

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 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
Backstroke Training Course									
40607479 (IS0601)	3/11-24/11	M,W,F	19:00-20:00	Tung Chung SP Main Pool	5+	100	10	24/9-29/9 (7/10) {28/10}	☒
Breaststroke TC for Adult (Level III)									
40607472 (IS0597)	3/11-24/11	M,W,F	9:00-10:00	Tung Chung SP Main Pool	18+	100	10	5/10	☒ i
40607480 (IS0602)	11/11-14/12	Tu,Th	20:00-21:00	Tung Chung SP Main Pool	18+	100	10	13/10	☒ i
Butterfly Training Course for Adult									
40607481 (IS0603)	11/11-14/12	Tu,Th	19:00-20:00	Tung Chung SP Main Pool	18+	100	10	24/9-29/9 (7/10) {28/10}	☒
Front Crawl TC for Adult (Level III)									
40607474 (IS0598)	3/11-24/11	M,W,F	8:00-9:00	Tung Chung SP Main Pool	18+	100	10	5/10	☒ i
40607475 (IS0599)	3/11-24/11	M,W,F	20:00-21:00	Tung Chung SP Main Pool	18+	100	10	5/10	☒ i
Aerobic Dance Training Course									
40607345 (IS1617)	9/11-16/12	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	14+	65	15	24/9-29/9 (7/10) {28/10}	☒
40607419 (IS0362)	28/11-27/2 (excl. 26/12,6/2)	Su	9:00-10:00	Mui Wo SC	14+	65	15	25/10	☒ i
40607347 (IS1618)	9/11-16/12	Tu,Th	10:00-11:00	Tung Chung Man Tung RD. SC	14+	65	15	24/9-29/9 (7/10) {28/10}	☒
Meeting Points-Baduanjin									
40607320 (IS1175)	11/11-30/12	Th	19:50-21:20	Praya ST. SC	8+	Free	25	11/11-30/12	Walk-in
Fitness (Multi-gym) TC									
<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>									
40607361 (IS1632)	22/11-3/1 (excl. 27/12)	M,W	20:00-21:00	Tung Chung Man Tung RD. SC	15+	75	15	@25/10	☒ i
40607362 (IS1633)	22/11-3/1 (excl. 27/12)	M,W	21:00-22:00	Tung Chung Man Tung RD. SC	15+	75	15	@25/10	☒ 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>									
40607317 (IS1172)	10/11-6/12	M,W,F	19:00-20:00	Cheung Chau SC	15+	75	10	@24/9-29/9 (7/10) {28/10}	☒
40607318 (IS1173)	10/11-6/12	M,W,F	20:00-21:00	Cheung Chau SC	15+	75	10	@24/9-29/9 (7/10) {28/10}	☒
40607348 (IS1619)	9/11-16/12	Tu,Th	14:00-15:00	Tung Chung Man Tung RD. SC	15+	75	15	@11/10	☒ i
40607349 (IS1620)	9/11-16/12	Tu,Th	15:00-16:00	Tung Chung Man Tung RD. SC	15+	75	15	@11/10	☒ i
Jazz Training Course									
40607421 (IS0364)	28/11-13/2 (excl. 26/12,6/2)	Su	10:00-12:00	Mui Wo SC	12+	70	15	25/10	☒ i
Social Dance TC									
40607315 (IS1170)	3/11-3/12	W,F	15:30-17:30	Praya ST. SC	14+	86	10	5/10	☒ i
Social Dance Training Course									
40607311 (IS0052)	9/11-11/1	Tu	14:00-16:00	Discovery Bay Community Hall	14+	86	16	11/10	☒ i
Tai Chi Made Easy Class									
40607444 (IS0787)	3/11-29/11	M,W,F	19:45-20:45	Peng Chau Waterfront PG	6+	54	15	4/10	☒ i
40607445 (IS0788)	3/11-29/11	M,W,F	20:45-21:45	Peng Chau Waterfront PG	6+	54	15	4/10	☒ i
40615100 (IS0070)	2/11-18/1	Tu	12:00-13:00	Discovery Bay Community Hall	6+	54	15	5/10	☒ i
40615101 (IS0071)	2/11-18/1	Tu	13:00-14:00	Discovery Bay Community Hall	6+	54	15	5/10	☒ i
40615102 (IS0160)	4/11-20/1	Th	12:00-13:00	Discovery Bay Community Hall	6+	54	15	7/10	☒ i
