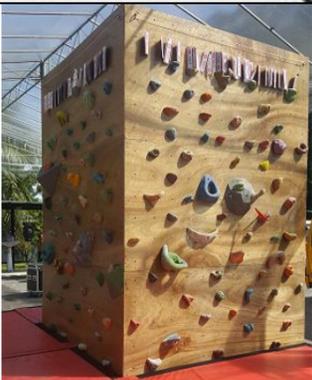


# GetActive! @ The Padang

Head down to the Padang and celebrate National Day through sport. From 29 July – 8 August, participate in a variety of sporting events organised by the GetActive! Singapore Active Enabler Programmes, ActiveSG Sport Try-Outs, and be part of the launch of the second edition of GetActive! Singapore and be part of the 5.2km Nila Walk/Run on 30 July at Car-Free Sunday SG from 8am. For more information, log on to [www.getactive.sg](http://www.getactive.sg)

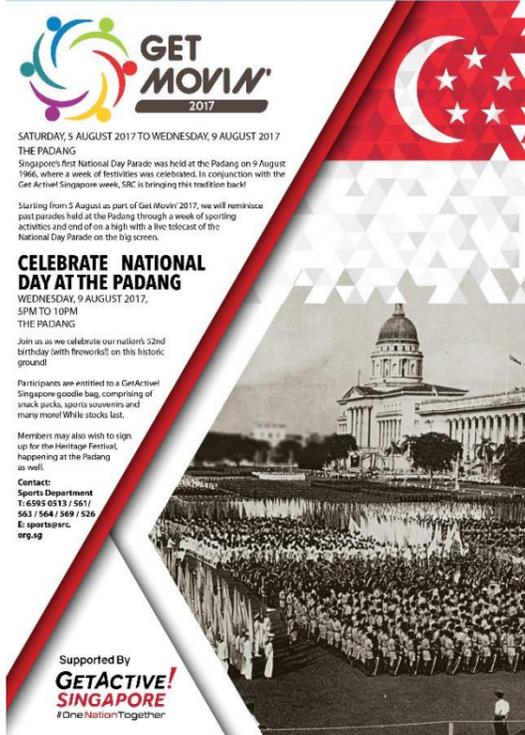
S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
1	29 Jul – 8 Aug (9am – 9pm)	Padang	Active Health Capsule		The Active Health Capsule will feature activities for individual's self-awareness, participate in interactive challenges and activities for deeper engagement, and receive tips on how to adopt of good health habits in every-day life.	<a href="http://www.activehealth.sg">www.activehealth.sg</a>
2	29 Jul (9:30am-11:30am )  9 Aug (3:30pm – 5:30pm)	Padang  SAFRA Punggol	Boogie Bounce Xtreme Celebrates National Day  By The Bbxtreme Team		<p>Come Boogie Bounce and celebrate our nation's 52<sup>nd</sup> birthday with the special BBX Celebrates National Day Parade classes.</p> <p>Register via <a href="https://goo.gl/forms/SNIABtDjSYzHZAE63">https://goo.gl/forms/SNIABtDjSYzHZAE63</a> Note that confirmation is only upon payment.</p> <p>Non-slip socks (can be purchased upon online registration) are recommended. No bare-feet or shoes allowed for hygiene and health benefits</p> <p><u>29<sup>th</sup> July - Padang</u> 0930- BBX Kidz (40 mins) 1030- BBX (52 mins)</p> <p><u>9<sup>th</sup> August – SAFRA Punggol Courtyard</u> 1530- BBX Kidz (40 mins) 1630- BBX (52 mins)</p>	Register at Facebook: Boogie Bounce Xtreme Singapore
3	30 Jul (8am-12pm)	Padang	Launch of GetActive! Singapore at the Padang		<p>Join in the festivities to launch the second edition of GetActive! Singapore at Car-Free Sunday SG with a full suite of sporting activities for the whole family. Minister of Culture, Community and Youth, Grace Fu will be launching GetActive! Singapore.</p> <ul style="list-style-type: none"> <li>- Signify the start of GetActive! Singapore with the formation of the National Flag using 52 flash cards by 52 Team Nila volunteers</li> <li>- Join in the 5.2km Nila Walk/Run</li> <li>- Enjoy sports activities by ground-up initiatives by the GetActive! Singapore Enabler programmes at the Padang</li> <li>- Come experience the Active Health capsule and find out tips on better health and wellness management.</li> </ul>	<a href="http://www.getactive.sg">www.getactive.sg</a>

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4	30 Jul (8am-12pm)	Padang – Connaught Drive	Car-Free Sunday SG – ActiveSG Sports Try-out		Join in the ActiveSG Sport Try-outs where participants will get to play Traditional Games, have fun at the Imagination Playground, participate in sports try-outs like Basketball, Dodgeball, Inline Skating, and Taiji.	<a href="http://www.getactive.sg">www.getactive.sg</a>
5	29Jul – 8 Aug (9am – 9pm)	Padang	Dream Caser Wall By Climb Asia		Through the obstacle course at Padang, we wish to show people that, what might seem difficult at first, can be conquered through hard work and determination.  In doing so, participants will overcome their fears, uncertainties and doubts. Together with the group, we also seek to show the value of trust, encouragement and commitment, in the achievement of greater heights.	
6	29 Jul (5:30pm – 8:30pm)	Padang	Bring a male buddy Zumba Event By Beatfactory Fitness		Zumba® Fitness has the ability to bring people of various ages together for one common purpose; which is to exercise while having fun. However, most of the time, Zumba® is often misunderstood as a female-only type of dance fitness given the fact that the majority of participants in a typical class setting are women.  'Bring-a-Male-buddy' Zumba® Event aims to provide support and inclusivity to our male counterparts to freely enjoy Zumba® without feeling embarrassed or judged in any way. This campaign serves to make anyone and everyone feel comfortable while exercising in a group setting. Couples and families are extremely encouraged to come and enjoy the event with us too. After all, National Day is truly about celebrating our diversity, and our get-togetherness!	<a href="http://www.beatfactoryfitness.com">www.beatfactoryfitness.com</a>
7	29 Jul (9am – 12pm)	The Arts House and the Civic District (Padang)	National Heritage and Outdoor Ethics Cycling Trail By Better Trails		The National Heritage and Outdoor Ethics Cycling Trail will have participants to cycle towards designated checkpoints around the Civic District with various thematic stations. These stations include national education based activities, visits to heritage sites and participation in outdoor ethics activities.  The journey will also bring the group to discover the Tree Trail around the civic district, some of which have stood tall for several generations and witnessed the transformation and progress of Singapore through the years. There will be also check points at green spaces like Fort Canning Park to introduce about the principles of Leave No Trace and the various recreation impacts as well as how to make better decisions to enjoy outdoor responsibly.  a). 0900-1200 (pre event signup); b). 1230-1430 (walk in at Padang); c). 1500-1800 (pre event signup);	<a href="http://www.bettertrails.sg">www.bettertrails.sg</a>

