

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Dec 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)	
<b>Long Distance Running TC</b>										
40616539 (YL1385-21)	18/12-5/3 (excl. 25/12,1/1)	Sa	9:00-11:00	Tin Shui Wai SG	16+	130	20	18/11		
<b>Breast Stroke TC for Adult (I)</b>										
40616542 (YL1317-21)	3/12-7/1 (excl. 24/12)	W,F	10:00-11:00	Ping Shan Tin Shui Wai SP	18+	100	8	21/10-27/10 (4/11) {24/11}		
<b>Aerobic Dance TC</b>										
40616363 (YL1303-21)	2/12-13/1 (excl. 27/12)	M,Th	18:00-19:00	Fung Kam ST. SC	14+	65	10	2/11		
40616364 (YL1304-21)	2/12-13/1 (excl. 27/12)	M,Th	19:00-20:00	Fung Kam ST. SC	14+	65	10	2/11		
40616365 (YL1305-21)	2/12-11/1	Tu,Th	9:00-10:00	Fung Kam ST. SC	14+	65	10	1/11		
40616366 (YL1306-21)	2/12-11/1	Tu,Th	10:00-11:00	Fung Kam ST. SC	14+	65	10	1/11		
40616367 (YL1390-21)	22/12-28/1	W,F	8:00-9:00	Fung Kam ST. SC	14+	65	10	22/11		
40616369 (YL1391-21)	22/12-28/1	W,F	9:00-10:00	Fung Kam ST. SC	14+	65	10	22/11		
40616371 (YL1339-21)	6/12-17/1 (excl. 27/12)	M,W	18:00-19:00	Long Ping SC	14+	65	15	5/11		
40616385 (YL1340-21)	6/12-17/1 (excl. 27/12)	M,W	19:00-20:00	Long Ping SC	14+	65	15	5/11		
40616404 (YL1307-21)	2/12-18/1 (excl. 21/12,28/12)	Tu,Th	8:00-9:00	Long Ping SC	14+	65	15	1/11		
40616405 (YL1308-21)	2/12-18/1 (excl. 21/12,28/12)	Tu,Th	9:00-10:00	Long Ping SC	14+	65	15	1/11		
40616407 (YL1379-21)	14/12-20/1	Tu,Th	8:00-9:00	Ping Shan Tin Shui Wai SC	14+	65	15	12/11		
40616409 (YL1380-21)	14/12-20/1	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai SC	14+	65	15	12/11		
40616410 (YL1394-21)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	18:00-19:00	Tin Shui Wai SC	14+	65	15	23/11		
40616411 (YL1395-21)	23/12-8/2 (excl. 1/2,3/2)	Tu,Th	19:00-20:00	Tin Shui Wai SC	14+	65	15	23/11		
<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>										
40616437 (YL1404-21)	29/12-26/1 (excl. 31/12)	M,W,F	15:00-16:00	Long Ping SC	15+	75	15	@29/11		
40616440 (YL1311-21)	2/12-13/1 (excl. 27/12)	M,Th	9:00-10:00	Tin Shui Wai SC	15+	75	15	@2/11		
40616443 (YL1312-21)	2/12-13/1 (excl. 27/12)	M,Th	10:00-11:00	Tin Shui Wai SC	15+	75	15	@2/11		
