

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

Yuen Long District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting (Open Enrollment for Remaining Quota)	
Breast Stroke TC for Adult (I)									
40600662 (YL0518-21)	13/7-3/8	Tu,Th,Sa	7:00-8:00	Tin Shui Wai SP	18+	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600663 (YL0612-21)	16/7-6/8	M,W,F	18:30-19:30	Tin Shui Wai SP	18+	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600664 (YL0536-21)	13/7-3/8	Tu,Th,Sa	20:30-21:30	Yuen Long SP	18+	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
Breast Stroke TC for Children (I)									
40600542 (YL0497-21)	12/7-2/8	M,W,F	8:00-9:00	Ping Shan Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600544 (YL0520-21)	13/7-3/8	Tu,Th,Sa	9:00-10:00	Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600546 (YL0595-21)	16/7-6/8	M,W,F	16:00-17:00	Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600548 (YL0614-21)	16/7-6/8	M,W,F	19:30-20:30	Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600549 (YL0519-21)	13/7-3/8	Tu,Th,Sa	17:00-18:00	Yuen Long SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600550 (YL0532-21)	13/7-3/8	Tu,Th,Sa	9:00-10:00	Yuen Long SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600551 (YL0585-21)	16/7-16/8	M,F	15:00-16:00	Yuen Long SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600552 (YL0616-21)	16/7-6/8	M,W,F	20:30-21:30	Yuen Long SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
Breast Stroke TC for Junior (I)									
40600569 (YL0495-21)	12/7-2/8	M,W,F	9:00-10:00	Ping Shan Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600570 (YL0560-21)	15/7-17/8	Tu,Th	11:00-12:00	Ping Shan Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600571 (YL0561-21)	15/7-17/8	Tu,Th	14:00-15:00	Ping Shan Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600572 (YL0562-21)	15/7-17/8	Tu,Th	16:00-17:00	Ping Shan Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600574 (YL0524-21)	13/7-3/8	Tu,Th,Sa	18:30-19:30	Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600575 (YL0591-21)	16/7-6/8	M,W,F	14:00-15:00	Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600576 (YL0599-21)	16/7-6/8	M,W,F	9:00-10:00	Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600577 (YL0600-21)	16/7-6/8	M,W,F	10:00-11:00	Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600578 (YL0514-21)	13/7-3/8	Tu,Th,Sa	15:00-16:00	Yuen Long SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
Breast Stroke TC for Youth (I)									
40600653 (YL0540-21)	13/7-3/8	Tu,Th,Sa	18:30-19:30	Yuen Long SP	13-17	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
Front Crawl TC for Adult (I)									
40600667 (YL0565-21)	15/7-17/8	Tu,Th	16:00-17:00	Ping Shan Tin Shui Wai SP	18+	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600670 (YL0530-21)	13/7-3/8	Tu,Th,Sa	7:00-8:00	Yuen Long SP	18+	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
Front Crawl TC for Children (I)									
40600553 (YL0567-21)	15/7-17/8	Tu,Th	10:00-11:00	Ping Shan Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600554 (YL0568-21)	15/7-17/8	Tu,Th	15:00-16:00	Ping Shan Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600555 (YL0569-21)	15/7-17/8	Tu,Th	17:00-18:00	Ping Shan Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600556 (YL0522-21)	13/7-3/8	Tu,Th,Sa	8:00-9:00	Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600557 (YL0526-21)	13/7-3/8	Tu,Th,Sa	19:30-20:30	Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600560 (YL0606-21)	16/7-6/8	M,W,F	10:00-11:00	Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600561 (YL0607-21)	16/7-6/8	M,W,F	11:00-12:00	Tin Shui Wai SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600562 (YL0521-21)	13/7-3/8	Tu,Th,Sa	16:00-17:00	Yuen Long SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600563 (YL0533-21)	13/7-3/8	Tu,Th,Sa	8:00-9:00	Yuen Long SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600565 (YL0587-21)	16/7-16/8	M,F	14:00-15:00	Yuen Long SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600566 (YL0617-21)	16/7-6/8	M,W,F	18:30-19:30	Yuen Long SP	5-8	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
Front Crawl TC for Junior (I)									
40600580 (YL0564-21)	15/7-17/8	Tu,Th	15:00-16:00	Ping Shan Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600581 (YL0517-21)	13/7-3/8	Tu,Th,Sa	8:00-9:00	Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600582 (YL0525-21)	13/7-3/8	Tu,Th,Sa	19:30-20:30	Tin Shui Wai SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600586 (YL0516-21)	13/7-3/8	Tu,Th,Sa	14:00-15:00	Yuen Long SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600587 (YL0528-21)	13/7-3/8	Tu,Th,Sa	10:00-11:00	Yuen Long SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600588 (YL0535-21)	13/7-3/8	Tu,Th,Sa	19:30-20:30	Yuen Long SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
40600589 (YL0581-21)	16/7-16/8	M,F	16:00-17:00	Yuen Long SP	9-12	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>
Front Crawl TC for Youth (I)									
40600656 (YL0527-21)	13/7-3/8	Tu,Th,Sa	18:30-19:30	Tin Shui Wai SP	13-17	100	8	27/5-2/6 (10/6) {6/7}	<input checked="" type="checkbox"/>

