

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

**Tsuen Wan District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Life-saving TC (Bronze Medallion)</b>									
40586040	3/7-17/8 (excl. 14/8)	Tu,Th,Sa	18:30- 20:30	Shing Mun Valley SP	13+	108	7	21/5-25/5 (1/6) {21/6}	☒
<b>Breast Stroke TC for Adult (Level I)</b>									
40586032	2/7-15/7	M,Tu,W,Th,F	20:30- 21:30	Shing Mun Valley SP	18+	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Breast Stroke TC for Children (Level I)</b>									
40586035	6/7-27/7	Tu,Th,Sa	9:00-10:00	Shing Mun Valley SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
40586051	16/7-29/7	M,Tu,W,Th,F	20:30- 21:30	Shing Mun Valley SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
40591664	7/7-28/7	M,W,F	10:00- 11:00	Tsuen King Circuit Wu Chung SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
40591670	15/7-14/8	Th,Sa	14:00- 15:00	Tsuen King Circuit Wu Chung SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Breast Stroke TC for Junior (Level I)</b>									
40586054	19/7-30/7	M,Tu,W,Th,F	8:00-9:00	Shing Mun Valley SP	9-12	100	7	21/5-25/5 (1/6) {21/6}	☒
40586055	19/7-30/7	M,Tu,W,Th,F	9:00-10:00	Shing Mun Valley SP	9-12	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Breast Stroke TC for Youth (Level I)</b>									
40586038	6/7-27/7	Tu,Th,Sa	10:00- 11:00	Shing Mun Valley SP	13-17	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Breast Stroke TC for Youth and Junior (Level I)</b>									
40591666	7/7-28/7	M,W,F	14:00- 15:00	Tsuen King Circuit Wu Chung SP	9-17	100	7	21/5-25/5 (1/6) {21/6}	☒
40591673	15/7-14/8	Th,Sa	17:00- 18:00	Tsuen King Circuit Wu Chung SP	9-17	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Front Crawl TC for Adult (Level I)</b>									
40586030	2/7-15/7	M,Tu,W,Th,F	9:00-10:00	Shing Mun Valley SP	18+	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Front Crawl TC for Adult (Level I)</b>									
40586031	2/7-15/7	M,Tu,W,Th,F	19:30- 20:30	Shing Mun Valley SP	18+	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Front Crawl TC for Adult (level I)</b>									
40591663	5/7-16/7	M,Tu,W,Th,F	20:30- 21:30	Tsuen King Circuit Wu Chung SP	18+	100	7	21/5-25/5 (1/6) {21/6}	☒
40591677	19/7-30/7	M,Tu,W,Th,F	20:30- 21:30	Tsuen King Circuit Wu Chung SP	18+	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Front Crawl TC for Children (Level I)</b>									
40586034	6/7-27/7	Tu,Th,Sa	8:00-9:00	Shing Mun Valley SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
40586043	8/7-29/7	Tu,Th,Sa	15:00- 16:00	Shing Mun Valley SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
40586050	16/7-29/7	M,Tu,W,Th,F	19:30- 20:30	Shing Mun Valley SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
40591665	7/7-28/7	M,W,F	11:00- 12:00	Tsuen King Circuit Wu Chung SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
40591669	7/7-28/7	M,W,F	17:00- 18:00	Tsuen King Circuit Wu Chung SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
40591671	15/7-14/8	Th,Sa	15:00- 16:00	Tsuen King Circuit Wu Chung SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Front Crawl TC for Junior (Level I)</b>									
40586037	6/7-27/7	Tu,Th,Sa	11:00- 12:00	Shing Mun Valley SP	9-12	100	7	21/5-25/5 (1/6) {21/6}	☒
40586041	8/7-29/7	Tu,Th,Sa	15:00- 16:00	Shing Mun Valley SP	9-12	100	7	21/5-25/5 (1/6) {21/6}	☒
40586044	8/7-29/7	Tu,Th,Sa	16:00- 17:00	Shing Mun Valley SP	9-12	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Front Crawl TC for Youth and Junio (Level I)</b>									
40591662	5/7-16/7	M,Tu,W,Th,F	19:30- 20:30	Tsuen King Circuit Wu Chung SP	9-17	100	7	21/5-25/5 (1/6) {21/6}	☒
40591667	7/7-28/7	M,W,F	15:00- 16:00	Tsuen King Circuit Wu Chung SP	9-17	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Front Crawl TC for Youth and Junior (Level I)</b>									
40591676	19/7-30/7	M,Tu,W,Th,F	19:30- 20:30	Tsuen King Circuit Wu Chung SP	9-17	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Breast Stroke TC for Adult (Level I)</b>									
40591661	5/7-16/7	M,Tu,W,Th,F	9:00-10:00	Tsuen King Circuit Wu Chung SP	18+	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Breast Stroke TC for Children (Level II)</b>									
40586045	8/7-29/7	Tu,Th,Sa	19:30- 20:30	Shing Mun Valley SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Breast Stroke TC for Junior (Level II)</b>									
40586039	6/7-27/7	Tu,Th,Sa	11:00- 12:00	Shing Mun Valley SP	9-12	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Breast Stroke TC for Youth (Level II)</b>									
40586049	14/7-27/7	M,Tu,W,Th,F	9:00-10:00	Shing Mun Valley SP	13-17	100	7	21/5-25/5 (1/6) {21/6}	☒
<b>Front Crawl TC for Adult (Level II)</b>									

