

**Enrolment and Ballot Procedures:**

<b>Programme enrolment (All Recreation and Sports (R&amp;S) programmes* to be enrolled through online)</b>	<b>Training Courses and Recreation Activities to be held in April 2025</b>	<b>Competitions to be held in May 2025</b>
<b>Submission of Online Application</b>	1 to 7 March	8 to 14 March
<b>Ballot and Announcement of Results</b>	16 to 18 March	27 to 29 March
<b>Payment/Confirmation</b>	19 to 23 March (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 23 March)	30 March to 5 April (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 5 April)
<b>Announcement of Remaining Quota</b>	24 March (Mon) (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	6 April (Sun)
	25 March (Tue) (For Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	
<b>Open Enrolment for Remaining Quota</b>	25 March (Tue) from 8:30 am (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	7 April (Mon) from 8:30 am
	26 March (Wed) from 8:30 am (For Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	

**Remarks:**

- \* Walk-in R&S programmes (such as “Meeting Point for Elderly”, “Healthy Elderly Scheme”, Sport For All Day and Carnival etc.) and programmes for persons with disabilities that enrolled via first-come-first served basis are excluded.
- # Progressive Swimming Scheme includes Water Safety Course for Baby, Front Crawl Training Course, Breaststroke Training Course, Swimming Training Course for Elderly, Backstroke Swimming Training Course & Butterfly Stroke Swimming Training Course