

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

**Yuen Long District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Long Distance Running TC</b>									
40548505 (YL1312-19)	21/12-29/2 (excl. 25/1)	Sa	9:00-11:00	Tin Shui Wai SG	16+	130	40	21/11	
<b>Breast Stroke TC for Adult (I)</b>									
40521934 (YL1245-19)	4/12-10/1 (excl. 25/12,1/1)	W,F	10:00-11:00	Ping Shan Tin Shui Wai SP	18+	100	16	23/10-29/10 (6/11){26/11}	
<b>Aerobic Dance TC</b>									
40519630 (YL1287-19)	10/12-4/2 (excl. 24/12,26/12,31/12,28/1,30/1)	Tu,Th	18:00-19:00	Tin Shui Wai SC	14+	65	20	8/11	
40519631 (YL1288-19)	10/12-4/2 (excl. 24/12,26/12,31/12,28/1,30/1)	Tu,Th	19:00-20:00	Tin Shui Wai SC	14+	65	20	8/11	
40547917 (YL1255-19)	5/12-16/1 (excl. 26/12)	Tu,Th	9:00-10:00	Fung Kam ST. SC	14+	65	20	4/11	
40547922 (YL1256-19)	5/12-16/1 (excl. 26/12)	Tu,Th	10:00-11:00	Fung Kam ST. SC	14+	65	20	4/11	
40547927 (YL1276-19)	9/12-20/1 (excl. 26/12)	M,Th	18:00-19:00	Fung Kam ST. SC	14+	65	20	8/11	
40547928 (YL1277-19)	9/12-20/1 (excl. 26/12)	M,Th	19:00-20:00	Fung Kam ST. SC	14+	65	20	8/11	
40547930 (YL1299-19)	18/12-7/2 (excl. 25/12,1,29,31/1)	W,F	8:00-9:00	Fung Kam ST. SC	14+	65	20	18/11	
40547933 (YL1300-19)	18/12-7/2 (excl. 25/12,1,29,31/1)	W,F	9:00-10:00	Fung Kam ST. SC	14+	65	20	18/11	
40547936 (YL1241-19)	4/12-20/1 (excl. 25/12,1/1)	M,W	18:00-19:00	Long Ping SC	14+	65	30	4/11	
40547937 (YL1242-19)	4/12-20/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Long Ping SC	14+	65	30	4/11	
40547938 (YL1285-19)	10/12-23/1 (excl. 26/12,2/1)	Tu,Th	8:00-9:00	Ping Shan Tin Shui Wai SC	14+	65	30	11/11	
40547940 (YL1286-19)	10/12-23/1 (excl. 26/12,2/1)	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai SC	14+	65	30	11/11	
40547941 (YL1249-19)	4/12-20/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Tin Fai RD. SC	14+	65	30	4/11	
40547942 (YL1250-19)	4/12-20/1 (excl. 25/12,1/1)	M,W	20:00-21:00	Tin Fai RD. SC	14+	65	30	4/11	
