

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Dec 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>Back Stroke TC for Adult</b>									
40532103	2/12-23/12	M,W,F	19:00-20:00	Shing Mun Valley SP	18+	100	20	18/10-22/10 (29/10){19/11}	✉
<b>Breast Stroke TC for Adult (Level II)</b>									
40532104	2/12-23/12	M,W,F	20:00-21:00	Shing Mun Valley SP	18+	100	20	18/10-22/10 (29/10){19/11}	✉
<b>Aerobic Dance TC</b>									
40547943	3/12-14/1 (excl. 26/12)	Tu,Th	15:00-16:00	Tsuen King Circuit SC	14+	65	20	6/11	🖨️ i
40547945	3/12-14/1 (excl. 26/12)	Tu,Th	16:00-17:00	Tsuen King Circuit SC	14+	65	20	6/11	🖨️ i
40547946	9/12-22/1 (excl. 25/12,1/1)	M,W	15:00-16:00	Yeung Uk RD. SC	14+	65	25	6/11	🖨️ i
40547948	9/12-22/1 (excl. 25/12,1/1)	M,W	16:00-17:00	Yeung Uk RD. SC	14+	65	25	6/11	🖨️ i
40547951	10/12-21/1 (excl. 26/12)	Tu,Th	19:00-20:00	Tsuen Wan West SC	14+	65	10	6/11	🖨️ i
40547952	10/12-21/1 (excl. 26/12)	Tu,Th	20:00-21:00	Tsuen Wan West SC	14+	65	10	6/11	🖨️ i
40548305	3/12-14/1 (excl. 26/12)	Tu,Th	9:00-10:00	Yeung Uk RD. SC	14+	65	25	25/10-29/10 (5/11) {26/11}	✉
40548306	3/12-14/1 (excl. 26/12)	Tu,Th	10:00-11:00	Yeung Uk RD. SC	14+	65	25	25/10-29/10 (5/11) {26/11}	✉
<b>Chinese Dance Mini Party (Afternoon)</b>									
40548013	6/12	F	10:00-13:00	Wai Tsuen SC	14+	20	20	12/11	🖨️ i
<b>Chinese Dance TC</b>									
40548003	4/12-19/2 (excl. 25/12,1/1)	W	11:00-13:00	Tsuen King Circuit SC	12+	45	20	8/11	🖨️ i
<b>Dance for Health - Christmas Dance Night</b>									
40548022	21/12	Sa	19:00-22:00	Wai Tsuen SC	All	20	350	14/11	🖨️ i
<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>									
40547974	2/12-15/1 (excl. 25/12,1/1)	M,W	19:00-20:00	Tsuen Wan West SC	15+	75	10	@11/11	🖨️ i
40547975	2/12-15/1 (excl. 25/12,1/1)	M,W	20:00-21:00	Tsuen Wan West SC	15+	75	10	@11/11	🖨️ i
40547976	4/12-17/1 (excl. 25/12,1/1)	W,F	15:00-16:00	Tsuen Wan West SC	15+	75	10	@11/11	🖨️ i
40547977	4/12-17/1 (excl. 25/12,1/1)	W,F	16:00-17:00	Tsuen Wan West SC	15+	75	10	@11/11	🖨️ i
40547979	12/12-23/1 (excl. 26/12)	Tu,Th	14:00-15:00	Yeung Uk RD. SC	15+	75	20	@11/11	🖨️ i
40547980	12/12-23/1 (excl. 26/12)	Tu,Th	15:00-16:00	Yeung Uk RD. SC	15+	75	20	@11/11	🖨️ i
40547981	18/12-31/1 (excl. 25/12,1/1)	W,F	19:00-20:00	Yeung Uk RD. SC	15+	75	20	@11/11	🖨️ i
40547982	18/12-31/1 (excl. 25/12,1/1)	W,F	20:00-21:00	Yeung Uk RD. SC	15+	75	20	@11/11	🖨️ i
<b>Social Dance Mini Party (Afternoon)</b>									
40548014	9/12	M	15:00-18:00	Tsuen King Circuit SC	14+	20	30	13/11	🖨️ i
40548015	11/12	W	14:00-17:00	Tsuen Wan West SC	14+	20	14	13/11	🖨️ i
<b>Tai Chi Made Easy Class</b>									
40548050	1/12-1/3 (excl. 22/12,26/1)	Su	9:00-10:00	Wai Tsuen SC	6+	54	30	25/10-29/10 (5/11) {26/11}	✉
40548053	5/12-16/1 (excl. 26/12)	Th,Sa	9:00-10:00	Tsuen Wan West SC	6+	54	30	25/10-29/10 (5/11) {26/11}	✉
40548054	7/12-29/2 (excl. 25/1)	Sa	9:00-10:00	Yeung Uk RD. SC	6+	54	30	25/10-29/10 (5/11) {26/11}	✉
40548055	9/12-22/1 (excl. 25/12,1/1)	M,W	9:00-10:00	Tsuen Wan SC	6+	54	30	25/10-29/10 (5/11) {26/11}	✉
40548056	18/12-31/1 (excl. 25/12,1/1)	W,F	9:00-10:00	Tsuen King Circuit SC	6+	54	30	25/10-29/10 (5/11) {26/11}	✉
<b>Tai Chi TC</b>									
40548030	5/12-2/4 (excl. 26/12,25/1,28/1,30/1)	Tu,Th,Sa	7:00-8:00	Open space at Lei Muk Shu Estate Blk 2	6+	60	40	18/10-22/10 (29/10){19/11}	✉
40548032	9/12-6/4 (excl. 25/12,1/1,27/1,29/1)	M,W,F	7:00-8:00	Shing Mun Valley	6+	60	70	21/11	🖨️ i
40548034	9/12-6/4 (excl. 25/12,1/1,27/1,29/1)	M,W,F	7:00-8:00	Hong Kong Garden	6+	60	40	21/11	🖨️ i
40548037	9/12-6/4 (excl. 25/12,1/1,27/1,29/1)	M,W,F	7:00-8:00	Sha Tsui RD. PG	6+	60	40	18/10-22/10 (29/10){19/11}	✉
40548040	9/12-6/4 (excl. 25/12,1/1,27/1,29/1)	M,W,F	7:00-8:00	Tsuen Wan Tin Hau Temple Garden	6+	60	40	18/10-22/10 (29/10){18/11}	✉
40548042	10/12-9/4 (excl. 26/12,25/1,28/1,30/1,4/4)	Tu,Th,Sa	7:00-8:00	Shing Mun Valley SG	6+	60	40	18/10-22/10 (29/10){19/11}	✉
40548044	10/12-9/4 (excl. 26/12,25/1,28/1,30/1,4/4)	Tu,Th,Sa	6:30-7:30	Sham Tseng PG	6+	60	40	21/11	🖨️ i