40586052	17/7-7/8	Tu,Th,Sa	19:30-20:30	Shing Mun Valley SP	18+	100	7	21/5-25/5 (1/6) {21/6}	✉
<b>Front Crawl TC for Children (Level II)</b>									
40586046	8/7-29/7	Tu,Th,Sa	20:30-21:30	Shing Mun Valley SP	5-8	100	7	21/5-25/5 (1/6) {21/6}	✉
<b>Front Crawl TC for Junior (Level II)</b>									
40586042	8/7-29/7	Tu,Th,Sa	16:00-17:00	Shing Mun Valley SP	9-12	100	7	21/5-25/5 (1/6) {21/6}	✉
<b>Front Crawl TC for Age 17or below(LeveI III)</b>									
40586053	17/7-7/8	Tu,Th,Sa	20:30-21:30	Shing Mun Valley SP	0-17	100	7	21/5-25/5 (1/6) {21/6}	✉
<b>Chinese Dance Mini Party (Afternoon)</b>									
40599978	8/7	Th	14:00-17:00	Tsuen Wan SC	14+	20	10	17/6	📄 i
<b>Chinese Dance TC</b>									
40599971	6/7-14/9 (excl. 17/8)	Tu	11:00-13:00	Tsuen Wan SC	12+	45	10	26/5-30/5 (4/6) {23/6}	✉
<b>Fitness(Multi-gym)TC</b>									
@ 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.									
40599959	9/7-6/8 (excl. 19/7)	M,W,F	19:00-20:00	Yeung Uk RD. SC	15+	75	10	@16/6	📄 i
40599960	9/7-6/8 (excl. 19/7)	M,W,F	20:00-21:00	Yeung Uk RD. SC	15+	75	10	@16/6	📄 i
40599961	10/7-5/8	Tu,Th,Sa	9:00-10:00	Yeung Uk RD. SC	15+	75	10	@16/6	📄 i
40599962	10/7-5/8	Tu,Th,Sa	10:00-11:00	Yeung Uk RD. SC	15+	75	10	@16/6	📄 i
40599963	10/7-5/8	Tu,Th,Sa	14:00-15:00	Yeung Uk RD. SC	15+	75	10	@16/6	📄 i
40599964	10/7-5/8	Tu,Th,Sa	15:00-16:00	Yeung Uk RD. SC	15+	75	10	@16/6	📄 i
<b>Jazz TC</b>									
40599989	7/7-8/9	W	19:00-21:00	Yeung Uk RD. SC	12+	70	12	24/6	📄 i
<b>Social Dance TC</b>									
40600000	2/7-6/8 (excl. 23/7)	Tu,F	17:00-19:00	Tsuen Wan SC	14+	86	10	26/5-30/5 (4/6) {23/6}	✉
40600002	5/7-9/8 (excl. 22/7)	M,Th	18:00-20:00	Tsuen Wan SC	14+	86	10	26/5-30/5 (4/6) {23/6}	✉
40600003	8/7-9/9	Th	20:00-22:00	Yeung Uk RD. SC	14+	86	16	26/5-30/5 (4/6) {23/6}	✉
<b>Tai Chi Made Easy Class</b>									
40600017	5/7-11/8	M,W	18:00-19:00	Yeung Uk RD. SC	6+	54	15	26/5-30/5 (4/6) {23/6}	✉
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40599965	4/7	Su	10:00-13:00	Tsuen Wan SC	15+	Free	12	26/5-30/5 (4/6) {23/6}	✉
40599966	10/7	Sa	10:00-13:00	Tsuen Wan SC	15+	Free	12	26/5-30/5 (4/6) {23/6}	✉
40599967	4/7	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	12	26/5-30/5 (4/6) {23/6}	✉
40599968	18/7	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	12	26/5-30/5 (4/6) {23/6}	✉
40605106	17/7	Sa	10:00-13:00	Tsuen Wan West SC	15+	Free	7	26/5-30/5 (4/6) {23/6}	✉
<b>Archery TC</b>									
40599955	7/7-6/8	W,F	19:00-21:00	Shing Mun Valley Park	6+	70	6	26/5-30/5 (4/6) {23/6}	✉
<b>Parent-child (Aged 7-17) Badminton FD</b>									
40599993	17/7	Sa	11:00-12:00	Tsuen Wan SC	7+	Free	12	28/6	📄 i
40599994	17/7	Sa	12:00-13:00	Tsuen Wan SC	7+	Free	12	28/6	📄 i
40599995	17/7	Sa	13:00-14:00	Tsuen Wan SC	7+	Free	12	28/6	📄 i
<b>Badminton TC</b>									
40599957	2/7-4/8	W,F	19:00-21:00	Yeung Uk RD. SC	7+	118	12	26/5-30/5 (4/6) {23/6}	✉
40599958	5/7-9/8 (excl. 22/7)	M,Th	19:00-21:00	Tsuen Wan SC	7+	118	12	26/5-30/5 (4/6) {23/6}	✉
<b>Parent-child(Aged 7-17) Badminton TC</b>									
40599996	15/7-3/8	Tu,Th	16:00-18:00	Yeung Uk RD. SC	7+	73	12	28/6	📄 i
<b>Squash TC for Youth &amp; Junior</b>									
40600012	9/7-4/8	W,F	9:00-11:00	Yeung Uk RD. SC	7-17	160	6	26/5-30/5 (4/6) {23/6}	✉
<b>Table-tennis TC</b>									
40600013	7/7-13/8 (excl. 21/7, 23/7)	W,F	12:00-14:00	Tsuen Wan SC	6+	86	9	26/5-30/5 (4/6) {23/6}	✉
<b>Table-tennis TC for Children(Low Table)</b>									
40600015	5/7-9/8 (excl. 21/7)	M,W	16:00-17:30	Tsuen Wan SC	6-9	86	9	26/5-30/5 (4/6) {23/6}	✉
<b>Tennis TC</b>									
40600018	2/7-4/8	W,F	9:00-11:00	Tsuen King Circuit PG	8+	170	6	26/5-30/5 (4/6) {23/6}	✉
40600019	6/7-5/8	Tu,Th	10:00-12:00	Tsuen King Circuit PG	8+	170	6	26/5-30/5 (4/6) {23/6}	✉
40600023	9/7-30/7	M,W,F	10:00-12:00	Tsuen Wan Riviera Park	8+	170	6	26/5-30/5 (4/6) {23/6}	✉

