

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

**Tsuen Wan 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 TC</b>									
40545733	18/11-20/1	M	18:00-20:00	Shing Mun Valley SG	16+	130	40	31/10	
40545734	18/11-20/1	M	20:00-22:00	Shing Mun Valley SG	16+	130	40	31/10	
<b>Front Crawl TC for Adult (level I)</b>									
40532102	2/11-23/11	Tu,Th,Sa	20:00-21:00	Shing Mun Valley SwimmingPool	18+	100	16	19/9-23/9 (30/9) {23/10}	
<b>Front Crawl TC for Adult (level II)</b>									
40532101	2/11-23/11	Tu,Th,Sa	19:00-20:00	Shing Mun Valley SwimmingPool	18+	100	20	19/9-23/9 (30/9) {23/10}	
<b>Aerobic Dance TC</b>									
40545693	1/11-11/12	W,F	19:00-20:00	Yeung Uk RD. SC	14+	65	25	3/10	
40545694	1/11-11/12	W,F	20:00-21:00	Yeung Uk RD. SC	14+	65	25	3/10	
40545695	5/11-12/12	Tu,Th	9:00-10:00	Wai Tsuen SC	14+	65	20	3/10	
40545696	5/11-12/12	Tu,Th	18:00-19:00	Tsuen King Circuit SC	14+	65	20	3/10	
40545697	5/11-12/12	Tu,Th	19:00-20:00	Tsuen King Circuit SC	14+	65	20	3/10	
<b>Children Dance TC</b>									
40545720	3/11-5/1	Su	10:00-12:00	Yeung Uk RD. SC	4-6	60	20	16/10	
<b>Social Dance Mini Party (Night)</b>									
40545724	21/11	Th	19:00-22:00	Tsuen Wan SC	14+	20	20	22/10	
<b>Fitness(Multi-gym)TC</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.                      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>									
40545711	11/11-18/12	M,W	12:00-13:00	Tsuen Wan SC	15+	75	30	@8/10	
40545712	11/11-18/12	M,W	13:00-14:00	Tsuen Wan SC	15+	75	30	@8/10	
40545713	1/11-11/12	W,F	9:00-10:00	Yeung Uk RD. SC	15+	75	20	@8/10	
40545715	1/11-11/12	W,F	10:00-11:00	Yeung Uk RD. SC	15+	75	20	@8/10	
40545716	5/11-12/12	Tu,Th	11:00-12:00	Tsuen Wan West SC	15+	75	10	@8/10	
40545717	5/11-12/12	Tu,Th	12:00-13:00	Tsuen Wan West SC	15+	75	10	@8/10	
40545718	5/11-12/12	Tu,Th	19:00-20:00	Yeung Uk RD. SC	15+	75	20	@8/10	
40545719	5/11-12/12	Tu,Th	20:00-21:00	Yeung Uk RD. SC	15+	75	20	@8/10	
<b>Jazz TC</b>									
40545726	8/11-31/1 (excl. 29/11,20/12,24/1)	F	19:00-21:00	Tsuen Wan SC	12+	70	20	11/10	
<b>Social Dance TC</b>									
40545721	4/11-4/12	M,W	15:00-17:00	Wai Tsuen SC	14+	86	30	26/9-30/9 (9/10) {30/10}	
40545722	5/11-5/12	Tu,Th	15:00-17:00	Tsuen Wan West SC	14+	86	14	26/9-30/9 (9/10) {30/10}	
40545723	15/11-7/2 (excl. 17/1,24/1)	F	19:00-21:00	Tsuen Wan SC	14+	86	20	26/9-30/9 (9/10) {30/10}	
<b>Tai Chi Made Easy Class</b>									
40545729	1/11-11/12	W,F	9:00-10:00	Tsuen King Circuit SC	6+	54	30	19/9-23/9 (30/9) {23/10}	
<b>Western Folk Dance TC</b>									
40545725	11/11-23/12 (excl. 25/11,28/11,2/12)	M,Th	15:00-17:00	Tsuen Wan SC	8+	45	20	15/10	
<b>Yoga TC</b>									
40545727	5/11-7/1	Tu	12:00-14:00	Yeung Uk RD. SC	15+	85	30	26/9-30/9 (9/10) {30/10}	
40545728	7/11-10/12	Tu,Th	13:00-15:00	Tsuen King Circuit SC	15+	85	30	26/9-30/9 (9/10) {30/10}	
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40545703	17/11	Su	10:00-13:00	Tsuen Wan SC	15+	Free	25	26/9-30/9 (9/10) {30/10}	
40545704	24/11	Su	10:00-13:00	Tsuen Wan SC	15+	Free	25	26/9-30/9 (9/10) {30/10}	
40545705	9/11	Sa	10:00-13:00	Tsuen Wan West SC	15+	Free	10	26/9-30/9 (9/10) {30/10}	
40545706	16/11	Sa	10:00-13:00	Tsuen Wan West SC	15+	Free	10	26/9-30/9 (9/10) {30/10}	
40545707	3/11	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	26/9-30/9 (9/10) {30/10}	
40545708	17/11	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	26/9-30/9 (9/10) {30/10}	

**Body-Mind Stretch Training Course**

40545701	18/11-10/2 (excl. 27/1)	M	21:00-22:00	Tsuen Wan West SC	15+	85	15	4/10		
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**Badminton TC**

