

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

Yuen Long District

| Programme Number (Class code) | Date | Day | Time | Venue | Age | Fee(\$) | Quota | Date of Enrollment | | Enrolment Method |
|---|----------------------------------|-------|-------------|---------------------------------|------|---------|-------|---------------------------|---------------------------------------|------------------|
| | | | | | | | | (Balloting) | (Open Enrollment for Remaining Quota) | |
| Breast Stroke TC for Adult (I) | | | | | | | | | | |
| 40612122 (YL1038-21) | 4/10-25/10 | M,W,F | 7:00-8:00 | Tin Shui Wai SP | 18+ | 100 | 8 | 31/8 | | |
| 40612123 (YL1040-21) | 4/10-29/10 (excl. 8/10,15/10) | M,W,F | 18:30-19:30 | Yuen Long SP | 18+ | 100 | 8 | 31/8 | | |
| Front Crawl TC for Adult (I) | | | | | | | | | | |
| 40612124 (YL1039-21) | 4/10-25/10 | M,W,F | 8:00-9:00 | Tin Shui Wai SP | 18+ | 100 | 8 | 31/8 | | |
| 40612125 (YL1033-21) | 4/10-29/10 (excl. 8/10,15/10) | M,W,F | 8:00-9:00 | Yuen Long SP | 18+ | 100 | 8 | 31/8 | | |
| Breast Stroke TC for Adult (II) | | | | | | | | | | |
| 40612127 (YL1034-21) | 4/10-25/10 | M,W,F | 7:00-8:00 | Yuen Long SP | 18+ | 100 | 10 | 20/8-26/8 (7/9) {28/9} | | |
| Front Crawl TC for Adult (III) | | | | | | | | | | |
| 40612126 (YL1041-21) | 4/10-25/10 | M,W,F | 19:30-20:30 | Yuen Long SP | 18+ | 100 | 10 | 20/8-26/8 (7/9) {28/9} | | |
| Aerobic Dance TC | | | | | | | | | | |
| 40612004 (YL1042-21) | 4/10-15/11 (excl. 14/10) | M,Th | 18:00-19:00 | Fung Kam ST. SC | 14+ | 65 | 10 | 3/9 | | |
| 40612005 (YL1043-21) | 4/10-15/11 (excl. 14/10) | M,Th | 19:00-20:00 | Fung Kam ST. SC | 14+ | 65 | 10 | 3/9 | | |
| 40612007 (YL1066-21) | 5/10-16/11 (excl. 14/10) | Tu,Th | 9:00-10:00 | Fung Kam ST. SC | 14+ | 65 | 10 | 1/9 | | |
| 40612008 (YL1067-21) | 5/10-16/11 (excl. 14/10) | Tu,Th | 10:00-11:00 | Fung Kam ST. SC | 14+ | 65 | 10 | 1/9 | | |
| 40612009 (YL1127-21) | 11/10-17/11 | M,W | 18:00-19:00 | Long Ping SC | 14+ | 65 | 15 | 10/9 | | |
| 40612011 (YL1128-21) | 11/10-17/11 | M,W | 19:00-20:00 | Long Ping SC | 14+ | 65 | 15 | 10/9 | | |
| 40612012 (YL1070-21) | 5/10-16/11 (excl. 14/10) | Tu,Th | 8:00-9:00 | Long Ping SC | 14+ | 65 | 15 | 1/9 | | |
| 40612013 (YL1071-21) | 5/10-16/11 (excl. 14/10) | Tu,Th | 9:00-10:00 | Long Ping SC | 14+ | 65 | 15 | 1/9 | | |
| 40612015 (YL1158-21) | 26/10-2/12 | Tu,Th | 8:00-9:00 | Ping Shan Tin Shui Wai SC | 14+ | 65 | 15 | 27/9 | | |
