

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

**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 Age 17 or below</b>									
40586071	3/8-24/8	Tu,Th,Sa	19:00-20:00	Shing Mun Valley SP	0-17	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Breast Stroke TC for Adult (Level I)</b>									
40591679	2/8-23/8	M,W,F	9:00-10:00	Tsuen King Circuit Wu Chung SP	18+	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Breast Stroke TC for Children (Level I)</b>									
40586060	3/8-24/8	Tu,Th,Sa	8:00-9:00	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
40586062	3/8-24/8	Tu,Th,Sa	10:00-11:00	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
40586064	3/8-24/8	Tu,Th,Sa	15:00-16:00	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
40586075	4/8-25/8	M,W,F	8:00-9:00	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
40586078	4/8-25/8	M,W,F	20:30-21:30	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
40591683	2/8-23/8	M,W,F	15:00-16:00	Tsuen King Circuit Wu Chung SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
40591691	5/8-26/8	Tu,Th,Sa	20:30-21:30	Tsuen King Circuit Wu Chung SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Breast Stroke TC for Junior (Level I)</b>									
40586058	3/8-24/8	Tu,Th,Sa	10:00-11:00	Shing Mun Valley SP	9-12	100	7	18/6-22/6 (29/6) {19/7}	☒
40586080	4/8-25/8	M,W,F	20:30-21:30	Shing Mun Valley SP	9-12	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Breast Stroke TC for Youth and Junior (Level I)</b>									
40591680	2/8-23/8	M,W,F	10:00-11:00	Tsuen King Circuit Wu Chung SP	9-17	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Front Crawl TC for Adult (Level I)</b>									
40591686	2/8-23/8	M,W,F	19:30-20:30	Tsuen King Circuit Wu Chung SP	18+	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Front Crawl TC for Children (Level I)</b>									
40586061	3/8-24/8	Tu,Th,Sa	9:00-10:00	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
40586063	3/8-24/8	Tu,Th,Sa	11:00-12:00	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
40586065	3/8-24/8	Tu,Th,Sa	16:00-17:00	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
40586076	4/8-25/8	M,W,F	9:00-10:00	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
40591682	2/8-23/8	M,W,F	14:00-15:00	Tsuen King Circuit Wu Chung SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Front Crawl TC for Junior (Level I)</b>									
40586074	4/8-25/8	M,W,F	9:00-10:00	Shing Mun Valley SP	9-12	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Front Crawl TC for Youth (Stage I)</b>									
40586070	3/8-24/8	Tu,Th,Sa	18:00-19:00	Shing Mun Valley SP	13-17	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Front Crawl TC for Youth and Junior (Level I)</b>									
40591684	2/8-23/8	M,W,F	16:00-17:00	Tsuen King Circuit Wu Chung SP	9-17	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Breast Stroke TC for Adult (Level II)</b>									
40586057	3/8-24/8	Tu,Th,Sa	9:00-10:00	Shing Mun Valley SP	18+	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Breast Stroke TC for Children (Level II)</b>									
40586059	3/8-24/8	Tu,Th,Sa	11:00-12:00	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Breast Stroke TC for Youth and Junior (Level I)</b>									
