Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Aug 2018

Tsuen Wan 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 TC									
40503218 (TW0393)	6/8-15/10 (excl. 1/10)	M	18:00-20:00	Shing Mun Valley SG	16+	130	40	29/6-3/7 (10/7) {31/7}	✉
40503219 (TW0394)	6/8-15/10 (excl. 1/10)	M	20:00-22:00	Shing Mun Valley SG	16+	130	40	29/6-3/7 (10/7) {31/7}	✉
Back Stroke TC for Age Under 17 or below									
40497587 (BK1)	7/8-28/8	Tu,Th,Sa	19:00-20:00	Shing Mun Valley SP	0-17	100	20	15/6-19/6 (26/6) {17/7}	✉
Breast Stroke TC for Adult (Level I)									
40498759 (BA7)	2/8-23/8	Tu,Th,Sa	20:30-21:30	Tsuen King Circuit Wu Chung SP	18+	100	16	15/6-19/6 (26/6) {17/7}	✉
Breast Stroke TC for Children (Level I)									
40497573 (BC5)	7/8-28/8	Tu,Th,Sa	8:00-9:00	Shing Mun Valley SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
40497580 (BC6)	7/8-28/8	Tu,Th,Sa	10:00-11:00	Shing Mun Valley SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
40497592 (BC3)	8/8-29/8	M,W,F	8:00-9:00	Shing Mun Valley SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
40497601 (BC4)	8/8-29/8	M,W,F	20:30-21:30	Shing Mun Valley SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
40498765 (BC10)	3/8-24/8	M,W,F	14:00-15:00	Tsuen King Circuit Wu Chung SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
40498767 (BC11)	3/8-24/8	M,W,F	16:00-17:00	Tsuen King Circuit Wu Chung SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
Breast Stroke TC for Children (level I)									
40497583 (BC7)	7/8-28/8	Tu,Th,Sa	15:00-16:00	Shing Mun Valley SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
Breast Stroke TC for Junior (Level I)									
40497570 (BJ5)	6/8-27/8	M,W,F	20:30-21:30	Shing Mun Valley SP	9-12	100	16	15/6-19/6 (26/6) {17/7}	✉
40497577 (BJ6)	7/8-28/8	Tu,Th,Sa	10:00-11:00	Shing Mun Valley SP	9-12	100	16	15/6-19/6 (26/6) {17/7}	✉
40498763 (BJ8)	3/8-24/8	M,W,F	10:00-11:00	Tsuen King Circuit Wu Chung SP	9-12	100	16	15/6-19/6 (26/6) {17/7}	✉
Front Crawl TC for Adult (Level I)									
40498769 (FA8)	3/8-24/8	M,W,F	19:30-20:30	Tsuen King Circuit Wu Chung SP	18+	100	16	15/6-19/6 (26/6) {17/7}	✉
Front Crawl TC for Children (Level I)									
40497575 (FC5)	7/8-28/8	Tu,Th,Sa	9:00-10:00	Shing Mun Valley SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
40497582 (FC6)	7/8-28/8	Tu,Th,Sa	11:00-12:00	Shing Mun Valley SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
40497585 (FC7)	7/8-28/8	Tu,Th,Sa	16:00-17:00	Shing Mun Valley SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
40497596 (FC4)	8/8-29/8	M,W,F	9:00-10:00	Shing Mun Valley SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
40498766 (FC12)	3/8-24/8	M,W,F	15:00-16:00	Tsuen King Circuit Wu Chung SP	5-8	100	16	15/6-19/6 (26/6) {17/7}	✉
Front Crawl TC for Junior (Level I)									
40497594 (FJ6)	8/8-29/8	M,W,F	9:00-10:00	Shing Mun Valley SP	9-12	100	16	15/6-19/6 (26/6) {17/7}	✉
