

11 June 2016

MEDIA RELEASE

To News Editors

400 NSMEN AND FAMILIES PARTICIPATED IN THE INAUGURAL SAFRA PUNGGOL WATERWAY CHALLENGE

The inaugural SAFRA Punggol Waterway Challenge was held this morning and Mr Ong Ye Kung, Senior Minister of State for Defence and President of SAFRA, joined Operationally Ready National Servicemen (NSmen) and families in the event's Families for Life Challenge, which also earned a place in the Singapore Book of Records as the 'Largest parent-and-child kayaking race'.

Participants raced along the scenic Punggol Waterway Park and Coney Island Park on kayak, bike and foot, and they also bonded through various fun-filled challenges. Organised by SAFRA Punggol, the event also featured a Doubles Challenge for adult pairs, which tested their fitness through activities such as leopard crawling underneath a camouflage net and carrying jerry cans.

The SAFRA Punggol Waterway Challenge is among a string of activities organised by the club as part of its '30 Days of Fun Carnival' to engage NSmen and their families during the June school holidays.

Visitors can try out the MegaBounce bungee-assisted trampolines featured at the club till 12 June or kick off their Fathers' Day celebrations early by participating in father-and-child bonding activities at Splash @ Kidz Amaze indoor water playground on 18 June. Formula 1® fans can also look forward to a series of competitive circuit-style workouts and try their hands at race simulators as the Singapore Grand Prix's Rev Up and Fit for Racing Challenge make a pit stop at the club over the 25 June weekend.

Since its soft opening on 24 April, SAFRA Punggol has attracted over 150,000 visitors to date. Plans are underway to engage more NSmen and their families. Beginning from this month, Singapore Armed Forces (SAF) units can also hold their unit cohesion events at SAFRA Punggol to enjoy a new range of activities such as cycling and other challenges in the waterway. The club is also exploring with the relevant authorities to introduce a water activities facility later this year, which will allow NSmen and their families to rent equipment such as kayaks on a daily basis.

With SAF Day approaching on 1 July, SAFRA will also be rolling out a series of promotions on various lifestyle offerings to thank NSmen for their contributions to national defence. More details will be announced at a later date.

The following are attached for your reference:

- Fact sheet on SAFRA Punggol (Annex A)
- Fact sheet on 30 Days of Fun Carnival (Annex B)
- Fact sheet on SAFRA Punggol Waterway Challenge (Annex C)

About SAFRA National Service Association

SAFRA was formed in 1972 to provide for the social and recreational needs of NSmen and their families through quality sports, social, educational and cultural programmes to recognise NSmen for their contributions to national defence. SAFRA currently has a network of six clubs conveniently located in Jurong, Mount Faber, Punggol, Tampines, Toa Payoh and Yishun. Complementing the modern facilities at SAFRA clubs are a host of quality membership benefits and activities specially packaged for over 370,000 members and their families.

About Families for Life

Families for Life's vision is to build strong and resilient families because that makes for stronger communities and better individual well-being.

We Listen. We listen to the issues that Singaporean families are facing.

We Explore and Promote. We bring people and organisations together to create platforms for family bonding and to engage Singaporeans in conversations about families.

We Voice. We voice out concerns that people have on family issues and continue this conversation with our partners and the community.

The Council is chaired by Ching Wei Hong, Chief Operating Officer of OCBC Bank. Visit us at www.familiesforlife.sg.

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SAFRA PUNGGOL

FACT SHEET

Nestled in the scenic Punggol Waterway Park, SAFRA Punggol is the first eco-friendly SAFRA club to receive the prestigious Building and Construction Authority Green Mark Platinum award. It is also an ideal destination for NSmen and their families to have fun and unwind with a wide range of lifestyle facilities and programmes.

The five-storey club features unique play and enrichment options for families, including the first indoor water playground in Singapore, the largest NurtureStars Preschool and a series of educational centres offering programmes ranging from Linguistics to the Arts.

SAFRA Punggol also features an exciting suite of fitness and leisure choices, and offers a different range of sports facilities as compared to other SAFRA clubs. Leveraging on its unique and seamless integration with the surrounding park, SAFRA Punggol offers cycling, running and water activities.

Further down the road, the Punggol Regional Sports Centre will be co-located beside the club as part of the Punggol 21 Masterplan aimed at optimising land use and offering visitors a wider spread of facilities within the location. Once the new Punggol Regional Sports Centre is completed next door, SAFRA members will also have convenient and direct access to its swimming pools and a host of other sports facilities.

