

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

Yuen Long District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Breast Stroke TC for Adult (Level 1)										
40628301 (YL1136-22)	5/10-26/10	M,W,F	7:00-8:00	Tin Shui Wai SP	18+	100	16	1/9		
40628309 (YL1139-22)	3/10-28/10 (excl. 7/10,17/10)	M,W,F	18:30-19:30	Yuen Long SP	18+	100	16	1/9		
Breast Stroke TC for Adult (Level II)										
40628316 (YL1143-22)	5/10-26/10	M,W,F	7:00-8:00	Yuen Long SP	18+	100	20	23/8-29/8 (6/9) {27/9}		
Front Crawl TC for Adult (Level 1)										
40628331 (YL1137-22)	5/10-26/10	M,W,F	8:00-9:00	Tin Shui Wai SP	18+	100	16	1/9		
40628342 (YL1140-22)	3/10-28/10 (excl. 7/10,17/10)	M,W,F	8:00-9:00	Yuen Long SP	18+	100	16	1/9		
Front Crawl TC for Adult (Level III)										
40628350 (YL1138-22)	5/10-26/10	M,W,F	19:30-20:30	Yuen Long SP	18+	100	20	23/8-29/8 (6/9) {27/9}		
Aerobic Dance TC										
40641126 (YL0990-22)	3/10-10/11	M,Th	18:00-19:00	Fung Kam ST. SC	14+	65	20	2/9		
40641127 (YL0991-22)	3/10-10/11	M,Th	19:00-20:00	Fung Kam ST. SC	14+	65	20	2/9		
40641128 (YL0992-22)	5/10-11/11	W,F	8:00-9:00	Fung Kam ST. SC	14+	65	20	1/9		
40641129 (YL0993-22)	5/10-11/11	W,F	9:00-10:00	Fung Kam ST. SC	14+	65	20	1/9		
40641130 (YL0994-22)	6/10-15/11	Tu,Th	9:00-10:00	Fung Kam ST. SC	14+	65	20	5/9		
40641131 (YL0995-22)	6/10-15/11	Tu,Th	10:00-11:00	Fung Kam ST. SC	14+	65	20	5/9		
40641132 (YL0996-22)	6/10-15/11	Tu,Th	8:00-9:00	Long Ping SC	14+	65	30	5/9		
40641133 (YL0997-22)	6/10-15/11	Tu,Th	9:00-10:00	Long Ping SC	14+	65	30	5/9		
40641134 (YL0998-22)	10/10-16/11	M,W	18:00-19:00	Long Ping SC	14+	65	30	9/9		
40641135 (YL0999-22)	10/10-16/11	M,W	19:00-20:00	Long Ping SC	14+	65	30	9/9		
40641136 (YL1000-22)	25/10-1/12	Tu,Th	8:00-9:00	Ping Shan Tin Shui Wai SC	14+	65	30	14/9		
40641137 (YL1001-22)	25/10-1/12	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai SC	14+	65	30	14/9		
40641138 (YL1002-22)	10/10-16/11	M,W	19:00-20:00	Tin Fai RD. SC	14+	65	30	9/9		
40641139 (YL1003-22)	10/10-16/11	M,W	20:00-21:00	Tin Fai RD. SC	14+	65	30	9/9		
40641142 (YL1010-22)	27/10-15/12 (excl. 1/11,15/11,6/12)	Tu,Th	8:00-9:00	Tin Shui Wai SC	14+	65	20	23/8-29/8 (6/9) {27/9}		
40641143 (YL1011-22)	27/10-15/12 (excl. 1/11,15/11,6/12)	Tu,Th	9:00-10:00	Tin Shui Wai SC	14+	65	20	23/8-29/8 (6/9) {27/9}		
Baduanjin TC										
40641158 (YL1035-22)	7/10-16/11	W,F	8:00-9:00	Tin Shui Wai SC	8+	80	30	5/9		
Children Dance TC										
40641172 (YL1051-22)	9/10-11/12	Su	14:00-16:00	Tin Shui Wai SC	4-11	60	20	8/9		
40641173 (YL1052-22)	9/10-11/12	Su	16:00-18:00	Tin Shui Wai SC	4-11	60	20	8/9		
Fitness (Multi-gym) TC										
<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>										
40641177 (YL1057-22)	3/10-11/11	M,F	19:00-20:00	Long Ping SC	15+	75	15	@1/9		
40641178 (YL1058-22)	3/10-11/11	M,F	20:00-21:00	Long Ping SC	15+	75	15	@1/9		
40641183 (YL1063-22)	7/10-15/11	Tu,F	20:00-21:00	Tin Fai RD. SC	15+	75	20	@1/9		
40641184 (YL1064-22)	7/10-15/11	Tu,F	21:00-22:00	Tin Fai RD. SC	15+	75	20	@1/9		
40641186 (YL1069-22)	6/10-14/11	M,Th	9:00-10:00	Tin Shui Wai SC	15+	75	20	@6/9		
40641187 (YL1070-22)	6/10-14/11	M,Th	10:00-11:00	Tin Shui Wai SC	15+	75	20	@6/9		
Social Dance TC										
40641209 (YL1119-22)	6/10-8/12	Th	19:00-21:00	Ping Shan Tin Shui Wai SC	14+	86	30	23/8-29/8 (6/9) {27/9}		
40641211 (YL1121-22)	11/10-13/12	Tu	18:00-20:00	Tin Fai RD. SC	14+	86	30	23/8-29/8 (6/9) {27/9}		
Tai Chi Made Easy										
40633434 (YL0626-22)	4/10-29/10	Tu,Th,Sa	7:00-8:00	Sheung Tsuen Park	6+	54	30	6/9		
40636604 (YL0862-22)	4/10-29/10	Tu,Th,Sa	6:30-7:30	Tai Kiu Market Sitting-out Area	6+	54	30	6/9		
40643087 (YL0858-22)	3/10-28/10	M,W,F	7:30-8:30	Wang Toi Shan PG	6+	54	30	6/9		
Tai Chi Made Easy Class										