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8	29 Jul – 8 Aug (9am – 9pm)	Padang	RED-X Games - The Family Challenge 2017 By Superfit Pte Ltd		<p>The Red X Games presents The Family Challenge 2017 at the Padang from 29 July to 8 August. The 'Own Time Own Target' mode allows everyone to try and complete the obstacle course at their pace. For those who are game enough for a challenge, there is also a 'Competitive' mode which opens to families/ individuals.</p> <p>To commemorate NS50, all obstacles are specially created to mimic the training that every soldier has to undergo. These obstacles are designed and modified to be family-friendly.</p> <p>Participants can expect popular obstacles like the Low Wall, Multi-Rig (a.k.a Monkey Bar), Farmer's Walk and Tyre Flip.</p> <p>Get ready to re-live your NS days or it is time to lead your family and friends through the obstacles!</p>	<p>Open to Public - Pre Registration required at RED-X Booth. (Free for Casual mode, \$20 for Competitive mode)</p> <p>Facebook: @Superfit.global</p>
9	30 Jul (8am-12pm)	Empress Lawn	Pocari Sweat Workout		<p>Together with GetActive! Singapore 2017's launch there will be other sports &amp; carnival activities for everyone to get healthier while celebrating National Day!</p> <p>At POCARI SWEAT, developed by Otsuka Pharmaceutical, we believe in promoting better health worldwide. Sweat it out and stay hydrated with POCARI SWEAT, the healthier beverage that smoothly supplies lost water and IONS.</p> <p><b>WORKOUT SCHEDULE</b> 7AM - 8AM : Registration 8AM - 9AM : Buddy Workout Powered By TRIPLE FIT 9AM -11AM : Carnival Activities</p> <p><b>REGISTRATION &amp; ENTITLEMENTS</b> Registration Fee: S\$20 (2 Pax)</p> <p>Join us at GetActive! Singapore's launch! There will be sports &amp; carnival activities for everyone to get healthier as we celebrate National Day. Run or cycle with friends along the Car-Free Sunday SG route too.</p> <p><b>WEAR TEAM POCARI TOP</b> RECEIVE EXCLUSIVE BENEFITS</p> <ul style="list-style-type: none"> <li>- Free Sports Massage Service1</li> <li>- Free Body Composition Analysis1</li> <li>- Free POCARI SWEAT Gift2</li> </ul> <p><b>Terms &amp; Conditions</b> 1. Valid on first-come-first serve basis from 8am-11am. 2. Valid for 1st 100 people wearing POCARI SWEAT branded tops, 1 redemption per person.</p>	<p><a href="http://pocarisweat.com.sg/activities/GetActive-Singapore-2017-Sports-Festival">http://pocarisweat.com.sg/activities/GetActive-Singapore-2017-Sports-Festival</a></p> <p><a href="http://pocarisweat.com.sg/activities/POCARI-SWEAT-WORKOUT">http://pocarisweat.com.sg/activities/POCARI-SWEAT-WORKOUT</a></p>

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10	30 Jul (8am-1pm)	Padang (Singapore Cricket Club)	Pick Up @ Padang  By Singapore Cricket Club		<p>Singapore Cricket Club will be organising the below activities at the iconic Padang on 30 Jul to support the nationwide celebration of National Day 2017 through sports.</p> <p>With the theme of 'Pick up @ Padang', members of the public are invited to join us an "Pick up" any of the below sports and spend an enjoyable morning at Padang on 30 Jul from 8am - 1pm</p> <ul style="list-style-type: none"> <li>• Tennis (in collaboration with BNP Paribas WTA Finals Singapore)</li> <li>• Play water soccer on inflatables,</li> <li>• Frisbee / Disc Golf</li> <li>• Bubble Soccer</li> <li>• Bubble Darts</li> </ul>	<a href="http://www.scc.org.sg">www.scc.org.sg</a>
11	30 Jul (7pm – 8pm)	Padang	POUND® Master Class		<p>POUND® is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Using Ripstix, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective workout.</p> <p>ActiveSG is proud to host a POUND® fitness master class again by Michelle Opperman, POUND ICON (USA).</p>	<a href="https://poundfit.com/">https://poundfit.com/</a>
12	31 Jul (7pm – 8.30pm)	Padang	Battle Rope Flow with VIPR  By Muve Fitness		<p>Participants will use heavy battling ropes to work on grip strength to improve muscular endurance and explosive power. You will learn the different ways to hold the ropes and using 7 different body positioning to make your body more functional to improve quality of life to sports performances.</p> <p>VIPR Flow focus on Loaded movement training, come and experience what's the VIPR 3D Workout with the Senior Master Trainer (Tommy Yau)</p>	<a href="https://www.facebook.com/pg/muve.sg/events/?ref=page_internal">https://www.facebook.com/pg/muve.sg/events/?ref=page_internal</a>
13	1 Aug (7pm – 8.30pm)	Padang	Sandbell Circuit  By Muve Fitness		<p>This group fitness class has multiple disciplines including various strength training modalities, such as strength-speed, strength-endurance, and performance conditioning. This versatility offers a unique variety of exercises and choreography that will engage you in every workout.</p>	<a href="https://www.facebook.com/pg/muve.sg/events/?ref=page_internal">https://www.facebook.com/pg/muve.sg/events/?ref=page_internal</a>

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14	2 Aug (7pm – 8.30pm)	Padang	MUVEFIT By Muve Fitness		This is a multi-modality class that focuses on fundamental movement patterns like pushing, pulling, rotating, hinging, lunges, planks & squats. Using different modalities to train one's body in loaded movement training. A great metabolic session to push one's body to higher fitness level.	<a href="https://www.facebook.com/pg/muve.sg/events/?ref=page_internal">https://www.facebook.com/pg/muve.sg/events/?ref=page_internal</a>
15	4 Aug (7pm – 8.30pm)	Padang	Lebert Buddy Systems and Equalizer (Partner Drills) By Muve Fitness		You must train with a BUDDY! This circuit class focus on partner drills. There will be a lot of Pushing, pulling, rotation to challenge your body. Super fun class for parents and kids to young couples. Couples that train together stay together longer. Come and Check this class out!	<a href="https://www.facebook.com/pg/muve.sg/events/?ref=page_internal">https://www.facebook.com/pg/muve.sg/events/?ref=page_internal</a>
16	5 Aug (7pm – 8.30pm)	Padang	Bodyweight Challenge Circuit By Muve Fitness		Calisthenics are essentially body weight training. They are intended to increase body strength, body fitness, and flexibility, through movements such as pulling or pushing oneself up, bending, jumping, or swinging, using only one's body weight for resistance; usually conducted in concert with stretches.  When performed vigorously and with variety, calisthenics can provide the benefits of muscular and aerobic conditioning, in addition to improving psychomotor skills such as balance, agility and coordination	<a href="https://www.facebook.com/pg/muve.sg/events/?ref=page_internal">https://www.facebook.com/pg/muve.sg/events/?ref=page_internal</a>
17	6 Aug (7pm – 8.30pm)	Padang	Animal Flow By Muve Fitness		Animal Flow® is an innovative fitness program that combines quadrupedal and ground based movement with elements from various bodyweight-training disciplines to create a fun, challenging workout emphasizing multi-planar, fluid movement.	<a href="https://www.facebook.com/pg/muve.sg/events/?ref=page_internal">https://www.facebook.com/pg/muve.sg/events/?ref=page_internal</a>
18	5 Aug (5pm – 8pm)	Padang	Night Navi-Challenge with Dad By OSPORTZ Wayfinder		The Wayfinder: Navi-Adventure Race is a navigational race that combines conventional running with map reading.  This race's edition will be held at Padang among the twinkling night lights of the Central Business District.  Each race participant or team will be issued a race map and will aim to try to collect as many checkpoints as possible within the stipulated cut-off time. The team with the highest points will stand a chance to walk away with attractive prizes for all.	<a href="http://eventregist.com/e/NaviAdventure">http://eventregist.com/e/NaviAdventure</a>  Race fee: \$10 (solo), \$20 (buddy), \$30 (family)

