



1 August 2019 9.30am-6pm							
10am-11am	11am-12pm	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm
<p><b>HUR Activ8 Strength Training for Everyone!</b> By HUR Level 3, Function Room (via Lobby F) 9.30am-10am Register: <a href="#">Click here to register</a></p> <p><b>Performance</b> <b>Song to Celebrate Inclusion</b> By MSIS Level 3, Community Auditorium 10am-10.10am</p> <p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 10am-11am</p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 10am-10.45am</p> <p><b>Proud Paralympian Workshop (History of the Olympic Movement)</b> By Nurul Taha (Paralympian), Agitos Foundation Seminar Room 4 and 5, Level 3 (by Lobby F) 10am-11am Register: <a href="#">Click here to register</a></p> <p><b>Nila Appearance!</b> 10am-1pm</p> <p><b>Introduction to Scuba Diving for the Disabled</b> By Resorts World Sentosa Level 6, Swimming Pool 10.30am-12pm Register: Email <a href="mailto:dive@RWSentosa.com">dive@RWSentosa.com</a> with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p><b>AMAZE Aquatic Parent-Child Workshop Group A for ages 5 to 7</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 10.45am-12.15pm Register: <a href="#">Click here to register</a></p>	<p><b>Learning to Move, Moving to Learn</b> By Special Olympics Singapore Seminar Room 4 and 5, Level 3 (by Lobby F) 11am-12pm Register: <a href="#">Click here to register</a></p>	<p><b>HUR Activ8 Strength Training for Everyone!</b> By HUR Level 3, Function Room (via Lobby F) No registration required 12pm-12.30pm Register: <a href="#">Click here to register</a></p> <p><b>Drowning Prevention and Water Safety Talk</b> By AquaFins Level 3, Function Room (via Lobby F) 12.30pm-1.30pm Register: <a href="#">Click here to register</a></p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p> <p><b>AMAZE Aquatic Parent-Child Workshop Group B for ages 8 to 12</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: <a href="#">Click here to register</a></p>		<p><b>AMAZE Aquatic Parent-Child Workshop Group B for ages 8 to 12</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: <a href="#">Click here to register</a></p> <p><b>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond</b> By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 2pm-3pm Register: Email <a href="mailto:candice.yan@yello-marketing.com">candice.yan@yello-marketing.com</a> with the email subject [ISF2019 – FMS Workshop] to register</p> <p><b>Nila Appearance!</b> 2pm-5pm</p>	<p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 3pm-4pm</p> <p><b>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond</b> By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 3pm-4pm Register: Email <a href="mailto:candice.yan@yello-marketing.com">candice.yan@yello-marketing.com</a> with the email subject [ISF2019 – FMS Workshop] to register</p> <p><b>AMAZE Aquatic Parent-Child Workshop Group C for ages 13 and above</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: <a href="http://bit.ly/2FC4xEn">http://bit.ly/2FC4xEn</a></p>		<p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 5pm-6pm</p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 5.15pm-6pm</p> <p><b>Sports Climbing Certification Level 1 for Parents - 3 day course (PART 1)</b> By The Rock School Level 2, The Rock School 6.30pm-10pm Register: Email <a href="mailto:jen@therockschool.com.sg">jen@therockschool.com.sg</a> 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><b>HUR Activ8 Strength Training for Everyone!</b> By HUR Seminar Room 4 and 5, Level 3 (by Lobby F) 9.30am-10am Register: <a href="#">Click here to register</a></p> <p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 10am-11am</p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 10am-10.45am</p> <p><b>Proud Paralympian Workshop (The Paralympic Values)</b> By Nurul Taha (Paralympian), Agitos Foundation Seminar Room 4 and 5, Level 3 (by Lobby F) 10am-11am Register: <a href="#">Click here to register</a></p> <p><b>Nila Appearance!</b> 10am-1pm</p> <p><b>Learning to Move, Moving to Learn</b> By Special Olympics Singapore Seminar Room 4 and 5, Level 3 (by Lobby F) 11am-12pm Register: <a href="#">Click here to register</a></p>	<p><b>Performance</b> <b>Dikir Barat/Percussions</b> By MIJ Special Education Hub 11am-11.10am</p>	<p><b>HUR Activ8 Strength Training for Everyone!