



Activities on this listing are accurate at time of release, however, details may be subject to change.

Participants should check in with the participating partners for final schedule.

Activities are accurate as at 20 June 2019

Partner Agency	Activities	Activity Description	Start Date	End Date	Time	Address	Charges/Promo Codes	Pre-Registration Details & Website
HEALTH PROMOTION BOARD								
Health Promotion Board	Active Family - Nerf Fun, Archery, Rock climbing, Inline Skating, etc	1 hour of fun and games for children 6-12 years old during the weekends: Nerf Fun, Archery, Rock Climbing, Inline Skating, and more! Look out for the trampoline parks, nature walks, adventure hunt etc during our June holiday special.	1 Jun 2019	31 Aug 2019	go.gov.sg/actfam (Refer to the link above for the dates and timings)	20 locations Refer to go.gov.sg/actfam for the activity, location and time	FREE	go.gov.sg/actfam (Refer to the link above for the relevant details)
COLD STORAGE								
Cold Storage	Cold Storage Kids Run	Kids-focused running event that not just provides seasoned child runners a chance to expose themselves to competition. It also introduces first time runners the world of healthy and active living.	2 Jun 2019	2 Jun 2019	8.00am to 11.00am	Palawan Green, Sentosa Siloso Beach Walk	Competitive (Early Bird) - \$50 Normal Rates- \$55 Non - Competitive (Early Bird)- \$60 Normal Rate \$65. Fruity Family Run \$65 (Additonal Kid \$40 Early Bird)	www.coldstoragekidsrun.com.sg

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NATIONAL HERITAGE BOARD								
National Heritage Board	Children's Special 2019	<p>This June, Children's Special at the National Museum celebrates the launch of our special publication for families, Get Curious! – The Official Interactive Guide to the National Museum of Singapore. Explore our permanent galleries as a family with this book, and discover the exciting stories of highlighted artefacts through themes such as Animals, Colours, Shapes, Transport and Values.</p> <p>Plus, visit our basement level to discover magical story worlds of the land, sea and forest, play on bouncy castles, discover toys of the past and share stories of what's in your world. Join fun programmes such as character tours, Young Cinema screenings, and engaging workshops where you can create your own wind-up toys and artworks. Get curious – What interesting stories will you find at the museum?</p>	1 Jun 2019	30 Jun 2019	Daily 10.00am to 7.00pm	National Museum Singapore 93 Stamford Rd Singapore 178897	Fees apply to selected programmes.	https://www.nationalmuseum.sg/our-programmes/programme-s-list/childrens-special-2019
National Heritage Board	National Day Open House at NMS	Join us to celebrate National Day at the National Museum! Details will be released in July, so keep a lookout on our website!	9 Aug 2019	9 Aug 2019	10.00am to 6.00pm	National Museum Singapore 93 Stamford Rd Singapore 178897	FREE	www.nationalmuseum.sg
National Heritage Board	Passport Singapura Activity Booklet	<p>Travel to the bustling town and trading port of Kampong Gelam, and learn more about its stories through "Passport Singapura".</p> <p>Go on a self-guided tour of the permanent galleries of Malay Heritage Centre and complete a series of fun activities!</p>	1 May 2019	31 Aug 2019	Tuesday to Sunday: 10.00am to 6.00pm (last admission at 5.30pm) Monday: Closed	Malay Heritage Centre 85 Sultan Gate Singapore 198501	Free for Singaporean and PR. Charges apply for foreigners	https://www.nhb.gov.sg/what-we-do/our-work/community-engagement/education/resources

