

| CHILDREN'S PROGRAMME | AGE | VENUE | DAY / TIME | DATE | FEE | SESSION(S) |
|--|-------------------|---------------------------------|----------------------------|-------------|---|------------|
| Kids Yoga 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 | Hougang Sports Centre | Sat 5.00pm - 6.00pm | 19 Mar | \$15 | 1 |
| Squash Camp 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. | 7 - 12 years old | Burghley Squash & Tennis Centre | Thu 8.00am - 11.00am | 17 Mar | Free | 1 |
| Tennis Camp 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 | Burghley Squash & Tennis Centre | Wed & Thu 8.00am - 11.00am | 16 & 17 Mar | \$80 | 2 |
| Ultimate Frisbee Junior Clinic Your child will learn the fundamentals of Frisbee - throws, catches and movement. | 7 - 12 years old | Serangoon Sports Centre | Fri 10.00am - 12.00pm | 18 Mar | Free | 1 |
| Youth Fitness Gym Orientation Check out the various gym equipment found in ActiveSG Sports Centres and the correct method to utilise it. Our friendly Fitness Instructors will also be there to give you invaluable advice on how to workout and train up to prepare yourself for any upcoming physical challenge! | 12 - 16 years old | Hougang Sports Centre | Sat 10.00am - 11.30am | 19 Mar | Free Entry fee to pool applies. (Pre-registration required) | 1 |

| PARENT & CHILD PROGRAMME | AGE | VENUE | DAY / TIME | DATE | FEE | SESSION(S) |
|---|-----------------------|------------------------|---------------------|--------|---|------------|
| Kids Soccer - Parent & Child Parent and child learn how to dribble and shoot in this programme. On top of that, they get to play in a parents vs. children friendly match! (Telematch style) <i>Fee covers a parent and a child. Parents are required to accompany their children.</i> | 4 - 8 years old | Hougang Sports Centre | Sat 4.00pm - 5.30pm | 12 Mar | \$60.00 (Register using child's account) | 1 |
| KpopX Fitness (Family Bonding) 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 | Sengkang Sports Centre | Sun 2.00pm - 3.00pm | 13 Mar | \$20 | 1 |



March 2016 School Holidays Sports Programmes (Northeast)

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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| 101 Basketball Clinic 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 | Hougang Sports Centre | Thu 10.00am – 12.00pm | 17 Mar | \$40 | 1 |
| Aqua Fun 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 | Ang Mo Kio Swimming Complex | Sat 10.00am – 11.00am | 19 Mar | Free Entry fee to pool applies. [Pre-registration required] | 1 |
| | | Bishan Swimming Complex | Sat 10.00am – 11.00am | 12 Mar | | |
| | | Hougang Sports Centre | Sat 9.45am – 10.45am | 12 Mar | | |
| | | | Sun 9.45am – 10.45am | 20 Mar | | |
| | | Sengkang Sports Centre | Sun 10.00am – 12.00pm | 13 Mar | | |
| Serangoon Sports Centre | Sat 9.00am – 10.35am | 12 Mar | | | | |
| Archery Fun Shoot 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. | 9 – 12 years old | Sengkang Sports Centre | Sun 10.00am – 1.00pm | 13 Mar | \$40 | 1 |
| Badminton Camp In this camp, participants will learn the basics of the game – Rules, basic footwork involving Positioning & Readiness, Approach & Recovery, Balance, Timing & Eye-Ball Co-ordination Drills, Stroke skills & techniques. | 6 – 12 years old | Hougang Sports Centre | Mon 10.00am – 12.00pm | 14 Mar | \$25 | 1 |
| | | | Tue 10.00am – 12.00pm | 15 Mar | | |
| | | Sengkang Sports Centre | Sat 10.00am – 12.00pm | 12 Mar | | |
| Behind the Scenes Tour 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 | Hougang Sports Centre | Tue 10.00am – 12.00pm | 15 Mar | Free Entry fee to pool applies. [Pre-registration required] | 1 |
| | | Serangoon Sports Centre | | | | |

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| Flippa Ball Introductory Programme 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 | Ang Mo Kio Swimming Complex | Tue 9.00am – 12.00pm | 15 Mar | \$21.40 | 1 |
| | | Bishan Swimming Complex | Fri 9.00am – 12.00pm | 18 Mar | | |
| | | Sengkang Sports Centre | Fri 10.00pm – 1.00pm | | | |
| Floorball Camp 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 | Hougang Sports Centre | Fri 10.00am – 1.00pm | 18 Mar | \$20 | 1 |
| | | Hougang Sports Centre | Wed 10.00am – 11.00am | 16 Mar | \$20 | 1 |
| Inline Skating 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 | Sengkang Sports Centre | Wed 9.00am – 12.00pm | 16 Mar | \$40 | 1 |
| | | Bishan Sports Centre | Thu – Fri 2.00pm – 3.00pm | 17 & 18 Mar | \$24 | 2 |
| Kids Dance Fitness Camp 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 | 5 – 12 years old | Hougang Sport Centre | Wed – Fri 5.00pm – 6.00pm | 16 – 18 Mar | \$36 | 3 |
| | | Sengkang Sports Centre | Wed – Fri 2.00pm – 3.00pm | | | |
| Kids Dance Fitness Camp 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 | Hougang Sports Centre | Fri 3.00pm – 5.00pm | 18 Mar | \$15 | 1 |
| | | Sengkang Sports Centre | Thu 10.00am – 12.00pm | 17 Mar | | |

Get active at an ActiveSG Sports Centre near you:

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

