

### IMPORTANT NOTICE for Active Family SEP 2019

- 1) Download the Healthy 365 mobile app to check session availability and book your session
- 2) Sessions are subject to change; kindly refer to H365 for the updated sessions
- 3) Active Family Junior (AFP JR) are **children (4 to 6 years old) only sessions**
- 4) For enquiries, please contact Team Axis @ 9384-3328 (10am to 6pm)

### CANCELLATION NOTIFICATION

- 1) The workout sessions at **The Rock School @ Our Tampines Hub is cancelled on 1st Sep** due to an event
- 2) The workout sessions at **Yishun Safra is cancelled on 8th Sep**, due to an event
- 3) The workout session at **Arena @ Our Tampines Hub (AFP JR) is cancelled on 8th & 22nd Sep** due to an event
- 4) The workout session at **Punggol Orchid is cancelled on 28th Sep** due to an event

Area	Programme	Venue	Month	Day of Month	Activity	Start Time	End Time	Venue Details	Remarks
North-East	AFP	217 Compassvale Mast	Sep	Every Saturday	Skateboard	8.30am	9.30am	217 Compassvale Drive 540217	
North	AFP	350 Canberra Road	Sep	Every Sunday	Inline Skating	6pm	7pm	350 Canberra Road	
North	AFP	693E Woodlands	Sep	Every Saturday	Skateboard	3.30pm	4.30pm	693E Woodlands Ave 6	
South	AFP	Alexandra Canal Linear Park	Sep	Every Saturday	Inline Skating	8.30am	9.30am	Beside SkyTerrace	
East	AFP JR	Arena @ Our Tampines Hub	Sep	Every Sunday	Fundamental Movement Skills	4pm	5pm	Hockey pitch near south plaza	
East	AFP	Bedok Reservoir Park	Sep	1st & 2nd Saturday	Nerf Combat	5.30pm	6.30pm	Beside Park's Café (WAWAWA)	
East	AFP	Bedok Reservoir Park	Sep	3rd & 4th Saturday	Archery Shoot-Out	5.30pm	6.30pm	Beside Park's Café (WAWAWA)	
West	AFP	Clementi Sports Hall	Sep	Every Saturday	Fancy Tennis	5.30pm	6.30pm	518 Clementi Ave 3	
West	AFP	Hillion Mall	Sep	1st, 2nd & 3rd Sunday	Nerf Play	4.30pm	5.30pm	17 Petir Road, Singapore 678278	
West	AFP	Hillion Mall	Sep	4th & 5th Sunday	Archery Shoot-Out	4.30pm	5.30pm	17 Petir Road, Singapore 678278	
West	AFP	Jurong West Stadium	Sep	Every Saturday	Quidditch	5.30pm	6.30pm	20 Jurong West Street 93	
North-East	AFP	Oasis Terraces	Sep	Every Saturday	Inline Skating	8.30am	9.30am	Oasis Terraces, Punggol	
East	AFP	Our Tampines Hub	Sep	4th & 5th Sunday	Archery Shoot-Out	9am	10am	Arena@OTH, hockey pitch near South Plaza	
East	AFP	Our Tampines Hub	Sep	1st, 2nd & 3rd Sunday	Nerf Play	9am	10am	Arena@OTH, hockey pitch near South Plaza	
West	AFP	Pioneer	Sep	Every Saturday	Fancy Tennis	4.30pm	5.30pm	652 Jurong West St 61	
North-East	AFP	Punggol Orchid	Sep	Every Saturday	Bowling	3pm	4pm	Punggol SAFRA	No session on 28th Sep
North-East	AFP	Punggol Town Square	Sep	3rd, 4th & 5th Sunday	Nerf Play	8.30am	9.30am	85 Punggol Central, Singapore 828726	
North-East	AFP	Punggol Town Square	Sep	1st & 2nd Sunday	Archery Shoot-Out	8.30am	9.30am	85 Punggol Central, Singapore 828726	
South	AFP	Singapore Sports Hub	Sep	Every Sunday	Skateboard	3.30pm	4.30pm	Hard Court near National Stadium Gate 2	
West	AFP	The Chevron	Sep	Every Sunday	Bowling	5pm	6pm	Orchid Bowl, The Chevron. 48 Boon Lay way. #04-01 S(609961)	
East	AFP	The Rock School @ Bedok	Sep	Every Saturday	Rock Climbing	12pm	1pm	850 New Upper Changi Rd, Singapore 467352	
East	AFP	The Rock School @ Our Tampines Hub	Sep	Every Sunday	Rock Climbing	1pm	2pm	1 Tampines Walk, #02-81. S(528523). Near the lift	No session on 1st Sep
Central	AFP	Velocity	Sep	3rd, 4th & 5th Sunday	Nerf Play	4.30pm	5.30pm	238 Thomson Rd, Singapore 307683, Basketball court outside the Customer Service counter	
North-East	AFP	Velocity	Sep	1st & 2nd Sunday	Archery Shoot-Out	4.30pm	5.30pm	238 Thomson Rd, Singapore 307683, Basketball court outside the Customer Service counter	
North	AFP	Yishun SAFRA	Sep	Every Sunday	Bowling	5pm	6pm	Orchid Bowl, Yishun SAFRA. 60 Yishun Ave 4, Level 2	No session on 8th Sep
North	AFP	Yishun Town Square	Sep	Every Saturday	Quidditch	2pm	3pm	Yishun Drive	