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National Heritage Board	Permanent Exhibition Guided Tours	Join our guided tours of MHC's Permanent Exhibition to learn more about Kampong Gelam as well as Malay culture and heritage from our museum documents.	1 May 2019	31 Aug 2019	English Guided Tour (max 15 pax) 1) Tuesday - Friday: 11.00am 2) Tuesday, Thursday & Saturday: 2.00pm Mandarin Guided Tour (max 15 pax) 1) Every third Saturday of the month: 1.00pm	Malay Heritage Centre 85 Sultan Gate Singapore 198501	Free for Singaporean and PR. Charges apply for foreigners	https://www.malayheritage.org.sg/en/visit/tours/free-guided-tours
National Heritage Board	Permanent Gallery Guided Tour	Join us for a guided tour of the Sun Yat Sen Nanyang Memorial Hall, and hear the stories of this century-old villa that trace Dr. Sun Yat Sen's revolutionary activities in Southeast Asia. Gain insights about the impact of the 1911 Revolution on Singapore, and Singapore's contributions to the Revolution.	1 May 2019	31 Aug 2019	Daily except Monday 10.00am to 5.00pm	Sun Yat Sen Nanyang Memorial Hall 12 Tai Gin Rd Singapore 327874	FREE	www.sysnmh.org.sg
National Heritage Board	Saturdays@ACM	Enjoy creative, hands-on activities, interactive performances and drama, and storytelling in the museum's galleries. Each month features a different theme - learn tales behind popular cultural festival, embark on a journey across ancient civilisations, and make your masterpiece inspired by thousand-year old artworks.	1 May 2019	31 Aug 2019	Every last Saturday of the Month 1.00pm to 5.00pm	Asian Civilization Museum 1 Empress Pl, Singapore 179555	FREE	www.acm.org.sg
National Heritage Board	Storytime! – Hafiz and the Raya Recipes	You can never miss out on your Hari Raya kueh every time this festive season comes! Learn more about the various types of kueh with Hafiz as he goes on a quest to find out more about the traditional ingredients used by his grandmother! Can you help him find them?	22 Jun 2019	22 Jun 2019	10.30am to 11.00am 1.00pm to 1.30pm 5.00pm to 5.30pm	Malay Heritage Centre 85 Sultan Gate Singapore 198501	Free for all in conjunction with Hari Raya Open House	malayheritagecentre.peatix.com

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National Heritage Board	Heritage Hunt @MHC: Little Hajj Travellers	Are you interested to be a Little Hajj Traveller and learn about the Hajj journey? Venture around Kampong Gelam with yourwe're having 100 po shopping list as you prepare for your Hajj journey on steamships. Discover more stories about the Hajj and the significance of this area as a port town through this fun family activity!	22 Jun 2019	23 Jun 2019	3 sessions both days: 11.00am to 11.45am 2.00pm to 2.45pm 3.00pm to 3.45pm	Malay Heritage Centre 85 Sultan Gate Singapore 198501	FREE	malayheritagecentre.peatix.com
National Heritage Board	A Night at the Chinese Opera	Spend a night at the Chinese Opera with us, and dive deep into the theatrics and spectacle of this cultural treasure! The museum will play host to a kaleidoscopic showcase across song and dance, live music and martial arts, film, colourful costumes and more! Go backstage with a pioneering opera troupe, or be transformed into a Chinese Opera superstar!	29 Jun 2019	29 Jun 2019	5.00pm to 9.00pm	Asian Civilisations Museum 1 Empress Pl, Singapore 179555	FREE	www.acm.org.sg
NATIONAL LIBRARY BOARD								
National Library Board	Jiggle Read and Rhyme at Bedok	Join fellow parents with young children, and support your child's early development through an enjoyable 30-minute session of songs, rhymes and stories that come alive.For toddlers aged 1 to 3 years old.	16 Jul 2019	20 Aug 2019	Every Tuesday 4.00pm to 4.30pm	Bedok Public Library 11 Bedok North Street 1 #02-03 & #03-04 Heartbeat@Bedok Singapore 469662	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/jiggle%20read%20and%20rhyme
National Library Board	Jiggle Read and Rhyme at Cheng San	Join fellow parents with young children, and support your child's early development through an enjoyable 30-minute session of songs, rhymes and stories that come alive.For toddlers aged 1 to 3 years old.	1 Jul 2019	29 Jul 2019	Every Monday 4.00pm to 4.30pm	Cheng San Public Library 90 Hougang Avenue 10 #03-11 Hougang Mall Singapore 538766	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/jiggle%20read%20and%20rhyme

