

24 April 2016

MEDIA RELEASE

To News Editors

NEW WATER ACTIVITIES AT SAFRA PUNGGOL FOR NSMEN AND FAMILIES

More than 9,000 NSmen and their family members visited the newest SAFRA club at its opening weekend

The newly-opened SAFRA Punggol was abuzz today as **more than 9,000** Operationally Ready National Servicemen (NSmen) and their families visited the new five-storey club to try out its unique range of facilities. They also enjoyed a host of performances by the club's enrichment centres and fun-filled activities such as Giant Jenga, doodling and kayaking along Punggol Waterway.

NSmen and their families can also look forward to more water activities. Come 11 June 2016, the club will be staging a new multi-disciplinary race that features kayaking, biking, running and a series of exhilarating obstacle challenges along Punggol Waterway Park and Coney Island.

With the aim of promoting fitness and providing more bonding opportunities for NSmen and families, the **SAFRA Punggol Waterway Challenge** will feature a Doubles Challenge for adults and two Families for Life Challenge categories for parent-and-child pairs. Archery tag, water slides, trampoline and tyre flips are some of the exhilarating obstacle challenges that participants can look forward to as part of the race. Registration for the event is now open and will close on 29 May 2016.

Besides the inaugural race, the club is also looking at introducing a **water activities facility** to enable NSmen and their families to rent equipment later this year.

MAJ (NS) Terence Quek, Chairman, SAFRA Punggol Executive Committee, commented, "SAFRA Punggol's seamless integration with the Punggol Waterway Park provides opportunities for us to offer a unique range of recreational activities. Besides the bike kiosk that we have already brought in, we are also exploring with the relevant authorities to introduce a facility to provide equipment for water activities, such as kayaks, which NSmen and their families can rent on a daily basis. Likewise, the SAFRA Punggol Waterway Challenge was specially conceptualised to encourage participants to explore and enjoy the scenic club vicinity on kayak, bike and foot, with fun challenges at the heart of the race concept to provide exciting bonding opportunities."

As part of the opening of the club, **30 Days of Fun Carnival** will be rolled out and will span the whole month of June. NSmen and their families can also look forward to a host of special promotions at its facilities and other new activities. This includes the EnergyOne Fitness Fiesta which will feature a series of fitness certification workshops and group exercise sessions.

The following are attached for your reference:

- Fact sheet on the SAFRA Punggol Waterway Challenge (Annex A)
- Fact sheet on the EnergyOne Fitness Fiesta (Annex B)
- Fact sheet on SAFRA Punggol (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.

Issued by SAFRA National Service Association on 24 April 2016

SAFRA PUNGGOL WATERWAY CHALLENGE

FACT SHEET

Date: 11 June 2016, Saturday
Time: 0800hrs to 1300hrs
Location: SAFRA Punggol, Punggol Waterway Park, Coney Island

Categories	Details	Criteria	SAFRA Members	Public
Doubles Challenge	Kayak: 1.6km Cycle: 7.2km Run: 2.7km	15 years old & above	\$80 per pair	\$100 per pair
Families for Life AceKids Challenge	Kayak: 1.7km Cycle: 2.9km Run: 1.4km	Parent + child aged between 5 to 10	\$40 per pair	\$50 per pair
Families for Life Champkids Challenge	Kayak: 1.25km Cycle: 3.8km Run: 4.25km	Parent + child aged between 11 to 14		

* Age taken as of 31 December 2016

For more information and to register, please visit www.safra.sg/waterwaychallenge.

ENERGYONE FITNESS FIESTA

FACT SHEET

As part of SAFRA Punggol's 30 Days of Fun Carnival in June 2016, SAFRA's EnergyOne gym will be organising a series of fitness-related activities to engage and promote a healthy lifestyle among NSmen and families residing in Punggol. The EnergyOne Fitness Fiesta will be held on 4 and 5 June, and will offer fitness workshops, group workouts, boot camps and more.

