

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

**Wong Tai Sin District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Long Distance Running Training Course</b>									
40634707 (WT0274)	9/7-10/9	Sa	17:30-19:30	Hammer Hill RD. SG	16+	130	40	9/6	
<b>Aerobic Dance Training Course</b>									
40634670 (WT0266)	6/7-12/8	W,F	7:00-8:00	Po Kong Village RD. SC	14+	65	26	7/6	
40634672 (WT0267)	6/7-12/8	W,F	8:00-9:00	Po Kong Village RD. SC	14+	65	26	7/6	
40634734 (WT0283)	5/7-11/8	Tu,Th	8:00-9:00	Po Kong Village RD. SC	14+	65	26	6/6	
40634735 (WT0284)	5/7-11/8	Tu,Th	9:00-10:00	Po Kong Village RD. SC	14+	65	26	6/6	
<b>Fitness (Multi-gym) Training Course</b>									
@ 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. 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. 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. 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.									
40634657 (WT0259)	21/7-30/8	Tu,Th	9:00-10:00	Chuk Yuen SC	15+	75	18	@7/6	
40634659 (WT0260)	21/7-30/8	Tu,Th	10:00-11:00	Chuk Yuen SC	15+	75	18	@7/6	
40634660 (WT0261)	20/7-26/8	W,F	18:00-19:00	Chuk Yuen SC	15+	75	18	@8/6	
40634661 (WT0262)	20/7-26/8	W,F	19:00-20:00	Chuk Yuen SC	15+	75	18	@8/6	
<b>Wu Shu Training Course</b>									
40634728 (WT0281)	4/7-27/7 (excl. 11/7,25/7)	M,W,F	10:00-12:00	Ngau Chi Wan SC	6-14	86	20	25/5-1/6 (9/6) {28/6}	
<b>Yoga Training Course</b>									
40634625 (WT0247)	5/7-6/9	Tu	19:00-21:00	Choi Hung RD. SC	15+	85	20	25/5-1/6 (9/6) {28/6}	
40634654 (WT0258)	19/7-18/8	Tu,Th	13:00-15:00	Chuk Yuen SC	15+	85	30	25/5-1/6 (9/6) {28/6}	
40634698 (WT0272)	27/7-26/8	W,F	10:00-12:00	Po Kong Village RD. SC	15+	85	26	25/5-1/6 (9/6) {28/6}	
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40634649 (WT0257)	9/7-16/7	Sa	14:00-17:00	Chuk Yuen SC	15+	Free	18	25/5-1/6 (9/6) {28/6}	
40634664 (WT0265)	10/7-17/7	Su	14:00-17:00	Po Kong Village RD. SC	15+	Free	21	25/5-1/6 (9/6) {28/6}	
40634682 (WT0271)	3/7	Su	14:00-17:00	Po Kong Village RD. SC	15+	Free	21	25/5-1/6 (9/6) {28/6}	
<b>Archery Fun Day</b>									
40634592 (WT0240)	10/7	Su	13:30-14:30	Ngau Chi Wan Park	8+	Free	12	13/6	
40634594 (WT0241)	10/7	Su	14:30-15:30	Ngau Chi Wan Park	8+	Free	12	13/6	
40634596 (WT0242)	10/7	Su	15:30-16:30	Ngau Chi Wan Park	8+	Free	12	13/6	
<b>Archery Training Course</b>									
40634583 (WT0239)	20/7-19/8	W,F	10:30-12:30	Ngau Chi Wan Park	12+	70	12	13/6	
<b>Badminton Training Course</b>									
40634629 (WT0249)	7/7-8/9	Th	19:00-21:00	Choi Hung RD. SC	18+	118	16	25/5-1/6 (9/6) {28/6}	
40634630 (WT0250)	6/7-7/9	W	19:00-21:00	Choi Hung RD. Badminton Centre	18+	118	12	25/5-1/6 (9/6) {28/6}	
40634644 (WT0255)	5/7-6/9	Tu	15:00-17:00	Kai Tak East SC	18+	118	16	25/5-1/6 (9/6) {28/6}	
40634718 (WT0278)	6/7-7/9	W	13:00-15:00	Ngau Chi Wan SC	7+	118	16	25/5-1/6 (9/6) {28/6}	
40634721 (WT0279)	18/7-18/8	M,Th	7:00-9:00	Ngau Chi Wan SC	7+	118	16	25/5-1/6 (9/6) {28/6}	
<b>Badminton Training Course for Youth</b>									
40634642 (WT0254)	19/7-18/8	Tu,Th	10:00-12:00	Choi Hung RD. Badminton Centre	7-17	118	12	25/5-1/6 (9/6) {28/6}	
<b>Squash Training Course</b>									
40634679 (WT0270)	11/7-3/8	M,W	19:00-21:00	Po Kong Village RD. SC	18+	160	8	9/6	
<b>Squash Training Course for Youth</b>									
40634678 (WT0269)	19/7-11/8	Tu,Th	9:00-11:00	Po Kong Village RD. SC	7-17	160	8	25/5-1/6 (9/6) {28/6}	
<b>Table-tennis Training Course</b>									
40634634 (WT0251)	7/7-8/9	Th	19:00-21:00	Choi Hung RD. SC	14+	86	8	25/5-1/6 (9/6) {28/6}	
<b>Table-tennis Training Course for Children</b>									
40634638 (WT0252)	6/7-5/8	W,F	14:00-16:00	Choi Hung RD. SC	6-13	86	8	25/5-1/6 (9/6) {28/6}	
40634676 (WT0268)	12/7-11/8	Tu,Th	13:00-15:00	Po Kong Village RD. SC	7-11	86	16	25/5-1/6 (9/6) {28/6}	

