

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

Tuen Mun District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Long Distance Running Training Course									
40630107	7/7-8/8	M,Th	20:00-22:00	Tuen Mun Tang Siu Kin SG	16+	130	40	1/6	
Life Saving Training Cr (Bronze Medallion)									
40630108	6/7-17/8	M,W,F	10:00-12:00	Tuen Mun SP	13+	108	12	2/6	
40630109	6/7-17/8	M,W,F	14:00-16:00	Tuen Mun SP	13+	108	12	2/6	
40630110	6/7-17/8	M,W,F	20:00-22:00	Tuen Mun SP	13+	108	12	2/6	
Breaststroke Training Cr for Adult (Level I)									
40630136	8/7-29/7	M,W,F	19:30-20:30	Tuen Mun SP	18+	100	8	27/5-2/6 (9/6) {28/6}	
Breaststroke Training Cr for Junior (Level I)									
40630116	12/7-11/8	Tu,Th	15:00-16:00	Tuen Mun North West SP	9-12	100	8	27/5-2/6 (9/6) {28/6}	
Front Crawl TC for Youth (Level I)									
40630159	4/7-25/7	M,W,F	19:30-20:30	Tuen Mun North West SP	13-17	100	8	27/5-2/6 (9/6) {28/6}	
Front Crawl Training Cr for Adult (Level I)									
40630139	4/7-25/7	M,W,F	20:30-21:30	Tuen Mun North West SP	18+	100	8	27/5-2/6 (9/6) {28/6}	
40630140	8/7-29/7	M,W,F	8:00-9:00	Tuen Mun SP	18+	100	8	27/5-2/6 (9/6) {28/6}	
40630141	8/7-29/7	M,W,F	20:30-21:30	Tuen Mun SP	18+	100	8	27/5-2/6 (9/6) {28/6}	
Front Crawl Training Cr for Junior (Level I)									
40630124	12/7-11/8	Tu,Th	16:00-17:00	Tuen Mun North West SP	9-12	100	8	27/5-2/6 (9/6) {28/6}	
Breaststroke Training Cr for Adult (Level II)									
40630137	8/7-29/7	M,W,F	7:00-8:00	Tuen Mun SP	18+	100	10	27/5-2/6 (9/6) {28/6}	
40630138	8/7-29/7	M,W,F	20:30-21:30	Tuen Mun SP	18+	100	10	27/5-2/6 (9/6) {28/6}	
Front Crawl Swimming Cr for Adult (II)									
40630143	8/7-29/7	M,W,F	19:30-20:30	Tuen Mun SP	18+	100	10	27/5-2/6 (9/6) {28/6}	
Aerobic Dance Training Course									
40630169	7/7-16/8	Tu,Th	8:00-9:00	Siu Lun SC	14+	65	30	1/6	
40630170	7/7-16/8	Tu,Th	9:00-10:00	Siu Lun SC	14+	65	30	1/6	
40630171	9/7-24/9	Sa	13:00-14:00	Leung Tin SC	14+	65	20	27/5-2/6 (9/6) {28/6}	
40630172	9/7-24/9	Sa	14:00-15:00	Leung Tin SC	14+	65	20	27/5-2/6 (9/6) {28/6}	
40630173	15/7-24/8	W,F	9:00-10:00	Leung Tin SC	14+	65	20	6/6	
40630174	15/7-24/8	W,F	10:00-11:00	Leung Tin SC	14+	65	20	6/6	
Children Dance Training Course									
40630184	4/7-25/7	M,W,F	15:00-17:00	Tuen Mun SP Squash Courts	4-11	60	7	7/6	
Chinese Dance Training Course									
40630193	15/7-16/9	F	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	12+	45	20	27/5-2/6 (9/6) {28/6}	
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.</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>									
40630195	5/7-30/7	Tu,Th,Sa	8:00-9:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@7/6	
40630196	5/7-30/7	Tu,Th,Sa	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@7/6	
40630321	12/7-6/8	Tu,Th,Sa	8:00-9:00	Tai Hing SC	15+	75	15	@9/6	
40630323	12/7-6/8	Tu,Th,Sa	9:00-10:00	Tai Hing SC	15+	75	15	@9/6	
40630328	14/7-23/8	Tu,Th	7:00-8:00	Siu Lun SC	15+	75	12	@9/6	
40630329	14/7-23/8	Tu,Th	8:00-9:00	Siu Lun SC	15+	75	12	@9/6	
Jazz Training Course									
40630352	15/7-16/9	F	14:00-16:00	The JC Tuen Mun Butterfly Beach SC	12+	70	20	27/5-2/6 (9/6) {28/6}	
Social Dance Training Course									
40630364	16/7-24/9 (excl. 10/9)	Sa	20:00-22:00	The JC Tuen Mun Butterfly Beach SC	14+	86	20	27/5-2/6 (9/6) {28/6}	
Yoga Training Course									
40630374	19/7-18/8	Tu,Th	9:00-11:00	Tai Hing SC	15+	85	15	27/5-2/6 (9/6) {28/6}	

