

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Dec 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 for Adult									
40546635 (IS0595)	2/12-23/12	M,W,F	19:00-20:00	Tung Chung SP	18+	100	20	24/10-30/10 (5/11) {28/11}	☒
Breaststroke TC for Adult (Level III)									
40546634 (IS0594)	2/12-23/12	M,W,F	9:00-10:00	Tung Chung SP	18+	100	20	24/10-30/10 (5/11) {28/11}	☒
Butterfly Training Course for Adult									
40546633 (IS0593)	2/12-23/12	M,W,F	8:00-9:00	Tung Chung SP	18+	100	20	24/10-30/10 (5/11) {28/11}	☒
Front Crawl TC for Adult (Level III)									
40546636 (IS0596)	2/12-23/12	M,W,F	20:00-21:00	Tung Chung SP	18+	100	20	24/10-30/10 (5/11) {28/11}	☒
Aerobic Dance TC									
40546847 (IS1146)	28/12-21/3 (excl. 25/1)	Sa	14:00-15:00	Cheung Chau SC	14+	65	20	29/11	☒ i
40546848 (IS1147)	28/12-21/3 (excl. 25/1)	Sa	15:00-16:00	Cheung Chau SC	14+	65	20	29/11	☒ i
Aerobic Dance Training Course									
40546617 (IS0378)	1/12-23/2 (excl. 26/1)	Su	9:00-10:00	Mui Wo SC	14+	65	20	15/11	☒ i
40546858 (IS1580)	10/12-21/1 (excl. 26/12)	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	14+	65	30	24/10-30/10 (5/11) {28/11}	☒
40546859 (IS1581)	10/12-21/1 (excl. 26/12)	Tu,Th	10:00-11:00	Tung Chung Man Tung RD. SC	14+	65	30	24/10-30/10 (5/11) {28/11}	☒
Baduanjin Fun Day									
40547727 (IS0179)	19/12	Th	15:00-17:00	Discovery Bay Community Hall	All	Free	30	19/11	☒ i
Meeting Points-Baduanjin									
40546849 (IS1148)	12/12-13/2 (excl. 26/12,30/1)	Th	19:50-21:20	Praya ST. SC	8+	Free	50	12/12-13/2	Walk-in
Chinese Dance Fun Day									
40546846 (IS1145)	8/12	Su	15:00-17:00	Cheung Chau SC	12+	Free	30	7/11	☒ i
Chinese Dance TC									
40544334 (IS1128)	15/12-8/3 (excl. 5/1,19/1,26/1)	Su	15:00-17:00	Cheung Chau SC	12+	45	30	15/11	☒ i
Christmas Eve Dance Night									
40546833 (IS1572)	24/12	Tu	19:00-22:00	Tung Chung Man Tung RD. SC	6+	20	200	4/11	☒ i
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.									
40546841 (IS1140)	9/12-8/1 (excl. 25/12,1/1)	M,W,F	19:00-20:00	Cheung Chau SC	15+	75	20	@8/11	☒ i
40546842 (IS1141)	9/12-8/1 (excl. 25/12,1/1)	M,W,F	20:00-21:00	Cheung Chau SC	15+	75	20	@8/11	☒ i
40546843 (IS1142)	9/12-8/1 (excl. 25/12,1/1)	M,W,F	21:00-22:00	Cheung Chau SC	15+	75	20	@8/11	☒ i
Jazz TC									
40546624 (IS0385)	17/12-10/3 (excl. 24/12,31/12,28/1)	Tu	15:20-17:20	Peng Chau SC	12+	70	30	18/11	☒ i
40546863 (IS1585)	15/12-23/2 (excl. 26/1)	Su	10:00-12:00	Tung Chung Man Tung RD. SC	12+	70	30	15/11	☒ i
Jazz Training Course									
40546618 (IS0379)	1/12-9/2 (excl. 26/1)	Su	10:00-12:00	Mui Wo SC	12+	70	30	15/11	☒ i
Dance Play-in									
40546616 (IS0377)	6/12	F	19:45-21:45	Peng Chau SC	14+	Free	30	6/11	☒ i
Social Dance Fun Day									
40546850 (IS1149)	15/12	Su	19:45-22:15	Praya ST. SC	14+	Free	50	15/11	☒ i
Social Dance TC									
40546623 (IS0384)	17/12-10/3 (excl. 24/12,31/12,28/1)	Tu	19:45-21:45	Peng Chau SC	14+	86	30	18/11	☒ i
Mt Pts - Tai Chi									
40546836 (IS0953)	31/12-17/3 (excl. 28/1)	Tu	20:00-21:30	Tat Tung RD. Garden	6+	Free	120	31/12-17/3	Walk-in
40546838 (IS0955)	19/12-12/3 (excl. 26/12,30/1)	Th	19:00-20:30	Volleyball Court,Yat Tung Estate,TC	6+	Free	90	19/12-12/3	Walk-in
Tai Chi TC									

