

# 全民運動日 *Sport For All Day*

4.8.2013



## 全家喜動 日日運動半個鐘

*Stay active Exercise every day with your family*

**家HK**  
OUR HOME

### 免費康樂活動 Free Recreation Programmes

全港十八區指定體育館舉行各項免費康體活動  
包括運動示範、健體閣、親子體育活動及體育同樂  
2013年7月15日上午8時30分起接受報名  
先到先得

To be held at designated sports centres in 18 districts  
Including exercise demonstrations, fitness corner, parent-child sports programmes, and sports play-in  
Enrolment starts from 15 July 2013 at 8:30 am  
First-come-first-served

### 免費使用康樂設施 Free Use of Leisure Facilities

包括康樂及文化事務署轄下體育館、壁球室、網球場、游泳池及水上活動中心(草地球場、運動場、營地設施除外)  
2013年7月28日上午9時30分起在各康體通權檯接受預訂  
先到先得

Including sports centres, squash courts, tennis courts, swimming pools and water sports centres under the Leisure and Cultural Services Department (Excluding turf pitches, sports grounds and camp facilities)  
Booking starts from 28 July 2013 at 9:30 am at all Leisure Link booking counters  
First-come-first-served