

List of Recreation & Sports Facilities Available for Booking for Training By Recognized "National Sports Associations" (NSAs)

Item	Recreation & Sports Facilities	Time slot for Booking	Fees	Concessionary rate for aged 65 or above	Remarks
1.	Badminton Court	07:00 - 08:00 on every Mon and Wed (except PHs)	\$59 / court / hr on weekdays except PHs (max. 4 pax)	\$47 / court / hr on weekdays except PHs (max. 4 pax)	Concessionary rates of all facilities (excluding exercise room and outdoor swimming pool) applies to the whole application if any one of the people in the group is of age 65 or above.
2.	Squash Court	20:30 - 22:00 hrs from Mon to Sun (including PHs)	\$40 / court / 45 mins on weekdays, weekends & PHs (max. 2 pax)	\$32 / court / 45 mins on weekdays, weekends & PHs (max. 2 pax)	
3.	Tennis Court	(a) 07:00 - 09:00 on every Mon & Wed (except PHs); (b) 12:00 - 14:00 on every Mon & Wed (except PHs)	\$42 / court / hr on weekdays except PHs (max. 4 pax)	\$33 / court / hr on weekdays except PHs (max. 4 pax)	
4	Outdoor Swimming Pool	13:00 - 14:00 on every Mon & Wed (except PHs)	\$19 / pax on weekdays except PHs (max. 10 pax)	\$15 / pax on weekdays except PHs (max. 10 pax)	For exercise room and outdoor swimming pool, concessionary rate only applies to the particular person who is of age 65 or above.
5	Exercise Room	13:00 – 15:00 on every Fri (except PHs)	\$17 / pax / hr on weekdays except PHs (max. 10 pax)	\$13 / pax / hr on weekdays except PHs (max. 10 pax)	