

SUPPLEMENTARY INFO

CAR-FREE SUNDAY SG

24 April 2016

Activities at Car Free Sunday

Please refer to the Annex A for the map of activities happening at CFS.

Information on road closure

The duration of road closure and the walking, jogging and cycling route have been extended since the last edition on 27 March 2016 to allow the community to enjoy the car-free streets and public spaces for a longer period of time.

The loop within the Civic District (St Andrew's Road, Stamford Road and Esplanade Drive) will be closed to traffic from 7.30am to 12noon, and the loop in the CBD (Shenton Way, Robinson Road and Fullerton Road) will have lanes closed from 7.30am to 10.00am. Together, these create a 5km-long car-free route for the public to enjoy and engage in activities.

Connaught Drive will be closed from 7.30am to 7.00pm to host a variety of community sporting events and activities. See table below for details of road closures and **Annex B** for the road closure map.

Time	Road	Type of closure
<u>CBD Loop</u> 7.30am – 10.00am	Robinson Road	Partial
	Shenton Way	
	Fullerton Road	
<u>Civic District Loop</u> 7.30am – 12noon	St Andrew's Road	Full
	Stamford Road	Partial
	Esplanade Drive	
<u>Closed for activities</u> 7.30am – 7.00pm	Connaught Drive	Full

Activities at Car-Free Sunday SG on 24 April 2016



Take the Safe Riders Pledge (New)

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

Time: 7.15am

Calling all walkers, cyclists and personal mobility device users! Come pledge your support towards a happy and friendly sharing of spaces among different path users, as we flag off April's edition of Car-Free Sunday SG with the Active Mobility Advisory Panel led by Associate Professor Muhammad Faishal Ibrahim. Don't forget to collect your pledge band at the Safe Riders Booth!

Safe Riders Booth

Location: St Andrew's Road (opposite National Gallery steps)

Time: 7.00am to 10.00am

Learn about the safe riding habits that will help make path sharing a pleasant and joyful experience for everyone. Take action and put your name to a movement that supports harmony between walkers, cyclists and personal mobility device users on the paths!

Safe Riding Clinic

Location: Connaught Drive

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.

SPORTS & FITNESS ACTIVITIES

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. Minister for National Development Lawrence Wong and Parliamentary Secretary, Ministry of Education and Ministry of Social and Family Development and Chairman of the Active Mobility Advisory Panel, Associate Professor Muhammad Faishal Ibrahim will flag off the event at 7.30am outside the National Gallery Singapore along St Andrew's Road.

Time: 7.30am to 10.00am (CBD Loop)

7.30am to 12.pm (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.

RHB Singapore Cup Football Carnival (New)

Location: Connaught Drive

Time: 8.30am to 10.30am

Join in the excitement of the RHB Singapore Cup 2016 Draw and the RHB Singapore Cup Under-10 5-a-side kids' tournament, as well as enjoy performances by the kids' cheerleading squad from Albirex Niigata (S) FC.

ActiveSG Kids Obstacle Fun Race (New)

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.

i-Run (HPB)

Location: St Andrew's Road
Time: 7.30am to 9.00am

Run with pacers for 3km, 5km or 7km distances. Participants are entitled to free 100Plus beverages. [Pre-register here!](#)

ActiveSG Mass Run

Location: St Andrew's Road
Time: 7.30am to 9.00am

Running enthusiasts can put their best foot forward and join various running groups such as JustRunLah! for a relaxing and enjoyable run around the Civic District.

