

2016

Leisure Activity


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

Lantau Island / Peng Chau / Discovery Bay

Aug

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Islands District Squash Competition	40440873	25/9 (Sun)	10:00am-10:00pm	Praya Street Sports Centre	
Islands District Age Group Badminton Competition 2016	Please refer to prospectus	29/10; 5,6,13/11 (Sat, Sun)	9:00am-9:00pm	Peng Chau Sports Centre	Please refer to prospectus
Islands District Age Group Table-tennis Competition 2016	40429801	18,25/9,2/10 (Sun)	9:00am-8:00pm	Mui Wo Sports Centre	
Islands District Age Group Swimming Competition 2016	40425603	21/8 (Sun)	10:00am-6:00pm	Tung Chung Swimming Pool	13-23/6 (28/7)
Islands District Age Group Tennis Competition 2016	40428832	30,31/7; 6,7/8 (Sat, Sun)	9:00am-11:00pm	Cheung Chau Park Tennis Court	23/5-2/6 (4/7)
Briefing on Proper Ways to Use Fitness Equipment	40428753	14/8 (Sun)	4:00-7:00pm	Peng Chau Sports Centre	13/7
	40428779		9:00am-12:00nn	Cheung Chau Sports Centre	
	40428754	13/8 (Sat)	3:00-6:00pm	Mui Wo Sports Centre	
	40428807	12/8 (Fri)	10:00am-1:00pm		
Briefing on Proper Ways to Use Fitness Equipment (Eng)	40428809	21/8 9 (Sun)	6:00-9:00pm		24-30/6 (7/7)
HES - Gymnastics For All	40428812	2/8-1/9 (Tue, Thu)	8:00-9:00am	Tung Chung Man Tung Road Sports Centre	
	40428813		9:00-10:00am		
HES - Table-tennis Play-in	40428815	3/8-31/8 (Wed)	10:00-11:00am		7/7
	40428816		11:00am-12:00nn		
Horticultural Seminar	40428762	4/8 (Thu)	10:00am-12:00nn	Tung Chung North Park Activity Room	4/7
	40428763	25/8 (Thu)	3:00-5:00pm		
Dance Play-in	40427692	21/8 (Sun)	7:45-10:15pm	Praya Street Sports Centre	20/7
Table-tennis Fun Day	40428738	13/8 (Sat)	10:00am-12:00nn	Discovery Bay Community Hall	12/7
Tennis Fun Day	40428759	7/8 (Sun)	3:00-5:00pm	Cheung Chau Park Tennis Court	7/7
Sport for All Day - BMX Fun Day	40428828	20/8 (Sat)	9:30-12:30am	HKJC International BMX Park	19/7
5-a-side Soccer Fun Day	40428780	22/8 (Mon)	2:00-3:30pm	Cheung Chau Sports Centre	22/7
	40428781		3:30-5:00pm		
	40428819	5/8 (Fri)	2:00-3:30pm	Tung Chung Man Tung Road Sports Centre	
	40428820		3:30-5:00pm		
	40428757	29/8 (Mon)	4:15-5:45pm	Peng Chau Sports Centre	
Mt Pts - Tai Chi	40428755	4/8-25/8 (Thu)	9:30-10:30am	Mui Wo Sports Centre	Walk-in
	40428756	6/8-27/8 (Sat)			
Beach Volleyball Fun Day	40428735	20/8 (Sat)	2:00-6:00pm	Lower Cheung Sha Beach	

### Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Chinese Dance	40428737	4/8-6/10 (Thu)	10:00am-12:00nn	Discovery Bay Community Hall	5/7
	40428745	2/8-4/10 (Tue)	2:30-4:30pm	Mui Wo Sports Centre	
Tai Chi	40428758	3/8-26/10 (Wed, Fri) (excl. 16/9)	7:45-9:45am	Yung Shue Wan Plaza	4/7
	40428761	30/8-20/12 (Tue, Thu, Sat) (excl. 1/10)	8:00-9:00am	Volleyball Court, Yat Tung Estate, Tung Chung	
Social Dance	40428746	2/8-4/10 (Tue)	7:45-9:45pm	Peng Chau Sports Centre	5/7
Jazz	40428744		3:20-5:20pm		7/7
Aerobic Dance	40428783	16/8-22/9 (Tue, Thu)	9:00-10:00am	Tung Chung Man Tung Road Sports Centre	24-30/6 (7/7)
	40428785		10:00-11:00am		
	40428786	16/8-27/9 (Tue, Thu) (excl. 15/9)	7:00-8:00pm		
	40428788		8:00-9:00pm		
Western Folk Dance	40428793	14/8-16/10 (Sun)	4:00-6:00pm		
Level I Fencing	40428803	9/8-30/8 (Tue)	3:00-5:00pm		
Badminton	40428800	3/8-2/9 (Wed, Fri)	9:00-11:00am	Discovery Bay Community Hall	4/7
	40428801	8/8-8/9 (Mon, Thu)	7:00-9:00pm		
	40428216	6/8-5/11 (Sat) (excl. 3,10,24/9,1/10)	1:00-3:00pm		
Table-tennis for Children	40428704	20/8-29/10 (Sat) (excl. 1/10)	11:00am-1:00pm		
Wushu for Children	40428798	6/8-8/10 (Sat) (excl. 1/10)	4:00-6:00pm		
Fitness (Multi-gym)	40428794	16/8-22/9 (Tue, Thu)	2:00-3:00pm	Tung Chung Man Tung Road Sports Centre	6/7
	40428795		3:00-4:00pm		
	40428796	17/8-26/9 (Mon, Wed)	8:00-9:00pm	Peng Chau Sports Centre	
	40428797		9:00-10:00pm		
	40428714	11/8-19/9 (Mon, Thu)	8:00-9:00pm	Peng Chau Sports Centre	
	40428741		9:00-10:00pm		
	40428743	10/8-28/9 (Mon, Wed) (excl. 22/8,12/9,26/9)	10:30-11:30am	Mui Wo Sports Centre	
40428752	10/8-5/10 (Mon, Wed) (excl. 22/8,12/26/9)	8:30-9:30am			
40428751		9:30-10:30am			
Fitness Exercise for Elderly	40428750	25/8-13/10 (Thu, Sat) (excl. 1/10)	8:30-9:30am	Peng Chau Sports Centre	24-30/6 (7/7)
	40428749		9:30-10:30am		

 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)