



## Grouping Details

GROUP	AGE (years)	TRAINING DAY (choose one day)	TRAINING VENUE*
Kids	4-14	Wednesday 5pm-6.30pm Saturday 5pm-6.30pm Sunday 8am-9.30am	Kallang Practice Track  100plus Promenade

\*venue is subject to availability and weather conditions

## Training Dates - 2023 Term 1 - Full Term

WEDNESDAY	SATURDAY	SUNDAY
Jan 2023 4, 11, 25	Jan 2023 7, 14, 28	Jan 2023 8, 15, 29
Feb 2023 1, 8, 15, 22	Feb 2023 4, 11, 18, 25	Feb 2023 5, 12, 19, 26
Mar 2023 1, 8, 15, 22, 29	Mar 2023 4, 11, 18, 25	Mar 2023 5, 12, 19, 26
Apr 2023 5, 12	Apr 2023 1, 8, 15	Apr 2023 2, 9, 16

April 26 - 28: Kids' Athletics Team Event (Fiesta)

## Fees - Full Term

Once a week: \$315

*Note: Fees are inclusive of a one-time registration fee of \$30 (for new members), T-shirt (for new members), use of equipment, venue and administration fees.*

*Full Term consist of 14 trainings + 1 Fiesta @ \$315*

2023 Term 1 - 4 Jan - 28 Apr (full term)  
2023 Term 1 - 1 Mar - 28 Apr (half term)

2023 Term 2 - 31 May - 19 Aug (full term)  
2023 Term 2 - 21 Jun - 19 Aug (half term)

2023 Term 3 - 6 Sep - 26 Nov (full term)  
2023 Term 3 - 11 Oct - 26 Nov (half term)

## Special Programmes

### Kids' Athletics Team Event (Fiesta)

April 26 - 28

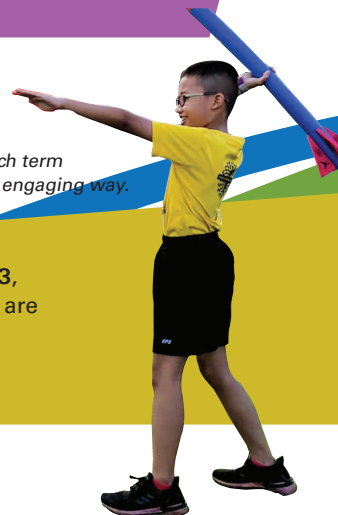
*Kids' Athletics Team Event (Fiesta) is a team event held at the end of each term for our kids to recap and consolidate what they have learnt in a fun and engaging way.*

## SIGN UP HERE



The full term commences 04 Jan 2023, so sign your children up now, as slots are limited!

<https://bit.ly/SAACZKids2023T1>



Singapore Athletics Kids' Athletics Programme  
by Club ZOOM







# WELCOME TO

## Singapore Athletics Kids' Athletics Programme by Club ZOOM

**Taking part** in sporting activities can lead to more than just a healthy body — it also helps participants achieve emotional and mental well-being!

Want your children to experience the benefits of a sporty lifestyle? Then sign them up for Singapore Athletics Kids' Athletics programme by Club ZOOM ("Kids' Athletics"), which offers kids opportunities to try activities such as running, jumping, and throwing — but in fun and innovative formats.

The activities in Kids' Athletics are designed to improve physical literacy and well-being while fostering a sense of camaraderie and achievement through teamwork and challenges.



**Kids' Athletics** is promoted jointly by Singapore Athletics, the body responsible for sanctioning, promoting, expanding and strengthening athletics in Singapore, and Club ZOOM, a 11-year-old track-and-field club with a depth of experience in coaching people, ranging from young children to elite SEA Games athletes. Club ZOOM has also organised many sanctioned meets that have become fixtures in the sporting calendars of Singapore and other countries in the region.

In Kids' Athletics, we have developed a programme for the young members to:

- develop in them a genuine love for sports, which confers lifelong benefits
- instill in them sporting values from a young age
- discover their potential ability in sports

Kids' Athletics is inspired by the Kids' Athletics Programme offered by World Athletics, the world governing body for track and field.

### Benefits of the Kids Athletics programme:

- To let kids try out a variety of basic athletics movements.
- To reinforce their fundamental skills through a progressive increase in intensity of games and activities.
- To promote team events in which everyone contributes to the games, providing social interaction while learning about teamwork.
- To offer competition opportunities to motivate and stimulate their excitement to play.
- To allow the children to discover their interest and potential ability in sports.
- To encourage the children to play and take part in physical activities for a healthier lifestyle.



### Certificates/Awards

- A Certificate of Participation will be awarded upon successful completion (minimum 70% attendance) of the programme.
- Special awards may be given out to participants who have demonstrated outstanding sporting values.