

ANNEX - Active Enabler Sports Expertise

1) SPORTS

SPORTS CLINICS

The clinics are designed with a prescribed set of curriculum to help improve players' fundamental skills and game plan, building their enthusiasm for the sport and have fun while learning.

Different formats are available for the children, youths and adults.

How It Works

The clinics will be conducted by coach(es) at GetActive! Singapore Festival venues*. All equipment will be prepared and made available by SportSG.

Type Of Sports

1. Athletics
2. Basketball
3. Floorball
4. Football
5. Tennis
6. Ultimate Frisbee

Participation Outreach*:

Minimum - 20pax

Maximum - varies according to sports type and venue

Duration*:

Varies from 1.5 hours to 2 hours for different sports

** The listing of the available sports clinics at the various GetActive! Singapore Festival venues, capacity, booking schedule and other details will be made available to applicants by June 2018.*

2) FITNESS

GROUP FITNESS

Exercising in a group can be more motivating than working out alone and there are many different types of group fitness programmes available (see categories listed below). It can be a great way to lose weight, get in shape, and keep going when you might otherwise want to stop exercising. The group fitness session will be conducted by certified instructor(s) in the respective fitness format or brand at the venue booked by the applicant.

Venue and all logistics (including sound system) must be prepared by the applicant.

SportSG reserves the right to assign the appropriate fitness workout* available under the category selected by the applicant.

** the examples listed under each category is not exhaustive; for more examples of group fitness workouts, go to www.myactivesg.com*

Participation Outreach:

Minimum - 20pax

Maximum - up to the safe capacity of the facility /location in which the session is conducted.

Duration:

Up to 60 minutes

CATEGORY A: RHYTHMIC / DANCE FITNESS

One of the unique aspects about this format is the combination of music and exercise that incorporates some or many forms of dance. Instructors will use of a variety of teaching and motivational techniques to create a positive exercise experience.

Suitable for all ages; no dance experience required.

How It Works

Rhythmic / Dance fitness is a full aerobic workout that is energetic with upbeat music that is sure to get your body moving. A fun workout for all levels of fitness enthusiasts and age groups, this class combines cardiovascular training and toning exercises, for a superior total body workout.

Benefits

In addition to strengthening your heart and cardiovascular system, participation in regular aerobic exercise improves your circulation and helps your body use oxygen better, increases energy, increases endurance, helps reduce the risk of developing heart disease, helps reduce the risk of developing diabetes, helps reduce body fat, helps you reach and maintain a healthy weight, helps reduce stress, tension, anxiety and depression. Improves sleep.

Examples

Aerobics, Zumba® Fitness, Kickbox

CATEGORY B: HIGH INTENSITY

This is sports-inspired cardio workout for building strength and stamina. It is designed to reflect movements and develop core muscle groups that are essential in daily activities. From calisthenics to resistance training to speed and agility drills, you will walk away with a feeling of accomplishment. For the strong, the weak, the fit and the not so fit, as long as you have the will to finish what you started.

Suitable for all ages; suitable for those who are looking for more challenging options.

How It Works

This high-energy interval training class combines athletic aerobic movements with strength and stabilisation exercises that will challenge you both mentally and physically. The session is designed in a way that will push you harder than you have pushed yourself. You will run sprints, perform lots of functional movements like push-ups, squats, sprints, sit-ups and various forms of plyometric and interval training with little rest between exercises.

Benefits

The combination of a team atmosphere, intense full-body cardiovascular and strength exercises will challenge every muscle in your body; you're bound to feel the burn and intensity. Getting through a challenging workout builds confidence and self-esteem as well as help to improve overall coordination and balance.

Examples

Bootcamp, Circuit Training, Functional Fitness

CATEGORY C: MIND & BODY

The workouts under this category is all about learning to de-stress and relax. Unwind and relax with low-impact and gentle movements at your own pace.

Suitable for all ages; you will be notified if participants need to bring their own exercise / yoga mats.

How It Works

Movements are low-impact and gentle that put minimal stress on your muscles and joints. The workout accomplishes its goals of providing a workout without putting any unnecessary strain on you. You do it at your own pace; it is non-competitive.

Benefits

This gentle form of exercise can help maintain strength, flexibility and balance, and could be the perfect activity for the rest of your life. Enjoy the harmonising benefits of gentle stretching and strengthening, breath work, relaxation and meditation. This class provides clear instructions and modifications, making it accessible to all levels.

Examples

Yoga, Taijiquan, Pilates

CATEGORY D: FITNESS FOR CHILDREN (UP TO 12 YEARS OLD)

The workouts combine fun and fitness in a way that children love.

Suitable for children up to 12 years old; exercises, instructions and music will be age-appropriate.

How It Works

The choreography will feature kid-friendly routines. Instructor will break down the steps, add games, interactive elements and fun physical activities into the class structure.

Benefits

Helps develop a healthy lifestyle and incorporate fitness as a natural part of children's lives by making fitness fun. Classes incorporate key childhood development elements like respect, team work, confidence, self-esteem, memory, creativity and coordination.

Examples

Aerobics for Kids, Zumba® Kids, Bokwa® Kids

CATEGORY E: FOR SENIORS

Regardless of age, it is important to keep yourself healthy and active. Getting into the habit of exercising regularly can help boost energy, maintain your independence and manage symptoms of illness or pain with the additional benefits of having fun.

Suitable for adults age 50 and above.

How It Works

Perfect for older adults who are looking for a modified fitness class with exercise routines and choreography at a lower-intensity. Getting into the habit of exercising regularly is important for your health and well-being. The workout will get the blood flowing, build some strength without causing any serious injury in the process and include balance and flexibility routines. Modifications with the use of household items (e.g. filled water bottles, towel or sturdy chair) may be included into the routines.

Benefits

No matter your age or your current physical condition, you can benefit from exercise. These exercises offer the following important health benefits:

- Increase or maintain muscle strength
- Improve balance, coordination and mobility
- Reduce risk of falling
- Feel confident to move about independently
- Improve mood and overall well-being

Examples

Taijiquan, Zumba Gold®, KpopX™ Fitness (Lite), Strength and Conditioning Workout for Seniors