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National Library Board	Jiggle Read and Rhyme at Jurong	Join fellow parents with young children, and support your child's early development through an enjoyable 30-minute session of songs, rhymes and stories that come alive. For toddlers aged 1 to 3 years old.	7 May 2019	11 Jun 2019	Every Tuesday 7 May 4.00pm to 7.00pm 14 May 7.30pm to 8.00pm 21 May 7.30pm to 8.00pm 28 May 3.30 to 4.00pm 4 Jun 3.30 to 4.00pm 11 Jun 3.30 to 4.00pm	Jurong Regional Library 21 Jurong East Central 1 Singapore 609732	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/Jiggle%20read%20and%20rhyme
National Library Board	Jiggle Read and Rhyme at Jurong West	Join fellow parents with young children, and support your child's early development through an enjoyable 30-minute session of songs, rhymes and stories that come alive. For toddlers aged 1 to 3 years old.	2 Jul 2019	6 Aug 2019	Every Tuesday 4.00pm to 4.30pm	Jurong West Public Library 60 Jurong West Central 3 #01-03 Singapore 648346	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/Jiggle%20read%20and%20rhyme
National Library Board	Jiggle Read and Rhyme at Pasir Ris	Join fellow parents with young children, and support your child's early development through an enjoyable 30-minute session of songs, rhymes and stories that come alive. For toddlers aged 1 to 3 years old.	21 May 2019	25 Jun 2019	Every Tuesday 4.00pm to 4.30pm	Pasir Ris Public Library 1 Pasir Ris Central St 3 #04-01/06 White Sands Singapore 518457	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/Jiggle%20read%20and%20rhyme
National Library Board	Jiggle Read and Rhyme at Sembawang	Join fellow parents with young children, and support your child's early development through an enjoyable 30-minute session of songs, rhymes and stories that come alive. For toddlers aged 1 to 3 years old.	6 Aug 2019	27 Aug 2019	Every Tuesday 7.30pm to 8.00pm	Sembawang Public Library 30 Sembawang Drive #05-01 Sun Plaza Singapore 757713	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/Jiggle%20read%20and%20rhyme
National Library Board	Jiggle Read and Rhyme at Yishun	Join fellow parents with young children, and support your child's early development through an enjoyable 30-minute session of songs, rhymes and stories that come alive. For toddlers aged 1 to 3 years old.	4 Jun 2019	9 Jul 2019	Every Tuesday 7.30pm to 8.00pm	Yishun Public Library 930 Yishun North Ave 2 #04-01 North Wing Northpoint City Singapore 769098	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/Jiggle%20read%20and%20rhyme

Partner Agency	Activities	Activity Description	Start Date	End Date	Time	Address	Charges/Promo Codes	Pre-Registration Details & Website
National Library Board	Play@Library at Bukit Batok	In this unstructured play programme, children and parents can learn, socialize and make new friends. Enjoy the books and variety of educational aids we have! This programme is open to children aged 6 years and below.	1 May 2019	31 Aug 2019	Every Wednesday 4.00pm to 7.00pm Every Sunday 1.00pm to 4.00pm	Bukit Batok Public Library 1 Bukit Batok Central Link #03-01 West Mall Singapore 658713	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/Play@library
National Library Board	Play@Library at Bukit Panjang	In this unstructured play programme, children and parents can learn, socialize and make new friends. Enjoy the books and variety of educational aids we have! This programme is open to children aged 6 years and below.	1 May 2019	31 Aug 2019	Every Tuesday 3.00pm to 6.00pm Every Sunday 2.00pm to 5.00pm	Bukit Panjang Public Library 1 Jelebu Road #04-04 & 16/17 Bukit Panjang Plaza Singapore 677743	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/Play@library
National Library Board	Play@Library at Harbourfront	In this unstructured play programme, children and parents can learn, socialize and make new friends. Enjoy the books and variety of educational aids we have! This programme is open to children aged 6 years and below.	1 May 2019	31 Aug 2019	Every Monday 11.00am to 2.00pm Every Sunday 4.00pm to 7.00pm	Harbourfront Library 1 Harbourfront Walk #03-05 (Lobby F) Vivo City Singapore 098585	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/Play@library
National Library Board	Play@Library at Tampines	In this unstructured play programme, children and parents can learn, socialize and make new friends. Enjoy the books and variety of educational aids we have! This programme is open to children aged 6 years and below.	1 May 2019	31 Aug 2019	Every Monday 11.00am to 2.00pm Every Sunday 4.00pm to 7.00pm	Tampines Regional Library 1 Tampines Walk #02-01 Our Tampines Hub Singapore 528523	FREE	https://www.nlb.gov.sg/golibrary2/c/30307529/result/term/Play@library
NATIONAL PARKS								
National Parks	Ubin Day 2019	Ubin Day celebrates this unique island that is loved by many. From the flora and fauna to the temples, kampong houses and scenery, who can resist Pulau Ubin's rustic charm? Join us in celebrating its rich natural and cultural heritage by taking part in a series of activities to gain a greater appreciation of the need to conserve the island's heritage for generations to come.	29 Jun 2019	29 Jun 2019	9.00am to 4.00pm	Pulau Ubin	Refer to website	http://www.nparks.gov.sg/pulau-ubin Email: nparks_pulau_ubin@nparks.gov.sg

