

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

Yau Tsim Mong District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting)	Enrolment Method
								{ Open Enrollment for Remaining Quota }	
Stage I Front Crawl TC for Adult									
40613372 (YM1155)	2/12-28/12 (excl. 21/12,24/12)	Tu,Th,F	18:00-19:00	Kowloon Park SP (Training Pool)	18+	100	8	19/10-24/10 (1/11) {19/11}	☒
40613373 (YM1156)	2/12-28/12 (excl. 21/12,24/12)	Tu,Th,F	20:00-21:00	Kowloon Park SP (Training Pool)	18+	100	8	19/10-24/10 (1/11) {19/11}	☒
40613375 (YM1158)	2/12-8/1 (excl. 25/12,1/1)	Th,Sa	7:00-8:00	Kowloon Park SP (Training Pool)	18+	100	8	19/10-24/10 (1/11) {19/11}	☒
Stage II Breaststroke TC for Adult									
40613374 (YM1157)	2/12-28/12 (excl. 21/12,24/12)	Tu,Th,F	19:00-20:00	Kowloon Park SP (Training Pool)	18+	100	10	19/10-24/10 (1/11) {19/11}	☒
Aerobic Dance Training Course									
40613365 (YM1148)	1/12-7/1	W,F	8:00-9:00	Kowloon Park SC (Dance Room)	14+	65	12	1/11	☒ i
40613366 (YM1149)	1/12-7/1	W,F	9:00-10:00	Kowloon Park SC (Dance Room)	14+	65	12	1/11	☒ i
40613575 (YM1237)	2/12-13/1 (excl. 21/12)	Tu,Th	7:30-8:30	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613576 (YM1238)	2/12-13/1 (excl. 21/12)	Tu,Th	8:30-9:30	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613577 (YM1239)	2/12-13/1 (excl. 21/12)	Tu,Th	9:30-10:30	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613578 (YM1240)	2/12-13/1 (excl. 21/12)	Tu,Th	11:00-12:00	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613579 (YM1241)	2/12-13/1 (excl. 21/12)	Tu,Th	12:00-13:00	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613580 (YM1242)	2/12-13/1 (excl. 21/12)	Tu,Th	13:00-14:00	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613581 (YM1243)	2/12-13/1 (excl. 21/12)	Tu,Th	18:00-19:00	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613582 (YM1244)	2/12-13/1 (excl. 21/12)	Tu,Th	19:00-20:00	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613583 (YM1245)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	7:00-8:00	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613584 (YM1246)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	8:00-9:00	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613585 (YM1247)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	9:00-10:00	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613586 (YM1248)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	15:00-16:00	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613587 (YM1249)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	16:00-17:00	Fa Yuen ST. SC	14+	65	15	19/10-24/10 (1/11) {19/11}	☒
40613590 (YM1252)	1/12-7/1	W,F	15:00-16:00	Tai Kok Tsui SC	14+	65	15	1/11	☒ i
40613591 (YM1253)	1/12-7/1	W,F	16:00-17:00	Tai Kok Tsui SC	14+	65	15	1/11	☒ 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>									
40613392 (YM1171)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	8:00-9:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613393 (YM1172)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	9:00-10:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613394 (YM1173)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	12:00-13:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613395 (YM1174)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	13:00-14:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613396 (YM1175)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	15:00-16:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613397 (YM1176)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	8:00-9:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613398 (YM1177)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	9:00-10:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613399 (YM1178)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	18:00-19:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613400 (YM1179)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	19:00-20:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613401 (YM1180)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	20:00-21:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613402 (YM1181)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	21:00-22:00	Fa Yuen ST. SC	15+	75	15	@22/11	☒ i
40613595 (YM1257)	15/12-28/1 (excl. 24/12,31/12)	W,F	17:00-18:00	Tai Kok Tsui SC	15+	75	15	@15/11	☒ i
40613596 (YM1258)	15/12-28/1 (excl. 24/12,31/12)	W,F	18:00-19:00	Tai Kok Tsui SC	15+	75	15	@15/11	☒ i
40613597 (YM1259)	15/12-28/1 (excl. 24/12,31/12)	W,F	19:00-20:00	Tai Kok Tsui SC	15+	75	15	@15/11	☒ i
40613598 (YM1260)	15/12-28/1 (excl. 24/12,31/12)	W,F	20:00-21:00	Tai Kok Tsui SC	15+	75	15	@15/11	☒ i
Hydro Fitness Training Course									
40613567 (YM1229)	2/12-21/1 (excl. 24/12,31/12)	Th,F	14:00-15:00	Kowloon Park SP (Training Pool)	14+	80	12	19/10-24/10 (1/11) {19/11}	☒