40600657 (YL0598-21)	16/7-6/8	M,W,F	16:00-17:00	Tin Shui Wai SP	13-17	100	8	27/5-2/6 (10/6) {6/7}	✉
Breast Stroke TC for Adult (II)									
40600665 (YL0537-21)	13/7-3/8	Tu,Th,Sa	19:30-20:30	Yuen Long SP	18+	100	10	27/5-2/6 (10/6) {6/7}	✉
40600666 (YL0615-21)	16/7-6/8	M,W,F	20:30-21:30	Yuen Long SP	18+	100	10	27/5-2/6 (10/6) {6/7}	✉
Breast Stroke TC for Youth (II)									
40600654 (YL0541-21)	13/7-3/8	Tu,Th,Sa	18:30-19:30	Yuen Long SP	13-17	100	10	27/5-2/6 (10/6) {6/7}	✉
Front Crawl TC for Adult (II)									
40600671 (YL0584-21)	16/7-6/8	M,W,F	7:00-8:00	Yuen Long SP	18+	100	10	27/5-2/6 (10/6) {6/7}	✉
Front Crawl TC for Children (II)									
40600567 (YL1679-21)	16/7-6/8	M,W,F	17:00-18:00	Tin Shui Wai SP	5-8	100	10	27/5-2/6 (10/6) {6/7}	✉
40600568 (YL0618-21)	16/7-6/8	M,W,F	19:30-20:30	Yuen Long SP	5-8	100	10	27/5-2/6 (10/6) {6/7}	✉
Front Crawl TC for Junior (II)									
40600641 (YL0593-21)	16/7-6/8	M,W,F	15:00-16:00	Tin Shui Wai SP	9-12	100	10	27/5-2/6 (10/6) {6/7}	✉
40600645 (YL0582-21)	16/7-16/8	M,F	17:00-18:00	Yuen Long SP	9-12	100	10	27/5-2/6 (10/6) {6/7}	✉
Front Crawl TC for Youth (II)									
40600658 (YL1678-21)	16/7-6/8	M,W,F	18:30-19:30	Yuen Long SP	13-17	100	10	27/5-2/6 (10/6) {6/7}	✉
Backstroke TC for Adult									
40600659 (YL0529-21)	13/7-3/8	Tu,Th,Sa	9:00-10:00	Yuen Long SP	18+	100	10	27/5-2/6 (10/6) {6/7}	✉
Backstroke TC for Junior & Youth									
40600646 (YL0539-21)	13/7-3/8	Tu,Th,Sa	20:30-21:30	Yuen Long SP	9-17	100	10	27/5-2/6 (10/6) {6/7}	✉
Butterfly Stroke TC for Adult									
40600660 (YL0531-21)	13/7-3/8	Tu,Th,Sa	7:00-8:00	Yuen Long SP	18+	100	10	27/5-2/6 (10/6) {6/7}	✉
Front Crawl TC for Junior & Youth (III)									
40600648 (YL0590-21)	16/7-6/8	M,W,F	8:00-9:00	Yuen Long SP	9-17	100	10	27/5-2/6 (10/6) {6/7}	✉
Aerobic Dance TC									
40602252 (YL0651-21)	21/7-27/8	W,F	8:00-9:00	Fung Kam ST. SC	14+	65	10	21/6	📺 i
40602253 (YL0652-21)	21/7-27/8	W,F	9:00-10:00	Fung Kam ST. SC	14+	65	10	21/6	📺 i
