

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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)	
Aerobic Dance TC										
40613823 (YL1200-21)	3/11-10/12	W,F	8:00-9:00	Fung Kam ST. SC	14+	65	10	30/9		
40613824 (YL1201-21)	3/11-10/12	W,F	9:00-10:00	Fung Kam ST. SC	14+	65	10	30/9		
40613826 (YL1195-21)	2/11-9/12	Tu,Th	18:00-19:00	Tin Shui Wai SC	14+	65	15	28/9		
40613828 (YL1196-21)	2/11-9/12	Tu,Th	19:00-20:00	Tin Shui Wai SC	14+	65	15	28/9		
40613829 (YL1235-21)	11/11-30/12 (excl. 16/11,7/12,21/12)	Tu,Th	8:00-9:00	Tin Shui Wai SC	14+	65	15	21/9-27/9 (6/10) {26/10}		
40613831 (YL1236-21)	11/11-30/12 (excl. 16/11,7/12,21/12)	Tu,Th	9:00-10:00	Tin Shui Wai SC	14+	65	15	21/9-27/9 (6/10) {26/10}		
Baduanjin TC										
40613843 (YL1279-21)	26/11-12/1 (excl. 24/12,31/12)	W,F	8:00-9:00	Tin Shui Wai SC	8+	80	15	11/10		
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>										
40613853 (YL1233-21)	11/11-23/12 (excl. 21/12)	Tu,Th	20:00-21:00	Long Ping SC	15+	75	15	@30/9		
40613854 (YL1234-21)	11/11-23/12 (excl. 21/12)	Tu,Th	21:00-22:00	Long Ping SC	15+	75	15	@30/9		
40613855 (YL1264-21)	19/11-15/12	M,W,F	15:00-16:00	Long Ping SC	15+	75	15	@6/10		
40613857 (YL1265-21)	19/11-7/1 (excl. 24/12,27/12,31/12)	M,F	19:00-20:00	Long Ping SC	15+	75	15	@4/10		
40613858 (YL1266-21)	19/11-7/1 (excl. 24/12,27/12,31/12)	M,F	20:00-21:00	Long Ping SC	15+	75	15	@4/10		
40613859 (YL1165-21)	1/11-8/12	M,W	17:00-18:00	Tin Shui Wai SC	15+	75	15	@27/9		
40613860 (YL1166-21)	1/11-8/12	M,W	18:00-19:00	Tin Shui Wai SC	15+	75	15	@27/9		
Hydro Fitness TC										
40613875 (YL1193-21)	2/11-16/12	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai Sp	14+	80	15	29/9		
Jazz TC										
40613877 (YL1164-21)	1/11-10/1 (excl. 27/12)	M	20:00-22:00	Long Ping SC	12+	70	15	21/9-27/9 (6/10) {26/10}		
Judo TC										
40613878 (YL1192-21)	2/11-11/1 (excl. 21/12)	Tu	18:00-20:00	Long Ping SC	6+	65	15	28/9		
Tai Chi Made Easy Class										
40611716 (YL1711-21)	2/11-27/11	Tu,Th,Sa	6:30-7:30	Tai Kiu Market Sitting-out Area	6+	54	15	27/9		
40612162 (YL1695-21)	1/11-26/11	M,W,F	20:30-21:30	Tin Shui Wai SG	6+	54	15	27/9		
40612166 (YL1704-21)	2/11-27/11	Tu,Th,Sa	7:00-8:00	-	6+	54	15	27/9		
40612169 (YL1707-21)	12/11-8/12	M,W,F	7:00-8:00	Fung Kam ST. SC	6+	54	15	7/10		
40614020 (YL1743-21)	12/11-8/12	M,W,F	7:00-8:00	Tin Shui Wai Park(3 rd A x 2 y 3 6)	6+	54	15	7/10		
40614022 (YL1734-21)	1/11-26/11	M,W,F	7:00-8:00	Tin Shui Wai Park(5-a-side Soccer Pitch)	6+	54	15	30/9		
40614023 (YL1151-21)	1/11-26/11	M,W,F	7:00-8:00	Yuen Long Stadium	6+	54	15	28/9		
40614039 (YL1226-21)	1/11-26/11	M,W,F	18:30-19:30	Tai Kiu Market Sitting-out Area	6+	54	15	30/9		
40614040 (YL1229-21)	1/11-26/11	M,W,F	7:00-8:00	LONG PING ESTATE BASKETBALL COURT	6+	54	15	5/10		
40614041 (YL1230-21)	1/11-26/11	M,W,F	7:30-8:30	WANG TOI SHAN PLAYGROUND	6+	54	15	7/10		
Tai Chi Sword Fun Day										
40614044 (YL1689-21)	4/11-30/11	Tu,Th	7:00-8:00	Tin Shui Wai Park(No.3 BC)	6+	Free	20	29/9		
40614045 (YL1757-21)	4/11-30/11	Tu,Th	7:00-8:00	Yuen Long Stadium	6+	Free	20	28/9		
40614046 (YL1232-21)	1/11-24/11	M,W	6:30-7:30	Tai Kiu Market Sitting-out Area	6+	Free	20	5/10		
Briefing on Proper Ways to Use Fitness Equipment										
40613867 (YL1216-21)	7/11	Su	15:00-18:00	Long Ping SC	15+	Free	12	21/9-27/9 (6/10) {26/10}		
40613868 (YL1246-21)	14/11	Su	9:00-12:00	Tin Shui Wai SC	15+	Free	12	21/9-27/9 (6/10) {26/10}		
Badminton TC										
40613834 (YL1220-21)	8/11-9/12	M,Th	19:00-21:00	Fung Kam ST. SC	7+	118	12	21/9-27/9 (6/10) {26/10}		
40613837 (YL1197-21)	2/11-3/12	Tu,F	20:00-22:00	Long Ping SC	7+	118	9	21/9-27/9 (6/10) {26/10}		
40613838 (YL1222-21)	8/11-9/12	M,Th	9:00-11:00	Tin Shui Wai SC	7+	118	12	21/9-27/9 (6/10) {26/10}		

