






























































Leisure and Cultural Services Department

Community Recreation and Sports Programme

Monthly Programmes for May 2018

Tuen Mun District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Life Saving Training Course(Bronze Medallion)									
40491252	7/5-15/6	M,W,F	19:30-21:30	Tuen Mun SP	13+	108	24	21/3-27/3 (6/4) {24/4}	
Breaststroke Swimming Cr for Adult (Level I)									
40491255	2/5-23/5	M,W,F	7:00-8:00	Tuen Mun North West SP	18+	100	16	19/4	
Front Crawl Training Course forAdult(Level I)									
40491245	4/5-25/5	M,W,F	8:00-9:00	Tuen Mun SP	18+	100	16	19/4	
Breaststroke Training Cr for Adult (Level II)									
40491246	4/5-25/5	M,W,F	7:00-8:00	Tuen Mun SP	18+	100	20	21/3-27/3 (6/4) {24/4}	
40491251	4/5-25/5	M,W,F	20:30-21:30	Tuen Mun SP	18+	100	20	21/3-27/3 (6/4) {24/4}	
Front Crawl Training Cr forAdult(Level II)									
40491250	4/5-25/5	M,W,F	19:30-20:30	Tuen Mun SP	18+	100	20	21/3-27/3 (6/4) {24/4}	
Aerobic Dance Training Course									
40491304	2/5-13/6 (excl. 23/5)	W,F	9:00-10:00	Leung Tin SC	14+	65	20	23/4	
40491305	2/5-13/6 (excl. 23/5)	W,F	10:00-11:00	Leung Tin SC	14+	65	20	23/4	
Children Dance Training Course									
40491262	5/5-7/7	Sa	12:00-14:00	Tai Hing SC	4-11	60	20	16/4	
Fitness (Multi-gym) Training Course									
@ 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.									
40491267	25/5-29/6 (excl. 28/5,11/6,18/6,25/6)	M,W,F	8:00-9:00	Tai Hing SC	15+	75	20	@27/4	
40491268	25/5-29/6 (excl. 28/5,11/6,18/6,25/6)	M,W,F	9:00-10:00	Tai Hing SC	15+	75	20	@27/4	
40491276	9/5-4/6	M,W,F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@18/4	
40491281	24/5-21/6 (excl. 19/6)	Tu,Th,Sa	8:00-9:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@24/4	
40491283	24/5-21/6 (excl. 19/6)	Tu,Th,Sa	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@24/4	
40491313	14/5-8/6	M,W,F	10:00-11:00	Yau Oi SC	15+	75	20	@27/4	
40491314	8/5-19/6 (excl. 22/5)	Tu,Th	19:00-20:00	Yau Oi SC	15+	75	20	@24/4	
40491315	8/5-19/6 (excl. 22/5)	Tu,Th	20:00-21:00	Yau Oi SC	15+	75	20	@24/4	
Gymnastics Training Course									
40491316	5/5-7/7	Sa	14:00-16:00	Yau Oi SC	6+	54	20	21/3-27/3 (6/4) {24/4}	
Hydro Fitness Training Course									
40491248	4/5-4/6	M,W,F	19:30-20:30	Tuen Mun SP	14+	80	30	21/3-27/3 (6/4) {24/4}	
40491249	4/5-4/6	M,W,F	20:30-21:30	Tuen Mun SP	14+	80	30	21/3-27/3 (6/4) {24/4}	
40491254	2/5-1/6	M,W,F	7:00-8:00	Tuen Mun North West SP	14+	80	30	21/3-27/3 (6/4) {24/4}	
40491256	2/5-1/6	M,W,F	8:00-9:00	Tuen Mun North West SP	14+	80	30	21/3-27/3 (6/4) {24/4}	
Jazz Training Course									
40491306	6/5-15/7 (excl. 1/7)	Su	10:00-12:00	Leung Tin SC	12+	70	20	21/3-27/3 (6/4) {24/4}	
40491317	11/5-13/7	F	21:00-23:00	Yau Oi SC	12+	70	20	20/4	
40491318	5/5-7/7	Sa	21:00-23:00	Yau Oi SC	12+	70	20	20/4	
Evening Tai Chi Training Course									
40491336	2/5-24/8 (excl. 18/6,2/7)	M,W,F	17:30-18:30	Tuen Mun Cultural Square	6+	60	30	17/4	
40491351	2/5-24/8 (excl. 18/6,2/7)	M,W,F	18:00-19:00	Tsing Tin PG	6+	60	30	17/4	
Tai Chi Training Course									
40491335	2/5-24/8 (excl. 18/6,2/7)	M,W,F	6:30-7:30	Tuen Mun Cultural Square	6+	60	30	17/4	
40491339	2/5-24/8 (excl. 18/6,2/7)	M,W,F	6:30-7:30	Tai Hing North Sitting-out Area	6+	60	30	17/4	
40491342	3/5-23/8 (excl. 22/5)	Tu,Th,Sa	6:30-7:30	Tai Hing North Sitting-out Area	6+	60	30	18/4	
40491343	2/5-24/8 (excl. 18/6,2/7)	M,W,F	6:30-7:30	Tsing Wah Soccer Pitch	6+	60	30	17/4	
40491344	2/5-24/8 (excl. 18/6,2/7)	M,W,F	7:00-8:00	WuShanRecreationPG(TM RD. Safely Town)	6+	60	30	17/4	

