

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Oct 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) | |
| Long Distance Running Training Course | | | | | | | | | | |
| 40594432 | 4/10-6/12 | M | 20:00-22:00 | Tuen Mun Tang Siu Kin SG | 16+ | 130 | 20 | 2/9 | | |
| Breaststroke Training Cr for Adult (Level I) | | | | | | | | | | |
| 40592778 | 8/10-29/10 | M, W, F | 8:00-9:00 | Tuen Mun SP | 18+ | 100 | 8 | 7/9 | | |
| 40592780 | 8/10-29/10 | M, W, F | 20:30-21:30 | Tuen Mun SP | 18+ | 100 | 8 | 7/9 | | |
| Breaststroke Training Cr for Adult (Level II) | | | | | | | | | | |
| 40592773 | 4/10-25/10 | M, W, F | 7:00-8:00 | Tuen Mun North West SP | 18+ | 100 | 10 | 23/8-27/8 (2/9) {20/9} | | |
| Front Crawl Swimming Cr for Adult (II) | | | | | | | | | | |
| 40592777 | 8/10-29/10 | M, W, F | 7:00-8:00 | Tuen Mun SP | 18+ | 100 | 10 | 23/8-27/8 (2/9) {20/9} | | |
| Backstroke Training Course | | | | | | | | | | |
| 40592774 | 4/10-25/10 | M, W, F | 19:30-20:30 | Tuen Mun North West SP | 9+ | 100 | 10 | 23/8-27/8 (2/9) {20/9} | | |
| 40592779 | 8/10-29/10 | M,W,F | 19:30-20:30 | Tuen Mun SP | 9+ | 100 | 10 | 23/8-27/8 (2/9) {20/9} | | |
| Butterfly Stroke Training Course | | | | | | | | | | |
| 40592775 | 4/10-25/10 | M, W, F | 20:30-21:30 | Tuen Mun North West SP | 9+ | 100 | 10 | 23/8-27/8 (2/9) {20/9} | | |
| Aerobic Dance Training Course | | | | | | | | | | |
| 40592782 | 2/10-18/12 | Sa | 13:00-14:00 | Leung Tin SC | 14+ | 65 | 10 | 23/8-27/8 (2/9) {20/9} | | |
| 40592783 | 2/10-18/12 | Sa | 14:00-15:00 | Leung Tin SC | 14+ | 65 | 10 | 23/8-27/8 (2/9) {20/9} | | |
| 40592784 | 4/10-15/11 (excl. 14/10) | M,Th | 19:00-20:00 | Tai Hing SC | 14+ | 65 | 8 | 23/8-27/8 (2/9) {20/9} | | |
| 40592785 | 4/10-15/11 (excl. 14/10) | M,Th | 20:00-21:00 | Tai Hing SC | 14+ | 65 | 8 | 23/8-27/8 (2/9) {20/9} | | |
| 40592786 | 5/10-16/11 (excl. 14/10) | Tu,Th | 8:00-9:00 | Siu Lun SC | 14+ | 65 | 15 | 6/9 | | |
| 40592787 | 5/10-16/11 (excl. 14/10) | Tu,Th | 9:00-10:00 | Siu Lun SC | 14+ | 65 | 15 | 6/9 | | |
| 40592788 | 15/10-24/11 | W,F | 9:00-10:00 | The JC Tuen Mun Butterfly Beach SC | 14+ | 65 | 10 | 9/9 | | |
| 40592790 | 15/10-24/11 | W,F | 10:00-11:00 | The JC Tuen Mun Butterfly Beach SC | 14+ | 65 | 10 | 9/9 | | |
