

2016



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

Feb

Leisure Activity

Lantau Island / Peng Chau / Discovery Bay

Programme	Programe Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Dance Play-in	40414507	21/2 (Sun)	7:45-10:15pm	Praya Street Sports Centre	20/1
Briefing on Proper Ways to Use Fitness Equipment	40415227	14/2 (Sun)	4:00-7:00pm	Peng Chau Sports Centre	14/1
	40415228	21/2 (Sun)	3:00-6:00pm	Mui Wo Sports Centre	21/1
	40415285		9:00am-12:00nn	Cheung Chau Sports Centre	
	40415263		2:00-5:00pm	Tung Chung Man Tung Road Sports Centre	
Briefing on Proper Ways to Use Fitness Equipment (Eng)	40415264	19/2 (Fri)	7:00-10:00pm	Tuen Mun Recreation & Sports Centre	23-30/12 (6/1)
Golf Driving Fun Day	40415250	14/2 (Sun)	3:00-5:00pm		
Land Excursion for Elderly	40415246	17/2 (Wed)	9:00am-5:00pm		
Mt Pts - Tai Chi	40415234	4/2-25/2 (Thu) (excl. 11/2)	9:30-10:30am	Mui Wo Sports Centre	Walk-in
	40415235	20/2-27/2 (Sat)			
	40417800	2/2-31/3 (Tue, Thu, Sat) (excl. 6/2,9/2,11/2,13/2,15/3,26/3,29/3)	8:30-9:30am		
	40415282	20/2-19/3 (Sat)	8:15-9:15am		
Mt Pts - Baduanjin	40415280	18/2-31/3 (Thu)	7:50-9:20pm	Praya Street Sports Centre	
Mt Pts for Elderly - Gateball	40415284	16/2-15/3 (Tue)	9:00-11:00am	Cheung Chau Sports Centre	
	40415233	5/2-26/2 (Fri) (excl. 12/2)		Peng Chau Sports Centre	
HES - Gymnastics For All	40415259	23/2-24/3 (Tue, Thu)	8:00-9:00am	Tung Chung Man Tung Road Sports Centre	23-30/12 (6/1)
	40415261		9:00-10:00am		
	40415266		10:00-11:00am		
HES - Table-tennis Play-in	40415268	3/2-24/2 (Wed) (excl. 10/2)	11:00am-12:00nn		4/1
	40415245		14/2 (Sun)	10:30am-4:00pm	Lady MacLehose Holiday Village

Training Course

Programme	Programe Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Level III Front Crawl for Adult	40415241	3/2-29/2 (Mon, Wed, Fri) (excl. 8/2,10/2)	9:00-10:00am	Tung Chung Swimming Pool (Main Pool)	6/1
	40415242		7:00-8:00pm		
Level III Breaststroke for Adult	40415240		8:00-9:00am		
Backstroke	40415243		8:00-9:00pm		
Level III Swimming for Elderly	40415239		7:00-8:00am		
Table-tennis for Children	40415262	20/2-30/4 (Sat) (excl. 26/3)	11:00am-1:00pm	Tung Chung Man Tung Road Sports Centre	23-30/12 (6/1)
Fitness Exercise for Elderly	40415256	17/2-6/4 (Wed, Fri) (excl. 25/3)	8:00-9:00am		
	40415257		9:00-10:00am		
	40415232	3/2-13/4 (Mon, Wed) (excl. 8/2, 10/2, 22/2,14/3,28/3,4/4,11/4)	8:30-9:30am	Mui Wo Sports Centre	5/1
40415231	9:30-10:30am				
Chinese Dance	40415236	2/2-12/4 (Tue) (excl. 9/2)	2:30-4:30pm		2/1
Fitness (Multi-gym)	40415230	17/2-13/4 (Mon, Wed) (excl. 22/2,14/3,28/3, 4/4,11/4)	10:30-11:30am		15/1
	40415229	22/2-7/4 (Mon, Thu) (excl. 28/3, 4/4)	9:00-10:00pm	Peng Chau Sports Centre	
Tai Chi	40415251	15/2-13/6 (Mon, Wed, Fri) (excl. 25/3,28/3,4/4,2/5)	7:15-8:15am	Badminton Court, Fu Tung Estate, Tung Chung	14/1
	40415248	18/2-14/6 (Tue, Thu, Sat) (excl. 26/3, 14/5, 9/6)	7:45-8:45am	Open Area outside Wing On Department Store, Discovery Bay	13/1
Tai Chi Sword	40415249		8:45-9:45am		
Badminton	40414095	20/2-23/4 (Sat)	1:00-3:00pm	Discovery Bay Community Hall	18/1
	40415258	17/2-18/3 (Wed, Fri)	9:00-11:00am	Tung Chung Man Tung Road Sports Centre	23-30/12 (6/1)
	40413349	7/2-24/4 (Sun) (excl. 6/3, 27/3)		Peng Chau Sports Centre	
	40413350			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)