

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

**Tai Po District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
<b>Aerobic Dance Training Course</b>										
40639649	28/10-23/11	M,W,F	8:00-9:00	Fu Shin SC	14+	65	20	27/9		
40639650	28/10-23/11	M,W,F	9:00-10:00	Fu Shin SC	14+	65	20	27/9		
40639651	5/10-14/11	M,W	19:00-20:00	Tung Cheong ST. SC	14+	65	24	1/9-6/9 (9/9){28/9}		
40639652	5/10-14/11	M,W	20:00-21:00	Tung Cheong ST. SC	14+	65	24	1/9-6/9 (9/9){28/9}		
40639653	6/10-15/11	Tu,Th	8:00-9:00	Tai Po Hui SC	14+	65	24	5/9		
40639654	6/10-15/11	Tu,Th	9:00-10:00	Tai Po Hui SC	14+	65	24	5/9		
<b>TPD Dance Fun Night</b>										
40639644	15/10	Sa	19:00-22:00	Tai Po Hui SC	All	20	40	8/9		
<b>Fitness Exercise TC</b>										
40639665	7/10-22/11	Tu,F	19:00-20:00	Tai Po Hui SC	14+	80	20	1/9-6/9 (9/9){28/9}		
40639666	7/10-22/11	Tu,F	20:00-21:00	Tai Po Hui SC	14+	80	20	1/9-6/9 (9/9){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.            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>										
40639661	7/10-15/11	Tu,F	7:00-8:00	Tai Po Hui SC	15+	75	30	@6/9		
40639662	7/10-15/11	Tu,F	8:00-9:00	Tai Po Hui SC	15+	75	30	@6/9		
40639663	19/10-25/11	W,F	8:00-9:00	Fu Heng SC	15+	75	20	@16/9		
40639664	19/10-25/11	W,F	9:00-10:00	Fu Heng SC	15+	75	20	@16/9		
<b>Hydro-fitness Fun Day</b>										
40623817 (TPHF10-FD)	8/10	Sa	8:00-9:00	Tai Po SP	14+	Free	30	2/9		
<b>Jazz Training Course</b>										
40639677	5/10-7/12	W	19:00-21:00	Fu Heng SC	12+	70	20	1/9-6/9 (9/9){29/9}		
<b>Social Dance Training Course</b>										
40639676	20/10-22/12	Th	19:00-21:00	Fu Shin SC	14+	86	20	1/9-6/9 (9/9){29/9}		
<b>Yoga Training Course</b>										
40639682	20/10-29/12 (excl. 22/12)	Th	14:00-16:00	Fu Shin SC	15+	85	20	1/9-6/9 (9/9){29/9}		
40639683	20/10-29/12 (excl. 22/12)	Th	16:00-18:00	Fu Shin SC	15+	85	20	1/9-6/9 (9/9){29/9}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40639672	12/10	W	19:00-22:00	Fu Heng SC	15+	Free	20	1/9-6/9 (9/9){29/9}		
40639673	17/10	M	19:00-22:00	Fu Heng SC	15+	Free	20	1/9-6/9 (9/9){29/9}		
<b>Sports for ALL-Body-Mind Stretch TC</b>										
40639685	5/10-11/11	W,F	14:00-15:00	Tai Po SC	15+	85	24	2/9		
40639686	5/10-11/11	W,F	15:00-16:00	Tai Po SC	15+	85	24	2/9		
<b>Badminton Training Course</b>										
40639687	11/10-10/11	Tu,Th	19:00-21:00	Tung Cheong ST. SC	18+	118	16	1/9-6/9 (9/9){29/9}		
40639688	6/10-8/11	Tu,Th	9:00-11:00	Tai Po SC	18+	118	16	1/9-6/9 (9/9){29/9}		
<b>Lawn Bowls Training Course</b>										
40639690	5/10-28/10	W,F	19:00-21:00	Tai Po Waterfront Park (Bowling Green)	8+	54	8	1/9-6/9 (9/9){28/9}		
40639691	6/10-1/11	Tu,Th	9:00-11:00	Tai Po Waterfront Park (Bowling Green)	8+	54	8	1/9-6/9 (9/9){28/9}		
<b>Table-tennis Training Course</b>										
40639697	5/10-4/11	W,F	9:00-11:00	Fu Heng SC	14+	86	16	1/9-6/9 (9/9){28/9}		
40639698	15/10-17/12	Sa	14:00-16:00	Fu Shin SC	6-13	86	16	1/9-6/9 (9/9){28/9}		
40639700	21/10-23/11	W,F	9:00-11:00	Tai Po SC	14+	86	16	1/9-6/9 (9/9){28/9}		
<b>Tennis TC for parent &amp; child</b>										
40639703 (SFA)	8/10-10/12	Sa	10:00-12:00	Tai Po PG(Tennis Centre)	8+	170	12	1/9-6/9 (9/9){28/9}		
40639704	8/10-10/12	Sa	14:00-16:00	Wan Tau Kok PG	8+	170	8	1/9-6/9 (9/9){28/9}		
<b>Tennis Training Course</b>										
40639701 (TW7)	3/10-3/11	M,Th	19:00-21:00	Wan Tau Kok PG	8+	170	8	1/9-6/9 (9/9){28/9}		
40639702	5/10-7/12	W	19:00-21:00	Tai Po SG (Tennis Centre)	8+	170	12	1/9-6/9 (9/9){28/9}		

\*TPD Football Comp.2022-2023 (Open Div)

40638945 (Q)	9/10-13/11	Su	9:00-18:00	Kwong Fuk Park Football Pitch	18+	100	16	29/7-12/8 (19/8) {9/9}	✉
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Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
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**Fitness Exercise TC for Elderly**

40639714	5/10-18/11	W,F	8:00-9:00	Tai Po Hui SC	20	1/9-6/9 (9/9) {28/9}	✉
40639715	5/10-18/11	W,F	7:00-8:00	Tai Po Hui SC	20	1/9-6/9 (9/9) {28/9}	✉

**Hydro-fitness Fun Day for Elderly**

40623816 (TPHF9-FD)	8/10	Sa	7:00-8:00	Tai Po SP	30	2/9	☞ i
40623818 (TPHF11-FD)	15/10	Sa	7:00-8:00	Tai Po SP	30	9/9	☞ i
40623819 (TPHF12-FD)	15/10	Sa	8:00-9:00	Tai Po SP	30	9/9	☞ i

**HES - Social Dance**

40639719	11/10-25/10	Tu	7:00-9:00	Tai Po SC	40	11/10-25/10	Walk-in
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**Western Folk Dance TC for elderly**

40639713	10/10-12/12	M	15:00-17:00	Tai Po Hui SC	20	1/9-6/9 (9/9) {29/9}	✉
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**HES-Badminton**

40639724	5/10-26/10	W	7:00-8:00	Tai Po SC	24	5/10-26/10	Walk-in
40639725	5/10-26/10	W	8:00-9:00	Tai Po SC	24	5/10-26/10	Walk-in

**HES-Table-tennis**

40639720	7/10-28/10	F	7:00-8:00	Fu Shin SC	24	7/10-28/10	Walk-in
40639721	7/10-28/10	F	8:00-9:00	Fu Shin SC	24	7/10-28/10	Walk-in
40639722	11/10-25/10	Tu	7:00-8:00	Tung Cheong ST. SC	24	11/10-25/10	Walk-in
40639723	11/10-25/10	Tu	8:00-9:00	Tung Cheong ST. SC	24	11/10-25/10	Walk-in

**Lawn Bowls FD for Elderly**

40639717	7/10	F	9:00-10:30	Tai Po Waterfront Park (Bowling Green)	16	1/9-6/9 (9/9) {28/9}	✉
40639718	7/10	F	10:30-12:00	Tai Po Waterfront Park (Bowling Green)	16	1/9-6/9 (9/9) {28/9}	✉

**Lawn Bowls TC for Elderly**

40639716	28/10-16/12	F	10:00-12:00	Tai Po Waterfront Park (Bowling Green)	8	1/9-6/9 (9/9) {28/9}	✉
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