40615103 (IS0161)	4/11-20/1	Th	13:00-14:00	Discovery Bay Community Hall	6+	54	15	7/10	☒ i
Briefing on Proper Ways to Use Fitness Equipment									
40594093 (IS0232)	6/11	Sa	14:00-17:00	Peng Chau SC	15+	Free	12	8/10	☒ i
40594112 (IS1070)	20/11	Sa	14:00-17:00	Cheung Chau SC	15+	Free	12	22/10	☒ i
40607323 (IS1178)	13/11	Sa	14:00-17:00	Cheung Chau SC	15+	Free	12	24/9-29/9 (7/10) {28/10}	☒
40607342 (IS1615)	6/11	Sa	10:00-13:00	Tung Chung Man Tung RD. SC	15+	Free	12	24/9-29/9 (7/10) {28/10}	☒

40607370 (IS0358)	20/11	Sa	14:00-17:00	Peng Chau SC	15+	Free	12	24/9-29/9 (7/10) {28/10}	✉	
40607406 (IS0360)	13/11	Sa	14:00-17:00	Mui Wo SC	15+	Free	12	24/9-29/9 (7/10) {28/10}	✉	
Briefing on Proper Ways to Use Fitness Equip(ENG)										
40607357 (IS1628)	19/11	F	10:00-13:00	Tung Chung Man Tung RD. SC	15+	Free	12	24/9-29/9 (7/10) {28/10}	✉	
Stress Management & Physical Relaxation TC										
40607420 (IS0363)	28/11-13/3 (excl. 26/12,6/2)	Su	12:00-13:00	Mui Wo SC	14+	80	15	25/10	📄 i	
Fitness Walking Briefing Session										
40607333 (IS1285)	6/11	Sa	11:00-13:00	Tung Chung North Park	6+	Free	20	6/11	Walk-in	
Body-Mind Stretch Training Course										
40607330 (IS1282)	1/11-10/12	M,F	20:00-21:00	Tung Chung Man Tung RD. SC	15+	85	12	4/10	📄 i	
40607331 (IS1283)	1/11-10/12	M,F	21:00-22:00	Tung Chung Man Tung RD. SC	15+	85	12	4/10	📄 i	
Badminton Training Course										
40607337 (IS1610)	1/11-2/12	M,Th	19:00-21:00	Tung Chung Man Tung RD. SC	7+	118	12	24/9-29/9 (7/10) {28/10}	✉	
40607408 (IS0361)	13/11-19/2 (excl. 20/11,18/12,25/12,1/1,5/2)	Sa	18:00-20:00	Peng Chau SC	7+	118	12	24/9-29/9 (7/10) {28/10}	✉	
Indoor Cycling Fun Day (Artistic Cycling)										
40607332 (IS1284)	6/11	Sa	14:00-17:00	Hong Kong Velodrome	5+	Free	18	6/11	♿	
Indoor Short Mat Lawn Bowl Fun Day										
40594122 (IS1495)	21/11	Su	15:00-17:00	Tung Chung Man Tung RD. SC	8+	Free	15	21/11	Walk-in	
Mini-tennis Fun Day										
40607438 (IS0786)	14/11	Su	14:00-17:00	Cheung Chau Park TC	6+	Free	27	14/11	Walk-in	
Tennis Training Course										
40607462 (IS0990)	13/11-29/1 (excl. 25/12,1/1)	Sa	9:00-11:00	TC, Fu Tung Estate	8+	170	6	24/9-29/9 (7/10) {28/10}	✉	
Go Training Course (Level I)										
40607344 (IS1616)	7/11-12/12	Su	10:00-12:00	Tung Chung Man Tung RD. SC	6+	40	10	8/10	📄 i	
Soccer Fun Day										
40594098 (IS1256)	14/11	Su	14:00-16:00	Yung Shue Wan PG, Lamma Island	6+	Free	15	14/11	Walk-in	
40594101 (IS1257)	14/11	Su	16:00-18:00	Yung Shue Wan PG, Lamma Island	6+	Free	15	14/11	Walk-in	
40594106 (IS0758)	20/11	Sa	14:00-16:00	Peng Chau Mini-soccer Pitch	6+	Free	15	20/11	Walk-in	
40594109 (IS0759)	20/11	Sa	16:00-18:00	Peng Chau Mini-soccer Pitch	6+	Free	15	20/11	Walk-in	
40607335 (IS1287)	21/11	Su	14:00-16:00	Tung Chung RD. Soccer Pitch	6+	Free	15	21/11	Walk-in	
40607336 (IS1288)	21/11	Su	16:00-18:00	Tung Chung RD. Soccer Pitch	6+	Free	15	21/11	Walk-in	
40607458 (IS0988)	7/11	Su	16:00-18:00	Tung Chung RD. Soccer Pitch	6+	Free	15	7/11	Walk-in	
IsD Mini Soccer Competition - Tai O										
