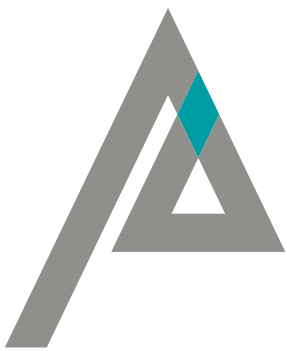


SPORTSFIRST



**VIVARCH
ENRICHMENT**

PROGRAMME GUIDE



Vivarch Enrichment Group comprises of integrated enterprises specialising in a holistic approach towards enrichment programmes, whilst still keeping in line with the Ministry of Education's directions and visions.

Vivarch's programmes nurture individuals of every level by providing them with holistic exposure and appreciation of the arts; increased productivity and global competitiveness through education and technology, fitness and well-being through sports and personal development and self-realisation through life skills.

BUILDING COMPETENCIES; FOR GROWTH & DEVELOPMENT

Vivarch strongly believes in both the cognitive and physical development of a child to be highly essential for their future. The constant progression of the quality and effectiveness of a child's education is crucial in meeting the demands of tomorrow's complex and dynamic world.

Keeping in line with MOE's recent implementation to enhance the development of the 21st century competencies in children, Vivarch not only provides quintessential enrichment programmes but also instills values and key social and emotional competencies that will prepare our learners for their journey ahead. Our programmes will constantly inculcate in them values such as respect, responsibility, as well as skills such as critical and inventive thinking, civic literacy and global awareness through key teachable moments during the lessons.

Hence, we take great pride in our extensive range of holistic programmes which focus on the growth and development of a child, so that they will do us proud and become confident and active contributors in the world tomorrow.

AT VIVARCH, WE ENLIVEN, ENRICH AND EMPOWER!

artelier

DANCE
DA TELIER

DRAMAESTRO

EPITOMEDIA

科动
Fang Hua Zhan

Life Champs
Beyond Success

MUSIC
ICON

OUTSTANDOP

PASSIONISTA

SPORTS
FIRST

studio wu



Sports First is a multi faceted sports holistic enrichment provider which not only cultivates the sportsmanship of an individual but also focuses on character development. Sports such as archery, rock climbing and golf are some of our notable programmes catered towards igniting the sporting spirit and inculcating in the participants a sense of vigour and enthusiasm in their lives.

Participation in sports not only helps young individuals build a sound body to withstand the daily pressures in life but also prepares them with a sharp and sound mind strengthened by the values that are picked up from sports - such as team work, fair play and respect for themselves as well as others.

Our trainers are equipped with the necessary education and skills to conduct programmes within and outside the boundaries of school. In addition, they are made up of sportsmen, specialists in the field and sports aficionados who bring to this programme years of experience and most importantly passion in their instruction.

Sports, games and health education form an integral component of an all rounded education. Mental and moral development is intrinsically linked with physical development. The adage "A sound mind in a sound body" rings true when we witness a spirit of cooperation, determination and discipline among young individuals involved in sports.

OUR SEP ENDORSED PROGRAMMES HAVE BEEN APPROVED

FOR 2016 AND PENDING APPROVAL

FOR THE ACADEMIC YEAR 2017/2018

OUT OF THE ORDINARY SERIES

- Speedminton
- Sports Redefined
- Paintball
- Bowling Ten Pins (SEP)
- Dodgeball

CARDIO AND FITNESS SERIES

- Fit Fitness
- Pump it Up!
- Movement Up Down Left Right
- Keeping Fit
- Martial Arts in ASEAN

KNOW IT ALL! SERIES

- Sports Marketing
- How to Play, Ref, Coach
- Manage your own Sports Events
- Archery (SEP)
- Basketball (SEP)
- Soccer (SEP)
- Athletics (SEP)
- Tchoukball (SEP)
- Handball (SEP)
- Volleyball

PAL SPORTS SERIES

- We Create
- Run! Jump! Throw!
- Traditional Games

OUT OF THE ORDINARY SERIES



This programmes in this series focus on promoting the lesser known sports in Singapore and allows an opportunity for participants to experience new sports and games. Participants will be exposed to the basic fundamental skills required to enjoy the game at a leisurely level

SPEEDMINTON

This programme introduces the new sport of Speedminton which is an amalgamation of badminton/tennis/squash. Participants will be exposed to the various activities that this game can offer. Speedminton is a highly motivational game that improve both conditioning and coordination skills.