40498762 (FJ10)	3/8-24/8	M,W,F	9:00-10:00	Tsuen King Circuit Wu Chung SP	9-12	100	16	15/6-19/6 (26/6) {17/7}	✉
Front Crawl TC for Youth (Level I)									
40497586 (FY1)	7/8-28/8	Tu,Th,Sa	18:00-19:00	Shing Mun Valley SP	13-17	100	16	15/6-19/6 (26/6) {17/7}	✉
Water Safety TC for Infant									
40497568 (I2)	6/8-27/8	M,W,F	19:30-20:30	Shing Mun Valley SP	0-4	100	16	15/6-19/6 (26/6) {17/7}	✉
40498758 (I4)	2/8-23/8	Tu,Th,Sa	19:30-20:30	Tsuen King Circuit Wu Chung SP	0-4	100	16	15/6-19/6 (26/6) {17/7}	✉
Breast Stroke TC for Adult (Level II)									
40497572 (2BA1)	7/8-28/8	Tu,Th,Sa	9:00-10:00	Shing Mun Valley SP	18+	100	20	15/6-19/6 (26/6) {17/7}	✉
Breast Stroke TC for Children (Level II)									
40497579 (2BC2)	7/8-28/8	Tu,Th,Sa	11:00-12:00	Shing Mun Valley SP	5-8	100	20	15/6-19/6 (26/6) {17/7}	✉
Breast Stroke TC for Junior (Level II)									
40498757 (2BJ3)	2/8-23/8	Tu,Th,Sa	9:00-10:00	Tsuen King Circuit Wu Chung SP	9-12	100	20	15/6-19/6 (26/6) {17/7}	✉
Front Crawl TC for Adult (Level II)									
40498770 (2FA5)	3/8-24/8	M,W,F	20:30-21:30	Tsuen King Circuit Wu Chung SP	18+	100	20	15/6-19/6 (26/6) {17/7}	✉
Front Crawl TC for Children (Level II)									
40497598 (2FC2)	8/8-29/8	M,W,F	19:30-20:30	Shing Mun Valley SP	5-8	100	20	15/6-19/6 (26/6) {17/7}	✉
40498768 (2FC3)	3/8-24/8	M,W,F	17:00-18:00	Tsuen King Circuit Wu Chung SP	5-8	100	20	15/6-19/6 (26/6) {17/7}	✉
Front Crawl TC for Junior (Level II)									
40498764 (2FJ3)	3/8-24/8	M,W,F	11:00-12:00	Tsuen King Circuit Wu Chung SP	9-12	100	20	15/6-19/6 (26/6) {17/7}	✉

Front Crawl TC for Youth (Level II)									
40497597 (2FY1)	8/8-29/8	M,W,F	19:30-20:30	Shing Mun Valley SP	13-17	100	20	15/6-19/6 (26/6) {17/7}	✉
Breast Stroke TC for Adult (Level III)									
40497600 (3BA1)	8/8-29/8	M,W,F	20:30-21:30	Shing Mun Valley SP	18+	100	20	15/6-19/6 (26/6) {17/7}	✉
Breast Stroke TC for Age under17 or below III									
40497588 (3B1)	7/8-28/8	Tu,Th,Sa	20:00-21:00	Shing Mun Valley SP	0-17	100	20	15/6-19/6 (26/6) {17/7}	✉
Aerobic Dance TC									
40503138	2/8-11/9	Tu,Th	10:00-11:00	Tsuen King Circuit SC	14+	65	20	9/7	💻 ℹ
40503139	2/8-11/9	Tu,Th	11:00-12:00	Tsuen King Circuit SC	14+	65	20	9/7	💻 ℹ
40503141	14/8-20/9	Tu,Th	19:00-20:00	Tsuen Wan West SC	14+	65	10	9/7	💻 ℹ
40503142	14/8-20/9	Tu,Th	20:00-21:00	Tsuen Wan West SC	14+	65	10	9/7	💻 ℹ
40503144	1/8-7/9	W,F	19:00-20:00	Wai Tsuen SC	14+	65	20	9/7	💻 ℹ
40503147	1/8-7/9	W,F	20:00-21:00	Wai Tsuen SC	14+	65	20	9/7	💻 ℹ
40503149	27/8-10/10 (excl. 24/9,1/10)	M,W	15:00-16:00	Yeung Uk RD. SC	14+	65	25	9/7	💻 ℹ
40503150	27/8-10/10 (excl. 24/9,1/10)	M,W	16:00-17:00	Yeung Uk RD. SC	14+	65	25	9/7	💻 ℹ
Social Dance Mini Party (Night)									
40503181	17/8	F	19:00-22:00	Yeung Uk RD. SC	14+	20	20	23/7	💻 ℹ

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.