| 40592791 | 15/10-10/11 | M,W,F | 18:00-19:00 | Siu Lun SC | 14+ | 65 | 15 | 14/9 | | |
| 40592792 | 15/10-10/11 | M,W,F | 19:00-20:00 | Siu Lun SC | 14+ | 65 | 15 | 14/9 | | |
| 40592793 | 29/10-8/12 | W,F | 9:00-10:00 | Leung Tin SC | 14+ | 65 | 10 | 14/9 | | |
| 40592794 | 29/10-8/12 | W,F | 10:00-11:00 | Leung Tin SC | 14+ | 65 | 10 | 14/9 | | |
| Children Dance Training Course | | | | | | | | | | |
| 40592894 | 4/10-6/12 | M | 16:00-18:00 | Leung Tin SC | 4-11 | 60 | 10 | 2/9 | | |
| 40592895 | 9/10-11/12 | Sa | 14:00-16:00 | The JC Tuen Mun Butterfly Beach SC | 4-11 | 60 | 10 | 2/9 | | |
| 40592898 | 23/10-8/1 (excl. 25/12,1/1) | Sa | 12:00-14:00 | Tai Hing SC | 4-11 | 60 | 10 | 2/9 | | |
| Chinese Dance Training Course | | | | | | | | | | |
| 40592899 | 6/10-8/12 | W | 14:00-16:00 | Leung Tin SC | 12+ | 45 | 10 | 30/8-3/9 (9/9) {28/9} | | |
| 40592900 | 8/10-10/12 | F | 11:00-13:00 | The JC Tuen Mun Butterfly Beach SC | 12+ | 45 | 10 | 30/8-3/9 (9/9) {28/9} | | |
| 40592901 | 11/10-13/12 | M | 15:00-17:00 | The JC Tuen Mun Butterfly Beach SC | 12+ | 45 | 10 | 3/9 | | |
| 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> | | | | | | | | | | |
| 40592903 | 5/10-2/11 (excl. 14/10) | Tu,Th,Sa | 8:00-9:00 | The JC Tuen Mun Butterfly Beach SC | 15+ | 75 | 10 | @7/9 | | |
| 40592905 | 5/10-2/11 (excl. 14/10) | Tu,Th,Sa | 9:00-10:00 | The JC Tuen Mun Butterfly Beach SC | 15+ | 75 | 10 | @7/9 | | |
| 40592907 | 5/10-16/11 (excl. 14/10) | Tu,Th | 20:00-21:00 | Tai Hing SC | 15+ | 75 | 10 | @9/9 | | |
| 40592909 | 5/10-16/11 (excl. 14/10) | Tu,Th | 21:00-22:00 | Tai Hing SC | 15+ | 75 | 10 | @9/9 | | |
| 40592911 | 6/10-5/11 (excl. 11/10,25/10) | M,W,F | 8:00-9:00 | Tai Hing SC | 15+ | 75 | 10 | @6/9 | | |
| 40592913 | 6/10-5/11 (excl. 11/10,25/10) | M,W,F | 9:00-10:00 | Tai Hing SC | 15+ | 75 | 10 | @6/9 | | |
| 40592918 | 19/10-13/11 | Tu,Th,Sa | 8:00-9:00 | Tai Hing SC | 15+ | 75 | 10 | @16/9 | | |
| 40592920 | 19/10-13/11 | Tu,Th,Sa | 9:00-10:00 | Tai Hing SC | 15+ | 75 | 10 | @16/9 | | |
| 40592936 | 27/10-3/12 | W,F | 19:00-20:00 | The JC Tuen Mun Butterfly Beach SC | 15+ | 75 | 10 | @15/9 | | |
| 40592937 | 27/10-3/12 | W,F | 20:00-21:00 | The JC Tuen Mun Butterfly Beach SC | 15+ | 75 | 10 | @15/9 | | |
| Jazz Training Course | | | | | | | | | | |