40602254 (YL0574-21)	15/7-24/8	Tu,Th	8:00-9:00	Ping Shan Tin Shui Wai SC	14+	65	15	11/6	📺 i
40602276 (YL0575-21)	15/7-24/8	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai SC	14+	65	15	11/6	📺 i
40602281 (YL0645-21)	20/7-26/8	Tu,Th	18:00-19:00	Tin Shui Wai SC	14+	65	15	18/6	📺 i
40602286 (YL0646-21)	20/7-26/8	Tu,Th	19:00-20:00	Tin Shui Wai SC	14+	65	15	18/6	📺 i
Children Dance TC									
40602348 (YL0434-21)	4/7-12/9 (excl. 1/8)	Su	9:00-11:00	Fung Kam ST. SC	4-11	60	10	4/6	📺 i
40602349 (YL0435-21)	4/7-12/9 (excl. 1/8)	Su	11:00-13:00	Fung Kam ST. SC	4-11	60	10	4/6	📺 i
40602350 (YL0476-21)	10/7-11/9	Sa	13:00-15:00	Long Ping SC	4-11	60	10	27/5-2/6 (10/6) {5/7}	✉
40602352 (YL0477-21)	10/7-11/9	Sa	10:00-12:00	Ping Shan Tin Shui Wai SC	4-11	60	10	10/6	📺 i
40602359 (YL0488-21)	11/7-19/9 (excl. 8/8)	Su	14:00-16:00	Tin Shui Wai SC	4-11	60	10	7/6	📺 i
40602360 (YL0489-21)	11/7-19/9 (excl. 8/8)	Su	16:00-18:00	Tin Shui Wai SC	4-11	60	10	7/6	📺 i
Chinese Dance TC									
40602361 (YL0474-21)	10/7-11/9	Sa	19:00-21:00	Long Ping SC	12+	45	15	27/5-2/6 (10/6) {5/7}	✉
Fitness (Multi-gym) TC									
<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>									
40602364 (YL0461-21)	7/7-2/8	M,W,F	15:00-16:00	Long Ping SC	15+	75	15	@2/6	📺 i
40602365 (YL0670-21)	29/7-7/9	Tu,Th	20:00-21:00	Long Ping SC	15+	75	15	@29/6	📺 i
40602366 (YL0671-21)	29/7-7/9	Tu,Th	21:00-22:00	Long Ping SC	15+	75	15	@29/6	📺 i
40602368 (YL0667-21)	26/7-1/9	M,W	19:00-20:00	Tin Shui Wai SC	15+	75	15	@23/6	📺 i
40602369 (YL0668-21)	26/7-1/9	M,W	20:00-21:00	Tin Shui Wai SC	15+	75	15	@23/6	📺 i
Hydro Fitness TC									
40602386 (YL0572-21)	15/7-31/8	Tu,Th	8:00-9:00	Ping Shan Tin Shui Wai SP	14+	80	15	9/6	📺 i
40602387 (YL0573-21)	15/7-31/8	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai SP	14+	80	15	9/6	📺 i
40602388 (YL0425-21)	3/7-3/8	Tu,Th,Sa	20:30-21:30	Tin Shui Wai SP	14+	80	15	20/5-26/5 (4/6) {28/6}	✉
Jazz TC									
40602410 (YL0478-21)	10/7-11/9	Sa	17:00-19:00	Ping Shan Tin Shui Wai SC	12+	70	15	20/5-26/5 (4/6) {28/6}	✉
Judo TC									

