



Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)	
5th HKG - Volleyball Selection	-	25/1 (Sun)	10:00am-6:00pm	Mui Wo Sports Centre	Refer to prospectus	
Islands District Gateball Competition	40379536	10/1 (Sat)	10:00am - 8:00pm	Cheung Chau Sports Centre	1/12	
Dance Play-in	40379528	18/1 (Sun)	7:45-9:45pm	Praya Street Sports Centre	17/12	
Table-tennis Fun Day	40379547	17/1 (Sat)	10:00am-12:00nn	Discovery Bay Community Hall	9/12	
Horticultural Seminar	40379522	11/1 (Sun)		Tung Chung North Park Activity Room	10/12	
Briefing on Proper Ways to Use Fitness Equipment	40379506	10/1 (Sat)	2:20-5:20pm	Peng Chau Sports Centre	2/12	
	40379507	3/1 (Sat)	7:00-10:00pm	Mui Wo Sports Centre		
	40379535	10/1 (Sat)	2:00-5:00pm	Cheung Chau Sports Centre		
	40380319		10:00am-1:00pm	Tung Chung Man Tung Road Sports Centre		
Community Garden Programme*	40380321	11/1 (Sun)	2:00-5:00pm		26/11-2/12 (9/12)	
Day Camp for Elderly	40380305	18/1-23/5 (Mon-Sun) (excl.22/2,5/4)	8:00am-6:00pm	Tung Chung Community Garden		
	40380331	9/1 (Fri)	9:00am -4:00pm	Sai Kung Outdoor Recreation Centre		
Mt Pts - Tai Chi	40380293	8/1-29/1 (Thu)	9:30-10:30am	Mui Wo Sports Centre	Walk-in	
	40380294	17/1-31/1 (Sat)				
	40380300	8/1-26/3 (Thu) (excl.19/2)	7:00-8:30pm	Tung Chung Road Soccer Pitch		
	40380301	5/1-26/3 (Mon) (excl. 23/2)	9:00-10:30am	Man Tung Road Park, Basketball Court		
	40380302	6/1-24/3 (Tue) (excl. 24/2)	8:00-9:30pm	Tai Tung Road Garden		
	40380304	3/1-21/3 (Sat) (excl. 21/2)		Tai O Road Playground No.2		
	40380306	7/1-25/3 (Wed) (excl. 18/2, 25/2)		Volleyball Court, Yat Tung Estate, Tung Chung		
		40380311	8/1-26/3 (Thu) (excl. 19/2)	8:15-9:15am		Praya Street Sports Centre Roof-top SOA
		40380312	5/1-23/3 (Mon) (excl. 23/2)	6:45-8:15pm		
Indoor Cycling Fun Day	40380298	3/1 (Sat)	10:00am-1:00pm	Cheung Chau Sports Centre		
Recreation & Sports Carnival	40380336	10/1 (Sat)	2:00-5:00pm	Tat Tung Road Garden		
	40380348	11/1 (Sun)		Tai O Playground		
	40380349	24/1 (Sat)		Mui Wo Playground		
	40382469	3/1 (Sat)		Pui O Playground		
	40382476	4/1 (Sun)		Sok Kwu Wan Playground		
	Indoor Gateball Fun Day	40380292		17/1 (Sat)	3:00-5:00pm	Mui Wo Sports Centre
SFAD - Soccer Fun Day	40370216	11/1 (Sun)	2:00-4:00pm	Mui Wo Playground		
	40370215		4:00-6:00pm	Cheung Chau Sports Ground		
HES - Gymnastics For All	40380290	2/1-30/1 (Fri)	9:00-11:00am	Peng Chau Sports Centre		
HES - Table-tennis Play-in	40379525	7/1-28/1 (Wed)	10:00-11:00am	Tung Chung Man Tung Road Sports Centre	2/12	
	40379526		11:00am-12:00nn			
Day Camp for Persons with Disabilities (Mental Disorder)	40365848	17/1 (Sat)	10:30am-4:30pm	Lady MacLehose Holiday Village	12/12	
Land Excursion for Persons with Disabilities (Visual Impairment)	40379552	11/1 (Sun)	9:00am-5:00pm	Po Lin Monastery	11/12	
