

日日運動半個鐘
Stay Active 舞躍全城樂其中
Let's Dance

SPORTS FOR ALL DAY 西貢區
Sai Kung District

6.8.2017



地點：將軍澳體育館
Venue: Tseung Kwan O Sports Centre
時間 Time：下午 2 時至 6 時
2pm to 6pm
查詢電話 Enquiries：2791 3100

免費康體活動

(在將軍澳體育館舉行)
7月17日上午8時30分起
在西貢康樂事務辦事處及西貢區各體育館接受報名

Free Recreation and Sports Programmes

(Available at Tseung Kwan O Sports Centre)
Enrolment starts at 8:30 am on 17 July at Sai Kung District Leisure Services Office and Sports Centres in Sai Kung District

免費使用康樂設施

(草地足球場、運動場、營地設施除外)
7月30日上午9時起在各康體通訂場櫃檯接受預訂
(公眾游泳池設施無須預約)

Free Use of Leisure Facilities

(Except turf soccer pitches, sports grounds and camp facilities)
Booking starts at 9:00 am on 30 July at all Leisure Link booking counters
(Prior booking is not required for public swimming pools)

先到先得

First come, first served

活動內容：

舞蹈示範及同樂、健康講座及運動示範、肌肉舒緩工作坊、歡樂呼拉圈健身操、律動與彩虹傘遊戲、家庭體適能運動大挑戰、器械健體同樂、單車示範及同樂、乒乓球同樂、滑浪風帆示範及同樂、草地滾球示範及同樂(傷健共融)。

Programmes:

Dance Demonstration and Play-in, Health Talk and Exercise Demonstration, Muscle Relaxation Workshop, Hula Hoop Fitness Exercises for Fun, Rhythmic Movements and Parachute Games for Fun, Motor Skills and Fitness Challenge for Family, Fitness Multi-gym Play-in, Cycling Demonstration and Play-in, Table Tennis for Fun, Windsurfing Demonstration and Play-in and Lawn Bowl Demonstration and Play-in for the Disabled and Able-bodied.

協辦機構 Co-organisers
排名不分先後 in no particular order