

2015



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

Leisure Activity

Lantau Island / Peng Chau / Discovery Bay

Oct

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)
Islands District Age Groups Athletic Meet 2015	40405243	18/10 (Sun)	8:30am-6:00pm	Tsing Yi Sports Ground	
Islands District Age Volleyball Competition 2015(Men's Division)	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)	prospectus	13/12 (Sun)			
Islands District Mini-soccer Competition-Cheung Chau	40405189	11/10 (Sun)		Cheung Chau Pak Tai Temple Playground	
Islands District Mini-soccer Competition-Lamma South	40405215	18/10 (Sun)	10:00am-6:00pm	Sok Kwu Wan Playground	
Islands District Mini-soccer Competition-Lamma North	40405188	25/10 (Sun)		Yung Shue Wan Playground	
Islands District Mini-Soccer Competition for Junior (8 Teams)	40405232	17/10 (Sat)	9:00am-6:00pm	Man Tung Road Park, 7-a-side Artificial Turf Soccer Pitch	27/8-2/9 (9/9)
Islands District Mini-Soccer Competition for Youth (8 Teams)	40405233	24/10 (Sat)			
Land Excursion for Elderly	40405214	14/10 (Wed)	9:00am-5:00pm	Hong Kong Museum of Coastal Defence, The Repulse Bay, Hong Kong Park	25/8-2/9 (10/9)
Briefing on Proper Ways to Use Fitness Equipment	40405252	11/10 (Sun)	10:00am-1:00pm	Tung Chung Man Tung Road Sports Centre	7/9
	40405253	24/10 (Sat)	1:00-4:00pm		
	40409039	4/10 (Sun)	4:00-7:00pm	Peng Chau Sports Centre	
	40405270	11/10 (Sun)	9:00am-12:00nn	Cheung Chau Sports Centre	
	40409040	25/10 (Sun)	3:00-6:00pm	Mui Wo Sports Centre	
HES - Table-tennis Play-in	40405257 40405258	7/10-28/10 (Wed) (Excl.21/10)	10:00-11:00am 11:00am-12:00nn	Tung Chung Man Tung Road Sports Centre	
Dance Play-in	40409041 40405269	23/10 (Fri) 18/10 (Sun)	7:45-9:45pm 7:45-10:15pm	Peng Chau Sports Centre Praya Street Sports Centre	22/9
Mini-Tennis Fun Day	40405236		2:00-5:00pm	Cheung Chau Park Tennis Court	
HES - Gymnastics for All	40405171	2/10-30/10 (Fri)	9:00-11:00am		
Parent-Child (Aged 7 - 17) Badminton Fun Day	40405176	10/10 (Sat)	4:00-5:00pm	Peng Chau Sports Centre	
	40405177		5:00-6:00pm		
	40405178		6:00-7:00pm		
	40405265		8/10-26/11 (Thu)		
Mt Pts - Tai Chi	40405272	10/10-14/11 (Sat)	8:15-9:15am	Praya Street Sports Centre	Walk-in
	40405173	8/10-29/10 (Thu)	9:30-10:30am	Mui Wo Sports Centre	
	40405174	3/10-31/10 (Sat)			
	40405226	19/10-21/12 (Mon)			
	40405227	6/10-15/12 (Tue)	8:00-9:30pm	Tat Tung Road Garden	
	40405228	8/10-17/12 (Thu)	7:00-8:30pm	Chung Wai Street Children's Playground	
	40405234	10/10-19/12 (Sat)	8:00-9:30pm	Tai O Road Playground No.2	
	40405235	14/10-30/12 (Wed) (Excl.21/10)		Volleyball Court, Yat Tung Estate, Tung Chung	
	40405237	12/10-21/12 (Mon)	6:30-8:00pm	Praya Street Sports Centre Roof-top	
	40405238	15/10-24/12 (Thu)	8:15-9:15am		
	Mt Pts for Elderly - Gateball	40405273	27/10-24/11 (Tue)	9:00-11:00am	
SFAPS - Fitness Measurement Day	40405278	11/10 (Sun)	2:00-5:00pm		
SFAPS - Soccer Fun Day	40405230	3/10 (Sat)	4:00-6:00pm	Tung Chung North Park 7-a-side Hard-Surfaced Soccer Pitch	
	40407874	17/10 (Sat)	2:00-4:00pm	Yung Shue Wan Playground	
SFAPS - Fitness Walking Briefing Session	40407873	18/10 (Sun)	4:00-6:00pm	Cheung Chau Sports Ground	
Fitness Walking Briefing Session	40405279	17/10 (Sat)			
Excursion for Persons with Disabilities(Stroke and Brain Injury)	40405219	4/10 (Sun)	9:00am-5:00pm	Lantau Island	4/9

Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)	
SFAPS - Body-Mind Stretch	40405260	2/10-9/11 (Mon, Fri)	7:00-8:00pm	Tung Chung Man Tung Road Sports Centre	1/9	
	40405261		8:00-9:00pm			
Badminton	40401482	13/10-15/12 (Tue)	7:00-9:00pm	Peng Chau Sports Centre	12/9	
	40405213	10/10-16/1 (Sat) (Excl.24/10,7/11,21/11,28/11,26/12)	1:00-3:00pm	Discovery Bay Community Hall	14/9	
	40400629	4/10-27/12 (Sun) (Excl. 22, 29/11, 20/12)	2:00-4:00pm	Mui Wo Sports Centre		
	40400630		4:00-6:00pm			
	40405245		7/10-11/11 (Wed, Fri) (Excl. 21/10)			9:00-11:00am
Aerobic Dance	40405246	20/10-4/12 (Tue, Thu)	9:00-10:00am	Tung Chung Man Tung Road Sports Centre	25/8-2/9 (10/9)	
	40405247		10:00-11:00am			
	40405248		7:00-8:00pm			
	40405249		8:00-9:00pm			
Table-tennis	40405256	2/10-4/12 (Fri)	8:00-10:00pm			
Fitness Exercise for Elderly	40405169	15/10-5/12 (Thu, Sat) (Excl. 21, 28/11)	8:30-9:30am			
	40405170		9:30-10:30am			
Children Dance	40409047	4/10-20/12 (Sun) (Excl. 22, 29/11)	9:30-11:30am	Peng Chau Sports Centre	3/9	
Jazz	40407729	20/10-29/12 (Tue) (Excl. 22/12)	3:20-5:20pm		24/9	
Parent-Child Badminton	40405179	17/10-12/12 (Sat) (Excl. 14, 21, 28/11)	5:00-7:00pm		17/9	
	40409046	26/10-3/12 (Mon, Thu)	9:00-10:00pm			
Fitness (Multi-gym)	40405254	29/10-8/12 (Tue, Thu) (Excl. 24/12)	2:00-3:00pm	Tung Chung Man Tung Road Sports Centre	23/9	
	40405255		3:00-4:00pm			
Western Folk Dance	40405211	4/10-20/12 (Sun) (Excl. 22, 29/11)	2:00-4:00pm	Discovery Bay Community Hall	4/9	
	40405210		4:00-6:00pm			
Social Dance	40407728	20/10-29/12 (Tue) (Excl. 22/12)	7:45-9:45pm	Peng Chau Sports Centre	9/9	
	40405251	14/10-23/12 (Wed) (Excl. 21/10)	8:00-10:00pm	Tung Chung Man Tung Road Sports Centre	25/8-2/9 (10/9)	
	40405250	17/10-19/12 (Sat)	9:00-11:00am			
	Tennis	40405229	10/10-12/12 (Sat)		Tennis Court, Fu Tung Estate, Tung Chung	
Tai Chi Sword	40405217	20/10-11/2 (Tue, Thu, Sat) (Excl. 26/12, 9/2)	8:45-9:45am	Open Area Outside Wing On Department Store, Discovery Bay	18/9	
40405216	7:45-8:45am					
40405212	28/10-24/2 (Wed, Fri) (Excl. 25/12, 1/1, 10/2)		9:30-11:00am			
Tai Chi	40405225	9/10-3/2 (Mon, Wed, Fri) (Excl. 21/10, 25/12, 1/1)	7:15-8:15am	Badminton Court, Fu Tung Estate, Tung Chung	8/9	
	40402482	3/10-30/1 (Tue, Thu, Sat) (Excl. 21, 24, 28/11, 26/12)	8:30-9:30am	Mui Wo Sports Centre	4/9	
Chinese Dance	40405175	20/10-29/12 (Tue) (Excl. 22/12)	2:30-4:30pm		10/9	
Long Distance Running	40405231	11/10-13/12 (Sun)	8:00-10:00am	Tung Chung North Park		
Level I Breaststroke for Adult	40405183	5/10-28/10 (Mon, Wed, Fri) (Excl. 21/10)	9:00-10:00am	Tung Chung Swimming Pool Training Pool	4/9	
	40405186		8:00-9:00am			
Level I Front Crawl for Adult	40405182		9:00-10:00am			
	40405185		9:00-10:00am			
Level I Swimming for Elderly	40405181		7:00-8:00am			
Level II Swimming for Elderly	40405184		10:00-11:00am			

Enquiries : Islands District Leisure Services Office(2352 3220) Cheung Chau Sports Centre(2931 6235) Praya Street Sports Centre(2931 5409) Mui Wo Sports Centre(2984 2334) Peng Chau Sports Centre(2933 1271) Tung Chung Man Tung Road Sports Centre(2109 2421)