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**LIFESKILLS
LIFESTYLE**
@ PEOPLE'S ASSOCIATION

Official Card



The People's Association (PA) brings people together to take ownership of and contribute to community well-being. We connect people and the government for consultation and feedback. We leverage on these relationships to strengthen racial harmony and social cohesion, to ensure a united and resilient Singapore. www.pa.gov.sg

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**PA
Kiddies**
MAY/JUNE
HOLIDAY
COURSES **09**


LIST OF COMMUNITY CLUBS

Anchorvale CC	64894959
Bishan CC	62594720
Bishan North CC	6451 5955
Bukit Batok CC	65646317
Bukit Batok East CC	65659330
Bukit Gombak CC	65150075
Bukit Merah CC	64741097
Cairnhill CC	67379537
Cheng San CC	64588222
Chong Pang CC	67588258
Chua Chu Kang CC	67691694
Ci Yuan CC	63863717
Clementi CC	67781950
Dover CC	67770976
Eunos CC	6448 6971
Fengshan CC	6449 5136
Fuchun CC	63656911
Geylang Serai CC	67472919
Geylang West CC	67483024
Hong Kah North CC	65673130
Hougang CC	62828887
Hwi Yoh CC	6484 0338
Jalan Besar CC	62986110
Joo Chiat CC	63441926
Kebun Baru CC	64577379
Kg Kembangan CC	64496022
Kim Seng CC	62723878
Marine Parade CC	63467703
Mountbatten CC	63447387
Nanyang CC	67910395
Nee Soon South CC	67533121
Pasir Ris East CC	65842798
Pasir Ris Elias CC	65831220
Paya Lebar Kovan CC	62844261
Pek Kio CC	62990565
Potong Pasir CC	62801182
Punggol Park CC	63873036
Rivervale CC	63120470
Sembawang CC	67584183
Senja Cashew CC	62194561
Siglap South CC	64498040
Taman Jurong CC	62651711
Tampines Central CC	67858292
Tampines North CC	67832900
Tanglin CC	62513922
Teck Ghee CC	64567123
The Frontier CC	67958229
The Jelutung@Canberra CC	67556369
The Serangoon CC	62824369
Thomson CC	62516344
Toa Payoh Central CC	62521249
Toa Payoh East CC	62567601
Toa Payoh South CC	62596602
Toa Payoh West CC	63530577
Ulu Pandan CC	64637333
Yew Tee CC	67693672
Yio Chu Kang CC	64570414
Zhenghua CC	63106702




Healthy Kids, Happy Kids!
 Kick start your school holidays the
 action-packed way with PA Kiddies! Go
 from zero to hero with courses that train and
 challenge your mind, body and co-ordination
 from life skills management to yoga, rhythmic
 fitness and Wii Sports. Then feed your
 appetite for snacks with healthy homemade
 muffins and mocktails. But the best part is
 spending family time and making lots of
 new friends along the way. So sign
 up, get happy and get healthy
 this June!


EXERCISE & BE FIT !

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
For Ages 6 & above						
Sporty Kids Wii Challenge Prelims 1 (Indiv Age 6-12)	Join the first ever PA Sporty Kids Wii Challenge and experience a different kind of Sports competition! Compete in any or all of the 3 WiiSports games - Bowling, Boxing and Tennis and stand to win a DS-Lite home if you are the champion! Plus get to see a WiiFit Demo from the experts at Maxsoft and understand how to gauge your own fitness! *Register for both the individual and team categories to receive an exclusive gift! **Register to watch the Finals on 14 March (free) and you will get a goodie bag on the day of the Finals! (while stocks last).	PA Sporty Kids Wii Challenge Organisers The PA Sporty Kids Wii Challenge is organised by the Lifeskills and Lifestyle Division of the People's Association, sponsored and supported by Maxsoft and Ulu Pandan CC YEC with the aim of introducing health and fitness messages in a fun way	1 x 5hrs	Ulu Pandan CC	13 Jun / Sat / 11.00 am - 4.00 pm	\$2 - \$3
Yoga for Children (Age 6-12)	 <p>Yoga is an ancient art of healing, toning and rejuvenating the body. It emphasises health and well-being through breathing exercises, special postures (asanas) and concentration. It nourishes not only the body but also the mind. Participants will learn the basic yoga postures and breathing techniques and, with regular practice, reap the possible health benefits.</p>	Mdm Annamary is a certified Yoga Instructor. She has been coaching Yoga at various locations since 2003. Besides teaching Yoga to adults, Mdm Annamary also teaches Yoga to children as she would like to encourage people of all ages to practise this beneficial exercise.	10 x 1hr	Taman Jurong CC	16 May - 18 Jul / Sat / 10.30 am - 11.30 am	\$50 - \$55
		Serene Chew obtained her Yoga Instructor certificate from Indian Yoga Institute of Swami Vivekananda Yoga Anusandhana Samsthana in 2004. She has also completed the Professional Certificate in Medical Yoga at Integrative Therapy Centre.	5 x 1h	Kebun Baru CC	30 May - 27 Jun / Sat / 9.00 am - 10.00 am	
		Ang Choo Eng is a qualified Yoga trainer who holds a Yoga Instructor Certificate obtained from Vivekananda Yoga Centre Singapore in 2002.	6 x 1hr	Kebun Baru CC	1 Jun - 29 Jun / Mon / 6.00 pm - 7.00 pm	
			2 x 1hr	Sembawang CC	1 Jun - 08 Jun / Mon / 10.00 am - 11.00 am	
				Pek Kio CC	11-18 Jun / Thu / 3.00 pm - 4.00 pm	
Yew Tee CC	15-16 Jun / Mon-Tue / 2.00 pm - 3.00 pm					
Geylang West CC	21-28 Jun / Sun / 3.00 pm - 4.00 pm	\$20 - \$35				
Jennifer Lee has completed the Hatha Yoga Teacher's Training course at Unity Yoga Heart and also attended the Exercise & Pregnancy Workshop by the Australian Graduate School of Health & Sport Science.	3 x 1hr		Toa Payoh East CC	17 Jun-19 Jun / Wed-Fri / 9.30 am - 10.30 am	\$25 - \$30	
The Brains and Brawn Workshop (Age 9-12)	Develop your child's cognitive, psychomotor and social skills through fitness fun, play and laughter. This holistic programme includes exciting team games in a safe environment that will challenge the mind and body. With the guidance of professional trainers, this programme aims to ensure that they are equipped with the practical knowledge of leading a healthier and fitter lifestyle	Fitness Guru has been in the fitness industry since 1998. Trainers are certified and have diploma, degree and postgrad in a fitness related field. They have been featured in The Straits Times, ChannelNewsAsia and Shape Magazine with a wide clientele of both locals and expats.	2 x 1hr	The Jelutong@Canberra CC	10-12 Jun / Wed-Fri / 10.30 am - 11.30 am	\$28 - \$35
Bukit Batok East CC	23-24 Jun / Tue & Wed / 2.00 pm - 3.00 pm					


EXERCISE & BE FIT !

