



# HPB - ActiveSG Active Family Programme



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

**MORE INFO**



Check out  
[www.hpb.gov.sg/active-family](http://www.hpb.gov.sg/active-family)

**HOW TO REGISTER**



Sign up on the link below:  
[goo.gl/3q3cca](http://goo.gl/3q3cca)

**FOR ENQUIRIES**



Email to [HPB\\_Mailbox@hpb.gov.sg](mailto:HPB_Mailbox@hpb.gov.sg)  
or call **9384 3328**

Registration starts 30 minutes before workout!

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	S1	S2	S3	S4	S5	S6	S7	S8					
	EAST	NORTH	EAST	WEST	EAST			NORTH	S9	S10	S11	S12	
	<i>Sengkang Blk 273E Compassvale Link</i>	<i>Yio Chu Kang Sports Centre Tennis Court</i>	<i>Pasir Ris Sports Centre Foyer</i>	<i>West Coast Park Carpark 3, main podium behind open field</i>	<i>Punggol Park Park's Community Corner (Walking distance from Park's Café)</i>	<i>Punggol Town Square Behind Waterway Point mall</i>	<i>Bedok Reservoir Park Beside Park's Café (WAWAWA)</i>	<i>Choa Chu Kang Park Amphitheatre, near Park's Restaurant</i>	<i>Punggol Town Square Behind Waterway Point mall</i>	<i>Sembawang Park End of Sembawang. Area near toilet, close to carpark A</i>	<i>Singapore Sports Hub National Stadium, 100Plus Promenade, Gate 5</i>	<i>United Square Level 1, Outdoor Plaza (opposite Wee Nam Kee Chicken Rice)</i>	
Saturday	9am - 10am		10am - 11am	5.30pm - 6.30pm					Sunday	8:30am - 9:30am		9am - 10am	4:30pm - 5:30pm
6-Jan	Kids Baseball	ActiveSG Tennis Academy	ActiveSG Basketball Academy	Tag Rugby	Inline Skating	Floorball	Floorball	Basketball	7-Jan	Tchoukball	Inline Skating	*no session	*no session
13-Jan	Kids Baseball			Tag Rugby	Inline Skating	Floorball	Floorball	Basketball	14-Jan	Tchoukball	Inline Skating	Self-Defense	Archery Shoot-Out
20-Jan	Tchoukball			Inline Skating	Kids Baseball	*no session	Basketball	Self-Defense	21-Jan	*no session	Basketball	Floorball	Inline Skating
27-Jan	Tchoukball			Inline Skating	Kids Baseball	Kinball	Basketball	Self-Defense	28-Jan	Mini-Olympics	Basketball	Floorball	Inline Skating
3-Feb	Floorball	ActiveSG Tennis Academy	ActiveSG Basketball Academy	Self-Defense	Kinball	Basketball	Kids Baseball	Inline Skating	4-Feb	Tag Rugby	Floorball	Basketball	Tchoukball
10-Feb	Floorball			Self-Defense	Kinball	Basketball	Kids Baseball	Inline Skating	11-Feb	Tag Rugby	Floorball	Basketball	Tchoukball
17-Feb	*no session (Chinese New Year)								18-Feb	*no session (Chinese New Year)			
24-Feb	Basketball	ActiveSG Tennis Academy	ActiveSG Basketball Academy	Handball	Self-Defense	Tag Rugby	Inline Skating	Kids Baseball	25-Feb	Inline Skating	Self-Defense	Kinball	Floorball
3-Mar	Inline Skating	ActiveSG Tennis Academy	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			Tchoukball	Handball	Self-Defense	Kinball	Floorball	11-Mar	Floorball	Handball	Kids Baseball	Tag Rugby
17-Mar	Back-to-old-school			Tchoukball	Floorball	Back-to-old-school	Kinball	Back-to-old-school	18-Mar	Handball	Kids Baseball	Inline Skating	Basketball
24-Mar	Handball			Kinball	Floorball	Kids Baseball	Self-Defense	Tchoukball	25-Mar	Handball	Kids Baseball	Inline Skating	Basketball
31-Mar	Handball			Kinball	Back-to-old-school	Kids Baseball	Self-Defense	Tchoukball					

## Active Family Programme (January - March 2018)

Family time just got a lot more fun with the Health Promotion Board Active Family Programme jointly organised with ActiveSG. Supported by Nparks, Singapore Sports Hub and Sentosa.

Be thrilled with the wide range of enriching and exciting activities involving the whole family over the weekends! Join us, together with your children (aged 6 - 12) for FREE family-friendly workout sessions across the island for you and your family to get active and make precious memories together!

	Activity	Description
1	<b>ActiveSG Basketball Academy*</b>	Dunk and dribble as a team. Enhance your coordination with a game of basketball.
2	<b>ActiveSG Tennis Academy*</b>	Rally your family for a game of tennis. Help your kids pick up new skills and make friends!
3	<b>Archery Shoot-Out</b>	Experience shooting a foam tip arrow with a bow. Challenge your friends and see who can hit the most number of targets.
4	<b>Back-to-old-school</b>	Parents, come experience the games you used to play during your growing years and share the different techniques with your children! e.g. Skipping, Pepsi Cola, Goli (Giant)
5	<b>Basketball</b>	Learn to shoot in some hoops and layup some balls. (Hoops are adjusted to suit younger children)
6	<b>Floorball</b>	Learn how to control, dribble and score with an air-flow stick. Experience this fast-paced game which is similar to hockey but a lot safer!
7	<b>Handball</b>	Score a goal not by kicking, but by throwing. A game quite similar to soccer, but instead of using your feet, you get to use your hands.
8	<b>Inline Skating</b>	Let's get rolling with wheels under both feet! Pick up a new skill and have a wheel-y good time!
9	<b>Kids Baseball</b>	Experience playing the different roles - Pitcher, Batter & Catcher - in our family fun edition of baseball.
10	<b>Kinball</b>	A game with 2 teams? How about 3 teams in a game? The main objective is to keep the giant ball off the ground. Will you be fast enough to react? We challenge you to give this a try!
11	<b>Mini-Olympics</b>	Challenge yourself to a modified mini track & field event (running, jumping, throwing) and emerge as a well-rounded athlete!
12	<b>Self-Defense</b>	Learn the various kicking and punching techniques which you can apply during self-defence. Pair yourselves up (parent & child) for some pad work activities together.
13	<b>Tag Rugby</b>	Pull the tag off your opponent's waist belt instead of grabbing or tapping; a friendlier and soft-contact version of rugby.
14	<b>Tchoukball</b>	A fast-pace game which allows you to score into either of the Tchoukball frames. Which goal should you be defending now?

\*Activities by ActiveSG