















































**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 2019**

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)									
40532099	3/10-26/10 (excl. 19/10)	Tu,Th,Sa	19:30-20:30	Shing Mun Valley SP	18+	100	16	16/8-20/8 (27/8) {17/9}	✉
Front Crawl TC for Adult (level I)									
40532098	2/10-28/10 (excl. 4/10,7/10)	M,W,F	9:00-10:00	Shing Mun Valley SwimmingPool	18+	100	16	16/8-20/8 (27/8) {17/9}	✉
Aerobic Dance TC									
40543032	4/10-13/11	W,F	19:00-20:00	Wai Tsuen SC	14+	65	20	16/9	🖨️ i
40543033	4/10-13/11	W,F	20:00-21:00	Wai Tsuen SC	14+	65	20	16/9	🖨️ i
40543034	8/10-14/11	Tu,Th	19:00-20:00	Tsuen Wan West SC	14+	65	10	16/9	🖨️ i
40543035	8/10-14/11	Tu,Th	20:00-21:00	Tsuen Wan West SC	14+	65	10	16/9	🖨️ i
40543037	8/10-15/11	Tu,F	15:00-16:00	Wai Tsuen SC	14+	65	20	16/9	🖨️ i
40543038	8/10-15/11	Tu,F	14:00-15:00	Wai Tsuen SC	14+	65	20	16/9	🖨️ i
40543041	8/10-14/11	Tu,Th	10:00-11:00	Tsuen King Circuit SC	14+	65	20	16/9	🖨️ i
40543042	8/10-14/11	Tu,Th	11:00-12:00	Tsuen King Circuit SC	14+	65	20	16/9	🖨️ i
Children Dance TC									
40543078	13/10-15/12	Su	10:00-12:00	Tsuen King Circuit SC	4-6	60	20	13/9	🖨️ i
Chinese Dance TC									
40543079	3/10-12/12 (excl. 28/11)	Th	11:00-13:00	Wai Tsuen SC	14+	45	20	9/9	🖨️ i
40543080	8/10-24/12 (excl. 29/10,5/11)	Tu	11:00-13:00	Tsuen Wan SC	14+	45	20	23/8-27/8 (3/9) {24/9}	✉
Social Dance Mini Party (Night)									
40543128	11/10	F	19:00-22:00	Yeung Uk RD. SC	14+	20	20	25/9	🖨️ i
Fitness(Multi-gym)TC									
<p>@ 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.</p>									
40543050	9/10-15/11	W,F	15:00-16:00	Tsuen Wan West SC	15+	75	10	@27/9	🖨️ i
40543052	9/10-15/11	W,F	16:00-17:00	Tsuen Wan West SC	15+	75	10	@27/9	🖨️ i
40543058	29/10-5/12	Tu,Th	14:00-15:00	Yeung Uk RD. SC	15+	75	20	@27/9	🖨️ i
40543059	29/10-5/12	Tu,Th	15:00-16:00	Yeung Uk RD. SC	15+	75	20	@27/9	🖨️ i
Hydro Fitness TC									
40543027	2/10-4/11 (excl. 7/10)	M,W,F	19:00-20:00	Shing Mun Valley SP	14+	80	30	16/8-20/8 (27/8) {17/9}	✉
40543028	2/10-4/11 (excl. 7/10)	M,W,F	20:00-21:00	Shing Mun Valley SP	14+	80	30	16/8-20/8 (27/8) {17/9}	✉
Judo TC									
40543131	16/10-18/12	W	18:00-20:00	Tsuen Wan West SC	6+	65	10	20/9	🖨️ i
Modern Dance TC									
40543130	9/10-11/12	W	12:00-14:00	Wai Tsuen SC	12+	70	20	6/9	🖨️ i
Social Dance Mini Party (Afternoon)									
40543126	14/10	M	13:00-16:00	Wai Tsuen SC	14+	20	30	25/9	🖨️ i
40543127	23/10	W	14:00-17:00	Tsuen Wan West SC	14+	20	14	25/9	🖨️ i
Social Dance TC									
40543122	2/10-1/11	W,F	14:00-16:00	Tsuen King Circuit SC	14+	86	30	23/8-27/8 (3/9) {24/9}	✉
40543123	3/10-5/12	Th	20:00-22:00	Yeung Uk RD. SC	14+	86	30	23/8-27/8 (3/9) {24/9}	✉
40543125	4/10-5/11	Tu,F	10:00-12:00	Wai Tsuen SC	14+	86	30	23/8-27/8 (3/9) {24/9}	✉
Tai Chi Made Easy Class									
40543136	3/10-9/11	Th,Sa	9:00-10:00	Tsuen Wan West SC	6+	54	30	16/8-20/8 (27/8) {17/9}	✉
40543161	19/10-4/1	Sa	8:00-9:00	Wai Tsuen SC	6+	54	30	16/8-20/8 (27/8) {17/9}	✉
Tai Chi TC									
40543175	16/10-12/2 (excl. 25/12,1/1,27/1,29/1)	M,W,F	7:00-8:00	Tsuen Wan Riviera Park	6+	60	40	16/8-20/8 (27/8) {17/9}	✉

