Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 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
Breast Stroke TC for Adult (Level I)									
40497611 (BA3)	2/10-27/10 (excl. 4/10,9/10)	Tu,Th,Sa	19:00-20:00	Shing Mun Valley SP	18+	100	16	17/8-21/8 (28/8) {18/9}	✉
Breast Stroke TC for Adult (Stage I)									
40511845	3/10-26/10 (excl. 17/10)	M,W,F	19:30-20:30	Tsuen King Circuit Wu Chung SP	18+	100	16	17/8-21/8 (28/8) {18/9}	✉
Front Crawl TC for Adult (Level I)									
40497617 (FA3)	3/10-31/10 (excl. 5/10,10/10,17/10)	M,W,F	9:00-10:00	Shing Mun Valley SP	18+	100	16	17/8-21/8 (28/8) {18/9}	✉
Front Crawl TC for Adult (Stage I)									
40511846	3/10-26/10 (excl. 17/10)	M,W,F	20:30-21:30	Tsuen King Circuit Wu Chung SP	18+	100	16	17/8-21/8 (28/8) {18/9}	✉
Aerobic Dance TC									
40508431	9/10-15/11	Tu,Th	10:00-11:00	Tsuen King Circuit SC	14+	65	20	13/9	🖳 i
40508432	9/10-15/11	Tu,Th	11:00-12:00	Tsuen King Circuit SC	14+	65	20	13/9	🖳 i
40508433	9/10-15/11	Tu,Th	19:00-20:00	Tsuen Wan West SC	14+	65	10	13/9	🖳 i
40508434	9/10-15/11	Tu,Th	20:00-21:00	Tsuen Wan West SC	14+	65	10	13/9	🖳 i
Children Dance TC									
40508494	14/10-16/12	Su	10:00-12:00	Tsuen King Circuit SC	4-6	60	20	14/9	🖳 i
Social Dance Mini Party (Afternoon)									
40508497	24/10	W	14:00-17:00	Tsuen Wan West SC	14+	20	14	21/9	🖳 i
Chinese Dance TC									
40508495	19/10-21/12	F	13:00-15:00	Wai Tsuen SC	14+	45	20	10/9	🖳 i
Social Dance Mini Party (Night)									
40508499	12/10	F	19:00-22:00	Yeung Uk RD. SC	14+	20	20	21/9	🖳 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.									
40508503	10/10-21/11 (excl. 17/10)	W,F	15:00-16:00	Tsuen Wan West SC	15+	75	10	@28/9	🖳 i
40508504	10/10-21/11 (excl. 17/10)	W,F	16:00-17:00	Tsuen Wan West SC	15+	75	10	@28/9	🖳 i
Hydro Fitness TC									
40497637 (TW3)	3/10-7/11 (excl. 10/10,17/10)	M,W,F	19:00-20:00	Shing Mun Valley SP	14+	80	30	17/8-21/8 (28/8) {18/9}	✉
40497639 (TW4)	3/10-7/11 (excl. 10/10,17/10)	M,W,F	20:00-21:00	Shing Mun Valley SP	14+	80	30	17/8-21/8 (28/8) {18/9}	✉
Judo TC									
40508560	10/10-19/12 (excl. 17/10)	W	18:00-20:00	Tsuen Wan West SC	6+	65	10	20/9	🖳 i
Social Dance TC									
40508563	3/10-7/11 (excl. 17/10)	W,F	14:00-16:00	Tsuen King Circuit SC	14+	86	30	24/8-28/8 (4/9) {26/9}	✉
40508564	3/10-7/11 (excl. 17/10)	W,F	11:00-13:00	Wai Tsuen SC	14+	86	30	24/8-28/8 (4/9) {26/9}	✉
40508565	18/10-20/12	Th	20:00-22:00	Yeung Uk RD. SC	14+	86	30	24/8-28/8 (4/9) {26/9}	✉
Tai Chi Made Easy Class									
40508567	4/10-10/11	Th,Sa	9:00-10:00	Tsuen Wan West SC	6+	54	30	17/8-21/8 (28/8) {18/9}	✉
Yoga TC									
40508604	7/10-9/12	Su	7:00-9:00	Wai Tsuen SC	15+	85	30	24/8-28/8 (4/9) {26/9}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40508492	7/10	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	24/8-28/8 (4/9) {26/9}	✉
40508493	14/10	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	24/8-28/8 (4/9) {26/9}	✉
Body-Mind Stretch Training Course									
40508487	12/10-19/11	M,F	18:00-19:00	Tsuen King Circuit SC	15+	85	24	24/8-28/8 (4/9) {26/9}	✉
40508491	12/10-19/11	M,F	19:00-20:00	Tsuen King Circuit SC	15+	85	24	24/8-28/8 (4/9) {26/9}	✉
Archery Fun Day									

40508440	13/10	Sa	14:00-16:00	Shing Mun Valley Park	8+	Free	20	17/9	
Parent-child (Aged 7-17) Badminton FD									
40508443	20/10	Sa	10:00-11:00	Wai Tsuen SC	7+	Free	24	27/9	
40508444	20/10	Sa	11:00-12:00	Wai Tsuen SC	7+	Free	24	27/9	
40508446	20/10	Sa	12:00-13:00	Wai Tsuen SC	7+	Free	24	27/9	
Badminton TC									
