

**Leisure and Cultural Services Department
Community Recreation and Sports Programme
Monthly Programmes for Nov 2022**

Islands District

Programme Number (Class code)	Date	Day	Time	Venue	Age	Fee(\$)	Quota	Date of Enrollment (Balloting) (Open Enrollment for Remaining Quota)	Enrolment Method
Backstroke Training Course									
40638926 (IS0585)	2/11-23/11	M,W,F	19:00-20:00	Tung Chung SP Main Pool	6+	100	10	22/9-28/9 (5/10) {27/10}	☒
Breaststroke TC for Adult (Level III)									
40638917 (IS0581)	2/11-23/11	M,W,F	9:00-10:00	Tung Chung SP Main Pool	18+	100	10	22/9-28/9 (5/10) {27/10}	☒
40638927 (IS0586)	10/11-13/12	Tu,Th	20:00-21:00	Tung Chung SP Main Pool	18+	100	10	22/9-28/9 (5/10) {27/10}	☒
Butterfly Training Course for Adult									
40638928 (IS0587)	10/11-13/12	Tu,Th	19:00-20:00	Tung Chung SP Main Pool	18+	100	10	22/9-28/9 (5/10) {27/10}	☒
Front Crawl TC for Adult (Level III)									
40638920 (IS0582)	2/11-23/11	M,W,F	8:00-9:00	Tung Chung SP Main Pool	18+	100	10	22/9-28/9 (5/10) {27/10}	☒
40638923 (IS0583)	2/11-23/11	M,W,F	20:00-21:00	Tung Chung SP Main Pool	18+	100	10	22/9-28/9 (5/10) {27/10}	☒
Aerobic Dance Training Course									
40638819 (IS1609)	3/11-13/12	Tu,Th	9:00-10:00	Tung Chung Man Tung RD. SC	14+	65	30	22/9-28/9 (5/10) {27/10}	☒
40638820 (IS1610)	3/11-13/12	Tu,Th	10:00-11:00	Tung Chung Man Tung RD. SC	14+	65	30	22/9-28/9 (5/10) {27/10}	☒
40638821 (IS1611)	3/11-13/12	Tu,Th	19:00-20:00	Tung Chung Man Tung RD. SC	14+	65	30	3/10	☒ i
Fitness (Multi-gym) TC									
<p>@ An applicant will be regarded as a "new applicant" and can enjoy priority in enrolment if he/she has never taken a Fitness (Multi-gym) Training Course or his/her period of ineligibility has expired. Period of Ineligibility refers to the period from the end month of the last Fitness (Multi-gym) Training Course in which he/she was enrolled, up to the end of the same month next year. For example, if an applicant was enrolled in a Fitness (Multi-gym) Training Course that ended in March 2016, the period of ineligibility would be from March 2016 to 31 March 2017. For training courses to be enrolled on a first-come-first-served basis: Only applications made by new applicant will be accepted on the first day of enrolment. Remaining quota will be open to the public from 8:30 a.m. onward on the second day of enrolment. For training courses to be enrolled by balloting: Priority will be accorded to new applications in allocating places. Remaining quota will be allocated to other applicants according to the balloting result.</p>									
40638867 (IS1631)	30/11-16/1 (excl. 26/12,2/1)	M,W	20:00-21:00	Tung Chung Man Tung RD. SC	15+	75	30	@30/10	☒ i
40638869 (IS1632)	30/11-16/1 (excl. 26/12,2/1)	M,W	21:00-22:00	Tung Chung Man Tung RD. SC	15+	75	30	@30/10	☒ i
40638905 (IS0358)	16/11-16/1 (excl. 28/11,12,26,28/12,2,9/1)	M,W	11:00-12:00	Mui Wo SC	15+	75	18	@16/10	☒ i
Dance Play-in									
40638908 (IS0360)	25/11	F	19:45-21:45	Peng Chau SC	14+	Free	22	25/10	☒ i
Social Dance Training Course									
40638770 (IS1174)	4/11-7/12	W,F	15:30-17:30	Praya ST. SC	14+	86	20	4/10	☒ i
Tai Chi Made Easy Course									
40638910 (IS994)	2/11-28/11	M,W,F	7:15-8:15	Badminton Court,Fu Tung Est,Tung Chung	6+	54	18	3/10	☒ i
Briefing on Proper Ways to Use Fitness Equipment									
40629113 (IS0260)	19/11	Sa	14:00-17:00	Peng Chau SC	15+	Free	18	22/9-28/9 (5/10) {27/10}	☒
40638878 (IS0351)	5/11	Sa	14:00-17:00	Peng Chau SC	15+	Free	18	22/9-28/9 (5/10) {27/10}	☒
40638896 (IS0354)	12/11	Sa	14:00-17:00	Mui Wo SC	15+	Free	18	22/9-28/9 (5/10) {27/10}	☒
Briefing on Proper Ways to Use Fitness Equip(ENG)									
40638856 (IS1625)	18/11	F	10:00-13:00	Tung Chung Man Tung RD. SC	15+	Free	25	22/9-28/9 (5/10) {27/10}	☒
Body-Mind Stretch Training Course									
40638798 (IS1186)	20/11-19/3 (excl. 25/12,1/1,8/1,15/1,22/1,29/1)	Su	12:00-13:00	Cheung Chau SC	15+	85	24	22/9-28/9 (5/10) {27/10}	☒
40638800 (IS1187)	20/11-19/3 (excl. 25/12,1/1,8/1,15/1,22/1,29/1)	Su	13:00-14:00	Cheung Chau SC	15+	85	24	22/9-28/9 (5/10) {27/10}	☒
40638801 (IS1293)	4/11-12/12	M,F	20:00-21:00	Tung Chung Man Tung RD. SC	15+	85	24	4/10	☒ i
40638804 (IS1294)	4/11-12/12	M,F	21:00-22:00	Tung Chung Man Tung RD. SC	15+	85	24	4/10	☒ i
Badminton Training Course									
40638787 (IS1181)	19/11-11/3 (excl. 24,31/12; 14,21,28/1; 4,11/2)	Sa	14:30-16:30	Cheung Chau SC	7+	118	16	22/9-28/9 (5/10) {27/10}	☒
40638790 (IS1182)	19/11-11/3 (excl. 24,31/12; 14,21,28/1; 4,11/2)	Sa	16:30-18:30	Cheung Chau SC	7+	118	16	22/9-28/9 (5/10) {27/10}	☒
40638865 (IS1630)	23/11-1/2 (excl. 25/1)	W	19:00-21:00	Tung Chung Man Tung RD. SC	7+	118	16	22/9-28/9 (5/10) {27/10}	☒
Fencing Fun Day									
40629141 (IS1270)	5/11	Su	12:00-14:00	Tung Chung Man Tung RD. SC	9+	Free	20	5/10	☒ i
40629142 (IS1271)	6/11	Su	12:00-14:00	Tung Chung Man Tung RD. SC	9+	Free	20	6/10	☒ i
Indoor Short Mat Bowling Fun Day									