40543191	18/10-17/2 (excl. 25/12,1/1,24/1,27/1,29/1)	M,W,F	18:00- 19:00	Tsuen Wan Park	6+	60	40	26/9	 
40543195	18/10-17/2 (excl. 25/12,1/1,24/1,27/1,29/1)	M,W,F	19:00- 20:00	Tsuen Wan Park	6+	60	40	26/9	 
Western Folk Dance TC									
40543129	3/10-5/11	Tu,Th	19:00- 21:00	Wai Tsuen SC	8+	45	20	5/9	 
Yoga TC									
40543243	13/10-15/12	Su	16:00- 18:00	Wai Tsuen SC	15+	85	30	23/8-27/8 (3/9) {24/9}	
Briefing on Proper Ways to Use Fitness Equipment									
40543044	12/10	Sa	10:00- 13:00	Tsuen Wan SC	15+	Free	25	23/8-27/8 (3/9) {24/9}	
40543045	6/10	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	23/8-27/8 (3/9) {24/9}	
40543046	20/10	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	23/8-27/8 (3/9) {24/9}	
Body-Mind Stretch Training Course									
40543211	14/10-22/11	M,F	18:00- 19:00	Tsuen King Circuit SC	15+	85	24	23/8-27/8 (3/9) {24/9}	
40543213	14/10-22/11	M,F	19:00- 20:00	Tsuen King Circuit SC	15+	85	24	23/8-27/8 (3/9) {24/9}	
Archery Fun Day									
40543247	12/10	Sa	14:00- 16:00	Shing Mun Valley Park	8+	Free	20	30/9	 
Parent-child (Aged 7-17) Badminton FD									
40543074	19/10	Sa	11:00- 12:00	Wai Tsuen SC	7+	Free	24	19/9	 
40543075	19/10	Sa	12:00- 13:00	Wai Tsuen SC	7+	Free	24	19/9	 
40543076	19/10	Sa	13:00- 14:00	Wai Tsuen SC	7+	Free	24	19/9	 
Badminton TC									
40543070	4/10-6/11	W,F	10:00- 12:00	Tsuen King Circuit SC	7+	118	24	23/8-27/8 (3/9) {24/9}	
40543071	8/10-7/11	Tu,Th	19:00- 21:00	Tsuen Wan West SC	7+	118	24	23/8-27/8 (3/9) {24/9}	
40543072	9/10-8/11	W,F	12:00- 14:00	Wai Tsuen SC	7+	118	24	23/8-27/8 (3/9) {24/9}	
40543073	16/10-18/12	W	18:00- 20:00	Yeung Uk RD. SC	7+	118	24	23/8-27/8 (3/9) {24/9}	
Parent-child(Aged 7-17) Badminton TC									
40543077	12/10-16/11	Sa	11:00- 13:00	Tsuen King Circuit SC	7+	73	24	19/9	 
Table-tennis TC									
40543068	5/10-7/12	Sa	14:00- 16:00	Yeung Uk RD. SC	6+	86	24	23/8-27/8 (3/9) {24/9}	
40543069	10/10-12/11	Tu,Th	18:00- 20:00	Tsuen King Circuit SC	6+	86	24	23/8-27/8 (3/9) {24/9}	
Tennis TC									
40543237	2/10-1/11	W,F	19:00- 21:00	Sha Tsui RD. PG	8+	170	12	23/8-27/8 (3/9) {24/9}	
40543238	3/10-7/11 (excl. 7/10)	M,Th	17:00- 19:00	Tsuen Wan Riviera Park	8+	170	12	23/8-27/8 (3/9) {24/9}	
40543239	4/10-6/11	W,F	19:00- 21:00	Shing Mun Valley	8+	170	12	23/8-27/8 (3/9) {24/9}	
40543240	8/10-7/11	Tu,Th	8:00-10:00	Shing Mun Valley	8+	170	12	12/9	 
40543241	10/10-12/11	Tu,Th	19:00- 21:00	Tsuen King Circuit PG	8+	170	12	23/8-27/8 (3/9) {24/9}	
Cricket Fun Day									
40543248	6/10	Su	10:00- 12:00	Shek Pink Resettler's PG	6+	Free	20	11/9	 
Healthy Exercise for all - Hiking									
40543242	27/10	Su	9:00-16:00	D8 Hok Tau-Fung Yuen	6+	40	48	16/8-20/8 (27/8) {17/9}	
TWD Dist Sand Sculpture Competition 2019/20									
40542956	20/10	Su	9:00-13:00	Lido Beach	All	60	24	4/9	
Sports Climbing Fun Day									
40543062	6/10	Su	13:00- 15:00	Tsuen Wan SC	12+	Free	24	23/9	 
40543063	6/10	Su	15:00- 17:00	Tsuen Wan SC	12+	Free	24	23/9	 
40543064	19/10	Sa	13:00- 15:00	Tsuen Wan SC	12+	Free	24	23/9	 
40543065	19/10	Sa	15:00- 17:00	Tsuen Wan SC	12+	Free	24	23/9	 
TWD Beach Carnival									
40543244	20/10	Su	12:00- 16:00	Lido Beach	All	Free	500	20/10	Walk-in
Green Seminar at TWP									
40543246	27/10	Su	15:00- 17:00	Tsuen Wan Park	All	Free	40	27/10	Walk-in



