

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

Islands District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) <small>{ Open Enrollment for Remaining Quota }</small>	Enrolment Method
Backstroke Training Course for Adult									
40609924 (IS0609)	1/12-22/12	M,W,F	19:00-20:00	Tung Chung SP	18+	100	10	22/10-28/10 (4/11){25/11}	✉
Breaststroke TC for Adult (Level III)									
40609925 (IS0610)	1/12-22/12	M,W,F	9:00-10:00	Tung Chung SP	18+	100	10	2/11	📧 i
Butterfly Training Course for Adult									
40609927 (IS0612)	1/12-22/12	M,W,F	8:00-9:00	Tung Chung SP	18+	100	10	22/10-28/10 (4/11){25/11}	✉
Front Crawl TC for Adult (Level III)									
40609926 (IS0611)	1/12-22/12	M,W,F	20:00-21:00	Tung Chung SP	18+	100	10	2/11	📧 i
Aerobic Dance Training Course									
40609477 (IS1652)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	14+	65	15	22/10-28/10 (4/11){25/11}	✉
40609478 (IS1653)	28/12-10/2 (excl. 1/2,3/2)	Tu,Th	10:00-11:00	Tung Chung Man Tung RD. SC	14+	65	15	22/10-28/10 (4/11){25/11}	✉
Fitness (Multi-gym) TC @ 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. 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. 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.									
40609492 (IS0382)	16/12-10/2 (excl. 20/12,27/12,31/1,3/2,7/2)	M,Th	21:00-22:00	Peng Chau SC	15+	75	10	@17/11	📧 i
Fitness (Multi-gym) Training Course @ 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. 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. 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.									
40609453 (IS1193)	20/12-21/1 (excl. 24/12,27/12,31/12)	M,W,F	19:00-20:00	Cheung Chau SC	15+	75	10	@22/10-28/10 (4/11){25/11}	✉
40609454 (IS1194)	20/12-21/1 (excl. 24/12,27/12,31/12)	M,W,F	20:00-21:00	Cheung Chau SC	15+	75	10	@22/10-28/10 (4/11){25/11}	✉
40609499 (IS0388)	29/12-2/3 (excl. 10,24,31/1,2,7,14,28/2)	M,W	11:00-12:00	Mui Wo SC	15+	75	20	@30/11	📧 i
Jazz Training Course									
40609466 (IS1641)	5/12-20/2 (excl. 26/12,6/2)	Su	10:00-12:00	Tung Chung Man Tung RD. SC	12+	70	15	6/11	📧 i
40609496 (IS0385)	21/12-1/3 (excl. 1/2)	Tu	15:20-17:20	Peng Chau SC	12+	70	15	22/11	📧 i
Social Dance Fun Day									
40609451 (IS1191)	5/12	Su	19:45-22:15	Praya ST. SC	14+	Free	26	6/11	📧 i
Social Dance TC									
40609457 (IS1197)	29/12-9/2 (excl. 31/12,2/2,4/2)	W,F	15:30-17:30	Praya ST. SC	14+	86	10	30/11	📧 i
Social Dance Training Course									
40613269 (IS0402)	21/12-1/3 (excl. 1/2)	Tu	19:45-21:45	Peng Chau SC	14+	86	16	22/11	📧 i
Meeting Points - Tai Chi									
40609915 (IS0793)	9/12-24/2 (excl. 3/2)	Th	8:15-9:15	Praya ST. SC Roof-top SOA	6+	Free	20	9/12-24/2	Walk-in
Tai Chi Made Easy Class									
40609650 (IS0790)	2/12-30/12 (excl. 25/12)	Tu,Th,Sa	7:15-8:15	Praya ST. SC Roof-top SOA	6+	54	15	3/11	📧 i
Briefing on Proper Ways to Use Fitness Equipment									
40609470 (IS1645)	19/12	Su	14:00-17:00	Tung Chung Man Tung RD. SC	15+	Free	12	22/10-28/10 (4/11){25/11}	✉
40594125 (IS1071)	4/12	Sa	14:00-17:00	Cheung Chau SC	15+	Free	12	5/11	📧 i
40609452 (IS1192)	12/12	Su	9:00-12:00	Cheung Chau SC	15+	Free	12	22/10-28/10 (4/11){25/11}	✉
40609465 (IS1640)	4/12	Sa	19:00-22:00	Tung Chung Man Tung RD. SC	15+	Free	12	22/10-28/10 (4/11){25/11}	✉
40609487 (IS0378)	5/12	Su	14:00-17:00	Peng Chau SC	15+	Free	12	22/10-28/10 (4/11){25/11}	✉
40609491 (IS0381)	12/12	Su	14:00-17:00	Mui Wo SC	15+	Free	12	22/10-28/10 (4/11){25/11}	✉

Body-Mind Stretch Training Course									
40609449 (IS1189)	5/12-20/3 (excl. 12/12,19/12,26/12,6/2)	Su	12:00-13:00	Cheung Chau SC	15+	85	12	22/10-28/10 (4/11){25/11}	✉
40609450 (IS1190)	5/12-20/3 (excl. 12/12,19/12,26/12,6/2)	Su	13:00-14:00	Cheung Chau SC	15+	85	12	22/10-28/10 (4/11){25/11}	✉
40609480 (IS0371)	8/12-2/3 (excl. 2/2)	W	19:10-20:10	Peng Chau SC	15+	85	12	2/11	📅 i
40609481 (IS0372)	8/12-2/3 (excl. 2/2)	W	20:10-21:10	Peng Chau SC	15+	85	12	8/12	📅 i

