

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

**Tai Po District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
<b>Long Distance Running Training Course</b>										
40542462	14/10-16/12	M	19:00-21:00	Tai Po PG	16+	130	40	1/9-5/9 (10/9){30/9}		☒
<b>Aerobic Dance Training Course</b>										
40542402 (TPAW9)	24/10-3/12	Tu,Th	8:00-9:00	Tai Wo SC	14+	65	18	25/9		☒ i
40542403 (TPAW10)	24/10-3/12	Tu,Th	9:00-10:00	Tai Wo SC	14+	65	18	25/9		☒ i
40542404 (TPAS9)	28/10-22/11	M,W,F	8:00-9:00	Fu Shin SC	14+	65	20	24/9		☒ i
40542405 (TPAS10)	28/10-22/11	M,W,F	9:00-10:00	Fu Shin SC	14+	65	20	24/9		☒ i
40542406 (TPAS11)	2/10-13/11	W,F	19:00-20:00	Fu Shin SC	14+	65	20	1/9-5/9 (10/9){27/9}		☒
40542407 (TPAS12)	2/10-13/11	W,F	20:00-21:00	Fu Shin SC	14+	65	20	1/9-5/9 (10/9){27/9}		☒
40542408 (TPATH15)	10/10-19/11	Tu,Th	8:00-9:00	Tai Po Hui SC	14+	65	24	9/9		☒ i
40542409 (TPATH16)	10/10-19/11	Tu,Th	9:00-10:00	Tai Po Hui SC	14+	65	24	9/9		☒ i
40542410 (TPATH17)	9/10-18/11	M,W	19:00-20:00	Tai Po Hui SC	14+	65	24	1/9-5/9 (10/9){27/9}		☒
40542411 (TPATH18)	9/10-18/11	M,W	20:00-21:00	Tai Po Hui SC	14+	65	24	1/9-5/9 (10/9){27/9}		☒
40542412 (TPATH19)	31/10-10/12	Tu,Th	14:00-15:00	Tai Po Hui SC	14+	65	24	26/9		☒ i
40542413 (TPATH20)	31/10-10/12	Tu,Th	15:00-16:00	Tai Po Hui SC	14+	65	24	26/9		☒ i
<b>TPD Dance Fun Night</b>										
40541949	26/10	Sa	19:00-22:00	Tai Po Hui SC	All	20	40	16/9		☒ i
<b>Fitness Exercise TC</b>										
40542422 (TPFEXTH7)	10/10-26/11	Tu,Th	19:00-20:00	Tai Po Hui SC	14+	80	20	1/9-5/9 (10/9){30/9}		☒
40542423 (TPFEXTH8)	10/10-26/11	Tu,Th	20:00-21:00	Tai Po Hui SC	14+	80	20	1/9-5/9 (10/9){30/9}		☒
<b>Fitness (Multi-gym) Training Course</b>										
<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.</p> <p>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.</p> <p>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.</p> <p>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>										
40542414	4/10-13/11	W,F	15:00-16:00	Fu Shin SC	15+	75	20	@4/9		☒ i
40542415 (TPFMS6)	4/10-13/11	W,F	16:00-17:00	Fu Shin SC	15+	75	20	@4/9		☒ i
40542416 (TPFMS7)	10/10-19/11	Tu,Th	18:00-19:00	Fu Shin SC	15+	75	20	@11/9		☒ i
40542417 (TPFMS8)	10/10-19/11	Tu,Th	19:00-20:00	Fu Shin SC	15+	75	20	@11/9		☒ i
40542418 (TPFMTH13)	11/10-19/11	Tu,F	7:00-8:00	Tai Po Hui SC	15+	75	30	@10/9		☒ i
40542419 (TPFMTH14)	11/10-19/11	Tu,F	8:00-9:00	Tai Po Hui SC	15+	75	30	@10/9		☒ i
40542420 (TPFMH13)	25/10-4/12	W,F	8:00-9:00	Fu Heng SC	15+	75	20	@23/9		☒ i
40542421 (TPFMH14)	25/10-4/12	W,F	9:00-10:00	Fu Heng SC	15+	75	20	@23/9		☒ i
<b>Jazz Training Course</b>										
40542432 (JFH2)	2/10-4/12	W	19:00-21:00	Fu Heng SC	12+	70	20	1/9-5/9 (10/9){27/9}		☒
<b>Social Dance Training Course</b>										
40542430 (TPSTH4)	15/10-17/12	Tu	10:00-12:00	Tai Po Hui SC	14+	86	24	1/9-5/9 (10/9){30/9}		☒
40542431 (TPSS2)	24/10-2/1 (excl. 26/12)	Th	19:00-21:00	Fu Shin SC	14+	86	24	1/9-5/9 (10/9){30/9}		☒
<b>Yoga Training Course</b>										
40542433 (TPYP5)	3/10-7/12	Th,Sa	7:00-8:00	Tai Po SC	15+	85	25	1/9-5/9 (10/9){27/9}		☒
40542434 (TPYP6)	3/10-7/12	Th,Sa	8:00-9:00	Tai Po SC	15+	85	25	1/9-5/9 (10/9){27/9}		☒
40542435 (TPYTH3)	5/10-7/12	Sa	14:00-16:00	Tai Po Hui SC	15+	85	25	1/9-5/9 (10/9){27/9}		☒
40542436 (TPYW5)	10/10-12/12	Th	13:00-15:00	Tai Wo SC	15+	85	18	1/9-5/9 (10/9){27/9}		☒
40542437 (TPYW6)	10/10-12/12	Th	15:00-17:00	Tai Wo SC	15+	85	18	1/9-5/9 (10/9){27/9}		☒
40542438 (TPYH6)	26/10-28/12	Sa	9:00-11:00	Fu Heng SC	15+	85	25	1/9-5/9 (10/9){27/9}		☒
40542439 (TPYS7)	12/10-14/12	Sa	16:00-18:00	Fu Shin SC	15+	85	25	1/9-5/9 (10/9){27/9}		☒
40542440 (TPYS8)	31/10-9/1 (excl. 26/12)	Th	14:00-16:00	Fu Shin SC	15+	85	25	1/9-5/9 (10/9){27/9}		☒
40542441 (TPYS9)	31/10-9/1 (excl. 26/12)	Th	16:00-18:00	Fu Shin SC	15+	85	25	1/9-5/9 (10/9){27/9}		☒
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40542425 (TPBRIFH9)	2/10	W	19:00-22:00	Fu Heng SC	15+	Free	20	1/9-5/9 (10/9){27/9}		☒
40542426 (TPBRIFH10)	5/10	Sa	19:00-22:00	Fu Heng SC	15+	Free	20	1/9-5/9 (10/9){27/9}		☒
40542427 (TPBRIFS7)	11/10	F	19:00-22:00	Fu Shin SC	15+	Free	20	1/9-5/9 (10/9){27/9}		☒
40542428 (TPBRIFS8)	13/10	Su	10:00-13:00	Fu Shin SC	15+	Free	20	1/9-5/9 (10/9){27/9}		☒

