

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

**Kwun Tong District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Aerobic Dance Training Course</b>									
40613389 (KT1189)	1/12-7/1 (excl. 13/12,20/12,24/12,27/12,31/12)	M,W,F	18:00-19:00	Shui Wo ST. SC	14+	65	15	2/11	
40613428 (KT1190)	1/12-7/1 (excl. 13/12,20/12,24/12,27/12,31/12)	M,W,F	19:00-20:00	Shui Wo ST. SC	14+	65	15	2/11	
40613429 (KT1191)	10/12-19/1	W,F	10:00-11:00	Shun Lee Tsuen SC	14+	65	15	2/11	
40613431 (KT1192)	10/12-19/1	W,F	9:00-10:00	Shun Lee Tsuen SC	14+	65	15	22/10-28/10 (9/11){29/11}	
40613432 (KT1193)	14/12-25/1 (excl. 21/12)	Tu,Th	19:00-20:00	Shui Wo ST. SC	14+	65	15	8/11	
40613433 (KT1194)	14/12-25/1 (excl. 21/12)	Tu,Th	20:00-21:00	Shui Wo ST. SC	14+	65	15	8/11	
40613434 (KT1195)	16/12-27/1 (excl. 21/12)	Tu,Th	10:00-11:00	Lam Tin South SC	14+	65	15	22/10-28/10 (9/11){29/11}	
40613435 (KT1196)	16/12-27/1 (excl. 21/12)	Tu,Th	19:00-20:00	Lei Yue Mun SC	14+	65	15	22/10-28/10 (9/11){29/11}	
40613436 (KT1197)	16/12-27/1 (excl. 21/12)	Tu,Th	20:00-21:00	Lei Yue Mun SC	14+	65	15	22/10-28/10 (9/11){29/11}	
40613437 (KT1198)	16/12-27/1 (excl. 21/12)	Tu,Th	9:00-10:00	Lam Tin South SC	14+	65	15	22/10-28/10 (9/11){29/11}	
40613439 (KT1199)	2/12-4/1 (excl. 21/12,25/12,1/1)	Tu,Th,Sa	7:00-8:00	Shun Wo ST. SC	14+	65	15	22/10-28/10 (9/11){29/11}	
40613448 (KT1200)	2/12-4/1 (excl. 21/12,25/12,1/1)	Tu,Th,Sa	8:00-9:00	Shui Wo ST. SC	14+	65	15	22/10-28/10 (9/11){29/11}	
40613451 (KT1203)	3/12-5/1 (excl. 24/12,27/12,31/12)	M,W,F	19:00-20:00	Lam Tin South SC	14+	65	15	2/11	
40613452 (KT1204)	3/12-5/1 (excl. 24/12,27/12,31/12)	M,W,F	20:00-21:00	Lam Tin South SC	14+	65	15	2/11	
40613461 (KT1205)	7/12-18/1 (excl. 21/12)	Tu,Th	19:00-20:00	Shun Lee Tsuen SC	14+	65	15	8/11	
40613464 (KT1206)	7/12-18/1 (excl. 21/12)	Tu,Th	20:00-21:00	Shun Lee Tsuen SC	14+	65	15	8/11	
<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>									
40613492 (KT1231)	22/12-9/2 (excl. 31/12,2/2,4/2)	W,F	10:00-11:00	Shun Lee Tsuen SC	15+	75	12	@3/11	
40613605 (KT1232)	22/12-9/2 (excl. 31/12,2/2,4/2)	W,F	18:00-19:00	Shun Lee Tsuen SC	15+	75	12	@3/11	
40613606 (KT1233)	22/12-9/2 (excl. 31/12,2/2,4/2)	W,F	7:00-8:00	Shun Lee Tsuen SC	15+	75	12	@3/11	
