

# 全民運動日

## Sport For All Day

7.8.2016



齊顯活力創高峰  
Scale New Heights



日日運動 半個鐘  
Stay Active



**免費康體活動** (在各區指定體育館舉行)  
**Free Recreation and Sports Programmes**  
(Available at designated sports centres in all districts)

7月18日上午8時30分起於各區康樂事務辦事處及指定場地接受報名  
Enrolment starts at 8:30 am on 18 July at relevant District Leisure Services Offices and designated venues

**免費使用康樂設施** (草地足球場、運動場和營地設施除外)  
**Free Use of Leisure Facilities**  
(Except turf soccer pitches, sports grounds and camp facilities)

7月31日上午9時起於各康體通訂場櫃檯接受預訂  
Booking starts at 9:00 am on 31 July at all Leisure Link booking counters

先到先得 First come, first served

查詢 Enquiries : 2414 5555 | [www.lcsd.gov.hk](http://www.lcsd.gov.hk)  
各分區康樂事務辦事處 District Leisure Services Offices



協辦機構 Co-organisers



Road to Rio  
Support Hong Kong Athletes



CUHK SPORTS  
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中大運動醫學



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香港保齡球總會 Hong Kong Tenpin Bowling Congress