

Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Sep 2018

Islands District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Breastroke TC for Adult (Level II)									
40504504 (IS549)	5/9-28/9 (excl. 26/9)	M,W,F	10:00-11:00	Tung Chung SP	18+	100	20	7/8	
Breaststroke TC for Adult (Level I)									
40504502 (IS548)	5/9-28/9 (excl. 26/9)	M,W,F	8:00-9:00	Tung Chung SP	18+	100	16	7/8	
40504505 (IS550)	11/9-16/10 (excl. 25/9)	Tu,Th	9:00-10:00	Tung Chung SP	18+	100	16	9/8	
Breaststroke TC for Adult (Level II)									
40504511 (IS1275)	5/9-26/9	M,W,F	19:30-20:30	Tung Chung SP	18+	100	20	7/8	
Front Crawl TC for Adult (Level I)									
40504506 (IS1271)	5/9-28/9 (excl. 26/9)	M,W,F	9:00-10:00	Tung Chung SP	18+	100	16	7/8	
Front Crawl TC for Adult (Level II)									
40504507 (IS1272)	11/9-16/10 (excl. 25/9)	Tu,Th	8:00-9:00	Tung Chung SP	18+	100	20	9/8	
40504512 (IS1276)	5/9-26/9	M,W,F	20:30-21:30	Tung Chung SP	18+	100	20	7/8	
Aerobic Dance TC									
40504665 (IS1094)	27/9-6/11	Tu,Th	19:00-20:00	Tung Chung Man Tung RD. SC	14+	65	30	24/8	
40504666 (IS1095)	27/9-6/11	Tu,Th	20:00-21:00	Tung Chung Man Tung RD. SC	14+	65	30	24/8	
Children Dance Training Course									
40504415 (IS338)	22/9-24/11	Sa	14:00-16:00	Mui Wo SC	4-11	60	20	22/8	
Chinese Dance TC									
40504725 (IS858)	2/9-4/11	Su	15:00-17:00	Cheung Chau SC	12+	45	30	1/8	
40504738 (IS872)	27/9-1/11 (excl. 1/10)	M,Th	14:00-16:00	Cheung Chau SC	12+	45	30	24/8	
Chinese Dance Training Course									
40502065 (154)	6/9-15/11 (excl. 8/11)	Th	10:00-12:00	Discovery Bay Community Hall	12+	45	30	6/8	
Fitness Exercise Fun Day for Elderly									
40508189 (IS163)	12/9	W	13:00-15:00	Discovery Bay Community Hall	60+	Free	30	14/8	
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.									
40504414 (IS337)	17/9-14/11 (excl. 24/9,1,8,17,22,10,10/11,12/11)	M,W	10:30-11:30	Mui Wo SC	15+	75	20	@16/8	
40504735 (IS869)	26/9-26/10 (excl. 1/10,17/10)	M,W,F	19:00-20:00	Cheung Chau SC	15+	75	20	@23/8	
40504736 (IS870)	26/9-26/10 (excl. 1/10,17/10)	M,W,F	20:00-21:00	Cheung Chau SC	15+	75	20	@23/8	
40504737 (IS871)	26/9-26/10 (excl. 1/10,17/10)	M,W,F	21:00-22:00	Cheung Chau SC	15+	75	20	@23/8	
Jazz TC									
40502570 (IS855)	6/9-8/11	Th	18:50-20:50	Praya ST. SC	12+	70	20	6/8	
40504402 (IS325)	4/9-13/11 (excl. 25/9)	Tu	15:20-17:20	Peng Chau SC	12+	70	30	3/8	
40504663 (IS1092)	23/9-25/11	Su	10:00-12:00	Tung Chung Man Tung RD. SC	12+	70	30	23/8	
Dance Play-in									
40504655 (IS1084)	8/9	Sa	20:30-22:30	Tung Chung Man Tung RD. SC	14+	Free	50	8/8	
Social Dance TC									
40504401 (IS324)	4/9-13/11 (excl. 25/9)	Tu	19:45-21:45	Peng Chau SC	14+	86	30	3/8	
40504739 (IS873)	28/9-2/11 (excl. 17/10)	W,F	15:30-17:30	Praya ST. SC	14+	86	20	24/8	
Mt Pts - Tai Chi									
40504409 (IS332)	6/9-27/9	Th	9:30-10:30	Mui Wo SC	6+	Free	120	6/9-27/9	Walk-in
40504410 (IS333)	1/9-29/9	Sa	9:30-10:30	Mui Wo SC	6+	Free	150	1/9-29/9	Walk-in
40504521 (IS705)	27/9-6/12	Th	19:00-20:30	Volleyball Court, Yat Tung Estate, TC	6+	Free	120	27/9-6/12	Walk-in
40504522 (IS570)	3/9-26/11 (excl. 24/9,1/10)	M	18:30-20:00	Centre Roof, Praya ST. SC	6+	Free	90	3/9-26/11	Walk-in
Tai Chi TC									
40504519 (IS704)	18/9-12/1 (excl. 25/9,25/12,1/1)	Tu,Th,Sa	7:30-8:30	Badminton Court, Fu Tung Est, Tung Chung	6+	60	30	17/8	

