

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Jul 2021**

**Tuen Mun 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 Training Course</b>										
40590255	12/7-13/9	M	20:00-22:00	Tuen Mun Tang Siu Kin SG	16+	130	20	1/6		
<b>Life Saving Training Cr (Bronze Medallion)</b>										
40590256	7/7-18/8	M,W,F	10:00-12:00	Tuen Mun SP	13+	108	12	2/6		
40590257	7/7-18/8	M,W,F	14:00-16:00	Tuen Mun SP	13+	108	12	2/6		
40590259	7/7-18/8	M,W,F	20:00-22:00	Tuen Mun SP	13+	108	12	2/6		
40590260	24/7-4/9	Tu,Th,Sa	20:00-22:00	Tuen Mun SP	13+	108	12	2/6		
<b>Breaststroke Swimming Cr for Children (I)</b>										
40590280 (TMSC07)	6/7-5/8	Tu,Th	8:00-9:00	Tuen Mun SP	5-8	100	8	20/5-26/5 (1/6) {24/6}		
40590299 (TMSC08)	6/7-5/8	Tu,Th	20:30-21:30	Tuen Mun SP	5-8	100	8	20/5-26/5 (1/6) {24/6}		
40590331 (TMSC05)	9/7-30/7	M,W,F	19:30-20:30	Tuen Mun SP	5-8	100	8	20/5-26/5 (1/6) {24/6}		
40590343 (TMSC19)	13/7-12/8	Tu,Th	9:00-10:00	Tuen Mun North West SP	5-8	100	8	20/5-26/5 (1/6) {24/6}		
40590351 (TMSC22)	13/7-12/8	Tu,Th	19:30-20:30	Tuen Mun North West SP	5-8	100	8	20/5-26/5 (1/6) {24/6}		
<b>Breaststroke Training Cr for Adult (Level I)</b>										
40590262 (TMSA33)	2/7-23/7	M,W,F	7:00-8:00	Tuen Mun North West SP	18+	100	8	20/5-26/5 (1/6) {24/6}		
40590277 (TMSA17)	6/7-5/8	Tu,Th	7:00-8:00	Tuen Mun SP	18+	100	8	20/5-26/5 (1/6) {24/6}		
40590328 (TMSA13)	9/7-30/7	M,W,F	19:30-20:30	Tuen Mun SP	18+	100	8	20/5-26/5 (1/6) {24/6}		
<b>Breaststroke Training Cr for Junior (Level I)</b>										
40590335 (TMSJ06)	9/7-30/7	M,W,F	20:30-21:30	Tuen Mun SP	9-12	100	8	20/5-26/5 (1/6) {24/6}		
40590352 (TMSJ17)	13/7-12/8	Tu,Th	20:30-21:30	Tuen Mun North West SP	9-12	100	8	20/5-26/5 (1/6) {24/6}		
<b>Breaststroke Training Cr for Youth (Level I)</b>										
40590323 (TMSY01)	9/7-30/7	M,W,F	18:30-19:30	Tuen Mun SP	13-17	100	8	20/5-26/5 (1/6) {24/6}		
<b>Front Crawl TC for Youth (Level I)</b>										
40590353 (TMSY04)	13/7-12/8	Tu,Th	20:30-21:30	Tuen Mun North West SP	13-17	100	8	20/5-26/5 (1/6) {24/6}		
<b>Front Crawl Training Cr for Adult (Level I)</b>										
40590276 (TMSA34)	2/7-23/7	M,W,F	20:30-21:30	Tuen Mun North West SP	18+	100	8	20/5-26/5 (1/6) {24/6}		
40590303 (TMSA12)	9/7-30/7	M,W,F	8:00-9:00	Tuen Mun SP	18+	100	8	20/5-26/5 (1/6) {24/6}		
40590337 (TMSA15)	9/7-30/7	M,W,F	20:30-21:30	Tuen Mun SP	18+	100	8	20/5-26/5 (1/6) {24/6}		
<b>Front Crawl Training Cr for Children (Level I)</b>										
40590311 (TMSC04)	9/7-30/7	M,W,F	15:00-16:00	Tuen Mun SP	5-8	100	8	20/5-26/5 (1/6) {24/6}		
40590341 (TMSC18)	13/7-12/8	Tu,Th	8:00-9:00	Tuen Mun North West SP	5-8	100	8	20/5-26/5 (1/6) {24/6}		
40590344 (TMSC20)	13/7-12/8	Tu,Th	10:00-11:00	Tuen Mun North West SP	5-8	100	8	20/5-26/5 (1/6) {24/6}		
<b>Front Crawl Training Cr for Junior (Level I)</b>										
40590340 (TMSJ12)	13/7-12/8	Tu,Th	8:00-9:00	Tuen Mun North West SP	9-12	100	8	20/5-26/5 (1/6) {24/6}		
<b>Breaststroke Training Cr for Adult (Level II)</b>										
40590302 (TMSA11)	9/7-30/7	M,W,F	7:00-8:00	Tuen Mun SP	18+	100	10	20/5-26/5 (1/6) {24/6}		
40590336 (TMSA16)	9/7-30/7	M,W,F	20:30-21:30	Tuen Mun SP	18+	100	10	20/5-26/5 (1/6) {24/6}		
<b>Breaststroke Training Cr for Junior (Level II)</b>										
40590342 (TMSJ13)	13/7-12/8	Tu,Th	9:00-10:00	Tuen Mun North West SP	9-12	100	10	20/5-26/5 (1/6) {24/6}		
<b>Front Crawl Swimming Cr for Adult (II)</b>										
40590278 (TMSA18)	6/7-5/8	Tu,Th	7:00-8:00	Tuen Mun SP	18+	100	10	20/5-26/5 (1/6) {24/6}		
40590330 (TMSA14)	9/7-30/7	M,W,F	19:30-20:30	Tuen Mun SP	18+	100	10	20/5-26/5 (1/6) {24/6}		
<b>Front Crawl Training Course (Level II)</b>										
40590273 (TMSW14)	2/7-23/7	M,W,F	19:30-20:30	Tuen Mun North West SP	9+	100	10	20/5-26/5 (1/6) {24/6}		
<b>Front Crawl Training Cr for Junior (Level II)</b>										
40590349 (TMSJ16)	13/7-12/8	Tu,Th	19:30-20:30	Tuen Mun North West SP	9-12	100	10	20/5-26/5 (1/6) {24/6}		
<b>Backstroke Training Course</b>										
40590333 (TMSW03)	9/7-30/7	M,W,F	20:30-21:30	Tuen Mun SP	9+	100	10	20/5-26/5 (1/6) {24/6}		
<b>Breaststroke Training Course (Level III)</b>										
40590283 (TMSW05)	6/7-5/8	Tu,Th	8:00-9:00	Tuen Mun SP	9+	100	10	20/5-26/5 (1/6) {24/6}		

