

Sport For All Day 2024 free activity coupons to be distributed July 22

The Leisure and Cultural Services Department (LCSD) will distribute free activity coupons from next Monday (July 22) for Sport For All Day 2024 to be held on August 4 (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 theme of Sport For All Day (SFAD) this year is "Parent-child Exercise for Fun and Fitness". The LCSD will organise a variety of sports demonstrations and parent-child fun games, encouraging parents and children to exercise together and develop the habit of regular physical activity.

"Parent-child Group Exercises" suitable for people of different ages will be demonstrated, and an electronic virtual sports booth will be set up at the Tung Cheong Street Sports Centre, the prime venue. Experiential activities for new sports as well as urban sports, such as Kabaddi and Basketball 3×3, which are popular these years, will also be introduced. Members of the public of different age groups are encouraged to take part in these activities and explore their potential in sports.

Free recreation and sports programmes will be held from 2pm to 6pm on August 4 at designated sports centres in 18 districts. The activities will include health talks and fitness corners, 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 22 (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.

Furthermore, various LCSD leisure facilities will also be open for free use by the public on SFAD 2024, and the sessions for free use of facilities will be allocated through balloting. Members of the public can submit a balloting application via SmartPLAY from now on until July 22. The computer balloting results will be announced by July 25. Members of the public, who have not been allocated with or applied for the balloted free sessions, can book the remaining free sessions, if any, via SmartPLAY on a first-come, first-served basis from 7am on July 29 for the free sessions on August 4. Regardless of the facility types or reservation methods, each person is limited to reserving only one free session.

Sports demonstrations will be featured in a live webcast via the event dedicated website (www.lcsd.gov.hk/en/sfad) and the "LCSD Plussss" Facebook page (www.facebook.com/LCSDPlussss) on the event day from 2pm. Members of the public can experience the vigour of sports demonstrations at home through

online platforms.

Moreover, the LCSD will set up an SFAD activity booth at the "Sport for All Fun Day" of Festival of Sports, which will be held by the Sports Federation & Olympic Committee of Hong Kong, China (SF&OC) at the Free Space of Kwun Tong Town Centre from 11am to 6pm on August 3 and 4, aiming to further enhance public interest in sporting activities. For the details of the event, please visit the website of the SF&OC at fos.hkolympic.org/en/programme/event-list.

Furthermore, to echo the SFAD 2024, over 10 organisations will firstly hold free land-based and aquatic recreation and sports programmes for the public to join in their venues, or open up their facilities for free use on August 4. Details are available on the dedicated webpage (www.lcsd.gov.hk/en/sfad/2024/organizations.html).

For details of SFAD 2024, please visit the dedicated website at www.lcsd.gov.hk/en/sfad.