At the end of this programme, participants will be introduced to to the sport and its unique characteristics. Participants can pick it up as a new hobby. SEL competencies such as being a confident learner and relationship management will be infused in this programme.

MODULES

- Creating a Unique Logo for Their Team
- Basic and Intermediate Skills
- Promoting the Sport Through Exhibition
- 'Play In The Dark' Mini Game Carnival

HIGHLIGHTS

- Creation of unique team logo
- Get creative in promoting speedminton
- Organising a speedminton course for their peers
- Conducting a mini speedminton course for children in the orphanage as part of a VIA Project

SPORTS REDEFINED

Have you ever wondered how floorball or frisbee can be played in a different way? Have you always wanted to try something different? This programme introduces the participants to a whole new paradigm of sports modification. Participants will be exposed to various sports and will be taught how they can modify the sports without compromising safety. This programme seeks to develop participant's creativity and passion for sports in any form.

At the end of this programme, participants will be familiar with various different sports and how they can be modified to promote participation and interest.

MODULES

- Introduction to Programme and Outline
- Key Safety Issues in Sports
- Concept of Rules of the Game
- Different Types of Sports: Floorball, Frisbee, Mini tennis, Handball, etc
- Basic Facilitation and Trainer Course
- Designing a Modified Game
- Promoting the Game

HIGHLIGHTS

- Participants will create posters of the modified game they have come up with and promote it in schools
- Participants will create a 'new sport' in their school culture and lead the trend
- Participants will be able to organise and conduct games carnival for the school, showcasing the modified games they have come up with
- Participants will have the opportunity to engage

children in orphanages or special needs school with their specially crafted modified games as part of a VIA project

PAINTBALL

This programme introduces participants to the different types of paintball games available. Participants will be exposed to the basic rules and regulations of the game as well as the safety procedures which must be followed throughout. Participants will develop teamwork and decision making skills.

At the end of this programme, participants will understand the importance of communication and planning in an exciting and fast paced environment. Participants will also develop self-management skills like self-discipline and self-control.

MODULES

- Handling of Weapons, Safety Precaution and Practice Shoot
- Shooting / Aiming, Dashing / Covering
- Strategy, Attack and Defense
- Competition and Missions

HIGHLIGHTS

- Participants will go into war games in teams and strategize how to win in each mode.
- Participants will also appreciate teamwork while going through the various war zone games.
- Ample opportunities for values and character development to be embedded in the activities

BOWLING TEN PINS

SEP

This programme introduces participants to the game of bowling. Apart from the hands-on practice of bowling, participants will be exposed to other benefits of bowling such as its anaerobic effect that helps to stretch tendons and joints. Participants will learn various bowling techniques, point counting system, rules and regulations of the game.

At the end of this programme, participants will understand the rules and regulation of Bowling, score keeping, different types of bowling techniques and the correct posture for bowling.

MODULES

- Introduction to Equipment
- Fundamental Bowling Skills
- Scoring and Regulations
- Bowling Etiquette
- Aiming Techniques

HIGHLIGHTS

- Participants will get to play a game of bowling in a competitive format
- Participants will get a chance to experience bowling as an individual and team sport

DODGEBALL

This programme introduces participants to the fun and exciting nature of Dodgeball. It is a very fast paced game that exposes participants to various unexpected situations that require quick reflexes and thinking. Participants will develop strategic planning and critical thinking skills as they play as a team in both attacking and defensive situations.

At the end of this programme, participants will be able to play and enjoy dodgeball, they will be able to acquire basic fundamental techniques and skill sets. Due to the nature of the game, SEL values such as responsible decision-making and social awareness will be inculcated in this programme

MODULES

- Promote Healthy Lifestyle Through Sports
- Basic Dodge Ball Techniques
- Safety, Rules and regulations
- Playing Dodge Ball at Recreational Level

HIGHLIGHTS

- Participants will not just learn how to play the game but also learn how to officiate the entire game as a referee as well.
- Participants will be able to organize dodge ball game sessions for the school community
- Participants will get an opportunity to participate in open competitions held by the Dodgeball Association of Singapore

CARDIO AND FITNESS SERIES

This programmes in this series are focused on providing participants with the ability to attain a higher level of fitness through cardio activities. Participants will be exposed to various activities and games to attain higher cardio vascular strength and attain a better fitness level.

