

**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Oct 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)	
<b>Breaststroke TC for Adult (Level II)</b>										
40635061	3/10-24/10	M,W,F	9:00-10:00	Tuen Mun North West SP	18+	100	20	22/8-26/8 (1/9) {21/9}		✉
<b>Front Crawl Swimming Cr for Adult (II)</b>										
40635059	7/10-28/10	M,W,F	7:00-8:00	Tuen Mun SP	18+	100	20	22/8-26/8 (1/9) {21/9}		✉
<b>Backstroke Training Course</b>										
40635062	7/10-28/10	M,W,F	19:30-20:30	Tuen Mun SP	9+	100	20	22/8-26/8 (1/9) {21/9}		✉
<b>Front Crawl TC for Adult (Level III)</b>										
40635060	7/10-28/10	M,W,F	20:30-21:30	Tuen Mun SP	18+	100	20	22/8-26/8 (1/9) {21/9}		✉
<b>Aerobic Dance Training Course</b>										
40635064	3/10-10/11	M,Th	19:00-20:00	Tai Hing SC	14+	65	12	29/8-2/9 (8/9){28/9}		✉
40635065	3/10-10/11	M,Th	20:00-21:00	Tai Hing SC	14+	65	12	29/8-2/9 (8/9){28/9}		✉
40635066	7/10-16/11	W,F	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	6/9		📄 i
40635067	7/10-16/11	W,F	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	14+	65	20	6/9		📄 i
40635068	11/10-17/11	Tu,Th	8:00-9:00	Siu Lun SC	14+	65	30	9/9		📄 i
40635069	11/10-17/11	Tu,Th	9:00-10:00	Siu Lun SC	14+	65	30	9/9		📄 i
40635072	21/10-30/11	W,F	9:00-10:00	Leung Tin SC	14+	65	20	15/9		📄 i
40635073	21/10-30/11	W,F	10:00-11:00	Leung Tin SC	14+	65	20	15/9		📄 i
<b>Children Dance Training Course</b>										
40635082	10/10-12/12	M	16:00-18:00	Leung Tin SC	4-11	60	20	7/9		📄 i
40635084	15/10-17/12	Sa	14:00-16:00	The JC Tuen Mun Butterfly Beach SC	4-11	60	20	7/9		📄 i
40635086	29/10-31/12	Sa	12:00-14:00	Tai Hing SC	4-11	60	12	7/9		📄 i
<b>Chinese Dance Training Course</b>										
40635089	14/10-16/12	F	11:00-13:00	The JC Tuen Mun Butterfly Beach SC	12+	45	20	29/8-2/9 (8/9){28/9}		✉
<b>Fitness (Multi-gym) Training Course</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>										
40635090	5/10-4/11 (excl. 10/10,24/10)	M,W,F	8:00-9:00	Tai Hing SC	15+	75	15	@5/9		📄 i
40635091	5/10-4/11 (excl. 10/10,24/10)	M,W,F	9:00-10:00	Tai Hing SC	15+	75	15	@5/9		📄 i
40635092	6/10-1/11	Tu,Th,Sa	8:00-9:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@8/9		📄 i
40635093	6/10-1/11	Tu,Th,Sa	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@8/9		📄 i
40635094	6/10-15/11	Tu,Th	20:00-21:00	Tai Hing SC	15+	75	15	@8/9		📄 i
40635095	6/10-15/11	Tu,Th	21:00-22:00	Tai Hing SC	15+	75	15	@8/9		📄 i
40635096	7/10-2/11	M,W,F	15:00-16:00	Siu Lun SC	15+	75	30	@5/9		📄 i
<b>Jazz Training Course</b>										
40635108	10/10-12/12	M	14:00-16:00	Leung Tin SC	12+	70	20	9/9		📄 i
40635109	14/10-16/12	F	14:00-16:00	The JC Tuen Mun Butterfly Beach SC	12+	70	20	29/8-2/9 (8/9){28/9}		✉
40635309	17/10-19/12	M	17:00-19:00	Tuen Mun Town Hall	12+	70	30	9/9		📄 i
<b>Judo Training Course</b>										
40635110	15/10-17/12	Sa	15:00-17:00	Tai Hing SC	6-50	65	20	1/9		📄 i
<b>Social Dance Training Course</b>										
40635116	10/10-12/12	M	10:00-12:00	Leung Tin SC	14+	86	20	22/8-26/8 (1/9) {21/9}		✉
40635118	15/10-17/12	Sa	20:00-22:00	The JC Tuen Mun Butterfly Beach SC	14+	86	20	22/8-26/8 (1/9) {21/9}		✉
<b>Tai Chi Made Easy Class</b>										
40643016	3/10-9/11	M,W	6:30-7:30	Tuen Mun Park (Multi-purpose Court)	6+	54	30	6/9		📄 i
40643017	3/10-9/11	M,W	17:30-18:30	Tuen Mun Park (Multi-purpose Court)	6+	54	30	6/9		📄 i
40643018	6/10-15/11	Tu,Th	6:30-7:30	Tuen Mun Park (Multi-purpose Court)	6+	54	30	7/9		📄 i
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40635121	5/10	W	19:00-22:00	Siu Lun SC	15+	Free	25	22/8-26/8 (1/9) {21/9}		✉
40635122	7/10	F	19:00-22:00	Tai Hing SC	15+	Free	15	22/8-26/8 (1/9) {21/9}		✉
40635123	8/10	Sa	14:00-17:00	Leung Tin SC	15+	Free	20	22/8-26/8 (1/9) {21/9}		✉
40635124	9/10	Su	13:00-16:00	Siu Lun SC	15+	Free	25	22/8-26/8 (1/9) {21/9}		✉

