

# Activities at Car-Free Sunday SG on 29 May 2016



### Get Active with Families for Life (New)

Location: St Andrew's Road (in front of National Gallery Singapore)

Time: 7.30am

"Get Active with Families for Life" in the morning with an energising walk along closed roads at the Civic District. It's a great way to bond with your family and extended family, and if you are spotted as the 'largest family contingent', you might even win a prize! In addition, no matter if you are a cool dad, mum or grandparent, dress up with your own creative family outfit, and you may stand to take home the title of the 'Best Dressed Family'!

Register now as a family to receive a Families for Life goodie bag (per family) and get a chance at the "sure-win" lucky dip – with prizes worth a total of \$30,000, including family staycations, premium Families for Life picnic bags, a set of special edition Families for Life NETS FlashPay cards with preloaded value and many more!

### Families for Life Breakfast Picnic on Empress Lawn (New)

Location: Empress Lawn (in front of Victoria Theatre and Concert Hall)

Time: 8.00am to 10.30am

Hop down to Empress Lawn and have your very own family breakfast picnic and enjoy some local hawker delights together. There are free picnic mats to be given out too, so grab yours and join us at Empress Lawn!

### Chill Out with Families for Life on Empress Lawn (New)

Location: Empress Lawn (in front of Victoria Theatre and Concert Hall)

Time: 5pm to 10pm

Wind down your weekend and "Chill Out with Families for Life" with a relaxing evening picnic, over local music performances and hawker delights. There will also be lots of other fun family-friendly activities such as buskers, arts and crafts, and the Families for Life bouncy castles and signature mobile café! Up for more family fun? You can even decorate your own unique family cardboard car and enjoy a 'drive-in' movie screening experience.

### Set a new Singapore book of record for the most number of people bouncing basketballs (New) (SportSG)

Location: Connaught Drive

Time: 8.30am to 9.30am

Join us at Connaught Drive and be a part of our attempt to set the Singapore record-breaking for the “Most Number of People Bouncing Basketballs”! There are also free basketballs to be given away – while stocks last.

## **SPORTS & FITNESS ACTIVITIES**

### Tchoukball try-out (New) (SportSG)

Location: Connaught Drive

Time: 10.00am to 1.00pm

Tchoukball (pronounced chukeball) is a unique non–contact yet competitive sport which allows every participant to enjoy and play together, regardless of gender, size or ability. Combining the best elements of handball, netball and volleyball, this exciting sport develops motor skills, hand-eye co-ordination and improves fitness and agility.

### Kin Ball try-out (New) (SportSG)

Location: Connaught Drive

Time: 10.00am to 1.00pm

Kin Ball is a team sport which uses a ball of about 1.5 meters in diameter. Played among three teams at the same time, this game is about collective effort and teamwork.

### Speedminton try-out (New) (SportSG)

Location: Connaught Drive

Time: 10.00am to 1.00pm

Speedminton® is a new racket sport originating from Germany that combines Badminton, Tennis and Squash all into one sport! Speedminton® trains your hand-eye coordination, and can be played anytime, anywhere. A fun activity for both kids and adults to pick up!

### Armour@The Bay Charged Run (New)

Location: Income@Raffles (Collyer Quay)

Time: 7.00am to 9.00am

Join the Charge Run as we take on the Central Business District with a refreshing, breezy run led by Under Armour Singapore athletes and charity runners Yellow Fellows, who race to

create awareness and raise funds for the voluntary welfare efforts of the Singapore Cancer Society. Register [here](#)!

#### Mass walking, jogging and cycling

Location: St Andrew's Road and Stamford Road will be fully closed to vehicles, while Esplanade Drive, Fullerton Road, Shenton Way and Robinson Road will be partially closed.

Time: 7.30am to 10.00am (CBD Loop)  
7.30am to 12.00pm (Civic District Loop)  
(see road closure route in Annex B)

The public can take part in the mass walking, jogging and cycling session around the 5km car-free route.