40545698	6/11-6/12	W,F	14:00-16:00	Wai Tsuen SC	7+	118	24	26/9-30/9 (9/10) {30/10}	
40545699	6/11-6/12	W,F	10:00-12:00	Tsuen Wan West SC	7+	118	24	26/9-30/9 (9/10) {30/10}	
40545700	12/11-12/12	Tu,Th	14:00-16:00	Tsuen Wan West SC	7+	118	24	26/9-30/9 (9/10) {30/10}	

**Squash TC**

40546102	4/11-27/11	M,W	19:00-21:00	Yeung Uk RD. SC	7+	160	12	26/9-30/9 (9/10) {30/10}	
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**Table-tennis TC**

40546103	13/11-3/1 (excl. 27/11,29/11,4/12,20/12,25/12,1/1)	W,F	12:00-14:00	Tsuen Wan SC	6+	86	18	26/9-30/9 (9/10) {30/10}	
40546104	5/11-5/12	Tu,Th	12:00-14:00	Tsuen Wan West SC	6+	86	24	26/9-30/9 (9/10) {30/10}	

**Tennis TC**

40546107	1/11-4/12	W,F	9:00-11:00	Tsuen King Circuit PG	8+	170	12	26/9-30/9 (9/10) {30/10}	
40546112	10/11-12/1	Su	19:00-21:00	Tsuen Wan Riviera Park	8+	170	12	26/9-30/9 (9/10) {30/10}	
40546113	12/11-12/12	Tu,Th	19:00-21:00	Sha Tsui RD. PG	8+	170	12	26/9-30/9 (9/10) {30/10}	
40546115	1/11-3/12	Tu,F	20:00-22:00	Tsuen Wan Riviera Park	8+	170	12	26/9-30/9 (9/10) {30/10}	

**Healthy Exercise for all - Hiking**

40545732	24/11	Su	9:00-16:00	B7Jardine's Lookout-Tai Tam Tuk Reservoir	6+	40	48	19/9-23/9 (30/9) {23/10}	
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**Sports Climbing FD**

40545735	10/11	Su	13:00-15:00	Tsuen Wan SC	12+	Free	24	28/10		
40545736	10/11	Su	15:00-17:00	Tsuen Wan SC	12+	Free	24	28/10		
40545737	17/11	Su	13:00-15:00	Tsuen Wan SC	12+	Free	24	28/10		
40545738	17/11	Su	15:00-17:00	Tsuen Wan SC	12+	Free	24	28/10		

**Sports Climbing TC**

40546099	9/11-30/11	Sa	14:00-17:00	Tsuen Wan SC	12+	40	16	19/9-23/9 (30/9) {23/10}	
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**Potted Sports FD for Children**

40546574	2/11	Sa	14:00-17:00	Tsuen Wan Park	4-14	Free	9000	2/11	Walk-in
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**Green Seminar at Tsuen Wan Park**

40545730	24/11	Su	15:00-17:00	Tsuen Wan Park - Amphitheatre	All	Free	40	24/11	Walk-in
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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
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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.

**Day Camp-Persons with Intellectual Disability**

40526840	9/11	Sa	9:00-17:00	Tso Kung Tam ORC	All	10	19/10		
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**Wheelchair Tennis TP for Physical Disability**

40536403	25/11-3/2 (excl. 27/1)	M	18:00-20:00	Tsuen Wan Park	8+	8	17/9		
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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
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**Baduanjin TC for the Elderly**

40545689	7/11-17/12	Tu,Th	8:00-9:00	Tsuen King Circuit SC	30	19/9-21/9 (30/9) {23/10}	
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**Social Dance FD for the Elderly**

40545686	4/11	M	9:00-12:00	Wai Tsuen SC	30	19/9-23/9 (30/9) {23/10}	
40545687	11/11	M	8:00-11:00	Yeung Uk RD. SC	30	19/9-23/9 (30/9) {23/10}	

**Fitness Exercise for the Elderly**

40545688	5/11-19/12	Tu,Th	8:00-9:00	Wai Tsuen SC	20	19/9-23/9 (30/9) {23/10}	✉
<b>HES-Badminton FD</b>							
40545678	1/11-29/11	W,F	8:00-9:00	Tsuen Wan West SC	16	19/9-23/9 (30/9) {23/10}	✉
40545679	1/11-29/11	W,F	9:00-10:00	Tsuen Wan West SC	16	19/9-23/9 (30/9) {23/10}	✉
40545681	1/11-29/11	W,F	8:00-9:45	Wai Tsuen SC	30	19/9-23/9 (30/9) {23/10}	✉
<b>HES-Social Dance FD</b>							
40545685	5/11-28/11	Tu,Th	10:00-12:00	Tsuen King Circuit SC	60	19/9-23/9 (30/9) {23/10}	✉
<b>HES-Table-tennis FD</b>							
40545682	1/11-29/11	W,F	9:00-10:45	Yeung Uk RD. SC	60	19/9-23/9 (30/9) {23/10}	✉
40545683	5/11-28/11	Tu,Th	8:00-9:45	Tsuen King Circuit SC	60	19/9-23/9 (30/9) {23/10}	✉
<b>Day Camp for the Elderly</b>							
40545690	6/11	W	9:00-17:00	Sai Kung ORC	48	19/9-23/9 (30/9) {23/10}	✉
<b>Excursion for the Elderly</b>							
40545691	20/11	W	9:00-17:00	HK Zoo.&Botanical Garden and Tai Kwun	48	19/9-23/9 (30/9) {23/10}	✉
<b>Carnival for the Elderly</b>							
40545692	11/11	M	9:00-12:00	Tsuen King Circuit SC	3000	11/11	Walk-in