40635125	11/10	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	22/8-26/8 (1/9) {21/9}	✉
<b>Body-Mind Stretch Training Course</b>									
40635078	18/10-24/11	Tu,Th	19:00-20:00	Leung Tin SC	15+	85	24	29/8-2/9 (8/9){28/9}	✉
40635079	18/10-24/11	Tu,Th	20:00-21:00	Leung Tin SC	15+	85	24	29/8-2/9 (8/9){28/9}	✉
40635080	24/10-30/1 (excl. 26/12,2/1,23/1)	M	20:00-21:00	Siu Lun SC	15+	85	24	29/8-2/9 (8/9){28/9}	✉
40635081	24/10-30/1 (excl. 26/12,2/1,23/1)	M	21:00-22:00	Siu Lun SC	15+	85	24	29/8-2/9 (8/9){28/9}	✉
<b>Parent-child (Aged 7-17) Badminton Fun Day</b>									
40635159	8/10	Sa	9:00-10:00	Leung Tin SC	7+	Free	16	14/9	♿
40635160	8/10	Sa	10:00-11:00	Leung Tin SC	7+	Free	16	14/9	♿
40635161	8/10	Sa	11:00-12:00	Leung Tin SC	7+	Free	16	14/9	♿
<b>Badminton Training Course for Adult</b>									
40635128	5/10-7/11	M,W	19:00-21:00	Leung Tin SC	18+	118	16	29/8-2/9 (8/9){28/9}	✉
40635129	6/10-8/12	Th	19:00-21:00	Siu Lun SC	18+	118	16	29/8-2/9 (8/9){28/9}	✉
40635130	21/10-22/11	Tu,F	11:00-13:00	Tai Hing SC	18+	118	16	29/8-2/9 (8/9){28/9}	✉
<b>Badminton Training Course for Children</b>									
40635134	5/10-7/12	W	18:00-20:00	Siu Lun SC	7-11	118	16	22/8-26/8 (1/9) {21/9}	✉
40635136	9/10-11/12	Su	14:00-16:00	The JC Tuen Mun Butterfly Beach SC	7-11	118	16	22/8-26/8 (1/9) {21/9}	✉
<b>Parent-child (Aged 7-17) Badminton TC</b>									
40635137	8/10-12/11	Sa	10:00-12:00	Tai Hing SC	7+	73	16	29/8-2/9 (8/9){28/9}	✉
<b>Fencing Fun Day</b>									
40635155	9/10	Su	14:00-17:00	Siu Lun SC	8+	Free	20	22/8-26/8 (1/9) {21/9}	✉
<b>Lawn Bowls Fun Day</b>									
40635156	2/10	Su	14:00-15:00	Wu Shan Bowling Green	8+	Free	32	2/9	♿ i
40635157	2/10	Su	15:00-16:00	Wu Shan Bowling Green	8+	Free	32	2/9	♿ i
40635158	2/10	Su	16:00-17:00	Wu Shan Bowling Green	8+	Free	32	2/9	♿ i
<b>Lawn Bowls Training Course</b>									
40635139	2/10-20/11	Su	17:00-19:00	Wu Shan Bowling Green	8+	54	8	22/8-26/8 (1/9) {21/9}	✉
