

2018


 Organized by Leisure & Cultural Services Department
 Sponsored by Islands District Council

Jan

Leisure Activity

Lantau Island / Peng Chau / Discovery Bay

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Island District Distance Run	40482156	14/1 (Sun)	9:30-11:15am	Tung Chung North Park	Refer to prospectus
Dance Play-in	40458482	19/1 (Fri)	7:45-9:45pm		18/12
Briefing on Proper Ways to Use Fitness Equipment	40473209	27/1 (Sat)	2:00-5:00pm	Peng Chau Sports Centre	6/12
	40480787	13/1 (Sat)			
	40481656	6/1 (Sat)			
	40473206	13/1 (Sat)	10:00am-1:00pm	Cheung Chau Sports Centre	24/11-1/12 (8/12)
	40482200				
	40482210			22/1 (Mon)	
	40480793	20/1 (Sat)	3:00-6:00pm	Mui Wo Sports Centre	6/12
Table-tennis Fun Day	40481657	14/1 (Sun)	7:45-8:45pm	Praya Street Sports Centre	14/12
	40481658		8:45-9:45pm		
Horticultural Seminar	40481652	7/1 (Sun)	10:00am-12:00nn	Tung Chung North Park Activity Room	8/12
HEFAC - Hiking Scheme	40480775	28/1 (Sun)	9:00am-5:00pm	Pak Sha O-Sham Chung-Shui Long Wo	18/12
Community Garden Programme (Plot No:1-35)*	40484487	7/1-12/5 (Mon, Sun)	8:00am-6:00pm	Community Garden, Tung Chung	24/11-1/12 (8/12)
Community Garden Programme (Plot No:36-75)*	40484488				
Mt Pts - Tai Chi	40481602	4/1-25/1 (Thu)	9:30-10:30am	Mui Wo Sports Centre	Walk-in
	40481605	6/1-27/1 (Sat)			
	40481640	11/1-12/4 (Thu) (excl.15/2,22/2,5/4)	8:15-9:15am	Praya Street Sports Centre Roof-top SOA	
	40482265	20/1-14/4 (Sat) (excl.17/2,31/3)	8:00-9:30pm	Tai O Road Playground No.2	
	40482264	17/1-4/4 (Wed) (excl.21/2)		Volleyball Court, Yat Tung Estate, Tung Chung	
	40481650	8/1-26/3 (Mon) (excl.19/2)	9:00-10:30am	Man Tung Road Park, Basketball Court	
40481651	2/1-20/3 (Tue) (excl.20/2)	8:00-9:30pm	Tat Tung Road Garden		
Recreation & Sports Carnival	40482161	6/1 (Sat)	2:00-5:00pm	Yung Shue Wan Playground	
	40476922	14/1 (Sun)			
Sport for All Promotion Scheme – Elderly Fitness Fun Day	40473210	25/1 (Thu)	10:30am-12:30nn	Peng Chau Sports Centre	
	40473211	27/1 (Sat)			
HES - General Gymnastics Play-in	40481599	5/1-26/1 (Fri)	9:00-11:00am	Tung Chung Man Tung Road Sports Centre	24/11-1/12 (8/12)
	40482220	16/1-15/2 (Tue, Thu)	8:00-9:00am		
40482225	9:00-10:00am				
HES - Table-tennis Play-in	40482236	3/1-31/1 (Wed)	10:00-11:00am		4/12
	40482238		11:00am-12:00nn		
Day Camp for Elderly	40480764	5/1 (Fri)	9:00am-4:00pm	Sai Kung Outdoor Recreation Centre	24/11-1/12 (8/12)

Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Level III Swimming for Elderly	40481632	5/1-26/1 (Mon, Wed, Fri)	7:00-8:00am	Tung Chung Swimming Pool (Main Pool)	24/11-1/12(8/12)
Level III Breaststroke for Adult	40481629		7:00-8:00pm		
Level III Front Crawl for Adult	40481631		8:00-9:00pm		
Backstroke for Adult	40481621		8:00-9:00am		
Butterfly for Adult	40481623		9:00-10:00am		
Level III Breaststroke	40481635		8:00-9:00pm		
Aerobic Dance	40482240	23/1-13/3 (Tue, Thu) (excl.15/2, 20/2, 22/2)	7:00-8:00pm	Tung Chung Man Tung Road Sports Centre	18/12
	40482241		8:00-9:00pm		
	40482242	30/1-15/3 (Tue, Thu) (excl.20/2, 22/2)	9:00-10:00am		24/11-1/12 (8/12)
	40482243		10:00-11:00am		
Tennis	40481654	20/1-7/4 (Sat) (excl.17/2, 31/3)	9:00-11:00am	Tennis Court, Fu Tung Estate, Tung Chung	
Jazz	40480784	4/1-22/3 (Thu) (excl.15/2, 22/2)	2:00-4:00pm	Discovery Bay Community Hall	4/12
Western Folk Dance	40480756	14/1-15/4 (Sun) (excl.18/2,11/3,18/3,1/4)			
Social Dance	40480757	10/1-21/3 (Wed) (exc. 21/2)	4:00-6:00pm	Tung Chung Man Tung Road Sports Centre	24/11-1/12 (8/12)
	40482190		8:00-10:00pm		
	40482195		9:00-11:00am		
Fitness (Multi-gym)	40480850	27/1-14/4 (Sat) (excl.17/2, 31/3)	7:00-9:00pm	Mui Wo Sports Centre	5/12
	40481617	24/1-21/3 (Mon, Wed) (excl.12/2,19/2, 21/2, 26/2, 12/3)	10:30-11:30am	Peng Chau Sports Centre	22/12
	40481619	29/1-19/3 (Mon, Thu) (excl.15/2, 19/2, 22/2)	9:00-10:00pm		
	40482175	25/1-13/3 (Tue, Thu) (excl.20/2, 22/2)	2:00-3:00pm	Tung Chung Man Tung Road Sports Centre	13/12
40482182	3:00-4:00pm				
Wushu	40482244	13/1-17/3 (Sat) (excl.17/2)	4:00-6:00pm		
Tai Chi Sword	40480755	29/1-30/5 (Mon, Wed, Fri) (excl.16,19,21/2, 30/3, 2/4)	8:30-9:30am	Open Area outside Wing On Department Store, Discovery Bay	7/12
40480754	7:30-8:30am		20/12		
Tai Chi	40481637	3/1-2/5 (Wed, Fri) (excl.16/2, 21/2, 30/3)	7:45-9:15am	Yung Shue Wan Playground	
	40481649	16/1-19/5 (Tue, Thu, Sat) (excl.17,20,22/2,31/3,5/4,1/5)	7:30-8:30am	Badminton Court, Fu Tung Estate, Tung Chung	14/12
Yoga	40481611	17/1-28/3 (Wed) (excl.21/2)	7:10-9:10pm	Peng Chau Sports Centre	18/12
Badminton	40480820	7/1-18/3 (Sun) (excl.18/2)	4:00-6:00pm	Mui Wo Sports Centre	7/12
	40480839		2:00-4:00pm		
	40472342	24/1-4/4 (Wed) (excl.21/2)	7:00-9:00pm	Peng Chau Sports Centre	24/11-1/12 (8/12)
	40480842	13/1-24/3 (Sat) (excl.17/2)	6:00-8:00pm		
	40482245	29/1-12/3 (Mon, Thu) (excl.15/2, 19/2, 22/2)	7:00-9:00pm	Tung Chung Man Tung Road Sports Centre	
	40482246	26/1-7/3 (Wed, Fri) (excl.16/2, 21/2)	9:00-11:00am		
Table-tennis	40482199	26/1-13/4 (Fri) (excl.16/2, 30/3)	8:00-10:00pm		
	40482249	31/1-23/3 (Wed, Fri) (excl.16/2, 21/2)	8:00-9:00am		
40482250	9:00-10:00am				
40480857	24/1-4/4 (Mon, Wed) (excl.12,19,21,26/2,12,26/3,2/4)		8:30-9:30am	Mui Wo Sports Centre	22/12
40481597		9:30-10:30am			

 Enquiries : Islands District Leisure Services Office(2852 3220) Cheung Chau Sports Centre(2981 6285) Praya Street Sports Centre(2981 5499)
 Mui Wo Sports Centre(2984 2334) Peng Chau Sports Centre(2983 1271) Tung Chung Man Tung Road Sports Centre(2109 2421)