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
For Ages 9 & above						
Trim down through Fitness Fun! (Age 9-12)	You can kickstart your child's motivation to lose fat and gain fitness in a non-intimidating and safe environment. Through progressive and fun exercises and games, kids will trim and tone and while improving their BMI levels. At the same time, they can learn to eat healthy and well by eating the right food at the right time.	Fitness Guru has been in the fitness industry since 1998. Trainers are certified and have diploma, degree and postgrad in a fitness related field. They have been featured in The Straits Times, ChannelNewsAsia and Shape Magazine with a wide clientele of both locals and expats.	4 x 1hr	The Jelutung@Canberra CC	2 -23 Jun / Tue / 10.30 am - 11.30 am	\$45 - \$55
Rhythmic Fitness (Age 9-12)	Here's a fun kids' group exercise workshop that will teach children how to workout using balance, muscle control, coordination and rhythm. With the aid of music, the workouts are aimed at developing fitness by employing bodyweight exercises, dance and kickboxing moves for kids.		1 x 1hr	Pek Kio CC	16 Jun / Tue / 2.30 pm - 3.30 pm	\$20 - \$30
				Bukit Batok East CC	16 Jun / Tue / 12.30 pm - 1.30 pm	\$15
			2 x 1hr	The Jelutung@Canberra CC	17-19 Jun / Wed-Fri / 10.30 am - 11.30 am	\$30 - \$40

Eating Healthy is Delicious!

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
For Ages 6 & above						
Japanese Sushi Making Little Chef (Age 6-12)		Tan Siew Lay's interest in Sushi springs from having stayed in Japan for a couple of years. While there, she enrolled for courses at the Kikkoman Culinary Institute. A further two years abroad, in Hong Kong, has given her new horizons in her culinary skills.	1 x 2.5hrs	Tampines Central CC	1 Jun / Mon / 2.00 pm - 4.30 pm	\$17 - \$22 + \$4 material fees
				Pasir Ris East CC	4 Jun / Thu / 2.00 pm - 4.30 pm	
				Anchorvale CC	13 Jun / Sat / 2.00 pm - 4.30 pm	
				Zhenghua CC	19 Jun / Fri / 2.00 pm - 4.30 pm	
				Potong Pasir CC	20 Jun / Sat / 2.00 pm - 4.30 pm	
				Hwi Yoh CC	23 Jun / Tue / 2.00 pm - 4.30 pm	
				Anchorvale CC	27 Jun / Sat / 2.00 pm - 4.30 pm	
Western Gourmet Little Chef (Age 6 - 10)	Children will get to express themselves and have a good time in this Western Gourmet cooking conducted by our professional instructor.	Currently a freelance Trainer with at- Sunrice, Peter Chan has worked as an Executive Chef at various top hotels. He possesses more than 20 years of professional experience in the culinary industry. He has also won several top awards at the 5th Food & Hotel Asia Salon Culinaire.	1 x 3 hrs	Pasir Ris Elias CC	3 Jun / Wed / 2.00 pm - 5.00 pm	\$25 - \$35 + \$7 material fees (includes 1 apron and 1 chef hat)
					10 Jun / Wed / 2.00 pm - 5.00 pm	
Scrumptious Healthy Muffins (Age 6-12)	Let your child make tummy-fillers that are healthy to eat in this workshop where they'll learn to make Banana Muffins and Apple Muffins. Bananas are a good source of dietary fibre, vitamins C and B5 and potassium. Baking brings out their natural sweetness so these muffins contain less sugar and more flavour. Apples contain essential minerals such as biotin and thiamine which help with brain function. Your kids will now be able to create and enjoy their own healthy treats that they can proudly share with the family.	Crystal Kuek holds certificates in Cake & Pastry Making from NITEC. She has also attended a Chocolate Making workshop at the Baking Industry Training Centre. Crystal has been teaching since 2005 and has taught baking in a secondary school.	1 x 2 hrs	Taman Jurong CC	9 Jun / Tue / 10.00 am - 12.00 pm	\$12 - \$23 + \$5 material fees
				Toa Payoh East CC	13 Jun / Sat / 2.00 pm - 4.00 pm	
				Yew Tee CC	16 Jun / Tue / 10.00 am - 12.00 pm	
				Pasir Ris East CC	23 Jun / Tue / 10.00 am - 12.00 pm	



Eating Healthy is Delicious!

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)	
For Ages 6 & above							
Yummy Healthy Cookies (Age 6-12)	If your kids don't like oat because it's bland, they'll think again when they take a bite of their own Healthy Oatmeal Cookies. Oat is high in dietary fibre and proven to lower cholesterol. It's crunchy and delicious baked in a cookie. The second recipe is for Mango Cookie Tarts, a pastry with all the natural sweetness and flavour of mangoes which are useful in preventing eye disorder and beneficial in the treatment of night blindness. Your kids will have a great time working with pastry and tasting the final delicious results.	Crystal Kuek holds certificates in Cake & Pastry Making from NITEC. She has also attended a Chocolate Making workshop at the Baking Industry Training Centre. Crystal has been teaching since 2005 and has taught baking in a secondary school.	1 x 2 hrs	Yew Tee CC	16 Jun / Tue / 2.00 pm - 4.00 pm	\$12 - \$23 + \$5 material fees	
				Pasir Ris East CC	23 Jun / Tue / 2.00 pm - 4.00 pm		
				Toa Payoh East CC	27 Jun / Sat / 11.00 am - 1.00 pm		
For Ages 7 & above							
Western Gourmet Little Chef (Age 7 - 12)	Children will get to express themselves and have a good time in this Western Gourmet cooking conducted by our professional instructor.		1 x 2 hrs	Goh Lih Yiing has been teaching cooking in various country clubs and private organisations. She prides herself as one who conveys her points clearly so that students will always find it easy to learn from her.	Chong Pang CC	8 Jun / Mon / 11.00 am - 1.00 pm	\$18 - \$28 + \$3 material fees
				The Frontier CC	11 Jun / Thu / 10.00 am - 12.00 pm		
				Tanglin CC	12 Jun / Fri / 2.30 pm - 4.30 pm		
				Marine Parade CC	18 Jun / Thu / 11.00 am - 1.00 pm		
				Tanglin CC	19 Jun / Fri / 2.30 pm - 4.30 pm		
				Thomson CC	22 Jun / Mon / 1.00 pm - 3.00 pm		
Rivervale CC	25 Jun / Thu / 2.30 pm - 4.30 pm						
For Ages 8 & above							
Delicious Healthy Breakfast Set (Age 8-12)	Kids will learn how to make a healthy Breakfast TSCL (Tomato, Sausage, Cheese and Lettuce) served with country bread. They can also try their hand at a fruit sundae with homemade chocolate sauce!	A chef by profession, James has over 25 years of experience in the hotel, restaurant, club, airlines and cruises industries. He has also worked in Australia, USA and Saudi Arabia. He holds a diploma in Catering & Gourmet cooking and has also taught cooking in various local secondary schools. James is also a member of the Society of Professional Chefs Singapore.	1 x 2 hrs	Chong Pang CC	7 Jun / Sun / 10.00 am - 12.00 pm	\$20 - \$25 + \$4 material fees	
Irresistible Healthy Lunch Set (Age 8-12)	Make your very own delicious and healthy pizza for lunch! You'll be led through the steps to make your very own chicken pizza with mozzarella cheese and fresh basil. Complete your set lunch with a mango & soymilk cocktail in ice-cubes.		1 x 2 hrs	Chong Pang CC	7 Jun / Sun / 12.00 pm - 2.00 pm		
			1 x 1.5 hrs	Jalan Besar CC	14 Jun / Sun / 2.00 pm - 3.30 pm		




