

Day 1 (1 June 2024)		
Time	Activity	Location
07:00am – 08:30am	North West Running (approx. 8km)	Starting from Yishun Stadium to Yishun Dam
08:00am – 08:30am	Kids Futsal Competition	Stadium
08:30am – 11.00am	Sports Try-Outs <ul style="list-style-type: none"> o Battle Rope o Bowling* o Fast-Hands o Golf* o Spin Class o Side-to-Side Medicine Ball* o Tyre Pull* o Tyre Flip* o Tyre Run* <p><i>*Suitable for Kids</i></p>	Stadium
	Leaderboard Challenge <ul style="list-style-type: none"> o Chaptah o E-Virtual Cycling o Lift-It-Up o Longest Jump o Planking o Skipping o Squats 	Stadium
	Inflatable Game Booths <ul style="list-style-type: none"> o Basketball o Soccer Dart o Sphere Archery 	Stadium
	Fringe Activities <ul style="list-style-type: none"> o Juice Bike o Bouncy Castle o Kampung Games 	Stadium
	Kampung Games	Stadium
08:30am – 08:45am	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"> o Running Gait Workshop by ActiveSG Athletes Club o Performance Analysis Workshop by Republic Polytechnic <p>Participants may choose to attend either one of the workshops. Participants who are joining the Performance Analysis Workshop are highly encouraged to wear a wearable fitness tracker (e.g.: Fitbit, Garmin, etc.) for an enhanced learning experience.</p>	Dance Studio
	09:20am – 10:05am	
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	Sports Hall