

**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 March 2026</b>	<b>Competitions to be held in April 2026</b>
<b>Submission of Online Application</b>	1 to 7 February	8 to 14 February
<b>Ballot and Announcement of Results</b>	12 to 14 February	1 to 3 March
<b>Payment/Confirmation</b>	15 to 21 February (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 21 February)	4 to 8 March (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 8 March)
<b>Announcement of Remaining Quota</b>	22 February (Sun) (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	9 March (Mon)
	23 February (Mon) (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>	23 February (Mon) from 8:30 am (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	10 March (Tue) from 8:30 am
	24 February (Tue) 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 Training Course & Butterfly Stroke Training Course