

Day 2

| Day 2 (2 June 2024) | | |
|--|---|---|
| Time | Activity | Location |
| 07:45am – 08:00am | North West Health Qigong Warm-Up | Stadium |
| 08:00am – 08:30am | North West Brisk Walking Club (approx. 1.7KM) | Starting from Yishun Stadium to Lower Seletar Reservoir Park |
| 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 • Fast Hand • 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 |
| 08:15am – 09.15am | North West Health Qigong Club | Sports Hall |
| 09:30am – 10:30am | Family Telematch | Stadium |
| 10:30am – 10:45am | Prize Presentation for Family Telematch | Stadium |
| 08:00am – 09.30am 09:45am – 11:15am | Storytelling (All about Sleep by Dr Ricco) | Dance Studio |
| 10:00am – 04:00pm | Badminton Competition | Sports Hall |
| 04:00pm – 04.30pm | Prize Presentation for Badminton Competition | Sports Hall |