40591689	5/8-26/8	Tu,Th,Sa	9:00-10:00	Tsuen King Circuit Wu Chung SP	9-17	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Breast Stroke TC for Youth and Junior (Level I)</b>									
40591685	2/8-23/8	M,W,F	17:00-18:00	Tsuen King Circuit Wu Chung SP	9-17	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Front Crawl TC for Adult (Level II)</b>									
40591687	2/8-23/8	M,W,F	20:30-21:30	Tsuen King Circuit Wu Chung SP	18+	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Front Crawl TC for Children (Level II)</b>									
40586079	4/8-25/8	M,W,F	19:30-20:30	Shing Mun Valley SP	5-8	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Front Crawl TC for Youth (Level II)</b>									
40586081	4/8-25/8	M,W,F	19:30-20:30	Shing Mun Valley SP	13-17	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Front Crawl TC for Youth and Junior (Level II)</b>									
40591681	2/8-23/8	M,W,F	11:00-12:00	Tsuen King Circuit Wu Chung SP	9-17	100	7	18/6-22/6 (29/6) {19/7}	☒
<b>Breast Stroke TC for Adult (Level III)</b>									
40586082	4/8-25/8	M,W,F	20:30-21:30	Shing Mun Valley SP	18+	100	7	18/6-22/6 (29/6) {19/7}	☒

<b>Breast Stroke TC for Age17or below(Level III)</b>										
40586072	3/8-24/8	Tu,Th,Sa	20:00-21:00	Shing Mun Valley SP	0-17	100	7	18/6-22/6 (29/6) {19/7}		
<b>Aerobic Dance TC</b>										
40604442	3/8-16/9 (excl. 7/9,14/9)	Tu,Th	9:00-10:00	Yeung Uk RD. SC	14+	65	12	23/6-27/6 (5/7) {26/7}		
40604443	3/8-16/9 (excl. 7/9,14/9)	Tu,Th	10:00-11:00	Yeung Uk RD. SC	14+	65	12	23/6-27/6 (5/7) {26/7}		
40604444	25/8-8/10 (excl. 22/9,1/10)	W,F	15:00-16:00	Yeung Uk RD. SC	14+	65	12	16/7		
40604445	25/8-8/10 (excl. 22/9,1/10)	W,F	16:00-17:00	Yeung Uk RD. SC	14+	65	12	16/7		
<b>Social Dance Mini Party (Night)</b>										
40604758	6/8	F	19:00-22:00	Yeung Uk RD. SC	14+	20	16	21/7		
<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>										
40604541	2/8-8/9	M,W	12:00-13:00	Tsuen Wan SC	15+	75	15	@15/7		
40604542	2/8-8/9	M,W	13:00-14:00	Tsuen Wan SC	15+	75	15	@15/7		
40604543	2/8-8/9	M,W	14:00-15:00	Tsuen Wan SC	15+	75	15	@15/7		
40604552	4/8-10/9	W,F	9:00-10:00	Yeung Uk RD. SC	15+	75	10	@15/7		
40604553	4/8-10/9	W,F	10:00-11:00	Yeung Uk RD. SC	15+	75	10	@15/7		
40604555	10/8-9/9 (excl. 4/9,7/9)	Tu,Th,Sa	14:00-15:00	Yeung Uk RD. SC	15+	75	10	@15/7		
40604559	10/8-9/9 (excl. 4/9,7/9)	Tu,Th,Sa	15:00-16:00	Yeung Uk RD. SC	15+	75	10	@15/7		
40604561	11/8-10/9 (excl. 23/8,6/9)	M,W,F	19:00-20:00	Yeung Uk RD. SC	15+	75	10	@15/7		
40604565	11/8-10/9 (excl. 23/8,6/9)	M,W,F	20:00-21:00	Yeung Uk RD. SC	15+	75	10	@15/7		
<b>Social Dance Mini Party (Afternoon)</b>										
40604757	25/8	W	14:00-17:00	Tsuen Wan West SC	14+	20	6	21/7		
<b>Social Dance TC</b>										
40604677	3/8-2/9	Tu,Th	15:00-17:00	Tsuen Wan West SC	14+	86	6	23/6-27/6 (5/7) {26/7}		
<b>Tai Chi Made Easy Class</b>										
40604860	5/8-11/9	Th,Sa	9:00-10:00	Tsuen Wan West SC	6+	54	15	23/6-27/6 (5/7) {26/7}		
40604863	7/8-23/10	Sa	9:00-10:00	Yeung Uk RD. SC	6+	54	15	23/6-27/6 (5/7) {26/7}		
<b>Tai Chi TC</b>										
40604875	24/8-14/12 (excl. 14/10)	Tu,Th,Sa	7:00-8:00	Open space at Lei Muk Shu Estate Blk 2	6+	60	40	21/6-25/6 (5/7) {27/7}		
<b>Tai Chi Sword TC</b>										
40604865	27/8-20/12 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Open space at Lei Muk Shu Estate Blk 2	6+	60	40	21/6-25/6 (5/7) {27/7}		