Balance Your Life & Be Brainy

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
For Ages 5 & above						
Move, Do & Learn! - A Kinesthetic Approach To Learning (Age 5 - 8)	We all learn optimally in various ways. Some need to see the information before recording it in their minds, others need to hear or be told in order to understand and remember and some need to touch, feel and do. These functions work best when the senses are awakened and ready to receive information. This workshop aims to help participants learn with fun activities to enhance visual and auditory focus so that when merged with hands-on learning activities, they will boost your child's learning experience to the max.	Keirra is an experienced teacher with 16 years of pre-school teaching experience. She is very much motivated in this area due to personal experience of children with ADHD and Asperger's syndrome. She has already attained a pre-school certificate in teaching and is working towards attaining a degree in a similar field.	1 x 1.5 hrs	Toa Payoh West CC	16 Jun / Tue / 10.00 am - 11.30 am	\$15 - \$20

Balance Your Life & Be Brainy










COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
For Ages 5 & above						
Music for Little Einstein (Age 5-7)	This music programme helps to develop the young children's hearing in pitch, rhythm, phrasing and dynamic contracts. They will gain a general understanding and appreciation of different types of music such as the baroque, classical, romantic and music from the 20th century. In addition, the children will learn to conduct simple music in duple and triple time and dance the steps and phrasing with reference to the change of loud and soft (dynamic contract). The basic time value of the beat will also be introduced using the Kodaly's method.	Christine Gan graduated from the University of Sydney with a Music Masters of Teaching. She also holds a licentiate in Piano (Performing). She taught music for 4 years in Sydney's Taylor College and University of Sydney. She has also taught at local schools.	8 x 45min	Teck Ghee CC 	2-18 Jun / Tue-Fri / 1.00 pm - 1.45 pm	\$150 - \$160
Pre-Primary Story-Telling (with Reading and Creative Writing)	This course is designed to help pre-schoolers read and comprehend stories. A thematic approach is used with each session based on a theme. Through rhymes, puzzles, word searches and short stories, participants will understand the language of stories and improve their English.	Poh Tin Cheng has a Masters in Education from NIE as well as a Diploma in Pre-School Education. She loves to teach children and constantly thinks of new and innovative methods to engage them. She also has an interest in teddy bear and soft toy making.	4 x 1.5 hrs	Paya Lebar Kovan CC	2-5 Jun / Tue-Fri / 9.00 am - 10.30 am	\$35 - \$45 + \$10 material fees
				Bishan CC	8-11 Jun / Mon-Thu / 10.30 am - 12.00 pm	
				Teck Ghee CC	18-26 Jun / Thu-Fri / 6.00 pm - 7.30 pm	
Science Explorer - Surveillance Balloon (Age 6 - 15)	This project allows students to capture an aerial view picture from high ground. During the course, they will learn to build their camera casing and try to fix it onto balloons. Then from ground level, they will trigger a sensor to snap aerial view pictures of the surroundings.	Chua Sau Chuan is an ex-MOE teacher and is trained in the field of aerospace education. He holds a Degree in Manufacturing Engineering (Honours) from the University of Birmingham. Sau Chuan also has two post graduate diplomas from the NIE and the Singapore Human Resource Institute.	1 x 2.5 hrs	Fuchun CC	5 Jun / Fri / 2.00 pm - 4.30 pm	\$22 - \$28 + \$4 material fees
				Cheng San CC	6 Jun / Sat / 10.00 am - 12.30 pm	
				Dover CC	24 Jun / Wed / 9.30 am - 12.00 pm	
Create Your Own Story Book! (Chinese) (Age 8-9)	During this course, children will be encouraged to read illustrated Chinese books and learn the fun way through story-telling, songs and games. There will be reading, listening and discussion where unfamiliar words and concepts are explained and discussed. Children will participate actively by creating their own illustrated storybooks as they learn elements of stories and incorporate these ideas into their own creations. Through this, their interest in the language will be nurtured as well as their love of reading, writing and drawing.	Mdm Wang is an innovative instructor, educator and content developer with expertise in teaching visual arts. Through the use of creative art as a multi-disciplinary tool, the learners experience is enhanced through a combining of auditory, kinesthetic, tactile or visual art based instruction.	2 x 3 hrs	Sembawang CC 	3 Jun / Wed / 10.00 am - 11.30 am	\$50 - \$60 + \$2 material fees
Create Your Own Story Book! (English) (Age 7-12)	No one enjoys a fairytale more than kids and fairytales will be put to good use to improve your child's creativity and linguistic skills. Children will be engaged in kinaesthetic and language activities when they create and personalise their storybooks in their own unique way. They will develop vocabulary knowledge through selection and use of words, grammatical skills such as subject-verb agreement, fine motor skills when personalising their books, creativity through imaginative thinking and writing skills during story formation.	Poh Tin Cheng has a Masters in Education from NIE as well as a Diploma in Pre-School Education. She loves to teach children and constantly thinks of new and innovative methods to engage them. She also has an interest in teddy bear and soft toy making.	4 x 1.5 hrs	Hougang CC	23-26 Jun / Tue-Fri / 12.30 am - 2.00 pm	\$50 - \$55 + \$10 material fees

