

NCSF UPLIFT60

MOVE AS ONE SG

YOU'RE INVITED TO EXPERIENCE THE POWER OF INCLUSION. MOVE WITH PURPOSE.

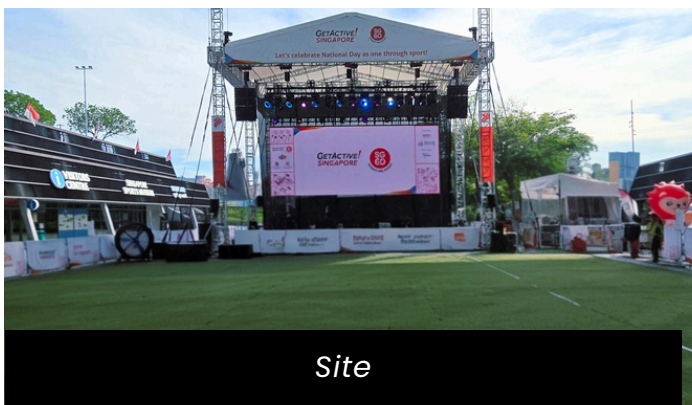
12 AUG
2025

WHO YOU'LL MEET

- FRIENDLY AMBASSADORS
- INSPIRING TRAINERS
- WORKING ADULTS GIVING BACK
- SPECIAL NEEDS BUDDIES

Program Details

Singapore Sports Hub – OCBC Square
12 August 2025 (Tuesday)
Registration: 6:00PM to 7:00PM – @ Visitor Centre
7:00 PM – 9:00 PM



Site



Attire:
Buddies & Trainers:
NCSF Uplift T-shirt (green or blue)

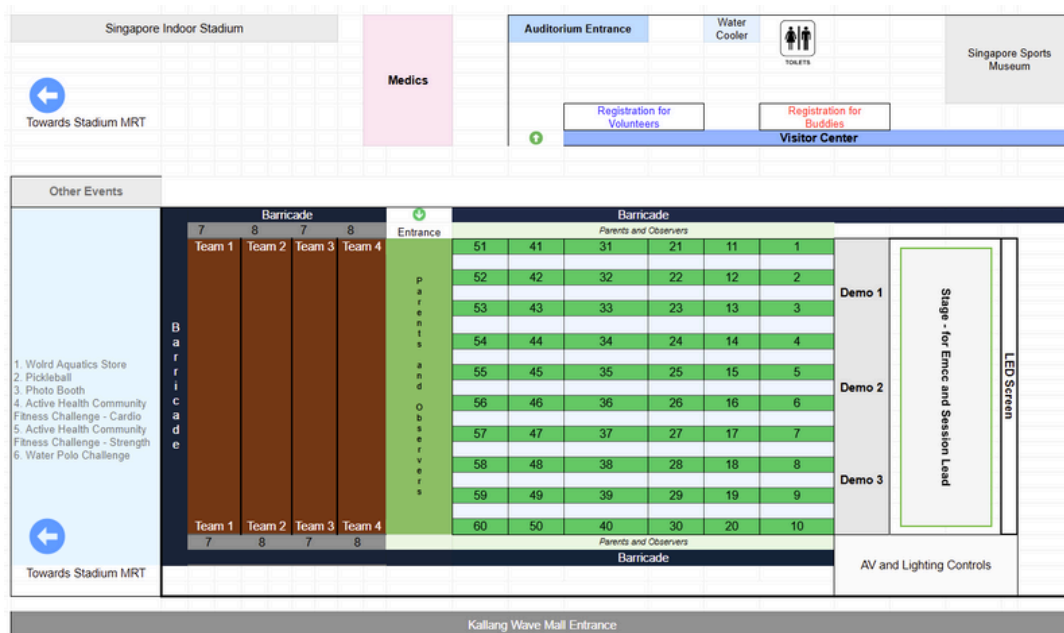
Collect Your

SG60
Fun
Pack

Start Time

Activity

7:00pm	Warm Up
7:15pm	Singapore Pledge & National Anthem
7:30pm	Dance of the Nation
7:45pm	Relay
8:10pm	Water Break
8:15pm	Power Punch Moment
8:30pm	Stretch and Breathe bring towel / mat for ground exercise
8:45pm	Planking



Floor Plan

Fully immersive and sheltered layout to welcome up to 300 participants

Workout Arena

Split into 4 team zones with 60 marked spaces—this is where the magic happens! Join us for relays, power punches, dance, planks, and more.

Observer Zone

Parents and supporters get the best view from dedicated sidelines—cheer loud and proud!

Bonus Zones Nearby

Explore the World Aquatics Store, Photo Booth, Pickleball, and Active Health Challenges (Cardio & Strength)!

In conjunction with

GETACTIVE!
SINGAPORE

SG
60
SIGNATURE EVENT

Getting Around



Arena Map



Stadium MRT

Venue is in front of Stadium MRT Exit A



Entrance to the Arena



Parking

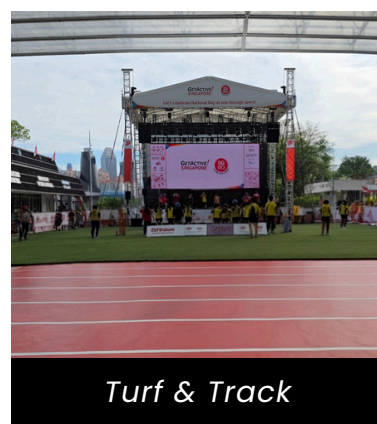
Options:

- Singapore Sports Hub, Kallang Wave Mall - Car Park B
- Sports Hub car parks A, C, D, E, K, L are available, but lots are limited and subject to heavy traffic during events
- Singapore Indoor Stadium
- Nearby HDB estates near Kallang and Mountbatten MRT offer public parking and are walkable (~10-15 min).

NCSF UPLIFT60 SITE



ActiveSG Mascot



Turf & Track



Register Here

Tips for Event Day

- Come Early! - Arrive early to explore fun-filled booths like Pickleball, Photo Booth, and the Active Health Challenges before the main event kicks off.
- Safety First - A medical team and ambulance will be stationed onsite—your safety is our priority!
- Stay Hydrated - Bring your own water bottle and refill at the Water Cooler located at the Visitor Center.
- Travel Light - Wear comfortable workout attire and carry only essentials—you'll be moving a lot!
- Capture the Moments - There'll be great photo ops throughout—tag us and share your UPLIFT60 experience!