<b>Western Folk Dance Mini Party (Afternoon)</b>										
40605108	26/8	Th	14:00-17:00	Tsuen Wan SC	14+	20	10	21/7		
<b>Wushu TC for Children</b>										
40605109	2/8-20/8	M,W,F	14:00-16:00	Yeung Uk RD. SC	6-9	86	10	23/6-27/6 (5/7) {26/7}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40604530	7/8	Sa	10:00-13:00	Tsuen Wan SC	15+	Free	12	23/6-27/6 (5/7) {26/7}		
40604532	15/8	Su	10:00-13:00	Tsuen Wan SC	15+	Free	12	23/6-27/6 (5/7) {26/7}		
40604533	8/8	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	12	23/6-27/6 (5/7) {26/7}		
40604534	22/8	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	12	23/6-27/6 (5/7) {26/7}		
40605111	14/8	Sa	10:00-13:00	Tsuen Wan West SC	15+	Free	7	23/6-27/6 (5/7) {26/7}		
<b>Body-Mind Stretch Training Course</b>										
40604768	2/8-18/10	M	21:00-22:00	Tsuen Wan West SC	15+	85	7	16/7		
<b>Parent-child (Aged 7-17) Badminton FD</b>										
40604526	4/8	W	11:00-12:00	Yeung Uk RD. SC	7+	Free	12	19/7		
40604527	4/8	W	12:00-13:00	Yeung Uk RD. SC	7+	Free	12	19/7		
40604528	4/8	W	13:00-14:00	Yeung Uk RD. SC	7+	Free	12	19/7		
<b>Indoor Lawn Bowl TC</b>										
40604801	2/8-26/8	M,Th	15:00-17:00	Tsuen Wan West SC	8+	54	6	19/7		
<b>Table-tennis TC for Children(Low Table)</b>										
40604842	2/8-23/8	M,W,F	16:00-17:30	Yeung Uk RD. SC	6-9	86	12	23/6-27/6 (5/7) {26/7}		
<b>Tennis TC</b>										
40604880	17/8-16/9	Tu,Th	19:00-21:00	Sha Tsui RD. PG	8+	170	12	26/6-30/6 (8/7) {30/7}		
40604881	4/8-3/9	W,F	19:00-21:00	Shing Mun Valley	8+	170	6	23/6-27/6 (5/7) {26/7}		
40604882	3/8-2/9	Tu,Th	19:00-21:00	Tsuen King Circuit PG	8+	170	6	23/6-27/6 (5/7) {26/7}		
40604883	1/8-3/10	Su	19:00-21:00	Tsuen Wan Riviera Park	8+	170	6	23/6-27/6 (5/7) {26/7}		
40604884	3/8-24/8	Tu,Th,Sa	9:00-11:00	Tsuen Wan Park	8+	170	6	26/6-30/6 (8/7) {30/7}		

40604885	9/8-30/8	M,W,F	10:00-12:00	Tsuen Wan Riviera Park	8+	170	12	23/6-27/6 (5/7) {26/7}	
<b>Cricket Fun Day</b>									
40604769	21/8	Sa	10:00-12:00	Shek Pink Resettler's PG	6+	Free	20	22/7	
<b>Gateball TC</b>									
40604798	3/8-27/8	Tu,F	19:00-21:00	Tsuen Wan Park	8+	54	7	19/7	
<b>Water Safety TC for Infant</b>									
40586077	4/8-25/8	M,W,F	19:30-20:30	Shing Mun Valley SP	0-4	100	3	18/6-22/6 (29/6) {19/7}	
<b>Green Seminar at TWP</b>									
40604799	22/8	Su	15:00-17:00	Conference Rm., Tsuen Wan SC	All	Free	20	22/8	Walk-in
<b>Activities for Elderly</b>									
<b>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>	
<b>Swimming TC for the Elderly (Level I)</b>									
40586056	3/8-24/8	Tu,Th,Sa	8:00-9:00	Shing Mun Valley SP	7	18/6-22/6 (29/6) {19/7}			
40586073	4/8-25/8	M,W,F	8:00-9:00	Shing Mun Valley SP	7	18/6-22/6 (29/6) {19/7}			
<b>Swimming TC for the Elderly (Level I)</b>									
40591678	2/8-23/8	M,W,F	8:00-9:00	Tsuen King Circuit Wu Chung SP	7	18/6-22/6 (29/6) {19/7}			
40591688	5/8-26/8	Tu,Th,Sa	8:00-9:00	Tsuen King Circuit Wu Chung SP	7	18/6-22/6 (29/6) {19/7}			
<b>Social Dance FD for the Elderly</b>									
40604358	4/8	W	14:00-17:00	Tsuen Wan West SC	6	23/6-27/6 (5/7) {26/7}			
<b>HES-Badminton FD</b>									
40604325	3/8-31/8	Tu,Th	9:00-10:45	Yeung Uk RD. SC	14	23/6-27/6 (5/7) {26/7}			
<b>HES-Table-tennis FD</b>									
40604334	4/8-27/8	W,F	8:00-9:45	Tsuen Wan West SC	24	23/6-27/6 (5/7) {26/7}			