40503187	9/8-18/9	Tu,Th	11:00-12:00	Tsuen Wan West SC	15+	75	10	@19/7	💻 ℹ
40503188	9/8-18/9	Tu,Th	12:00-13:00	Tsuen Wan West SC	15+	75	10	@19/7	💻 ℹ
40503190	10/8-19/9	W,F	15:00-16:00	Tsuen Wan West SC	15+	75	10	@19/7	💻 ℹ
40503191	10/8-19/9	W,F	16:00-17:00	Tsuen Wan West SC	15+	75	10	@19/7	💻 ℹ
40503192	8/8-14/9	W,F	9:00-10:00	Yeung Uk RD. SC	15+	75	20	@19/7	💻 ℹ
40503194	8/8-14/9	W,F	10:00-11:00	Yeung Uk RD. SC	15+	75	20	@19/7	💻 ℹ
40503195	8/8-5/9 (excl. 20/8)	M,W,F	19:00-20:00	Yeung Uk RD. SC	15+	75	20	@19/7	💻 ℹ
40503196	8/8-5/9 (excl. 20/8)	M,W,F	20:00-21:00	Yeung Uk RD. SC	15+	75	20	@19/7	💻 ℹ
40503197	11/8-6/9	Tu,Th,Sa	9:00-10:00	Yeung Uk RD. SC	15+	75	20	@19/7	💻 ℹ
40503198	11/8-6/9	Tu,Th,Sa	10:00-11:00	Yeung Uk RD. SC	15+	75	20	@19/7	💻 ℹ
Social Dance Mini Party (Afternoon)									
40503179	22/8	W	14:00-17:00	Tsuen Wan West SC	14+	20	14	23/7	💻 ℹ
Social Dance TC									
40503223	14/8-13/9	Tu,Th	12:00-14:00	Tsuen King Circuit SC	14+	86	30	29/6-3/7 (10/7) {31/7}	✉
40503224	21/8-20/9	Tu,Th	15:00-17:00	Tsuen Wan West SC	14+	86	14	29/6-3/7 (10/7) {31/7}	✉
40503225	2/8-3/9	M,Th	13:00-15:00	Wai Tsuen SC	14+	86	30	29/6-3/7 (10/7) {31/7}	✉
Tai Chi Made Easy Class									
40503237	1/8-7/9	W,F	9:00-10:00	Tsuen King Circuit SC	6+	54	30	22/6-26/6 (3/7) {24/7}	✉
40503238	9/8-15/9	Th,Sa	9:00-10:00	Tsuen Wan West SC	6+	54	30	22/6-26/6 (3/7) {24/7}	✉
40503239	4/8-20/10	Sa	8:00-9:00	Wai Tsuen SC	6+	54	30	22/6-26/6 (3/7) {24/7}	✉
40503240	18/8-3/11	Sa	9:00-10:00	Yeung Uk RD. SC	6+	54	30	22/6-26/6 (3/7) {24/7}	✉
Tai Chi TC									
40503227	13/8-5/12 (excl. 1/10,17/10)	M,W,F	7:00-8:00	Hong Kong Garden	6+	60	40	12/7	💻 ℹ
40503228	9/8-29/11 (excl. 25/9)	Tu,Th,Sa	6:30-7:30	Sham Tseng Temporary PG	6+	60	40	12/7	💻 ℹ
40503229	13/8-5/12 (excl. 1/10,17/10)	M,W,F	7:00-8:00	Tsuen Wan Tin Hau Temple Garden	6+	60	40	22/6-26/6 (3/7) {24/7}	✉
40503230	13/8-5/12 (excl. 1/10,17/10)	M,W,F	7:00-8:00	Sha Tsui RD. PG	6+	60	40	22/4-26/6 (3/7) {24/7}	✉
40503231 (TW0442)	9/8-29/11 (excl. 25/9)	Tu,Th,Sa	7:00-8:00	Shing Mun Valley SG	6+	60	40	22/6-26/6 (3/7) {24/7}	✉
40503232 (TW0443)	13/8-5/12 (excl. 1/10,17/10)	M,W,F	7:00-8:00	Shing Mun Valley Park (North Garden)	6+	60	70	12/7	💻 ℹ
