

Family fitness made fun



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!

Register now and find out more at
www.healthhub.sg/programmes/109/active-family

Active Family

GET ACTIVE. GET MORE FROM LIFE.
For enquiries, please call 9384 3328
or email hpbevents@team-axis.com



HOW TO REGISTER



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

FOR ENQUIRIES



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HPB - ActiveSG Active Family Programme



June Holiday Special

FREE Programme for Children 6 to 12 Years Old & their Parents

Monday	Wednesday	Friday	Saturday	Sunday
		1st June	2nd June	3rd June
		10AM - 11AM Fencing SAFRA Toa Payoh		10AM - 11AM Bowling Chevrans
		6PM - 7PM Trampoline AMPED River Valley	6PM - 7PM Nerf Combat Home United Youth Football Academy	
4th June	6th June	8th June	9th June	10th June
10AM - 11AM Fencing SAFRA Toa Payoh	10AM - 11AM Rock Climbing Our Tampines Hub	10AM - 11AM Nerf Combat Premier Pitch	10AM - 11AM Bowling ElHub	10AM - 11AM Trampoline AMPED Jurong East
5:30PM - 6:30PM Bowling Punggol Orchid Bowl	6PM - 7PM Nerf Combat Futsal Arena Yishun	7PM - 8PM Rock Climbing Our Tampines Hub		
11th June	13th June	15th June (PH)	16th June	17th June
10AM - 11AM Nerf Combat SkyPark Arena	10AM - 11AM Fencing SAFRA Toa Payoh			10AM - 11AM Bowling CSC Tessensohn
6PM - 7PM Trampoline AMPED River Valley	5:30PM - 6:30PM Bowling Westwood Bowl		6PM - 7PM Nerf Combat Kallang Cage	
18th June	20th June	22nd June	23rd June	24th June
10AM - 11AM Rock Climbing Our Tampines Hub	10AM - 11AM Trampoline AMPED Jurong East	10AM - 11AM Fencing SAFRA Toa Payoh	10AM - 11AM Bowling Our Tampines Hub	10AM - 11AM Rock Climbing Our Tampines Hub
6PM - 8PM Nerf Combat Kovan	7PM - 8PM Bowling Punggol Orchid Bowl	7PM - 8PM Nerf Combat Premier Pitch		

FREE Programme for
Children 6 to 12 Years Old
& their Parents



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MORE INFO

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www.healthhub.sg/programmes/109/active-family

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	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		5.30pm - 6.30pm		8:30am - 9:30am		9am - 10am		4:30pm - 5:30pm	
2-Jun	Inline Skating	Tag Rugby		Handball		Archery Shoot-Out	Floorball	Inline Skating	Archery Shoot-Out	Tchoukball	Floorball	*no session	Inline Skating	
9-Jun	Inline Skating	Basketball		Handball		Archery Shoot-Out	Floorball	Inline Skating	Treasure Hunt	Tchoukball	Floorball	Soccer	Inline Skating	
16-Jun	Floorball	ActiveSG Tennis Academy		Archery Shoot-Out		Treasure Hunt	Basketball	Archery Shoot-Out	Kite Making	Tag Rugby	Archery Shoot-Out	Floorball	Tchoukball	
23-Jun	Floorball	Self-Defense		Treasure Hunt		Kinball	Basketball	Kids Baseball	Inline Skating	Tag Rugby	Treasure Hunt	Floorball	Tchoukball	
30-Jun	Archery Shoot-Out	Archery Shoot-Out		Kite Making		Kinball	Archery Shoot-Out	Kids Baseball	Inline Skating	Tag Rugby	Treasure Hunt	Floorball	Tchoukball	

