th	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	15+	75	7	@15/11		
40616914 (KWT1264)	1/12-14/1 (excl. 24/12,31/12)	W,F	9:00-10:00	Tai Wo Hau SC	15+	75	10	@22/10-26/10 (8/11) {23/11}		
40616915 (KWT1265)	1/12-14/1 (excl. 24/12,31/12)	W,F	10:00-11:00	Tai Wo Hau SC	15+	75	10	@22/10-26/10 (8/11) {23/11}		
40616916 (KWT1235)	1/12-12/1 (excl. 27/12)	M,W	20:00-21:00	Tai Wo Hau SC	15+	75	10	@15/11		
40616917 (KWT1236)	1/12-12/1 (excl. 27/12)	M,W	21:00-22:00	Tai Wo Hau SC	15+	75	10	@15/11		
40617546 (KWT1239)	1/12-12/1 (excl. 31/12)	W,F	9:00-10:00	Lai King SC	15+	75	10	@15/11		

40617548 (KWT1240)	1/12-12/1 (excl. 31/12)	W,F	10:00-11:00	Lai King SC	15+	75	10	@15/11	
40617549 (KWT1233)	1/12-12/1 (excl. 27/12)	M,W	19:00-20:00	Lai King SC	15+	75	10	@15/11	
40617550 (KWT1234)	1/12-12/1 (excl. 27/12)	M,W	20:00-21:00	Lai King SC	15+	75	10	@15/11	
40617552 (KWT1269)	2/12-13/1 (excl. 27/12)	M,Th	9:00-10:00	Lai King SC	15+	75	10	@15/11	
40617554 (KWT1270)	2/12-13/1 (excl. 27/12)	M,Th	10:00-11:00	Lai King SC	15+	75	10	@15/11	
40617624 (KWT1297)	5/12-6/3 (excl. 26/12,6/2)	Su	10:00-11:00	Fung Shue Wo SC	15+	75	15	@15/11	
40617627 (KWT1298)	5/12-6/3 (excl. 26/12,6/2)	Su	11:00-12:00	Fung Shue Wo SC	15+	75	15	@15/11	
40617629 (KWT1343)	8/12-21/1 (excl. 24/12,31/12)	W,F	19:00-20:00	Fung Shue Wo SC	15+	75	15	@15/11	
40617632 (KWT1344)	8/12-21/1 (excl. 24/12,31/12)	W,F	20:00-21:00	Fung Shue Wo SC	15+	75	15	@15/11	

#### Social Dance Training Course

40617495 (KWT1322)	6/12-21/2 (excl. 27/12;B31/1)	M	19:00-21:00	Tsing Yi SC	14+	86	16	24/10-28/10 (10/11) {26/11}	
40617641 (KWT1347)	8/12-16/2 (excl. 2/2)	W	14:00-16:00	Fung Shue Wo SC	14+	86	16	24/10-28/10 (10/11) {26/11}	
40617642 (KWT1350)	9/12-17/2 (excl. 3/2)	Th	19:00-21:00	Fung Shue Wo SC	14+	86	16	24/10-28/10 (10/11) {26/11}	

#### Tai Chi Made Easy Class Training Course

40617511 (KWT1328)	7/12-13/1	Tu, Th	14:00-15:00	Tsing Yi SC	6+	54	15	10/11	
40617512 (KWT1329)	7/12-13/1	Tu, Th	15:00-16:00	Tsing Yi SC	6+	54	15	10/11	

#### Tai Chi Training Course

40582835	7/12-7/4	Tu/Th/Sa	7:00-8:00	KCSG ( Hardsurfaced soccer pitch )	6+	60	40	22/11	
40582836	7/12-7/4	Tu/Th/Sa	20:00-21:00	KCSG ( Hardsurfaced soccer pitch )	6+	60	40	29/11	
40582839	1/12-18/4	MON, WED, FRI	7:00-8:00	KWAI SHING WEST ESTATE	6+	60	30	1/12	

