

Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Apr 2019

Islands District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Long Distance Running TC									
40523620 (IS917)	14/4-23/6 (excl. 21/4)	Su	8:00-10:00	Tung Chung North Park	16+	130	40	14/3	
Aerobic Dance TC									
40523569 (IS249)	7/4-30/6 (excl. 21/4)	Su	9:00-10:00	Mui Wo SC	14+	65	20	7/3	
40523644 (IS1401)	2/4-9/5	Tu,Th	19:00-20:00	Tung Chung Man Tung RD. SC	14+	65	30	4/3	
40523646 (IS1402)	2/4-9/5	Tu,Th	20:00-21:00	Tung Chung Man Tung RD. SC	14+	65	30	4/3	
40523657 (IS1410)	11/4-21/5	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	14+	65	30	22/2-28/2 (6/3) {27/3}	
40523659 (IS1411)	11/4-21/5	Tu,Th	10:00-11:00	Tung Chung Man Tung RD. SC	14+	65	30	22/2-28/2 (6/3) {27/3}	
Mt Pts - Baduanjin									
40523640 (IS1023)	11/4-30/5	Th	19:50-21:20	Praya ST. SC	8+	Free	50	11/4-30/5	Walk-in
Children Dance TC									
40523671 (IS1416)	13/4-22/6 (excl. 20/4)	Sa	14:00-16:00	Tung Chung Man Tung RD. SC	4-11	60	20	13/3	
Children Dance Training Course									
40523580 (IS257)	6/4-15/6 (excl. 20/4)	Sa	14:00-16:00	Mui Wo SC	4-11	60	20	6/3	
Chinese Dance Fun Day									
40524409 (IS1025)	14/4	Su	13:00-15:00	Cheung Chau SC	12+	Free	30	14/3	
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.									
40523570 (IS250)	15/4-30/5 (excl. 22/4,13/5) 17/4-12/6	M,Th	21:00-22:00	Peng Chau SC	15+	75	20	@15/3	
40523577 (IS255)	22/4,1/5,13/5,27/5,10/6 (excl. 8/4-10/5)	M,W	10:30-11:30	Mui Wo SC	15+	75	20	@18/3	
40523624 (IS1013)	8/4-10/5 (excl. 19/4,22/4,1/5)	M,W,F	19:00-20:00	Cheung Chau SC	15+	75	20	@8/3	
40523625 (IS1014)	8/4-10/5 (excl. 19/4,22/4,1/5)	M,W,F	20:00-21:00	Cheung Chau SC	15+	75	20	@8/3	
40523627 (IS1015)	8/4-10/5 (excl. 19/4,22/4,1/5)	M,W,F	21:00-22:00	Cheung Chau SC	15+	75	20	@8/3	
Jazz TC									
40523571 (IS251)	7/4-16/6 (excl. 21/4)	Su	10:00-12:00	Mui Wo SC	12+	70	30	7/3	
40523587 (IS263)	2/4-4/6	Tu	15:20-17:20	Peng Chau SC	12+	70	30	4/3	
Social Dance Fun Day									
40523638 (IS1022)	14/4	Su	19:45-22:15	Praya ST. SC	14+	Free	50	14/3	
Social Dance TC									
40523515 (IS005)	14/4-23/6 (excl. 21/4)	Su	16:00-18:00	Discovery Bay Community Hall	14+	86	30	14/3	
40523584 (IS260)	6/4-15/6 (excl. 20/4)	Sa	19:00-21:00	Mui Wo SC	14+	86	30	6/3	
40523594 (IS268)	2/4-4/6	Tu	19:45-21:45	Peng Chau SC	14+	86	30	4/3	
40523635 (IS1021)	26/4-31/5 (excl. 1/5)	W,F	15:30-17:30	Praya ST. SC	14+	86	20	26/3	
Mt Pts - Tai Chi									
40523605 (IS861)	17/4-3/7 (excl. 1/5)	W	20:00-21:30	Volleyball Court,Yat Tung Estate,TC	6+	Free	120	17/4-3/7	Walk-in
40523607 (IS862)	27/4-6/7	Sa	20:00-21:30	Tai O RD. PG No.2	6+	Free	120	27/4-6/7	Walk-in
40523612 (IS913)	4/4-13/6	Th	19:00-20:30	Volleyball Court,Yat Tung Estate,TC	6+	Free	90	4/4-13/6	Walk-in
40523614 (IS914)	8/4-8/7 (excl. 22/4,13/5,1/7)	M	9:00-10:30	BC, Man Tung RD. Park, TC	6+	Free	120	8/4-8/7	Walk-in
40523615 (IS915)	9/4-18/6	Tu	20:00-21:30	Tat Tung RD. Garden	6+	Free	120	9/4-18/6	Walk-in
Western Folk Dance TC									
40523513 (IS004)	14/4-23/6 (excl. 21/4)	Su	14:00-16:00	Discovery Bay Community Hall	8+	45	30	14/3	
40523673 (IS1417)	14/4-30/6 (excl. 21/4,12/5)	Su	16:00-18:00	Tung Chung Man Tung RD. SC	8+	45	30	14/3	
Yoga TC									
40523675 (IS1418)	14/4-30/6 (excl. 21/4,12/5)	Su	14:00-16:00	Tung Chung Man Tung RD. SC	15+	85	30	22/2-28/2 (6/3) {27/3}	
Briefing on Proper Ways to Use Fitness Equipment									
40523521 (IS241)	13/4	Sa	14:00-17:00	Peng Chau SC	15+	Free	25	22/2-28/2 (6/3) {27/3}	

