

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 September 2026	Competitions to be held in October 2026
Submission of Online Application	1 to 7 August	8 to 14 August
Ballot and Announcement of Results	16 to 18 August	26 to 28 August
Payment/Confirmation	19 to 23 August (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 23 August)	29 August to 2 September (Smart Self-service Stations until 11:00 pm every night; Electronic Platform until 11:59 pm, 2 September)
Announcement of Remaining Quota	24 August (Mon) (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	3 September (Thu)
	25 August (Tue) (For Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	
Open Enrolment for Remaining Quota	25 August (Tue) from 8:30 am (Except Aerobic Dance, Fitness (Multi-gym), Briefing on Proper Ways to Use Fitness Equipment and Progressive Swimming Scheme#)	4 September (Fri) from 8:30 am
	26 August (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