

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Jul 2022**

Islands District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Life Saving Training Course(Bronze Madallion)									
40629739 (IS0497)	4/7-15/8	M,W,F	10:00-12:00	Tung Chung SP Main Pool	13+	108	12	25/5-31/5 (8/6) {30/6}	☒
40629741 (IS0499)	4/7-15/8	M,W,F	15:00-17:00	Tung Chung SP Main Pool	13+	108	12	25/5-31/5 (8/6) {30/6}	☒
Front Crawl TC for Adult (Level III)									
40629735 (IS0493)	4/7-25/7	M,W,F	8:00-9:00	Tung Chung SP Main Pool	18+	100	8	25/5-31/5 (8/6) {30/6}	☒
40629736 (IS0494)	4/7-25/7	M,W,F	20:30-21:30	Tung Chung SP Main Pool	18+	100	8	25/5-31/5 (8/6) {30/6}	☒
Water Safety Course for Baby									
40629154 (IS0019)	4/7-27/7	M,W	11:00-12:15	Mui Wo SP	0-4	100	8	25/5-31/5 (8/6) {30/6}	☒
Backstroke Training Course (17-)									
40629890 (IS0506)	4/7-25/7	M,W,F	15:00-16:00	Tung Chung SP Main Pool	0-17	100	8	25/5-31/5 (8/6) {30/6}	☒
Breaststroke TC (Level III) (17-)									
40629891 (IS0507)	4/7-25/7	M,W,F	14:00-15:00	Tung Chung SP Main Pool	0-17	100	8	25/5-31/5 (8/6) {30/6}	☒
Breaststroke TC for Adult (Level III)									
40629733 (IS0491)	4/7-25/7	M,W,F	19:30-20:30	Tung Chung SP Main Pool	18+	100	8	25/5-31/5 (8/6) {30/6}	☒
Butterfly Training Course									
40629740 (IS0498)	4/7-25/7	M,W,F	9:00-10:00	Tung Chung SP Main Pool	9+	100	8	25/5-31/5 (8/6) {30/6}	☒
Front Crawl TC (Level III) (17-)									
40629893 (IS0509)	4/7-25/7	M,W,F	16:00-17:00	Tung Chung SP Main Pool	0-17	100	8	25/5-31/5 (8/6) {30/6}	☒
Aerobic Dance Training Course									
40629286 (IS1537)	26/7-1/9	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	14+	65	30	25/5-31/5 (8/6) {30/6}	☒ i
40629292 (IS1538)	26/7-1/9	Tu,Th	10:00-11:00	Tung Chung Man Tung RD. SC	14+	65	30	25/5-31/5 (8/6) {30/6}	☒ i
Children Dance Training Course									
40629196 (IS1114)	23/7-24/9	Sa	10:00-12:00	Praya ST. SC	4-11	60	10	23/6	☒ i
40629285 (IS1536)	23/7-8/10 (excl. 10/9,1/10)	Sa	14:00-16:00	Tung Chung Man Tung RD. SC	4-11	60	20	23/6	☒ i
40629714 (IS0286)	23/7-8/10 (excl. 10/9,1/10)	Sa	11:00-13:00	Peng Chau SC	4-11	60	20	23/6	☒ i
Chinese Dance Fun Day									
40629166 (IS0138)	14/7	Th	13:00-16:00	Discovery Bay Community Hall	12+	Free	30	14/7	Walk-in
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>									
40629210 (IS1513)	4/7-10/8	M,W	20:00-21:00	Tung Chung Man Tung RD. SC	15+	75	30	@4/6	☒ i
Social Dance Training Course									
40629159 (IS0024)	3/7-18/9 (excl. 31/7,11/9)	Su	16:00-18:00	Discovery Bay Community Hall	14+	86	30	1/6	☒ i
40629715 (IS0287)	30/7-15/10 (excl. 10/9,1/10)	Sa	19:00-21:00	Mui Wo SC	14+	86	22	30/6	☒ i
Meeting Points - Tai Chi									
40629723 (IS0860)	2/7-10/9	Sa	20:00-21:30	Tai O RD. PG No.2	6+	Free	40	2/7-10/9	Walk-in
Mt Pts - Tai Chi									
40629730 (IS0970)	25/7-10/10 (excl. 12/9)	M	9:00-10:30	Tung Chung North Park AR	6+	Free	20	25/7-10/10	Walk-in
Tai Chi Fun Day									
40634692 (IS0149)	12/7	Tu	14:00-15:00	Discovery Bay Community Hall	6+	Free	40	12/7	Walk-in
40634693 (IS0150)	12/7	Tu	15:00-16:00	Discovery Bay Community Hall	6+	Free	40	12/7	Walk-in
40634694 (IS0151)	12/7	Tu	16:00-17:00	Discovery Bay Community Hall	6+	Free	40	12/7	Walk-in
Western Folk Dance TC									
40629158 (IS0023)	3/7-18/9 (excl. 31/7,11/9)	Su	14:00-16:00	Discovery Bay Community Hall	8+	45	30	1/6	☒ i
Briefing on Proper Ways to Use Fitness Equipment									
40629168 (IS1099)	9/7	Sa	14:00-17:00	Cheung Chau SC	15+	Free	15	25/5-31/5 (8/6) {30/6}	☒
40629656 (IS0271)	9/7	Sa	14:00-17:00	Peng Chau SC	15+	Free	18	25/5-31/5 (8/6) {30/6}	☒