</b> By HUR Seminar Room 4 and 5, Level 3 (by Lobby F) No registration required 12pm-12.30pm Register: <a href="#">Click here to register</a></p> <p><b>Drowning Prevention and Water Safety Talk</b> By AquaFins Seminar Room 4 and 5, Level 3 (by Lobby F) 12.30pm-1.30pm Register: <a href="#">Click here to register</a></p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p>		<p><b>AMAZE Aquatic Parent-Child Workshop</b> <b>Group A for age 5 to 7</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: <a href="#">Click here to register</a></p> <p><b>Nila Appearance!</b> 2pm-5pm</p>	<p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 3pm-4pm</p> <p><b>Introduction to Scuba Diving for the Disabled</b> By Resorts World Sentosa Level 6, Swimming Pool 3pm-5pm Register: Email <a href="mailto:dive@RWSentosa.com">dive@RWSentosa.com</a> with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p><b>AMAZE Aquatic Parent-Child Workshop</b> <b>Group B for ages 8 to 12</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: <a href="#">Click here to register</a></p>	<p><b>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond</b> By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 4pm-5pm Register: Email <a href="mailto:candice.yan@yello-marketing.com">candice.yan@yello-marketing.com</a> with the email subject [ISF2019 – FMS Workshop] to register</p>	<p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 5pm-6pm</p> <p><b>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond</b> By Yello Marketing Seminar Room 4 and 5, Level 3 (by Lobby F) 5pm-6pm Register: Email <a href="mailto:candice.yan@yello-marketing.com">candice.yan@yello-marketing.com</a> with the email subject [ISF2019 – FMS Workshop] to register</p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 5.15pm-6pm</p> <p><b>Sports Climbing Certification Level 1 for Parents - 3 day course (PART 2)</b> By The Rock School Level 2, The Rock School 6.30pm-10pm Register: Email <a href="mailto:len@therockschool.com.sg">len@therockschool.com.sg</a> 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><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 10am-1030am</p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 10am-10.45am</p> <p><b>Canoeing Tryout (one day only!)</b> 10am-2pm No registration required Level 6, Swimming Pool</p> <p><b>Nila Appearance!</b> 10.30am-1.30pm</p>	<p><b>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond</b> By Yello Marketing Level 2, IG Room 2 (inside library) 11am-12pm Register: Email <a href="mailto:candice.van@yello-marketing.com">candice.van@yello-marketing.com</a> with the email subject [ISF2019 – FMS Workshop] to register</p> <p><b>Goalball Demo and Learn-to-Play Workshop</b> By Goalball Singapore Level 3, Community Auditorium Stage No registration required 11am to 1pm</p>	<p><b>HUR Activ8 Strength Training for Everyone!</b> By HUR Level 2, IG Room 2 (inside library) No registration required 12pm-12.30pm Register: <a href="#">Fitness Workout</a></p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p>	<p><b>Drowning Prevention and Water Safety Talk</b> By AquaFins Level 2, IG Room 2 (inside library) 1pm-2pm Register: <a href="#">Click here to register</a></p>	<p><b>AMAZE Aquatic Parent-Child Workshop Group C for ages 13 &amp; above</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: <a href="#">Click here to register</a></p> <p><b>Active Health Onboarding</b> By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 2pm-3pm</p> <p><b>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond</b> By Yello Marketing Level 2, IG Room 2 (inside library) 2pm-3pm Register: Email <a href="mailto:candice.van@yello-marketing.com">candice.van@yello-marketing.com</a> with the email subject [ISF2019 – FMS Workshop] to register</p>	<p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 3pm-4pm</p> <p><b>Active Health Onboarding</b> By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 3pm-4pm</p> <p><b>Introduction to Scuba Diving for the Disabled</b> By Resorts World Sentosa Level 6, Swimming Pool 3pm-5pm Register: Email <a href="mailto:dive@RWSentosa.com">dive@RWSentosa.com</a> with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p><b>Nila Appearance!</b> 3pm-6pm</p> <p><b>AMAZE Aquatic Parent-Child Workshop Group A for ages 5 to 7</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: <a href="#">Click here to register</a></p>	<p><b>Active Health Onboarding</b> By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 4pm-5pm</p> <p><b>How sports can benefit persons with special needs</b> By Ong Wee Loon 4pm-5pm Level 2, IG Room 2 (inside Library) Register: <a href="#">Link Coming Soon</a></p>	<p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 5pm-6pm</p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 5.15pm-6pm</p>





