

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jun 2022**

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)	
Aerobic Dance Training Course										
40629979	8/6-20/7 (excl. 1/7)	W,F	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	24/5		
40629980	8/6-20/7 (excl. 1/7)	W,F	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	24/5		
40629983	17/6-15/7 (excl. 1/7)	M,W,F	18:00-19:00	Siu Lun SC	14+	65	15	26/5		
40629984	17/6-15/7 (excl. 1/7)	M,W,F	19:00-20:00	Siu Lun SC	14+	65	15	26/5		
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>										
40629989	2/6-28/6	Tu,Th,Sa	8:00-9:00	Tai Hing SC	15+	75	15	@24/5		
40629990	2/6-28/6	Tu,Th,Sa	9:00-10:00	Tai Hing SC	15+	75	15	@24/5		
40629991	2/6-28/6	Tu,Th,Sa	8:00-9:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@26/5		
40629992	2/6-28/6	Tu,Th,Sa	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@26/5		
40629997	13/6-11/7 (excl. 1/7)	M,W,F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@27/5		
40629998	15/6-13/7 (excl. 1/7)	M,W,F	19:00-20:00	Siu Lun SC	15+	75	12	@27/5		
40629999	15/6-13/7 (excl. 1/7)	M,W,F	20:00-21:00	Siu Lun SC	15+	75	12	@27/5		
Jazz Training Course										
40630008	5/6-14/8 (excl. 7/8)	Su	10:00-12:00	Leung Tin SC	12+	70	10	25/5		
Social Dance for Children										
40630009	15/6-17/8	W	16:00-18:00	Leung Tin SC	7-12	86	10	20/5		
Tai Chi Made Easy Class										
40626010	6/6-18/7 (excl. 1/7)	M,F	6:30-7:30	Tsing Sin ST. BC	6+	54	30	19/5		
40626011	6/6-18/7 (excl. 1/7)	M,F	6:30-7:30	San Hui PG	6+	54	30	19/5		
40626012	2/6-12/7	Tu,Th	6:30-7:30	San Hui PG	6+	54	30	18/5		
40626013	2/6-12/7	Tu,Th	6:30-7:30	Lingnan PG	6+	54	30	18/5		
40626020	6/6-13/7	M,W	6:30-7:30	Tuen Mun Park (Multi-purpose Court)	6+	54	30	20/5		
40626022	6/6-13/7	M,W	17:30-18:30	Tuen Mun Park (Multi-purpose Court)	6+	54	30	20/5		
40626026	7/6-14/7	Tu,Th	6:30-7:30	Tuen Mun Park (Multi-purpose Court)	6+	54	30	20/5		
Yoga Training Course										
40630012	2/6-5/7	Tu,Th	9:00-11:00	Tai Hing SC	15+	85	18	23/5		
Briefing on Proper Ways to Use Fitness Equipment										
40630014	7/6	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	18/5		
40630016	12/6	Su	8:00-11:00	Siu Lun SC	15+	Free	12	18/5		
40630018	20/6	M	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	18/5		
Body-Mind Stretch Training Course										
40629987	8/6-20/7 (excl. 1/7)	W,F	20:00-21:00	Leung Tin SC	15+	85	7	23/5		
40629988	8/6-20/7 (excl. 1/7)	W,F	21:00-22:00	Leung Tin SC	15+	85	7	23/5		
Lawn Bowls Training Course										
40630025	7/6-5/7 (excl. 1/7)	Tu,F	20:00-22:00	Wu Shan Bowling Green	8+	54	8	25/5		
Tennis Training Course for Adult										
40630029	7/6-12/7 (excl. 1/7)	Tu,F	20:00-22:00	Wu Shan TC	18+	170	8	25/5		
Online Interactive Prog.-Fitness Yoga										
40628223 (TM308)	7/6-9/6	Tu, Th	15:00-16:00	Internet. 30mins before :zoom.us/join	15+	20	50	17/5		

Activities for Elderly Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment		Enrolment Method
						(Balloting)	(Open Enrollment for Remaining Quota)	
Fitness(Multi-gym) Training Course for Elderly								
40630044	2/6-28/6	Tu,Th,Sa	7:00-8:00	The JC Tuen Mun Butterfly Beach SC	20	19/5		
40630045	2/6-28/6	Tu,Th,Sa	14:00-15:00	Tai Hing SC	15	19/5		
40630047	13/6-11/7 (excl. 1/7)	M,W,F	16:00-17:00	The JC Tuen Mun Butterfly Beach SC	20	23/5		

Healthy Elderly Scheme-Chess and Table-tennis

40630066	2/6-23/6	Th	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	16	2/6-23/6	Walk-in
40630067	2/6-23/6	Th	11:00-12:00	The JC Tuen Mun Butterfly Beach SC	16	2/6-23/6	Walk-in
40630068	2/6-23/6	Th	12:00-13:00	The JC Tuen Mun Butterfly Beach SC	16	2/6-23/6	Walk-in
40630069	10/6-24/6	F	13:00-14:00	The JC Tuen Mun Butterfly Beach SC	16	10/6-24/6	Walk-in
40630070	10/6-24/6	F	14:00-15:00	The JC Tuen Mun Butterfly Beach SC	16	10/6-24/6	Walk-in
40630071	10/6-24/6	F	15:00-16:00	The JC Tuen Mun Butterfly Beach SC	16	10/6-24/6	Walk-in

Healthy Elderly Scheme-Lawn Bowls Fun Day

40630060	2/6-30/6	Th	9:00-10:00	Wu Shan Bowling Green	16	2/6-30/6	Walk-in
40630061	2/6-30/6	Th	10:00-11:00	Wu Shan Bowling Green	16	2/6-30/6	Walk-in

Healthy Elderly Scheme-Lawn Bowls Self Practice Scheme

40630062	1/6-29/6	W	9:00-10:00	Wu Shan Bowling Green	24	1/6-29/6	Walk-in
40630063	1/6-29/6	W	10:00-11:00	Wu Shan Bowling Green	24	1/6-29/6	Walk-in