

Tai Po District

Tai Chi Training Course

40524534	9/4-30/7 (excl. 20/4)	Tu,Th,Sa	7:00-8:00	Tai Po Waterfront Park(Fu Shin Entrance)	8+	60	40	7/3	 
Western Folk DanceTC									
40524539 (TPWS1)	11/4-13/6	Th	19:00-21:00	Fu Shin SC	8+	45	20	1/3-5/3 (8/3) {27/3}	
Yoga Training Course									
40524540 (TPYH1)	3/4-12/6 (excl. 1/5)	W	14:00-16:00	Fu Heng SC	15+	85	25	1/3-5/3 (8/3) {26/3}	
40524541 (TPYH2)	12/4-28/6 (excl. 19/4,7/6)	F	13:00-15:00	Fu Heng SC	15+	85	25	1/3-5/3 (8/3) {26/3}	
40524542 (TPYTH1)	6/4-15/6 (excl. 20/4)	Sa	14:00-16:00	Tai Po Hui SC	15+	85	25	1/3-5/3 (8/3) {26/3}	
40524543 (TPYS1)	27/4-29/6	Sa	16:00-18:00	Fu Shin SC	15+	85	25	1/3-5/3 (8/3) {26/3}	
Briefing on Proper Ways to Use Fitness Equipment									
40524529 (TPBRITP1)	6/4	Sa	9:00-12:00	Tai Po SC	15+	Free	20	1/3-5/3 (8/3) {27/3}	
40524531 (TPBRITP2)	7/4	Su	15:00-18:00	Tai Po SC	15+	Free	20	1/3-5/3 (8/3) {27/3}	
40524532 (TPBRITH1)	11/4	Th	19:00-22:00	Tai Po Hui SC	15+	Free	25	1/3-5/3 (8/3) {27/3}	
40524533 (TPBRITH2)	14/4	Su	10:00-13:00	Tai Po Hui SC	15+	Free	25	1/3-5/3 (8/3) {27/3}	
Badminton Training Course									
40524545	7/4-23/6 (excl. 21/4,12/5)	Su	14:00-16:00	Tai Po SC	18+	118	24	1/3-5/3 (8/3) {28/3}	
40524546	9/4-14/5 (excl. 19/4)	Tu,F	9:00-11:00	Tai Wo SC	18+	118	18	1/3-5/3 (8/3) {28/3}	
40524547	24/4-29/5 (excl. 1/5)	W,F	19:00-21:00	Fu Shin SC	18+	118	18	1/3-5/3 (8/3) {28/3}	
40524548	27/4-29/6	Sa	14:00-16:00	Tai Po Hui SC	7-11	118	24	1/3-5/3 (8/3) {28/3}	
Lawn Bowls Training Course									
40524549	2/4-25/4	Tu,Th	9:00-11:00	Tai Po Waterfront Park (Bowling Green)	8+	54	8	1/3-5/3 (8/3) {26/3}	
Squash Training Course									
40524550	6/4-1/6 (excl. 20/4)	Sa	15:00-17:00	Fu Heng SC	7+	160	12	1/3-5/3 (8/3) {26/3}	
Table-tennis Training Course									
40524553	8/4-16/5 (excl. 22/4,13/5)	M,Th	19:00-21:00	Tai Po Hui SC	14+	86	24	1/3-5/3 (8/3) {26/3}	
40524554	10/4-17/5 (excl. 19/4,1/5)	W,F	9:00-11:00	Tai Po SC	14+	86	24	1/3-5/3 (8/3) {26/3}	
40524555	27/4-29/6	Sa	14:00-16:00	Fu Shin SC	14+	86	24	1/3-5/3 (8/3) {26/3}	
Tennis TC for parent & child									
40524557 (SFA)	27/4-29/6	Sa	14:00-16:00	Wan Tau Kok PG	8+	170	12	1/3-5/3 (8/3) {28/3}	
Tennis Training Course									
40524556	8/4-16/5 (excl. 22/4,13/5)	M,Th	19:00-21:00	Wan Tau Kok PG	8+	170	12	1/3-5/3 (8/3) {28/3}	
Community Garden Programme									
40524574	7/4-11/8 (excl. 21/4)	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Tung Tsz Nursery	All	400	40	1/3-5/3 (8/3) {28/3}	

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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Chinese Dance TC for Elderly

40524561 (CDFS1)	10/4-19/6 (excl. 1/5)	W	9:00-11:00	Fu Shin SC	20	1/3-5/3 (8/3) {26/3}	
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Fitness Exercise TC for Elderly

40524558 (FETC1)	10/4-31/5 (excl. 19/4,1/5)	W,F	8:00-9:00	Tai Wo SC	18	1/3-5/3 (8/3) {27/3}	
40524559 (FETC2)	10/4-31/5 (excl. 19/4,1/5)	W,F	9:00-10:00	Tai Wo SC	18	1/3-5/3 (8/3) {27/3}	

Line Dance FD for Elderly

40524560	10/4	W	14:00-17:00	Fu Shin SC	24	1/3-5/3 (8/3) {27/3}	
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Social Dance TC for Elderly

40524562	12/4-28/6 (excl. 19/4,7/6)	F	15:00-17:00	Fu Shin SC	24	1/3-5/3 (8/3) {27/3}	
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Western Folk DanceTC for elderly

40524563	8/4-24/6 (excl. 22/4,13/5)	M	15:00-17:00	Tai Po Hui SC	20	1/3-5/3 (8/3) {27/3}	
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HES-Badminton

40524572 (HESBD1)	3/4-24/4	W	7:00-8:00	Tai Po Hui SC	24	3/4-24/4	Walk-in
40524573 (HESBD2)	3/4-24/4	W	8:00-9:00	Tai Po Hui SC	24	3/4-24/4	Walk-in

HES-Table-tennis

40524568 (HESTT1)	12/4-26/4 (excl. 19/4)	F	7:00-8:00	Fu Shin SC	24	12/4-26/4	Walk-in
40524569 (HESTT2)	12/4-26/4 (excl. 19/4)	F	8:00-9:00	Fu Shin SC	24	12/4-26/4	Walk-in
40524570 (HESTT3)	2/4-30/4	Tu	7:00-8:00	Tai Po SC	24	2/4-30/4	Walk-in

40524571 (HESTT4)	2/4-30/4	Tu	8:00-9:00	Tai Po SC	24	2/4-30/4	Walk-in
Lawn Bowls Fun Day for Elderly							
40524564	12/4	F	9:00-10:30	Tai Po Waterfront Park (Bowling Green)	20	14/3	 
40524565	12/4	F	10:30-12:00	Tai Po Waterfront Park (Bowling Green)	20	14/3	 
Lawn Bowls TC for Elderly							
40524566	3/4-29/5 (excl. 1/5)	W	9:00-11:00	Tai Po Waterfront Park	8	1/3-5/3 (8/3) {26/3}	
Gateball TC for Elderly							
40524567	2/4-21/5	Tu	9:00-11:00	Tai Po Waterfront Park	15	1/3-5/3 (8/3) {26/3}	