



FAMILIES FOR LIFE CELEBRATIONS 2019 @ SAFRA PUNGGOL



#ICHOOSFAMILYTIME

SATURDAY, 29 JUNE 2019

Jointly Organised By



GETTING THERE

MRT/LRT

- NE17 Punggol MRT station
- PW1 Sam Kee LRT station (transfer from Punggol MRT/LRT station)

NEAREST CARPARK

- Park at Waterway Cascadia HDB carpark
(nearest complimentary shuttle bus service from Sumang LRT station)
- Parc Vista HDB carpark
(nearest complimentary shuttle bus service from bus stop in front of block 312)

SHUTTLE BUS SERVICE

Pick up Location	Pick up Time	Remarks
Near SAFRA Jurong (Bus stop 22569, opposite block 660)	12.15pm	Only for participants who purchased shuttle bus tickets. Kindly show confirmation slip for boarding.
	3.15pm	
SAFRA Mount Faber	8.20am	
SAFRA Toa Payoh	12.30pm	
	3.30pm	
Punggol MRT station (G20 Bay)	12.00pm - 4.00pm 9.15pm - 10.15pm	
Sumang LRT station (in front of block 314A)		
Bus stop 65461 (in front of block 312)		

EVENT LAYOUT

PUNGGOL WATERWAY

To Family Fun Walk Start Point

EVENT LAWN

SAFRA PUNGGOL

P
Punggol Waterway Park Carpark B

Sentul Crescent

Sam Kee LRT Station PW1

Pre-registered Programmes

- 1 Family Fun Walk (Start Point)
- 2 Kite-making Workshop
- 3 Sushi-making Workshop (L1)
- 4 Fun @ Splash (L3)
- 5 Family Canvas Art (L3)
- 6 Family Bowling Challenge (L5)

Complimentary Programmes

- 7 Larger Than Life Board Games
- 8 Families for Life Bouncy Castles
- 9 Yoga Session
- 10 EnergyOne Family Workout
- 11 Families for Life Mobile Café
- 12 Live Band Performance
- 13 Movie Screening Under the Stars
- 14 Fireworks Extravaganza Viewpoint
- 15 Sports and Old School Carnival Games (L2)

-  Medical Station
-  Information Booth
-  President's Challenge
-  Medal Collection Point



PRE-REGISTERED PROGRAMMES

1 Family Fun Walk

Distance: 3km/5km

Flag-off Point: Punggol Waterway Park

Reporting time: 4.30pm

Flag-off time: 5.00pm

End of walk: 7.00pm

Kindly note that there is no bag deposit.



Participants to be dressed in sports attire for the walk.



Display your bib clearly at the front of your apparel and ensure that it is not covered during the walk.



Ensure that key information such as emergency contact details or existing medical conditions are written clearly at the back of the bib.

Participant Bib



LARGEST FAMILY CONTINGENT & BEST DRESSED FAMILY COMPETITION!

Head to the photo booth located at SAFRA Punggol Courtyard to register for the competitions and take a photo with your family to stand a chance to win a prize.

Submissions for the competition will cease by **6.30pm**.



In conjunction with the 'Bring Your Own' campaign, participants are encouraged to bring their own water bottles to join us in going green.

FAMILY FUN WALK ROUTE MAP

Legend	
	3km Route
	5km Route
	Start
	End
	Medal Collection
	Mascot
	Pedestrian
	Restroom
	Medical Personnel
	Water Point

Lawn



Damai LRT Station PE7

Oasis LRT Station PE6

Kandaloor LRT Station PE5



SAFETY AND MEDICAL

DO'S

Remain hydrated and get at least seven hours of rest before the walk.

Consult a medical practitioner if you are on medication or have an existing medical condition.

Walk on the designated route throughout the walk.

If you are feeling unwell or are injured during the walk, please approach the nearest first aider.

DONT'S

Do not exert yourself if you are feeling unwell (fever, cough, breathing difficulties or severe muscle aches).

Do not walk in the opposite direction along the designated route.

PARK ETIQUETTE

Show care and consideration when using the park facilities. The amenities – such as the open lawns, shelters and passageways – are meant for everyone. Help us keep the park facilities in pristine condition for all of us to enjoy.

Leave nothing but footprints, take nothing but photographs. The park is a shared space for everyone to enjoy. Do not disturb any wildlife. Let the beautiful flora and fauna thrive in their natural habitats.

Maintain a distance away from wildlife. Do resist the temptation to follow or approach any wildlife. Appreciate the wildlife from afar and maintain a safe distance from them. Kindly refrain from feeding them as this can affect their health and alter their natural behavior.

Respect the eco-system. Please refrain from feeding native or stray animals, or releasing animals into the park. Doing so may upset the fragile eco-system and cause more harm than good.

Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a Qualified Exercise Professional or health care provider is advisable. This questionnaire is intended for all ages – to help move you along the path to becoming more physically active.

You may scan the below QR code to access the **Get Active Questionnaire**.