SPA-Fitness Walking Briefing Session										
40542429 (SFA)	12/10	Sa	14:00-16:00	Tai Po Waterfront Park	6+	Free	40	3/9		
Sports for ALL-Body-Mind Stretch TC										
40527038 (SFA)	4/10-15/11 (excl. 1/11)	W,F	14:00-15:00	Tai Po SC	15+	85	24	6/9		
40527039 (SFA)	4/10-15/11 (excl. 1/11)	W,F	15:00-16:00	Tai Po SC	15+	85	24	6/9		
Badminton Training Course										
40542443	8/10-7/11	Tu,Th	9:00-11:00	Tai Po SC	18+	118	24	1/9-5/9 (10/9){27/9}		
40542444	10/10-12/11	Tu,Th	19:00-21:00	Tai Po Hui SC	18+	118	24	1/9-5/9 (10/9){27/9}		
Lawn Bowls Training Course										
40542445	3/10-29/10	Tu,Th	9:00-11:00	Tai Po Waterfront Park (Bowling Green)	8+	54	8	1/9-5/9 (10/9){27/9}		
40542446	4/10-30/10	W,F	18:00-20:00	Tai Po Waterfront Park (Bowling Green)	8+	54	8	1/9-5/9 (10/9){27/9}		
Squash Fun Day										
40542448 (1)	12/10	Sa	10:00-11:00	Tai Po SG (Squash Centre)	7+	Free	12	12/10	Walk-in	
40542449 (2)	12/10	Sa	11:00-12:00	Tai Po SG (Squash Centre)	7+	Free	12	12/10	Walk-in	
40542450 (3)	12/10	Sa	12:00-13:00	Tai Po SG (Squash Centre)	7+	Free	12	12/10	Walk-in	
40542451 (4)	12/10	Sa	13:00-14:00	Tai Po SG (Squash Centre)	7+	Free	12	12/10	Walk-in	
40542452 (5)	12/10	Sa	14:00-15:00	Tai Po SG (Squash Centre)	7+	Free	12	12/10	Walk-in	
Squash Training Course										
40542447	4/10-29/10	Tu,F	19:00-21:00	Tai Po PG(Squash Centre)	7+	160	12	1/9-5/9 (10/9){27/9}		
Table-tennis Training Course										
40542453	4/10-6/11	W,F	9:00-11:00	Fu Heng SC	14+	86	24	1/9-5/9 (10/9){27/9}		
40542454	5/10-7/12	Sa	16:00-18:00	Tai Po SC	14+	86	24	1/9-5/9 (10/9){27/9}		
40542455	12/10-14/12	Sa	14:00-16:00	Fu Shin SC	6-13	86	24	1/9-5/9 (10/9){27/9}		
40542456	15/10-14/11	Tu,Th	19:00-21:00	Tai Po Hui SC	14+	86	24	1/9-5/9 (10/9){27/9}		
Tennis TC for parent & child										
40542459 (SFA)	5/10-14/12 (excl. 2/11)	Sa	10:00-12:00	Tai Po PG(Tennis Centre)	8+	170	12	1/9-5/9 (10/9){27/9}		
40542460 (SFA)	12/10-14/12	Sa	14:00-16:00	Wan Tau Kok PG	8+	170	12	1/9-5/9 (10/9){27/9}		
Tennis Training Course										
40542457	2/10-11/12 (excl. 6/11)	W	19:00-21:00	Tai Po SG (Tennis Centre)	8+	170	18	1/9-5/9 (10/9){27/9}		
40542458	14/10-14/11	M,Th	19:00-21:00	Wan Tau Kok PG	8+	170	12	1/9-5/9 (10/9){27/9}		
Golf Training Course										
40542463	4/10-25/10	F	10:00-11:30	Golf Park	6+	160	6	1/9-5/9 (10/9){27/9}		
*TPD Football Comp.(2019-20) (Open Div)										
40540380 (Q)	13/10-17/11	Su	9:00-18:00	Kwong Fuk Football Ground	18+	100	16	2/8-9/8 (16/8){6/9}		
*HEFAC - Hiking FD										
40542461	20/10	Su	9:00-17:00	B1 Wan Chai Gap - Aberdeen Reservoirs	6+	40	48	1/9-5/9 (10/9){30/9}		
Ultimate Fun Day for Families										
40525631	20/10	Su	14:00-15:30	Tai Po Old Market PG	6+	Free	40	20/10	Walk-in	
40525632	20/10	Su	15:30-17:00	Tai Po Old Market PG	6+	Free	40	20/10	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.

