

CHILDREN'S PROGRAMME	AGE	VENUE	DAY / TIME	DATE	FEE	SESSION(S)
<b>Scuba Rangers</b> Learn and experience: - Familiarisation with the underwater breathing apparatus - Getting yourself comfortable breathing underwater - Learn basic underwater hand signals - Demonstration of diving skills, such as regulator clearing, retrieval, mask clearing and much more  Just bring your swimsuit and we will provide you with the rest of the equipment.	6 - 14 years old	Tampines Sports Centre	Thur 9.00am - 10.30am	17 Mar	\$80	1
<b>SG Basketball</b> Participants will be brought through a series of drills like strength and conditioning, and competitive play.	4 - 12 years old	Pasir Ris Sports Centre	Fri 9.30am - 12.30pm	18 Mar	\$65	1
<b>Squash Camp</b> Participants will learn the basic squash and coordination skills like Squash Rules, Grip, Swing, Forehand and Backhand Drive, Service and Return, and Game. These skills will be incorporated with fun drills to allow participants to actively participate and learn a new skill at the same time.	13 - 17 years old	Kallang Sports Centre	Sat 9.00am - 12.00pm	19 Mar	\$60	1
	7 - 12 years old		Sun 9.00am - 12.00pm	20 Mar		
<b>Tennis Camp</b> Tennis is a fun and fast-paced sport which can improve your child's cardio fitness and coordination whether played recreationally or competitively. Learn the ropes and reap the benefits of a fit and healthy lifestyle while having fun at the same time!	6 - 12 years old	Kallang Tennis Centre	Mon - Wed 9.00am - 12.00pm	14 - 16 Mar	\$80	3
		Pasir Ris Sports Centre	Wed - Fri 6.30pm - 9.30pm	16 - 18 Mar		
<b>Ultimate Frisbee</b> Children will learn the basic throws, catches and movement through fun and challenging drills that allow them to actively participate and enjoy.	8 - 12 years old	Bedok Sports Centre	Sat 9.00am - 10.30am	19 Mar	\$18	1
		Kallang Sports Centre	Sun 9.00am - 10.30am	20 Mar		
		Tampines Sports Centre	Sat 9.00am - 10.30am	19 Mar		
<b>Youth Aquathlon Camp</b> This programme provides an opportunity for participants to pick up fundamental skills of Aquathlon. Participants must know how to swim.	6 - 16 years old	Tampines Sports Centre	Sat 8.00am - 12.00pm	12 Mar	\$53.50	1

PARENT & CHILD PROGRAMME	AGE	VENUE	DAY / TIME	DATE	FEE	SESSION(S)
<b>Basic Wushu Workshop - Parent &amp; Child</b> This programme helps to develop a strong bond between parent and child through learning the basics of Wushu that aim to build strength, balance, agility and flexibility.	6 - 14 years old	Pasir Ris Sports Centre	Sat 2.00pm - 3.30pm	19 Mar	\$20/pair	1
<b>Basketball - Parent &amp; Child <span style="color: red;">NEW!</span></b> Parent and child can experience the joy in training and participating through a game of basketball - a great opportunity to live better through sports!  <i>Attire: Sports attire and sports shoes</i>	3 - 12 years old	Pasir Ris Sports Centre	Sat 3.00pm - 5.00pm	12 Mar	\$90/pair	1
<b>FUN Start MOVE Smart! Parent &amp; Child Workshop</b> Have fun with your child while engaging them in physical activities designed to sharpen their fundamental movement skills.	3 - 10 years old	Katong Swimming Complex	Sat 11.00am - 1.00pm	12 Mar	\$30	1
<b>Golf - Parent &amp; Child</b> Now, parents and child have the opportunity to bond through golf! This programme allows beginners to learn the basics and enjoy golf.	6 - 12 years old	Katong Swimming Complex	Sat 4.30pm - 6.00pm	19 Mar	\$60/pair	1
		Pasir Ris Sports Centre	Sat 3.00pm - 4.30pm	12 Mar		
<b>KpopX Fitness (Family Bonding)</b> Bond as a family through sport! KpopX Fitness (Family Bonding) is suitable for the young and the young at heart. The dance moves are easy to follow. Children, parents and grandparents will definitely have a great time!	5 years old and above	Pasir Ris Sports Centre	Mon 7.00pm - 8.00pm	14 Mar	\$21.40 (family of 4)	1



