



**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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
Backstroke Training Course									
40544228 (IS0582)	4/11-25/11	M,W,F	19:00-20:00	Tung Chung SP Main Pool	5+	100	20	20/9-26/9 (3/10) {25/10}	✉
Breaststroke TC for Adult (Level III)									
40544226 (IS0581)	4/11-25/11	M,W,F	9:00-10:00	Tung Chung SP Main Pool	18+	100	20	20/9-26/9 (3/10) {25/10}	✉
40544231 (IS0585)	12/11-12/12	Tu,Th	20:00-21:00	Tung Chung SP Main Pool	18+	100	20	20/9-26/9 (3/10) {25/10}	✉
Butterfly Training Course for Adult									
40544230 (IS0584)	12/11-12/12	Tu,Th	19:00-20:00	Tung Chung SP Main Pool	18+	100	20	20/9-26/9 (3/10) {25/10}	✉
Front Crawl TC for Adult (Level III)									
40544225 (IS0580)	4/11-25/11	M,W,F	8:00-9:00	Tung Chung SP Main Pool	18+	100	20	20/9-26/9 (3/10) {25/10}	✉
40544229 (IS0583)	4/11-25/11	M,W,F	20:00-21:00	Tung Chung SP Main Pool	18+	100	20	20/9-26/9 (3/10) {25/10}	✉
Aerobic Dance Fun Day									
40544342 (IS1135)	19/11	Tu	19:45-21:45	Praya ST. SC	14+	Free	50	21/10	🖨️ i
Aerobic Dance Training Course									
40544367 (IS1567)	28/11-16/1 (excl. 24/12,26/12,31/12)	Tu,Th	19:00-20:00	Tung Chung Man Tung RD. SC	14+	65	30	28/10	🖨️ i
40544368 (IS1568)	28/11-16/1 (excl. 24/12,26/12,31/12)	Tu,Th	20:00-21:00	Tung Chung Man Tung RD. SC	14+	65	30	28/10	🖨️ i
Children Dance TC									
40544199 (IS0361)	9/11-11/1	Sa	14:00-16:00	Mui Wo SC	4-11	60	20	9/10	🖨️ i
Children Dance Training Course									
40544340 (IS1133)	2/11-4/1	Sa	10:00-12:00	Praya ST. SC	4-11	60	20	3/10	🖨️ i
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>									
40544364 (IS1565)	27/11-13/1 (excl. 25/12,1/1)	M,W	20:00-21:00	Tung Chung Man Tung RD. SC	15+	75	30	@28/10	🖨️ i
40544366 (IS1566)	27/11-13/1 (EXCL.25/12,1/1)	Every M, W	21:00-22:00	Tung Chung Man Tung RD. SC	15+	75	30	@28/10	🖨️ 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.</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>									
40544219 (IS0372)	13/11-8/1 (excl. 25/11,9/12,23/12,25/12,1/1)	M,W	10:30-11:30	Mui Wo SC	15+	75	20	@14/10	🖨️ i
40544352 (IS1554)	7/11-17/12	Tu,Th	14:00-15:00	Tung Chung Man Tung RD. SC	15+	75	30	@8/10	🖨️ i
40544353 (IS1555)	7/11-17/12	Tu,Th	15:00-16:00	Tung Chung Man Tung RD. SC	15+	75	30	@8/10	🖨️ i
Social Dance TC									
40544341 (IS1134)	13/11-13/12	W,F	15:30-17:30	Praya ST. SC	14+	86	20	11/10	🖨️ i
Social Dance Training Course									
40544200 (IS0042)	12/11-4/2 (excl. 10/12,17/12,28/1)	Tu	14:00-16:00	Discovery Bay Community Hall	14+	86	30	11/10	🖨️ i
40544346 (IS1570)	6/11-22/1 (excl. 25/12,1/1)	W	20:00-22:00	Tung Chung Man Tung RD. SC	14+	86	30	20/9-26/9 (3/10) {25/10}	✉
40544355 (IS1557)	9/11-11/1	Sa	9:00-11:00	Tung Chung Man Tung RD. SC	14+	86	30	20/9-26/9 (3/10) {25/10}	✉
Meeting Points - Tai Chi									
40544234 (IS0796)	14/11-6/2 (excl. 26/12,30/1)	Th	8:15-9:15	Praya ST. SC Roof-top-SOA	6+	Free	90	14/11-6/2	Walk-in
Tai Chi TC									
40544201 (IS0043)	22/11-25/3 (excl. 25/12,1/1,29/1,31/1)	W,F	9:30-11:00	Open Area outside Wing On Dept Store, DB	6+	60	40	22/10	🖨️ i
40544205 (IS0172)	23/11-19/3 (excl. 26/12,25/1,28/1)	Tu,Th,Sa	7:30-8:30	Open Area outside Wing On Dept Store, DB	6+	60	40	23/10	🖨️ i
Tai Chi Training Course									
40544238 (IS0878)	28/11-26/3 (excl. 26/12,25/1,28/1,30/1)	Tu,Th,Sa	8:00-9:00	Volleyball Court, Yat Tung Est., TC	6+	60	40	28/10	🖨️ i

