

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

Tuen Mun District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Aerobic Dance Training Course									
40536796	2/12-13/1 (excl. 26/12)	M,Th	19:00-20:00	Tai Hing SC	14+	65	15	4/11-8/11 (14/11) {2/12}	✉
40536797	2/12-13/1 (excl. 26/12)	M,Th	20:00-21:00	Tai Hing SC	14+	65	15	4/11-8/11 (14/11) {2/12}	✉
40536808	11/12-29/1 (excl. 25/12,1/1,24/1)	W,F	9:00-10:00	Leung Tin SC	14+	65	20	5/11	📄 i
40536809	11/12-29/1 (excl. 25/12,1/1,24/1)	W,F	10:00-11:00	Leung Tin SC	14+	65	20	5/11	📄 i
40536810	14/12-7/3 (excl. 25/1)	Sa	13:00-14:00	Leung Tin SC	14+	65	20	8/11	📄 i
40536811	14/12-7/3 (excl. 25/1)	Sa	14:00-15:00	Leung Tin SC	14+	65	20	8/11	📄 i
40536864	11/12-24/1 (excl. 25/12,1/1)	W,F	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	7/11	📄 i
40536865	11/12-24/1 (excl. 25/12,1/1)	W,F	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	7/11	📄 i
40536866	10/12-21/1 (excl. 26/12)	Tu,Th	8:00-9:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	4/11	📄 i
40536867	10/12-21/1 (excl. 26/12)	Tu,Th	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	4/11	📄 i
DFH- TMD Christmas Social Dance Night									
40527984	20/12	F	19:30-22:30	Yau Oi SC	All	20	200	12/11	📄 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>									
40536786	2/12-6/1 (excl. 9/12,23/12,25/12,1/1)	M,W,F	8:00-9:00	Tai Hing SC	15+	75	20	@8/11	📄 i
40536787	2/12-6/1 (excl. 9/12,23/12,25/12,1/1)	M,W,F	9:00-10:00	Tai Hing SC	15+	75	20	@8/11	📄 i
40536800	2/12-15/1 (excl. 25/12,1/1)	M,W	18:00-19:00	Tai Hing SC	15+	75	20	@4/11	📄 i
40536801	2/12-15/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Tai Hing SC	15+	75	20	@4/11	📄 i
40536802	7/12-4/1 (excl. 26/12)	Tu,Th,Sa	8:00-9:00	Tai Hing SC	15+	75	20	@7/11	📄 i
40536803	7/12-4/1 (excl. 26/12)	Tu,Th,Sa	9:00-10:00	Tai Hing SC	15+	75	20	@7/11	📄 i
40536804	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	Tai Hing SC	15+	75	20	@5/11	📄 i
40536805	3/12-21/1 (excl. 24/12,26/12,31/12)	Tu,Th	21:00-22:00	Tai Hing SC	15+	75	20	@5/11	📄 i
40536819	9/12-22/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Yau Oi SC	15+	75	20	@11/11	📄 i
40536820	9/12-22/1 (excl. 25/12,1/1)	M,W	20:00-21:00	Yau Oi SC	15+	75	20	@11/11	📄 i
40536868	16/12-15/1 (excl. 25/12,1/1)	M,W,F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@13/11	📄 i
40536869	6/12-22/1 (excl. 25/12,1/1)	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@13/11	📄 i
40536870	6/12-22/1 (excl. 25/12,1/1)	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@13/11	📄 i
Social Dance Training Course									
40536821	3/12-7/1 (excl. 26/12)	Tu,Th	14:00-16:00	Yau Oi SC	14+	86	20	4/11-8/11 (14/11) {2/12}	✉
Yoga Training Course									
40536798	31/12-4/2 (excl. 28/1)	Tu,Th	7:00-9:00	Tai Hing SC	15+	85	20	4/11-8/11 (14/11) {2/12}	✉
40536799	31/12-4/2 (excl. 28/1)	Tu,Th	9:00-11:00	Tai Hing SC	15+	85	20	4/11-8/11 (14/11) {2/12}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40536790	7/12	Sa	14:00-17:00	Tai Hing SC	15+	Free	20	1/11	📄 i
40536812	8/12	Su	10:00-13:00	Leung Tin SC	15+	Free	20	1/11	📄 i
40536816	1/12	Su	15:00-18:00	Yau Oi SC	15+	Free	20	1/11	📄 i
40536871	9/12	M	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	28/10-1/11 (7/11) {25/11}	✉
40536872	16/12	M	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	28/10-1/11 (7/11) {25/11}	✉
40536873	3/12	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	1/11	📄 i
40546895	13/12	F	19:00-22:00	Yau Oi SC	15+	Free	20	28/10-1/11 (7/11) {25/11}	✉
Parent-child (Aged 7-17) Badminton Fun Day									
40536850	21/12	Sa	14:00-15:00	Yau Oi SC	7+	Free	24	18/11	👤
40536851	21/12	Sa	15:00-16:00	Yau Oi SC	7+	Free	24	18/11	👤
40536852	21/12	Sa	16:00-17:00	Yau Oi SC	7+	Free	24	18/11	👤