	40379553	4/1 (Sun)		The Peak		

Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Level III Swimming for Elderly	40380296	5/1-26/1 (Mon, Wed, Fri)	7:00-8:00am	Tung Chung Swimming Pool (Main Pool)	26/11-2/12 (9/12)
Level III Breaststroke for Adult	40379516		8:00-9:00am		
Backstroke for Adult	40379519		8:00-9:00pm		
Level III Front Crawl for Adult	40379517		9:00-10:00am		
Level III Breaststroke for Junior & Youth	40379518		7:00-8:00pm		
Butterfly	40379520	13/1-12/2 (Tue, Thu)	8:00-9:00pm		4/12
	40379521				
Aerobic Dance	40379504	4/1-29/3 (Sun) (excl. 22/2)	9:00-10:00am	Mui Wo Sports Centre	10/12
Children Dance	40379508	11/1-22/3 (Sun) (excl. 22/2)	9:30-11:30am	Peng Chau Sports Centre	11/12
Fitness (Multi-gym)	40379509	19/1-5/3 (Mon, Thu) (excl.19/2,23/2)	9:00-10:00pm		19/12
Jazz	40379510	6/1-24/3 (Tue) (excl. 17/2, 24/2)	3:20-5:20pm	Mui Wo Sports Centre	9/12
	40379511	4/1-15/3 (Sun) (excl. 22/2)	10:00am-12:00nn		
	40380323	18/1-29/3 (Sun) (excl. 22/2)			
Social Dance	40379513	6/1-24/3 (Tue) (excl. 17/2, 24/2)	7:45-9:45pm	Peng Chau Sports Centre	5/12
	40379514	31/1-18/4 (Sat) (excl. 21/2, 4/4)	7:00-9:00pm	Mui Wo Sports Centre	
	40379543	4/1-15/3 (Sun) (excl. 22/2)	4:00-6:00pm	Discovery Bay Community Hall	
	40380316	3/1-14/3 (Sat) (excl. 21/2)	9:00-11:00am	Tung Chung Man Tung Road Sports Centre	
	40380317	7/1-25/3 (Wed) (excl. 18/2, 25/2)	8:00-10:00pm		
Western Folk Dance	40380324	18/1-29/3 (Sun) (excl. 22/2)	4:00-6:00pm	Discovery Bay Community Hall	5/12
	40379544	4/1-15/3 (Sun) (excl. 22/2)	2:00-4:00pm		
Chinese Dance	40379512	6/1-17/3 (Tue) (excl. 24/2)	2:30-4:30pm	Mui Wo Sports Centre	13/12
	40379515	8/1-12/5 (Tue, Thu, Sat) (excl. 10/1,19,21,24/2,4,7/4)	8:30-9:30am		
Tai Chi	40379523	26/1-1/6 (Mon, Wed, Fri) (excl.20,23,25/2,3,6/4,1,25/5)	7:15-8:15pm	Badminton Court, Fu Tung Estate, Tung Chung	3/12
	40379524	16/1-20/5 (Mon, Wed, Fri) (excl. 20,23,25/2,3,6/4,1/5)	8:00-9:00am	Volleyball Court, Yat Tung Estate, Tung Chung	
	40379545	6/1-30/4 (Tue, Thu) (excl.19/2,7/4)	10:30am-12:00nn	Open Area outside Wing On Department Store, Discovery Bay	
	40379541	5/1-6/5 (Mon, Wed, Fri) (excl. 18/2, 20/2, 3/4, 6/4, 1/5)	7:30-8:30am		
Tai Chi Sword	40379542		8:30-9:30am	Discovery Bay Community Hall	4/12
	40379546	10/1-28/3 (Sat) (excl. 21/2)	1:00-3:00pm		
Badminton	40379505	6/1-17/3 (Tue) (excl. 24/2)	7:10-9:10pm	Peng Chau Sports Centre	9/12
	40380286	17/1-18/4 (Sat) (excl.24,31/1,21/2,4/4)	7:00-9:00pm		
Fitness Exercise for Elderly	40380288	3/1-26/2 (Thu, Sat) (excl. 19/2, 21/2)	9:30-10:30am		26/11-2/12 (9/12)
	40380287		8:30-9:30am		
	40380318		2/1-13/3 (Fri) (excl. 20/2)		
Tennis	40380303	3/1-28/3 (Sat) (excl. 21/2, 4/4)	9:00-11:00am	Tennis Court, Fu Tung Estate, Tung Chung	