Date	Time	Activity	Information
4 Jun 2016	0900 to 1000	Mass boot camp workout by SGT Ken	Award-winning American fitness trainer Ken Weichert (aka SGT Ken) is an international speaker who conducts fitness workshops to build a participant's physical and emotional resiliency. NSmen and families can take part in this complimentary session and work out a sweat with SGT Ken.
	1030 to 1230	Zumba party	Leading local Zumba instructor, Clemence, will be conducting a 2 hours themed Zumba party. Participants can register for the event from 24 April.
	1030 to 1700	Fitness workshops	A series of fitness workshops will be conducted at the club's GetFit Studio and EnergyOne gym for visitors who are keen to get in shape or keep themselves in tip-top condition.
5 Jun 2016	0900 to 1000	Parent-Child boot camp by SGT Ken	SGT Ken will conduct a complimentary parent and child boot camp for the first 150 participants at the club's Atrium. This hour-long boot camp will encourage parents to exercise and bond with their child.
	0900 to 1700	Fitness workshop with certification	A fitness workshop will be held for at the club's GetFit Studio for 40 participants. Participants who register and successfully complete the course will receive a certificate.

	1000 to 1330	Child confidence course	Kids between 5 to 10 years old can take part in this obstacle course where they will be required to navigate waterslides, tunnels and other confidence building obstacles.
	1030 to 1630	Group exercise sessions	The club will offer complimentary Zumba, Piloxing, K-pop and Yoga sessions at SAFRA Punggol to the first 40 participants who turn up for each session.

For more information, please visit www.safra.sg/FitnessFiesta.

Please email us at EnergyOne@safra.sg to register for the workshops available.

FACT SHEET

ABOUT SAFRA PUNGGOL

1. Location: 9 Sentul Crescent
6-minute walk from Punggol MRT station
1-minute walk from Sam Kee LRT station
2. Cost of Development: \$64.4 million
3. Size of Land: 1.45 ha/ 14,500 m²
4. Gross Floor Area: 19,995 m²
5. Net Floor Area: 14,013.45 m²
6. Number of storeys: 5 storeys
7. Project Consultant: Surbana International Consultants Pte Ltd
8. Flagship Theme: Family Recreation & Lifestyle
9. Design Concept:
 - a) The inspiration of the cascading architectural design comes from the natural slope seen on part of the land where the club is built.
 - b) The club is integrated seamlessly with the adjacent Punggol Waterway Park to retain the naturalistic ambience for recreation.
 - c) The interior of the club adopts curvilinear forms and a primacy of the horizontal plane, representing the movement of water inspired by the Punggol waterway. These aesthetic concepts provide natural sun shading, ventilation and vistas.

SAFRA Punggol Executive Committee

Chairman

MAJ (NS) Terence Quek Chun Hou

Vice Chairmen

CPT (NS) Khoo Sze Boon

Secretary

COL (NS) Eugene Lam

Treasurer

MAJ (NS) Koh Ley Boon, Patrick

Members

CPT (NS) Dr Frankie Tan

MAJ (NS) Choe Zheng Guang, Evan

CPT (NS) Muhamad Imaduddien Bin Abd Karim

CPL (NS) Tang Hong Wei Arvin

Ex-officio Members

Mr Wan Fook Wai

Ms Wong Lai Ling Vivian

SAFRA Punggol Facilities

Fitness & Leisure	<ul style="list-style-type: none"> • Bikes @ Waterway • EnergyOne • Games Room • Manekineko • Member's Lounge 	<ul style="list-style-type: none"> • Yoga Inc. • i Darts LAVA (<i>opens 30 Apr</i>) • Orchid Bowl (<i>opens 5 Jun</i>) • The Spa by The Ultimate (<i>opening date to be confirmed</i>)
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 (<i>opens 1 Jun</i>) • Taekwondonomics (<i>opens 1 Jun</i>)
Food & Beverages	<ul style="list-style-type: none"> • issho family restaurant • Pin Si Superior • Pizza Hut • Siam Thai Tuckshop • Nom La La by Bakerzin (<i>opening 28 Apr</i>) 	<ul style="list-style-type: none"> • Jack's Place (<i>opens end Apr</i>) • Culinary Experience Studio Powered by Bosch (<i>opens May</i>) • Heavenly Wang (<i>opens early May</i>) • McDonald's (<i>opens 15 May</i>)

*18 facilities at SAFRA Punggol are already operational to date. NSmen and families can look forward to 10 more facilities to be open in the next six weeks.

