

HomeTeamNS Family Day 2026: Free Fitness, Family Games And Active June Holiday Planning

Description

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HomeTeamNS Family Day 2026 is one of the most underrated active-lifestyle days in the Singapore calendar â?? and with the June school holidays on the way, the timing this year is shiok. Expect free fitness sessions, family games, try-out classes and the kind of low-cost active programming that gets the whole household moving without spending a fortune.

If your June plan still has gaps, this one fills them cheaply.

What HomeTeamNS Family Day 2026 Covers

HomeTeamNS Family Day rotates a programme of family fitness, sport try-outs and active community sessions across its clubhouses. The 2026 edition leans into the active-family theme even harder than last year, with the headline programming pulling in parent-and-child workouts.

- Parent-and-child gymnastics try-outs across the BazGyms partnership
- Family pickleball intros â?? beginner-friendly and equipment provided
- Open swim sessions at member clubhouses
- Activity passport stamps for participating kids â?? kiasu collectors will love this



Source: HomeTeamNS

Who Can Attend

HomeTeamNS Family Day is open to HomeTeamNS members and their immediate families only. This is a members-exclusive event.

Separately, the **Dad-And-Me Gymnastics Try-Outs** is a distinct event that is open to all â?? not just HomeTeamNS members. If you are not a member, this is the activity to sign up for. Check the HomeTeamNS website for the latest session details and registration links.

For Family Day sessions, most are drop-in, but a handful of headline programmes may require pre-registration. Members should confirm through the HomeTeamNS member portal.

Why It Pairs Well With June Holiday Planning

The June school holidays in Singapore run from 30 May to 28 June 2026. Four weeks of activity to fill is no small thing. Most families default to high-cost camps or screen-time creep.

HomeTeamNS Family Day is an easy half-day option â?? physical, social and almost free. Use it as the anchor for one weekend and build the rest of the holiday plan around it.

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Practical Notes

- Bring water and a change of clothes â?? sessions get sweaty quickly
- Grip socks are useful for indoor sport zones
- Older kids: bring their own sport gear if they have it
- Parking: HomeTeamNS clubhouses have on-site carparks, but they fill quickly on Family Day

Pair It With

Stack HomeTeamNS Family Day against a Splashtopia visit at Sentosa from 30 May, K!DZ Pop Con this weekend, and a SuperPark afternoon mid-June. By month-end you have a balanced active-month plan that does not burn out the kids by week two.

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