**Modern Dance Training Programme for PWA**

40535636	13/10-15/12	Su	10:00-12:00	Tai Po Hui SC	8+	20	16/8		
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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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**Fitness Exercise TC for Elderly**

40542467 (FETC10)	10/10-26/11	Tu,Th	8:00-9:00	Tai Po Hui SC	20	1/9-5/9 (10/9) {30/9}	
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40542468 (FETC8)	10/10-26/11	Tu,Th	9:00-10:00	Tai Po Hui SC	20	1/9-5/9 (10/9) {30/9}	✉
<b>Hydro-fitness Fun Day for Elderly</b>							
40527011 (TPHF12-FD)	19/10	Sa	8:00-9:00	Tai Po SP	30	19/9	📄 i
<b>HES - Social Dance</b>							
40542471 (HESDTP53)	8/10-29/10	Tu	7:00-9:00	Tai Po SC	40	8/10-29/10	Walk-in
<b>Social Dance TC for Elderly</b>							
40542465	4/10-6/12	F	15:00-17:00	Tai Po Hui SC	24	1/9-5/9 (10/9) {30/9}	✉
<b>Western Folk DanceTC for elderly</b>							
40542466	14/10-16/12	M	15:00-17:00	Tai Po Hui SC	20	1/9-5/9 (10/9) {30/9}	✉
<b>HES-Badminton</b>							
40542476 (HESBD7)	2/10-30/10	W	7:00-8:00	Tai Po SC	24	2/10-30/10	Walk-in
40542477 (HESBD8)	2/10-30/10	W	8:00-9:00	Tai Po SC	24	2/10-30/10	Walk-in
<b>HES-Table-tennis</b>							
40542472 (HESTT25)	4/10-25/10	F	7:00-8:00	Fu Shin SC Arena(Non air-con)	24	4/10-25/10	Walk-in
40542473 (HESTT26)	4/10-25/10	F	8:00-9:00	Fu Shin SC Arena(Non air-con)	24	4/10-25/10	Walk-in
40542474 (HESTT27)	15/10-29/10	Tu	7:00-8:00	Tai Po Hui SC	24	15/10-29/10	Walk-in
40542475 (HESTT28)	15/10-29/10	Tu	8:00-9:00	Tai Po Hui SC	24	15/10-29/10	Walk-in
<b>Lawn Bowls FD for Elderly</b>							
40542469	11/10	F	9:00-10:30	Tai Po Waterfront Park (Bowling Green)	20	13/9	📄 i
<b>Excursion for Elderly</b>							
40542464	15/10	Tu	9:00-17:00	Hong Kong Park, Tai Kwun	48	1/9-5/9 (10/9) {30/9}	✉