40544242 (IS0948)	22/11-23/3 (excl. 25/12,1/1,27/1,29/1,31/1)	M,W,F	7:15-8:15	Badminton Court,Fu Tung Est,Tung Chung	6+	60	30	17/10	 
-------------------	--	-------	-----------	--	----	----	----	-------	---

Briefing on Proper Ways to Use Fitness Equipment

40544208 (IS0362)	30/11	Sa	14:00-17:00	Peng Chau SC	15+	Free	25	20/9-26/9 (3/10) {25/10}	
40544209 (IS0363)	16/11	Sa	14:00-17:00	Mui Wo SC	15+	Free	25	20/9-26/9 (3/10) {25/10}	
40544325 (IS1124)	9/11	Sa	14:00-17:00	Cheung Chau SC	15+	Free	25	9/10	 
40544354 (IS1556)	9/11	Sa	13:00-16:00	Tung Chung Man Tung RD. SC	15+	Free	25	20/9-26/9 (3/10) {25/10}	
40545239 (IS0374)	9/11	Sa	14:00-17:00	Peng Chau SC	15+	Free	25	9/10	 





Briefing on Proper Ways to Use Fitness Equip(ENG)

40544363 (IS1564)	22/11	F	19:00-22:00	Tung Chung Man Tung RD. SC	15+	Free	25	20/9-26/9 (3/10) {25/10}	
-------------------	-------	---	-------------	----------------------------	-----	------	----	-----------------------------	---



Briefing on Proper Use of Fitness Equipment

40546572 (IS1230)	23/11	Sa	14:00-17:00	Cheung Chau SC	15+	Free	25	23/10	 
-------------------	-------	----	-------------	----------------	-----	------	----	-------	---



Body-Mind Stretch Training Course

40541725 (IS1217)	1/11-9/12	M,F	20:00-21:00	Tung Chung Man Tung RD. SC	15+	85	24	18/10	 
40541726 (IS1223)	1/11-9/12	M,F	21:00-22:00	Tung Chung Man Tung RD. SC	15+	85	24	18/10	 

Badminton TC

40541694 (IS0168)	2/11-18/1 (excl. 23/11,30/11)	Sa	13:00-15:00	Discovery Bay Community Hall	7+	118	12	11/10	 
-------------------	----------------------------------	----	-------------	------------------------------	----	-----	----	-------	---

Badminton Training Course

40544215 (IS0369)	27/11-19/2 (excl. 25/12,1/1,29/1)	W	19:00-21:00	Peng Chau SC	7+	118	24	28/10	 
-------------------	--------------------------------------	---	-------------	--------------	----	-----	----	-------	---







Mini-tennis Fun Day

40544237 (IS0799)	17/11	Su	14:00-17:00	Cheung Chau Park TC	6+	Free	54	17/11	Walk-in
-------------------	-------	----	-------------	---------------------	----	------	----	-------	---------

Table-tennis Training Course

40544362 (IS1563)	22/11-7/2 (excl. 24/1,31/1)	F	20:00-22:00	Tung Chung Man Tung RD. SC	14+	86	24	20/9-26/9 (3/10) {25/10}	
-------------------	--------------------------------	---	-------------	----------------------------	-----	----	----	-----------------------------	---