40602422 (YL0623-21)	16/7-17/9	F	19:00-21:00	Tin Shui Wai SC	6+	65	15	16/6		
Judo TC for Children										
40602427 (YL0475-21)	10/7-11/9	Sa	17:00-19:00	Long Ping SC	6-11	65	15	10/6		
Social Dance TC										
40602438 (YL0418-21)	2/7-3/9	F	20:00-22:00	Long Ping SC	14+	86	16	20/5-26/5 (4/6) {28/6}		
40602439 (YL0466-21)	8/7-9/9	Th	18:00-20:00	Long Ping SC	14+	86	16	20/5-26/5 (4/6) {28/6}		
40602440 (YL0467-21)	8/7-9/9	Th	19:00-21:00	Ping Shan Tin Shui Wai SC	14+	86	16	20/5-26/5 (4/6) {28/6}		
Tai Chi Made Easy Class										
40570428 (YL0606-20)	23/7-30/8	Mi®F	20:30-21:30	Tin Shui Wai SG	6+	54	15	23/6		
Wushu TC for Children										
40603889 (YL0486-21)	11/7-12/9 (excl. 1/8)	Su	10:00-12:00	Ping Shan Tin Shui Wai SC	6-9	86	10	27/5-2/6 (10/6) {5/7}		
Yoga TC										
40603896 (YL0417-21)	2/7-3/9	F	19:00-21:00	Fung Kam ST. SC	15+	85	15	20/5-26/5 (4/6) {28/6}		
40603897 (YL0440-21)	5/7-6/9	M	13:00-15:00	Fung Kam ST. SC	15+	85	15	20/5-26/5 (4/6) {28/6}		
40603898 (YL0639-21)	19/7-20/9	M	13:00-15:00	Long Ping SC	15+	85	15	20/5-26/5 (4/6) {28/6}		
40603899 (YL0640-21)	19/7-20/9	M	15:00-17:00	Long Ping SC	15+	85	15	20/5-26/5 (4/6) {28/6}		
40603901 (YL0506-21)	12/7-13/9	M	10:00-12:00	Tin Shui Wai SC	15+	85	15	20/5-26/5 (4/6) {28/6}		
40603903 (YL0507-21)	12/7-13/9	M	18:00-20:00	Tin Shui Wai SC	15+	85	15	20/5-26/5 (4/6) {28/6}		
Briefing on Proper Ways to Use Fitness Equipment										
40602370 (YL0436-21)	4/7 (FIS:24/7)	Su	15:00-18:00	Long Ping SC	15+	Free	12	20/5-26/5 (4/6) {28/6}		
40602371 (YL0638-21)	19/7 (FIS:24/7)	M	9:00-12:00	Long Ping SC	15+	Free	12	20/5-26/5 (4/6) {28/6}		
40602374 (YL0542-21)	13/7	Tu	9:00-12:00	Tin Shui Wai SC	15+	Free	12	20/5-26/5 (2/6) {28/6}		
40602375 (YL0636-21)	18/7	Su	9:00-12:00	Tin Shui Wai SC	15+	Free	12	20/5-26/5 (4/6) {28/6}		
Badminton TC										
40602290 (YL0428-21)	3/7-4/9	Sa	15:00-17:00	Fung Kam ST. SC	7+	118	12	20/5-26/5 (4/6) {28/6}		
40602295 (YL0647-21)	20/7-20/8	Tu,F	20:00-22:00	Long Ping SC	7+	118	9	20/5-26/5 (4/6) {28/6}		
40602302 (YL0422-21)	2/7-3/9	F	20:00-22:00	Ping Shan Tin Shui Wai SC	7+	118	12	20/5-26/5 (4/6) {28/6}		
40602309 (YL0642-21)	19/7-19/8	M,Th	14:00-16:00	Ping Shan Tin Shui Wai SC	7+	118	12	20/5-26/5 (4/6) {28/6}		
