












































**康乐及文化事务署**  
**社区康乐活动**  
**2022年10月份康乐体育活动一览表**


**离岛区**

活动编号(班号)	日期	星期	时间	地点	年龄	费用(\$)	名额	报名/投表日期 (抽查日期) (公开候补日期)	报名方式
<b>成人捷泳训练班(第一阶段)</b>									
40636869 (IS0574)	10/10-31/10	一,三,五	9:00-10:00	东涌游泳池(训练池)	18+	100	16	3/9	 
<b>成人胸泳训练班(第一阶段)</b>									
40636864 (IS0572)	10/10-31/10	一,三,五	8:00-9:00	东涌游泳池(训练池)	18+	100	16	3/9	 
<b>成人胸泳训练班(第二阶段)</b>									
40636866 (IS0573)	10/10-31/10	一,三,五	9:00-10:00	东涌游泳池(训练池)	18+	100	20	25/8-31/8 (7/9) {29/9}	
<b>成人捷泳训练班(第二阶段)</b>									
40636873 (IS0575)	10/10-31/10	一,三,五	8:00-9:00	东涌游泳池(训练池)	18+	100	20	25/8-31/8 (7/9) {29/9}	
<b>儿童舞训练班</b>									
40636685 (IS1164)	15/10-17/12	六	10:00-12:00	海傍街体育馆	4-11	60	20	15/9	 
40636749 (IS0343)	29/10-31/12	六	13:00-15:00	梅窝体育馆	4-11	60	20	29/9	 
<b>中国舞同乐日</b>									
40636675 (IS1161)	9/10	日	15:00-17:00	长洲体育馆	12+	免费	30	9/9	 
<b>中国舞训练班</b>									
40636687 (IS1165)	16/10-18/12	日	15:00-17:00	长洲体育馆	12+	45	30	25/8-31/8 (7/9) {29/9}	
<b>爵士舞训练班</b>									
40636695 (IS1169)	27/10-5/1 (22/12)除外	四	19:15-21:15	海傍街体育馆	12+	70	20	27/9	 
<b>社交舞同乐日</b>									
40636670 (IS1159)	8/10	六	19:45-21:45	长洲体育馆	14+	免费	30	8/9	 
<b>社交舞训练班</b>									
40636693 (IS1168)	27/10-26/11	四,六	19:45-21:45	长洲体育馆	14+	86	30	27/9	 
40636723 (IS1603)	19/10-21/12	三	20:00-22:00	东涌文东路体育馆	14+	86	30	25/8-31/8 (7/9) {29/9}	
<b>康体汇 - 太极</b>									
40636855 (IS0984)	24/10-16/1 (26/12,2/1)除外	一	9:00-10:30	东涌北公园活动室	6+	免费	20	24/10-16/1	即场报名
<b>简易太极班</b>									
40636843 (IS0981)	6/10-1/11	二,四,六	7:30-8:30	东涌富东邨羽毛球埸	6+	54	18	6/9	 
<b>西方土风舞训练班</b>									
40636715 (IS1596)	9/10-11/12	日	16:00-18:00	东涌文东路体育馆	8+	45	30	9/9	 
<b>瑜伽训练班</b>									
40636672 (IS1160)	9/10-11/12	日	8:50-10:50	长洲体育馆	15+	85	30	9/9	 
<b>正确使用健身室设施简介会</b>									
40636711 (IS1592)	2/10	日	13:00-16:00	东涌文东路体育馆	15+	免费	25	25/8-31/8 (7/9) {29/9}	
40636739 (IS0334)	9/10	日	14:00-17:00	坪洲体育馆	15+	免费	18	25/8-31/8 (7/9) {29/9}	
40636744 (IS0339)	16/10	日	14:00-17:00	梅窝体育馆	15+	免费	18	25/8-31/8 (7/9) {29/9}	
<b>羽毛球同乐日</b>									
40629131 (IS1508)	9/10	日	14:00-16:00	坪洲体育馆	6+	免费	16	9/9	 
<b>羽毛球训练班</b>									
40636745 (IS0340)	29/10-31/12	六	19:00-21:00	梅窝体育馆	7+	118	16	29/9	 
<b>网球训练班</b>									
40636812 (IS0781)	9/10-11/12	日	9:00-11:00	长洲公园网球场	8+	170	12	25/8-31/8 (7/9) {29/9}	
40636814 (IS0782)	9/10-11/12	日	11:00-13:00	长洲公园网球场	8+	170	12	25/8-31/8 (7/9) {29/9}	
<b>足球同乐日</b>									
40636708 (IS1291)	22/10	六	14:00-16:00	东涌游乐场足球场	6+	免费	20	22/9	 
40636710 (IS1292)	22/10	六	16:00-18:00	东涌游乐场足球场	6+	免费	20	22/9	 
<b>离岛区小型足球比赛 - 南丫南</b>									
40636704 (IS1288)	9/10	日	10:00-18:00	索罟湾游乐场	14+	60	8	29/8	
<b>离岛区小型足球比赛 - 长洲</b>									
40636817 (IS0784)	23/10	日	10:00-18:00	长洲北帝庙游乐场	14+	60	8	29/8	
<b>离岛区青少年小型足球赛 (少年组)</b>									
40636738 (IS0333)	15/10-22/10	六	9:00-18:00	东涌文东路公园	6-12	60	8	29/8	
<b>离岛区青少年小型足球赛 (青年组)</b>									
40636743 (IS0338)	15/10-22/10	六	9:00-18:00	东涌文东路公园	13-15	60	8	29/8	
<b>霹雳舞同乐日</b>									


40636707 (IS1290) 22/10 六 14:30-16:00 东涌文东路体育馆 6-18 免费 20 22/9 

长者活动编号 (班号) <small>(供60岁或以上人士参加, 费用全免)</small>	日期	星期	时间	地点	名额	报名/投表日期 <small>(抽签日期) (公开候补日期)</small>	报名方式
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**长者游泳训练班(第一阶段)**

40636876 (IS0576)	10/10-31/10	一,三,五	7:00-8:00	东涌游泳池 (训练池)	16	25/8-31/8 (7/9) {29/9}	
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**长者游泳训练班(第二阶段)**

40636878 (IS0577)	10/10-31/10	一,三,五	10:00-11:00	东涌游泳池 (训练池)	20	25/8-31/8 (7/9) {29/9}	
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
**长者健体训练班**

40636741 (IS0336)	15/10-1/12	四,六	8:00-9:00	坪洲体育馆	30	15/9	
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**长者康体汇叙 - 太极**

40636726 (IS0328)	6/10-27/10	四	9:30-10:30	梅窝体育馆	90	6/10-27/10	即场报名
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**活力长者计划 - 乒乓球同乐**

40636712 (IS1593)	5/10-26/10	三	10:00-11:00	东涌文东路体育馆	16	5/9	
40636713 (IS1594)	5/10-26/10	三	11:00-12:00	东涌文东路体育馆	16	5/9	
40636740 (IS0335)	11/10-25/10	二	9:00-11:00	坪洲体育馆	16	11/10-25/10	即场报名

**长者乒乓球同乐日**

40629116 (IS0486)	11/10	二	14:00-15:00	坪洲体育馆	24	11/9	
40629117 (IS0487)	11/10	二	15:00-16:00	坪洲体育馆	24	11/9	
40629118 (IS0488)	11/10	二	16:00-17:00	坪洲体育馆	24	11/9	

**长者康体汇叙 - 门球**

40636692 (IS1167)	25/10-22/11	二	9:00-11:00	长洲体育馆	50	25/10-22/11	即场报名
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