40548047	20/12-22/4 (excl. 25/12,1/1,27/1,29/1,10/4,13/4)	Mo,We,Fr	7:00-8:00	Tsuen King Circuit PG	6+	60	60	18/10-22/10 (29/10){19/11}	✉
40548049	17/12-16/4 (excl. 26/12,25/1,28/1,4 & 11/4)	Tu,Th,Sa	7:00-8:00	Tsuen Wan West SC	6+	60	70	18/10-22/10 (29/10){19/11}	✉
<b>Tai Chi Sword TC</b>									
40548048	10/12-9/4 (excl. 26/12,25/1,28/1,30/1,4/4)	Tu,Th,Sa	6:45-7:45	Sha Tsui RD. PG	6+	60	40	18/10-22/10 (29/10){19/11}	✉
<b>Western Folk Dance Mini Party (Afternoon)</b>									
40548016	13/12	F	10:00-13:00	Wai Tsuen SC	14+	20	20	12/11	📄 i
<b>Western Folk Dance TC</b>									
40548006	17/12-17/1	Tu,F	19:00-21:00	Yeung Uk RD. SC	8+	45	25	18/11	📄 i
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40547956	7/12	Sa	10:00-13:00	Tsuen Wan SC	15+	Free	25	25/10-29/10 (5/11) {26/11}	✉
40547958	14/12	Sa	10:00-13:00	Tsuen Wan SC	15+	Free	25	25/10-29/10 (5/11) {26/11}	✉
40547965	8/12	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	25/10-29/10 (5/11) {26/11}	✉
40547967	22/12	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	25/10-29/10 (5/11) {26/11}	✉
40547970	7/12	Sa	10:00-13:00	Tsuen Wan West SC	15+	Free	10	25/10-29/10 (5/11) {26/11}	✉
40547971	14/12	Sa	10:00-13:00	Tsuen Wan West SC	15+	Free	10	25/10-29/10 (5/11) {26/11}	✉
<b>Stress Management &amp; Physical Relaxation TC</b>									
40547914	6/12-20/3 (excl. 24/1,31/1)	F	9:00-10:00	Wai Tsuen SC	14+	80	30	7/11	📄 i
<b>Parent-child (Aged 7-17) Badminton FD</b>									
40547988	14/12	Sa	14:00-15:00	Wai Tsuen SC	7+	Free	24	15/11	📄 i
40547989	14/12	Sa	15:00-16:00	Wai Tsuen SC	7+	Free	24	15/11	📄 i
40547990	14/12	Sa	16:00-17:00	Wai Tsuen SC	7+	Free	24	15/11	📄 i
40547991	28/12	Sa	10:00-11:00	Yeung Uk RD. SC	7+	Free	24	15/11	📄 i
40547992	28/12	Sa	11:00-12:00	Yeung Uk RD. SC	7+	Free	24	15/11	📄 i
40547993	28/12	Sa	12:00-13:00	Yeung Uk RD. SC	7+	Free	24	15/11	📄 i
<b>Badminton TC</b>									
40547994	3/12-9/1 (excl. 26/12,31/12)	Tu,Th	19:00-21:00	Tsuen King Circuit SC	7+	118	24	25/10-29/10 (5/11) {26/11}	✉
40547999	4/12-10/1 (excl. 25/12,1/1)	W,F	19:00-21:00	Wai Tsuen SC	7+	118	24	25/10-29/10 (5/11) {26/11}	✉
<b>Squash TC</b>									
40548057	4/12-3/1 (excl. 25/12,1/1)	W,F	9:00-11:00	Yeung Uk RD. SC	7+	160	12	25/10-29/10 (5/11) {26/11}	✉
<b>Tennis TC</b>									
40548058	2/12-6/1 (excl. 26/12)	M,Th	17:00-19:00	Tsuen Wan Riviera Park	8+	170	12	25/10-29/10 (5/11) {26/11}	✉
40548059	3/12-7/1 (excl. 26/12)	Tu,Th	19:00-21:00	Tsuen King Circuit PG	8+	170	12	25/10-29/10 (5/11) {26/11}	✉
40548069	4/12-10/1 (excl. 25/12,1/1)	W,F	19:00-21:00	Shing Mun Valley	8+	170	12	25/10-29/10 (5/11) {26/11}	✉
<b>Cricket Fun Day</b>									
40548021	15/12	Su	10:00-12:00	Shek Pink Resettler's PG	6+	Free	40	20/11	📄 i
<b>Healthy Exercise for all - Hiking</b>									
40548024	22/12	Su	9:00-16:00	B2 Shek O - Siu Sai Wan	6+	40	48	25/10-29/10 (5/11) {26/11}	✉
<b>Sports Climbing FD</b>									
40548017	22/12	Sa	13:00-15:00	Tsuen Wan SC	12+	Free	24	19/11	📄 i
40548018	22/12	Sa	15:00-17:00	Tsuen Wan SC	12+	Free	24	19/11	📄 i
40548019	28/12	Sa	13:00-15:00	Tsuen Wan SC	12+	Free	24	19/11	📄 i
40548020	28/12	Sa	15:00-17:00	Tsuen Wan SC	12+	Free	24	19/11	📄 i
<b>Potted Sports Fun Day for Children</b>									
40548308	15/12	Su	14:00-17:00	Tsuen Wan Park	4-14	Free	9000	15/12	Walk-in
<b>Green Seminar at TWP</b>									
40548026	29/12	Su	15:00-17:00	Tsuen Wan Park	All	Free	40	29/12	Walk-in