40635140	7/10-1/11	Tu,F	20:00-22:00	Wu Shan Bowling Green	8+	54	8	22/8-26/8 (1/9) {21/9}	✉
<b>Lawn Bowls Training Course for Adult</b>									
40635138	5/10-23/11	W	20:00-22:00	Wu Shan Bowling Green	20+	54	8	22/8-26/8 (1/9) {21/9}	✉
<b>Squash Training Course</b>									
40635141	6/10-1/11	Tu,Th	19:30-21:30	Tuen Mun SP Squash Courts	7+	160	8	1/9	♿ i
<b>Table-tennis Training Course for Children</b>									
40635145	8/10-10/12	Sa	10:00-12:00	Tuen Mun SP Squash Courts	6-13	86	8	22/8-26/8 (1/9) {21/9}	✉
40635146	21/10-23/12	F	18:00-20:00	The JC Tuen Mun Butterfly Beach SC	6-13	86	16	22/8-26/8 (1/9) {21/9}	✉
<b>Tennis Training Course</b>									
40635153	10/10-10/11	M,Th	9:00-11:00	Tsing Sin PG	8+	170	12	29/8-2/9 (8/9){28/9}	✉
<b>Tennis Training Course for Adult</b>									
40635148	3/10-3/11	M,Th	19:00-21:00	Tuen Mun Tang Siu Kin SG(TC)	18+	170	12	29/8-2/9 (8/9){28/9}	✉
40635149	7/10-8/11	Tu,F	20:00-22:00	Wu Shan TC	18+	170	8	29/8-2/9 (8/9){28/9}	✉
40635150	10/10-10/11	M,Th	20:00-22:00	Tsing Sin PG	18+	170	12	29/8-2/9 (8/9){28/9}	✉
40635151	16/10-18/12	Su	8:00-10:00	Tsing Sin PG	18+	170	12	29/8-2/9 (8/9){28/9}	✉
40635152	16/10-18/12	Su	10:00-12:00	Tsing Sin PG	18+	170	12	29/8-2/9 (8/9){28/9}	✉
<b>Intermediate Tennis Training Course</b>									
40635147	7/10-8/11	Tu,F	19:00-21:00	Tsing Sin PG	8+	170	12	29/8-2/9 (8/9){28/9}	✉
<b>TMD11-a-side Soccer League 2022</b>									
40634665 (QTM 944)	9/10-4/12 (excl. 20/11)	Su	10:00-18:00	Wu Shan Recreation PG	16+	100	16	15/8-22/8 (26/8) {20/9}	✉
<b>Soccer Training Course for Children</b>									
40635175	2/10-4/12	Su	9:00-11:00	San Hui PG	6-13	60	24	5/9	♿ i
<b>Sport Climbing Fun Day</b>									
40635172	9/10	Su	14:00-15:00	Siu Lun SC	8+	Free	20	13/9	♿ i
40635173	9/10	Su	15:00-16:00	Siu Lun SC	8+	Free	20	13/9	♿ i
40635174	9/10	Su	16:00-17:00	Siu Lun SC	8+	Free	20	13/9	♿ i

