

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Dec 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>Aerobic Dance Training Course</b>									
40594622	2/12-13/1 (excl. 27/12)	M,Th	19:00-20:00	Tai Hing SC	14+	65	8	25/10-29/10 (4/11) {22/11}	☒
40594623	2/12-13/1 (excl. 27/12)	M,Th	20:00-21:00	Tai Hing SC	14+	65	8	25/10-29/10 (4/11) {22/11}	☒
40594624	3/12-12/1	W,F	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	14+	65	10	2/11	☒ i
40594625	3/12-12/1	W,F	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	14+	65	10	2/11	☒ i
40594626	13/12-14/1 (excl. 24/12,27/12,31/12)	M,W,F	18:00-19:00	Siu Lun SC	14+	65	15	9/11	☒ i
40594627	13/12-14/1 (excl. 24/12,27/12,31/12)	M,W,F	19:00-20:00	Siu Lun SC	14+	65	15	9/11	☒ i
40594628	17/12-26/1	W,F	9:00-10:00	Leung Tin SC	14+	65	10	11/11	☒ i
40594629	17/12-26/1	W,F	10:00-11:00	Leung Tin SC	14+	65	10	11/11	☒ 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.									
40594632	2/12-11/1	Tu,Th	7:00-8:00	Siu Lun SC	15+	75	12	@2/11	☒ i
40594633	2/12-11/1	Tu,Th	8:00-9:00	Siu Lun SC	15+	75	12	@2/11	☒ i
40594638	6/12-17/1 (excl. 27/12)	M,W	18:00-19:00	Tai Hing SC	15+	75	10	@8/11	☒ i
40594639	6/12-17/1 (excl. 27/12)	M,W	19:00-20:00	Tai Hing SC	15+	75	10	@8/11	☒ i
40594642	7/12-8/1 (excl. 25/12,28/12,1/1)	Tu,Th,Sa	8:00-9:00	Tai Hing SC	15+	75	10	@4/11	☒ i
40594643	7/12-8/1 (excl. 25/12,28/12,1/1)	Tu,Th,Sa	9:00-10:00	Tai Hing SC	15+	75	10	@4/11	☒ i
40594644	7/12-13/1	Tu,Th	20:00-21:00	Tai Hing SC	15+	75	10	@4/11	☒ i
40594645	7/12-13/1	Tu,Th	21:00-22:00	Tai Hing SC	15+	75	10	@4/11	☒ i
40594646	15/12-28/1 (excl. 24/12,31/12)	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	75	10	@10/11	☒ i
40594647	15/12-28/1 (excl. 24/12,31/12)	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	75	10	@10/11	☒ i
<b>Tai Chi Made Easy Class</b>									
40617402	6/12-17/1 (excl. 27/12)	M,F	6:30-7:30	SAN WO LANE PLAYGROUND	6+	54	15	25/10-29/10 (4/11) {22/11}	☒
40617403	6/12-17/1 (excl. 27/12)	M,F	6:30-7:30	Tsing Sin ST.(BC)	6+	54	15	25/10-29/10 (4/11) {22/11}	☒
