

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

Kwun Tong District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Long Distance Running Training Course										
40629572 (KT0411)	2/7-3/9	Sa	18:00-20:00	Kowloon Bay SG	16+	130	40	1/6		
Breaststroke TC for Adult (Level I)										
40629765 (KT0557)	19/7-18/8	Tu,Th	7:00-8:00	KTSP (Indoor Training Pool)	18+	100	5	1/6-7/6 (14/6){6/7}		
Breaststroke TC for Children (Level I)										
40629753 (KT0563)	19/7-18/8	Tu,Th	16:00-17:00	KTSP (Outdoor Teaching Pool)	5-8	100	8	1/6-7/6 (14/6){6/7}		
40629766 (KT0558)	15/7-5/8	M,W,F	16:00-17:00	LTSP (Indoor Teaching pool)	5-8	100	5	1/6-7/6 (14/6){6/7}		
Breaststroke TC for Junior (Level I)										
40629754 (KT0565)	15/7-5/8	M,W,F	18:00-19:00	LTSP (Indoor Teaching Pool)	9-12	100	5	1/6-7/6 (14/6){6/7}		
40629755 (KT0566)	18/7-19/8	M,F	15:00-16:00	KTSP (Indoor Training Pool)	9-12	100	5	1/6-7/6 (14/6){6/7}		
Front Crawl TC for Adult (Level I)										
40629763 (KT0574)	19/7-18/8	Tu,Th	8:00-9:00	KTSP (Indoor Training Pool)	18+	100	5	1/6-7/6 (14/6){6/7}		
Front Crawl TC for Children (Level I)										
40629693 (KT0578)	15/7-5/8	M,W,F	17:00-18:00	LTSP (Indoor Teaching Pool)	5-8	100	5	1/6-7/6 (14/6){6/7}		
40629695 (KT0580)	18/7-19/8	M,F	16:00-17:00	KTSP (Outdoor Teaching Pool)	5-8	100	8	1/6-7/6 (14/6){6/7}		
40629698 (KT0583)	19/7-18/8	Tu,Th	17:00-18:00	KTSP (Outdoor Teaching Pool)	5-8	100	8	1/6-7/6 (14/6){6/7}		
Front Crawl TC for Junior (Level I)										
40629700 (KT0585)	19/7-18/8	Tu,Th	15:00-16:00	KTSP (Indoor Training Pool)	9-12	100	5	1/6-7/6 (14/6){6/7}		
Front Crawl TC for Youth (Level I)										
40629703 (KT0588)	15/7-5/8	M,W,F	18:00-19:00	LTSP (Indoor Training Pool)	13-17	100	5	1/6-7/6 (14/6){6/7}		
Front Crawl TC for Junior (Level II)										
40629701 (KT0586)	15/7-5/8	M,W,F	16:00-17:00	LTSP (Indoor Training Pool)	9-12	100	5	1/6-7/6 (14/6){6/7}		
Aerobic Dance Training Course										
40629580 (KT0431)	20/7-26/8	W,F	10:00-11:00	Shun Lee Tsuen SC	14+	65	15	2/6		
40629607 (KT0415)	19/7-25/8	Tu,Th	9:00-10:00	Lam Tin South SC	14+	65	15	25/5-29/5 (9/6) {29/6}		
40629608 (KT0416)	19/7-25/8	Tu,Th	10:00-11:00	Lam Tin South SC	14+	65	15	25/5-29/5 (9/6) {29/6}		
40629609 (KT0423)	19/7-13/8	Tu,Th,Sa	7:00-8:00	Shui Wo ST. SC	14+	65	15	25/5-29/5 (9/6) {29/6}		
40629610 (KT0424)	19/7-13/8	Tu,Th,Sa	8:00-9:00	Shui Wo ST. SC	14+	65	15	25/5-29/5 (9/6) {29/6}		
40629616 (KT0432)	20/7-26/8	W,F	9:00-10:00	Shun Lee Tsuen SC	14+	65	15	25/5-29/5 (9/6) {29/6}		
Children Dance Training Course										
40629617 (KT0435)	2/7-3/9	Sa	16:00-18:00	Shui Wo ST. SC	7-11	60	15	25/5-29/5 (9/6) {29/6}		
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>										
40629586 (KT0440)	26/7-1/9	Tu,Th	9:00-10:00	Shun Lee Tsuen SC	15+	75	15	@7/6		
40629587 (KT0441)	26/7-1/9	Tu,Th	10:00-11:00	Shun Lee Tsuen SC	15+	75	15	@7/6		
40629588 (KT0442)	26/7-1/9	Tu,Th	15:00-16:00	Shun Lee Tsuen SC	15+	75	15	@9/6		
40629589 (KT0443)	26/7-1/9	Tu,Th	16:00-17:00	Shun Lee Tsuen SC	15+	75	15	@9/6		
40629590 (KT0444)	29/7-7/9	W,F	7:00-8:00	Shun Lee Tsuen SC	15+	75	15	@6/6		
40629591 (KT0445)	29/7-7/9	W,F	8:00-9:00	Shun Lee Tsuen SC	15+	75	15	@6/6		
40629592 (KT0446)	29/7-7/9	W,F	9:00-10:00	Shun Lee Tsuen SC	15+	75	15	@6/6		
40629593 (KT0447)	29/7-7/9	W,F	10:00-11:00	Shun Lee Tsuen SC	15+	75	15	@6/6		
40629596 (KT0450)	26/7-1/9	Tu,Th	7:00-8:00	Choi Wing RD. SC	15+	75	15	@9/6		
40629597 (KT0451)	26/7-1/9	Tu,Th	8:00-9:00	Choi Wing RD. SC	15+	75	15	@9/6		
Social Dance Training Course										
40629625 (KT0462)	15/7-16/9	F	15:00-17:00	Shun Lee Tsuen SC	14+	86	14	25/5-29/5 (9/6) {29/6}		
Yoga Training Course										
40629633 (KT0470)	26/7-25/8	Tu,Th	9:00-11:00	Shui Wo ST. SC	15+	85	15	25/5-29/5 (9/6) {29/6}		
40629636 (KT0473)	18/7-26/9 (excl. 12/9)	M	15:00-17:00	Shun Lee Tsuen SC	15+	85	15	25/5-29/5 (9/6) {29/6}		
Track Cycling Training Course (Level 1)										