40547947 (YL1237-19)	3/12-17/1 (excl. 24,31/12)	Tu,F	18:00-19:00	Yuen Long SC	14+	65	30	1/11	
40547949 (YL1238-19)	3/12-17/1 (excl. 24,31/12)	Tu,F	19:00-20:00	Yuen Long SC	14+	65	30	1/11	
40547950 (YL1251-19)	4/12-20/1 (excl. 25/12,1/1)	M,W	8:00-9:00	Yuen Long SC	14+	65	30	5/11	
40547953 (YL1252-19)	4/12-20/1 (excl. 25/12,1/1)	M,W	9:00-10:00	Yuen Long SC	14+	65	30	5/11	
<b>Christmas Eve Dance Night</b>									
40548375 (YL1314-19)	24/12	Tu	19:00-22:00	Fung Kam ST. SC	6+	20	300	22/11	
<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.</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>									
40519527 (YL1280-19)	9/12-20/1 (excl. 26/12)	M,Th	9:00-10:00	Tin Shui SC	15+	75	20	@7/11	
40519823 (YL1278-19)	9/12-20/1 (excl. 26/12)	M,Th	9:00-10:00	Tin Shui Wai SC	15+	75	20	@7/11	
40519824 (YL1279-19)	9/12-20/1 (excl. 26/12)	M,Th	10:00-11:00	Tin Shui Wai SC	15+	75	20	@7/11	
40519837 (YL1301-19)	18/12-5/2 (excl. 25/12,1/1,27/1)	M,W	19:00-20:00	Tin Shui Wai SC	15+	75	20	@18/11	
40519838 (YL1302-19)	18/12-5/2 (excl. 25/12,1/1,27/1)	M,W	20:00-21:00	Tin Shui Wai SC	15+	75	20	@18/11	
40548388 (YL1315-19)	27/12-31/1 (excl. 1/1,24/1,27/1,29/1)	M,W,F	15:00-16:00	Long Ping SC	15+	75	20	@27/11	
40548390 (YL1259-19)	6/12-21/1 (excl. 24/12,31/12)	Tu,F	20:00-21:00	Tin Fai RD. SC	15+	75	20	@5/11	
40548391 (YL1260-19)	6/12-21/1 (excl. 24/12,31/12)	Tu,F	21:00-22:00	Tin Fai RD. SC	15+	75	20	@5/11	
40548394 (YL1227-19)	2/12-13/1 (excl. 26/12)	M,Th	8:00-9:00	Yuen Long SC	15+	75	25	@31/10	
40548395 (YL1228-19)	2/12-13/1 (excl. 26/12)	M,Th	9:00-10:00	Yuen Long SC	15+	75	25	@31/10	
40548396 (YL1253-19)	4/12-20/1 (excl. 25/12,1/1)	M,W	20:00-21:00	Yuen Long SC	15+	75	25	@4/11	
40548397 (YL1254-19)	4/12-20/1 (excl. 25/12,1/1)	M,W	21:00-22:00	Yuen Long SC	15+	75	25	@4/11	
<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>									
40519526 (YL1281-19)	9/12-20/1 (excl. 26/12)	M,Th	8:00-9:00	Tin Shui SC	15+	75	20	@7/11	
<b>Hydro Fitness TC</b>									

