

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

Tai Po District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Aerobic Dance Training Course									
40613115	9/11-16/12	Tu,Th	19:00-20:00	Tai Po SC	14+	65	12	1/10-6/10 (8/10) {28/10}	✉
40613116	9/11-16/12	Tu,Th	20:00-21:00	Tai Po SC	14+	65	12	1/10-6/10 (8/10) {28/10}	✉
40613117	24/11-22/12 (excl. 13/12)	M,W,F	8:00-9:00	Tai Po SC	14+	65	12	25/10	📧 i
40613118	24/11-22/12 (excl. 13/12)	M,W,F	9:00-10:00	Tai Po SC	14+	65	12	25/10	📧 i
Chinese Dance Training Course									
40613121	5/11-14/1 (excl. 24/12)	F	19:00-21:00	Tai Po SC	12+	45	10	1/10-6/10 (8/10) {28/10}	✉
Fitness (Multi-gym) Training Course @ 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.									
40613122 (TPFMP17)	2/11-9/12	Tu,Th	14:00-15:00	Tai Po SC	15+	75	10	@4/10	📧 i
40613123 (TPFMP18)	2/11-9/12	Tu,Th	15:00-16:00	Tai Po SC	15+	75	10	@4/10	📧 i
40613124 (TPFMS9)	8/11-16/12	M,Th	8:00-9:00	Fu Shin SC	15+	75	10	@11/10	📧 i
40613125 (TPFMS10)	8/11-16/12	M,Th	9:00-10:00	Fu Shin SC	15+	75	10	@11/10	📧 i
Western Folk DanceTC									
40613139	3/11-5/1	W	19:00-21:00	Tai Po SC	8+	45	10	1/10-6/10 (8/10) {27/10}	✉
Yoga Training Course									
40613138	18/11-20/1	Th	7:00-9:00	Tai Po SC	15+	85	12	1/10-6/10 (8/10) {28/10}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40613127 (TPBRIFS9)	1/11	M	19:00-22:00	Fu Shin SC	15+	Free	10	1/10-6/10 (8/10) {27/10}	✉
40613128 (TPBRIFS10)	7/11	Su	10:00-13:00	Fu Shin SC	15+	Free	10	1/10-6/10 (8/10) {27/10}	✉
40613129 (TPBRIFH11)	3/11	W	19:00-22:00	Fu Heng SC	15+	Free	10	1/10-6/10 (8/10) {27/10}	✉
40613130 (TPBRIFH12)	10/11	W	19:00-22:00	Fu Heng SC	15+	Free	10	1/10-6/10 (8/10) {27/10}	✉
40613131 (TPBRITP8)	14/11	Su	14:00-17:00	Tai Po SC	15+	Free	10	1/10-6/10 (8/10) {27/10}	✉
40613132 (TPBRITR7)	17/11	W	19:00-22:00	Tai Po SC	15+	Free	10	1/10-6/10 (8/10) {27/10}	✉
Badminton Training Course									
40613142	8/11-8/12	M,W	9:00-11:00	Fu Heng SC	18+	118	9	1/10-6/10 (8/10) {28/10}	✉
Lawn Bowls Training Course									
40613146	4/11-30/11	Tu,Th	9:00-11:00	Tai Po Waterfront Park (Bowling Green)	8+	54	8	1/10-6/10 (8/10) {27/10}	✉
40613147	3/11-26/11	W,F	19:00-21:00	Tai Po Waterfront Park (Bowling Green)	8+	54	8	1/10-6/10 (8/10) {27/10}	✉
Squash Training Course									
40613149 (ST1)	15/11-9/12	M,Th	19:00-21:00	Tai Po PG(Squash Centre)	7+	160	6	1/10-6/10 (8/10) {27/10}	✉
Low Table Table-tennis TC for Children									
40613151	27/11-12/2 (excl. 25/12,1/1)	Sa	14:00-16:00	Tai Po SC	6-9	86	10	1/10-6/10 (8/10) {28/10}	✉
Table-tennis Training Course									
40613150	18/11-21/12	Tu,Th	19:00-21:00	Fu Shin SC	14+	86	12	1/10-6/10 (8/10) {28/10}	✉
Tennis Training Course									
40613152 (TW8)	2/11-3/12	Tu,F	19:00-21:00	Wan Tau Kok PG (TC)	8+	170	6	1/10-6/10 (8/10) {27/10}	✉
40613153 (TT6)	15/11-16/12	M,Th	19:00-21:00	Tai Po SG (Tennis Centre)	8+	170	9	1/10-6/10 (8/10) {27/10}	✉
Golf Training Course (Level 1)									
40613144	5/11-26/11	F	14:00-16:00	Golf Park	6+	160	6	1/10-6/10 (8/10) {28/10}	✉
Activities for Elderly Programme									
Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Chinese DanceTC for elderly									
40613163 (CDTP4)	24/11-26/1	W	14:00-16:00	Tai Po SC	60+	Free	10	1/10-6/10 (8/10) {28/10}	✉

Fitness Exercise TC for Elderly

40613166	22/11-24/12 (excl. 20/12)	M,W,F	8:00-9:00	Fu Shin SC	10	1/10-6/10 (8/10) {28/10}	✉
40613167	22/11-24/12 (excl. 20/12)	M,W,F	9:00-10:00	Fu Shin SC	10	1/10-6/10 (8/10) {28/10}	✉

Social Dance FD for Elderly

40613164	5/11	F	14:00-17:00	Tai Po SC	12	1/10-6/10 (8/10) {27/10}	✉
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HES-Badminton

40613176 (HESBD13)	3/11-24/11	W	7:00-8:00	Tai Po SC	12	3/11-24/11	Walk-in
40613177 (HESBD14)	3/11-24/11	W	8:00-9:00	Tai Po SC	12	3/11-24/11	Walk-in

HES-Table-tennis

40613174 (HESTT31)	5/11-26/11	F	7:00-8:00	Fu Shin SC	12	5/11-26/11	Walk-in
40613175 (HESTT32)	5/11-26/11	F	8:00-9:00	Fu Shin SC	12	5/11-26/11	Walk-in

Lawn Bowls Fun Day for Elderly

40613168	17/11	W	9:00-10:30	Tai Po Waterfront Park (Bowling Green)	10	1/10-6/10 (8/10) {27/10}	✉
40613169	17/11	W	10:30-12:00	Tai Po Waterfront Park (Bowling Green)	10	1/10-6/10 (8/10) {27/10}	✉

Gateball TC for Elderly

40613170	1/11-20/12	M	8:00-10:00	Yuen Shin Park	7	1/10-6/10 (8/10) {27/10}	✉
40613171	2/11-21/12	Tu	14:00-16:00	Tai Po Waterfront Park	7	1/10-6/10 (8/10) {27/10}	✉