

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Nov 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)	
<b>Breaststroke Training Cr for Adult (Level I)</b>									
40594434	2/11-2/12	Tu,Th	20:00-21:00	Tuen Mun North West SP	18+	100	8	24/9-30/9 (7/10) {26/10}	☒
<b>Front Crawl Training Cr for Adult (Level I)</b>									
40594433	2/11-2/12	Tu,Th	19:00-20:00	Tuen Mun North West SP	18+	100	8	24/9-30/9 (7/10) {26/10}	☒
40594435	15/11-17/12	M,F	10:00-11:00	Tuen Mun North West SP	18+	100	8	24/9-30/9 (7/10) {26/10}	☒
<b>Aerobic Dance Training Course</b>									
40594437	12/11-8/12	M,W,F	18:00-19:00	Siu Lun SC	14+	65	15	7/10	☒ i
40594438	12/11-8/12	M,W,F	19:00-20:00	Siu Lun SC	14+	65	15	7/10	☒ i
40594441	23/11-30/12	Tu,Th	8:00-9:00	Siu Lun SC	14+	65	15	15/10	☒ i
40594442	23/11-30/12	Tu,Th	9:00-10:00	Siu Lun SC	14+	65	15	15/10	☒ i
<b>Chinese Dance Training Course</b>									
40594445	2/11-11/1 (excl. 21/12)	Tu	19:00-21:00	Siu Lun SC	12+	45	15	4/10	☒ i
<b>Fitness (Multi-gym) Training Course</b>									
@ 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.									
40594446	5/11-1/12	M,W,F	19:00-20:00	Siu Lun SC	15+	75	12	@6/10	☒ i
40594447	5/11-1/12	M,W,F	20:00-21:00	Siu Lun SC	15+	75	12	@6/10	☒ i
40594448	22/11-17/12	M,W,F	15:00-16:00	Siu Lun SC	15+	75	12	@8/10	☒ i
40594634	16/11-11/12	Tu,Th,Sa	8:00-9:00	The JC Tuen Mun Butterfly Beach SC	15+	75	10	@5/10	☒ i
40594635	16/11-11/12	Tu,Th,Sa	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	15+	75	10	@5/10	☒ i
<b>Jazz Training Course</b>									
40594452	14/11-23/1 (excl. 26/12)	Su	10:00-12:00	Leung Tin SC	12+	70	10	24/9-30/9 (7/10) {26/10}	☒
40594453	12/11-28/1 (excl. 24/12,31/12)	F	21:00-23:00	Siu Lun SC	12+	70	15	6/10	☒ i
<b>Social Dance Training Course</b>									
40594454	9/11-18/1 (excl. 21/12)	Tu	16:00-18:00	Siu Lun SC	14+	86	16	4/10-8/10 (15/10) {2/11}	☒
<b>Yoga Training Course</b>									
40594455	4/11-7/12	Tu,Th	7:00-9:00	Tai Hing SC	15+	85	10	24/9-30/9 (7/10) {26/10}	☒
40594456	4/11-7/12	Tu,Th	9:00-11:00	Tai Hing SC	15+	85	10	24/9-30/9 (7/10) {26/10}	☒
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40594513	7/11	Su	8:00-11:00	Siu Lun SC	15+	Free	12	4/10-8/10 (15/10) {2/11}	☒
40594514	14/11	Su	17:00-20:00	Tai Hing SC	15+	Free	10	4/10-8/10 (15/10) {2/11}	☒
40594515	9/11	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	12	4/10-8/10 (15/10) {2/11}	☒
40594517	20/11	Sa	17:00-20:00	Tai Hing SC	15+	Free	10	4/10-8/10 (15/10) {2/11}	☒
<b>Body-Mind Stretch Training Course</b>									
40592801	10/11-26/1	W	20:00-21:00	Siu Lun SC	15+	85	12	4/10-8/10 (15/10) {2/11}	☒
40592802	10/11-26/1	W	21:00-22:00	Siu Lun SC	15+	85	12	4/10-8/10 (15/10) {2/11}	☒
40594443	10/11-17/12	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	85	12	11/10	☒ i
40594444	10/11-17/12	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	85	12	11/10	☒ i
<b>Parent-child (Aged 7-17) Badminton TC</b>									
40594520	6/11-11/12	Sa	9:00-11:00	Tai Hing SC	7+	73	12	24/9-30/9 (7/10) {26/10}	☒
<b>Lawn Bowls Training Course</b>									
40594521	1/11-25/11	M,Th	20:00-22:00	Wu Shan Bowling Green	8+	54	6	24/9-30/9 (7/10) {26/10}	☒
40594522	23/11-17/12	Tu,F	20:00-22:00	Wu Shan Bowling Green	8+	54	6	24/9-30/9 (7/10) {26/10}	☒
<b>Squash Training Course</b>									
40594523	4/11-30/11	Tu,Th	19:30-21:30	Tuen Mun SP Squash Courts	7+	160	6	4/10	☒ i
<b>Table-tennis Training Course</b>									
40594524	2/11-4/1	Tu	19:00-21:00	Tai Hing SC	14+	86	12	24/9-30/9 (7/10) {26/10}	☒
40594526	4/11-6/1	Th	19:00-21:00	Siu Lun SC	14+	86	12	24/9-30/9 (7/10) {26/10}	☒
<b>Table-tennis Training Course for Children</b>									