Balance Your Life & Be Brainy

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)	
For Ages 7 & above							
Creative Intelligence (Age 7-12)	Enhance your child's creative intelligence (CQ) through a series of well-structured activities and games. Your child will learn and think more creatively - important skills to carry throughout life - and gain a head start that will help him achieve more in the long run. The workshop focuses on the imagination, mind- mapping rudiments, brainstorming techniques, asking questions (5W1H Tree) and doodling activities.	Kwan Tuck Hon is a retired educator with a wealth of experience in teaching creativity and innovation. During his teaching career he has helped countless students achieve success in both national and international competitions. He also serves as a judge for the Tan Kah Kee Young Inventors' Award. His vision is to shape a generation of creative and enterprising youth with strong values.1st line Kwan Tuck Hon is a retired educator with a wealth of experience.	1 x 3 hrs	Cairnhill CC	1 Jun / Mon / 1.30 pm - 4.30 pm	\$20 - \$30	
				Siglap South CC	2 Jun / Tue / 9.30 am - 12.30 pm		
				Fengshan CC	8 Jun / Mon / 1.30 pm - 4.30 pm		
				Fengshan CC	12 Jun / Fri / 1.30 pm - 4.30 pm		
				Thomson CC	15 Jun / Mon / 2.00 pm - 5.00 pm		
				Pek Kio CC	18 Jun / Thu / 2.00 pm - 5.00 pm		
				Mountbatten CC	25 Jun / Thu / 1.30 pm - 4.30 pm		
The 3hrs Brainy Camp (Age 7-12)	Kids will have the opportunity to experience and understand "whole brain" learning and be challenged to a session of fun and mind-boggling brain exercises and games. Learn why your brain is your most powerful asset as this workshop focuses on confidence building games, ice-cream stick puzzles, fun riddles, magic rings, magic hands, dot problems and tangrams.		1 x 3 hrs	Pek Kio CC	4 Jun / Thu / 2.00 pm - 5.00 pm	\$20 - \$30 + \$10 material fees	
				Fengshan CC	8 Jun / Mon / 9.30 am - 12.30 pm		
				Marine Parade CC	10 Jun / Wed / 2.00 pm - 5.00 pm		
				Fengshan CC	12 Jun / Fri / 9.30 am - 12.30 pm		
Discover and Manage Your Emotions (Age 7 - 9)	Children face different experiences and challenges as they grow up. Along with these experiences and challenges, come a myriad of emotions such as stress, anger, anxiety, sadness, joy and many others. While it is important to manage these emotions, children may not find it easy. This interactive workshop aims to help children aged 7-9 discover their emotions, understand these and learn how to manage common emotions positively.	A collaboration with Health Promotion Board.	1 x 1 hr	Chong Pang CC	3 Jun / Wed / 10.00 am - 11.00 am	\$12 - \$15	
Introduction to Graphic Organisers (Age 7-9)	Graphic or visual organisers help students to visually arrange their ideas and can be put to all phases of learning from brainstorming ideas to presenting findings. Graphic organisers can be used individually or in groups and are thus particularly useful when doing group projects. This workshop aims to introduce the concept to students via actual use of some of these graphics as the children work on selected topics of interest. Visual organisers are useful for all students, especially for those with learning difficulties or Attention Deficit Disorders (ADHD).	Keirra is an experienced teacher with 16 years of pre-school teaching experience. She is very much motivated in this area due personal experience of children with ADHD and Asperger's syndrome. She has already attained a pre-school certificate in teaching and is working towards attaining a degree in a similar field.	1 x 2 hrs	Hougang CC		17 Jun / Wed / 10.00 am - 12.00 pm	\$20 - \$30
				Pek Kio CC		17 Jun / Wed / 2.00 pm - 4.00 pm	
Lifeskills Workshop for Children: Money Management (Age 7-10)	Instill the concepts of financial management in your child now and watch him prosper! Through this workshop, your child will learn the all important lessons of budgeting, saving, giving and spending, and as well as grasp the basics of money management and financial integrity.	Chow Lye Ngor has been teaching tuition since 2004 for both primary and secondary school students. Since 2005, she has also been teaching Lifeskills courses to children to help them learn how to manage their time, money and relationships. Lye Ngor graduated with an MBA from the University of Hull and a Bachelor of Science from NUS.	1 x 1.5 hrs	Jalan Besar CC		1 Jun / Mon / 12.00 pm - 1.30 pm	\$22 - \$30
				Ulu Pandan CC		2 Jun / Tue / 12.00 pm - 1.30 pm	
Lifeskills Workshop for Children: Time Management (Age 7-10)	Everyone has only 24 hours a day. So let your child benefit by learning the importance of time management early in life! This is a workshop that will teach him to plan, prioritise and schedule his time with the benefit that efficient time management will be a good habit that stays with him for life.		1 x 1.5 hrs	Jalan Besar CC		1 Jun / Mon / 10.00 am - 11.30 am	\$22 - \$30
				Ulu Pandan CC		2 Jun / Tue / 10.00 am - 11.30 am	

CALENDAR OF EVENTS . JUNE 2009

HIGHLIGHTS

MON	JUNE Creative Intelligence . Money Management . Time Management . Yoga for Children . Japanese Sushi . Magic Art for Children . Manga Drawing .	1	Pre-Primary Story-Telling . Balloon Craft Workshop for Parent and Child . The 3hrs Brainy Camp . Etiquette Workshop for Mum & Me! . Western Gourmet Little Chef . Creative Intelligence . Manga Drawing .	8	Creative Intelligence . Yoga for Children . Balloon Craft Workshop for Parent and Child . Magic Art for Children . Manga Drawing .	15	Teddy Bear Making . Western Gourmet Little Chef . Magic Art for Children .	22		30
TUE	Creative Intelligence . Money Management . Time Management . Evlang Multilingual Course . Music for Little Einstein . Pre-Primary Story-Telling . Trim down through Fitness . Aircraft Model . Etiquette workshop for Mum & Me .	2	 Magic Art Workshop for Parent and Child . Yoga Experience for Parent and Child . Scrumptious Healthy Muffins . Magic Art for Children .	9	Etiquette Workshop for Mum & Me! . Scrumptious Healthy Muffins . Miniature 4WD Racing Car Construction and Modification . Move, Do & Learn! . Rhythmic Fitness . Strategies to Excel in PSLE . Yummy Healthy Cookies . Korean Clay Craft .	16	Magic Art Workshop for Parent and Child . Yummy Healthy Cookies . Japanese Sushi . Scrumptious Healthy Muffins . Create Your Own Story Book! . Manga Drawing . 4WD Racing Car Construction .	23	JULY	1
WED	Create Your Own Story Book! . Discover and Manage Your Emotions . Western Gourmet Little Chef . Magic Art for Children . Manga Drawing .	3	The 3hrs Brainy Camp . Boost Your Child's Self-Esteem and Confidence . Etiquette Workshop for Mum & Me! . Magic Art Workshop for Parent and Child . Teddy Bear Making . The Brains and Brawn Camp . Western Gourmet Little Chef . Yoga Experience for Parent and Child . Manga Drawing .	10	Etiquette Workshop for Mum & Me! . Teddy Bear Making . Rhythmic Fitness . Astronomy with Singapore Science Centre . Helping Children Discover and Manage their Emotions . Introduction to Graphic Organisers . Korean Clay Craft . Yoga for Children . Manga Drawing .	17	Science Explorer - Surveillance Balloon . The Brains and Brawn Camp . Puppetry Camp by the FingerPlayers . Magic Art for Children .	24		2
THU	The 3hrs Brainy Camp . Japanese Sushi Little Chef .	4	 Yoga for Children . Western Gourmet Little Chef . Magic Art for Children . Aircraft Modelling .	11	Creative Intelligence . Pre-Primary Story-Telling . Balloon Craft Workshop for Parent and Child . Western Gourmet Little Chef . Miniature 4WD Racing Car Construction and Modification . PA Kiddies - Healthy Fruit Mocktails . Magic Art for Children .	18	Creative Intelligence . Western Gourmet Little Chef . Miniature 4WD Racing Car Construction and Modification .	25		3
FRI	Science Explorer - Surveillance Balloon . Magic Art for Children .	5	Creative Intelligence . Balloon Craft Workshop for Parent and Child . The 3hrs Brainy Camp . Western Gourmet Little Chef . Magic Art for Children . Magic Art for Parent & Children .	12	Western Gourmet Little Chef . Korean Clay Craft . Introduction to Graphic Organisers . Japanese Sushi .	19	Fun With Soapmaking	26		4
SAT	Science Explorer - Surveillance Balloon . Little Scientist & Parent Workshop . Overnight Family Safari Camp @ Singapore Zoo . Marine Life Workshop & Tour .	6	Magic Art Workshop for Parent and Child . Fun With Soapmaking For Parent And Child . PA Sporty Kids Wii Challenge Prelims 1 . Scrumptious Healthy Muffins . Create Your Own Story Book! . Sea Explorer Workshop & Tour . Japanese Sushi .	13	Japanese Sushi . Living in the Ocean! Sleepover Family Camp .	20	Yummy Healthy Cookies . Japanese Sushi . Local Desserts Workshop .	27		5
SUN	Delicious Healthy Breakfast Set . Irresistible Healthy Lunch Set . Marine Life Wkshop & Tour . Yoga for Children . Yoga Experience for Parent and Child .	7	Irresistible Healthy Lunch Set . PA Sporty Kids Wii Challenge Finals cum Talk .	14	Yoga for Children . Living in the Ocean! Sleepover Family Camp .	21		29		6

PA Sporty Kids Wii Challenge Prelims (Individual 6-12 years old or Parent-Child)

Join the first ever PA Sporty Kids Wii Challenge and experience a different kind of Sports competition! Compete in Wii Sports games and stand to win exciting prizes home!