40523758 (YL1246-19)	4/12-24/1 (excl. 25/12,1/1)	W,F	13:00-14:00	Ping Shan Tin Shui Wai SC	14+	80	24	23/10-29/10 (6/11){26/11}	✉
<b>Tai Chi Made Easy Class</b>									
40548513 (YL1266-19)	7/12-29/2 (excl. 25/1)	Sa	8:00-9:00	Fung Kam ST. SC	6+	54	30	23/10-29/10 (6/11){26/11}	✉
<b>Tai Chi TC</b>									
40548591 (YL1257-19)	6/12-6/4 (excl. 25/12,1,27,29,31/1)	M,W,F	7:00-8:00	Fung Kam ST. SC	6+	60	40	5/11	📄 i
<b>Tai Chi Sword TC</b>									
40548592 (YL1267-19)	7/12-2/4 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:00-8:00	Tin Shui Wai Park	6+	60	40	6/11	📄 i
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40519608 (YL1219-19)	1/12	Su	9:00-12:00	Tin Shui SC	15+	Free	25	23/10-29/10 (6/11){26/11}	✉
40519675 (YL1294-19)	15/12	Su	9:00-12:00	Tin Shui Wai SC	15+	Free	25	23/10-29/10 (6/11){26/11}	✉
40548465 (YL1273-19)	8/12 (FIS:14/12)	Su	15:00-18:00	Long Ping SC	15+	Free	25	23/10-29/10 (6/11){26/11}	✉
40548466 (YL1293-19)	15/12	Su	15:00-18:00	Tin Fai RD. SC	15+	Free	25	23/10-29/10 (6/11){26/11}	✉
40548469 (YL1313-19)	21/12	Sa	14:00-17:00	Yuen Long SC	15+	Free	25	23/10-29/10 (6/11){26/11}	✉
<b>Badminton TC</b>									
40547978 (YL1305-19)	19/12-23/1 (excl. 26/12)	M,Th	19:00-21:00	Fung Kam ST. SC	7+	118	24	23/10-29/10 (6/11){26/11}	✉
<b>Track Cycling Training Course (Level I)</b>									
40523784 (YL1295-19)	15/12	Su	14:00-18:00	Hong Kong Velodrome (Tseung Kwan O)	11+	140	20	15/11	📄 i
<b>Indoor Short Mat Bowling Fun Day</b>									
40548511 (YL1668-19)	7/12	Sa	9:00-11:00	Yuen Long SC	8+	Free	16	7/11	📄 i
<b>Squash TC</b>									
40548512 (YL1291-19)	14/12-8/2 (excl. 25/1)	Sa	15:30-17:30	Yuen Long Jockey Club Squash Courts	7+	160	12	14/11	📄 i
<b>Table-tennis TC</b>									
40519890 (YL1297-19)	17/12-6/2 (excl. 24/12,26/12,31/12,23/1,28/1,30/1)	Tu,Th	19:00-21:00	Tin Shui Wai SC	6+	86	18	23/10-29/10 (6/11){26/11}	✉
40548604 (YL1306-19)	19/12-23/1 (excl. 26/12)	M,Th	16:00-18:00	Fung Kam ST. SC	6+	86	24	23/10-29/10 (6/11){26/11}	✉
40548605 (YL1296-19)	17/12-31/1 (excl. 24/12,31/12,24/1,28/1)	Tu,F	16:00-18:00	Long Ping SC	6+	86	24	23/10-29/10 (6/11){26/11}	✉
40548606 (YL1318-19)	27/12-5/2 (excl. 1/1,24/1)	W,F	17:00-19:00	Ping Shan Tin Shui Wai SC	6+	86	24	23/10-29/10 (6/11){26/11}	✉
40548607 (YL1308-19)	19/12-23/1 (excl. 26/12)	M,Th	14:00-16:00	Tin Fai RD. SC	6+	86	18	23/10-29/10 (6/11){26/11}	✉
<b>Tennis TC</b>									
40548593 (YL1307-19)	19/12-23/1 (excl. 26/12)	M,Th	19:00-21:00	Sai Ching ST. TC	8+	170	18	23/10-29/10 (6/11){26/11}	✉
40548594 (YL1258-19)	6/12-14/2 (excl. 24/1)	F	9:00-11:00	Sai Ching ST. TC	8+	170	18	23/10-29/10 (6/11){26/11}	✉
40548595 (YL1268-19)	21/12-29/2 (excl. 25/1)	Sa	18:00-20:00	Sai Ching ST. TC / Tin Shui Wai Park	8+	170	12	23/10-29/10 (6/11){26/11}	✉
<b>Go TC (Level II)</b>									
40548488 (YL1218-19)	1/12-19/1 (excl. 15/12,22/12)	Su	10:00-12:00	Long Ping SC	6+	40	20	1/11	📄 i
<b>HEFAC - Hiking Scheme*</b>									
40548496 (YL1222-19)	1/12	Su	9:00-17:00	A13 Pak Tam Chung - Tai Mong Tsai	6+	40	48	23/10-29/10 (6/11){26/11}	✉
<b>Christmas Carival 2019</b>									
40548374 (YL1670-19)	15/12	Su	10:00-16:00	Long Ping SC	All	Free	500	15/11	📄 i