40602314 (YL0653-21)	21/7-20/8	W,F	14:00-16:00	Ping Shan Tin Shui Wai SC	7+	118	12	20/5-26/5 (4/6) {28/6}		
Badminton TC for Youth										
40602331 (YL0438-21)	4/7-5/9	Su	9:00-11:00	Long Ping SC	7-17	118	9	20/5-26/5 (4/6) {28/6}		
Sports For All PS - Parent-child Badminton TC										
40602333 (YL0633-21)	17/7-21/8	Sa	13:00-15:00	Fung Kam ST. SC	7+	73	12	27/5-2/6 (10/6) {5/7}		
Mini-tennis TC										
40602433 (YL0577-21)	15/7-17/8	Tu,Th	14:00-16:00	Fung Kam ST. SC	6-12	70	8	27/5-2/6 (10/6) {5/7}		
40602434 (YL0556-21)	14/7-13/8	W,F	9:00-11:00	Long Ping SC	6-12	70	8	27/5-2/6 (10/6) {5/7}		
Squash TC										
40602444 (YL0454-21)	6/7-29/7	Tu,Th	19:30-21:30	Tai Kiu Market Squash Courts	7+	160	6	20/5-26/5 (4/6) {28/6}		
40602445 (YL0472-21)	9/7-4/8	W,F	20:00-22:00	Tin Shui Wai SC	7+	160	6	9/6		
40602446 (YL0547-21)	13/7-5/8	Tu,Th	21:00-23:00	Tin Shui Wai SC	7+	160	6	10/6		
40602447 (YL0674-21)	31/7-18/9	Sa	17:00-19:00	Tin Shui Wai SC	7+	160	6	30/6		
40602450 (YL0444-21)	5/7-29/7	M,Th	19:30-21:30	Yuen Long Jockey Club Squash Courts	7+	160	6	4/6		
40602451 (YL0480-21)	10/7-28/8	Sa	15:30-17:30	Yuen Long Jockey Club Squash Courts	7+	160	6	10/6		
Squash TC for Junior & Youth										
40602458 (YL0546-21)	13/7-5/8	Tu,Th	14:00-16:00	Tai Kiu Market Squash Courts	7-17	160	6	20/5-26/5 (4/6) {28/6}		
40602459 (YL0557-21)	14/7-6/8	W,F	11:00-13:00	Tai Kiu Market Squash Courts	7-17	160	6	20/5-26/5 (4/6) {28/6}		
40602460 (YL0650-21)	20/7-13/8	Tu,F	15:00-17:00	Tin Shui Wai SC	7-17	160	6	20/5-26/5 (4/6) {28/6}		
40602461 (YL0657-21)	22/7-16/8	M,Th	11:00-13:00	Tin Shui Wai SC	7-17	160	6	20/5-26/5 (4/6) {28/6}		
YLD Family Sports Prog.- Table-tennis Fun Day										
40603883 (YL0429-21)	3/7	Sa	12:00-13:00	Fung Kam ST. SC	6+	Free	12	3/6		
40603884 (YL0430-21)	3/7	Sa	13:00-14:00	Fung Kam ST. SC	6+	Free	12	3/6		
40603885 (YL0431-21)	3/7	Sa	14:00-15:00	Fung Kam ST. SC	6+	Free	12	3/6		
Table-tennis TC										
40602484 (YL0471-21)	8/7-9/9	Th	9:00-11:00	Fung Kam ST. SC	6+	86	12	20/5-26/5 (4/6) {28/6}		
40602485 (YL0625-21)	16/7-18/8	W,F	8:00-10:00	Fung Kam ST. SC	6+	86	12	20/5-26/5 (4/6) {28/6}		
40602486 (YL0626-21)	16/7-18/8	W,F	14:00-16:00	Fung Kam ST. SC	6+	86	12	20/5-26/5 (4/6) {28/6}		
40602487 (YL0543-21)	13/7-13/8	Tu,F	16:00-18:00	Long Ping SC	6+	86	12	20/5-26/5 (4/6) {28/6}		