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|---|-----------------------------------|-------|-------------|-------------------------------------|------|------|----|---------------------------|-----|--|
| 40592947 | 3/10-5/12 | Su | 11:00-13:00 | The JC Tuen Mun Butterfly Beach SC | 12+ | 70 | 10 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| 40592948 | 4/10-6/12 | M | 14:00-16:00 | Leung Tin SC | 12+ | 70 | 10 | 8/9 | 📅 i | |
| 40592950 | 15/10-17/12 | F | 14:00-16:00 | The JC Tuen Mun Butterfly Beach SC | 12+ | 70 | 10 | 8/9 | 📅 i | |
| Judo Training Course | | | | | | | | | | |
| 40592951 | 9/10-11/12 | Sa | 15:00-17:00 | Tai Hing SC | 6-50 | 65 | 10 | 3/9 | 📅 i | |
| 40592952 | 9/10-11/12 | Sa | 12:00-14:00 | The JC Tuen Mun Butterfly Beach SC | 6-50 | 65 | 10 | 3/9 | 📅 i | |
| Social Dance Training Course | | | | | | | | | | |
| 40592953 | 4/10-6/12 | M | 10:00-12:00 | Leung Tin SC | 14+ | 86 | 10 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40592955 | 7/10-16/12 (excl. 14/10) | Th | 17:00-19:00 | Tai Hing SC | 14+ | 86 | 10 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40592958 | 9/10-11/12 | Sa | 20:00-22:00 | The JC Tuen Mun Butterfly Beach SC | 14+ | 86 | 10 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40592963 | 11/10-13/12 | M | 17:00-19:00 | Tai Hing SC | 14+ | 86 | 10 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| Tai Chi Made Easy Class | | | | | | | | | | |
| 40612579 | 4/10-10/11 | M,W | 6:30-7:30 | Tuen Mun Park (Multi-purpose Court) | 6+ | 54 | 15 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| 40612581 | 4/10-10/11 | M,W | 17:30-18:30 | Tuen Mun Park (Multi-purpose Court) | 6+ | 54 | 15 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| 40612582 | 5/10-16/11 (excl. 14/10) | Tu,Th | 6:30-7:30 | Tuen Mun Park (Multi-purpose Court) | 6+ | 54 | 15 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| 40612586 | 8/10-15/11 | M,F | 6:30-7:30 | SAN WO LANE PLAYGROUNG | 6+ | 54 | 15 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| 40612588 | 8/10-15/11 | M,F | 6:30-7:30 | Tsing Sin ST.(BC) | 6+ | 54 | 15 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| 40612589 | 8/10-15/11 | M,F | 6:30-7:30 | Tsing Tin PG | 6+ | 54 | 15 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| 40612590 | 8/10-15/11 | M,F | 7:00-8:00 | Wu Shan Recreation PG(BC) | 6+ | 54 | 15 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| 40612591 | 7/10-18/11 (excl. 14/10) | Tu,Th | 7:30-8:30 | Lingnan PG | 6+ | 54 | 15 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| Briefing on Proper Ways to Use Fitness Equipment | | | | | | | | | | |
| 40592965 | 5/10 | Tu | 19:00-22:00 | The JC Tuen Mun Butterfly Beach SC | 15+ | Free | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40592966 | 6/10 | W | 19:00-22:00 | Siu Lun SC | 15+ | Free | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40592969 | 8/10 | F | 19:00-22:00 | Tai Hing SC | 15+ | Free | 10 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40592971 | 17/10 | Su | 8:00-11:00 | Siu Lun SC | 15+ | Free | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| Body-Mind Stretch Training Course | | | | | | | | | | |
