

2014

Leisure Activity



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

Lantau Island / Peng Chau / Discovery Bay

Sep

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)	
Islands District Age Group Table-tennis Competition 2014	40360516	7/9-21/9 (Sun)	9:00am-8:00pm	Mui Wo Sports Centre	Refer to prospectus	
Islands District Squash Competition	40360055	21/9 (Sun)	10:00am-8:00pm	Praya Street Sport Centre	12/8	
Dance Play-in	40360074	14/9 (Sun)	7:45-9:45pm			
Briefing on Proper Ways to Use Fitness Equipment	40360072	13/9 (Sat)	8:30-10:30pm	Tung Chung Man Tung Road Sports Centre	6/8	
	40360076		10:00am-1:00pm		24-30/7 (5/8)	
	40360079	23/9 (Tue)	7:00-10:00pm			
		40360075	6/9 (Sat)	2:20-5:20pm	Peng Chau Sports Centre	6/8
		40360077	13/9 (Sat)	2:00-5:00pm	Cheung Chau Sports Centre	
		40360078	20/9 (Sat)	7:00-10:00pm		
Mt Pts - Tai Chi	40360094	4/9-25/9 (Thu)	9:30-10:30am	Mui Wo Sports Centre	Walk-in	
	40360095	6/9-27/9 (Sat)				
SFAD - Indoor Short Mat Lawn Bowl Fun Day	40370199	20/9 (Sat)	3:00-5:00pm	Peng Chau Sports Centre		
SFAD - Indoor Gateball Fun Day	40370197		3:00-5:00pm	Pui O Beach		
Beach Volleyball Fun Day	40360107	21/9 (Sun)	2:00-6:00pm	Tung Chung North Park, 7-a-side Hard-Surfaced Soccer Pitch		
Soccer Fun Day	40360106	6/9 (Sat)	4:00-6:00pm	Cheung Chau Sports Centre		
Mt Pts for Elderly - Gateball	40360127	2/9-7/10 (Excl. 9/9) (Tue)	9:00-11:00am	Yung Shue Wan Playground		
Sport For All Promotion Scheme - Soccer Fun Day	40370206	13/9 (Sat)	2:00-4:00pm	Peng Chau Sports Centre		
	40370205	20/9 (Sat)				
HES - Gymnastics For All	40360121	12/9-26/9 (Fri)	9:00-11:00am	Peng Chau Sports Centre		
	40360118	11/9-16/10	8:00-9:00am	Tung Chung Man Tung Road Sports Centre		
	40360120	(Excl. 2/10) (Tue, Thu)	9:00-10:00am			
HES - Table-tennis Play-in	40360123		10:00-11:00am			
	40360124	3/9-24/9 (Wed)	11:00-12:00am			
Land Excursion for Elderly	40360125	17/9 (Wed)	9:00am-5:00pm	Lions Nature Education Centre, H.K. University of Science and Technology, Chi Lin Nunery	24-30/7 (5/8)	

