

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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 })	
Aerobic Dance Training Course									
40642184 (KT1061)	1/11-8/12	Tu,Th	9:00-10:00	Lam Tin South SC	14+	65	15	22/9-28/9 (7/10) {27/10}	☒
40642185 (KT1062)	1/11-8/12	Tu,Th	10:00-11:00	Lam Tin South SC	14+	65	15	22/9-28/9 (7/10) {27/10}	☒
40642187 (KT1063)	7/11-2/12	M,W,F	18:00-19:00	Shui Wo ST. SC	14+	65	15	6/10	☒ i
40642188 (KT1064)	7/11-2/12	M,W,F	19:00-20:00	Shui Wo ST. SC	14+	65	15	6/10	☒ i
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. 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>									
40642231 (KT1080)	3/11-13/12	Tu,Th	9:00-10:00	Shun Lee Tsuen SC	15+	75	15	@6/10	☒ i
40642232 (KT1081)	3/11-13/12	Tu,Th	10:00-11:00	Shun Lee Tsuen SC	15+	75	15	@6/10	☒ i
40642235 (KT1084)	4/11-14/12	W,F	7:00-8:00	Shun Lee Tsuen SC	15+	75	15	@5/10	☒ i
40642236 (KT1085)	4/11-14/12	W,F	8:00-9:00	Shun Lee Tsuen SC	15+	75	15	@5/10	☒ i
40642237 (KT1086)	4/11-14/12	W,F	9:00-10:00	Shun Lee Tsuen SC	15+	75	15	@5/10	☒ i
40642238 (KT1087)	4/11-14/12	W,F	10:00-11:00	Shun Lee Tsuen SC	15+	75	15	@5/10	☒ i
Judo Training Course									
40642252 (KT1096)	5/11-7/1	Sa	16:00-18:00	Kowloon Bay SC	6-11	65	16	3/10	☒ i
Yoga Training Course									
40642254 (KT1097)	1/11-1/12	Tu,Th	9:00-11:00	Shui Wo ST. SC	15+	85	25	22/9-28/9 (7/10) {27/10}	☒
Briefing on Proper Ways to Use Fitness Equip.									
40642200 (KT1076)	20/11	Su	9:00-12:00	Shun Lee Tsuen SC	15+	Free	10	22/9-28/9 (7/10) {27/10}	☒
40642204 (KT1078)	6/11	Su	9:00-12:00	Lei Yue Mun SC	15+	Free	15	22/9-28/9 (7/10) {27/10}	☒
Body-Mind Stretch Training Course									
40642197 (KT1073)	8/11-15/12	Tu,Th	19:00-20:00	Lam Tin South SC	15+	85	15	22/9-28/9 (7/10) {27/10}	☒
40642198 (KT1074)	8/11-15/12	Tu,Th	20:00-21:00	Lam Tin South SC	15+	85	15	22/9-28/9 (7/10) {27/10}	☒
Badminton Training Course									
40642265 (KT1102)	30/11-30/12	W,F	9:00-11:00	Kowloon Bay SC	7+	118	16	22/9-28/9 (7/10) {27/10}	☒
40642314 (KT1105)	11/11-13/1	F	19:00-21:00	Shun Lee Tsuen SC	18+	118	16	22/9-28/9 (7/10) {27/10}	☒
Fencing Promotion Scheme-Fencing TC(Level I)									
40642315 (KT1106)	6/11-27/11	Su	11:00-13:00	Lei Yue Mun SC	9+	50	14	7/10	☒ i
KLN Region Age-Group Squash Comp (FA)*									
40642444 (X11971)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	45+	20	8	19/9	☒
KLN Region Age-Group Squash Comp (FB)*									
40642445 (X11972)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	35-44	20	8	19/9	☒
KLN Region Age-Group Squash Comp (FC)*									
40642440 (XKT1196)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	19-34	20	8	19/9	☒
KLN Region Age-Group Squash Comp (FD)*									
40642449 (XKT11982)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	15-18	20	16	19/9	☒
KLN Region Age-Group Squash Comp (FE)*									
40642451 (XKT11983)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	11-14	20	16	19/9	☒
KLN Region Age-Group Squash Comp (FF)*									
40642452 (XKT11984)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	0-10	20	32	19/9	☒
KLN Region Age-Group Squash Comp (MA)*									
40642426 (KT1197)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	45+	20	16	19/9	☒
KLN Region Age-Group Squash Comp (MB)*									
40642443 (XKT1197)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	35-44	20	16	19/9	☒
KLN Region Age-Group Squash Comp (MC)*									
40642425 (KT1196)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	19-34	20	16	19/9	☒
KLN Region Age-Group Squash Comp (MD)*									
40642427 (KT1198)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	15-18	20	16	19/9	☒

