

Activities at Car-Free Sunday SG on 28 February



Programme

-  **Flag Off by Ministers!**
In front of National Gallery at 7am
-  **Bicycle Collection & Shimano Technical Support**
7am to 12pm
-  **Mobility Challenge**
7am to 12pm
-  **Balloon Giveaway**
From 7am
-  **Kids' Zone**
7am to 7pm
-  **Breakfast@Empress: Vendors and Picnic Tables**
From 7am
-  **Fitness Group Exercise**
7.30am to 9am
9am to 9.45am
9.45am to 10.30am
-  **Outdoor Yoga**
7.30am to 8.30am
5.30pm to 6.30pm
-  **Food Trucks**
From 8am
-  **Monument Trail**
10am, 11.30am, 4pm
-  **Mass Aerobics Workout**
5pm to 6pm
6pm to 7pm

Legend

-  Partial Closure
-  Full Closure
-  Monument

SPORTS & FITNESS ACTIVITIES

Mass walking, jogging and cycling

Location: Flag off at 7am in front of National Gallery Singapore

Time: 7am to 9am (see road closure route in Annex A)

The public can take part in the mass walking, jogging and cycling session around the 4.7km route, to be flagged off at 7am by Coordinating Minister for Infrastructure & Minister for Transport Khaw Boon Wan and Minister for National Development Lawrence Wong.

i-Run (HPB)

Location: Flag off at 7am in front of National Gallery Singapore

Time: 7am to 9am

Free group running sessions with pacers for 3km, 5km or 7km distances. Pre-registration at <https://cprmsadfs.hpb.gov.sg/HPBOnline/events.aspx?program=irun>.

HPB-SportSG Fitness Party

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

Time: 7.30am to 9.00am (Zumba)
9.00am to 9.45am (PILOXING)
9.45am to 10.30am (KPopX Fitness)

Aerobic-infused mixed dance fitness workout with specially choreographed Zumba, PILOXING and KPop fitness routines.

Sports Try Outs (SportSG)

Location: Esplanade Park, Empress Lawn, St. Andrew's Road (pavement)

Time: 7am to 12pm

Organised by ActiveSG to provide the community with access to sport any time, any where, friends and families can play modified versions of popular sports such as 3-a-side Basketball, Mini Tennis, Tug-of-War, 4-a-side Football and traditional sports like

ChapteK. ActiveSG Football Academy principal and local football legend, Aleksandar Duric, will also be present to conduct fun football activities for children.

HPB Mass Aerobics Workout

Location: Connaught Drive
Time: 5.00pm to 6.00pm (Zumba)
6.00pm to 7.00pm (Bollyrobics)

Aerobic-infused mixed dance fitness workout with specially choreographed Zumba and Bollyrobics fitness routines.

Bike-to-Work Buddy Initiative (LTA and Love Cycling SG)

Location: Various heartland locations (North, West, East)
Time: Refer to Love Cycling SG's Facebook events page
<https://www.facebook.com/groups/lovecyclingsg/events/>

Find a buddy and ride from various heartland locations to Car Free Sunday. This is a perfect opportunity to test out cycling as a means of commuting with a buddy, mentor, or guide. Participants riding from the North should meet at McDonald's Bishan Park. Meeting point for the East will be at Kembangan MRT station. Those who want to cycle in from the West should gather at Clementi MRT station. The set off timings for the respective locations and other information can be found at <https://www.facebook.com/groups/lovecyclingsg/events/>

Outdoor Yoga with Yoga Seeds

Location: Esplanade Park
Time: 7.30am to 8.30am, 5.30pm to 6.30pm

Enjoy a morning Hatha Yoga session on lush green grass with Yoga Seeds and kick start your day with energising and balancing postures that will reset your focus and bring clarity to the mind. End the evening with a Sunset Yoga Flow session, and let your breath guide this beautiful and smooth Vinyasa Flow that is bound to heighten your sense of awareness and connect your body and mind. Register at <http://carfreesundayyoga.eventbrite.sg>

FOOD & BEVERAGE

Breakfast@Empress (NParks)

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

Time: 7am to 12pm

One can enjoy a hearty breakfast picnic featuring local delights such as roti prata, nasi lemak and mee rebus, at Empress Lawn from 7.00am onwards on 28 February. In conjunction with the launch of “Car-Free Sunday SG”, NParks will also be organising the second instalment of the popular “Satay Night Live” on 27 February at Empress Place (Empress Lawn) from 6.00pm to 10.30pm. Members of the public can dine on satay and other local delights while reminiscing the good old times with performances by local live bands “Jack & Rai” and “Jive Talkin’”. A song request station will also be available to take requests from the audience throughout the night.

Food Trucks (URA)

Location: Connaught Drive

Time: 8am to 7pm

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

CULTURAL ACTIVITIES

Monument Trail (NParks)

Location: Civic District (Tour will start from Cavenagh Bridge in front of Asian Civilisations Museum)

Time: 10am to 11.30am

11.30am to 1pm

4pm to 5.30pm

Guided group tours of historical landmarks as well as heritage and interesting trees within the Civic District to share the story of Singapore's history, growth and development. More details can be found on www.nparks.gov.sg/civicdistrictevents.

Street Performances (NParks)

Location: Connaught Drive, Esplanade Park, and the Empress Place

Time: 9am to 6pm

Street performances and activities by mime artist, balloon sculptor, lion dancers, stilt walkers, martial arts performers, Chinese drummers, and various acts by instrumentalists.

FAMILY-FRIENDLY ACTIVITIES

Kids' Zone (NParks)

Location: Esplanade Park

Time: 7am to 7pm

Origami, sketching and plant propagation activities for children.

Mobility Challenge – Walk, Cycle, Ride CBD (LTA)

Location: Connaught Drive, throughout the CBD

Time: 7am to 12pm

Scavenger-hunt activity to add a little fun into your walk, cycle, ride experience. Snap photos of yourself along your journey to the city centre, as well as within the Civic District, and post them on Instagram, to share your Car Free experience.