



Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)	
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	30/7, 31/7, 6/8, 7/8 (Sat, Sun)	9:00am -11:00pm	Cheung Chau ParkTennis Court	23/5-2/6 (4/7)	
Briefing on Proper Ways to Use Fitness Equipment	40428706	22/7 (Fri)	7:00-10:00 pm	Tung Chung Man Tung Road Sports Centre	23-30/5 (6/6)	
	40428720		2:00- 5:00 pm			
	40428494	9/7 (Sat)	2:20- 5:20 pm	Peng Chau Sports Centre		
	40428663		2:00- 5:00 pm	Cheung Chau Sports Centre		
	40428495	16/7 (Sat)	7:00- 10:00 pm	Mui Wo Sports Centre		
Aerobic Dance Play-in	40427695	12/7 (Tue)	7:45- 9:45 pm	Praya Street Sports Centre	10/6	
Dance Play-in	40428503	22/7 (Fri)		Peng Chau Sports Centre		
HES - Table-tennis Play-in	40428708	6/7-27/7 (Wed)	10:00- 11:00 am	Tung Chung Man Tung Road Sports Centre	6/6	
	40428709	6/7-27/7 (Wed)	11:00 am-12:00nn			
Horticultural Seminar	40428635	15/7 (Fri)	3:00- 5:00 pm	Tung Chung North Park Activity Room		
	40428636	26/7 (Tue)				
Mt Pts - Baduanjin	40428661	7/7-25/8 (Thu)	7:50- 9:20 pm	Praya Street Sports Centre	Walk-in	
Mt Pts - Tai Chi	40428496	14/7-28/7 (Thu)	9:30- 10:30 am	Mui Wo Sports Centre		
	40428497	16/7-30/7 (Sat)				
	40428585	11/7-19/9 (Mon)	6:30- 8:00 pm	Praya Street Sports Centre Roof-top SOA		
	40428593	14/7-22/9 (Thu)	8:15- 9:15 am			
	40428609	9/7-17/9 (Sat)	8:00- 9:30 pm	Tai O Road Playground No.2		
	40428617	13/7-21/9 (Wed)		Volleyball Court, Yat Tung Estate, Tung Chung		
	40428629	12/7-20/9 (Tue)		Tat Tung Road Garden		
	40428630	11/7-19/9 (Mon)	9:00- 10:30 am	Man Tung Road Park Basketball Court		
	40428631	14/7-22/9 (Thu)	7:00- 8:30 pm	Chung Wai Street Children's Playground		
	Mt Pts for Elderly - Gateball	40428717	19/7-16/8 (Tue)	9:00- 11:00 am	Cheung Chau Sports Centre	
5-a-side Soccer Fun Day	40428509	13/7 (Wed)	4:15- 5:45 pm	Peng Chau Sports Centre		

Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Life Saving (BM)	40428206	8/7-12/8 (Mon, Wed, Fri)	10:00am-12:00nn	Tung Chung Swimming Pool (Main Pool)	20-26/5 (3/6)
Hydro Fitness	40425591	21/7-6/9 (Tue, Thu)	7:30- 8:30 pm	Tung Chung Swimming Pool (Training Pool)	
	40425592		8:30- 9:30 pm		
	40428209	8/7-24/8 (Wed, Fri)	4:00- 5:00 pm		
	40428210		5:00- 6:00 pm		
	40428747		8:30- 9:30 am		
Tai Chi	40428213	12/7-8/11 (Tue, Thu, Sat) (excl. 3/9, 10/9, 1/10, 11/10)	9:30- 11:00 am	Mui Wo Sports Centre	6/6
Tai Chi Sword	40427563	6/7-26/10 (Wed, Fri) (excl. 16/9)	7:45- 8: 45am	Open Area outside Shop 140C, Discovery Bay	20/5
	40427564	2/7-22/10 (Tue, Thu, Sat) (excl. 1/10)	8:45- 9:45 am		
Yoga	40428474	6/7-7/9 (Wed)	7:10- 9:10 pm	Peng Chau Sports Centre	3/6
	40425856	5/7-6/9 (Tue)	7:20- 9:20 pm	Mui Wo Sports Centre	
Tennis	40428627	16/7-17/9 (Sat)	9:00- 11:00 am	Tennis Court, Fu Tung Estate, Tung Chung	23-30/5 (6/6)
