

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

Tai Po District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Aerobic Dance Training Course									
40643650	1/11-9/12	Tu,F	19:00-20:00	Tung Cheong ST. SC	14+	65	24	1/10-6/10 (11/10) {28/10}	☒
40643651	1/11-9/12	Tu,F	20:00-21:00	Tung Cheong ST. SC	14+	65	24	1/10-6/10 (11/10) {28/10}	☒
40643656	25/11-28/12 (excl. 28/11,12/12,26/12)	M,W,F	8:00-9:00	Tai Po SC	14+	65	24	25/10	☒ i
40643657	25/11-28/12 (excl. 28/11,12/12,26/12)	M,W,F	9:00-10:00	Tai Po SC	14+	65	24	25/10	☒ 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. 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>									
40643659	1/11-8/12	Tu,Th	14:00-15:00	Tai Po SC	15+	75	20	@3/10	☒ i
40643660	1/11-8/12	Tu,Th	15:00-16:00	Tai Po SC	15+	75	20	@3/10	☒ i
Western Folk DanceTC									
40643675	2/11-4/1	W	19:00-21:00	Tai Po SC	8+	45	20	1/10-6/10 (11/10) {28/10}	☒
Yoga Training Course									
40643674	17/11-19/1	Th	7:00-9:00	Tai Po SC	15+	85	25	1/10-6/10 (11/10) {31/10}	☒
Briefing on Proper Ways to Use Fitness Equipment									
40643664	2/11	W	19:00-22:00	Fu Heng SC	15+	Free	20	1/10-6/10 (11/10) {28/10}	☒
40643665	9/11	W	19:00-22:00	Fu Heng SC	15+	Free	20	1/10-6/10 (11/10) {28/10}	☒
40643666	5/11	Sa	14:00-17:00	Tai Po Hui SC	15+	Free	25	1/10-6/10 (11/10) {28/10}	☒
40643667	6/11	Su	12:00-15:00	Tai Po Hui SC	15+	Free	25	1/10-6/10 (11/10) {28/10}	☒
40643668	7/11	M	19:00-22:00	Fu Shin SC	15+	Free	20	1/10-6/10 (11/10) {28/10}	☒
40643669	13/11	Su	10:00-13:00	Fu Shin SC	15+	Free	20	1/10-6/10 (11/10) {28/10}	☒
40643670	13/11	Su	13:00-16:00	Tai Po SC	15+	Free	20	1/10-6/10 (11/10) {28/10}	☒
40643671	16/11	W	19:00-22:00	Tai Po SC	15+	Free	20	1/10-6/10 (11/10) {28/10}	☒
Badminton Training Course									
40643677	2/11-5/12	M,W	20:00-22:00	Tung Cheong Steet SC	18+	118	16	1/10-6/10 (11/10) {28/10}	☒
Lawn Bowls Training Course									
40643680	1/11-24/11	Tu,Th	9:00-11:00	Tai Po Waterfront Park (Bowling Green)	8+	54	8	1/10-6/10 (11/10) {28/10}	☒
40643681	2/11-25/11	W,F	19:00-21:00	Tai Po Waterfront Park (Bowling Green)	8+	54	8	1/10-6/10 (11/10) {28/10}	☒
Squash Training Course									
40643683 (ST1)	7/11-1/12	M,Th	19:00-21:00	Tai Po PG(Squash Centre)	7+	160	8	1/10-6/10 (11/10) {28/10}	☒
Low Table Table-tennis TC for Children									
40643685	26/11-4/2 (excl. 24/12)	Sa	14:00-16:00	Tai Po SC	6-9	86	16	1/10-6/10 (11/10) {31/10}	☒
Table-tennis Training Course									
40643684	17/11-20/12	Tu,Th	19:00-21:00	Fu Shin SC	14+	86	16	1/10-6/10 (11/10) {31/10}	☒
Tennis Training Course									
40643686 (TW8)	1/11-2/12	Tu,F	19:00-21:00	Wan Tau Kok PG (TC)	8+	170	8	1/10-6/10 (11/10) {28/10}	☒
40643687	10/11-12/12	M,Th	19:00-21:00	Tai Po SG (Tennis Centre)	8+	170	12	1/10-6/10 (11/10) {28/10}	☒
*TPD Volleyball Competition(22-23)(Men)									
40643647 (Q)	27/11-11/12	Su	9:00-22:00	Tai Po SC	12+	60	32	13/9-23/9 (30/9) {25/10}	☒
*TPD Volleyball Competition(22-232)(Women)									
40643648 (Q)	27/11-11/12	Su	9:00-22:00	Tai Po SC	12+	60	24	13/9-23/9 (30/9) {25/10}	☒
Horse Riding Cum Golf Fun Day									
40643690	20/11	Su	15:00-17:00	Tuen Mun RSC	6+	75	32	1/10-6/10 (11/10) {31/10}	☒

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.

Modern Dance TP for Ex-mentally Ill Persons

40629104 (SFA)	19/11-28/1 (excl. 21/1)	Sa	16:00-18:00	Tai Po Hui SC	7+	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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Swimming TC for Elderly (Level I)

40623820 (1E14)	18/11-21/12	W,F	8:00-9:00	Tung Cheong ST. SP	16	10/10-17/10 (20/10){9/11}	
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Swimming TC for Elderly (Level II)

40623821 (2E11)	18/11-21/12	W,F	9:00-10:00	Tung Cheong ST. SP	20	10/10-17/10 (20/10){9/11}	
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Chinese Dance TC for elderly

40643696	16/11-18/1	W	14:00-16:00	Tai Po SC	20	1/10-6/10 (11/10){28/10}	
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Fitness Exercise TC for Elderly

40643699	25/11-28/12 (excl. 26/12)	M,W,F	8:00-9:00	Fu Shin SC	20	1/10-6/10 (11/10){31/10}	
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40643700	25/11-28/12 (excl. 26/12)	M,W,F	9:00-10:00	Fu Shin SC	20	1/10-6/10 (11/10){31/10}	
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Social Dance FD for Elderly

40643697	18/11	F	14:00-17:00	Tai Po SC	24	1/10-6/10 (11/10){31/10}	
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HES-Badminton

40643709	2/11-30/11	W	7:00-8:00	Tai Po SC	24	2/11-30/11	Walk-in
40643710	2/11-30/11	W	8:00-9:00	Tai Po SC	24	2/11-30/11	Walk-in

HES-Table-tennis

40643705	1/11-29/11	Tu	7:00-8:00	Tung Cheong Steet SC	24	1/11-29/11	Walk-in
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40643706	1/11-29/11	Tu	8:00-9:00	Tung Cheong Steet SC	24	1/11-29/11	Walk-in
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40643707	4/11-25/11	F	7:00-8:00	Fu Shin SC	24	4/11-25/11	Walk-in
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40643708	4/11-25/11	F	8:00-9:00	Fu Shin SC	24	4/11-25/11	Walk-in
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Lawn Bowls Fun Day for Elderly

40643701	16/11	W	9:00-10:30	Tai Po Waterfront Park (Bowling Green)	16	1/10-6/10 (11/10){28/10}	
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40643702	16/11	W	10:30-12:00	Tai Po Waterfront Park (Bowling Green)	16	1/10-6/10 (11/10){28/10}	
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Gateball TC for Elderly

40643703	1/11-20/12	Tu	14:00-16:00	Tai Po Waterfront Park	15	1/10-6/10 (11/10){28/10}	
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40643704	7/11-9/1 (excl. 26/12,2/1)	M	8:00-10:00	Yuen Shin Park	15	1/10-6/10 (11/10){28/10}	
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