

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Aug 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 } | |
| Long Distance Running TC | | | | | | | | | |
| 40607454 (YL0877-21) | 28/8-30/10 | Sa | 9:00-11:00 | Yuen Long Stadium | 16+ | 130 | 20 | 28/7 |   |
| Life Saving TC (Bronze Medallion Syllabus) | | | | | | | | | |
| 40607456 (YL0707-21) | 3/8-14/9 | Tu,Th,Sa | 10:00-12:00 | Yuen Long SP | 13+ | 108 | 12 | 23/6-29/6 (8/7) {28/7} |  |
| 40607460 (YL0706-21) | 3/8-14/9 | Tu,Th,Sa | 14:00-16:00 | Yuen Long SP | 13+ | 108 | 12 | 23/6-29/6 (8/7) {28/7} |  |
| Breast Stroke TC for Adult (I) | | | | | | | | | |
| 40603061 (YL0738-21) | 5/8-26/8 | Tu,Th,Sa | 7:00-8:00 | Tin Shui Wai SP | 18+ | 100 | 8 | 18/6-24/6 (6/7) {28/7} |  |
| 40603067 (YL0791-21) | 9/8-30/8 | M,W,F | 19:30-20:30 | Tin Shui Wai SP | 18+ | 100 | 8 | 18/6-24/6 (6/7) {28/7} |  |
| 40603075 (YL0754-21) | 5/8-26/8 | Tu,Th,Sa | 20:30-21:30 | Yuen Long SP | 18+ | 100 | 8 | 18/6-24/6 (6/7) {28/7} |  |
| Breast Stroke TC for Children (I) | | | | | | | | | |
| 40602946 (YL0764-21) | 6/8-27/8 | M,W,F | 8:00-9:00 | Ping Shan Tin Shui Wai SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602947 (YL0739-21) | 5/8-26/8 | Tu,Th,Sa | 8:00-9:00 | Tin Shui Wai SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602949 (YL0798-21) | 9/8-30/8 | M,W,F | 10:00-11:00 | Tin Shui Wai SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602950 (YL0808-21) | 9/8-30/8 | M,W,F | 15:00-16:00 | Tin Shui Wai SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602951 (YL0809-21) | 9/8-30/8 | M,W,F | 16:00-17:00 | Tin Shui Wai SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602952 (YL0735-21) | 5/8-26/8 | Tu,Th,Sa | 16:00-17:00 | Yuen Long SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| Breast Stroke TC for Junior (I) | | | | | | | | | |
| 40602992 (YL0737-21) | 5/8-26/8 | Tu,Th,Sa | 8:00-9:00 | Tin Shui Wai SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602993 (YL0743-21) | 5/8-26/8 | Tu,Th,Sa | 20:30-21:30 | Tin Shui Wai SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602994 (YL0746-21) | 5/8-26/8 | Tu,Th,Sa | 11:00-12:00 | Yuen Long SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| Breast Stroke TC for Youth (I) | | | | | | | | | |
| 40603028 (YL0792-21) | 9/8-30/8 | M,W,F | 18:30-19:30 | Tin Shui Wai SP | 13-17 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| Front Crawl TC for Adult (I) | | | | | | | | | |
| 40603078 (YL0763-21) | 6/8-27/8 | M,W,F | 19:30-20:30 | Ping Shan Tin Shui Wai SP | 18+ | 100 | 8 | 18/6-24/6 (6/7) {28/7} |  |
| 40603081 (YL0797-21) | 9/8-30/8 | M,W,F | 7:00-8:00 | Tin Shui Wai SP | 18+ | 100 | 8 | 18/6-24/6 (6/7) {28/7} |  |
