

**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 August 2026	Competitions to be held in September 2026
Submission of Online Application	1 to 7 July	8 to 14 July
Ballot and Announcement of Results	12 to 14 July	26 to 28 July
Payment/Confirmation	15 to 19 July (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 19 July)	29 July to 2 August (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 2 August)
Announcement of Remaining Quota	20 July (Mon) (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	3 August (Mon)
	21 July (Tue) (For Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	
Open Enrolment for Remaining Quota	21 July (Tue) from 8:30 am (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	4 August (Tue) from 8:30 am
	22 July (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