

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

Yuen Long District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Aerobic Dance TC										
40519499 (YL1210-19)	27/11-13/1 (excl. 25/12,1/1)	M,W	8:00-9:00	Tin Shui SC	14+	65	30	25/10		
40519500 (YL1211-19)	27/11-13/1 (excl. 25/12,1/1)	M,W	9:00-10:00	Tin Shui SC	14+	65	30	25/10		
40519511 (YL1189-19)	19/11-7/1 (excl. 24/12,26/12,31/12)	Tu,Th	18:00-19:00	Tin Shui SC	14+	65	30	15/10		
40519512 (YL1190-19)	19/11-7/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Tin Shui SC	14+	65	30	15/10		
40544746 (YL1187-19)	19/11-7/1 (excl. 24/12,26/12,31/12)	Tu,Th	8:00-9:00	Long Ping SC	14+	65	30	14/10		
40546293 (YL1188-19)	19/11-7/1 (excl. 24/12,26/12,31/12)	Tu,Th	9:00-10:00	Long Ping SC	14+	65	30	14/10		
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.</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>										
40546420 (YL1161-19)	12/11-19/12	Tu,Th	20:00-21:00	Long Ping SC	15+	75	20	@10/10		
40546421 (YL1162-19)	12/11-19/12	Tu,Th	21:00-22:00	Long Ping SC	15+	75	20	@10/10		
40546422 (YL1196-19)	22/11-30/12	M,F	19:00-20:00	Long Ping SC	15+	75	20	@21/10		
40546423 (YL1197-19)	22/11-30/12	M,F	20:00-21:00	Long Ping SC	15+	75	20	@21/10		
40546424 (YL1203-19)	25/11-20/12	M,W,F	15:00-16:00	Long Ping SC	15+	75	20	@23/10		
40546425 (YL1182-19)	18/11-13/12	M,W,F	14:00-15:00	Tin Fai RD. SC	15+	75	20	@16/10		
Hydro Fitness TC										
40523749 (YL1144-19)	5/11-19/12	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai SP	14+	80	24	20/9-26/9 (8/10) {29/10}		
Jazz TC										
40546524 (YL1134-19)	4/11-6/1	M	20:00-22:00	Long Ping SC	12+	70	30	20/9-26/9 (8/10) {29/10}		
Judo TC										
40546527 (YL1143-19)	5/11-21/1 (excl. 24/12,31/12)	Tu	18:00-20:00	Long Ping SC	6+	65	30	3/10		
Social Dance TC										
40546535 (YL1121-19)	1/11-3/1	F	20:00-22:00	Long Ping SC	14+	86	30	20/9-26/9 (8/10) {29/10}		
Tai Chi TC										
40546545 (YL1205-19)	27/11-25/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:00-8:00	-	6+	60	40	22/10		
40546546 (YL1206-19)	27/11-25/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:00-8:00	-	6+	60	40	22/10		
40546547 (YL1212-19)	29/11-27/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:00-8:00	-	6+	60	40	29/10		
40546548 (YL1213-19)	29/11-27/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:30-8:30	-	6+	60	40	29/10		
40546549 (YL1214-19)	29/11-27/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	18:30-19:30	-	6+	60	40	29/10		
40546550 (YL1215-19)	29/11-27/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	18:30-19:30	-	6+	60	40	29/10		
40546551 (YL1207-19)	27/11-25/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	7:15-8:15	-	6+	60	40	24/10		
40546552 (YL1208-19)	27/11-25/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	6:00-7:00	-	6+	60	40	24/10		
40546553 (YL1209-19)	27/11-25/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	6:45-7:45	-	6+	60	40	24/10		
40546554 (YL1167-19)	15/11-13/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	20:30-21:30	Tin Shui Wai SG	6+	60	40	15/10		
Tai Chi Sword TC										
40546555 (YL1204-19)	27/11-25/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	6:30-7:30	Tai Kiu Market Sitting-out Area	6+	60	40	22/10		
40546556 (YL1642-19)	27/11-25/3 (excl. 25/12,1/1,24/1,27/1)	M,W,F	18:30-19:30	-	6+	60	40	25/10		
Yoga TC										
40546568 (YL1135-19)	4/11-6/1	M	13:00-15:00	Long Ping SC	15+	85	30	20/9-26/9 (8/10) {29/10}		