No.	Name	Floor Area (m ²)	Description of Business	Other Information
Fitness and Leisure				
1	EnergyOne	1,493	<p>The sixth EnergyOne gym will provide NSmen living in North-East a convenient place to maintain their fitness. The 16,000 square feet EnergyOne gym is also the largest gym in the Punggol estate.</p> <p>The gym will also provide Individual Physical Proficiency Test (IPPT) and IPPT Preparatory Training (IPT) programmes to cater to the needs of NSmen.</p>	<p>Operating Hours <u>Mon – Fri:</u> 0630 to 2230</p> <p><u>Sat:</u> 0700 to 2000</p> <p><u>Sun & PH:</u> 0900 to 1900</p>
2	Bikes @ Waterway	212	<p>SAFRA Punggol is the first SAFRA club to include cycling activities. Bikes @ Waterway is part of the PCN Pitstop network that offers a large variety of bicycles for rent.</p> <p>Customers can conveniently return these bicycles at any of the 'pitstops' located along the Eastern PCN.</p>	<p>Operating Hours:</p> <p><u>Weekdays:</u> 1000 to 2000</p> <p><u>Weekends:</u> 0900 to 2000</p>
3	iDarts Lava (opens 30 April)	222	<p>iDarts Lava is the latest franchise store of the iDarts Group of darts-bar chain in Singapore.</p> <p>Similar to current iDarts outlets at SAFRA Mount Faber and SAFRA Tampines, iDarts Lava enables players to see and play in real-time against other players around the world via the DARTSLIVE electronic darts board system. These electronic boards have revolutionised the game of darts and have become the trendiest sports hobby in Singapore.</p>	<p>Operating Hours:</p> <p><u>Sun – Thu, PH:</u> 1200 to 0100</p> <p><u>Fri, Sat, Eve of PH:</u> 1200 to 0300</p> <p>Seating Capacity: 100</p>
4	Manekineko	428	<p>Manekineko is one of Japan's largest karaoke chains with over 400 outlets in Japan. Brought into Singapore by K Box, customers can enjoy a self-service bar providing Japanese delicacies and beverages while singing their hearts out.</p>	<p>Operating hours: <u>Sun – Thu:</u> 1100 to 0200</p> <p><u>Fri, Sat, Eve of PH:</u> 1100 to 0300</p>

5	Orchid Bowl (opens 5 June)	2,052	The 24-lane Orchid Bowl outlet at the club will be equipped with top notch sound and lighting systems catering to all bowling activities ranging from International & National Tournaments, schools trainings and championships, to corporate events, social gatherings and kids bumper bowling.	Operating Hours <u>Sun – Thur, PH:</u> 1000 to 0100 <u>Fri, Sat & Eve of PH:</u> 1000 to 0300
6	The Spa by The Ultimate (opening date to be confirmed)	264	Inspired by its location, The Spa by The Ultimate is a sanctuary of indulgence that offers an escape into equanimity. The Spa is part of The Ultimate Group of Companies, one of Singapore's leading spa and wellness groups. SAFRA members and guests can expect innovative treatments whilst enjoying the view of Punggol Waterway through the facility's exclusive floor-length window configuration.	Operating Hours: <u>Weekdays:</u> 1100 to 2100 <u>Weekends:</u> 1000 to 2100
7	Yoga Inc.	215	Established in 2013, Yoga Inc. is a boutique yoga studio that offers a variety of yoga classes such as hot yoga and prenatal yoga. The studio is also an international Yoga Alliance accredited yoga school and classes are run by a team of qualified and experienced local teachers.	Operating Hours: <u>Weekdays:</u> 0900 to 1400, 1730 to 2130 <u>Weekends:</u> 0800 to 1730
Play & Enrichment				
8	NurtureStars Preschool	753	Established in January 2010, NurtureStars is a joint collaboration between SAFRA and Kinderland Educare Services Pte Ltd to provide holistic education to pre-schoolers. This unique collaboration leverages on SAFRA's suite of clubhouse facilities and Kinderland's expertise in the early childhood industry, to provide a well-rounded education which combines theme-based activities that encourage mental and physical development while developing a child's thinking skills and creativity. The centre has the capacity for 120 children, and will help to address the demand for child care places in Punggol.	Operating hours: <u>Mon – Fri:</u> 0700 to 1900 <u>Saturday:</u> 0700 to 1400 <u>Sunday:</u> Closed

