

2018


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

Leisure Activity

Lantau Island / Peng Chau / Discovery Bay

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Soccer Fun Day	40473223	24/2 (Sat)	2:00-4:00pm	Peng Chau Mini Soccer Pitch	
	40473228		4:00-6:00pm		
Mt Pts-Tai Chi	40484387	1/2-8/2 (Thu)	9:30-10:30am	Mui Wo Sports Centre	Walk-in
	40484388	3/2-24/2 (Sat) (excl. 17/2)			
	40486293	26/2-14/5 (Mon) (excl. 2/4)	6:30-8:00pm	Praya Street Sports Centre Roof-top SOA	
Mt Pts-Baduanjin	40484473	8/2-29/3 (Thu) (excl. 15/2, 22/2)	7:50-9:20pm	Praya Street Sports Centre	
Mt Pts for Elderly-Tai Chi	40484469	10/2-14/4 (Sat) (excl. 17/2, 31/3)	8:15-9:15am		
Mt Pts for Elderly-Gateball	40484470	27/2 -27/3 (Tue)	9:00-11:00am	Cheung Chau Sports Centre	
HES-Gymnastics For All	40484386	2/2- 23/2 (Fri) (excl. 16/2)		Peng Chau Sports Centre	
HES-Table-tennis Play-in	40484482	7/2-28/2 (Wed) (excl. 21/2)	10:00-11:00am	Tung Chung Man Tung Road Sports Centre	5/1
	40484483		11:00am -12:00nn		
Dance Play-in	40484475	25/2 (Sun)	7:45-10:15pm	Praya Street Sports Centre	25/1
Briefing on Proper Ways to Use Fitness Equipment	40484379	4/2 (Sun)	2:00-5:00pm	Peng Chau Sports Centre	4/1
	40484380	11/2 (Sun)	3:00-6:00pm	Mui Wo Sports Centre	
	40484464		9:00am-12:00nn	Cheung Chau Sports Centre	
	40484480		2:00-5:00pm	Tung Chung Man Tung Road Sports Centre	21-28/12 (4/1)
Briefing on Proper Ways to Use Fitness Equipment (English)	40484481	23/2 (Fri)	7:00-10:00pm		
Golf Driving Fun Day	40484377	11/2 (Sun)	3:00-5:00pm	Tuen Mun Recreation & Sport Centre	
Land Excursion for Elderly	40484375	7/2 (Wed)	9:00am-5:00pm	Hong Kong Museum of History, Chi Lin Nunnery	

Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Level III Swimming for Elderly	40484396	2/2-28/2 (Mon, Wed, Fri) (excl. 16/2, 19/2)	7:00-8:00am	Tung Chung Swimming Pool (Main Pool)	21-28/12 (4/1)
Level III Front Crawl for Adult	40484394		9:00-10:00am		2/1
	40484395		7:00-8:00pm		
Level III Breaststroke for Adult	40484393		8:00-9:00am		
Backstroke	40484392		8:00-9:00pm		
Fitness Exercise for Elderly	40484384	1/2- 29/3 (Thu, Sat) (excl. 15/2, 17/2, 22/2)	8:00-9:00am	Peng Chau Sports Centre	4/1
	40484385		9:00-10:00am		
Children Dance	40484382	3/2-21/4 (Sat) (excl. 17/2, 31/3)	10:00am-12:00nn		
Jazz	40484389	27/2-8/5 (Tue) (excl. 1/5)	3:20-5:20pm		29/1
Social Dance	40484383		7:45-9:45pm		25/1
Badminton	40480820	25/2-20/5 (Sun) (excl. 11/3, 18/3, 1/4)	2:00-4:00pm	Mui Wo Sports Centre	9/1
	40480839		4:00-6:00pm		
		40484376	3/2-12/5 (Sat) (excl. 17/2, 24/2; 10/3, 17/3, 31/3)	1:00-3:00pm	Discovery Bay Community Hall
Fitness (Multi-gym)	40484476	5/2-21/3 (Mon, Wed) (excl. 19/2, 21/2)	8:00-9:00pm	Tung Chung Man Tung Road Sports Centre	4/1
	40484477		9:00-10:00pm		
Level I GO	40484479	11/2-25/3 (Sun) (excl. 18/2)	10:00am-12:00nn		10/1
Table-tennis for Children	40484485	24/2-5/5 (Sat) (excl. 31/3)	11:00am-1:00pm		23/1
Table-tennis	40480809	3/2-5/5 (Sat) (excl. 17/2, 10/3, 17/3, 31/3)	1:00-3:00pm	Peng Chau Sports Centre	3/1
	40480806		4:15-6:15pm	Mui Wo Sports Centre	
Tai Chi	40484463	8/2-4/6 (Tue, Thu, Sat) (excl. 17/2, 20/2, 22/2; 31/3; 5/4; 1/5, 22/5)	8:00-9:00am	Volleyball Court, Yat Tung Estate, Tung Chung	8/1
	40480758	6/2-12/6 (Tue, Thu) (excl. 20/2, 22/2; 5/4, 1/5, 22/5)	10:30am-12:00nn	Open Area outside Wing On Department Store, Discovery Bay	5/1

 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)