#### Briefing on Proper Ways to Use Fitness Equipment

40616912 (KWT1359)	12/12	Su	18:00-21:00	Tai Wo Hau SC	15+	Free	12	22/10-26/10 (8/11) {23/11}	
40616913 (KWT1360)	12/12	Su	19:00-22:00	Tai Wo Hau SC	15+	Free	12	22/10-26/10 (8/11) {23/11}	
40617485 (KWT1294)	4/12	Sa	18:00-21:00	Cheung Fat SC	15+	Free	12	22/10-26/10 (8/11) {23/11}	
40617486 (KWT1295)	4/12	Sa	19:00-22:00	Cheung Fat SC	15+	Free	12	22/10-26/10 (8/11) {23/11}	
40617643 (KWT1362)	14/12	Tu	18:00-21:00	Fung Shue Wo SC	15+	Free	12	22/10-26/10 (8/11) {23/11}	
40617644 (KWT1363)	14/12	Tu	19:00-22:00	Fung Shue Wo SC	15+	Free	12	22/10-26/10 (8/11) {23/11}	

#### Body-Mind Stretch Training Course

40590740 (KWT1286)	3/12-11/3 (excl. 24/12,31/12,4/2)	F	19:00-20:00	North Kwai Chung Tang Shiu Kin SC	15+	85	12	22/10-26/10 (8/11) {23/11}	
40590741 (KWT1287)	3/12-11/3 (excl. 24/12,31/12,4/2)	F	20:00-21:00	North Kwai Chung Tang Shiu Kin SC	15+	85	12	22/10-26/10 (8/11) {23/11}	

#### Badminton Training Course

40616911 (KWT1279)	2/12-6/1 (excl. 27/12)	M,Th	19:00-21:00	Tai Wo Hau SC	7+	118	16	22/10-26/10 (8/11) {23/11}	
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#### Balance Bike Fun Day

40616786 (KWT 0769)	5/12	Su	14:00-15:00	Tsing Hung RD. PG	2-7	Free	12	9/11	
40616825 (KWT 0770)	5/12	Su	15:00-16:00	Tsing Hung RD. PG	2-7	Free	12	9/11	

#### Track Cycling TC (Level I)

40602477 (LCS 1069)	18/12	Sa	14:00-18:00	Hong Kong Velodrome	11+	140	9	19/11	
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#### Indoor Air-gun Shooting Fun Day

40616827 (KWT 1374)	18/12	Sa	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	24/10-28/10 (10/11) {26/11}	
40616828 (KWT 1375)	18/12	Sa	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	24	24/10-28/10 (10/11) {26/11}	

#### Squash Training Course

40617510 (KWT1280)	7/12-4/1 (excl. 21/12)	Tu, Th	19:00-21:00	Tsing Yi SC	7+	160	8	22/10-26/10 (8/11) {23/11}	
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#### Table-tennis Training Course

40617494 (KWT1325)	6/12-21/2 (excl. 27/12;B31/1)	M	19:00-21:00	Tsing Yi SC	6+	86	16	24/10-28/10 (10/11) {26/11}	
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#### Indoor Tennis Training Course

40590784 (KWT1341)	7/12-11/1 (excl. 21/12)	Tu,Th	19:00-21:00	North Kwai Chung Tang Shiu Kin SC	8+	170	4	24/10-28/10 (10/11) {26/11}	
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#### Tennis TC

40592358 (KWT1354)	10/12-11/1	Tu,F	9:00-11:00	Shek Lei ST. TC	8+	170	8	21/10-25/10 (9/11) {24/11}	
40592359 (KWT1361)	12/12-20/2 (excl. 26/12)	Su	10:00-12:00	Shek Lei ST. TC	8+	170	8	21/10-25/10 (9/11) {24/11}	
40592360 (KWT1371)	16/12-18/1	Tu,Th	19:00-21:00	Shek Lei ST. TC	8+	170	8	21/10-25/10 (9/11) {24/11}	

#### Cricket Fun Day

40616830 (KWT 1376)	19/12	Su	15:00-17:00	Gin Drinkers Bay Temp. Cricket Grounds	6+	Free	12	8/11	
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#### Beach Volleyball Fun Day

40582834 (KWT1358)	12/12	Sunday	16:00-18:00	Kwai Chung SG	10+	Free	15	11/11	
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#### Sports Climbing Fun Day