*Register to watch the Finals on 14 March (free) and you will get a goodie bag on the day of the finals! (while stocks last)

Date - 13 June / Sat
 Time - 11.00 AM
 Venue - Ulu Pandan CC



Sea Explorer Workshop & Tour At Underwater World & Dolphin Lagoon (Parent - Child)

Learn about the diverse residents of this watery world through exciting eco-games, stories and an activity-filled tour of the oceanarium. Meet the dolphins and have your picture taken with them!

For Age 4-6 with parent
 Date - 20 June / Sat
 Time - 9.30 AM - 1.30 PM
 Venue - Clementi CC

For Age 7-12 with parent
 Date - 6 June / Sat
 Time - 9.00 AM - 2.00 PM
 Venue - Jalan Besar CC



Discover and Manage Your Emotions

Children face different experiences and challenges as they grow up. This interactive workshop aims to help them understand and learn how to manage common emotions positively. This is a special collaboration with Health Promotion Board.

For Age 7-9
 Date - 3 June / Wed
 Time - 10.00 AM - 11.00 AM
 Venue - Chong Pang CC


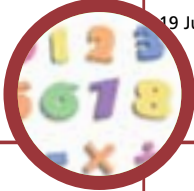
For Age 10-12
 Date - 17 June / Wed
 Time - 2.00 PM - 3.00 PM
 Venue - Pek Kio CC



Register online by logging onto our website www.one.pa.gov.sg
 Type in "PA Kiddies" in the keyword search box and have an adventure going through all our courses!

Fees indicated only a guide, (M/NM) refers to PAssion card Member and Non-Member fees.
 For exact course fees, please contact the respective CCs or check online at <http://one.pa.gov.sg>



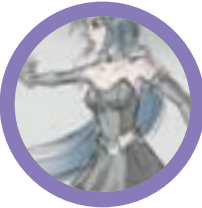
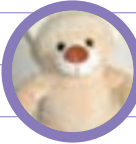
Balance Your Life & Be Brainy

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
For Ages 10 & above						
Evlang Multilingual Course (Age 10 - 14)	This multi-lingual course equips participants with basic and practical language skills (French, Japanese, Korean, Malay, Tamil, etc) that will be useful in daily situations such as greeting and shopping. Participants will gain a better understanding, insights and appreciation for different cultural perspectives and diversities along with keener thinking skills that are necessary for language learning.	Yong Wei Yin is an experience language instructor and trainer and has a deep passion for languages. He holds a Masters in Language Study from Universite De Provence. As a language instructor, he strives to develop the language potential as well as thinking skills of interested participants.	8 x 2 hrs	Cairnhill CC	2-26 Jun / Tue-Fri / 9.30 am - 11.30 am	\$64 - \$74
				Jalan Besar CC	2-26 Jun / Tue-Fri / 2.00 pm - 4.00 pm	
Discover and Manage Your Emotions (Age 10 – 12)	Children face different experiences and challenges as they grow up. Along with these experiences and challenges, come a myriad of emotions such as stress, anger, anxiety, sadness, joy and many others. While it is important to manage these emotions, children may not find it easy. This interactive workshop aims to help children aged 10 - 12 discover their emotions, understand these and learn how to manage common emotions positively.	A collaboration with Health Promotion Board. 	1 x 1 hr	Pek Kio CC	17 Jun / Wed / 2.00 pm - 3.00 pm	\$15 - \$25
Introduction to Graphic Organisers (Age 10-12)	Graphic or visual organisers help students to visually arrange their ideas and can be put to all phases of learning from brainstorming ideas to presenting findings. Graphic organisers can be used individually or in groups and are thus particularly useful when doing group projects. This workshop aims to introduce the concept to students via actual use of some of these graphics as the children work on selected topics of interest. Visual organisers are useful for all students, especially for those with learning difficulties or Attention Deficit Disorders (ADHD).	Keirra is an experienced teacher with 16 years of pre-school teaching experience. She is very much motivated in this area due personal experience of children with ADHD and Asperger's syndrome. She has already attained a pre-school certificate in teaching and is working towards attaining a degree in a similar field. 	1 x 2 hrs	Punggol Park CC	19 Jun / Fri / 10.00 am - 12.00 pm	\$20 - \$30
Strategies to Excel in PSLE - Solve Maths in 5 Steps (Age 11-12)	With the current emphasis on non-routine problems, students are facing an increasingly arduous challenge of using heuristics to solve them. More than ever, students are struggling to cope with the presence of ambiguity in the questions set in exams. In this 9 hours workshop, children (age 11-12) will be taken through a series of 'hands-on, minds-on' activities to experience the explicit infusion of thinking skills in the teaching and learning of 'Math Mastery' and how 'Math Mastery' can help them to solve all their Maths problems within 5 steps!	A collaboration with Adam Khoo Learning Technologies Group.	1 x 10 hrs	Geylang West CC	16 Jun / Tue / 8.30 am - 6.30 pm	\$60 - \$65

Have Fun & Be Happy!

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
For Ages 6 & above						
Fun With Soapmaking For Children (Age 6-10)	Soap comes in many shapes, colours and smells. Making soap is a fun and can be an enriching activity for children. Participants will have fun making and discovering different types of soap in the workshop.	Geri Koh holds a Diploma in Graphic Design and a Diploma in Aromatherapy from ITEC, UK. With her background, she has developed a series of innovative workshops that appeals to our sense of touch, sight, smell and taste. She is also a trainer with the PA and has conducted soap-making and toiletries workshop.	1 x 2 hrs	Punggol Park CC	4 Jul / Sat / 2.30 pm - 4.30 pm	\$22 - \$28 + \$15 material fee

Have Fun & Be Happy!

