

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

Yuen Long District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Long Distance Running TC									
40608366 (YL0968-21)	18/9-20/11	Sa	9:00-11:00	Tin Shui Wai SG	16+	130	20	18/8	
Breast Stroke TC for Adult (I)									
40608740 (YL0882-21)	1/9-29/9 (excl. 22/9,24/9,27/9)	M,W,F	8:00-9:00	Yuen Long SP	18+	100	8	3/8	
Breast Stroke TC for Children (I)									
40608537 (YL0898-21)	2/9-2/10 (excl. 21/9,23/9,25/9,28/9)	Tu,Th,Sa	17:00-18:00	Yuen Long SP	5-8	100	8	2/8	
Front Crawl TC for Adult (I)									
40608741 (YL0895-21)	2/9-2/10 (excl. 21/9,23/9,25/9,28/9)	Tu,Th,Sa	18:30-19:30	Yuen Long SP	18+	100	8	3/8	
40608742 (YL0886-21)	1/9-29/9 (excl. 22/9,24/9,27/9)	M,W,F	20:30-21:30	Yuen Long SP	18+	100	8	3/8	
40608743 (YL0896-21)	2/9-2/10 (excl. 21/9,23/9,25/9,28/9)	Tu,Th,Sa	20:30-21:30	Yuen Long SP	18+	100	8	3/8	
Front Crawl TC for Children (I)									
40608538 (YL0887-21)	1/9-29/9 (excl. 22/9,24/9,27/9)	M,W,F	19:30-20:30	Yuen Long SP	5-8	100	8	2/8	
40608541 (YL0914-21)	3/9-27/9 (excl. 22/9)	M,W,F	16:00-17:00	Tin Shui Wai SP	5-8	100	8	2/8	
Front Crawl TC for Junior (I)									
40608543 (YL0894-21)	2/9-2/10 (excl. 21/9,23/9,25/9,28/9)	Tu,Th,Sa	18:30-19:30	Yuen Long SP	9-12	100	8	2/8	
40608711 (YL0913-21)	3/9-27/9 (excl. 22/9)	M,W,F	17:00-18:00	Tin Shui Wai SP	9-12	100	8	2/8	
Breast Stroke TC for Adult (II)									
40608746 (YL0911-21)	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Yuen Long SP	18+	100	10	21/7-27/7 (4/8) {26/8}	
40608747 (YL0897-21)	2/9-23/9	Tu,Th,Sa	20:30-21:30	Yuen Long SP	18+	100	10	21/7-27/7 (4/8) {26/8}	
Breast Stroke TC for Children (II)									
40608539 (YL0899-21)	2/9-2/10 (excl. 21/9,23/9,25/9,28/9)	Tu,Th,Sa	19:30-20:30	Yuen Long SP	5-8	100	10	21/7-27/7 (4/8) {26/8}	
Front Crawl TC for Adult (II)									
40608749 (YL0917-21)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Tin Shui Wai SP	18+	100	10	21/7-27/7 (4/8) {26/8}	
Front Crawl TC for Children (II)									
40608542 (YL0915-21)	3/9-27/9 (excl. 22/9)	M,W,F	17:00-18:00	Tin Shui Wai SP	5-8	100	10	21/7-27/7 (4/8) {26/8}	
Front Crawl TC for Junior (II)									
40608544 (YL0885-21)	1/9-29/9 (excl. 22/9,24/9,27/9)	M,W,F	18:30-19:30	Yuen Long SP	9-12	100	10	2/8	
Front Crawl TC for Youth (II)									
40608724 (YL0916-21)	3/9-27/9 (excl. 22/9)	M,W,F	16:00-17:00	Tin Shui Wai SP	13-17	100	10	21/7-27/7 (4/8) {26/8}	
Backstroke TC for Adult									
40608745 (YL0923-21)	3/9-27/9 (excl. 22/9)	M,W,F	9:00-10:00	Yuen Long SP	18+	100	10	3/8	
Aerobic Dance TC									
40608176 (YL0941-21)	8/9-22/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Fung Kam ST. SC	14+	65	10	9/8	
40608177 (YL0942-21)	8/9-22/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Fung Kam ST. SC	14+	65	10	9/8	
40608209 (YL0904-21)	2/9-12/10	Tu,Th	8:00-9:00	Ping Shan Tin Shui Wai SC	14+	65	15	2/8	
40608210 (YL0905-21)	2/9-12/10	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai SC	14+	65	15	2/8	
40608223 (YL0906-21)	2/9-28/10 (excl. 7/9,21/9,5/10,14/10,19/10)	Tu,Th	8:00-9:00	Tin Shui Wai SC	14+	65	15	22/7-28/7 (5/8) {25/8}	
40608291 (YL0907-21)	2/9-28/10 (excl. 7/9,21/9,5/10,14/10,19/10)	Tu,Th	9:00-10:00	Tin Shui Wai SC	14+	65	15	22/7-28/7 (5/8) {25/8}	
40608298 (YL0937-21)	7/9-21/10 (excl. 21/9,14/10)	Tu,Th	18:00-19:00	Tin Shui Wai SC	14+	65	15	6/8	
40608300 (YL0938-21)	7/9-21/10 (excl. 21/9,14/10)	Tu,Th	19:00-20:00	Tin Shui Wai SC	14+	65	15	6/8	
Baduanjin TC									
40608332 (YL0991-21)	29/9-10/11 (excl. 1/10)	W,F	8:00-9:00	Tin Shui Wai SC	8+	80	15	26/8	
Fitness (Multi-gym) TC									
@ 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.									
40608335 (YL0982-21)	24/9-5/11 (excl. 1/10)	M,F	19:00-20:00	Long Ping SC	15+	75	15	@23/8	
40608336 (YL0983-21)	24/9-5/11 (excl. 1/10)	M,F	20:00-21:00	Long Ping SC	15+	75	15	@23/8	

