

The Physical Fitness Test for the Community
Fitness Test Days

District	Venue	Date
District Fitness Test Day		
1	Yau Tsim Mong (Launching Ceremony) Piazza of Kowloon Park	26 November (Saturday)
2	Sham Shui Po Lai Chi Kok Park Sports Centre	3 December (Saturday)
3	Kwai Tsing Tsing Yi Sports Centre	4 December (Sunday)
4	Islands 7-a-side Soccer Pitch at On Tung Street Temporary Playground	10 December (Saturday)
5	Yuen Long Fung Kam Street Sports Centre	11 December (Sunday)
6	Tuen Mun Leung Tin Sports Centre	17 December (Saturday)
7	Central & Western Smithfield Sports Centre	18 December (Sunday)
8	Tai Po Tai Po Sports Centre	27 December (Tuesday)
9	Tsuen Wan Yeung Uk Road Sports Centre	31 December (Saturday)
10	Kowloon City To Kwa Wan Sports Centre	7 January (Saturday)
11	Sai Kung 7-a-side Soccer Pitch cum Handball Court at Po Hong Park	8 January (Sunday)
12	Wan Chai 7-a-side Mini-Soccer Pitch at Wan Chai Park	14 January (Saturday)
13	North Lung Sum Avenue Sports Centre	15 January (Sunday)
14	Kwun Tong Shun Lee Tsuen Sports Centre	21 January (Saturday)
15	Eastern Siu Sai Wan Sports Ground	22 January (Sunday)
16	Sha Tin Hard Surface Mini-Soccer Pitch at Yuen Wo Playground	4 February (Saturday)
17	Wong Tai Sin Hammer Hill Road Sports Ground	5 February (Sunday)
18	Southern Hard Surface Mini-Soccer Pitch at Aberdeen Sports Centre	12 February (Sunday)
Outreaching Fitness Test Day		
1	Shaw Sports Complex, Hong Kong Polytechnic University	13 February (Monday)

2	Shaw Sports Complex, Hong Kong Polytechnic University	14 February (Tuesday)
3	Shaw Sports Complex, Hong Kong Polytechnic University	15 February (Wednesday)
4	Shaw Sports Complex, Hong Kong Polytechnic University	16 February (Thursday)
5	Shaw Sports Complex, Hong Kong Polytechnic University	17 February (Friday)
6	Fa Yuen Street Sports Centre (Hong Kong Community Development Network)	25 February (Saturday)
7	Kong Kong Institute of Vocational Education (Chai Wan)	27 February (Monday)
8	Hong Kong Chinese Civil Servant's Association, Wylie Path, Jordan, Kowloon	4 March (Saturday)
9	To Kwa Wan Sports Centre	24 March (Friday)
10	Kowloon Park Arcade	25 March (Saturday)
11	Kowloon Park Arcade	26 March (Sunday)
12	Secondary Hall, Kowloon Park Sports Centre	29 March (Wednesday)