40617404	6/12-17/1 (excl. 27/12)	M,F	6:30-7:30	Tsing Tin PG	6+	54	15	25/10-29/10 (4/11) {22/11}	☒
40617405	6/12-17/1 (excl. 27/12)	M,F	7:00-8:00	Wu Shan Recreation PG(BC)	6+	54	15	25/10-29/10 (4/11) {22/11}	☒
40617406	7/12-13/1	Tu,Th	7:30-8:30	Lingnan PG (BC)	6+	54	15	25/10-29/10 (4/11) {22/11}	☒
40617407	1/12-12/1 (excl. 27/12)	M,W	6:30-7:30	Tuen Mun Park (Multi- purpose Court)	6+	54	15	25/10-29/10 (4/11) {22/11}	☒
40617408	1/12-12/1 (excl. 27/12)	M,W	17:30-18:30	Tuen Mun Park (Multi- purpose Court)	6+	54	15	25/10-29/10 (4/11) {22/11}	☒
40617409	2/12-11/1	Tu,Th	6:30-7:30	Tuen Mun Park (Multi- purpose Court)	6+	54	15	25/10-29/10 (4/11) {22/11}	☒
<b>Yoga Training Course</b>									
40594671	21/12-25/1 (excl. 28/12)	Tu,Th	7:00-9:00	Tai Hing SC	15+	85	10	1/11-5/11 (11/11) {29/11}	☒
40594672	21/12-25/1 (excl. 28/12)	Tu,Th	9:00-11:00	Tai Hing SC	15+	85	10	1/11-5/11 (11/11) {29/11}	☒
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40594674	7/12	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	12	1/11-5/11 (11/11) {29/11}	☒
40594675	8/12	W	19:00-22:00	Siu Lun SC	15+	Free	12	1/11-5/11 (11/11) {29/11}	☒
40594676	11/12	Sa	14:00-17:00	Tai Hing SC	15+	Free	10	1/11-5/11 (11/11) {29/11}	☒
40594678	18/12	Sa	17:00-20:00	Siu Lun SC	15+	Free	12	1/11-5/11 (11/11) {29/11}	☒
<b>Parent-child (Aged 7-17) Badminton Fun Day</b>									
40594533	11/12	Sa	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	7+	Free	16	17/11	☒
40594534	11/12	Sa	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	7+	Free	16	17/11	☒
40594535	11/12	Sa	11:00-12:00	The JC Tuen Mun Butterfly Beach SC	7+	Free	16	17/11	☒
<b>Badminton Training Course for Adult</b>									
40594690	7/12-11/1 (excl. 28/12)	Tu,F	11:00-13:00	Tai Hing SC	18+	118	16	25/10-29/10 (4/11) {22/11}	☒
<b>Track Cycling Training Course (Level I)</b>									
40594760	12/12	Su	14:00-18:00	Hong Kong Velodrome	12+	140	9	12/11	☒ i
<b>TMD Lawn Bowls Competition 2021</b>									