40629663 (IS0278)	16/7	Sa	14:00-17:00	Mui Wo SC	15+	Free	18	25/5-31/5 (8/6) {30/6}	
Badminton Training Course									
40629236 (IS1518)	6/7-5/8	W,F	9:00-11:00	Tung Chung Man Tung RD. SC	7+	118	16	7/6	
Tennis Training Course									
40629719 (IS0767)	12/7-13/9	Tu	20:00-22:00	Cheung Chau Park TC	8+	170	12	12/6	
Basketball Training Course									
40629239 (IS1521)	12/7-13/9	Tu	19:00-21:00	Tung Chung Man Tung RD. SC	10+	75	30	12/6	
Horticultural Seminar									
40629729 (IS0969)	21/7	Th	10:30-12:30	Tung Chung North Park AR	6+	30	18	21/6	
Breakdance Fun Day									
40627973 (IS1259)	9/7	Sa	11:30-13:00	Tung Chung Man Tung RD. SC	6-18	Free	20	6/6	
Community Garden Programme (Plot No: 1-19)*									
40627675 (IS0856)	10/7-13/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Community Garden, Tung Chung	12+	400	19	25/5-31/5 (8/6) {30/6}	
Community Garden Programme (Plot No: 20-38)*									
40627676 (IS0857)	10/7-13/11	M,Tu,W,Th,F,Sa,Su	8:00-18:00	Community Garden, Tung Chung	12+	400	19	25/5-31/5 (8/6) {30/6}	
Activities for Elderly Programme Number (Class code) <small>(For aged 60 or above, free of charge)</small>									
	Date	Day	Time	Venue	Quota			Date of Enrollment <small>(Balloting) (Open Enrollment for Remaining Quota)</small>	Enrolment Method
Swimming TC for Elderly (Level I)									
40629153 (IS0018)	4/7-27/7	M,W	9:45-11:00	Mui Wo SP	8			25/5-31/5 (8/6) {30/6}	
Swimming TC for Elderly (Level III)									
40629738 (IS0496)	4/7-25/7	M,W,F	7:00-8:00	Tung Chung SP Main Pool	8			25/5-31/5 (8/6) {30/6}	
Fitness Exercise Training Course for Elderly									
40629178 (IS1104)	12/7-26/8	Tu,F	8:00-9:00	Cheung Chau SC	30			25/5-31/5 (8/6) {30/6}	
40629180 (IS1105)	12/7-26/8	Tu,F	9:00-10:00	Cheung Chau SC	30			25/5-31/5 (8/6) {30/6}	
40629181 (IS1106)	12/7-26/8	Tu,F	10:00-11:00	Cheung Chau SC	30			25/5-31/5 (8/6) {30/6}	
Healthy Elderly Scheme - Gymnastics Play-in									
40629312 (IS1539)	26/7-25/8	Tu,Th	8:00-9:00	Tung Chung Man Tung RD. SC	30			25/6	
Mt Pts for Elderly - Tai Chi									
40629653 (IS0268)	7/7-28/7	Th	9:30-10:30	Mui Wo SC	90			7/7-28/7	Walk-in
Healthy Elderly Scheme - Table-tennis Play-in									
40629235 (IS1517)	6/7-27/7	W	11:00-12:00	Tung Chung Man Tung RD. SC	16			6/6	
40629652 (IS0267)	5/7-26/7	Tu	9:00-11:00	Peng Chau SC	16			5/7-26/7	Walk-in