40546569 (YL1136-19)	4/11-6/1	M	15:00-17:00	Long Ping SC	15+	85	30	20/9-26/9 (8/10) {29/10}	✉
42nd Yuen Long District Dance Comp.(Children)									
40541909 (YL1152-19)	9/11	Sa	9:00-22:00	Yuen Long Theatre	All	60	34	9/10	♿
42nd Yuen Long District Dance Comp.(Open)									
40541911 (YL1152-19)	9/11	Sa	9:00-22:00	Yuen Long Theatre	All	60	20	9/10	♿
Briefing on Proper Ways to Use Fitness Equipment									
40519607 (YL1132-19)	3/11	Su	9:00-12:00	Tin Shui SC	15+	Free	25	20/9-26/9 (8/10) {29/10}	✉
40519674 (YL1158-19)	10/11	Su	9:00-12:00	Tin Shui Wai SC	15+	Free	25	20/9-26/9 (8/10) {29/10}	✉
40546431 (YL1156-19)	10/11 (FIS: 14/12)	Su	15:00-18:00	Long Ping SC	15+	Free	25	20/9-26/9 (8/10) {29/10}	✉
40546432 (YL1177-19)	17/11	Su	15:00-18:00	Tin Fai RD. SC	15+	Free	25	20/9-26/9 (8/10) {29/10}	✉
40546433 (YL1173-19)	16/11	Sa	14:00-17:00	Yuen Long SC	15+	Free	25	20/9-26/9 (8/10) {29/10}	✉
YLD Family - Badminton Fun Day									
40546297 (YL1174-19)	17/11	Su	13:00-14:00	Yuen Long SC	7+	Free	24	16/10	♿ i
40546298 (YL1175-19)	17/11	Su	14:00-15:00	Yuen Long SC	7+	Free	24	16/10	♿ i
40546299 (YL1176-19)	17/11	Su	15:00-16:00	Yuen Long SC	7+	Free	24	16/10	♿ i
Badminton TC									
40546294 (YL1142-19)	5/11-6/12	Tu,F	20:00-22:00	Long Ping SC	7+	118	18	20/9-26/9 (8/10) {29/10}	✉
40546814 (YL1163-19)	12/11-13/12	Tu,F	19:00-21:00	Tin Fai RD. SC	7+	118	24	20/9-26/9 (8/10) {29/10}	✉
Go TC (Level II)									
40519556 (YL1172-19)	16/11-21/12	Sa	14:00-16:00	Tin Shui SC	11+	40	20	16/10	♿ i
BMX Training Course									
40546300 (YL1200-19)	24/11-1/12	Su	9:30-12:30	The HKJC International BMX Park	8+	200	20	24/10	♿ i
Fencing TC (Level 1)									
40519553 (YL1216-19)	29/11-20/12	F	19:00-21:00	Tin Shui SC	9+	50	20	20/9-26/9 (8/10) {29/10}	✉
Squash TC									
40519868 (YL1191-19)	19/11-12/12	Tu,Th	21:00-23:00	Tin Shui Wai SC	7+	160	12	18/10	♿ i
40519876 (YL1194-19)	20/11-13/12	W,F	20:00-22:00	Tin Shui Wai SC	7+	160	12	18/10	♿ i
40546543 (YL1186-19)	19/11-12/12	Tu,Th	19:30-21:30	Tai Kiu Market Squash Courts	7+	160	8	20/9-26/9 (8/10) {29/10}	✉
40546544 (YL1181-19)	18/11-12/12	M,Th	19:30-21:30	Yuen Long Jockey Club Squash Courts	7+	160	12	18/10	♿ i
Table-tennis TC									
40546564 (YL1122-19)	1/11-3/12	Tu,F	16:00-18:00	Long Ping SC	6+	86	24	20/9-26/9 (8/10) {29/10}	✉
40546565 (YL1165-19)	13/11-13/12	W,F	17:00-19:00	Ping Shan Tin Shui Wai SC	6+	86	24	20/9-26/9 (8/10) {29/10}	✉
40546566 (YL1139-19)	4/11-5/12	M,Th	14:00-16:00	Tin Fai RD. SC	6+	86	18	20/9-26/9 (8/10) {29/10}	✉
40546567 (YL1185-19)	18/11-19/12	M,Th	19:00-21:00	Yuen Long SC	6+	86	18	20/9-26/9 (8/10) {29/10}	✉
Tennis TC									
40546557 (YL1157-19)	10/11-12/1	Su	19:00-21:00	Sai Ching ST. TC	8+	170	18	20/9-26/9 (8/10) {29/10}	✉
40546558 (YL1193-19)	20/11-5/2 (excl. 25/12,1/1)	W	9:00-11:00	Sai Ching ST. TC	8+	170	18	20/9-26/9 (8/10) {29/10}	✉
HEFAC - Rope Skipping Fun Day									
40546533 (YL1153-19)	9/11	Sa	14:00-17:00	Yuen Long Children's PG	6+	Free	500	9/11	Walk-in
Sport for All Promotion Sch.-Gateball Fun Day									
40546472 (YL1154-19)	9/11	Sa	9:00-11:00	Yuen Long Park	8+	Free	40	9/10	♿ i
HEFAC - Hiking Scheme*									
40546515 (YL1133-19)	3/11	Su	9:00-17:00	D4 Lok Ma Chau - Ho Sheung Heung	6+	40	48	20/9-26/9 (8/10) {29/10}	✉
Sport Climbing Fun Day									
40546302 (YL1178-19)	17/11	Su	14:00-15:30	Tin Fai RD. SC	12+	Free	18	17/10	♿ i
40546303 (YL1179-19)	17/11	Su	15:30-17:00	Tin Fai RD. SC	12+	Free	18	17/10	♿ i