Training Course

Programme	Programme Number	Date (Day)	Time	Venue	Date of Enrolment (Remaining Quota Enrolment)	
Hydro Fitness	40360086	3/9-10/10	4:00-5:00pm	Tung Chung Swimming Pool Training Pool	8/8	
	40360087	(Excl. 8,10/9,1/10) (Mon, Wed, Fri)	5:00-6:00pm			
	40360088	11/9-30/10	7:30-8:30pm			
	40360089	(Excl. 2/10) (Tue, Thu)	8:30-9:30pm			
Level I Breaststroke for Adult	40360056	3/9-29/9	8:00-9:00am			7/8
	40360057	(Excl. 8,10/9) (Mon, Wed, Fri)	10:00-11:00am			
	40360059	11/9-16/10 (Excl. 2/10) (Tue, Thu)	9:00-10:00am			
Level II Breaststroke for Adult	40360058	3/9-29/9	9:00-10:00am			7/8
	40360060	(Excl. 8,10/9) (Mon, Wed, Fri)	9:00-10:00am			
Level I Front Crawl for Adult	40360062	11/9-16/10 (Excl. 2/10) (Tue, Thu)	8:00-9:00am			6/8
	40360061	3/9-29/9	10:00-11:00am			
Level II Front Crawl for Adult	40360108	(Excl. 8,10/9) (Mon, Wed, Fri)	7:00-8:00am		7/8	
	40360109	11/9-16/10 (Excl. 2/10) (Tue, Thu)	7:00-8:00am			
Level I Swimming for Elderly	40360110	3/9-29/9 (Excl. 8,10/9) (Mon, Wed, Fri)	11:00-12:00am			
Yoga	40360097	7/9-9/11 (Sun)	3:00-5:00pm	Tung Chung Man Tung Road Sports Centre	24-30/7 (5/8)	
Level II Go	40360102	14/9-19/10 (Sun)	11:00-1:00am			
Basketball	40360105	16/9-18/11 (Tue)	7:00-9:00pm			
Children Dance	40360064		2:00-4:00pm			
	40360065	6/9-8/11 (Sat)	4:00-6:00pm			
Social Dance	40360070	24/9-3/12 (Excl. 1/10) (Wed)	8:00-10:00pm			
Chinese Dance	40374350	4/9-13/11 (Excl. 2/10) (Thu)	10:00-12:00am	Discovery Bay Community Hall	1/8	
Fitness (Multi-gym)	40360085	29/9-10/11 (Excl. 2/10) (Mon, Thu)	9:00-10:00pm	Peng Chau Sports Centre	14/8	
Squash	40360103	27/9-15/11 (Sat)	7:10-9:10pm			
Aerobic Dance	40360063	28/9-14/12 (Sun)	9:00-10:00am	Mui Wo Sports Centre	13/8	
Jazz	40360066	28/9-30/11 (Sun)	10:00-12:00am			
Tai Chi	40372136	2/9-30/12 (Excl. 9/9,2/10,25/12) (Tue, Thu, Sat)	8:30-9:30am	Volleyball Court, Yat Tung Estate, Tung Chung	8/8	
	40360092	12/9-5/1 (Excl. 1/10,26/12) (Mon, Wed, Fri)	8:00-9:00am			
	40360093	24/9-16/1 (Excl. 1/10,26/12) (Mon, Wed, Fri)	7:15-8:15am	Badminton Court, Fu Tung Estate, Tung Chung	5/8	
	40360090	2/9-30/12 (Excl. 9/9,2/10,25/12) (Tue, Thu)	10:30-12:00am			
Tai Chi Sword	40360091	5/9-29/12	7:30-8:30am	Open Area outside Wing On Department Store, Discovery Bay	1/8	
	40360096	(Excl. 1/10,26/12) (Mon, Wed, Fri)	8:30-9:30am		5/8	
Badminton	40360739	21/9-21/12	9:00-11:00am	Peng Chau Sports Centre	24-30/7 (5/8)	
	40360740	(Excl. 5/10,16/11,7/12,14/12) (Sun)	11:00am-1:00pm			
	40360098	3/9-8/10 (Excl. 1/10) (Wed, Fri)	9:00-11:00am			
	40360099	11/9-16/10 (Excl. 2/10) (Mon, Thu)	7:00-9:00pm			
Parent child (Aged 7 - 17) Badminton	40360100	6/9-11/10 (Sat)	7:00-9:00pm	Tung Chung Man Tung Road Sports Centre		
Indoor Short Mat Bowling for Elderly	40360122		1:30-3:30pm			
Indoor Gateball for Elderly	40360126	16/9-4/11 (Tue)	10:00-12:00am			
Fitness Exercise for Elderly	40360114	4/9-23/10	8:30-9:30am	Peng Chau Sports Centre	12/8	
	40360115	(Excl. 2/10) (Thu, Sat)	9:30-10:30am			
	40360116	17/9-19/11	8:30-9:30am	Mui Wo Sports Centre		
	40360117	(Excl. 22/9,1/10,13/10,27/10,10/11) (Mon, Wed)	9:30-10:30am			

Enquiries : Islands District Leisure Services Office(2852 3220) Cheung Chau Sports Centre(2981 6285) 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)