| 40603090 (YL0782-21) | 9/8-30/8 | M,W,F | 19:30-20:30 | Yuen Long SP | 18+ | 100 | 8 | 18/6-24/6 (6/7) {28/7} |  |
| 40603092 (YL0783-21) | 9/8-30/8 | M,W,F | 20:30-21:30 | Yuen Long SP | 18+ | 100 | 8 | 18/6-24/6 (6/7) {28/7} |  |
| Front Crawl TC for Children (I) | | | | | | | | | |
| 40602953 (YL0765-21) | 6/8-27/8 | M,W,F | 9:00-10:00 | Ping Shan Tin Shui Wai SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602954 (YL0766-21) | 6/8-27/8 | M,W,F | 19:30-20:30 | Ping Shan Tin Shui Wai SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602955 (YL0799-21) | 9/8-30/8 | M,W,F | 8:00-9:00 | Tin Shui Wai SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602956 (YL0800-21) | 9/8-30/8 | M,W,F | 9:00-10:00 | Tin Shui Wai SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602961 (YL0817-21) | 9/8-30/8 | M,W,F | 8:00-9:00 | Yuen Long SP | 5-8 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| Front Crawl TC for Junior (I) | | | | | | | | | |
| 40602997 (YL0793-21) | 9/8-30/8 | M,W,F | 9:00-10:00 | Tin Shui Wai SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40602998 (YL0794-21) | 9/8-30/8 | M,W,F | 10:00-11:00 | Tin Shui Wai SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40603001 (YL0805-21) | 9/8-30/8 | M,W,F | 16:00-17:00 | Tin Shui Wai SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40603003 (YL0788-21) | 9/8-30/8 | M,W,F | 18:30-19:30 | Tin Shui Wai SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40603004 (YL0789-21) | 9/8-30/8 | M,W,F | 19:30-20:30 | Tin Shui Wai SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40603005 (YL0747-21) | 5/8-26/8 | Tu,Th,Sa | 10:00-11:00 | Yuen Long SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40603015 (YL0753-21) | 5/8-26/8 | Tu,Th,Sa | 18:30-19:30 | Yuen Long SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| 40603016 (YL0812-21) | 9/8-30/8 | M,W,F | 9:00-10:00 | Yuen Long SP | 9-12 | 100 | 8 | 18/6-24/6 (6/7) {27/7} |  |
| Front Crawl TC for Youth (I) | | | | | | | | | |
| 40603031 (YL0768-21) | 6/8-27/8 | M,W,F | 18:30-19:30 | Ping Shan Tin Shui Wai SP | 13-17 | 100 | 8 | 18/6-24/6 (6/7) {27/7} | |
| 40603034 (YL0736-21) | 5/8-26/8 | Tu,Th,Sa | 15:00-16:00 | Yuen Long SP | 13-17 | 100 | 8 | 18/6-24/6 (6/7) {27/7} | |
| Breast Stroke TC for Adult (II) | | | | | | | | | |
| 40603094 (YL0784-21) | 9/8-30/8 | M,W,F | 20:30-21:30 | Yuen Long SP | 18+ | 100 | 10 | 18/6-24/6 (6/7) {28/7} | |
| Breast Stroke TC for Children (II) | | | | | | | | | |
| 40602962 (YL0756-21) | 5/8-26/8 | Tu,Th,Sa | 18:30-19:30 | Yuen Long SP | 5-8 | 100 | 10 | 18/6-24/6 (6/7) {27/7} | |

