



**Leisure and Cultural Services Department  
Community Recreation and Sports Programme  
Monthly Programmes for Oct 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 II)</b>										
40604434 (IS0586)	4/10-25/10	M,W,F	9:00-10:00	Tung Chung SP	18+	100	10	3/9		
<b>Breaststroke TC for Adult (Level I)</b>										
40604432 (IS0585)	4/10-25/10	M,W,F	8:00-9:00	Tung Chung SP	18+	100	8	3/9		
<b>Front Crawl TC for Adult (Level I)</b>										
40604435 (IS0587)	4/10-25/10	M,W,F	8:00-9:00	Tung Chung SP	18+	100	8	3/9		
<b>Front Crawl TC for Adult (Level II)</b>										
40604436 (IS0588)	4/10-25/10	M,W,F	9:00-10:00	Tung Chung SP	18+	100	10	3/9		
<b>Aerobic Dance Training Course</b>										
40604222 (IS1594)	5/10-16/11 (excl. 14/10)	Tu,Th	19:00-20:00	Tung Chung Man Tung RD. SC	14+	65	15	6/9		
40604227 (IS1595)	5/10-16/11 (excl. 14/10)	Tu,Th	20:00-21:00	Tung Chung Man Tung RD. SC	14+	65	15	6/9		
<b>Children Dance Training Course</b>										
40604207 (IS1157)	23/10-8/1 (excl. 25/12,1/1)	Sa	10:00-12:00	Praya ST. SC	4-11	60	10	24/9		
40604235 (IS1603)	30/10-15/1 (excl. 25/12,1/1)	Sa	14:00-16:00	Tung Chung Man Tung RD. SC	4-11	60	10	26/8-1/9 (9/9) {29/9}		
40604261 (IS0332)	2/10-4/12	Sa	14:00-16:00	Mui Wo SC	4-11	60	10	2/9		
40604364 (IS0344)	2/10-4/12	Sa	10:00-12:00	Peng Chau SC	4-11	60	10	17/9		
<b>Chinese Dance Fun Day</b>										
40604208 (IS1158)	24/10	Su	15:00-17:00	Cheung Chau SC	12+	Free	15	24/9		
<b>Fitness (Multi-gym) TC</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>										
40604381 (IS0348)	18/10-25/11	M,Th	21:00-22:00	Peng Chau SC	15+	75	15	@21/9		
40604386 (IS0350)	27/10-15/12 (excl. 8/11,22/11,13/12)	M,W	11:00-12:00	Mui Wo SC	15+	75	15	@28/9		
<b>Social Dance Fun Day</b>										
40604204 (IS1154)	9/10	Sa	19:45-21:45	Cheung Chau SC	14+	Free	16	10/9		
<b>Social Dance Training Course</b>										
40604198 (IS0048)	3/10-12/12 (excl. 21/11)	Su	16:00-18:00	Discovery Bay Community Hall	14+	86	16	10/9		
40604213 (IS1163)	28/10-27/11	Th,Sa	19:45-21:45	Cheung Chau SC	14+	86	16	28/9		
40604236 (IS1604)	30/10-15/1 (excl. 25/12,1/1)	Sa	9:00-11:00	Tung Chung Man Tung RD. SC	14+	86	16	26/8-1/9 (9/9) {29/9}		
40604385 (IS0349)	23/10-8/1 (excl. 25/12,1/1)	Sa	19:00-21:00	Mui Wo SC	14+	86	16	24/9		
<b>Meeting Points- Tai Chi</b>										
40604417 (IS0866)	2/10-11/12	Sa	20:00-21:30	Tai O RD. PG No.2	6+	Free	20	2/10-11/12		Walk-in
<b>Mt Pts - Tai Chi</b>										
40604423 (IS0984)	4/10-13/12	M	9:00-10:30	Tung Chung North Park AR	6+	Free	20	4/10-13/12		Walk-in
<b>Western Folk Dance Training Course</b>										
40604197 (IS0047)	3/10-12/12 (excl. 21/11)	Su	14:00-16:00	Discovery Bay Community Hall	8+	45	15	10/9		
<b>Yoga Training Course</b>										
40604229 (IS1597)	10/10-12/12	Su	14:00-16:00	Tung Chung Man Tung RD. SC	15+	85	15	26/8-1/9 (9/9) {29/9}		
<b>Briefing on Proper Ways to Use Fitness Equipment</b>										
40604205 (IS1155)	10/10	Su	9:00-12:00	Cheung Chau SC	15+	Free	12	26/8-1/9 (9/9) {29/9}		
40604231 (IS1599)	16/10	Sa	19:00-22:00	Tung Chung Man Tung RD. SC	15+	Free	12	26/8-1/9 (9/9) {29/9}		
40604320 (IS0339)	10/10	Su	14:00-17:00	Peng Chau SC	15+	Free	12	26/8-1/9 (9/9) {29/9}		
40604377 (IS0347)	17/10	Su	14:00-17:00	Mui Wo SC	15+	Free	12	26/8-1/9 (9/9) {29/9}		
<b>Fitness Walking Briefing Session</b>										
40604218 (IS1277)	16/10	Sa	16:00-18:00	Pak Tai Temple Playground	6+	Free	20	16/10		Walk-in
<b>Badminton Training Course</b>										
40604388 (IS0351)	31/10-13/2 (excl. 28/11,5/12,19/12,26/12,9/1,6/2)	Su	9:00-11:00	Peng Chau SC	7+	118	12	30/9		