40613568 (YM1230)	2/12-21/1 (excl. 24/12,31/12)	Th,F	15:00-16:00	Kowloon Park SP (Training Pool)	14+	80	12	19/10-24/10 (1/11) {19/11}	✉
40613569 (YM1232)	3/12-25/1 (excl. 21/12,31/12)	Tu,F	8:00-9:00	Kowloon Park SP (Training Pool)	14+	80	12	19/10-24/10 (1/11) {19/11}	✉
40613570 (YM1231)	3/12-25/1 (excl. 21/12,31/12)	Tu,F	9:00-10:00	Kowloon Park SP (Training Pool)	14+	80	12	19/10-24/10 (1/11) {19/11}	✉
Jazz Training Course									
40613367 (YM1150)	2/12-4/1	Tu,Th	20:00-22:00	Kowloon Park SC (Dance Room)	12+	70	12	19/10-24/10 (1/11) {19/11}	✉
Social Dance Training Course									
40613369 (YM1152)	1/12-31/12	W,F	20:00-22:00	Kowloon Park SC (Dance Room)	14+	86	12	19/10-24/10 (1/11) {19/11}	✉
Evening Tai Chi Made Easy Class									
40613571 (YM1233)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	17:30-18:30	Cherry ST. Park	6+	54	15	16/11	🗳️ i
Yoga Training Course									
40613370 (YM1153)	1/12-31/12	W,F	18:00-20:00	Kowloon Park SC (2/F Act.Rm)	15+	85	12	19/10-24/10 (1/11) {19/11}	✉
40613407 (YM1186)	3/12-12/1 (excl. 24/12,31/12)	W,F	10:00-12:00	Fa Yuen ST. SC	15+	85	15	19/10-24/10 (1/11) {19/11}	✉
Fitness TC for Children									
40613563 (YM1225)	4/12-5/2 (excl. 25/12,1/1)	Sa	14:00-15:30	Fa Yuen ST. SC	8-14	75	10	4/11	🗳️ i
Briefing on Proper Ways to Use Fitness Equipment									
40613385 (YM1166)	3/12	F	19:00-22:00	Fa Yuen ST. SC	15+	Free	12	19/10-24/10 (1/11) {19/11}	✉
40613592 (YM1254)	5/12	Su	10:00-13:00	Tai Kok Tsui SC	15+	Free	12	19/10-24/10 (1/11) {19/11}	✉
40613593 (YM1255)	14/12	Tu	9:00-12:00	Tai Kok Tsui SC	15+	Free	12	19/10-24/10 (1/11) {19/11}	✉
Stress Management and Physical Relaxation TC									
40613403 (YM1182)	1/12-21/1 (excl. 24/12,31/12)	W,F	12:00-13:00	Fa Yuen ST. SC	14+	80	15	19/10-24/10 (1/11) {19/11}	✉
40613404 (YM1183)	1/12-21/1 (excl. 24/12,31/12)	W,F	13:00-14:00	Fa Yuen ST. SC	14+	80	15	19/10-24/10 (1/11) {19/11}	✉
40613405 (YM1184)	4/12-19/3 (excl. 25/12,1/1)	Sa	13:00-14:00	Fa Yuen ST. SC	14+	80	15	19/10-24/10 (1/11) {19/11}	✉
40613406 (YM1185)	4/12-19/3 (excl. 25/12,1/1)	Sa	14:00-15:00	Fa Yuen ST. SC	14+	80	15	19/10-24/10 (1/11) {19/11}	✉
Badminton Training Course									
40613371 (YM1154)	14/12-20/1 (excl. 28/12,13/1)	Tu,Th	9:00-11:00	Kowloon Park SC (Arena)	7+	118	12	19/10-24/10 (1/11) {19/11}	✉
Track Cycling Training Course (Level I)									
40617687 (YM1595)	18/12	Sa	9:00-13:00	Hong Kong Velodrome	11+	140	9	18/11	🗳️ i
Table-tennis Clini									
40613381 (YM1163)	23/12-25/1	Tu,Th	18:00-20:00	Fa Yuen ST. SC	14+	86	9	25/10-30/10 (9/11) {29/11}	✉
Tennis Training Course									
40613552 (YM1214)	1/12-5/1 (excl. 27/12)	M,W	19:00-21:00	King's Park RG TC	8+	170	12	19/10-24/10 (1/11) {19/11}	✉
40613553 (YM1215)	21/12-21/1	Tu,F	15:00-17:00	King's Park RG TC	8+	170	12	19/10-24/10 (1/11) {19/11}	✉
40613572 (YM1234)	2/12-4/1	Tu,Th	19:00-21:00	Cherry ST. Park TC	8+	170	6	19/10-24/10 (1/11) {19/11}	✉
Go Training Course (Level II)									
40613562 (YM1224)	4/12-22/1 (excl. 25/12,1/1)	Sa	14:30-16:30	Fa Yuen ST. SC	6+	40	10	4/11	🗳️ i
YTM Dist. Futsal Competition 2021									
40612971 (YM0994)	5/12-12/12	Su	8:00-20:00	-	14+	100	8	30/9-8/10 (15/10) {4/11}	✉
Sports Climbing Fun Day									
40613602 (YM1264)	5/12	Su	9:00-10:00	Tai Kok Tsui SC	12+	Free	4	5/11	🗳️ i
40613603 (YM1265)	5/12	Su	10:00-11:00	Tai Kok Tsui SC	12+	Free	4	5/11	🗳️ i
40613604 (YM1266)	5/12	Su	11:00-12:00	Tai Kok Tsui SC	12+	Free	4	5/11	🗳️ i
Sport Climbing TC									
40613601 (YM1263)	4/12-11/12	Sa	14:00-17:00	Tai Kok Tsui SC	12+	40	4	4/11	🗳️ i

