



| 1 August 2019 9.30am-6pm | | | | | | | |
|--|---|---|--|--|---|---------|---|
| 10am-11am | 11am-12pm | 12pm-1pm | 1pm-2pm | 2pm-3pm | 3pm-4pm | 4pm-5pm | 5pm-6pm |
| <p>HUR Activ8 Strength Training for Everyone! By HUR Level 3, Function Room (via Lobby F) 9.30am-10am Register: Click here to register</p> <p>Performance Song to Celebrate Inclusion By MSIS Level 3, Community Auditorium 10am-10.10am</p> <p>Fitness Workout Level 3, Community Auditorium No registration required 10am-11am</p> <p>Aquatic Fitness Workout Level 6, Swimming Pool No registration required 10am-10.45am</p> <p>Proud Paralympian Workshop (History of the Olympic Movement) By Nurul Taha (Paralympian), Agitos Foundation Seminar Room 4 and 5, Level 3 (by Lobby F) 10am-11am Register: Click here to register</p> <p>Nila Appearance! 10am-1pm</p> <p>Introduction to Scuba Diving for the Disabled By Resorts World Sentosa Level 6, Swimming Pool 10.30am-12pm Register: Email dive@RWSentosa.com with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p>AMAZE Aquatic Parent-Child Workshop Group A for ages 5 to 7 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 10.45am-12.15pm Register: Click here to register</p> | <p>Learning to Move, Moving to Learn By Special Olympics Singapore Seminar Room 4 and 5, Level 3 (by Lobby F) 11am-12pm Register: Click here to register</p> | <p>HUR Activ8 Strength Training for Everyone! By HUR Level 3, Function Room (via Lobby F) No registration required 12pm-12.30pm Register: Click here to register</p> <p>Drowning Prevention and Water Safety Talk By AquaFins Level 3, Function Room (via Lobby F) 12.30pm-1.30pm Register: Click here to register</p> <p>Aquatic Fitness Workout Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p> <p>AMAZE Aquatic Parent-Child Workshop Group B for ages 8 to 12 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: Click here to register</p> | <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 2pm-3pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>Nila Appearance! 2pm-5pm</p> | <p>Fitness Workout Level 3, Community Auditorium No registration required 3pm-4pm</p> <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 3pm-4pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>AMAZE Aquatic Parent-Child Workshop Group C for ages 13 and above By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: Click here to register</p> | <p>Fitness Workout Level 3, Community Auditorium No registration required 3pm-4pm</p> <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 3pm-4pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>AMAZE Aquatic Parent-Child Workshop Group C for ages 13 and above By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: http://bit.ly/2FC4xEn</p> | | <p>Fitness Workout Level 3, Community Auditorium No registration required 5pm-6pm</p> <p>Aquatic Fitness Workout Level 6, Swimming Pool No registration required 5.15pm-6pm</p> <p>Sports Climbing Certification Level 1 for Parents - 3 day course (PART 1) By The Rock School Level 2, The Rock School 6.30pm-10pm Register: Email ten@therockschool.com.sg with subject ISF2019 – Sports Climbing Certificate</p> |



| 2 August 2019 9.30am-6pm | | | | | | | |
|---|--|---|---------|---|--|---|---|
| 10am-11am | 11am-12pm | 12pm-1pm | 1pm-2pm | 2pm-3pm | 3pm-4pm | 4pm-5pm | 5pm-6pm |
| <p>HUR Activ8 Strength Training for Everyone! By HUR Seminar Room 4 and 5, Level 3 (by Lobby F) 9.30am-10am Register: Click here to register</p> <p>Fitness Workout Level 3, Community Auditorium No registration required 10am-11am</p> <p>Aquatic Fitness Workout Level 6, Swimming Pool No registration required 10am-10.45am</p> <p>Proud Paralympian Workshop (The Paralympic Values) By Nurul Taha (Paralympian), Agitos Foundation Seminar Room 4 and 5, Level 3 (by Lobby F) 10am-11am Register: Click here to register</p> <p>Nila Appearance! 10am-1pm</p> <p>Learning to Move, Moving to Learn By Special Olympics Singapore Seminar Room 4 and 5, Level 3 (by Lobby F) 11am-12pm Register: Click here to register</p> | <p>Performance Dikir Barat/Percussions By MIJ Special Education Hub 11am-11.10am</p> | <p>HUR Activ8 Strength Training for Everyone! By HUR Seminar Room 4 and 5, Level 3 (by Lobby F) No registration required 12pm-12.30pm Register: Click here to register</p> <p>Drowning Prevention and Water Safety Talk By AquaFins Seminar Room 4 and 5, Level 3 (by Lobby F) 12.30pm-1.30pm Register: Click here to register</p> <p>Aquatic Fitness Workout Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p> | | <p>AMAZE Aquatic Parent-Child Workshop Group A for age 5 to 7 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: Click here to register</p> <p>Nila Appearance! 2pm-5pm</p> | <p>Fitness Workout Level 3, Community Auditorium No registration required 3pm-4pm</p> <p>Introduction to Scuba Diving for the Disabled By Resorts World Sentosa Level 6, Swimming Pool 3pm-5pm Register: Email dive@RWSentosa.com with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p>AMAZE Aquatic Parent-Child Workshop Group B for ages 8 to 12 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: Click here to register</p> | <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 4pm-5pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> | <p>Fitness Workout Level 3, Community Auditorium No registration required 5pm-6pm</p> <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 5pm-6pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>Aquatic Fitness Workout Level 6, Swimming Pool No registration required 5.15pm-6pm</p> <p>Sports Climbing Certification Level 1 for Parents - 3 day course (PART 2) By The Rock School Level 2, The Rock School 6.30pm-10pm Register: Email len@therockschool.com.sg with subject ISF2019 – Sports Climbing Certificate</p> |



