

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Aug 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
Breaststroke TC Children/Junior/Youth(Level I)									
40598315 (IS0538)	2/8-23/8	M,W,F	11:00-12:00	Tung Chung SP Training Pool	5-17	100	8	22/6-28/6 (7/7) {28/7}	☒
Breaststroke TC for Adult (Level II)									
40598310 (IS0533)	2/8-23/8	M,W,F	20:30-21:30	Tung Chung SP Training Pool	18+	100	10	22/6-28/6 (7/7) {28/7}	☒
40598329 (IS0552)	5/8-7/9	Tu,Th	8:00-9:00	Tung Chung SP Training Pool	18+	100	10	22/6-28/6 (7/7) {28/7}	☒
Front Crawl TC Children/Junior/Youth(Level I)									
40598317 (IS0540)	2/8-23/8	M,W,F	13:00-14:00	Tung Chung SP Training Pool	5-17	100	8	22/6-28/6 (7/7) {28/7}	☒
Front Crawl TC for Adult (Level II)									
40598312 (IS0535)	2/8-23/8	M,W,F	19:30-20:30	Tung Chung SP Training Pool	18+	100	10	22/6-28/6 (7/7) {28/7}	☒
40598330 (IS0553)	5/8-7/9	Tu,Th	9:00-10:00	Tung Chung SP Training Pool	18+	100	10	22/6-28/6 (7/7) {28/7}	☒
Front Crawl TC for Children (Level I)									
40598320 (IS0543)	2/8-23/8	M,W,F	9:00-10:00	Tung Chung SP Training Pool	5-8	100	8	22/6-28/6 (7/7) {28/7}	☒
Water Safety Training Course for Baby									
40598308 (IS0531)	2/8-23/8	M,W,F	10:00-11:00	Tung Chung SP Training Pool	0-4	100	8	22/6-28/6 (7/7) {28/7}	☒
Breaststroke TC for Children (Level I)									
40598319 (IS0542)	2/8-23/8	M,W,F	8:00-9:00	Tung Chung SP Training Pool	5-8	100	8	22/6-28/6 (7/7) {28/7}	☒
BreaststrokeTC Children/Junior/Youth(Level II)									
40598316 (IS0539)	2/8-23/8	M,W,F	14:00-15:00	Tung Chung SP Training Pool	5-17	100	10	22/6-28/6 (7/7) {28/7}	☒
Front Crawl TC Children/Junior/Youth(Level II)									
40598318 (IS0541)	2/8-23/8	M,W,F	15:00-16:00	Tung Chung SP Training Pool	5-17	100	10	22/6-28/6 (7/7) {28/7}	☒
Backstroke TC for Adult									
40598309 (IS0532)	2/8-23/8	M,W,F	19:30-20:30	Tung Chung SP Main Pool	18+	100	8	22/6-28/6 (7/7) {28/7}	☒
Backstroke Training Course (17-)									
40598323 (IS0546)	2/8-23/8	M,W,F	17:00-18:00	Tung Chung SP Main Pool	0-17	100	8	22/6-28/6 (7/7) {28/7}	☒
Breaststroke TC (Level III) (17-)									
40598324 (IS0547)	2/8-23/8	M,W,F	15:00-16:00	Tung Chung SP Main Pool	0-17	100	10	22/6-28/6 (7/7) {28/7}	☒
Breaststroke TC for Adult (Level III)									
40598311 (IS0534)	2/8-23/8	M,W,F	8:00-9:00	Tung Chung SP Main Pool	18+	100	10	22/6-28/6 (7/7) {28/7}	☒
Butterfly Training Course (9-17)									
40598327 (IS0550)	2/8-23/8	M,W,F	14:00-15:00	Tung Chung SP Main Pool	9-17	100	10	22/6-28/6 (7/7) {28/7}	☒
Butterfly Training Course for Adult									
40598313 (IS0536)	2/8-23/8	M,W,F	9:00-10:00	Tung Chung SP Main Pool	18+	100	10	22/6-28/6 (7/7) {28/7}	☒
40598314 (IS0537)	2/8-23/8	M,W,F	20:30-21:30	Tung Chung SP Main Pool	18+	100	8	22/6-28/6 (7/7) {28/7}	☒
Front Crawl TC (Level III) (17-)									
40598325 (IS0548)	2/8-23/8	M,W,F	13:00-14:00	Tung Chung SP Main Pool	0-17	100	10	22/6-28/6 (7/7) {28/7}	☒
40598326 (IS0549)	2/8-23/8	M,W,F	16:00-17:00	Tung Chung SP Main Pool	0-17	100	10	22/6-28/6 (7/7) {28/7}	☒
Aerobic Dance Training Course									
40600990 (IS1555)	17/8-28/9 (excl. 21/9)	Tu,Th	19:00-20:00	Tung Chung Man Tung RD. SC	14+	65	15	19/7	☒ i
40600991 (IS1556)	17/8-28/9 (excl. 21/9)	Tu,Th	20:00-21:00	Tung Chung Man Tung RD. SC	14+	65	15	19/7	☒ i
40601002 (IS0293)	8/8-24/10	Su	9:00-10:00	Mui Wo SC	14+	65	15	2/7	☒ 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>									
40600962 (IS1123)	13/8-8/9	M,W,F	19:00-20:00	Cheung Chau SC	15+	75	10	@24/6-30/6 (8/7) {29/7}	☒
40600963 (IS1124)	13/8-8/9	M,W,F	20:00-21:00	Cheung Chau SC	15+	75	10	@24/6-30/6 (8/7) {29/7}	☒
40600964 (IS1125)	13/8-8/9	M,W,F	21:00-22:00	Cheung Chau SC	15+	75	10	@24/6-30/6 (8/7) {29/7}	☒
40601016 (IS0307)	16/8-30/9 (excl. 20/9,27/9)	M,Th	21:00-22:00	Peng Chau SC	15+	75	15	@16/7	☒ i


