

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. 2.8km)	Starting from Yishun Stadium to Lower Seletar Reservoir Park
08:30am – 11.00am	Sports Try-Outs <ul style="list-style-type: none"> ○ Battle Rope ○ Bowling* ○ Fast-Hands ○ Golf* ○ Spin Class ○ Side-to-Side Medicine Ball* ○ Tyre Pull* ○ Tyre Flip* ○ Tyre Run* <p><i>*Suitable for Kids</i></p>	Stadium
	Leaderboard Challenge <ul style="list-style-type: none"> ○ Chaptah ○ E-Virtual Cycling ○ Lift-It-Up ○ Longest Jump ○ Planking ○ Skipping ○ Squats 	Stadium
	Inflatable Game Booths <ul style="list-style-type: none"> ○ Basketball ○ Soccer Dart ○ Sphere Archery 	Stadium
	Fringe Activities <ul style="list-style-type: none"> ○ Juice Bike ○ Bouncy Castle ○ Kampung Games 	Stadium
	Kampung Games	Stadium
08:30am – 09:15am	North West FitnessX (Zumba)	Stadium
08:15am – 09:30am	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 (Sleep and Nutrition) by Dr Ricco	Dance Studio
10:30am – 04:00pm	Badminton Competition	Sports Hall
04:00pm – 04:30pm	Prize Presentation for Badminton Competition	Sports Hall