

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

**Kwai Tsing District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) { Open Enrollment for Remaining Quota }	
<b>Aerobic Dance Training Course</b>									
40623614 (KWT1059)	6/10-15/11	Tu,Th	9:00-10:00	Tsing Yi Southwest SC	14+	65	25	5/9	
40623615 (KWT1060)	6/10-15/11	Tu,Th	10:00-11:00	Tsing Yi Southwest SC	14+	65	25	5/9	
40642851 (KWT1012)	5/10-11/11	W,F	19:00-20:00	Tai Wo Hau SC	14+	65	25	23/8-27/8 (6/9) {26/9}	
40642853 (KWT1013)	5/10-11/11	W,F	20:00-21:00	Tai Wo Hau SC	14+	65	25	23/8-27/8 (6/9) {26/9}	
40642854 (KWT1106)	10/10-16/11	M,W	9:00-10:00	Tai Wo Hau SC	14+	65	25	23/8-27/8 (6/9) {26/9}	
40642855 (KWT1107)	10/10-16/11	M,W	10:00-11:00	Tai Wo Hau SC	14+	65	25	23/8-27/8 (6/9) {26/9}	
40642893 (KWT985)	3/10-9/11	M,W	19:00-20:00	Lai King SC	14+	65	25	5/9	
40642899 (KWT986)	3/10-9/11	M,W	20:00-21:00	Lai King SC	14+	65	25	5/9	
40643030 (KWT1056)	6/10-15/11	Tu, Th	19:00-20:00	Tsing Yi SC	14+	65	30	23/8-27/8 (6/9) {26/9}	
40643031 (KWT1057)	6/10-15/11	Tu, Th	20:00-21:00	Tsing Yi SC	14+	65	30	23/8-27/8 (6/9) {26/9}	
40643034 (KWT1076)	7/10-16/11	W, F	8:00-9:00	Tsing Yi SC	14+	65	30	23/8-27/8 (6/9) {26/9}	
40643035 (KWT1077)	7/10-16/11	W, F	9:00-10:00	Tsing Yi SC	14+	65	30	23/8-27/8 (6/9) {26/9}	
40643065 (KWT1061)	7/10-14/11	M,F	19:00-20:00	Fung Shue Wo SC	14+	65	20	5/9	
40643066 (KWT1062)	7/10-14/11	M,F	20:00-21:00	Fung Shue Wo SC	14+	65	20	5/9	
<b>Jazz Training Course</b>									
40624138 (KWT1101)	9/10-11/12	SUN	10:00-12:00	North Kwai Chung Tang Shiu Kin SC	14+	70	16	6/9	
<b>Baduanjin Training Course</b>									
40623631 (KWT1126)	13/10-22/11	Tu,Th	9:00-10:00	Tsing Yi Southwest SC	8+	80	30	2/9	
40623632 (KWT1127)	13/10-22/11	Tu,Th	10:00-11:00	Tsing Yi Southwest SC	8+	80	30	2/9	
40623968 (KWT1018)	5/10-11/11	WED, FRI	8:00-9:00	North Kwai Chung Tang Shiu Kin SC	8+	80	30	2/9	
<b>Children Dance Training Course</b>									
40642868 (KWT1088)	8/10-10/12	Sa	16:00-18:00	Tai Wo Hau SC	4-6	60	20	5/9	
<b>Chinese Dance Training Course</b>									
40643057 (KWT1154)	30/10-15/1 (excl. 25/12,1/1)	Su	15:00-17:00	Fung Shue Wo SC	14+	45	20	24/8-28/8 (8/9) {27/9}	
<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.									
40624112 (KWT1112)	11/10-17/11	TUE, THU	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	15+	75	14	@7/9	
40624113 (KWT1113)	11/10-17/11	TUE, THU	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	15+	75	14	@7/9	
40624114 (KWT1114)	11/10-17/11	TUE, THU	19:00-20:00	North Kwai Chung Tang Shiu Kin SC	15+	75	14	@7/9	
40624115 (KWT1115)	11/10-17/11	TUE, THU	20:00-21:00	North Kwai Chung Tang Shiu Kin SC	15+	75	14	@7/9	
40642857 (KWT1065)	7/10-16/11	W,F	9:00-10:00	Tai Wo Hau SC	15+	75	20	@24/8-28/8 (8/9) {27/9}	
40642858 (KWT1066)	7/10-16/11	W,F	10:00-11:00	Tai Wo Hau SC	15+	75	20	@24/8-28/8 (8/9) {27/9}	
40642860 (KWT987)	3/10-9/11	M,W	20:00-21:00	Tai Wo Hau SC	15+	75	20	@7/9	
40642861 (KWT988)	3/10-9/11	M,W	21:00-22:00	Tai Wo Hau SC	15+	75	20	@7/9	
40643059 (KWT1143)	20/10-29/11	Tu,Th	10:00-11:00	Fung Shue Wo SC	15+	75	20	@7/9	
40643060 (KWT1144)	20/10-29/11	Tu,Th	11:00-12:00	Fung Shue Wo SC	15+	75	20	@7/9	
40643061 (KWT1063)	7/10-16/11	W,F	19:00-20:00	Fung Shue Wo SC	15+	75	20	@7/9	
40643062 (KWT1064)	7/10-16/11	W,F	20:00-21:00	Fung Shue Wo SC	15+	75	20	@7/9	
40643071 (KWT989)	3/10-10/11	M,Th	9:00-10:00	Lai King SC	15+	75	20	@7/9	
40643072 (KWT990)	3/10-10/11	M,Th	10:00-11:00	Lai King SC	15+	75	20	@7/9	
40643083 (KWT991)	3/10-9/11	M,W	19:00-20:00	Lai King SC	15+	75	20	@7/9	
40643084 (KWT992)	3/10-9/11	M,W	20:00-21:00	Lai King SC	15+	75	20	@7/9	
<b>Social Dance Training Course</b>									
40626575 (KWT1153)	29/10-14/1 (excl. 24/12,31/12)	Sa	14:00-16:00	Tsing Yi Southwest SC	14+	86	30	24/8-28/8 (8/9) {27/9}	
40642870 (KWT1135)	16/10-18/12	Su	15:00-17:00	Tai Wo Hau SC	14+	86	26	24/8-28/8 (8/9) {27/9}	
40643002 (KWT1091)	8/10-10/12	Sa	19:00-21:00	Lai King SC	14+	86	26	24/8-28/8 (8/9) {27/9}	
40643033 (KWT1075)	7/10-9/12	F	14:00-16:00	Tsing Yi SC	14+	86	30	24/8-28/8 (8/9) {27/9}	
<b>Tai Chi Made Easy Class</b>									
40643067 (KWT1132)	16/10-15/1 (excl. 25/12,1/1)	Su	10:00-11:00	Fung Shue Wo SC	6+	54	20	8/9	
40643068 (KWT1133)	16/10-15/1 (excl. 25/12,1/1)	Su	11:00-12:00	Fung Shue Wo SC	6+	54	20	8/9	

