

# Sport For All Day 2023 free activity coupons to be distributed July 24

The Leisure and Cultural Services Department (LCSD) will distribute free activity coupons from next Monday (July 24) for Sport For All Day 2023 to be held on August 6 (Sunday). Members of the public with the coupons can take part in a series of free recreation and sports programmes to be held at designated sports centres in 18 districts on the event day.

The focal sport of Sport For All Day this year is "Fitness Exercise for Wellness". The LCSD will organise a series of physical fitness demonstrations and play-in sessions for public participation to encourage the public to pursue a healthy body and mind lifestyle through regular physical exercise.

Electronic battling ropes and a flash-reflex exercise, as well as new sports and urban sports such as sport climbing, which are popular among youths, will be set up at the Sham Shui Po Sports Centre, the prime venue. Members of the public will have a chance to learn more about these new sports.

Free recreation and sports programmes will be held from 2pm to 6pm on August 6 at designated sports centres in 18 districts. The activities will include health talks, fitness corners, sports activities for parents, children and adolescents, as well as sports demonstrations and fun games for the elderly and persons with disabilities.

Activity coupons will be available from 8.30am on July 24 (Monday) at LCSD District Leisure Services Offices and designated venues in the 18 districts. Participants are advised to bring along the activity coupons to attend the events on time. A small portion of coupons will be reserved for walk-in participants on the event day on a first-come, first-served basis.

At the same time, various LCSD leisure facilities will also be open for free use by the public on Sport For All Day 2023 to help develop a habit of regular exercise. Booking for these free use of facilities on August 6 can be made at Leisure Link booking counters in various districts (except self-service kiosks) and via Internet booking from 7am on July 31 (Monday) onwards, on a first-come, first-served basis (the Leisure Link booking counter services at Tuen Mun Recreation and Sports Centre will start from 7.45am and those at water sports centres, holiday camps and District Leisure Services Offices will start from 8.30am). Each person can only book one free session irrespective of the type of leisure facility. Due to the anticipated high use of online booking services by the public, it may take a longer time for users to log into the system for booking during peak hours in the morning.

Sports demonstrations will be featured in a live webcast via the event dedicated website ([www.lcsd.gov.hk/en/sfad](http://www.lcsd.gov.hk/en/sfad)) and the "LCSD Plusss" Facebook page ([www.facebook.com/LCSDPlusss](http://www.facebook.com/LCSDPlusss)) on the event day from 2pm. Members of the

public can experience the vigour of sports demonstrations at home through online platforms.

For details of Sport For All Day 2023, please visit the dedicated website at [www.lcsd.gov.hk/en/sfad](http://www.lcsd.gov.hk/en/sfad).