

Sport For All Day 2026
District Free Leisure Programmes
Date: 2 August 2026 (Sunday)
Time: 2 p.m. to 6 p.m.

District	Sports Centre	Programme Content (For reference only) #
Southern	Aberdeen Sports Centre	AI Physical Fitness Station, Handball Demonstration and Play-in, Fencing Demonstration and Play-in, Youfo Play-in, Floor Curling Play-in, Physical Fitness Test and Consultation, Physical Fitness Training: Body Mind Stretching (For All Abilities), Physical Fitness Training: Stick Stretching Exercise (For All Abilities), Physical Fitness Training: Resistance Band Exercise (For All Abilities)
Central and Western	Smithfield Sports Centre	Fencing Play-in, Table Tennis Play-in, Archery Play-in, Teqball Play-in, Physical Fitness Training: Hula Hoop Exercise (For All Abilities), Parent-child Sport Stacking Play-in, Physical Fitness Test and Consultation, Molkky Play-in, American Pool Play-in, Floor Curling Play-in, Knee Function Assessment
Wan Chai	Harbour Road Sports Centre	Fitness (Multi-gym) Play-in, Physical Fitness Training: Stick Stretching Exercise (For All Abilities), Body Mind Stretching Play-in, Dance Demonstration and Play-in, Parent-child Table Tennis Play-in, Sport Stacking Play-in, Horse Riding Play-in, Karting Play-in
Kowloon City	To Kwa Wan Sports Centre	Stick Stretching Exercise Play-in (For All Abilities), Body Mind Stretching Play-in, Towel Exercise Play-in, Horse Riding Play-in, Fitness Training: Parent-child Circuit Training, Physical Fitness Test and Consultation, Fencing Play-in, Triathlon Play-in, Dance Play-in, Parent-child Pickleball Play-in, Fitness (Multi-gym) Play-in
Tsuen Wan	Tsuen Wan Sports Centre	Floor Curling Play-in (For All Abilities), Floorball Play-in, Tchoukball Play-in, Physical Fitness Training: Parent-child Bean Bag Balance Training, Physical Fitness Training: Stick Stretching Exercise, Physical Fitness Training: Parent-child Stretching, Golf Play-in, Fitness Training: Hybrid Fitness Challenge, Fitness Training: Tic-Tac-Toe Fitness Challenge, Table Tennis Play-in(For All Abilities), Booth Games, Drone

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		Soccer Play-in, Kinect Basketball Play-in, Kinect Rugby Play-in, Sport Climbing Play-in
Eastern	Island East Sports Centre	Table Tennis Play-in, Indoor Lawn Bowls Play-in (For All Abilities/Parent-child), Physical Fitness Training: Parent-child Body Mind Stretching, Physical Fitness Training: Resistance Band Exercise (For All Abilities), Physical Fitness Training: Hula Hoop Exercise, Drone Soccer Play-in, Pickleball Play-in, Archery Play-in, Sport Climbing Play-in, Karatedo Demonstration and Play-in
Sham Shui Po	Shek Kip Mei Park Sports Centre	Hula Hoop Exercise (For All Abilities), Physical Fitness Test and Consultation, Gymnastics (Parkour) Play-in, Hybrid Fitness Challenge (Parent-child), Smart Bike Challenge, Basketball Play-in, Pool Soccer Play-in, Table Tennis Play-in, Gateball Demonstration and Play-in
Yau Tsim Mong	Kowloon Park Sports Centre	Wushu Play-in, Virtual Sports: Horse Jumping Challenge, Virtual Sports: Rowing Play-in, Virtual Sports: Football Go Go GOAL, Handball Sharpshooter, Skateboarding Play-in, Floorball Play-in, Asian Games Toss A Win!, Boccia Play-in (For All Abilities), Physical Fitness Training: Stick Stretching Exercise (For All Abilities), Physical Fitness Mini-game: Balance Challenge, 90-second Fitness Challenge, Muscle Strength in Lower Limb Assessment
Wong Tai Sin	Po Kong Village Road Sports Centre	Physical Fitness Training: Body Mind Stretching (For All Abilities), Golf Play-in, Digital Rugby Experience Sessions, Digital Swimming Experience Sessions, Indoor Rowing Play-in, Pickleball Play-in, Table Tennis Play-in, Social Dance Play-in, Fitness (Multi-gym) Play-in, Physical Fitness Training: Stick Stretching Exercise (For All Abilities)
Kwun Tong	Choi Wing Road Sports Centre	Table Tennis Play-in, Physical Fitness Training: Parent-child Bean Bag Balance Training, Fitness Training: Tic-Tac-Toe Fitness Challenge, Physical Fitness Mini-game: Ultimate Balance Challenge, Fitness Training: Hybrid Fitness Challenge, Bowling Play-in (For All Abilities), e-Cycling Sprint Race, e-Fencing Duel, Pool Soccer Play-in
Islands	Tung Chung Man Tung Road Sports	90-second Fitness Challenge, E-Basketball Experience, Pickleball Demonstration and Play-in, Wushu Demonstration and Play-in, Shuttlecock Demonstration and Play-in, Physical