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|---|------------------------|----------|-------------|-----------------|-------|-----|----|---------------------------|--|--|
| Breast Stroke TC for Junior (II) | | | | | | | | | | |
| 40603021 (YL0807-21) | 9/8-30/8 | M,W,F | 15:00-16:00 | Tin Shui Wai SP | 9-12 | 100 | 10 | 18/6-24/6 (6/7) {27/7} | | |
| 40603024 (YL0781-21) | 9/8-30/8 | M,W,F | 18:30-19:30 | Yuen Long SP | 9-12 | 100 | 10 | 18/6-24/6 (6/7) {27/7} | | |
| Breast Stroke TC for Youth (II) | | | | | | | | | | |
| 40603042 (YL0758-21) | 5/8-26/8 | Tu,Th,Sa | 19:30-20:30 | Yuen Long SP | 13-17 | 100 | 10 | 18/6-24/6 (6/7) {27/7} | | |
| Butterfly Stroke TC for Adult | | | | | | | | | | |
| 40603102 (YL0785-21) | 9/8-30/8 | M,W,F | 19:30-20:30 | Yuen Long SP | 18+ | 100 | 10 | 18/6-24/6 (6/7) {28/7} | | |
| Front Crawl TC for Adult (II) | | | | | | | | | | |
| 40603096 (YL0749-21) | 5/8-26/8 | Tu,Th,Sa | 7:00-8:00 | Yuen Long SP | 18+ | 100 | 10 | 18/6-24/6 (6/7) {28/7} | | |
| 40603097 (YL0755-21) | 5/8-26/8 | Tu,Th,Sa | 20:30-21:30 | Yuen Long SP | 18+ | 100 | 10 | 18/6-24/6 (6/7) {28/7} | | |
| 40603098 (YL0814-21) | 9/8-30/8 | M,W,F | 7:00-8:00 | Yuen Long SP | 18+ | 100 | 10 | 18/6-24/6 (6/7) {28/7} | | |
| Front Crawl TC for Children (II) | | | | | | | | | | |
| 40602991 (YL0757-21) | 5/8-26/8 | Tu,Th,Sa | 19:30-20:30 | Yuen Long SP | 5-8 | 100 | 10 | 18/6-24/6 (6/7) {27/7} | | |
| Front Crawl TC for Junior (II) | | | | | | | | | | |
| 40603017 (YL0744-21) | 5/8-26/8 | Tu,Th,Sa | 19:30-20:30 | Tin Shui Wai SP | 9-12 | 100 | 10 | 18/6-24/6 (6/7) {27/7} | | |
| 40603019 (YL0734-21) | 5/8-26/8 | Tu,Th,Sa | 17:00-18:00 | Yuen Long SP | 9-12 | 100 | 10 | 18/6-24/6 (6/7) {27/7} | | |
| Front Crawl TC for Youth (II) | | | | | | | | | | |
| 40603046 (YL0787-21) | 9/8-30/8 | M,W,F | 18:30-19:30 | Yuen Long SP | 13-17 | 100 | 10 | 18/6-24/6 (6/7) {27/7} | | |
| Backstroke TC for Adult | | | | | | | | | | |
| 40603049 (YL0820-21) | 9/8-30/8 | M,W,F | 19:30-20:30 | Yuen Long SP | 18+ | 100 | 10 | 18/6-24/6 (6/7) {28/7} | | |
| Breast Stroke TC for Adult (III) | | | | | | | | | | |
| 40603100 (YL0815-21) | 9/8-30/8 | M,W,F | 7:00-8:00 | Yuen Long SP | 18+ | 100 | 10 | 18/6-24/6 (6/7) {28/7} | | |
| Breast Stroke TC for Junior&Youth(III) | | | | | | | | | | |
| 40603026 (YL0819-21) | 9/8-30/8 | M,W,F | 9:00-10:00 | Yuen Long SP | 9-17 | 100 | 10 | 18/6-24/6 (6/7) {27/7} | | |
| Front Crawl TC for Adult (III) | | | | | | | | | | |