HPB-SportSG Fitness Party

Location: Empress Lawn (in front of Victoria Theatre and Concert Hall)
Time: 7.30am to 8.30am Zumba Fitness by ZINs Faiz Aman, Mel Dias and Natalie Nancy Tan
8.30am to 9.00am Kukuwa Fitness by Kukuwa Dance Workout Ambassadors Erza and Zara
9.00am to 10.00am PILOXING Master Class by Jeffery Lim and Rasidah Caudal, Singapore Master Trainers at the PILOXING Academy (USA)

Get your morning workout with Zumba Fitness, Kukuwa Fitness and PILOXING Master Class. Participants are entitled to free 100Plus beverages. [Register here!](#)

Outdoor Yoga with Yoga Seeds

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

Kickstart your day with a morning Hatha Yoga session at Esplanade Park, and end it with a sunset Yoga Flow at Empress Lawn, connecting body and mind. [Register now!](#)

ActiveSG Nordic Walking / Urban Trekking Clinic

Location: Empress Lawn (ACM 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 Functional Fitness by SuperFit (SportSG)

Location: Empress Lawn

Time: 8.30am to 10.00am

Suitable for anyone of any fitness level, functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, at work or in sports. Come join in the fun and have a great workout.

Junior Athletics by ActiveSG Athletics Club (SportSG)

Location: Connaught Drive

Time: 7.30am to 11.30am

Sharpen your child's fundamental movement skills through junior athletics programme to experience, learn and play in this exciting activity which features age-modified, age-appropriate versions of all athletics disciplines of runs, jumps and throws.

Basketball Try-out by ActiveSG Basketball Academy (SportSG)

Location: Connaught Drive

Time: 7.30am to 11.30am

Learn basic basketball drills including footwork, dribbling, passing, shooting and layups. Or simply gather your friends for a friendly game.

Mini-Tennis Tryout by ActiveSG Tennis Academy (SportSG)

Location: Connaught Drive
Time: 7.30am to 11.30am

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 (SportSG)

Location: Esplanade Park
Time: 7.30am to 11.30am

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!](#)

CULTURAL ACTIVITIES

Lindy Hop at the Gallery (New)

Location: National Gallery Singapore (Padang Atrium, Concourse level)
Time: 10.00am to 10.45am
1.00pm to 1.45pm

In conjunction with Car-Free Sunday in the Civic District, the Gallery will be hosting a Lindy Hop session. Enjoy a performance followed by a beginner's taster class in our historic building. Grab this chance to practise your moves and pick up some fun new ones! This session is open to everyone – you don't need a dance partner or any prior experience!

Participants can redeem a free drink at the Cafeteria at Gallery & Co. While stocks last!

Performances by Singapore Symphony Orchestra (New)

Location: Victoria Concert Hall

Time: 9.30am to 10.00am
10.30am to 11.00am
11.30am to 12.00pm

Victoria Concert Hall, home of the Singapore Symphony Orchestra, brings you a series of free performances by various ensembles in conjunction with Car-Free Sunday SG. Kicking off in April are Singaporean music arranger and flutist Sin Jin How and harpist Sarah Wong. Be serenaded by tunes from hit Korean dramas 'Descendants of the Sun' and 'My Love from the Stars', as well as compositions by Yiruma.

Building Highlights Tours (New)

Location: National Gallery (Padang Atrium entrance)
Time: 9.30am and 9.45am (English)
10.00am (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.

Live Out Loud (NParks)

Location: Esplanade Park (Heroes Lawn)
Time: 9.00am to 12.00pm (*new timing*)

Enjoy your own 15 minutes of fame at 'Live Out Loud' – NParks' open mike performances – at Esplanade Park. Impress the crowd with your performances, from singing to dancing, or even playing an instrument. To book a performance spot, live-stream your performance with the official title 'LiveOutLoud' via 'Rings – Interactive Broadcast Platform' through the Rings app or at www.rings.tv. Shortlisted performers will be contacted.

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/civicdistrictevents.

Busking at the Civic District (NAC)

Location: Esplanade Park along Connaught Drive

Time: 9.00am to 12.00pm

Catch roving buskers with varied music acts at Esplanade Park and along Connaught Drive.

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

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: 8.00am onwards

Enjoy a wide array of delectable offerings from Coffee Bandits, Mr Bean and Kerbside Gourmet.

Road Closure Map

