



THURSDAY 1 August 2019 9.30am-6pm							
10am-11am	11am-12pm	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm
<p>HUR Activ8 Strength Training for Everyone! By HUR Level 3, Function Room (via Lobby F) 9.30am-10am Register: Click here to register</p> <p>Performance Song to Celebrate Inclusion By MSIS Level 3, Community Auditorium 10am-10.10am</p> <p>Salsation Fitness Workout Level 3, Community Auditorium No registration required 10am-11am</p> <p>AquaFit Fitness Workout Level 6, Swimming Pool No registration required 10am-10.45am</p> <p>Proud Paralympian Workshop (History of the Paralympic Movement) By Nurul Taha (Paralympian), Agitos Foundation Seminar Room 4 and 5, Level 3 (by Lobby F) 10am-11am Register: Click here to register</p> <p>Nila Appearance! 10am-1pm</p> <p>Introduction to Scuba Diving for the Disabled By Resorts World Sentosa Level 6, Swimming Pool 10.30am-12.30pm Register: Email dive@RWSentosa.com with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p>AMAZE Aquatic Parent-Child Workshop Group A for ages 5 to 7 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 10.45am-12.15pm Register: Click here to register</p> <p>Cycling Tryout By Ageless Bicyclists Arena 10.15am-11am Click here to register</p>	<p>Learning to Move, Moving to Learn By Special Paralympics Singapore Seminar Room 4 and 5, Level 3 (by Lobby F) 11am-12pm Register: Click here to register</p> <p>Cycling Tryout By Ageless Bicyclists Arena 11.15am-12pm Click here to register</p>	<p>HUR Activ8 Strength Training for Everyone! By HUR Level 3, Function Room (via Lobby F) No registration required 12pm-12.30pm Register: Click here to register</p> <p>Drowning Prevention and Water Safety Talk By AquaFins Level 3, Function Room (via Lobby F) 12.30pm-1.30pm Register: Click here to register</p> <p>SAF Aqua Drums Vibes® Fitness Workout Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p> <p>Cycling Tryout By Ageless Bicyclists Arena 12.15pm-1pm Click here to register</p>		<p>AMAZE Aquatic Parent-Child Workshop Group B for ages 8 to 12 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: Click here to register</p> <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 2pm-3pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>Nila Appearance! 2pm-5pm</p> <p>Cycling Tryout By Ageless Bicyclists Arena 2.15pm-3pm Click here to register</p>	<p>BollyDazz Fitness Workout Level 3, Community Auditorium No registration required 3pm-4pm</p> <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 3pm-4pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>AMAZE Aquatic Parent-Child Workshop Group C for ages 13 and above By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: http://bit.ly/2FC4xEn</p> <p>Cycling Tryout By Ageless Bicyclists Arena 3.30pm-4.15pm Click here to register</p>		<p>KpopX with Family Fitness Workout Level 3, Community Auditorium No registration required 5pm-6pm</p> <p>Aqua Zumba Fitness Workout Level 6, Swimming Pool No registration required 5.15pm-6pm</p> <p>Sports Climbing Certification Level 1 for Parents - 3 part course (PART 1) By The Rock School Level 2, The Rock School 6.30pm-10pm Register: Email en@therockschool.com.sg with subject ISF2019 – Sports Climbing Certificate</p>



