

Enrolment and Ballot Procedures:

Programme enrolment (All Recreation and Sports (R&S) programmes* to be enrolled through online)	Training Courses and Recreation Activities to be held in July 2026	Competitions to be held in August 2026
Submission of Online Application	1 to 7 June	8 to 14 June
Ballot and Announcement of Results	14 to 16 June	28 to 30 June
Payment/Confirmation	17 to 21 June (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 21 June)	1 to 5 July (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 5 July)
Announcement of Remaining Quota	22 June (Mon) (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	6 July (Mon)
	23 June (Tue) (For Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	
Open Enrolment for Remaining Quota	23 June (Tue) from 8:30 am (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	7 July (Tue) from 8:30 am
	24 June (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