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19	5- 6 Aug (2 – 7 pm)  9 Aug (5pm – 10pm)	Padang (SRC)	Get Movin'- Celebrating Our Sporting Heritage At The Padang  By Singapore Recreation Club	 <p><b>GET MOVIN' 2017</b></p> <p>SATURDAY, 5 AUGUST 2017 TO WEDNESDAY, 9 AUGUST 2017 THE PADANG</p> <p>Singapore's first National Day Parade was held at the Padang on 9 August 1966, where a week of festivities was celebrated. In conjunction with the Get Active! Singapore week, SRC is bringing this tradition back!</p> <p>Starting from 5 August as part of Get Movin' 2017, we will retrace past parades held at the Padang through a week of sporting activities and end of on a high with a live telecast of the National Day Parade on the big screen.</p> <p><b>CELEBRATE NATIONAL DAY AT THE PADANG</b> WEDNESDAY, 9 AUGUST 2017, 5PM TO 10PM THE PADANG</p> <p>Join us as we celebrate our nation's 52nd birthday (with fireworks) on this historic ground!</p> <p>Participants are entitled to a GetActive! Singapore goodie bag, comprising of snack packs, sports sweaters and many more! While stocks last.</p> <p>Members may also wish to sign up for the Heritage Festival, happening at the Padang as well.</p> <p>Contact: Sports Department T: 6595 0513 / 561 / 563 / 564 / 569 / 526 E: sports@src.org.sg</p> <p>Supported By <b>GETACTIVE!</b> SINGAPORE #OneNationTogether</p>	<p><u>The Hockey Touch</u> Sports try out and Past vs Present exhibition match</p> <p><u>Soccer Family Challenge</u> Fathers and sons to form teams of 6 for soccer competition Happening alongside the Hockey event</p> <p><u>Softball Challenge</u> Sports Try out, and a Past vs Present exhibition match</p> <p><u>Tennis Try Out</u> Sports try out and demonstration on one of the two remaining lawn tennis courts in Singapore. Happening alongside Softball Challenge</p> <p><u>Sports Try Out on National Day</u> A series of sports try out including Table Tennis, Cricket and Lawn Tennis.</p> <p><u>Celebrate National Day At The Padang</u> Various sporting event participants, SRC members, members of public, schools and invited guests from Central CDC (Kampong Glam) will come together for live telecast of NDP Parade on a big screen at the Padang.</p>	<p><u>Hockey</u> James Lee Tel: 6595 0526 Email: <a href="mailto:james.sports@src.org.sg">james.sports@src.org.sg</a></p> <p><u>Soccer</u> Mcnell Hii Tel: 65950563 Email: <a href="mailto:mcnell.sports@src.org.sg">mcnell.sports@src.org.sg</a></p> <p><u>Softball</u> Sarinah Johor Tel: 6595 05634 Email: <a href="mailto:sarinah.sports@src.org.sg">sarinah.sports@src.org.sg</a></p> <p><u>Tennis</u> Khogeta Nair Jannatheran Tel: 6595 0569 Email: <a href="mailto:khogeta.sports@src.org.sg">khogeta.sports@src.org.sg</a></p> <p><u>Celebrate National Day at the Padang</u> Sports Department Tel: 6595 0513/ 561/ 563/ 564/ 569/ 526 Email: <a href="mailto:sports@src.org.sg">sports@src.org.sg</a></p>

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20	5 Aug (8am – 12pm)	Padang	KIN to play Kin-Ball!  By Kin-Ball Association of Singapore		Kin-Ball is a new sport suitable for groups of friends or families - A fun 3-sided game that requires teamwork and is suitable for all ages.  The event includes learning how to play and a mini tournament to get you excited and enjoy an hour of workout like no other sport! Come outplay, outwit and out to have fun with Kin-Ball!	Facebook: @singaporekinball
21	3 Aug (6.45pm – 10pm)	Padang	Power Up for Singapore  By Torture Camp		<b>Individual Challenge</b> <b>Fastest 52 Reps Push-Up</b> Complete 52 reps of bounce push ups in the shortest possible time. Top 3 men and ladies get a medal.  <b>Mass Workout</b> <b>520 reps Push-Up Challenge</b> Complete 10 sets of 52 repetitions of variation push-ups. Led by instructors and observed by umpires. Participants get a finisher medal.  <b>Family/ Kakis Time</b> <b>Fastest 52 reps Push-Ups</b> Team of 3-5 individuals (at least one lady member). Complete 52 reps of bounce push-ups in the shortest average time possible. Top 3 teams get the medal.  All participants will get the Get Active! Singapore goodie bag.	Register: Facebook: @TortureCampsg  Whatsapp: 9455 1524  By 27 July 2017
22	6 Aug (8:30am to 1:30pm)	Padang	SGAG Trollnament 2017  By SGAG Media Pte Ltd		The event aims to encourage young Singaporeans to get active and use sports as a preferred activity for bonding with their friends. SGAG will be organising a half-day event consisting of mixed gender teams competing against one another through different creative variations of captain's ball.	Register: <a href="http://bit.ly/trollnament2017">http://bit.ly/trollnament2017</a>
23	7 Aug (7pm – 8.30pm)	Padang	Dynamic Partner Tubing CORE Challenge  By Muve Fitness		Using Tubing and working with a partner, participants will learn 7 different body positions to train and challenge their core muscles. If you are looking to learn and improve your core strength look no further, come to this class!	<a href="https://www.facebook.com/pg/muve.sg/events/?ref=page_internal">https://www.facebook.com/pg/muve.sg/events/?ref=page_internal</a>

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23	8 Aug (7pm – 8.30pm)	Padang	MUVE Super Circuit  By Muve Fitness		This special grand Challenge as part of the final series of events by Muve Fitness, will comprises of all our Functional tools to challenge your Cardio, Strength and Flexibility. Learn and have fun in the same time to feel what is like Jump, Squat, Push, pull, rotate and plank efficiently at the end of the class.	<a href="https://www.facebook.com/pg/muve.sg/events/?ref=page_internal">https://www.facebook.com/pg/muve.sg/events/?ref=page_internal</a>