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National Parks	Istana Open House	Istana is open to public for viewing on specific dates. School band musical performances are held on the Istana grounds. Guided tours conducted by volunteers are held to showcase the rich flora and fauna in Istana grounds.	5 Jun 2019	5 Jun 2019	10.00am to 4.00pm	Istana Domain 35 Orchard Rd Singapore 238823	FREE	https://www.nparks.gov.sg/activities/events-and-workshops
National Parks	Gardener's Day Out (GDO)	Join us for a day of gardening fun at HortPark – The Gardening Hub. Highlights at Gardeners' Day Out include our Gardeners' Market, free talks and demonstrations, free garden tours of HortPark and kids' activities like storytelling and arts and craft!	18 May 2019	17 Aug 2019	Every 3rd Saturday of the Month 9.00am to 3.00 pm 18 May, 15 Jun, 20 July, 17 Aug	HortPark 33 Hyderabad Rd Singapore 119578	FREE	https://www.nparks.gov.sg/gardens-parks-and-nature/parks-and-nature-reserves/hortpark/gdo-details
OUR TAMPINES HUB								
Our Tampines Hub	Climbing Exploration	The Rock School @ Our Tampines Hub, Check-In Counter Complete the Climbing Exploration Programme together!	1 May 2019	31 Aug 2019	Daily 9.30am to 8.30pm	The Rock School @ Our Tampines Hub, Check-In Counter 1 Tampines Walk Singapore 528523	\$40 per pair	http://therockschool.sg/schedule/
Our Tampines Hub	Gladiator Challenge	Challenge yourselves to Our Tampines Hub's 'Longest Inflatable Challenge' recently awarded by the Singapore Book of Records!	4 May 2019	3 Aug 2019	Every 1st Saturday of the Month if no other event 11.00am to 9.00pm	Our Tampines Hub Town Square 1 Tampines Walk Singapore 528523	FREE	Onsite Registration
Our Tampines Hub	Mass Zumba	Enjoy mass zumba with the family.	4 May 2019	3 Aug 2019	1st Saturday of May & August 8.30am to 9.30am	Our Tampines Hub Tennis Courts @ Arena 1 Tampines Walk Singapore 528523	FREE	Onsite Registration

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Our Tampines Hub	Run For Rewards	Improve your fitness and get rewarded!	19 May 2019	18 Aug 2019	Every 3rd Sunday of the month 9.00am to 10.30am	Our Tampines Hub Level 5 Jogging Track 1 Tampines Walk Singapore 528523	FREE	Login to Active.sg app for registration
Our Tampines Hub	Swimfest@Tampines	Swimming is a great exercise for cardio fitness and reduce the stress of the joints. Join us for a mass swimming event by completing in 500m or 1,000m distances. Be the first 200 to win a goodie bag!	30 Jun 2019	30 Jun 2019	9.00am to 12.00pm	Our Tampines Hub 1 Tampines Walk Singapore 528523	FOC. Pool entrance fee applies	For more information please contact Tampines East CC at Tel: 6786 3227. Sign up at www.onepa.sg (Tampines East CSC) Activity Code: A026694081
PAassion WaVe								
PAassion WaVe	1 – 1 Kayak Rental at PAassion WaVe @ Bedok	Over the years, Kayaking has evolved into a popular leisure and competitive sport. Rent a kayak from us and you will be able to explore exotic locations by sea or take in the sights and serenity of our reservoirs. Pick up the sport as a beginner or increase your proficiency with the various tiers of the STAR Award.	1 Jun 2019	30 Jun 2019	Daily except Monday Saturday & Sunday: 8.00am to 6.00pm Wednesday to Friday: 9.00am to 6.00pm (Closed on all Public Holiday)	PAassion WaVe @ Bedok 911 Bedok Reservoir Rd, Singapore 479311	2hrs- PAassion Card Member \$9 Non-Member \$10 Full day- PAassion Card Member \$15, Non-Member \$17	Email: Passionwave@pa.gov.sg Contact: 9710 1697 For more information: Website: https://www.facebook.com/pa.passionwave
PAassion WaVe	1 – 1 Kayak Rental at PAassion WaVe @ Jurong Lake	Over the years, Kayaking has evolved into a popular leisure and competitive sport. Rent a kayak from us and you will be able to explore exotic locations by sea or take in the sights and serenity of our reservoirs. Pick up the sport as a beginner or increase your proficiency with the various tiers of the STAR Award.	1 Jun 2019	30 Jun 2019	Daily except Monday Saturday & Sunday: 8.00am to 6.00pm Wednesday to Friday: 9.00am to 6.00pm (Closed on all Public Holiday)	PAassion WaVe @ Jurong Lake 100 Yuan Ching Road, Singapore 618662	2hrs- PAassion Card Member \$9 Non-Member \$10 Full day- PAassion Card Member \$15, Non-Member \$17	Email: Passionwave@pa.gov.sg For more information: Website: https://www.facebook.com/pa.passionwave