40613840 (YL1225-21)	9/11-9/12	Tu,Th	20:00-22:00	Tin Shui Wai SC	7+	118	12	21/9-27/9 (6/10) {26/10}	✉
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Squash TC

40613881 (YL1276-21)	23/11-16/12	Tu,Th	19:30-21:30	Tai Kiu Market Sitting-out Area	7+	160	6	21/9-27/9 (6/10) {26/10}	✉
40613882 (YL1259-21)	17/11-10/12	W,F	20:00-22:00	Tin Shui Wai SC	7+	160	6	5/10	🖨️ i
40613883 (YL1263-21)	18/11-14/12	Tu,Th	21:00-23:00	Tin Shui Wai SC	7+	160	6	6/10	🖨️ i
40613884 (YL1275-21)	22/11-16/12	M,Th	19:30-21:30	Yuen Long Jockey Club Squash Courts	7+	160	6	6/10	🖨️ i

Table-tennis TC

40614053 (YL1219-21)	8/11-9/12	M,Th	16:00-18:00	Fung Kam ST. SC	6+	86	12	21/9-27/9 (6/10) {26/10}	✉
40614054 (YL1237-21)	12/11-15/12	W,F	17:00-19:00	Ping Shan Tin Shui Wai SC	6+	86	12	21/9-27/9 (6/10) {26/10}	✉
40614055 (YL1198-21)	2/11-2/12	Tu,Th	19:00-21:00	Tin Shui Wai SC	6+	86	12	21/9-27/9 (6/10) {26/10}	✉

Tennis TC

40614047 (YL1221-21)	8/11-9/12	M,Th	19:00-21:00	Sai Ching ST. TC	8+	170	9	21/9-27/9 (6/10) {26/10}	✉
40614048 (YL1258-21)	17/11-19/1	W	9:00-11:00	Sai Ching ST. TC	8+	170	9	21/9-27/9 (6/10) {26/10}	✉
40614049 (YL1267-21)	19/11-21/1	F	9:00-11:00	Sai Ching ST. TC	8+	170	9	21/9-27/9 (6/10) {26/10}	✉
40614050 (YL1274-21)	21/11-23/1	Su	19:00-21:00	Sai Ching ST. TC	8+	170	9	21/9-27/9 (6/10) {26/10}	✉
40614051 (YL1169-21)	29/11-3/1 (excl. 27/12)	M,W	19:00-21:00	Tin Shui Wai Park	8+	170	6	21/9-27/9 (6/10) {26/10}	✉
40614052 (YL1210-21)	30/11-4/1 (excl. 21/12)	Tu,F	20:00-22:00	Tin Shui Wai Park	8+	170	6	21/9-27/9 (6/10) {26/10}	✉

