

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Oct 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)	
<b>Breaststroke TC for Adult (Level I)</b>										
40621983 (KC0207)	3/10-24/10	M,W,F	15:00-16:00	Tai Wan Shan SP	18+	100	16	8/9		
<b>Front Crawl TC for Adult (Level I)</b>										
40621982 (KC0206)	3/10-24/10	M,W,F	15:00-16:00	Tai Wan Shan SP	18+	100	16	8/9		
<b>Water Safety Course for Baby</b>										
40621978 (KC0202)	3/10-24/10	M,W,F	9:00-10:00	Tai Wan Shan SP	0-4	100	16	24/8-30/8 (7/9) {28/9}		
<b>Breaststroke TC for Adult (Level II)</b>										
40621975 (KC0199)	3/10-24/10	M,W,F	7:00-8:00	Tai Wan Shan SP	18+	100	20	24/8-30/8 (7/9) {28/9}		
<b>Front Crawl TC for Adult (Level II)</b>										
40621976 (KC0200)	3/10-24/10	M,W,F	8:00-9:00	Tai Wan Shan SP	18+	100	20	24/8-30/8 (7/9) {28/9}		
<b>Breaststroke TC for Adult (Level III)</b>										
40621981 (KC0205)	3/10-24/10	M,W,F	8:00-9:00	Tai Wan Shan SP	18+	100	20	24/8-30/8 (7/9) {28/9}		
<b>Butterfly Stroke TC for Adult</b>										
40621987 (KC0211)	3/10-24/10	M,W,F	17:00-18:00	Tai Wan Shan SP	18+	100	20	24/8-30/8 (7/9) {28/9}		
<b>Front Crawl TC for Adult (Level III)</b>										
40621985 (KC0209)	3/10-24/10	M,W,F	16:00-17:00	Tai Wan Shan SP	18+	100	20	24/8-30/8 (7/9) {28/9}		
<b>Aerobic Dance TC</b>										
40641620 (KC0645)	3/10-28/10	M,W,F	18:00-19:00	Hung Hom Municipal Services Building SC	14+	65	30	1/9		
40641621 (KC0646)	3/10-28/10	M,W,F	19:00-20:00	Hung Hom Municipal Services Building SC	14+	65	30	1/9		
40641622 (KC0647)	18/10-12/11	Tu,Th,Sa	8:00-9:00	Hung Hom Municipal Services Building SC	14+	65	30	16/9		
40641623 (KC0648)	18/10-12/11	Tu,Th,Sa	9:00-10:00	Hung Hom Municipal Services Building SC	14+	65	30	16/9		
<b>Children Dance TC</b>										
40641637 (KC0661)	9/10-11/12	Su	10:00-12:00	Kowloon City SC	4-11	60	20	24/8-30/8 (7/9) {29/9}		
40641638 (KC0662)	8/10-10/12	Sa	10:00-12:00	Hung Hom Municipal Services Building SC	4-11	60	20	13/9		
<b>Chinese Dance TC</b>										
40641639 (KC0663)	29/10-14/1 (excl. 24/12,31/12)	Sa	13:00-15:00	Fat Kwong ST. SC	12+	45	30	24/8-30/8 (7/9) {29/9}		
40641640 (KC0664)	31/10-16/1 (excl. 26/12,2/1)	M	19:00-21:00	Fat Kwong ST. SC	12+	45	30	24/8-30/8 (7/9) {29/9}		
<b>Fitness (Multi-gym) TC</b>										
<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>										
40641624 (KC0649)	6/10-15/11	Tu,Th	13:00-14:00	Fat Kwong ST. SC	15+	75	19	@6/9		
40641625 (KC0650)	6/10-15/11	Tu,Th	14:00-15:00	Fat Kwong ST. SC	15+	75	19	@6/9		
40641628 (KC0652)	11/10-5/11	Tu,Th,Sa	9:00-10:00	Fat Kwong ST. SC	15+	75	19	@6/9		
40641629 (KC0653)	11/10-5/11	Tu,Th,Sa	10:00-11:00	Fat Kwong ST. SC	15+	75	19	@6/9		
40641630 (KC0654)	12/10-7/11	M,W,F	18:00-19:00	Fat Kwong ST. SC	15+	75	19	@9/9		
40641631 (KC0655)	12/10-7/11	M,W,F	19:00-20:00	Fat Kwong ST. SC	15+	75	19	@9/9		
40641632 (KC0656)	12/10-7/11	M,W,F	20:00-21:00	Fat Kwong ST. SC	15+	75	19	@9/9		
<b>Social Dance TC</b>										
40641642 (KC0666)	17/10-16/11	M,W	15:00-17:00	Fat Kwong ST. SC	14+	86	30	24/8-30/8 (7/9) {29/9}		
40641643 (KC0667)	30/10-15/1 (excl. 25/12,1/1)	Su	14:00-16:00	Hung Hom Municipal Services Building SC	14+	86	30	24/8-30/8 (7/9) {29/9}		
<b>Western Folk Dance TC</b>										
40641641 (KC0665)	29/10-31/12	Sa	9:00-11:00	Fat Kwong ST. SC	8+	45	30	24/8-30/8 (7/9) {29/9}		
<b>Yoga TC</b>										
40641644 (KC0668)	14/10-16/12	F	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	30	24/8-30/8 (7/9) {29/9}		
40641645 (KC0669)	18/10-20/12	Tu	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	30	24/8-30/8 (7/9) {29/9}		
<b>Briefing on Proper Ways to Use FE (Class A)</b>										
40641634 (KC0658)	8/10	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	20	24/8-30/8 (7/9) {29/9}		
<b>Briefing on Proper Ways to Use FE (Class B)</b>										
40641635 (KC0659)	8/10	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	20	24/8-30/8 (7/9) {29/9}		