Partner Agency	Activities	Activity Description	Start Date	End Date	Time	Address	Charges/Promo Codes	Pre-Registration Details & Website
PAssion WaVe	1 – 1 Kayak Rental at PAssion WaVe @ Lower Seletar	Over the years, Kayaking has evolved into a popular leisure and competitive sport. Rent a kayak from us and you will be able to explore exotic locations by sea or take in the sights and serenity of our reservoirs. Pick up the sport as a beginner or increase your proficiency with the various tiers of the STAR Award.	1 Jun 2019	30 Jun 2019	Rental only available on every Wednesday, Saturday & Sunday (Closed on all Public Holiday) Saturday & Sunday: 8.00am to 6.00pm Wednesday: 9.00am to 6.00pm	PAssion WaVe @ Lower Seletar 100 Yishun Ave 1, 769140	2hrs- PAssion Card Member \$9 Non-Member \$10 Full day- Passion Card Member \$15, Non-Member \$17	Email: Passionwave@pa.gov.sg Contact: 9710 1826 For more information: Website: https://www.facebook.com/pa.passionwave
PAssion WaVe	1 – 1 Kayak Rental at PAssion WaVe @ Marina Bay	Over the years, Kayaking has evolved into a popular leisure and competitive sport. Rent a kayak from us and you will be able to explore exotic locations by sea or take in the sights and serenity of our reservoirs. Pick up the sport as a beginner or increase your proficiency with the various tiers of the STAR Award.	1 Jun 2019	30 Jun 2019	Daily except Monday Saturday & Sunday: 8.00am to 6.00pm Wednesday to Friday: 9.00am to 6.00pm (Closed on all Public Holiday)	PAssion WaVe @ Marina Bay 11 Rhu Cross, Singapore 437440,	2hrs- PAssion Card Member \$9 Non-Member \$10 Full day- Passion Card Member \$15, Non-Member \$17	Email: Passionwave@pa.gov.sg Contact: 6296 6683 For more information: Website: https://www.facebook.com/pa.passionwave
PAssion WaVe	Abseiling Orientation	Abseiling means 'to rope down' in German and that is exactly what you will learn from our abseiling programmes. Experience the thrill of scaling down heights with our Orientation Programme under the guidance of our experienced trainers! The minimum age for this programme is 10 years old.	13 Jul 2019	13 Jul 2019	10.00am to 1.00pm	PAssion WaVe @ Pasir Ris 125 Elias Road, Singapore 519926	PAssion Member: \$27 Non-PAssion Member: \$29	Email: pa_wvpasirris@pa.gov.sg Contact: 6582 4796 Website: www.onepa.sg/class/details/C026720758

