

**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 June 2026</b>	<b>Competitions to be held in July 2026</b>
<b>Submission of Online Application</b>	1 to 7 May	8 to 14 May
<b>Ballot and Announcement of Results</b>	17 to 19 May	27 to 29 May
<b>Payment/Confirmation</b>	20 to 24 May (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 24 May)	30 May to 3 June (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 3 June)
<b>Announcement of Remaining Quota</b>	25 May (Mon) (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	4 June (Thu)
	26 May (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>	26 May (Tue) from 8:30 am (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	5 June (Fri) from 8:30 am
	27 May (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 Training Course & Butterfly Stroke Training Course