40544206 (IS0173)	24/12-23/4 (excl. 26/12,25/1,28/1,4/4,11/4)	Tu,Th,Sa	8:30-9:30	Open Area outside Wing On Dept Store, DB	6+	60	40	25/11	
40546830 (IS0800)	4/12-8/4 (excl. 25/12, 1,24,29,31/1)	W, F	7:45-9:15	Yung Shue Wan Plaza	6+	60	40	4/11	
40546831 (IS0801)	7/12-16/4 (excl. 17,24,26,31/12, 25,28,30/1, 4,11/4)	Tu,Th,Sa	7:15-8:15	Praya ST. SC Roof-top SOA	6+	60	40	7/11	

Yoga Training Course

40544336 (IS1129)	8/12-16/2 (excl. 26/1)	Su	8:50-10:50	Cheung Chau SC	15+	85	30	8/11	
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Briefing on Proper Ways to Use Fitness Equip.

40546856 (IS1578)	7/12	Sa	19:00-22:00	Tung Chung Man Tung RD. SC	15+	Free	25	24/10-30/10 (5/11) {28/11}	
40546865 (IS1586)	22/12	Su	10:00-13:00	Tung Chung Man Tung RD. SC	15+	Free	25	24/10-30/10 (5/11) {28/11}	

Briefing on Proper Ways to Use Fitness Equipment

40546594 (IS1232)	27/12	F	14:00-17:00	Peng Chau SC	15+	Free	25	27/11	
40546621 (IS0382)	15/12	Su	14:00-17:00	Mui Wo SC	15+	Free	25	24/10-30/10 (5/11) {28/11}	
40546622 (IS0383)	8/12	Su	14:00-17:00	Peng Chau SC	15+	Free	25	24/10-30/10 (5/11) {28/11}	

Briefing on Proper Use of Fitness Equipment

40546593 (IS1231)	7/12	Sa	14:00-17:00	Cheung Chau SC	15+	Free	25	7/11	
40546840 (IS1139)	29/12	Su	9:00-12:00	Cheung Chau SC	15+	Free	25	29/11	

Stress Management & Physical Relaxation TC

40546619 (IS0380)	1/12-8/3 (excl. 26/1)	Su	12:00-13:00	Mui Wo SC	14+	80	30	15/11	
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Badminton Training Course

40544338 (IS1131)	7/12-14/3 (excl. 11/1,18/1,25/1,8/2,15/2)	Sa	14:30-16:30	Cheung Chau SC	7+	118	24	7/11	
40544339 (IS1132)	7/12-14/3 (excl. 11/1,18/1,25/1,8/2,15/2)	Sa	16:30-18:30	Cheung Chau SC	7+	118	24	7/11	
40546857 (IS1579)	9/12-13/1 (excl. 26/12)	M,Th	19:00-21:00	Tung Chung Man Tung RD. SC	7+	118	24	24/10-30/10 (5/11) {28/11}	
40546860 (IS1582)	11/12-17/1 (excl. 25/12,1/1)	W,F	9:00-11:00	Tung Chung Man Tung RD. SC	7+	118	24	24/10-30/10 (5/11) {28/11}	

Mini-tennis Fun Day

40546820 (IS1254)	21/12	Sa	14:00-15:00	Cheung Chau Park TC	6+	Free	48	21/12	Walk-in
40546821 (IS1255)	21/12	Sa	15:00-16:00	Cheung Chau Park TC	6+	Free	48	21/12	Walk-in