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PAssion WaVe	Aspire to Perspire: Sport Concert by the Beach	As the moon rises and the sea breeze cools, join our Trainers for a night of dance as they bring you through a series of dance moves from popular workouts like HOT HULA® fitness, Zumba®, and Party Jamz! With the stars above you and the music coursing through your veins, leave your worries behind and get ready to dance the night away!.	15 Jun 2019	15 Jun 2019	7.00pm to 9.00pm	PAssion WaVe @ East Coast 1390, East Coast Parkway, Singapore 468961	FREE Registration Required (200 pax)	Email: pa_wveastcoast@pa.gov.sg Contact: 6444 0409 Website: https://www.onepa.sg/event/details/A026688905
PAssion WaVe	Bellboat Orientation	Looking for an entry-level water sport that is perfect for all ages? Bell Boating is the answer! Offering a unique take on water sports, Bell Boating promotes a platform focusing on camaraderie and co-operation without the distraction of balancing techniques or direction control. Take on your Bell Boat experience today with us!	28 Jul 2019	28 Jul 2019	3.00pm to 5.00pm	PAssion WaVe @ Marina Bay 11 Rhu Cross, Singapore 437440	PAssion card: \$14 Non PAssion card: \$15	Email: PA_WVMARINABAY@pa.gov.sg Contact: 6296 6683 Website: https://www.onepa.sg/event/details/a0026693296
PAssion WaVe	Dragonboat Orientation	Experience the adrenaline rush like no other with Dragon Boating. Move to the sound of the beating drums, steady steering of the coxswain and collective teamwork of the crew. Originating from China, Dragon Boating is now popular amongst teams from the local community ranging from youths to active agers. Join our programmes and train with a team of committed rowers!	20 Jul 2019	20 Jul 2019	10.00am to 12.00pm	PAssion WaVe @ Jurong Lake Gardens 100 Yuan Ching Road, Singapore 618662	PAssion card: \$14 Non PAssion card: \$15	Email: Passionwave@pa.gov.sg Website: www.onepa.sg/class/details/C026720826
PAssion WaVe	Family Beach Yoga	Sand, sea, sun, and stretch! Rejuvenate your body and mind with a relaxing yoga session by the beach. Specially designed for the young and old alike, bring along the whole family for a day of fun in the sun!	15 Jun 2019	15 Jun 2019	10.00am to 11.00am	PAssion WaVe @ East Coast 1390, East Coast Parkway, Singapore 468961	FREE (Registration Required)	Email: pa_wveastcoast@pa.gov.sg Contact: 6444 0409 Website: https://www.onepa.sg/event/details/A026688905

Partner Agency	Activities	Activity Description	Start Date	End Date	Time	Address	Charges/Promo Codes	Pre-Registration Details & Website
PAssion WaVe	Families for Life P.L.A.Y. Camp 2019 (Pasir Ris)	Families for Life's (FFL) new parenting outreach programme for parents with tweens and teens, "Parents Learn And Play" (P.L.A.Y.) is here to up your parenting game through this 2 day 1 night camp! In partnership with People's Association PAssion WaVe @ Pasir Ris, FFL P.L.A.Y. Camp aims to equip parents through a parent-child interactive workshop and promote stronger bond and relationship between parents and their children in outdoor sports activities such as sport climbing and a special outdoor family race "Race to Connect".	8 Jun 2019	9 Jun 2019	2 days 1 night 8 Jun – Starts at 8.30am 9 Jun – Ends at 2pm	PAssion WaVe @ Pasir Ris 125 Elias Road, Singapore 519926	Adult Non-PAssion Member: \$60 PAssion Member: \$45 Child Non-PAssion Member: \$40 PAssion Member: \$25	Email: pa_wvpassirris@pa.gov.sg Contact: 6582 4796 Website: https://www.onepa.sg/event/details/a026689780
PAssion WaVe	Families for Life P.L.A.Y. Camp 2019 (Sembawang)	Families for Life's (FFL) new parenting outreach programme for parents with tweens and teens, "Parents Learn And Play" (P.L.A.Y.) is here to up your parenting game through this 2 day 1 night camp! In partnership with People's Association PAssion WaVe @ Pasir Ris, FFL P.L.A.Y. Camp aims to equip parents through a parent-child interactive workshop and promote stronger bond and relationship between parents and their children in water sports activities such as kayaking and a special outdoor family race "Race to Connect".	1 Jun 2019	2 Jun 2019	2 days 1 night 1 Jun – Starts at 8.30am 2 Jun – Ends at 2pm	PAssion WaVe @ Sembawang 60 Jalan Mempurong, Singapore 759059	Adult Non-PAssion Member: \$60 PAssion Member: \$45 Child Non-PAssion Member: \$40 PAssion Member: \$25	Email: pa_wvsembawang@pa.gov.sg Contact: 6755 0225 Website: https://www.onepa.sg/event/details/a026689769
SAFRA								
SAFRA	KidzAmaze at SAFRA Jurong	Romp, rumble and roll at Kidz Amaze, one of Singapore's largest indoor playgrounds. Our specially designed kid-friendly playground arena consists of visually stunning interactive soft play centres to engage your child's sense of direction, motion and coordination. Friendly facilitators ensure play is both fun and safe.	1 May 2019	30 Aug 2019	Daily Monday to Thursday: 1.00pm to 7.00pm Friday: 1.00pm to 9.00pm Saturday, Sunday, Public Holiday: 10.00am to 9.00pm	SAFRA Jurong 333 Boon Lay Way Singapore 649848	Refer to website	https://www.safra.sg/enjoy/kidz-amaze#.XMqFjY4za00