40503233	9/8-29/11 (excl. 25/9)	Tu,Th,Sa	7:00-8:00	Open space at Lei Muk Shu Estate Blk 2	6+	60	40	22/6-26/6 (3/7) {24/7}	✉
40503234	23/8-13/12 (excl. 25/9)	Tu,Th,Sa	7:00-8:00	Tsuen Wan West SC	6+	60	70	22/6-26/6 (3/7) {24/7}	✉
40503236	22/8-14/12 (excl. 1/10,17/10)	M,W,F	7:00-8:00	Tsuen King Circuit PG	6+	60	60	22/6-26/6 (3/7) {24/7}	✉
Tai Chi Sword TC									
40503322	9/8-29/11 (excl. 25/9)	Tu,Th,Sa	6:45-7:45	Sha Tsui RD. PG	6+	60	40	22/6-26/6 (3/7) {24/7}	✉
Western Folk Dance Mini Party (Afternoon)									
40503174	11/8	Sa	12:00-15:00	Tsuen King Circuit SC	14+	20	30	16/7	💻 ℹ
Wushu TC for Children									
40503329	1/8-20/8	M,W,F	14:00-16:00	Yeung Uk RD. SC	6-9	86	20	29/6-3/7 (10/7) {31/7}	✉
Yoga TC									
40503330	12/8-21/10 (excl. 23/9)	Su	20:00-22:00	Tsuen Wan West SC	15+	85	15	29/6-3/7 (10/7) {31/7}	✉
40503331	22/8-31/10 (excl. 17/10)	W	13:00-15:00	Wai Tsuen SC	15+	85	30	29/6-3/7 (10/7) {31/7}	✉

Briefing on Proper Ways to Use Fitness Equipment									
40503163	12/8	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	29/6-3/7 (10/7) {31/7}	✉
40503164	19/8	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	29/6-3/7 (10/7) {31/7}	✉
Parent-child (Aged 7-17) Badminton FD									
40503152	4/8	Sa	13:00-14:00	Tsuen King Circuit SC	7+	Free	24	10/7	💻 i
40503153	4/8	Sa	14:00-15:00	Tsuen King Circuit SC	7+	Free	24	10/7	💻 i
40503154	4/8	Sa	15:00-16:00	Tsuen King Circuit SC	7+	Free	24	10/7	💻 i
40503157	22/8	W	13:00-14:00	Yeung Uk RD. SC	7+	Free	24	10/7	💻 i
40503159	22/8	W	14:00-15:00	Yeung Uk RD. SC	7+	Free	24	10/7	💻 i
40503160	22/8	W	15:00-16:00	Yeung Uk RD. SC	7+	Free	24	10/7	💻 i
Badminton TC									
40503161	1/8-31/8	W,F	19:00-21:00	Wai Tsuen SC	7+	118	24	29/6-3/7 (10/7) {31/7}	✉
Parent-child(Aged 7-17) Badminton TC									
40503162	7/8-23/8	Tu,Th	16:00-18:00	Wai Tsuen SC	7+	73	24	29/6-3/7 (10/7) {31/7}	✉
Fencing FD									
40503183	25/8	Sa	13:00-16:00	Wai Tsuen SC	9+	Free	20	26/7	💻 i
Indoor Lawn Bowl TC									
40503213	6/8-30/8	M,Th	15:00-17:00	Tsuen Wan West SC	8+	54	8	26/7	💻 i
Squash TC									
40503226	2/8-28/8	Tu,Th	14:00-16:00	Wai Tsuen SC	7+	160	12	27/7	💻 i