40491345	2/5-24/8 (excl. 18/6,2/7)	M,W,F	6:30-7:30	Yau Oi Plaza	6+	60	30	19/4	 
40491346	2/5-24/8 (excl. 18/6,2/7)	M,W,F	6:30-7:30	Wu King Estate Carpark Roof-top	6+	60	30	19/4	 
40491347	3/5-23/8 (excl. 22/5)	Tu,Th,Sa	6:30-7:30	San Shing Estate BC	6+	60	30	18/4	 
40491348	3/5-23/8 (excl. 22/5)	Tu,Th,Sa	6:30-7:30	Prime View Garden BC	6+	60	30	18/4	 
40491350	2/5-24/8 (excl. 18/6,2/7)	M,W,F	6:30-7:30	Tsing Tin PG	6+	60	30	19/4	 
40491353	3/5-23/8 (excl. 22/5)	Tu,Th,Sa	6:30-7:30	Yeung Siu Hang Garden Tai Chi Square	6+	60	30	18/4	 
Tai Chi Sword Training Course									
40491334	3/5-23/8 (excl. 22/5)	Tu,Th,Sa	6:30-7:30	Tuen Mun Cultural Square	6+	60	30	20/4	 
40491340	2/5-24/8 (excl. 18/6,2/7)	M,W,F	6:30-7:30	San Wo Lane PG	6+	60	30	19/4	 
40491341	2/5-24/8 (excl. 18/6,2/7)	M,W,F	6:30-7:30	Siu Hong Estate-Soccer Pitch	6+	60	30	19/4	 
40491349	3/5-23/8 (excl. 22/5)	Tu,Th,Sa	6:30-7:30	Wu King Estate Carpark Roof-top	6+	60	30	20/4	 
40491352	3/5-23/8 (excl. 22/5)	Tu,Th,Sa	7:30-8:30	Lingnan PG	6+	60	30	20/4	 
Briefing on Proper Ways to Use Fitness Equipment									
40491259	6/5	Su	15:00- 18:00	Tai Hing SC	15+	Free	20	16/4	 
40491270	19/5	Sa	17:00- 20:00	Tai Hing SC	15+	Free	20	28/3-6/4 (12/4) {30/4}	
40491273	8/5	Tu	19:00- 22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	16/4	 
40491290	21/5	M	19:00- 22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	28/3-6/4 (12/4) {30/4}	
40491307	13/5	Su	14:00- 17:00	Leung Tin SC	15+	Free	20	16/4	 
40491311	12/5	Sa	15:00- 18:00	Yau Oi SC	15+	Free	20	16/4	 
40491312	26/5	Sa	15:00- 18:00	Yau Oi SC	15+	Free	20	28/3-6/4 (12/4) {30/4}	
Body-Mind Stretch Training Course									
40491288	4/5-13/6	W,F	19:00- 20:00	The JC Tuen Mun Butterfly Beach SC	15+	85	24	17/4	 
Parent-child (Aged 7-17) Badminton Fun Day									
40491355	19/5	Sa	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	7+	Free	24	25/4	
40491356	19/5	Sa	10:00- 11:00	The JC Tuen Mun Butterfly Beach SC	7+	Free	24	25/4	
40491357	19/5	Sa	11:00- 12:00	The JC Tuen Mun Butterfly Beach SC	7+	Free	24	25/4	
Badminton Training Course for Adult									
40491261	25/5-26/6	Tu,F	11:00- 13:00	Tai Hing SC	18+	118	24	21/3-27/3 (6/4) {24/4}	
40491322	15/5-19/6 (excl. 22/5)	Tu,Th	20:00- 22:00	Yau Oi SC	18+	118	24	21/3-27/3 (6/4) {24/4}	
40491323	6/5-15/7 (excl. 1/7)	Su	8:00-10:00	Yau Oi SC	18+	118	24	21/3-27/3 (6/4) {24/4}	
40491324	21/5-25/6 (excl. 18/6)	M,Th	9:00-11:00	Yau Oi SC	18+	118	24	21/3-27/3 (6/4) {24/4}	
40491325	21/5-25/6 (excl. 18/6)	M,Th	14:00- 16:00	Yau Oi SC	18+	118	24	21/3-27/3 (6/4) {24/4}	
40493253	12/5-21/7 (excl. 16/6)	Sa	11:00- 13:00	Leung Tin SC	18+	118	24	21/3-27/3 (6/4) {24/4}	
Badminton Training Course for Children									
40491271	5/5-7/7	Sa	14:00- 16:00	The JC Tuen Mun Butterfly Beach SC	7-11	118	24	21/3-27/3 (6/4) {24/4}	
40491321	6/5-15/7 (excl. 1/7)	Su	10:00- 12:00	Yau Oi SC	7-11	118	24	21/3-27/3 (6/4) {24/4}	
Parent-child (Aged 7-17) Badminton TC									
40491354	5/5-9/6	Sa	13:00- 15:00	Leung Tin SC	7+	73	24	28/3-6/4 (12/4) {30/4}	
Intermediate Badminton Training Course									
40491260	20/5-29/7 (excl. 1/7)	Su	10:00- 12:00	Tai Hing SC	10+	118	24	21/3-27/3 (6/4) {24/4}	
Chess Fun Day									
40491338	13/5	Su	14:00- 17:00	Tuen Mun Park	All	Free	40	13/5	Walk-in
In-line Skating Training Course									
40491337	6/5-8/7	Su	9:00-11:00	Tuen Mun Park	6-14	55	20	21/3-27/3 (6/4) {24/4}	
Lawn Bowls Fun Day									
40491298	13/5	Su	14:00- 15:00	Wu Shan Bowling Green	8+	Free	32	26/4	 
40491301	13/5	Su	15:00- 16:00	Wu Shan Bowling Green	8+	Free	32	26/4	 
40491303	13/5	Su	16:00- 17:00	Wu Shan Bowling Green	8+	Free	32	26/4	 
Lawn Bowls Training Course									
40491291	6/5-24/6	Su	17:00- 19:00	Wu Shan Bowling Green	8+	54	8	28/3-6/4 (12/4) {30/4}	
40491293	3/5-28/5	M,Th	20:00- 22:00	Wu Shan Bowling Green	8+	54	8	28/3-6/4 (12/4) {30/4}	
Lawn Bowls Training Course for Adult									
40494141	31/5-28/6 (excl. 18/6)	M,Th	20:00- 22:00	Wu Shan Bowling Green	20+	54	8	28/3-6/4 (12/4) {30/4}	
Mini-tennis Training Course									
40491258	26/5-28/7	Sa	14:00- 16:00	Tai Hing SC	6-12	70	16	28/3-6/4 (12/4) {30/4}	
Squash Training Course									
40491253	17/5-14/6 (excl. 22/5)	Tu,Th	19:30- 21:30	Tuen Mun SP Squash Courts	7+	160	8	23/4	 

