

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jul 2021**

Islands District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Life Saving Training Course(Bronze Madallion)									
40598292 (IS0515)	7/7-18/8	M,W,F	10:00-12:00	Tung Chung SP	13+	108	12	18/5-25/5 (2/6) {24/6}	✉
Breaststroke TC for Adult (Level II)									
40598279 (IS0502)	7/7-28/7	M,W,F	20:30-21:30	Tung Chung SP	18+	100	10	18/5-25/5 (2/6) {24/6}	✉
Breaststroke TC for Children (Level I)									
40598288 (IS0511)	7/7-28/7	M,W,F	8:00-9:00	Tung Chung SP	5-8	100	8	18/5-25/5 (2/6) {24/6}	✉
BreaststrokeTC Children/Junior/Youth(Level I)									
40598284 (IS0507)	7/7-28/7	M,W,F	11:00-12:00	Tung Chung SP	5-17	100	8	18/5-25/5 (2/6) {24/6}	✉
Front Crawl TC Children/Junior/Youth(Level I)									
40598286 (IS0509)	7/7-28/7	M,W,F	13:00-14:00	Tung Chung SP	5-17	100	8	18/5-25/5 (2/6) {24/6}	✉
Front Crawl TC for Adult (Level II)									
40598281 (IS0504)	7/7-28/7	M,W,F	19:30-20:30	Tung Chung SP	18+	100	10	18/5-25/5 (2/6) {24/6}	✉
Front Crawl TC for Children (Level I)									
40598289 (IS0512)	7/7-28/7	M,W,F	9:00-10:00	Tung Chung SP	5-8	100	8	18/5-25/5 (2/6) {24/6}	✉
Water Safety Training Course for Baby									
40598302 (IS0525)	14/7-4/8	M,W,F	10:00-11:00	Tung Chung SP	0-4	100	8	18/5-25/5 (2/6) {24/6}	✉
BreaststrokeTC Children/Junior/Youth(Level II)									
40598285 (IS0508)	7/7-28/7	M,W,F	14:00-15:00	Tung Chung SP	5-17	100	10	18/5-25/5 (2/6) {24/6}	✉
Front Crawl TC Children/Junior/Youth(Level II)									
40598287 (IS0510)	7/7-28/7	M,W,F	15:00-16:00	Tung Chung SP	5-17	100	10	18/5-25/5 (2/6) {24/6}	✉
Backstroke Training Course (17-)									
40598293 (IS0516)	7/7-28/7	M,W,F	15:00-16:00	Tung Chung SP	0-17	100	10	18/5-25/5 (2/6) {24/6}	✉
Breaststroke TC (Level III) (17-)									
40598294 (IS0517)	7/7-28/7	M,W,F	14:00-15:00	Tung Chung SP	0-17	100	10	18/5-25/5 (2/6) {24/6}	✉
Breaststroke TC for Adult (Level III)									
40598280 (IS0503)	7/7-28/7	M,W,F	19:30-20:30	Tung Chung SP	18+	100	10	18/5-25/5 (2/6) {24/6}	✉
Butterfly Training Course									
40598297 (IS0520)	7/7-28/7	M,W,F	9:00-10:00	Tung Chung SP	9+	100	10	18/5-25/5 (2/6) {24/6}	✉
Butterfly Training Course (9-17)									
40598298 (IS0521)	7/7-28/7	M,W,F	17:00-18:00	Tung Chung SP	9-17	100	10	18/5-25/5 (2/6) {24/6}	✉
Front Crawl TC (Level III) (17-)									
40598295 (IS0518)	7/7-28/7	M,W,F	13:00-14:00	Tung Chung SP	0-17	100	10	18/5-25/5 (2/6) {24/6}	✉
40598296 (IS0519)	7/7-28/7	M,W,F	16:00-17:00	Tung Chung SP	0-17	100	10	18/5-25/5 (2/6) {24/6}	✉
Front Crawl TC for Adult (Level III)									
40598282 (IS0505)	7/7-28/7	M,W,F	8:00-9:00	Tung Chung SP	18+	100	10	18/5-25/5 (2/6) {24/6}	✉
40598283 (IS0506)	7/7-28/7	M,W,F	20:30-21:30	Tung Chung SP	18+	100	10	18/5-25/5 (2/6) {24/6}	✉
Children Dance Training Course									
40600897 (IS0277)	10/7-11/9	Sa	14:00-16:00	Mui Wo SC	4-11	60	10	11/6	📄 i
40600950 (IS1547)	31/7-2/10	Sa	14:00-16:00	Tung Chung Man Tung RD. SC	4-11	60	10	20/5-26/5 (3/6) {25/6}	✉
Chinese Dance Fun Day									
40600821 (IS0134)	15/7	Th	13:00-16:00	Discovery Bay Community Hall	12+	Free	15	15/7	Walk-in
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>									
40600847 (IS1100)	2/7-28/7	M,W,F	19:00-20:00	Cheung Chau SC	15+	75	10	@20/5-26/5 (3/6) {25/6}	✉
40600852 (IS1101)	2/7-28/7	M,W,F	20:00-21:00	Cheung Chau SC	15+	75	10	@20/5-26/5 (3/6) {25/6}	✉
40600921 (IS1520)	6/7-12/8	Tu,Th	14:00-15:00	Tung Chung Man Tung RD. SC	15+	75	15	@7/6	📄 i