Badminton Training Course									
40609445 (IS1185)	4/12-26/3 (excl. 11/12,18/12,25/12,1/1,15/1,22/1,5/2)	Sa	14:30-16:30	Cheung Chau SC	7+	118	16	22/10-28/10 (4/11){25/11}	✉
40609446 (IS1186)	4/12-26/3 (excl. 11/12,18/12,25/12,1/1,15/1,22/1,5/2)	Sa	16:30-18:30	Cheung Chau SC	7+	118	16	22/10-28/10 (4/11){25/11}	✉
40609471 (IS1646)	20/12-24/1 (excl. 27/12)	M,Th	19:00-21:00	Tung Chung Man Tung RD. SC	7+	118	16	22/10-28/10 (4/11){25/11}	✉
40609479 (IS1654)	29/12-28/1	W,F	9:00-11:00	Tung Chung Man Tung RD. SC	7+	118	16	22/10-28/10 (4/11){25/11}	✉
40609497 (IS0386)	29/12-9/3 (excl. 2/2)	W	19:00-21:00	Peng Chau SC	7+	118	16	22/11	📅 i

Table-tennis Fun Day									
40609438 (IS0150)	4/12	Sa	10:00-12:00	Discovery Bay Community Hall	6+	Free	8	5/11	📅 i

Tennis Training Course									
40609913 (IS0791)	4/12-26/2 (excl. 25/12,1/1,5/2)	Sa	19:00-21:00	Cheung Chau Park TC	8+	170	12	22/10-28/10 (4/11){25/11}	✉
40609916 (IS0794)	9/12-17/2 (excl. 3/2)	Th	20:00-22:00	Cheung Chau Park TC	8+	170	12	10/11	📅 i

5-a-side Soccer Training Course for Youth									
40609495 (IS0384)	6/12-7/3 (excl. 20/12,27/12,31/1,7/2)	M	19:45-21:45	Peng Chau SC	6-19	60	15	22/11	📅 i

Sport Climbing Fun Day									
40594142 (IS1260)	4/12	Sa	14:00-15:00	Lei Yue Mun SC	12+	Free	4	5/11	📅 i
40594143 (IS1261)	12/12	Su	14:00-15:00	Lei Yue Mun SC	12+	Free	4	12/11	📅 i
40617625 (IS1299)	4/12	Sa	15:00-16:00	Lei Yue Mun SC	12+	Free	4	5/11	📅 i
40617626 (IS1300)	4/12	Sa	16:00-17:00	Lei Yue Mun SC	12+	Free	4	5/11	📅 i
40617630 (IS1301)	12/12	Su	15:00-16:00	Lei Yue Mun SC	12+	Free	4	12/11	📅 i
40617631 (IS1302)	12/12	Su	16:00-17:00	Lei Yue Mun SC	12+	Free	4	12/11	📅 i

Sport for Everyone with Disabilities Carnival									
40609931 (IS0616)	11/12	Sa	14:00-17:00	Cheung Chau Pak Tai Temple PG	All	Free	200	11/12	Walk-in

Horticultural Seminar									
40609921 (IS0998)	12/12	Su	14:30-16:30	Tung Chung North Park AR	6+	30	12	13/11	📅 i

Community Garden Programme (Plots 1-19)									
40617685	5/12-10/4	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Community Garden, Tung Chung	12+	400	19	22/10-28/10 (4/11){25/11}	✉

Community Garden Programme (Plots 20-38)									
40617686	5/12-10/4	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Community Garden, Tung Chung	12+	400	19	22/10-28/10 (4/11){25/11}	✉

Programme Number (Class code)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
(For aged 60 or above, free of charge)							

Swimming TC for Elderly (Level III)									
40609930 (IS0615)	1/12-22/12	M,W,F	7:00-8:00	Tung Chung SP Main Pool	10	22/10-28/10 (4/11){25/11}	✉		

Healthy Elderly Scheme-Gymnastics For All									
40609472 (IS1647)	23/12-25/1	Tu,Th	8:00-9:00	Tung Chung Man Tung RD. SC	12	22/10-28/10 (4/11){25/11}	✉		
40609473 (IS1648)	23/12-25/1	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	12	22/10-28/10 (4/11){25/11}	✉		

Meeting Points for Elderly-Tai Chi									
40609482 (IS0373)	2/12-30/12	Th	9:30-10:30	Mui Wo SC	45	2/12-30/12	Walk-in		

Mt Pts for Elderly - Tai Chi									
40609486 (IS0377)	4/12-18/12	Sa	9:30-10:30	Mui Wo SC	45	4/12-18/12	Walk-in		


HES - Table-tennis Play-in									
40609463 (IS1638)	1/12-29/12	W	10:00-11:00	Tung Chung Man Tung RD. SC	16	2/11	📅 i		
40609464 (IS1639)	1/12-29/12	W	11:00-12:00	Tung Chung Man Tung RD. SC	16	2/11	📅 i		

HES - Table-tennis for Elderly									
40609488 (IS0379)	7/12-21/12	Tu	9:00-11:00	Peng Chau SC	16	7/12	Walk-in		

Meeting Points for Elderly - Gateball									
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40609456 (IS1196)	28/12-25/1	Tu	9:00-11:00	Cheung Chau SC	25	28/12-25/1	Walk-in
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Indoor Gateball Training Course for Elderly

40609475 (IS1650)	28/12-22/2 (excl. 1/2)	Tu	10:00-12:00	Tung Chung Man Tung RD. SC	7	22/10-28/10 (4/11){25/11}	
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