

In Support of Sports Promotion:



Family fitness made fun



Free goodie bag worth \$20 for everyone!

White stocks last.

Family time just got a lot more fun with our Active Family Programme! This time round, be thrilled with the wide range of enriching and exciting activities involving the whole family over the weekends! Children aged 6-12 years old and parents are welcome to join us!

Hurry! Check out our schedule below to find out where you can play a game of family Kinball, enjoy an Adventure Hunt activity or even see who runs the fastest with your family, and much more!

Active Family

Register now and find out more at www.hpb.gov.sg/active-family

GET ACTIVE. GET MORE FROM LIFE.
For enquiries, please call 9384 3328 or email HPB_Mailbox@hpb.gov.sg

Partners



HPB - ActiveSG Active Family Programme



HOW TO REGISTER



Sign up on the link below: goo.gl/3q3cca

FOR ENQUIRIES



Email to HPB_Mailbox@hpb.gov.sg

March Holiday WEEKDAY Edition

		Registration starts 30 minutes before session!		
		Monday	Wednesday	Friday
		12-Mar	14-Mar	16-Mar
Punggol Park <i>Park's Community Corner</i> <small>(Walking distance from Café)</small>	9:30am-10:30am	Inline Skating	Mini Olympics	Mini Tennis
	10:30am-11:30am	Adventure Hunt	Archery Shootout	Kite-Making
Sengkang <i>Blk 273E Compassvale Link</i> <small>(Multi-Purpose Hall)</small>	9:30am-10:30am	Mini Olympics	Inline Skating	Tag Rugby
	10:30am-11:30am	Archery Shootout	Mini Tennis	Kids Baseball
Bedok Reservoir <i>Beside WAWAWA Café</i>	9:30am-10:30am	Tag Rugby	Adventure Hunt	Inline Skating
	10:30am-11:30am	Mini Tennis	Kite Making	Archery Shootout

		Registration starts 30 minutes before session!	
		Tuesday	Thursday
		13-Mar	15-Mar
Punggol Town Square <i>Behind Waterway Point mall</i>	9:30am-10:30am	Archery Shootout	Inline Skating
	10:30am-11:30am	Mini Tennis	Tchoukball
West Coast Park <i>Carpark 3, main podium</i> <i>behind open field</i>	9:30am-10:30am	Inline Skating	Archery Shootout
	10:30am-11:30am	Kite-Making	Treasure Hunt
Choa Chu Kang Park <i>Amphitheatre,</i> <i>near restaurant</i>	9:30am-10:30am	Kite-Making	Archery Shootout
	10:30am-11:30am	Treasure hunt	Mini Tennis

March Holiday Special

*Limit to 1-hour slot per activity per participant

Registration starts 30 minutes before session!					
	Monday	Tuesday	Wednesday	Thursday	Friday
	12-Mar	13-Mar	14-Mar	15-Mar	16-Mar
Time	10am to 11am 11am to 12pm		9:30am to 10:30am 10:30am to 11:30am	10am to 11am 11am to 12pm	
Activity	Amped Trampoline <i>Yo:HA Jurong</i>	Bowling <i>Our Tampines Hub</i> <i>Orchid Bowl</i>	Fencing <i>SAFRA Toa Payoh</i>	Bowling <i>Bukit Batok CSC</i>	Sports Climbing <i>Our Tampines Hub</i> <i>The ROCK School</i>

Registration starts 30 minutes before session!		
	Saturday	Sunday
	17-Mar	18-Mar
Time	10am to 11am 11am to 12pm	
Activity	Bowling <i>SAFRA Punggol</i>	Nerf Combat <i>FutsalArena@Yishun</i>

Yo:HA@Jurong
Level 2 Sports Hall
200 Jurong East Ave 1
Singapore 609789

Our Tampines Hub
1 Tampines Walk
Singapore 528523
Orchid Bowl #B1-50
The ROCK School #02-81

SAFRA Toa Payoh
Z-Fencing, #04-01
293 Lorong 6 Toa Payoh
Singapore 319387

Bukit Batok
Civil Service Club (CSC)
Westwood Bowl, Level 4
91 Bukit Batok West Ave 2
Singapore 659206

SAFRA Punggol
Orchid Bowl, #05-03
9 Sentul Crescent
Singapore 828654

FutsalArena @ Yishun
32 Yishun Central 1
Singapore 768809

**FREE Programme for
Children 6 to12 Years Old
& their Parents**



HPB - ActiveSG Active Family Programme



MORE INFO



Check out
www.hpb.gov.sg/active-family

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FOR ENQUIRIES



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or call **9384 3328**

Registration starts 30 minutes before workout!										Registration starts 30 minutes before workout!				
S1	S2	S3	S4	S5	S6	S7	S8	S9		S10	S11	S12	S13	
EAST	NORTH	SOUTH	EAST	WEST	EAST			NORTH		EAST	NORTH	CENTRAL		
Sengkang Blk 273E Compassvale Link	Yio Chu Kang Sports Centre Tennis Court	Mapletree Business City Basketball Court	Pasir Ris Sports Centre Foyer	West Coast Park Carpark 3, main podium behind open field	Punggol Park Park's Community Corner (Walking distance from Park's Café)	Punggol Town Square Behind Waterway Point mall	Bedok Reservoir Park Beside Park's Café (WAWAWA)	Choa Chu Kang Park Amphitheatre, near Park's Restaurant		Punggol Town Square Behind Waterway Point mall	Sembawang Park End of Sembawang. Area near toilet, close to carpark A	Singapore Sports Hub National Stadium, 100Plus Promenade, Gate 5	United Square Level 1, Outdoor Plaza (opposite Wee Nam Kee Chicken Rice)	
Saturday	9am -10am		1pm - 2pm	5.30pm - 6.30pm					Sunday	8:30am - 9:30am		9am - 10am	4:30pm - 5:30pm	
3-Mar	Inline Skating	ActiveSG Tennis Academy	*no session	ActiveSG Basketball Academy	Back-to-old- school	Handball	Self-Defense	Back-to-old- school	Floorball	4-Mar	Floorball	Handball	Kids Baseball	Tag Rugby
10-Mar	Inline Skating		Archery Shoot- Out		Tchoukball	Handball	Self-Defense	Kinball	Floorball	11-Mar	*no session	Handball	Kids Baseball <small>^Hardcourt near Gate 14</small>	Tag Rugby
17-Mar	Back-to-old- school		Archery Shoot- Out		Tchoukball	Floorball	Back-to-old- school	Kinball	Back-to-old- school	18-Mar	*no session	Kids Baseball	Inline Skating	Basketball
24-Mar	Handball		Archery Shoot- Out		Kinball	Floorball	*no session	Self-Defense	Tchoukball	25-Mar	Handball	Kids Baseball	*no session	Basketball
31-Mar	Handball		*no session		Kinball	Back-to-old- school	Let's Play @ PTS 3-7pm	Self-Defense	Tchoukball					

**Turn page over for
March Holiday Special!**