40590332 (TMSW02)	9/7-30/7	M,W,F	19:30-20:30	Tuen Mun SP	9+	100	10	20/5-26/5 (1/6) {24/6}	☒
<b>Butterfly Stroke Training Course</b>									
40590285 (TMSW04)	6/7-5/8	Tu,Th	8:00-9:00	Tuen Mun SP	9+	100	10	20/5-26/5 (1/6) {24/6}	☒
40590354 (TMSW15)	13/7-12/8	Tu,Th	20:30-21:30	Tuen Mun North West SP	9+	100	10	20/5-26/5 (1/6) {24/6}	☒
<b>Front Crawl TC for Adult (Level III)</b>									
40590350 (TMSA35)	13/7-12/8	Tu,Th	19:30-20:30	Tuen Mun North West SP	18+	100	10	20/5-26/5 (1/6) {24/6}	☒
<b>Front Crawl Training Course (Level III)</b>									
40590290 (TMSW06)	6/7-5/8	Tu,Th	9:00-10:00	Tuen Mun SP	9+	100	10	20/5-26/5 (1/6) {24/6}	☒
<b>Aerobic Dance Training Course</b>									
40590356	6/7-12/8	Tu,Th	8:00-9:00	Siu Lun SC	14+	65	15	7/6	☒ i
40590357	6/7-12/8	Tu,Th	9:00-10:00	Siu Lun SC	14+	65	15	7/6	☒ i
40590358	9/7-18/8	W,F	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	14+	65	10	8/6	☒ i
40590360	9/7-18/8	W,F	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	14+	65	10	8/6	☒ i
40590361	10/7-25/9	Sa	13:00-14:00	Leung Tin SC	14+	65	10	31/5-4/6 (10/6) {29/6}	☒
40590362	10/7-25/9	Sa	14:00-15:00	Leung Tin SC	14+	65	10	31/5-4/6 (10/6) {29/6}	☒
40590363	12/7-6/8	M,W,F	18:00-19:00	Siu Lun SC	14+	65	15	10/6	☒ i
40590364	12/7-6/8	M,W,F	19:00-20:00	Siu Lun SC	14+	65	15	10/6	☒ i
40590366	16/7-25/8	W,F	9:00-10:00	Leung Tin SC	14+	65	10	10/6	☒ i
40590367	16/7-25/8	W,F	10:00-11:00	Leung Tin SC	14+	65	10	10/6	☒ i
<b>Children Dance Training Course</b>									
40590377	2/7-30/7 (excl. 14/7,21/7,23/7)	M,W,F	15:00-17:00	Tuen Mun SP Squash Courts	4-11	60	7	1/6	☒ i
40590378	5/7-13/9 (excl. 6/9)	M	16:00-18:00	Leung Tin SC	4-11	60	10	24/5-28/5 (3/6) {22/6}	☒
40590381	10/7-11/9	Sa	14:00-16:00	The JC Tuen Mun Butterfly Beach SC	4-11	60	10	1/6	☒ i
40590383	15/7-17/8	Tu,Th	14:00-16:00	Tuen Mun SP Squash Courts	4-11	60	7	2/6	☒ i
40590386	19/7-9/8	M,W,F	14:00-16:00	Siu Lun SC	4-11	60	10	24/5-28/5 (3/6) {22/6}	☒
<b>Chinese Dance Training Course</b>									
40591378	7/7-8/9	W	14:00-16:00	Leung Tin SC	12+	45	10	24/5-28/5 (3/6) {22/6}	☒
40591379	9/7-10/9	F	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	12+	45	10	24/5-28/5 (3/6) {22/6}	☒
