

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

**Islands District**

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment	Enrolment Method
								(Balloting) (Open Enrollment for Remaining Quota)	
<b>Breaststroke TC for Adult (Level I)</b>									
40602119 (IS0572)	14/9-19/10 (excl. 14/10)	Tu,Th	9:00-10:00	Tung Chung SP	18+	100	8	16/8	
<b>Breaststroke TC for Adult (Level II)</b>									
40602109 (IS0562)	1/9-24/9 (excl. 22/9)	M,W,F	8:00-9:00	Tung Chung SP	18+	100	10	2/8	
40602110 (IS0563)	1/9-24/9 (excl. 22/9)	M,W,F	19:30-20:30	Tung Chung SP	18+	100	10	2/8	
<b>Breaststroke TC for Youth &amp; Adult (Level II)</b>									
40601972 (IS0043)	6/9-25/10	M	20:00-21:15	Mui Wo SP	13+	100	10	23/7-29/7 (5/8) {26/8}	
<b>Front Crawl TC for Adult (Level I)</b>									
40602111 (IS0564)	1/9-24/9 (excl. 22/9)	M,W,F	10:00-11:00	Tung Chung SP	18+	100	8	2/8	
40602120 (IS0573)	14/9-19/10 (excl. 14/10)	Tu,Th	8:00-9:00	Tung Chung SP	18+	100	8	16/8	
<b>Front Crawl TC for Adult (Level II)</b>									
40602113 (IS0566)	1/9-24/9 (excl. 22/9)	M,W,F	20:30-21:30	Tung Chung SP	18+	100	10	2/8	
40602112 (IS0565)	1/9-24/9 (excl. 22/9)	M,W,F	9:00-10:00	Tung Chung SP	18+	100	10	2/8	
<b>Front Crawl TC for Youth &amp; Adult (Level II)</b>									
40601971 (IS0042)	2/9-28/10 (excl. 14/10)	Th	20:00-21:15	Mui Wo SP	13+	100	10	23/7-29/7 (5/8) {26/8}	
<b>Aerobic Dance Training Course</b>									
40601984 (IS1143)	18/9-4/12	Sa	14:00-15:00	Cheung Chau SC	14+	65	10	23/7-29/7 (5/8) {26/8}	
40601985 (IS1144)	18/9-4/12	Sa	15:00-16:00	Cheung Chau SC	14+	65	10	23/7-29/7 (5/8) {26/8}	
40602070 (IS1580)	14/9-26/10 (excl. 14/10)	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	14+	65	15	23/7-29/7 (5/8) {26/8}	
40602071 (IS1581)	14/9-26/10 (excl. 14/10)	Tu,Th	10:00-11:00	Tung Chung Man Tung RD. SC	14+	65	15	23/7-29/7 (5/8) {26/8}	
<b>Meeting Points-Baduanjin</b>									
40601978 (IS1137)	2/9-28/10 (excl. 14/10)	Th	19:50-21:20	Praya ST. SC	8+	Free	25	2/9-28/10	Walk-in
<b>Chinese Dance Training Course</b>									
40601975 (IS0139)	2/9-11/11 (excl. 14/10)	Th	14:00-16:00	Discovery Bay Community Hall	12+	45	15	2/8	
<b>Fitness (Multi-gym) Training Course</b>									
<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>									
40601991 (IS1150)	27/9-25/10 (excl. 1/10)	M,W,F	20:00-21:00	Cheung Chau SC	15+	75	10	@23/7-29/7 (5/8) {26/8}	
40601992 (IS1151)	27/9-25/10 (excl. 1/10)	M,W,F	21:00-22:00	Cheung Chau SC	15+	75	10	@23/7-29/7 (5/8) {26/8}	
<b>Jazz Training Course</b>									
40602066 (IS1576)	5/9-7/11	Su	10:00-12:00	Tung Chung Man Tung RD. SC	12+	70	15	6/8	
40602094 (IS0325)	28/9-30/11	Tu	15:20-17:20	Peng Chau SC	12+	70	15	30/8	
<b>Dance Play-in</b>									
40601974 (IS0045)	26/9	Su	15:00-18:00	Discovery Bay Community Hall	14+	Free	16	26/9	Walk-in
<b>Social Dance Training Course</b>									
40607675 (IS0368)	28/9-30/11	Tu	19:45-21:45	Peng Chau SC	14+	86	16	30/8	
<b>Mt Pts - Tai Chi</b>									
40602101 (IS0778)	9/9-25/11 (excl. 14/10)	Th	8:15-9:15	Praya ST. SC Roof-top SOA	6+	Free	20	9/9-25/11	Walk-in
<b>Tai Chi Fun Day</b>									
40608730 (IS0147)	16/9	Th	10:00-11:00	Discovery Bay Community Hall	6+	Free	20	16/9	Walk-in
40608735 (IS0148)	16/9	Th	11:00-12:00	Discovery Bay Community Hall	6+	Free	20	16/9	Walk-in
40608736 (IS0149)	16/9	Th	12:00-13:00	Discovery Bay Community Hall	6+	Free	20	16/9	Walk-in
<b>Briefing on Proper Ways to Use Fitness Equipment</b>									
40601980 (IS1139)	11/9	Sa	14:00-17:00	Cheung Chau SC	15+	Free	12	23/7-29/7 (5/8) {26/8}	
40602090 (IS0321)	11/9	Sa	14:00-17:00	Peng Chau SC	15+	Free	12	23/7-29/7 (5/8) {26/8}	
40602091 (IS0322)	18/9	Sa	14:00-17:00	Mui Wo SC	15+	Free	12	23/7-29/7 (5/8) {26/8}	
<b>Badminton Training Course</b>									
40601976 (IS0140)	25/9-27/11	Sa	13:00-15:00	Discovery Bay Community Hall	7+	118	6	4/8	
40602067 (IS1577)	13/9-18/10 (excl. 14/10)	M,Th	19:00-21:00	Tung Chung Man Tung RD. SC	7+	118	12	23/7-29/7 (5/8) {26/8}	

