

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Sep 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})	
Life-saving TC (Bronze Medallion)									
40586091	14/9-2/11 (excl. 14/10,23/10,30/10)	Tu,Th,Sa	19:30-21:30	Shing Mun Valley SP	13+	108	11	21/7-25/7 (2/8) {20/8}	✉
Breast Stroke TC for Adult (Level I)									
40591697	4/9-25/9	Tu,Th,Sa	9:00-10:00	Tsuen King Circuit Wu Chung SP	18+	100	8	21/7-25/7 (2/8) {20/8}	✉
Front Crawl TC for Adult (Level I)									
40591694	1/9-24/9 (excl. 22/9)	M,W,F	19:30-20:30	Tsuen King Circuit Wu Chung SP	18+	100	8	21/7-25/7 (2/8) {20/8}	✉
Breast Stroke TC for Adult (Level II)									
40586086	1/9-24/9 (excl. 22/9)	M,W,F	20:00-21:00	Shing Mun Valley SP	18+	100	10	21/7-25/7 (2/8) {20/8}	✉
Breast Stroke TC for Adult (Level II)									
40591695	1/9-24/9 (excl. 22/9)	M,W,F	20:30-21:30	Tsuen King Circuit Wu Chung SP	18+	100	10	21/7-25/7 (2/8) {20/8}	✉
Front Crawl TC for Adult (Level II)									
40586084	1/9-24/9 (excl. 22/9)	M,W,F	9:00-10:00	Shing Mun Valley SP	18+	100	10	21/7-25/7 (2/8) {20/8}	✉
Front Crawl TC for Adult (Level III)									
40586090	2/9-25/9 (excl. 11/9)	Tu,Th,Sa	20:00-21:00	Shing Mun Valley SP	18+	100	10	21/7-25/7 (2/8) {20/8}	✉
Aerobic Dance Training Course									
40606717	1/9-13/10 (excl. 22/9)	M,W	10:00-11:00	Tsuen Wan SC	14+	65	10	17/8	🖨️ i
40606718	1/9-13/10 (excl. 22/9)	M,W	11:00-12:00	Tsuen Wan SC	14+	65	10	17/8	🖨️ i
Chinese Dance TC									
40606827	20/9-22/11	M	19:00-21:00	Yeung Uk RD. SC	12+	45	12	24/8	🖨️ i
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>									
40606791	27/9-3/11	M,W	12:00-13:00	Tsuen Wan SC	15+	75	15	@23/8	🖨️ i
40606796	27/9-3/11	M,W	13:00-14:00	Tsuen Wan SC	15+	75	15	@23/8	🖨️ i
40606805	27/9-3/11	M,W	14:00-15:00	Tsuen Wan SC	15+	75	15	@23/8	🖨️ i
40606820	17/9-3/11 (excl. 22/9,1/10)	W,F	9:00-10:00	Yeung Uk RD. SC	15+	75	10	@23/8	🖨️ i
40606822	17/9-3/11 (excl. 22/9,1/10)	W,F	10:00-11:00	Yeung Uk RD. SC	15+	75	10	@23/8	🖨️ i
40606823	17/9-3/11 (excl. 22/9,1/10)	W,F	19:00-20:00	Yeung Uk RD. SC	15+	75	10	@23/8	🖨️ i
40606824	17/9-3/11 (excl. 22/9,1/10)	W,F	20:00-21:00	Yeung Uk RD. SC	15+	75	10	@23/8	🖨️ i
40606825	23/9-4/11 (excl. 14/10)	Tu,Th	14:00-15:00	Yeung Uk RD. SC	15+	75	10	@23/8	🖨️ i
40606826	23/9-4/11 (excl. 14/10)	Tu,Th	15:00-16:00	Yeung Uk RD. SC	15+	75	10	@23/8	🖨️ i
Jazz TC									
40606828	2/9-5/10	Tu,Th	19:00-21:00	Tsuen Wan SC	12+	70	10	21/7-25/7 (2/8) {20/8}	✉
Social Dance TC									
40606865	18/9-20/11	Sa	11:00-13:00	Yeung Uk RD. SC	14+	86	16	21/7-25/7 (2/8) {20/8}	✉
Western Folk Dance Mini Party (Afternoon)									
40606869	11/9	Sa	15:00-18:00	Yeung Uk RD. SC	14+	20	10	25/8	🖨️ i
Western Folk Dance TC									
40606867	2/9-4/10	M,Th	15:00-17:00	Tsuen Wan SC	8+	45	10	21/7-25/7 (2/8) {20/8}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40606751	5/9	Su	10:00-13:00	Tsuen Wan SC	15+	Free	12	21/7-25/7 (2/8) {20/8}	✉
40606765	11/9	Sa	10:00-13:00	Tsuen Wan SC	15+	Free	12	21/7-25/7 (2/8) {20/8}	✉
40606767	4/9	Sa	10:00-13:00	Tsuen Wan West SC	15+	Free	7	21/7-25/7 (2/8) {20/8}	✉
40606769	12/9	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	12	21/7-25/7 (2/8) {20/8}	✉
40606771	25/9	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	12	21/7-25/7 (2/8) {20/8}	✉
Badminton TC									
40606723	3/9-13/10 (excl. 22/9,1/10)	W,F	10:00-12:00	Tsuen Wan West SC	7+	118	12	21/7-25/7 (2/8) {20/8}	✉