40629132 (IS1509)	27/11	Su	15:00-17:00	Tung Chung Man Tung RD. SC	8+	Free	15	27/10	
Mini-tennis Fun Day									
40638909 (IS0785)	13/11	Su	14:00-17:00	Cheung Chau Park TC	6+	Free	36	13/11	Walk-in
Table-tennis Training Course									
40638859 (IS1626)	18/11-20/1	F	20:00-22:00	Tung Chung Man Tung RD. SC	14+	86	16	22/9-28/9 (5/10){27/10}	
Tennis Training Course									
40638911 (IS0786)	17/11-2/2 (excl. 22/12,26/1)	Th	20:00-22:00	Cheung Chau Park TC	8+	170	12	17/10	
IsD Basketball Competition for Female 2022									
40638760 (IS0158)	6/11-13/11	Su	10:00-19:00	Cheung Chau SC	10+	60	16	9/9-16/9 (22/9){17/10}	
IsD Basketball Competition for Male 2022									
40638762 (IS0159)	20/11-27/11	Su	10:00-19:00	Cheung Chau SC	10+	60	16	9/9-16/9 (22/9){17/10}	
Cricket Fun Day									
40638915 (IS0870)	27/11	Su	11:30-13:00	Man Tung RD. Park	6+	Free	25	27/11	Walk-in
Soccer Fun Day									
40629119 (IS0762)	19/11	Sa	14:00-16:00	Peng Chau Mini-soccer Pitch	6+	Free	20	18/10	
40629120 (IS0763)	19/11	Sa	16:00-18:00	Peng Chau Mini-soccer Pitch	6+	Free	20	18/10	
40629139 (IS1268)	13/11	Su	14:00-16:00	Yung Shue Wan PG, Lamma Island	6+	Free	20	13/10	
40629140 (IS1269)	13/11	Su	16:00-18:00	Yung Shue Wan PG, Lamma Island	6+	Free	20	13/10	
40638912 (IS0995)	26/11	Sa	15:00-17:00	Tung Chung PG Soccer Pitch	6+	Free	30	26/11	Walk-in
IsD Mini Soccer Comp - South Lantau & Mui Wo									
40637323 (IS0345)	6/11	Su	10:00-18:00	Pui O PG	14+	60	8	19/9	
IsD Mini Soccer Competition - Tai O									
40637325 (IS0986)	20/11	Su	10:00-18:00	Tai O Recreation Ground, Lantau	14+	60	8	19/9	
Islands District Volleyball Comp for Men									
40638833 (IS1617)	13/11	Su	10:00-20:00	Tung Chung Man Tung RD. SC	10+	60	8	13/9-20/9 (30/9){24/10}	
Islands District Volleyball Comp. for Women									
40638832 (IS1616)	13/11	Su	10:00-20:00	Tung Chung Man Tung RD. SC	10+	60	8	13/9-20/9 (30/9){24/10}	
Sport Climbing Fun Day									
40629137 (IS1266)	5/11	Sa	14:00-17:00	Kai Tak East SC	12+	Free	20	5/10	
40629138 (IS1267)	6/11	Su	14:00-17:00	Kai Tak East SC	12+	Free	20	6/10	
Horticultural Seminar									
40638900 (IS0990)	17/11	Th	10:30-12:30	Tung Chung North Park AR	6+	30	24	17/10	