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
For Ages 6 & above						
Korean Clay Craft (Age 6-12)	Korean clay is an ultra-light clay invented with the help of nanotechnology. It is easy to learn, clean and does not leave a mess! So let your creative juices flow – minus the hassle – in this 2-hour workshop where kids will learn how to create unique gifts using Korean clay. Learn the basics in Korean clay modelling and craft your very own cakes, sweets, animals and many more.	Nancy Tien first picked up the interest of Korean clay art in June 2007. 	1 x 2 hrs	Toa Payoh Central CC	16 Jun / Tue / 1.00 pm - 3.00 pm	\$20 - \$35 + \$10 material fees
				Pek Kio CC	19 Jun / Fri / 2.00 pm - 4.00 pm	
Magic Art For Children Workshop (Age 6-12) 	What exactly is Magic? It is the combined use of light and sound, chemistry, numbers etc and even psychology. This course aims not just to generate the children's interest about mystery and magic, but also about thinking and working the children's mind. So come and join in the fun with a magic show and games. Participants will also get to learn and practise the various elements in magic.	Jovan Wong, a member of the International Brotherhood of Magicians, has been performing and teaching his craft since 1998.	1 x 2 hrs	Ci Yuan CC	1 Jun / Mon / 7.30 pm - 9.30 pm	\$13 - \$23 + \$5 material fee
				Chua Chu Kang CC	3 Jun / Wed / 7.30 pm - 9.30 pm	
				Yio Chu Kang CC	18 Jun / Thu / 7.30 pm - 9.30 pm	
		Andy Ng has more than five years of experience in balloon craft. He has another interest - the art of magic - and is a member of the International Brotherhood of Magicians in Singapore and the US.	1 x 1.5 hrs	Eunos CC	5 Jun / Fri / 10.30 am - 12.00 pm	
				Kg Kembangan CC	9 Jun / Tue / 10.30 am - 12.00 pm	
				Nanyang CC	12 Jun / Fri / 2.00 pm - 3.30 pm	
		Calvin Teo is a professional magician and balloonist. He has been teaching since August 2008.	1 x 2 hrs	Chong Pang CC	11 Jun / Thu / 3.00 pm - 5.00 pm	
				Toa Payoh West CC	15 Jun / Mon / 2.00 pm - 4.00 pm	
Ulu Pandan CC	22 Jun / Mon / 10.00 am - 12.00 pm					
Bukit Gombak CC	22 Jun / Mon / 2.00 pm - 4.00 pm					
Manga Drawing for Kids (Age 6-12)	Learn basic drawing techniques, including the art of inking comics. As the drawing process is only part of the entire production of a comic book, this workshop is a beginner's class for those keen on going into the advanced Manga class. 	Wee See Heng has more than 10 years experience in the local comics field. He has published his works in several local comics publications.	2 x 2 hrs	Thomson CC	1-2 Jun / Mon-Tue /1.00 pm - 3.00 pm	\$25 - \$35
				Bukit Merah CC	3-4 Jun / Wed-Thu /1.00 pm - 3.00 pm	
				Bukit Gombak CC	8-9 Jun / Mon-Tue /2.00 pm - 4.00 pm	
				Tanglin CC	10-11 Jun / Wed-Thu /1.00 pm - 3.00 pm	
				Hwi Yoh CC	15-16 Jun / Mon-Tue /2.30 pm - 4.30 pm	
				Toa Payoh West CC	17-18 Jun / Wed-Thu /11.30 am - 1.30 pm	
				Toa Payoh East CC	17-18 Jun / Wed-Thu /3.00 pm - 5.00 pm	
				Bishan CC	23-24 Jun / Tue-Wed /1.00 pm - 3.00 pm	
Teddy Bear Making (Age 7-12)	Teddy Bears hold a special place in the heart and this course is specially tailored for kids aged 7 – 12 to learn to sew their own teddy bears using simpler methods and materials. With patience, love and sincerity, any child can make a unique cuddly bear. Participants will learn how to cut, stuff and sew the different parts of the teddy bear using different materials.	Poh Tin Cheng has a Masters in Education from NIE as well as a Diploma in Pre-School Education. She loves to teach children and constantly thinks of new and innovative methods to engage them. She also has an interest in teddy bear and soft toy making. 	5 x 2 hrs	Nee Soon South CC	30 May - 27 Jun / Sat /7.30 pm - 9.30 pm	\$50 - \$65 + \$20 material fee
			3 x 2 hrs	Geylang West CC	10-24 Jun / Wed /7.30 pm - 9.30 pm	
				Toa Payoh East CC	17-19 Jun / Wed-Fri /12.30 pm - 2.30 pm	
			5 x 2 hrs	Hougang CC	22- 26 Jun / Mon-Fri /10.00 am - 12.00 pm	

Have Fun & Be Happy!

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
For Ages 8 & above						
Miniature 4WD Racing Car Construction and Modification (Age 8-14)	Exercise your child's creativity and imagination by enabling him/her to build a miniature 4WD racing car. The 4WD racing car is a hobby sports that is played on a racing track. It is approximately 15 cm x 10 cm while the racing track is reconfigurable with sizes ranging from as small as 1/3 of a badminton court to as big as two full-sized badminton courts.	Malcolm Murugan S. has a Bachelor Degree in Electrical and Electronics Engineering. He is currently a full-time lecturer at a local polytechnic. He has also been teaching tutorial programmes at the primary and secondary levels since 2001.	1 x 3 hrs	Toa Payoh East CC	16 Jun / Tue /1.30 pm - 4.30 pm	\$20 - \$25 + \$20 material fee
				Thomson CC	18 Jun / Thu /1.30 pm - 4.30 pm	
				Pasir Ris East CC	23 Jun / Tue /1.30 pm - 4.30 pm	
				Ulu Pandan CC	25 Jun / Thu /1.30 pm - 4.30 pm	
Aircraft Modeling and Airbrushing Workshop (Age 9-16)	In this workshop, participants will get to construct and fix an Aircraft model plane through simple tools. They will also learn how to enhance the appearance through Air brush Painting. This is a hands on opportunity to learn the technique of handling air brush tools. Participants will get to take their own personalised aircraft model home!	Chua Sau Chuan is an ex-MOE teacher and is trained in the field of aerospace education. He holds a Degree in Manufacturing Engineering (Honours) from the University of Birmingham.	1 x 2 hrs	Tanglin CC	2 Jun / Tue /10.00 am - 12.00 pm	\$28 - \$38+ \$6 material fees
				Bukit Batok East CC	2 Jun / Tue /2.00 pm - 4.00 pm	
				Hong Kah North CC	11 Jun / Thu /10.30 am - 12.30 pm	
Puppetry Camp by the FingerPlayers (Age 9-12)	In this 12-hour workshop, an experienced puppeteer will introduce the different kinds of puppets in this magical art. Besides basic manipulation of puppets, secrets and mechanisms of the puppets will also be revealed and explained. The experienced puppeteer will teach and guide participants in designing and making their own puppets using items found in everyday life. This enlightening and enriching workshop is an important foundation course for all who are interested in puppetry. At the end of the 3 days, parents are invited to attend a mini showcase performance by the participants to portray their puppetry skills.	The Finger Players is one of Singapore's leading theatre companies with a focus on both adult and young audiences using a fusion of puppet theatre and other art disciplines. The company also actively encourages arts appreciation in Singapore by cultivating new audiences through its Reach Out! Arts Education Program, with an average outreach of 85,000 students and members of the public per year.	4 x 3 hrs	Geylang Serai CC	24-26 Jun / Wed-Fri / 9.00 am - 12.00 pm	\$40 - \$45
					27 Jun / Sat / 9.00 am - 1.15 pm	