40600024	16/7-18/8	W,F	16:00-18:00	Tsuen Wan Park	8+	170	6	26/5-30/5 (4/6) {23/6}	✉
40600025	14/7-13/8	W,F	19:00-21:00	Sha Tsui RD. PG	8+	170	6	26/5-30/5 (4/6) {23/6}	✉
40600026	8/7-10/8	Tu,Th	8:00-10:00	Shing Mun Valley	8+	170	6	10/6	📧 i
<b>Cricket Fun Day</b>									
40599979	18/7	Su	10:00-12:00	Shek Pik Resettler's PG	6+	Free	20	22/6	📧 i
<b>Water Safety TC for Infant</b>									
40586036	6/7-27/7	Tu,Th,Sa	10:00-11:00	Shing Mun Valley SP	0-4	100	3	21/5-25/5 (1/6) {21/6}	✉
<b>Green Seminar at Tsuen Wan Park</b>									
40599982	25/7	Su	15:00-17:00	Conference Rm, Tsuen Wan SC	All	Free	20	25/7	Walk-in
<b>Community Garden Programme</b>									
40590876	11/7-13/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Tsuen Wan Park	12+	400	31	26/5-30/5 (4/6) {23/6}	✉
<b>Online Interactive Prog. - Body-Mind Stretch</b>									
40605519	12/7-16/7	M,W,F	14:30-15:30	Internet. 30mins before :zoom.us/join	15+	20	50	21/6	📧 i
40605520	19/7-23/7	M,W,F	20:00-21:00	Internet. 30mins before :zoom.us/join	15+	20	50	28/6	📧 i

