

















































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

Tuen Mun District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Breaststroke TC for Adult (Level I)									
40528771	5/11-5/12	Tu,Th	20:00-21:00	Tuen Mun North West SP	18+	100	16	20/9-26/9 (3/10) {21/10}	☒
Front Crawl TC for Adult (Level I)									
40528770	5/11-5/12	Tu,Th	19:00-20:00	Tuen Mun North West SP	18+	100	16	20/9-26/9 (3/10) {21/10}	☒
40528772	18/11-20/12	M,F	10:00-11:00	Tuen Mun North West SP	18+	100	16	20/9-26/9 (3/10) {21/10}	☒
Aerobic Dance Training Course									
40536743	12/11-19/12	Tu,Th	18:00-19:00	Yau Oi SC	14+	65	20	9/10	☒ i
40536744	12/11-19/12	Tu,Th	19:00-20:00	Yau Oi SC	14+	65	20	9/10	☒ i
Children Dance Training Course									
40536718	2/11-4/1	Sa	12:00-14:00	Tai Hing SC	4-11	60	20	4/10	☒ i
Fitness (Multi-gym) Training Course									
<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>									
40536746	29/11-27/12 (excl. 25/12)	M,W,F	10:00-11:00	Yau Oi SC	15+	75	20	@9/10	☒ i
40536778	21/11-17/12	Tu,Th,Sa	8:00-9:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@10/10	☒ i
40536779	21/11-17/12	Tu,Th,Sa	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@10/10	☒ i
40536780	11/11-6/12	M,W,F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@9/10	☒ i
Hydro Fitness Training Course									
40528774	5/11-19/12	Tu,Th	10:00-11:00	Tuen Mun North West SP	14+	80	30	20/9-26/9 (3/10) {21/10}	☒
40528775	5/11-19/12	Tu,Th	11:00-12:00	Tuen Mun North West SP	14+	80	30	20/9-26/9 (3/10) {21/10}	☒
Jazz Training Course									
40536729	1/11-3/1	F	21:00-23:00	Yau Oi SC	12+	70	20	8/10	☒ i
40536730	2/11-4/1	Sa	21:00-23:00	Yau Oi SC	12+	70	20	20/9-26/9 (3/10) {21/10}	☒
Yoga Training Course									
40536723	5/11-5/12	Tu,Th	7:00-9:00	Tai Hing SC	15+	85	20	27/9-4/10 (10/10) {28/10}	☒
40536724	5/11-5/12	Tu,Th	9:00-11:00	Tai Hing SC	15+	85	20	27/9-4/10 (10/10) {28/10}	☒
Briefing on Proper Ways to Use Fitness Equipment									
40536715	2/11	Sa	18:00-21:00	Tai Hing SC	15+	Free	20	20/9-26/9 (3/10) {21/10}	☒
40536716	16/11	Sa	17:00-20:00	Tai Hing SC	15+	Free	20	20/9-26/9 (3/10) {21/10}	☒
40536725	3/11	Su	10:00-13:00	Leung Tin SC	15+	Free	20	20/9-26/9 (3/10) {21/10}	☒
40536748	23/11	Sa	15:00-18:00	Yau Oi SC	15+	Free	20	20/9-26/9 (3/10) {21/10}	☒
40536750	15/11	F	19:00-22:00	Yau Oi SC	15+	Free	20	20/9-26/9 (3/10) {21/10}	☒
40536783	11/11	M	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	20/9-26/9 (3/10) {21/10}	☒
40536784	18/11	M	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	20/9-26/9 (3/10) {21/10}	☒
40536785	5/11	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	20/9-26/9 (3/10) {21/10}	☒
Body-Mind Stretch Training Course									
40536766	5/11-12/12	Tu,Th	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	85	24	20/9-26/9 (3/10) {21/10}	☒
40536767	5/11-12/12	Tu,Th	21:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	85	24	20/9-26/9 (3/10) {21/10}	☒
40536781	1/11-11/12	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	85	24	20/9-26/9 (3/10) {21/10}	☒
40536782	1/11-11/12	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	85	24	20/9-26/9 (3/10) {21/10}	☒
Parent-child (Aged 7-17) Badminton TC									
40536765	3/11-8/12	Su	14:00-16:00	Tai Hing SC	7+	73	24	20/9-26/9 (3/10) {21/10}	☒
Chess Fun Day									
40536764	17/11	Su	14:00-17:00	Tuen Mun Park	All	Free	40	17/11	Walk-in
Lawn Bowls Training Course									
40536751	4/11-28/11	M,Th	20:00-22:00	Wu Shan Bowling Green	8+	54	8	20/9-26/9 (3/10) {21/10}	☒
TMD Squash Competition Female Junior(FB)									