| 40592795 | 11/10-3/1 (excl. 27/12) | M | 20:00-21:00 | Siu Lun SC | 15+ | 85 | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40592796 | 11/10-3/1 (excl. 27/12) | M | 21:00-22:00 | Siu Lun SC | 15+ | 85 | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40592799 | 19/10-25/11 | Tu,Th | 19:00-20:00 | Leung Tin SC | 15+ | 85 | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40592800 | 19/10-25/11 | Tu,Th | 20:00-21:00 | Leung Tin SC | 15+ | 85 | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| Parent-child (Aged 7-17) Badminton Fun Day | | | | | | | | | | |
| 40591952 | 9/10 | Sa | 9:00-10:00 | The JC Tuen Mun Butterfly Beach SC | 7+ | Free | 12 | 17/9 | ♿ | |
| 40591953 | 9/10 | Sa | 10:00-11:00 | The JC Tuen Mun Butterfly Beach SC | 7+ | Free | 12 | 17/9 | ♿ | |
| 40591954 | 9/10 | Sa | 11:00-12:00 | The JC Tuen Mun Butterfly Beach SC | 7+ | Free | 12 | 17/9 | ♿ | |
| Badminton Training Course for Adult | | | | | | | | | | |
| 40592979 | 7/10-16/12 (excl. 14/10) | Th | 19:00-21:00 | Siu Lun SC | 18+ | 118 | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40592990 | 19/10-19/11 | Tu,F | 11:00-13:00 | Tai Hing SC | 18+ | 118 | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| Badminton Training Course for Children | | | | | | | | | | |
| 40592974 | 2/10-18/12 (excl. 20/11,27/11) | Sa | 14:00-16:00 | The JC Tuen Mun Butterfly Beach SC | 7-11 | 118 | 12 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| 40592977 | 6/10-8/12 | W | 18:00-20:00 | Siu Lun SC | 7-11 | 118 | 12 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| Lawn Bowls Fun Day | | | | | | | | | | |
| 40593028 | 3/10 | Su | 14:00-15:00 | Wu Shan Bowling Green | 8+ | Free | 24 | 3/9 | 📅 i | |
| 40593031 | 3/10 | Su | 15:00-16:00 | Wu Shan Bowling Green | 8+ | Free | 24 | 3/9 | 📅 i | |
| 40593032 | 3/10 | Su | 16:00-17:00 | Wu Shan Bowling Green | 8+ | Free | 24 | 3/9 | 📅 i | |
| Lawn Bowls Training Course | | | | | | | | | | |
| 40592992 | 3/10-21/11 | Su | 17:00-19:00 | Wu Shan Bowling Green | 8+ | 54 | 6 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| 40592993 | 5/10-29/10 | Tu,F | 20:00-22:00 | Wu Shan Bowling Green | 8+ | 54 | 6 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| Lawn Bowls Training Course for Adult | | | | | | | | | | |
| 40594512 | 6/10-24/11 | W | 20:00-22:00 | Wu Shan Bowling Green | 20+ | 54 | 6 | 23/8-27/8 (2/9) {20/9} | ✉ | |
| Table-tennis Training Course | | | | | | | | | | |
| 40593004 | 6/10-8/12 | W | 19:00-21:00 | The JC Tuen Mun Butterfly Beach SC | 14+ | 86 | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| Table-tennis Training Course for Children | | | | | | | | | | |
| 40593006 | 9/10-11/12 | Sa | 10:00-12:00 | Tuen Mun SP Squash Courts | 6-13 | 86 | 6 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| 40593007 | 15/10-17/12 | F | 18:00-20:00 | The JC Tuen Mun Butterfly Beach SC | 6-13 | 86 | 12 | 30/8-3/9 (9/9) {28/9} | ✉ | |
| Tennis Fun Day | | | | | | | | | | |
| 40593041 | 2/10 | Sa | 15:00-16:00 | Wu Shan TC | 8+ | Free | 6 | 8/9 | 📅 i | |
| 40593042 | 2/10 | Sa | 16:00-17:00 | Wu Shan TC | 8+ | Free | 6 | 8/9 | 📅 i | |

