















































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

Yau Tsim Mong District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Aerobic Dance Training Course									
40630922 (YM0301)	2/6-12/7	Tu,Th	7:30-8:30	Fa Yuen ST. SC	14+	65	30	18/5	 
40630923 (YM0302)	2/6-12/7	Tu,Th	8:30-9:30	Fa Yuen ST. SC	14+	65	30	18/5	 
40630924 (YM0303)	2/6-12/7	Tu,Th	9:30-10:30	Fa Yuen ST. SC	14+	65	30	18/5	 
40630925 (YM0304)	2/6-12/7	Tu,Th	11:00-12:00	Fa Yuen ST. SC	14+	65	30	18/5	 
40630926 (YM0305)	2/6-12/7	Tu,Th	12:00-13:00	Fa Yuen ST. SC	14+	65	30	18/5	 
40630927 (YM0306)	2/6-12/7	Tu,Th	13:00-14:00	Fa Yuen ST. SC	14+	65	30	18/5	 
40630928 (YM0307)	2/6-12/7	Tu,Th	18:00-19:00	Fa Yuen ST. SC	14+	65	30	18/5	 
40630929 (YM0308)	2/6-12/7	Tu,Th	19:00-20:00	Fa Yuen ST. SC	14+	65	30	18/5	 
Yoga Training Course									
40630907 (YM0286)	29/6-3/8 (excl. 1/7)	W,F	10:00-12:00	Fa Yuen ST. SC	15+	85	30	31/5	 
Briefing on Proper Ways to Use Fitness Equipment									
40630901 (YM0280)	10/6	F	19:00-22:00	Fa Yuen ST. SC	15+	Free	25	19/5	 
Stress Management and Physical Relaxation TC									
40630905 (YM0284)	8/6-27/7 (excl. 1/7)	W,F	12:00-13:00	Fa Yuen ST. SC	14+	80	30	23/5	 
40630906 (YM0285)	8/6-27/7 (excl. 1/7)	W,F	13:00-14:00	Fa Yuen ST. SC	14+	80	30	23/5	 
Body-Mind Stretch Training Course									
40628703 (YM0178)	1/6-17/8	W	20:00-21:00	Fa Yuen ST. SC (10/F Activity Rm)	15+	85	24	18/5	 
40628704 (YM0179)	1/6-17/8	W	21:00-22:00	Fa Yuen ST. SC (10/F Activity Rm)	15+	85	24	18/5	 
Squash Training Course									
40630900 (YM0279)	11/6-30/7	Sa	14:00-16:00	Fa Yuen ST. SC(11/F)	7+	160	8	20/5	 
Tennis Training Course									
40630911 (YM0290)	6/6-6/7	M,W	19:00-21:00	King's Park RG TC	8+	170	12	19/5	 
40630912 (YM0291)	7/6-12/7 (excl. 1/7)	Tu,F	15:00-17:00	King's Park RG TC	8+	170	12	19/5	 
40630921 (YM0300)	2/6-5/7	Tu,Th	19:00-21:00	Cherry ST. Park TC	8+	170	12	18/5	 
Go Training Course (Level I)									
40630913 (YM0292)	4/6-9/7	Sa	14:30-16:30	Fa Yuen ST. SC	6+	40	20	18/5	 
40630914 (YM0293)	5/6-10/7	Su	14:30-16:30	Fa Yuen ST. SC	6+	40	20	18/5	 
Hockey Fun Day									
40630909 (YM0288)	11/6	Sa	14:30-16:00	King's Park Hockey Ground	8+	Free	24	19/5	 
40630910 (YM0289)	11/6	Sa	16:15-17:45	King's Park Hockey Ground	8+	Free	24	19/5	 
Online Interactive Program - Fitness Exercise									
40629924 (YM0266)	13/6-17/6	M,W,F	15:00-16:00	Internet: 30mins before: zoom.us/join	14+	20	50	23/5	 

Activities for Elderly Programme Number (Class code) (For aged 60 or above, free of charge)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Mt Pts for Elderly - Baduanjin							
40630903 (YM0282)	1/6-29/6 (excl. 3/6,6/6,20/6)	M,W,F	7:00-9:00	Fa Yuen ST. SC	30	1/6-29/6	Walk-in
Mt Pts for Elderly - Fitness Exercise							
40630904 (YM0283)	2/6-30/6	Tu,Th	14:00-15:00	Fa Yuen ST. SC	30	2/6-30/6	Walk-in