40594719	12/12	Su	9:00-18:00	Wu Shan Bowling Green	8+	100	12	19/10-28/10 (5/11) {23/11}	✉
<b>Lawn Bowls Fun Day</b>									
40594705	5/12	Su	14:00-15:00	Wu Shan Bowling Green	8+	Free	24	15/11	🖨️ i
40594706	5/12	Su	15:00-16:00	Wu Shan Bowling Green	8+	Free	24	15/11	🖨️ i
40594707	5/12	Su	16:00-17:00	Wu Shan Bowling Green	8+	Free	24	15/11	🖨️ i
<b>Lawn Bowls Training Course for Adult</b>									
40594691	2/12-30/12 (excl. 27/12)	M,Th	20:00-22:00	Wu Shan Bowling Green	20+	54	6	25/10-29/10 (4/11) {22/11}	✉
<b>Mini-tennis Training Course</b>									
40594694	4/12-5/3 (excl. 11/12,18/12,25/12,1/1)	Sa	14:00-16:00	Tai Hing SC	6-12	70	16	25/10-29/10 (4/11) {22/11}	✉
<b>TMD Squash Competition Female Junior(FB)</b>									
40594543 (QTM1164-21)	5/12	Su	9:00-21:00	Tuen Mun SP Squash Courts	14-18	20	8	15/10	🖨️ i
<b>TMD Squash Competition Female Junior(FC)</b>									
40594544 (QTM1164-21)	5/12	Su	9:00-21:00	Tuen Mun SP Squash Courts	0-13	20	8	15/10	🖨️ i
<b>TMD Squash Competition Female Open(FA)</b>									
40594542 (QTM1164-21)	5/12	Su	9:00-21:00	Tuen Mun SP Squash Courts	19+	20	8	15/10	🖨️ i
<b>TMD Squash Competition Male Adult(MB)</b>									
40594546 (QTM1164-21)	5/12	Su	9:00-21:00	Tuen Mun SP Squash Courts	19-34	20	16	15/10	🖨️ i
<b>TMD Squash Competition Male Junior(MC)</b>									
40594547 (QTM1164-21)	5/12	Su	9:00-21:00	Tuen Mun SP Squash Courts	14-18	20	16	15/10	🖨️ i
<b>TMD Squash Competition Male Junior(MD)</b>									
40594548 (QTM1164-21)	5/12	Su	9:00-21:00	Tuen Mun SP Squash Courts	0-13	20	32	15/10	🖨️ i
<b>TMD Squash Competition Male Senior(MA)</b>									
40594545 (QTM1164-21)	5/12	Su	9:00-21:00	Tuen Mun SP Squash Courts	35+	20	16	15/10	🖨️ i
<b>Squash Training Course</b>									
40594696	14/12-6/1	Tu,Th	19:30-21:30	Tuen Mun SP Squash Courts	7+	160	8	5/11	🖨️ i
<b>Table-tennis Training Course</b>									
40594699	19/12-27/2 (excl. 26/12)	Su	16:00-18:00	Siu Lun SC	14+	86	16	1/11-5/11 (11/11) {29/11}	✉
<b>Table-tennis Training Course for Children</b>									
40594698	19/12-27/2 (excl. 26/12)	Su	14:00-16:00	Siu Lun SC	6-13	86	16	25/10-29/10 (4/11) {22/11}	✉
<b>Tennis Fun Day</b>									
40594709	4/12	Sa	15:00-16:00	Wu Shan TC	8+	Free	8	9/11	🖨️ i
40594710	4/12	Sa	16:00-17:00	Wu Shan TC	8+	Free	8	9/11	🖨️ i
40594711	4/12	Sa	17:00-18:00	Wu Shan TC	8+	Free	8	9/11	🖨️ i
40594712	12/12	Su	14:00-15:00	Tsing Sin PG	8+	Free	8	16/11	🖨️ i
40594713	12/12	Su	15:00-16:00	Tsing Sin PG	8+	Free	8	16/11	🖨️ i
40594714	12/12	Su	16:00-17:00	Tsing Sin PG	8+	Free	8	16/11	🖨️ i
40594715	15/12	W	18:00-19:00	Tsing Sin PG	8+	Free	8	19/11	🖨️ i
40594716	15/12	W	19:00-20:00	Tsing Sin PG	8+	Free	8	19/11	🖨️ i
40594717	15/12	W	20:00-21:00	Tsing Sin PG	8+	Free	8	19/11	🖨️ i
<b>Tennis Training Course</b>									
40594703	5/12-13/2 (excl. 26/12)	Su	16:00-18:00	Wu Shan TC	12+	170	8	25/10-29/10 (4/11) {22/11}	✉
<b>Tennis Training Course for Adult</b>									
40594700	3/12-14/1 (excl. 21/12,24/12,31/12)	Tu,F	20:00-22:00	Wu Shan TC	18+	170	8	25/10-29/10 (4/11) {22/11}	✉
40594702	4/12-19/2 (excl. 25/12,1/1)	Sa	20:00-22:00	Wu Shan TC	18+	170	8	25/10-29/10 (4/11) {22/11}	✉
<b>Cricket Fun Day</b>									
40594724	19/12	Su	10:00-13:00	Yeung King PG	6+	Free	15	1/11	🖨️ i
<b>Horticultural Seminar</b>									
40594759	18/12	Sa	10:00-12:00	Tai Hing SC	16+	30	15	3/11	🖨️ i
<b>Handicraft Fun Day</b>									
40594757	11/12	Sa	14:00-15:30	Tuen Mun SP Squash Courts	All	Free	15	17/11	🖨️ i
40594758	11/12	Sa	15:30-17:00	Tuen Mun SP Squash Courts	All	Free	15	17/11	🖨️ i
<b>Online Interactive Prog.-Aerobic Dance</b>									
40617634	20/12-24/12	M,W,F	14:30-15:30	Internet. 30mins before : zoom.us/join	14+	20	50	29/11	🖨️ i

