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Community Recreation and Sports Programme  
Monthly Programmes for Nov 2022**

**Wong Tai Sin District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Aerobic Dance Training Course</b>									
40644600 (WT0704)	2/11-9/12	W,F	7:00-8:00	Po Kong Village RD. SC	14+	65	30	6/10	 
40644601 (WT0705)	2/11-9/12	W,F	8:00-9:00	Po Kong Village RD. SC	14+	65	30	6/10	 
40644602 (WT0706)	1/11-8/12	Tu,Th	8:00-9:00	Po Kong Village RD. SC	14+	65	30	5/10	 
40644603 (WT0707)	1/11-8/12	Tu,Th	9:00-10:00	Po Kong Village RD. SC	14+	65	30	5/10	 
<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.            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>									
40644574 (WT0695)	1/11-8/12	Tu,Th	8:00-9:00	Chuk Yuen SC	15+	75	18	@6/10	 
40644576 (WT0696)	1/11-8/12	Tu,Th	9:00-10:00	Chuk Yuen SC	15+	75	18	@6/10	 
40644584 (WT0698)	1/11-8/12	Tu,Th	14:00-15:00	Chuk Yuen SC	15+	75	18	@6/10	 
40644589 (WT0699)	1/11-8/12	Tu,Th	15:00-16:00	Chuk Yuen SC	15+	75	18	@6/10	 
40644604 (WT0708)	14/11-9/12	M,W,F	7:00-8:00	Po Kong Village RD. SC	15+	75	21	@7/10	 
40644605 (WT0709)	14/11-9/12	M,W,F	8:00-9:00	Po Kong Village RD. SC	15+	75	21	@7/10	 
40644606 (WT0710)	14/11-9/12	M,W,F	19:00-20:00	Po Kong Village RD. SC	15+	75	21	@7/10	 
40644607 (WT0711)	14/11-9/12	M,W,F	20:00-21:00	Po Kong Village RD. SC	15+	75	21	@7/10	 
<b>Yoga Training Course</b>									
40644554 (WT0691)	23/11-23/12	W,F	14:00-16:00	Chuk Yuen SC	15+	85	30	19/9-25/9 (3/10) {28/10}	
40644563 (WT0692)	22/11-29/12 (excl. 22/12,27/12)	Tu,Th	13:00-15:00	Chuk Yuen SC	15+	85	30	19/9-25/9 (3/10) {28/10}	
40644599 (WT0703)	9/11-9/12	W,F	10:00-12:00	Po Kong Village RD. SC	15+	85	30	19/9-25/9 (3/10) {28/10}	
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40644540 (WT0687)	12/11-19/11	Sa	14:00-17:00	Chuk Yuen SC	15+	Free	18	19/9-25/9 (3/10) {28/10}	
40644608 (WT0713)	13/11-20/11	Su	14:00-17:00	Po Kong Village RD. SC	15+	Free	21	19/9-25/9 (3/10) {28/10}	
<b>Archery Fun Day</b>									
40644303 (WT0663)	13/11	Su	13:30-14:30	Ngau Chi Wan Park	8+	Free	12	7/10	 
40644304 (WT0664)	13/11	Su	14:30-15:30	Ngau Chi Wan Park	8+	Free	12	7/10	 
40644306 (WT0665)	13/11	Su	15:30-16:30	Ngau Chi Wan Park	8+	Free	12	7/10	 
<b>Badminton Training Course</b>									
40644610 (WT0715)	2/11-5/12	M,W	19:00-21:00	Po Kong Village RD. SC	18+	118	16	19/9-25/9 (3/10) {28/10}	
<b>Squash Training Course</b>									
40644598 (WT0702)	7/11-9/1 (excl. 26/12,2/1)	M	19:00-21:00	Chuk Yuen SC	18+	160	8	5/10	 
<b>Tennis Training Course</b>									
40644697 (WT0717)	1/11-1/12	Tu,Th	20:00-22:00	Shek Ku Lung RD. PG	8+	170	8	19/9-25/9 (3/10) {28/10}	
40644808 (WT0718)	1/11-1/12	Tu,Th	9:00-11:00	Shek Ku Lung RD. PG	8+	170	8	19/9-25/9 (3/10) {28/10}	
<b>WTSD 7-a-side Football Competition2022</b>									
40644044 (QT0661)	6/11-13/11	Su	9:00-18:00	Morse Park-Hard Surfaced Soccer Pitches	14+	60	16	13/9-23/9 (5/10) {25/10}	
<b>Green Volunteer Activity PlantsPrint Workshop</b>									
40645078 (WT0733)	20/11	Su	10:00-12:00	Morse Park No. 3, Greening Centre	All	Free	15	20/10	 
<b>Activities for Persons with Disabilities</b>									
Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method	
<b>To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)</b>									
<p>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.</p>									
<b>Badjanjin Training Scheme for Persons with Chronic illness</b>									
40645034 (WT0729)	1/11-29/11	Tu	14:00-16:00	Choi Hung RD. SC	8+	3	26/9	 	
<b>Yoga Training Scheme for Persons with Chronic illness</b>									
40645037 (WT0730)	2/11-21/12	W	14:00-16:00	Choi Hung RD. SC	15+	3	26/9	 	
<b>Body-Mind Stretch Training Programme for Persons with Chronic Illness</b>									