#### i-Run (HPB)

Location: St Andrew's Road

Time: 7.30am to 9.00am

Run with pacers for 3km, 5km or 7km distances. Join us for a special *3km Family Fun Run/Jog*, suitable for all ages and fitness levels! Participants are entitled to free 100Plus beverages, so hurry, grab your family and friends and sign-up now! [Pre-register here!](#)

#### HPB-SportSG Fitness Party

Location: Empress Lawn (in front of Victoria Theatre and Concert Hall)

Time: 7.30am to 8.30am BollyDaZz®  
8.30am to 9.00am Family Zumba Workout by IFit  
9.00am to 10.00am Bokwa®

Get Active with Families for Life, HPB and SportSG! Come and sweat it out with family-friendly workouts like BollyDaZz®, Workout by IFit and Bokwa®. It's a great way to bond with your family and extended family. Participants are entitled to free 100Plus beverages. [Register here!](#)

#### Outdoor Family Yoga with Yoga Seeds

Location: Esplanade Park (Angsana Lawn, opposite Singapore Cricket Club)

Time: 7.30am to 8.30am, 5.30pm to 6.30pm

Yoga is a great activity that you can do with your family, regardless of age! Explore partner poses, enjoy plenty of laughter and have a great bonding time. We'll play yoga games, learn calming breathing techniques, practice partner acrobatics all while building confidence and self-esteem, as well as strong and healthy bodies. This class promises fun for the whole family! [Register now!](#)

#### ActiveSG Nordic Walking / Urban Trekking Clinic

Location: Empress Lawn (Asian Civilisations Museum driveway)  
Time: 7.30am to 10.00am

Nordic Walking is form of fitness walking that uses techniques that strengthens major muscle groups in your body. With the use of specially designed poles and appropriate techniques, Nordic walking is full aerobic workout that helps to lose weight and tone up. Reap more benefits from your walk today - give this activity a go!

#### ActiveSG Kids Obstacle Fun Race

Location: Esplanade Park  
Time: 8.00am to 11.30am

Sharpen your child's fundamental movement skills through an obstacle fun race which features age-modified, age-appropriate versions of the three themes of fundamental movement skills – locomotor, object-control and stability.

This exciting mini obstacle course challenges children aged three to six years with a range of activities such as jumping, running, throwing and kicking. Participants will be able to apply and harness their fundamental movement skills when performing each activity.

#### ActiveSG Ultimate Frisbee Clinic

Location: Esplanade Park  
Time: 9.00am to 12.00pm

Keen to learn a new sport such as Ultimate Frisbee but do not have a disc? Come join in and learn simple throw, basic rules, tips and more with the Singapore Ultimate Frisbee Players.

#### Mini Tennis Try-out by ActiveSG Tennis Academy

Location: Connaught Drive

Time: 10.00am to 1.00pm

Learn the basics of tennis in a fun and interactive way using smaller courts, lighter rackets and low compression balls. Suitable for anyone regardless of playing ability.

Kids Kick-about by ActiveSG Football Academy

Location: Connaught Drive

Time: 10.00am to 1.00pm

Enjoy fun activities comprising basic footwork and ball exercises, and small-sided games curated by the ActiveSG Football Academy.

HPB Mass Aerobics Workout

Location: Connaught Drive

Time: 4.30pm to 5.30pm (Zumba)  
5.30pm to 6.30pm (KPopX Fitness)

Dance your way to fitness with specially choreographed Zumba and KPopX Fitness routines. Participants are entitled to free 100Plus beverages. [Register now!](#)

KpopX Workout

Location: National Gallery Singapore (Padang Atrium)

Time: 9.15am to 10.15am

Kick off your Sunday with this dynamic routine combining Kpop dance and music hits with cardio and body toning exercises. Come join the fun, sweat it out and have a good time!

This session is suitable for everyone! No dance or aerobics background is required. 40 slots are available on a first come, first served basis.

**ARTS AND CULTURAL ACTIVITIES**

Civic District Tree Trail (NParks) (New)

Location: Raffles Landing (white Raffles statue behind Asian Civilisation Museum)

Time: 9.30am to 11.00am

The Civic District Tree Trail takes you through Singapore's historic Civic District where you will be awed by many majestic and interesting trees, some of which have stood tall for many generations and witnessed the transformation and progress of Singapore through the years. Join us as we take you through part of the trail starting from Raffles Landing to CHIJMES.

To register, visit <https://www.nparks.gov.sg/activities/events-and-workshops/2016/5/civic-district-tree-trail-29-may-2016>.

To explore the entire 3km tree trail on your own, download the DIY trail [e-guide](#) on NParks' website.

#### Sketching Get-Together with Artist (NParks) (New)

Location: St Andrew's Cathedral (entrance facing National Gallery Singapore)

Time: 4.30pm to 6.30pm

Rediscover Civic District through art! Join professional artist, Chankerk, on this sketching adventure and pick up tips on how to capture the rich heritage and scenic sights of Civic District.

To register, visit [www.myartspace.com.sg/events/sketching-get-together-with-artist](http://www.myartspace.com.sg/events/sketching-get-together-with-artist).

