

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Oct 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)	
<b>Long Distance Running Training Course</b>									
40639834 (KT0895)	8/10-17/12 (excl. 12/11)	Sa	17:00-19:00	Kowloon Bay SG	16+	130	40	1/9	
<b>Life Saving Tr. Cr. (Bronze Medallion)</b>									
40639835 (KT0896)	11/10-13/12	Tu,Th	20:00-22:00	KTSP (Indoor Main Pool)	13+	108	24	20/8-28/8 (7/9) {28/9}	
<b>Breaststroke TC for Adult (Level I)</b>									
40639838 (KT0898)	10/10-31/10	M,W,F	19:00-20:00	KTSP (Indoor Training Pool)	18+	100	16	20/8-28/8 (7/9) {28/9}	
<b>Front Crawl TC for Adult (Level I)</b>									
40639844 (KT0902)	10/10-31/10	M,W,F	7:00-8:00	KTSP (Indoor Training Pool)	18+	100	16	20/8-28/8 (7/9) {28/9}	
40639846 (KT0903)	10/10-31/10	M,W,F	20:00-21:00	KTSP (Indoor Training Pool)	18+	100	16	20/8-28/8 (7/9) {28/9}	
<b>Breaststroke TC for Adult (Level II)</b>									
40639840 (KT0899)	10/10-31/10	M,W,F	9:00-10:00	KTSP (Outdoor Sec. Pool)	18+	100	20	20/8-28/8 (7/9) {28/9}	
<b>Front Crawl TC (Aged 13 or above) (Level II)</b>									
40639842 (KT0901)	10/10-31/10	M,W,F	18:00-19:00	KTSP (Outdoor Sec. Pool)	13+	100	20	20/8-28/8 (7/9) {28/9}	
<b>Breaststroke TC (Aged 13 or above)(Level III)</b>									
40639837 (KT0897)	10/10-31/10	M,W,F	19:00-20:00	KTSP (Indoor Main Pool)	13+	100	20	20/8-28/8 (7/9) {28/9}	
<b>Front Crawl TC (Aged 13 or above) (Level III)</b>									
40639841 (KT0900)	10/10-31/10	M,W,F	20:00-21:00	KTSP (Indoor Main Pool)	13+	100	20	20/8-28/8 (7/9) {28/9}	
<b>Aerobic Dance Training Course</b>									
40639853 (KT0908)	24/10-25/11 (excl. 26/10,9/11,23/11)	M,W,F	14:00-15:00	Lam Tin South SC	14+	65	15	20/8-28/8 (7/9) {28/9}	
40639855 (KT0909)	24/10-25/11 (excl. 26/10,9/11,23/11)	M,W,F	15:00-16:00	Lam Tin South SC	14+	65	15	20/8-28/8 (7/9) {28/9}	
40639856 (KT0910)	29/10-24/11	Tu,Th,Sa	7:00-8:00	Shui Wo ST. SC	14+	65	15	20/8-28/8 (7/9) {28/9}	
40639857 (KT0911)	29/10-24/11	Tu,Th,Sa	8:00-9:00	Shui Wo ST. SC	14+	65	15	20/8-28/8 (7/9) {28/9}	
40639866 (KT0918)	18/10-24/11	Tu,Th	19:00-20:00	Shun Lee Tsuen SC	14+	65	15	5/9	
40639867 (KT0919)	18/10-24/11	Tu,Th	20:00-21:00	Shun Lee Tsuen SC	14+	65	15	5/9	
40639868 (KT0920)	19/10-25/11	W,F	10:00-11:00	Shun Lee Tsuen SC	14+	65	15	6/9	
40639869 (KT0921)	19/10-25/11	W,F	9:00-10:00	Shun Lee Tsuen SC	14+	65	15	20/8-28/8 (7/9) {28/9}	
40639872 (KT0924)	25/10-1/12	Tu,Th	19:00-20:00	Shui Wo ST. SC	14+	65	15	5/9	
40639873 (KT0925)	25/10-1/12	Tu,Th	20:00-21:00	Shui Wo ST. SC	14+	65	15	5/9	
<b>Children Dance Training Course</b>									
40639875 (KT0927)	8/10-10/12	Sa	16:00-18:00	Shui Wo ST. SC	7-11	60	15	20/8-28/8 (7/9) {28/9}	
<b>Fitness (Multi-gym) Training Course</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>									
40639879 (KT0930)	5/10-11/11	W,F	9:00-10:00	Lei Yue Mun SC	15+	75	15	@7/9	
40639880 (KT0931)	5/10-11/11	W,F	10:00-11:00	Lei Yue Mun SC	15+	75	15	@7/9	
40639881 (KT0932)	25/10-1/12	Tu,Th	19:00-20:00	Lei Yue Mun SC	15+	75	15	@6/9	
40639883 (KT0933)	25/10-1/12	Tu,Th	20:00-21:00	Lei Yue Mun SC	15+	75	15	@6/9	
<b>Hydro Fitness Training Course</b>									
40639886 (KT0935)	25/10-8/12	Tu,Th	19:00-20:00	LTSP (Indoor Training Pool)	14+	80	19	20/8-28/8 (7/9) {28/9}	
40639887 (KT0936)	25/10-8/12	Tu,Th	20:00-21:00	LTSP (Indoor Training Pool)	14+	80	19	20/8-28/8 (7/9) {28/9}	
<b>Jazz Dance Training Course</b>									
40639890 (KT0939)	16/10-18/12	Su	19:00-21:00	Shui Wo ST. SC	12+	70	15	20/8-28/8 (7/9) {28/9}	
<b>Social Dance Training Course</b>									
40639892 (KT0941)	9/10-11/12	Su	20:00-22:00	Lam Tin South SC	14+	86	16	20/8-28/8 (7/9) {28/9}	
40639894 (KT0943)	10/10-12/12	M	19:00-21:00	Shun Lee Tsuen SC	14+	86	14	20/8-28/8 (7/9) {28/9}	
40639895 (KT0944)	7/10-9/12	F	15:00-17:00	Shun Lee Tsuen SC	14+	86	14	20/8-28/8 (7/9) {28/9}	