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 the Elderly (Level I)

40586029	2/7-15/7	M,Tu,W,Th,F	8:00-9:00	Shing Mun Valley SP	7	21/5-25/5 (1/6) {21/6}	✉
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#### Swimming TC for the Elderly (Level I)

40591660	5/7-16/7	M,Tu,W,Th,F	8:00-9:00	Tsuen King Circuit Wu Chung SP	7	21/5-25/5 (1/6) {21/6}	✉
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#### Swimming TC for the Elderly (Level I)

40591674	19/7-30/7	M,Tu,W,Th,F	8:00-9:00	Tsuen King Circuit Wu Chung SP	7	21/5-25/5 (1/6) {21/6}	✉
40591675	19/7-30/7	M,Tu,W,Th,F	9:00-10:00	Tsuen King Circuit Wu Chung SP	7	21/5-25/5 (1/6) {21/6}	✉

#### Swimming TC for the Elderly (Level II)

40586048	14/7-27/7	M,Tu,W,Th,F	8:00-9:00	Shing Mun Valley SP	7	21/5-25/5 (1/6) {21/6}	✉
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#### Social Dance FD for the Elderly

40599743	12/7	M	8:00-11:00	Yeung Uk RD. SC	14	26/5-30/5 (4/6) {23/6}	✉
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#### HES-Badminton FD

40599701	2/7-30/7	W,F	8:00-9:00	Tsuen Wan West SC	16	26/5-30/5 (4/6) {23/6}	✉
40599703	2/7-30/7	W,F	9:00-10:00	Tsuen Wan West SC	16	26/5-30/5 (4/6) {23/6}	✉

#### HES-Social Dance FD

40599742	7/7-30/7	W,F	10:00-12:00	Tsuen Wan SC	10	26/5-30/5 (4/6) {23/6}	✉
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#### HES-Table-tennis FD

40599729	2/7-30/7	W,F	9:00-10:45	Yeung Uk RD. SC	30	26/5-30/5 (4/6) {23/6}	✉
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