40601018 (IS0309)	18/8-13/10 (excl. 23/8,13/9,22/9,27/9,11/10)	M,W	11:00-12:00	Mui Wo SC	15+	75	15	@19/7	
Jazz Training Course									
40600960 (IS1121)	12/8-21/10 (excl. 14/10)	Th	19:15-21:15	Praya ST. SC	12+	70	10	12/7	
40601004 (IS0295)	8/8-10/10	Su	10:00-12:00	Mui Wo SC	12+	70	15	2/7	
Social Dance Training Course									
40600959 (IS1120)	12/8-18/9 (excl. 4/9,11/9)	Th,Sa	19:45-21:45	Cheung Chau SC	14+	86	16	12/7	
40600987 (IS1552)	7/8-9/10	Sa	9:00-11:00	Tung Chung Man Tung RD. SC	14+	86	15	24/6-30/6 (8/7) {29/7}	
Briefing on Proper Ways to Use Fitness Equip.									
40601010 (IS0301)	8/8	Su	14:00-17:00	Peng Chau SC	15+	Free	12	24/6-30/6 (8/7) {29/7}	
40601015 (IS0306)	15/8	Su	14:00-17:00	Mui Wo SC	15+	Free	12	24/6-30/6 (8/7) {29/7}	
Briefing on Proper Ways to Use Fitness Equipment									
40600957 (IS1118)	8/8	Su	9:00-12:00	Cheung Chau SC	15+	Free	12	24/6-30/6 (8/7) {29/7}	
40600986 (IS1551)	6/8	F	10:00-13:00	Tung Chung Man Tung RD. SC	15+	Free	12	24/6-30/6 (8/7) {29/7}	
40600989 (IS1554)	15/8	Su	19:00-22:00	Tung Chung Man Tung RD. SC	15+	Free	12	24/6-30/6 (8/7) {29/7}	
Stress Management & Physical Relaxation TC									
40601003 (IS0294)	8/8-7/11	Su	12:00-13:00	Mui Wo SC	14+	80	15	2/7	
Body-Mind Stretch Training Course									
40600965 (IS1126)	15/8-31/10	Su	12:00-13:00	Cheung Chau SC	15+	85	12	24/6-30/6 (8/7) {29/7}	
40600966 (IS1127)	15/8-31/10	Su	13:00-14:00	Cheung Chau SC	15+	85	12	24/6-30/6 (8/7) {29/7}	
40601011 (IS0302)	25/8-17/11 (excl. 22/9)	W	19:10-20:10	Peng Chau SC	15+	85	12	12/7	
40601012 (IS0303)	25/8-17/11 (excl. 22/9)	W	20:10-21:10	Peng Chau SC	15+	85	12	12/7	
Badminton Training Course									
40601009 (IS0300)	7/8-23/10 (excl. 18/9,25/9)	Sa	18:00-20:00	Peng Chau SC	7+	118	12	24/6-30/6 (8/7) {29/7}	
Table-tennis Fun Day									
40600956 (IS0138)	14/8	Sa	10:00-12:00	Discovery Bay Community Hall	6+	Free	12	13/7	
Table-tennis Training Course									
40600998 (IS1563)	27/8-5/11 (excl. 1/10)	F	20:00-22:00	Tung Chung Man Tung RD. SC	14+	86	12	24/6-30/6 (8/7) {29/7}	
Table-tennis TC for Children									
40601001 (IS1565)	28/8-30/10	Sa	11:00-13:00	Tung Chung Man Tung RD. SC	6-13	86	12	30/7	
Tennis Training Course									
40601025 (IS0975)	14/8-16/10	Sa	9:00-11:00	TC, Fu Tung Estate Tung Chung	8+	170	6	24/6-30/6 (8/7) {29/7}	
5-a-side Soccer Fun Day									
40601020 (IS0311)	27/8	F	20:15-21:45	Peng Chau SC	6+	Free	15	27/8	
40600971 (IS1132)	23/8	M	14:00-15:30	Cheung Chau SC	6+	Free	10	23/7	
40600972 (IS1133)	23/8	M	15:30-17:00	Cheung Chau SC	6+	Free	10	23/7	
Soccer Fun Day									
40601027 (IS0977)	29/8	Su	16:00-18:00	Tung Chung RD. Soccer Pitch	6+	Free	15	29/8	Walk-in
Beach Volleyball Fun Day									
40600952 (IS0041)	14/8	Sa	14:00-18:00	Silver Mine Bay Beach	10+	Free	60	14/8	Walk-in
Volleyball Fun Day									
40600995 (IS1560)	22/8	Su	15:00-17:00	Tung Chung Man Tung RD. SC	10+	Free	10	22/8	Walk-in
1 Star Award Canoe Training Course									
40600978 (IS1266)	8/8	Su	9:00-17:00	Tung Chung Canoe Club	12+	30	8	12/7	
2-Stars Award Canoe Training Course									
40600981 (IS1269)	15/8	Su	9:00-17:00	Tung Chung Canoe Club	12+	30	8	16/7	
3-Stars Award Canoe Training Course									
40600982 (IS1270)	22/8	Su	9:00-17:00	Tung Chung Canoe Club	12+	30	8	23/7	
Horticultural Seminar									
40601024 (IS0974)	5/8	Th	10:30-12:30	Tung Chung North Park AR	6+	30	12	5/7	
40601026 (IS0976)	26/8	Th	15:30-17:30	Tung Chung North Park AR	6+	30	12	26/7	
Activities for Persons with Disabilities Programme Number (Class code) (free of charge)									
	Date	Day	Time	Venue	Age	Quota		Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	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.