Activities for Persons with Disabilities Programme Number (Class code)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)</b>							





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.

**Camp for Ex-mentally ill and ID Persons**



40526841      1/12      Su      9:00-17:00      Tso Kung Tam ORC      All      10      3/11       

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

40547915	3/12-24/12	Tu,Th	8:00-9:45	Tsuen King Circuit SC	30	18/10-22/10 (29/10){19/11}	
40547916	3/12-31/12 (excl. 26/12)	Tu,Th	9:00-10:45	Yeung Uk RD. SC	30	18/10-22/10 (29/10){19/11}	
40547918	4/12-20/12	W,F	8:00-9:45	Wai Tsuen SC	30	18/10-22/10 (29/10){19/11}	
40547921	6/12-27/12 (excl. 20/12)	Tu,F	8:00-9:45	Tsuen Wan SC	30	18/10-22/10 (29/10){19/11}	

**HES-Table-tennis FD**

40547926	5/12-30/12 (excl. 9/12,23/12,26/12)	M,Th	8:00-9:45	Wai Tsuen SC	60	18/10-22/10 (29/10){19/11}	
40547929	4/12-27/12 (excl. 25/12)	W,F	8:00-9:45	Tsuen Wan West SC	60	18/10-22/10 (29/10){19/11}	
40547932	6/12-31/12 (excl. 20/12)	Tu,F	8:00-9:45	Tsuen Wan SC	60	18/10-22/10 (29/10){19/11}	