40536736 (QTM1159-19)	3/11	Su	9:00-21:00	Yau Oi SC	14-18	20	8	16/9	 
TMD Squash Competition Female Junior(FC)									
40536737 (QTM1159-19)	3/11	Su	9:00-21:00	Yau Oi SC	0-13	20	16	16/9	 
TMD Squash Competition Female Open(FA)									
40536735 (QTM1159-19)	3/11	Su	9:00-21:00	Yau Oi SC	19+	20	8	16/9	 
TMD Squash Competition Male Adult(MB)									
40536732 (QTM1159-19)	3/11	Su	9:00-21:00	Yau Oi SC	19-34	20	8	16/9	 
TMD Squash Competition Male Junior(MC)									
40536733 (QTM1159-19)	3/11	Su	9:00-21:00	Yau Oi SC	14-18	20	16	16/9	 
TMD Squash Competition Male Junior(MD)									
40536734 (QTM1159-19)	3/11	Su	9:00-21:00	Yau Oi SC	0-13	20	32	16/9	 
TMD Squash Competition Male Senior(MA)									
40536731 (QTM1159-19)	3/11	Su	9:00-21:00	Yau Oi SC	35+	20	16	16/9	 
Squash Training Course									
40527970	12/11-5/12	Tu,Th	19:30-21:30	Tuen Mun SP Squash Courts	7+	160	8	11/10	 
Table-tennis Training Course									
40536717	5/11-21/1 (excl. 24/12,31/12)	Tu	19:00-21:00	Tai Hing SC	14+	86	24	20/9-26/9 (3/10) {21/10}	
40536745	17/11-19/1	Su	12:00-14:00	Yau Oi SC	14+	86	24	20/9-26/9 (3/10) {21/10}	
Tennis Fun Day									
40528702	20/11	W	18:00-19:00	Tsing Sin PG	8+	Free	12	11/10	 
40528703	20/11	W	19:00-20:00	Tsing Sin PG	8+	Free	12	11/10	 
40528704	20/11	W	20:00-21:00	Tsing Sin PG	8+	Free	12	11/10	 
40528709	10/11	Su	14:00-15:00	Tsing Sin PG	8+	Free	12	8/10	 
40528710	10/11	Su	15:00-16:00	Tsing Sin PG	8+	Free	12	8/10	 
40528711	10/11	Su	16:00-17:00	Tsing Sin PG	8+	Free	12	8/10	 
Tennis Training Course									
40528706	28/11-2/1 (excl. 26/12)	M,Th	9:00-11:00	Tsing Sin PG	8+	170	18	27/9-4/10 (10/10) {28/10}	
Tennis Training Course for Adult									
40528700	29/11-8/1 (excl. 25/12,1/1)	W,F	20:00-22:00	Tuen Mun Tang Siu Kin SG	18+	170	18	27/9-4/10 (10/10) {28/10}	
40528705	28/11-2/1 (excl. 26/12)	M,Th	19:00-21:00	Tuen Mun Tang Siu Kin SG	18+	170	18	27/9-4/10 (10/10) {28/10}	
40528712	29/11-7/1 (excl. 24/12,31/12)	Tu,F	19:00-21:00	Tsing Sin PG	18+	170	18	27/9-4/10 (10/10) {28/10}	
40528713	28/11-2/1 (excl. 26/12)	M,Th	20:00-22:00	Tsing Sin PG	18+	170	18	27/9-4/10 (10/10) {28/10}	
Gateball Fun Day									
40536759	3/11	Su	8:00-9:00	SAN WO LANE PLAYGROUND	8+	Free	15	4/10	 
40536760	3/11	Su	9:00-10:00	SAN WO LANE PLAYGROUND	8+	Free	15	4/10	 
40536761	17/11	Su	15:00-16:00	SAN WO LANE PLAYGROUND	8+	Free	15	15/10	 
40536762	17/11	Su	16:00-17:00	SAN WO LANE PLAYGROUND	8+	Free	15	15/10	 
Healthy Exercise for All-Hiking									
40536756	17/11	Su	9:00-17:00	C3 Tai Au Mun - Tai Miu Au	6+	40	48	20/9-26/9 (3/10) {21/10}	
Horse Riding cum Archery									
40535590	3/11	Su	15:00-17:00	Tuen Mun Public Riding Sch/Archery Ctr	6+	75	32	9/10	 
Community Garden Programme									
40536755	2/11-29/2	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Tuen Fu RD. Community Garden	12+	400	38	27/9-4/10 (10/10) {28/10}	
40536763	10/11-8/3	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Tsing Tin PG Community Garden	12+	400	48	27/9-4/10 (10/10) {28/10}	

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.

