

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

Tai Po 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 Training Course										
40615357	2/12-11/1	Tu,Th	8:00-9:00	Tai Po Hui SC	14+	65	12	1/11		
40615359	2/12-11/1	Tu,Th	9:00-10:00	Tai Po Hui SC	14+	65	12	1/11		
40615360	2/12-11/1	Tu,Th	19:00-20:00	Tai Po Hui SC	14+	65	12	1/11-5/11 (9/11) {29/11}		
40615362	2/12-11/1	Tu,Th	20:00-21:00	Tai Po Hui SC	14+	65	12	1/11-5/11 (9/11) {29/11}		
40615363	6/12-19/1 (excl. 20/12,27/12)	M,W	9:00-10:00	Fu Heng SC	14+	65	12	8/11		
40615364	6/12-19/1 (excl. 20/12,27/12)	M,W	10:00-11:00	Fu Heng SC	14+	65	12	8/11		
TPD Dance Night for Christmas										
40615356	11/12	Sa	19:00-22:00	Fu Heng SC	All	20	100	15/11		
Fitness Exercise TC										
40615375 (TPFEXTH9)	6/12-24/1 (excl. 27/12)	M,W	19:00-20:00	Tai Po Hui SC	14+	80	10	1/11-5/11 (9/11) {29/11}		
40615377 (TPFEXTH10)	6/12-24/1 (excl. 27/12)	M,W	20:00-21:00	Tai Po Hui SC	14+	80	10	1/11-5/11 (9/11) {29/11}		
Fitness (Multi-gym) Training Course										
<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. 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.</p>										
40615366 (TPFMS11)	2/12-13/1 (excl. 11/1)	Tu,Th	18:00-19:00	Fu Shin SC	15+	75	10	@1/11-5/11 (9/11) {29/11}		
40615367 (TPFMS12)	2/12-13/1 (excl. 11/1)	Tu,Th	19:00-20:00	Fu Shin SC	15+	75	10	@1/11-5/11 (9/11) {29/11}		
40615368 (TPFMTH15)	2/12-11/1	Tu,Th	19:00-20:00	Tai Po Hui SC	15+	75	15	@1/11-5/11 (9/11) {29/11}		
40615369 (TPFMTH16)	2/12-11/1	Tu,Th	20:00-21:00	Tai Po Hui SC	15+	75	15	@1/11-5/11 (9/11) {29/11}		
40615370 (TPFMTH17)	9/12-31/1 (excl. 20/12,27/12,31/1,17/1)	M,Th	7:00-8:00	Tai Po Hui SC	15+	75	15	@9/11		
40615372 (TPFMTH18)	9/12-31/1 (excl. 20/12,27/12,31/1,17/1)	M,Th	8:00-9:00	Tai Po Hui SC	15+	75	15	@9/11		
40615373 (TPFMP19)	15/12-21/1	W,F	8:00-9:00	Tai Po SC	15+	75	10	@1/11-5/11 (9/11) {29/11}		
40615374 (TPFMP20)	15/12-21/1	W,F	9:00-10:00	Tai Po SC	15+	75	10	@1/11-5/11 (9/11) {29/11}		
Jazz Training Course										
40615387	6/12-21/2 (excl. 20/12,27/12)	M	19:00-21:00	Fu Shin SC	12+	70	10	1/11-5/11 (9/11) {30/11}		
Social Dance Training Course										
40615385	6/12-14/2 (excl. 27/12)	M	19:00-21:00	Tai Po SC	14+	86	12	1/11-5/11 (9/11) {30/11}		
Tai Chi Made Easy Class										
40615401	5/12-27/2 (excl. 26/12)	Su	8:00-9:00	Wan Tau Kok PG	6+	54	15	10/11		
40615402	5/12-27/2 (excl. 26/12)	Su	9:00-10:00	Wan Tau Kok PG	6+	54	15	10/11		
Tai Chi Sword Fun Day										
40615390	1/12-29/12 (excl. 27/12)	M,W	7:00-8:00	Tai Po Tau PG	6+	Free	20	2/11		
40615391	1/12-29/12 (excl. 27/12)	M,W	8:00-9:00	Tai Po Tau PG	6+	Free	20	4/11		
40615392	2/12-30/12	Tu,Th	7:00-8:00	Tai Po Tau PG	6+	Free	20	3/11		
40615393	2/12-30/12	Tu,Th	8:00-9:00	Tai Po Tau PG	6+	Free	20	5/11		
40615394	1/12-29/12 (excl. 27/12)	M,W	7:00-8:00	Tai Po Old Market PG	6+	Free	20	5/11		
40615395	1/12-29/12 (excl. 27/12)	M,W	8:00-9:00	Tai Po Old Market PG	6+	Free	20	2/11		
40615397	2/12-30/12	Tu,Th	8:00-9:00	Tai Po Old Market PG	6+	Free	20	4/11		
Yoga Training Course										
40615388	8/12-16/2 (excl. 2/2)	W	14:00-16:00	Fu Heng SC	15+	85	12	1/11-5/11 (9/11) {30/11}		
Briefing on Proper Ways to Use Fitness Equipment										
40615379 (TPBRITP9)	2/12	Th	19:00-22:00	Tai Po SC	15+	Free	10	1/11-5/11 (9/11) {29/11}		
40615380 (TPBRITP10)	9/12	Th	19:00-22:00	Tai Po SC	15+	Free	10	1/11-5/11 (9/11) {29/11}		
40615381 (TPBRITH13)	4/12	Sa	10:00-13:00	Tai Po Hui SC	15+	Free	10	1/11-5/11 (9/11) {29/11}		
40615383 (TPBRITH14)	11/12	Sa	19:00-22:00	Tai Po Hui SC	15+	Free	10	1/11-5/11 (9/11) {29/11}		
Badminton Training Course										
40615403	2/12-4/1	Tu,Th	19:00-21:00	Tai Po SC	12+	118	16	1/11-5/11 (9/11) {29/11}		