## GetActive! @ Singapore Sports Hub

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1	5-6 Aug (8am to 7pm)	Sports Hub – OCBC Square	Jump Rope Fiesta  By Jump Rope Federation (Singapore)		<p>In conjunction with GetActive! Singapore to celebrate National Day, Jump Rope Federation Singapore will be hosting a Jump Rope Fiesta. It will be held on the 5th (Saturday) and 6th (Sunday) of August 2017, 0800 - 1900hrs at OCBC Square outside Kallang Wave Mall.</p> <p>On these two days, there will be many fun and exciting activities for all, including jump rope performances by our very own jump rope team.</p> <p>The highlight of the Fiesta will be on 5 Aug, where we will be hosting the Inaugural Singapore National Jump Rope Championship 2017. This is where the Singapore National Jump Rope records will be officially set!</p>	<p><a href="https://www.irfs.org.sg/">https://www.irfs.org.sg/</a></p> <p>Pre reg required for Competition <a href="https://docs.wixstatic.com/ugd/98624a_038ff5ba0bea49528de46eb7d9044574.pdf">https://docs.wixstatic.com/ugd/98624a_038ff5ba0bea49528de46eb7d9044574.pdf</a></p>
2	6 Aug (3pm – 5:30pm)	Sports Hub – 100 Plus Promenade (Gate 11-17)	Fit Lah! Multi-Functional Training Carnival  By Cross8 Fitness		<p>Did you know that fitness training can be done everywhere? It can be at beach, at park or even at your HOME! Yes! Training can be so easy, and much more FUN! Join us and discover more at the Singapore Sports Hub on 6 Aug to experience the most interesting Multi-functional exercises.</p> <p>Throughout the event, there will be 4 exciting games set up at Sports Hub. Participants will have a chance to interact with other people and experience a number of interesting Multi-functional equipment (which are different from the traditional gym). Professional coaches will also give participants some tips on how to train at home or keep fit in a healthier way.</p> <p>Registration starts 2:20pm</p>	<p><a href="https://docs.google.com/forms/d/e/1FAIpQLSdZB8oyB5Ph8TZkQGn3ulmcN-5L5PmSnl_pkdYTerGf0UGtzQ/viewform?from=singlemessage&amp;isappinstalled=0">https://docs.google.com/forms/d/e/1FAIpQLSdZB8oyB5Ph8TZkQGn3ulmcN-5L5PmSnl_pkdYTerGf0UGtzQ/viewform?from=singlemessage&amp;isappinstalled=0</a></p>
3	5 Aug 1:30pm – 5:00pm	Sports Hub – OCBC Square	SuperHero walk  By Sportfitx		<p>Come and commemorate 52 years of celebration for our sporting super heroes by donning a superhero costume (from the movies) and complete a 1km mass walk at Singapore Sports Hub around the 100 Plus Promenade on the 5 Aug Sat, 1.30-5.00pm.</p> <p>Be part of the Singapore Book of Records and win attractive prizes. More than \$700 worth of prizes to be won for "The most creative Superhero at Sports Hub" photo.</p> <p>Pre-registration required, free for children below 12 years old.</p>	<p><a href="http://www.sportfitx.com/superheroeswalk">http://www.sportfitx.com/superheroeswalk</a></p>

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4	6 Aug (9am to 11am & 11am – 1pm)	Sports Hub – 100 Plus Promenade (Gate 11-17)	Yoga for the Kampong		<p>Yoga is a long-adopted tradition practice from India since thousands of years ago. Many research has proven its benefits such as increase in flexibility, strengthen muscular structure, improve respiratory system, maintain mental awareness as well as upkeep ones' healthy body.</p> <p>Inspiring the elderly, strong, fit, active, enthusiasts and young to step on the mat and enjoy a great morning yoga session together.</p> <p>Emphasizing on the “Kampong Spirit”, encouraging family, friends and neighbors to join in the fun in conjunction to celebrate our 52th National Day. In short, “whole Kampong join in lah, just come!”</p> <p>Two separate groups, with first group of max 100 participants will be from 9am to 11am, guided by certificated Yoga Instructors from YogaOhm.</p> <p>Includes, sharing healthy tips and get together session to enjoy some refreshments. Followed by second group from 11am to 1pm. Pre-registration is required, limited mat space available.</p>	<p><a href="mailto:enquiry@yogaohm.sg">enquiry@yogaohm.sg</a> For more information, log on to <a href="http://www.yogaohm.sg">www.yogaohm.sg</a> or contact Regine @ 8250 7898</p>
5	6 Aug 9am to 7pm	Sports Hub – OCBC Square	JumpLah Singapore By Jumping Singapore		<p>Jumping® Singapore is for building a socially inclusive community that embraces healthy living! This National Day, come with your friends and family on 6th August 2017, for a full 50 minutes Jumping® Fitness workout at OCBC square, outside Kallang Wave Mall.</p> <p>With a setup of 120 trampolines, choose among 10 available time slots and book in with a registration fee of just \$3.</p> <p>Each participant will also receive a free Snack pack and GetActive! Singapore premium!</p>	<p><a href="http://jumpingsingapore.com/singapore-national-day-jumping.../">http://jumpingsingapore.com/singapore-national-day-jumping.../</a></p>
6	5 – 6 Aug 9am to 7pm	Sports Hub – OCBC Square	SG52 National Bench Press Championships & Asian Qualifiers By Powerlifting Singapore		<p>Powerlifting Singapore will be hosting Qualifying round at the SG52 event in Singapore Sports Hub. Existing and new athletes will compete to qualify for 2 upcoming major competitions - Asian Championships in Sri Lanka in December and Oceania Championship Pacific Invitational in Singapore.</p> <p>All lifts and records broken in this competitive element will be officially registered and recognised under Powerlifting (Singapore)'s National Records.</p> <p>Free introductory lesson for the general public to guide proper weight lifting and safety element. The training clinic will include practical demonstration and hands-on, to ensure correct lifting form and technique.</p> <p>To set a record-breaking of 52,000kg to lift collectively in commemoration of SG52. All lifts must be performed correctly to be counted under direct supervision from Powerlifting SG. Last year the goal of 51,000kg (SG51) was well exceeded and we wish to aim for even more this year!</p>	<p><a href="http://www.powerliftingsg.com">www.powerliftingsg.com</a> Registration click here: <a href="http://bit.ly/SGasians2017">bit.ly/SGasians2017</a></p>

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7	5 Aug 9am to 7pm	Sports Hub – Promenade (Gate 7 -14)	Singapore Childrens' Games 2017  By Kids Intelligence Development thru Sports (KiDS)		<p>Singapore's First And Biggest Multi-Sport Games For Children Aged 4 To 8 Years Old.</p> <p>Kids will take on specially designed static and dynamic game zones targeted at developing their key Fundamental Movement Skills (FMS). Kids will race through game courses with grit, while focusing on batting the baseball on the batting tee, challenge themselves to score a goal into the soccer post and celebrate a successful basketball shot into the hoop.</p> <p>With junior finisher medals, event tees, customised games bibs and goodie packs awaiting, this is a Games you wouldn't want your child to miss.</p>	<a href="https://kidsfms.com/event/singapore-childrens-games-2017">https://kidsfms.com/event/singapore-childrens-games-2017</a>
8	5 Aug 9am to 11am	Sports Hub – OCBC Square	Yoga For All  By The Golden Concepts		<p>We want to encourage seniors to exercise and lead healthy lifestyles which will enable them to age better. Yoga is a great form of exercise and is suitable for all ages.</p> <p>Participants are encouraged to bring along their family members for a fun-filled activity for all to enjoy!</p>	<p><a href="http://tinyurl.com/tgc-yogaforallfb">http://tinyurl.com/tgc-yogaforallfb</a></p> <p><a href="http://www.thegoldenconcepts.com">www.thegoldenconcepts.com</a></p> <p>Email: <a href="mailto:contact@thegoldenconcepts.com">contact@thegoldenconcepts.com</a></p>
9	6 Aug 9am to 4pm	Sports Hub- Promenade (Gate 4-5)	ActiveSG Kabbadi Competition  By Vilas Production Ltd		<p>A Kabbadi competition for Singaporeans and PRs, bringing Singaporeans from all walks of life together to celebrate their nation's birthday in a fun and sporty manner. Kabbadi is a contact team sport that originated in Indian subcontinent in Tamil Nadu.</p> <p>Get a team of 9 members and compete at the first-ever!</p> <p>2 categories for registration: Under-18 and Men's Open.</p>	Contact Salman at 96655285 or Siva at 82330665
10	5 – 6 Aug 9am to 7pm	Sports Hub – OCBC Square	Standard Chartered Singapore Marathon Pacers Clinic		<p>To celebrate the nation's 52nd birthday and kick start the training towards Standard Chartered Singapore Marathon 2017, SCSM has a series of fun and exciting activities lined up for you this weekend!</p> <p>Join them at their booth at Sports Hub OCBC Square for a short run led by their Official Pacers – Running Department, or learn how to improve your training by monitoring your heart rate as facilitated by SCSM Official Training Partner – Coached!</p> <p>Ladies, enjoy a quick HIIT workout and a short run led by the ROCKrunners crew.</p> <p>Register below or head down to their booth to register!</p>	<p><b>Registration Link:</b> <a href="https://goo.gl/forms/6NJjdMxxgbm6Ojds1">https://goo.gl/forms/6NJjdMxxgbm6Ojds1</a></p> <p>More details available on <a href="http://www.facebook.com/smarathon">www.facebook.com/smarathon</a>.</p>

