



大埔體育會

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地址：新界大埔安祥路2號李福林體育館

會員通訊 (2025.8)

OPR/Mem/NL/2025.8

一．第五十二屆吐露港渡海泳公開賽

第五十二屆吐露港渡海泳公開賽定於 2025 年 9 月 21 日(星期日)舉行，以大埔船灣沙欄海灘為起點，大美督水上活動中心為終點，全程約 2,600 米，即日開始接受報名，8 月 17 日截止。查詢電話：3708 4519 黃小姐。

二．免費使用羽毛球場

2025 年 8 月 1 日起，會員免費使用羽毛球場只限星期一至五上午 8:00-9:00。

三．健身室增加設施及延長開放時間

健身室增添多部器械及跑步機，為了讓會員有更多時間享用健身設施，由 2025 年 7 月 1 日起，健身室星期一至六由上午 9：00 至晚上 10：00 開放，星期日及公眾假期由上午 9：00 至下午 5：00 開放。

四．全民運動日

2025 年 8 月 3 日(星期日)為全民運動日，康文署部份設施將免費開放讓市民使用，李福林體育館健身室亦於當日上午 9:00-下午 1:00 免費讓 15 歲以上市民使用，(免費名額每次限 10 人)。

五．更換升降機

李福林體育館於 2025 年 9 月 16 日起展開更換升降機工程，為期三個月，期間上落綜合運動場只可以使用樓梯。

六．第五屆大埔體育會高爾夫球慈善賽

第五屆大埔體育會高爾夫球慈善賽定於 2025 年 10 月 16 日(星期四)假東莞鳳凰山高爾夫球場舉行，報名費每人 2,000 元(包括來回交通，打球費，午餐及晚餐)，球賽所籌得之款項扣除必要開支之後，餘下之款項用作發展體育運動用途，歡迎會員及會友參加，9 月 19 日截止報名，查詢電話：3708 4510 林先生。

Tai Po Sports Association Newsletter 2025 August Edition

1. Tolo Harbour Swimming Race

The 52nd Tolo Harbour Swimming Race is scheduled for September 21, 2025 (Sunday). The race starts at Sha Lan Beach, Tai Po and finishes at Tai Mei Tuk Water Sports Centre, covering a distance of approximately 2,600 meters. Enrollment closes on August 17. For enquiries, please contact Ms. Wong at 3708 4519.

2. Free Use of Badminton Court

Starting from August 1, 2025, members can use the badminton court for free only from Monday to Friday, 8:00 am to 9:00 am.

3. Facility Upgraded in Fitness Centre and Opening Hours Extended

New equipment and treadmills have been added to the fitness centre. To allow members more time to enjoy the facilities, starting from July 1, 2025, the fitness centre will be open from 9:00 AM to 10:00 PM Monday to Saturday, and from 9:00 AM – 5:00 PM Sunday & Public Holidays.

4. Sports for All Day

August 3, 2025 (Sunday) is designated as Sports for All Day, during which some leisure facilities under the LCSD will be open to the public free of charge. The Li Fook Lam Sports Centre Fitness Centre will also offer free access to citizens aged 15 and above from 9:00 AM to 1:00 PM on that day (*free slots are limited to 10 users per session*).

5. Replacement of elevators

The elevator replacement project at the Li Fook Lam Sports Centre will commence on September 16, 2025, for a period of three months. During this period, only stairs can be used to access the sports complex.

6. Tai Po Sports Association Golf Charity Tournament

The 5th Tai Po Sports Association Golf Charity Tournament will be held on October 16, 2025 (Thursday) at the Phoenix Hill Golf Course, Dongguan. The entry fee is HKD 2,000 per person (including transportation, green fee, lunch and dinner). After deducting necessary expenses, the proceeds will be used to support sports development. Members and friends are welcome to participate. The registration deadline is September 19. For enquiries, please contact Mr. Lam at 37084510.