40523523 (IS242)	20/4	Su	14:00-17:00	Mui Wo SC	15+	Free	25	22/2-28/2 (6/3) {27/3}	
40523622 (IS1011)	14/4	Su	9:00-12:00	Cheung Chau SC	15+	Free	25	14/3	
40523653 (IS1407)	6/4	Sa	19:00-22:00	Tung Chung Man Tung RD. SC	15+	Free	25	22/2-28/2 (6/3) {27/3}	
40523678 (IS1419)	18/4	Th	19:00-22:00	Tung Chung Man Tung RD. SC	15+	Free	25	22/2-28/2 (6/3) {27/3}	
Stress Management & Physical Relaxation TC									
40523578 (IS256)	7/4-14/7 (excl. 21/4)	Su	12:00-13:00	Mui Wo SC	14+	80	30	7/3	
Body-Mind Stretch Training Course									
40523592 (IS266)	3/4-12/6 (excl. 1/5)	W	19:10-20:10	Peng Chau SC	15+	85	24	7/3	
40523593 (IS267)	3/4-12/6 (excl. 1/5)	W	20:10-21:10	Peng Chau SC	15+	85	24	7/3	
Badminton TC									
40523585 (IS261)	7/4-16/6 (excl. 21/4)	Su	14:00-16:00	Mui Wo SC	7+	118	24	7/3	
40523586 (IS262)	7/4-16/6 (excl. 21/4)	Su	16:00-18:00	Mui Wo SC	7+	118	24	7/3	
40523656 (IS1409)	8/4-16/5 (excl. 22/4,13/5)	M,Th	19:00-21:00	Tung Chung Man Tung RD. SC	7+	118	24	22/2-28/2 (6/3) {27/3}	
Table-tennis TC									
40523582 (IS258)	13/4-22/6 (excl. 20/4)	Sa	16:15-18:15	Mui Wo SC	6+	86	24	13/3	
Tennis TC									
40523600 (IS763)	14/4-30/6 (excl. 21/4,12/5)	Su	9:00-11:00	Cheung Chau Park TC	8+	170	18	22/2-28/2 (6/3) {27/3}	
40523601 (IS764)	14/4-30/6 (excl. 21/4,12/5)	Su	11:00-13:00	Cheung Chau Park TC	8+	170	18	22/2-28/2 (6/3) {27/3}	
40523602 (IS765)	16/4-18/6	Tu	20:00-22:00	Cheung Chau Park TC	8+	170	18	15/3	
40523603 (IS766)	6/4-15/6 (excl. 20/4)	Sa	19:00-20:00	Cheung Chau Park TC	8+	170	18	22/2-28/2 (6/3) {27/3}	
40523617 (IS916)	13/4-22/6 (excl. 20/4)	Sa	9:00-11:00	TC, Fu Tung Estate	8+	170	12	22/2-28/2 (6/3) {27/3}	
GO TC (Level II)									
40523685 (IS1421)	28/4-9/6 (excl. 12/5)	Su	10:00-12:00	Tung Chung Man Tung RD. SC	6+	40	20	28/3	
Basketball TC									
40523681 (IS1420)	23/4-25/6	Tu	19:00-21:00	Tung Chung Man Tung RD. SC	10+	75	30	22/3	
Horticultural Seminar									
40523621 (IS918)	25/4	Th	10:00-12:00	Tung Chung North Park (AR)	6+	30	24	25/3	
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	
Fitness Exercise TC for Elderly									