Briefing on Proper Ways to Use Fitness Equipment									
40504403 (IS326)	15/9	Sa	14:00-17:00	Peng Chau SC	15+	Free	25	23/7-30/7 (6/8) {27/8}	
40504404 (IS327)	22/9	Sa	14:00-17:00	Mui Wo SC	15+	Free	25	23/7-30/7 (6/8) {27/8}	
40504534 (IS1082)	8/9	Sa	10:00-13:00	Tung Chung Man Tung RD. SC	15+	Free	25	23/7-30/7 (6/8) {27/8}	
40504661 (IS1090)	21/9	F	19:00-22:00	Tung Chung Man Tung RD. SC	15+	Free	25	23/7-30/7 (6/8) {27/8}	
40504728 (IS862)	9/9	Su	9:00-12:00	Cheung Chau SC	15+	Free	25	9/8	
Badminton TC									
40502078 (IS306)	23/9-30/12 (excl. 7/10,4/11,11/11,18/11,25/11)	Su	9:00-11:00	Peng Chau SC	7+	118	24	23/8	
40502079 (IS307)	23/9-30/12 (excl. 7/10,4/11,11/11,18/11,25/11)	Su	11:00-13:00	Peng Chau SC	7+	118	24	23/8	
40504411 (IS334)	29/9-8/12 (excl. 13/10)	Sa	18:00-20:00	Peng Chau SC	7+	118	24	23/7-30/7 (6/8) {27/8}	
40504660 (IS1089)	19/9-24/10 (excl. 17/10)	W,F	9:00-11:00	Tung Chung Man Tung RD. SC	7+	118	24	23/7-30/7 (6/8) {27/8}	
Badminton Training Course									
40504741 (IS875)	22/9-1/12 (excl. 17/11)	Sa	14:30-16:30	Cheung Chau SC	7+	118	24	8/8	
40504742 (IS876)	22/9-1/12 (excl. 17/11)	Sa	16:30-18:30	Cheung Chau SC	7+	118	24	8/8	
Parent-child(Aged 7-17) Badminton TC									
40504654 (IS1083)	8/9-13/10	Sa	19:00-21:00	Tung Chung Man Tung RD. SC	7+	73	24	8/8	
Mini-tennis Fun Day									
40504526 (IS574)	16/9	Su	14:00-17:00	Cheung Chau Park TC	6+	Free	54	16/9	Walk-in
IsD Squash Competition 2018(Adult FB)									
40506898	23/9	Su	10:00-22:00	Praya ST. SC	19-34	20	4	3/8	
IsD Squash Competition 2018(Adult MB)									
40506895	23/9	Su	10:00-22:00	Praya ST. SC	19-34	20	8	3/8	
IsD Squash Competition 2018(Junior FC)									
40506899	23/9	Su	10:00-22:00	Praya ST. SC	0-18	20	8	3/8	
IsD Squash Competition 2018(Junior MC)									
40506896	23/9	Su	10:00-22:00	Praya ST. SC	0-18	20	16	3/8	
IsD Squash Competition 2018(Master FA)									
40506897	23/9	Su	10:00-22:00	Praya ST. SC	35+	20	4	3/8	
IsD Squash Competition 2018(Master MA)									
40506892	23/9	Su	10:00-22:00	Praya ST. SC	35+	20	24	3/8	
Table-tennis Play-in									
40504732 (IS866)	16/9	Su	19:45-20:45	Praya ST. SC	14+	Free	24	16/8	
40504733 (IS867)	16/9	Su	20:45-21:45	Praya ST. SC	14+	Free	24	16/8	
Table-tennis TC for Children									
40504658 (IS1087)	15/9-17/11	Sa	11:00-13:00	Tung Chung Man Tung RD. SC	6-13	86	24	16/8	
Tennis TC									
40504523 (IS571)	6/9-8/11	Th	20:00-22:00	Cheung Chau Park TC	8+	170	18	6/8	
40504524 (IS572)	7/9-9/11	F	20:00-22:00	Cheung Chau Park TC	8+	170	18	7/8	
40504525 (IS573)	29/9-1/12	Sa	19:00-21:00	Cheung Chau Park TC	8+	170	18	23/7-30/7 (6/8) {27/8}	
Level II GO TC									
40504667 (IS1096)	23/9-28/10	Su	10:00-12:00	Tung Chung Man Tung RD. SC	6+	40	20	23/8	
Soccer Fun Day									
40504515 (IS702)	1/9	Sa	16:00-18:00	Tung Chung North Park	6+	Free	30	1/9	Walk-in
5-a-side Soccer TC for Youth									
40504407 (IS330)	10/9-26/11 (excl. 24/9,1/10)	M	19:45-21:45	Peng Chau SC	6-19	60	30	9/8	
Orienteering Fun Day@TCNP									
40497931 (IS690)	1/9	Sa	13:00-14:00	Tung Chung North Park	6+	Free	150	1/8	
40507853 (IS712)	1/9	Sa	14:00-15:00	Tung Chung North Park	6+	Free	150	1/8	
40507854 (IS713)	1/9	Sa	15:00-16:00	Tung Chung North Park	6+	Free	150	1/8	

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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Enrolment methods that applicable only to programmes especially designed for persons with disabilities

Persons with disabilities (PWDs) may enrol in programmes especially designed for them at the organising District Leisure Services Office or any other district offices. Each participant may be accompanied by ONE carer. Enrolment charge is free. The arrangements for accompanying carers are as follows:

Training schemes: Accompanying carers may attend class with the enrolled PWDs on the training day. Accompanying Carer's Cards will be distributed by the instructor at the beginning of each class as identification.