Tennis Training Course										
40634711 (WT0275)	5/7-4/8	Tu,Th	9:00-11:00	Ma Chai Hang Recreation Ground	8+	170	8	25/5-1/6 (9/6) {28/6}		
40634712 (WT0276)	5/7-4/8	Tu,Th	20:00-22:00	Ma Chai Hang Recreation Ground	8+	170	8	25/5-1/6 (9/6) {28/6}		

Tennis Training Course for Youth										
40634640 (WT0253)	6/7-5/8	W,F	9:00-11:00	Choi Hung RD. PG-TC12-17		170	8	25/5-1/6 (9/6) {28/6}		

Ultimate Fun Day for Family										
40629669 (WT0199)	10/7	Su	9:00-10:30	Morse Park SC	All	Free	40	2/6		
40629670 (WT0200)	10/7	Su	10:30-12:00	Morse Park SC	All	Free	40	2/6		

Volleyball Training Course										
40634884 (WT0285)	11/7-19/9 (excl. 12/9)	M	19:00-21:00	Ngau Chi Wan SC	10+	70	31	25/5-1/6 (9/6) {28/6}		

Community Garden Programme										
40634893 (WT0286)	16/7-19/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Kai Tak East Park	12+	400	19	25/5-1/6 (9/6) {28/6}		

Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) <small>(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.

Seated Group Aerobic TP for Pers w Phys Disab										
40630772 (WT0210)	11/7-28/7	M,Th	16:00-18:00	Choi Hung RD. SC	14+	15	25/5			

Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
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Meeting Points for Elderly - Baduanjin Fun Day										
40634700 (WT0273)	6/7-29/7	W,F	8:00-9:00	Po Kong Village RD. SC		30	6/7-29/7	Walk-in		

Meeting Points for Elderly - Fitness Exercise Fun Day										
40634611 (WT0246)	4/7-29/7	M,W,F	7:00-8:00	Morse Park No. 3-Basketball Crt		30	4/7	Walk-in		
40634713 (WT0277)	5/7-28/7	Tu,Th	7:00-8:00	Hammer Hill RD. SG		30	5/7	Walk-in		

Meeting Points for Elderly - Dance Fun Day										
40634724 (WT0280)	6/7-29/7	W,F	8:00-10:00	Ngau Chi Wan SC		30	6/7-29/7	Walk-in		

Healthy Elderly Scheme - Badminton Fun Day										
40634608 (WT0243)	20/7	W	8:00-11:00	Morse Park SC		16	20/7	Walk-in		

Healthy Elderly Scheme - Indoor Gateball Fun Day										
40634609 (WT0245)	4/7-28/7	M,Th	7:00-9:00	Morse Park SC		30	4/7-28/7	Walk-in		

Healthy Elderly Scheme - Table Tennis Fun Day										
40634602 (WT0244)	4/7-28/7	M,Th	7:00-9:00	Morse Park SC		8	4/7	Walk-in		