Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jan 2023

Kowloon City District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee($)	Quota	Date of Enrollment (Balloting) {Open Enrollment for Remaining Quota}	Enrolment Method
Long Distance Running Training Course									
40648592 (KC0842)	7/1-18/3 (excl. 21/1)	Sa	15:00-17:00	KTSG	16+	130	40	14/12	
Aerobic Dance TC									
40648593 (KC0843)	3/1-4/2 (excl. 21/1,24/1,26/1)	Tu,Th,Sa	8:00-9:00	Hung Hom Municipal Services Building SC	14+	65	30	2/12	
40648594 (KC0844)	3/1-4/2 (excl. 21/1,24/1,26/1)	Tu,Th,Sa	9:00-10:00	Hung Hom Municipal Services Building SC	14+	65	30	2/12	
40648595 (KC0845)	4/1-3/2 (excl. 23/1,25/1)	M,W,F	18:00-19:00	Hung Hom Municipal Services Building SC	14+	65	30	15/12	
40648596 (KC0846)	4/1-3/2 (excl. 23/1,25/1)	M,W,F	19:00-20:00	Hung Hom Municipal Services Building SC	14+	65	30	15/12	
Children Dance TC									
40648608 (KC0858)	15/1-26/3 (excl. 22/1)	Su	10:00-12:00	Kowloon City SC	4-11	60	20	24/11-30/11 (7/12) {30/12}	
Fitness Exercise Fun Day									
40648637 (KC0879)	7/1	Sa	9:00-10:00	Fat Kwong ST. SC	14+	Free	24	5/12	
40648638 (KC0880)	7/1	Sa	10:00-11:00	Fat Kwong ST. SC	14+	Free	24	5/12	
Fitness (Multi-gym) TC									
@ 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.									
40648597 (KC0847)	5/1-21/2 (excl. 24/1,26/1)	Tu,Th	18:00-19:00	Fat Kwong ST. SC	15+	75	19	@6/12	
40648598 (KC0848)	5/1-21/2 (excl. 24/1,26/1)	Tu,Th	19:00-20:00	Fat Kwong ST. SC	15+	75	19	@6/12	
40648599 (KC0849)	12/1-28/2 (excl. 24/1,26/1)	Tu,Th	13:00-14:00	Fat Kwong ST. SC	15+	75	19	@6/12	
40648600 (KC0850)	12/1-28/2 (excl. 24/1,26/1)	Tu,Th	14:00-15:00	Fat Kwong ST. SC	15+	75	19	@6/12	
40648601 (KC0851)	31/1-25/2	Tu,Th,Sa	9:00-10:00	Fat Kwong ST. SC	15+	75	19	@29/12	
40648602 (KC0852)	31/1-25/2	Tu,Th,Sa	10:00-11:00	Fat Kwong ST. SC	15+	75	19	@29/12	
Gymnastics for All TC									
40648607 (KC0857)	8/1-19/3 (excl. 22/1)	Su	9:00-11:00	Ho Man Tin SC	6+	54	20	24/11-30/11 (7/12) {30/12}	
Tai Chi Fun Day									
40648646 (KC0885)	14/1	Sa	14:00-17:00	Kai Tak Avenue Park (BC)	6+	Free	50	14/1	Walk-in
Tai Chi Made Easy Class									
40648610 (KC0860)	12/1-30/3	Th	20:00-21:00	HMTP	6+	54	30	8/12	
Tai Chi TC									
40646315 (KC0802)	4/1-8/5 (excl. 23,25/1,5,7,10/4,1/5)	M,W,F	7:00-8:00	KWSTPTai Chi and multi-purpose	6+	60	40	1/12	
40646316 (KC0803)	4/1-8/5 (excl. 23,25/1,5,7,10/4,1/5)	M,W,F	6:45-7:45	KKSP(soccer pitch)	6+	60	40	8/12	
40646317 (KC0804)	4/1-8/5 (excl. 23,25/1,5,7,10/4,1/5)	M,W,F	7:00-8:00	Pui Ching RD. PG(basketballc.t)	6+	60	40	1/12	
Western Folk Dance TC									
40648609 (KC0859)	4/1-15/3 (excl. 25/1)	W	9:00-11:00	Hung Hom Municipal Services Building SC	8+	45	30	24/11-30/11 (7/12) {30/12}	
Yoga TC									
40648611 (KC0861)	6/1-10/3	F	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	30	24/11-30/11 (7/12) {30/12}	
40648612 (KC0862)	17/1-28/3 (excl. 24/1)	Tu	10:00-12:00	Hung Hom Municipal Services Building SC	15+	85	30	24/11-30/11 (7/12) {30/12}	
Briefing on Proper Ways to Use FE (Class A)									
40648604 (KC0854)	7/1	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	20	24/11-30/11 (7/12) {30/12}	
Briefing on Proper Ways to Use FE (Class B)									
40648605 (KC0855)	7/1	Sa	14:00-17:00	Ho Man Tin SC	15+	Free	20	24/11-30/11 (7/12) {30/12}	
Briefing on Proper Ways to Use Fitness E.									
40648603 (KC0853)	16/1	M	14:00-17:00	Fat Kwong ST. SC	15+	Free	19	24/11-30/11 (7/12) {30/12}	
Badminton TC									
40648613 (KC0863)	3/1-9/2 (excl. 24/1,26/1)	Tu,Th	19:00-21:00	Fat Kwong ST. SC	7+	118	24	24/11-30/11 (7/12) {30/12}	
40648614 (KC0864)	3/1-9/2 (excl. 24/1,26/1)	Tu,Th	9:00-11:00	Hung Hom Municipal Services Building SC	7+	118	24	24/11-30/11 (7/12) {30/12}	
40648615 (KC0865)	8/1-23/4 (excl. 22/1,5/2,12/2,19/2,26/2)	Su	9:00-11:00	Hung Hom Municipal Services Building SC	7+	118	24	24/11-30/11 (7/12) {30/12}	