PRE-REGISTERED PROGRAMMES

2 Kite-making Workshop

Location: Event Lawn

Time: 10.00am & 2.00pm (2-hour session)

Each pair of adult and child will be given a kite kit which includes a kite and coloring materials.

There will be **no more kite flying after 4pm.**



3 Sushi-making Workshop

Location: Culinary Studio, SAFRA Punggol, Level 1

Time: 10.00am, 11.30am, 1.00pm, 2.30pm, 4.00pm, 5.30pm (1-hour session)



4 Fun @ Splash

Location: Splash @ Kidz Amaze, SAFRA Punggol, Level 3

Time: 9.00am, 10.30am, 12.00pm, 1.30pm, 3.00pm, 4.30pm (1.5-hour session)



For participants going to Splash!

Participants should come in swimwear and/or 100% polyester tops and bottoms (e.g. dry fit) for both children and adults.

Children who are not potty trained should wear swimming diapers. Standard diapers are not allowed in the pool. Do remember to pack those before visiting Splash.

Swimming diapers and swimwear for both children and adults are also available for sale at our Splash @ Kidz Amaze counters.

PRE-REGISTERED PROGRAMMES

5 Family Canvas Art

Location: Atrium, SAFRA Punggol, Level 3

Timing: 10.00am, 12.30pm, 3.00pm (2-hour session)

Each registered family will be given 1 canvas (24 inches X 24 inches). Painting materials will be based on communal sharing between multiple families.



6 Family Bowling Challenge

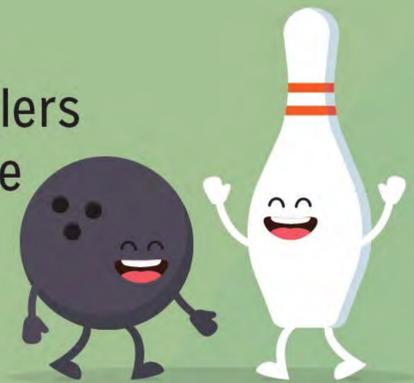
Location: Orchid Bowl, SAFRA Punggol, Level 5

Time: 2.00pm, 3.00pm, 4.00pm, 5.00pm (1-hour session)

The family with the highest pinfall for each session will win a prize! Lanes with lane bumpers set up will not be entitled to win the prize.

Shoe rentals are complimentary and socks are chargeable at \$1.90 per pair. Participants are advised to bring their own socks.

Each lane can accommodate up to a maximum of 6 bowlers. Bowlers should wear the wrist tag issued at registration at all times. Lane assignment will be determined by the organisers.



GENERAL RULES AND REGULATIONS

- All workshops and activities are for pre-registered participants only.
- The check-in time for each activity will be 30 minutes before the start of each session.
- Participants are required to present their confirmation email for verification upon check-in.
- Participants will be given a wrist tag for identification.
- All activities will start promptly and there will be no time extension for late-comers.
- Families may also register on-site but slots will be subjected to availability.

COMPLIMENTARY ACTIVITIES

EVENT LAWN

- 7 Larger Than Life Board games**
Time: 9.00am to 4.00pm
- 8 Families for Life Bouncy Castles**
Time: 9.00am to 6.30pm
- 9 Yoga Session**
Time: 9.00am to 10.00am
- 10 EnergyOne Family Workout**
Time: 10.30am to 10.45am (Session 1)
11.00am to 11.15am (Session 2)
- 11 Families for Life Mobile Café**
Time: 4.00pm to 8.00pm
Please present passport to redeem snacks. While stocks last
- 12 Live Band Performance**
Time: 5.45pm to 6.15pm (Session 1)
6.30pm to 6.50pm (Session 2)
- 13 Movie Screening Under the Stars**
'How to Train Your Dragon: The Hidden World'
Time: 7.15pm to 9.00pm
- 14 Fireworks Extravaganza**

GAMES & REDEMPTION

SAFRA PUNGGOL

15 Sports and Old School Carnival Games & Photobooth

Location: Courtyard, SAFRA Punggol, Level 2

Time: 9.00am to 9.00pm

Participants can collect an event passport at the information booth which will entitle them to free plays at the carnival game booths.



General Rules and Regulations for Courtyard Game Stations

- Players will require a Game Passport for all game stations.
- Each Game Passport will consist of four (4) **Free Play** slots and one (1) **Challenge Play** slot. Only one (1) free play can be used per round.
- The facilitator of the game station must be informed if the player wishes to utilise the Challenge Play slot of the Game Passport.
- The Challenge Play must be successfully completed to win the prize.
- The Challenge Play can be used at the Basketball, Sepak Takraw, Can Alley and Coconut Bowling stations.

Basketball Station - Sharp Shooter Challenge

Shoot 3 out of 5 balls through the hoop to win a prize.

Sepak Takraw - Don't Let The Ball Drop Challenge

Use your feet, knee, chest and head, to keep the ball up in the air for at least 5 seconds to win a prize.

Can Alley - The Destroyer Challenge

Knock down all 6 cans in 1 shot to win a prize.

Coconut Bowling

Hit all pins down with 2 tries to win.

Championing



Sponsors



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