

**2015**Organized by Leisure & Cultural Services Department  
Sponsored by Islands District Council**June**

Leisure Activity

**Lantau Island / Peng Chau / Discovery Bay**

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Islands District Basketball Competition for Male	40397330	14/6, 21/6 (Sun)	10:00am-7:00pm	Cheung Chau Sports Centre	Refer to prospectus
Islands District Basketball Competition for Female	40397331	28/6, 5/7 (Sun)			
Briefing on Proper Ways to Use Fitness Equipment	40391087	14/6 (Sun)	9:00am-12:00nn	Peng Chau Sports Centre	7/5
	40391057	7/6 (Sun)	4:00-7:00 pm		
	40391058	14/6 (Sun)	3:00-6:00 pm	Mui Wo Sports Centre	
	40391103	21/6 (Sun)		Tung Chung Man Tung Road Sports Centre	
	40391102	13/6 (Sat)			24-30/4 (7/5)
Dance Play-in	40391097	6/6 (Sat)	8:30-10:30 pm	Praya Street Sports Centre	14/5
	40391086	14/6 (Sun)	7:45-10:15 pm		
Mt Pts for Elderly - Tai Chi	40391090	13/6-25/7 (Sat) (excl. 20/6)	8:15-9:15 am	Praya Street Sports Centre	Walk-in
Mt Pts - Baduanjin	40391085	11/6-30/7 (Thu)	7:50-9:20 pm		
Mt Pts - Tai Chi	40391061	6/6-27/6 (Sat) (excl. 20/6)	9:30-10:30 am	Mui Wo Sports Centre	Walk-in
	40391062	4/6-25/6 (Thu)			
HES - Gymnastics For All	40391060	5/6-26/6 (Fri)	9:00-11:00 am	Peng Chau Sports Centre	24-30/4 (7/5)
	40391109	9/6-9/7 (Tue, Thu)	8:00-9:00 am	Tung Chung Man Tung Road Sports Centre	
	40391110		9:00-10:00 am		
HES - Table-tennis Play-in	40391111	3/6-24/6 (Wed)	10:00-11:00 am	Tung Chung Man Tung Road Sports Centre	8/5
	40391112		11:00am-12:00nn		
Community Garden Programme	40391082	21/6-24/10 (Mon-Sun)	8:00 am-6:00 pm	Tung Chung Community Garden	24-30/4 (7/5)

**Training Course**

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Level I Breaststroke for Adult	40391079	30/6-30/7 (Tue, Thu)	8:00-9:00 am	Tung Chung Swimming Pool (Training Pool)	14/5
	40391067	5/6-26/6 (Mon, Wed, Fri)	7:30-8:30 pm		5/5
	40391070				
Level I Front Crawl for Adult	40391080	30/6-30/7 (Tue, Thu)	9:00-10:00 am	Tung Chung Swimming Pool (Main Pool)	14/5
	40391068	5/6-26/6 (Mon, Wed, Fri)	8:30-9:30 pm		5/5
	40391071				
Level III Breaststroke for Adult	40391073	5/6-26/6 (Mon, Wed, Fri)	8:00-9:00 am	Tung Chung Swimming Pool (Main Pool)	5/5
Level III Front Crawl for Adult	40391074		9:00-10:00 am		
Level I Swimming for Elderly	40391066	30/6-30/7 (Tue, Thu)	7:00-8:00 am	Tung Chung Swimming Pool (Training Pool)	24-30/4 (7/5)
	40391078				
Level II Swimming for Elderly	40391069	5/6-26/6 (Mon, Wed, Fri)	10:00-11:00am	Tung Chung Swimming Pool (Main Pool)	24-30/4 (7/5)
Level III Swimming for Elderly	40391072		7:00-8:00 am		
Tai Chi Sword	40391056	23/6-13/10 (Tue, Thu, Sat) (excl. 1/10)	8:45-9:45 am	Open Area outside Wing On Department Store, Discovery Bay	20/5
Tai Chi	40391055	24/6-14/10 (Wed, Fri) (excl. 1/7)	7:45-8:45 am		Fu Tung Estate, Tung Chung
	40391054		9:30-11:00 am		
		40391081	8/6-30/9 (Mon, Wed, Fri) (excl. 1/7, 28/9)	7:15-8:15 am	
Fitness (Multi-gym)	40391098	23/6-30/7 (Tue, Thu)	2:00-3:00 pm	Tung Chung Man Tung Road Sports Centre	20/5
	40391099		3:00-4:00 pm		
	40391100	24/6-5/8 (Mon, Wed) (excl. 1/7)	8:00-9:00 pm		
	40391101		9:00-10:00 pm		
Children Dance	40391095	6/6-15/8 (Sat) (excl. 20/6)	2:00-4:00 pm	Tung Chung Man Tung Road Sports Centre	24-30/4 (7/5)
	40391096		4:00-6:00 pm		
Aerobic Dance	40391091	16/6-23/7 (Tue, Thu)	9:00-10:00 am	Tung Chung Man Tung Road Sports Centre	24-30/4 (7/5)
	40391092		10:00-11:00 am		
	40391093		7:00-8:00 pm		
	40391094		8:00-9:00 pm		
Indoor Gateball for Elderly	40391113	9/6-28/7 (Tue)	10:00am-12:00nn	Tung Chung Man Tung Road Sports Centre	24-30/4 (7/5)
Basketball	40391108	9/6-11/8 (Tue)			
Parent-Child (Aged 7-17) Badminton	40391107	6/6-18/7 (Sat) (excl. 20/6)	7:00-9:00 pm	Peng Chau Sports Centre	24-30/4 (7/5)
Badminton	40391105	8/6-9/7 (Mon, Thu)	9:00-11:00 am		
	40391106	10/6-15/7 (Wed, Fri) (excl. 1/7)			
	40390431	7/6-23/8 (Sun) (excl. 12/7, 2/8)	11:00am-1:00pm		
	40390432				
Yoga	40391104	14/6-23/8 (Sun) (excl. 2/8)	3:00-5:00 pm	Tung Chung Man Tung Road Sports Centre	4/5
	40390451	3/6-12/8 (Wed) (excl. 1/7)	7:10-9:10 pm	Peng Chau Sports Centre	
	40390452	2/6-4/8 (Tue)	7:20-9:20 pm	Mui Wo Sports Centre	
Table-tennis	40391063	7/6-16/8 (Sun) (excl. 2/8)	7:00-9:00 pm	Mui Wo Sports Centre	7/5

Enquiries : Islands District Leisure Services Office(2852 3220) Cheung Chau Sports Centre(2981 6285) Praya Street Sports Centre(2981 5409)  
Mui Wo Sports Centre(2934 2334) Peng Chau Sports Centre(2983 1271) Tung Chung Man Tung Road Sports Centre(2109 2421)