FIT FITNESS

This programme will introduce participants to fitness conditioning. Participants will be exposed to the various types of physical conditioning and strength training activities. This programme seeks to develop participants' interest in keeping a strong body and mind.

At the end of this programme, participants will be familiar with the different types of physical conditioning and strength training activities, safety issues and the importance of leading a healthy lifestyle.

MODULES

- Introduction to Programme and Outline
- Handling of Equipment
- Basic Food and Nutrition
- Different Types of Workouts: Kettle Bell, Ball Exercises, Resistance Bands
- Safety Concerns in Planning a Suitable Workout Regime
- Basic Facilitation and Trainer Course

HIGHLIGHTS

- Participants will create a few types of workout regime for the different physical levels of participants in schools
- A mini exhibition to start promoting fitness in school
- A learning journey on healthy eating and keeping fit exhibition
- Organising fitness camps

PUMP IT UP!

Motivation and dedication is the key to bodybuilding. This programme will introduce to participants about the science and sport of body building. Participants will be exposed to the different equipment in the gym. They will also acquire knowledge about the various muscle groups in their body. This programme seeks to develop participants' interest in keeping a strong body and mind.

At the end of this programme, participants will be familiar with gym facilities, different types of gym exercise for different muscle groups and most importantly safety issues relating to bodybuilding.

MODULES

- Introduction to Bodybuilding - Use and Handling of Gym Facilities and Diet and Supplements
- Various Types of Workout for Different Purpose: Shape and Tone; Build Muscle and Strength
- Safety Concerns in Planning of a Suitable Workout Regime
- Basic Facilitation and Trainer Course

HIGHLIGHTS

- Run a body building competition
- Creating posters on anti doping campaign and dangers of taking illegal performance enhancing drugs
- Help run the gym club
- To watch a bodybuilding contest (subject to time and availability)



MOVEMENT UP DOWN LEFT RIGHT

LOWER PRIMARY

This programme introduces participants to basic psychomotor skills such as walking, running, jumping, crawling and climbing. Participants will be exposed to coordination skills required to go through an obstacle course designed by our professional trainers. Participants will also have to work closely with their peers and provides ample opportunities for the development of Social Emotional Learning competencies and School values.

At the end of this programme, participants will have a better understanding of their movements and psychomotor skills. With the successful completion of the challenges and obstacles course they face, they will be more confident of themselves and acquire better self-management skills.

MODULES

- Walk, Run, Fly
- Fast, Faster, Fastest
- Run, Jump, Throw
- Aim and Shoot

HIGHLIGHTS

- Character values like loyalty, dedication, self discipline, teamwork, and good citizenship will be inculcated
- Participants will create and design their own obstacles for their peers to go through
- Participants will be given the opportunity to conduct activities for disadvantaged youth as a VIA project
- Learning journey to learn more about healthy living

KEEPING FIT

This programme introduces participants to the various type of weight loss programmes designed by our professional and highly trained instructors. Every individual is different and Sports First will customise this programme based on each individual's fitness level. Participants will be exposed to the mental, physical and social aspect of leading a healthy lifestyle and develop good habits for themselves.

At the end of this programme, participants will understand the importance of keeping fit, having a healthy lifestyle through Sports and regular exercise. Values such as

Courage, Respect, Integrity, Determination, Discipline, Sportsmanship will also be inculcated and participants will know how keeping fit can be both fun and exciting.

MODULES

- Cardio and You
- Understanding Food Intake
- Exercise is the Way to Go
- Sports – Work, Play, Train and Rest

HIGHLIGHTS

- Participants will learn how to keep fit and create their own workout schedule.
- Participants will move towards a zone of self-motivation in the pursuit of their fitness goals
- Ample opportunities for character development and values infusion in this programme
- Participants get to go beyond just physical fit but mentally strong as well

MARTIAL ARTS IN ASEAN

This programme introduces participants to the various martial arts in Asean. Participants will be exposed to the history and cultures of the martial art and also the spirit of practicing martial art. Participants will learn the basic techniques and styles of the martial art being demonstrated.

At the end of this programme, participants will understand that martial art is a form of self-defence and that it is never intended for the purpose of creating violence. Participants will acquire self defence skills needed in cases of emergency and the know how to protect themselves.