Badminton Training Course for Adult

40536791	27/12-31/1 (excl. 28/1)	Tu,F	11:00-13:00	Tai Hing SC	18+	118	24	28/10-1/11 (7/11) {25/11}	✉
40536806	2/12-8/1 (excl. 25/12,1/1)	M,W	19:00-21:00	Leung Tin SC	18+	118	24	28/10-1/11 (7/11) {25/11}	✉
40536807	4/12-10/1 (excl. 25/12,1/1)	W,F	14:00-16:00	Leung Tin SC	18+	118	24	28/10-1/11 (7/11) {25/11}	✉
40536824	5/12-9/1 (excl. 26/12)	M,Th	14:00-16:00	Yau Oi SC	18+	118	24	28/10-1/11 (7/11) {25/11}	✉
40536825	5/12-9/1 (excl. 26/12)	M,Th	9:00-11:00	Yau Oi SC	18+	118	24	28/10-1/11 (7/11) {25/11}	✉
40536829	8/12-16/2 (excl. 26/1)	Su	8:00-10:00	Yau Oi SC	18+	118	24	28/10-1/11 (7/11) {25/11}	✉

Badminton Training Course for Children

40536828	8/12-16/2 (excl. 26/1)	Su	10:00-12:00	Yau Oi SC	7-11	118	24	4/11-8/11 (14/11) {2/12}	✉
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Parent-child (Aged 7-17) Badminton TC

40536848	14/12-18/1	Sa	10:00-12:00	Tai Hing SC	7+	73	24	4/11-8/11 (14/11) {2/12}	✉
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Chess Fun Day

40536846	8/12	Su	14:00-17:00	Tuen Mun Park	All	Free	40	8/12	Walk-in
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TMD Lawn Bowls Competition 2019

40536843 (QTM1276-19)	8/12	Su	9:00-18:00	Wu Shan Bowling Green	8+	100	12	15/10-24/10 (29/10){19/11}	✉
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Lawn Bowls Fun Day

40536840	1/12	Su	14:00-15:00	Wu Shan Bowling Green	8+	Free	32	13/11	📄 i
40536841	1/12	Su	15:00-16:00	Wu Shan Bowling Green	8+	Free	32	13/11	📄 i
40536842	1/12	Su	16:00-17:00	Wu Shan Bowling Green	8+	Free	32	13/11	📄 i

Lawn Bowls Training Course

40536836	3/12-3/1 (excl. 24/12,31/12)	Tu,F	20:00-22:00	Wu Shan Bowling Green	8+	54	8	4/11-8/11 (14/11) {2/12}	✉
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Mini-tennis Training Course

40536789	28/12-7/3 (excl. 25/1)	Sa	14:00-16:00	Tai Hing SC	6-12	70	16	4/11-8/11 (14/11) {2/12}	✉
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Squash Training Course

40527971	17/12-14/1 (excl. 26/12)	Tu,Th	19:30-21:30	Tuen Mun SP Squash Courts	7+	160	8	6/11	📄 i
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Tennis Fun Day

40528714	8/12	Su	14:00-15:00	Tsing Sin PG	8+	Free	12	15/11	📄 i
40528715	8/12	Su	15:00-16:00	Tsing Sin PG	8+	Free	12	15/11	📄 i
40528716	8/12	Su	16:00-17:00	Tsing Sin PG	8+	Free	12	15/11	📄 i
40528717	18/12	W	18:00-19:00	Tsing Sin PG	8+	Free	12	18/11	📄 i
40528718	18/12	W	19:00-20:00	Tsing Sin PG	8+	Free	12	18/11	📄 i
40528719	18/12	W	20:00-21:00	Tsing Sin PG	8+	Free	12	18/11	📄 i
40536833	7/12	Sa	15:00-16:00	Wu Shan TC	8+	Free	12	14/11	📄 i
40536834	7/12	Sa	16:00-17:00	Wu Shan TC	8+	Free	12	14/11	📄 i
40536835	7/12	Sa	17:00-18:00	Wu Shan TC	8+	Free	12	14/11	📄 i

Tennis Training Course

40536832	1/12-9/2 (excl. 26/1)	Su	16:00-18:00	Wu Shan TC	12+	170	12	28/10-1/11 (7/11) {25/11}	✉
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Tennis Training Course for Adult

40536830	3/12-10/1 (excl. 24/12,31/12)	Tu,F	20:00-22:00	Wu Shan TC	18+	170	12	28/10-1/11 (7/11) {25/11}	✉
40536831	7/12-15/2 (excl. 25/1)	Sa	20:00-22:00	Wu Shan TC	18+	170	12	28/10-1/11 (7/11) {25/11}	✉

Cricket Fun Day

40536849	15/12	Su	10:00-13:00	Yeung King PG	6+	Free	30	1/11	📄 i
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Healthy Exercise for All-Hiking

40536844	15/12	Su	9:00-17:00	D11 Shek Mun Kap - Ngong Ping	6+	40	48	28/10-1/11 (7/11) {25/11}	✉
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TMD Sand Sculpture Competition 2019

40535592	8/12	Su	13:00-17:00	Golden Beach	All	60	28	21/10	🗑
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Horticultural Seminar

40536847	28/12	Sa	10:00-12:00	Tai Hing SC	16+	30	30	6/11	📄 i
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Handicraft Fun Day

40527963	14/12	Sa	14:00-15:30	Tuen Mun SP Squash Courts	All	Free	30	15/11	📄 i
40527964	14/12	Sa	15:30-17:00	Tuen Mun SP Squash Courts	All	Free	30	15/11	📄 i

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.

