

2025 February

*Nominal fee of \$3 per session

*Only for selected Seniors only

Centre Name: AACC (Kampung Admiralty)
 Centre Address: 676 Woodlands Drive 71 #06-01 S. 730676
 Centre Contact: 6870 8500



MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak (Chairobics) 10:00am - 10:45am	Walking Football* 10:00am - 11:30am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Be Happy* 2:00 pm - 3.30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 3.00pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Digital - Make-3D-Werkz* 2:00pm - 5:30pm	Let's makan together (Mariam)* 12:00pm -2:00pm	Let's Do Calligraphy class (Beginner) 3:30pm - 5:00pm	
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Let's Do Nagomi (Beginners) 1:00pm -2:30pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm		Let's Do Nagomi (B) 2:30pm -4:00pm		
			Fun with Kakis 2:00pm - 4:00pm		

NTUC Health Active Ageing Centres reserves all rights to modify or remove programmes at its discretion without prior notice.

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MON	TUE	WED	THU	FRI	SAT
10	11	12	13	14	15
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am	Walking Football* 10:00am - 11:30am	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Be Happy* 2:00 pm - 3.30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 3.00pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Do Nagomi (Beginners) 1:00pm -2:30pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Crochet 2:00pm - 4:00pm	Digital - Make-3D-Werkz* 2:00pm - 5:30pm	Let's Do Nagomi (B) 2:30pm -4:00pm	Let's Celebrate (CNY Lohei)* 3:00pm - 5:00pm	
Let's Learn Digital (IMDA) 3:45pm - 5:00pm	Let's Do Line Dance (A) 2:00pm - 3:00pm		Fun with Kakis 2:00pm - 4:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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17	18	19	20	21	22
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	Let's Go Gai Gai* 9:00am - 1:00pm
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak(Chairobics) 10:00am - 10:45am	Walking Football* 10:00am - 11:30am	Let's Steel Tonic Lite 10:00am - 11:00am	Let's Exercise with Razak (Resistance Band) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Jam with Ukulele (Beginner) 10:00am - 11:30am	Let's Be Happy* 2:00 pm - 3.30pm	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Sing Opera Together 12:30pm - 3.00pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm	Digital - Make-3D-Werkz* 2:00pm - 5:30pm	Let's Do Nagomi (Beginners) 1:00pm -2:30pm	Let's Do Calligraphy class (Beginner) 3:30pm - 5:00pm	
Let's Learn Digital (IMDA) 3:45pm - 5:00pm	Let's Do Crochet 2:00pm - 4:00pm		Let's Do Nagomi (B) 2:30pm -4:00pm		
	Let's Do Line Dance (A) 2:00pm - 3:00pm		Fun with Kakis 2:00pm - 4:00pm		
	Let's Do Line Dance (B) 3:00pm - 4:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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MON	TUE	WED	THU	FRI	SAT
24	25	26	27	28	
Let's Kpop (Lite) 9:30am - 10:30am	Let's Qigong 8:30am - 9:30am	Let's Indian Dance (A/B) 9:30am - 11:30am	Square Stepping Exercise 10:00am - 11:00am	Let's Jam with Glockenspiel 10:00am - 11:30pm	
Let's Jam with Ukulele (A) 10:30am-11:30am	Let's Exercise with Razak(Chairbics) 10:00am - 10:45am	Walking Football* 10:00am - 11:30am	Let's Gen Together - Kindergarten 10:00am - 11:00am	Let's Exercise with Razak (Aerobics) 10:00am - 10:45am	
Let's Sing Together 12:30pm - 2:30pm	Let's Jam with Ukulele (Beginner) 10:00am - 11:30am	Let's Be Happy* 2:00 pm - 3.30pm	Let's Jam with Ukulele (B) 11:00am - 12:00pm	Let's Sing Opera Together 12:30pm - 3.00pm	
Let's Steel Combat (Male Exclusive) 2:45pm - 3:45pm	Let's Do Zentangle 11:00am - 12:00pm	Let's Do Nagomi (A) 2:00pm - 3:30pm	Let's Do Nagomi (Beginners) 1:00pm -2:30pm	Let's Do Recycle Art (B) 1:30pm - 3:30pm	
Let's Do Recycle Art 2:00pm - 4:00pm	Let's Do Aqua Fun Fit* 12:00pm - 1:00pm	Digital - Make-3D-Werkz* 2:00pm - 5:30pm	Let's Do Nagomi (B) 2:30pm -4:00pm		
	Let's Do Crochet 2:00pm - 4:00pm		Fun with Kakis 2:00pm - 4:00pm		
	Let's Do Line Dance (A) 2:00pm - 3:00pm				
	Let's Do Line Dance (B) 3:00pm - 4:00pm				