Fitness & Leisure	<ul style="list-style-type: none"> • Bikes @ Waterway • EnergyOne Gym • Games Room • Manekineko • Member's Lounge 	<ul style="list-style-type: none"> • Yoga Inc. • i Darts LAVA • Orchid Bowl • The Spa by The Ultimate
Play & Enrichment	<ul style="list-style-type: none"> • Artary • BazGym Gymnastics School • LCentral English • NurtureStars Preschool • Splash @ Kidz Amaze 	<ul style="list-style-type: none"> • StepUp Learning & Dance • Tien Hsia Language School • Yamaha Music • Stamford Education • Taekwondonomics • Culinary Experience Studio Powered by Bosch
Food & Beverage	<ul style="list-style-type: none"> • Heavenly Wang • issho family restaurant • Pin Si Superior • Pizza Hut 	<ul style="list-style-type: none"> • Siam Thai Tuckshop • Nom La La by Bakerzin • Jack's Place • McDonald's

30 DAYS OF FUN CARNIVAL

FACT SHEET

SAFRA Punggol's '30 Days of Fun Carnival' features a series of unique events and special promotions spanning the whole month of June to engage NSmen and their families. It is also one of the 18 events to be organised by SAFRA from April 2016 to March 2017 as part of its ongoing partnership with the Families for Life Council to promote stronger family ties.

Dates	Key Events	Description
4 & 5 June	EnergyOne Fitness Fiesta	Organised by SAFRA's EnergyOne gym, the event offers a series of fitness-related activities to engage and promote a healthy lifestyle among NSmen and families, including fitness workshops, group workouts, boot camps, health checks and more.
11 June	SAFRA Punggol Waterway Challenge	The SAFRA Punggol Waterway Challenge is a multi-disciplinary race that features a Doubles Challenge for adults and two Families for Life Challenge categories for parent-and-child pairs. Participants are required to kayak, cycle and run while navigating a series of challenges along Punggol Waterway Park and Coney Island Park.
18 June	Father's Day Weekend Splash	Organised by Splash @ Kidz Amaze, the club's unique indoor water playground, fathers can participate with their children and enjoy activities such as building a 'submarine' with recycled materials, taking instant photo prints with an augmented reality screen and an exciting storytelling session.
25 June	Fit for Racing Challenge	NSmen and families can get a taste of the grueling mental and physical challenges Formula 1® drivers experience on the track as SGP's Fit for Racing Challenge makes a pit stop at the club this year. Besides competitive challenges that simulate the training plan of a Formula 1® driver, participants can also stand to win attractive prizes, including tickets to the 2016 Formula 1 Singapore Airlines Singapore Grand Prix.
25 & 26 June	Rev Up Singapore @ SAFRA Punggol	Visitors at the club can gain an insight into the world of Formula 1® and try out the racing simulators on display. NSmen and their families can also enjoy photo opportunities with unique Formula 1® memorabilia that will be on display at the club.

For more information, visit www.safra.sg/punggol

SAFRA PUNGGOL WATERWAY CHALLENGE

FACT SHEET

Organised by SAFRA Punggol, the event aims to promote fitness and bonding among NSmen and families. The multi-disciplinary race features running, cycling and kayaking along Punggol Waterway Park and Coney Island Park where participants will get to enjoy the beautiful scenery and surrounding nature.

It features a Doubles Challenge for adults and two Families for Life Challenge categories for parent-child pairs. The race also features a series of exhilarating challenges and game stations along the race route to provide participants with more opportunities to bond.

Race Categories:

Category	Distance	Number of Participants
Doubles Challenge (Both adults of age 15 years old and above)	Kayak – 1.6km Bike – 7.2km Run – 2.7km	78 pairs
Families for Life AceKids Challenge (1 parent and 1 child of age 7 to 10 years old)	Kayak – 1.7km Bike – 2.9km Run – 1.4km	69 pairs
Families for Life ChampKids Challenge (1 parent and 1 child of age 11 to 14 years old)	Kayak – 1.2km Bike – 5.4km Run – 2.7km	54 pairs