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
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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 Autism**

40629095	3/10-3/11	M,Th	16:00-18:00	Siu Lun SC	7+	12	23/8	
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**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
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**Swimming Training Cr for Elderly (Level I)**

40635058	3/10-24/10	M,W,F	7:00-8:00	Tuen Mun North West SP	16	22/8-26/8 (1/9) {21/9}	
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**Swimming Training Cr for Elderly (Level II)**

40635185	7/10-28/10	M,W,F	8:00-9:00	Tuen Mun SP	20	22/8-26/8 (1/9) {21/9}	
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**Swimming Training Cr for Elderly (Level II)**

40635182	3/10-24/10	M,W,F	8:00-9:00	Tuen Mun North West SP	20	22/8-26/8 (1/9) {21/9}	
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**Fitness Training Course for Elderly**

40635180	6/10-5/11	Tu,Th,Sa	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	20	29/8-2/9 (8/9) {28/9}	
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**Fitness(Multi-gym) Training Course 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.

40635186	5/10-4/11 (excl. 10/10,24/10)	M,W,F	10:00-11:00	Tai Hing SC	15	@29/8-2/9 (8/9) {28/9}	
40635187	6/10-1/11	Tu,Th,Sa	7:00-8:00	The JC Tuen Mun Butterfly Beach SC	20	@29/8-2/9 (8/9) {28/9}	
40635190	7/10-2/11	M,W,F	14:00-15:00	Siu Lun SC	30	@29/8-2/9 (8/9) {28/9}	

**Healthy Elderly Scheme-Badminton Fun Day**

40635197	3/10-31/10	M	7:00-8:00	Siu Lun SC	16	3/10-31/10	Walk-in
40635198	3/10-31/10	M	8:00-9:00	Siu Lun SC	16	3/10-31/10	Walk-in
40635199	3/10-31/10	M	9:00-10:00	Siu Lun SC	16	3/10-31/10	Walk-in

**Healthy Elderly Scheme-Badminton Self Practice Scheme**

40635200	3/10-31/10	M	8:00-9:00	Leung Tin SC	16	3/10-31/10	Walk-in
40635201	3/10-31/10	M	9:00-10:00	Leung Tin SC	16	3/10-31/10	Walk-in
40635202	3/10-31/10	M	10:00-11:00	Leung Tin SC	16	3/10-31/10	Walk-in

**Healthy Elderly Scheme-Chess and Table-tennis Fun Day**

40635213	6/10-27/10	Th	10:00-11:00	The JC Tuen Mun Butterfly Beach SC	16	6/10-27/10	Walk-in
40635214	6/10-27/10	Th	11:00-12:00	The JC Tuen Mun Butterfly Beach SC	16	6/10-27/10	Walk-in
40635215	6/10-27/10	Th	12:00-13:00	The JC Tuen Mun Butterfly Beach SC	16	6/10-27/10	Walk-in

**Healthy Elderly Scheme-Lawn Bowls Fun Day**

40635207	6/10-27/10	Th	9:00-10:00	Wu Shan Bowling Green	16	6/10-27/10	Walk-in
40635208	6/10-27/10	Th	10:00-11:00	Wu Shan Bowling Green	16	6/10-27/10	Walk-in

**Healthy Elderly Scheme-Lawn Bowls Self Practice Scheme**

40635209	5/10-26/10	W	9:00-10:00	Wu Shan Bowling Green	24	5/10-26/10	Walk-in
40635210	5/10-26/10	W	10:00-11:00	Wu Shan Bowling Green	24	5/10-26/10	Walk-in

**Gateball Training Course for Elderly**

40635179	8/10-26/11	Sa	8:00-10:00	SAN WO LANE PLAYGROUNG	15	2/9	
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