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
11	8 Aug 9:30am – 10:30am	Sports Hub – OCBC Square	GetActive! Singapore Finale		Participate in the closing event of GetActive! Singapore at Singapore Sports Hub's OCBC Square and witness the induction of the three Team Singapore athletes into the Sports Hall of Fame for their outstanding performances and contributions in the international arena. Minister of Culture, Community and Youth, Ms Grace Fu will be guest-of-honour for this event.	<a href="http://www.getactive.sg">www.getactive.sg</a>
12	9 Aug (9am – 9pm)	Various Locations around Singapore Sports Hub	Sports Hub National Day Fiesta  By Sports Hub		<p>Let's unite and celebrate as one this National Day!</p> <p>Join us as we celebrate National Day at Singapore Sports Hub with activities such as the Super 8's sports challenges, a 52-minute fitness workout, and more! Be sure to catch the live telecast of the National Day Parade while having a picnic with your loved ones!</p>	<a href="http://www.sportshub.com.sg/NationalDayFiesta">www.sportshub.com.sg/NationalDayFiesta</a>

## GetActive! @ Sentosa

S/N	Date/ Time	Venue	Event Name	Image	Write Up	Website / Reg Link
1	5 Aug (9am – 12pm)	Palawan Beach, Sentosa	Warrior Challenge!@ Sentosa By Outdoor Adventure Pte Ltd		<p>Our forefathers were our “Warriors” as they have worked hard to build Singapore to what we have today! This event brings participants through various obstacles to experience what our forefathers went through during their time, 52 years ago! The goal is to allow participants to do a time-travel back to the early days of Singapore where we started as a fishing village and simulate the challenges the pioneer generation went through for us to achieve the prosperity we are enjoying today as a developed nation.</p> <p>Every element in the challenge signifies a particular aspect of working together and working hard, displaying diligence and building resilience.</p> <p>Main Event - The Warrior Challenge! @ Sentosa The theme for this year’s National Day Parade (NDP) is unite all Singaporeans to stand together and overcome all odds together.</p>	<a href="http://www.outdoor-adventures.com/thewarriorchallenge">www.outdoor-adventures.com/thewarriorchallenge</a>
2	30 Jul (2pm – 6pm)	Palawan Beach, Sentosa	SG52 Beach Games Carnival By IN T Motion		<p>SG52 Beach Games Carnival is team-based competitive games event on the beach. There is Bubble Soccer, Kayak, Stand Up paddle and other beach games integrated in a tournament series. Pre-registered teams will participate in the event and at the same time they will encourage the public on the beach to try those sports under the guidance of certified instructors.</p>	<a href="http://www.intmotion.com.sg">www.intmotion.com.sg</a>

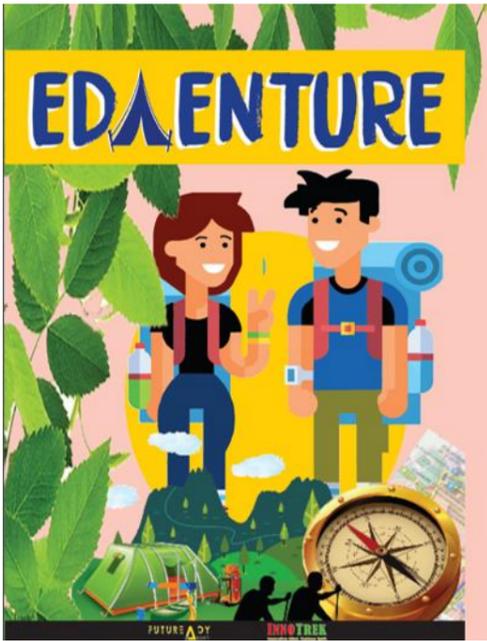
# Get Active with NS50

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
1	5 - 6 Aug 9am – 9pm	Toa Payoh Hub Atrium	Get Active And Celebrate NS50		<p>A nation that plays together stays together!</p> <p>At GetActive! Singapore, we're celebrating 50 years of National Service (NS50) where we can all come together to play. Experience or relive your army days with an NS-inspired Kids Obstacle Course which includes the low wall, fire ladder, flying fox and more. It's kid-friendly but no child's play.</p> <p>There are also many sport and physical activities for the whole family.</p> <p>Experience the Stack Rack used by many top training establishments. Ride the Wattbike and pick up pedalling techniques as well as bike-fitting tips. Visit the Active Health Bar Mobile Station for a basic health assessment. Pick-up some martial arts and self-defence techniques</p> <p>With so much going on, celebrating National Day has never been more fun!</p>	<a href="http://www.getactive.sg">www.getactive.sg</a>
2	5 Aug (9am – 9pm)	Toa Payoh Hub Atrium	Experience Day on the Wattbike By Muve Fitness		<p><b>Experience Day on the Wattbike</b></p> <p>Participants will get a chance to do the following:</p> <ul style="list-style-type: none"> <li>• 3 min Ramp Test</li> <li>• 6 sec Peak Power Test</li> <li>• Pedal Efficient Technique Ride</li> <li>• Bike Fit Set up</li> </ul> <p><b>Presenter:</b> Tommy Yau <b>Guest:</b> Singapore Cycling Team</p>	<a href="https://www.facebook.com/pg/muve.sg/events/?ref=page_internal">https://www.facebook.com/pg/muve.sg/events/?ref=page_internal</a>
15	5-6 Aug	ActiveSG Swimming Pools & Gyms	Free Entry for Servicemen+ and accompanying friends + family!		<p>In celebration of NS50, entries to all ActiveSG Gyms and Swimming Pools will be free on 5 &amp; 6 Aug 2017 to recognise our past and present national servicemen, and their family and friends!</p> <p>*Terms and conditions:</p> <ol style="list-style-type: none"> <li>1. Valid on 5 &amp; 6 Aug 2017</li> <li>2. Present your SAF/SPF/SCDF 11B, or SAFRA or HomeTeamNS membership card to the counter staff on duty before entering the facility. Holders of the above-mentioned cards are allowed to bring along family and friends.</li> </ol> <p>All visitors must abide by the rules and regulations of ActiveSG Gyms and Swimming Pools.</p>	<a href="http://www.getactive.sg">www.getactive.sg</a>