40608337 (YL0945-21)	10/9-11/10 (excl. 22/9,1/10)	M,W,F	15:00-16:00	Long Ping SC	15+	75	15	@9/8		
40608338 (YL0964-21)	16/9-28/10 (excl. 14/10)	Tu,Th	20:00-21:00	Long Ping SC	15+	75	15	@17/8		
40608339 (YL0965-21)	16/9-28/10 (excl. 14/10)	Tu,Th	21:00-22:00	Long Ping SC	15+	75	15	@17/8		
40608340 (YL0953-21)	13/9-25/10 (excl. 22/9)	M,W	17:00-18:00	Tin Shui Wai SC	15+	75	15	@11/8		
40608341 (YL0954-21)	13/9-25/10 (excl. 22/9)	M,W	18:00-19:00	Tin Shui Wai SC	15+	75	15	@11/8		

Tai Chi Made Easy Class

40607714 (YL1692-21)	13/9-13/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Tin Shui Wai Park	6+	54	15	12/8		
40608373 (YL1693-21)	1/9-29/9 (excl. 22/9)	M,W,F	20:30-21:30	Tin Shui Wai Park	6+	54	15	3/8		
40608378 (YL1705-21)	3/9-4/10 (excl. 22/9,1/10)	M,W,F	7:00-8:00	Fung Kam ST. SC	6+	54	15	22/7-28/7 (5/8) {25/8}		
40608384 (YL1702-21)	2/9-28/9	Tu,Th,Sa	7:00-8:00	-	6+	54	15	2/8		
40608389 (YL1686-21)	1/9-29/9 (excl. 22/9)	M,W,F	7:00-8:00	Tin Shui Wai Park	6+	54	15	3/8		
40608455 (YL1697-21)	1/9-29/9 (excl. 22/9)	M,W,F	7:00-8:00	Yuen Long Stadium	6+	54	15	3/8		