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	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: In view of the latest situation of COVID-19, to better control the number of participants, accompanying carers who wish to participate with persons with disabilities (PWDs) in any recreation and sports programmes designated for PWDs are required to enrol in the programmes. This will remain until further notice.

Yoga TS for Chronic Disease Sufferers

40616566 (YM1410)	7/12-8/2 (excl. 28/12,1/2)	Tu	10:00-11:00	Tai Kok Tsui SC (Activity Rm)	18+	2	11/11	🗳️ i
40616568 (YM1411)	7/12-8/2 (excl. 28/12,1/2)	Tu	11:00-12:00	Tai Kok Tsui SC (Activity Rm)	18+	2	11/11	🗳️ i

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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Stage I Swimming TC for Elderly

40613354 (YM1137)	2/12-8/1 (excl. 25/12,1/1)	Th,Sa	8:00-9:00	Kowloon Park SP (Training)	8	19/10-24/10 (1/11){19/11}	✉
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Stage II Swimming TC for Elderly

40613355 (YM1138)	2/12-8/1 (excl. 25/12,1/1)	Th,Sa	9:00-10:00	Kowloon Park SP (Training)	10	19/10-24/10 (1/11){19/11}	✉
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Mt Pts for Elderly - Baduanjin

40613383 (YM1165)	1/12-29/12 (excl. 6/12,20/12,24/12,27/12)	M,W,F	7:00-9:00	Fa Yuen ST. SC	15	1/12-29/12	Walk-in
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Mt Pts for Elderly - Fitness Exercise

40613390 (YM1169)	2/12-30/12 (excl. 21/12)	Tu,Th	14:00-15:00	Fa Yuen ST. SC	15	2/12-30/12	Walk-in
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Fitness(Multi-Gym) TC for Elderly

@ 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.

40613386 (YM1167)	17/12-4/2 (excl. 24/12,31/12,2/2)	W,F	14:00-15:00	Fa Yuen ST. SC	15	@25/10-30/10 (9/11){29/11}	✉
40613387 (YM1168)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	10:00-11:00	Fa Yuen ST. SC	15	@25/10-30/10 (9/11){29/11}	✉