

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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)	
Long Distance Running Training Course										
40636258	7/11-30/1 (excl. 26/12,2/1,23/1)	M	20:00-22:00	Tuen Mun Tang Siu Kin SG	16+	130	40	5/10		
Breaststroke Training Cr for Adult (Level I)										
40641394	1/11-1/12	Tu,Th	20:00-21:00	Tuen Mun North West SP	18+	100	16	23/9-29/9 (6/10) {25/10}		
Front Crawl Training Cr for Adult (Level I)										
40641395	1/11-1/12	Tu,Th	19:00-20:00	Tuen Mun North West SP	18+	100	16	23/9-29/9 (6/10) {25/10}		
Aerobic Dance Training Course										
40641399	22/11-3/1 (excl. 27/12)	Tu,Th	8:00-9:00	Siu Lun SC	14+	65	30	12/10		
40641400	22/11-3/1 (excl. 27/12)	Tu,Th	9:00-10:00	Siu Lun SC	14+	65	30	12/10		
Fitness (Multi-gym) Training Course										
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40641409	7/11-2/12	M,W,F	19:00-20:00	Siu Lun SC	15+	75	30	@10/10		
40641410	7/11-2/12	M,W,F	20:00-21:00	Siu Lun SC	15+	75	30	@10/10		
40641411	17/11-13/12	Tu,Th,Sa	8:00-9:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@13/10		
40641412	17/11-13/12	Tu,Th,Sa	9:00-10:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@13/10		
40641413	23/11-30/12	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@19/10		
40641414	23/11-30/12	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	75	20	@19/10		
Jazz Training Course										
40641419	6/11-29/1 (excl. 25/12,1/1,22/1)	Su	10:00-12:00	Leung Tin SC	12+	70	20	23/9-29/9 (6/10) {25/10}		
Social Dance Training Course										
40641421	1/11-10/1 (excl. 27/12)	Tu	16:00-18:00	Siu Lun SC	14+	86	30	23/9-29/9 (6/10) {25/10}		
Yoga Training Course										
40641422	3/11-6/12	Tu,Th	7:00-9:00	Tai Hing SC	15+	85	15	30/9-7/10 (13/10) {1/11}		
40641424	3/11-6/12	Tu,Th	9:00-11:00	Tai Hing SC	15+	85	15	30/9-7/10 (13/10) {1/11}		
Briefing on Proper Ways to Use Fitness Equipment										
40641426	6/11	Su	13:00-16:00	Siu Lun SC	15+	Free	25	30/9-7/10 (13/10) {1/11}		
40641429	8/11	Tu	19:00-22:00	The JC Tuen Mun Butterfly Beach SC	15+	Free	20	30/9-7/10 (13/10) {1/11}		
40641432	13/11	Su	17:00-20:00	Tai Hing SC	15+	Free	15	30/9-7/10 (13/10) {1/11}		
Body-Mind Stretch Training Course										
40641403	2/11-18/1	W	20:00-21:00	Siu Lun SC	15+	85	24	23/9-29/9 (6/10) {25/10}		
40641404	2/11-18/1	W	21:00-22:00	Siu Lun SC	15+	85	24	23/9-29/9 (6/10) {25/10}		
40641405	4/11-14/12	W,F	19:00-20:00	The JC Tuen Mun Butterfly Beach SC	15+	85	24	6/10		
40641406	4/11-14/12	W,F	20:00-21:00	The JC Tuen Mun Butterfly Beach SC	15+	85	24	6/10		
Parent-child (Aged 7-17) Badminton Fun Day										
40641474	13/11	Su	14:00-15:00	Siu Lun SC	7+	Free	16	14/10		
40641476	13/11	Su	15:00-16:00	Siu Lun SC	7+	Free	16	14/10		
40641478	13/11	Su	16:00-17:00	Siu Lun SC	7+	Free	16	14/10		
Badminton Training Course for Adult										
40641446	2/11-2/12	W,F	14:00-16:00	Leung Tin SC	18+	118	16	23/9-29/9 (6/10) {25/10}		
Parent-child (Aged 7-17) Badminton TC										
40641450	12/11-17/12	Sa	10:00-12:00	Leung Tin SC	7+	73	16	23/9-29/9 (6/10) {25/10}		
Lawn Bowls Training Course										
40641452	3/11-28/11	M,Th	20:00-22:00	Wu Shan Bowling Green	8+	54	8	23/9-29/9 (6/10) {25/10}		
40641454	11/11-6/12	Tu,F	20:00-22:00	Wu Shan Bowling Green	8+	54	8	23/9-29/9 (6/10) {25/10}		
Squash Training Course										
40641455	3/11-29/11	Tu,Th	19:30-21:30	Tuen Mun SP Squash Courts	7+	160	8	12/10		