40616444 (YL1381-21)	15/12-26/1 (excl. 27/12)	M,W	17:00-18:00	Tin Shui Wai SC	15+	75	15	@15/11		
40616446 (YL1382-21)	15/12-26/1 (excl. 27/12)	M,W	18:00-19:00	Tin Shui Wai SC	15+	75	15	@15/11		
<b>Hydro Fitness TC</b>										
40616459 (YL1319-21)	3/12-26/1 (excl. 24/12,31/12)	W,F	13:00-14:00	Ping Shan Tin Shui Wai SP	14+	80	15	4/11		
<b>Tai Chi Made Easy Class</b>										
40616545 (YL1328-21)	4/12-12/3 (excl. 25/12,1/1,5/2)	Sa	8:00-9:00	Fung Kam ST. SC	6+	54	15	21/10-27/10 (4/11) {24/11}		
40616546 (YL1344-21)	1/12-29/12 (excl. 27/12)	M,W,F	20:30-21:30	Tin Shui Wai Park	6+	54	15	29/10		
40616547 (YL1722-21)	1/12-29/12 (excl. 27/12)	M,W,F	7:30-8:30	Wang Toi Shan PG	6+	54	15	29/10		
40616548 (YL1369-21)	2/12-30/12 (excl. 25/12)	Tu,Th,Sa	6:30-7:30	Tai Kiu Market Sitting-out Area	6+	54	15	29/10		
40616549 (YL1719-21)	1/12-29/12 (excl. 27/12)	M,W,F	18:30-19:30	Tai Kiu Market Sitting-out Area	6+	54	15	29/10		
40616550 (YL1744-21)	10/12-7/1 (excl. 27/12)	M,W,F	7:00-8:00	Tin Shui Wai Park(BC No.3)	6+	54	15	9/11		
40616551 (YL1400-21)	15/12-12/1 (excl. 27/12)	M,W,F	7:00-8:00	Fung Kam ST. SC	6+	54	15	11/11		
40616552 (YL1735-21)	1/12-29/12 (excl. 27/12)	M,W,F	7:00-8:00	Tin Shui Wai Park(5-a-side Soccer Pitch)	6+	54	15	28/10		
40616553 (YL1752-21)	1/12-29/12 (excl. 27/12)	M,W,F	7:00-8:00	Yuen Long Stadium	6+	54	15	28/10		
40616555 (YL1368-21)	2/12-30/12 (excl. 25/12)	Tu,Th,Sa	7:00-8:00	-	6+	54	15	29/10		
<b>Tai Chi Sword Fun Day</b>										
40616556 (YL1371-21)	2/12-28/12	Tu,Th	7:00-8:00	Tin Shui Wai Park(No.3 BC)	6+	Free	20	1/11		
40616557 (YL1725-21)	1/12-29/12 (excl. 27/12)	M,W	6:30-7:30	Tai Kiu Market Sitting-out Area	6+	Free	20	28/10		
40616558 (YL1758-21)	2/12-28/12	Tu,Th	7:00-8:00	Yuen Long Stadium	6+	Free	20	1/11		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40616449 (YL1333-21)	5/12	Su	15:00-18:00	Long Ping SC	15+	Free	12	21/10-27/10 (4/11) {24/11}		
40616450 (YL1375-21)	12/12	Su	9:00-12:00	Tin Shui Wai SC	15+	Free	12	21/10-27/10 (4/11) {24/11}		
<b>YLD Family - Badminton Fun Day</b>										
40617621 (YL1240-21)	11/12	Sa	12:00-13:00	Fung Kam ST. SC	7+	Free	16	11/11		

