

Day 3 (1 June 2025, Sunday)		
Time	Activity	Location
07:30am – 08:30am	Mass Brisk Walk	Turf Track Grass Patch
08:15am – 09:30am	North West Health Qigong Showcase	Marquee 1 & 2
08:00am – 06:00pm	Active Challenge Zone <ul style="list-style-type: none"> Back-Leg-Chest Dynamometer Body Impedance Analysis (BIA) Body Composition Analysis Fast Hand* Hand-eye Coordination Hand Grip Strength* Mini-Obstacle Course* SMART-Fit Reaction* Tic-Tac-Toe Locomotion Vertical Jump* <i>*Leaderboard Challenge</i>	Infront of Marquee
	Sports Try-Out Zone <ul style="list-style-type: none"> Dribble & Shoot Frisbee Throw Inflatable Soccer Darts Inflatable 3-in-1 Sports Game Inflatable Basketball Pickle Ball Shoot Out Rugby Its Try Time Tchoukball 	Gallery
	E-Sports and Wellness Zone <ul style="list-style-type: none"> Arcade Basketball Dance Dance Revolution King Hammer Racing Simulators VR Super Agent 	Infront of Parade Ring
	Carnival Rides <ul style="list-style-type: none"> Grand Carousel Carousel Swing Jeep Rides Aeroplane Merry Go Round Carnival Games <ul style="list-style-type: none"> High Score Roller Lobster Pot Rebound Hook A Duck Pyramid Smash Ring Toss 	Gallery
09:00am – 10:00am	Special Appearance by Dennis Chew (周崇庆)& Chen Biyu (陈碧玉)	Parade Ring & Gallery
09:30am – 11:30am	Family Telematch <ul style="list-style-type: none"> 3-in-1 Telematch Ah Boy & Ah Girl Dash 	Turf Track Grass Patch

09:30am – 11:30am	North West FitnessX Club Try-Out <ul style="list-style-type: none"> o Zumba by Trainer Ray o K-Pop by Trainer Shirley 	Gallery
01.00pm – 03.00pm	North West Dance-Fit Club Try-Out by Dance-Fit Master Catherine Tng	Marquee 1 & 2
02:00pm – 04:00pm	Movie Screening – Kungfu Panda 4	Parade Ring
05:00pm – 06:45pm	Live Performance by Ben Hum	Parade Ring