40606729	1/9-8/10 (excl. 22/9,1/10)	W,F	19:00-21:00	Yeung Uk RD. SC	7+	118	12	21/7-25/7 (2/8) {20/8}	✉
40606746	1/9-25/10 (excl. 6/9,20/9,22/9,27/9,4/10,18/10)	M,W	11:00-13:00	Yeung Uk RD. SC	7+	118	12	21/7-25/7 (2/8) {20/8}	✉
Indoor Lawn Bowl TC									
40606914	1/9-29/9 (excl. 22/9)	W,F	14:00-16:00	Yeung Uk RD. SC	8+	54	6	18/8	📄 i
Squash TC for Adult									
40606716	1/9-6/10 (excl. 6/9,13/9,22/9)	M,W	19:00-21:00	Yeung Uk RD. SC	18+	160	6	21/7-25/7 (2/8) {20/8}	✉
Table-tennis TC									
40606880	1/9-8/10 (excl. 22/9,1/10)	W,F	9:00-11:00	Tsuen Wan SC	6+	86	9	21/7-25/7 (2/8) {20/8}	✉
40606881	2/9-14/10 (excl. 7/9,14/9,21/9)	Tu,Th	12:00-14:00	Tsuen Wan West SC	6+	86	12	21/7-25/7 (2/8) {20/8}	✉
Tennis TC									
40606882	2/9-5/10	Tu,Th	19:00-21:00	Shing Mun Valley	8+	170	6	21/7-25/7 (2/8) {20/8}	✉
40606885	1/9-8/10 (excl. 22/9,1/10)	W,F	9:00-11:00	Tsuen King Circuit PG	8+	170	6	21/7-25/7 (2/8) {20/8}	✉
40606904	3/9-12/10 (excl. 21/9,1/10)	Tu,F	20:00-22:00	Tsuen Wan Riviera Park	8+	170	6	21/7-25/7 (2/8) {20/8}	✉
Gateball TC									
40606909	13/9-11/10 (excl. 23/9)	M,Th	9:00-11:00	Tsuen Wan Park	8+	54	7	27/8	📄 i
Sports Climbing FD									
40606873	5/9	Su	13:00-15:00	Tsuen Wan SC	12+	Free	24	18/8	📄 i
40606874	5/9	Su	15:00-17:00	Tsuen Wan SC	12+	Free	24	18/8	📄 i
40606878	11/9	Sa	13:00-15:00	Tsuen Wan SC	12+	Free	24	18/8	📄 i
40606879	11/9	Sa	15:00-17:00	Tsuen Wan SC	12+	Free	24	18/8	📄 i
Green Seminar at Tsuen Wan Park									
40606917	26/9	Su	15:00-17:00	Conference Rm., Tsuen Wan SC	All	Free	20	26/9	Walk-in

Activities for Persons with Disabilities Programme Number (Class code)
(free of charge)

Date **Day** **Time** **Venue** **Age Quota** **Date of Enrollment** (Balloting) (Open Enrollment for Remaining Quota) **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.

Hydro Fitness TC for Ex-mentally III Persons

40596151	1/9-22/10 (excl. 22/9,1/10,6/10,15/10)	W,F	14:00-15:00	Shing Mun Valley SP	14+	5	19/7	📄 i
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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 the Elderly (Level I)

40586083	1/9-24/9 (excl. 22/9)	M,W,F	8:00-9:00	Shing Mun Valley SP	8	21/7-25/7 (2/8) {20/8}	✉
40586085	1/9-24/9 (excl. 22/9)	M,W,F	19:00-20:00	Shing Mun Valley SP	8	21/7-25/7 (2/8) {20/8}	✉

Swimming TC for the Elderly (Level I)

40591692	1/9-24/9 (excl. 22/9)	M,W,F	8:00-9:00	Tsuen King Circuit Wu Chung SP	8	21/7-25/7 (2/8) {20/8}	✉
40591696	4/9-25/9	Tu,Th,Sa	8:00-9:00	Tsuen King Circuit Wu Chung SP	8	21/7-25/7 (2/8) {20/8}	✉

Swimming TC for Elderly (Level II)

40591693	1/9-24/9 (excl. 22/9)	M,W,F	9:00-10:00	Tsuen King Circuit Wu Chung SP	10	21/7-25/7 (2/8) {20/8}	✉
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Swimming TC for the Elderly (Level II)

40586089	2/9-25/9 (excl. 11/9)	Tu,Th,Sa	19:00-20:00	Shing Mun Valley SP	10	21/7-25/7 (2/8) {20/8}	✉
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Hydro Fitness TC for the Elderly

40586087	1/9-8/10 (excl. 22/9,1/10,6/10)	M,W,F	8:00-9:00	Shing Mun Valley SP	11	21/7-25/7 (2/8) {20/8}	✉
40586088	1/9-8/10 (excl. 22/9,1/10,6/10)	M,W,F	9:00-10:00	Shing Mun Valley SP	11	21/7-25/7 (2/8) {20/8}	✉

Social Dance FD for the Elderly

40606679	13/9	M	8:00-11:00	Yeung Uk RD. SC	16	21/7-25/7 (2/8) {20/8}	✉
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HES-Badminton FD

40606672	1/9-29/9 (excl. 22/9)	W,F	8:00-9:00	Tsuen Wan West SC	16	21/7-25/7 (2/8) {20/8}	✉
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40606673	1/9-29/9 (excl. 22/9)	W,F	9:00-10:00	Tsuen Wan West SC	16	21/7-25/7 (2/8) {20/8}	✉
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HES-Table-tennis FD

40606674	1/9-29/9 (excl. 22/9)	W,F	9:00-10:45	Yeung Uk RD. SC	30	21/7-25/7 (2/8) {20/8}	✉
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