## March 2016 School Holidays Sports Programmes (East)

ActiveSG dollars can be used to pay 30% of the fee. Classes will only commence with a minimum number of participants.

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<b>101 Basketball Clinic</b> Interested in learning how to play basketball? Allow our instructors to coach your child in the basics of playing basketball! Be it dribbling or scoring, your child will definitely be better equipped with a stronger foundation in basketball.	6 – 14 years old	Bedok Sports Centre	Thu 10.00am – 12.00pm	17 Mar	\$45	1
<b>Aqua Fun</b> Have a happy bonding time with your child through Aqua Fun! Develop their confidence and aquatic readiness skills through fun water activities like Aqua Captain's Ball, family telematch and more! Parents are encouraged to join in the activities and have a splashing good time with your children!	6 – 12 years old	Geylang East Swimming Complex	Sun 11.00am – 12.00pm	20 Mar	<b>Free</b> Entry fee to pool applies. [Pre-registration required]	1
		Kallang Basin Swimming Complex	Sun 5.00pm – 6.00pm	13 Mar		
		Katong Swimming Complex	Sat 11.00am – 12.00pm	12 Mar		
		Pasir Ris Sports Centre	Sat 4.00pm – 5.00pm Sun 4.00pm – 5.00pm	19 Mar 20 Mar		
<b>Archery Fun Shoot</b> Learn how to handle the bow, shoot an arrow and have fun hitting the bullseye. This single session archery tryout is suitable for all fitness levels. No experience needed.	6 – 12 years old	Pasir Ris Sports Centre	Wed 4.00pm – 6.00pm	16 Mar	\$40	1
<b>Behind the Scenes Tour</b> Were you ever curious as to how many times does the water in the public swimming pool gets changed? Or how does a pool operator conduct a water quality sample? Or what does a lifeguard do? Or even how to conduct a CPR? Get the scoop from a lifeguard and a pool operator and hear interesting stories from them!  Attire: Swimwear with T-shirt (preferably yellow) and shorts (preferably red)	6 – 12 years old	Kallang Basin Swimming Complex	Sat 9.00am – 10.00am	12 Mar	<b>Free</b> Entry fee to pool applies. [Pre-registration required]	1
		Katong Swimming Complex	Sat 10.00am – 11.00am			
<b>Flippa Ball Introductory Programme</b> Keen to get your child started in Water Polo? Enrol him in Flippa Ball classes! Flippa Ball is basically modified water polo that is played in shallow waters. Fret not, children who are just starting to learn how to swim may participate too.	7 – 12 years old	Geylang East Swimming Complex	Sun 9.00am – 12.00pm	13 Mar	\$21.40	1
		Katong Swimming Complex	Sun 4.00pm – 6.00pm			
<b>Floorball Camp</b> Floorball is a fun and fast-paced sport played indoors with Floorball sticks and a ball. The sport is exciting and easy to pick up with simple rules that one can easily learn in a matter of minutes! Come, join the world of Floorball today!	8 – 16 years old	Katong Swimming Complex	Sat 10.00am-12.00pm	19 Mar	\$20	1
		Pasir Ris Sports Centre	Wed 3.00pm – 6.00pm	16 Mar		

