

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

Islands District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment		Enrolment Method
								(Balloting)	(Open Enrollment for Remaining Quota)	
Long Distance Running TC										
40541706 (IS0938)	13/10-15/12	Su	8:00-10:00	Tung Chung North Park	16+	130	40	14/9		
Aerobic Dance TC										
40541783 (IS1540)	10/10-19/11	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	14+	65	30	20/8-26/8 (3/9) {25/9}		
40541784 (IS1541)	10/10-19/11	Tu,Th	10:00-11:00	Tung Chung Man Tung RD. SC	14+	65	30	20/8-26/8 (3/9) {25/9}		
Mt Pts - Baduanjin										
40541779 (IS1122)	10/10-28/11	Th	19:50-21:20	Praya ST. SC	8+	Free	50	10/10-28/11		Walk-in
Children Dance TC										
40541699 (IS0353)	26/10-28/12	Sa	10:00-12:00	Peng Chau SC	4-11	60	20	26/9		
40541720 (IS1535)	12/10-14/12	Sa	14:00-16:00	Tung Chung Man Tung RD. SC	4-11	60	20	12/9		
Chinese Dance Fun Day										
40541714 (IS1117)	22/10	Sa	13:00-15:00	Cheung Chau SC	12+	Free	30	22/9		
Fitness (Multi-gym) TC										
<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>										
40541710 (IS1114)	23/10-18/11	M,W,F	19:00-20:00	Cheung Chau SC	15+	75	20	@23/9		
40541711 (IS1115)	23/10-18/11	M,W,F	20:00-21:00	Cheung Chau SC	15+	75	20	@23/9		
40541712 (IS1116)	23/10-18/11	M,W,F	21:00-22:00	Cheung Chau SC	15+	75	20	@23/9		
Jazz TC										
40541716 (IS1119)	24/10-2/1 (excl. 26/12)	Th	19:15-21:15	Praya ST. SC	12+	70	20	24/9		
Dance Play-in										
40539147 (IS0033)	6/10	Su	15:00-18:00	Discovery Bay Community Hall	14+	Free	50	6/9		
Social Dance Fun Day										
40541707 (IS1123)	12/10	Sa	19:45-21:45	Cheung Chau SC	14+	Free	30	11/9		
40541715 (IS1118)	20/10	Su	19:45-22:15	Praya ST. SC	14+	Free	50	20/9		
Social Dance TC										
40541709 (IS1113)	17/10-19/12	Th	19:45-21:45	Cheung Chau SC	14+	86	30	17/9		
Social Dance Training Course										
40541692 (IS0037)	13/10-15/12	Su	16:00-18:00	Discovery Bay Community Hall	14+	86	30	12/9		
40541697 (IS0351)	5/10-7/12	Sa	19:00-21:00	Mui Wo SC	14+	86	30	5/9		
Mt Pts - Tai Chi										
40541754 (IS0875)	9/10-18/12	W	20:00-21:30	Volleyball Court, Yat Tung Estate, TC	6+	Free	120	9/10-18/12		Walk-in
40541755 (IS0876)	19/10-28/12	Sa	20:00-21:30	Tai O RD. PG No.2	6+	Free	120	19/10-28/12		Walk-in
40541762 (IS0943)	14/10-23/12	M	9:00-10:30	BC, Man Tung RD. Park, TC	6+	Free	120	14/10-23/12		Walk-in
Tai Chi TC										
40541689 (IS0041)	25/10-24/2 (excl. 25/12,1/1,27/1,29/1,31/1)	M,W,F	7:30-8:30	Open Area outside Wing On Dept Store, DB	6+	60	40	24/9		
40541693 (IS0167)	15/10-6/2 (excl. 26/12,28/1)	Tu,Th	10:30-12:00	Open Area outside Wing On Dept Store, DB	6+	60	40	6/9		
40541705 (IS0873)	18/10-17/2 (excl. 25/12,1/1,24/1,27/1,29/1)	M,W,F	8:00-9:00	Volleyball Court, Yat Tung Est., TC	6+	60	40	19/9		
Tai Chi Sword TC										
40541690 (IS0035)	25/10-24/2 (excl. 25/12,1/1,27/1,29/1,31/1)	M,W,F	8:30-9:30	Open Area outside Wing On Dept Store, DB	6+	60	30	24/9		
40541702 (IS0788)	14/10-14/2 (excl. 25/12,1/1,24/1,27/1,29/1,31/1)	M,W,F	20:45-21:45	Peng Chau Waterfront PG	6+	60	40	12/9		
Western Folk Dance TC										
40541691 (IS0036)	13/10-15/12	Su	14:00-16:00	Discovery Bay Community Hall	8+	45	30	12/9		
40541721 (IS1536)	13/10-15/12	Su	16:00-18:00	Tung Chung Man Tung RD. SC	8+	45	30	13/9		
Yoga TC										

40541791 (IS1546)	20/10-29/12	Su	14:00-16:00	Tung Chung Man Tung RD. SC	15+	85	30	20/8-26/8 (3/9) {25/9}	✉
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Briefing on Proper Ways to Use Fitness Equipment

