

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

Yuen Long District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Fitness (Multi-gym) TC									
@ 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.									
40644550 (YL1201-22)	3/11-13/12	Tu,Th	20:00-21:00	Long Ping SC	15+	75	15	@3/10	
40644551 (YL1202-22)	3/11-13/12	Tu,Th	21:00-22:00	Long Ping SC	15+	75	15	@3/10	
40644553 (YL1204-22)	21/11-6/1 (excl. 26/12,2/1)	M,F	19:00-20:00	Long Ping SC	15+	75	15	@11/10	
40644555 (YL1205-22)	21/11-6/1 (excl. 26/12,2/1)	M,F	20:00-21:00	Long Ping SC	15+	75	15	@11/10	
Hydro Fitness TC									
40628581 (YL1241-22)	3/11-20/12	Tu,Th	9:00-10:00	Ping Shan Tin Shui Wai SP	14+	80	30	3/10	
Tai Chi Made Easy									
40643167 (YL858-22)	2/11-28/11	M,W,F	7:30-8:30	Wang Toi Shan PG	6+	54	30	6/10	
Tai Chi Made Easy Class									
40643169 (YL853-22)	2/11-28/11	M,W,F	18:30-19:30	Tai Kiu Market Sitting-out Area	6+	54	30	6/10	
40644581 (YL1258-22)	1/11-26/11	Tu,Th,Sa	7:00-8:00	Sheung Tsuen Park Soccer Pitch	6+	54	30	12/10	
40644582 (YL1259-22)	1/11-26/11	Tu,Th,Sa	6:30-7:30	Tai Kiu Market Sitting-out Area	6+	54	30	12/10	
40645079 (YL0849-22)	2/11-28/11	M,W,F	7:00-8:00	Tin Shui Wai Park(5-aside Soccer Pitch)	6+	54	30	29/9	
40645093 (YL0848-22)	2/11-28/11	M,W,F	7:00-8:00	Tin Shui Wai Park(BC No.3)	6+	54	30	29/9	
40645094 (YL0850-22)	2/11-28/11	M,W,F	20:30-21:30	Tin Shui Wai SG	6+	54	30	29/9	
Tai Chi Sword Fun Day									
40643168 (YL861-22)	2/11-18/11	M,W,F	6:30-7:30	Tai Kiu Market Sitting-out Area	6+	Free	40	6/10	
40645080 (YL0860-22)	3/11-29/11	Tu,Th	7:00-8:00	Tin Shui Wai Park(BC No.3)	6+	Free	30	3/10	
Briefing on Proper Ways to Use Fitness Equipment									
40644560 (YL1216-22)	6/11	Su	15:00-18:00	Long Ping SC	15+	Free	15	21/9-27/9 (6/10) {26/10}	
40644561 (YL1217-22)	13/11	Su	15:00-18:00	Tin Fai RD. SC	15+	Free	25	21/9-27/9 (6/10) {26/10}	
YLD Family - Badminton Fun Day									
40645191 (YL1184-22)	12/11	Sa	12:00-13:00	Fung Kam ST. SC	7+	Free	16	12/10	
40645192 (YL1185-22)	12/11	Sa	13:00-14:00	Fung Kam ST. SC	7+	Free	16	12/10	
40645193 (YL1186-22)	12/11	Sa	14:00-15:00	Fung Kam ST. SC	7+	Free	16	12/10	
Badminton TC									
40644531 (YL1177-22)	3/11-5/12	M,Th	19:00-21:00	Fung Kam ST. SC	7+	118	16	21/9-27/9 (6/10) {26/10}	
40644533 (YL1178-22)	4/11-6/12	Tu,F	20:00-22:00	Long Ping SC	7+	118	12	21/9-27/9 (6/10) {26/10}	
40644539 (YL1179-22)	15/11-16/12	Tu,F	19:00-21:00	Tin Fai RD. SC	7+	118	16	21/9-27/9 (6/10) {26/10}	
Squash TC									
40644578 (YL1254-22)	10/11-6/12	Tu,Th	19:30-21:30	Tai Kiu Market Squash Courts	7+	160	8	21/9-27/9 (6/10) {26/10}	
Table-tennis TC									
40644591 (YL1267-22)	3/11-5/12	M,Th	16:00-18:00	Fung Kam ST. SC	6+	86	16	21/9-27/9 (6/10) {26/10}	
40644592 (YL1268-22)	11/11-14/12	W,F	17:00-19:00	Ping Shan Tin Shui Wai SC	6+	86	16	21/9-27/9 (6/10) {26/10}	
40644596 (YL1271-22)	3/11-5/12	M,Th	14:00-16:00	Tin Fai RD. SC	6+	86	12	21/9-27/9 (6/10) {26/10}	
Tennis TC									
40644585 (YL1262-22)	2/11-4/1	W	9:00-11:00	Sai Ching ST. TC	8+	170	12	21/9-27/9 (6/10) {26/10}	
40644586 (YL1263-22)	3/11-5/12	M,Th	19:00-21:00	Sai Ching ST. TC	8+	170	12	21/9-27/9 (6/10) {26/10}	
40644587 (YL1264-22)	11/11-13/1	F	9:00-11:00	Sai Ching ST. TC	8+	170	12	21/9-27/9 (6/10) {26/10}	
40644588 (YL1265-22)	13/11-29/1 (excl. 25/12,1/1)	Su	19:00-21:00	Sai Ching ST. TC	8+	170	12	21/9-27/9 (6/10) {26/10}	
40644590 (YL1266-22)	18/11-20/12	Tu,F	20:00-22:00	Tin Shui Wai Park(TC)	8+	170	8	21/9-27/9 (6/10) {26/10}	
Sport for All Promotion Scheme - Gateball Fun Day									
40644567 (YL1238-22)	12/11	Sa	9:00-11:00	Yuen Long Park(Gateball Court)	8+	Free	15	5/10	
Sport Climbing Fun Day									
40644544 (YL1195-22)	13/11	Su	14:00-15:30	Tin Fai RD. SC	12+	Free	18	5/10	