40600922 (IS1521)	6/7-12/8	Tu,Th	15:00-16:00	Tung Chung Man Tung RD. SC	15+	75	15	@7/6		
40600943 (IS1540)	21/7-30/8	M,W	20:00-21:00	Tung Chung Man Tung RD. SC	15+	75	15	@28/6		
40600944 (IS1541)	21/7-30/8	M,W	21:00-22:00	Tung Chung Man Tung RD. SC	15+	75	15	@28/6		
Hydro Fitness Training Course										
40598277 (IS0500)	2/7-18/8	W,F	16:00-17:00	Tung Chung SP	14+	80	15	4/6		
40598278 (IS0501)	2/7-18/8	W,F	17:00-18:00	Tung Chung SP	14+	80	15	4/6		
40598300 (IS0523)	13/7-26/8	Tu,Th	19:30-20:30	Tung Chung SP	14+	80	15	18/5-25/5 (2/6) {24/6}		
40598301 (IS0524)	13/7-26/8	Tu,Th	20:30-21:30	Tung Chung SP	14+	80	15	18/5-25/5 (2/6) {24/6}		
Jazz Training Course										
40600890 (IS0271)	6/7-7/9	Tu	15:20-17:20	Peng Chau SC	12+	70	15	7/6		
Social Dance Training Course										
40600901 (IS0280)	6/7-7/9	Tu	19:45-21:45	Peng Chau SC	14+	86	16	15/6		
40600940 (IS1537)	21/7-29/9 (excl. 22/9)	W	20:00-22:00	Tung Chung Man Tung RD. SC	14+	86	16	20/5-26/5 (3/6) {25/6}		
Meeting Points - Tai Chi										
40600798 (IS0968)	8/7-16/9	Th	19:30-21:00	Tung Chung RD. Soccer Pitch	6+	Free	20	8/7-16/9	Walk-in	
Mt Pts - Tai Chi										
40600785 (IS0970)	12/7-20/9	M	9:00-10:30	BC, Man Tung RD. Park	6+	Free	20	12/7-20/9	Walk-in	
40600802 (IS0967)	6/7-14/9	Tu	20:00-21:30	BC, Man Tung RD. Park	6+	Free	20	6/7-14/9	Walk-in	
40600878 (IS0766)	5/7-13/9	M	18:30-20:00	Praya ST. SC Rooftop SOA	6+	Free	20	5/7-13/9	Walk-in	
Tai Chi Made Easy Class										
40600871 (IS0772)	26/7-20/8	M,W,F	20:45-21:45	Peng Chau Waterfront PG	6+	54	20	28/6		
40600872 (IS0771)	26/7-20/8	M,W,F	19:45-20:45	Peng Chau Waterfront PG	6+	54	20	28/6		
Western Folk Dance Training Course										
40600920 (IS1519)	4/7-12/9 (excl. 1/8)	Su	16:00-18:00	Tung Chung Man Tung RD. SC	8+	45	15	4/6		
Wushu Training Course for Children										
40600932 (IS1529)	13/7-10/8	Tu,Th	15:00-17:00	Tung Chung Man Tung RD. SC	6-14	86	10	20/5-26/5 (3/6) {25/6}		
Yoga Training Course										
40600927 (IS1525)	11/7-19/9 (excl. 1/8)	Su	14:00-16:00	Tung Chung Man Tung RD. SC	15+	85	15	20/5-26/5 (3/6) {25/6}		
Briefing on Proper Ways to Use Fitness Equipment										
40600864 (IS1103)	10/7	Sa	14:00-17:00	Cheung Chau SC	15+	Free	12	20/5-26/5 (3/6) {25/6}		
40600893 (IS0274)	10/7	Sa	14:00-17:00	Peng Chau SC	15+	Free	12	20/5-26/5 (3/6) {25/6}		
40600912 (IS0288)	17/7	Sa	14:00-17:00	Mui Wo SC	15+	Free	12	20/5-26/5 (3/6) {25/6}		
40600919 (IS1518)	3/7	Sa	19:00-22:00	Tung Chung Man Tung RD. SC	15+	Free	12	20/5-26/5 (3/6) {25/6}		
40600937 (IS1534)	16/7	F	19:00-22:00	Tung Chung Man Tung RD. SC	15+	Free	12	20/5-26/5 (3/6) {25/6}		
Badminton TC for Children & Youth										
40600907 (IS0284)	16/7-17/8	Tu,F	13:45-15:45	Peng Chau SC	7-17	118	12	20/5-26/5 (3/6) {25/6}		
40600908 (IS0285)	16/7-17/8	Tu,F	11:00-13:00	Mui Wo SC	7-17	118	12	20/5-26/5 (3/6) {25/6}		
Badminton Training Course										
40600884 (IS0267)	4/7-12/9 (excl. 1/8)	Su	14:00-16:00	Mui Wo SC	7+	118	12	4/6		
40600914 (IS0290)	4/7-12/9 (excl. 1/8)	Su	9:00-11:00	Peng Chau SC	7+	118	12	21/6		
40600916 (IS0291)	4/7-12/9 (excl. 1/8)	Su	11:00-13:00	Peng Chau SC	7+	118	12	21/6		
40600923 (IS1522)	7/7-6/8	W,F	9:00-11:00	Tung Chung Man Tung RD. SC	7+	118	12	20/5-26/5 (3/6) {25/6}		
40600942 (IS1539)	26/7-26/8	M,Th	19:00-21:00	Tung Chung Man Tung RD. SC	7+	118	12	20/5-26/5 (3/6) {25/6}		
Badminton Training Course for Children										
40600874 (IS1109)	15/7-26/8 (excl. 19/7,2/8,16/8)	M,Th	9:30-11:30	Cheung Chau SC	7-11	118	12	20/5-26/5 (3/6) {25/6}		
40600934 (IS1531)	14/7-13/8	W,F	14:00-16:00	Tung Chung Man Tung RD. SC	7-11	118	12	20/5-26/5 (3/6) {25/6}		
Badminton Training Course for Youth										
40600935 (IS1532)	14/7-13/8	W,F	16:00-18:00	Tung Chung Man Tung RD. SC	12-17	118	12	20/5-26/5 (3/6) {25/6}		
Mini-tennis Training Course										
40600909 (IS0286)	17/7-28/8 (excl. 26/7,9/8,23/8)	M,Sa	9:30-11:30	Peng Chau SC	6-12	70	8	20/5-26/5 (3/6) {25/6}		
40600910 (IS0287)	17/7-28/8 (excl. 26/7,9/8,23/8)	M,Sa	13:00-15:00	Mui Wo SC	6-12	70	8	20/5-26/5 (3/6) {25/6}		
40600928 (IS1526)	12/7-12/8	M,Th	13:00-15:00	Tung Chung Man Tung RD. SC	6-9	70	8	20/5-26/5 (3/6) {25/6}		
Table-tennis TC										
40600880 (IS1110)	16/7-17/8	Tu,F	16:00-18:00	Cheung Chau SC	6+	86	12	20/5-26/5 (3/6) {25/6}		
Table-tennis TC for Children										