| 40603099 (YL0816-21) | 9/8-30/8 | M,W,F | 8:00-9:00 | Yuen Long SP | 18+ | 100 | 10 | 18/6-24/6 (6/7) {28/7} | | |
| Aerobic Dance TC | | | | | | | | | | |
| 40607405 (YL0689-21) | 2/8-9/9 | M,Th | 18:00-19:00 | Fung Kam ST. SC | 14+ | 65 | 10 | 2/7 | | |
| 40607407 (YL0690-21) | 2/8-9/9 | M,Th | 19:00-20:00 | Fung Kam ST. SC | 14+ | 65 | 10 | 2/7 | | |
| 40607409 (YL0710-21) | 3/8-9/9 | Tu,Th | 9:00-10:00 | Fung Kam ST. SC | 14+ | 65 | 10 | 2/7 | | |
| 40607410 (YL0711-21) | 3/8-9/9 | Tu,Th | 10:00-11:00 | Fung Kam ST. SC | 14+ | 65 | 10 | 2/7 | | |
| 40607411 (YL0821-21) | 9/8-15/9 | M,W | 18:00-19:00 | Long Ping SC | 14+ | 65 | 15 | 9/7 | | |
| 40607412 (YL0822-21) | 9/8-15/9 | M,W | 19:00-20:00 | Long Ping SC | 14+ | 65 | 15 | 9/7 | | |
| 40607413 (YL0839-21) | 12/8-21/9 | Tu,Th | 8:00-9:00 | Long Ping SC | 14+ | 65 | 15 | 12/7 | | |
| 40607414 (YL0840-21) | 12/8-21/9 | Tu,Th | 9:00-10:00 | Long Ping SC | 14+ | 65 | 15 | 12/7 | | |
| Baduanjin TC | | | | | | | | | | |
| 40607429 (YL0723-21) | 4/8-10/9 | W,F | 8:00-9:00 | Tin Shui Wai SC | 8+ | 80 | 15 | 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> | | | | | | | | | | |
| 40607431 (YL0769-21) | 6/8-13/9 | M,F | 19:00-20:00 | Long Ping SC | 15+ | 75 | 15 | @5/7 | | |
| 40607432 (YL0770-21) | 6/8-13/9 | M,F | 20:00-21:00 | Long Ping SC | 15+ | 75 | 15 | @5/7 | | |
| 40607433 (YL0823-21) | 9/8-3/9 | M,W,F | 15:00-16:00 | Long Ping SC | 15+ | 75 | 15 | @7/7 | | |
| 40607434 (YL0759-21) | 5/8-13/9 | M,Th | 9:00-10:00 | Tin Shui Wai SC | 15+ | 75 | 15 | @5/7 | | |
| 40607435 (YL0760-21) | 5/8-13/9 | M,Th | 10:00-11:00 | Tin Shui Wai SC | 15+ | 75 | 15 | @5/7 | | |
| Hydro Fitness TC | | | | | | | | | | |
| 40606246 (YL0825-21) | 9/8-8/9 | M,W,F | 20:30-21:30 | Tin Shui Wai SP | 14+ | 80 | 15 | 23/6-29/6 (8/7) {28/7} | | |
| 40606247 (YL0866-21) | 20/8-8/10 (excl. 1/10) | M,F | 17:00-18:00 | Yuen Long SP | 14+ | 80 | 15 | 23/6-29/6 (8/7) {28/7} | | |
| Jazz TC | | | | | | | | | | |
| 40607451 (YL0824-21) | 9/8-11/10 | M | 20:00-22:00 | Long Ping SC | 12+ | 70 | 15 | 23/6-29/6 (8/7) {28/7} | | |
| Judo TC | | | | | | | | | | |
| 40607453 (YL0712-21) | 3/8-5/10 | Tu | 18:00-20:00 | Long Ping SC | 6+ | 65 | 15 | 5/7 | | |
| Tai Chi Made Easy Class | | | | | | | | | | |
| 40606473 (YL0725-21) | 4/8-30/8 | M,W,F | 20:30-21:30 | Tin Shui Wai SG | 6+ | 54 | 15 | 2/7 | | |
| 40607496 (YL0775-21) | 7/8-23/10 | Sa | 8:00-9:00 | Fung Kam ST. SC | 6+ | 54 | 15 | 23/6-29/6 (8/7) {28/7} | | |

