

List of Programmes in July to September 2025 - YL(C)IFSC

Name of Programme:	Guided Tour of Legislative Council Complex
Date / Duration:	4/7/2025(Friday) / 1400-1700
Venue:	Legislative Council Complex
Objectives:	Enhance public understanding of the Legislative Council and enhance public understanding of the executive authorities.
Content:	Visit the meeting facilities and educational facilities of the Legislative Council Complex.
Target Participants:	Center members
Fee:	Free
Contact Staff:	Mr MAK
Telephone Number:	2470 1585
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Fun Playing 1
Date / Duration:	05/07/2025, 09/08/2025, 06/09/2025, 11/10/2025 (Sat) / 0900-1015
Venue:	Yuen Long Park
Objectives:	To enhance communication and cooperation between parents and children, facilitating parent-child interaction. To exercise children's physical coordination and flexibility, and develop young children's physical fitness.
Content:	Families will participate in a series of exciting and stimulating outdoor games, spending a pleasant weekend together.
Target Participants:	Parent-child families with children aged 4-6
Fee:	Free
Contact Staff:	Mr. WONG Ho-hang
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Fun Playing 2
Date / Duration:	05/07/2025, 09/08/2025, 06/09/2025, 11/10/2025 (Sat) / 1030-1145
Venue:	Yuen Long Park
Objectives:	To enhance communication and cooperation between parents and children, facilitating parent-child interaction. To enhance their problem-solving skills and boost their confidence.
Content:	Families will participate in a series of exciting and stimulating outdoor games, spending a pleasant weekend together.
Target Participants:	Parent-child families with children aged 7-10
Fee:	Free
Contact Staff:	Mr. WONG Ho-hang
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Elastic band for relax
Date / Duration:	8/7/2025 – 29/7/2025 (Tuesday) / 1530-1630
Venue:	Meeting Room, YL(C)IFSC
Objectives:	Stretching exercises can relax tense muscles, improve joint mobility, relax nerves, and reduce the risk of muscle pain.
Content:	Use simple elastic bands to make many different simple movements
Target Participants:	Members aged above 18
Fee:	Free
Contact Staff:	Mr MAK
Telephone Number:	2470 1585
Host:	Yuen Long (Central) Integrated Family Service Centre

List of Programmes in July to September 2025 - YL(C)IFSC

Name of Programme:	Family sport (A)
Date / Duration:	21,23/07/2025 (Mon & Wed) / 1000-1200
Venue:	Yuen Long Sport Center
Objectives:	To build fun and joyful parent-child experiences through participation in badminton activities, and to facilitate the exchange of parenting experiences among parents.
Content:	Friendly game, exchange of parenting experiences and community information.
Target Participants:	Member age above 9
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

Name of Programme:	Family sport (B)
Date / Duration:	21,23/07/2025 (Mon & Wed) / 1400-1600
Venue:	Yuen Long Sport Center
Objectives:	To build fun and joyful parent-child experiences through participation in badminton activities, and to facilitate the exchange of parenting experiences among parents.
Content:	Friendly game, exchange of parenting experiences and community information.
Target Participants:	Member age above 9
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre

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Name of Programme:	Tai Chi
Date / Duration:	4/9/2025 to 23/10/2025 (Thur) / 1000-1130
Venue:	Activity room
Objectives:	Through practicing Tai Chi, participants learn to empty their minds and clear their thoughts, improving their ability to withstand stress.
Content:	Practice Tai Chi with each other
Target Participants:	Member age above 18
Fee:	Free
Contact Staff:	Mr. WONG
Telephone Number:	3996 7615
Host:	Yuen Long (Central) Integrated Family Service Centre