

17 June (Day 1)		
Time	Activity	Location
7.30am	Brisk Walking (approx. 4km)	Along Pang Sua Canal PCN
8am	Fun Swim*	Swimming Complex
	Water Activities <ul style="list-style-type: none"> • Ring Float Race • Water Basketball • Water Volleyball 	Swimming Complex
	Table Tennis Competition*	Sports Hall
	Kampung Games <ul style="list-style-type: none"> • Chapteh • Jenga • Congkak • Hopscotch • Tic-Tac-Toe • Five Stones 	Stadium
	Obstacle Inflatables	Stadium
	Bumper Soccer	Stadium
	Leader Board Challenges <ul style="list-style-type: none"> • Chapteh • Planking • Pull-Up • Punch Challenge • Hug-A-Ton • Hammer Smash 	Stadium Stadium Stadium Foyer Foyer Foyer
	Sports Displays and Try-Outs <ul style="list-style-type: none"> • Boccia • CrossFit • Wheelchair Basketball 	Foyer Stadium Stadium
8.25am	Dance-Fit Sport Display & Try-Out	Foyer
8.40am	Qigong Sport Display & Try-Out	Stadium
9.25am	FitnessX (Zumba, Fight-Do) Sport Display & Try-Out	Foyer
9.30am	Family Telematch	Stadium
10am	Badminton Competition	Sports Hall

*Registration Fees apply.