Tennis Training Course

40544232 (IS0794)	3/11-5/1	Su	9:00-11:00	Cheung Chau Park TC	8+	170	18	20/9-26/9 (3/10) {25/10}	
40544233 (IS0795)	3/11-5/1	Su	11:00-13:00	Cheung Chau Park TC	8+	170	18	20/9-26/9 (3/10) {25/10}	
40544235 (IS0797)	29/11-14/2 (excl. 24/1,31/1)	F	11:00-13:00	Cheung Chau Park TC	8+	170	18	29/10	 
40544236 (IS0798)	28/11-13/2 (excl. 26/12,30/1)	Th	11:00-13:00	Cheung Chau Park TC	8+	170	18	28/10	 


Soccer Fun Day

40544239 (IS0945)	3/11	Su	16:00-18:00	Tung Chung North Park	6+	Free	30	3/11	Walk-in
40545680 (IS0952)	30/11	Sa	16:00-18:00	Tung Chung North Park	6+	Free	30	30/11	Walk-in


IsD 7-a-side Soccer Competition - Tung Chung

40544360 (IS1562)	17/11	Su	10:00-18:00	Tung Chung North Park Soccer Pitch	14+	60	8	23/9	
-------------------	-------	----	-------------	------------------------------------	-----	----	---	------	---


IsD Mini-soccer Comp in Tai O

40544198 (IS0877)	3/11	Su	10:00-18:00	Tai O Recreation Ground	14+	60	8	23/9	
-------------------	------	----	-------------	-------------------------	-----	----	---	------	---



Islands District Volleyball Comp for Men

40544204 (QIS1549)	10/11	Sunday	10:00-20:00	Tung Chung Man Tung RD. SC	10+	60	8	10/9-17/9 (20/9) {18/10}	
--------------------	-------	--------	-------------	----------------------------	-----	----	---	-----------------------------	---

Islands District Volleyball Comp. for Women

40544203 (QIS1548)	10/11	Su	10:00-20:00	Tung Chung Man Tung RD. SC	10+	60	8	10/9-17/9 (20/9) {18/10}	
--------------------	-------	----	-------------	----------------------------	-----	----	---	-----------------------------	---

Horticultural Seminar


40544245 (IS0951)	28/11	Th	10:00-12:00	Tung Chung North Park (AR)	6+	30	24	28/10	 
-------------------	-------	----	-------------	----------------------------	----	----	----	-------	---

Activities for Persons with Disabilities Programme Number (Class code) <small>(free of charge)</small>	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) <small>(Open Enrollment for Remaining Quota)</small>	Enrolment Method
---	------	-----	------	-------	-----------	--	------------------



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:
 Training schemes: Accompanying carers may attend the 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 recreation programmes with PWDs to facilitate coach and camp place arrangements. Admission tickets, which must be presented for verification when attending activities, will be issued to accompanying carers upon successful enrolment.



Excursion for Persons with Visual Impairment

40539123 (IS1514)	3/11	Su	9:00-17:00	-	All	20	28/9	 
-------------------	------	----	------------	---	-----	----	------	---

Excursion for Persons with Physical Disability

40539128 (IS0870)	24/11	Su	9:00-17:00	Tai O, Hong Kong Museum of History	8+	16	17/10	 
-------------------	-------	----	------------	------------------------------------	----	----	-------	---

Modern Dance TC (Autism or mentally handicapp

40535943 (IS0556) 5/11-7/1 Tu 14:00-16:00 Tung Chung Man Tung RD. SC 8+ 12 16/8  

Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>	Date	Day	Time	Venue	Quota	Date of Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
---	------	-----	------	-------	-------	--	------------------








Swimming Fun Day For Elderly

40546604 (IS1242)	14/11	Th	10:00-12:00	SYSPSP	20	14/11	Walk-in
40546605 (IS1243)	28/11	Th	10:00-12:00	SYSPSP	20	28/11	Walk-in

Swimming TC for Elderly (Level III)

40544224 (IS0579)	4/11-25/11	M,W,F	7:00-8:00	Tung Chung SP Main Pool	20	20/9-26/9 (3/10){25/10}	
-------------------	------------	-------	-----------	-------------------------	----	----------------------------	---