Squash TC									
40648630 (KC0876)	4/1-1/2 (excl. 25/1)	W,F	19:00-21:00	Fat Kwong ST. SC	7+	160	12	5/12	
40648631 (KC0877)	10/1-9/2 (excl. 24/1,26/1)	Tu,Th	19:00-21:00	Hung Hom Municipal Services Building SC	7+	160	12	5/12	
Table-tennis Training Course									
40648616 (KC0866)	4/1-30/1 (excl. 23/1,25/1)	M,W,F	18:00-20:00	Ho Man Tin SC	6+	86	24	24/11-30/11 (7/12) {30/12}	
40648617 (KC0867)	8/1-19/3 (excl. 22/1)	Su	8:00-10:00	Ho Man Tin SC	6+	86	24	24/11-30/11 (7/12) {30/12}	
40648618 (KC0868)	8/1-19/3 (excl. 22/1)	Su	10:00-12:00	Ho Man Tin SC	6+	86	24	24/11-30/11 (7/12) {30/12}	
Tennis TC									
40648619 (KC0869)	3/1-7/2 (excl. 24/1)	Tu,F	7:00-9:00	JRPTC	8+	170	12	5/12	
40648620 (KC0870)	17/1-21/2 (excl. 24/1)	Tu,F	19:00-21:00	JRPTC	8+	170	12	24/11-30/11 (7/12) {30/12}	
40648621 (KC0871)	4/1-8/2 (excl. 25/1)	W,F	19:00-21:00	TKRTC	8+	170	12	24/11-30/11 (7/12) {30/12}	
40648623 (KC0872)	10/1-14/2 (excl. 24/1)	Tu,F	7:00-9:00	Tin Kwong RD. TC	8+	170	12	5/12	
40648625 (KC0873)	3/1-7/2 (excl. 24/1)	Tu,F	15:00-17:00	HMTSCTC	8+	170	12	5/12	
40648626 (KC0874)	4/1-30/1 (excl. 23/1,25/1)	M,W,F	10:00-12:00	Ho Man Tin SC TC	8+	170	12	8/12	
40648627 (KC0875)	8/1-19/3 (excl. 22/1)	Su	8:00-10:00	Ho Man Tin SC TC	8+	170	12	24/11-30/11 (7/12) {30/12}	
Ultimate FD for Family									
40648640 (KC0881)	15/1	Su	14:00-15:30	JRP Soccer pitch	6+	Free	60	12/12	
40648642 (KC0882)	15/1	Su	15:30-17:00	JRP Soccer Pitch	6+	Free	60	12/12	
40648643 (KC0883)	29/1	Su	14:00-15:30	JRP Soccer Pitch	6+	Free	60	19/12	
40648644 (KC0884)	29/1	Su	15:30-17:00	JRP Soccer Pitch	6+	Free	60	19/12	
3-on-3 Basketball Competition(Female)									
40648283 (QKC0840)	15/1	Su	8:00-18:00	Kowloon City SC	10+	50	16	16/11-22/11 (1/12) {22/12}	
3-on-3 Basketball Competition(Male)									
40648282 (QKC0839)	15/1	Su	8:00-18:00	Kowloon City SC	10+	50	24	16/11-22/11 (1/12) {22/12}	
Gateball TC									
40648635 (KC878)	11/1-8/3 (excl. 25/1)	W	14:30-16:30	Hung Hom Municipal Services Building SC	8+	54	30	9/12	
Gateball Fun Day									
40646343 (KC0824)	8/1	Su	14:00-16:00	Hung Hom Municipal Services Building SC	8+	Free	30	9/12	
Lunar New Year Carnival									
40648591 (KC0841)	8/1	Su	14:00-17:00	Carpenter Rd Park Soccer Pitch	All	Free	1000	8/1	Walk-in
Horticulture Seminar(Topic:Narcissus Cutting)									
40646344 (KC0825)	2/1	M	14:00-16:00	Hung Hom Municipal Services Building SC	All	30	30	2/12	
Online Interactive Programmes-Hip Hop Dance									
40650604 (KC0897)	5/1-12/1	Th	15:00-16:00	Internet. 30mins before: zoom.us/join	18+	20	50	13/12	

