

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

Yau Tsim Mong District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Breaststroke TC for Adult (Level I)									
40639415 (YM0619)	13/10-12/11	Th,Sa	9:00-10:00	Kowloon Park SP (Training Pool)	18+	100	16	24/8-28/8 (5/9) {21/9}	☒
Front Crawl TC for Adult (Level I)									
40639426 (YM0630)	13/10-12/11	Th,Sa	11:00-12:00	Kowloon Park SP (Training Pool)	18+	100	16	24/8-28/8 (5/9) {21/9}	☒
Breaststroke TC for Adult (Level II)									
40639420 (YM0624)	13/10-12/11	Th,Sa	10:00-11:00	Kowloon Park SP (Training Pool)	18+	100	20	24/8-28/8 (5/9) {21/9}	☒
Front Crawl TC for Adult (Level II)									
40639425 (YM0629)	7/10-28/10	Tu,F,Sa	9:00-10:00	Kowloon Park SP (Training Pool)	18+	100	20	24/8-28/8 (5/9) {21/9}	☒
Backstroke TC for Adult (Level III)									
40639406 (YM0611)	3/10-9/11 (excl. 12,19,21,26,28/10,2/11,4/11)	M,W,F	20:00-21:00	Kowloon Park SP (Main Pool)	18+	100	20	24/8-28/8 (5/9) {21/9}	☒
Breaststroke TC for Adult (Level III)									
40639407 (YM0612)	11/10-10/11	Tu,Th	21:00-22:00	Kowloon Park SP (Main Pool)	18+	100	20	24/8-28/8 (5/9) {21/9}	☒
Front Crawl TC for Adult (Level III)									
40639408 (YM0613)	3/10-9/11 (excl. 12,19,21,26,28/10,2/11,4/11)	M,W,F	21:00-22:00	Kowloon Park SP (Main Pool)	18+	100	20	24/8-28/8 (5/9) {21/9}	☒
40639409 (YM0614)	11/10-10/11	Tu,Th	20:00-21:00	Kowloon Park SP (Main Pool)	18+	100	20	24/8-28/8 (5/9) {21/9}	☒
Aerobic Dance Training Course									
40639482 (YM0662)	6/10-15/11	Tu,Th	7:30-8:30	Fa Yuen ST. SC (10/F Dance Rm)	14+	65	30	24/8-28/8 (5/9) {21/9}	☒
40639484 (YM0663)	6/10-15/11	Tu,Th	8:30-9:30	Fa Yuen ST. SC (10/F Dance Rm)	14+	65	30	24/8-28/8 (5/9) {21/9}	☒
40639485 (YM0664)	6/10-15/11	Tu,Th	9:30-10:30	Fa Yuen ST. SC (10/F Dance Rm)	14+	65	30	24/8-28/8 (5/9) {21/9}	☒
40639487 (YM0665)	6/10-15/11	Tu,Th	11:00-12:00	Fa Yuen ST. SC (10/F Dance Rm)	14+	65	30	24/8-28/8 (5/9) {21/9}	☒
40639490 (YM0666)	6/10-15/11	Tu,Th	12:00-13:00	Fa Yuen ST. SC (10/F Dance Rm)	14+	65	30	24/8-28/8 (5/9) {21/9}	☒
40639492 (YM0667)	6/10-15/11	Tu,Th	13:00-14:00	Fa Yuen ST. SC (10/F Dance Rm)	14+	65	30	24/8-28/8 (5/9) {21/9}	☒
40639493 (YM0668)	6/10-15/11	Tu,Th	18:00-19:00	Fa Yuen ST. SC (10/F Dance Rm)	14+	65	30	24/8-28/8 (5/9) {21/9}	☒
40639494 (YM0669)	6/10-15/11	Tu,Th	19:00-20:00	Fa Yuen ST. SC (10/F Dance Rm)	14+	65	30	24/8-28/8 (5/9) {21/9}	☒
40639495 (YM0670)	5/10-11/11	W,F	15:00-16:00	Tai Kok Tsui SC (6/F Activities Rm 1&2)	14+	65	30	5/9	☒ i
40639497 (YM0671)	5/10-11/11	W,F	16:00-17:00	Tai Kok Tsui SC (6/F Activities Rm 1&2)	14+	65	30	5/9	☒ i
Chinese Dance Training Course									
40639434 (YM0638)	5/10-7/12	W	18:00-20:00	Fa Yuen ST. SC	12+	45	30	24/8-28/8 (5/9) {21/9}	☒
Hydro Fitness Training Course									
40639466 (YM0656)	7/10-24/11	Th,F	14:00-15:00	Kowloon Park SP (Training Pool)	14+	80	30	24/8-28/8 (5/9) {21/9}	☒
40639468 (YM0657)	7/10-24/11	Th,F	15:00-16:00	Kowloon Park SP (Training Pool)	14+	80	30	24/8-28/8 (5/9) {21/9}	☒
Jazz Training Course									
40639428 (YM0632)	3/10-2/11	M,W	20:00-22:00	Fa Yuen ST. SC	12+	70	30	24/8-28/8 (5/9) {21/9}	☒
40639503 (YM0677)	2/10-4/12	Su	10:00-12:00	Tai Kok Tsui SC (6/F Activities Rm 1&2)	12+	70	30	2/9	☒ i
Modern Dance Training Course									
40639429 (YM0633)	14/10-16/12	F	20:00-22:00	Fa Yuen ST. SC	12+	70	30	14/9	☒ i
Social Dance Training Course									
40639470 (YM0658)	2/10-4/12	Su	10:00-12:00	Fa Yuen ST. SC 10/F Dance Rm	14+	86	30	24/8-28/8 (5/9) {21/9}	☒
40639474 (YM0659)	6/10-8/11	Tu,Th	10:00-12:00	Fa Yuen ST. SC 10/F Act Rm2	14+	86	30	24/8-28/8 (5/9) {21/9}	☒
40639478 (YM0660)	7/10-8/11	Tu,F	20:00-22:00	Fa Yuen ST. SC (10/F Dance Room)	14+	86	30	24/8-28/8 (5/9) {21/9}	☒
Yoga Training Course									
40639445 (YM0644)	6/10-8/12	Th	14:00-16:00	Fa Yuen ST. SC	15+	85	30	24/8-28/8 (5/9) {21/9}	☒
40639446 (YM0645)	6/10-8/12	Th	16:00-18:00	Fa Yuen ST. SC	15+	85	30	24/8-28/8 (5/9) {21/9}	☒
40639447 (YM0646)	11/10-13/12	Tu	14:00-16:00	Fa Yuen ST. SC	15+	85	30	24/8-28/8 (5/9) {21/9}	☒
40639448 (YM0647)	11/10-13/12	Tu	16:00-18:00	Fa Yuen ST. SC	15+	85	30	24/8-28/8 (5/9) {21/9}	☒
40639450 (YM0648)	26/10-25/11	W,F	10:00-12:00	Fa Yuen ST. SC	15+	85	30	24/8-28/8 (5/9) {21/9}	☒
40639451 (YM0649)	31/10-2/12	M,F	18:00-20:00	Fa Yuen ST. SC	15+	85	30	24/8-28/8 (5/9) {21/9}	☒
Briefing on Proper Ways to Use Fitness Equipment									