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

**Aerobic Dance TS for PWD(Ex-ment. ill.)**

40547954 (YL1223-19)	6/12-3/1 (excl. 27/12)	F	10:00-12:00	Tin Fai RD. SC	15+	4	17/10	📄 i
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**Land Excursion for Children with Disabilities**

40548376 (YL1274-19)	8/12	Su	9:00-17:00	Tai Kwun & Stanley	All	10	17/10	📄 i
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**Land Excursion for PWD(Intel. & Phy. Dis.)**


40548384 (YL1275-19)	8/12	Su	9:00-17:00	T-Park	All	10	17/10	📄 i
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**Residential Camp for PWD(Intel.& Phy. Dis.)**





40548506 (YL1271-19) 7/12-8/12 Sa,Su 14:00-14:00 Tso Kung Tam All 12 17/10  

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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**Swimming TC for Elderly (II)**

40522003 (YL1248-19)	4/12-10/1 (excl. 25/12,1/1)	W,F	9:00-10:00	Ping Shan Tin Shui Wai SP	16	23/10-29/10 (6/11){26/11}	
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**Healthy Elderly Scheme - Baduanjin Play-in**





40548358 (YL1239-19)	4/12-8/1 (excl. 25/12,1/1)	W	9:00-10:00	Fung Kam ST. SC	30	4/11	 
40548361 (YL1240-19)	4/12-8/1 (excl. 25/12,1/1)	W	10:00-11:00	Fung Kam ST. SC	30	4/11	 

**Fitness (Multi-gym) TC for Elderly**

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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.


40519534 (YL1282-19)	9/12-20/1 (excl. 26/12)	M,Th	7:00-8:00	Tin Shui SC	20	@23/10-29/10 (6/11){26/11}	
40519852 (YL1304-19)	18/12-7/2 (excl. 25/12,1/1,24/1,29/1)	W,F	9:00-10:00	Tin Shui Wai SC	20	@23/10-29/10 (6/11){26/11}	
40548452 (YL1316-19)	27/12-14/2 (excl. 1/1,24/1,29/1)	W,F	7:00-8:00	Long Ping SC	20	@23/10-29/10 (6/11){26/11}	
40548453 (YL1317-19)	27/12-14/2 (excl. 1/1,24/1,29/1)	W,F	8:00-9:00	Long Ping SC	20	@23/10-29/10 (6/11){26/11}	

**Fitness (Multi-gym) TC for Elderly**


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40519851 (YL1303-19)	18/12-7/2 (excl. 25/12,1/1,24/1,29/1)	W,F	8:00-9:00	Tin Shui Wai SC	20	@23/10-29/10 (6/11){26/11}	
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**Hydro Fitness TC for Elderly**

40523752 (YL1247-19)	4/12-24/1 (excl. 25/12,1/1)	W,F	14:00-15:00	Ping Shan Tin Shui Wai SP	24	23/10-29/10 (6/11){26/11}	
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**Healthy Elderly Scheme - Badminton Play-in**

40547984 (YL1283-19)	9/12-30/12	M	9:00-10:00	Yuen Long SC	30	7/11	 
40547985 (YL1284-19)	9/12-30/12	M	10:00-11:00	Yuen Long SC	30	7/11	 
40519746 (YL1666-19)	6/12-27/12	F	9:00-10:00	Tin Shui SC	30	6/11	 
40519748 (YL1667-19)	6/12-27/12	F	10:00-11:00	Tin Shui SC	30	6/11	 

**Healthy Elderly Scheme - Gateball Play-in**

40548486 (YL1262-19)	6/12-20/12	W,F	7:00-9:00	Tin Shui Wai Park	20	4/11	 
40548487 (YL1229-19)	2/12-16/12	M,Th	7:00-9:00	Yuen Long Park	20	1/11	 

**Healthy Elderly Scheme - Table-tennis Play-in**

40548597 (YL1243-19)	4/12-8/1 (excl. 25/12,1/1)	W	14:00-15:00	Long Ping SC	30	4/11	 
40548598 (YL1244-19)	4/12-8/1 (excl. 25/12,1/1)	W	15:00-16:00	Long Ping SC	30	4/11	 
40548599 (YL1225-19)	2/12-23/12	M	9:00-10:00	Ping Shan Tin Shui Wai SC	30	1/11	 
40548600 (YL1226-19)	2/12-23/12	M	10:00-11:00	Ping Shan Tin Shui Wai SC	30	1/11	 
40548602 (YL1263-19)	6/12-27/12	F	9:00-10:00	Yuen Long SC	18	5/11	 
40548603 (YL1264-19)	6/12-27/12	F	10:00-11:00	Yuen Long SC	18	5/11	 

**Land Excursion for Elderly\***

40548377 (YL1290-19)	12/12	Th	9:00-17:00	-	48	23/10-29/10 (6/11){26/11}	
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