

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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)	
Front Crawl TC for Adult (Level I)									
40631310	1/11-24/11 (excl. 12/11)	Tu,Th,Sa	20:00-21:00	Shing Mun Valley SP	18+	100	16	21/9-27/9 (6/10) {25/10}	☒
Front Crawl TC for Adult (Level II)									
40631309	1/11-24/11 (excl. 12/11)	Tu,Th,Sa	19:00-20:00	Shing Mun Valley SP	18+	100	19	21/9-27/9 (6/10) {25/10}	☒
Aerobic Dance Training Course									
40644292	1/11-8/12	Tu,Th	18:00-19:00	Tsuen King Circuit SC	14+	65	20	3/10	☒ i
40644293	1/11-8/12	Tu,Th	19:00-20:00	Tsuen King Circuit SC	14+	65	20	3/10	☒ i
40644295	2/11-9/12	W,F	19:00-20:00	Yeung Uk RD. SC	14+	65	25	3/10	☒ i
40644296	2/11-9/12	W,F	20:00-21:00	Yeung Uk RD. SC	14+	65	25	3/10	☒ i
Fitness(Multi-gym) Training Course									
<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>									
40644426	2/11-12/12	M,W	12:00-13:00	Tsuen Wan SC	15+	75	30	@11/10	☒ i
40644427	2/11-12/12	M,W	13:00-14:00	Tsuen Wan SC	15+	75	30	@11/10	☒ i
40644428	2/11-12/12	M,W	14:00-15:00	Tsuen Wan SC	15+	75	30	@11/10	☒ i
40644433	1/11-8/12	Tu,Th	19:00-20:00	Yeung Uk RD. SC	15+	75	20	@7/10	☒ i
40644434	1/11-8/12	Tu,Th	20:00-21:00	Yeung Uk RD. SC	15+	75	20	@7/10	☒ i
40644438	2/11-9/12	W,F	9:00-10:00	Yeung Uk RD. SC	15+	75	20	@11/10	☒ i
40644439	2/11-9/12	W,F	10:00-11:00	Yeung Uk RD. SC	15+	75	20	@11/10	☒ i
Social Dance Training Course									
40644452	4/11-6/1	F	19:00-21:00	Tsuen Wan SC	14+	86	20	21/9-27/9 (6/10) {25/10}	☒
Tai Chi Made Easy Class									
40644718	9/11-16/12	W,F	9:00-10:00	Tsuen King Circuit SC	6+	54	30	21/9-27/9 (6/10) {25/10}	☒
Yoga Training Course									
40644728	8/11-8/12	Tu,Th	13:00-15:00	Tsuen King Circuit SC	15+	85	30	21/9-27/9 (6/10) {25/10}	☒
40644729	1/11-17/1 (excl. 27/12,3/1)	Tu	12:00-14:00	Yeung Uk RD. SC	15+	85	30	21/9-27/9 (6/10) {25/10}	☒
Briefing on Proper Ways to Use Fitness Equipment									
40644418	5/11	Sa	10:00-13:00	Tsuen Wan SC	15+	Free	25	21/9-27/9 (6/10) {25/10}	☒
40644419	13/11	Su	10:00-13:00	Tsuen Wan SC	15+	Free	25	21/9-27/9 (6/10) {25/10}	☒
40644422	13/11	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	21/9-27/9 (6/10) {25/10}	☒
40644423	27/11	Su	9:30-12:30	Yeung Uk RD. SC	15+	Free	25	21/9-27/9 (6/10) {25/10}	☒
Badminton Training Course									
40644297	1/11-1/12	Tu,Th	19:00-21:00	Tsuen Wan West SC	7+	118	16	21/9-27/9 (6/10) {25/10}	☒
40644298	9/11-9/12	W,F	10:00-12:00	Tsuen Wan West SC	7+	118	16	21/9-27/9 (6/10) {25/10}	☒
Tennis Training Course									
40644721	8/11-8/12	Tu,Th	19:00-21:00	Sha Tsui RD. PG	8+	170	8	21/9-27/9 (6/10) {25/10}	☒
40644722	2/11-2/12	W,F	9:00-11:00	Tsuen King Circuit PG	8+	170	8	21/9-27/9 (6/10) {25/10}	☒
40644723	1/11-2/12	Tu,F	20:00-22:00	Tsuen Wan Riviera Park	8+	170	8	21/9-27/9 (6/10) {25/10}	☒
40644724	13/11-5/2 (excl. 25/12,1/1,22/1)	Su	19:00-21:00	Tsuen Wan Riviera Park	8+	170	8	21/9-27/9 (6/10) {25/10}	☒
TWD Gateball Competition 2022/23									
40644277	6/11	Su	9:00-18:00	Shing Mun Valley SG	8+	100	22	6/9-13/9 (20/9) {8/10}	☒
Sports Climbing Fun Day									
40644502	5/11	Sa	13:00-15:00	Tsuen Wan SC	12+	Free	24	10/10	☒ i
40644504	5/11	Sa	15:00-17:00	Tsuen Wan SC	12+	Free	24	10/10	☒ i
Sports Climbing Training Course									
40644717	6/11-20/11 (excl. 13/11)	Su	12:00-18:00	Tsuen Wan SC	12+	40	15	21/9-27/9 (6/10) {25/10}	☒
Online Interactive Prog.-Hip Hop Dance									
40644715	8/11-10/11	Tu,Th	20:00-21:00	Internet. 30mins before: zoom.us/join	14+	20	50	18/10	☒ i

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment <small>(Balloting) { Open Enrollment for Remaining Quota }</small>	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.

Archery FD for Persons with Ex-mentally III



40644730	7/11	M	14:30-16:30	Shing Mun Valley	15-65	3	17/10	 
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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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Baduanjin Training Course for Elderly

40644286	8/11-15/12	Tu,Th	8:00-9:00	Tsuen King Circuit SC	30	21/9-27/9 (6/10) {25/10}	
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
Healthy Elderly Scheme-Badminton Fun Day

40644278	2/11-30/11	W,F	8:00-9:00	Tsuen Wan West SC	16	21/9-27/9 (6/10) {25/10}	
40644279	2/11-30/11	W,F	7:00-8:00	Tsuen Wan West SC	16	21/9-27/9 (6/10) {25/10}	

Healthy Elderly Scheme-Table-tennis Fun Day

40644281	1/11-29/11	Tu,Th	8:00-9:45	Tsuen King Circuit SC	48	21/9-27/9 (6/10) {25/10}	
40644282	2/11-30/11	W,F	9:00-10:45	Yeung Uk RD. SC	48	21/9-27/9 (6/10) {25/10}	

Meeting Points for Elderly-Social Dance FD

40644284	1/11-29/11	Tu,Th	10:00-12:00	Tsuen King Circuit SC	40	21/9-27/9 (6/10) {25/10}	
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