40591380	12/7-13/9	M	15:00-17:00	The JC Tuen Mun Butterfly Beach SC	12+	45	10	24/5-28/5 (3/6) {22/6}	☒
<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>									
40591381	9/7-11/8 (excl. 12/7,26/7,9/8)	M,W,F	8:00-9:00	Tai Hing SC	15+	75	10	@9/6	☒ i
40591382	9/7-11/8 (excl. 12/7,26/7,9/8)	M,W,F	9:00-10:00	Tai Hing SC	15+	75	10	@9/6	☒ i
40591383	13/7-19/8	Tu,Th	7:00-8:00	Siu Lun SC	15+	75	15	@8/6	☒ i
40591384	13/7-19/8	Tu,Th	8:00-9:00	Siu Lun SC	15+	75	15	@8/6	☒ i
40591387	14/7-20/8	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	75	10	@11/6	☒ i
40591388	14/7-20/8	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	75	10	@11/6	☒ i
40591389	21/7-18/8 (excl. 13/8)	M,W,F	15:00-16:00	Siu Lun SC	15+	75	15	@11/6	☒ i
<b>General Gymnastic Training Course</b>									
40591393	21/7-20/8	W,F	16:00-18:00	The JC Tuen Mun Butterfly Beach SC	6+	54	10	24/5-28/5 (3/6) {22/6}	☒
<b>Hydro Fitness Training Course</b>									
40591395	2/7-2/8	M,W,F	19:30-20:30	Tuen Mun North West SP	14+	80	15	24/5-28/5 (3/6) {22/6}	☒
40591396	2/7-2/8	M,W,F	20:30-21:30	Tuen Mun North West SP	14+	80	15	24/5-28/5 (3/6) {22/6}	☒
40591397	6/7-19/8	Tu,Th	19:30-20:30	Tuen Mun SP	14+	80	15	24/5-28/5 (3/6) {22/6}	☒
40591398	6/7-19/8	Tu,Th	20:30-21:30	Tuen Mun SP	14+	80	15	24/5-28/5 (3/6) {22/6}	☒
<b>Jazz Training Course</b>									
40591400	5/7-13/9 (excl. 6/9)	M	14:00-16:00	Leung Tin SC	12+	70	10	9/6	☒ i
40591401	9/7-10/9	F	14:00-16:00	The JC Tuen Mun Butterfly Beach SC	12+	70	10	31/5-4/6 (10/6) {29/6}	☒
40591402	11/7-19/9 (excl. 1/8)	Su	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	12+	70	10	31/5-4/6 (10/6) {29/6}	☒
40591404	30/7-29/10 (excl. 13/8,20/8,27/8,1/10)	F	21:00-23:00	Siu Lun SC	12+	70	15	9/6	☒ i
<b>Judo Training Course</b>									
40591405	10/7-11/9	Sa	12:00-14:00	The JC Tuen Mun Butterfly Beach SC	6-50	65	10	3/6	☒ i
<b>Social Dance Training Course</b>									
40591407	5/7-13/9 (excl. 6/9)	M	10:00-12:00	Leung Tin SC	14+	86	10	31/5-4/6 (10/6) {29/6}	☒
40591409	10/7-11/9	Sa	20:00-22:00	The JC Tuen Mun Butterfly Beach SC	14+	86	10	31/5-4/6 (10/6) {29/6}	☒

