



Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment Remaining Quota Enrolment
Islands District Distant Run	40414113	31/1 (Sun)	11:00am-1:00pm	Shek Pik Reservoir	Refer to prospectus
Islands District Gateball Competition	40414152	16/1 (Sat)	10:00am-8:00pm	Cheung Chau Sports Centre	10/12
Horticultural Seminar	40414100	10/1 (Sun)	10:00am-12:00nn	Tung Chung North Park Activity Room	16/12
Dance Play-in	40414141	17/1 (Sun)	7:45-9:45pm	Praya Street Sports Centre	1/12
Land Excursion for Persons with Disabilities (Visual Impairment)	40413365	3/1 (Sun)	9:00am-5:00pm	The Peak	26/11-2/12 (9/12)
Golf Fun Day for Persons with Ex-mental III	40413376	14/1 (Thu)	2:00-4:00pm	Tuen Mun Recreation & Sports Centre	
Briefing on Proper Ways to Use Fitness Equipment	40413354	9/1 (Sat)	2:20-5:20pm	Peng Chau Sports Centre	
	40413355	2/1 (Sat)	7:00-10:00pm	Mui Wo Sports Centre	
	40414145	9/1 (Sat)	2:00-5:00pm	Cheung Chau Sports Centre	
	40414129		10:00am-1:00pm	Tung Chung Man Tung Road Sports Centre	
Day Camp for Elderly	40414130	18/1 (Mon)	2:00-5:00pm		
HES - Table-tennis Play-in	40414093	8/1 (Fri)	9:00am-4:00pm	Sai Kung Outdoor Recreation Centre	9/12
	40414126	6/1-27/1 (Wed)	10:00-11:00am	Tung Chung Man Tung Road Sports Centre	26/11-2/12 (9/12)
	40414127		11:00am-12:00nn		
HES - Gymnastics For All	40414122	5/1-4/2 (Tue, Thu)	8:00-9:00am	Peng Chau Sports Centre	26/11-2/12 (9/12)
	40414123		9:00-10:00am		
	40413358	8/1-29/1 (Fri)	9:00-11:00am		
Mt Pts - Tai Chi	40413361	7/1-28/1 (Thu)	9:30-10:30am	Mui Wo Sports Centre	Walk-in
	40413362	2/1-30/1 (Sat)			
	40414099	7/1-31/3 (Thu) (excl. 28/1,4/2,11/2)	7:00-8:30pm	Chung Wai Street Children's Playground	
	40414101	18/1-21/3 (Mon) (excl. 8/2)	9:00-10:30am	Man Tung Road Park, Basketball Court	
	40414102	5/1-22/3 (Tue) (excl. 9/2)	8:00-9:30pm	Tat Tung Road Garden	
	40414105	9/1-19/3 (Sat) (excl. 13/2)		Tai O Road Playground No.2	
	40414106	13/1-30/3 (Wed) (excl. 10/2)		Volleyball Court, Yat Tung Estate, Tung Chung	
	40414111	14/1-31/3 (Thu) (excl. 11/2)	8:15-9:15am	Praya Street Sports Centre Roof-top SOA	
40414112	4/1-21/3 (Mon) (excl. 8/2)	6:30-8:00pm			
Indoor Cycling Fun Day	40413375	2/1 (Sat)	10:00am-1:00pm	Cheung Chau Sports Centre	Walk-in
Sports For All Carnival	40412549	31/1 (Sun)	2:00-5:00pm		
	40414135				
	40414136	3/1 (Sun)			
	40414137	10/1 (Sun)			
	40414138	16/1 (Sat)			
	40414139	24/1 (Sun)			
	40414153	9/1 (Sat)			
Soccer Fun Day	40414158	10/1 (Sun)	4:00-6:00pm	Tung Chung North Park, 7-a-side Hard-Surfaced Soccer Pitch	
	40414159	16/1 (Sat)	2:00-4:00pm	Cheung Chau Sports Ground	
Indoor Gateball Fun Day	40413359	2/1 (Sat)	3:00-5:00pm	Mui Wo Sports Centre	
Parent-child Table Tennis Fun Day	40414155	31/1 (Sun)	2:00-3:00pm	Praya Street Sports Centre	
	40414156		3:00-4:00pm		
	40414157		4:00-5:00pm		
Parent child Badminton Fun Day	40412489	9/1 (Sat)	5:00-6:00pm	Peng Chau Sports Centre	