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| 40607497 (YL0874-21) | 2/8-27/8 | M,W,F | 7:00-8:00 | Fung Kam ST. SC | 6+ | 54 | 15 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607498 (YL0829-21) | 3/8-28/8 | Tu,Th,Sa | 7:00-8:00 | - | 6+ | 54 | 15 | 2/7 | ☒ i |
| 40607499 (YL1685-21) | 2/8-27/8 | M,W,F | 7:00-8:00 | Tin Shui Wai Park | 6+ | 54 | 15 | 6/7 | ☒ i |
| 40607500 (YL1691-21) | 16/8-10/9 | M,W,F | 7:00-8:00 | Tin Shui Wai Park(Basketball court #3) | 6+ | 54 | 15 | 15/7 | ☒ i |
| 40607501 (YL1696-21) | 2/8-27/8 | M,W,F | 7:00-8:00 | Yuen Long Stadium | 6+ | 54 | 15 | 6/7 | ☒ i |

Tai Chi Sword Fun Day

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|----------------------|----------|-------|-----------|--|----|------|----|-----|-----|
| 40607502 (YL0844-21) | 3/8-26/8 | Tu,Th | 7:00-8:00 | Tin Shui Wai Park(5-a-side Soccer Pitch) | 6+ | Free | 20 | 2/7 | ☒ i |
| 40607503 (YL1700-21) | 3/8-26/8 | Tu,Th | 7:00-8:00 | Yuen Long Stadium | 6+ | Free | 20 | 2/7 | ☒ i |

Online Interactive Prog.-Fitness Yoga

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| 40606141 (YL1681-21) | 3/8-5/8 | Tu,Th | 14:30-15:30 | Internet. 30 mins before : zoom.us/join | 15+ | 20 | 50 | 13/7 | ☒ i |
| 40606142 (YL1682-21) | 10/8-12/8 | Tu,Th | 14:30-15:30 | Internet. 30 mins before : zoom.us/join | 15+ | 20 | 50 | 20/7 | ☒ i |
| 40606143 (YL1683-21) | 17/8-19/8 | Tu,Th | 20:00-21:00 | Internet. 30 mins before : zoom.us/join | 15+ | 20 | 50 | 27/7 | ☒ i |
| 40606144 (YL1684-21) | 24/8-26/8 | Tu,Th | 14:30-15:30 | Internet. 30 mins before : zoom.us/join | 15+ | 20 | 50 | 3/8 | ☒ i |

Fitness TC for Children

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| 40607442 (YL0708-21) | 3/8-26/8 | Tu,Th | 14:00-15:30 | Fung Kam ST. SC | 8-14 | 75 | 10 | 5/7 | ☒ i |
| 40607443 (YL0709-21) | 3/8-26/8 | Tu,Th | 15:30-17:00 | Fung Kam ST. SC | 8-14 | 75 | 10 | 5/7 | ☒ i |

Briefing on Proper Ways to Use Fitness Equipment

| | | | | | | | | | |
|----------------------|------|----|-------------|-----------------|-----|------|----|---------------------------|---|
| 40607436 (YL0779-21) | 8/8 | Su | 15:00-18:00 | Long Ping SC | 15+ | Free | 12 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607439 (YL0857-21) | 16/8 | M | 9:00-12:00 | Long Ping SC | 15+ | Free | 12 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607440 (YL0834-21) | 10/8 | Tu | 9:00-12:00 | Tin Shui Wai SC | 15+ | Free | 12 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607441 (YL0852-21) | 15/8 | Su | 9:00-12:00 | Tin Shui Wai SC | 15+ | Free | 12 | 23/6-29/6 (8/7) {28/7} | ☒ |

Badminton TC

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| 40607426 (YL0699-21) | 2/8-2/9 | M,Th | 19:00-21:00 | Fung Kam ST. SC | 7+ | 118 | 12 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607427 (YL0703-21) | 2/8-2/9 | M,Th | 9:00-11:00 | Tin Shui Wai SC | 7+ | 118 | 12 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607428 (YL0718-21) | 3/8-2/9 | Tu,Th | 20:00-22:00 | Tin Shui Wai SC | 7+ | 118 | 12 | 23/6-29/6 (8/7) {28/7} | ☒ |