**Wushu Training Course**

40591414	10/7-4/9	Sa	18:00-20:00	The JC Tuen Mun Butterfly Beach SC	6-14	86	10	24/5-28/5 (3/6) {22/6}	
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**Yoga Training Course**

40591416	20/7-19/8	Tu,Th	7:00-9:00	Tai Hing SC	15+	85	10	31/5-4/6 (10/6) {29/6}	
40591417	20/7-19/8	Tu,Th	9:00-11:00	Tai Hing SC	15+	85	10	31/5-4/6 (10/6) {29/6}	

**Briefing on Proper Ways to Use Fitness Equipment**

40591418	4/7	Su	8:00-11:00	Siu Lun SC	15+	Free	12	24/5-28/5 (3/6) {22/6}	
40591419	6/7	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	12	24/5-28/5 (3/6) {22/6}	
40591420	9/7	F	17:00-20:00	Tai Hing SC	15+	Free	10	24/5-28/5 (3/6) {22/6}	
40591422	17/7	Sa	17:00-20:00	Tai Hing SC	15+	Free	10	24/5-28/5 (3/6) {22/6}	
40591423	20/7	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	12	24/5-28/5 (3/6) {22/6}	
40591424	24/7	Sa	17:00-20:00	Siu Lun SC	15+	Free	12	24/5-28/5 (3/6) {22/6}	
40591425	26/7	M	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	12	24/5-28/5 (3/6) {22/6}	

**Body-Mind Stretch Training Course**

40590373	9/7-18/8	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	85	12	15/6	
40590374	9/7-18/8	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	85	12	15/6	
40590375	19/7-4/10	M	20:00-21:00	Siu Lun SC	15+	85	12	31/5-4/6 (10/6) {29/6}	
40590376	19/7-4/10	M	21:00-22:00	Siu Lun SC	15+	85	12	31/5-4/6 (10/6) {29/6}	

**Parent-child (Aged 7-17) Badminton Fun Day**

40591477	25/7	Su	14:00-15:00	Tai Hing SC	7+	Free	12	4/6	
40591478	25/7	Su	15:00-16:00	Tai Hing SC	7+	Free	12	4/6	
40591479	25/7	Su	16:00-17:00	Tai Hing SC	7+	Free	12	4/6	

**Badminton Training Course for Adult**

40591427	2/7-4/8	W,F	14:00-16:00	Leung Tin SC	18+	118	12	31/5-4/6 (10/6) {29/6}	
40591431	8/7-9/9	Th	19:00-21:00	Siu Lun SC	18+	118	12	31/5-4/6 (10/6) {29/6}	
40591434	14/7-13/8	W,F	14:00-16:00	Tai Hing SC	18+	118	12	31/5-4/6 (10/6) {29/6}	

**Badminton Training Course for Children**

40591436	19/7-18/8	M,W	14:00-16:00	Siu Lun SC	7-11	118	12	24/5-28/5 (3/6) {22/6}	
40591440	15/7-19/8 (excl. 20/7)	Tu,Th	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	7-11	118	12	24/5-28/5 (3/6) {22/6}	

**Badminton Training Course for Youth**

40591433	13/7-13/8	Tu,F	11:00-13:00	Tai Hing SC	12-17	118	12	24/5-28/5 (3/6) {22/6}	
40591435	17/7-25/9 (excl. 28/8)	Sa	9:00-11:00	The JC Tuen Mun Butterfly Beach SC	12-17	118	12	24/5-28/5 (3/6) {22/6}	
40591437	19/7-18/8	M,W	16:00-18:00	Siu Lun SC	12-17	118	12	24/5-28/5 (3/6) {22/6}	