**Yoga Training Course**

40642849 (KWT1108)	11/10-13/12	Tu	15:00-17:00	Tai Wo Hau SC	15+	85	25	24/8-28/8 (8/9) {27/9}	☒
40642968 (KWT1035)	6/10-8/12	Th	19:00-21:00	Lai King SC	15+	85	25	24/8-28/8 (8/9) {27/9}	☒
40643029 (KWT1025)	5/10-7/12	W	19:00-21:00	Tsing Yi SC	15+	85	30	24/8-28/8 (8/9) {27/9}	☒
40643036 (KWT1078)	7/10-9/12	F	10:00-12:00	Tsing Yi SC	15+	85	30	24/8-28/8 (8/9) {27/9}	☒

**Quali Walk Training Course**

40643136	18/10-24/11	Tu, Th	7:00-8:00	Kwai Chung SG	6+	20	20	23/8	☒ i
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**Briefing on Proper Ways to Use Fitness Equipment**

40623927 (KWT1121)	11/10	Tu	18:00-21:00	Tsing Yi Southwest SC	15+	Free	25	24/8-28/8 (8/9) {27/9}	☒
40623928 (KWT1141)	18/10	Tu	18:00-21:00	Tsing Yi Southwest SC	15+	Free	25	24/8-28/8 (8/9) {27/9}	☒
40642845 (KWT1089)	8/10	Sa	18:00-21:00	Tai Wo Hau SC	15+	Free	25	24/8-28/8 (8/9) {27/9}	☒
40642847 (KWT1090)	8/10	Sa	19:00-22:00	Tai Wo Hau SC	15+	Free	25	24/8-28/8 (8/9) {27/9}	☒
40643103 (KWT1086)	8/10	Sa	18:00-21:00	Cheung Fat SC	15+	Free	20	24/8-28/8 (8/9) {27/9}	☒
40643104 (KWT1087)	8/10	Sa	19:00-22:00	Cheung Fat SC	15+	Free	20	24/8-28/8 (8/9) {27/9}	☒

**Stress Management and Physical Relaxation Training Course**

40643121 (KWT1029)	6/10-12/1 (excl. 22/12)	Th	19:00-20:00	Cheung Fat SC	14+	80	20	15/9	☒ i
40643122 (KWT1030)	6/10-12/1 (excl. 22/12)	Th	20:00-21:00	Cheung Fat SC	14+	80	20	15/9	☒ i