40603820 (YL0421-21)	2/7-4/8	W,F	17:00-19:00	Ping Shan Tin Shui Wai SC	6+	86	12	20/5-26/5 (4/6) {28/6}	✉
40603821 (YL0648-21)	20/7-19/8	Tu,Th	10:00-12:00	Ping Shan Tin Shui Wai SC	6+	86	12	20/5-26/5 (4/6) {28/6}	✉
40603823 (YL0509-21)	12/7-16/8 (excl. 26/7)	M,Th	11:00-13:00	Tin Shui Wai SC	6+	86	12	20/5-26/5 (4/6) {28/6}	✉
40603824 (YL0579-21)	12/7-16/8 (excl. 26/7)	M,Th	9:00-11:00	Tin Shui Wai SC	6+	86	12	20/5-26/5 (4/6) {28/6}	✉
40603825 (YL0634-21)	17/7-18/9	Sa	15:00-17:00	Tin Shui Wai SC	6+	86	12	20/5-26/5 (4/6) {28/6}	✉
40603826 (YL0656-21)	22/7-24/8	Tu,Th	19:00-21:00	Tin Shui Wai SC	6+	86	12	20/5-26/5 (4/6) {28/6}	✉

Table-tennis TC (Summer)

40603881 (YL0544-21)	13/7-13/8	Tu,F	10:00-12:00	Long Ping SC	6+	86	12	20/5-26/5 (4/6) {28/6}	✉
40603882 (YL0545-21)	13/7-13/8	Tu,F	14:00-16:00	Long Ping SC	6+	86	12	20/5-26/5 (4/6) {28/6}	✉

Tennis TC

40602473 (YL0453-21)	6/7-7/9	Tu	20:00-22:00	Sai Ching ST. TC	8+	170	9	20/5-26/5 (4/6) {28/6}	✉
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Tennis TC for Children

40602474 (YL0511-21)	12/7-12/8	M,Th	16:00-18:00	Tin Shui Wai Park	8-11	170	6	11/6	📄 i
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Tennis TC for Children & Youth

40602476 (YL0420-21)	2/7-4/8	W,F	16:00-18:00	Sai Ching ST. TC	12-17	170	9	20/5-26/5 (4/6) {28/6}	✉
40602478 (YL0455-21)	6/7-5/8	Tu,Th	9:00-11:00	Sai Ching ST. TC	12-17	170	9	20/5-26/5 (4/6) {28/6}	✉
40602483 (YL0548-21)	13/7-13/8	Tu,F	15:00-17:00	Tin Shui Wai Park	12-17	170	6	20/5-26/5 (4/6) {28/6}	✉

Tennis TC for Children, Junior & Youth

40602475 (YL0510-21)	12/7-11/8	M,W	9:00-11:00	Tin Shui Wai Park	8-17	170	6	10/6	📄 i
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Go TC (Level I)

40602381 (YL0660-21)	23/7-11/8	W,F	14:00-16:00	Fung Kam ST. SC	6+	40	10	23/6	📄 i
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Go TC for Children (Level 1)

40602382 (YL0491-21)	11/7-15/8	Su	10:00-12:00	Long Ping SC	6-10	40	10	11/6	📄 i
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Basketball TC

40602336 (YL0644-21)	19/7-20/8	M,F	11:00-13:00	Ping Shan Tin Shui Wai SC	10+	75	15	27/5-2/6 (10/6) {5/7}	✉
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Basketball TC for Junior (Female)

40602343 (YL0630-21)	16/7-18/8	W,F	14:00-16:00	Fung Kam ST. SC	10-13	75	15	27/5-2/6 (10/6) {5/7}	✉
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Basketball TC for Junior (Male)

40602344 (YL0631-21)	16/7-18/8	W,F	16:00-18:00	Fung Kam ST. SC	10-13	75	15	27/5-2/6 (10/6) {5/7}	✉
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Sport for All Promotion Sch.-Gateball Fun Day

40602380 (YL0433-21)	3/7	Sa	9:00-11:00	Yuen Long Park	8+	Free	7	3/6	📄 i
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Rugby TC for Adult

40602436 (YL0458-21)	6/7-7/9	Tu	20:00-22:00	Tin Shui Wai Park(5-a-side Soccer Pitch)	18+	40	10	4/6	📄 i
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Community Garden Programme*

40594158 (YL0150-21)	3/7-6/12	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Tin Yip RD. Community Garden	12+	400	30	20/5-26/5 (4/6) {28/6}	✉
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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.