**Badminton Training Course for children**

40591432	12/7-12/8	M,Th	14:00-16:00	Tai Hing SC	7-11	118	12	24/5-28/5 (3/6) {22/6}	
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**Parent-child (Aged 7-17) Badminton TC**

40591443	3/7-7/8	Sa	10:00-12:00	Leung Tin SC	7+	73	12	24/5-28/5 (3/6) {22/6}	
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**Fencing Fun Day**

40591473	4/7	Su	14:00-17:00	Siu Lun SC	8+	Free	10	31/5-4/6 (10/6) {29/6}	
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**Lawn Bowls Fun Day**

40591474	4/7	Su	14:00-15:00	Wu Shan Bowling Green	8+	Free	24	15/6	
40591475	4/7	Su	15:00-16:00	Wu Shan Bowling Green	8+	Free	24	15/6	
40591476	4/7	Su	16:00-17:00	Wu Shan Bowling Green	8+	Free	24	15/6	

**Lawn Bowls Training Course**

40591447	4/7-29/8 (excl. 1/8)	Su	17:00-19:00	Wu Shan Bowling Green	8+	54	6	31/5-4/6 (10/6) {29/6}	
40591448	5/7-29/7	M,Th	20:00-22:00	Wu Shan Bowling Green	8+	54	6	31/5-4/6 (10/6) {29/6}	

**Lawn Bowls Training Course for Adult**

40591449	7/7-25/8	W	20:00-22:00	Wu Shan Bowling Green	20+	54	6	31/5-4/6 (10/6) {29/6}	
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**Mini-tennis Training Course**

40591450	15/7-17/8	Tu,Th	9:00-11:00	The JC Tuen Mun Butterfly Beach SC	6-12	70	8	24/5-28/5 (3/6) {22/6}	
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**Squash Training Course**

40591453	8/7-12/8 (excl. 15/7,20/7,10/8)	Tu,Th	19:30-21:30	Tuen Mun SP Squash Courts	7+	160	6	7/6	
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**Squash Training Course for Adult**

40591452	5/7-29/7	M,Th	20:30-22:30	Tai Hing SC	18+	160	6	24/5-28/5 (3/6) {22/6}	
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**Squash Training Course for Youth**

40591451	5/7-29/7	M,Th	18:30-20:30	Tai Hing SC	7-17	160	6	24/5-28/5 (3/6) {22/6}	
40591455	21/7-13/8	W,F	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	7-17	160	6	24/5-28/5 (3/6) {22/6}	

