

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

**Yuen Long District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
<b>Breast Stroke TC for Adult (Level 1)</b>									
40628293 (YL0774-22)	27/7-26/8	W,F	13:00-14:00	Ping Shan Tin Shui Wai SP	18+	100	8	24/5-30/5 (6/6) {29/6}	☒
40628798 (YL1106-22)	13/7-3/8	M,W,F	18:30-19:30	Tin Shui Wai SP	18+	100	8	24/5-30/5 (6/6) {29/6}	☒
<b>Breast Stroke TC for Junior (Level I)</b>									
40628235 (YL0542-22)	14/7-16/8	Tu,Th	14:00-15:00	Ping Shan Tin Shui Wai SP	9-12	100	8	24/5-30/5 (6/6) {29/6}	☒
40628248 (YL0592-22)	7/7-28/7	Tu,Th,Sa	15:00-16:00	Yuen Long SP	9-12	100	8	24/5-30/5 (6/6) {29/6}	☒
<b>Breast Stroke TC for Youth (Level I)</b>									
40628563 (YL0554-22)	14/7-16/8	Tu,Th	13:00-14:00	Ping Shan Tin Shui Wai SP	13-17	100	8	24/5-30/5 (6/6) {29/6}	☒
<b>Breast Stroke TC for Youth (Level II)</b>									
40628567 (YL0622-22)	7/7-28/7	Tu,Th,Sa	18:30-19:30	Yuen Long SP	13-17	100	10	24/5-30/5 (6/6) {29/6}	☒
<b>Front Crawl TC for Children (Level I)</b>									
40628389 (YL0577-22)	12/7-2/8	Tu,Th,Sa	19:30-20:30	Tin Shui Wai SP	5-8	100	8	24/5-30/5 (6/6) {29/6}	☒
40628407 (YL0607-22)	8/7-29/7	M,W,F	8:00-9:00	Yuen Long SP	5-8	100	8	24/5-30/5 (6/6) {29/6}	☒
40628408 (YL0609-22)	8/7-29/7	M,W,F	18:30-19:30	Yuen Long SP	5-8	100	8	24/5-30/5 (6/6) {29/6}	☒
<b>Front Crawl TC for Junior (Level I)</b>									
40628254 (YL0773-22)	27/7-26/8	W,F	14:00-15:00	Ping Shan Tin Shui Wai SP	9-12	100	8	24/5-30/5 (6/6) {29/6}	☒
40628259 (YL0564-22)	13/7-3/8	M,W,F	17:00-18:00	Tin Shui Wai SP	9-12	100	8	24/5-30/5 (6/6) {29/6}	☒
40628268 (YL0594-22)	7/7-28/7	Tu,Th,Sa	14:00-15:00	Yuen Long SP	9-12	100	8	24/5-30/5 (6/6) {29/6}	☒
<b>Water Safety Course for Baby</b>									
40628281 (YL0589-22)	13/7-3/8	M,W,F	18:30-19:30	Tin Shui Wai SP	0-4	100	8	24/5-30/5 (6/6) {29/6}	☒
40628285 (YL0598-22)	8/7-29/7	M,W,F	9:00-10:00	Yuen Long SP	0-4	100	8	24/5-30/5 (6/6) {29/6}	☒
<b>Front Crawl TC for Adult (Level II)</b>									
40628345 (YL0617-22)	8/7-29/7	M,W,F	7:00-8:00	Yuen Long SP	18+	100	10	24/5-30/5 (6/6) {29/6}	☒
<b>Front Crawl TC for Children (Level II)</b>									
40628412 (YL0582-22)	13/7-3/8	M,W,F	17:00-18:00	Tin Shui Wai SP	5-8	100	10	24/5-30/5 (6/6) {29/6}	☒
40628416 (YL0610-22)	8/7-29/7	M,W,F	19:30-20:30	Yuen Long SP	5-8	100	10	24/5-30/5 (6/6) {29/6}	☒
<b>Backstroke TC for Adult</b>									
40628288 (YL0614-22)	7/7-28/7	Tu,Th,Sa	9:00-10:00	Yuen Long SP	18+	100	10	24/5-30/5 (6/6) {29/6}	☒
<b>Backstroke TC for Junior &amp; Youth</b>									
40628560 (YL0621-22)	7/7-28/7	Tu,Th,Sa	19:30-20:30	Yuen Long SP	9-17	100	10	24/5-30/5 (6/6) {29/6}	☒
<b>Aerobic Dance TC</b>									
40633274 (YL0413-22)	14/7-23/8	Tu,Th	8:00-9:00	Ping Shan Tin Shui Wai SC	14+	65	30	8/6	☒ i
40633275 (YL0414-22)	14/7-23/8	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai SC	14+	65	30	8/6	☒ i
<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>									
40633316 (YL0466-22)	26/7-1/9	Tu,Th	20:00-21:00	Long Ping SC	15+	75	15	@10/6	☒ i
40633317 (YL0467-22)	26/7-1/9	Tu,Th	21:00-22:00	Long Ping SC	15+	75	15	@10/6	☒ i
40633321 (YL0471-22)	11/7-5/8	M,W,F	14:00-15:00	Tin Fai RD. SC	15+	75	20	@9/6	☒ i
<b>Hydro Fitness TC</b>									
40628579 (YL0498-22)	14/7-30/8	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai SP	14+	80	15	8/6	☒ i
40628580 (YL0499-22)	14/7-30/8	Tu,Th	10:00-11:00	Ping Shan Tin Shui Wai SP	14+	80	15	8/6	☒ i
40628588 (YL0502-22)	5/7-4/8	Tu,Th,Sa	20:30-21:30	Tin Shui Wai SP	14+	80	15	20/5-26/5 (6/6) {27/6}	☒
<b>Social Dance TC</b>									
40633411 (YL0522-22)	12/7-13/9	Tu	18:00-20:00	Tin Fai RD. SC	14+	86	30	20/5-26/5 (6/6) {27/6}	☒
<b>Tai Chi Made Easy Class</b>									
40625695 (YL0129-22)	4/7-29/7	M,W,F	7:00-8:00	Tin Shui Wai Park	6+	54	30	1/6	☒ i
40625708 (YL0142-22)	4/7-29/7	M,W,F	7:30-8:30	Wang Toi Shan PG	6+	54	30	9/6	☒ i