MODULES

- Introduction to the Various Martial Arts like, Silat, Wushu, Judo and Taekwondo
- Self Defense Technique of the Various Martial Arts
- Striking Techniques
- Blocking Techniques

HIGHLIGHTS

- Character values like dedication, self discipline, focus and pursuit of excellence will be inculcated
- Personal mastery opportunities – participants will learn how to perfect their techniques
- Participants will be given an opportunity to live fit through immersing themselves in a martial artform

KNOW IT ALL! SERIES

This programmes in this series focus on all aspect of sports. There are different programmes designed for different areas relating to sports and participants will be exposed to the behind-the-scenes work of sporting events that are broadcasted on TV

SPORTS MARKETING

This programme introduces participants to sports marketing and the career prospects in this field. Participants will be exposed to the foundations of sports and entertainment marketing in terms of promotion, professional development, communication and interpersonal skills, branding and licensing as well as food and beverage services and on-site merchandising at sports and entertainment events. Participants will develop basic knowledge, skills, and attitudes that will prepare them to enter the field of sports marketing.

At the end of this programme, participants will have a clearer understanding of the career path they can take in sports management. They will also be equipped with skills such as branding, planning, marketing the team, product management, sales and promotion, and customer relation management for the sport and event industries.

MODULES

- Career Planning in a Sports Industry
- Branding and Marketing from a Sports Perspective
- Customer Relationship Management in Sports
- Sales and Promotions

HIGHLIGHTS

- Participants will create a brand for the various sports CCA in their school
- A learning journey to one of the clubs in Singapore can be organised
- Participants will be exposed to the various careers in the sports industry
- Watch a live soccer match in Singapore to understand and experience how S-league markets soccer in Singapore

HOW TO PLAY, REF, COACH

TCHOUKBALL, HANDBALL AND DODGEBALL

This programme introduces participants to the various skills required for Tchoukball, Dodgeball and Handball. Participants will also be exposed to the various rules and regulations governing the games and also how to officiate a competitive match. Participants will develop SEL competencies skills like responsible decision-making and self-confidence.

At the end of this programme, participants will have a better understanding of how to make the correct decision when officiating sport games and understand the differences in terms of rules and game play between the three sports.

MODULES

- Playing the Game
- Rules and Regulation
- Spirit of the Game - Sportsmanship and Fairplay
- Role of an Official or Coach

HIGHLIGHTS

- Creating and designing their own 'official attire'
- Participants will be able to coach their peers in inter-class competitions and also as officials in these competitions
- Participants will be given the opportunity to conduct activities for children in the orphanage as a VIA programme
- Participants will become 'fairplay' ambassadors promoting the spirit of sportsmanship

MANAGE YOUR OWN SPORTS EVENTS

This programme introduces the participants to managing a variety of the school's sports events. Participants will be exposed to the 'behind the scenes' work of organising, planning and executing of events. This programme seeks to develop the participants' understanding of managing sports events starting from events held by the school.

At the end of this programme, participants will be familiar with how various sports events held in school is being managed by the teachers. Participants will be more appreciative of the work done by teachers and will be able to contribute in future events.

MODULES

- Introduction to Programme and Outline.
- Key Safety Issues Relating to Sports Events.
- Sports Events to be focused on: Sports Day, Games Carnival, Interclass Games, Cross Country, Aces Day
- Manpower Management, logistics, Marketing and Administrative Work
- Participants will Plan and Design a Sports Event of their Choice

HIGHLIGHTS

- Participants can come up with posters of the event or design pamphlets to promote their event
- Participants will create their own unique 'event organiser' T-shirt
- Participants will be able to assist in the school's sports events as helpers whenever the school needs them
- Participants will have the opportunity to engaged children in orphanages or special needs schools with their specially crafted sports event via a VIA activity

ARCHERY**SEP**

This programme introduces the sport of Archery to the participants. Participants will be exposed to the technical elements of the sport which includes the identification and proper usage of the bow and the arrow. This programme allows students to understand how to play the sport of archery through many different formats - as a competitive game and as a recreational activity.

At the end of this programme, participants will learn how to shoot a bow properly with the correct technique and posture. Participants will also develop a sense of self-esteem and a sense of accomplishment as they witness the translation of their discipline and focus into hitting the target.