| 40612016 (YL1159-21) | 26/10-2/12 | Tu,Th | 9:00-10:00 | Ping Shan Tin Shui Wai SC | 14+ | 65 | 15 | 27/9 | | |
| Children Dance TC | | | | | | | | | | |
| 40612042 (YL1028-21) | 3/10-5/12 | Su | 9:00-11:00 | Fung Kam ST. SC | 4-11 | 60 | 10 | 3/9 | | |
| 40612043 (YL1029-21) | 3/10-5/12 | Su | 11:00-13:00 | Fung Kam ST. SC | 4-11 | 60 | 10 | 3/9 | | |
| 40612044 (YL1017-21) | 2/10-4/12 | Sa | 13:00-15:00 | Long Ping SC | 4-11 | 60 | 10 | 20/8-26/8 (7/9) {28/9} | | |
| 40612045 (YL1018-21) | 2/10-4/12 | Sa | 10:00-12:00 | Ping Shan Tin Shui Wai SC | 4-11 | 60 | 10 | 2/9 | | |
| 40612046 (YL1124-21) | 10/10-12/12 | Su | 14:00-16:00 | Tin Shui Wai SC | 4-11 | 60 | 10 | 10/9 | | |
| 40612047 (YL1125-21) | 10/10-12/12 | Su | 16:00-18:00 | Tin Shui Wai SC | 4-11 | 60 | 10 | 10/9 | | |
| Chinese Dance TC | | | | | | | | | | |
| 40612048 (YL1015-21) | 2/10-4/12 | Sa | 19:00-21:00 | Long Ping SC | 12+ | 45 | 15 | 20/8-26/8 (7/9) {28/9} | | |
| 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> | | | | | | | | | | |
| 40612050 (YL1149-21) | 18/10-12/11 (excl. 14/10) | M,W,F | 15:00-16:00 | Long Ping SC | 15+ | 75 | 15 | @17/9 | | |
| 40612052 (YL1050-21) | 4/10-15/11 (excl. 14/10) | M,Th | 9:00-10:00 | Tin Shui Wai SC | 15+ | 75 | 15 | @2/9 | | |
| 40612054 (YL1051-21) | 4/10-15/11 (excl. 14/10) | M,Th | 10:00-11:00 | Tin Shui Wai SC | 15+ | 75 | 15 | @2/9 | | |
| Jazz TC | | | | | | | | | | |
| 40612102 (YL1019-21) | 2/10-4/12 | Sa | 17:00-19:00 | Ping Shan Tin Shui Wai SC | 12+ | 70 | 15 | 20/8-26/8 (7/9) {28/9} | | |
| Judo TC | | | | | | | | | | |
| 40612104 (YL1137-21) | 15/10-17/12 | F | 19:00-21:00 | Tin Shui Wai SC | 6+ | 65 | 15 | 15/9 | | |
| Judo TC for Children | | | | | | | | | | |
| 40612103 (YL1016-21) | 2/10-4/12 | Sa | 17:00-19:00 | Long Ping SC | 6-11 | 65 | 15 | 2/9 | | |
| Social Dance TC | | | | | | | | | | |
| 40612108 (YL1108-21) | 8/10-10/12 | F | 20:00-22:00 | Long Ping SC | 14+ | 86 | 16 | 20/8-26/8 (7/9) {28/9} | | |
| 40612109 (YL1099-21) | 7/10-16/12 (excl. 14/10) | Th | 18:00-20:00 | Long Ping SC | 14+ | 86 | 16 | 20/8-26/8 (7/9) {28/9} | | |
| 40612110 (YL1100-21) | 7/10-16/12 (excl. 14/10) | Th | 19:00-21:00 | Ping Shan Tin Shui Wai SC | 14+ | 86 | 16 | 20/8-26/8 (7/9) {28/9} | | |
| Tai Chi Made Easy Class | | | | | | | | | | |
| 40602462 (YL0499-21) | 4/10-29/10 | M,W,F | 18:30-19:30 | Tai Kiu Market Sitting-out Area | 6+ | 54 | 15 | 31/8 | | |

