

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

Tuen Mun District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Life Saving Training Cr (Bronze Medallion)										
40591711	7/9-21/10 (excl. 14/10)	Tu,Th,Sa	20:00-22:00	Tuen Mun SP	13+	108	12	3/8		
Breaststroke Training Cr for Adult (Level I)										
40591897	6/9-29/9 (excl. 22/9)	M,W,F	7:00-8:00	Tuen Mun North West SP	18+	100	8	3/8		
Front Crawl Training Cr for Adult (Level I)										
40591892	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Tuen Mun SP	18+	100	8	3/8		
40591898	6/9-29/9 (excl. 22/9)	M,W,F	8:00-9:00	Tuen Mun North West SP	18+	100	8	3/8		
Breaststroke Training Cr for Adult (Level II)										
40591894	3/9-27/9 (excl. 22/9)	M,W,F	19:30-20:30	Tuen Mun SP	18+	100	10	26/7-30/7 (5/8) {23/8}		
Front Crawl Swimming Cr for Adult (Level II)										
40591895	3/9-27/9 (excl. 22/9)	M,W,F	20:30-21:30	Tuen Mun SP	18+	100	10	26/7-30/7 (5/8) {23/8}		
Aerobic Dance Training Course										
40591899	3/9-20/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Leung Tin SC	14+	65	15	5/8		
40591900	3/9-20/10 (excl. 22/9,1/10)	W,F	10:00-11:00	Leung Tin SC	14+	65	15	5/8		
40591901	10/9-11/10 (excl. 22/9,1/10)	M,W,F	18:00-19:00	Siu Lun SC	14+	65	15	10/8		
40591902	10/9-11/10 (excl. 22/9,1/10)	M,W,F	19:00-20:00	Siu Lun SC	14+	65	15	10/8		
Fitness (Multi-gym) Training Course										
<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>										
40591907	1/9-15/10 (excl. 22/9,1/10)	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	75	10	@4/8		
40591908	1/9-15/10 (excl. 22/9,1/10)	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	75	10	@4/8		
40591909	4/9-30/9	Tu,Th,Sa	8:00-9:00	Tai Hing SC	15+	75	10	@5/8		
40591910	4/9-30/9	Tu,Th,Sa	9:00-10:00	Tai Hing SC	15+	75	10	@5/8		
40591914	23/9-4/11 (excl. 14/10)	Tu,Th	7:00-8:00	Siu Lun SC	15+	75	12	@10/8		
40591915	23/9-4/11 (excl. 14/10)	Tu,Th	8:00-9:00	Siu Lun SC	15+	75	12	@10/8		
40591916	24/9-22/10 (excl. 1/10)	M,W,F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	15+	75	10	@11/8		
Hydro Fitness Training Course										
40591917	2/9-21/10 (excl. 14/10)	Tu,Th	19:30-20:30	Tuen Mun North West SP	14+	80	15	26/7-30/7 (5/8) {23/8}		
40591918	2/9-21/10 (excl. 14/10)	Tu,Th	20:30-21:30	Tuen Mun North West SP	14+	80	15	26/7-30/7 (5/8) {23/8}		
40591919	3/9-8/10 (excl. 22/9,1/10)	M,W,F	9:00-10:00	Tuen Mun SP	14+	80	15	26/7-30/7 (5/8) {23/8}		
40591920	3/9-8/10 (excl. 22/9,1/10)	M,W,F	10:00-11:00	Tuen Mun SP	14+	80	15	26/7-30/7 (5/8) {23/8}		
40591921	3/9-8/10 (excl. 22/9,1/10)	M,W,F	19:30-20:30	Tuen Mun SP	14+	80	15	26/7-30/7 (5/8) {23/8}		
40591922	3/9-8/10 (excl. 22/9,1/10)	M,W,F	20:30-21:30	Tuen Mun SP	14+	80	15	26/7-30/7 (5/8) {23/8}		
Yoga Training Course										
40591924	7/9-7/10	Tu,Th	7:00-9:00	Tai Hing SC	15+	85	10	2/8-6/8 (12/8){30/8}		
40591925	7/9-7/10	Tu,Th	9:00-11:00	Tai Hing SC	15+	85	10	2/8-6/8 (12/8){30/8}		
Briefing on Proper Ways to Use Fitness Equipment										
40591926	3/9	F	17:00-20:00	Tai Hing SC	15+	Free	10	26/7-30/7 (5/8) {23/8}		
40591927	7/9	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	12	26/7-30/7 (5/8) {23/8}		
40591929	20/9	M	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	12	26/7-30/7 (5/8) {23/8}		
40591930	24/9	F	17:00-20:00	Tai Hing SC	15+	Free	10	26/7-30/7 (5/8) {23/8}		
40591931	25/9	Sa	17:00-20:00	Siu Lun SC	15+	Free	12	26/7-30/7 (5/8) {23/8}		
Body-Mind Stretch Training Course										
40591905	3/9-20/10 (excl. 22/9,1/10)	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	85	12	2/8		
40591906	3/9-20/10 (excl. 22/9,1/10)	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	85	12	2/8		
Archery Fun Day										
40591964	26/9	Su	15:00-17:00	Tuen Mun Public Riding Sch/Archery Ctr	6+	Free	6	2/8		
Badminton Training Course for Adult										
40591932	3/9-15/10 (excl. 7/9,14/9,1/10)	Tu,F	11:00-13:00	Tai Hing SC	18+	118	12	2/8-6/8 (12/8){30/8}		