40508462	5/10-9/11 (excl. 17/10)	W,F	10:00-12:00	Tsuen King Circuit SC	7+	118	24	24/8-28/8 (4/9) {26/9}	
40508467	9/10-15/11 (excl. 23/10,30/10)	Tu,Th	14:00-16:00	Tsuen Wan West SC	7+	118	24	24/8-28/8 (4/9) {26/9}	
40508471	10/10-5/11 (excl. 17/10,22/10)	M,W,F	10:00-12:00	Wai Tsuen SC	7+	118	24	24/8-28/8 (4/9) {26/9}	
40508474	10/10-19/12 (excl. 17/10)	W	18:00-20:00	Yeung Uk RD. SC	7+	118	24	24/8-28/8 (4/9) {26/9}	
Parent-child(Aged 7-17) Badminton TC									
40508482	13/10-17/11	Sa	13:00-15:00	Tsuen King Circuit SC	7+	73	24	27/9	
Table-tennis TC									
40508591	11/10-13/11	Tu,Th	19:00-21:00	Tsuen King Circuit SC	6+	86	24	24/8-28/8 (4/9) {26/9}	
40508597	6/10-8/12	Sa	14:00-16:00	Yeung Uk RD. SC	6+	86	24	24/8-28/8 (4/9) {26/9}	
Tennis TC									
40508569	31/10-30/11	W,F	19:00-21:00	Sha Tsui RD. PG	8+	170	12	24/8-28/8 (4/9) {26/9}	
40508573	2/10-1/11	Tu,Th	8:00-10:00	Shing Mun Valley	8+	170	12	6/9	
40508575	3/10-7/11 (excl. 17/10)	W,F	19:00-21:00	Shing Mun Valley	8+	170	12	24/8-28/8 (4/9) {26/9}	
40508579	11/10-13/11	Tu,Th	19:00-21:00	Tsuen King Circuit PG	8+	170	18	24/8-28/8 (4/9) {26/9}	
40508584	8/10-8/11	M,Th	17:00-19:00	Tsuen Wan Riviera Park	8+	170	12	24/8-28/8 (4/9) {26/9}	
TWD Volleyball Competition 2018/19(Men)									
40509324 (QTWVC001)	14/10-21/10	Su	9:00-19:00	Yeung Uk RD. SC	12+	60	16	15/8-22/8 (29/8) {21/9}	
TWD Volleyball Competition 2018/19(Women)									
40509325 (QTWVC002)	14/10-21/10	Su	9:00-19:00	Yeung Uk RD. SC	12+	60	16	15/8-22/8 (29/8) {21/9}	
Healthy Exercise for all - Hiking									
40508559	21/10	Su	9:00-16:00	B3 Tai Mei Tuk-Luk Keng	6+	40	48	24/8-28/8 (4/9) {26/9}	
Green Seminar at Tsuen Wan Park									
40508551	28/10	Su	15:00-17:00	Tsuen Wan Park - Amphitheatre	All	Free	40	28/10	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 Elderly (Stage I)							
40511834	3/10-26/10 (excl. 17/10)	M,W,F	8:00-9:00	Tsuen King Circuit Wu Chung SP	16	17/8-21/8 (28/8) {18/9}	
40511835	4/10-25/10	Tu,Th,Sa	8:00-9:00	Tsuen King Circuit Wu Chung SP	16	17/8-21/8 (28/8) {18/9}	
Swimming TC for the Elderly (Level I)							
40497613 (E7)	2/10-27/10 (excl. 4/10,9/10)	Tu,Th,Sa	20:00-21:00	Shing Mun Valley SP	16	17/8-21/8 (28/8) {18/9}	
40497614 (E8)	3/10-31/10 (excl. 5/10,10/10,17/10)	M,W,F	8:00-9:00	Shing Mun Valley SP	16	17/8-21/8 (28/8) {18/9}	
Swimming TC for Elderly (Stage II)							
40511836	3/10-26/10 (excl. 17/10)	M,W,F	9:00-10:00	Tsuen King Circuit Wu Chung SP	20	17/8-21/8 (28/8) {18/9}	
40511837	4/10-25/10	Tu,Th,Sa	9:00-10:00	Tsuen King Circuit Wu Chung SP	20	17/8-21/8 (28/8) {18/9}	
Fitness Exercise for the Elderly							
40508510	24/10-7/12	W,F	11:00-12:00	Yeung Uk RD. SC	25	17/8-21/8 (28/8) {18/9}	
Social Dance FD for the Elderly							
40508498	10/10	W	14:00-17:00	Tsuen Wan West SC	14	17/8-21/8 (28/8) {18/9}	
HES-Badminton FD							
40508555	4/10-30/10	Tu,Th	8:00-9:45	Tsuen King Circuit SC	30	17/8-21/8 (28/8) {18/9}	
40508557	3/10-31/10 (excl. 17/10)	W,F	8:00-9:45	Wai Tsuen SC	30	17/8-21/8 (28/8) {18/9}	
40508558	4/10-30/10	Tu,Th	9:00-10:45	Yeung Uk RD. SC	30	17/8-21/8 (28/8) {18/9}	
HES-Table-tennis FD							
40508553	3/10-31/10 (excl. 17/10,19/10)	W,F	8:00-9:45	Tsuen Wan West SC	60	17/8-21/8 (28/8) {18/9}	

40508554	2/10-30/10	Tu,Th	8:00-9:45	Wai Tsuen SC	60	17/8-21/8 (28/8) {18/9}	✉
Gateball FD for the Elderly							
40508520	26/10	F	9:00-11:00	Tsuen Wan Park	30	24/9	💻 *i*
Excursion for the Elderly							
40508501	31/10	W	9:00-17:00	N.T	48	17/8-21/8 (28/8) {18/9}	✉
Fun Games for the Elderly							
40508516	19/10	F	9:00-12:00	Tsuen Wan West SC	4000	19/10	Walk-in