Golf Fun Day for Persons with Disabilities


40593529 (IS0126) 22/8 Su 11:00-13:00 Tuen Mun RSC All 4 13/7 

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

40598321 (IS0544) 2/8-23/8 M,W,F 7:00-8:00 Tung Chung SP Training Pool 8 22/6-28/6 (7/7) {28/7} 

Swimming TC for Elderly (Level II)

40598331 (IS0554) 5/8-7/9 Tu,Th 7:00-8:00 Tung Chung SP Training Pool 10 22/6-28/6 (7/7) {28/7} 

Swimming TC for Elderly (Level III)

40598322 (IS0545) 2/8-23/8 M,W,F 7:00-8:00 Tung Chung SP Main Pool 10 22/6-28/6 (7/7) {28/7} 


Fitness(Multi-gym) Training Course 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.

40600974 (IS1134) 24/8-30/9 Tu,Th 8:00-9:00 Cheung Chau SC 10 @24/6-30/6 (8/7){29/7} 

40600975 (IS1135) 24/8-30/9 Tu,Th 9:00-10:00 Cheung Chau SC 10 @24/6-30/6 (8/7){29/7} 


40600976 (IS1136) 24/8-30/9 Tu,Th 10:00-11:00 Cheung Chau SC 10 @24/6-30/6 (8/7){29/7} 

Mt Pts for Elderly - Tai Chi


40601006 (IS0297) 5/8-26/8 Th 9:30-10:30 Mui Wo SC 20 5/8-26/8 Walk-in

40601019 (IS0310) 7/8-28/8 Sa 9:30-10:30 Mui Wo SC 20 7/8-28/8 Walk-in

Indoor Gateball Training Course for Elderly

40600996 (IS1561) 24/8-12/10 Tu 10:00-12:00 Tung Chung Man Tung RD. SC 7 24/6-30/6 (8/7) {29/7} 



Indoor Short Mat Bowling TC for Elderly



40600997 (IS1562) 24/8-12/10 Tu 13:30-15:30 Tung Chung Man Tung RD. SC 8 24/6-30/6 (8/7) {29/7} 

HES - Badminton

40601008 (IS0299) 6/8-27/8 F 10:00-12:00 Peng Chau SC 12 6/8-27/8 Walk-in

Healthy Elderly Scheme - Table-tennis Play-in

40600983 (IS1548) 4/8-25/8 W 10:00-11:00 Tung Chung Man Tung RD. SC 12 5/7  

40600984 (IS1549) 4/8-25/8 W 11:00-12:00 Tung Chung Man Tung RD. SC 12 5/7  

Healthy Elderly Scheme Table-tennis(Elderly)

40601005 (IS0296) 4/8-25/8 W 13:00-15:00 Peng Chau SC 12 4/8-25/8 Walk-in

Table-tennis TC for Elderly

40600961 (IS1122) 13/8-22/10 (excl. 1/10) F 9:00-11:00 Praya ST. SC 12 24/6-30/6 (8/7) {29/7} 