#### The Parliament in Singapore History Exhibition (New)

Location: The Arts House, Level 2

Time: 10.00am to 10.00pm (Guided tours at 11am and 1pm)

This exhibition charts the history of The Arts House from 1827 to 1999 when the building was the seat of independent Singapore's Parliament. Special interactive guided tours are also available at 11am and 1pm. More details [here](#).

#### Arts Explorer (New)

Location: National Gallery Singapore (Keppel Centre Family Reception)

Time: 11.00am to 11.30am

1.30pm to 2.00pm

Part of Family Weekends, this intimate programme invites young ones to see artworks in the collection from a different perspective. Focusing on the artists and their masterpieces, it involves hands-on activities and detailed observation techniques.

### Drop-in Craft (New)

Location: National Gallery Singapore (Keppel Centre for Art Education)

Time: 11.00am to 6.00pm

With an art kit and theme inspired by the Gallery's collection, this activity invites parents and children alike to interact creatively through art-making.

### Performances by Singapore Symphony Orchestra

Location: Victoria Concert Hall atrium

Time: 9.30am to 10.00am

10.30am to 11.00am

11.30am to 12.00pm

Be our guests and revel in the sound of music at the Victoria Concert Hall (Atrium), Home of the SSO! Serving up a Mamma Mia spread of familiar favourites from well-loved musicals, join Singaporean flutist and music arranger Sin Jin How, harpist Sarah Wong and friends this Car-Free Sunday in the Civic District!

### Building Highlights Tours

Location: National Gallery Singapore (Padang Atrium entrance)

Time: 9.30am to 10.30am and 9.45am to 10.45am (English)

10.00am to 11.00am (Mandarin)

Join us for a morning docent-led tour and discover the rich history and architecture of the former Supreme Court and City Hall buildings. Tours depart from the Jubilee Walk marker at the Padang Atrium entrance. Registration opens 20 minutes before the start of the tour with 30 slots available on a first-come, first-served basis.

### Monument Trail (NParks)

Location: Empress Place (Cavenagh Bridge)

Time: 9.00am to 10.30am

10.30am to 12.00pm

Visit the historical landmarks of the Civic District that tell the story of Singapore's history, growth and development. Learn more about the heritage and other interesting trees around



the vicinity. The Monument Trail starts at Cavenagh Bridge near the mouth of the Singapore River, once the heart of Singapore's commercial activity and entrepôt trade, and brings you through Empress Place and Esplanade Park before ending at War Memorial Park.

More details can be found on [www.nparks.gov.sg/civildistrictevents](http://www.nparks.gov.sg/civildistrictevents).

#### Busking at the Civic District (NAC)

Location: Esplanade Park

Time: 9.00am to 12.00pm

Catch roving buskers with varied music acts at Esplanade Park.

#### Public Art Walking Trail – Civic District (NAC)

Download the self-guided trail map to explore both new and existing public artworks around the Jubilee Walk and Esplanade surrounds on Car-Free Sundays!

#### Singapore Heritage Trails – Jubilee Walk

The Jubilee Walk is an eight-kilometre trail that connects the past, present and future elements of the Singapore story. Encompassing historic and iconic areas such as Fort Canning Hill, Singapore River, Civic District and Marina Bay, the Walk offers a chance to discover the people and communities who have contributed to our cityscape.

Download the 'Singapore Heritage Trails' mobile app now on Apple App Store and Android App Store to experience the Jubilee Walk.

### **FAMILY-FRIENDLY ACTIVITIES**

#### Safe Riding Clinic (LTA and NParks)

Location: St Andrew's Road

Time: 8.00am to 12.00pm

Think you are a safe rider? Put your riding habits to test at our specially designed course. Safe for kids and adults alike, have fun as you tackle situations in daily life. Bicycles and helmets will be provided. You are also welcome to give the course a try with your own personal mobility devices.

### Kids' Zone (NParks)

Location: Esplanade Park (Heroes Lawn)

Time: 7.30am to 12.00pm

Join in the pebble-painting activity and turn a simple pebble into an ornamental art piece! There will also be other family-friendly activities such as sketching, colouring and bouncy castles.

Learn more about plants and their uses in different cultures by taking part in the 'Plants & Culture' plant propagation activity.

### **FOOD & BEVERAGE**

#### Food Trucks (URA)

Location: Connaught Drive

Time: 7.30am onwards

Enjoy a wide array of delectable offerings from The Travelling C.O.W, Coffee Bandits and Mr Bean.

#### MILO Van (HPB)

Location: Empress Lawn

Time: 7.30am onwards

Come grab your free MILO and power through the day!