<b>Table-tennis Training Course</b>										
40591456	7/7-29/9 (excl. 25/8,1/9,22/9)	W	19:00-21:00	The JC Tuen Mun Butterfly Beach SC	14+	86	12	31/5-4/6 (10/6) {29/6}		
40591459	13/7-14/9	Tu	19:00-21:00	Tai Hing SC	14+	86	12	31/5-4/6 (10/6) {29/6}		
40591461	14/7-13/8	W,F	16:00-18:00	Tai Hing SC	14+	86	12	31/5-4/6 (10/6) {29/6}		
<b>Table-tennis Training Course for Children</b>										
40591457	9/7-17/9 (excl. 27/8)	F	18:00-20:00	The JC Tuen Mun Butterfly Beach SC	6-13	86	12	24/5-28/5 (3/6) {22/6}		
40591460	14/7-13/8	W,F	14:00-16:00	Tuen Mun SP Squash Courts	6-13	86	6	24/5-28/5 (3/6) {22/6}		
40591462	17/7-18/9	Sa	10:00-12:00	Tuen Mun SP Squash Courts	6-13	86	6	24/5-28/5 (3/6) {22/6}		
<b>Tennis Fun Day</b>										
40591480	3/7	Sa	15:00-16:00	Wu Shan TC	8+	Free	6	11/6		
40591481	3/7	Sa	16:00-17:00	Wu Shan TC	8+	Free	6	11/6		
40591482	3/7	Sa	17:00-18:00	Wu Shan TC	8+	Free	6	11/6		
40591486	21/7	W	15:00-16:00	Tsing Sin PG	8+	Free	6	21/6		
40591487	21/7	W	16:00-17:00	Tsing Sin PG	8+	Free	6	21/6		
40591488	21/7	W	17:00-18:00	Tsing Sin PG	8+	Free	6	21/6		
<b>Tennis Training Course</b>										
40591468	9/7-10/8	Tu,F	16:00-18:00	Tsing Sin PG	8+	170	9	24/5-28/5 (3/6) {22/6}		
<b>Tennis Training Course for Adult</b>										
40591464	4/7-12/9 (excl. 1/8)	Su	10:00-12:00	Tsing Sin PG	18+	170	9	24/5-28/5 (3/6) {22/6}		
40591465	7/7-6/8	W,F	20:00-22:00	Tuen Mun Tang Siu Kin SG(TC)	18+	170	9	24/5-28/5 (3/6) {22/6}		
40591466	8/7-9/8	M,Th	19:00-21:00	Tuen Mun Tang Siu Kin SG(TC)	18+	170	9	24/5-28/5 (3/6) {22/6}		
40591467	8/7-9/8	M,Th	20:00-22:00	Tsing Sin PG	18+	170	9	24/5-28/5 (3/6) {22/6}		
<b>Tennis Training Course for Children</b>										
40591470	15/7-16/8	M,Th	9:00-11:00	Tsing Sin PG	8-11	170	9	24/5-28/5 (3/6) {22/6}		
<b>Intermediate Tennis Training Course</b>										
40591469	9/7-10/8	Tu,F	19:00-21:00	Tsing Sin PG	8+	170	9	24/5-28/5 (3/6) {22/6}		
<b>GO Activity (Level I)</b>										
40591445	11/7-22/8 (excl. 1/8)	Su	14:30-16:30	Leung Tin SC	6-10	40	12	24/5-28/5 (3/6) {22/6}		
40591446	11/7-22/8 (excl. 1/8)	Su	16:30-18:30	Leung Tin SC	11+	40	12	24/5-28/5 (3/6) {22/6}		
<b>Basketball Training Course</b>										
40591490	5/7-26/7	M,W,F	12:00-14:00	Leung Tin SC	10+	75	15	31/5-4/6 (10/6) {29/6}		
40591491	14/7-12/8	W,Th	8:00-10:00	Tai Hing SC	10+	75	15	31/5-4/6 (10/6) {29/6}		
40591492	14/7-12/8	W,Th	10:00-12:00	Tai Hing SC	10+	75	15	31/5-4/6 (10/6) {29/6}		
40591493	16/7-23/8 (excl. 13/8,20/8)	M,F	9:00-11:00	Siu Lun SC	10+	75	15	31/5-4/6 (10/6) {29/6}		
<b>Soccer Training Course for Children</b>										
40591489	17/7-19/8	Th,Sa	9:00-11:00	Tsing Wah Soccer Pitch	6-13	60	12	4/6		
<b>Volleyball Training Course</b>										
40591495	20/7-19/8	Tu,Th	13:00-15:00	The JC Tuen Mun Butterfly Beach SC	10+	70	15	31/5-4/6 (10/6) {29/6}		
<b>Water Safety Course for Baby</b>										
40590287 (TMSB04)	6/7-5/8	Tu,Th	9:00-10:00	Tuen Mun SP	0-4	100	4	20/5-26/5 (1/6) {24/6}		
40590291 (TMSB05)	6/7-5/8	Tu,Th	18:30-19:30	Tuen Mun SP	0-4	100	4	20/5-26/5 (1/6) {24/6}		
40590294 (TMSB06)	6/7-5/8	Tu,Th	19:30-20:30	Tuen Mun SP	0-4	100	4	20/5-26/5 (1/6) {24/6}		
40590319 (TMSB02)	9/7-30/7	M,W,F	16:00-17:00	Tuen Mun SP	0-4	100	4	20/5-26/5 (1/6) {24/6}		
40590321 (TMSB03)	9/7-30/7	M,W,F	17:00-18:00	Tuen Mun SP	0-4	100	4	20/5-26/5 (1/6) {24/6}		

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

**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.

**Indoor Short Mat Bowling Training Scheme for Persons with Chronic Illness**

40599469	8/7-29/7	Th	9:00-11:00	Leung Tin SC	All	2	24/5	
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**Indoor Short Mat Bowling Fun Day for Ex-mentally Ill Persons**

