

# 2015



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

# Now

Leisure Activity

## Lantau Island / Peng Chau / Discovery Bay

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Islands District Age Group Badminton Competition	40407151	8,15,22/11 (Sun)	9:00am-9:00pm	Cheung Chau Sports Centre	23-29/9 (7/10)
Islands District Age Volleyball Competition 2015 (Men's Division)	Please refer to prospectus	6/12 (Sun)	10:00am-8:00pm	Tung Chung Man Tung Road Sports Centre	Please refer to prospectus
Islands District Age Volleyball Competition 2015 (Women's Division)		13/12 (Sun)			
Islands District Mini Soccer Competition-South Lantau & Mui Wo	40407143	1/11 (Sun)	10:00am-6:00pm	Mui Wo Sports Ground	
Islands District Mini Soccer Competition-Peng Chau	40407152			Peng Chau Mini-soccer Pitch	
Islands District Mini Soccer Competition-Tai O	40409587			Tai O Recreation Ground	
Islands District Mini Soccer Competition-Tung Chung	40407180			Tung Chung North Park Soccer Pitch	
Horticultural Seminar	40407135	15/11 (Sun)	10:00am-12:00nn	Tung Chung North Park Activity Room	15/10
HEFAC-Hiking Scheme	40407131		9:00am-4:00pm	Lion Rock - Eagle's Nest Nature Trail	16/10
Dance Play-in	40407173	17/11 (Tue)	7:45-9:45pm	Praya Street Sports Centre	
BMX Fun Day	40407187	7/11 (Sat)	9:30am-12:30nn	The Hong Kong Jockey Club International BMX Park	7/10
	40407189		2:20-5:20pm	Peng Chau Sports Centre	
Briefing on Proper Ways to Use Fitness Equipment	40407174	14/11 (Sat)	2:00-5:00pm	Cheung Chau Sports Centre	
	40407190			Mui Wo Sports Centre	
	40407164		7:00-10:00pm	Tung Chung Man Tung Road Sports Centre	
	40407165			Briefing on Proper Ways to Use Fitness Equipment (English)	27/11 (Fri)
HES-Gymnastics For All	40407121	6/11-27/11 (Fri)	9:00-11:00am	Peng Chau Sports Centre	Walk-in
	40407159	10/11-10/12 (Tue, Thu)	8:00-9:00am	Tung Chung Man Tung Road Sports Centre	23-29/9 (7/10)
	40407160		9:00-10:00am		
HES-Table-tennis Play-in	40407162	4/11-25/11 (Wed)	10:00-11:00am		2/10
	40407163		11:00am-12:00nn		
Excursion for Persons with Physical Disability	40407127	14/11 (Sat)	9:00am-5:00pm	Shatin	16/10
Day Camp for Persons with Diabetes Mellitus / hypertension	40407142	6/11 (Fri)	10:30am-4:00pm	Lei Yue Mun Park and Holiday Village	2/10
Residential Camp for Persons with Intellectual Disability and Ex-mentally ill	40407129	21-22/11 (Sat, Sun)	2:30-2:30pm		22/10
Day Camp for Elderly	40407130	6/11 (Fri)	9:00am-4:00pm		
Land Excursion for Elderly	40407132	18/11 (Wed)	9:00am-5:00pm	Wun Chuen Sin Kwoon, Hong Kong Railway Museum, Che Kung Temple	23-29/9 (7/10)
Community Garden Programme	40407137	22/11-26/3 (Mon-Sun)	8:00am-6:00pm	Tung Chun Community Garden	
Fitness Walking Briefing Session	40370193	8/11 (Sun)	11:00am-1:00pm	Tung Chung North Park	
Indoor Gateball Fun Day	40407181	21/11 (Sat)	4:00-6:00pm	Tung Chung Man Tung Road Sports Centre	
Ultimate Fun Day for Family	40407171		2:00-3:30pm	Sok Kwu Wan Playground	
	40407172		3:30-5:00pm		
Mt Pts-Tai Chi	40407122	5/11-26/11 (Thu)	9:30-10:30am	Mui Wo Sports Centre	Walk-in
	40407123	7/11-14/11 (Sat)			
Soccer Fun Day	40407186	21/11 (Sat)	2:00-4:00pm	Mui Wo Playground	
	40407134	7/11 (Sat)	4:00-6:00pm	Tung Chung North Park, 7-a-side Hard-Surfaced Soccer Pitch	
	40407185	8/11 (Sun)		Cheung Chau Sports Ground	
Mini-tennis Fun Day	40407182	7/11 (Sat)	2:00-3:00pm	Cheung Chau Park Tennis Court	
	40407183		3:00-4:00pm		

### Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Backstroke	40407150	12/11-15/12 (Tue, Thu)	8:00-9:00pm	Tung Chung Swimming Pool (Main Pool)	6/10
Level III Breaststroke	40407149		7:00-8:00pm		
Level III Breaststroke for Adult	40407145	6/11-27/11 (Mon, Wed, Fri)	9:00-10:00am		
	40407147		7:00-8:00pm		
Level III Front Crawl for Adult	40407146		8:00-9:00am		
	40407148		8:00-9:00pm		
Level III Swimming for Elderly	40407144		7:00-8:00am		
Western Folk Dance	40407166		8/11-10/1 (Sun)	4:00-6:00pm	Tung Chung Man Tung Road Sports Centre
Jazz	40407153	10:00am-12:00nn			
Yoga	40407167	29/11-31/1 (Sun)	3:00-5:00pm		
Badminton	40407156	26/11-4/1 (Mon, Thu) (Excl. 24, 31/12)	7:00-9:00pm		
Table-tennis for Children	40407161	3/11-12/1 (Tue) (Excl. 22/12)	5:00-7:00pm		
Fitness (Multi-gym)	40407154	4/11-14/12 (Mon, Wed)	8:00-9:00pm		
	40407155		9:00-10:00pm		
	40407170	5/11-15/12 (Tue, Thu)	2:00-3:00pm		
	40407192		3:00-4:00pm		
Tai Chi	40407141	25/11-30/3 (Mon, Wed, Fri) (Excl. 25/12, 1/1, 8, 10, 12/2, 25, 28/3)	7:45-8:45am	Yung Shue Wan Plaza	9/10
Squash	40407125	7/11-2/1 (Sat) (Excl. 26/12)	7:00-9:00pm	Peng Chau Sports Centre	6/10
Social Dance	40410778	10/11-12/1 (Tue)	2:00-4:00pm	Discovery Bay Community Hall	
Fitness Exercise for Elderly	40407119	11/11-13/1 (Mon, Wed) (Excl. 23, 30/11, 14, 28/12, 11/1)	8:30-9:30am	Mui Wo Sports Centre	8/10
	40407120		9:30-10:30am		
	40407157	27/11-20/1 (Wed, Fri) (Excl. 25/12, 1/1)	8:00-9:00am	Tung Chung Man Tung Road Sports Centre	23-29/9 (7/10)
	40407158		9:00-10:00am		

Enquiries : Islands District Leisure Services Office(2852 3220) Cheung Chau Sports Centre(2981 6235) Praya Street Sports Centre(2981 5409)  
Mui Wo Sports Centre(2984 2334) Peng Chau Sports Centre(2983 1271) Tung Chung Man Tung Road Sports Centre(2109 2421)