40523564 (IS245)	25/4-8/6	Th,Sa	8:00-9:00	Peng Chau SC	30	25/3			
40523565 (IS246)	25/4-8/6	Th,Sa	9:00-10:00	Peng Chau SC	30	25/3			
40523575 (IS253)	1/4-3/6 (excl. 8/4,22/4,1/5,13/5,27/5)	M,W	8:30-9:30	Mui Wo SC	30	1/3			
40523576 (IS254)	1/4-3/6 (excl. 8/4,22/4,1/5,13/5,27/5)	M,W	9:30-10:30	Mui Wo SC	30	1/3			
40523629 (IS1016)	12/4-31/5 (excl. 19/4)	Tu,F	8:00-9:00	Cheung Chau SC	30	22/2-28/2 (6/3) {27/3}			
40523630 (IS1017)	12/4-31/5 (excl. 19/4)	Tu,F	9:00-10:00	Cheung Chau SC	30	22/2-28/2 (6/3) {27/3}			
40523631 (IS1018)	12/4-31/5 (excl. 19/4)	Tu,F	10:00-11:00	Cheung Chau SC	30	22/2-28/2 (6/3) {27/3}			
40523664 (IS1413)	12/4-5/6 (excl. 19/4,1/5)	W,F	8:00-9:00	Tung Chung Man Tung RD. SC	30	22/2-28/2 (6/3) {27/3}			
40523667 (IS1414)	12/4-5/6 (excl. 19/4,1/5)	W,F	9:00-10:00	Tung Chung Man Tung RD. SC	30	22/2-28/2 (6/3) {27/3}			
40523668 (IS1415)	12/4-5/6 (excl. 19/4,1/5)	W,F	10:00-11:00	Tung Chung Man Tung RD. SC	30	22/2-28/2 (6/3) {27/3}			
Mt Pts for Elderly - Tai Chi									
40523588 (IS264)	4/4-25/4	Th	9:30-10:30	Mui Wo SC	90	4/4-25/4		Walk-in	
40523589 (IS265)	6/4-27/4 (excl. 20/4)	Sa	9:30-10:30	Mui Wo SC	90	6/4-27/4		Walk-in	
40523642 (IS1024)	27/4-15/6	Sa	8:15-9:15	Praya ST. SC	20	27/4-15/6		Walk-in	
Indoor Short Mat Bowling TC for Elderly									
40523648 (IS1404)	2/4-21/5	Tu	13:30-15:30	Tung Chung Man Tung RD. SC	16	22/2-28/2 (6/3) {27/3}			
HES - Table-tennis Play-in									
40523650 (IS1405)	3/4-24/4	W	10:00-11:00	Tung Chung Man Tung RD. SC	24	4/3			
40523652 (IS1406)	3/4-24/4	W	11:00-12:00	Tung Chung Man Tung RD. SC	24	4/3			
Mt Pts for Elderly - Gateball									
40523623 (IS1012)	9/4-7/5	Tu	9:00-11:00	Cheung Chau SC	50	9/4-7/5		Walk-in	

Indoor Gateball TC for Elderly

40523647 (IS1403)	2/4-21/5	Tu	10:00-12:00	Tung Chung Man Tung RD. SC	15	22/2-28/2 (6/3) {27/3}	
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Land Excursion for Elderly

40523511 (IS003)	10/4	W	9:00-17:00	TaiPo Waterfront Park,HK Heritage Museum	48	22/2-28/2 (6/3) {27/3}	
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