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<b>Football Camp with Balestier-Khalsa FC NEW!</b> Dribble your way through various ball drills and shooting skills in our Football Camp with a team of coaches from Balestier-Khalsa FC.	6 – 13 years old	Kallang Sports Centre	Wed – Fri 9.00am – 10.30am	16 – 18 Mar	\$30	3
<b>Inline Skating</b> Inline Skate is an exhilarating sport in which your child can learn basic techniques such as balance, move, turn, stop and safe fall while having fun skating on wheels in a safe environment.	5 – 12 years old	Pasir Ris Sports Centre	Thu 7.00pm – 8.00pm	17 Mar	\$20	1
<b>Kids Dance Fitness Camp</b> Let your child experience a different dance workout each day and sweat it out at this fitness camp!  Day 1: Zumba® Kids Day 2: Bokwa® for Kids Day 3: KpopX Fitness for Kids	5 – 12 years old	Pasir Ris Sports Centre	Fri – Sun 4.00pm – 5.00pm	18 – 20 Mar	\$36	3
<b>Kids Gymnastics</b> Kids Gymnastics is an exciting single session programme for your child to experience Gymnastics! It aims to develop a child's enthusiasm for physical activity and promote all round physical development through gymnastics. This programme emphasises on teaching dominant movement patterns such as jumping and landing, rolling, balancing, and travelling skills which are fundamental movement abilities required for work, sport and recreational activities.	3 – 7 years old	Tampines Sports Centre	Sat 4.00pm – 5.00pm	19 Mar	\$25	1
<b>Kids Yoga NEW!</b> Kids Yoga incorporates games, stories and music to expose kids to the "yama" and "niyama" of yoga in a safe environment. Children are also encouraged to use their imagination to gain ecological and anatomical knowledge as they imitate poses of animals and plants like spiders and pumpkins.	5 – 12 years old	Bedok Sports Centre	Sat 2.00pm – 3.00pm	12 Mar	\$15	1
		Pasir Ris Sports Centre	Sat 9.30am – 10.30am	19 Mar		
		Tampines Sports Centre	Sat 5.00pm – 6.00pm	12 Mar		
<b>Outdoor Bowling Programme</b> Ever been to the bowling centre for some fun with your kids, only to find that they have a hard time trying to handle the lightest bowling ball available? In this programme, there are no limitations to learning and enjoying the sport of Ten Pin Bowling with our unique accelerated learning teaching tools. Your child will have the time of their lives as they learn to coordinate, balance, throw and target.	6 – 9 years old & 10 – 16 years old	Tampines Sports Centre	Wed 9.30am – 12.30pm	16 Mar	\$50	1

