

SPORT FOR ALL DAY

8月2日 | 2026年
星期日 | SUN

88
運動半個鐘
健康快樂
人輕鬆
Stay Active
Healthy and Happy



亞運爭鋒 全民運動 Asian Games in Motion City in Action



查詢 Enquiries
2414 5555
各分區康樂事務辦事處
District Leisure Services Offices



• 免費康體活動

(在各區指定體育館舉行)
活動券將於7月20日上午8時30分在各區康樂事務辦事處或指定場地派發，先到先得。

• 免費使用康樂設施

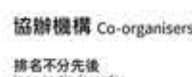
(不包括營地設施、運動場、人造草地球場和天然草地球場)
康文署轄下多項康樂設施將於8月1日及2日開放供市民免費使用，詳情請瀏覽「全民運動日」專題網頁 (www.lcsd.gov.hk/tc/sfad)。

• Free Recreation and Sports Programmes

(Available at designated sports centres in all districts)
Activity coupons will be distributed at District Leisure Services Offices or designated venues at 8:30 am on 20 July on a first come first served basis.

• Free Use of Leisure Facilities

(Excluding camp facilities, sports grounds and artificial and natural turf pitches)
A number of LCSd leisure facilities will be open for free public use on 1 and 2 August. For details, please visit the event's dedicated website at www.lcsd.gov.hk/en/sfad.



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