**Yoga TC**

40633473 (YL0675-22)	18/7-26/9 (excl. 12/9)	M	13:00-15:00	Long Ping SC	15+	85	30	20/5-26/5 (6/6) {27/6}	✉
40633474 (YL0676-22)	18/7-26/9 (excl. 12/9)	M	15:00-17:00	Long Ping SC	15+	85	30	20/5-26/5 (6/6) {27/6}	✉

**Briefing on Proper Ways to Use Fitness Equipment**

40633322 (YL0476-22)	3/7	Su	15:00-18:00	Long Ping SC	15+	Free	15	20/5-26/5 (6/6) {27/6}	✉
40633323 (YL0477-22)	18/7	M	9:00-12:00	Long Ping SC	15+	Free	15	20/5-26/5 (6/6) {27/6}	✉
40633324 (YL0478-22)	17/7	Su	15:00-18:00	Tin Fai RD. SC	15+	Free	25	20/5-26/5 (6/6) {27/6}	✉

**Badminton TC**

40633282 (YL0423-22)	22/7-23/8	Tu,F	20:00-22:00	Long Ping SC	7+	118	12	20/5-26/5 (6/6) {27/6}	✉
----------------------	-----------	------	-------------	--------------	----	-----	----	------------------------	---

**Mini-tennis TC**

40633390 (YL0512-22)	13/7-12/8	W,F	9:00-11:00	Long Ping SC	6-12	70	12	20/5-26/5 (6/6) {27/6}	✉
----------------------	-----------	-----	------------	--------------	------	----	----	------------------------	---

**Squash TC for Youth**

40633422 (YL0529-22)	12/7-4/8	Tu,Th	14:00-16:00	Tai Kiu Market Squash Courts	7-17	160	8	20/5-26/5 (6/6) {27/6}	✉
----------------------	----------	-------	-------------	------------------------------	------	-----	---	------------------------	---

**Squash Training Course for Youth**

40633425 (YL0530-22)	13/7-5/8	W,F	11:00-13:00	Tai Kiu Market Squash Courts	7-17	160	8	20/5-26/5 (6/6) {27/6}	✉
----------------------	----------	-----	-------------	------------------------------	------	-----	---	------------------------	---

**Table-tennis TC**

40633456 (YL0648-22)	22/7-23/8	Tu,F	16:00-18:00	Long Ping SC	6+	86	16	20/5-26/5 (6/6) {27/6}	✉
40633461 (YL0653-22)	21/7-22/8	M,Th	14:00-16:00	Tin Fai RD. SC	6+	86	12	20/5-26/5 (6/6) {27/6}	✉

**Table-tennis TC (Summer)**

40633454 (YL0646-22)	22/7-23/8	Tu,F	10:00-12:00	Long Ping SC	6+	86	16	20/5-26/5 (6/6) {27/6}	✉
40633455 (YL0647-22)	22/7-23/8	Tu,F	14:00-16:00	Long Ping SC	6+	86	16	20/5-26/5 (6/6) {27/6}	✉

**Tennis TC**

40633439 (YL0631-22)	20/7-21/9	W	9:00-11:00	Sai Ching ST. TC	8+	170	18	20/5-26/5 (6/6) {27/6}	✉
40633440 (YL0632-22)	21/7-22/8	M,Th	19:00-21:00	Sai Ching ST. TC	8+	170	12	20/5-26/5 (6/6) {27/6}	✉