Parent-child Table Tennis FD

40546597 (IS1235)	8/12	Su	14:00-15:00	Cheung Chau SC	6+	Free	24	8/12	Walk-in
40546598 (IS1236)	8/12	Su	15:00-16:00	Cheung Chau SC	6+	Free	24	8/12	Walk-in
40546599 (IS1237)	8/12	Su	16:00-17:00	Cheung Chau SC	6+	Free	24	8/12	Walk-in

Table-tennis TC for Children

40546862 (IS1584)	14/12-22/2 (excl. 25/1)	Sa	11:00-13:00	Tung Chung Man Tung RD. SC	6-13	86	24	14/11	
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Level I Go TC

40546851 (IS1573)	1/12-5/1	Su	10:00-12:00	Tung Chung Man Tung RD. SC	6+	40	20	1/11	
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Cricket Fun Day

40546818 (IS1252)	7/12	Sa	10:00-11:30	Tung Chung North Park	6+	Free	25	7/12	Walk-in
40546822 (IS1256)	7/12	Sa	11:30-13:00	Tung Chung North Park	6+	Free	25	7/12	Walk-in

5-a-side Soccer Fun Day

40546615 (IS0376)	9/12	M	20:00-21:30	Peng Chau SC	6+	Free	60	9/12	Walk-in
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5-a-side Soccer Training Course for Youth

40546625 (IS0386)	30/12-9/3 (excl. 27/1)	M	19:45-21:45	Peng Chau SC	6-19	60	30	29/11	
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Residential Camp for Family

40546609 (IS0176)	7/12-8/12	Sa,Su	14:00-13:00	Lei Yue Mun Park	All	86	48	24/10-30/10 (5/11) {28/11}	
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Sport Climbing FD

40546606 (IS1244)	7/12	Sa	14:00-17:00	Lei Yue Mun SC	15+	Free	24	7/11	
40546607 (IS1245)	15/12	Su	14:00-17:00	Lei Yue Mun SC	15+	Free	24	15/11	

Horticultural Seminar

40546837 (IS0954)	8/12	Su	10:00-12:00	Tung Chung North Park (AR)	6+	30	24	8/11	
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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
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Swimming TC for Elderly (Level III)

40546632 (IS0592)	2/12-23/12	M,W,F	7:00-8:00	Tung Chung SP Main Pool	20	24/10-30/10 (5/11){28/11}	
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Fitness (Multi-gym) TC for Elderly

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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.

40546844 (IS1143)	24/12-11/2 (excl. 26/12,28/1,30/1)	Tu,Th	9:00-10:00	Cheung Chau SC	20	@24/10-30/10 (5/11){28/11}	✉
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40546845 (IS1144)	24/12-11/2 (excl. 26/12,28/1,30/1)	Tu,Th	10:00-11:00	Cheung Chau SC	20	@24/10-30/10 (5/11){28/11}	✉
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Healthy Elderly Scheme - Gymnastics Play-in

40546853 (IS1575)	3/12-7/1 (excl. 26/12)	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	40	24/10-30/10 (5/11){28/11}	✉
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Healthy Elderly Scheme-Gymnastics Play-in

40546852 (IS1574)	3/12-7/1 (excl. 26/12)	Tu,Th	8:00-9:00	Tung Chung Man Tung RD. SC	40	24/10-30/10 (5/11){28/11}	✉
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Mt Pts for Elderly - Tai Chi

40546627 (IS0388)	5/12-19/12	Th	9:30-10:30	Mui Wo SC	90	5/11-19/12	Walk-in
40546628 (IS0389)	7/12-28/12	Sa	9:30-10:30	Mui Wo SC	90	7/11-28/12	Walk-in

HES - Table-tennis Play-in

40546854 (IS1576)	4/12-18/12	W	10:00-11:00	Tung Chung Man Tung RD. SC	24	4/11	📄 i
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40546855 (IS1577)	4/12-18/12	W	11:00-12:00	Tung Chung Man Tung RD. SC	24	4/11	📄 i
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Meeting Points for Elderly - Gateball

40546839 (IS1138)	24/12-21/1	Tu	9:00-11:00	Cheung Chau SC	50	24/12-21/1	Walk-in
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Day Camp for Elderly

40546610 (IS0177)	27/12	F	9:00-16:00	Lei Yue Mun Park	48	24/10-30/10 (5/11){28/11}	✉
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