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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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:
 Training schemes: Accompanying carers may attend the 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 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.

Excursion-Chronic Illness&Physical Disability

40526832	26/10	Sa	9:00-17:00	HK Heritage Museum & Chi Lin Nunnery	All	10	26/9	 
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

Activities for Elderly Programme Number (Class code)

(For aged 60 or above, free of charge)


Date of Enrollment
 (Balloting)
 (Open Enrollment for Remaining Quota)

Enrolment Method


Swimming TC for the Elderly (Level I)

40532097	2/10-28/10 (excl. 4/10,7/10)	M,W,F	8:00-9:00	Shing Mun Valley SP		16	16/8-20/8 (27/8) {17/9}	
40532100	3/10-26/10 (excl. 19/10)	Tu,Th,Sa	20:30-21:30	Shing Mun Valley SP		16	16/8-20/8 (27/8) {17/9}	



Baduanjin TC for the Elderly

40543017	9/10-8/1 (excl. 25/12,1/1)	W	9:00-10:00	Wai Tsuen SC		30	16/8-20/8 (27/8) {17/9}	
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Fitness Exercise for the Elderly

40543019	9/10-22/11	W,F	11:00-12:00	Yeung Uk RD. SC		25	16/8-20/8 (27/8) {17/9}	
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Social Dance FD for the Elderly

40543004	9/10	W	14:00-17:00	Tsuen Wan West SC		14	16/8-20/8 (27/8) {17/9}	
40543009	9/10	W	8:00-11:00	Tsuen Wan SC		20	16/8-20/8 (27/8) {17/9}	



HES-Badminton FD

40542961	3/10-31/10 (excl. 8/10)	Tu,Th	8:00-9:45	Tsuen King Circuit SC		30	16/8-20/8 (27/8) {17/9}	
40542974	3/10-31/10 (excl. 8/10)	Tu,Th	9:00-10:45	Yeung Uk RD. SC		30	16/8-20/8 (27/8) {17/9}	
40542975	4/10-30/10	W,F	8:00-9:45	Wai Tsuen SC		30	16/8-20/8 (27/8) {17/9}	


HES-Table-tennis FD

40542976	2/10-30/10 (excl. 18/10)	W,F	8:00-9:45	Tsuen Wan West SC		60	16/8-20/8 (27/8) {17/9}	
40542993	3/10-31/10	Tu,Th	8:00-9:45	Wai Tsuen SC		60	16/8-20/8 (27/8) {17/9}	

Gateball FD for the Elderly

40543014	25/10	F	9:00-11:00	Tsuen Wan Park		30	30/9	 
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Excursion for the Elderly

40543024	30/10	W	9:00-17:00	NT		48	16/8-20/8 (27/8) {17/9}	
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Fun Games for the Elderly

40543025	18/10	F	9:00-12:00	Tsuen Wan West SC		4000	18/10	Walk-in
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