40643139 (YL0853-22)	3/10-28/10	M,W,F	18:30-19:30	Tai Kiu Market Sitting-out Area	6+	54	30	6/9		
40643164 (YL0850-22)	3/10-28/10	M,W,F	20:30-21:30	Tin Shui Wai SG	6+	54	20	2/9		
40643165 (YL0849-22)	3/10-28/10	M,W,F	7:00-8:00	Tin Shui Wai Park(5-a-side Soccer Pitch)	6+	54	30	2/9		
40643166 (YL0848-22)	3/10-28/10	M,W,F	7:00-8:00	Tin Shui Wai Park(BC No.3)	6+	54	30	2/9		
Tai Chi Sword Fun Day										
40643086 (YL0861-22)	3/10-19/10	M,W,F	6:30-7:30	Tai Kiu Market Sitting-out Area	6+	Free	40	6/9		
40643163 (YL0860-22)	6/10-1/11	Tu,Th	7:00-8:00	Tin Shui Wai Park(BC No.3)	6+	Free	30	5/9		
Western Folk Dance TC										
40641234 (YL1162-22)	18/10-20/12	Tu	20:00-22:00	Tin Fai RD. SC	8+	45	30	23/8-29/8 (6/9) {27/9}		
Yoga TC										
40641236 (YL1166-22)	17/10-19/12	M	13:00-15:00	Fung Kam ST. SC	15+	85	30	23/8-29/8 (6/9) {27/9}		
40641237 (YL1167-22)	17/10-19/12	M	13:00-15:00	Long Ping SC	15+	85	30	23/8-29/8 (6/9) {27/9}		
40641238 (YL1168-22)	17/10-19/12	M	15:00-17:00	Long Ping SC	15+	85	30	23/8-29/8 (6/9) {27/9}		
40641239 (YL1170-22)	10/10-12/12	M	10:00-12:00	Tin Shui Wai SC	15+	85	30	23/8-29/8 (6/9) {27/9}		
Briefing on Proper Ways to Use Fitness Equipment										
40641190 (YL1077-22)	2/10	Su	15:00-18:00	Long Ping SC	15+	Free	15	23/8-29/8 (6/9) {27/9}		
40641191 (YL1078-22)	16/10	Su	15:00-18:00	Tin Fai RD. SC	15+	Free	25	23/8-29/8 (6/9) {27/9}		
40641192 (YL1080-22)	16/10	Su	9:00-12:00	Tin Shui Wai SC	15+	Free	25	23/8-29/8 (6/9) {27/9}		
Badminton TC										
40641151 (YL1023-22)	7/10-9/12	F	20:00-22:00	Ping Shan Tin Shui Wai SC	7+	118	16	23/8-29/8 (6/9) {27/9}		
40641153 (YL1027-22)	24/10-24/11	M,Th	9:00-11:00	Tin Shui Wai SC	7+	118	16	23/8-29/8 (6/9) {27/9}		
Table-tennis TC										
40641224 (YL1148-22)	6/10-8/12	Th	9:00-11:00	Fung Kam ST. SC	6+	86	16	23/8-29/8 (6/9) {27/9}		
40641225 (YL1149-22)	21/10-22/11	Tu,F	16:00-18:00	Long Ping SC	6+	86	16	23/8-29/8 (6/9) {27/9}		
Tennis TC										
40641222 (YL1146-22)	11/10-13/12	Tu	20:00-22:00	Sai Ching ST. TC	8+	170	12	23/8-29/8 (6/9) {27/9}		
40641223 (YL1147-22)	26/10-28/11	M,W	19:00-21:00	Tin Shui Wai Park	8+	170	8	23/8-29/8 (6/9) {27/9}		
40643178 (YL0978-22)	7/10-8/11	Tu,F	20:00-22:00	Tin Shui Wai Park	8+	170	8	23/8-29/8 (6/9) {27/9}		
Ruby TC for Adult										
40641204 (YL1114-22)	11/10-13/12	Tu	20:00-22:00	Tin Shui Wai Park(5-a-side Soccer Pitch)	18+	40	20	8/9		

Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment		Enrolment Method
						(Balloting)	(Open Enrollment for Remaining Quota)	

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.