9	Splash @ Kidz Amaze	2,300	<p>Splash @ Kidz Amaze is Singapore's first indoor water playground and it features a single volume area for toddlers aged between 18 to 36 months and a triple volume area for kids 6 years old and above.</p> <p>Themed the 'Enchanted Deep Sea', the playground is also equipped with three party rooms to host birthday parties.</p> <p>This mega play facility features eight different play decks, five slides and a themed splash pad.</p>	<p>Operating hours:</p> <p><u>Mon – Thu, Sun:</u> 1000 to 2000</p> <p><u>Fri – Sat:</u> 1000 to 2100</p>
10	Artary	129	<p>Artary is a popular children's art studio that offers art programmes specially designed for children aged three to 14 years old.</p> <p>Students learn and experience art through songs, cartoons, play-groups and games. Classes are also conducted in small groups with a learning ratio of one teacher to four students.</p>	<p>Operating Hours</p> <p><u>Tue - Fri:</u> 1100 to 2130</p> <p><u>Sat & Sun:</u> 0900 to 1930</p> <p>Capacity: 32 students at any point of time</p>
11	BazGym Gymnastics School	219	<p>Founded in June 2003 by passionate ex-national gymnasts and gymnastics enthusiasts, BazGym Gymnastics School specialises in gymnastics movement classes catering to pre-schoolers, primary school students and special needs students.</p> <p>The gymnastics programmes aim to develop an enthusiasm for physical activity and love for an active lifestyle in students. BazGym Gymnastics School also holds its programmes at their SAFRA Jurong outlet.</p>	<p>Operating hours:</p> <p><u>Daily:</u> 1000 to 2200</p> <p>Capacity: 24 participants per hour</p>
12	LCentral English	144	<p>LCentral's unique English literacy programmes cater to students from pre-readers to advanced English language skills (Nursery 1 to Primary 6). LCentral Learning Centres are dedicated to nurturing and maximising each child's potential in the areas of literacy, learning, and leadership.</p>	<p>Operating Hours:</p> <p><u>Weekdays:</u> 1300 to 2100</p> <p><u>Weekends:</u> 0900 to 1800</p>
13	Stamford Education (opens 1 June)	174	<p>Stamford Education is the leading Whole Brain Training School in Singapore that employs Specialised Methods to produce Concise Results in children aged between 18 months to 6 years.</p>	<p>Operating hours:</p> <p><u>Daily:</u> 0800 to 2200</p>