Fitness Exercise TC for Elderly

40544210 (IS0364)	7/11-21/12	Th,Sa	8:00-9:00	Peng Chau SC	30	4/10	 
40544211 (IS0365)	7/11-21/12	Th,Sa	9:00-10:00	Peng Chau SC	30	4/10	 
40544329 (IS1125)	1/11-17/12	Tu,F	8:00-9:00	Cheung Chau SC	30	20/9-26/9 (3/10){25/10}	
40544331 (IS1126)	1/11-17/12	Tu,F	9:00-10:00	Cheung Chau SC	30	20/9-26/9 (3/10){25/10}	
40544333 (IS1127)	1/11-17/12	Tu,F	10:00-11:00	Cheung Chau SC	30	20/9-26/9 (3/10){25/10}	

Fitness Exercise Training Course for Elderly

40544216 (IS0370)	20/11-3/2 (excl. 25/11,9,23,25/12,1,13,27,29/1)	M,W	8:30-9:30	Mui Wo SC	30	14/10	 
40544217 (IS0371)	20/11-3/2 (excl. 25/11,9,23,25/12,1,13,27,29/1)	M,W	9:30-10:30	Mui Wo SC	30	14/10	 
40544349 (IS1551)	6/11-20/12	W,F	8:00-9:00	Tung Chung Man Tung RD. SC	30	20/9-26/9 (3/10){25/10}	
40544350 (IS1552)	6/11-20/12	W,F	9:00-10:00	Tung Chung Man Tung RD. SC	30	20/9-26/9 (3/10){25/10}	
40544351 (IS1553)	6/11-20/12	W,F	10:00-11:00	Tung Chung Man Tung RD. SC	30	20/9-26/9 (3/10){25/10}	


Meeting Points for Elderly-Tai Chi

40544213 (IS0367)	7/11-28/11	Th	9:30-10:30	Mui Wo SC	90	7/11-28/11	Walk-in
40544214 (IS0368)	2/11-30/11	Sa	9:30-10:30	Mui Wo SC	90	2/11-16/11	Walk-in

Meeting Points for Elderly - Tai Chi

40544343 (IS1136)	30/11-18/1	Sa	8:15-9:15	Praya ST. SC	20	30/11-18/1	Walk-in
-------------------	------------	----	-----------	--------------	----	------------	---------


Indoor Short Mat Lawn Bowl TC for Elderly

40544356 (IS1558)	12/11-7/1 (EXCL.:24/12)	Tu	13:30-15:30	Tung Chung Man Tung RD. SC	16	20/9-26/9 (3/10){25/10}	
-------------------	----------------------------	----	-------------	----------------------------	----	----------------------------	---

HES - Table-tennis Play-in

40544347 (IS1571)	6/11-27/11	W	10:00-11:00	Tung Chung Man Tung RD. SC	24	4/10	 
40544348 (IS1550)	6/11-27/11	W	11:00-12:00	Tung Chung Man Tung RD. SC	24	4/10	 


Table-tennis TC for Elderly

40544345 (IS1137)	15/11-17/1	F	9:00-11:00	Praya ST. SC	24	20/9-26/9 (3/10){25/10}	
-------------------	------------	---	------------	--------------	----	----------------------------	---


Meeting Points for Elderly - Gateball

40544337 (IS1130)	5/11-3/12	Tu	9:00-11:00	Cheung Chau SC	50	5/11-3/12	Walk-in
-------------------	-----------	----	------------	----------------	----	-----------	---------

Indoor Gateball Training Course for Elderly

40544357 (IS1559)	12/11-7/1 (EXCL.:24/12)	Tu	10:00-12:00	Tung Chung Man Tung RD. SC	15	20/9-26/9 (3/10){25/10}	
-------------------	----------------------------	----	-------------	----------------------------	----	----------------------------	---

Day Camp for Elderly

40544207 (IS0174)	29/11	F	9:00-16:00	Lei Yue Mun Park and HV	48	20/9-26/9 (3/10){25/10}	
-------------------	-------	---	------------	-------------------------	----	----------------------------	---

Land Excursion for Elderly

40544202 (IS0044)

13/11

W

9:00-
17:00

Tung Mun Ching
Chung
Koon, Golden
Beach

48

20/9-26/9
{3/10}{25/10}