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|----------------------|--------------------------|----------|-------------|--|----|----|----|------|--|--|
| 40602466 (YL0502-21) | 4/10-29/10 | M,W,F | 7:00-8:00 | Long Ping Estate Basketball court | 6+ | 54 | 15 | 31/8 | | |
| 40602469 (YL0503-21) | 4/10-29/10 | M,W,F | 7:30-8:30 | Wang Toi Shan PG | 6+ | 54 | 15 | 31/8 | | |
| 40611715 (YL0830-21) | 2/10-30/10 (excl. 14/10) | Tu,Th,Sa | 6:30-7:30 | Tai Kiu Market Sitting-out Area | 6+ | 54 | 15 | 1/9 | | |
| 40612160 (YL1052-21) | 15/10-10/11 | M,W,F | 7:00-8:00 | Tin Shui Wai Park(BC No.3) | 6+ | 54 | 15 | 31/8 | | |
| 40612161 (YL1694-21) | 4/10-29/10 | M,W,F | 20:30-21:30 | Tin Shui Wai SG | 6+ | 54 | 15 | 3/9 | | |
| 40612163 (YL0992-21) | 4/10-29/10 | M,W,F | 7:00-8:00 | Tin Shui Wai Park(5-a-side Soccer Pitch) | 6+ | 54 | 15 | 31/8 | | |
| 40612164 (YL1698-21) | 4/10-29/10 | M,W,F | 7:00-8:00 | Yuen Long Stadium | 6+ | 54 | 15 | 31/8 | | |
| 40612165 (YL1703-21) | 2/10-30/10 (excl. 14/10) | Tu,Th,Sa | 7:00-8:00 | - | 6+ | 54 | 15 | 1/9 | | |
| 40612168 (YL1706-21) | 11/10-5/11 | M,W,F | 7:00-8:00 | Fung Kam ST. SC | 6+ | 54 | 15 | 3/9 | | |

Tai Chi Sword Fun Day

| | | | | | | | | | | |
|----------------------|-------------------------|-------|-----------|---------------------------------|----|------|----|-----|--|--|
| 40602471 (YL0505-21) | 4/10-27/10 | M,W | 6:30-7:30 | Tai Kiu Market Sitting-out Area | 6+ | Free | 20 | 3/9 | | |
| 40612170 (YL0989-21) | 5/10-2/11 (excl. 14/10) | Tu,Th | 7:00-8:00 | Yuen Long Stadium | 6+ | Free | 20 | 6/9 | | |
| 40612171 (YL1688-21) | 5/10-2/11 (excl. 14/10) | Tu,Th | 7:00-8:00 | Tin Shui Wai Park(No.3 BC) | 6+ | Free | 20 | 6/9 | | |

Yoga TC

| | | | | | | | | | | |
|----------------------|-------------|---|-------------|-----------------|-----|----|----|------------------------|--|--|
| 40612139 (YL1107-21) | 8/10-10/12 | F | 19:00-21:00 | Fung Kam ST. SC | 15+ | 85 | 15 | 20/8-26/8 (7/9) {28/9} | | |
| 40612140 (YL1044-21) | 4/10-6/12 | M | 13:00-15:00 | Fung Kam ST. SC | 15+ | 85 | 15 | 20/8-26/8 (7/9) {28/9} | | |
| 40612141 (YL1129-21) | 11/10-13/12 | M | 13:00-15:00 | Long Ping SC | 15+ | 85 | 15 | 20/8-26/8 (7/9) {28/9} | | |
| 40612142 (YL1130-21) | 11/10-13/12 | M | 15:00-17:00 | Long Ping SC | 15+ | 85 | 15 | 20/8-26/8 (7/9) {28/9} | | |
| 40612143 (YL1048-21) | 4/10-6/12 | M | 10:00-12:00 | Tin Shui Wai SC | 15+ | 85 | 15 | 20/8-26/8 (7/9) {28/9} | | |
| 40612144 (YL1049-21) | 4/10-6/12 | M | 18:00-20:00 | Tin Shui Wai SC | 15+ | 85 | 15 | 20/8-26/8 (7/9) {28/9} | | |