Tennis Training Course for Adult

40491240	24/5-28/6 (excl. 18/6)	M,Th	19:00-21:00	Tuen Mun Tang Siu Kin SG	18+	170	18	28/3-6/4 (12/4) {30/4}	✉
40491242	24/5-28/6 (excl. 18/6)	M,Th	9:00-11:00	Tsing Sin PG	18+	170	18	28/3-6/4 (12/4) {30/4}	✉
40491243	24/5-28/6 (excl. 18/6)	M,Th	20:00-22:00	Tsing Sin PG	18+	170	18	28/3-6/4 (12/4) {30/4}	✉

Intermediate Tennis Training Course

40491241	18/5-20/6	W,F	20:00-22:00	Tuen Mun Tang Siu Kin SG	8+	170	18	28/3-6/4 (12/4) {30/4}	✉
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Cricket Fun Day

40491358	20/5	Su	10:00-13:00	Yeung King PG	6+	Free	30	16/4	🖨 i
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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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Enrolment methods that applicable only to programmes especially designed for persons with disabilities

Persons with disabilities (PWDs) may enrol in programmes especially designed for them at the organising District Leisure Services Office or any other district offices. Each participant may be accompanied by ONE carer. Enrolment charge is free. The arrangements for accompanying carers are as follows:

Training schemes: Accompanying carers may attend class with the enrolled PWDs on the training day. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification.

Other activities: Accompanying carers are required to enrol in play-in activities with PWDs to facilitate coach and camp place arrangements. Permits, which must be presented when attending activities, will be issued to accompanying carers upon successful enrolment.