40588086 (KWT1291)	4/12	Sa	13:00-14:30	Tsing Yi Southwest SC	12+	Free	4	11/11	
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40588087 (KWT1292)	4/12	Sa	14:30-16:00	Tsing Yi Southwest SC	12+	Free	4	11/11	
40588088 (KWT1293)	4/12	Sa	16:00-17:30	Tsing Yi Southwest SC	12+	Free	4	11/11	

#### Horticultural Seminar

40592323 (KWT1299)	5/12	Su	10:00-12:00	Tsing Yi SC	6+	30	12	17/11	
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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 <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
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#### Fitness (Multi-gym) TC for Elderly

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40588043 (KWT1266)	1/12-14/1 (excl. 24/12,31/12)	W,F	8:00-9:00	Tsing Yi Southwest SC	15	@22/10-26/10 (8/11){23/11}	
40590750 (KWT1342)	7/12-18/1 (excl. 21/12)	Tu,Th	8:00-9:00	North Kwai Chung Tang Shiu Kin SC	7	@22/10-26/10 (8/11){23/11}	

#### HES-Badminton Self Practice Scheme

40588060 (KWT1336)	7/12-28/12	Tu	7:00-8:00	Tsing Yi Southwest SC	16	1/11	
40588061 (KWT1337)	7/12-28/12	Tu	8:00-9:00	Tsing Yi Southwest SC	16	1/11	
40617489 (KWT1276)	2/12-23/12	Th	13:00-14:00	Cheung Fat SC	16	1/11	
40617490 (KWT1277)	2/12-23/12	Th	14:00-15:00	Cheung Fat SC	16	1/11	
40617498 (KWT1246)	1/12-29/12	W	7:00-8:00	Tsing Yi SC	16	1/11	
40617499 (KWT1247)	1/12-29/12	W	8:00-9:00	Tsing Yi SC	16	1/11	

#### HES-Fitness Play-in

40616918 (KWT1281)	2/12-30/12	Th	9:00-10:00	Tai Wo Hau SC	12	22/10-26/10 (8/11){23/11}	
40616919 (KWT1282)	2/12-30/12	Th	10:00-11:00	Tai Wo Hau SC	12	22/10-26/10 (8/11){23/11}	
40617555 (KWT1309)	6/12-20/12	M	7:00-8:00	Lai King SC	12	2/11	
40617557 (KWT1273)	2/12-30/12	Th	8:00-9:00	Lai King SC	12	2/11	
40590827 (KWT1248)	1/12-29/12	W	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	9	2/11	
40590828 (KWT1249)	1/12-29/12	W	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	9	2/11	
40617500 (KWT1313)	6/12-20/12	M	8:00-9:00	Tsing Yi SC	10	2/11	
40617501 (KWT1314)	6/12-20/12	M	9:00-10:00	Tsing Yi SC	10	2/11	

#### HES-Fitness(Multi-gym) Play-in

40617560 (KWT1310)	6/12-20/12	M	8:00-9:00	Lai King SC	10	16/11	
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#### HES-Gateball Self Practice Scheme

40616920 (KWT1326)	6/12-20/12	M	7:00-8:00	Tai Wo Hau SC	8	4/11	
40616921 (KWT1327)	6/12-20/12	M	8:00-9:00	Tai Wo Hau SC	8	4/11	

#### HES-Table-tennis Self Practice Scheme

40590803 (KWT1274)	2/12-30/12	Th	13:30-14:30	North Kwai Chung Tang Shiu Kin SC	16	3/11	
40590804 (KWT1275)	2/12-30/12	Th	14:30-15:30	North Kwai Chung Tang Shiu Kin SC	16	3/11	
40617487 (KWT1315)	6/12-13/12	M	13:00-14:00	Cheung Fat SC	16	3/11	
40617488 (KWT1316)	6/12-13/12	M	14:00-15:00	Cheung Fat SC	16	3/11	
40617562 (KWT1307)	6/12-20/12	M	7:00-8:00	Lai King SC	16	3/11	
40617564 (KWT1308)	6/12-20/12	M	8:00-9:00	Lai King SC	16	3/11	
40617496 (KWT1311)	6/12-20/12	M	7:00-8:00	Tsing Yi SC	16	3/11	
40617497 (KWT1312)	6/12-20/12	M	8:00-9:00	Tsing Yi SC	16	3/11	