* Age taken as of 31 December 2016

Race Description: Doubles Challenge

S/N	Point	Location	Description
1	Start Point	SAFRA Punggol	Upon flag-off, all participants will kayak 1.6km towards Sumang Walk.
2	Station 1	Near Sumang Walk	Challenge: Jerry cans Teams will be required to carry jerry cans filled with water up a flight of stairs and across a bridge.
3	Check Point B	Near Sumang Walk	Teams will get on their bicycles and cycle towards the direction of Marina Country Club.
4	Station 2	Near Marina Country Club	Challenge: Camo crawl Teams will have to perform a "leopard crawl" under camo netting.
5	Station 3	West Gate of Coney Island Park	Challenge: Trampoline photo jump Each participant will have to time their jumps on their trampolines to achieve an aerial shot with both feet in the air.
6	Station 4	East Gate of Coney Island Park	Challenge: Tyre hop Teams will test their agility and attempt to navigate through tyres placed on the ground.
7	Station 5	Before Lorong Halus Wetland Park	Challenge: Skipping ropes Each participant will have to face each other and skip together for ten consecutive times.
8	Check Point C	Before Red Bridge at Lorong Halus Wetland Park	Teams will get off their bicycles and run towards the direction of SAFRA Punggol for the last leg of the race.
9	Station 6	After Lorong Halus Wetland Park Red Bridge	Challenge: Tunnel crawl & Step and stilt Teams will be required to crawl through a tunnel and balance on stilts.
10	Station 7	Near Edgedale Plains	Challenge: Upslope tyre flip Participants will have to flip a giant tyre up a slope to complete the obstacle.
11	Station 8	At the Punggol Lone Tree site.	Challenge: Burpees Each participant will have to complete 10 burpees before heading towards the finish line.
	End Point	SAFRA Punggol	

Race Description: Families for Life AceKids Challenge

S/N	Point	Location	Description
1	Start Point	SAFRA Punggol	Upon flag-off, all participants will kayak 1.7km towards Sumang Walk.
2	Check Point B	After Sumang Walk	Teams will get on their bikes and cycle towards the direction of Punggol Way.
3	Station 1	Sumang Walk	Challenge: Upslope hula flip Participants will have to flip a hula hoop up a slope to complete the obstacle.
4	Station 2	Punggol Walk	Challenge: Tyre hop Teams will test their agility and attempt to navigate through tyres placed on the ground.
5	Station 3	After Punggol Walk	Challenge: Trampoline photo jump Each participant will have to time their jumps on their trampolines to achieve an aerial shot with both feet in the air.
6	Station 4	Punggol Waterway Park	Challenge: Skipping ropes Each participant will have to face each other and skip together for ten consecutive times.
7	Station 5	Punggol Road	Challenge: Push ups Both parent and child will have to do push ups with the child's feet on the parent's shoulder.
8	Check Point C	After Edgefield Plains	Teams will get off their bicycles and run towards the direction of SAFRA Punggol for the last leg of the race.
9	Station 6	Before SAFRA Punggol	Challenge: Bigfoot strider Teams will have to stride through a path while wearing oversized "feet".
	End Point	SAFRA Punggol	

Race Description: Families for Life ChampKids Challenge

S/N	Point	Location	Description
1	Start Point	SAFRA Punggol	Upon flag-off, all participants will kayak 1.2km towards Punggol Road.
2	Check Point B	After Edgefield Plains	Teams will get on their bikes and cycle towards the direction of Coney Island Park.
3	Station 1	West Gate of Coney Island Park	Challenge: Trampoline photo jump Each participant will have to time their jumps on their trampolines to achieve an aerial shot with both feet in the air.
4	Station 2	East Gate of Coney Island Park	Challenge: Tyre hop Teams will test their agility and attempt to navigate through tyres placed on the ground.
5	Station 3	Before Lorong Halus Wetland Park	Challenge: Skipping ropes Each participant will have to face each other and skip together for ten consecutive times.
6	Check Point C	Lorong Halus Bridge	Teams will get off their bicycles and run towards the direction of SAFRA Punggol for the last leg of the race.
7	Station 4	After Lorong Halus Bridge	Challenge: Tunnel crawl & Step and stilt Teams will be required to crawl through a tunnel and balance on stilts.
8	Station 5	Near Waterway Primary School	Challenge: Upslope tyre/hula flip Parents will have to flip a giant tyre up a slope while the kids will be required to flip a hula hoop up the same slope.
9	Station 6	Punggol Road	Challenge: Hop sackers Each participant will have to hop across a distance while in a gunny sack.
	End Point	SAFRA Punggol	