	40412490		6:00-7:00pm		
	40412491				

Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment Remaining Quota Enrolment
Level III Front Crawl for Adult	40413371	6/1-27/1 (Mon, Wed, Fri)	7:00-8:00pm	Tung Chung Swimming Pool (Main Pool)	7/12
Level III Breaststroke for Adult	40413372		8:00-9:00pm		
Level III Breaststroke	40413366	5/1-4/2 (Tue, Thu)	7:00-8:00pm		
Butterfly	40413367		8:00-9:00pm		
Backstroke	40413370	6/1-27/1 (Mon, Wed, Fri)	9:00-10:00am		
Level III Swimming for Elderly	40413369		8:00-9:00am		
Tennis	40414103	9/1-19/3 (Sat) (excl. 13/2)	9:00-11:00am	Tennis Court, Fu Tung Estate, Tung Chung	26/11-2/12 (9/12)
Aerobic Dance	40414114	29/12-16/2 (Tue, Thu) (excl. 31/12, 9/2, 11/2)	7:00-8:00pm	Tung Chung Man Tung Road Sports Centre	
	40414115		8:00-9:00pm		
	40414116		9:00-10:00am		
	40414117		10:00-11:00am		
Jazz	40414131	31/1-17/4 (Sun) (excl. 14/2, 27/3)	10:00am-12:00nn	Discovery Bay Community Hall	7/12
	40402506	7/1-10/3 (Thu)	2:00-4:00pm		23/12
Children Dance	40413360	26/1-5/4 (Tue) (excl. 9/2)	3:20-5:20pm	Peng Chau Sports Centre	3/12
	40415304		10/1-3/4 (Sun) (excl. 31/1, 7/2, 27/3)		9:30-11:30am
Social Dance	40413363	26/1-5/4 (Tue) (excl. 9/2)	7:45-9:45pm	Tung Chung Man Tung Road Sports Centre	26/11-2/12 (9/12)
	40414124	9/1-19/3 (Sat) (excl. 13/2)	9:00-11:00am		
	40414125	20/1-30/3 (Wed) (excl. 10/2)	8:00-10:00pm		
Western Folk Dance	40414090	3/1-20/3 (Sun) (excl. 10/1, 7/2)	4:00-6:00pm	Discovery Bay Community Hall	2/12
	40414091		2:00-4:00pm		
Fitness (Multi-gym)	40414132	31/1-24/4 (Sun) (excl. 7/2, 14/2, 27/3)	4:00-6:00pm	Tung Chung Man Tung Road Sports Centre	26/11-2/12 (9/12)
	40416670	5/1-18/2 (Tue, Thu) (excl. 9/2, 11/2)	2:00-3:00pm		
	40414118		3:00-4:00pm		
	40414120	13/1-29/2 (Mon, Wed) (excl. 8/2, 10/2)	8:00-9:00pm		
Tai Chi Sword	40414121	15/1-18/5 (Mon, Wed, Fri)	9:00-10:00pm	Open Area outside Wing On Department Store, Discovery Bay	15/12
	40414089		8:30-9:30am		
Tai Chi	40414088	5/1-26/4 (Tue, Thu)	7:30-8:30am	Volleyball Court, Yat Tung Estate, Tung Chung	4/12
	40414092		10:30am-12:00nn		
	40414104		8:00-9:00am		
Badminton	40413351	27/1-1/6 (Mon, Wed, Fri) (excl. 8/2, 10/2, 12/2, 25/3, 28/3, 4/4, 2/5)	7:00-9:00pm	Peng Chau Sports Centre	8/12
	40413352	12/1-22/3 (excl. Tue) (9/2)	7:00-9:00pm		
	40413353		7:00-9:00pm		
	40414119	17/1-10/4 (Sun) (excl. 7/2, 14/2, 27/3)	4:00-6:00pm		
Table-tennis	40414128	28/1-7/3 (Mon, Thu) (excl. 8/2, 11/2)	7:00-9:00pm	Tung Chung Man Tung Road Sports Centre	26/11-2/12 (9/12)
	40415590	8/1-18/3 (Fri) (excl. 12/2)	8:00-10:00pm		
Squash	40413364	9/1-9/4 (Sat) (excl. 16/1, 6/2, 13/2, 26/3)	4:15-6:15pm	Mui Wo Sports Centre	8/12
	40413364	30/1-9/4 (Sat) (excl. 6/2, 13/2, 26/3)	7:00-9:00pm		30/12
Fitness Exercise for Elderly	40413356	7/1-3/3 (Thu, Sat) (excl. 21/1, 11/2, 13/2)	8:30-9:30am	Peng Chau Sports Centre	26/11-2/12 (9/12)
	40413357		9:30-10:30am		