MODULES

- Basic Shooting Techniques
- Rules and Safety
- Posture, Focus and Aiming
- Fitness Training for Archery
- Load, Transfer and Hold
- Setting Hook Strings and Placing Bowhand

HIGHLIGHTS

- Participants will compete with each other through a mini competition
- Participants will learn the basic skills that would enable them to form a recreational archery club

- Participants will watch recorded archery competitions and will understand the game play and strategies used by the professional archers

BASKETBALL**SEP**

This programme introduces the sport of Basketball to the participants. Participants will be exposed to the basic Basketball techniques through experiential learning, mass participation and team/group games. Besides honing individual skills, participants will learn how to play as a team by understanding the roles and responsibilities of each position and the inherent tactics involved in winning a game.

At the end of this programme, participants will learn the fundamentals of Basketball as a sport and as a game. Participants will learn how to fuse fitness and fun together as they uncover the many ways Basketball can be played as a team sport. Participants will also get the opportunity to develop key self-development traits such as sportsmanship, teamwork, determination and tactical thinking

**MODULES**

- Rules and Safety
- Partner Drills
- Ball-Handling and Dribbling Drills
- Free Throw Shooting Techniques
- Cardio and Fitness in Basketball
- Tactical Game Play in Basketball

HIGHLIGHTS

- Participants will compete with each other through a mini competition
- Participants will learn the basic skills that would enable them to form a recreational basketball team
- Character Development opportunities in team-play: extracted and expounded by Trainer

**BADMINTON****SEP**

This programme introduces the sport of Badminton to the participants. Participants will be exposed to the basic Badminton techniques through experiential learning, mass participation and individual/pair games. Badminton is one of the most popular racquet sports in the world and in this programme participants will uncover the various techniques that would enable them to be a more accomplished badminton player

At the end of this programme, participants will learn the fundamentals of Badminton including the ability to choose the right equipment for the individual and the various drills that would enable the participant to improve on different aspects of their game. Participants will emerge from the programme a better and fitter badminton player

MODULES

- Rules and Safety
- Partner Drills
- Basic Footwork Training
- Delivering High & Long Shots
- Cardio and Fitness in Badminton
- Tactical Game Play in Badminton

HIGHLIGHTS

- Participants will compete with each other through a mini competition
- Participants will understand the various tactics that an individual player can use in a competitive game format
- Participants will watch recorded badminton competitions and will understand the game play and strategies used by the professional players

SOCCER

SEP

This programme introduces the world's most popular sport - Soccer to the participants. Participants will be exposed to the basic kicking/passing techniques required to be competent at the game of soccer. Participants will learn how to develop strength and power in their game and also learn how to work cohesively as a team

At the end of this programme, participants will learn the fundamentals of soccer both in the attainment of individual and team skills. Participants will learn how to develop skills and tactics alongside fitness and stamina. As soccer is a team sport, there will be plenty of character development opportunities as students develop a heightened sense of self and social awareness.

MODULES

- Rules and Safety
- Basic Footwork Training
- Skill and Tactical Training
- Taking Basic Shots (Free kicks, Penalties, etc)
- Cardio and Fitness in Soccer

HIGHLIGHTS

- Participants will compete with each other through various types of friendly competition - league/ knock-out
- Participants will understand the various tactics that an individual player can use in a competitive game format
- Character Development opportunities in team-play: extracted and expounded by Trainer

ATHLETICS

SEP

This programme introduces the range of athletic sports to the participants ranging from track and field events. The programme can be designed in various formats allowing the participants to either discover a range of track and field programmes or focusing on only one specific sport.

At the end of this programme, participants will learn the fundamentals of each sport under the umbrella of track and field. Most importantly, students will learn how to develop the right fitness and skills attainment regime that would allow them to excel at Athletics in general.



MODULES

- Understanding Human Physiology
- Leg Work and Arm Work
- Cardio and Strengths Exercises
- Event Specific Techniques

HIGHLIGHTS

- Participants will compete with each other through various types of friendly competition formats
- Participants will understand the workings of the human body and how they can use this knowledge to improve their skills and abilities
- Highly contextualised to allow participants to experience a specific aspect of Athletics

TCHOUKBALL**SEP**

This programme introduces participants to tchoukball, a fusion of handball, captain's ball and volleyball. Participants will be exposed to the unique rules and regulations of the game and the excitement it brings. Participants will develop a strong sense of teamwork and sportsmanship throughout this programme.