Lawn Bowls Fun Day for Ex-mentally Ill Persons

40536769	16/11	Sa	10:00-12:00	Wu Shan Bowling Green	8+	3	24/9	
40536771	22/11	F	14:00-16:00	Wu Shan Bowling Green	15+	3	24/9	

Day Camp for Persons with Intellectual Disability

40536768	1/11	F	9:00-17:00	Sai Kung ORC	All	19	24/9	
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Residential Camp for Persons with Autism

40536772	7/11-8/11	Th,F	14:00-14:00	Sai Kung ORC	All	19	24/9	
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Lawn Bowls Fun Day for Persons with Intellectual Disability

40536773	15/11	F	14:00-16:00	Wu Shan Bowling Green	15+	3	24/9	
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Day Camp for Persons with Disabilities

40536691	10/11	Su	9:00-17:00	Sai Kung ORC	3+	19	24/9	
40536770	16/11	Sa	9:00-17:00	Sai Kung ORC	3+	19	24/9	

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 Training Cr for Elderly (Level I)

40528773	18/11-20/12	M,F	11:00-12:00	Tuen Mun North West SP		16	20/9-26/9 (3/10) {21/10}	
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Fitness Training Course for Elderly

40536749	29/11-3/1 (excl. 25/12,1/1)	M,W,F	8:00-9:00	Yau Oi SC		20	27/9-4/10 (10/10){28/10}	
40536775	2/11-3/12	Tu,Th,Sa	10:00-11:00	The JC Tuen Mun Butterfly Beach SC		20	27/9-4/10 (10/10){28/10}	

Fitness(Multi-gym) Training Course for Elderly

@ 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.

40536719	7/11-3/12	Tu,Th,Sa	14:00-15:00	Tai Hing SC		20	@27/9-4/10 (10/10){28/10}	
40536720	7/11-3/12	Tu,Th,Sa	15:00-16:00	Tai Hing SC		20	@27/9-4/10 (10/10){28/10}	
40536747	29/11-27/12 (excl. 25/12)	M,W,F	9:00-10:00	Yau Oi SC		20	@27/9-4/10 (10/10){28/10}	
40536774	21/11-17/12	Tu,Th,Sa	7:00-8:00	The JC Tuen Mun Butterfly Beach SC		20	@27/9-4/10 (10/10){28/10}	
40536776	11/11-6/12	M,W,F	16:00-17:00	The JC Tuen Mun Butterfly Beach SC		20	@27/9-4/10 (10/10){28/10}	

HES-Chess and Table-tennis Fun Day

40536777	7/11-28/11	Th	11:00-13:00	The JC Tuen Mun Butterfly Beach SC		30	7/11-28/11	Walk-in
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Healthy Elderly Scheme-Badminton Self Practice Scheme

40536726	4/11-25/11	M	9:00-10:00	Leung Tin SC		20	4/11-25/11	Walk-in
40536727	4/11-25/11	M	10:00-11:00	Leung Tin SC		20	4/11-25/11	Walk-in

Healthy Elderly Scheme-Fitness Fun Day

40536728	7/11-28/11	Th	8:00-10:00	Leung Tin SC		30	27/9-4/10 (10/10){28/10}	
40536740	6/11-27/11	W	9:00-11:00	Yau Oi SC		30	27/9-4/10 (10/10){28/10}	

Healthy Elderly Scheme-Gateball Fun Day

40536721	6/11-27/11	W	7:00-8:00	Tai Hing SC		20	14/10	
40536722	6/11-27/11	W	8:00-9:00	Tai Hing SC		20	14/10	
40536741	7/11-28/11	Th	7:00-8:00	Yau Oi SC		20	15/10	
40536742	7/11-28/11	Th	8:00-9:00	Yau Oi SC		20	15/10	





Healthy Elderly Scheme-Lawn Bowls Fun Day

40536754	7/11-28/11	Th	9:00-11:00	Wu Shan Bowling Green		16	7/11-28/11	Walk-in
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Healthy Elderly Scheme-Lawn Bowls Self Practice Scheme

40536752	6/11-27/11	W	9:00-10:00	Wu Shan Bowling Green		24	6/11-27/11	Walk-in
40536753	6/11-27/11	W	10:00-11:00	Wu Shan Bowling Green		24	6/11-27/11	Walk-in

Healthy Elderly Scheme-Table Tennis Fun Day

40536738	4/11-25/11	M	10:00-11:00	Yau Oi SC	20	10/10	 
40536739	4/11-25/11	M	9:00-10:00	Yau Oi SC	20	10/10	 


Gateball Training Course for Elderly

40536758	20/11-13/12	W,F	8:00-10:00	SAN WO LANE PLAYGROUND	15	3/10	 
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Day Camp for Elderly

40535591	18/11	M	9:00-17:00	TKTORC	48	20/9-26/9 (3/10) {21/10}	
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Excursion for Elderly

40528694	18/11	M	9:00-17:00	Sai kung	96	20/9-26/9 (3/10) {21/10}	
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