Tai Chi Sword Fun Day

40608463 (YL1687-21)	2/9-28/9	Tu,Th	7:00-8:00	Tin Shui Wai Park	6+	Free	20	2/8		
40608464 (YL1701-21)	2/9-28/9	Tu,Th	7:00-8:00	Yuen Long Stadium	6+	Free	20	2/8		

Briefing on Proper Ways to Use Fitness Equipment

40608342 (YL0934-21)	5/9	Su	15:00-18:00	Long Ping SC	15+	Free	12	22/7-28/7 (5/8) {25/8}		
40608343 (YL0970-21)	19/9	Su	9:00-12:00	Tin Shui Wai SC	15+	Free	12	22/7-28/7 (5/8) {25/8}		
40608344 (YL0958-21)	14/9	Tu	9:00-12:00	Tin Shui Wai SC	15+	Free	12	22/7-28/7 (5/8) {25/8}		

Badminton TC

40608313 (YL0975-21)	20/9-25/10 (excl. 14/10)	M,Th	19:00-21:00	Fung Kam ST. SC	7+	118	12	22/7-28/7 (5/8) {25/8}		
40608315 (YL0940-21)	7/9-12/10 (excl. 1/10)	Tu,F	20:00-22:00	Long Ping SC	7+	118	12	22/7-28/7 (5/8) {25/8}		
40608321 (YL0966-21)	16/9-21/10 (excl. 14/10)	M,Th	9:00-11:00	Tin Shui Wai SC	7+	118	12	22/7-28/7 (5/8) {25/8}		
40608329 (YL0959-21)	14/9-21/10 (excl. 21/9,14/10)	Tu,Th	20:00-22:00	Tin Shui Wai SC	7+	118	12	22/7-28/7 (5/8) {25/8}		

Squash Training Course

40608369 (YL0955-21)	13/9-7/10	M,Th	19:30-21:30	Yuen Long Jockey Club Squash Courts	7+	160	6	13/8		
----------------------	-----------	------	-------------	-------------------------------------	----	-----	---	------	--	--

Table-tennis TC

40608518 (YL0974-21)	20/9-25/10 (excl. 14/10)	M,Th	16:00-18:00	Fung Kam ST. SC	6+	86	12	22/7-28/7 (5/8) {25/8}		
40608522 (YL0925-21)	3/9-8/10 (excl. 1/10)	Tu,F	16:00-18:00	Long Ping SC	6+	86	12	22/7-28/7 (5/8) {25/8}		
40608524 (YL0993-21)	29/9-3/11 (excl. 1/10)	W,F	17:00-19:00	Ping Shan Tin Shui Wai SC	6+	86	12	22/7-28/7 (5/8) {25/8}		
40608526 (YL0944-21)	9/9-19/10 (excl. 21/9,14/10)	Tu,Th	19:00-21:00	Tin Shui Wai SC	6+	86	12	22/7-28/7 (5/8) {25/8}		

Tennis TC

40608485 (YL0976-21)	20/9-25/10 (excl. 14/10)	M,Th	19:00-21:00	Sai Ching ST. TC	8+	170	9	22/7-28/7 (5/8) {25/8}		
40608487 (YL0957-21)	13/9-18/10 (excl. 22/9)	M,W	19:00-21:00	Tin Shui Wai Park	8+	170	6	22/7-28/7 (5/8) {25/8}		
40608510 (YL0933-21)	4/9-6/11	Sa	16:00-18:00	Tin Shui Wai Park	8+	170	6	22/7-28/7 (5/8) {25/8}		
40608514 (YL0984-21)	24/9-29/10 (excl. 1/10)	Tu,F	20:00-22:00	Tin Shui Wai Park	8+	170	6	22/7-28/7 (5/8) {25/8}		

Go TC for Children (Level 1)