Table-tennis TC									
40503327	7/8-6/9	Tu,Th	10:00-12:00	Wai Tsuen SC	6+	86	24	29/6-3/7 (10/7) {31/7}	✉
Table-tennis TC for Children(Low Table)									
40503328	1/8-22/8	M,W,F	16:00-17:30	Yeung Uk RD. SC	6-9	86	20	29/6-3/7 (10/7) {31/7}	✉
Tennis TC									
40503323 (TW0453)	1/8-31/8	W,F	19:00-21:00	Shing Mun Valley	8+	170	12	29/6-3/7 (10/7) {31/7}	✉
40503324	2/8-4/9	Tu,Th	19:00-21:00	Tsuen King Circuit PG	8+	170	18	29/6-3/7 (10/7) {31/7}	✉
40503325	8/8-29/8	M,W,F	10:00-12:00	Tsuen Wan Riviera Park	8+	170	12	29/6-3/7 (10/7) {31/7}	✉
40503326	12/8-14/10	Su	19:00-21:00	Tsuen Wan Riviera Park	8+	170	12	29/6-3/7 (10/7) {31/7}	✉
Gateball TC									
40503200	14/8-8/9	Tu,Sa	9:00-11:00	Tsuen Wan Park	8+	54	15	27/7	💻 i
Residential Camp for Family									
40503222	11/8-12/8	Sa,Su	13:45-14:00	Lei Yue Mun HV	All	86	48	29/6-3/7 (10/7) {31/7}	✉
Green Seminar at TWP									
40503202	26/8	Su	15:00-17:00	Tsuen Wan Park	All	Free	40	26/8	Walk-in

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**
Swimming TC for the Elderly (Level I)							
40497571 (E4)	7/8-28/8	Tu,Th,Sa	8:00-9:00	Shing Mun Valley SP	16	15/6-19/6 (26/6) {17/7}	✉
40497589 (E3)	8/8-29/8	M,W,F	8:00-9:00	Shing Mun Valley SP	16	15/6-19/6 (26/6) {17/7}	✉
40498756 (E14)	2/8-23/8	Tu,Th,Sa	8:00-9:00	Tsuen King Circuit Wu Chung SP	16	15/6-19/6 (26/6) {17/7}	✉
40498760 (E15)	3/8-24/8	M,W,F	8:00-9:00	Tsuen King Circuit Wu Chung SP	16	15/6-19/6 (26/6) {17/7}	✉
Social Dance FD for the Elderly							
40503177	15/8	W	14:00-17:00	Tsuen Wan West SC	14	22/6-26/6 (3/7) {24/7}	✉
HES-Badminton FD							
40503203	2/8-30/8	Tu,Th	8:00-9:45	Tsuen King Circuit SC	30	22/6-26/6 (3/7) {24/7}	✉
40503206	1/8-31/8	W,F	8:00-9:45	Wai Tsuen SC	30	22/6-26/6 (3/7) {24/7}	✉
40503208	2/8-30/8	Tu,Th	9:00-10:45	Yeung Uk RD. SC	30	22/6-26/6 (3/7) {24/7}	✉
HES-Table-tennis FD							
40503205	1/8-31/8	W,F	8:00-9:45	Tsuen Wan West SC	60	22/6-26/6 (3/7) {24/7}	✉
40503207	2/8-30/8	Tu,Th	8:00-9:45	Wai Tsuen SC	60	22/6-26/6 (3/7) {24/7}	✉
40503210	1/8-31/8	W,F	9:00-10:45	Yeung Uk RD. SC	60	22/6-26/6 (3/7) {24/7}	✉

Fun Games for the Elderly							
40503199	13/8	M	9:00-12:00	Tsuen King Circuit SC	4000	13/8	Walk-in