4 August 2019 10am-6pm							
10am-11am	11am-12pm	12pm-1pm	1pm-2pm	2pm-3pm	3pm-4pm	4pm-5pm	5pm-6pm
<p><b>HUR Activ8 Strength Training for Everyone!</b> By HUR Level 2, IG Room 2 (inside library) 9.30am-10am Register: <a href="#">Click here to register</a></p> <p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 10am-1030am</p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 10am-10.45am</p> <p><b>Active Health Onboarding</b> By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 10am-11am</p> <p><b>Fundamental Movement Skills Workshop – FMS Fundamentals and Beyond</b> By Yello Marketing Level 2, IG Room 2 (inside library) 10am-11am Register: Email <a href="mailto:candice.yan@yello-marketing.com">candice.yan@yello-marketing.com</a> with the email subject [ISF2019 – FMS Workshop] to register</p> <p><b>Introduction to Scuba Diving for the Disabled</b> By Resorts World Sentosa Level 6, Swimming Pool 10am-12pm Register: Email <a href="mailto:dive@RWSentosa.com">dive@RWSentosa.com</a> with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p><b>Nila Appearance!</b> 10.30am-1.30pm</p> <p><b>AMAZE Aquatic Parent-Child Workshop Group A for ages 5 to 7</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 10.45am-12.15pm Register: <a href="#">Click here to register</a></p>	<p><b>Fundamental Movement Skills Workshop</b> By Yello Marketing Level 2, IG Room 2 (inside library) 11am-12pm Register: Email <a href="mailto:candice.yan@yello-marketing.com">candice.yan@yello-marketing.com</a> with the email subject [ISF2019 – FMS Workshop] to register</p> <p><b>Goalball Demo and Learn-to-Play Workshop</b> By Goalball Singapore Level 3, Community Auditorium Stage No registration required 11am to 1pm</p> <p><b>Active Health Onboarding</b> By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 11am-12pm</p>	<p><b>HUR Activ8 Strength Training for Everyone!</b> By HUR Level 2, IG Room 2 (inside library) 12pm-12.30pm Register: <a href="#">Click here to register</a></p> <p><b>Active Health Onboarding</b> By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 12pm-1pm</p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 12.30pm-1.30pm</p>	<p><b>Drowning Prevention and Water Safety Talk</b> By AquaFins Level 2, IG Room 2 (inside library) 1pm-2pm Register: <a href="#">Click here to register</a></p> <p><b>Active Health Onboarding</b> By Active Health, Sport Singapore Level 3, Active Health Lab 15 pax per session 1pm-2pm</p>	<p><b>AMAZE Aquatic Parent-Child Workshop Group B for ages 8 to 12</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 2pm-3.30pm Register: <a href="#">Click here to register</a></p> <p><b>Proud Paralympian Workshop (History of the Paralympic Values)</b> By Nurul Taha (Paralympian), Agitos Foundation Level 2, IG Room 2 (inside library) 2pm-3pm Register: <a href="#">Click here to register</a></p>	<p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 3pm-4pm</p> <p><b>Active Health Onboarding</b> By Active Health, Sport Singapore 3pm-4pm</p> <p><b>Introduction to Scuba Diving for the Disabled</b> By Resorts World Sentosa Level 6, Swimming Pool 3pm-5pm Register: Email <a href="mailto:dive@RWSentosa.com">dive@RWSentosa.com</a> with the subject [ISF 2019 – Intro to Scuba Diving for Disabled – NAME HERE]</p> <p><b>Sports Climbing Certification Level 1 for Parents - 3 day course (PART 3) – Run and Climb Challenge</b> By The Rock School Level 2, The Rock School 3pm-4pm Register: Email <a href="mailto:jen@therockschool.com.sg">jen@therockschool.com.sg</a> with subject ISF2019 – Sports Climbing Certificate</p> <p><b>Nila Appearance!</b> 3pm-6pm</p> <p><b>Proud Paralympian Workshop (History of the Paralympic Values)</b> By Nurul Taha (Paralympian), Agitos Foundation Level 2, IG Room 2 (inside library) 3.30pm-4.30pm Register: <a href="#">Click here to register</a></p> <p><b>AMAZE Aquatic Parent-Child Workshop Group C for ages 13 and above</b> By AquaFins (Danny Ong) 8 pairs per session Level 6, Swimming Pool 3.45pm-5.15pm Register: <a href="#">Click here to register</a></p>	<p><b>How sports can benefit persons with special needs</b> By Ong Wee Loon 4pm-5pm Level 2, IG Room 2 (inside Library) Register: <a href="#">Link Coming Soon</a></p>	<p><b>Fitness Workout</b> Level 3, Community Auditorium No registration required 5pm-6pm</p> <p><b>Aquatic Fitness Workout</b> Level 6, Swimming Pool No registration required 5.15pm-6pm</p>