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| 40593043 | 2/10 | Sa | 17:00-18:00 | Wu Shan TC | 8+ | Free | 6 | 8/9 | | |
| 40593053 | 13/10 | W | 18:00-19:00 | Tsing Sin PG | 8+ | Free | 6 | 16/9 | | |
| 40593055 | 13/10 | W | 19:00-20:00 | Tsing Sin PG | 8+ | Free | 6 | 16/9 | | |
| 40593057 | 13/10 | W | 20:00-21:00 | Tsing Sin PG | 8+ | Free | 6 | 16/9 | | |

Tennis Training Course

| | | | | | | | | | |
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| 40593021 | 7/10-11/11 (excl. 14/10) | M,Th | 9:00-11:00 | Tsing Sin PG | 8+ | 170 | 9 | 23/8-27/8 (2/9) {20/9} | |
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Tennis Training Course for Adult

| | | | | | | | | | |
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| 40593011 | 3/10-5/12 | Su | 10:00-12:00 | Tsing Sin PG | 18+ | 170 | 9 | 23/8-27/8 (2/9) {20/9} | |
| 40593016 | 5/10-5/11 | Tu,F | 20:00-22:00 | Wu Shan TC | 18+ | 170 | 6 | 23/8-27/8 (2/9) {20/9} | |
| 40593019 | 6/10-5/11 | W,F | 20:00-22:00 | Tuen Mun Tang Siu Kin SG(TC) | 18+ | 170 | 9 | 23/8-27/8 (2/9) {20/9} | |
| 40593023 | 7/10-11/11 (excl. 14/10) | M,Th | 19:00-21:00 | Tuen Mun Tang Siu Kin SG(TC) | 18+ | 170 | 9 | 23/8-27/8 (2/9) {20/9} | |
| 40593025 | 7/10-11/11 (excl. 14/10) | M,Th | 20:00-22:00 | Tsing Sin PG | 18+ | 170 | 9 | 23/8-27/8 (2/9) {20/9} | |

Intermediate Tennis Training Course

| | | | | | | | | | |
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| 40593013 | 5/10-5/11 | Tu,F | 19:00-21:00 | Tsing Sin PG | 8+ | 170 | 9 | 23/8-27/8 (2/9) {20/9} | |
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TMD11-a-side Soccer League 2021

| | | | | | | | | | |
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| 40593085 | 3/10-28/11 (excl. 14/11) | Su | 10:00-18:00 | Wu Shan Recreation PG | 16+ | 100 | 16 | 16/8-23/8 (27/8) {20/9} | |
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Soccer Training Course for Children

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| 40593074 | 3/10-12/12 (excl. 10/10) | Su | 9:00-11:00 | San Wo Lane PG | 6-11 | 60 | 12 | 1/9 | | |
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Sport Climbing Fun Day

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|----------|-------|----|-------------|------------|----|------|---|------|--|--|
| 40593067 | 10/10 | Su | 14:00-15:00 | Siu Lun SC | 8+ | Free | 4 | 13/9 | | |
| 40593070 | 10/10 | Su | 15:00-16:00 | Siu Lun SC | 8+ | Free | 4 | 13/9 | | |
| 40593071 | 10/10 | Su | 16:00-17:00 | Siu Lun SC | 8+ | Free | 4 | 13/9 | | |

Handicraft Fun Day

| | | | | | | | | | | |
|----------|------|----|-------------|---------------------------|-----|------|----|-----|--|--|
| 40593174 | 9/10 | Sa | 14:00-15:30 | Tuen Mun SP Squash Courts | All | Free | 15 | 1/9 | | |
| 40593175 | 9/10 | Sa | 15:30-17:00 | Tuen Mun SP Squash Courts | All | Free | 15 | 1/9 | | |

Community Garden Programme

| | | | | | | | | | |
|----------|---------------------------------|-------------------|------------|------------------------------|-----|-----|----|--------------------------|--|
| 40612585 | 23/10-12/3 (excl. 25/12,1/1) | M,Tu,W,Th,F,Sa,Su | 8:00-18:00 | Tuen Fu RD. Community Garden | 12+ | 400 | 19 | 30/8-3/9 (9/9) {28/9} | |
| 40612593 | 24/10-6/3 (excl. 26/12) | M,Tu,W,Th,F,Sa,Su | 8:00-18:00 | Tsing Tin PG | 12+ | 400 | 24 | 30/8-3/9 (9/9) {28/9} | |

| 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 |
|---|------|-----|------|-------|-----------|--|------------------|
|---|------|-----|------|-------|-----------|--|------------------|

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.