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
--	------	-----	------	-------	-----------	---	---------------------

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.

Fitness Exercise Training Programme for PWD

40535907 (YL1687-19)	6/11-18/12	W	17:00-19:00	Yuen Long SC	14+	20	17/9	♿ i
----------------------	------------	---	-------------	--------------	-----	----	------	-----

Dance TS for PWD(Chronic illness)								
40546575 (YL1128-19)	2/11-21/12	Sa	14:00-15:00	Ping Shan Tin Shui Wai SC	18+	4	17/9	
Land Excursion for PWD (Ex-mentally illness)								
40546583 (YL1155-19)	9/11	Sa	9:00-17:00	Hong Kong Railway Museum	All	20	17/9	
Day Camp for PWD(Intellectual Disability)								
40546578 (YL1151-19)	29/11	F	9:00-17:00	Tso Kung Tam ORC	All	28	17/9	
Land Excursion for PWD(Intellectual Dis.)								
40546584 (YL1168-19)	15/11	F	9:00-17:00	Hong Kong Island	All	6	17/9	
Dance TS for PWD (Chronic ill. & Intel. Dis.)								
40546581 (YL1141-19)	4/11-25/11	M	19:00-21:00	-	All	20	4/10	
Sport Carnival for Person with Disabilities								
40546579 (YL1689-19)	10/11	Su	14:00-17:00	Yuen Long SC	All	200	10/11	Walk-in

Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
---	------	-----	------	-------	-------	--	------------------

Fitness (Multi-gym) TC 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.

