

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

Kwai Tsing 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									
40634900 (KWT456)	5/7-11/8	Tu,Th	9:00-10:00	Cheung Fat SC	14+	65	20	25/5-29/5 (9/6) {25/6}	☒
40634902 (KWT457)	5/7-11/8	Tu,Th	10:00-11:00	Cheung Fat SC	14+	65	20	25/5-29/5 (9/6) {25/6}	☒
Jazz Training Course									
40624136 (KWT518)	10/7-25/9 (excl. 7/8, 11/9)	SUN	10:00-12:00	North Kwai Chung Tang Shiu Kin SC	14+	70	16	8/6	☒ i
Children Dance Training Course									
40634829 (KWT422)	2/7-3/9	Sa	16:00-18:00	Tai Wo Hau SC	4-6	60	20	14/6	☒ i
Chinese Dance Training Course									
40634839 (KWT593)	31/7-16/10 (excl. 7/8, 11/9)	Su	15:00-17:00	Fung Shue Wo SC	14+	45	16	25/5-29/5 (9/6) {25/6}	☒
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>									
40634841 (KWT454)	14/7-23/8	Tu,Th	10:00-11:00	Fung Shue Wo SC	15+	75	20	@6/6	☒ i
40634842 (KWT461)	14/7-23/8	Tu,Th	11:00-12:00	Fung Shue Wo SC	15+	75	20	@6/6	☒ i
40634908 (KWT458)	14/7-23/8	Tu,Th	19:00-20:00	Cheung Fat SC	15+	75	20	@6/6	☒ i
40634909 (KWT459)	14/7-23/8	Tu,Th	20:00-21:00	Cheung Fat SC	15+	75	20	@6/6	☒ i
40634910 (KWT476)	6/7-12/8	W,F	8:00-9:00	Cheung Fat SC	15+	75	20	@6/6	☒ i
40634911 (KWT477)	6/7-12/8	W,F	9:00-10:00	Cheung Fat SC	15+	75	20	@6/6	☒ i
Tai Chi Made Easy Class Training Course									
40634740 (KWT427)	2/7-17/9	Sa	9:00-10:00	Tsing Yi SC	6+	54	30	9/6	☒ i
40634741 (KWT428)	2/7-17/9	Sa	10:00-11:00	Tsing Yi SC	6+	54	30	9/6	☒ i
Wushu TC for Children									
40634737 (KWT519)	10/7-18/9	Su	14:00-16:00	Tsing Yi SC	6-9	86	20	25/5-29/5 (9/6) {25/6}	☒
Briefing on Proper Ways to Use Fitness Equipment									
40634836 (KWT521)	12/7	Tu	18:00-21:00	Fung Shue Wo SC	15+	Free	23	25/5-29/5 (9/6) {25/6}	☒
40634838 (KWT522)	12/7	Tu	19:00-22:00	Fung Shue Wo SC	15+	Free	23	25/5-29/5 (9/6) {25/6}	☒
Parent-child (Aged 7-17) Badminton TC									
40634912 (KWT552)	16/7-20/8	Sa	19:00-21:00	Cheung Fat SC	7+	73	16	25/5-29/5 (9/6) {25/6}	☒
Parent-child(Aged 7-17) Badminton TC									
40634833 (KWT424)	2/7-6/8	Sa	19:00-21:00	Tai Wo Hau SC	7+	73	16	25/5-29/5 (9/6) {25/6}	☒
Fencing Training Course (Level I)									
40634739 (KWT429)	3/7-24/7	Su	9:00-11:00	Tsing Yi SC	9+	50	20	25/5-29/5 (9/6) {25/6}	☒
Mini-tennis Training Course									
40634894 (KWT592)	31/7-9/10 (excl. 7/8)	Su	10:00-12:00	Cheung Fat SC	6-12	70	16	25/5-29/5 (9/6) {25/6}	☒
Indoor Air Gun Shooting Fun Day									
40627084 (KWT-0555)	17/7	Su	14:00-15:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	25	25/5-29/5 (9/6) {25/6}	☒
40627085 (KWT-0556)	17/7	Su	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	25	25/5-29/5 (9/6) {25/6}	☒
Squash Training Course for Junior									
40634874 (KWT560)	18/7-3/8	M,W,F	14:00-16:00	Lai King SC	7-17	160	8	25/5-29/5 (9/6) {25/6}	☒
Squash Training Course for Youth									
40634830 (KWT462)	5/7-21/7	Tu,Th,Sa	14:00-16:00	Tai Wo Hau SC	7-17	160	8	25/5-29/5 (9/6) {25/6}	☒
Table-tennis Training Course									
40634828 (KWT432)	4/7-25/7	M,W,F	10:00-12:00	Tai Wo Hau SC	6+	86	16	25/5-29/5 (9/6) {25/6}	☒
40634845 (KWT501)	8/7-10/8	W,F	9:00-11:00	Fung Shue Wo SC	6+	86	16	25/5-29/5 (9/6) {25/6}	☒
40634881 (KWT573)	19/7-18/8	Tu,Th	15:00-17:00	Lai King SC	6+	86	16	25/5-29/5 (9/6) {25/6}	☒
40634898 (KWT529)	14/7-16/8	Tu,Th	9:00-11:00	Cheung Fat SC	6+	86	16	25/5-29/5 (9/6) {25/6}	☒
Tennis Training Course									
40634719 (KWT-0585)	21/7-22/8	M,Th	9:00-11:00	Kwai Shing PG	8+	170	12	25/5-29/5 (9/6) {25/6}	☒