Fitness (Multi-gym) Training Scheme for Persons with Chronic Illness

| | | | | | | | | | |
|----------|------------|----|-------------|------------|-----|---|------|--|--|
| 40599470 | 12/10-2/11 | Tu | 19:00-21:00 | Siu Lun SC | 15+ | 2 | 23/8 | | |
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Fitness Exercise Fun Day for Ex-mentally Ill Persons

| | | | | | | | | | |
|----------|-------|----|-------------|------------------------------------|-----|---|------|--|--|
| 40599488 | 19/10 | Tu | 13:00-15:00 | The JC Tuen Mun Butterfly Beach SC | All | 2 | 23/8 | | |
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Modern Dance Training Programme for Persons with Autism

| | | | | | | | | | |
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| 40596888 | 4/10-8/11 (excl. 14/10) | M,Th | 16:00-18:00 | Siu Lun SC | 7+ | 6 | 18/8 | | |
|----------|----------------------------|------|-------------|------------|----|---|------|--|--|

Badminton Fun Day for Persons with Disabilities

| | | | | | | | | | |
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| 40599347 | 27/10 | W | 10:00-12:00 | The JC Tuen Mun Butterfly Beach SC | 8+ | 2 | 23/8 | | |
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Carnival for PWD 2021

| | | | | | | | | |
|----------|-------|---|-------------|------------|-----|------|-------|---------|
| 40593172 | 22/10 | F | 10:00-15:00 | Siu Lun SG | All | 1500 | 22/10 | Walk-in |
|----------|-------|---|-------------|------------|-----|------|-------|---------|

| 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)