40599475	13/7	Tu	13:00-15:00	Leung Tin SC	All	2	24/5	
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**Indoor Gateball Fun Day for Ex-mentally Ill Persons**

40599402	27/7	Tu	14:00-16:00	Tai Hing SC	All	3	24/5	
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**Modern Dance Training Programme for Persons with Intellectual Disability**

40596885	12/7-12/8	M,Th	16:00-18:00	Siu Lun SC	7+	6	20/5	
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**Activities for Elderly Programme Number (Class code)**

(For aged 60 or above, free of charge)

**Date****Day****Time****Venue****Quota****Date of Enrollment**  
(Balloting)  
(Open Enrollment for Remaining Quota)**Enrolment Method****Swimming Training Cr for Elderly (Level I)**

40591505 (TMSE09)	6/7-5/8	Tu,Th	8:00-9:00	Tuen Mun SP	8	20/5-26/5 (1/6) {24/6}	
40591506 (TMSE10)	6/7-5/8	Tu,Th	18:30-19:30	Tuen Mun SP	8	20/5-26/5 (1/6) {24/6}	
40591509 (TMSE06)	9/7-30/7	M,W,F	7:00-8:00	Tuen Mun SP	8	20/5-26/5 (1/6) {24/6}	
40591512 (TMSE23)	13/7-12/8	Tu,Th	7:00-8:00	Tuen Mun North West SP	8	20/5-26/5 (1/6) {24/6}	

**Swimming Training Cr for Elderly (Level II)**

40591501 (TMSE22)	2/7-23/7	M,W,F	8:00-9:00	Tuen Mun North West SP	10	20/5-26/5 (1/6) {24/6}	
40591510 (TMSE07)	9/7-30/7	M,W,F	8:00-9:00	Tuen Mun SP	10	20/5-26/5 (1/6) {24/6}	

**Swimming Training Cr for Elderly (Level III)**

40591503 (TMSE08)	6/7-5/8	Tu,Th	7:00-8:00	Tuen Mun SP	10	20/5-26/5 (1/6) {24/6}	
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**Fitness Training Course for Elderly**

40591502	3/7-3/8	Tu,Th,Sa	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	10	31/5-4/6 (10/6) {29/6}	
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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.

40591504	3/7-29/7	Tu,Th,Sa	7:00-8:00	The JC Tuen Mun Butterfly Beach SC	10	@31/5-4/6 (10/6){29/6}	
40591507	8/7-3/8	Tu,Th,Sa	14:00-15:00	Tai Hing SC	10	@31/5-4/6 (10/6){29/6}	
40591508	8/7-3/8	Tu,Th,Sa	15:00-16:00	Tai Hing SC	10	@31/5-4/6 (10/6){29/6}	
40591514	21/7-18/8 (excl. 13/8)	M,W,F	14:00-15:00	Siu Lun SC	15	@31/5-4/6 (10/6){29/6}	

**Social Dance Fun Day for Elderly**

40591515	9/7	F	9:00-10:00	Siu Lun SC	16	17/6	
40591516	9/7	F	10:00-11:00	Siu Lun SC	16	17/6	

**Healthy Elderly Scheme-Badminton Fun Day**

40591520	5/7-26/7	M	7:00-8:00	Siu Lun SC	12	5/7-26/7	Walk-in
40591521	5/7-26/7	M	8:00-9:00	Siu Lun SC	12	5/7-26/7	Walk-in
40591522	5/7-26/7	M	9:00-10:00	Siu Lun SC	12	5/7-26/7	Walk-in

**Healthy Elderly Scheme-Badminton Self Practice Scheme**

40591523	5/7-26/7	M	8:00-9:00	Leung Tin SC	12	5/7-26/7	Walk-in
40591524	5/7-26/7	M	9:00-10:00	Leung Tin SC	12	5/7-26/7	Walk-in
40591525	5/7-26/7	M	10:00-11:00	Leung Tin SC	12	5/7-26/7	Walk-in

**Healthy Elderly Scheme-Chess and Table-tennis Fun Day**

40591517	2/7-23/7	F	13:00-14:00	The JC Tuen Mun Butterfly Beach SC	8	2/7-23/7	Walk-in
40591518	2/7-23/7	F	14:00-15:00	The JC Tuen Mun Butterfly Beach SC	8	2/7-23/7	Walk-in
40591519	2/7-23/7	F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	8	2/7-23/7	Walk-in