For Parent-Child or the Whole Family


COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
Astronomy with Singapore Science Centre	Students will get an overview of Astronomy which includes topics such as stars and the constellations, nebulae, galaxies and beyond. It will then be followed by an actual stargazing session at the biggest observatory in Singapore. Weather permitting, we will be able to view many interesting objects in the sky such as the moon, planets, star clusters and nebulae with details. Participants will also get a sky map of the month. Accompanying adults who attend the session will need to register and pay full fees too.	Class to be held at Singapore Science Centre. Trainers are trained staff from Singapore Science Centre	1 x 2.5 hrs	Nanyang CC	17 Jun / Wed / 7.30 pm - 10.00 pm	\$8 - \$10
				Bukit Batok CC		
Balloon Craft Workshop for Parent and Child	Discover the excitement of shapes and forms by twisting and shaping ordinary balloons into various amusing animal characters with your child. Price is for per parent-child pair, add \$8 for every additional child. Children should ideally be aged 7 and above.	Calvin Teo is a professional magician and balloonist. He has been teaching since August 2008.	1 x 2 hrs	Punggol Park CC	8 Jun / Mon / 2.30 pm - 4.30 pm	\$15 - \$25 per parent-child pair. Material fees \$3 - \$6. Additional child can join at additional \$6-\$10, please check individual prices with CC
				Bishan CC	12 Jun / Fri / 10.00 am - 12.00 pm	
				The Jelutong@Canberra CC	8 Jun / Mon / 7.30 pm - 9.00 pm	
		Andy Ng has more than five years of experience in balloon craft. He has another interest - the art of magic - and is a member of the International Brotherhood of Magicians in Singapore and the US.	1 x 1.5 hrs	Rivervale CC	15 Jun / Mon / 7.30 pm - 9.00 pm	
		Lily Tan graduated from Nanyang Academy of Fine Arts with a Diploma in Fine Arts. She has been teaching balloon sculpting since May 2008.	1 x 2 hrs	Senja Cashew CC	18 Jun / Thu / 3.00 pm - 5.00 pm	

For Parent-Child or the Whole Family

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
Boost Your Child's Self-Esteem and Confidence (Parent-Child)	Positive self-esteem and personal confidence are important in shaping a child's ability to manage challenges in life. Parents will learn more about self-esteem, its importance in the development of children and also tips to boost their children's self-esteem and confidence. A separate workshop will be conducted concurrently for the children aged 7 – 12 years to equip them with the skills to build positive self-esteem.	A collaboration with Health Promotion Board.	1 x 1 hr	Punggol Park CC	10 Jun / Wed / 10.00 am - 11.00 am	\$20 - \$25 per parent-child pair + \$5 for additional child/parent
Etiquette Workshop for Mum & Me!	You're never too young or old to be better poised for the future and this improvement course for both mother and child is perfect for helping you achieve that. Discover the right hairstyle to complement your face shape. Learn deportment and poise in walking, sitting and even getting in and out of cars. Never go wrong with the correct dining etiquette, table settings, eating bread and de-shelling prawns, Continental versus American etiquette and of course, good table manners. The child should be ideally be between the ages of 7-13 years old.	Sherrine Teoh is a certified Image Consultant. She has been teaching since 2006.	1 x 2 hrs	Jalan Besar CC	2 Jun / Tue / 10.00 am - 12.00 pm	\$25 - \$45 per parent-child pair + \$5 material fee + \$15 for additional child
				Kim Seng CC	8 Jun / Mon / 10.30 am - 12.30 pm	
				Chong Pang CC	10 Jun / Wed / 10.00 am - 12.00 pm	
				Tampines North CC	16 Jun / Tue / 3.00 pm - 5.00 pm	
				Paya Lebar Kovan CC	17 Jun / Wed / 7.30 pm - 9.30 pm	
Fun With Soapmaking For Parent And Child	Soap comes in many shapes, colours and smells. Making soap is fun and can be an enriching and bonding activity for parents and children. Participants will have fun making and discovering different types of soap in the workshop. The child should ideally be between the ages of 6-10 years old.	Sha'an Ng graduated from Temasek Design School and Raffles Design Institute. She has a keen aptitude in all things creative including soap-making. She also has a strong interest in crafting and coaching and would like to share the fun-filled activity of soap-making with others.	1 x 2 hrs	Bukit Merah CC	13 Jun / Sat / 3.00 pm - 5.00 pm	\$30 - \$40 per parent-child pair + material fee \$15
Healthy Fruit Mocktails (Parent-Child)	Be barmasters for a day in this workshop that will encourage your child to enjoy the taste and textures of different fruits. Each mocktail recipe will be taught step-by-step to create Pussyfoot, Governor's Smile and Grapetiser. Finally, each parent-child team will get to make, present and name their own mocktail creation using the fruits featured in the workshop. This workshop is aimed at showing kids how deliciously refreshing fruits can be.	Trainers are special guest trainers who are professional barmasters.	1 x 2 hrs	Rivervale CC	18 Jun / Thu / 7.00 pm - 9.00 pm	\$25 - \$30
Learn About Your Body! Little Scientist & Parent Workshop @ Nanyang Poly	This workshop is a special collaboration with Nanyang Polytechnic and will be held in the school's premises. Enjoy discovering biological science with your child in this workshop for P1-P3 students and their parents. Children will be introduced to two basic topics followed by hands-on activities where parents will be involved in teaching. Participants will learn about major organ systems in the human body and create their own model in which they can identify and place the organs in their right places. Participants will also learn about the genetic material, deoxyribonucleic acid (DNA) as well as build a three dimensional model of the DNA.	Trainers will be staff of Nanyang Polytechnic	1 x 3 hrs	The Serangoon CC	6 Jun / Sat / 9.30 am - 12.30 pm	\$25 - \$30