| | | | | | | | |
|----------|------------|---------|-----------|------------------------|---|---------------------------|--|
| 40593090 | 4/10-25/10 | M, W, F | 8:00-9:00 | Tuen Mun North West SP | 8 | 23/8-27/8 (2/9) {20/9} | |
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|--|----------------------------------|----------|-------------|---------------------------------------|----|---------------------------|---------|
| 40593099 | 8/10-29/10 | M,W,F | 7:00-8:00 | Tuen Mun SP | 8 | 23/8-27/8 (2/9) {20/9} | ✉ |
| Swimming Training Cr for Elderly (Level II) | | | | | | | |
| 40593101 | 8/10-29/10 | M,W,F | 8:00-9:00 | Tuen Mun SP | 10 | 23/8-27/8 (2/9) {20/9} | ✉ |
| Fitness Training Course for Elderly | | | | | | | |
| 40593087 | 2/10-4/11 (excl. 14/10) | Tu,Th,Sa | 10:00-11:00 | The JC Tuen Mun Butterfly Beach SC | 10 | 23/8-27/8 (2/9) {20/9} | ✉ |
| Fitness(Multi-gym)Training Course for Elderly | | | | | | | |
| <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. 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> | | | | | | | |
| 40593092 | 5/10-2/11 (excl. 14/10) | Tu,Th,Sa | 7:00-8:00 | The JC Tuen Mun Butterfly Beach SC | 10 | @30/8-3/9 (9/9) {28/9} | ✉ |
| 40593093 | 5/10-2/11 (excl. 14/10) | Tu,Th,Sa | 14:00-15:00 | Tai Hing SC | 10 | @30/8-3/9 (9/9) {28/9} | ✉ |
| 40593095 | 5/10-2/11 (excl. 14/10) | Tu,Th,Sa | 15:00-16:00 | Tai Hing SC | 10 | @30/8-3/9 (9/9) {28/9} | ✉ |
| 40593097 | 6/10-5/11 (excl. 11/10,25/10) | M,W,F | 10:00-11:00 | Tai Hing SC | 10 | @30/8-3/9 (9/9) {28/9} | ✉ |
| Social Dance Fun Day for Elderly | | | | | | | |
| 40593116 | 8/10 | F | 9:00-10:00 | Siu Lun SC | 16 | 13/9 | 📄 |
| 40593117 | 8/10 | F | 10:00-11:00 | Siu Lun SC | 16 | 13/9 | 📄 |
| Healthy Elderly Scheme-Badminton Fun Day | | | | | | | |
| 40593119 | 4/10-25/10 | M | 7:00-8:00 | Siu Lun SC | 12 | 4/10-25/10 | Walk-in |
| 40593120 | 4/10-25/10 | M | 8:00-9:00 | Siu Lun SC | 12 | 4/10-25/10 | Walk-in |
| 40593122 | 4/10-25/10 | M | 9:00-10:00 | Siu Lun SC | 12 | 4/10-25/10 | Walk-in |
| Healthy Elderly Scheme-Chess and Table-tennis Fun Day | | | | | | | |
| 40593159 | 7/10-28/10 (excl. 14/10) | Th | 10:00-11:00 | The JC Tuen Mun Butterfly Beach SC | 8 | 7/10-28/10 | Walk-in |
| 40593161 | 7/10-28/10 (excl. 14/10) | Th | 11:00-12:00 | The JC Tuen Mun Butterfly Beach SC | 8 | 7/10-28/10 | Walk-in |
| 40593162 | 7/10-28/10 (excl. 14/10) | Th | 12:00-13:00 | The JC Tuen Mun Butterfly Beach SC | 8 | 7/10-28/10 | Walk-in |
| 40593164 | 8/10-29/10 | F | 13:00-14:00 | The JC Tuen Mun Butterfly Beach SC | 8 | 8/10-29/10 | Walk-in |
| 40593166 | 8/10-29/10 | F | 14:00-15:00 | The JC Tuen Mun Butterfly Beach SC | 8 | 8/10-29/10 | Walk-in |
| 40593167 | 8/10-29/10 | F | 15:00-16:00 | The JC Tuen Mun Butterfly Beach SC | 8 | 8/10-29/10 | Walk-in |
| Healthy Elderly Scheme-Fitness Fun Day | | | | | | | |
| 40593155 | 7/10-28/10 (excl. 14/10) | Th | 8:00-10:00 | Leung Tin SC | 15 | 23/8-27/8 (2/9) {20/9} | ✉ |
| Healthy Elderly Scheme-Gateball Fun Day | | | | | | | |
| 40593136 | 6/10-27/10 | W | 7:00-8:00 | Tai Hing SC | 10 | 9/9 | 📄 i |
| 40593138 | 6/10-27/10 | W | 8:00-9:00 | Tai Hing SC | 10 | 9/9 | 📄 i |
| Healthy Elderly Scheme-Lawn Bowls Fun Day | | | | | | | |
| 40593157 | 7/10-28/10 (excl. 14/10) | Th | 9:00-10:00 | Wu Shan Bowling Green | 12 | 7/10-28/10 | Walk-in |
| 40593158 | 7/10-28/10 (excl. 14/10) | Th | 10:00-11:00 | Wu Shan Bowling Green | 12 | 7/10-28/10 | Walk-in |
| Healthy Elderly Scheme-Lawn Bowls Self Practice Scheme | | | | | | | |
| 40593147 | 6/10-27/10 | W | 9:00-10:00 | Wu Shan Bowling Green | 18 | 6/10-27/10 | Walk-in |
| 40593149 | 6/10-27/10 | W | 10:00-11:00 | Wu Shan Bowling Green | 18 | 6/10-27/10 | Walk-in |
| Gateball Training Course for Elderly | | | | | | | |
| 40593107 | 16/10-4/12 | Sa | 8:00-10:00 | SAN WO LANE PLAYGROUNG | 7 | 23/8-27/8 (2/9) {20/9} | ✉ |