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

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:
(1) Training schemes: Accompanying carers may attend the class with the enrolled PWDs on the training day. No enrolment is required. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification.
(2) Other activities: Accompanying carers are required to enrol in recreation programmes with PWDs to facilitate coach and camp place arrangements. Admission tickets, which must be presented for verification when attending activities, will be issued to accompanying carers upon successful enrolment.

Amercian Pool TS for Per. with Hearing Imp.								
40648650 (KC0887)	4/1-1/2 (excl. 25/1)	W	14:00-16:00	Ho Man Tin SC	8+	2	1/12	
Wushu TS for Per. with Int. Disability								
40648649 (KC0886)	7/1-4/2 (excl. 21/1)	Sa	9:00-11:00	Hung Hom Municipal Services Building SC	18+	2	1/12	

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
Mt Pts for Elderly - Baduanjin							
40648654 (KC0888)	3/1-31/1 (excl. 24/1)	Tu	9:00-10:00	Fat Kwong ST. SC	25	3/1-31/1	Walk-in
Mt Pts for Elderly - Elderly Fitness							

40648656 (KC0890)	4/1-18/1	W	8:00-10:00	Hung Hom Municipal Services Building SC	30	4/1-18/1	Walk-in
Mt Pts for Elderly - General Gymnastic							
40648655 (KC0889)	5/1-19/1	Th	14:00-16:00	Hung Hom Municipal Services Building SC	80	5/1-19/1	Walk-in
Healthy Elderly Scheme - Badminton							
40648659 (KC0892)	10/1-31/1 (excl. 24/1)	Tu	9:00-11:00	Kowloon City SC	24	10/1-31/1	Walk-in
Healthy Elderly Scheme - T-T							
40648661 (KC0894)	9/1-30/1 (excl. 23/1)	M	9:00-11:00	Ho Man Tin SC	24	9/1-30/1	Walk-in
Healthy Elderly Scheme - T-T Playin							
40648660 (KC0893)	5/1-19/1	Th	9:00-11:00	Ho Man Tin SC	24	5/1-19/1	Walk-in
Healthy Elderly Scheme- American Pool							
40648662 (KC0895)	6/1-27/1	F	9:00-11:00	Ho Man Tin SC	6	6/1-27/1	Walk-in
Mt Pts for Elderly - Gateball							
40648658 (KC0891)	4/1-18/1	W	9:00-11:00	Hung Hom Municipal Services Building SC	25	4/1-18/1	Walk-in