### Yoga Training Course

40639897 (KT0946)	28/10-21/12 (excl. 7/11,21/11,5/12,19/12)	M,W,F	14:00-15:00	Shui Wo ST. SC	15+	85	15	20/8-28/8 (7/9) {28/9}	
40639898 (KT0947)	28/10-21/12 (excl. 7/11,21/11,5/12,19/12)	M,W,F	15:00-16:00	Shui Wo ST. SC	15+	85	15	20/8-28/8 (7/9) {28/9}	
40639899 (KT0948)	28/10-21/12 (excl. 7/11,21/11,5/12,19/12)	M,W,F	16:00-17:00	Shui Wo ST. SC	15+	85	15	20/8-28/8 (7/9) {28/9}	
40639903 (KT0951)	16/10-18/12	Su	15:00-17:00	Shun Lee Tsuen SC	15+	85	30	20/8-28/8 (7/9) {28/9}	
40639905 (KT0952)	10/10-12/12	M	15:00-17:00	Shun Lee Tsuen SC	15+	85	30	20/8-28/8 (7/9) {28/9}	

### Briefing on Proper Ways to Use Fitness Equip.

40639906 (KT0953)	2/10	Su	9:00-12:00	Shun Lee Tsuen SC	15+	Free	10	20/8-28/8 (7/9) {28/9}	
40639909 (KT0955)	16/10	Su	9:00-12:00	Choi Wing RD. SC	15+	Free	15	20/8-28/8 (7/9) {28/9}	

### Briefing on Proper Ways to Use Fitness Equipment

40639910 (KT0956)	5/10	W	18:00-21:00	Lei Yue Mun SC	15+	Free	15	20/8-28/8 (7/9) {28/9}	
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### Badminton Training Course

40639917 (KT0961)	21/10-23/11	W,F	19:00-21:00	Lei Yue Mun SC	12+	118	12	20/8-28/8 (7/9) {28/9}	
40639918 (KT0962)	11/10-10/11	Tu,Th	9:00-11:00	Choi Wing RD. SC	7+	118	16	20/8-28/8 (7/9) {28/9}	

### Indoor Short Mat Bowling Fun Day

40639777 (KT0979)	8/10	Sa	9:30-11:30	Lei Yue Mun SC AR (Large)	20+	Free	16	2/9	
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### Table-tennis TC for Children

40639933 (KT0967)	8/10-10/12	Sa	13:00-15:00	Lei Yue Mun SC	6-13	86	16	20/8-28/8 (7/9) {28/9}	
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### Tennis Training Course

40639745 (KT0972)	31/10-30/11	M,W	18:00-20:00	Shun Lee Tsuen Park	8+	170	8	20/8-28/8 (7/9) {28/9}	
40639747 (KT0973)	6/10-8/11	Tu,Th	9:00-11:00	Ping Shek PG	8+	170	8	20/8-28/8 (7/9) {28/9}	
40639772 (KT0975)	5/10-4/11	W,F	7:00-9:00	Hong Ning RD. Park	8+	170	8	20/8-28/8 (7/9) {28/9}	