40639433 (YM0637)	7/10	F	19:00-22:00	Fa Yuen ST. SC	15+	Free	25	24/8-28/8 (5/9) {21/9}	✉
40639499 (YM0673)	2/10	Su	10:00-13:00	Tai Kok Tsui SC (6/F Fitness Rm)	15+	Free	25	24/8-28/8 (5/9) {21/9}	✉
40639500 (YM0674)	11/10	Tu	9:00-12:00	Tai Kok Tsui SC (6/F Fitness Rm)	15+	Free	25	24/8-28/8 (5/9) {21/9}	✉
40643102 (YM0692)	17/10	M	14:00-17:00	Tai Kok Tsui SC (6/F Fitness Rm)	18+	Free	3	5/9	📄 i

Stress Management and Physical Relaxation TC

40639438 (YM0642)	5/10-18/11	W,F	12:00-13:00	Fa Yuen ST. SC	14+	80	30	24/8-28/8 (5/9) {21/9}	✉
40639439 (YM0643)	5/10-18/11	W,F	13:00-14:00	Fa Yuen ST. SC	14+	80	30	24/8-28/8 (5/9) {21/9}	✉

Parent-child(Aged 7-17)Badminton Fun Day

40639505 (YM0679)	2/10	Su	15:00-16:00	Tai Kok Tsui SC (7/F Arena)	7+	Free	16	2/9	📄 i
40639506 (YM0680)	2/10	Su	16:00-17:00	Tai Kok Tsui SC (7/F Arena)	7+	Free	16	2/9	📄 i
40639507 (YM0681)	2/10	Su	17:00-18:00	Tai Kok Tsui SC (7/F Arena)	7+	Free	16	2/9	📄 i