40541708 (IS1112)	13/10	Su	9:00-12:00	Cheung Chau SC	15+	Free	25	13/9	📄 i
40541744 (IS0356)	13/10	Su	14:00-17:00	Peng Chau SC	15+	Free	25	20/8-26/8 (3/9) {25/9}	✉
40541745 (IS0357)	20/10	Su	14:00-17:00	Mui Wo SC	15+	Free	25	20/8-26/8 (3/9) {25/9}	✉
40541780 (IS1538)	6/10	Su	10:00-13:00	Tung Chung Man Tung RD. SC	15+	Free	25	20/8-26/8 (3/9) {25/9}	✉
40541790 (IS1545)	19/10	Sa	13:00-16:00	Tung Chung Man Tung RD. SC	15+	Free	25	20/8-26/8 (3/9) {25/9}	✉

Badminton TC

40539330 (IS0345)	6/10-29/12 (excl. 24/11,1/12,8/12)	Su	14:00-16:00	Mui Wo SC	7+	118	24	6/9	📄 i
40539331 (IS0346)	6/10-29/12 (excl. 24/11,1/12,8/12)	Su	16:00-18:00	Mui Wo SC	7+	118	24	6/9	📄 i
40541694 (IS0168)	26/10-28/12	Sa	13:00-15:00	Discovery Bay Community Hall	7+	118	12	27/9	📄 i

Badminton Training Course

40541781 (IS1539)	10/10-11/11	M,Th	19:00-21:00	Tung Chung Man Tung RD. SC	7+	118	24	20/8-26/8 (3/9) {25/9}	✉
40541792 (IS1547)	23/10-22/11	W,F	9:00-11:00	Tung Chung Man Tung RD. SC	7+	118	24	20/8-26/8 (3/9) {25/9}	✉

Table-tennis TC

40541700 (IS0354)	19/10-8/2 (excl. 23,30/11,7,14,28/12,4,25/1)	Sa	13:00-15:00	Peng Chau SC	6+	86	24	12/9	📄 i
40541701 (IS0355)	19/10-8/2 (excl. 23,30/11,7,14,28/12,4,25/1)	Sa	16:15-18:15	Mui Wo SC	6+	86	24	12/9	📄 i

Tennis TC

40541704 (IS0790)	8/10-10/12	Tu	20:00-22:00	Cheung Chau Park TC	8+	170	18	10/9	📄 i
40541753 (IS0792)	26/10-28/12	Sa	19:00-21:00	Cheung Chau Park TC	8+	170	18	20/8-26/8 (3/9) {25/9}	✉
40541763 (IS0944)	26/10-28/12	Sa	9:00-11:00	TC, Fu Tung Estate	8+	170	12	20/8-26/8 (3/9) {25/9}	✉

Basketball TC

40541722 (IS1537)	22/10-7/1 (excl. 24/12,31/12)	Tu	19:00-21:00	Tung Chung Man Tung RD. SC	10+	75	30	23/9	📄 i
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Soccer Fun Day

40541760 (IS0942)	6/10	Su	16:00-18:00	Tung Chung North Park	6+	Free	30	6/10	Walk-in
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IsD Mini-soccer Comp - Cheung Chau

40541799 (IS0793)	13/10	Su	10:00-18:00	Cheung Chau Pak Tai Temple PG	14+	60	8	2/9	♿
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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

Fitness (Multi-gym) TC for Elderly

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40541776 (IS1120)	29/10-5/12	Tu,Th	9:00-10:00	Cheung Chau SC	20	@20/8-26/8 (3/9){25/9}	✉
40541778 (IS1121)	29/10-5/12	Tu,Th	10:00-11:00	Cheung Chau SC	20	@20/8-26/8 (3/9){25/9}	✉

HES - Gymnastics For All

40541786 (IS1542)	10/10-12/11	Tu,Th	8:00-9:00	Tung Chung Man Tung RD. SC	40	20/8-26/8 (3/9) {25/9}	✉
40541787 (IS1543)	10/10-12/11	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	40	20/8-26/8 (3/9) {25/9}	✉

Mt Pts for Elderly - Tai Chi

40541747 (IS0359)	3/10-31/10	Th	9:30-10:30	Mui Wo SC	90	3/10-31/10	Walk-in
40541748 (IS0360)	5/10-26/10	Sa	9:30-10:30	Mui Wo SC	90	5/10-26/10	Walk-in

HES - Table-tennis Play-in

40541717 (IS1533)	2/10-30/10	W	10:00-11:00	Tung Chung Man Tung RD. SC	24	2/9	📄 i
40541719 (IS1534)	2/10-30/10	W	11:00-12:00	Tung Chung Man Tung RD. SC	24	2/9	📄 i

Land Excursion for Elderly

40541740 (IS0038)	9/10	W	9:00-17:00	Lantau Link View Point, Inspiration Lake	48	20/8-26/8 (3/9) {25/9}	✉
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