

**Enrolment and Ballot Procedures:**

| <b>Programme enrolment<br/>(All Recreation and Sports<br/>(R&amp;S) programmes* to be<br/>enrolled through online)</b> | <b>Training Courses and<br/>Recreation Activities to be held<br/>in March 2026</b>   | <b>Competitions to be held<br/>in April 2026</b>   |
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| <b>Submission of Online<br/>Application</b>  | 1 to 7 February  | 8 to 14 February   |
| <b>Ballot and Announcement<br/>of Results</b>  | 12 to 14 February  | 1 to 3 March   |
| <b>Payment/Confirmation</b>  | 15 to 21 February<br>(Smart Self-service Stations until 11:00 pm every night;<br>Electronic Platform until 11:59 pm, 21 February)                                      | 4 to 8 March<br>(Smart Self-service Stations until 11:00 pm every night;<br>Electronic Platform until 11:59 pm, 8 March) |
| <b>Announcement of<br/>Remaining Quota</b>   | 22 February (Sun)<br>(Except Aerobic Dance, Fitness (Multi-gym),<br>Briefing on Proper Ways to Use Fitness Equipment and<br>Progressive Swimming Scheme#)              | 9 March (Mon)  |
|  | 23 February (Mon)<br>(For Aerobic Dance, Fitness (Multi-gym),<br>Briefing on Proper Ways to Use Fitness Equipment and<br>Progressive Swimming Scheme#)                 |  |
| <b>Open Enrolment for<br/>Remaining Quota</b>  | 23 February (Mon) from 8:30 am<br>(Except Aerobic Dance, Fitness (Multi-gym),<br>Briefing on Proper Ways to Use Fitness Equipment and<br>Progressive Swimming Scheme#) | 10 March (Tue) from 8:30 am  |
|  | 24 February (Tue) from 8:30 am<br>(For Aerobic Dance, Fitness (Multi-gym),<br>Briefing on Proper Ways to Use Fitness Equipment and<br>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