**Parent-child(Aged 7-17) Badminton FUN DAY**

40624132 (KWT1102)	9/10	SUN	13:00-14:00	North Kwai Chung Tang Shiu Kin SC	7+	Free	16	8/9	☒ i
40624133 (KWT1103)	9/10	SUN	14:00-15:00	North Kwai Chung Tang Shiu Kin SC	7+	Free	16	8/9	☒ i
40624134 (KWT1104)	9/10	SUN	15:00-16:00	North Kwai Chung Tang Shiu Kin SC	7+	Free	16	8/9	☒ i

**Parent-child(Aged 7-17) Badminton TC**

40643041 (KWT1145)	20/10-24/11	Th	19:00-21:00	Tsing Yi SC	7+	73	16	1/9	☒ i
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**Badminton Training Course**

40642958 (KWT1031)	6/10-8/12	Th	19:00-21:00	Lai King SC	7+	118	16	23/8-27/8 (6/9) {26/9}	☒
40643038 (KWT1118)	11/10-13/12	Tu	19:00-21:00	Tsing Yi SC	7+	118	16	23/8-27/8 (6/9) {26/9}	☒

**Indoor Air Gun Shooting Fun Day**

40627090 (KWT-1150)	23/10	Su	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	25	24/8-28/8 (8/9) {27/9}	☒
40627091 (KWT-1151)	23/10	Su	16:00-17:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	25	24/8-28/8 (8/9) {27/9}	☒

**Squash Training Course**

40624129 (KWT0994)	3/10-26/10	MON, WED	19:00-21:00	North Kwai Chung Tang Shiu Kin SC	7+	160	8	14/9	☒ i
40643032 (KWT1058)	6/10-1/11	Tu, Th	19:00-21:00	Tsing Yi SC	7+	160	8	24/8-28/8 (8/9) {27/9}	☒

**Table-tennis Training Course**

40643105 (KWT1008)	5/10-4/11	W,F	19:00-21:00	Cheung Fat SC	6+	86	16	23/8-27/8 (6/9) {26/9}	☒
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**Tennis Training Course**

40626520 (KWT0996)	3/10-3/11	M,Th	9:00-11:00	Kwai Shing PG	8+	170	12	23/8-27/8 (6/9) {26/9}	☒
40626521 (KWT1128)	14/10-16/12	F	19:00-21:00	Kwai Shing PG	8+	170	8	23/8-27/8 (6/9) {26/9}	☒
40626530 (KWT1140)	18/10-18/11	Tu,F	9:00-11:00	Shek Lei ST. TC	8+	170	8	23/8-27/8 (6/9) {26/9}	☒
40643091 (1139)	17/10-16/11	M, W	19:00-21:00	Tsing Yi Park	8+	170	12	23/8-27/8 (6/9) {26/9}	☒

**Golf Fun Day**

40637345 (KWT1105)	9/10	Su	15:30-17:30	Wo Yi Hop RD. Golf Driving Range	8+	Free	12	13/9	☒ i
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**Golf Short Games Training Course**

40638488 (KWT0973)	2/10-16/10	Su	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	23/8-27/8 (6/9) {26/9}	☒
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**Golf Training Course (Level I)**

40638489 (KWT1122)	11/10-25/10	Tu	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	23/8-27/8 (6/9) {26/9}	☒
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**Golf Training Course (Level II)**

40638487 (KWT0972)	2/10-16/10	Su	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	23/8-27/8 (6/9) {26/9}	☒
40638490 (KWT1123)	11/10-25/10	Tu	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	23/8-27/8 (6/9) {26/9}	☒

**Cricket Fun Day**

40627108 (KWT-1129)	15/10	Sa	15:00-17:00	Gin Drinkers Bay Temp. Cricket Grounds	6+	Free	24	1/9	☒ i
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**Kwai Tsing District Soccer Competition 2022**

40641033	7/10-25/11	Tu, W, F	19:30-23:00	TYNP	14+	60	16	16/8-22/8 (30/8) {20/9}	☒
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**Beach Volleyball Fun Day**

40643043 (KWT974)	16/10	Su	14:00-16:00	Kwai Chung SG	10+	Free	20	14/9	☒ i
40643045 (KWT975)	16/10	Su	16:00-18:00	Kwai Chung SG	10+	Free	20	14/9	☒ i

**Sports Climbing Fun Day**

40626586 (KWT1097)	8/10	Sa	13:00-14:30	Tsing Yi Southwest SC	12+	Free	24	14/9	☒ i
40626587 (KWT1098)	8/10	Sa	14:30-16:00	Tsing Yi Southwest SC	12+	Free	24	14/9	☒ i