40634729 (KWT-0561)	18/7-17/8	M,W	9:00-11:00	Shek Lei ST. TC	8+	170	8	25/5-29/5 (9/6) {25/6}	✉
40634731 (KWT-0575)	19/7-18/8	Tu,Th	16:00-18:00	Shek Lei ST. TC	8+	170	8	25/5-29/5 (9/6) {25/6}	✉

Go Training Course (Level I)

40634906 (KWT551)	16/7-20/8	Sa	15:30-17:30	Cheung Fat SC	6+	40	20	25/5-29/5 (9/6) {25/6}	✉
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Beach Volleyball Fun Day

40634701 (KWT517)	10/7	Su	16:00-18:00	Kwai Chung SG	10+	Free	20	16/6	📅 i
40634703 (KWT588)	24/7	Su	16:00-18:00	Kwai Chung SG	10+	Free	20	16/6	📅 i

Community Garden Programme

40634837 (KWT-0168)	9/7-12/11	M,Tu,W,Th,F,Sa,Su	9:00-12:00	Kwai Fuk RD. Community Garden	12+	400	13	25/5-29/5 (9/6) {25/6}	✉
40634875	9/7-12/11	M,Tu,W,Th,F,Sa,Su	13:00-16:00	Kwai Fuk RD. Community Garden	12+	400	13	25/5-29/5 (9/6) {25/6}	✉

Online Interactive Prog.-Parent-child Fitness

40634610 (KWT1721)	9/7-23/7	Sa	11:00-12:00	Internet. 30 mins before : zoom.us/join	3+	20	50	17/6	📅 i
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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.

Floor Hockey TP for Persons w/ ID

40629343 (KWT591)	29/7-26/8	F	14:00-16:00	Cheung Fat SC	8+	15	17/6	📅 i
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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
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Fitness (Multi-gym) TC for Elderly

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40634840 (KWT460)	14/7-23/8	Tu,Th	9:00-10:00	Fung Shue Wo SC	20	@25/5-29/5 (9/6){25/6}	✉
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HES-Badminton Self Practice Scheme

40626550 (KWT472)	5/7-26/7	Tu	7:00-8:00	Tsing Yi Southwest SC	16	13/6	📅 i
40626551 (KWT473)	5/7-26/7	Tu	8:00-9:00	Tsing Yi Southwest SC	16	13/6	📅 i

HES-Fitness Play-in

40634831 (KWT495)	7/7-28/7	Th	9:00-10:00	Tai Wo Hau SC	25	25/5-29/5 (9/6) {25/6}	✉
40634832 (KWT496)	7/7-28/7	Th	10:00-11:00	Tai Wo Hau SC	25	25/5-29/5 (9/6) {25/6}	✉

HES-Fitness(Multi-gym) Play-in

40634885 (KWT440)	4/7-25/7	M	8:00-9:00	Lai King SC	20	2/6	📅 i
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HES-Gateball Self Practice Scheme

40634826 (KWT437)	4/7-25/7	M	7:00-8:00	Tai Wo Hau SC	15	7/6	📅 i
40634827 (KWT438)	4/7-25/7	M	8:00-9:00	Tai Wo Hau SC	15	7/6	📅 i

HES-Table-tennis Self Practice Scheme

40624035 (KWT499)	7/7-28/7	THU	13:30-14:30	North Kwai Chung Tang Shiu Kin SC	24	10/6	📅 i
40624036 (KWT500)	7/7-28/7	THU	14:30-15:30	North Kwai Chung Tang Shiu Kin SC	24	10/6	📅 i
40634843 (KWT479)	6/7-27/7	W	9:00-10:00	Fung Shue Wo SC	16	10/6	📅 i
40634844 (KWT480)	6/7-27/7	W	10:00-11:00	Fung Shue Wo SC	16	10/6	📅 i
40634886 (KWT435)	4/7-25/7	M	7:00-8:00	Lai King SC	16	10/6	📅 i
40634887 (KWT436)	4/7-25/7	M	8:00-9:00	Lai King SC	16	10/6	📅 i
40634895 (KWT430)	4/7-25/7	M	13:00-14:00	Cheung Fat SC	16	10/6	📅 i
40634896 (KWT431)	4/7-25/7	M	14:00-15:00	Cheung Fat SC	16	10/6	📅 i