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* 每节课费用 \$3元

* 仅限选定的会员

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MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	方块踏步运动 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	一起做步行足球* 10:00am - 11:30am	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起做BE Happy* 2:00 pm - 3:00pm	代际交流 - 幼儿园 10:00am - 11:00am	一起来唱戏 12:30pm - 2:30pm	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	水上乐趣健身* 12pm - 1pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起做再循环工艺 (B) 1:30pm - 3:30pm	
一起做再循环工艺 2:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm	3D 打印学习课程* 2:00pm - 5:30pm	一起来makan - 中心内 (Mariam)* 12:00pm - 2:00pm	一起写书法 (初学者) 3:30pm - 5:00pm	
	一起跳排舞 (A) 2:00pm - 3:00pm		一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm		
	一起跳排舞 (B) 3:00pm - 4:00pm		一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm		
			游戏时间 2:00pm - 4:00pm		
10	11	12	13	14	15
一起跳K-pop (Lite) 9:30am - 10:30am	一起练气功 8:30am - 9:30am	一起跳印族舞 9:30am - 11:30am	方块踏步运动 10:00am - 11:00am	一起玩钟琴 10:00am - 11:30am	
一起玩乌克兰丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	一起做步行足球* 10:00am - 11:30am	代际交流 - 幼儿园 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
一起学唱歌 12:30pm - 2:30pm	一起做禅绕画 11:00am - 12:00pm	一起做BE Happy* 2:00 pm - 3:00pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起来唱戏 12:30pm - 2:30pm	
一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	水上乐趣健身* 12pm - 1pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm	一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起做再循环工艺 (B) 1:30pm - 3:30pm	
一起做再循环工艺 2:00pm - 4:00pm	一起做钩针编织 2:00pm - 4:00pm	3D 打印学习课程* 2:00pm - 5:30pm	一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm	一起来庆祝 3:00pm - 5:00pm	
乐学数码 (IMDA) 3:45pm - 5:00pm	一起跳排舞 (A) 2:00pm - 3:00pm		游戏时间 2:00pm - 4:00pm		
	一起跳排舞 (B) 3:00pm - 4:00pm				

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一起玩乌克兰丽 (A) 10:30am - 11:30am	一起跟Razak线上做运动 10:00am - 10:45am	一起做步行足球* 10:00am - 11:30am	一起做Steel Tonic Lite 10:00am - 11:00am	一起跟Razak线上做运动 10:00am - 10:45am	
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一起做钢铁拳击(精简版)(只限男性) 2:45pm - 3:45pm	一起做禅绕画 11:00am - 12:00pm	一起做日本和谐粉彩 (兴趣班) 2:00pm - 3:30pm	一起玩乌克兰丽 (B) 11:00am - 12:00pm	一起做再循环工艺 (B) 1:30pm - 3:30pm	
一起做再循环工艺 2:00pm - 4:00pm	水上乐趣健身* 12pm - 1pm	3D 打印学习课程* 2:00pm - 5:30pm	一起做日本和谐粉彩 (初级) 1:00pm - 2:30pm	一起写书法 (初学者) 3:30pm - 5:00pm	
乐学数码 (IMDA) 3:45pm - 5:00pm	一起做钩针编织 2:00pm - 4:00pm		一起做日本和谐粉彩 (中级) 2:30pm - 4:00pm		
	一起跳排舞 (A) 2:00pm - 3:00pm		游戏时间 2:00pm - 4:00pm		
	一起跳排舞 (A) 2:00pm - 3:00pm				
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	一起跳排舞 (A) 2:00pm - 3:00pm				
	一起跳排舞 (A) 2:00pm - 3:00pm				