For Parent-Child or the Whole Family

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)	
Living in the Ocean! Sleepover Family Camp @ Underwater World Singapore	Imagine sleeping under a blanket of menace looking sharks, graceful dugongs, giant groupers, stingrays and other colourful inhabitants of the ocean. Beyond what books can teach and pictures can show, Living in the Ocean is truly a unforgettable experience for the whole family. Activities include a conservation talk, a ocean discovery tour, and an exclusive session with the pink dolphins of Dolphin Lagoon. All children must be aged 6 and above and accompanied by adults.	A live showcase of enchanting marine marvels, Underwater World Singapore takes classroom learning to a whole new level. Beneath a skyline of aquatic creatures, friendly experts are on hand to empower and enrich inquisitive young minds. The special programmes available will deepen their understanding about marine food chains, inculcate excellent marine conservational habits, and even present a once-in-a- lifetime opportunity to study the aquatic world through the night!	1 1/2 days	Toa Payoh South / East / West CC	20-21 Jun / Sat-Sun / 5.00 pm till 12.00 pm the next day	\$60 - \$70	
				Pasir Ris Elias CC	21-22 Jun / Sun-Mon / 4.45 pm till 12.00 pm the next day		
Local Desserts Workshop (Parent-Child)	Learn how to make local favourite desserts with a healthy twist in this workshop! Suitable for children aged 6 and above with one accompanying parent.	Teo Peck Leng has more than 10 years of teaching and practising experience. He holds a Cook's Diploma in Chinese cooking and a Certification in Dianxin Making.	1 x 3 hrs	Dover CC	27 Jun / Sat / 2.00 pm - 5.00 pm	\$12 - \$22 + \$3 materials	
Magic Art Workshop for Parent and Child	Be thrilled by learning the art of magic together and have fun unravelling the mysteries of magic. During this fun-filled eye-opening activity, participants will also get to learn and practice the various elements in magic. The child should ideally be between 7-12 years old.		1 x 1.5 hrs	Calvin Teo is a professional magician and balloonist. He has been teaching since August 2008.	Kim Seng CC	9 Jun / Tue / 3.00 pm - 4.30 pm	\$20 - \$30 for parent-child pair + \$6 material fee + \$6 - \$10 for additional child
				Andy Ng has more than five years of experience in balloon craft. He has another interest - the art of magic - and is a member of the International Brotherhood of Magicians in Singapore and the US.	Bishan North CC	12 Jun / Fri / 2.30 pm - 4.00 pm	
					Thomson CC	13 Jun / Sat / 1.00 pm - 2.30 pm	
					Bishan CC	23 Jun / Tue / 10.00 am - 12.00 pm	
Marine Life Wkshop & Tour@ Underwater World & Dolphin Lagoon	This workshop is great for kids aged 7 - 12 and their parents to learn about the colourful characters of the marine environment. Topics include Food Web, Marine Habitats and Adaptation. In Food Web, participants will learn about the intricate relationship of animals in this complex world. In Marine Habitats, they will uncover different kinds of communities in various habitats and in Adaptation, learn about how various marine animals adapt themselves to life. There will be fun eco games, an oceanarium tour, lunch buffet and a Meet-The-Dolphins session at Dolphin Lagoon.	A live showcase of enchanting marine marvels, Underwater World Singapore takes classroom learning to a whole new level. Beneath a skyline of aquatic creatures, friendly experts are on hand to empower and enrich inquisitive young minds. The special programmes available will deepen their understanding about marine food chains, inculcate excellent marine conservational habits, and even present a once-in-a- lifetime opportunity to study the aquatic world through the night!	1 x 4 hrs	Jalan Besar CC	6 Jun / Sat / 9.30 am - 1.30 pm	\$48 - \$57	
Overnight Family Safari Camp @ Singapore Zoo	Pitch your own tent and camp overnight at the Singapore Zoo. Get behind the scenes and learn all about the workings of the Zoo. You may even get a chance to touch some of the animals! Have a great time at the campfire under the stars after a tour of the Night Safari. The next morning, watch the great mammals bathe and feed as well as have an insider tour of the Animal Hospital. The camp ends at Rainforest KidzWorld where kids can have fun with wet play. Tents are provided but participants should bring own sleeping bag. Children should ideally be at least 6 years old and must be accompanied by at least one adult.	The Education Department of Wildlife Reserves Singapore (Jurong BirdPark, Night Safari and Singapore Zoo) add new dimensions to learning by using nature as a lure. With a wide range of educational programmes, it aims to entice, engage and excite both the young and young at heart. Be prepared to embark on the "wild" side with our experienced and friendly education officers.	1 1/2 days	Toa Payoh East CC	6 Jun / Sat / 2.00 pm - 11.00 pm	\$110 - \$120	
					7 Jun / Sun / 7.00 am - 12.00 pm		

For Parent-Child or the Whole Family

COURSE TITLE	SYNOPSIS	TRAINER NAME & PROFILE	DURATION	COMMUNITY CLUB	DATE/TIME	FEES (M/NM)
PA Sporty Kids Wii Challenge Finals cum Talk	Cheer for the finalists as they battle for the championships! Get a free goodie bag (while stocks last) and also enter the lucky draw! Arm yourselves with the knowledge of how to maximise benefits and safety rules while playing fitness games with guest speakers from the Republic Polytechnic's School of Sports, Health and Leisure. Also, see a WiiFit Demo from the experts at Maxsoft and understand how to gauge your own fitness! Registration to enter the competition grounds to watch the Finals is free. But only finalists from the Preliminaries on the 13 June are allowed to play on the Wii in the Finals. *Goodie bags will only be given to participants who have registered for the PA Sporty Kids Wii Finals cum talk.	PA Sporty Kids Wii Challenge Organisers The PA Sporty Kids Wii Challenge is organised by the Lifeskills and Lifestyle Division of the People's Association, sponsored and supported by Maxsoft and Ulu Pandan CC YEC with the aim of introducing health and fitness messages in a fun way.	1 x 5 hrs	Ulu Pandan CC	14 Jun / Sun / 11.00 am - 4.00 pm	Free!
PA Sporty Kids Wii Challenge Prelims 1 (Parent-Child)	It doesn't matter whether you join with your mum, dad, aunt, uncle or beloved grandparent. As long as you are 12 or below and team up with an adult above 21, you are eligible for this category! Join the first ever PA Sporty Kids Wii Challenge and experience a different kind of Sports competition! Compete in a team for one or both of the 2 WiiSports games - Bowling and Tennis and stand to win a Wii Console home if you are the champion! Plus get to see a WiiFit Demo from the experts at Maxsoft and understand how to gauge your own fitness! *Register for both the individual and team categories to receive an exclusive gift! **Register to watch the Finals on 14 March (free) and you will get a goodie bag on the day of the Finals! (while stocks last)	PA Sporty Kids Wii Challenge Organisers The PA Sporty Kids Wii Challenge is organised by the Lifeskills and Lifestyle Division of the People's Association, sponsored and supported by Maxsoft and Ulu Pandan CC YEC with the aim of introducing health and fitness messages in a fun way.	1 x 5 hrs	Ulu Pandan CC	13 Jun / Sat / 11.00 am - 4.00 pm	\$3 - \$5 per team
Sea Explorer Wkshop & Tour@ Underwater World & Dolphin Lagoon	Ideal for kids between 4 – 6 and their parents, this workshop is held with the hope of giving participants an unforgettable insight to the marine world. Learn about the diverse residents of this watery world through exciting eco-games, stories and an activity-filled tour of the oceanarium with follow-up activities to bring along home. Participants will be treated to a mega slideshow, hands-on experiments with the use of research instruments, a yummy lunch buffet spread and a Meet-The-Dolphins session at Dolphin Lagoon.	A live showcase of enchanting marine marvels, Underwater World Singapore takes classroom learning to a whole new level. Beneath a skyline of aquatic creatures, friendly experts are on hand to empower and enrich inquisitive young minds. The special programmes available will deepen their understanding about marine food chains, inculcate excellent marine conservational habits, and even present a once-in-a- lifetime opportunity to study the aquatic world through the night!	1 x 4 hrs	Clementi CC	20 Jun / Sat / 9.30 am - 1.30 pm	\$42 - \$47 exc. transport and Sentosa admission
Yoga Experience for Parent and Child	Experience Yoga with your child in this yoga introductory workshop where you and your child will be introduced to Yoga. Doing Yoga together with your child is a bonding activity that will enhance the relationship between the both of you while paving the way for a healthier lifestyle. For the routine to be successfully learnt, the child should ideally be between the ages of 6 – 12 years old.	Ang Choo Eng is a qualified Yoga trainer who holds a Yoga Instructor Certificate obtained from Vivekananda Yoga Centre Singapore in 2002.	2 x 1 hr	Geylang West CC	7-14 Jun / Sun / 3.00 pm - 4.00 pm	\$30 - \$45 per parent-child pair
	Jennifer Lee has completed the Hatha Yoga Teacher's Training course at Unity Yoga Heart and also attended the Exercise & Pregnancy Workshop by the Australian Graduate School of Health & Sport Science.	2 x 1 hr	The Serangoon CC	9-16 Jun / Tue / 10.00 am - 11.00 am		
	Yeo Guat Chiew holds Yoga Instructor's Certificates from Quinine Tao Yoga Centre and Vivekanada Yoga Centre, Singapore. She has participated in various courses and conferences to update her skills.	2 x 1 hr	Chong Pang CC	10-17 Jun / Wed / 7.30 pm - 8.30 pm		

