

2018
Leisure Activity



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

Lantau Island / Peng Chau / Discovery Bay

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Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Islands District Gateball Competition	40482603	3/3 (Sat)	10:00am-6:00pm	Cheung Chau Sports Centre	Refer to prospectus
Table-tennis Fun Day	40484935		10:00am-12:00nn	Discovery Bay Community Hall	2/2
Dance Play-in	40484975		8:30-10:30pm	Tung Chung Man Tung Road Sports Centre	
Aerobic Dance Play-in	40484962	20/3 (Tue)	7:45-9:45pm	Praya Street Sports Centre	22/2
	40487731	18/3 (Sun)	9:00-10:00am	Mui Wo Sports Centre	Walk-in
Jazz Fun Day	40487732		10:00am-12:00nn		
Stress Management & Physical Relaxation Fun Day	40487728		18/3 (Sun)		
Mt Pts - Tai Chi	40484941	1/3-29/3 (Thu)	9:30-10:30am		
	40484942	3/3-24/3 (Sat)			
Indoor Cycling Fun Day for Low Income	40482144	3/3 (Sun)	10:00am-1:00pm	Tung Chung Man Tung Road Sports Centre	
HES - Gymnastics For All	40484940	2/3-23/3 (Fri)	9:00-11:00am	Peng Chau Sports Centre	17/1-24/1 (31/1)
	40484981	15/3-24/4 (Tue, Thu) (excl. 3/4, 5/4)	8:00-9:00am	Tung Chung Man Tung Road Sports Centre	
	40484982		9:00-10:00am		
HES - Table-tennis Play-in	40484979	7/3-28/3 (Wed)	10:00-11:00am		Tung Chung Man Tung Road Sports Centre
	40484980		11:00am-12:00nn		
Briefing on Proper Ways to Use Fitness Equipment	40484939	17/3 (Sat)	2:00-5:00pm	Peng Chau Sports Centre	9/2
	40484938	10/3 (Sat)		Mui Wo Sports Centre	
	40484956			Cheung Chau Sports Centre	
	40484976	18/3 (Sun)	3:00-6:00pm	Tung Chung Man Tung Road Sports Centre	17/1-24/1 (31/1)
	40484977				
Day Camp for Elderly	40484936	2/3 (Fri)	9:00am-4:00pm	Sai Kung Outdoor Recreation Centre	

Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Butterfly for Adult	40484943	5/3-26/3 (Mon, Wed, Fri)	9:00-10:00am	Tung Chung Swimming Pool (Main Pool)	1/2
	40484944		8:00-9:00pm		
Level III Front Crawl for Adult	40484949		8:00-9:00am		
Level III Breaststroke for Adult	40484948		7:00-8:00pm		
Level III Swimming for Elderly	40484950		7:00-8:00am		
Jazz	40484973	18/3-27/5 (Sun) (excl. 1/4)	10:00am-12:00nn	Tung Chung Man Tung Road Sports Centre	17/1-24/1 (31/1)
Basketball	40484974	27/3-12/6 (Tue) (excl. 1/5, 22/5)	7:00-9:00pm	Tung Chung Man Tung Road Sports Centre	27/2
Tai Chi Sword	40484933	29/3-26/7 (Tue, Thu, Sat) (excl. 31/3, 5/4, 1/5, 22/5)	8:30-9:30am	Open area outside Wing On Department Store, Discovery Bay	2/2
Tai Chi	40484930		7:30-8:30am		
	40484486	14/3-4/7 (Wed, Fri) (excl. 30/3)	9:30-11:00am		
Badminton	40484952	19/3-16/7 (Mon, Wed, Fri) (excl. 30/3, 2/4, 18/6, 2/7)	7:15-8:15am	Badminton Court, Fu Tung Estate, Tung Chung	8/2
	40480825	4/3-20/5 (Sun) (excl. 1/4, 15/4)	9:00-11:00am	Peng Chau Sports Centre	2/2
40480838	11:00am-1:00pm				

Enquiries : Islands District Leisure Services Office(2852 3220) Cheung Chau Sports Centre(2981 6285) Praya Street Sports Centre(2981 5409)
Mui Wo Sports Centre(2984 2334) Peng Chau Sports Centre(2983 1271) Tung Chung Man Tung Road Sports Centre(2109 2421)