40591933	17/9-26/11 (excl. 1/10)	F	14:00-16:00	Siu Lun SC	18+	118	12	2/8-6/8 (12/8){30/8}	✉
Parent-child (Aged 7-17) Badminton TC									
40591938	25/9-30/10	Sa	9:00-11:00	Tai Hing SC	7+	73	12	2/8-6/8 (12/8){30/8}	✉
Lawn Bowls Training Course									
40591942	2/9-27/9	M,Th	20:00-22:00	Wu Shan Bowling Green	8+	54	6	26/7-30/7 (5/8) {23/8}	✉
Squash Training Course									
40591944	2/9-27/9	M,Th	18:30-20:30	Tai Hing SC	7+	160	6	6/8	🖨️ ⓘ
40591945	2/9-27/9	M,Th	20:30-22:30	Tai Hing SC	7+	160	6	6/8	🖨️ ⓘ
Table-tennis Training Course									
40591949	12/9-14/11	Su	16:00-18:00	Siu Lun SC	14+	86	12	2/8-6/8 (12/8){30/8}	✉
Table-tennis Training Course for Children									
40591948	12/9-14/11	Su	14:00-16:00	Siu Lun SC	6-13	86	10	2/8-6/8 (12/8){30/8}	✉
40591950	25/9-27/11	Sa	13:00-15:00	Siu Lun SC	6-13	86	10	2/8-6/8 (12/8){30/8}	✉
Tennis Fun Day									
40591955	4/9	Sa	15:00-16:00	Wu Shan TC	8+	Free	6	9/8	🖨️ ⓘ
40591956	4/9	Sa	16:00-17:00	Wu Shan TC	8+	Free	6	9/8	🖨️ ⓘ
40591957	4/9	Sa	17:00-18:00	Wu Shan TC	8+	Free	6	9/8	🖨️ ⓘ
40591958	15/9	W	18:00-19:00	Tsing Sin PG	8+	Free	6	12/8	🖨️ ⓘ
40591959	15/9	W	19:00-20:00	Tsing Sin PG	8+	Free	6	12/8	🖨️ ⓘ
40591960	15/9	W	20:00-21:00	Tsing Sin PG	8+	Free	6	12/8	🖨️ ⓘ
40591961	26/9	Su	14:00-15:00	Tsing Sin PG	8+	Free	6	13/8	🖨️ ⓘ
40591962	26/9	Su	15:00-16:00	Tsing Sin PG	8+	Free	6	13/8	🖨️ ⓘ
40591963	26/9	Su	16:00-17:00	Tsing Sin PG	8+	Free	6	13/8	🖨️ ⓘ
GO Activity (Level I)									
40591939	12/9-17/10	Su	14:30-16:30	Leung Tin SC	6+	40	10	2/8-6/8 (12/8){30/8}	✉
GO activity (Level II)									
40591940	12/9-17/10	Su	16:30-18:30	Leung Tin SC	6+	40	10	2/8-6/8 (12/8){30/8}	✉
Cricket Fun Day									
40591965	26/9	Su	10:00-13:00	Yeung King PG	6+	Free	15	2/8	🖨️ ⓘ
Online Interactive Prog.-Aerobic Dance									
40605666	8/9-13/9	M,W,F	14:30-15:30	Internet. 30mins before : zoom.us/join	14+	20	50	19/8	🖨️ ⓘ

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) { Open Enrollment for Remaining Quota }</small>	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.