<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40641633 (KC0657)	3/10	M	14:00-17:00	Fat Kwong ST. SC	15+	Free	19	24/8-30/8 (7/9) {29/9}	✉
<b>Body-Mind Stretch TC</b>									
40641659 (KC0683)	5/10-11/11	W,F	11:00-12:00	Fat Kwong ST. SC	15+	85	24	5/9	🖨️ ⓘ
40641660 (KC0684)	5/10-11/11	W,F	12:00-13:00	Fat Kwong ST. SC	15+	85	24	5/9	🖨️ ⓘ
<b>Badminton TC</b>									
40641647 (KC0671)	12/10-11/11	W,F	19:00-21:00	Hung Hom Municipal Services Building SC	7+	118	16	24/8-30/8 (7/9) {29/9}	✉
40641648 (KC0672)	12/10-11/11	W,F	9:00-11:00	Kowloon City SC	7+	118	16	24/8-30/8 (7/9) {29/9}	✉
40641649 (KC0673)	20/10-22/11	Tu,Th	19:00-21:00	Kowloon City SC	7+	118	16	24/8-30/8 (7/9) {29/9}	✉
<b>Squash TC</b>									
40641657 (KC0681)	8/10-26/11	Sa	9:00-11:00	Hung Hom Municipal Services Building SC	7+	160	8	15/9	🖨️ ⓘ
<b>Table-tennis Training Course</b>									
40641650 (KC674)	9/10-11/12	Su	8:00-10:00	Ho Man Tin SC	6+	86	16	24/8-30/8 (7/9) {29/9}	✉
40641651 (KC0675)	9/10-11/12	Su	10:00-12:00	Ho Man Tin SC	6+	86	16	24/8-30/8 (7/9) {29/9}	✉
<b>Table-tennis Intermediate Training Course</b>									
40641652 (KC0676)	5/10-26/10	M,W,F	18:00-20:00	Ho Man Tin SC	6+	86	16	24/8-30/8 (7/9) {29/9}	✉
<b>Tennis Intermediate</b>									
40641656 (KC0680)	9/10-11/12	Su	15:00-17:00	Tin Kwong RD. PG	8+	170	8	24/8-30/8 (7/9) {29/9}	✉
<b>Tennis TC</b>									
40641653 (KC0677)	8/10-10/12	Sa	20:00-22:00	Kowloon Tsai Park	8+	170	8	24/8-30/8 (7/9) {29/9}	✉
40641654 (KC0678)	18/10-18/11	Tu,F	7:00-9:00	Junction RD. Park	8+	170	12	19/9	🖨️ ⓘ
40641655 (KC0679)	19/10-9/11	M,W,F	10:00-12:00	Ho Man Tin SC	8+	170	8	15/9	🖨️ ⓘ
<b>Go TC (Level II)</b>									
40641658 (KC0682)	23/10-27/11	Su	16:00-18:00	Kowloon City SC	6+	40	20	22/9	🖨️ ⓘ
<b>KC Dist 7-a-side Mini-Soccer Comp(Adult)*</b>									
40639272 (KC586)	8/10-9/10	Sa,Su	7:00-23:00	Tokwawan Recreation Gd Mini-soccer Pitch	20+	60	16	26/7-8/8 (16/8){8/9}	✉
<b>KC Dist 7-a-side Mini-Soccer Comp(Youth)*</b>									
40639273 (KC0587)	8/10-9/10	Sa,Su	7:00-23:00	Tokwawan Recreation Gd Mini-soccer Pitch	14-19	60	16	26/7-8/8 (16/8){8/9}	✉
<b>Muay Thai Fun Day For Adult</b>									
40641666 (KC690)	15/10	Sa	15:00-17:00	Ho Man Tin SC	18+	Free	12	22/9	🖨️ ⓘ
<b>Online Interactive Programmes-Hip Hop Dance</b>									
40643051 (KC0717)	10/10-12/10	M,W	15:00-16:00	Internet. 30mins before: zoom.us/join	18+	20	50	19/9	🖨️ ⓘ