40607449 (IS0870)	7/11	Su	9:00-18:00	Tai O Recreation Ground, Lantau	14+	60	8	13/9	♿	
IsD Mini Soccer Competition - Tung Chung										
40607463 (IS0991)	14/11	Su	10:00-18:00	Tung Chung North Park Soccer Pitch	14+	60	8	13/9	♿	
Sport Climbing Fun Day										
40594116 (IS1276)	6/11	Sa	14:00-15:00	Tai Kok Tsui SC	12+	Free	4	4/10	📄 i	
40594118 (IS1258)	7/11	Su	14:00-15:00	Tai Kok Tsui SC	12+	Free	4	5/10	📄 i	
40615105 (IS1294)	6/11	Sa	15:00-16:00	Tai Kok Tsui SC	12+	Free	4	4/10	📄 i	
40615108 (IS1295)	6/11	Sa	16:00-17:00	Tai Kok Tsui SC	12+	Free	4	4/10	📄 i	
40615109 (IS1296)	7/11	Su	15:00-16:00	Tai Kok Tsui SC	12+	Free	4	5/10	📄 i	
40615110 (IS1297)	7/11	Su	16:00-17:00	Tai Kok Tsui SC	12+	Free	4	5/10	📄 i	
Horticultural Seminar										
40607467 (IS1006)	25/11	Th	10:30-12:30	Tung Chung North Park (AR)	6+	30	12	27/10	📄 i	
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			
Swimming Fun Day For Elderly										
40594096 (IS1255)	11/11	Th	10:00-12:00	SYSPSP	10	11/11	Walk-in			
40594123 (IS1259)	25/11	Th	10:00-12:00	SYSPSP	10	25/11	Walk-in			
Swimming TC for Elderly (Level III)										
40607476 (IS0600)	3/11-24/11	M,W,F	7:00-8:00	Tung Chung SP Main Pool	10	24/9-29/9 (7/10){28/10}	✉			
Fitness Exercise TC for Elderly										

40607326 (IS1181)	23/11-11/1 (excl. 31/12)	Tu,F	8:00-9:00	Cheung Chau SC	15	24/9-29/9 (7/10){28/10}	✉
40607328 (IS1182)	23/11-11/1 (excl. 31/12)	Tu,F	9:00-10:00	Cheung Chau SC	15	24/9-29/9 (7/10){28/10}	✉
40607329 (IS1183)	23/11-11/1 (excl. 31/12)	Tu,F	10:00-11:00	Cheung Chau SC	15	24/9-29/9 (7/10){28/10}	✉
Fitness Exercise Training Course for Elderly							
40607354 (IS1625)	17/11-31/12	W,F	8:00-9:00	Tung Chung Man Tung RD. SC	15	24/9-29/9 (7/10){28/10}	✉
40607355 (IS1626)	17/11-31/12	W,F	9:00-10:00	Tung Chung Man Tung RD. SC	15	24/9-29/9 (7/10){28/10}	✉
40607356 (IS1627)	17/11-31/12	W,F	10:00-11:00	Tung Chung Man Tung RD. SC	15	24/9-29/9 (7/10){28/10}	✉
40607423 (IS0365)	29/11-26/1 (excl. 13/12,27/12,10/1,24/1)	M,W	8:30-9:30	Mui Wo SC	15	26/10	📄 i
40607424 (IS0366)	29/11-26/1 (excl. 13/12,27/12,10/1,24/1)	M,W	9:30-10:30	Mui Wo SC	15	26/10	📄 i
HES - Gymnastics For All							
40607338 (IS1611)	2/11-2/12	Tu,Th	8:00-9:00	Tung Chung Man Tung RD. SC	12	24/9-29/9 (7/10){28/10}	✉
40607339 (IS1612)	2/11-2/12	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	12	24/9-29/9 (7/10){28/10}	✉
Meeting Points for Elderly - Tai Chi							
40607404 (IS0359)	6/11-27/11	Sa	9:30-10:30	Mui Wo SC	45	6/11-27/11	Walk-in
Meeting Points for Elderly-Tai Chi							
40607367 (IS0355)	4/11-25/11	Th	9:30-10:30	Mui Wo SC	45	4/11	Walk-in
HES - Table-tennis Play-in							
40607340 (IS1613)	3/11-24/11	W	10:00-11:00	Tung Chung Man Tung RD. SC	12	5/10	📄 i
40607341 (IS1614)	3/11-24/11	W	11:00-12:00	Tung Chung Man Tung RD. SC	12	5/10	📄 i
40607366 (IS0354)	2/11-30/11	Tu	9:00-11:00	Peng Chau SC	12	2/11	Walk-in
Table-tennis TC for Elderly							
40607322 (IS1177)	12/11-14/1	F	9:00-11:00	Praya ST. SC	12	24/9-29/9 (7/10){28/10}	✉