Badminton Training Course

40639498 (YM0672)	5/10-4/11	W,F	19:00-21:00	Tai Kok Tsui SC (7/F Arena)	7+	118	16	24/8-28/8 (5/9) {21/9}	✉
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Squash Training Course

40639430 (YM0634)	27/10-21/11	M,Th	19:00-21:00	Fa Yuen ST. SC(11/F)	7+	160	8	29/9	📄 i
40639431 (YM0635)	29/10-17/12	Sa	14:00-16:00	Fa Yuen ST. SC(11/F)	7+	160	8	29/9	📄 i

Table-tennis Training Course

40639432 (YM0636)	25/10-24/11	Tu,Th	18:00-20:00	Fa Yuen ST. SC	14+	86	12	24/8-28/8 (5/9) {21/9}	✉
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Tennis Training Course

40639456 (YM0650)	7/10-9/11	W,F	9:00-11:00	King's Park RG TC	8+	170	12	24/8-28/8 (5/9) {21/9}	✉
40639458 (YM0651)	10/10-9/11	M,W	19:00-21:00	King's Park RG TC	8+	170	12	24/8-28/8 (5/9) {21/9}	✉
40639459 (YM0652)	11/10-10/11	Tu,Th	7:00-9:00	King's Park RG TC	8+	170	12	24/8-28/8 (5/9) {21/9}	✉
40639480 (YM0661)	6/10-15/11 (excl. 3/11,8/11)	Tu,Th	19:00-21:00	Cherry ST. Park TC	8+	170	12	24/8-28/8 (5/9) {21/9}	✉

Go TC (Level III)

40639461 (YM0653)	8/10-12/11	Sa	14:30-16:30	Fa Yuen ST. SC (12/F Act. Rm3)	6+	40	20	8/9	📄 i
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Sports Climbing Fun Day

40639508 (YM0682)	9/10	Su	9:00-10:00	Tai Kok Tsui SC (7/F Arena)	12+	Free	10	9/9	📄 i
40639509 (YM0683)	9/10	Su	10:00-11:00	Tai Kok Tsui SC (7/F Arena)	12+	Free	10	9/9	📄 i
40639510 (YM0684)	9/10	Su	11:00-12:00	Tai Kok Tsui SC (7/F Arena)	12+	Free	10	9/9	📄 i

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.

Body-mind Stretch TP for Ex-mentally III

40629097 (YM0263)	7/10-11/11	F	13:00-15:00	Fa Yuen ST. SC(10F Act Rm2)	15+	15	23/8	📄 i
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Badminton FD for Chronic Disease Sufferes

40643101 (YM0691)	2/10	Su	13:00-15:00	Tai Kok Tsui SC (7/F Arena)	8+	3	5/9	📄 i
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Badminton TS for Hearing Impaired

40643096 (YM0689)	5/10-26/10	W	21:00-23:00	Tai Kok Tsui SC (7/F Arena)	8+	3	5/9	📄 i
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Badminton TS for Mentally Handicapped

40643098 (YM0690)	8/10-26/11	Sa	9:00-11:00	Tai Kok Tsui SC (7/F Arena)	8+	3	5/9	📄 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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Swimming TC for Elderly (Level I)

40639411 (YM0615)	7/10-28/10	Tu,F,Sa	7:00-8:00	Kowloon Park SP (Training Pool)	16	24/8-28/8 (5/9) {21/9}	✉
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Swimming TC for Elderly (Level II)

40639412 (YM0616)	7/10-28/10	Tu,F,Sa	8:00-9:00	Kowloon Park SP (Training Pool)	20	24/8-28/8 (5/9) {21/9}	✉
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Mt Pts for Elderly - Baduanjin

40639436 (YM0640)	5/10-31/10 (excl. 17/10)	M,W,F	7:00-9:00	Fa Yuen ST. SC	30	5/10-31/10	Walk-in
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Mt Pts for Elderly - Fitness Exercise

40639437 (YM0641)	6/10-27/10	Tu,Th	14:00-15:00	Fa Yuen ST. SC	30	6/10-27/10	Walk-in
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Mt Pts for Elderly - Badminton Play-in

40639504 (YM0678)	6/10-27/10	Tu,Th	8:00-10:00	Tai Kok Tsui SC (7/F Arena)	12	6/10-27/10	Walk-in
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