40613607 (KT1234)	22/12-9/2 (excl. 31/12,2/2,4/2)	W,F	19:00-20:00	Shun Lee Tsuen SC	15+	75	12	@3/11	
40613655 (KT1235)	22/12-9/2 (excl. 31/12,2/2,4/2)	W,F	8:00-9:00	Shun Lee Tsuen SC	15+	75	12	@3/11	
40613656 (KT1236)	22/12-9/2 (excl. 31/12,2/2,4/2)	W,F	9:00-10:00	Shun Lee Tsuen SC	15+	75	12	@3/11	
40613658 (KT1237)	23/12-10/2 (excl. 27/12,31/1,3/2)	M,Th	19:00-20:00	Shun Lee Tsuen SC	15+	75	12	@4/11	
40613671 (KT1238)	23/12-10/2 (excl. 27/12,31/1,3/2)	M,Th	20:00-21:00	Shun Lee Tsuen SC	15+	75	12	@4/11	
40613672 (KT1239)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	10:00-11:00	Shun Lee Tsuen SC	15+	75	12	@4/11	
40613673 (KT1240)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	15:00-16:00	Shun Lee Tsuen SC	15+	75	12	@4/11	
40613674 (KT1241)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	16:00-17:00	Shun Lee Tsuen SC	15+	75	12	@4/11	
40613675 (KT1242)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	7:00-8:00	Shun Lee Tsuen SC	15+	75	12	@4/11	
40613676 (KT1243)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	8:00-9:00	Shun Lee Tsuen SC	15+	75	12	@4/11	
40613677 (KT1244)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	9:00-10:00	Shun Lee Tsuen SC	15+	75	12	@4/11	
<b>Tai Chi Training Course</b>									
40613688 (KT1258)	2/12-31/3 (excl. 25/12,1/1,1/2,3/2)	Tu,Th,Sa	7:30-8:30	Telford Garden(PG outside Blk J)	6+	60	20	10/11	
40614009 (KT1259)	3/12-28/3 (excl. 27/12,2/2)	M,W,F	7:00-8:00	Sau Nga Rd PG (Basketball court)	6+	60	20	9/11	
40614010 (KT1260)	3/12-28/3 (excl. 27/12,2/2)	M,W,F	7:00-8:00	Lam Tin Service Reservoir P/G	6+	60	20	9/11	
40614011 (KT1261)	3/12-28/3 (excl. 27/12,2/2)	M,W,F	7:00-8:00	Shun Tin Estate(Roof Garden of Garage A)	6+	60	20	9/11	
40614013 (KT1263)	3/12-28/3 (excl. 27/12,2/2)	M,W,F	7:00-8:00	Laguna Park	6+	60	20	9/11	
<b>Tai Chi Sword Training Course</b>									
40614019 (KT1268)	2/12-31/3 (excl. 25/12,1/1,1/2,3/2)	Tu,Th,Sa	7:00-8:00	Lam Tin Service Reservoir P/G	6+	60	20	10/11	
40614032 (KT1269)	2/12-31/3 (excl. 25/12,1/1,1/2,3/2)	Tu,Th,Sa	7:00-8:00	Shun Tin Estate (Roof Garden of Garage A)	6+	60	20	10/11	
40614034 (KT1271)	2/12-31/3 (excl. 25/12,1/1,1/2,3/2)	Tu,Th,Sa	7:00-8:00	Laguna Park	6+	60	20	10/11	
40614036 (KT1273)	3/12-28/3 (excl. 27/12,2/2)	M,W,F	7:00-8:00	On Tak Rd P/G	6+	60	20	9/11	