Squash TC

| | | | | | | | | | |
|----------------------|-----------|-------|-------------|-------------------------------------|----|-----|---|---------------------------|-----|
| 40607466 (YL0862-21) | 17/8-9/9 | Tu,Th | 19:30-21:30 | Tai Kiu Market Squash Courts | 7+ | 160 | 6 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607470 (YL0868-21) | 20/8-15/9 | W,F | 20:00-22:00 | Tin Shui Wai SC | 7+ | 160 | 6 | 20/7 | ☒ i |
| 40607473 (YL0873-21) | 24/8-16/9 | Tu,Th | 21:00-23:00 | Tin Shui Wai SC | 7+ | 160 | 6 | 23/7 | ☒ i |
| 40607495 (YL0826-21) | 9/8-2/9 | M,Th | 19:30-21:30 | Yuen Long Jockey Club Squash Courts | 7+ | 160 | 6 | 9/7 | ☒ i |

Table-tennis TC

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| 40607513 (YL0698-21) | 2/8-2/9 | M,Th | 16:00-18:00 | Fung Kam ST. SC | 6+ | 86 | 12 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607514 (YL0846-21) | 13/8-15/9 | W,F | 17:00-19:00 | Ping Shan Tin Shui Wai SC | 6+ | 86 | 12 | 23/6-29/6 (8/7) {28/7} | ☒ |

Tennis Fun Day

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|----------------------|-----|----|------------|-------------------|----|------|----|-----|-----|
| 40607504 (YL0780-21) | 8/8 | Su | 9:00-12:00 | Tin Shui Wai Park | 8+ | Free | 18 | 8/7 | ☒ i |
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Tennis TC

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|----------------------|--|------|-------------|-------------------|----|-----|---|---------------------------|---|
| 40607505 (YL0700-21) | 2/8-2/9 | M,Th | 19:00-21:00 | Sai Ching ST. TC | 8+ | 170 | 9 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607506 (YL0845-21) | 13/8-22/10 (excl. 1/10) | F | 9:00-11:00 | Sai Ching ST. TC | 8+ | 170 | 9 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607507 (YL0853-21) | 1/8-1/10 (excl. 6,13,20,27/8,3,10,17,24/9) | F,Su | 19:00-21:00 | Sai Ching ST. TC | 8+ | 170 | 9 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607508 (YL0865-21) | 18/8-27/10 (excl. 22/9) | W | 9:00-11:00 | Sai Ching ST. TC | 8+ | 170 | 9 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607510 (YL0704-21) | 2/8-1/9 | M,W | 19:00-21:00 | Tin Shui Wai Park | 8+ | 170 | 9 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607512 (YL0835-21) | 10/8-10/9 | Tu,F | 20:00-22:00 | Tin Shui Wai Park | 8+ | 170 | 9 | 23/6-29/6 (8/7) {28/7} | ☒ |

American Pool TC

| | | | | | | | | | |
|----------------------|----------|---|-------------|---|----|-----|---|---------------------------|---|
| 40607422 (YL0730-21) | 4/8-25/8 | W | 18:00-20:00 | Yuen Long Sir Denys Roberts Squash Courts | 8+ | 120 | 3 | 23/6-29/6 (8/7) {28/7} | ☒ |
| 40607425 (YL0731-21) | 4/8-25/8 | W | 20:00-22:00 | Yuen Long Sir Denys Roberts Squash Courts | 8+ | 120 | 3 | 23/6-29/6 (8/7) {28/7} | ☒ |

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 |
|---|------|-----|------|-------|-----------|---|------------------|
|---|------|-----|------|-------|-----------|---|------------------|

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.



