

Day 1

Day 1 (1 June 2024)		
Time	Activity	Location
07:00am – 08:30am	North West Running (approx. 9km)	Starting from Yishun Stadium to Yishun Dam
08:00am – 10:30am	Kids Futsal Competition	Stadium
08:30am – 11.00am	Sports Try-Outs <ul style="list-style-type: none"> • Battle Rope • Fast-Hands • Spin Class • Side-to-Side Medicine Ball* • Tyre Pull* • Tyre Flip* • Tyre Run* <i>*Suitable for Kids</i>	Stadium
	Leaderboard Challenge <ul style="list-style-type: none"> • Chaptah • Pedal Battle • Lift-It-Up • Grip Strength • Vertical Jump 	Stadium
	Inflatable Game Booths <ul style="list-style-type: none"> • Basketball • Soccer Dart • Sphere Archery • Ring Toss 	Stadium
	Fringe Activities <ul style="list-style-type: none"> • Juice Bike • Bouncy Castle 	Stadium
	Kampung Games <ul style="list-style-type: none"> • Five Stones • Jenga • Giant Tic-Tac-Toe • Chongkak • Cornhole • Hopscotch • Flying Disc 	Stadium
08:30am – 09:15am	North West FitnessX (Zumba)	Stadium
08:30am – 09:15am	North West FitnessX (HIIT)	Sports Hall
09:00am – 10:00am	Running Workshops <ul style="list-style-type: none"> • Understanding your running gait by ActiveSG Athletics Club's Coach Eugene Quan • Capitalising on Technology and Wearable Data for Running Performance Workshop by Republic Polytechnic 	Dance Studio
09:20am – 10:05am	North West FitnessX (Fight-Do)	Sports Hall
10:10am – 10:55am	North West FitnessX (KPOP)	Sports Hall
11:00am – 12:00pm	North West Dance-Fit Club	Sports Hall
01:00pm – 04:00pm	3V3 Basketball Competition (Finals)	Sports Hall