






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

Tsuen Wan District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
Long Distance Running Training Course									
40641749	3/10-5/12	M	18:00-20:00	Shing Mun Valley SG	16+	130	40	8/9	
Breaststroke TC for Adult (Level I)									
40631305	6/10-1/11 (excl. 22/10,29/10)	Tu,Th,Sa	19:30-20:30	Shing Mun Valley SP	18+	100	16	23/8-29/8 (8/9) {27/9}	
Aerobic Dance Training Course									
40641504	18/10-24/11	Tu,Th	10:00-11:00	Tsuen King Circuit SC	14+	65	20	7/9	
40641505	18/10-24/11	Tu,Th	11:00-12:00	Tsuen King Circuit SC	14+	65	20	7/9	
40641507	11/10-17/11	Tu,Th	19:00-20:00	Tsuen Wan West SC	14+	65	10	7/9	
40641510	11/10-17/11	Tu,Th	20:00-21:00	Tsuen Wan West SC	14+	65	10	7/9	
40641525	6/10-15/11	Tu,Th	9:00-10:00	Yeung Uk RD. SC	14+	65	25	23/8-29/8 (8/9) {27/9}	
40641542	6/10-15/11	Tu,Th	10:00-11:00	Yeung Uk RD. SC	14+	65	25	23/8-29/8 (8/9) {27/9}	
Hydro Fitness Training Course									
40641590	3/10-2/11	M,W,F	19:30-20:30	Shing Mun Valley SP	14+	80	19	23/8-29/8 (8/9) {27/9}	
40641591	3/10-2/11	M,W,F	20:30-21:30	Shing Mun Valley SP	14+	80	19	23/8-29/8 (8/9) {27/9}	
Social Dance Mini Party (Afternoon)									
40641584	26/10	W	14:00-17:00	Tsuen Wan West SC	14+	20	14	8/9	
Social Dance Training Course									
40641755	5/10-4/11	W,F	14:00-16:00	Tsuen King Circuit SC	14+	86	30	23/8-29/8 (8/9) {27/9}	
40641757	6/10-8/12	Th	20:00-22:00	Yeung Uk RD. SC	14+	86	30	23/8-29/8 (8/9) {27/9}	
Tai Chi Made Easy Class									
40641769	12/10-19/11	W,Sa	9:00-10:00	Tsuen Wan West SC	6+	54	30	23/8-29/8 (8/9) {27/9}	
Briefing on Proper Ways to Use Fitness Equipment									
40641570	8/10	Sa	10:00-13:00	Tsuen Wan SC	15+	Free	25	23/8-29/8 (8/9) {27/9}	
40641571	16/10	Su	10:00-13:00	Tsuen Wan SC	15+	Free	25	23/8-29/8 (8/9) {27/9}	
40641572	9/10	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	23/8-29/8 (8/9) {27/9}	
40641573	23/10	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	23/8-29/8 (8/9) {27/9}	
Body-Mind Stretch Training Course									
40641568	10/10-11/11	M,F	18:00-19:00	Tsuen King Circuit SC	15+	85	24	23/8-29/8 (8/9) {27/9}	
40641569	10/10-11/11	M,F	19:00-20:00	Tsuen King Circuit SC	15+	85	24	23/8-29/8 (8/9) {27/9}	
TWD Archery Comp 2022/23 (Beginner)									
40639346 (QTW649)	16/10	Su	9:00-16:00	Shing Mun Valley SG	6+	20	84	7/9	
TWD Archery Comp 2022/23 (Elementary)									
40642423 (QTW742)	16/10	Su	9:00-16:00	Shing Mun Valley SG	6+	20	42	7/9	
TWD Archery Comp 2022/23 (Intermediate)									
40642424 (QTW743)	16/10	Su	9:00-16:00	Shing Mun Valley SG	6+	20	42	7/9	
Archery Fun Day									
40641553	8/10	Sa	14:00-16:00	Shing Mun Valley Park	12+	Free	12	1/9	
Badminton Training Course									
40641564	5/10-4/11	W,F	10:00-12:00	Tsuen King Circuit SC	7+	118	16	23/8-29/8 (8/9) {27/9}	
40641565	3/10-3/11	M,Th	19:00-21:00	Tsuen Wan SC	7+	118	16	23/8-29/8 (8/9) {27/9}	
40641567	19/10-21/12	W	18:00-20:00	Yeung Uk RD. SC	7+	118	16	23/8-29/8 (8/9) {27/9}	
Table-tennis Training Course									
40641779	6/10-8/11	Tu,Th	18:00-20:00	Tsuen King Circuit SC	6+	86	16	23/8-29/8 (8/9) {27/9}	
40641784	8/10-10/12	Sa	14:00-16:00	Yeung Uk RD. SC	6+	86	16	23/8-29/8 (8/9) {27/9}	
Tennis Training Course									
40641771	5/10-4/11	W,F	19:00-21:00	Shing Mun Valley Park	8+	170	8	23/8-29/8 (8/9) {27/9}	
40641773	11/10-10/11	Tu,Th	8:00-10:00	Shing Mun Valley Park	8+	170	8	21/9	
40641774	6/10-8/11	Tu,Th	19:00-21:00	Tsuen King Circuit SC	8+	170	8	23/8-29/8 (8/9) {27/9}	
40641778	3/10-3/11	M,Th	17:00-19:00	Tsuen Wan Riviera Park	8+	170	8	23/8-29/8 (8/9) {27/9}	
Cricket Fun Day									
40641582	9/10	Su	10:30-12:30	Gin Drinkers Bay Temp. Cricket Grounds	6+	Free	30	1/9	