KLN Region Age-Group Squash Comp (ME)*										
40642447 (XKT1198)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	11-14	20	32	19/9		
KLN Region Age-Group Squash Comp (MF)*										
40642448 (XKT11981)	13/11-20/11	Su	9:00-18:00	Cornwall ST. Squash & Table Tennis Centre	0-10	20	32	19/9		
Tennis Training Course										
40642321 (KT11112)	7/11-7/12	M,W	19:00-21:00	Hong Ning RD. Park	8+	170	12	22/9-28/9 (7/10) {27/10}		
40642323 (KT11114)	17/11-20/12	Tu,Th	9:00-11:00	Ping Shek PG	8+	170	8	22/9-28/9 (7/10) {27/10}		
Golf Training Course (Level I)										
40642316 (KT1107)	6/11-27/11	Su	10:30-12:00	Shun Lee Tsuen SC	8+	160	6	22/9-28/9 (7/10) {27/10}		
40642317 (KT1108)	6/11-27/11	Su	9:00-10:30	Shun Lee Tsuen SC	8+	160	6	22/9-28/9 (7/10) {27/10}		
Kwun Tong Dist. 3 on 3 Basketball Comp.(Male)										
40594042 (QKT1205)	13/11	Su	8:00-19:00	Kowloon Bay SC	12+	50	80	1/9-13/9 (21/9) {14/10}		
Kwun Tong Dist.3on3 Basketball Comp.(Female)										
40594041 (QKT1204)	13/11	Su	8:00-19:00	Kowloon Bay SC	12+	50	60	1/9-13/9 (21/9) {14/10}		
Outreaching Mt.Pts. For Youth-Basketball Play-in										
40642371 (KT1189)	4/11-25/11	F	19:00-22:00	Kwun Tong Recreation Ground (Court No.2)	13+	Free	60	4/11-25/11	Walk-in	
Gateball Training Course										
40642324 (KT1115)	6/11-8/1 (excl. 25/12,1/1)	Su	10:00-12:00	Jordan Valley PG	20+	54	30	7/10		
Horticultural Seminar										
40642374 (KT1192)	6/11	Su	10:30-12:30	Jordan Valley Park	All	30	25	7/10		
40642375 (KT1193)	12/11	Sa	10:30-12:30	Jordan Valley Park	All	30	25	10/10		
Community Garden Scheme										
40642372 (KT1190)	6/11-12/3 (excl. 22/1,23/1,24/1)	M to Su	8:00-18:00	Sau Ming RD. Park Community Garden	12+	400	30	22/9-28/9 (7/10) {27/10}		

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

Fitness Exercise TP for Persons with Visually

40629679 (KT0539)	3/11-15/12	Th	15:00-17:00	Kowloon Bay SC	14+	15	21/9		
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Baduanjin Fun Day for Persons w/Chronic I

40642360 (KT1178)	19/11	Sa	10:00-13:00	Kowloon Bay SC	18+	4	3/10		
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Squash Fun Day for Persons with Autism

40645015 (KT1207)	26/11	Sa	14:00-16:00	Kowloon Bay SC	15+	2	3/10		
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Swimming Training Scheme for Ex-mentally III Persons