Briefing on Proper Ways to Use Fitness Equipment

| | | | | | | | | | | |
|----------------------|-------|----|-------------|-----------------|-----|------|----|------------------------|--|--|
| 40612055 (YL1030-21) | 3/10 | Su | 15:00-18:00 | Long Ping SC | 15+ | Free | 12 | 20/8-26/8 (7/9) {28/9} | | |
| 40612056 (YL1144-21) | 17/10 | Su | 9:00-12:00 | Tin Shui Wai SC | 15+ | Free | 12 | 20/8-26/8 (7/9) {28/9} | | |

Body Mind Stretching TC

| | | | | | | | | | | |
|----------------------|------------|------|-------------|--------------|-----|----|----|-----|--|--|
| 40612033 (YL1069-21) | 5/10-12/11 | Tu,F | 10:00-11:00 | Long Ping SC | 15+ | 85 | 12 | 2/9 | | |
| 40612040 (YL1068-21) | 5/10-12/11 | Tu,F | 11:00-12:00 | Long Ping SC | 15+ | 85 | 12 | 2/9 | | |

Badminton TC

| | | | | | | | | | | |
|----------------------|------------|----|-------------|---------------------------|----|-----|----|------------------------|--|--|
| 40612020 (YL1022-21) | 2/10-4/12 | Sa | 15:00-17:00 | Fung Kam ST. SC | 7+ | 118 | 12 | 20/8-26/8 (7/9) {28/9} | | |
| 40612021 (YL1113-21) | 8/10-10/12 | F | 20:00-22:00 | Ping Shan Tin Shui Wai SC | 7+ | 118 | 12 | 20/8-26/8 (7/9) {28/9} | | |

Badminton TC for Youth

| | | | | | | | | | | |
|----------------------|-----------|----|------------|--------------|------|-----|---|------------------------|--|--|
| 40612022 (YL1031-21) | 3/10-5/12 | Su | 9:00-11:00 | Long Ping SC | 7-17 | 118 | 9 | 20/8-26/8 (7/9) {28/9} | | |
|----------------------|-----------|----|------------|--------------|------|-----|---|------------------------|--|--|

Squash TC

| | | | | | | | | | | |
|----------------------|-------------------------|-------|-------------|-------------------------------------|----|-----|---|------------------------|--|--|
| 40612116 (YL1082-21) | 5/10-2/11 (excl. 14/10) | Tu,Th | 19:30-21:30 | Tai Kiu Market Squash Courts | 7+ | 160 | 6 | 20/8-26/8 (7/9) {28/9} | | |
| 40612117 (YL1161-21) | 30/10-18/12 | Sa | 17:00-19:00 | Tin Shui Wai SC | 7+ | 160 | 6 | 30/9 | | |
| 40612118 (YL1084-21) | 5/10-2/11 (excl. 14/10) | Tu,Th | 21:00-23:00 | Tin Shui Wai SC | 7+ | 160 | 6 | 6/9 | | |
| 40612119 (YL1095-21) | 6/10-29/10 | W,F | 20:00-22:00 | Tin Shui Wai SC | 7+ | 160 | 6 | 6/9 | | |
| 40612120 (YL1150-21) | 18/10-11/11 | M,Th | 19:30-21:30 | Yuen Long Jockey Club Squash Courts | 7+ | 160 | 6 | 17/9 | | |
| 40612121 (YL1023-21) | 2/10-20/11 | Sa | 15:30-17:30 | Yuen Long Jockey Club Squash Courts | 7+ | 160 | 6 | 2/9 | | |

Table Tennis TC

| | | | | | | | | | | |
|----------------------|--------------------------|------|-------------|-----------------|----|----|----|------------------------|--|--|
| 40612132 (YL1105-21) | 7/10-16/12 (excl. 14/10) | Th | 9:00-11:00 | Fung Kam ST. SC | 6+ | 86 | 12 | 20/8-26/8 (7/9) {28/9} | | |
| 40612133 (YL1152-21) | 22/10-23/11 | Tu,F | 16:00-18:00 | Long Ping SC | 6+ | 86 | 12 | 20/8-26/8 (7/9) {28/9} | | |
| 40612134 (YL1119-21) | 9/10-11/12 | Sa | 15:00-17:00 | Tin Shui Wai SC | 6+ | 86 | 12 | 20/8-26/8 (7/9) {28/9} | | |

Tennis TC

| | | | | | | | | | | |
|----------------------|-----------|----|-------------|------------------|----|-----|---|------------------------|--|--|
| 40612131 (YL1081-21) | 5/10-7/12 | Tu | 20:00-22:00 | Sai Ching ST. TC | 8+ | 170 | 9 | 20/8-26/8 (7/9) {28/9} | | |
|----------------------|-----------|----|-------------|------------------|----|-----|---|------------------------|--|--|

Basketball TC

| | | | | | | | | | | |
|----------------------|-----------|----|-------------|-----------------|-----|----|----|-----|--|--|
| 40612032 (YL1027-21) | 2/10-4/12 | Sa | 17:00-19:00 | Fung Kam ST. SC | 10+ | 75 | 15 | 2/9 | | |
|----------------------|-----------|----|-------------|-----------------|-----|----|----|-----|--|--|

Rugby TC for Adult

| | | | | | | | | | | |
|----------------------|-----------|----|-------------|--|-----|----|----|-----|--|--|
| 40612106 (YL1086-21) | 5/10-7/12 | Tu | 20:00-22:00 | Tin Shui Wai Park(5-a-side Soccer Pitch) | 18+ | 40 | 10 | 6/9 | | |
|----------------------|-----------|----|-------------|--|-----|----|----|-----|--|--|

Activities for Persons with Disabilities

| Programme Number (Class code) | Date | Day | Time | Venue | Age Quota | Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota) | Enrolment Method |
|-------------------------------|------|-----|------|-------|-----------|--|------------------|
| <i>(free of charge)</i> | | | | | | | |

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 PWs 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 PWs 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.

Body-Mind Stretch TP for PWD(Ex-ment. ill)

| | | | | | | | | |
|----------------------|-----------|----|-------------|---------------------------|-------|----|------|--|
| 40596118 (YL1672-21) | 2/10-6/11 | Sa | 12:00-14:00 | Ping Shan Tin Shui Wai SC | 15-65 | 15 | 18/8 | |
|----------------------|-----------|----|-------------|---------------------------|-------|----|------|--|

Golf Training Scheme for PWD (Ex-ment. ill)

| | | | | | | | | |
|----------------------|------------|---|-------------|--------------|-------|---|------|--|
| 40612553 (YL1097-21) | 6/10-27/10 | W | 10:00-12:00 | Tuen Mun RSC | 15-65 | 3 | 18/8 | |
|----------------------|------------|---|-------------|--------------|-------|---|------|--|

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)**

| | | | | | | | |
|----------------------|----------------------------------|-------|------------|--------------|---|---------------------------|--|
| 40612128 (YL1035-21) | 4/10-29/10 (excl. 8/10,15/10) | M,W,F | 7:00-8:00 | Yuen Long SP | 8 | 20/8-26/8 (7/9) {28/9} | |
| 40612129 (YL1036-21) | 4/10-29/10 (excl. 8/10,15/10) | M,W,F | 9:00-10:00 | Yuen Long SP | 8 | 20/8-26/8 (7/9) {28/9} | |

Swimming TC for Elderly (II)

| | | | | | | | |
|----------------------|------------|-------|-----------|--------------|----|---------------------------|--|
| 40612130 (YL1037-21) | 4/10-25/10 | M,W,F | 8:00-9:00 | Yuen Long SP | 10 | 20/8-26/8 (7/9) {28/9} | |
|----------------------|------------|-------|-----------|--------------|----|---------------------------|--|

Social Dance TC for Elderly

| | | | | | | | |
|----------------------|-----------------------------|----|-------------|---------------------------|----|---------------------------|--|
| 40612111 (YL1087-21) | 6/10-8/12 | W | 10:00-12:00 | Fung Kam ST. SC | 16 | 20/8-26/8 (7/9) {28/9} | |
| 40612112 (YL1088-21) | 6/10-8/12 | W | 10:00-12:00 | Long Ping SC | 16 | 20/8-26/8 (7/9) {28/9} | |
| 40612113 (YL1101-21) | 7/10-16/12 (excl. 14/10) | Th | 10:00-12:00 | Ping Shan Tin Shui Wai SC | 16 | 20/8-26/8 (7/9) {28/9} | |
| 40612114 (YL1111-21) | 8/10-10/12 | F | 14:00-16:00 | Tin Shui Wai SC | 16 | 20/8-26/8 (7/9) {28/9} | |

Healthy Elderly Scheme Table Tennis Play-in

| | | | | | | | |
|----------------------|------------|---|-------------|---------------------------|----|------|----------|
| 40612135 (YL1060-21) | 4/10-25/10 | M | 9:00-10:00 | Ping Shan Tin Shui Wai SC | 12 | 3/9 | <i>i</i> |
| 40612136 (YL1061-21) | 4/10-25/10 | M | 10:00-11:00 | Ping Shan Tin Shui Wai SC | 12 | 3/9 | <i>i</i> |
| 40612137 (YL1134-21) | 13/10-3/11 | W | 9:00-10:00 | Tin Shui Wai SC | 12 | 13/9 | <i>i</i> |
| 40612138 (YL1135-21) | 13/10-3/11 | W | 10:00-11:00 | Tin Shui Wai SC | 12 | 13/9 | <i>i</i> |

Healthy Elderly Scheme - Badminton Play-in

| | | | | | | | |
|----------------------|------------|---|-------------|-----------------|----|------|----------|
| 40612023 (YL1092-21) | 6/10-27/10 | W | 9:00-10:00 | Fung Kam ST. SC | 12 | 6/9 | <i>i</i> |
| 40612028 (YL1093-21) | 6/10-27/10 | W | 10:00-11:00 | Fung Kam ST. SC | 12 | 6/9 | <i>i</i> |
| 40612030 (YL1138-21) | 15/10-5/11 | F | 9:00-10:00 | Tin Shui Wai SC | 12 | 15/9 | <i>i</i> |
| 40612031 (YL1139-21) | 15/10-5/11 | F | 10:00-11:00 | Tin Shui Wai SC | 12 | 15/9 | <i>i</i> |

American Pool TC for Elderly

| | | | | | | | |
|----------------------|----------------------------|----|------------|---|---|---------------------------|--|
| 40612018 (YL1106-21) | 7/10-4/11 (excl. 14/10) | Th | 9:00-11:00 | Yuen Long Sir Denys Roberts Squash Courts | 3 | 20/8-26/8 (7/9) {28/9} | |
| 40612019 (YL1083-21) | 5/10-26/10 | Tu | 9:00-11:00 | Yuen Long Sir Denys Roberts Squash Courts | 3 | 20/8-26/8 (7/9) {28/9} | |

Healthy Elderly Scheme - Gateball Play-in

| | | | | | | | |
|----------------------|-----------------------------|------|-----------|-------------------|---|-----|----------|
| 40612072 (YL1098-21) | 6/10-20/10 | M,W | 7:00-9:00 | Tin Shui Wai Park | 7 | 6/9 | <i>i</i> |
| 40612073 (YL1064-21) | 4/10-21/10 (excl. 14/10) | M,Th | 7:00-9:00 | Yuen Long Park | 7 | 3/9 | <i>i</i> |