40602079 (IS1589)	29/9-1/12	W	19:00-21:00	Tung Chung Man Tung RD. SC	7+	118	12	23/7-29/7 (5/8) {26/8}	✉
40602080 (IS1590)	29/9-3/11 (excl. 1/10)	W,F	9:00-11:00	Tung Chung Man Tung RD. SC	7+	118	12	23/7-29/7 (5/8) {26/8}	✉
40602095 (IS0326)	29/9-8/12 (excl. 24/11)	W	19:00-21:00	Peng Chau SC	7+	118	12	30/8	📄 i

#### Parent-child(Aged 7-17) Badminton TC

40602074 (IS1584)	18/9-23/10	Sa	19:00-21:00	Tung Chung Man Tung RD. SC	7+	73	12	18/8	📄 i
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#### Chinese Chess Fun Day

40602006 (IS1274)	19/9	Su	14:00-17:00	Tung Chung North Park Function Room	6+	Free	20	19/9	Walk-in
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#### Squash Training Course

40602092 (IS0323)	4/9-6/11 (excl. 18/9,25/9)	Sa	19:00-21:00	Peng Chau SC	7+	160	6	18/8	📄 i
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#### Table-tennis Play-in

40601993 (IS1152)	19/9	Su	19:45-20:45	Praya ST. SC	14+	Free	12	20/8	📄 i
40601994 (IS1153)	19/9	Su	20:45-21:45	Praya ST. SC	14+	Free	12	20/8	📄 i

#### Tennis Training Course

40602098 (IS0775)	2/9-11/11 (excl. 14/10)	Th	20:00-22:00	Cheung Chau Park TC	8+	170	9	2/8	📄 i
40602099 (IS0776)	4/9-6/11	Sa	19:00-21:00	Cheung Chau Park TC	8+	170	9	23/7-29/7 (5/8) {26/8}	✉
40602102 (IS0779)	24/9-3/12 (excl. 1/10)	F	20:00-22:00	Cheung Chau Park TC	8+	170	9	23/8	📄 i

#### GO Training Course (Level II)

40602065 (IS1575)	5/9-10/10	Su	10:00-12:00	Tung Chung Man Tung RD. SC	6+	40	10	6/8	📄 i
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#### Ultimate Fun Day for Family

40601996 (IS1272)	11/9	Sa	14:00-15:30	Tung Chung RD. Soccer Pitch	6+	Free	20	11/9	Walk-in
40601997 (IS1273)	11/9	Sa	15:30-17:00	Tung Chung RD. Soccer Pitch	6+	Free	20	11/9	Walk-in

#### Basketball Training Course

40602078 (IS1588)	28/9-30/11	Tu	19:00-21:00	Tung Chung Man Tung RD. SC	10+	75	15	30/8	📄 i
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#### 5-a-side Soccer Training Course for Youth

40602093 (IS0324)	13/9-15/11	M	19:45-21:45	Peng Chau SC	6-19	60	15	27/8	📄 i
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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
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#### 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.