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SAFRA	KidzAmaze at SAFRA Toa Payoh	Romp, rumble and roll at Kidz Amaze, one of Singapore's largest indoor playgrounds. Our specially designed kid-friendly playground arena consists of visually stunning interactive soft play centres to engage your child's sense of direction, motion and coordination. Friendly facilitators ensure play is both fun and safe.	1 May 2019	30 Aug 2019	Daily Monday to Thursday: 1.00pm to 7.00pm Friday: 1.00pm to 9.00pm Saturday, Sunday, Public Holiday: 10.00am to 9.00pm	SAFRA Toa Payoh 293 Toa Payoh Lor 6 Singapore 319387	Refer to website	https://www.safra.sg/enjoy/kidz-amaze#.XMqFjY4za00
SAFRA	Splash @ KidzAmaze	Splash @ Kidz Amaze is the first indoor water playground in Singapore located at SAFRA Punggol. Spanning 24,000 square feet, Splash is designed with the theme, 'Enchanted Deep Sea'.	1 May 2019	30 Aug 2019	Daily Monday to Thursday: 1.00pm to 7.00pm Friday: 1.00pm to 9.00pm Saturday, Sunday, Public Holiday: 10.00am to 9.00pm	SAFRA Punggol 9 Sentul Crescent Singapore 828654	Refer to website	https://www.safra.sg/enjoy/kidz-amaze#.XMqFjY4za00
SENTOSA								
Sentosa	MegaClimb + MegaJump Package	MegaZip combines adrenaline, speed and fun to let you fly like an eagle! At 75 metres high, 450 metres long and heart pounding speeds of 60kph, MegaZip is the first 3-wire zip line built to test friendships as you race your mates or family in an exhilarating, breathtaking adventure from the jungle canopy of Imbiah Hill to the white sands of Siloso Beach finish point.	1 May 2019	31 Aug 2019	Daily except July: 20 & 21, 27 & 28 Aug: Every Fri & Sat 11.00am to 7.00pm	MegaZip 10A Siloso Beach Walk Singapore 099008	Jump + Climb Package Retail Price = \$39 per pax Special HPB Promotion: 1. Child gets 50% off for every paying adult (Up to 3 children per paying adult) 2. Add-on a MegaZip for additional \$25 per pax *T&Cs apply	https://sg.megaadventure.com/attractions/#section-2
Sentosa	Butterfly Park	Participants can experience and have an upclose and personal encounter with our friendly Butterflies and Wild Life!	1 May 2019	31 Aug 2019	Daily 9.30am to 7.00pm	Sentosa Butterfly Park 51 Imbiah Rd Singapore 099702	50% for Adults (\$8) Kids under 3 (free) Kids above 3 (\$8 per tix)	www.jungle.com.sg

Partner Agency	Activities	Activity Description	Start Date	End Date	Time	Address	Charges/Promo Codes	Pre-Registration Details & Website
Sentosa	Madam Tussauds	Be immersed at Madame Tussauds, the world's most famous wax attraction. Experience stardom with Taylor Swift, play soccer with Cristiano Ronaldo and show your dance moves at the new interactive IIFA Awards Experience! Want more action? Race against the best in our Virtual Reality Racing Experience. Take your place in the spotlight with legends from Singapore and Asia, Hollywood to Bollywood and beyond!	1 May 2019	31 Aug 2019	Daily 10.00am to 7.00pm	Madame Tussauds 40 Imbiah Rd, Imbiah Lookout Singapore 099700	Kid Goes Free* (*accompanied by two full priced adults)	www.madametussauds.com/singapore/en/
Sentosa	Nestopia @ Shangri-la	Nestopia is a welcoming place for young explorers aged 5 and above. Soaring up to a height of 7.5 metres, the three nests that make up Nestopia offer a bird's-eye view of the South China Sea and the surrounding Siloso Beach precinct. A real sight to behold, Nestopia is an open-air playground like nothing anyone could ever laid eyes on, what with its various climbing obstacles, suspended bridges, mazes, and slides. If looking at it doesn't take the participant's breath away, well, conquering it will!	1 May 2019	31 Aug 2019	Daily 11.00am to 9.00pm	Amazing Ropes & Slides @ Nestopia 6 Siloso Beach Walk, Singapore 098995	\$8 per hr per child (5 to 12 year old) Complimentary for 1 x accompany adult for each paying child.	http://www.shangri-la.com/singapore/rasentosaresort/for-kids/nestopia/
Sentosa	Skyline Luge	Get ready for some exuberating fun with your family and friends at Skyline Luge Sentosa! Hop on the Skyride and treat your eyes to some beautiful greeneries. A much-needed break from all that screen time! Then, sweat it off by zipping down on one of our four tracks on the Luge! With four different tracks to try out we guarantee that once is never enough!	1 May 2019	31 Aug 2019	Daily 10.00am to 9.30pm	Sentosa Skyluge 45 Siloso Beach Walk, Sentosa Singapore 099003	Discounted prices for rides as follows: 2 rides @ \$15 3 rides @ \$17	www.skylineluge.com/en/sentosa

