

14 August 2017

## **MEDIA RELEASE**

### **NEW NS50 CHALLENGES INTRODUCED AT SAFRA SWIM FOR HOPE 2017**

Complete 50 laps at each of the five SAFRA clubs – that is the pinnacle challenge at the SAFRA Swim for Hope this year in commemoration of 50 Years of National Service (NS50). The annual charity swim will be held from 20 to 22 October 2017 at SAFRA clubs in Jurong, Mount Faber, Tampines, Toa Payoh and Yishun.

To mark NS50 and encourage national servicemen and their families to keep fit while they contribute to the charity effort, two new NS50 Challenge categories have been introduced to encourage participants to swim more laps in the pool.

The ***NS50 Individual Challenge*** will test the physical endurance and mental resilience of participants who will have to swim a total of 250 laps across the five SAFRA clubs on consecutive days. Participants who complete the feat will receive a limited edition 250 laps finisher tee and be able to collect the full set of five medals as they swim at each of the five SAFRA clubs.

NS units, organisations and members of the public can also participate by forming teams of five participants to swim 50 laps each in the ***NS50 Team Challenge***. Teams will receive medals after the completion of the swim at the respective club.

The SAFRA Swim for Hope will also feature an Open category in which individuals can swim any number of laps, and a Families for Life category catering to parent-and-child pairs.

All monies collected from registration fees, sponsors, merchandise sales, as well as individual and corporate donors will be contributed to the fund raising effort to help the less fortunate and underprivileged through four beneficiaries – Aquatics Heart and Hope, Singapore Disability Sports Council, Rainbow Centre Singapore and the SAF Care Fund.

Registration for the event is open till 13 October 2017 at [www.safra.sg/s4h](http://www.safra.sg/s4h). The event attracted close to 2,000 participants and raised over \$100,000 for charity last year.

Kindly refer to **Annex A** for the fact sheet on the event.

### **About SAFRA National Service Association**

SAFRA was formed in 1972 to provide for the social and recreational needs of NSmen and their families through quality sports, social, educational and cultural programmes to recognise NSmen for their contributions to National Defence. SAFRA currently has a network of six clubs conveniently located in Jurong, Mount Faber, Punggol, Tampines, Toa Payoh and Yishun. Complementing the modern facilities at SAFRA clubs are a host of quality membership benefits and activities specially packaged for over 330,000 members and their families.

## About Families for Life

Families for Life's vision is to build strong and resilient families because that makes for stronger communities and better individual well-being.

**We Listen.** We listen to the issues that Singaporean families are facing.

**We Explore and Promote.** We bring people and organisations together to create platforms for family bonding and to engage Singaporeans in conversations about families.

**We Voice.** We voice out concerns that people have on family issues and continue this conversation with our partners and the community.

The Council is chaired by Ching Wei Hong, Chief Operating Officer of OCBC Bank. Visit us at [www.familiesforlife.sg](http://www.familiesforlife.sg).

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*Issued by SAFRA National Service Association on 14 August 2017.*

**Annex A**

## SAFRA SWIM FOR HOPE 2017 FACT SHEET

### Event Schedule

Date	Venue	Timing (each slot is 2 hours)
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Fri, 20 Oct	SAFRA Jurong	12pm – 10pm
	SAFRA Mount Faber	
Sat, 21 Oct	SAFRA Toa Payoh	10am – 10pm
	SAFRA Yishun	
Sun, 22 Oct	SAFRA Tampines (Finale)	8am – 6pm

### Registration

Category	SAFRA Member	Public	Entitlements
NS50 Individual Challenge (50 laps x 5 clubs)	\$75	\$100	Each participant will receive: <ol style="list-style-type: none"> <li>Participant tee</li> <li>Goodie bag</li> <li>250 laps finisher tee (upon completion of 250 laps; 50 laps per club)</li> <li>Respective club medals (upon completion of swim at each club)</li> </ol>
NS50 Team Challenge (50 laps x 5 pax)	\$65 / team	\$90 / team	Each participant will receive: <ol style="list-style-type: none"> <li>Participant tee</li> <li>Goodie bag</li> <li>Respective club medals (upon completion of swim at each club)</li> </ol>
Open Category (age 13 years and above)	\$15	\$20	Each participant will receive: <ol style="list-style-type: none"> <li>Participant tee</li> <li>Goodie bag</li> <li>Respective club medals (upon completion of swim at each club)</li> </ol>
Families for Life category (1 parent, 1 child aged 13 years and below)	\$27	\$36	Each participant will receive: <ol style="list-style-type: none"> <li>Participant tee</li> <li>Goodie bag</li> <li>Respective club medals (upon completion of swim at each club)</li> </ol>

## **Beneficiaries**

### **Aquatics Heart and Hope**

The Aquatics Heart and Hope programme consists of several efforts that enable national athletes from the Singapore Swimming Association (SSA) to give back to society. Funds raised under the programme will be used to sponsor learn-to-swim programmes for the underprivileged, where participants will also undergo SSA's Singapore Swimming Proficiency Award programme. The fund will also enable those who are talented to be given the opportunity to participate in the high performance athlete development pathway programme.

### **Singapore Disability Sports Council**

The Singapore Disability Sports Council (SDSC) – Singapore's national disability sports organisation – is the only organisation in Singapore which reaches across all disability groups, offering a wide range of sports at both elite and non-elite levels.

### **Rainbow Centre Singapore**

Rainbow Centre is a registered charity serving children and young people with diverse range of moderate to severe developmental needs, and many have multiple disabilities. Its programmes adopt a holistic developmental curriculum in the areas of language, communication, social and adaptive daily living skills. Rainbow Centre also trains special education teachers and caregivers. The well-being and growth of the family of children with special needs are also supported through the work of Rainbow Centre Family Life Services.

### **SAF Care Fund**

The Singapore Armed Forces (SAF) Care Fund is set up to provide additional support to SAF servicemen who are severely disabled due to military service, over and above MINDEF's existing compensation and welfare frameworks. The Fund enables members of the public to make contributions and show their support to injured servicemen.