Seated Group Aerobic TP for PWD(Chronic ill.)

40623340 (YL1104-22)	8/10-12/11	Sa	14:00-16:00	Ping Shan Tin Shui Wai SC	15+	15	23/8		
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Body-mind Stretching TS for PWD(Ex-ment. ill)

40623339 (YL1084-22)	8/10-12/11	Sa	12:00-14:00	Ping Shan Tin Shui Wai SC	15+	15	23/8		
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Table Tennis TS for PWD(Ex-mental illness)

40623330 (YL1152-22)	3/10-24/10	M	10:00-12:00	Tin Fai RD. SC	15-70	3	5/9		
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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		Enrolment Method
						(Balloting)	(Open Enrollment for Remaining Quota)	

Swimming TC for Elderly (Level I)

40628545 (YL1141-22)	3/10-28/10 (excl. 7/10,17/10)	M,W,F	7:00-8:00	Yuen Long SP	16	23/8-29/8 (6/9) {27/9}	
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40628546 (YL1142-22)	3/10-28/10 (excl. 7/10,17/10)	M,W,F	9:00-10:00	Yuen Long SP	16	23/8-29/8 (6/9) {27/9}	
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Swimming TC for Elderly (Level II)

40628558 (YL1144-22)	5/10-26/10	M,W,F	8:00-9:00	Yuen Long SP	20	23/8-29/8 (6/9) {27/9}	
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Fitness (Multi-gym) TC for Elderly

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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.

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40641180 (YL1060-22)	6/10-1/11	Tu,Th,Sa	7:00-8:00	Tin Fai RD. SC	20	@23/8-29/8 (6/9){27/9}	✉
40641181 (YL1061-22)	6/10-1/11	Tu,Th,Sa	8:00-9:00	Tin Fai RD. SC	20	@23/8-29/8 (6/9){27/9}	✉

Social Dance TC for Elderly

40641205 (YL1115-22)	5/10-7/12	W	10:00-12:00	Fung Kam ST. SC	30	23/8-29/8 (6/9) {27/9}	✉
40641208 (YL1118-22)	5/10-7/12	W	10:00-12:00	Long Ping SC	30	23/8-29/8 (6/9) {27/9}	✉
40641210 (YL1120-22)	6/10-8/12	Th	10:00-12:00	Ping Shan Tin Shui Wai SC	30	23/8-29/8 (6/9) {27/9}	✉
40641212 (YL1122-22)	17/10-19/12	M	10:00-12:00	Tin Fai RD. SC	30	23/8-29/8 (6/9) {27/9}	✉

Healthy Elderly Scheme - Badminton Play-in

40641148 (YL1020-22)	5/10-26/10	W	9:00-10:00	Fung Kam ST. SC	16	1/9	🏸 i
40641149 (YL1021-22)	5/10-26/10	W	10:00-11:00	Fung Kam ST. SC	16	1/9	🏸 i
40641155 (YL1029-22)	14/10-4/11	F	9:00-10:00	Tin Shui Wai SC	16	8/9	🏸 i
40641156 (YL1030-22)	14/10-4/11	F	10:00-11:00	Tin Shui Wai SC	16	8/9	🏸 i

Healthy Elderly Scheme - Gateball Play-in

40641195 (YL1099-22)	3/10-17/10	M,W	7:00-9:00	Tin Shui Wai Park	15	1/9	🏓 i
40641197 (YL1100-22)	3/10-17/10	M,Th	7:00-9:00	Yuen Long Park	15	2/9	🏓 i

Healthy Elderly Scheme - Table-tennis Play-in

40641226 (YL1150-22)	3/10-24/10	M	9:00-10:00	Ping Shan Tin Shui Wai SC	16	23/8-29/8 (6/9) {27/9}	✉
40641227 (YL1151-22)	3/10-24/10	M	10:00-11:00	Ping Shan Tin Shui Wai SC	16	23/8-29/8 (6/9) {27/9}	✉
40641231 (YL1155-22)	12/10-2/11	W	9:00-10:00	Tin Shui Wai SC	16	23/8-29/8 (6/9) {27/9}	✉
40641232 (YL1156-22)	12/10-2/11	W	10:00-11:00	Tin Shui Wai SC	16	23/8-29/8 (6/9) {27/9}	✉