



















































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

Kowloon City District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Breaststroke TC for Adult (Level I)										
40622001 (KC0131)	7/7-9/8	Tu,Th	19:00-20:00	Tai Wan Shan SP	18+	100	8	25/5-31/5 (7/6)	{28/6}	☒
Breaststroke TC for Children (Level I)										
40621756 (KC0098)	11/7-1/8	MWF	15:00-16:00	Tai Wan Shan SP	5-8	100	8	25/5-31/5 (7/6)	{28/6}	☒
40621790 (KC0128)	7/7-9/8	TT	18:00-19:00	Tai Wan Shan SP	5-8	100	8	25/5-31/5 (7/6)	{28/6}	☒
Breaststroke TC for Junior (Level I)										
40621762 (KC0103)	11/7-1/8	MWF	16:00-17:00	Tai Wan Shan SP	9-12	100	8	25/5-31/5 (7/6)	{28/6}	☒
40621763 (KC0104)	11/7-1/8	MWF	17:00-18:00	Tai Wan Shan SP	9-12	100	8	25/5-31/5 (7/6)	{28/6}	☒
Breaststroke TC for Youth (Level I)										
40621772 (KC0110)	11/7-1/8	M,W,F	17:00-18:00	Tai Wan Shan SP	13-17	100	8	25/5-31/5 (7/6)	{28/6}	☒
Front Crawl TC for Adult (Level I)										
40622002 (KC0132)	7/7-9/8	TT	19:00-20:00	Tai Wan Shan SP	18+	100	8	25/5-31/5 (7/6)	{28/6}	☒
Front Crawl TC for Children (Level I)										
40621757 (KC0099)	11/7-1/8	MWF	15:00-16:00	Tai Wan Shan SP	5-8	100	8	25/5-31/5 (7/6)	{28/6}	☒
40621789 (KC0127)	7/7-9/8	TT	18:00-19:00	Tai Wan Shan SP	5-8	100	8	25/5-31/5 (7/6)	{28/6}	☒
Front Crawl TC for Junior (Level I)										
40621760 (KC0102)	11/7-1/8	MWF	17:00-18:00	Tai Wan Shan SP	9-12	100	8	25/5-31/5 (7/6)	{28/6}	☒
Water Safety Course for Baby										
40621787 (KC0125)	7/7-9/8	TT	17:00-18:00	Tai Wan Shan SP	0-4	100	8	25/5-31/5 (7/6)	{28/6}	☒
Breaststroke TC for Adult (Level II)										
40621739 (KC0085)	11/7-1/8	MWF	8:00-9:00	Tai Wan Shan SP	18+	100	10	25/5-31/5 (7/6)	{28/6}	☒
Breaststroke TC for Children (Level II)										
40621759 (KC0101)	11/7-1/8	MWF	16:00-17:00	Tai Wan Shan SP	5-8	100	10	25/5-31/5 (7/6)	{28/6}	☒
Front Crawl TC for Adult (level II)										
40621758 (KC0100)	11/7-1/8	MWF	15:00-16:00	Tai Wan Shan SP	18+	100	10	25/5-31/5 (7/6)	{28/6}	☒
Backstroke Training Course for Adult										
40621755 (KC0097)	11/7-1/8	MWF	16:00-17:00	Tai Wan Shan SP	18+	100	10	25/5-31/5 (7/6)	{28/6}	☒
Butterfly Stroke TC for Adult										
40621736 (KC0082)	11/7-1/8	MWF	7:00-8:00	Tai Wan Shan SP	18+	100	10	25/5-31/5 (7/6)	{28/6}	☒
Aerobic Dance TC										
40633374 (KC0385)	4/7-3/8 (excl. 11/7,25/7)	M,W,F	8:00-9:00	Fat Kwong ST. SC	14+	65	22	2/6		☒ i
40633376 (KC0386)	4/7-3/8 (excl. 11/7,25/7)	M,W,F	9:00-10:00	Fat Kwong ST. SC	14+	65	22	2/6		☒ i
40633380 (KC0387)	21/7-30/8	Tu,Th	18:00-19:00	Fat Kwong ST. SC	14+	65	22	27/6		☒ i
40633381 (KC0388)	21/7-30/8	Tu,Th	19:00-20:00	Fat Kwong ST. SC	14+	65	22	27/6		☒ i
40633384 (KC0389)	4/7-29/7	M,W,F	18:00-19:00	Hung Hom Municipal Services Building SC	14+	65	22	2/6		☒ i
40633385 (KC0390)	4/7-29/7	M,W,F	19:00-20:00	Hung Hom Municipal Services Building SC	14+	65	22	2/6		☒ i
Children Dance TC										
40633493 (KC0413)	17/7-2/10 (excl. 7/8,11/9)	Su	10:00-12:00	Fat Kwong ST. SC	4-11	60	20	25/5-31/5 (7/6)	{29/6}	☒
Chinese Dance TC										
40633494 (KC0414)	30/7-15/10 (excl. 10/9,1/10)	Sa	13:00-15:00	Fat Kwong ST. SC	12+	45	22	25/5-31/5 (7/6)	{29/6}	☒
Fitness (Multi-gym) TC										
<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>										
40633395 (KC0397)	6/7-5/8 (excl. 11/7,25/7)	M,W,F	7:00-8:00	Fat Kwong ST. SC	15+	75	17	@6/6		☒ i
40633397 (KC0398)	6/7-5/8 (excl. 11/7,25/7)	M,W,F	9:00-10:00	Fat Kwong ST. SC	15+	75	17	@6/6		☒ i
40633398 (KC0399)	6/7-5/8 (excl. 11/7,25/7)	M,W,F	10:00-11:00	Fat Kwong ST. SC	15+	75	17	@6/6		☒ i
40633401 (KC0400)	21/7-16/8	Tu,Th,Sa	15:00-16:00	Fat Kwong ST. SC	15+	75	17	@16/6		☒ i
Judo TC for Children										