Sports Climbing Fun Day									
40641761	16/10	Su	13:00-15:00	Tsuen Wan SC	12+	Free	24	6/9	 
40641762	16/10	Su	15:00-17:00	Tsuen Wan SC	12+	Free	24	6/9	 

Sports Climbing Training Course

40641766	15/10-22/10	Sa	12:00-18:00	Tsuen Wan SC	12+	40	15	23/8-29/8 (8/9) {27/9}	
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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.

Parent-child Rope Course FD for Ex-mentally III

40641791	8/10	Sa	9:30-12:30	Tuen Mun RSC	6-65	4	16/9	 
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Rope Course FD for Ex-mentally III Persons

40641790	22/10	Sa	14:00-16:00	Tuen Mun RSC	15-65	2	21/9	 
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Lawn Bowl FD for Persons with Disabilities




40641789	13/10	Th	14:00-16:00	Wu Shan Bowling Green	40+	4	21/9	 
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Table Tennis TP for Persons with Intellectual


40629066	2/10-30/10	Su	10:00-12:00	Tsuen Wan SC	8+	16	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 TC for the Elderly (Level I)

40631306	6/10-1/11 (excl. 22/10,29/10)	Tu,Th,Sa	20:30-21:30	Shing Mun Valley SP	16	23/8-29/8 (8/9) {27/9}	
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


Social Dance Fun Day for Elderly

40641448	14/10	F	8:00-11:00	Tsuen Wan SC	30	23/8-29/8 (8/9) {27/9}	
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
Fitness Exercise for Elderly

40641286	5/10-18/11	W,F	11:00-12:00	Yeung Uk RD. SC	25	23/8-29/8 (8/9) {27/9}	
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
Healthy Elderly Scheme-Badminton Fun Day

40641276	6/10-27/10	Tu,Th	8:00-8:55	Tsuen King Circuit SC	16	23/8-29/8 (8/9) {27/9}	
40641277	6/10-27/10	Tu,Th	8:55-9:50	Tsuen King Circuit SC	16	23/8-29/8 (8/9) {27/9}	
40641280	6/10-27/10	Tu,Th	9:55-10:50	Yeung Uk RD. SC	16	23/8-29/8 (8/9) {27/9}	

Healthy Elderly Scheme-Table-tennis Fun Day

40641281	5/10-28/10	W,F	10:00-11:45	Tsuen Wan West SC	48	23/8-29/8 (8/9) {27/9}	
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Gateball FD for the Elderly

40641433	21/10	F	9:00-11:00	Tsuen Wan Park	15	23/8-29/8 (8/9) {27/9}	
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