### Golf Fun Day

40639773 (KT0976)	15/10	Sa	10:00-11:00	Shun Lee Tsuen SC	8+	Free	6	20/8-28/8 (7/9) {28/9}	
40639774 (KT0977)	15/10	Sa	11:00-12:00	Shun Lee Tsuen SC	8+	Free	6	10/9	

### Golf Training Course (Level 1)

40639930 (KT0964)	6/10-18/10	Tu,Th	19:00-20:30	Shun Lee Tsuen SC	8+	160	6	20/8-28/8 (7/9) {28/9}	
40639931 (KT0963)	6/10-18/10	Tu,Th	20:30-22:00	Shun Lee Tsuen SC	8+	160	6	20/8-28/8 (7/9) {28/9}	

### American Pool Training Course (Level 1)

40639913 (KT0958)	6/10-27/10	Th	19:00-21:00	Shun Lee Tsuen SC	8+	120	12	20/8-28/8 (7/9) {28/9}	
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### Snooker Training Course (Level 1)

40639932 (KT0966)	7/10-25/10	Tu,F	19:00-21:00	Shun Lee Tsuen SC	10+	240	8	20/8-28/8 (7/9) {28/9}	
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### KT District Basketball Competiton for Female\*

40640058 (QKT0893)	9/10-16/10	Su	8:00-20:00	Kowloon Bay SC	12+	60	96	14/8-23/8 (30/8) {20/9}	
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### KT District Basketball Competiton for Male\*

40640059 (QKT0894)	9/10-16/10	Su	8:00-20:00	Kowloon Bay SC	12+	60	192	14/8-23/8 (30/8) {20/9}	
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### Outreaching Mt.Pts. For Youth-Basketball Play-in

40640021 (KT1040)	7/10-28/10	F	19:00-22:00	Kwun Tong Recreation Ground (Court No.2)	13+	Free	45	7/10-28/10	Walk-in
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### Kwun Tong District Cricket Fun Day

40639778 (KT0980)	16/10	Su	9:00-12:00	Yau Tong Rd. P/G	6+	Free	30	16/9	
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### Horticultural Seminar

40640030 (KT1044)	16/10	Su	10:30-12:30	Jordan Valley Park	All	30	25	8/9	
40640031 (KT1045)	23/10	Su	10:30-12:30	Jordan Valley Park	All	30	25	8/9	

### Community Garden Scheme

40640024 (KT1041)	8/10-14/2 (excl. 22/1-24/1)	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Kowloon Bay SC Comm. Garden	12+	400	50	9/9	
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### Online Interactive Prog.-Body Mind Stretch

40639874 (KT0926)	24/10-28/10	M,W,F	15:00-16:00	Internet. 30 mins before: zoom.us/join	15+	20	50	3/10	
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Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) { 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.

Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) { Open Enrollment for Remaining Quota }	Enrolment Method	
<b>Gateball TS for ppl with Visual Disability</b>								
40642600 (KT1203)	11/10-1/11	Tu	15:00-17:00	Jordan Valley PG	8+	3	1/9	
<b>Golf Fun Day for Persons with Chronic Illness</b>								
40639978 (KT1023)	12/10	W	10:00-13:00	Shun Lee Tsuen SC	40+	4	1/9	
<b>Sport Climbinfor persons w/Hearing Impairment</b>								
40639914 (KT1022)	29/10	Sa	10:30-12:30	Lei Yue Mun SC	6+	5	1/9	
<b>Golf Fun day for Ex-mentally III Person</b>								
40639982 (KT1027)	13/10	Th	14:00-16:00	Shun Lee Tsuen SC	18+	2	1/9	
<b>Golf TS for Persons w/ Autism &amp; Intel. Dis.</b>								
40642367 (KT1185)	8/10-29/10	Sa	15:00-17:00	Shun Lee Tsuen SC	6+	2	16/9	
<b>Gateball T Sch. for Ex-mentally III ppl</b>								
40640014 (KT1199)	6/10-27/10	Th	15:00-17:00	Jordan Valley PG	18+	2	16/9	
<b>Badminton T. Sch.for Ex-mentallyIII Persons</b>								
40642674 (KT1202)	8/10-29/10	Sa	18:00-20:00	Choi Wing RD. SC	18+	2	7/9	
<b>Table Tennis Fun day for ppl w/intellectual d</b>								
40639984 (KT1029)	8/10	Sa	10:00-13:00	Shun Lee Tsuen SC	18-70	2	1/9	
40639985 (KT1030)	6/10	Th	19:00-21:00	Shun Lee Tsuen SC	18-65	2	1/9	
<b>Floor Hockey Training Programme for Persons with Intellectual Disability</b>								
40629961 (KT1037)	2/10-30/10	Su	10:00-12:00	Lei Yue Mun SC	8+	15	23/8	
<b>Horticultural Funday for ppl w intellectual d</b>								
40639983 (KT1028)	22/10	Sa	9:30-11:30	Jordan Valley Park	18+	5	1/9	
<b>Tabletennis for ppl w intellectual disability</b>								
40642659 (KT1200)	8/10-29/10	Sa	11:00-13:00	Shui Wo ST. SC	8+	4	7/9	
<b>Gateball T Sch.p w Physical &amp; Chronic illness</b>								
40639980 (KT1025)	8/10-29/10	Sa	14:00-15:00	Hong Ning RD. Park	18+	2	1/9	
<b>Activities for Elderly</b>								
<b>Programme Number (Class code)</b>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Quota</b>	<b>Date of Enrollment (Balloting) { Open Enrollment for Remaining Quota }</b>	<b>Enrolment Method</b>	
<b>Swimming TC for Elderly (Level I)</b>								
40639781 (KT0981)	10/10-31/10	M,W,F	8:00-9:00	KTSP(Indoor Training Pool)	16	20/8-28/8 (7/9) {28/9}		
40639782 (KT0982)	25/10-24/11	Tu,Th	8:00-9:00	LTSP (Indoor Training Pool)	9	20/8-28/8 (7/9) {28/9}		
40639783 (KT0983)	25/10-24/11	Tu,Th	9:00-10:00	LTSP (Indoor Training Pool)	9	20/8-28/8 (7/9) {28/9}		
<b>Baduanjin Play-in for Elderly</b>								
40639789 (KT0989)	21/10-30/11	W,F	7:00-8:00	Shui Wo ST. SC	15	20/8-28/8 (7/9) {28/9}		
<b>Meeting Point for Elderly - Fitness Exercise</b>								
40639819 (KT0993)	3/10-31/10 (excl. 12/10,26/10)	M,W,F	9:30-11:30	Lam Tin South SC	30	3/10-31/10	Walk-in	
40639820 (KT0994)	6/10-29/10	Tu,Th,Sa	9:30-11:30	Lei Yue Mun SC	25	6/10-29/10	Walk-in	
<b>Meeting Point for Elderly - Morning Exercise</b>								
40639823 (KT0997)	3/10-31/10 (excl. 4/10)	M,Tu,W,Th,F,Sa	6:30-8:30	Lam Tin Park (Nr 5-a-side Soccer Pitch)	25	3/10-31/10	Walk-in	
<b>Fitness Exercise TC for Elderly</b>								
40639784 (KT0984)	6/10-22/11	Tu,Th	14:00-15:00	Lam Tin South SC	30	20/8-28/8 (7/9) {28/9}		
40639785 (KT0985)	6/10-22/11	Tu,Th	15:00-16:00	Lam Tin South SC	30	20/8-28/8 (7/9) {28/9}		
<b>Healthy Elderly Scheme - Badminton</b>								
40639829 (KT1003)	5/10-31/10 (excl. 17/10)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	16	5/10-28/10	Walk-in	

40639839 (KT1007)	5/10-28/10	W,F	7:00-10:00	Choi Wing RD. SC	24	5/10-28/10	Walk-in
<b>Healthy Elderly Scheme - Social Dance Play-in</b>							
40639791 (KT0991)	11/10-25/10	Tu	10:00-12:00	Shun Lee Tsuen SC	20	11/10-25/10	Walk-in
<b>Healthy Elderly Scheme - Table-tennis Play-in</b>							
40639843 (KT1008)	5/10-31/10 (excl. 17/10)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	16	5/10-28/10	Walk-in
40639848 (KT1010)	5/10-28/10	W,F	7:00-10:00	Shun Lee Tsuen SC	16	5/10-28/10	Walk-in
40639851 (KT1011)	6/10-27/10	Tu,Th	8:00-11:30	Lei Yue Mun SC	16	6/10-27/10	Walk-in
<b>Healthy Elderly Scheme - Golf</b>							
40639828 (KT1002)	6/10-27/10	Tu & Th	8:00-10:00	Shun Lee Tsuen SC	6	6/10-27/10	Walk-in
<b>Meeting Point for Elderly - Gateball</b>							
40639827 (KT1001)	6/10-27/10	Th	9:00-11:00	Hong Ning Rd Park(Outdoor Gateball Crt)	30	6/10-27/10	Walk-in