40615406	4/12-26/2 (excl. 18/12,25/12,1/1)	Sa	14:00-16:00	Fu Shin SC	18+	118	12	1/11-5/11 (9/11) {29/11}	✉
40615408	10/12-12/1	W,F	19:00-21:00	Fu Shin SC	18+	118	12	1/11-5/11 (9/11) {29/11}	✉
40615409	10/12-12/1	W,F	9:00-11:00	Fu Heng SC	18+	118	16	1/11-5/11 (9/11) {29/11}	✉

Badminton Training Course for Children

40615407	5/12-20/2 (excl. 19/12,26/12)	Su	10:00-12:00	Fu Shin SC	7-11	118	12	1/11-5/11 (9/11) {29/11}	✉
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Squash Training Course

40615414	4/12-12/2 (excl. 18/12,25/12,1/1)	Sa	10:00-12:00	Fu Heng SC	7+	160	8	1/11-5/11 (9/11) {30/11}	✉
40615415 (ST2)	20/12-17/1 (excl. 27/12)	M,Th	19:00-21:00	Tai Po PG(Squash Centre)	7+	160	8	1/11-5/11 (9/11) {30/11}	✉

Table-tennis Training Course

40615413	3/12-5/1	W,F	9:00-11:00	Tai Po SC	14+	86	16	1/11-5/11 (9/11) {29/11}	✉
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Tennis Training Course

40615418 (TT7)	22/12-2/3 (excl. 2/2)	W	19:00-21:00	Tai Po SG (Tennis Centre)	8+	170	12	1/11-5/11 (9/11) {30/11}	✉
40615417 (TT8)	7/12-11/1 (excl. 31/12)	Tu,F	19:00-21:00	Tai Po SG (Tennis Centre)	8+	170	12	1/11-5/11 (9/11) {30/11}	✉

Golf Training Course (Level 1)

40615410	2/12-23/12	Th	10:00-12:00	Nine Eagles Golf Club	8+	160	6	1/11-5/11 (9/11) {29/11}	✉
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*TPD 7-a-side Football Comp2021 (Young Div)

40614941 (Q)	5/12-19/12	Su	9:00-22:00	Tin Hau Temple Fung Shui Square	6-18	60	16	27/9-4/10 (7/10) {28/10}	✉
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Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	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 TP for PWC ill

40596114	7/12-18/1 (excl. 21/12)	Tu	17:00-19:00	Tai Po Hui SC	15+	8	18/10	✉ i
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Table Tennis Training Programme for PWID

40596113	7/12-11/1 (excl. 21/12)	Tu	17:00-19:00	Tai Po Hui SC	8+	11	18/10	✉ i
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Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
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Fitness Exercise TC for Elderly

40615427 (FETC11)	2/12-18/1	Tu,Th	9:00-10:00	Tai Po Hui SC	10	1/11-5/11 (9/11) {29/11}	✉
40615428 (FETC12)	2/12-18/1	Tu,Th	8:00-9:00	Tai Po Hui SC	10	1/11-5/11 (9/11) {29/11}	✉

HES - Social Dance

40615437 (HESDTP54)	3/12-31/12	F	7:00-9:00	Tai Po SC	20	3/12-31/12	Walk-in
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Social Dance TC for Elderly

40615429	17/12-18/2	F	15:00-17:00	Tai Po SC	12	1/11-5/11 (9/11) {30/11}	✉
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Western Folk Dance TC for elderly

40615431	10/12-11/2	F	15:00-17:00	Fu Heng SC	10	1/11-5/11 (9/11) {30/11}	✉
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HES-Table-tennis

40615438 (HESTT35)	3/12-31/12	F	7:00-8:00	Fu Shin SC	16	3/12-31/12	Walk-in
40615439 (HESTT36)	3/12-31/12	F	8:00-9:00	Fu Shin SC	16	3/12-31/12	Walk-in
40615440 (HESTT35)	7/12-28/12	Tu	7:00-8:00	Tai Po Hui SC	16	7/12-28/12	Walk-in
40615441 (HESTT34)	7/12-28/12	Tu	8:00-9:00	Tai Po Hui SC	16	7/12-28/12	Walk-in

Fitness Carnival for the Elderly(21-22)

40615425	3/12	F	14:00-17:00	Fu Heng SC	170	3/12	Walk-in
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