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
16	22 Jul – 9 Aug	ActiveSG App	GetActive! Singapore Step Challenge 2017		<p>Back again for the second season, our step challenge is bigger and better! Start tracking your steps to a more active lifestyle.</p> <p>This year's edition features a brand new Active National Servicemen category. So let's get active and celebrate NS50!</p> <p><b>Individual Challenge</b></p> <ol style="list-style-type: none"> <li>1. Active National Servicemen</li> <li>2. Active Youth (25 years and below)</li> <li>3. Active Women</li> <li>4. Active Masters (40 years and above)</li> </ol> <p><b>Team Challenge (3 – 4pax per team)</b></p> <ol style="list-style-type: none"> <li>1. Active Families &amp; Friends</li> <li>2. Active Corporates</li> </ol> <p><b>Prizes</b> Be the top stepper of each Challenge &amp; WIN an Apple Watch*! Clock 50,000 steps and redeem <b>a limited edition NS50 Jerrycan water bottle</b>^!</p> <p><u>Grand Lucky Draw</u> All participants who clock at least 50,000 steps will be eligible for the Grand Lucky Draw*. Winner will receive \$1,000 cash!</p> <p>^While stocks lasts. Redemption at selected GetActive!Singapore Sports Festival Sites.</p>	<a href="http://www.getactive.sg/step">www.getactive.sg/step</a>

# GetActive! @ Ang Mo Kio

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
1	6 Aug (9am – 6pm)	Ang Mo Kio Sports Festival Site  (Field beside Djitsun Mall)	Healthy Lifestyle Singapore  By International Paradise Connexions (IPC Travel)		<p>To lead an active and healthier lifestyle, it's not a must that we need to spend a fortune on exercise equipment or gym membership.</p> <p>To lead an active lifestyle, you can do with minimal no frills environment and equipment – if you have the right attitude.</p> <p>Visit our Booth to engage in simple yet healthy and absolutely fun activities to get you on the right track to be healthy.</p> <ul style="list-style-type: none"> <li>* Skip to a Healthy Heart</li> <li>* Move to the Zumba Groove</li> <li>* Bollywood AeroDance</li> <li>* Strengthen your Core (muscles) the Right way</li> </ul> <p>0900 –Basic Yoga 1000 –Kick Hop 1100 –Zumba 1200 –Fit with Friends (FWF) 1300 –Lunch Break 1400 –Fit with Friends (FWF) 1500 –Zumba 1600 –Kick Hop 1700 –Basic Yoga</p> <p>* All activities comes with a 7 mins. Warm up and a 10 mins. Cool down</p>	<p>Register your place as slots are limited</p> <p><a href="https://goo.gl/forms/4fezWLnGT7j8H122">https://goo.gl/forms/4fezWLnGT7j8H122</a></p>
2	5 Aug (9am – 2pm)  6 Aug (9am – 9pm)	Ang Mo Kio Sports Festival Site  (Field beside Djitsun Mall)	The Archery Combat Challenge & Laser Combat Challenge  By Camp Challenge		<p>The Archery Combat Challenge! &amp; The Laser Tag Challenge! Is a team-based activity that offers a competitive but safe, combative experience. In a 3 vs 3 format, teamwork and adapting to change are examples of learning outcome that can be derived through the Archery &amp; Laser Tag experience.</p> <p>The Archery Combat Challenge! &amp; The Laser Tag Challenge is extremely 'mobile' and can be conducted both indoors and outdoors. The equipment is designed to be user friendly and minimal experience is required. The arrow tips are made out of foam and safety mask is provided to ensure a safe experience for The Archery Combat Challenge!</p>	<p><a href="http://www.camp-challenge.com">www.camp-challenge.com</a></p>

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
3	5 Aug (9am – 2pm)	Ang Mo Kio Sports Festival Site  (Field beside Djitsun Mall)	KIN to play Kin-Ball!  By Kin-Ball Association of Singapore		Kin-Ball is a new sport suitable for groups of friends or families – A fun 3-sided game that requires teamwork and is suitable for all ages. The event includes learning how to play and a mini tournament to get you excited and enjoy an hour of workout like no other sport! Come outplay, outwit and out to have fun with Kin-Ball!	Facebook: @singaporekinball
4	5 Aug (9am – 9pm)  6 Aug (9am – 9pm)	Ang Mo Kio Sports Festival Site  (Field beside Djitsun Mall)	Ed-Venture Outdoor Experience Challenge  By Futureready Asia/ Innotrek		<p>ED-Venture Outdoor Experience Challenge will include hands on experience on survival skills and outdoor activities, family / friends challenge on agility, time and innovation on camping experiences and a fun education race called Ed-Venture FUTURace.</p> <p>The event aims to promote outdoor education, change safety perspective of outdoor activities / camping from the public, promote family bonding through camping experiences, teach outdoor survival skills and use outdoor education to build the Singapore’s core and identity.</p> <p>A first of its kind, the experience (2D1N) will include: Pioneering (Knots &amp; Lashing) - Tent Pitching - Archery Tag - Night Activities - Field Cooking - Campfire - Standard Obstacle Course</p> <p>Participants both young and old come together and experience the outdoors together while also making new friends.</p>	Pre-Register at <a href="http://bit.ly/EDVENTUREOEC">http://bit.ly/EDVENTUREOEC</a>
5	5 Aug (9am – 3pm)  6 Aug (9am – 9pm)	Ang Mo Kio Sports Festival Site  (Field beside Djitsun Mall)	Augmented Climbing Wall  By Exponent Challenge Technology Asia		Exponent Challenge Technology Asia brings the first Augmented Climbing Wall to the heartlands for all walks of life to experience sport climbing through this interactive platform. The interactive climb are suitable for any skill level and age.	<a href="http://www.exponentasia.com.sg">www.exponentasia.com.sg</a>

# INCLUSIVE SPORTS FESTIVAL

As part of Get Active! Singapore this year, SportCares is bringing back the ASEAN Para Games atmosphere to all at the inaugural **Inclusive Sports Festival (ISF)** as we celebrate our nation's birthday. As they say, a nation that plays together, stays together.

The main objectives of ISF are to foster greater inclusion by allowing people with different abilities to play together, as well as for people with special needs or disabilities to try-out different sports. Join in this fun-filled weekend of sports, games and movement for children, families and persons with disabilities. Sample a wide range of para sports including archery tag, curling and sitting volleyball and take part in a series of interactive game zones that teaches the ABCs of physical education.