Table-tennis Training Course										
40641458	3/11-12/1 (excl. 22/12)	Th	19:00-21:00	Siu Lun SC	14+	86	16	23/9-29/9 (6/10) {25/10}		
Table-tennis Training Course for Children										
40641460	3/11-12/1 (excl. 22/12)	Th	17:00-19:00	Siu Lun SC	6-13	86	16	23/9-29/9 (6/10) {25/10}		
Tennis Fun Day										
40641485	27/11	Su	14:00-15:00	Tsing Sin PG	8+	Free	8	18/10		
40641487	27/11	Su	15:00-16:00	Tsing Sin PG	8+	Free	8	18/10		
40641488	27/11	Su	16:00-17:00	Tsing Sin PG	8+	Free	8	18/10		
Tennis Training Course										
40641468	21/11-29/12 (excl. 22/12,26/12)	M,Th	9:00-11:00	Tsing Sin PG	8+	170	12	30/9-7/10 (13/10) {1/11}		
Tennis Training Course for Adult										
40641463	18/11-20/12	Tu,F	19:00-21:00	Tsing Sin PG	18+	170	12	30/9-7/10 (13/10) {1/11}		
40641464	21/11-29/12 (excl. 22/12,26/12)	M,Th	20:00-22:00	Tsing Sin PG	18+	170	12	30/9-7/10 (13/10) {1/11}		
40641465	14/11-15/12	M,Th	19:00-21:00	Tuen Mun Tang Siu Kin SG(TC)	18+	170	12	30/9-7/10 (13/10) {1/11}		
Intermediate Tennis Training Course										
40641461	11/11-14/12	W,F	20:00-22:00	Tuen Mun Tang Siu Kin SG	8+	170	12	30/9-7/10 (13/10) {1/11}		
Gateball Fun Day										
40641511	6/11	Su	8:00-9:00	SAN WO LANE PLAYGROUND	8+	Free	15	5/10		
40641512	6/11	Su	9:00-10:00	SAN WO LANE PLAYGROUND	8+	Free	15	5/10		
40641513	20/11	Su	8:00-9:00	SAN WO LANE PLAYGROUND	8+	Free	15	11/10		
40641515	20/11	Su	9:00-10:00	SAN WO LANE PLAYGROUND	8+	Free	15	11/10		
Horticultural Seminar										
40641559	19/11	Sa	10:00-12:00	Tai Hing SC	16+	30	30	6/10		
Activities for Elderly Programme Number (Class code)										
<small>(For aged 60 or above, free of charge)</small>										
Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)										
Enrolment Method										
Swimming Training Cr for Elderly (Level I)										
40641521	14/11-16/12	M,F	11:00-12:00	Tuen Mun North West SP			16	23/9-29/9 (6/10) {25/10}		
Swimming Training Cr for Elderly (Level II)										
40641396	14/11-16/12	M,F	10:00-11:00	Tuen Mun North West SP			20	23/9-29/9 (6/10) {25/10}		
Fitness Training Course for Elderly										
40641518	19/11-20/12	Tu,Th,Sa	10:00-11:00	The JC Tuen Mun Butterfly Beach SC			20	30/9-7/10 (13/10){1/11}		
Fitness(Multi-gym)Training Course for Elderly										
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40641524	10/11-6/12	Tu,Th,Sa	14:00-15:00	Tai Hing SC			15	@30/9-7/10 (13/10){1/11}		
40641526	10/11-6/12	Tu,Th,Sa	15:00-16:00	Tai Hing SC			15	@30/9-7/10 (13/10){1/11}		
40641527	17/11-13/12	Tu,Th,Sa	7:00-8:00	The JC Tuen Mun Butterfly Beach SC			20	@30/9-7/10 (13/10){1/11}		
Healthy Elderly Scheme-Badminton Fun Day										
40641534	7/11-28/11	M	7:00-8:00	Siu Lun SC			16	7/11-28/11	Walk-in	
40641535	7/11-28/11	M	8:00-9:00	Siu Lun SC			16	7/11-28/11	Walk-in	
40641536	7/11-28/11	M	9:00-10:00	Siu Lun SC			16	7/11-28/11	Walk-in	
Healthy Elderly Scheme-Badminton Self Practice Scheme										
40641537	7/11-28/11	M	8:00-9:00	Leung Tin SC			16	7/11-28/11	Walk-in	
40641538	7/11-28/11	M	9:00-10:00	Leung Tin SC			16	7/11-28/11	Walk-in	
40641539	7/11-28/11	M	10:00-11:00	Leung Tin SC			16	7/11-28/11	Walk-in	
Healthy Elderly Scheme-Chess and Table-tennis Fun Day										
40641551	3/11-24/11	Th	10:00-11:00	The JC Tuen Mun Butterfly Beach SC			16	3/11-24/11	Walk-in	
40641552	3/11-24/11	Th	11:00-12:00	The JC Tuen Mun Butterfly Beach SC			16	3/11-24/11	Walk-in	
40641554	3/11-24/11	Th	12:00-13:00	The JC Tuen Mun Butterfly Beach SC			16	3/11-24/11	Walk-in	

Healthy Elderly Scheme-Lawn Bowls Fun Day

40641545	3/11-24/11	Th	9:00-10:00	Wu Shan Bowling Green	16	3/11-24/11	Walk-in
40641546	3/11-24/11	Th	10:00-11:00	Wu Shan Bowling Green	16	3/11-24/11	Walk-in

Gateball Training Course for Elderly

40641516	16/11-9/12	W,F	8:00-10:00	SAN WO LANE PLAYGROUND	15	10/10	 
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