40594525	4/11-6/1	Th	17:00-19:00	Siu Lun SC	6-13	86	10	24/9-30/9 (7/10) {26/10}	✉
<b>Tennis Fun Day</b>									
40594536	10/11	W	18:00-19:00	Tsing Sin PG	8+	Free	6	8/10	📄 i
40594537	10/11	W	19:00-20:00	Tsing Sin PG	8+	Free	6	8/10	📄 i
40594538	10/11	W	20:00-21:00	Tsing Sin PG	8+	Free	6	8/10	📄 i
40594539	28/11	Su	14:00-15:00	Tsing Sin PG	8+	Free	6	15/10	📄 i
40594540	28/11	Su	15:00-16:00	Tsing Sin PG	8+	Free	6	15/10	📄 i
40594541	28/11	Su	16:00-17:00	Tsing Sin PG	8+	Free	6	15/10	📄 i
<b>Tennis Training Course</b>									
40594529	22/11-23/12	M,Th	9:00-11:00	Tsing Sin PG	8+	170	9	4/10-8/10 (15/10) {2/11}	✉
<b>Tennis Training Course for Adult</b>									
40594527	16/11-17/12	Tu,F	19:00-21:00	Tsing Sin PG	18+	170	9	4/10-8/10 (15/10) {2/11}	✉
40594530	22/11-23/12	M,Th	19:00-21:00	Tuen Mun Tang Siu Kin SG(TC)	18+	170	9	4/10-8/10 (15/10) {2/11}	✉
40594531	22/11-23/12	M,Th	20:00-22:00	Tsing Sin PG	18+	170	9	4/10-8/10 (15/10) {2/11}	✉
<b>Intermediate Tennis Training Course</b>									
40594528	17/11-17/12	W,F	20:00-22:00	Tuen Mun Tang Siu Kin SG	8+	170	9	4/10-8/10 (15/10) {2/11}	✉
<b>Cricket Fun Day</b>									
40594550	21/11	Su	10:00-13:00	Yeung King PG	6+	Free	15	5/10	📄 i
<b>Gateball Fun Day</b>									
40594551	7/11	Su	8:00-9:00	SAN WO LANE PLAYGROUND	8+	Free	7	24/9-30/9 (7/10) {26/10}	✉
40594552	7/11	Su	9:00-10:00	SAN WO LANE PLAYGROUND	8+	Free	7	24/9-30/9 (7/10) {26/10}	✉
40594553	21/11	Su	8:00-9:00	SAN WO LANE PLAYGROUND	8+	Free	7	24/9-30/9 (7/10) {26/10}	✉
40594554	21/11	Su	9:00-10:00	SAN WO LANE PLAYGROUND	8+	Free	7	24/9-30/9 (7/10) {26/10}	✉
<b>Sport Climbing Training Course</b>									
40615093	14/11-21/11	Su	12:00-18:00	Siu Lun SC	12+	40	4	5/10	📄 i
<b>Horticultural Seminar</b>									
40615171	6/11	Sa	10:00-12:00	Tai Hing SC	16+	30	15	5/10	📄 i