FRIDAY 2 August 2019 9.30am-6pm							
10am-11am	11am-12pm	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm
<p>HUR Activ8 Strength Training for Everyone! By HUR Seminar Room 4 and 5, Level 3 (by Lobby F) 9.30am-10am Register: Click here to register</p> <p>Fight Do Fitness Workout Level 3, Community Auditorium No registration required 10am-11am</p> <p>Aqua Fit Fitness Workout Level 6, Swimming Pool No registration required 10am-10.45am</p> <p>Proud Paralympian Workshop (The Paralympic Values) By Nurul Taha (Paralympian), Agitos Foundation Seminar Room 4 and 5, Level 3 (by Lobby F) 10am-11am Register: Click here to register</p> <p>Nila Appearance! 10am-1pm</p> <p>Learning to Move, Moving to Learn By Special Paralympics Singapore Seminar Room 4 and 5, Level 3 (by Lobby F) 11am-12pm Register: Click here to register</p> <p>Cycling Tryout By Ageless Bicyclists Arena 10.30am-11.15am Click here to register</p>	<p>Performance Dikir Barat/Percussions By MIJ Special Education Hub 11am-11.10am</p> <p>Cycling Tryout By Ageless Bicyclists Arena 11.30am-12.15pm Click here to register</p>	<p>HUR Activ8 Strength Training for Everyone! By HUR Seminar Room 4 and 5, Level 3 (by Lobby F) No registration required 12pm-12.30pm Register: Click here to register</p> <p>Drowning Prevention and Water Safety Talk By AquaFins Seminar Room 4 and 5, Level 3 (by Lobby F) 12.30pm-1.30pm Register: Click here to register</p> <p>SAF Aqua Drums Vibes® Aquatic Fitness Workout Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p> <p>Cycling Tryout By Ageless Bicyclists Arena 12.30pm-1.15pm Click here to register</p>		<p>AMAZE Aquatic Parent-Child Workshop Group A for age 5 to 7 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: Click here to register</p> <p>Nila Appearance! 2pm-5pm</p> <p>Cycling Tryout By Ageless Bicyclists Arena 2.30pm-3.15pm Click here to register</p>	<p>K-Kardio Fitness Workout Level 3, Community Auditorium No registration required 3pm-4pm</p> <p>Introduction to Scuba Diving for the Disabled By Resorts World Sentosa Level 6, Swimming Pool 3pm-5pm Register: Email dive@RWSentosa.com with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p>AMAZE Aquatic Parent-Child Workshop Group B for ages 8 to 12 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: Click here to register</p> <p>Cycling Tryout By Ageless Bicyclists Arena 3.45pm-4.30pm Click here to register</p>	<p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 4pm-5pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p>	<p>Bounce DanceFit Fitness Workout Level 3, Community Auditorium No registration required 5pm-6pm</p> <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 5pm-6pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>Aqua Zumba Fitness Workout Level 6, Swimming Pool No registration required 5.15pm-6pm</p> <p>Sports Climbing Certification Level 1 for Parents - 3 part course (PART 2) By The Rock School Level 2, The Rock School 6.30pm-10pm Register: Email ten@therockschool.com.sg with subject ISF2019 – Sports Climbing Certificate</p>