40645014 (KT1206)	4/11-28/11	M,F	12:00-13:00	KTSP	12+	2	3/10		
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Tai Chi TS for Ex-mentally III Persons

40642298 (KT1166)	3/11-24/11	Th	15:00-17:00	Shun Lee Tsuen SC	18+	2	3/10		
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Badminton TS for Persons w/ Intellectual Dis

40642358 (KT1176)	5/11-26/11	Sa	16:00-18:00	Shun Lee Tsuen SC	18-70	2	3/10		
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Golf T Sch for ppl w physical disability

40642297 (KT1165)	8/11-29/11	Tu	14:00-15:00	Shun Lee Tsuen SC	18+	2	3/10		
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Gateball TS for Ex-mentally III Person

40642299 (KT1167)	2/11-23/11	W	15:00-17:00	Hong Ning RD. Park	40+	2	3/10		
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Sport Climbing Funday for PPL w/ Disabilities

40642300 (KT1168)	19/11	Sa	10:00-12:00	Shun Lee Tsuen SC	35-55	3	3/10		
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Horticultural Fun Day for Persons w/Autism

40642303 (KT1169)	5/11-26/11	Sa	10:30-12:30	Jordan Valley Park	All	4	3/10		
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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
Baduanjin Play-in for Elderly							
40642245 (KT1124)	1/11-8/12	Tu,Th	8:00-9:00	Lam Tin South SC	30	22/9-28/9 (7/10){27/10}	✉
40642247 (KT1125)	1/11-8/12	Tu,Th	7:00-8:00	Lam Tin South SC	30	22/9-28/9 (7/10){27/10}	✉
Meeting Point for Elderly - Fitness Exercise							
40642276 (KT1145)	2/11-30/11 (excl. 9/11,23/11)	M,W,F	9:30-11:30	Lam Tin South SC	30	2/11-30/11	Walk-in
40642277 (KT1146)	1/11-29/11	Tu,Th,Sa	9:30-11:30	Lei Yue Mun SC	25	1/11-29/11	Walk-in
Meeting Point for Elderly - Morning Exercise							
40642280 (KT1149)	1/11-30/11	M,Tu,W,Th,F,Sa	6:30-8:30	Lam Tin Park (Nr 5-a-side Soccer Pitch)	30	1/11-30/11	Walk-in
Healthy Elderly Scheme - Badminton							
40642259 (KT1132)	1/11-30/11 (excl. 7/11,21/11)	M,Tu,W,Th,F	7:00-10:00	Chun Wah RD. SC	16	1/11-30/11	Walk-in
40642262 (KT1134)	1/11-29/11	Tu,Th	7:00-10:00	Shun Lee Tsuen SC	16	1/11-29/11	Walk-in
Healthy Elderly Scheme - Golf							
40642255 (KT1130)	1/11-29/11	Tu,Th	8:00-10:00	Shun Lee Tsuen SC	6	1/11-29/11	Walk-in
Healthy Elderly Scheme - Social Dance Play-in							
40642257 (KT1131)	1/11-29/11	Tu	10:00-12:00	Shun Lee Tsuen SC	20	1/11-29/11	Walk-in
Healthy Elderly Scheme - Table-tennis Play-in							
40642268 (KT1138)	2/11-30/11 (excl. 7/11,21/11)	M,W,F	8:30-11:00	Kowloon Bay SC	16	2/11-30/11	Walk-in
40642270 (KT1140)	1/11-29/11	Tu,Th	8:00-11:30	Lei Yue Mun SC	16	1/11-29/11	Walk-in
Mt.Pts.For OP-Tennis Friendly Match & Play-in							
40642285 (KT1154)	2/11-30/11	W,F	8:30-10:30	Shun Lee Tsuen Park	8	2/11-30/11	Walk-in
Mt. Pts. For Elderly - Gateball							
40642282 (KT1151)	3/11-24/11	Th	9:00-11:00	Hong Ning Rd Park(Outdoor Gateball Crt)	30	3/11-24/11	Walk-in