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	Centre	Fitness Training: Stick Stretching Exercise (For All Abilities), Physical Fitness Test and Consultation, Fitness Training: Tic-Tac-Toe Fitness Challenge, Fitness (Multi-gym)Play-in
Tuen Mun	Yau Oi Sports Centre	90-second Fitness Challenge, Smart Bike Challenge, Horse Riding Play-in, Electronic Basketball, Electronic Football, Fencing Demonstration and Play-in, Boxing Demonstration and Play-in, Go Shoot, Mega Bowling, Physical Fitness Training: Stick Stretching Exercise (For All Abilities), Bearingball Play-in (For All Abilities)
Yuen Long	Tin Fai Road Sports Centre	Physical Fitness Training: Stick Stretching Exercise (For All Abilities), Fitness (Multi-gym) Play-in, Sport Climbing Play-in, Smart Bike Challenge, Handball Play-in, Floor Curling Play-in (For All Abilities), Parent-child Horse Riding Play-in, Pickleball Play-in, Kin-ball Demonstration and Play-in, 3-on-3 Basketball Demonstration and Play-in, Fitness Training: Tic-Tac-Toe Fitness Challenge, Bone and Spinal Health Assessment for Children and Youth
Kwai Tsing	Tsing Yi Sports Centre	Shooting Demonstration and Play-in (For All Abilities), Shuttlecock Demonstration and Play-in, Rope Skipping Demonstration and Play-in, Pickleball Demonstration and Play-in, Floor Curling Demonstration and Play-in, 90-second Parent-child Fitness Challenge, Parent-child Fitness Training: Circuit Training, Physical Fitness Training: Body Mind Stretching, Resistance Band Exercise (For All Abilities) , Physical Fitness Test and Consultation, Pickleball Master
North	Po Wing Road Sports Centre	Physical Fitness Training: Stick Stretching Exercise, Parent-child Table Tennis Play-in, Baduanjin Play-in, American Pool Play-in, Sport Climbing Play-in, Baseball Demonstration and Play-in, Boccia Demonstration and Play-in (For All Abilities), Physical Fitness Training: 90-second Fitness Challenge, Wushu Demonstration and Play-in
Tai Po	Tung Cheong Street Sports Centre	Archery Play-in, Fitness (Multi-gym) Play-in, Indoor Lawn Bowls Play-in (For All Abilities), Horse Riding Play-in, Electronic Football, Fitness Training: Circuit Training, Rouliqiu Demonstration and Play-in, Taspony Play-in, Bowling Play-in

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Sha Tin	Ma On Shan Sports Centre	Parent-child AI Physical Fitness Station, Smart Bike Challenge, Electronic Basketball, Electronic Football, Softball Play-in, Parent-child Floor Curling Play-in, Dodgebee Play-in, Fencing Demonstration and Play-in, Handball Play-in, Physical Fitness Test and Consultation, Physical Fitness Training: Stick Stretching Exercise (For All Abilities)
Sai Kung	Tiu Keng Leng Sports Centre	Dragon Boating Demonstration and Play-in, Boxing Demonstration and Play-in, Breaking Demonstration and Play-in, Fencing Demonstration and Play-in, Physical Fitness Training: Stick Stretching Exercise, Physical Fitness Training: Hula Hoop Exercise, Parent-child Table Tennis Play-in (For All Abilities), Sarcopenia Screening

Remarks: # The dedicated website (www.lcsd.gov.hk/en/sfad) will provide the latest information on the SFAD 2026.