

Sport For All Day 2021 on August 1 features online and offline activities

The Leisure and Cultural Services Department (LCSD) will organise the Sport For All Day 2021 on August 1 (Sunday). In addition to free recreation and sports programmes, and opening of various leisure facilities for free use by the public, sports demonstrations will be webcast live to encourage people to engage in regular sports and physical activities, promoting the message "Stay Active, Healthy and Happy!"

To show support for Hong Kong athletes taking part in the Tokyo Olympics Games, Olympic sports-related play-in activities which include fencing, badminton, table-tennis, etc, will be held at designated sports centres in 18 districts on Sport For All Day 2021 for public participation to create an Olympic atmosphere in the community.

With dance as the focal sport of Sport For All Day this year, demonstrations of dance and other sports will be featured in a live webcast via the event website (www.lcsd.gov.hk/en/sfad/2021) and the "LCSD Plusss" Facebook page (www.facebook.com/LCSDPlusss) on the event day from 2pm. Members of the public can experience the vigor of sports demonstrations at home through online platforms.

A series of free recreation and sports programmes will be held from 2pm to 6pm on August 1 at designated sports centres in 18 districts. Apart from Olympic sports-related activities, dance and other sports demonstrations, fun games, fitness corners, sports activities for parents and children, health talks and activities for persons with disabilities will also be organised. Activity coupons will be distributed from 8.30am on July 19 (Monday) at respective LCSD District Leisure Services Offices (www.lcsd.gov.hk/en/sfad/2021/programme.html) and designated venues in the 18 districts.

Various LCSD leisure facilities will also be open for free use by the public on Sport For All Day 2021. Booking for these facilities can be made at Leisure Link booking counters (except self-service kiosks) starting from 9am on July 25 (Sunday). Each person may book one free session for one type of facility only.

Prior booking is not required for public swimming pools. Members of the public may line up at entrances of swimming pools before each session for free admission on a first-come, first-served basis.

Leisure facilities open for free use by the public on August 1 include:

- Indoor leisure facilities: badminton courts, tennis courts, basketball courts, netball courts, volleyball courts, squash courts, table tennis

tables, American pool tables, billiard tables, sport climbing walls, bowling greens, golf facilities, fitness rooms, activity rooms, dance rooms and cycling tracks;

- Outdoor leisure facilities: tennis courts, tennis practice courts, bowling greens, batting cages, sport climbing walls, archery ranges, rope course and golf facilities (excluding camp facilities, sports grounds and artificial and natural turf pitches);
- Public swimming pools (www.lcsd.gov.hk/en/beach/swim-intro.html) (excluding Wan Chai Swimming Pool); and
- Craft at water sports centres

For details of the Sport For All Day 2021, please visit the website at www.lcsd.gov.hk/en/sfad.

Sport For All Day 2021 is co-organised and supported by the Department of Health; the Sports Medicine Team of the Chinese University of Hong Kong; the Sports Medicine and Health Science Alumni Association of the Chinese University of Hong Kong; the Physical Fitness Association of Hong Kong, China; the Hong Kong Paralympic Committee and Sports Association for the Physically Disabled; the Hong Kong DanceSport Association; and the CLP Holdings Limited.