40604392 (IS0352)	31/10-13/2 (excl. 28/11,5/12,19/12,26/12,9/1,6/2)	Su	11:00-13:00	Peng Chau SC	7+	118	12	30/9	 
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#### Indoor Cycling Fun Day (Artistic Cycling)


40604219 (IS1278)	23/10	Sa	14:00-17:00	Hong Kong Velodrome	5+	Free	18	23/10	Walk-in
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
#### Table-tennis Training Course

40604352 (IS0342)	16/10-22/1 (excl. 20/11,27/11,18/12,25/12,1/1)	Sa	16:15-18:15	Mui Wo SC	6+	86	12	17/9	 
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40604357 (IS0343)	16/10-22/1 (excl. 20/11,27/11,18/12,25/12,1/1)	Sa	13:00-15:00	Peng Chau SC	6+	86	12	17/9	 
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#### Tennis Training Course

40604413 (IS0782)	17/10-19/12	Su	9:00-11:00	Cheung Chau Park TC	8+	170	9	26/8-1/9 (9/9) {29/9}	
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40604414 (IS0783)	17/10-19/12	Su	11:00-13:00	Cheung Chau Park TC	8+	170	9	26/8-1/9 (9/9) {29/9}	
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#### Soccer Fun Day

40604424 (IS0985)	10/10	Su	16:00-18:00	Tung Chung RD. Soccer Pitch	6+	Free	15	10/10	Walk-in
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#### IsD Mini-soccer Comp (Junior Division)

40604244 (IS1607)	9/10-16/10	Sa	9:00-18:00	Tung Chung Man Tung RD. Park	6-12	60	8	23/8	
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#### IsD Mini-soccer Comp (Youth Division)

40604246 (IS1608)	9/10-16/10	Sa	9:00-18:00	Tung Chung Man Tung RD. Park	13-15	60	8	23/8	
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#### Horticultural Seminar


40602105 (IS0979)	21/10	Th	10:30-12:30	Tung Chung North Park AR	6+	30	12	20/9	 
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#### Activities for Elderly Programme Number (Class code)


(For aged 60 or above, free of charge)

Programme Number (Class code)	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)

40604437 (IS0589)	4/10-25/10	M,W,F	7:00-8:00	Tung Chung SP	8	26/8-1/9 (9/9) {29/9}	
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#### Swimming TC for Elderly (Level II)

40604438 (IS0590)	4/10-25/10	M,W,F	10:00-11:00	Tung Chung SP	10	26/8-1/9 (9/9) {29/9}	
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#### Fitness Exercise TC for Elderly

40604374 (IS0346)	16/10-2/12	Th,Sa	8:00-9:00	Peng Chau SC	15	17/9	 
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
#### Fitness (Multi-gym) TC for Elderly


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40604210 (IS1160)	26/10-9/12 (excl. 23/11,30/11)	Tu,Th	8:00-9:00	Cheung Chau SC	10	@26/8-1/9 (9/9) {29/9}	
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
40604211 (IS1161)	26/10-9/12 (excl. 23/11,30/11)	Tu,Th	9:00-10:00	Cheung Chau SC	10	@26/8-1/9 (9/9) {29/9}	
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#### Mt Pts for Elderly - Tai Chi



40604266 (IS0333)	2/10-30/10	Sa	9:30-10:30	Mui Wo SC	45	2/10-30/10	Walk-in
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
40604281 (IS0336)	7/10-28/10 (excl. 14/10)	Th	9:30-10:30	Mui Wo SC	45	7/10-28/10	Walk-in
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#### Indoor Short Mat Bowling TC for Elderly

40604234 (IS1602)	26/10-14/12	Tu	13:30-15:30	Tung Chung Man Tung RD. SC	6	26/8-1/9 (9/9) {29/9}	
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#### HES - Table-tennis Play-in



40604237 (IS1605)	6/10-27/10	W	10:00-11:00	Tung Chung Man Tung RD. SC	12	6/9	 
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40604239 (IS1606)	6/10-27/10	W	11:00-12:00	Tung Chung Man Tung RD. SC	12	6/9	 
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#### HES - Table-tennis for Elderly

40604275 (IS0335)	5/10-26/10	Tu	9:00-11:00	Peng Chau SC	12	5/10-26/10	Walk-in
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#### Table-tennis Fun Day for Elderly

40604217 (IS1167)	29/10	F	9:00-11:00	Praya ST. SC	12	29/9	 
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#### Indoor Gateball Training Course for Elderly

40604233 (IS1601)	26/10-14/12	Tu	10:00-12:00	Tung Chung Man Tung RD. SC	7	26/8-1/9 (9/9) {29/9}	
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