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	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: In view of the latest situation of COVID-19, to better control the number of participants, accompanying carers who wish to participate with persons with disabilities (PWDs) in any recreation and sports programmes designated for PWDs are required to enrol in the programmes. This will remain until further notice.

**Body-Mind Stretch Training Scheme for Persons with Chronic Illness**

40599472	15/12-5/1	W	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	All	2	25/10	
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**Table Tennis Training Programme for Persons with Chronic Illness**

40596874	1/12-26/1 (excl. 22/12)	W	16:00-18:00	Siu Lun SC	8+	11	18/10	
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**Fitness Exercise Training Scheme for Ex-mentally Ill Persons**

40599312	2/12-23/12	Th	14:00-16:00	The JC Tuen Mun Butterfly Beach SC	All	2	25/10	
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**Lawn Bowls Fun Day for Persons with Intellectual Disability**

40599334	28/12	Tu	11:00-13:00	Wu Shan Bowling Green	All	2	25/10	
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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
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**Fitness(Multi-gym) Training Course for Elderly**

@ 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.

40594729	14/12-13/1 (excl. 25/12,1/1)	Tu,Th,Sa	14:00-15:00	Tai Hing SC	10	@1/11-5/11 (11/11){29/11}	
40594730	14/12-13/1 (excl. 25/12,1/1)	Tu,Th,Sa	15:00-16:00	Tai Hing SC	10	@1/11-5/11 (11/11){29/11}	

**Healthy Elderly Scheme-Badminton Fun Day**

40594748	13/12	M	7:00-8:00	Siu Lun SC	16	13/12	Walk-in
40594749	13/12	M	8:00-9:00	Siu Lun SC	16	13/12	Walk-in
40594750	13/12	M	9:00-10:00	Siu Lun SC	16	13/12	Walk-in

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

40594742	2/12-23/12	Th	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	10	2/12-23/12	Walk-in
40594743	2/12-23/12	Th	11:00-12:00	The JC Tuen Mun Butterfly Beach SC	10	2/12-23/12	Walk-in
40594744	2/12-23/12	Th	12:00-13:00	The JC Tuen Mun Butterfly Beach SC	10	2/12-23/12	Walk-in
40594745	3/12-24/12	F	13:00-14:00	The JC Tuen Mun Butterfly Beach SC	10	3/12-24/12	Walk-in
40594746	3/12-24/12	F	14:00-15:00	The JC Tuen Mun Butterfly Beach SC	10	3/12-24/12	Walk-in
40594747	3/12-24/12	F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	10	3/12-24/12	Walk-in

**Healthy Elderly Scheme-Fitness Fun Day**

40594739	2/12-30/12	Th	8:00-10:00	Leung Tin SC	15	25/10-29/10 (4/11){22/11}	
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**Healthy Elderly Scheme-Gateball Fun Day**

40594732	1/12-29/12	W	7:00-8:00	Tai Hing SC	10	1/11	
40594733	1/12-29/12	W	8:00-9:00	Tai Hing SC	10	1/11	

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

40594740	2/12-30/12	Th	9:00-10:00	Wu Shan Bowling Green	12	2/12-30/12	Walk-in
40594741	2/12-30/12	Th	10:00-11:00	Wu Shan Bowling Green	12	2/12-30/12	Walk-in

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

40594735	1/12-29/12	W	9:00-10:00	Wu Shan Bowling Green	18	1/12-29/12	Walk-in
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40594736	1/12-29/12	W	10:00-11:00	Wu Shan Bowling Green	18	1/12-29/12	Walk-in
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**Gateball Training Course for Elderly**

40594727	5/12-30/1 (excl. 26/12)	Su	8:00-10:00	SAN WO LANE PLAYGROUNG	7	1/11-5/11 (11/11){29/11}	✉
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