40519849 (YL1123-19)	1/11-11/12	W,F	8:00-9:00	Tin Shui Wai SC	20	@20/9-26/9 (8/10){29/10}	
40519850 (YL1124-19)	1/11-11/12	W,F	9:00-10:00	Tin Shui Wai SC	20	@20/9-26/9 (8/10){29/10}	
40546426 (YL1146-19)	6/11-13/12	W,F	7:00-8:00	Long Ping SC	20	@20/9-26/9 (8/10){29/10}	
40546427 (YL1147-19)	6/11-13/12	W,F	8:00-9:00	Long Ping SC	20	@20/9-26/9 (8/10){29/10}	
40546428 (YL1170-19)	16/11-12/12	Tu,Th,Sa	7:00-8:00	Tin Fai RD. SC	20	@20/9-26/9 (8/10){29/10}	
40546429 (YL1171-19)	16/11-12/12	Tu,Th,Sa	8:00-9:00	Tin Fai RD. SC	20	@20/9-26/9 (8/10){29/10}	
40546430 (YL1183-19)	18/11-13/12	M,W,F	13:00-14:00	Tin Fai RD. SC	20	@20/9-26/9 (8/10){29/10}	

Hydro Fitness TC for Elderly

40523750 (YL1145-19)	5/11-19/12	Tu,Th	10:00-11:00	Ping Shan Tin Shui Wai SP	24	20/9-26/9 (8/10) {29/10}	
----------------------	------------	-------	-------------	---------------------------	----	-----------------------------	--

Healthy Elderly Scheme - Badminton Play-in

40546295 (YL1159-19)	11/11-2/12	M	9:00-10:00	Yuen Long SC	30	11/10	
40546296 (YL1160-19)	11/11-2/12	M	10:00-11:00	Yuen Long SC	30	11/10	

Healthy Elderly Scheme - Gateball Play-in

40546460 (YL1140-19)	4/11-18/11	M,Th	7:00-9:00	Yuen Long Park	20	4/10	
40546442 (YL1150-19)	8/11-22/11	W,F	7:00-9:00	Tin Shui Wai Park	20	8/10	

Healthy Elderly Scheme - Social Dance Play-in

40546534 (YL1149-19)	6/11-27/11	W	15:00-16:00	Long Ping SC	30	3/10	
----------------------	------------	---	-------------	--------------	----	------	--

Healthy Elderly Scheme - Table-tennis Play-in

40546560 (YL1137-19)	4/11-18/11	M	9:00-10:00	Ping Shan Tin Shui Wai SC	30	4/10	
40546561 (YL1138-19)	4/11-18/11	M	10:00-11:00	Ping Shan Tin Shui Wai SC	30	4/10	
40546562 (YL1126-19)	1/11-22/11	F	9:00-10:00	Yuen Long SC	18	30/9	
40546563 (YL1127-19)	1/11-22/11	F	10:00-11:00	Yuen Long SC	18	30/9	

Healthy Elderly Scheme-Elderly Fitness Play-in


40546435 (YL1148-19)	6/11-27/11	W	14:00-15:00	Long Ping SC	30	3/10	
----------------------	------------	---	-------------	--------------	----	------	--

Indoor Short Mat Bowling TC for Elderly



40546542 (YL1195-19)	20/11-22/1 (excl. 25/12,1/1)	W	11:00-13:00	Yuen Long SC	16	18/10	
----------------------	---------------------------------	---	-------------	--------------	----	-------	--

Land Excursion for Elderly*

40546418 (YL1665-19)	28/11	Th	9:00-17:00	Gold Coast, Butterfly Bay, Tai Tong	48	20/9-26/9 (8/10) {29/10}	
----------------------	-------	----	------------	-------------------------------------	----	-----------------------------	--

40546419 (YL1166-19)	14/11	Th	9:00-17:00	-	48	20/9-26/9 (8/10) {29/10}	
----------------------	-------	----	------------	---	----	-----------------------------	--

Elderly Sports Carnival

40546301 (YL1664-19)	10/11	Su	14:00-18:00	Tin Shui SC	1000	10/10	 
----------------------	-------	----	-------------	-------------	------	-------	---