40600904 (IS0282)	15/7-17/8	Tu,Th	9:30-11:30	Peng Chau SC	6-13	86	12	20/5-26/5 (3/6) {25/6}	✉
40600905 (IS0283)	15/7-17/8	Tu,Th	13:00-15:00	Mui Wo SC	6-13	86	10	20/5-26/5 (3/6) {25/6}	✉
40600930 (IS1528)	13/7-13/8	Tu,F	9:00-11:00	Tung Chung Man Tung RD. SC	6-13	86	10	15/6	🖨️ i
Table-tennis Training Course									
40600895 (IS0275)	10/7-11/9	Sa	13:00-15:00	Peng Chau SC	6+	86	12	11/6	🖨️ i
40600896 (IS0276)	10/7-11/9	Sa	16:15-18:15	Mui Wo SC	6+	86	12	11/6	🖨️ i
Table-tennis Training Course for Children									
40600894 (IS1111)	16/7-17/8	Tu,F	14:00-16:00	Cheung Chau SC	6-13	86	12	20/5-26/5 (3/6) {25/6}	✉
Tennis Training Course									
40600875 (IS0769)	20/7-21/9	Tu	20:00-22:00	Cheung Chau Park TC	8+	170	9	21/6	🖨️ i
40600876 (IS0768)	18/7-19/9	Su	11:00-13:00	Cheung Chau Park TC	8+	170	9	20/5-26/5 (3/6) {25/6}	✉
40600877 (IS0767)	18/7-19/9	Su	9:00-11:00	Cheung Chau Park TC	8+	170	9	20/5-26/5 (3/6) {25/6}	✉
Go Training Course (Level I)									
40600900 (IS0279)	7/7-11/8	W	13:00-15:00	Mui Wo SC	6+	40	10	11/6	🖨️ i
40600936 (IS1533)	14/7-18/8	W	9:00-11:00	Tung Chung Man Tung RD. SC	6+	40	10	15/6	🖨️ i
Basketball Training Course									
40600933 (IS1530)	13/7-14/9	Tu	19:00-21:00	Tung Chung Man Tung RD. SC	10+	75	15	15/6	🖨️ i
5-a-side Soccer Training Course for Children									
40600865 (IS1104)	15/7-16/8	M,Th	14:00-16:00	Cheung Chau SC	6-12	60	15	15/6	🖨️ i
5-a-side Soccer Training Course For Youth									
40600913 (IS0289)	20/7-20/8	Tu,F	19:45-21:45	Peng Chau SC	6-19	60	15	21/6	🖨️ i
Soccer Training Course									
40600778 (IS0971)	19/7-9/8	M,W,F	9:30-11:30	Tung Chung RD. Soccer Pitch	6-19	60	15	21/6	🖨️ i
Community Garden Programme									
40596575 (IS0858)	4/7-7/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Community Garden, Tung Chung	12+	400	10	20/5-26/5 (3/6) {25/6}	✉
40596585 (IS0859)	4/7-7/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Community Garden, Tung Chung	12+	400	11	20/5-26/5 (3/6) {25/6}	✉