SATURDAY 3 August 2019 10am-6pm							
10am-11am	11am-12pm	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm
<p>Parents & Kids Workout Level 3, Community Auditorium No registration required 10am-1030am</p> <p>Aqua Tabata Fitness Workout Level 6, Swimming Pool No registration required 10am-10.45am</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 10.00am-11.00am Click here to register</p> <p>Canoeing Tryout (one day only!) 10am-2pm No registration required Level 6, Swimming Pool</p> <p>Nila Appearance! 10.30am-1.30pm</p> <p>Cycling Tryout By Ageless Bicyclists Arena 10.30am-11.15am Click here to register</p>	<p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Level 2, IG Room 2 (inside library) 11am-12pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 11.00am-12pm Click here to register</p> <p>Goalball Demo and Learn-to-Play Workshop By Goalball Singapore Level 3, Community Auditorium Stage No registration required 11am to 1pm</p> <p>Cycling Tryout By Ageless Bicyclists Arena 11.30am-12.15pm Click here to register</p> <p>Innervate Fitness Adaptive Training Workshop By Innervate Fitness Level 3, Community Auditorium 11.00am No registration required</p>	<p>HUR Activ8 Strength Training for Everyone! By HUR Level 2, IG Room 2 (inside library) No registration required 12pm-12.30pm Register: Fitness Workout</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 12pm-1.00pm Click here to register</p> <p>Aqua ZumbaWorkout Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p> <p>Cycling Tryout By Ageless Bicyclists Arena 12.30pm-1.15pm Click here to register</p> <p>Innervate Fitness Adaptive Training Workshop By Innervate Fitness Level 3, Community Auditorium 12.30pm No registration required</p>	<p>Drowning Prevention and Water Safety Talk By AquaFins Level 2, IG Room 2 (inside library) 1.00pm-2.00pm Register: Click here to register</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 1.00pm-2.00pm Click here to register</p>	<p>AMAZE Aquatic Parent-Child Workshop Group C for ages 13 & above By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: Click here to register</p> <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Level 2, IG Room 2 (inside library) 2pm-3pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 2.00pm-3.00pm Click here to register</p> <p>Innervate Fitness Adaptive Training Workshop By Innervate Fitness Level 3, Community Auditorium 2pm No registration required</p> <p>Cycling Tryout By Ageless Bicyclists Arena 2.30pm-3.15pm</p>	<p>Zumba Fitness Level 3, Community Auditorium No registration required 3pm-4pm</p> <p>Introduction to Scuba Diving for the Disabled By Resorts World Sentosa Level 6, Swimming Pool 3pm-5pm Register: Email dive@RWSentosa.com with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p>Nila Appearance! 3pm-6pm</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 3.00pm-4.00pm Click here to register</p> <p>Innervate Fitness Adaptive Training Workshop By Innervate Fitness Level 3, Community Auditorium 3.30pm No registration required</p> <p>AMAZE Aquatic Parent-Child Workshop Group A for ages 5 to 7 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: Click here to register</p> <p>Cycling Tryout By Ageless Bicyclists Arena 3.45pm-4.30pm Click here to register</p>	<p>How sports can benefit persons with special needs By Ong Wee Loon 4.00pm-5.00pm Level 2, IG Room 2 (inside Library) Register: Click here to register</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 4.00pm-5.00pm Click here to register</p>	<p>Oxigeno Fitness Workout Level 3, Community Auditorium No registration required 5.00pm-6.00pm</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 5.00pm-6.00pm Click here to register</p> <p>AquaFit Fitness Workout Level 6, Swimming Pool No registration required 5.15pm-6pm</p>