40644545 (YL1196-22)	13/11	Su	15:30-17:00	Tin Fai RD. SC	12+	Free	18	5/10	
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Online Interactive Prog.-Fitness Yoga

40645053 (YL1746-22)	28/11-30/11	M,W	15:00-16:00	Internet. 30 mins before : zoom.us/join	15+	20	50	7/11	
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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.

Fitness Ex. TP for PWD(Visual Impairment)

40623342 (YL1277-22)	7/11-19/12	M	15:00-17:00	Tin Fai RD. SC	14+	15	21/9	
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Table Tennis TP for PWD(Intellectual Dis.)

40623341 (YL1243-22)	22/11-20/12	Tu	12:00-14:00	Tin Fai RD. SC(2/F)	6+	12	21/9	
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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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Fitness (Multi-gym) TC for Elderly

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40644548 (YL1199-22)	11/11-21/12	W,F	7:00-8:00	Long Ping SC	15	@21/9-27/9 (6/10){26/10}	
40644549 (YL1200-22)	11/11-21/12	W,F	8:00-9:00	Long Ping SC	15	@21/9-27/9 (6/10){26/10}	
40644556 (YL1206-22)	19/11-15/12	Tu,Th,Sa	7:00-8:00	Tin Fai RD. SC	20	@21/9-27/9 (6/10){26/10}	
40644557 (YL1207-22)	19/11-15/12	Tu,Th,Sa	8:00-9:00	Tin Fai RD. SC	20	@21/9-27/9 (6/10){26/10}	

Hydro Fitness TC for Elderly

40628598 (YL1242-22)	3/11-20/12	Tu,Th	10:00-11:00	Ping Shan Tin Shui Wai SP	30	3/10	
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Healthy Elderly Scheme - Elderly Fitness Play-in

40644564 (YL1222-22)	2/11-23/11	W	14:00-15:00	Long Ping SC	30	3/10	
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Healthy Elderly Scheme - Gateball Play-in

40644565 (YL1236-22)	2/11-16/11	M,W	7:00-9:00	Tin Shui Wai Park(Gateball Court)	15	11/10	
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40644566 (YL1237-22)	3/11-17/11	M,Th	7:00-9:00	Yuen Long Park(Gateball Court)	15	5/10	
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Healthy Elderly Scheme - Social Dance Play-in

40644577 (YL1251-22)	2/11-23/11	W	15:00-16:00	Long Ping SC	30	3/10	
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Healthy Elderly Scheme - Table-tennis Play-in

40644593 (YL1269-22)	7/11-28/11	M	9:00-10:00	Ping Shan Tin Shui Wai SC	16	21/9-27/9 (6/10) {26/10}	
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40644594 (YL1270-22)	7/11-28/11	M	10:00-11:00	Ping Shan Tin Shui Wai SC	16	21/9-27/9 (6/10) {26/10}	
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