Hydro Fitness TS for PWD(Chronic illness)

40596111 (YL1670-21)	13/7-5/10 (excl. 21/9)	Tu	17:00-18:00	Tin Shui Wai SP	14+	5	20/5	📄 i
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Hydro Fitness TS for PWD(Physical Disability)

40596110 (YL1669-21)	13/7-5/10 (excl. 21/9)	Tu	16:00-17:00	Tin Shui Wai SP	14+	5	20/5	📄 i
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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
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Swimming TC for Elderly (I)

40600673 (YL0608-21)	16/7-6/8	M,W,F	7:00-8:00	Tin Shui Wai SP	8	27/5-2/6 (10/6) {6/7}	✉
40600674 (YL0609-21)	16/7-6/8	M,W,F	8:00-9:00	Tin Shui Wai SP	8	27/5-2/6 (10/6) {6/7}	✉

40600675 (YL0538-21)	13/7-3/8	Tu,Th,Sa	18:30-19:30	Yuen Long SP	8	27/5-2/6 (10/6) {6/7}	✉
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Swimming TC for Elderly (II)

40600677 (YL0523-21)	13/7-3/8	Tu,Th,Sa	7:00-8:00	Tin Shui Wai SP	10	27/5-2/6 (10/6) {6/7}	✉
40600678 (YL0534-21)	13/7-3/8	Tu,Th,Sa	8:00-9:00	Yuen Long SP	10	27/5-2/6 (10/6) {6/7}	✉
40600679 (YL0589-21)	16/7-6/8	M,W,F	8:00-9:00	Yuen Long SP	10	27/5-2/6 (10/6) {6/7}	✉
40600680 (YL0619-21)	16/7-6/8	M,W,F	19:30-20:30	Yuen Long SP	10	27/5-2/6 (10/6) {6/7}	✉

Fitness (Multi-gym) TC 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.

40604011 (YL0658-21)	23/7-1/9	W,F	8:00-9:00	Tin Shui Wai SC	15	@20/5-26/5 (4/6){28/6}	✉
40604013 (YL0659-21)	23/7-1/9	W,F	9:00-10:00	Tin Shui Wai SC	15	@20/5-26/5 (4/6){28/6}	✉

Social Dance TC for Elderly

40604018 (YL0459-21)	7/7-8/9	W	10:00-12:00	Fung Kam ST. SC	16	20/5-26/5 (4/6) {28/6}	✉
40604019 (YL0460-21)	7/7-8/9	W	10:00-12:00	Long Ping SC	16	20/5-26/5 (4/6) {28/6}	✉
40604020 (YL0468-21)	8/7-9/9	Th	10:00-12:00	Ping Shan Tin Shui Wai SC	10	20/5-26/5 (4/6) {28/6}	✉
40604022 (YL0622-21)	16/7-17/9	F	14:00-16:00	Tin Shui Wai SC	10	20/5-26/5 (4/6) {28/6}	✉

Healthy Elderly Scheme - Badminton Play-in

40604000 (YL0628-21)	16/7-13/8 (excl. 23/7)	F	9:00-10:00	Tin Shui Wai SC	12	16/6	✉ i
40604001 (YL0629-21)	16/7-13/8 (excl. 23/7)	F	10:00-11:00	Tin Shui Wai SC	12	16/6	✉ i

Healthy Elderly Scheme - Gateball Play-in

40604014 (YL0465-21)	7/7-21/7	W,F	7:00-9:00	Tin Shui Wai Park	7	7/6	✉ i
40604015 (YL0448-21)	5/7-19/7	M,Th	7:00-9:00	Yuen Long Park	7	2/6	✉ i

Healthy Elderly Scheme - Table-tennis Play-in

40604545 (YL0445-21)	5/7-26/7	M	9:00-10:00	Ping Shan Tin Shui Wai SC	12	3/6	✉ i
40604546 (YL0446-21)	5/7-26/7	M	10:00-11:00	Ping Shan Tin Shui Wai SC	12	3/6	✉ i
40604548 (YL0558-21)	14/7-11/8 (excl. 28/7)	W	9:00-10:00	Tin Shui Wai SC	12	11/6	✉ i
40604551 (YL0559-21)	14/7-11/8 (excl. 28/7)	W	10:00-11:00	Tin Shui Wai SC	12	11/6	✉ i