| 3 August 2019 10am-6pm | | | | | | | |
|--|--|--|--|---|--|---|---|
| 10am-11am | 11am-12pm | 12pm-1pm | 1pm-2pm | 2pm-3pm | 3pm-4pm | 4pm-5pm | 5pm-6pm |
| <p>Fitness Workout Level 3, Community Auditorium No registration required 10am-1030am</p> <p>Aquatic Fitness Workout Level 6, Swimming Pool No registration required 10am-10.45am</p> <p>Canoeing Tryout (one day only!) 10am-2pm No registration required Level 6, Swimming Pool</p> <p>Nila Appearance! 10.30am-1.30pm</p> | <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Level 2, IG Room 2 (inside library) 11am-12pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> <p>Goalball Demo and Learn-to-Play Workshop By Goalball Singapore Level 3, Community Auditorium Stage No registration required 11am to 1pm</p> | <p>HUR Activ8 Strength Training for Everyone! By HUR Level 2, IG Room 2 (inside library) No registration required 12pm-12.30pm Register: Fitness Workout</p> <p>Aquatic Fitness Workout Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p> | <p>Drowning Prevention and Water Safety Talk By AquaFins Level 2, IG Room 2 (inside library) 1pm-2pm Register: Click here to register</p> | <p>AMAZE Aquatic Parent-Child Workshop Group C for ages 13 & above By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register:</p> <p>Active Health Onboarding By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 2pm-3pm</p> <p>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond By Yello Marketing Level 2, IG Room 2 (inside library) 2pm-3pm Register: Email candice.yan@yello-marketing.com with the email subject [ISF2019 – FMS Workshop] to register</p> | <p>Fitness Workout Level 3, Community Auditorium No registration required 3pm-4pm</p> <p>Active Health Onboarding By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 3pm-4pm</p> <p>Introduction to Scuba Diving for the Disabled By Resorts World Sentosa Level 6, Swimming Pool 3pm-5pm Register: Email dive@RWSentosa.com with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p>Nila Appearance! 3pm-6pm</p> <p>AMAZE Aquatic Parent-Child Workshop Group A for ages 5 to 7 By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: Click here to register</p> | <p>Active Health Onboarding By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 4pm-5pm</p> <p>How sports can benefit persons with special needs By Ong Wee Loon 4pm-5pm Level 2, IG Room 2 (inside Library) Register: Link Coming Soon</p> | <p>Fitness Workout Level 3, Community Auditorium No registration required 5pm-6pm</p> <p>Aquatic Fitness Workout Level 6, Swimming Pool No registration required 5.15pm-6pm</p> |

INCLUSIVE SPORTS FESTIVAL

Our Tampines Hub
1 - 4 Aug 2019 | 10am - 6pm

FOR MORE INFORMATION, PLEASE EMAIL INCLUSIVESPORT@SPORT.GOV.SG

GETACTIVE!
SINGAPORE

| 4 August 2019 10am-6pm | | | | | | | |
|--|---|--|---|---|--|--|---|
| 10am-11am | 11am-12pm | 12pm-1pm | 1pm-2pm | 2pm-3pm | 3pm-4pm | 4pm-5pm | 5pm-6pm |
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INFORMATION IS CORRECT AT TIME OF PUBLISHING AND SUBJECT TO CHANGE