

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Nov 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)	
<b>Front Crawl TC for Adult (Level I)</b>									
40586099	2/11-25/11 (excl. 13/11)	Tu,Th,Sa	20:00-21:00	Shing Mun Valley SP	18+	100	8	17/9-22/9 (4/10) {22/10}	✉
<b>Front Crawl TC for Adult (Level II)</b>									
40586098	2/11-25/11 (excl. 13/11)	Tu,Th,Sa	19:00-20:00	Shing Mun Valley SP	18+	100	10	17/9-22/9 (4/10) {22/10}	✉
<b>Aerobic Dance TC</b>									
40612188	3/11-10/12	W,F	19:00-20:00	Yeung Uk RD. SC	14+	65	12	19/10	📄 i
40612189	3/11-10/12	W,F	20:00-21:00	Yeung Uk RD. SC	14+	65	12	19/10	📄 i
<b>Children Dance TC</b>									
40612213	7/11-16/1 (excl. 26/12)	Su	10:00-12:00	Yeung Uk RD. SC	4-6	60	10	27/10	📄 i
<b>Social Dance Mini Party (Night)</b>									
40612221	16/11	Tu	19:00-22:00	Tsuen Wan SC	14+	20	10	27/10	📄 i
<b>Fitness(Multi-gym)TC</b>									
<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>									
40612200	10/11-20/12	M,W	12:00-13:00	Tsuen Wan SC	15+	75	15	@25/10	📄 i
40612201	10/11-20/12	M,W	13:00-14:00	Tsuen Wan SC	15+	75	15	@25/10	📄 i
40612202	10/11-20/12	M,W	14:00-15:00	Tsuen Wan SC	15+	75	15	@25/10	📄 i
40612205	2/11-9/12	Tu,Th	19:00-20:00	Yeung Uk RD. SC	15+	75	10	@25/10	📄 i
40612206	2/11-9/12	Tu,Th	20:00-21:00	Yeung Uk RD. SC	15+	75	10	@25/10	📄 i
40612207	10/11-17/12	W,F	9:00-10:00	Yeung Uk RD. SC	15+	75	10	@25/10	📄 i
40612208	10/11-17/12	W,F	10:00-11:00	Yeung Uk RD. SC	15+	75	10	@25/10	📄 i
40612209	11/11-21/12	Tu,Th	14:00-15:00	Yeung Uk RD. SC	15+	75	10	@25/10	📄 i
40612210	11/11-21/12	Tu,Th	15:00-16:00	Yeung Uk RD. SC	15+	75	10	@25/10	📄 i
<b>Jazz TC</b>									
40612220	5/11-7/1	F	17:00-19:00	Tsuen Wan SC	12+	70	10	17/9-22/9 (4/10) {22/10}	✉
<b>Social Dance TC</b>									
40612222	5/11-7/1	F	19:00-21:00	Tsuen Wan SC	14+	86	10	17/9-22/9 (4/10) {22/10}	✉
40612223	2/11-2/12	Tu,Th	15:00-17:00	Tsuen Wan West SC	14+	86	6	17/9-22/9 (4/10) {22/10}	✉
<b>Western Folk Dance TC</b>									
40612520	1/11-2/12	M,Th	15:00-17:00	Tsuen Wan SC	8+	45	10	17/9-22/9 (4/10) {22/10}	✉
<b>Body-Mind Stretch Training Course</b>									
40612194	1/11-24/1 (excl. 27/12)	M	21:00-22:00	Tsuen Wan West SC	15+	85	7	21/10	📄 i
<b>Yoga TC</b>									
40612522	9/11-11/1	Tu	12:00-14:00	Yeung Uk RD. SC	15+	85	15	17/9-22/9 (4/10) {22/10}	✉
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40612195	7/11	Su	10:00-13:00	Tsuen Wan SC	15+	Free	12	17/9-22/9 (4/10) {22/10}	✉
40612196	13/11	Sa	10:00-13:00	Tsuen Wan SC	15+	Free	12	17/9-22/9 (4/10) {22/10}	✉
40612197	6/11	Sa	10:00-13:00	Tsuen Wan West SC	15+	Free	7	17/9-22/9 (4/10) {22/10}	✉
40612198	14/11	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	12	17/9-22/9 (4/10) {22/10}	✉
40612199	21/11	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	12	17/9-22/9 (4/10) {22/10}	✉
<b>Badminton TC</b>									
40612190	2/11-2/12	Tu,Th	14:00-16:00	Tsuen Wan West SC	7+	118	12	17/9-22/9 (4/10) {22/10}	✉
40612191	3/11-3/12	W,F	10:00-12:00	Tsuen Wan West SC	7+	118	12	17/9-22/9 (4/10) {22/10}	✉
<b>Squash TC</b>									
40612230	1/11-24/11	M,W	19:00-21:00	Yeung Uk RD. SC	7+	160	6	17/9-22/9 (4/10) {22/10}	✉
<b>Table-tennis TC</b>									
40612512	3/11-3/12	W,F	12:00-14:00	Tsuen Wan SC	6+	86	9	17/9-22/9 (4/10) {22/10}	✉
40612513	2/11-2/12	Tu,Th	12:00-14:00	Tsuen Wan West SC	6+	86	12	17/9-22/9 (4/10) {22/10}	✉
<b>Tennis TC</b>									
40612516	16/11-16/12	Tu,Th	19:00-21:00	Sha Tsui RD. PG	8+	170	6	17/9-22/9 (4/10) {22/10}	✉

40612517	3/11-3/12	W,F	9:00-11:00	Tsuen King Circuit PG	8+	170	6	17/9-22/9 (4/10) {22/10}	✉
40612518	2/11-3/12	Tu,F	20:00-22:00	Tsuen Wan Riviera Park	8+	170	6	17/9-22/9 (4/10) {22/10}	✉
40612519	21/11-23/1	Su	19:00-21:00	Tsuen Wan Riviera Park	8+	170	6	17/9-22/9 (4/10) {22/10}	✉

**Green Seminar at TWP**

40612218	28/11	Su	15:00-17:00	Conference Room, Tsuen Wan SC	All	Free	20	28/11	Walk-in
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<b>Activities for Elderly Programme Number (Class code)</b> <small>(For aged 60 or above, free of charge)</small>	<b>Date</b>	<b>Day</b>	<b>Time</b>	<b>Venue</b>	<b>Quota</b>	<b>Date of Enrollment</b> <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	<b>Enrolment Method</b>
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**Social Dance FD for the Elderly**

40612027	25/11	Th	8:00-11:00	Yeung Uk RD. SC	16	17/9-22/9 (4/10) {22/10}	✉
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**HES-Badminton FD**

40611954	3/11-26/11	W,F	8:00-9:00	Tsuen Wan West SC	16	17/9-22/9 (4/10) {22/10}	✉
40611955	3/11-26/11	W,F	9:00-10:00	Tsuen Wan West SC	16	17/9-22/9 (4/10) {22/10}	✉

**HES-Table-tennis FD**

40611984	3/11-26/11	W,F	9:00-10:45	Yeung Uk RD. SC	30	17/9-22/9 (4/10) {22/10}	✉
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