At the end of this programme, participants will acquire basic tchoukball techniques while developing the fundamentals through experiential learning, mass participation, fun physical activities and team games. Short videos of Tchoukball tournaments that will be shown will enable participants to both visualise and appreciate different levels of Tchoukball. Character development through sports will be inculcated as well. (Some values may include: courage, respect, integrity, determination, self-discipline, sportsmanship).

MODULES

- Throw and Catch
- Defensive play
- Offensive Play
- Officiating the Game

HIGHLIGHTS

- Participants will be able to play tchoukball in a competitive format
- Participants will acquire the skills required to officiate a game of tchoukball

HANDBALL**SEP**

This programme introduces participants to handball, a unique fusion of futsal and basketball. Participants will be exposed to the adrenalin pumping and exciting nature of handball when they run up and down the court to attack and defend. Handball can develop and nurture participants to gain self confidence, social awareness, love for sports and to lead a healthy lifestyle through sports.

At the end of this programme, participants will acquire basic handball techniques, rules of the game and how to enjoy the game leisurely on their own. Character development through sports will be nurtured. (Some values may include: courage, respect, integrity, determination, discipline, sportsmanship).

MODULES

- Basic Skills of Handball
- Safety, Rules and Regulations (Understanding: Fouls, Scoring System etc.)
- Promoting Handball at Recreational Level
- Handball Tournament

HIGHLIGHTS

- Participants will be able to play Handball in a competitive format
- Participants will acquire the skills required to officiate a game of Handball

VOLLEYBALL

This programme introduces participants to volleyball, a sport that can be played indoor, outdoor or even on the beach. Participants will be exposed to the different elements of the game to stimulate the coordination, learning and social development of participants.

At the end of this programme, participants will learn various techniques in volleyball, different formations and game play. Attacking strategies and defensive strategies will also be introduced to participants. Participants will be able to enjoy and play the game leisurely on their own. Character development through sports will be infused as well. (Some values may include: courage, respect, integrity, determination, discipline, sportsmanship).

MODULES

- Handling of Ball, Simple Digging Techniques
- Serving and Setting
- Spiking and Blocking
- Rules and Regulations of the Game
- Tournament

HIGHLIGHTS

- Participants will be able to play Handball in a competitive format
- Participants will acquire the skills required to officiate a game of Handball



PAL SPORTS SERIES

PAL Sports and Games uses various sports activities and games to allow participants to explore through play with creativity. Through thematic series, participants will get to create, recycle, reuse and discover.

WE CREATE

Participants will get to create their own equipment during the lessons. Participants will also learn various methods to use their own creations for their games incorporating SEL, and school values. At the end of the lesson, they will be introducing their own creation to the rest of their classmates.

At the end of this programme, participants will get to explore and create different equipment with recycled materials given. They will also need to understand that there are various opportunities that they need to share materials with each other in order for them to all complete the task successfully

MODULES

- Create their Own Equipment
- Create their Own Game
- Modify a Game that They Know
- Obstacle Course

HIGHLIGHTS

- Allow participants to discover their own level of creativity
- Allow participants to appreciate what others have done for them
- Enable to create items using the 3 Rs - Reuse, Recycle and Reduce
- Allow participants to create items that they can use through their own imagination

RUN! JUMP! THROW!

Participants will understand further their locomotor and psychomotor skills. Through this programme, participants will have to work together as a team to achieve their desired outcome and objectives.

Participants will learn various SEL and values through activities. Participants will also get to understand different terms use for various movement and able to coordinate their movements in a better manner.

MODULES

- Walk With Me
- Run Run Run
- Faster and Higher
- Throw What, Throw Where, AIM!

HIGHLIGHTS

- Able to understand basic movements
- Develop sense of directions
- Develop sense of aiming
- Develop strong sense of psychomotor skills

TRADITIONAL GAMES

Participants will get to try out various traditional games and get to explore different games. They will also try to create their own equipment for the traditional games (skipping rope).

At the end of this programme, participants will develop a sense of teamwork as they work together to try out various traditional games

MODULES

- Skipping
- Dodgeball
- Gasing
- Hop Scotch

HIGHLIGHTS

- Allow participants to discover their own level of creativity
- Allow participants to appreciate what others have done for them
- Enable to create items using the 3 Rs - Reuse, Recycle and Reduce
- Allow participants to create items that they can use through their own imagination

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