40633491 (KC0411)	30/7-15/10 (excl. 10/9,1/10)	Sa	15:00-17:00	Hung Hom Municipal Services Building SC	6-11	65	22	27/6	 
Social Dance TC									
40633499 (KC0419)	20/7-22/8	M,W	15:00-17:00	Fat Kwong ST. SC	14+	86	20	25/5-31/5 (7/6) {29/6}	
40633500 (KC0420)	31/7-9/10	Su	14:00-16:00	Hung Hom Municipal Services Building SC	14+	86	22	15/6	 
Tai Chi Made Easy Class									
40633516 (KC0421)	4/7-26/9 (excl. 12/9)	M	20:00-21:00	Ho Man Tin Park (BC)	6+	54	30	8/6	 
Tai Chi Sword Fun day									
40633517 (KC0422)	26/7-16/8	Tu	7:00-8:00	KTP(Mini-Soccer Pitch No.2)	6+	Free	40	8/6	 
Western Folk Dance TC									
40633495 (KC0415)	30/7-8/10 (excl. 1/10)	Sa	9:00-11:00	Fat Kwong ST. SC	8+	45	22	25/5-31/5 (7/6) {29/6}	
Wushu TC for Children									
40633492 (KC0412)	19/7-18/8	Tu,Th	16:00-18:00	Fat Kwong ST. SC	6-14	86	20	25/5-31/5 (7/6) {29/6}	
Yoga TC									
40633502 (KC0424)	12/7-20/9 (excl. 13/9)	Tu	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	22	13/6	 
40633503 (KC0425)	22/7-23/9	F	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	22	13/6	 
Briefing on Proper Ways to Use FE (Class A)									
40633413 (KC0405)	2/7	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	20	25/5-31/5 (7/6) {29/6}	
40633415 (KC0406)	16/7	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	20	25/5-31/5 (7/6) {29/6}	
Briefing on Proper Ways to Use FE (Class B)									
40633416 (KC0407)	2/7	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	20	25/5-31/5 (7/6) {29/6}	
40633417 (KC0408)	16/7	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	20	25/5-31/5 (7/6) {29/6}	
Briefing on Proper Ways to Use Fitness E.									
40634309 (KC0404)	4/7	M	14:00-17:00	Fat Kwong ST. SC	15+	Free	17	25/5-31/5 (7/6) {29/6}	
Badminton TC									
40633509 (KC0431)	21/7-29/8 (excl. 1/8,15/8)	M,Th	9:00-11:00	Kowloon City SC	7+	118	16	25/5-31/5 (7/6) {29/6}	
Parent-child(aged7-17)Badminton TC									
40633506 (KC0428)	3/7-28/8 (excl. 10/7,24/7,7/8)	Su	16:00-18:00	Kowloon City SC	7+	73	16	1/6	 
Track Cycling Training Course (Level I)									
40631833 (KC0486)	3/7	Su	9:00-13:00	HONG KONG VELODROME	11+	140	20	9/6	 
Mini-tennis TC									
40633598 (KC0442)	4/7-25/7	M,Tu,Th	16:00-18:00	Hung Hom Municipal Services Building SC	6-12	70	16	1/6	 
Squash TC									
40633610 (KC0451)	5/7-28/7	Tu,Th	14:00-16:00	Fat Kwong ST. SC	7+	160	8	1/6	 
40633613 (KC0453)	6/7-29/7	W,F	19:00-21:00	Hung Hom Municipal Services Building SC	7+	160	8	1/6	 
Table-tennis TC									
40633513 (KC0435)	21/7-23/8	Tu,Th	7:00-9:00	Kowloon City SC	6+	86	16	8/6	 
40633514 (KC0436)	4/7-25/7	M, W, F	7:00-9:00	Ho Man Tin SC	6+	86	16	2/6	 
40633515 (KC0437)	5/7-4/8	Tu,Th	7:00-9:00	Ho Man Tin SC	6+	86	16	8/6	 
Table-tennis Training Course									
40633591 (0438)	10/7-18/9 (excl. 11/9)	Su	8:00-10:00	Ho Man Tin SC	6+	86	16	25/5-31/5 (7/6) {29/6}	
40633592 (KC0439)	10/7-18/9 (excl. 11/9)	Su	10:00-12:00	Ho Man Tin SC	6+	86	16	25/5-31/5 (7/6) {29/6}	
Tennis TC									
40633607 (KC0448)	12/7-11/8	Tu,Th	19:00-21:00	Junction RD. Park TC	8+	170	12	25/5-31/5 (7/6) {29/6}	
40633608 (KC0449)	12/7-12/8	Tu,F	7:00-9:00	Tin Kwong RD. TC	8+	170	8	25/5-31/5 (7/6) {29/6}	
40633609 (KC0450)	14/7-16/8	Tu,Th	16:00-18:00	Ho Man Tin SC	8+	170	8	25/5-31/5 (7/6) {29/6}	
Tennis TC for Junior									
40634308 (KC0445)	28/7-30/8	Tu,Th	9:00-11:00	Junction RD. Park TC	8-11	170	12	25/5-31/5 (7/6) {29/6}	
Go TC (Level I)									
40633615 (KC0454)	3/7-14/8 (excl. 7/8)	Su	16:00-18:00	Kowloon City SC	6+	40	12	6/6	 
Elementary American Pool TC - Stage I									
40633504 (KC0426)	7/7-28/7	Th	14:00-16:00	Ho Man Tin SC	8+	120	6	6/6	 
Basketball TC for Men									
40633619 (KC0457)	29/7-31/8	W,F	16:00-18:00	Hung Hom Municipal Services Building SC	10+	75	30	25/5-31/5 (7/6) {29/6}	
Online Interactive Programmes-Fitness Yoga									
40634869 (KC0485)	19/7-21/7	Tu,Th	15:00-16:00	Internet. 30mins before: zoom.us/join	18+	20	50	28/6	 