40629202 (KT0515)	24/7	Su	14:00-18:00	Hong Kong Velodrome (TSEUNG KWAN O)	12+	140	20	6/6	
Squash Training Course									
40629182 (KT0505)	5/7-28/7	Tu,Th	14:00-16:00	Lei Yu Mun SC	7+	160	8	25/5-29/5 (9/6) {29/6}	
Squash Training Course for Junior									
40629177 (KT0503)	18/7-10/8	M,W	15:00-17:00	Kowloon Bay SC	7-17	160	8	25/5-29/5 (9/6) {29/6}	
Table-tennis TC for Children									
40629189 (KT0508)	19/7-18/8	Tu,Th	10:00-12:00	Lam Tin South SC	6-13	86	16	25/5-29/5 (9/6) {29/6}	
Tennis Training Course									
40629197 (KT0512)	5/7-4/8	Tu,Th	19:00-21:00	Hiu Ming ST. PG	8+	170	12	25/5-29/5 (9/6) {29/6}	
40629201 (KT0514)	5/7-5/8	Tu,F	16:00-18:00	Sin Fat RD. T/C	8+	170	6	25/5-29/5 (9/6) {29/6}	
Snooker Training Course (Level I)									
40629176 (KT0502)	5/7-22/7	Tu,F	19:00-21:00	Shun Lee Tsuen SC	10+	240	8	25/5-29/5 (9/6) {29/6}	
Water Safety Course for Baby									
40629709 (KT0594)	15/7-5/8	M,W,F	15:00-16:00	LTSP (Indoor Teaching Pool)	0-4	100	5	1/6-7/6 (14/6){6/7}	

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.

Adult Hydro Fitness TS for Chronic Illness

40629682 (KT0543)	14/7-26/7	Tu,Th	18:00-20:00	Kwun Tong SP	18+	2	25/5		
Swimming Training Scheme for persons with Hearing Impairment									
40629680 (KT0541)	6/7-27/7	W	19:00-21:00	Kwun Tong SP	6+	2	25/5		
Hydro Fitness TS for Ps w/I Visual Impairment									
40629681 (KT0542)	4/7-25/7	M	10:00-12:00	Kwun Tong SP	7+	2	25/5		
Hydro Fitness TP for Ps w/I Chronic Illness									
40629685 (KT0546)	11/7-17/8	M,W	14:00-15:00	Lam Tin SP	14+	5	25/5		
Hydro Fitness Training Scheme for Persons with Physical Disability									
40629683 (KT0544)	18/7-26/8	M,F	17:00-18:00	Kwun Tong SP	14+	5	25/5		
40629684 (KT0545)	18/7-26/8	M,F	18:00-19:00	Kwun Tong SP	14+	5	25/5		

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
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Swimming TC for Elderly (I)

40629699 (KT0584)	18/7-19/8	M,F	14:00-15:00	KTSP (Indoor Training Pool)	5	1/6-7/6 (14/6) {6/7}			
Swimming TC for Elderly (Level I)									
40629706 (KT0591)	19/7-18/8	Tu,Th	9:00-10:00	KTSP (Indoor Training Pool)	5	1/6-7/6 (14/6) {6/7}			
Baduanjin Play-in for Elderly									
40629218 (KT0528)	15/7-24/8	W,F	7:00-8:00	Shui Wo ST. SC	15	25/5-29/5 (9/6) {29/6}			
Meeting Point for Elderly - Fitness Exercise									
40629209 (KT0522)	2/7-30/7	Tu,Th,Sa	9:30-11:30	Lei Yue Mun SC	25	2/7-30/7	Walk-in		
Meeting Point for Elderly - Morning Exercise									
40629208 (KT0521)	2/7-30/7	M,Tu,W,Th,F,Sa	6:30-8:30	Lam Tin Park (Nr 5-a-side Soccer Pitch)	25	2/7-30/7	Walk-in		
Healthy Elderly Scheme - Badminton									
40629224 (KT0534)	5/7-29/7 (excl. 18/7)	M,Tu,W,Th,F	7:00-9:00	Chun Wah RD. SC	16	5/7-29/7	Walk-in		
Healthy Elderly Scheme - Table-tennis Play-in									
40629223 (KT0533)	5/7-28/7	Tu,Th	7:00-10:00	Choi Wing RD. SC	16	5/7-28/7	Walk-in		
Meeting Point for Elderly - Billiard									
40629216 (KT0526)	5/7-28/7	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	10	5/7-28/7	Walk-in		