14	StepUp Learning & Dance	157	StepUp Learning & Dance provides dance and fitness programmes from Zumba to Ballet for the entire family. The studios are also available for rental to host private classes and corporate events.	Operating hours: <u>Weekdays:</u> 1300 to 2100 <u>Weekends:</u> 1000 to 1830
15	Taekwondonomics (opens 1 June)	257	Taekwondonomics is a boutique studio offering taekwondo lessons that incorporate the virtue of sports, self-defence and motor skill development. Apart from aiding the development of motor skills in children, Taekwondonomics also prepares students for official grading and competitions.	Operating Hours: <u>Daily:</u> 0800 to 2200
16	Tien Hsia Language School	155	Established in 1989, Tien Hsia Language School provides Chinese enrichment classes for children aged three to 12 years old. The language school's preschool programme prepares children for Primary School with fun-based learning. The Primary School Programmes are also regularly updated with latest changes in the MOE syllabus, to prepare students for examinations.	Operating Hours: <u>Mon & Tue:</u> Closed <u>Wed – Fri:</u> 1300 to 2130 <u>Sat & Sun:</u> 0830 to 1830 Capacity: 60 pax
17	Yamaha Music	270	Yamaha Music provides courses designed to engage pre-schoolers and school-age children so that they develop a life-long love for music. Classes are organised according to age groups with classes available for children as young as two years old.	Operating hours: <u>Mon - Fri:</u> 1200 to 2100 <u>Sat - Sun:</u> 0900 to 1800
Food & Beverages				
18	Heavenly Wang (opens early May)	93	Offering a fresh new twist to traditional favourites, Heavenly Wang offers an extended range of menu items alongside the same great taste of Wang Café's signature kopi & toast.	Operating Hours <u>Daily:</u> 0730 to 2130
19	issho family restaurant	129	issho family restaurant is a casual dining restaurant that offers authentic Japanese dishes and a wide selection of sakes and Japanese beers. On weekends, issho family restaurant also serves up an interesting Japanese and Western breakfast menu for the early birds.	Operating Hours <u>Mon to Thu:</u> 1100 to 2100 <u>Friday:</u> 1100 to 2200 <u>Saturday:</u> 0900 to 2300 <u>Sunday:</u> 0900 to 2200

20	Jack's Place (opens end Apr)	222	<p>Established in 1966, Jack's Place is one of Singapore's most successful home-grown chains of steak house and restaurants.</p> <p>Also operating at SAFRA Jurong, the casual family western restaurant will continue serving value-for-money set lunches and other quality food.</p>	<p>Operating Hours: <u>Weekdays:</u> 1100 to 2230</p> <p><u>Weekends:</u> 0900 to 2230</p>
21	McDonald's (opens 15 May)	394	<p>SAFRA Punggol will be the third SFRA club to house the popular restaurant after SAFRA Yishun and SAFRA Toa Payoh. With a drive-thru facility at the club, McDonald's offers convenience for patrons 24 hours a day.</p>	<p>Operating Hours: Open 24 hours</p>
22	Nom La La by Bakerzin (opens 28 April)	212	<p>Brought to you by one of Singapore's favourite cafes, Nom La La by Bakerzin Holdings, is the perfect venue for communal and social gatherings.</p> <p>From hearty Western and Asian cuisines to delectable grab-&-go, toasties, artisan breads, sandwiches and merchandising items, you will be spoilt for choice as you dine at the charming 100-seater café.</p>	<p>Operating Hours <u>Daily:</u> 1000 to 2200</p>
23	Pin Si Superior	429	<p>Established in 2008, Pin Si offers quality Chinese delicacies at affordable prices. The outlet at SAFRA Punggol will serve Cantonese-styled favourites, fresh seafood and Hong Kong Dim Sum.</p> <p>The restaurant can also play to host business meetings and banquets for various occasions.</p>	<p>Operating Hours: <u>Weekdays:</u> 1100 to 1430, 1830 to 2230</p> <p><u>Weekends:</u> 1000 to 1430, 1830 to 2230</p>
24	Pizza Hut	261	<p>Pizza Hut Singapore opened its first outlet in Singapore in 1981 and the restaurant is now the largest pizza chain in Singapore with more than 60 outlets.</p> <p>Pizza Hut will offer a wide range of pizzas, pastas and other quality western food.</p>	<p>Operating Hours: <u>Daily:</u> 1100 to 2200 daily</p>
25	Siam Thai Tuckshop	236	<p>Siam Thai Tuckshop will serve authentic Thai cuisine with favourites such as Tom Yum soup and Phad Thai.</p> <p>A special drink and dessert kiosk will also be situated by the entrance of the restaurant to better reach out to customers on-the-go.</p>	<p>Operating Hours: <u>Sun, Mon - Thu:</u> 1000 to 2200</p> <p><u>Fri, Sat & Eve of PH:</u> 1000 to 2200</p>