

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

**Tai Po District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
<b>Life-saving Training Course</b>										
40589562 (TPBM3)	4/8-15/9	M,W,F	19:00-21:00	Tai Po SP	13+	108	24	2/7		
<b>Aerobic Dance Training Course</b>										
40604448	4/8-30/8	M,W,F	8:00-9:00	Fu Shin SC	14+	65	12	8/7		
40604449	4/8-30/8	M,W,F	9:00-10:00	Fu Shin SC	14+	65	12	8/7		
40604450	5/8-14/9	Tu,Th	19:00-20:00	Tai Po SC	14+	65	12	1/7-6/7 (9/7){29/7}		
40604451	5/8-14/9	Tu,Th	20:00-21:00	Tai Po SC	14+	65	12	1/7-6/7 (9/7){29/7}		
<b>Chinese Dance Training Course</b>										
40604454	7/8-9/10	Sa	20:00-22:00	Fu Shin SC	12+	45	10	1/7-6/7 (9/7){29/7}		
<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>										
40604455 (TPFMH11)	3/8-9/9	Tu,Th	18:00-19:00	Fu Heng SC	15+	75	10	@1/7-6/7 (9/7){28/7}		
40604456 (TPFMH12)	3/8-9/9	Tu,Th	19:00-20:00	Fu Heng SC	15+	75	10	@1/7-6/7 (9/7){28/7}		
40604457 (TPFMP11)	3/8-9/9	Tu,Th	8:00-9:00	Tai Po SC	15+	75	10	@9/7		
40604458 (TPFMP12)	3/8-9/9	Tu,Th	9:00-10:00	Tai Po SC	15+	75	10	@9/7		
<b>Jazz Training Course</b>										
40604469	6/8-15/10 (excl. 1/10)	F	19:00-21:00	Tai Po SC	12+	70	10	1/7-6/7 (9/7){28/7}		
<b>Social Dance Training Course</b>										
40604468	24/8-26/10	Tu	20:00-22:00	Fu Shin SC	14+	86	12	1/7-6/7 (9/7){29/7}		
<b>Tai Chi Made Easy Class</b>										
40604485	1/8-17/10	Su	7:00-8:00	Wan Tau Kok PG	6+	54	15	2/7		
40604486	1/8-17/10	Su	8:00-9:00	Wan Tau Kok PG	6+	54	15	2/7		
<b>Western Folk DanceTC</b>										
40604470	5/8-7/10	Th	19:00-21:00	Fu Shin SC	8+	45	10	1/7-6/7 (9/7){28/7}		
<b>Yoga Training Course</b>										
40604471	26/8-4/11 (excl. 14/10)	Th	7:00-9:00	Tai Po SC	15+	85	12	1/7-6/7 (9/7){29/7}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40604462 (TPBRIFH5)	6/8	F	19:00-22:00	Fu Heng SC	15+	Free	10	1/7-6/7 (9/7){28/7}		
40604463	2/8	M	19:00-22:00	Fu Heng SC	15+	Free	10	1/7-6/7 (9/7){28/7}		
40604464 (TPBRITP5)	7/8	Sa	9:00-12:00	Tai Po SC	15+	Free	10	1/7-6/7 (9/7){28/7}		
40604465 (TPBRITP6)	14/8	Sa	14:00-17:00	Tai Po SC	15+	Free	10	1/7-6/7 (9/7){28/7}		
40604466	10/8	Tu	19:00-22:00	Fu Shin SC	15+	Free	10	1/7-6/7 (9/7){28/7}		
40604467 (TPBRIFS6)	18/8	W	15:00-18:00	Fu Shin SC	15+	Free	10	1/7-6/7 (9/7){28/7}		
<b>Sports for ALL-Body-Mind Stretch TC</b>										
40604472 (SFA)	18/8-6/10 (excl. 17/9,22/9,1/10)	W,F	14:00-15:00	Tai Po SC	15+	85	12	12/7		
40604473	18/8-6/10 (excl. 17/9,22/9,1/10)	W,F	15:00-16:00	Tai Po SC	15+	85	12	12/7		
<b>Badminton Training Course</b>										
40604490	7/8-9/10	Sa	15:00-17:00	Fu Heng SC	18+	118	9	1/7-6/7 (9/7){29/7}		
40604491	7/8-9/10	Sa	9:00-11:00	Tai Po SC	12+	118	12	1/7-6/7 (9/7){29/7}		
40604492	12/8-13/9	M,Th	19:00-21:00	Tai Po SC	18+	118	12	1/7-6/7 (9/7){29/7}		
<b>Fencing Training Course (Stage II)</b>										
40604488	7/8-25/9	Sa	15:00-17:00	Fu Heng SC	9+	100	10	1/7-6/7 (9/7){29/7}		
<b>Squash Training Course</b>										
40604493	3/8-27/8	Tu,F	19:00-21:00	Fu Heng SC	7+	160	6	1/7-6/7 (9/7){28/7}		
<b>Tennis Training Course</b>										
40604494 (TW5)	2/8-2/9	M,Th	19:00-21:00	Wan Tau Kok PG	8+	170	6	1/7-6/7 (9/7){28/7}		
40604495 (TT2)	10/8-10/9	Tu,F	19:00-21:00	Tai Po SG (Tennis Centre)	8+	170	9	1/7-6/7 (9/7){28/7}		
<b>Online Interactive Prog.-Aerobic Dance</b>										
40605570	23/8-27/8	M,W,F	14:30-15:30	Internet. 30mins before : zoom.us/join	14+	20	50	2/8		
<b>Online Interactive Prog.-Hip Hop Dance</b>										
40605572	24/8-26/8	Tu,Th	20:00-21:00	Internet. 30mins before : zoom.us/join	14+	20	50	3/8		

<b>Activities for Elderly 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>Fitness Exercise TC for Elderly</b>							
40604500 (FETC5)	6/8-24/9 (excl. 22/9)	W,F	7:00-8:00	Tai Po SC	10	1/7-6/7 (9/7) {28/7}	✉
40604501 (FETC6)	6/8-24/9 (excl. 22/9)	W,F	8:00-9:00	Tai Po SC	10	1/7-6/7 (9/7) {28/7}	✉
<b>HES-Badminton</b>							
40604507 (HESBD20)	4/8-25/8	W	8:00-9:00	Tai Po SC	12	4/8-25/8	Walk-in
40606482 (HESBD20)	4/8-25/8	W	7:00-8:00	Tai Po SC	12	4/8-25/8	Walk-in
<b>HES-Table-tennis</b>							
40604503 (HESTT19)	3/8-31/8	Tu	7:00-8:00	Tai Po SC	12	3/8-31/8	Walk-in
40604504 (HESTT20)	3/8-31/8	Tu	8:00-9:00	Tai Po SC	12	3/8-31/8	Walk-in
40604505 (HESTT17)	6/8-27/8	F	7:00-8:00	Fu Shin SC	12	6/8-27/8	Walk-in
40604506 (HESTT18)	6/8-27/8	F	8:00-9:00	Fu Shin SC	12	6/8-27/8	Walk-in