Baduanjin Training Course for Persons with Chronic illness

40493272	8/5-3/7 (excl. 22/5)	Tu	13:00-14:00	Leung Tin SC	8+	4	23/3	🖨
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Indoor Short Mat Bowling Training Course for Persons with Chronic illness

40493273	2/5-30/5 (excl. 23/5)	W	10:00-12:00	Leung Tin SC	8+	4	23/3	🖨
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Badminton Fun Day for Persons with Intellectual Disability

40493291	5/5	Sa	11:00-13:00	Leung Tin SC	8+	4	23/3	🖨
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Badminton Fun Day for Persons with Intellectual disability

40493274	7/5-28/5	M	14:00-16:00	Leung Tin SC	8+	3	23/3	🖨
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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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Swimming Cr for Elderly (Level I)

40491244	4/5-25/5	M,W,F	7:00-8:00	Tuen Mun SP	16	21/3-27/3 (6/4) {24/4}	✉
40491257	2/5-23/5	M,W,F	8:00-9:00	Tuen Mun North West SP	16	21/3-27/3 (6/4) {24/4}	✉

Swimming Training Course for Elderly (Level II)

40491247	4/5-25/5	M,W,F	8:00-9:00	Tuen Mun SP	20	21/3-27/3 (6/4) {24/4}	✉
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Fitness Training Course for Elderly

40491278	24/5-26/6 (excl. 19/6)	Tu,Th,Sa	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	20	28/3-6/4 (12/4) {30/4}	✉
40491326	14/5-13/6	M,W,F	8:00-9:00	Yau Oi SC	20	28/3-6/4 (12/4) {30/4}	✉

Fitness(Multi-gym) Training Course for Elderly

@ 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.

40491269	25/5-29/6 (excl. 28/5,11/6,18/6,25/6)	M,W,F	10:00-11:00	Tai Hing SC	20	@28/3-6/4 (12/4){30/4}	✉
40491274	9/5-4/6	M,W,F	16:00-17:00	The JC Tuen Mun Butterfly Beach SC	20	@28/3-6/4 (12/4){30/4}	✉
40491279	24/5-21/6 (excl. 19/6)	Tu,Th,Sa	7:00-8:00	The JC Tuen Mun Butterfly Beach SC	20	@28/3-6/4 (12/4){30/4}	✉
40491327	14/5-8/6	M,W,F	9:00-10:00	Yau Oi SC	20	@28/3-6/4 (12/4){30/4}	✉

Social Dance Training Course for Elderly

40491328	23/5-22/6	W,F	9:00-11:00	Yau Oi SC	20	28/3-6/4 (12/4) {30/4}	✉
Healthy Elderly Scheme-Badminton Self Practice Scheme							
40491308	7/5-28/5	M	9:00-10:00	Leung Tin SC	20	7/5-28/5	Walk-in
40491309	7/5-28/5	M	10:00-11:00	Leung Tin SC	20	7/5-28/5	Walk-in
Healthy Elderly Scheme-Chess and Table-tennis Fun Day							
40491272	3/5-24/5	Th	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	30	3/5-24/5	Walk-in
Healthy Elderly Scheme-Fitness Fun Day							
40491310	3/5-31/5	Th	8:00-10:00	Leung Tin SC	30	28/3-6/4 (12/4) {30/4}	✉
40491333	16/5-30/5	W	9:00-11:00	Yau Oi SC	30	28/3-6/4 (12/4) {30/4}	✉
Healthy Elderly Scheme-Gateball Fun Day							
40491263	2/5-30/5	W	7:00-8:00	Tai Hing SC	20	23/4	🖨️ <i>i</i>
40491264	2/5-30/5	W	8:00-9:00	Tai Hing SC	20	23/4	🖨️ <i>i</i>
40491329	3/5-31/5	Th	7:00-8:00	Yau Oi SC	20	25/4	🖨️ <i>i</i>
40491330	3/5-31/5	Th	8:00-9:00	Yau Oi SC	20	25/4	🖨️ <i>i</i>
Healthy Elderly Scheme-Lawn Bowls Fun Day							
40491296	3/5-31/5	Th	9:00-11:00	Wu Shan Bowling Green	16	3/5-31/5	Walk-in
Healthy Elderly Scheme-Lawn Bowls Self Practice Scheme							
40491294	2/5-30/5	W	9:00-10:00	Wu Shan Bowling Green	16	2/5-30/5	Walk-in
40491295	2/5-30/5	W	10:00-11:00	Wu Shan Bowling Green	16	2/5-30/5	Walk-in
Healthy Elderly Scheme-Table Tennis Fun Day							
40491331	7/5-28/5	M	9:00-10:00	Yau Oi SC	20	26/4	🖨️ <i>i</i>
40491332	7/5-28/5	M	10:00-11:00	Yau Oi SC	20	26/4	🖨️ <i>i</i>