**Tennis TC for Children**

40633444 (YL0636-22)	11/7-11/8	M,Th	16:00-18:00	Tin Shui Wai Park	8-11	170	8	8/6	📄 i
----------------------	-----------	------	-------------	-------------------	------	-----	---	-----	-----

**Tennis TC for Youth**

40633436 (YL0628-22)	21/7-23/8	Tu,Th	9:00-11:00	Sai Ching ST. TC	12-17	170	18	20/5-26/5 (6/6) {27/6}	✉
----------------------	-----------	-------	------------	------------------	-------	-----	----	------------------------	---

**Go TC for Children (Level I)**

40633359 (YL0492-22)	10/7-21/8 (excl. 7/8)	Su	10:00-12:00	Long Ping SC	6-10	40	20	7/6	📄 i
----------------------	-----------------------	----	-------------	--------------	------	----	----	-----	-----

**Sport for All Promotion Scheme - Gateball Fun Day**

40633346 (YL0490-22)	2/7	Sa	9:00-11:00	Yuen Long Park	6+	Free	15	1/6	📄 i
----------------------	-----	----	------------	----------------	----	------	----	-----	-----

**Rugby TC for Adult**

40633399 (YL0515-22)	5/7-6/9	Tu	20:00-22:00	Tin Shui Wai Park(5-a-side Soccer Pitch)	18+	40	20	2/6	📄 i
----------------------	---------	----	-------------	--	-----	----	----	-----	-----

**Community Garden Programme\***

40628057 (YL0199-22)	9/7-12/11 (excl. 1/10)	M,Tu,W,Th,F,Sa,Su	9:00-12:00	Tin Yip RD. Community Graden	12+	400	30	20/5-26/5 (6/6) {27/6}	✉
----------------------	------------------------	-------------------	------------	------------------------------	-----	-----	----	------------------------	---

**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
------	-----	------	-------	-----------	--	------------------

**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.

**Hydro Fitness TS for PWD(Chronic ill.)**

40623338 (YL0449-22)	12/7-27/9	Tu	17:00-18:00	Tin Shui Wai SP	14+	5	25/5	📄 i
----------------------	-----------	----	-------------	-----------------	-----	---	------	-----

**Dance TS for PWD (Ex-ment. ill.)**

40623334 (YL0280-22)	5/7-26/7	Tu	10:00-12:00	Tin Fai RD. SC	15-70	3	6/6	📄 i
----------------------	----------	----	-------------	----------------	-------	---	-----	-----

**Hydro Fitness TS for PWD (Physical Dis.)**

40623337 (YL0446-22)	12/7-27/9	Tu	16:00-17:00	Tin Shui Wai SP	14+	5	25/5	📄 i
----------------------	-----------	----	-------------	-----------------	-----	---	------	-----

**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
------	-----	------	-------	-------	--	------------------

**Swimming TC for Elderly (Level I)**

40628538 (YL0612-22)	8/7-29/7	M,W,F	7:00-8:00	Yuen Long SP	8	24/5-30/5 (6/6) {29/6}	✉
----------------------	----------	-------	-----------	--------------	---	------------------------	---

**Swimming TC for Elderly (Level II)**

40628551 (YL0618-22)	7/7-28/7	Tu,Th,Sa	8:00-9:00	Yuen Long SP	10	24/5-30/5 (6/6) {29/6}	✉
40628552 (YL0619-22)	8/7-29/7	M,W,F	8:00-9:00	Yuen Long SP	10	24/5-30/5 (6/6) {29/6}	✉

**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.

40633320 (YL0470-22)	11/7-5/8	M,W,F	13:00-14:00	Tin Fai RD. SC	20	@20/5-26/5 (6/6){27/6}	✉
----------------------	----------	-------	-------------	----------------	----	---------------------------	---

**Social Dance TC for Elderly**

40633406 (YL0519-22)	6/7-7/9	W	10:00-12:00	Long Ping SC	30	20/5-26/5 (6/6) {27/6}	✉
40633412 (YL0523-22)	18/7-26/9 (excl. 12/9)	M	10:00-12:00	Tin Fai RD. SC	30	20/5-26/5 (6/6) {27/6}	✉

**Healthy Elderly Scheme - Gateball Play-in**

40633341 (YL0488-22)	18/7-1/8	M,W	7:00-9:00	Tin Shui Wai Park	15	2/6	🏠 i
40633343 (YL0489-22)	4/7-18/7	M,Th	7:00-9:00	Yuen Long Park	15	1/6	🏠 i

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

40633459 (YL0651-22)	4/7-25/7	M	9:00-10:00	Ping Shan Tin Shui Wai SC	16	20/5-26/5 (6/6) {27/6}	✉
40633460 (YL0652-22)	4/7-25/7	M	10:00-11:00	Ping Shan Tin Shui Wai SC	16	20/5-26/5 (6/6) {27/6}	✉