40617622 (YL1241-21)	11/12	Sa	13:00-14:00	Fung Kam ST. SC	7+	Free	16	11/11		
40617623 (YL1242-21)	11/12	Sa	14:00-15:00	Fung Kam ST. SC	7+	Free	16	11/11		

#### Badminton TC

40616429 (YL1397-21)	23/12-27/1 (excl. 27/12)	M,Th	19:00-21:00	Fung Kam ST. SC	7+	118	16	21/10-27/10 (4/11) {24/11}		
40616430 (YL1399-21)	23/12-27/1 (excl. 27/12)	M,Th	9:00-11:00	Tin Shui Wai SC	7+	118	16	21/10-27/10 (4/11) {24/11}		
40616431 (YL1403-21)	28/12-27/1	Tu,Th	20:00-22:00	Tin Shui Wai SC	7+	118	16	21/10-27/10 (4/11) {24/11}		

#### Squash TC

40616541 (YL1373-21)	11/12-19/2 (excl. 25/12,1/1,5/2)	Sa	15:30-17:30	Yuen Long Jockey Club Squash Courts	7+	160	8	11/11		
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#### Table-tennis TC

40616563 (YL1396-21)	23/12-27/1 (excl. 27/12)	M,Th	16:00-18:00	Fung Kam ST. SC	6+	86	16	21/10-27/10 (4/11) {24/11}		
40616564 (YL1323-21)	3/12-14/1 (excl. 21/12,24/12,31/12)	Tu,F	16:00-18:00	Long Ping SC	6+	86	16	21/10-27/10 (4/11) {24/11}		
40616565 (YL1405-21)	29/12-4/2 (excl. 31/12,2/2)	W,F	17:00-19:00	Ping Shan Tin Shui Wai SC	6+	86	16	21/10-27/10 (4/11) {24/11}		
40616567 (YL1402-21)	28/12-27/1	Tu,Th	19:00-21:00	Tin Shui Wai SC	6+	86	12	21/10-27/10 (4/11) {24/11}		

#### Tennis TC

40616559 (YL1398-21)	23/12-27/1 (excl. 27/12)	M,Th	19:00-21:00	Sai Ching ST. TC	8+	170	12	21/10-27/10 (4/11) {24/11}		
40616561 (YL1331-21)	4/12-19/2 (excl. 25/12,1/1)	Sa	16:00-18:00	Tin Shui Wai Park	8+	170	8	21/10-27/10 (4/11) {24/11}		

#### Go TC (Level II)

40616456 (YL1334-21)	5/12-9/1	Su	10:00-12:00	Long Ping SC	6+	40	10	5/11		
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#### 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.

#### Jazz Dance TS for PWD(Ex-mental Illness)

40617628 (YL0697-21)	1/12-22/12	W	10:00-12:00	Tin Shui Wai SC	15-65	4	1/11		
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#### Body-Mind Stretching TS for PWD(Ex-ment III)

40617633 (YL1345-21)	2/12-23/12	Th	10:00-12:00	Tin Shui Wai SC	15-65	3	1/11		
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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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#### Swimming TC for Elderly (II)

40616543 (YL1318-21)	3/12-7/1 (excl. 24/12)	W,F	9:00-10:00	Ping Shan Tin Shui Wai SP	10	21/10-27/10 (4/11){24/11}	
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#### Fitness (Multi-gym) TC 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.

40616435 (YL1392-21)	22/12-11/2 (excl. 24/12,31/12,2/2,4/2)	W,F	8:00-9:00	Tin Shui Wai SC	15	@21/10-27/10 (4/11){24/11}	
40616436 (YL1393-21)	22/12-11/2 (excl. 24/12,31/12,2/2,4/2)	W,F	9:00-10:00	Tin Shui Wai SC	15	@21/10-27/10 (4/11){24/11}	

#### Hydro Fitness TC for Elderly

40616462 (YL1320-21)	3/12-26/1 (excl. 24/12,31/12)	W,F	14:00-15:00	Ping Shan Tin Shui Wai SP	15	3/11		
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#### Healthy Elderly Scheme - Baduanjin Play-in

40616432 (YL1294-21)	1/12-22/12	W	9:00-10:00	Fung Kam ST. SC	15	2/11		
40616433 (YL1295-21)	1/12-22/12	W	10:00-11:00	Fung Kam ST. SC	15	2/11		

#### Healthy Elderly Scheme - Table-tennis Play-in

40616569 (YL1347-21)	6/12	M	10:00-11:00	Ping Shan Tin Shui Wai SC	16	5/11	 
40616570 (YL1346-21)	6/12	M	9:00-10:00	Ping Shan Tin Shui Wai SC	16	5/11	 
40616571 (YL1296-21)	1/12-22/12	W	14:00-15:00	Long Ping SC	16	29/10	 
40616572 (YL1297-21)	1/12-22/12	W	15:00-16:00	Long Ping SC	16	29/10	 
<b>Healthy Elderly Scheme - Gateball Play-in</b>							
40616451 (YL1327-21)	1/12-15/12	M,W	7:00-9:00	Tin Shui Wai Park	7	4/11	 
40616452 (YL1316-21)	2/12-16/12	M,Th	7:00-9:00	Yuen Long Park	7	29/10	 