Enrolment and Ballot Procedures:

<table>
<tr><th>Programme enrolment
(All Recreation and Sports (R&S) programmes* to be enrolled through online)</th><th>Training Courses and
Recreation Activities to be held
in December 2026</th><th>Competitions to be held
in January 2027</th></tr>
<tr><td>Submission of Online Application</td><td>1 to 7 November</td><td>8 to 14 November</td></tr>
<tr><td>Ballot and Announcement of Results</td><td>15 to 17 November</td><td>25 to 27 November</td></tr>
<tr><td>Payment/Confirmation</td><td>18 to 22 November
(Smart Self-service Stations until 11:00 pm every night;
Electronic Platform until 11:59 pm, 22 November)</td><td>28 November to 2 December
(Smart Self-service Stations until 11:00 pm every night;
Electronic Platform until 11:59 pm, 2 December)</td></tr>
<tr><td rowspan="2">Announcement of Remaining Quota</td><td>23 November (Mon)
(Except Aerobic Dance, Fitness (Multi-gym),
Briefing on Proper Ways to Use Fitness Equipment and
Progressive Swimming Scheme#)</td><td rowspan="2">3 December (Thu)</td></tr>
<tr><td>24 November (Tue)
(For Aerobic Dance, Fitness (Multi-gym),
Briefing on Proper Ways to Use Fitness Equipment and
Progressive Swimming Scheme#)</td></tr>
<tr><td rowspan="2">Open Enrolment for Remaining Quota</td><td>24 November (Tue) from 8:30 am
(Except Aerobic Dance, Fitness (Multi-gym),
Briefing on Proper Ways to Use Fitness Equipment and
Progressive Swimming Scheme#)</td><td rowspan="2">4 December (Fri) from 8:30 am</td></tr>
<tr><td>25 November (Wed) from 8:30 am
(For Aerobic Dance, Fitness (Multi-gym),
Briefing on Proper Ways to Use Fitness Equipment and
Progressive Swimming Scheme#)</td></tr>
</table>

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**