<b>Western Folk Dance Training Course</b>										
40614038 (KT1275)	4/12-19/2 (excl. 25/12,1/1)	Sa	10:00-12:00	Chun Wah RD. SC	8+	45	15	11/11		
<b>Yoga Training Course</b>										
40614406 (KT1276)	23/12-25/1	Tu,Th	9:00-11:00	Shui Wo ST. SC	15+	85	15	22/10-28/10 (9/11){29/11}		
<b>Briefing on Proper Ways to Use Fitness Equip.</b>										
40614024 (KT1208)	12/12	Su	9:00-12:00	Shun Lee Tsuen SC	15+	Free	12	22/10-28/10 (9/11){30/11}		
40614025 (KT1209)	18/12	Sa	14:00-17:00	Shun Lee Tsuen SC	15+	Free	12	22/10-28/10 (9/11){30/11}		
<b>Badminton Training Course</b>										
40614428 (KT1280)	1/12-5/1 (excl. 27/12)	M,W	19:00-21:00	Lam Tin South SC	7+	118	16	22/10-28/10 (9/11){30/11}		
40614429 (KT1281)	1/12-31/12 (excl. 6/12,13/12,20/12,27/12)	M,W,F	7:00-9:00	Shui Wo ST. SC	7+	118	12	22/10-28/10 (9/11){30/11}		
<b>Indoor Short Mat Bowling Training Course</b>										
40614586 (KT1293)	5/12-30/1	Su	11:00-13:00	Lei Yue Mun SC(AR)	20+	54	6	11/11		
<b>Squash Clinic</b>										
40614595 (KT1297)	1/12-29/12 (excl. 27/12)	M,W	19:00-21:00	Shun Lee Tsuen SC	7+	160	8	22/10-28/10 (9/11){30/11}		
<b>Tennis Training Course</b>										
40614608 (KT1302)	2/12-11/1 (excl. 21/12,28/12)	Tu,Th	9:00-11:00	Ping Shek PG	8+	170	8	22/10-28/10 (9/11){30/11}		
40614658 (KT1303)	5/12-13/2 (excl. 26/12)	Su	19:00-21:00	Ping Shek PG	8+	170	8	22/10-28/10 (9/11){30/11}		
<b>Golf Fun Day</b>										
40614464 (KT1287)	11/12	Sa	10:00-11:00	Shun Lee Tsuen SC	8+	Free	6	22/10-28/10 (9/11){30/11}		
40614469 (KT1288)	11/12	Sa	11:00-12:00	Shun Lee Tsuen SC	8+	Free	6	22/10-28/10 (9/11){30/11}		
40614474 (KT1289)	11/12	Sa	9:00-10:00	Shun Lee Tsuen SC	8+	Free	6	22/10-28/10 (9/11){30/11}		
<b>Golf Training Course (Level I)</b>										
40614480 (KT1290)	2/12-14/12	Tu,Th	19:00-20:30	Shun Lee Tsuen SC	8+	160	6	22/10-28/10 (9/11){30/11}		
40614582 (KT1291)	2/12-14/12	Tu,Th	20:30-22:00	Shun Lee Tsuen SC	8+	160	6	22/10-28/10 (9/11){30/11}		
<b>American Pool Training Course (Level I)</b>										
40614419 (KT1278)	1/12-22/12	W	19:00-21:00	Lei Yue Mun SC	8+	120	6	11/11		
<b>Outreaching Mt. Pts. For Youth - Basketball Play-in</b>										
40614621 (KT1324)	3/12-31/12	F	19:00-22:00	Kwun Tong Recreation Ground (Court.No.2)	13+	Free	30	3/12-31/12	Walk-in	
<b>Outreaching Mt.Pts. For Youth- Soccer Play-in</b>										
40614630 (KT1328)	3/12-31/12	F	19:00-22:00	Kwun Tong Recreation Ground (no.2 court)	13+	Free	30	3/12-31/12	Walk-in	
<b>Horticultural Seminar</b>										
40614671 (KT1319)	5/12	Su	10:30-12:30	Jordan Valley Park	All	30	15	11/11		
40614672 (KT1320)	12/12	Su	10:30-12:30	Jordan Valley Park	All	30	15	11/11		
<b>Community Garden Programme</b>										
40614669 (KT1317)	5/12-11/4 (excl. 1,2,3/2)	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Jordan Valley Park	12+	400	20	22/10-28/10 (9/11){30/11}		

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: 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.

**Table Tennis FD for Persons w/ Intell Dis.**

40614676 (KT1309)	11/12	Sa	10:00-12:00	Shun Lee Tsuen SC	6+	3	1/11		
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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 (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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**Swimming TC for Elderly (Level I)**

40613198 (KT1186)	23/12-27/1 (excl. 28/12)	Tu,Th	7:00-8:00	LTSP (Indoor Training Pool)	5	22/10-28/10 (9/11) {29/11}	✉
40613203 (KT1187)	23/12-27/1 (excl. 28/12)	Tu,Th	8:00-9:00	LTSP (Indoor Training Pool)	5	22/10-28/10 (9/11) {29/11}	✉
<b>Baduanjin Play-in for Elderly</b>							
40614029 (KT1213)	15/12-21/1	W,F	7:00-8:00	Shui Wo ST. SC	15	22/10-28/10 (9/11) {29/11}	✉
40614030 (KT1214)	15/12-21/1	W,F	8:00-9:00	Shui Wo ST. SC	15	22/10-28/10 (9/11) {29/11}	✉
40614031 (KT1215)	16/12-27/1 (excl. 21/12)	Tu,Th	7:00-8:00	Lam Tin South SC	15	22/10-28/10 (9/11) {29/11}	✉
40614159 (KT1216)	16/12-27/1 (excl. 21/12)	Tu,Th	8:00-9:00	Lam Tin South SC	15	22/10-28/10 (9/11) {29/11}	✉
<b>Meeting Point for Elderly - Fitness Exercise</b>							
40613470 (KT1225)	1/12-31/12 (excl. 8/12,13/12,20/12,22/12,27/12)	M,W,F	9:30-11:30	Lam Tin South SC	15	1/12-31/12	Walk-in
40613474 (KT1226)	2/12-30/12 (excl. 21/12,25/12,28/12)	Tu,Th,Sa	9:30-11:30	Lei Yue Mun SC	15	2/12-30/12	Walk-in
<b>Meeting Point for Elderly - Morning Exercise</b>							
40613477 (KT1227)	1/12-31/12 (excl. 25/12,27/12)	M,Tu,W,Th,F,Sa	6:30-8:30	Lam Tin Park (5-a-side Soccer Pitch)	15	1/12-31/12	Walk-in
<b>Fitness Exercise TC for Elderly</b>							
40614163 (KT1218)	2/12-20/1 (excl. 21/12)	Tu,Th	14:00-15:00	Lam Tin South SC	15	22/10-28/10 (9/11) {29/11}	✉
40614164 (KT1219)	2/12-20/1 (excl. 21/12)	Tu,Th	15:00-16:00	Lam Tin South SC	15	22/10-28/10 (9/11) {29/11}	✉
<b>Tai Chi Training Course for Elderly</b>							
40614014 (KT1264)	3/12-28/3 (excl. 27/12,2/2)	M,W,F	7:30-8:30	Kai Yip Est. (BB Crt near Kai Yin Hse)	20	9/11	📄 i
<b>Healthy Elderly Scheme - Badminton</b>							
40614431 (KT1283)	1/12-31/12 (excl. 6/12,20/12,27/12)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	16	1/12-31/12	Walk-in
40614454 (KT1284)	1/12-31/12	W,F	8:00-11:00	Lei Yue Mun SC	16	1/12-31/12	Walk-in
40614459 (KT1286)	2/12-30/12	Tu,Th	7:00-10:00	Shun Lee Tsuen SC	16	2/12-30/12	Walk-in
<b>Healthy Elderly Scheme - Golf</b>							
40614585 (KT1292)	2/12-30/12	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	12	2/12-30/12	Walk-in
<b>Healthy Elderly Scheme - Social Dance Play-in</b>							
40614209 (KT1252)	7/12-28/12	Tu	10:00-12:00	Shun Lee Tsuen SC	10	7/12-28/12	Walk-in
<b>Healthy Elderly Scheme - Table-tennis Play-in</b>							
40614659 (KT1304)	1/12-31/12 (excl. 6/12,20/12,27/12)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	16	1/12-31/12	Walk-in
40614661 (KT1306)	1/12-31/12	W,F	7:00-10:00	Shun Lee Tsuen SC	16	1/12-31/12	Walk-in
40614662 (KT1307)	2/12-30/12 (excl. 21/12,28/12)	Tu,Th	8:00-11:30	Lei Yue Mun SC	16	2/12-30/12	Walk-in
<b>Mt.Pts.For OP-Tennis Friendly Match &amp; Play-in</b>							
40614604 (KT1299)	1/12-31/12	W,F	8:30-10:30	Shun Lee Tsuen Park	8	1/12-31/12	Walk-in