Other activities: Accompanying carers are required to enrol in play-in activities with PWDs to facilitate coach and camp place arrangements. Permits, which must be presented when attending activities, will be issued to accompanying carers upon successful enrolment.

Camp for Persons with Chronic illness

40492199 (IS126)	30/9-1/10	M,Su	14:30-13:00	TKTORC	All	8	24/8	
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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

Swimming TC for Elderly (Level I)

40504508 (IS1273)	5/9-28/9 (excl. 26/9)	M,W,F	7:00-8:00	Tung Chung SP	16	23/7-30/7 (6/8){27/8}	
40504509 (IS1274)	11/9-16/10 (excl. 25/9)	Tu,Th	7:00-8:00	Tung Chung SP	16	23/7-30/7 (6/8){27/8}	

Swimming TC for Elderly (Level II)

40504513 (IS1277)	5/9-28/9 (excl. 26/9)	M,W,F	11:00-12:00	Tung Chung SP	20	23/7-30/7 (6/8){27/8}	
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Fitness Exercise TC for Elderly

40504405 (IS328)	13/9-27/10	Th,Sa	8:00-9:00	Peng Chau SC	30	13/8	
40504406 (IS329)	13/9-27/10	Th,Sa	9:00-10:00	Peng Chau SC	30	13/8	
40504412 (IS335)	17/9-21/11 (excl. 24/9,1/10,8/10,17,22/10,12/11)	M,W	8:30-9:30	Mui Wo SC	30	14/8	
40504413 (IS336)	17/9-21/11 (excl. 24/9,1/10,8/10,17/10,22/10,12/11)	M,W	9:30-10:30	Mui Wo SC	30	14/8	
40504528 (IS1077)	5/9-24/10 (excl. 17/10)	W,F	8:00-9:00	Tung Chung Man Tung RD. SC	30	23/7-30/7 (6/8){27/8}	
40504529 (IS1078)	5/9-24/10 (excl. 17/10)	W,F	9:00-10:00	Tung Chung Man Tung RD. SC	30	23/7-30/7 (6/8){27/8}	
40504530 (IS1079)	5/9-24/10 (excl. 17/10)	W,F	10:00-11:00	Tung Chung Man Tung RD. SC	30	23/7-30/7 (6/8){27/8}	
40504729 (IS863)	14/9-6/11 (excl. 25/9,2/10)	Tu,F	10:00-11:00	Cheung Chau SC	30	23/7-30/7 (6/8){27/8}	
40504730 (IS864)	14/9-6/11 (excl. 25/9,2/10)	Tu,F	8:00-9:00	Cheung Chau SC	30	23/7-30/7 (6/8){27/8}	
40504731 (IS865)	14/9-6/11 (excl. 25/9,2/10)	Tu,F	9:00-10:00	Cheung Chau SC	30	23/7-30/7 (6/8){27/8}	

Fitness (Multi-gym) TC for Elderly

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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.

40504726 (IS860)	4/9-18/10 (excl. 25/9,2/10)	Tu,Th	9:00-10:00	Cheung Chau SC	20	@23/7-30/7 (6/8){27/8}	
40504727 (IS861)	4/9-18/10 (excl. 25/9,2/10)	Tu,Th	10:00-11:00	Cheung Chau SC	20	@23/7-30/7 (6/8){27/8}	

HES - General Gymnastics For All

40504408 (IS331)	7/9-28/9	F	8:30-10:30	Peng Chau SC	125	7/9-28/9	Walk-in
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HES - Gymnastics For All



40504656 (IS1085)	11/9-18/10 (excl. 25/9,2/10)	Tu,Th	8:00-9:00	Tung Chung Man Tung RD. SC	40	23/7-30/7 (6/8){27/8}	
40504657 (IS1086)	11/9-18/10 (excl. 25/9,2/10)	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	40	23/7-30/7 (6/8){27/8}	

Mt Pts for Elderly - Tai Chi

40504740 (IS874)	29/9-17/11	Sa	8:15-9:15	Praya ST. SC Roof-top SOA	120	29/9-17/11	Walk-in
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HES - Table-tennis Play-in

40504531 (IS1080)	5/9-26/9	W	10:00-11:00	Tung Chung Man Tung RD. SC	24	6/8	 
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40504532 (IS1081)	5/9-26/9	W	11:00-12:00	Tung Chung Man Tung RD. SC	24	6/8	 
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