Stress Manag.& Phy. Rex.TS for PWD(Ex-ment.)

| 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 |
|---|------|-----|------|-------|-------|--|------------------|
|---|------|-----|------|-------|-------|--|------------------|

Swimming TC for Elderly (I)

| | | | | | | | |
|----------------------|----------|----------|-------------|---------------------------|----|---------------------------|---|
| 40603104 (YL0767-21) | 6/8-27/8 | M,W,F | 18:30-19:30 | Ping Shan Tin Shui Wai SP | 8 | 18/6-24/6 (6/7) {28/7} |  |
| 40603105 (YL0741-21) | 5/8-26/8 | Tu,Th,Sa | 7:00-8:00 | Tin Shui Wai SP | 11 | 18/6-24/6 (6/7) {28/7} |  |
| 40603106 (YL0802-21) | 9/8-30/8 | M,W,F | 7:00-8:00 | Tin Shui Wai SP | 8 | 18/6-24/6 (6/7) {28/7} |  |
| 40603107 (YL0803-21) | 9/8-30/8 | M,W,F | 8:00-9:00 | Tin Shui Wai SP | 8 | 18/6-24/6 (6/7) {28/7} |  |
| 40603109 (YL0786-21) | 9/8-30/8 | M,W,F | 18:30-19:30 | Yuen Long SP | 8 | 18/6-24/6 (6/7) {28/7} |  |

Swimming TC for Elderly (II)

| | | | | | | | |
|----------------------|----------|----------|-----------|--------------|----|---------------------------|---|
| 40603110 (YL0752-21) | 5/8-26/8 | Tu,Th,Sa | 8:00-9:00 | Yuen Long SP | 10 | 18/6-24/6 (6/7) {28/7} |  |
| 40603111 (YL0818-21) | 9/8-30/8 | M,W,F | 8:00-9:00 | Yuen Long SP | 10 | 18/6-24/6 (6/7) {28/7} |  |


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.

| | | | | | | | |
|----------------------|----------|-----|-----------|--------------|----|---------------------------|--|
| 40607582 (YL0719-21) | 4/8-10/9 | W,F | 7:00-8:00 | Long Ping SC | 15 | @23/6-29/6 (8/7){28/7} |  |
|----------------------|----------|-----|-----------|--------------|----|---------------------------|--|

Hydro Fitness TC for Elderly

| | | | | | | | |
|----------------------|---------------------------|-----|-------------|--------------|----|---------------------------|---|
| 40606249 (YL0867-21) | 20/8-8/10 (excl. 1/10) | M,F | 16:00-17:00 | Yuen Long SP | 15 | 23/6-29/6 (8/7) {28/7} |  |
|----------------------|---------------------------|-----|-------------|--------------|----|---------------------------|---|

Healthy Elderly Scheme - Gateball Play-in

| | | | | | | | |
|----------------------|----------|-----|-----------|-------------------|---|-----|---|
| 40607584 (YL0732-21) | 4/8-18/8 | W,F | 7:00-9:00 | Tin Shui Wai Park | 7 | 5/7 |  |
|----------------------|----------|-----|-----------|-------------------|---|-----|---|

Healthy Elderly Scheme - Table-tennis Play-in

| | | | | | | | |
|----------------------|-----------|---|-------------|---------------------------|----|------|---|
| 40607585 (YL0726-21) | 4/8-25/8 | W | 9:00-10:00 | Fung Kam ST. SC | 12 | 2/7 |  |
| 40607586 (YL0727-21) | 4/8-25/8 | W | 10:00-11:00 | Fung Kam ST. SC | 12 | 2/7 |  |
| 40607587 (YL0728-21) | 4/8-25/8 | W | 14:00-15:00 | Long Ping SC | 12 | 5/7 |  |
| 40607588 (YL0729-21) | 4/8-25/8 | W | 15:00-16:00 | Long Ping SC | 12 | 5/7 |  |
| 40607589 (YL0701-21) | 2/8-23/8 | M | 9:00-10:00 | Ping Shan Tin Shui Wai SC | 12 | 2/7 |  |
| 40607590 (YL0702-21) | 2/8-23/8 | M | 10:00-11:00 | Ping Shan Tin Shui Wai SC | 12 | 2/7 |  |
| 40607591 (YL0875-21) | 25/8-15/9 | W | 9:00-10:00 | Tin Shui Wai SC | 12 | 23/7 |  |
| 40607592 (YL0876-21) | 25/8-15/9 | W | 10:00-11:00 | Tin Shui Wai SC | 12 | 23/7 |  |