

2016


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

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# Lantau Island / Peng Chau / Discovery Bay

Leisure Activity

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Aerobic Dance Play-in	40414505	15/3 (Tue)	7:45-9:45pm	Praya Street Sports Centre	15/2
Table-tennis Fun Day	40419816	26/3 (Sat)	10:00am-12:00nn	Discovery Bay Community Hall	22/2
Briefing on Proper Ways to Use Fitness Equipment	40415297	12/3 (Sat)	7:00-10:00pm	Mui Wo Sports Centre	4/2
	40415296	5/3 (Sat)	2:20-5:20pm	Peng Chau Sports Centre	
	40415348	12/3 (Sat)	2:00-5:00pm	Cheung Chau Sports Centre	12/2
	40415320	13/3 (Sun)	10:00am-1:00pm	Tung Chung Man Tung Road Sports Centre	21/1-29/1 (4/2)
	40415321	5/3 (Sat)	3:00-6:00pm		
Dance Play-in	40415319	12/3 (Sat)	8:30-10:30pm	Tung Chung Man Tung Road Sports Centre	
HES - Table-tennis Play-in	40415326	2/3-30/3 (Wed)	10:00-11:00am		
	40415327		11:00am-12:00nn		
HES - Gymnastics For All	40415298	4/3-18/3 (Fri)	9:00-11:00am	Peng Chau Sports Centre	Walk-in
Mt Pts - Tai Chi	40415302	5/3-19/3 (Sat)	9:30-10:30am	Mui Wo Sports Centre	
	40415303	3/3-31/3 (Thu)			
Day Camp for Elderly	40415315	4/3 (Fri)	9:00am-4:00pm	Sai Kung Outdoor Recreation Centre	21/1-29/1 (4/2)

## Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Level III Breaststroke for Adult	40415309	4/3-30/3 (Mon, Wed, Fri) (excl. 25/3, 28/3)	7:00-8:00pm	Tung Chung Swimming Pool (Main Pool)	4/2
Level III Front Crawl for Adult	40415308		8:00-9:00am		
Butterfly for Adult	40415311		9:00-10:00am		
Level III Swimming for Elderly	40415307		7:00-8:00am		
Basketball	40415325	8/3-10/5 (Tue)	7:00-9:00pm	Tung Chung Man Tung Road Sports Centre	21/1-29/1 (4/2)
Yoga	40415329	6/3-22/5 (Sun) (excl. 27/3, 1/5)	3:00-5:00pm		
Aerobic Dance	40420379	1/3-7/4 (Tue, Thu)	7:00-8:00pm		
	40420380		8:00-9:00pm		
	40420381		9:00-10:00am		
	40420382		10:00-11:00am		
Level I Go	40415323	6/3-17/4 (Sun) (excl. 27/3)	10:00am-12:00nn		
Tai Chi	40415314	4/3-24/6 (Wed, Fri)	9:30-11:00am	Open Area outside Wing On Department Store, Discovery Bay	4/2

Enquiries : Islands District Leisure Services Office(2852 3220) Cheung Chau Sports Centre(2931 6285) Praya Street Sports Centre(2981 5409)  
 Mui Wo Sports Centre(2934 2334) Peng Chau Sports Centre(2933 1271) Tung Chung Man Tung Road Sports Centre(2109 2421)