40626588 (KWT1099)	8/10	Sa	16:00-17:30	Tsing Yi Southwest SC	12+	Free	24	14/9		
<b>Horticultural Seminar</b>										
40626509 (KWT0257)	8/10	Sa	9:30-11:30	Tsing Yi Southwest SC	6+	30	24	9/9		
40626511 (KWT1096)	22/10	Sa	9:30-11:30	Tsing Yi Southwest SC	6+	30	24	9/9		
<b>Skateboarding Fun Day</b>										
40627130 (KWT-1084)	8/10	Sa	14:30-16:00	Tsing Yi Northeast Park-Skateboard Arena	8+	Free	20	1/9		
40627131 (KWT-1085)	8/10	Sa	16:00-17:30	Tsing Yi Northeast Park-Skateboard Arena	8+	Free	20	1/9		

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.

**Fitness(Multi-gym) TS for PW Chronic Illness**

40643089	6/10-24/11	Every Th	10:00-11:00	Tai Wo Hau SC	15+	2	5/9		
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**Body-Mind Stretch TC for Ex-M III persons**

40629100 (1147)	21/10-25/11	F	18:00-20:00	Cheung Fat SC	15+	15	23/8		
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**Badminton TC for Ex-Mentally III Persons**

40643090	3/10-24/10	Every M	14:00-16:00	Tai Wo Hau SC	15+	2	8/9		
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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**

@ 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.

40623998 (KWT1109)	11/10-17/11	TUE, THU	8:00-9:00	North Kwai Chung Tang Shiu Kin SC	14	@23/8-27/8 (6/9){26/9}	
40642879 (KWT1011)	5/10-21/12	W	13:00-14:00	Tai Wo Hau SC	20	@23/8-27/8 (6/9){26/9}	
40642880 (KWT1007)	5/10-21/12	W	14:00-15:00	Tai Wo Hau SC	20	@23/8-27/8 (6/9){26/9}	
40643058 (KWT1142)	20/10-29/11	Tu,Th	9:00-10:00	Fung Shue Wo SC	20	@23/8-27/8 (6/9){26/9}	

**HES-Badminton Self Practice Scheme**

40626556 (KWT1119)	11/10-25/10	Tu	7:00-8:00	Tsing Yi Southwest SC	16	2/9		
40626557 (KWT1120)	11/10-25/10	Tu	8:00-9:00	Tsing Yi Southwest SC	16	2/9		
40643119 (KWT1027)	6/10-27/10	Th	13:00-14:00	Cheung Fat SC	16	2/9		
40643120 (KWT1028)	6/10-27/10	Th	14:00-15:00	Cheung Fat SC	16	2/9		
40643039 (KWT1124)	12/10-26/10	W	7:00-8:00	Tsing Yi SC	16	2/9		
40643040 (KWT1125)	12/10-26/10	W	8:00-9:00	Tsing Yi SC	16	2/9		

**HES-Fitness Play-in**

40642876 (KWT1032)	6/10-27/10	Th	9:00-10:00	Tai Wo Hau SC	25	24/8-28/8 (8/9) {27/9}		
40642877 (KWT1033)	6/10-27/10	Th	10:00-11:00	Tai Wo Hau SC	25	24/8-28/8 (8/9) {27/9}		
40642891 (KWT983)	3/10-31/10	M	7:00-8:00	Lai King SC	25	6/9		
40643022 (KWT1000)	3/10-31/10	M	8:00-9:00	Tsing Yi SC	20	6/9		
40643023 (KWT1001)	3/10-31/10	M	9:00-10:00	Tsing Yi SC	20	6/9		

**HES-Fitness(Multi-gym) Play-in**

40643070 (KWT984)	3/10-31/10	M	8:00-9:00	Lai King SC	20	8/9		
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**HES-Table-tennis Self Practice Scheme**

40642889 (KWT979)	3/10-31/10	M	7:00-8:00	Lai King SC	16	9/9		
40642890 (KWT980)	3/10-31/10	M	8:00-9:00	Lai King SC	16	9/9		

40643063 (KWT1009)	5/10-26/10	W	9:00-10:00	Fung Shue Wo SC	16	9/9	☐
40643064 (KWT1010)	5/10-26/10	W	10:00-11:00	Fung Shue Wo SC	16	9/9	☐
40643106 (KWT1136)	3/10-31/10	M	13:00-14:00	Cheung Fat SC	16	9/9	☐ i
40643118 (KWT976)	3/10-31/10	M	14:00-15:00	Cheung Fat SC	16	9/9	☐ i
40643019 (KWT998)	3/10-31/10	M	7:00-8:00	Tsing Yi SC	16	9/9	☐ i
40643020 (KWT999)	3/10-31/10	M	8:00-9:00	Tsing Yi SC	16	9/9	☐ i