Badminton	40428216		1:00- 3:00 pm	Discovery Bay Community Hall	16/6
	40428476	19/7-20/9 (Tue)	7:00- 9:00 pm	Peng Chau Sports Centre	23-30/5 (6/6)
	40428479	9/7-24/9 (Sat) (excl. 3/9, 10/9)			
	40425860	10/7-30/10 (Sun)	9:00- 11:00 am		
	40425862	(excl. 7/8, 4/9, 11/9, 18/9, 25/9, 2/10, 23/10)	11:00 am -1:00 pm		
	40425863	3/7-23/10 (Sun)	2:00- 4:00 pm		
	40425869	(excl. 7/8, 4/9, 11/9, 18/9, 25/9, 2/10, 9/10)	4:00- 6:00 pm		
40428670		2:00- 4:00 pm	Tung Chung Man Tung Road Sports Centre		
Badminton for Youth	40428671	12/7-11/8 (Tue, Thu)	4:00- 6:00 pm		
Badminton for Junior & Children	40428480	20/7-19/8 (Wed, Fri)	1:45- 3:45 pm	Peng Chau Sports Centre	16/6
	40428481		11:00 am -1:00 pm	Mui Wo Sports Centre	
Table-tennis	40428485	16/7-15/10 (Sat)	1:00- 3:00 pm	Peng Chau Sports Centre	16/6
	40428486	(excl. 3/9, 10/9, 1/10, 8/10)	4:15- 6:15 pm	Mui Wo Sports Centre	
	40428782	8/7-9/9 (Fri)	8:00- 10:00 pm	Tung Chung Man Tung Road Sports Centre	
Table-tennis for Children	40428703	12/7-12/8 (Tue, Fri)	9:00- 11:00 am	Peng Chau Sports Centre	23-30/5 (6/6)
	40428491	19/7-18/8 (Tue, Thu)	9:30- 11:30 am		
	40428492		1:00- 3:00 pm		
Children Dance	40428217	24/7-2/10 (Sun) (excl. 7/8)	9:30- 11:30 am	Peng Chau Sports Centre	17/6
Jazz	40427566	17/7-25/9 (Sun) (excl. 7/8)	10:00 am - 12:00nn	Mui Wo Sports Centre	
Aerobic Dance	40428740	17/7-9/10 (Sun) (excl. 7/8)	9:00- 10:00 am	Discovery Bay Community Hall	10/6
Western Folk	40428214		2:00- 4:00 pm		
Social Dance	40428215	10/7-11/9 (Sun)	4:00- 6:00 pm	Mui Wo Sports Centre	7/6
	40428218	16/7-17/9 (Sat)	7:00- 9:00 pm		
	40428666	6/7-7/9 (Wed)	8:00- 10:00 pm		
	40428668	16/7-17/9 (Sat)	9:00- 11:00 am		
Wushu for Children	40428718	13/7-10/8 (Wed, Fri)	3:00- 5:00 pm	Tung Chung Man Tung Road Sports Centre	23-30/5 (6/6)
Wushu for Junior	40428719		5:00- 7:00 pm		
Mini-tennis	40428679	18/7-17/8 (Mon, Wed)	1:00- 3:00 pm	Peng Chau Sports Centre	13/6
	40428682	16/7-27/8 (Mon, Sat) (excl. 25/7, 8/8, 22/8)	3:00- 5:00 pm		
	40428482		9:30- 11:30 am		
Squash	40428483		1:00- 3:00 pm	Mui Wo Sports Centre	28/6
	40428484	30/7-17/9 (Sat)	7:00- 9:00 pm	Peng Chau Sports Centre	
Level I Go	40428712	13/7-17/8 (Wed)	4:00- 6:00 pm	Mui Wo Sports Centre	13/6
	40428713		1:00- 3:00 pm		
	40428677		10:00am -12:00nn		
Volleyball	40428675	24/7-4/9 (Sun) (excl. 7/8)		Tung Chung Man Tung Road Sports Centre	23-30/5 (6/6)
Fitness Exercise for Elderly	40428705	14/7-13/8 (Thu, Sat)	6:00- 8:00 pm		
General Gymnastics for Elderly	40427611	13/7-26/8 (Wed, Fri)	8:00- 9:00 am	Peng Chau Sports Centre	23-30/5 (6/6)
	40427612		9:00- 10:00 am		
5-a-side Soccer for Youth	40428475	8/7-9/9 (Fri)	9:00- 11:00 am		
Soccer	40428493	18/7-18/8 (Mon, Thu)	3:15- 5:15 pm		
Soccer	40428628	22/7-12/8 (Mon, Wed, Fri)	9:30- 11:30 am	Man Tung Road Park, 7-a-side Artificial Turf Soccer Pitch	22/6