Sport for All Promotion Sch.-Gateball Fun Day

40613874 (YL1244-21)	13/11	Sa	9:00-11:00	Yuen Long Park	8+	Free	7	4/10	🖨️ i
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Community Garden Programme*

40613850 (YL0987-21)	27/11-23/4 (excl. 25/12,1/1,16/4)	Sa	14:00-17:00	Tin Yip RD. Community Garden	12+	400	30	21/9-27/9 (6/10) {26/10}	✉
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Online Interactive Prog.-BodyMind Stretching

40615157 (YL1783-21)	8/11-12/11	M,W,F	20:00-21:00	Internet. 30 mins before : zoom.us/join	15+	20	50	18/10	🖨️ i
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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
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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 Exercise TP for PWD(Visual Dis.)

40596119 (YL1673-21)	1/11-13/12	M	15:00-17:00	Tin Shui Wai SC	14+	8	17/9	🖨️ i
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Floor Hockey TP for PWD(Intellectual Dis.)

40596112 (YL1671-21)	1/11-29/11	M	16:00-18:00	Yuen Chau Kok SC	8+	10	17/9	🖨️ i
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Activities for Elderly

Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Fitness (Multi-gym) TC for Elderly

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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.

40613861 (YL1254-21)	17/11-29/12 (excl. 24/12)	W,F	7:00-8:00	Long Ping SC	15	@21/9-27/9 (6/10){26/10}	✉
40613862 (YL1255-21)	17/11-29/12 (excl. 24/12)	W,F	8:00-9:00	Long Ping SC	15	@21/9-27/9 (6/10){26/10}	✉
40613865 (YL1202-21)	3/11-10/12	W,F	8:00-9:00	Tin Shui Wai SC	15	@21/9-27/9 (6/10){26/10}	✉
40613866 (YL1203-21)	3/11-10/12	W,F	9:00-10:00	Tin Shui Wai SC	15	@21/9-27/9 (6/10){26/10}	✉

Hydro Fitness TC for Elderly

40613876 (YL1194-21)	2/11-16/12	Tu,Th	10:00-11:00	Ping Shan Tin Shui Wai SP	15	29/9	🖨️ i
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Healthy Elderly Scheme - Gateball Play-in							
40613869 (YL1214-21)	1/11-15/11	M, W	7:00-9:00	Tin Shui Wai Park	7	30/9	<i>i</i>
40613870 (YL1188-21)	1/11-15/11	M,Th	7:00-9:00	Yuen Long Park	7	29/9	<i>i</i>
Healthy Elderly Scheme - Social Dance Play-in							
40613880 (YL1205-21)	3/11-24/11	W	15:00-16:00	Long Ping SC	16	29/9	<i>i</i>
Healthy Elderly Scheme - Table-tennis Play-in							
40614056 (YL1167-21)	1/11-22/11	M	9:00-10:00	Ping Shan Tin Shui Wai SC	12	28/9	<i>i</i>
40614057 (YL1168-21)	1/11-22/11	M	10:00-11:00	Ping Shan Tin Shui Wai SC	12	28/9	<i>i</i>
40614058 (YL1277-21)	24/11-15/12	W	9:00-10:00	Tin Shui Wai SC	12	11/10	<i>i</i>
40614059 (YL1278-21)	24/11-15/12	W	10:00-11:00	Tin Shui Wai SC	12	11/10	<i>i</i>
Healthy ElderlyScheme-Elderly Fitness Play-in							
40614194 (YL1206-21)	3/11-24/11	W	14:00-15:00	Long Ping SC	15	28/9	<i>i</i>
Healthy Elderly Scheme - Badminton Play-in							
40613841 (YL1280-21)	26/11-17/12	F	9:00-10:00	Tin Shui Wai SC	12	12/10	<i>i</i>
40613842 (YL1281-21)	26/11-17/12	F	10:00-11:00	Tin Shui Wai SC	12	12/10	<i>i</i>