

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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)	
Aerobic Dance Training Course										
40645070 (KWT1211)	4/11-20/1	F	13:00-14:00	Tai Wo Hau SC	14+	65	25	3/10		
40645071 (KWT1212)	4/11-20/1	F	14:00-15:00	Tai Wo Hau SC	14+	65	25	3/10		
40645081 (KWT1156)	1/11-8/12	Tu,Th	9:00-10:00	Cheung Fat SC	14+	65	20	21/9-25/9 (6/10)	{24/10}	
40645082 (KWT1157)	1/11-8/12	Tu,Th	10:00-11:00	Cheung Fat SC	14+	65	20	21/9-25/9 (6/10)	{24/10}	
Chinese Dance Training Course										
40645069 (KWT1199)	3/11-5/1	Th	12:00-14:00	Tai Wo Hau SC	14+	45	20	21/9-25/9 (6/10)	{24/10}	
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>										
40645083 (KWT1158)	1/11-8/12	Tu,Th	19:00-20:00	Cheung Fat SC	15+	75	20	@10/10		
40645084 (KWT1159)	1/11-8/12	Tu,Th	20:00-21:00	Cheung Fat SC	15+	75	20	@10/10		
40645085 (KWT1180)	2/11-9/12	W,F	8:00-9:00	Cheung Fat SC	15+	75	20	@10/10		
40645086 (KWT1181)	2/11-9/12	W,F	9:00-10:00	Cheung Fat SC	15+	75	20	@10/10		
Jazz Training Course										
40626569 (KWT1225)	6/11-5/2 (excl. 25/12,1/1,22/1,29/1)	Su	13:00-15:00	Tsing Yi Southwest SC	14+	70	30	17/10		
Briefing on Proper Ways to Use Fitness Equipment										
40623973 (KWT1239)	7/11 (28/11 inst sess.)	MON	19:00-22:00	North Kwai Chung Tang Shiu Kin SC	15+	Free	25	22/9-26/9 (10/10)	{25/10}	
40623974 (KWT1272)	21/11 (28/11 inst sess.)	MON	19:00-22:00	North Kwai Chung Tang Shiu Kin SC	15+	Free	25	22/9-26/9 (10/10)	{25/10}	
40645144 (KWT1264)	15/11	Tu	18:00-21:00	Fung Shue Wo SC	15+	Free	23	22/9-26/9 (10/10)	{25/10}	
40645148 (KWT1265)	15/11	Tu	19:00-22:00	Fung Shue Wo SC	15+	Free	23	22/9-26/9 (10/10)	{25/10}	
Body-Mind Stretch Training Course										
40645067 (KWT1160)	1/11-31/1 (excl. 27/12,24/1)	Tu	19:00-20:00	Tai Wo Hau SC	15+	85	24	21/9-25/9 (6/10)	{24/10}	
40645068 (KWT1161)	1/11-31/1 (excl. 27/12,24/1)	Tu	20:00-21:00	Tai Wo Hau SC	15+	85	24	21/9-25/9 (6/10)	{24/10}	
40645152 (KWT1270)	21/11-27/2 (excl. 26/12,2/1,23/1)	M	14:00-15:00	Fung Shue Wo SC	15+	85	20	21/9-25/9 (6/10)	{24/10}	
40645153 (KWT1271)	21/11-27/2 (excl. 26/12,2/1,23/1)	M	15:00-16:00	Fung Shue Wo SC	15+	85	20	21/9-25/9 (6/10)	{24/10}	
Badminton Training Course										
40643275 (KWT1185)	2/11-2/12	W,F	9:00-11:00	Lai King SC	7+	118	16	21/9-25/9 (6/10)	{24/10}	
40645040 (KWT1251)	9/11-9/12	W,F	9:00-11:00	Tsing Yi SC	7+	118	16	21/9-25/9 (6/10)	{24/10}	
40645151 (KWT1198)	3/11-5/12	M,Th	19:00-21:00	Fung Shue Wo SC	7+	118	12	21/9-25/9 (6/10)	{24/10}	
Fencing Training Course (Level II)										
40645041 (KWT1223)	6/11-8/1 (excl. 25/12,1/1)	Su	9:00-11:00	Tsing Yi SC	9+	100	20	22/9-26/9 (10/10)	{25/10}	
Indoor Air Gun Shooting Fun Day										
40627092 (KWT-1268)	20/11	Su	15:00-16:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	25	22/9-26/9 (10/10)	{25/10}	
40627093 (KWT-1269)	20/11	Su	16:00-17:00	Hong Kong ISSF Air Gun Shooting Centre	10+	Free	25	22/9-26/9 (10/10)	{25/10}	
Squash Training Course										
40643276 (KWT1238)	7/11-30/11	M,W	19:00-21:00	Lai King SC	7+	160	8	21/9-25/9 (6/10)	{24/10}	
40645066 (KWT1221)	6/11-8/1 (excl. 25/12,1/1)	Su	10:00-12:00	Tai Wo Hau SC	7+	160	8	21/9-25/9 (6/10)	{24/10}	
Tennis TC										
40626531 (KWT1190)	2/11-5/12	M,W	19:00-21:00	Shek Lei ST. TC	8+	170	8	21/9-25/9 (6/10)	{24/10}	
40626532 (KWT1209)	3/11-6/12	Tu,Th	19:00-21:00	Shek Lei ST. TC	8+	170	8	21/9-25/9 (6/10)	{24/10}	
Tennis Training Course										
40645018 (1263)	16/11-16/12	W,F	9:00-11:00	Tsing Yi Park	8+	170	12	21/9-25/9 (6/10)	{24/10}	
Golf Fun Day										
40637346 (KWT1227)	6/11	Su	15:30-17:30	Wo Yi Hop RD. Golf Driving Range	8+	Free	12	14/10		