Fitness (Multi-gym) Training Scheme for Persons with Chronic Illness								
40536855	3/12-31/12 (excl. 24/12)	Tu	10:00-12:00	Tai Hing SC	18+	4	25/10	
Table Tennis Programme for Persons with Hearing Impairment								
40547869	7/12-1/2 (excl. 25/1)	Sa	18:00-20:00	Leung Tin SC	7+	16	17/10	
Indoor Gateball Fun Day for Ex-mentally Ill Persons								
40536857	2/12	M	14:00-16:00	Yau Oi SC	15+	3	25/10	
Indoor Short Mat Bowling Fun Day for Persons with Intellectual Disability								
40536859	7/12	Sa	10:00-12:00	Leung Tin SC	8+	3	25/10	
Table Tennis Training Programme for Persons with Intellectual Disability								
40535909	14/12-11/1	Sa	13:00-15:00	Ho Man Tin SC	8+	16	17/10	
Basketball Fun Day for Persons with Intellectual Disability								
40536856	13/12	F	10:00-12:00	Yau Oi SC	10+	4	25/10	
Day Camp for Persons with Disabilities								
40536854	13/12	F	9:00-17:00	Tso Kung Tam ORC	All	19	25/10	

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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Fitness Training Course for Elderly

40536861	10/12-11/1 (excl. 26/12)	Tu,Th,Sa	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	20	4/11-8/11 (14/11){2/12}	
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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.

40536788	2/12-6/1 (excl. 9/12,23/12,25/12,1/1)	M,W,F	10:00-11:00	Tai Hing SC	20	@28/10-1/11 (7/11){25/11}	
40536792	28/12-23/1	Tu,Th,Sa	14:00-15:00	Tai Hing SC	20	@28/10-1/11 (7/11){25/11}	
40536793	28/12-23/1	Tu,Th,Sa	15:00-16:00	Tai Hing SC	20	@28/10-1/11 (7/11){25/11}	
40536862	16/12-15/1 (excl. 25/12,1/1)	M,W,F	16:00-17:00	The JC Tuen Mun Butterfly Beach SC	20	@28/10-1/11 (7/11){25/11}	

Social Dance Training Course for Elderly

40536823	4/12-10/1 (excl. 25/12,1/1)	W,F	9:00-11:00	Yau Oi SC	20	4/11-8/11 (14/11){2/12}	
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HES-Chess and Table-tennis Fun Day

40536863	5/12-19/12	Th	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	30	5/12-19/12	Walk-in
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Healthy Elderly Scheme-Badminton Self Practice Scheme





40536813	2/12-30/12	M	9:00-10:00	Leung Tin SC	20	2/12-30/12	Walk-in
40536814	2/12-30/12	M	10:00-11:00	Leung Tin SC	20	2/12-30/12	Walk-in

Healthy Elderly Scheme-Fitness Fun Day

40536815	5/12-19/12	Th	8:00-10:00	Leung Tin SC	30	4/11-8/11 (14/11){2/12}	
40536822	4/12-18/12	W	9:00-11:00	Yau Oi SC	30	4/11-8/11 (14/11){2/12}	

Healthy Elderly Scheme-Gateball Fun Day

40536794	4/12-18/12	W	7:00-8:00	Tai Hing SC	20	11/11	
40536795	4/12-18/12	W	8:00-9:00	Tai Hing SC	20	11/11	

40536826	5/12-19/12	Th	7:00-8:00	Yau Oi SC	20	13/11	 
40536827	5/12-19/12	Th	8:00-9:00	Yau Oi SC	20	13/11	 





Healthy Elderly Scheme-Lawn Bowls Fun Day

40536839	5/12-19/12	Th	9:00-11:00	Wu Shan Bowling Green	16	5/12-19/12	Walk-in
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Healthy Elderly Scheme-Lawn Bowls Self Practice Scheme

40536837	4/12-18/12	W	9:00-10:00	Wu Shan Bowling Green	24	4/12-18/12	Walk-in
40536838	4/12-18/12	W	10:00-11:00	Wu Shan Bowling Green	24	4/12-18/12	Walk-in


Healthy Elderly Scheme-Table Tennis Fun Day

40536817	2/12-30/12	M	10:00-11:00	Yau Oi SC	20	12/11	 
40536818	2/12-30/12	M	9:00-10:00	Yau Oi SC	20	12/11	 

Gateball Training Course for Elderly

40536845	1/12-19/1	Su	8:00-10:00	SAN WO LANE PLAYGROUNG	15	1/11	 
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Excursion for Elderly

40528696	5/12	Th	9:00-17:00	Zoological and Botanical Gardens, Peak	96	28/10-1/11 (7/11){25/11}	
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