

NATIONAL STADIUM OPEN HOUSE

12 Mar - 18 Mar (Mon - Sun)
24 Mar - 28 Mar (Sat - Wed)

Weekdays 5pm - 10pm
Weekends 7am - 10pm

(Enter by National Stadium Gate 3)

FREE ADMISSION

The graphic features a stylized red running track with cartoon characters running on it. A green circular badge with the text 'FREE ADMISSION' is positioned on the right side of the track. The background is a light yellow color.

NATIONAL STADIUM OPENS TO PUBLIC FOR 12 DAYS IN MARCH



Members of the public can utilise the track and participate in our daily Experience Sports FIT-Sessions and other community events to be held inside the National Stadium during the Open House

Singapore, 12 March 2018 – The Singapore Sports Hub has opened the gates of the National Stadium to the public, with a series of free fitness workouts and community events to be held within the stadium for 12 days in March.

The National Stadium Open House will be held over two periods – between 12 to 18 March (Monday to Sunday) and 24 to 28 March (Saturday to Wednesday) – from 5pm to 10pm on weekdays, and 7am to 10pm on weekends. Apart from running and strolling on the tracks, members of the public can also participate in fitness workouts such as Yoga, Cardio Blast, Bootcamp, and SuperFit.Community (Run), as the daily Experience Sports FIT-Sessions moves into the National Stadium (see programme schedule in Appendix A) during these periods.

“We are thrilled to invite the community into the National Stadium to run some laps,” said Chief Commercial Officer of the Singapore Sports Hub, Adam Firth. “Whether you are a seasoned fitness aficionado or someone who has never jogged before, we invite you to experience what the National Stadium is all about and create special memories with your loved ones here.”

Various community events will also be held over the two weekends, beginning with ActiveSG’s Orienteering programme on 17 March, Saturday. This programme is a navigation activity that

combines both speed and wit, teaching the younger generation skills such as problem-solving, map reading, and the importance of teamwork.

The following weekend on 24 March, Saturday, the Singapore Athletics will be conducting an Athletics Team Challenge for kids aged 5 to 12 years old to compete at mini athletics stations such as sprints, hurdles, kids javelin, medicine ball throw and modified high jump. National tuggers Muhamad Irsham, Adrin Sani, Andrew Wong, Yusmahwati Muhamad Rizal, Affendy, and Terry Tan will also be present at the Tug-of-War to interact with participants. Thrill-seekers can also challenge themselves and test their agility, endurance, power, speed, and core across multiple modalities in the Red-X Games 30-minute circuit. Free gifts are available for the first 200 registrations and attractive prizes will be awarded to the strongest teams. Running enthusiasts will also be challenging themselves to complete a distance of 88.8 kilometres within 3 hours at the ASICS Community Ultra Ekiden which will be held on both 24 and 25 March at the 100PLUS Promenade. Participants will have to run in groups of four throughout and successful teams will be entitled to the limited edition ASICS finisher tee and finisher medals.

In collaboration with the Health Promotion Board, participants of the National Steps Challenge™ Season 3 can redeem a prize upon completing challenges at three mini workout stations during both weekends, on 17, 18, 24 and 25 March.

Admission is free for all. Members of the public can enter via National Stadium Gate 3. Proper sports attire and running shoes are required for patrons going onto the track. Prams, photographers and sightseers must remain on the upper concourse. As the stadium's roof is open for the event, Sports Hub will suspend all activities on the tracks of the National Stadium in the event of a lightning alert. There will be no access to the pitch during this period.

For more information on the National Stadium Open House, visit www.sportshub.com.sg/OpenHouse.

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PHOTOS

Download link: <https://www.dropbox.com/sh/b7nae6nab2shfan/AADxGkWmnDQhRIQV39lsoezga?dl=0>

Photo Credit: Singapore Sports Hub

OFFICIAL HASHTAG

#sgsportshub

APPENDIX A – EXPERIENCE SPORTS FIT-SESSIONS

Please find the schedule of the Experience Sports FIT-Sessions during the National Stadium House below:

Day	Date(s)	Activity	Time
Monday	12 & 26 March 2018	Zumba	7pm – 8pm
Tuesday	13 & 27 March 2018	Boot Camp	7pm – 8.30pm
Wednesday	14 & 28 March 2018	Cardio Blast & Yoga	7pm – 8pm
Thursday	15 March 2018	SuperFit.Community (Run)	7pm – 8.30pm
Friday	16 March 2018	Yoga	7pm – 8pm
Saturday	17 & 24 March	SuperFit.Community (Run)	9am – 10.30am
Sunday	18 & 25 March	Cardio Blast	9am – 10am

Experience Sports FIT-Sessions are FREE daily fitness workouts that are conducted by certified trainers.

ABOUT SINGAPORE SPORTS HUB

The Singapore Sports Hub is a fully integrated sports, entertainment and lifestyle hub, with programming that comprises world-class recreational and competitive events, as well as community events, to serve children, youth, working adults, seniors, families, and less privileged population segments in Singapore and tourism sectors.

Consisting of a unique cluster development of world-class sports facilities within the city, it plays a critical role in accelerating the development of Singapore's sports industry, excellence and participation. Its vision is to be the region's premier sports, entertainment and lifestyle destination.

Located on a 35-hectare site in Kallang, the Singapore Sports Hub includes the following facilities:

- A new 55,000-capacity National Stadium with a retractable roof and movable tiered seating designed to host Football, Rugby, Athletics, Cricket, entertainment events, and many more
- The 11,000-capacity iconic Singapore Indoor Stadium for sports and entertainment events
- A 6,000-capacity OCBC Aquatic Centre that can host international events and public swims
- A 3,000-capacity OCBC Arena with six halls that are scalable and flexible in layout
- Water Sports Centre featuring kayaking, canoeing, dragon boating, and pedal boating
- 41,000 sqm Kallang Wave Mall, including indoor climbing wall
- Splash-N-Surf facility featuring the Kids Water Playground, Stingray and Lazy River
- 100PLUS Promenade that encircles the National Stadium
- Singapore Sports Museum and Singapore Youth Olympic Games Museum
- Shimano Cycling World
- Sports Hub Library
- Daily community facilities and activities, including beach volleyball, hard courts (futsal, basketball and netball), lawn bowls, giant chess, skate park and running & cycling paths
- Large waterfront and precinct spaces (e.g. OCBC Square, Arena Park, Stadium Roar)

The Singapore Sports Hub, managed by SportsHub Pte Ltd, is one of the largest Public-Private Partnership (PPP) social infrastructure projects in the world. It is also Singapore's largest flagship PPP project of this nature, and has won the Project Finance International (PFI) award in London in 2011, World Architecture Festival Awards for Best Future Project in the leisure-led development category in 2013, and Sports Building of the Year in 2014.

For more information, please visit the Singapore Sports Hub:

- Website: www.sportshub.com.sg
- Facebook: [sporesportshub](https://www.facebook.com/sporesportshub)
- Twitter: [@sgsportshub](https://twitter.com/sgsportshub)
- Instagram: [sgsportshub](https://www.instagram.com/sgsportshub)

The Public-Private Partnership includes:

