

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jun 2022**

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)	
Aerobic Dance Training Course										
40633726 (KWT362)	6/6-13/7	M,W	9:00-10:00	Tai Wo Hau SC	14+	65	25	23/5		
40633728 (KWT363)	6/6-13/7	M,W	10:00-11:00	Tai Wo Hau SC	14+	65	25	23/5		
40633951 (KWT306)	1/6-11/7	M, W	13:00-14:00	Tsing Yi SC	14+	65	29	23/5		
40633952 (KWT307)	1/6-11/7	M, W	14:00-15:00	Tsing Yi SC	14+	65	29	23/5		
40633957 (KWT403)	8/6-20/7	W, F	8:00-9:00	Tsing Yi SC	14+	65	29	23/5		
40633958 (KWT404)	8/6-20/7	W, F	9:00-10:00	Tsing Yi SC	14+	65	29	23/5		
Children Dance Training Course										
40633863 (KWT414)	18/6-20/8	Sa	14:00-16:00	Fung Shue Wo SC	4-6	60	16	30/5		
Briefing on Proper Ways to Use Fitness Equipment										
40633721 (KWT339)	5/6	Su	18:00-21:00	Tai Wo Hau SC	15+	Free	25	27/5		
40633722 (KWT342)	5/6	Su	19:00-22:00	Tai Wo Hau SC	15+	Free	25	27/5		
40633931 (KWT340)	4/6	Sa	18:00-21:00	Cheung Fat SC	15+	Free	20	27/5		
40633933 (KWT341)	4/6	Sa	19:00-22:00	Cheung Fat SC	15+	Free	20	27/5		
Badminton Training Course										
40633651 (KWT0287)	1/6-8/7 (excl. 3/6,1/7)	W,F	9:00-11:00	Lai King SC	7+	118	16	23/5		
40633959 (KWT402)	8/6-13/7	W, F	9:00-11:00	Tsing Yi SC	7+	118	16	23/5		
Indoor Air Gun Shooting Fun Day										
40627082 (KWT - 0415)	19/6	Su	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	25	31/5		
40627083 (KWT - 0416)	19/6	Su	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	25	31/5		
Squash Training Course										
40633962 (KWT333)	2/6-28/6	Tu, Th	19:00-21:00	Tsing Yi SC	7+	160	8	25/5		
Beach Volleyball Fun Day										
40634142 (KWT419)	26/6	Su	16:00-18:00	Kwai Chung SG	10+	Free	20	31/5		
Activities for Elderly										
Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment		Enrolment Method		
(For aged 60 or above, free of charge)						(Balloting)	(Open Enrollment for Remaining Quota)			
HES-Badminton Self Practice Scheme										
40633937 (KWT313)	2/6-30/6	Th	13:00-14:00	Cheung Fat SC	16	25/5				
40633938 (KWT314)	2/6-30/6	Th	14:00-15:00	Cheung Fat SC	16	25/5				
40633960 (KWT303)	1/6-29/6	W	7:00-8:00	Tsing Yi SC	16	25/5				
40633961 (KWT304)	1/6-29/6	W	8:00-9:00	Tsing Yi SC	16	25/5				
HES-Gateball Self Practice Scheme										
40633729 (KWT358)	6/6-27/6	M	7:00-8:00	Tai Wo Hau SC	15	30/5				
40633730 (KWT359)	6/6-27/6	M	8:00-9:00	Tai Wo Hau SC	15	30/5				
HES-Table-tennis Self Practice Scheme										
40633652 (KWT0356)	6/6-27/6	M	7:00-8:00	Lai King SC	16	26/5				
40633653 (KWT0357)	6/6-27/6	M	8:00-9:00	Lai King SC	16	26/5				
40633934 (KWT354)	6/6-27/6	M	13:00-14:00	Cheung Fat SC	16	26/5				
40633936 (KWT355)	6/6-27/6	M	14:00-15:00	Cheung Fat SC	16	26/5				
40633953 (KWT372)	6/6-27/6	M	7:00-8:00	Tsing Yi SC	16	26/5				
40633954 (KWT373)	6/6-27/6	M	8:00-9:00	Tsing Yi SC	16	26/5				
HES-Fitness Play-in										
40633955 (KWT374)	6/6-27/6	M	8:00-9:00	Tsing Yi SC	20	24/5				
40633956 (KWT375)	6/6-27/6	M	9:00-10:00	Tsing Yi SC	20	24/5				