For more information: [www.inclusivesport.sg](http://www.inclusivesport.sg)

S/N	Date/Time	Venue	Event Name		Write Up	Website / Reg Link
1	29-30 Jul (10am – 7pm)	Our Tampines Hub	Game ON – One Skip, One Nation  By Yello Marketing Agency	<b>INCLUSIVE SPORTS FESTIVAL</b>	<p>Game ON – One Skip, One Nation is a continuation from Game ON 2016 with similar objectives:</p> <ul style="list-style-type: none"> <li>• Sport brings communities together in meaningful social interaction</li> <li>• Sport is fun, can be played by anyone and should be enjoyed by all</li> </ul> <p>This year's Game ON uses skipping to introduce Fundamental Movement Skills to the community – specifically children and parents. In addition to introducing the sport of skipping to the community, Game ON aims to seed the importance of forming good habits for life in children.</p> <p>The three game booths designed for Game ON will highlight three pivotal fundamental movement skills: locomotor, object control and stability – building blocks for physical literacy.</p> <p>By taking part in the booth activities, Game ON hopes it spurs motivation, confidence, knowledge and understanding in parents to encourage and maintain physical activity with their children.</p> <p>Details of the three game booths as follows:</p> <ol style="list-style-type: none"> <li>1. Zero point &amp; Family Rope Remember Zero Point? We are bringing it back to celebrate National Day. Put your skills back to the test and see how high you can jump. Teach your children a simple and fun game that you used to play!</li> <li>2. FMS Ninja Warriors Do you have ninja like abilities? Put them to the test with our FMS challenge course and try out a range of different FMS challenges targeting core fundamental movement skills.</li> <li>3. National Day Plinko You think you know Singapore well? Answer our National Day Mini Quiz and play our National Day Plinko Game! Catch as many National Day Plinko Balls as you can!</li> </ol>	<a href="http://www.inclusivesport.sg">www.inclusivesport.sg</a>

## GetActive! @ Jurong East

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
1	5- 6 Aug (8am – 5pm)	Jurong East MRT	Start Right with Camping Outdoors  By TrexX Pte Ltd		Participants will learn practical camping skills such as backpack packing, tent pitching, outdoor cooking and nature appreciation. Participants will also get the opportunity to practise the tying of knots.	<a href="http://www.trex.com.sg">www.trex.com.sg</a>
2	6 Aug (1pm – 9pm)	Jurong East MRT	B'Happy Workout@City Square Mall  By B'happy		B'Happy Workout is an event that spreads happiness by doing workout activities that are beneficial for the body, mind and soul. B'Happy's objective is to provide a fun and memorable experience for the participant, an event that can create a ripple effect of happiness. Singapore is not known to be one of the happiest countries in the world (Gallup, 2012) and we want to help to change that. Through our event, we hope to create a sustainable happiness that will affect more Singaporeans and eventually the whole of Singapore.	
3	5 – 6 Aug (9am – 10pm)	Jurong East and West Coast	I Jio You  By West Coast Youth Executive Committee		The West Coast Youth Executive Committee proposes to provide access to alternative sporting activities to the community. Through sports to building relationships in the community and imbue strong values in people of all ages. The participants are given the opportunity to absail off the HDB Block and there will be a Mixed Martial Arts booth set up at the Jurong East Festival Site by Onyx MMA, which features several disciplines of self-defence techniques.	
4	5 – 6 Aug (9am – 9pm)	Jurong East	Paintball Target Shooting  By SP Campers Pte Ltd		Paintball Target Shooting: allow the younger generation to experience target shooting, aim to promote paintball experience for extreme sports lovers to advocate a healthy lifestyle and to inculcate this interest in them.	<a href="http://spgroup.sg/sp-sports/contact-us/">http://spgroup.sg/sp-sports/contact-us/</a>

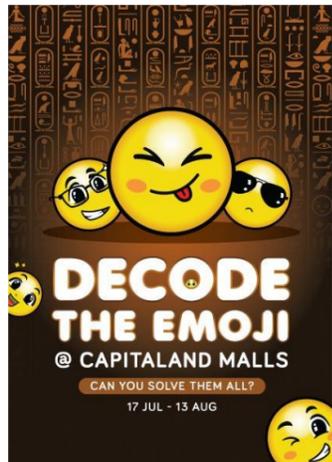
## GetActive! @ Punggol

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
1	29 Jul (9am – 9pm)	Punggol	KIN to play Kin-Ball!  By Kin-Ball Association of Singapore		Kin-Ball is a new sport suitable for groups of friends or families - A fun 3-sided game that requires teamwork and is suitable for all ages. The event includes learning how to play and a mini tournament to get you excited and enjoy an hour of workout like no other sport! Come outplay, outwit and out to have fun with Kin-Ball!	Facebook: <a href="https://www.facebook.com/singaporekinball">@singaporekinball</a>
2	29- 30 Jul	Punggol	Frog Kick Scooter Trial  By SP Campers Pte Ltd		Frog Kick Scooter Trial: opportunities for young children to steer from technology and allow natural play. Training of motor skills and thigh muscles is achieved to move and manoeuvre the scooter. Speed is controlled by the thigh movement of the rider, thus it will not create possible hazards from speeding.	<a href="http://spgroup.sg/sp-sports/contact-us/">http://spgroup.sg/sp-sports/contact-us/</a>
3	30 Jul (9am – 5pm)	Punggol	Laser Run Singapore  By Singapore Modern Pentathlon Association		The Laser-Run combines running and shooting in fast-paced and dynamic races including four rounds of laser pistol shooting from 10-metre distances and four time 800-metre run. Athletes have to hit a target 5 times before they can proceed to run. The total number of hits is 20 and total running distance is 3,200 metres.	Open to public but for competition it will be for registered competitors only. <a href="http://www.singaporepentathlon.org.sg/laser-run-sg">www.singaporepentathlon.org.sg/laser-run-sg</a>

## GetActive! @ Tampines

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
1	29 – 30 Jul	Tampines Central, next to MRT	Adventure Life Hacks / Connecting with Nature  By TrexX Outdoors & 1.Adventure LLP		Participants get to learn camping skills such as knot tying and packing trekking backpack efficiently.	
2	29- 30 Jul	Tampines Central, next to MRT	Mobile Rock Climbing By SP Campers Pte Ltd		The Mobile Rock Climbing wall will provide a platform for citizens to work out and keep fit. Rock climbing will be an ideal and trending sport that is open to the public. Collect hints by climbing the wall that are spread out over 4 walls. Combine your efforts with three others to accomplish your mission of collecting all the hints.	<a href="http://spgroup.sg/sp-sports/contact-us/">http://spgroup.sg/sp-sports/contact-us/</a>

## OTHER EVENTS AROUND SINGAPORE

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
1	31 Jul 3- 13 Aug	The Star Vista Raffles City, External Quartzite (next to Robinsons), Level 1	Ignite Your Life: Cyclo-moji-rama  By CapitaLand Retail Management		<p>Bike up to uncover an emoji-pulsating, immersive world across space and time at Raffles City. Come get active on a multi-sensory journey. Redeem an entry to the Cyclo-moji-rama with min. spend of \$30 (max. 3 same-day receipts) at Raffles City. Each redemption allows for one adult and one child below 12 to enter. The first 1,000 to complete the mission, will receive 5,000STAR\$® (= \$5 CapitaVoucher) through the Mission Bingo card in the CapitaStar app.</p> <p><b>Mission Bingo: Play and Earn Rewards</b></p> <p>To fully enjoy the “Decode the Emoji” interactive experience, shoppers can download an event-exclusive Mission Bingo in the CapitaStar app to win prizes as they complete each emoji mission. These range from completing the emoji escape games, emoji charades and augmented reality treasure hunt. The first 20 CapitaStar members to complete their Mission Bingo will be rewarded with 250,000 STAR\$®, travel vouchers and staycations. There is over \$50,000 worth of prizes to be won.</p>	<a href="http://www.capitalandmallasia.com.sg/emoji">www.capitalandmallasia.com.sg/emoji</a>
2	8 Aug (8am - 10am)	Jurong Spring Community Centre Basketball Court	No Different Through Sports  By Grace Orchard School		<p>The event aims to rally students and people in the community to affirm a sense of Singapore by coming together to celebrate National Day through sports. Together with students with special needs, the public is invited to join in the opportunity to try out a new sport together, while fostering friendships regardless of race, language or religion, with or without disabilities.</p>	<p>Registration: Register at the front desk at Jurong Spring Community Club or via the link <a href="https://goo.gl/hbRbHn">https://goo.gl/hbRbHn</a></p>
3	9 Aug (4:30pm – 8:30pm)	Street outside Clementi CC, service road in between blk 372 and 373. No 220 Clementi Ave 4	Clementi National Day Celebrations 2017: Street Party Carnival and NDP 2017 Live Screening  By Clementi CCC		<p>A carnival style event, with fringe activities and food booths, performance for line dancing, taiji and a mass exercise workout. This allows residents to bond with their families and fellow neighbours, indulging in the goodness of the celebrations.</p>	Facebook @FOClementi

