

**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 June 2025	Competitions to be held in July 2025
Submission of Online Application	1 to 7 May	8 to 14 May
Ballot and Announcement of Results	13 to 15 May	25 to 27 May
Payment/Confirmation	16 to 20 May (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 20 May)	28 May to 1 June (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 1 June)
Announcement of Remaining Quota	21 May (Wed) (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	2 June (Mon)
	22 May (Thu) (For Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	
Open Enrolment for Remaining Quota	22 May (Thu) from 8:30 am (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	3 June (Tue) from 8:30 am
	23 May (Fri) 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