Golf Short Games Training Course									
40640167 (KWT1178)	1/11-15/11	Tu	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	21/9-25/9 (6/10) {24/10}	✉
40640169 (KWT1229)	6/11-20/11	Su	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	21/9-25/9 (6/10) {24/10}	✉
Golf Training Course (Level I)									
40640168 (KWT1228)	6/11-20/11	Su	20:00-22:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	21/9-25/9 (6/10) {24/10}	✉
Golf Training Course (Level II)									
40640166 (KWT1177)	1/11-15/11	Tu	18:00-20:00	Wo Yi Hop RD. Golf Driving Range	8+	160	6	21/9-25/9 (6/10) {24/10}	✉
Cricket Fun Day									
40627110 (KWT-1256)	13/11	Su	15:00-17:00	Gin Drinkers Bay Temp. Cricket Grounds	6+	Free	24	17/10	📄 i
Kwai Tsing Volleyball Competition 2022 (M)									
40644733 (QKWT-1865)	6/11-13/11	Su	9:00-20:00	Tsing Yi Southwest SC	12+	60	16	16/9-23/9 (29/9) {21/10}	✉
Kwai Tsing Volleyball Competition 2022(F)									
40644732 (QKWT-1864)	6/11-13/11	Su	9:00-20:00	Tsing Yi Southwest SC	12+	60	16	16/9-23/9 (29/9) {21/10}	✉
Beach Volleyball Fun Day									
40644821 (KWT1260)	13/11	Su	14:00-16:00	Kwai Chung SG	10+	Free	20	14/10	📄 i
40644822 (KWT1278)	13/11	Su	16:00-18:00	Kwai Chung SG	10+	Free	20	14/10	📄 i
Sports Climbing Fun Day									
40626589 (KWT1218)	5/11	Sa	13:00-14:30	Tsing Yi Southwest SC	12+	Free	24	13/10	📄 i
40626590 (KWT1219)	5/11	Sa	14:30-16:00	Tsing Yi Southwest SC	12+	Free	24	13/10	📄 i
40626591 (KWT1220)	5/11	Sa	16:00-17:30	Tsing Yi Southwest SC	12+	Free	24	13/10	📄 i
Horticultural Seminar									
40626542 (KWT1277)	26/11	Sa	9:30-11:30	Tsing Yi SC	6+	30	24	18/10	📄 i
Skateboarding Fun Day									
40627132 (KWT-1252)	12/11	Sa	14:30-16:00	Tsing Yi Northeast Park-Skateboard Arena	8+	Free	20	18/10	📄 i
40627133 (KWT-1253)	12/11	Sa	16:00-17:30	Tsing Yi Northeast Park-Skateboard Arena	8+	Free	20	18/10	📄 i
Community Garden Programme									
40626508 (KWT1095)	26/11-31/3	M,Tu,W,Th,F,Sa,Su	9:00-12:00	Kwai Fuk Rd Community Garden	12+	400	13	22/9-26/9 (10/10) {25/10}	✉
40645056 (KWT1866)	26/11-31/3	M,Tu,W,Th,F,Sa,Su	13:00-16:00	Kwai Fuk RD. Community Garden	12+	400	13	22/9-26/9 (10/10) {25/10}	✉

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.

Yoga TC Scheme for Ex-Mentally III Persons

40645016	4/11-25/11	F	15:00-17:00	Tai Wo Hau SC	15+	2	12/10	📄 i
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Golf Fun Day for Ex-mentally III Persons

40645017	27/11	Su	18:00-20:00	Wo Yi Hop RD. SG	8+	2	10/10	📄 i
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Group Aerobic TP for Persons w/ PD

40628973	3/11-21/11	M, Th	15:00-17:00	Tsing Yi SC	14+	15	21/9	📄 i
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Modern Dance Training Programme for Austins

40629345	3/11-5/12	M,Th	16:00-18:00	Tai Wo Hau SC	7+	12	21/9	📄 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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HES-Badminton Self Practice Scheme

40645087 (KWT1196)	3/11-24/11	Th	13:00-14:00	Cheung Fat SC	16	7/10	📄 i
40645088 (KWT1197)	3/11-24/11	Th	14:00-15:00	Cheung Fat SC	16	7/10	📄 i
40645043 (KWT1191)	2/11-30/11	W	7:00-8:00	Tsing Yi SC	16	7/10	📄 i
40645044 (KWT1192)	2/11-30/11	W	8:00-9:00	Tsing Yi SC	16	7/10	📄 i

HES-Fitness Play-in

40643273 (KWT1236)	7/11-28/11	M	7:00-8:00	Lai King SC	25	11/10	📄 i
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40624078 (KWT1186)	2/11-30/11	WED	9:00-10:00	North Kwai Chung Tang Shiu Kin SC	18	11/10	 <i>i</i>
40624079 (KWT1187)	2/11-30/11	WED	10:00-11:00	North Kwai Chung Tang Shiu Kin SC	18	11/10	 <i>i</i>
40645045 (KWT1247)	7/11-28/11	M	8:00-9:00	Tsing Yi SC	20	11/10	 <i>i</i>
40645046 (KWT1248)	7/11-28/11	M	9:00-10:00	Tsing Yi SC	20	11/10	 <i>i</i>
HES-Fitness(Multi-gym) Play-in							
40643271 (KWT1237)	7/11-28/11	M	8:00-9:00	Lai King SC	20	5/10	 <i>i</i>
HES-Table-tennis Self Practice Scheme							
40624045 (KWT1203)	3/11-24/11	THU	13:30-14:30	North Kwai Chung Tang Shiu Kin SC	16	6/10	 <i>i</i>
40624046 (KWT1204)	3/11-24/11	THU	14:30-15:30	North Kwai Chung Tang Shiu Kin SC	16	6/10	 <i>i</i>
40643269 (KWT1232)	7/11-28/11	M	7:00-8:00	Lai King SC	16	6/10	 <i>i</i>
40643270 (KWT1233)	7/11-28/11	M	8:00-9:00	Lai King SC	16	6/10	 <i>i</i>
40645089 (KWT1230)	7/11-28/11	M	13:00-14:00	Cheung Fat SC	16	6/10	 <i>i</i>
40645090 (KWT1231)	7/11-28/11	M	14:00-15:00	Cheung Fat SC	16	6/10	 <i>i</i>
40645154 (KWT1183)	2/11-30/11	W	9:00-10:00	Fung Shue Wo SC	16	6/10	 <i>i</i>
40645155 (KWT1184)	2/11-30/11	W	10:00-11:00	Fung Shue Wo SC	16	6/10	 <i>i</i>
40645047 (KWT1245)	7/11-28/11	M	7:00-8:00	Tsing Yi SC	16	6/10	 <i>i</i>
40645048 (KWT1246)	7/11-28/11	M	8:00-9:00	Tsing Yi SC	16	6/10	 <i>i</i>