#### Modern Dance TP for Persons with Autism

40593177 (IS0460)	1/9-10/11 (excl. 22/9)	W	13:00-15:00	Tung Chung Man Tung RD. SC	7+	6	2/8	📄 i
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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 I)

40602115 (IS0568)	1/9-24/9 (excl. 22/9)	M,W,F	7:00-8:00	Tung Chung SP	8	23/7-29/7 (5/8){26/8}	✉
40602121 (IS0574)	14/9-19/10 (excl. 14/10)	Tu,Th	7:00-8:00	Tung Chung SP	8	23/7-29/7 (5/8){26/8}	✉

#### Swimming TC for Elderly(Level II)

40602116 (IS0569)	1/9-24/9 (excl. 22/9)	M,W,F	11:00-12:00	Tung Chung SP	10	23/7-29/7 (5/8){26/8}	✉
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#### Fitness Exercise TC for Elderly

40601981 (IS1140)	17/9-5/11 (excl. 1/10)	Tu,F	8:00-9:00	Cheung Chau SC	15	23/7-29/7 (5/8){26/8}	✉
40601982 (IS1141)	17/9-5/11 (excl. 1/10)	Tu,F	9:00-10:00	Cheung Chau SC	15	23/7-29/7 (5/8){26/8}	✉
40601983 (IS1142)	17/9-5/11 (excl. 1/10)	Tu,F	10:00-11:00	Cheung Chau SC	15	23/7-29/7 (5/8){26/8}	✉
40602056 (IS1566)	1/9-22/10 (excl. 22/9,1/10)	W,F	8:00-9:00	Tung Chung Man Tung RD. SC	15	23/7-29/7 (5/8){26/8}	✉
40602057 (IS1567)	1/9-22/10 (excl. 22/9,1/10)	W,F	9:00-10:00	Tung Chung Man Tung RD. SC	15	23/7-29/7 (5/8){26/8}	✉

40602058 (IS1568)	1/9-22/10 (excl. 22/9,1/10)	W,F	10:00-11:00	Tung Chung Man Tung RD. SC	15	23/7-29/7 (5/8){26/8}	
40602087 (IS0318)	8/9-15/11 (excl. 13/9,22/9,27/9,11/10,25/10,8/11)	M,W	8:30-9:30	Mui Wo SC	15	9/8	
40602088 (IS0319)	8/9-15/11 (excl. 13/9,22/9,27/9,11/10,25/10,8/11)	M,W	9:30-10:30	Mui Wo SC	15	9/8	

#### Towel Fitness Exercise Fun Day

40601977 (IS0141)	29/9	W	15:00-17:00	Discovery Bay Community Hall	15	29/9	Walk-in
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#### HES - Gymnastics For All

40602068 (IS1578)	14/9-19/10 (excl. 14/10)	Tu,Th	8:00-9:00	Tung Chung Man Tung RD. SC	12	23/7-29/7 (5/8){26/8}	
40602069 (IS1579)	14/9-19/10 (excl. 14/10)	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	12	23/7-29/7 (5/8){26/8}	

#### Mt Pts for Elderly - Tai Chi

40602081 (IS0312)	2/9-30/9	Th	9:30-10:30	Mui Wo SC	45	2/9-30/9	Walk-in
40602084 (IS0315)	4/9-25/9	Sa	9:30-10:30	Mui Wo SC	45	4/9-25/9	Walk-in

#### HES - Table-tennis Play-in

40602059 (IS1569)	1/9-29/9 (excl. 22/9)	W	10:00-11:00	Tung Chung Man Tung RD. SC	12	2/8	
40602060 (IS1570)	1/9-29/9 (excl. 22/9)	W	11:00-12:00	Tung Chung Man Tung RD. SC	12	2/8	

#### HES - Table-tennis for Elderly

40602086 (IS0317)	7/9-28/9	Tu	9:00-11:00	Peng Chau SC	12	7/9	Walk-in
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