Partner Agency	Activities	Activity Description	Start Date	End Date	Time	Address	Charges/Promo Codes	Pre-Registration Details & Website
Sentosa	Wavehouse	Wave House Sentosa, the most iconic in a global family of Wave House venues, is the place to experience the Californian beach lifestyle. Take the first step on your exhilarating flowboarding experience with high-adrenaline flowboarding on the Double FlowRider®, or the 10-foot FlowBarrel® that is flowing at 48kmp. Chill out to the beat of awesome music as you savor modern Californian-Asian cuisine at the Wave House Sentosa Restaurant + Bar or cool off from the tropical heat at the outdoor beach bars.	1 May 2019	31 Aug 2019	Daily Weekday: 12.00pm to 9.00pm Weekend & PH: 11.00am to 9.00pm	Wavehouse 36 Siloso Beach Walk Singapore 099007	1 for 1 on the FlowRider	www.wavehousesentosa.org
SPORTSG								
SportSG	Introduction to Lifesaving Skills for the Family	Get essential skill sets to understand safety aspects, roles and responsibilities in a pool environment. Parent and child are able to learn the fundamental techniques of lifesaving skills and knowledge. Everyone can play a part in prevention and saving a life!	11 May 2019	24 Aug 2019	Every Saturday 10.00am to 11.00am	Jurong East Swimming Complex 21 Jurong East Street 31, Singapore 609517	Pool Admission Fees applicable	https://members.myactivesg.com/programmes/view/program/12550/venue/654
SportSG	Workout with Dreamteam - Parent & Child	Parent-Child Combo, the Dream Team. Workout, Sweat It Out and Move About with your small ones. Fun and challenging exercises to cater to both parent and child. Variation of exercises to improve endurance, strength and even flexibility while spending quality bonding time together.	12 May 2019	25 Aug 2019	Every Sunday 9.00am to 10.00am	Jurong East Sports Centre - Lights, Camera, Dance Studio 21 Jurong East Street 31, Singapore 609517	FREE	https://members.myactivesg.com/programmes/view/program/12540/venue/303
SportSG ActiveSG and Sengkang General Hospital	Sporty Friday	An exercise dance party for the family for a fun-filled Friday evening that will get you moving as a family	3 May 2019	30 Aug 2019	Every Friday except PH 6.15pm to 8.15pm	SKH Campus 110 Sengkang East Way, Singapore 544886	FREE	No registration required

Partner Agency	Activities	Activity Description	Start Date	End Date	Time	Address	Charges/Promo Codes	Pre-Registration Details & Website
SPORTS HUB								
SportsHub	Sportshub Family Multi- sports Challenge	Be active as a family and try our numerous sports. You and your child will get to learn new sports skills and fundamental movement skills during our Family Multi-sports Challenge program. It's an excellent opportunity to be active, healthy and build a positive bond between you and your child. We will be introducing you to soccer, basketball, tennis, rugby, floorball, baseball and karate and more. Our programs also help develop confidence, self-esteem, teamwork and most importantly FUN.	11 May 2019	31 Aug 2019	May: 4, 11, 18 & 25 June: 8, 15 & 22 July: 6, 13, 20 & 27 Aug: 17 & 31 1.00pm to 2.00pm	OCBC Arena Hall 3 5 Stadium Drive Singapore 397631	\$50 - for 1 parent and 1 child	https://form.jotform.me/91181545473459

**Note: The eligibility period of Healthpoints issuance for The Healthy Timeout Challenge period is 1 May to 31 August 2019.
Activities may continue beyond the Challenge period. Please check the respective website or registration link for further information.**