

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

Tsuen Wan District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Life-saving TC (Bronze Medallion)									
40634580	14/7-25/8	Tu,Th,Sa	18:30-20:30	Shing Mun Valley SP	13+	108	11	25/5-30/5 (8/6) {27/6}	✉
Breast Stroke TC for Adult (Level I)									
40631254	4/7-15/7	M,Tu,W,Th,F	20:30-21:30	Shing Mun Valley SP	18+	100	8	25/5-30/5 (8/6) {27/6}	✉
Front Crawl TC for Adult (Level I)									
40631252	4/7-15/7	M,Tu,W,Th,F	9:00-10:00	Shing Mun Valley SP	18+	100	8	25/5-30/5 (8/6) {27/6}	✉
40631253	4/7-15/7	M,Tu,W,Th,F	19:30-20:30	Shing Mun Valley SP	18+	100	8	25/5-30/5 (8/6) {27/6}	✉
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. 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>									
40634319	5/7-30/7	Tu,Th,Sa	14:00-15:00	Yeung Uk RD. SC	15+	75	20	@17/6	🖨️ i
40634320	5/7-30/7	Tu,Th,Sa	15:00-16:00	Yeung Uk RD. SC	15+	75	20	@17/6	🖨️ i
40634326	18/7-24/8	M,W	12:00-13:00	Tsuen Wan SC	15+	75	30	@17/6	🖨️ i
40634327	18/7-24/8	M,W	13:00-14:00	Tsuen Wan SC	15+	75	30	@17/6	🖨️ i
40634328	18/7-24/8	M,W	14:00-15:00	Tsuen Wan SC	15+	75	30	@17/6	🖨️ i
Jazz Training Course									
40634552	7/7-8/9	Th	18:00-20:00	Tsuen King Circuit SC	12+	70	20	20/6	🖨️ i
Modern Dance Training Course									
40634581	2/7-3/9	Sa	10:00-12:00	Tsuen King Circuit SC	12+	70	20	13/6	🖨️ i
Social Dance Training Course									
40634603	4/7-4/8	M,Th	16:00-18:00	Tsuen Wan SC	14+	86	20	25/5-30/5 (8/6) {27/6}	✉
Briefing on Proper Ways to Use Fitness Equipment									
40634316	10/7	Su	10:00-13:00	Tsuen Wan SC	15+	Free	25	25/5-30/5 (8/6) {27/6}	✉
40634318	17/7	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	25/5-30/5 (8/6) {27/6}	✉
Archery Training Course									
40634312	6/7-5/8	W,F	19:00-21:00	Shing Mun Valley Park	6+	70	12	25/5-30/5 (8/6) {27/6}	✉
Badminton Training Course									
40634314	6/7-5/8	W,F	19:00-21:00	Yeung Uk RD. SC	7+	118	16	25/5-30/5 (8/6) {27/6}	✉
Tennis Training Course									
40634631	12/7-11/8	Tu,Th	8:00-10:00	Shing Mun Valley Park	8+	170	8	20/6	🖨️ i
40634632	4/7-25/7	M,W,F	10:00-12:00	Tsuen Wan Riviera Park	8+	170	8	25/5-30/5 (8/6) {27/6}	✉
40634633	5/7-4/8	Tu,Th	10:00-12:00	Tsuen King Circuit PG	8+	170	8	25/5-30/5 (8/6) {27/6}	✉
40634637	15/7-17/8	W,F	16:00-18:00	Tsuen Wan Park	8+	170	8	25/5-30/5 (8/6) {27/6}	✉
40634639	6/7-5/8	W,F	19:00-21:00	Sha Tsui RD. PG	8+	170	8	25/5-30/5 (8/6) {27/6}	✉
Community Garden Programme									
40631714	3/7-5/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Tsuen Wan Park	12+	400	31	25/5-30/5 (8/6) {27/6}	✉
Activities for Elderly									
Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Swimming TC for the Elderly (Level I)									
40631251	4/7-15/7	M,Tu,W,Th,F	8:00-9:00	Shing Mun Valley SP	60+	0	8	25/5-30/5 (8/6) {27/6}	✉
Healthy Elderly Scheme-Badminton Fun Day									
40634166	6/7-29/7	W,F	8:00-9:00	Tsuen Wan West SC	60+	0	16	25/5-30/5 (8/6) {27/6}	✉
40634167	6/7-29/7	W,F	9:00-10:00	Tsuen Wan West SC	60+	0	16	25/5-30/5 (8/6) {27/6}	✉
Healthy Elderly Scheme-Table-tennis Fun Day									

40634168	5/7-28/7	Tu,Th	8:00-9:45	Tsuen King Circuit SC	40	25/5-30/5 (8/6) {27/6}	✉
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Meeting Points for Elderly-Social Dance FD

40634173	6/7-29/7	W,F	10:00- 12:00	Tsuen Wan SC	28	25/5-30/5 (8/6) {27/6}	✉
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