Baduanjin Training Scheme for Persons with Chronic Illness

40599468	1/9-27/10 (excl. 22/9)	W	14:00-15:00	Tai Hing SC	8+	2	26/7	🖨️ ⓘ
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Fitness Exercise Fun day for Ex-mentally III Persons

40599487	16/9	Th	13:00-15:00	The JC Tuen Mun Butterfly Beach SC	14+	2	26/7	🖨️ ⓘ
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Hydro Fitness Training Programme for Ex-mentally III Persons

40596878	6/9-22/10 (excl. 20/9,1/10)	M,F	15:00-16:00	Tuen Mun North West SP	14+	5	19/7	🖨️ ⓘ
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Mini-Tennis Fun day for Persons with Intellectual Disability

40599342	23/9	Th	14:00-16:00	Leung Tin SC	6+	2	26/7	🖨️ ⓘ
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Indoor Gateball Fun day for Persons with Intellectual Disability

40599460	21/9	Tu	14:00-16:00	Tai Hing SC	15+	2	26/7	🖨️ ⓘ
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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 Training Cr for Elderly (Level I)

40591971	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Tuen Mun SP	8	26/7-30/7 (5/8) {23/8}	✉
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Fitness(Multi-gym) Training Course for Elderly

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40591976	24/9-22/10 (excl. 1/10)	M,W,F	16:00-17:00	The JC Tuen Mun Butterfly Beach SC	10	@2/8-6/8 (12/8) {30/8}	✉
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Healthy Elderly Scheme-Badminton Fun Day

40592746	6/9-27/9	M	7:00-8:00	Siu Lun SC	12	6/9-27/9	Walk-in
40592747	6/9-27/9	M	8:00-9:00	Siu Lun SC	12	6/9-27/9	Walk-in
40592748	6/9-27/9	M	9:00-10:00	Siu Lun SC	12	6/9-27/9	Walk-in

Healthy Elderly Scheme-Badminton Self Practice Scheme

40592751	13/9-27/9	M	8:00-9:00	Leung Tin SC	12	13/9-27/9	Walk-in
40592752	13/9-27/9	M	9:00-10:00	Leung Tin SC	12	13/9-27/9	Walk-in
40592753	13/9-27/9	M	10:00-11:00	Leung Tin SC	12	13/9-27/9	Walk-in

Healthy Elderly Scheme-Chess and Table-tennis Fun Day

40592740	2/9-23/9	Th	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	8	2/9-23/9	Walk-in
40592741	2/9-23/9	Th	11:00-12:00	The JC Tuen Mun Butterfly Beach SC	8	2/9-23/9	Walk-in
40592742	2/9-23/9	Th	12:00-13:00	The JC Tuen Mun Butterfly Beach SC	8	2/9-23/9	Walk-in
40592743	3/9-24/9	F	13:00-14:00	The JC Tuen Mun Butterfly Beach SC	8	3/9-24/9	Walk-in
40592744	3/9-24/9	F	14:00-15:00	The JC Tuen Mun Butterfly Beach SC	8	3/9-24/9	Walk-in
40592745	3/9-24/9	F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	8	3/9-24/9	Walk-in

Healthy Elderly Scheme-Fitness Fun Day

40592737	2/9-30/9	Th	8:00-10:00	Leung Tin SC	15	2/8-6/8 (12/8) {30/8}	✉
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Healthy Elderly Scheme-Lawn Bowls Fun Day

40592738	2/9-30/9	Th	9:00-10:00	Wu Shan Bowling Green	12	2/9-30/9	Walk-in
40592739	2/9-30/9	Th	10:00-11:00	Wu Shan Bowling Green	12	2/9-30/9	Walk-in

Healthy Elderly Scheme-Lawn Bowls Self Practice Scheme

40592733	1/9-29/9 (excl. 22/9)	W	9:00-10:00	Wu Shan Bowling Green	18	1/9-29/9	Walk-in
40592734	1/9-29/9 (excl. 22/9)	W	10:00-11:00	Wu Shan Bowling Green	18	1/9-29/9	Walk-in

Gateball Training Course for Elderly

40591972	5/9-24/10	Su	8:00-10:00	SAN WO LANE PLAYGROUNG	7	4/8	✉ i
40591975	10/9-5/11 (excl. 1/10)	F	8:00-10:00	SAN WO LANE PLAYGROUNG	7	4/8	✉ i