SUNDAY 4 August 2019 10am-6pm							
10am-11am	11am-12pm	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm
<p>HUR Activ8 Strength Training for Everyone! By HUR Level 2, IG Room 2 (inside library) 9.30am-10am Register: Click here to register</p> <p>Active Health Interactive Session By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 9.30am-10.30am Register: Click here to register</p> <p>KpopX Fitness Workout Level 3, Community Auditorium No registration required 10am-1030am</p> <p>AquaFit Fitness Workout Level 6, Swimming Pool No registration required 10am-10.45am</p> <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Level 2, IG Room 2 (inside library) 10am-11am Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 10.00am-11.00am Click here to register</p> <p>Introduction to Scuba Diving for the Disabled By Resorts World Sentosa Level 6, Swimming Pool 10am-12pm Register: Email dive@RWSentosa.com with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p>Nila Appearance! 10.30am-1.30pm</p> <p>Cycling Tryout By Ageless Bicyclists Arena 10.30am-11.15am Click here to register</p> <p>AMAZE Aquatic Parent-Child Workshop Group A for ages 5 to 7 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 10.45am-12.15pm Register: Click here to register</p>	<p>Fundamental Movement Skills Workshop By Yello Marketing Level 2, IG Room 2 (inside library) 11am-12pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 11.00am-12pm Click here to register</p> <p>Goalball Demo and Learn-to-Play Workshop By Goalball Singapore Level 3, Community Auditorium Stage No registration required 11am to 1pm</p> <p>Innervate Fitness Adaptive Training Workshop By Innervate Fitness Level 3, Community Auditorium 11am No registration required</p> <p>Cycling Tryout By Ageless Bicyclists Arena 11.30am-12.15pm Click here to register</p>	<p>HUR Activ8 Strength Training for Everyone! By HUR Level 2, IG Room 2 (inside library) 12pm-12.30pm Register: Click here to register</p> <p>Active Health Interactive Session By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 12pm-1pm Register: Click here to register</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 12pm-1.00pm Click here to register</p> <p>Aqua Tabata Fitness Workout Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p> <p>Cycling Tryout By Ageless Bicyclists Arena 12.30pm-1.15pm Click here to register</p> <p>Innervate Fitness Adaptive Training Workshop By Innervate Fitness Level 3, Community Auditorium 12.30pm No registration required</p>	<p>Drowning Prevention and Water Safety Talk By AquaFins Level 2, IG Room 2 (inside library) 1pm-2pm Register: Click here to register</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 1.00pm-2.00pm Click here to register</p>	<p>AMAZE Aquatic Parent-Child Workshop Group B for ages 8 to 12 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: Click here to register</p> <p>Proud Paralympian Workshop (History of the Paralympic Values) By Nurul Taha (Paralympian), Agitos Foundation Level 2, IG Room 2 (inside library) 2pm-3pm Register: Click here to register</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 2.00pm-3.00pm Click here to register</p> <p>Innervate Fitness Adaptive Training Workshop By Innervate Fitness Level 3, Community Auditorium 2pm No registration required</p> <p>Cycling Tryout By Ageless Bicyclists Arena 2.30pm-3.15pm Click here to register</p>	<p>MegaDanz Fitness Workout Level 3, Community Auditorium No registration required 3pm-4pm</p> <p>Introduction to Scuba Diving for the Disabled By Resorts World Sentosa Level 6, Swimming Pool 3pm-5pm Register: Email dive@RWSentosa.com with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p>Sports Climbing Certification Level 1 for Parents - 3 part course (PART 3) – Run and Climb Challenge By The Rock School Level 2, The Rock School 3pm-4pm Register: Email len@therockschool.com.sg with subject ISF2019 – Sports Climbing Certificate</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 3.00pm-4.00pm Click here to register</p> <p>Nila Appearance! 3pm-6pm</p> <p>Innervate Fitness Adaptive Training Workshop By Innervate Fitness Level 3, Community Auditorium 3.30pm No registration required</p> <p>Cycling Tryout By Ageless Bicyclists Arena 3.45pm-4.30pm Click here to register</p> <p>Proud Paralympian Workshop (History of the Paralympic Values) By Nurul Taha (Paralympian), Agitos Foundation Level 2, IG Room 2 (inside library) 3.30pm-4.30pm Register: Click here to register</p> <p>AMAZE Aquatic Parent-Child Workshop Group C for ages 13 and above By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: Click here to register</p>	<p>How sports can benefit persons with special needs By Ong Wee Loon 4pm-5pm Level 2, IG Room 2 (inside Library) Register: Click here to register</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 4.00pm-5.00pm Click here to register</p>	<p>Piloxing Level 3, Community Auditorium No registration required 5pm-6pm</p> <p>Amazing Kampung Race By Camelot Level 1, TYR Booth 5.00pm-6.00pm Click here to register</p> <p>SAF Aqua Drums Vibes® Fitness Workout Level 6, Swimming Pool No registration required 5.15pm-6pm</p>

Our Tampines Hub
1 - 4 Aug 2019 | 10am - 6pm



FOR MORE INFORMATION, PLEASE EMAIL INCLUSIVESPORT@SPORT.GOV.SG



GET ACTIVE!
SINGAPORE



List of Sports Tryouts and Free to Play Activities

1. Aquatic Fitness Workout (scheduled timings)
2. Archery
3. Athletics (tandem running)
4. Augmented Reality Games
5. Badminton
6. Basketball/Wheelchair Basketball
7. Boccia
8. Canoeing (scheduled timings)
9. Crossfit
10. Curling
12. Cycling (scheduled timings)
13. Football 5-a-side
14. Fundamental Movement Skills (Hopscotch)
15. Goalball
17. Sitting Volleyball
18. Table Tennis
19. Tennis/Wheelchair Tennis