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 (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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#### Swimming Training Cr for Elderly (Level I)

40594557	15/11-17/12	M,F	11:00-12:00	Tuen Mun North West SP	8	24/9-30/9 (7/10) {26/10}	✉
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#### Fitness Training Course for Elderly

40594560	18/11-18/12	Tu,Th,Sa	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	10	4/10-8/10 (15/10){2/11}	✉
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#### Fitness(Multi-gym) Training Course for Elderly

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40594558	16/11-11/12	Tu,Th,Sa	7:00-8:00	The JC Tuen Mun Butterfly Beach SC	10	@4/10-8/10 (15/10){2/11}	✉
40594561	22/11-17/12	M,W,F	14:00-15:00	Siu Lun SC	12	@4/10-8/10 (15/10){2/11}	✉

#### Healthy Elderly Scheme-Badminton Fun Day

40594566	1/11-29/11	M	7:00-8:00	Siu Lun SC	12	1/11-29/11	Walk-in
40594567	1/11-29/11	M	8:00-9:00	Siu Lun SC	12	1/11-29/11	Walk-in
40594568	1/11-29/11	M	9:00-10:00	Siu Lun SC	12	1/11-29/11	Walk-in

#### Healthy Elderly Scheme-Chess and Table-tennis Fun Day

40594584	4/11-25/11	Th	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	8	4/11-25/11	Walk-in
40594585	4/11-25/11	Th	11:00-12:00	The JC Tuen Mun Butterfly Beach SC	8	4/11-25/11	Walk-in
40594586	4/11-25/11	Th	12:00-13:00	The JC Tuen Mun Butterfly Beach SC	8	4/11-25/11	Walk-in
40594587	5/11-26/11	F	13:00-14:00	The JC Tuen Mun Butterfly Beach SC	8	5/11-26/11	Walk-in
40594588	5/11-26/11	F	14:00-15:00	The JC Tuen Mun Butterfly Beach SC	8	5/11-26/11	Walk-in
40594589	5/11-26/11	F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	8	5/11-26/11	Walk-in

**Healthy Elderly Scheme-Fitness Fun Day**

40594581	4/11-25/11	Th	8:00-10:00	Leung Tin SC	15	24/9-30/9 (7/10) {26/10}	
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**Healthy Elderly Scheme-Gateball Fun Day**

40594574	3/11-24/11	W	7:00-8:00	Tai Hing SC	10	12/10	
40594575	3/11-24/11	W	8:00-9:00	Tai Hing SC	10	12/10	

**Healthy Elderly Scheme-Lawn Bowls Fun Day**

40594582	4/11-25/11	Th	9:00-10:00	Wu Shan Bowling Green	12	4/11-25/11	Walk-in
40594583	4/11-25/11	Th	10:00-11:00	Wu Shan Bowling Green	12	4/11-25/11	Walk-in

**Healthy Elderly Scheme-Lawn Bowls Self Practice Scheme**

40594577	3/11-24/11	W	9:00-10:00	Wu Shan Bowling Green	18	3/11-24/11	Walk-in
40594578	3/11-24/11	W	10:00-11:00	Wu Shan Bowling Green	18	3/11-24/11	Walk-in

**Gateball Training Course for Elderly**

40594559	17/11-10/12	W,F	8:00-10:00	SAN WO LANE PLAYGROUND	7	4/10	
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