40608352 (YL0972-21)	19/9-24/10	Su	10:00-12:00	Long Ping SC	6+	40	10	19/8		
----------------------	------------	----	-------------	--------------	----	----	----	------	--	--

Go TC (Level II)

40608363 (YL0949-21)	11/9-16/10	Sa	9:00-11:00	Fung Kam ST. SC	6+	40	10	11/8		
----------------------	------------	----	------------	-----------------	----	----	----	------	--	--

Activities for Elderly Programme Number (Class code)

(For aged 60 or above, free of charge)

Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
------	-----	------	-------	-------	---	------------------

Swimming TC for Elderly (I)

40608750 (YL0883-21)	1/9-29/9 (excl. 22/9,24/9,27/9)	M,W,F	7:00-8:00	Yuen Long SP	8	21/7-27/7 (4/8) {26/8}	
----------------------	------------------------------------	-------	-----------	--------------	---	---------------------------	--

Swimming TC for Elderly (II)

40608754 (YL0912-21)	3/9-27/9 (excl. 22/9)	M,W,F	8:00-9:00	Yuen Long SP	10	21/7-27/7 (4/8) {26/8}	
40608755 (YL0901-21)	2/9-23/9	Tu,Th,Sa	19:30-20:30	Yuen Long SP	10	21/7-27/7 (4/8) {26/8}	
40608756 (YL0918-21)	3/9-27/9 (excl. 22/9)	M,W,F	7:00-8:00	Tin Shui Wai SP	10	21/7-27/7 (4/8) {26/8}	

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.

40608759 (YL0980-21)	24/9-5/11 (excl. 1/10)	W,F	7:00-8:00	Long Ping SC	15	@22/7-28/7 (5/8){25/8}	✉
40608760 (YL0981-21)	24/9-5/11 (excl. 1/10)	W,F	8:00-9:00	Long Ping SC	15	@22/7-28/7 (5/8){25/8}	✉
40608761 (YL0946-21)	10/9-27/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Tin Shui Wai SC	15	@22/7-28/7 (5/8){25/8}	✉
40608762 (YL0947-21)	10/9-27/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Tin Shui Wai SC	15	@22/7-28/7 (5/8){25/8}	✉

Healthy Elderly Scheme - Badminton Play-in

40608757 (YL0926-21)	3/9-24/9	F	9:00-10:00	Tin Shui Wai SC	12	3/8	🏸 i
40608758 (YL0927-21)	3/9-24/9	F	10:00-11:00	Tin Shui Wai SC	12	3/8	🏸 i

Healthy Elderly Scheme - Social Dance Play-in

40608771 (YL0889-21)	1/9-29/9 (excl. 22/9)	W	15:00-16:00	Long Ping SC	16	2/8	🕺 i
----------------------	--------------------------	---	-------------	--------------	----	-----	-----

Healthy Elderly Scheme - Table-tennis Play-in

40608772 (YL0977-21)	6/9-13/9	M	9:00-10:00	Ping Shan Tin Shui Wai SC	12	6/8	🏓 i
40608773 (YL0978-21)	6/9-13/9	M	10:00-11:00	Ping Shan Tin Shui Wai SC	12	6/8	🏓 i
40609338 (YL1710-21)	6/9-13/9	M	8:00-9:00	Ping Shan Tin Shui Wai SC	12	3/8	🏓 i

Healthy Elderly Scheme-Elderly Fitness Play-in

40608763 (YL0890-21)	1/9-29/9 (excl. 22/9)	W	14:00-15:00	Long Ping SC	15	2/8	🏃 i
----------------------	--------------------------	---	-------------	--------------	----	-----	-----

Healthy Elderly Scheme - Gateball Play-in

40608764 (YL0932-21)	3/9-17/9	W,F	7:00-9:00	Tin Shui Wai Park	7	2/8	🏏 i
40608765 (YL0910-21)	2/9-16/9	M,Th	7:00-9:00	Yuen Long Park	7	2/8	🏏 i