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

**Aerobic Dance FD for Person wt. Vis. Impair.**

40641676 (KC0700)	21/10	F	10:00-12:00	Ho Man Tin SC	All	4	2/9	🖨️ ⓘ
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**Squash TS for Persons with Hearing Imp**

40641675 (KC0699)	7/10-28/10	F	14:00-16:00	Hung Hom Municipal Services Building SC	8+	2	2/9	🖨️ ⓘ
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**Table Tennis TP for Ex-mentally III Persons**

40628860 (KC0322)	5/10-28/10	W,F	16:00-18:00	Ho Man Tin SC	8+	16	23/8	🖨️ ⓘ
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**Sport Climbing TS for Per. with Int. Dis.**

40641673 (KC0697)	11/10-20/10	Tu,Th	10:00-12:00	Kai Tak East SC	18+	4	2/9	🖨️ ⓘ
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**Body-mind Stretch TP for Ex-mentally III Per.**

40628865 (KC0323)	2/10-6/11	Su	16:00-18:00	Hung Hom Municipal Services Building SC	15+	15	23/8	🖨️ ⓘ
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**Body-mind Stretch TP for Per. with Phy. Dis.**

40628857 (KC0321)	2/10-13/11 (excl. 30/10)	Su	16:00-18:00	Ho Man Tin SC	15+	15	23/8	🖨️ ⓘ
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<b>Activities for Elderly Programme Number (Class code)</b> <small>(For aged 60 or above, free of charge)</small>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Quota</b>	<b>Date of Enrollment</b> <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	<b>Enrolment Method</b>
<b>Swimming TC for Elderly (Level I)</b>							
40621974 (KC0198)	3/10-24/10	M,W,F	7:00-8:00	Tai Wan Shan SP	16	8/9	 
<b>Swimming TC for Elderly (Level II)</b>							
40621979 (KC0203)	3/10-24/10	M,W,F	9:00-10:00	Tai Wan Shan SP	20	24/8-30/8 (7/9) {28/9}	
<b>Swimming TC for Elderly (Level III)</b>							
40621984 (KC0208)	3/10-24/10	M,W,F	16:00-17:00	Tai Wan Shan SP	20	24/8-30/8 (7/9) {28/9}	
<b>Mt Pts for Elderly - Baduanjin</b>							
40641683 (KC0707)	11/10-25/10	Tu	9:00-10:00	Fat Kwong ST. SC	25	11/10-25/10	Walk-in
<b>Mt Pts for Elderly - Elderly Fitness</b>							
40641685 (KC0709)	5/10-26/10	W	8:00-10:00	Hung Hom Municipal Services Building SC	30	5/10-26/10	Walk-in
<b>Mt Pts for Elderly - Dance</b>							
40641687 (KC0711)	3/10-31/10	M	7:00-9:00	Hung Hom Municipal Services Building SC	20	3/10-31/10	Walk-in
<b>Mt Pts for Elderly - General Gymnastic</b>							
40641684 (KC0708)	6/10-27/10	Th	14:00-16:00	Hung Hom Municipal Services Building SC	60	6/10-27/10	Walk-in
<b>Healthy Elderly Scheme - Badminton</b>							
40641688 (KC0712)	11/10-25/10	Tu	9:00-11:00	Kowloon City SC	16	11/10-25/10	Walk-in
<b>Healthy Elderly Scheme - Table-tennis</b>							
40641689 (KC0713)	3/10-31/10	M	9:00-11:00	Ho Man Tin SC	24	3/10-31/10	Walk-in
40641690 (0714)	6/10-27/10	Th	9:00-11:00	Ho Man Tin SC	24	6/10-27/10	Walk-in
<b>Healthy Elderly Scheme- American Pool</b>							
40641691 (KC0715)	7/10-28/10	F	9:00-11:00	Ho Man Tin SC	6	7/10-28/10	Walk-in
<b>Mt Pts for Elderly - Gateball</b>							
40641686 (KC0710)	5/10-26/10	W	9:00-11:00	Hung Hom Municipal Services Building SC	20	5/10-26/10	Walk-in