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	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.

Baduanjin FD for Person wt. Visual Impairment

40622637 (KC0302)	13/7	W	10:00-12:00	Ho Man Tin SC	All	2	6/6	
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Fitness Exercise TC for Per. with Intell. Dis

40633248 (KC0465)	9/7-30/7	Sa	9:00-11:00	Hung Hom Municipal Services 18+ Building SC		2	6/6	
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Indoor Short Mat Bowling FD for Int. Dis.

40633709 (KC0469)	12/7	Tu	10:00-11:30	Ho Man Tin SC	8+	5	6/6	
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Indoor Gate-ball Fun day for Intellectual Dis

40633707 (KC0468)	26/7	Tu	10:00-11:30	Ho Man Tin SC	8+	5	6/6	
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Body-mind Stretch TP for Per. with Phy. Dis.

40628857 (KC0321)	10/7-14/8	Su	16:00-18:00	Ho Man Tin SC	15+	15	25/5	
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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 <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
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Swimming TC for Elderly (Level I)

40621735 (KC0081)	11/7-1/8	MWF	7:00-8:00	Tai Wan Shan SP	8	25/5-31/5 (7/6) {28/6}	
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40621738 (KC0084)	11/7-1/8	MWF	8:00-9:00	Tai Wan Shan SP	8	25/5-31/5 (7/6) {28/6}	
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Swimming TC for Elderly (Level II)

40621754 (KC0096)	11/7-1/8	MWF	9:00-10:00	Tai Wan Shan SP	10	25/5-31/5 (7/6) {28/6}	
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Mt Pts for Elderly - Baduanjin

40633633 (KC0472)	5/7-26/7	Tu	9:00-10:00	Fat Kwong ST. SC	22	5/7-26/7	Walk-in
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Mt Pts for Elderly - Elderly Fitness

40633637 (KC0475)	6/7-27/7	W	8:00-10:00	Hung Hom Municipal Services Building SC	22	6/7-27/7	Walk-in
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Mt Pts for Elderly - General Gymnastic

40633634 (KC0473)	7/7-28/7	Th	14:00-16:00	Hung Hom Municipal Services Building SC	40	7/7-28/7	Walk-in
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Healthy Elderly Scheme - Badminton

40633645 (KC0480)	5/7-26/7	Tu	9:00-11:00	Kowloon City SC	16	5/7-26/7	Walk-in
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Healthy Elderly Scheme - Table-tennis

40633647 (KC0482)	7/7-28/7	Th	9:00-11:00	Ho Man Tin SC	24	7/7-28/7	Walk-in
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Healthy Elderly Scheme- American Pool

40633649 (KC0483)	8/7-29/7	F	9:00-11:00	Ho Man Tin SC	6	8/7-29/7	Walk-in
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Mt Pts for Elderly - Gateball

40633642 (KC0478)	6/7-27/7	W	9:00-11:00	Hung Hom Municipal Services Building SC	20	6/7-27/7	Walk-in
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