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
4	4 – 6 Aug (12pm – 9pm)	Singapore Expo Hall 5	PlayLAH! Let's Celebrate! By SingEx Venues International		The event celebrates SG50 with the objective to foster an inclusive, bonded and vibrant community through PLAY. LEARN. EAT. & BOND by creating an opportunity for families and the community to come together through taking part in the various sporting activities, improves and strengthen relationships through exercise.	<a href="http://www.playlah.sg">www.playlah.sg</a>
5	30 Jul (8am – 6pm)	Taman Jurong CC	T-Net Club @ Taman Jurong 3V3 Basketball Tournament By T-Net Club @ Taman Jurong		The event motivates youth from culturally and diverse backgrounds to showcase the skills and have fun in playing in the 3 v 3 basketball tournament with the support and involvement of local communities, schools and basketball clubs. It will build in the players sportsmanship, respect among players and team work. To celebrate National Day, the public & participants will be encourage to write and paste their Singapore 52 NDP messages on the Featured Art Wall which will also form backdrop for the GOH presence as well as the price award ceremony.	Facebook @tnetclub Or email <a href="mailto:tnent@pa.gov.sg">tnent@pa.gov.sg</a>
6	30 Jul (8:30am – 4pm)	St John and Lazarus Island	Let's BBQ and Rediscover Our Southern Islands In A Fun Way By Weirdo Freako Outdoor Pte Ltd		A half day adventure at St John's and Lazarus Island, consisting of Kin-Ball, games that will teach participants about the history of the islands, and BBQ lunch.	Open to public, pre-registration required: <a href="http://www.threeplaygrounds.com/adventure/lets-bbq-and-rediscover-our-southern-islands-in-a-fun-way/194">http://www.threeplaygrounds.com/adventure/lets-bbq-and-rediscover-our-southern-islands-in-a-fun-way/194</a>
7	5 Aug (7:30am – 10:15am )	Gardens by the Bay, Supertree Grove	Brisk Walk/Run @Gardens by the Bay By Yuhua CSC		GetActive! Singapore Workout and Morning Walk. Start your morning with an invigorating workout followed by a 2km guided mass walk through Gardens by the Bay.	Facebook @TheYuhuaFamily

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
8	5 Aug (8.15am – 10.15am )	Gardens by the bay Super Tree	GetActive! Singapore Workout and Morning Walk  By Dance as One		GetActive! Singapore Workout and Morning Walk Start your morning with an invigorating workout followed by a 2km guided mass walk through the Gardens	Open to public
9	5 Aug (5.30pm – 7pm)	Gardens by the bay Super Tree	Dance as One  By Sport5		Join Sport5 – Ahmad, Faiz, Mike, Rasidah, Vikki – for a unique celebration of the nation’s 52nd birthday in a special musical dance fitness party. Come in red and white sports attire!	Open to public
10	7 Aug (8am – 11am & 3pm – 6pm)	Heartbeat @ Bedok	From Me to We  By Strong Mind Fit Body		Strong Mind Fit Body (SMFB) envisions a world in which we can age bravely, through empowering the seniors with good health and building a society with compassionate individuals. This National Day, SMFB will be featuring our nation's pioneer generation and demonstrating how we can creatively inspire physical activity in all our daily lives.  The event is aimed at reinventing the concept of physical activity such that we may encourage strength-based movements within our households and working environments; as well as encourage the recognition of a shared humanity and formation of inter-generational friendships.	Open to public  Registration: <a href="http://bit.ly/frommetowesg">http://bit.ly/frommetowesg</a>
11	9 Aug (10am-2pm)	131 Rifle Range Road, Temasek Club, 588406	Fencing Fiesta For Kids  By Modern Fencing Academy		Through this Olympic sport event which appeal to children's natural instincts to play and make friends and holding it on National Day helps to promote an active lifestyle, build shared memories and strengthen the sense of togetherness and community among the younger generation in Singapore.	Pre-registration required <a href="http://www.modern-fencing.org/">http://www.modern-fencing.org/</a>

S/N	Date/Time	Venue	Event Name	Image	Write Up	Website / Reg Link
12	5 Aug (10am – 4pm)	Kuo Chuan Presbyterian Secondary School	Let's Carnival Together!  By Adam Road Presbyterian Church		Adam Road Presbyterian Church, in partnership with President's Challenge, is organising Let's Carnival Together! on 5 August 2017. The Carnival celebrates National Day together with the Bishan-Toa Payoh community and President's Challenge beneficiaries. The Carnival focuses on inclusion and togetherness. We have aligned the theme of the Carnival with the 2017 National Day's theme of #OneNationTogether.  We sincerely hope to engage the community through a wide range of fun activities - eat together, learn together, drawing together, play together and, ultimately, to serve together.	Open to public with pre-registration at Bishan Community Club.  <a href="http://Aprc.sg/carnival">Aprc.sg/carnival</a>
13	29 Jul – 9 Aug	Pulau Ubin	Experience Sport Climbing, Abseiling and Challenge Ropes Course  Experience Mangrove Kayaking  By Camelot Pte Ltd		Experience sport climbing, abseiling, challenge ropes course and mangrove Kayaking in Pulau Ubin.	Open to Public Minimum age: 8yrs old and above Contact: 6702 6338 / 9833 5482(Bruce) Reg. Email: <a href="mailto:bruce.ong@camelotsg.biz">bruce.ong@camelotsg.biz</a> / <a href="mailto:mail@camelotsg.biz">mail@camelotsg.biz</a>
14	29 Jul (9am-12pm)  9 Aug (3:30pm – 5:30pm)	Padang  SAFRA Punggol	Boogie Bounce Xtreme Celebrates National Day  By The Bbxtreme Team		Come Boogie Bounce and celebrate our nation's 52 <sup>nd</sup> birthday with our special BBX Celebrates NDP classes.  Register via <a href="https://goo.gl/forms/SNIABtDjSYzHZAE63">https://goo.gl/forms/SNIABtDjSYzHZAE63</a> Note that confirmation is only upon payment (not just online registration)  Non-slip socks (can be purchased upon online registration) are recommended. No barefeet or shoes allowed for hygiene and health benefits  <u>29<sup>th</sup> July - Padang</u> 0930- BBX Kidz (40 mins) 1030- BBX (52 mins)  <u>9<sup>th</sup> August – SAFRA Punggol Courtyard</u> 1530- BBX Kidz (40 mins) 1630- BBX (52 mins)	Register at Facebook: Boogie Bounce Xtreme Singapore