Activities for Persons with Disabilities Programme Number (Class code) (free of charge)	Date	Day	Time	Venue	Age Quota	Date of Enrollment (Balloting) { Open Enrollment for Remaining Quota }	Enrolment Method
--	------	-----	------	-------	-----------	---	------------------

To enrol in recreation and sports programmes designated for persons with disabilities (Please refer to the enrolment methods in the Notes on Enrolment)

Each participant may be accompanied by ONE carer for free. The arrangements for accompanying carers are as follows: In view of the latest situation of COVID-19, to better control the number of participants, accompanying carers who wish to participate with persons with disabilities (PWDs) in any recreation and sports programmes designated for PWDs are required to enrol in the programmes. This will remain until further notice.

Golf Fun Day for Ex-M III persons

40638913 (IS0787)	9/11	W	14:00-16:00	Tuen Mun RSC	20-75	3	10/10	
-------------------	------	---	-------------	--------------	-------	---	-------	--

Activities for Elderly Programme Number (Class code) (For aged 60 or above, free of charge)	Date	Day	Time	Venue	Quota	Date of Enrollment (Balloting) { Open Enrollment for Remaining Quota }	Enrolment Method
--	------	-----	------	-------	-------	---	------------------

Swimming TC for Elderly (Level III)

40638924 (IS0584)	2/11-23/11	M,W,F	7:00-8:00	Tung Chung SP Main Pool	10	22/9-28/9 (5/10){27/10}	
-------------------	------------	-------	-----------	-------------------------	----	-------------------------	--

Fitness Exercise Training Course for Elderly

40638793 (IS1183)	22/11-3/2 (excl. 27/12; 3,10,13,17,20,24,27/1)	Tu,F	8:00-9:00	Cheung Chau SC	30	22/9-28/9 (5/10){27/10}	
40638795 (IS1184)	22/11-3/2 (excl. 27/12; 3,10,13,17,20,24,27/1)	Tu,F	9:00-10:00	Cheung Chau SC	30	22/9-28/9 (5/10){27/10}	

40638846 (IS1620)	16/11-30/12	W,F	8:00-9:00	Tung Chung Man Tung RD. SC	30	22/9-28/9 (5/10){27/10}	✉
40638849 (IS1621)	16/11-30/12	W,F	9:00-10:00	Tung Chung Man Tung RD. SC	30	22/9-28/9 (5/10){27/10}	✉
40638904 (IS0357)	16/11-1/2 (excl. 28/11,12,26,28/12,2,9,23,25,30/1)	M,W	9:30-10:30	Mui Wo SC	24	16/10	📄 i
Mt Pts for Elderly - Tai Chi							
40638872 (IS0348)	3/11-24/11	Th	9:30-10:30	Mui Wo SC	90	3/11-24/11	Walk-in
HES - Table-tennis Play-in							
40638870 (IS0382)	1/11-29/11	Tu	9:00-11:00	Peng Chau SC	16	1/11	Walk-in