Briefing on Proper Ways to Use Fitness Equipment									
40630376	3/7	Su	13:00-16:00	Siu Lun SC	15+	Free	12	27/5-2/6 (9/6) {28/6}	✉
40630377	5/7	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	27/5-2/6 (9/6) {28/6}	✉
40630383	18/7	M	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	27/5-2/6 (9/6) {28/6}	✉
40630384	23/7	Sa	17:00-20:00	Siu Lun SC	15+	Free	12	27/5-2/6 (9/6) {28/6}	✉
Body-Mind Stretch Training Course									
40630179	6/7-12/8	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	85	20	6/6	📄 i
40630180	6/7-12/8	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	85	20	6/6	📄 i
40630181	25/7-17/10 (excl. 12/9)	M	20:00-21:00	Siu Lun SC	15+	85	24	27/5-2/6 (9/6) {28/6}	✉
40630182	25/7-17/10 (excl. 12/9)	M	21:00-22:00	Siu Lun SC	15+	85	24	27/5-2/6 (9/6) {28/6}	✉
Badminton Training Course for Adult									
40630388	8/7-10/8	W,F	14:00-16:00	Leung Tin SC	18+	118	16	27/5-2/6 (9/6) {28/6}	✉
40630390	13/7-12/8	W,F	14:00-16:00	Tai Hing SC	18+	118	16	27/5-2/6 (9/6) {28/6}	✉
Parent-child (Aged 7-17) Badminton TC									
40630412	8/7-12/8	F	18:00-20:00	Siu Lun SC	7+	73	16	27/5-2/6 (9/6) {28/6}	✉
Fencing Fun Day									
40630455	3/7	Su	14:00-17:00	Siu Lun SC	8+	Free	20	27/5-2/6 (9/6) {28/6}	✉
Lawn Bowls Training Course									
40630419	4/7-28/7	M,Th	20:00-22:00	Wu Shan Bowling Green	8+	54	8	27/5-2/6 (9/6) {28/6}	✉
Lawn Bowls Training Course for Adult									
40630416	6/7-24/8	W	20:00-22:00	Wu Shan Bowling Green	20+	54	8	27/5-2/6 (9/6) {28/6}	✉
Squash Training Course									
40630428	5/7-28/7	Tu,Th	19:30-21:30	Tuen Mun SP Squash Courts	7+	160	8	8/6	📄 i
Squash Training Course for Youth									
40630423	4/7-28/7	M,Th	18:30-20:30	Tai Hing SC	7-17	160	8	27/5-2/6 (9/6) {28/6}	✉
Table-tennis Training Course for Children									
40630436	15/7-17/8	W,F	10:00-12:00	Tuen Mun SP Squash Courts	6-13	86	8	27/5-2/6 (9/6) {28/6}	✉
Tennis Training Course for Adult									
40630442	7/7-8/8	M,Th	19:00-21:00	Tuen Mun Tang Siu Kin SG(TC)	18+	170	12	27/5-2/6 (9/6) {28/6}	✉
40630444	7/7-8/8	M,Th	20:00-22:00	Tsing Sin PG	18+	170	12	27/5-2/6 (9/6) {28/6}	✉
40630445	8/7-10/8	W,F	20:00-22:00	Tuen Mun Tang Siu Kin SG(TC)	18+	170	12	27/5-2/6 (9/6) {28/6}	✉
40630448	10/7-18/9 (excl. 11/9)	Su	10:00-12:00	Tsing Sin PG	18+	170	12	27/5-2/6 (9/6) {28/6}	✉
Soccer Training Course for Children									
40630472	16/7-18/8	Th,Sa	9:00-11:00	Tsing Wah Soccer Pitch	6-13	60	24	8/6	📄 i
Community Garden Programme									
40630693	3/7-13/11 (excl. 11/9)	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Tsing Tin PG	12+	400	48	27/5-2/6 (9/6) {28/6}	✉
40630694	2/7-12/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Tuen Fu RD. Community Garden	12+	400	38	27/5-2/6 (9/6) {28/6}	✉

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.

Modern Dance Training Programme for Persons with Intellectual Disability

40629094	11/7-11/8	M,Th	16:00-18:00	Siu Lun SC	7+	12	25/5	📄 i
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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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Swimming Training Cr for Elderly (Level I)

40630488	8/7-29/7	M,W,F	7:00-8:00	Tuen Mun SP	8	27/5-2/6 (9/6) {28/6}	✉
40630489	12/7-11/8	Tu,Th	7:00-8:00	Tuen Mun North West SP	8	27/5-2/6 (9/6) {28/6}	✉

Swimming Training Cr for Elderly (Level II)

40630490	12/7-11/8	Tu,Th	8:00-9:00	Tuen Mun North West SP	10	27/5-2/6 (9/6) {28/6}	✉
40630491	8/7-29/7	M,W,F	8:00-9:00	Tuen Mun SP	10	27/5-2/6 (9/6) {28/6}	✉

Fitness Training Course for Elderly

40630485	5/7-4/8	Tu,Th,Sa	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	20	27/5-2/6 (9/6) {28/6}	✉
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Fitness(Multi-gym) Training Course for Elderly

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40630494	5/7-30/7	Tu,Th,Sa	7:00-8:00	The JC Tuen Mun Butterfly Beach SC	20	@27/5-2/6 (9/6) {28/6}	✉
40630497	8/7-10/8 (excl. 11/7,25/7,8/8)	M,W,F	10:00-11:00	Tai Hing SC	15	@27/5-2/6 (9/6) {28/6}	✉