Activities for Elderly Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrolment (Balloting) (Open Enrolment for Remaining Quota)	Enrolment Method
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Swimming TC for Elderly (Level I)

40598290 (IS0513)	7/7-28/7	M,W,F	7:00-8:00	Tung Chung SP	8	18/5-25/5 (2/6) {24/6}	✉
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Swimming TC for Elderly (Level III)

40598291 (IS0514)	7/7-28/7	M,W,F	7:00-8:00	Tung Chung SP	10	18/5-25/5 (2/6) {24/6}	✉
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Fitness Exercise Training Course for Elderly

40600866 (IS1105)	13/7-27/8	Tu,F	8:00-9:00	Cheung Chau SC	15	20/5-26/5 (3/6) {25/6}	✉
40600867 (IS1106)	13/7-27/8	Tu,F	9:00-10:00	Cheung Chau SC	15	20/5-26/5 (3/6) {25/6}	✉

Healthy Elderly Scheme - Gymnastics Play-in

40600945 (IS1542)	27/7-26/8	Tu,Th	8:00-9:00	Tung Chung Man Tung RD. SC	12	20/5-26/5 (3/6) {25/6}	✉
40600946 (IS1543)	27/7-26/8	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	12	20/5-26/5 (3/6) {25/6}	✉

Mt Pts for Elderly - Tai Chi

40600883 (IS0266)	3/7-31/7	Sa	9:30-10:30	Mui Wo SC	20	3/7-31/7	Walk-in
40600892 (IS0273)	8/7-29/7	Th	9:30-10:30	Mui Wo SC	20	8/7-29/7	Walk-in

Healthy Elderly Scheme - Table-tennis Play-in

40600925 (IS1524)	7/7-28/7	W	11:00-12:00	Tung Chung Man Tung RD. SC	12	7/6	🖨️ i
40600888 (IS0270)	7/7-28/7	W	13:00-15:00	Peng Chau SC	12	7/7-28/7	Walk-in
40600924 (IS1523)	7/7-28/7	W	10:00-11:00	Tung Chung Man Tung RD. SC	12	7/6	🖨️ i

Healthy Elderly Scheme - Badminton

40600882 (IS0265)	2/7-30/7	F	10:00-12:00	Peng Chau SC	12	2/7-30/7	Walk-in
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