40630521 (WT0206)	1/11-6/12	Tu	14:00-16:00	Po Kong Village RD. SC	15+	15	21/9	
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**Table Tennis Training Scheme for Persons with Chronic illness**

40644312 (WT0672)	3/11-24/11	Th	14:00-16:00	Choi Hung RD. SC	6+	2	26/9	
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**Badminton Training Programme for Persons with Hearing Impairment**

40630541 (WT0208)	8/11-2/12	Tu,F	19:00-21:00	Morse Park SC	7+	16	21/9	
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Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
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**Meeting Points for Elderly - Baduanjin Fun Day**

40644609 (WT0714)	2/11-30/11	W,F	8:00-9:00	Po Kong Village RD. SC	30	2/11-30/11	Walk-in
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**Meeting Points for Elderly - Fitness Exercise Fun Day**

40644317 (WT0678)	2/11-30/11	M,W,F	7:00-8:00	Morse Park No. 3-Basketball Crt	30	2/11	Walk-in
40644809 (WT0719)	1/11-29/11	Tu,Th	7:00-8:00	Hammer Hill RD. SG	30	1/11	Walk-in

**Meeting Points for Elderly - General Gymnastics Fun Day**

40644546 (WT0688)	1/11-29/11	Tu,F	9:00-11:00	Chuk Yuen SC	9	1/11-29/11	Walk-in
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**Meeting Points for Elderly - Dance Fun Day**

40644810 (WT0720)	2/11-30/11	W,F	8:00-10:00	Ngau Chi Wan SC	80	2/11-30/11	Walk-in
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**Healthy Elderly Scheme - Badminton Fun Day**

40644308 (WT0668)	23/11	W	8:00-11:00	Morse Park SC	16	23/11	Walk-in
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**Healthy Elderly Scheme - Indoor Gateball Fun Day**

40644310 (WT0670)	3/11-28/11	M,Th	7:00-9:00	Morse Park SC	30	3/11-28/11	Walk-in
40644446 (WT0684)	2/11-30/11	W,F	9:00-12:00	Kai Tak East SC	30	2/11-30/11	Walk-in

**Healthy Elderly Scheme - Table Tennis Fun Day**

40644309 (WT0669)	3/11-28/11	M,Th	7:00-9:00	Morse Park SC	8	3/11	Walk-in
40644445 (WT0683)	2/11-30/11	W,F	7:00-9:00	Choi Hung RD. SC	8	2/11	Walk-in
40644449 (WT0685)	2/11-30/11	W,F	9:00-12:00	Kai Tak East SC	8	2/11	Walk-in
40644450 (WT0689)	1/11-29/11	Tu,Th	10:00-12:00	Chuk Yuen SC	8	1/11	Walk-in

**Meeting Points for Elderly - Indoor Short Mat Bowling Cum Indoor Gateball Fun Day**

40644451 (WT0686)	1/11-29/11	Tu,Th	9:30-11:30	Kai Tak East SC	25	1/11	Walk-in
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**Gateball Fun Day for the Elderly**

40644436 (WT0680)	5/11	Sa	8:00-10:00	Morse Park(Park No3)Gateball crts(2crts)	30	5/11	Walk-in
40644440 (WT0681)	19/11	Sa	8:00-10:00	Morse Park(Park No3)Gateball crts(2crts)	30	19/11	Walk-in