## Get active at an ActiveSG Sports Centre near you:

		
<b>ANG MO KIO SWIMMING COMPLEX</b> 1771 Ang Mo Kio Ave 1, Singapore 569978	6456 6821	sport_bishansrc@sport.gov.sg
<b>BEDOK SPORTS CENTRE</b> 5 Bedok North St 2, Singapore 469645	64431787	sport_bedoksflc@sport.gov.sg
<b>BISHAN SPORTS CENTRE</b> 5 Bishan St 14, Singapore 579783	6352 6631	sport_bishansrc@sport.gov.sg
<b>BUKIT BATOK SWIMMING COMPLEX</b> 2 Bukit Batok St 22, Singapore 659581	6561 0939	
<b>BUKIT GOMBAK SPORTS CENTRE</b> 810 Bukit Batok West Ave 5, Singapore 659088	6896 2193 / 6569 5670	sport_btgombaksflc@sport.gov.sg
<b>BURGHLEY SQUASH &amp; TENNIS CENTRE</b> 43 Burghley Dr, Singapore 559020	6283 1251	serangoonsflc@sport.gov.sg
<b>CHOA CHU KANG SPORTS CENTRE</b> 1 Choa Chu Kang St 53, Singapore 689236	67671735 / 6767 4576	sport_choackangflc@sport.gov.sg
<b>CLEMENTI SPORTS CENTRE</b> 518 Clementi Ave 3, Singapore 129907	6872 9180 / 6872 9181	sport_clementisflc@sport.gov.sg
<b>DELTA SPORTS CENTRE &amp; HOCKEY PITCH</b> 900 Tiong Bahru Rd, Singapore 158790	6471 9030	sport_deltasflc@sport.gov.sg
<b>FARRER PARK, FIELD &amp; TENNIS CENTRE</b> 1 Rutland Rd, Singapore 218252	6299 4166	
<b>GEYLANG EAST SWIMMING COMPLEX</b> 601 Aljunied Ave 1, Singapore 389862	6745 7175	
<b>HOME OF ATHLETICS</b> 52 Stadium Rd, Singapore 397724	6348 1291	
<b>HOUANG SPORTS CENTRE</b> 93 Hougang Ave 4, Singapore 538832	6315 8671	sport_hougangflc@sport.gov.sg
<b>JALAN BESAR SPORTS CENTRE</b> 100 Tyrwhitt Rd, Singapore 207542	6293 9058	sport_jalanbesarsflc@sport.gov.sg
<b>JURONG EAST SPORTS CENTRE</b> 21 Jurong East St 31, Singapore 609517	6563 5052	sport_jurongeastsflc@sport.gov.sg
<b>JURONG WEST SPORTS CENTRE</b> 20 Jurong West St 93, Singapore 648965	6515 5331	sport_jurongwestsrc@sport.gov.sg
<b>KALLANG BASIN SWIMMING COMPLEX</b> 21 Geylang Bahru Lane, Singapore 339627	6295 4261	
<b>KALLANG NETBALL CENTRE</b> 6 Stadium Boulevard, Singapore 397797	6348 1291	
<b>KALLANG TENNIS &amp; SQUASH CENTRE &amp; KALLANG LAWN BOWL</b> 52 Stadium Rd, Singapore 397724	6348 1291	
<b>KATONG SWIMMING COMPLEX</b> 111 Wilkinson Rd, Singapore 436752	6344 9609	
<b>PASIR RIS SPORTS CENTRE</b> 120 Pasir Ris Central, Singapore 519640	6583 2696	sport_pasirrisrc@sport.gov.sg
<b>QUEENSTOWN SPORTS CENTRE</b> 473 Stirling Rd, Singapore 148948	6473 7269	sport_queenstownsrc@sport.gov.sg
<b>SENGKANG SPORTS CENTRE</b> 57 Anchorvale Rd, Singapore 544964	6315 3576	sport_sengkangflc@sport.gov.sg
<b>SERANGOON SPORTS CENTRE</b> 35A Yio Chu Kang Rd, Singapore 545552	6288 4606	serangoonsflc@sport.gov.sg
<b>ST WILFRED FIELD, SQUASH &amp; TENNIS CENTRE</b> 3 St. Wilfred Rd, Singapore 327920	6293 3452	sport_toapayohsflc@sport.gov.sg
<b>TAMPINES SPORTS CENTRE</b> 505 Tampines Ave 5, Singapore 529652	6260 1160	sport_tampinessflc@sport.gov.sg
<b>TOA PAYOH SPORTS CENTRE</b> 301 Toa Payoh Lorong 6, Singapore 319392	6256 7151 / 6256 7152	sport_toapayohsflc@sport.gov.sg
<b>WOODLANDS SPORTS CENTRE</b> 2 Woodlands St 12, Singapore 738620	6365 2707 / 6269 4192	sport_woodlandsrc@sport.gov.sg
<b>YIO CHU KANG SPORTS CENTRE</b> 214 Ang Mo Kio Ave 9, Singapore 569780	6482 4980	sport_yiochukangflc@sport.gov.sg
<b>YISHUN SPORTS CENTRE</b> 101 Yishun Ave 1, Singapore 769130	6851 8600	sport_yishunsflc@sport.gov.sg
<b>YISHUN SWIMMING COMPLEX</b> 351 Yishun Ave 3, Singapore 769057	6752 5513	sport_yishunsflc@sport.gov.sg

Information is correct at time of publishing and subject to change.

### 3 ways to sign up:

