





**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Nov 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>Aerobic Dance TC</b>										
40644160 (KC0719)	2/11-2/12 (excl. 14/11,28/11)	M,W,F	8:00-9:00	Fat Kwong ST. SC	14+	65	30	6/10		
40644161 (KC0720)	2/11-2/12 (excl. 14/11,28/11)	M,W,F	9:00-10:00	Fat Kwong ST. SC	14+	65	30	6/10		
40644162 (KC0721)	10/11-20/12	Tu,Th	18:00-19:00	Fat Kwong ST. SC	14+	65	30	3/10		
40644163 (KC0722)	10/11-20/12	Tu,Th	19:00-20:00	Fat Kwong ST. SC	14+	65	30	3/10		
40644164 (KC0723)	14/11-9/12	M,W,F	18:00-19:00	Hung Hom Municipal Services Building SC	14+	65	30	6/10		
40644165 (KC0724)	14/11-9/12	M,W,F	19:00-20:00	Hung Hom Municipal Services Building SC	14+	65	30	6/10		
40644166 (KC0725)	22/11-17/12	Tu,Th,Sa	8:00-9:00	Hung Hom Municipal Services Building SC	14+	65	30	3/10		
40644167 (KC0726)	22/11-17/12	Tu,Th,Sa	9:00-10:00	Hung Hom Municipal Services Building SC	14+	65	30	3/10		
<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.                      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.</p>										
40644168 (KC0727)	7/11-7/12 (excl. 14/11,28/11)	M,W,F	7:00-8:00	Fat Kwong ST. SC	15+	75	19	@7/10		
40644169 (KC0728)	7/11-7/12 (excl. 14/11,28/11)	M,W,F	9:00-10:00	Fat Kwong ST. SC	15+	75	19	@7/10		
40644170 (KC0729)	7/11-7/12 (excl. 14/11,28/11)	M,W,F	10:00-11:00	Fat Kwong ST. SC	15+	75	19	@7/10		
40644173 (KC0730)	10/11-6/12	Tu,Th,Sa	15:00-16:00	Fat Kwong ST. SC	15+	75	19	@18/10		
40644174 (KC0731)	15/11-10/12	Tu,Th,Sa	9:00-10:00	Fat Kwong ST. SC	15+	75	19	@18/10		
40644175 (KC0732)	15/11-10/12	Tu,Th,Sa	10:00-11:00	Fat Kwong ST. SC	15+	75	19	@18/10		
40644176 (KC0733)	16/11-12/12	M,W,F	18:00-19:00	Fat Kwong ST. SC	15+	75	19	@7/10		
40644177 (KC0734)	16/11-12/12	M,W,F	19:00-20:00	Fat Kwong ST. SC	15+	75	19	@7/10		
40644178 (KC0735)	16/11-12/12	M,W,F	20:00-21:00	Fat Kwong ST. SC	15+	75	19	@7/10		
40644179 (KC0736)	22/11-5/1 (excl. 22/12,27/12)	Tu,Th	13:00-14:00	Fat Kwong ST. SC	15+	75	19	@13/10		
40644180 (KC0737)	22/11-5/1 (excl. 22/12,27/12)	Tu,Th	14:00-15:00	Fat Kwong ST. SC	15+	75	19	@13/10		
<b>Jazz TC</b>										
40644186 (KC0743)	2/11-4/1	W	19:00-21:00	Fat Kwong ST. SC	12+	70	30	22/9-28/9 (6/10) {27/10}		
<b>Judo TC for Children</b>										
40644185 (KC0742)	5/11-28/1 (excl. 24/12,31/12,21/1)	Sa	15:00-17:00	Hung Hom Municipal Services Building SC	6-11	65	30	22/9-28/9 (6/10) {27/10}		
<b>Social Dance TC</b>										
40644187 (KC0744)	28/11-4/1 (excl. 26/12,2/1)	M,W	15:00-17:00	Fat Kwong ST. SC	14+	86	30	22/9-28/9 (6/10) {27/10}		
<b>Tai Chi Made Easy Class</b>										
40644188 (KC0745)	6/11-12/2 (excl. 25/12,1/1,22/1)	Su	7:00-8:00	Hung Hom Municipal Services Building SC	6+	54	30	5/10		
<b>Tai Chi Sword Fun Day</b>										
40644189 (KC0746)	29/11-20/12	Tu	7:00-8:00	Ho Man Tin Park (Mini Soccer Pitch)	6+	60	40	5/10		
<b>Yoga TC</b>										
40644190 (KC0747)	18/11-20/1	F	14:00-16:00	Fat Kwong ST. SC	15+	85	30	22/9-28/9 (6/10) {27/10}		
40644191 (KC0748)	15/11-31/1 (excl. 27/12,24/1)	Tu	14:00-16:00	Fat Kwong ST. SC	15+	85	30	22/9-28/9 (6/10) {27/10}		
40644192 (KC0749)	1/11-1/12	Tu,Th	19:00-21:00	Hung Hom Municipal Services Building SC	15+	85	30	22/9-28/9 (6/10) {27/10}		
<b>Briefing on Proper Ways to Use F. E.(Class A)</b>										
40644182 (KC0739)	12/11	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	20	22/9-28/9 (6/10) {27/10}		
<b>Briefing on Proper Ways to Use FE (Class B)</b>										
40644184 (KC0740)	12/11	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	20	22/9-28/9 (6/10) {27/10}		
<b>Briefing on Proper Ways to Use Fitness E.</b>										
40644181 (KC0738)	7/11	M	14:00-17:00	Fat Kwong ST. SC	15+	Free	19	22/9-28/9 (6/10) {27/10}		
<b>Badminton TC</b>										
40644194 (KC0750)	8/11-8/12	Tu,Th	19:00-21:00	Hung Hom Municipal Services Building SC	7+	118	16	22/9-28/9 (6/10) {27/10}		
<b>Indoor Short Mat Bowling Fun Day</b>										
40644214 (KC0764)	19/11	Sa	10:30-13:30	Kowloon City SC	8+	Free	16	19/11		Walk-in
<b>Indoor Short Mat Bowling TC</b>										
40644205 (KC0761)	26/11-14/1	Sa	9:30-11:30	Kowloon City SC	8+	54	8	24/10		

40644206 (KC0762)	26/11-14/1	Sa	11:30-13:30	Kowloon City SC	8+	54	8	24/10	 
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#### Squash TC

40644204 (KC0760)	2/11-25/11	W,F	19:00-21:00	Fat Kwong ST. SC	7+	160	8	3/10	 
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#### Table-tennis TC

40644195 (KC0751)	1/11-1/12	Tu,Th	7:00-9:00	Kowloon City SC	6+	86	16	10/10	 
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40644196 (KC0752)	3/11-6/12	Tu,Th	7:00-9:00	Ho Man Tin SC	6+	86	16	10/10	 
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40644197 (KC0753)	9/11-30/11	M,W,F	18:00-20:00	Ho Man Tin SC	6+	86	16	22/9-28/9 (6/10) {27/10}	
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#### Tennis TC

40644199 (KC0755)	15/11-15/12	Tu,Th	19:00-21:00	Junction RD. Park TC	8+	170	12	22/9-28/9 (6/10) {27/10}	
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40644200 (KC0756)	1/11-2/12	Tu,F	7:00-9:00	Tin Kwong RD. TC	8+	170	8	10/10	 
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40644201 (KC0757)	17/11-20/12	Tu,Th	18:00-20:00	Tin Kwong RD. Park Tennis Court	8+	170	8	22/9-28/9 (6/10) {27/10}	
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40644202 (KC0758)	1/11-2/12	Tu,F	15:00-17:00	Ho Man Tin SC TC	8+	170	8	10/10	 
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40644203 (KC0759)	18/11-9/12	M,W,F	10:00-12:00	Ho Man Tin SC TC	8+	170	8	11/10	 
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#### Cricket Fun Day


40644212 (KC0763)	5/11	Sa	15:00-17:00	Junction RD. Park Soccer Pitch	6+	Free	30	11/10	 
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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 FD for Per. wt. Visual Imp.

40644217 (KC0768)	18/11	F	10:00-12:00	Ho Man Tin SC	8+	4	5/10	
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#### Modern Dance TP for Per. w Intellectual Dis.

40628884 (KC0325)	13/11-5/2 (excl. 25/12,1/1,22/1)	Su	16:00-18:00	Hung Hom Municipal Services Building SC	7+	12	21/9	 
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#### Body-Mind Stretch TS for per with Visual Int.

40644220 (KC0769)	2/11-23/11	W	10:00-12:00	Ho Man Tin SC	8+	2	5/10	 
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#### Golf FD for Intellectual Disability

40644216 (KC0767)	4/11	F	10:00-12:00	Tuen Mun RSC	18+	6	5/10	 
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#### American Pool FD for Persons with Int. Dis.

40644213 (KC0765)	8/11	Tu	10:00-11:30	Ho Man Tin SC	8+	2	5/10	 
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#### Sport Climbing TS for Per. with Int. Dis.

40644215 (KC0766)	2/11-23/11	W	10:00-12:00	Kai Tak East SC	18+	2	5/10	 
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#### Outdoor Sport Climbing FD for Per. wt Autism

40641669 (KC0693)	5/11	Sa	10:00-12:00	Shun Lee Tsuen SC	12+	4	5/10	 
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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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#### Mt Pts for Elderly - Baduanjin

40644223 (KC0771)	1/11-29/11	Tu	9:00-10:00	Fat Kwong ST. SC	25	1/11-29/11	Walk-in
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#### Mt Pts for Elderly - Elderly Fitness

40644226 (KC0773)	2/11-30/11	W	8:00-10:00	Hung Hom Municipal Services Building SC	30	2/11-30/11	Walk-in
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#### Mt Pts for Elderly - General Gymnastic

40644225 (KC0772)	3/11-24/11	Th	14:00-16:00	Hung Hom Municipal Services Building SC	60	3/11-24/11	Walk-in
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#### Healthy Elderly Scheme - Badminton

40644228 (KC0775)	1/11-29/11	Tu	9:00-11:00	Kowloon City SC	16	1/11-29/11	Walk-in
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#### Healthy Elderly Scheme - Table Tennis

40644229 (KC0776)	3/11-24/11	Th	9:00-11:00	Ho Man Tin SC	24	3/11	Walk-in
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40644230 (KC0777)	7/11-28/11	M	9:00-11:00	Ho Man Tin SC	24	7/11-28/11	Walk-in
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#### Healthy Elderly Scheme- American Pool

40644231 (KC0778)	4/11-25/11	F	9:00-11:00	Ho Man Tin SC	8	4/11-25/11	Walk-in
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#### Mt Pts for Elderly - Gateball

40644227 (KC0774)	2/11-30/11	W	9:00-11:00	Hung Hom Municipal Services Building SC	25	2/11-30/11	Walk-in
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