



## TEMASEK SECONDARY SCHOOL

600 Upper East Coast Road  
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05 October 2011

Dear Parent/Guardian,

It is a pleasure to announce that the Parent Support Group (PSG) will be organizing a family bonding programme, "**PSG Family Day @BigSplash**", in collaboration with the school at 9am, on 05 November 2011 at East Coast Park. The activities will take 3 hours where parents and child have to work together to compete in an "**Amazing Race**" on bicycles and test their jumping skills to clear a series of obstacles in the "**Kangoo Power Obstacle Course**".

You can find more information at <http://www.springgear.com.sg>

**Venue** : Playtrium area at Playground@Big Splash, East Coast Park  
**Date** : Saturday, 05 Nov 2011  
**Time** : 9 am – 1pm  
**Registration** : 8.45 am

### Details of the Event:

1. The activities will take 3hrs and suitable for all participants except those with heart problems or pregnant mums.
2. Safety Concerns – Lesson will be conducted by qualified instructors prior to the Kangoo Power Obstacle Competition.
3. Attire: Bermudas / track pants, T-shirt and sport shoes (compulsory).
4. Wet Weather: If it rains for less than 45 mins, we should wait at shelter for the rain to stop. If it is more than 45 mins, we have to postpone the event to 12 November 11.
5. Sequence of Course: From 9 am to 1pm. The participants are divided into two groups A and B.

**9am to 10am:** Teams in Group A to compete in "Kangoo Power Obstacle Course"

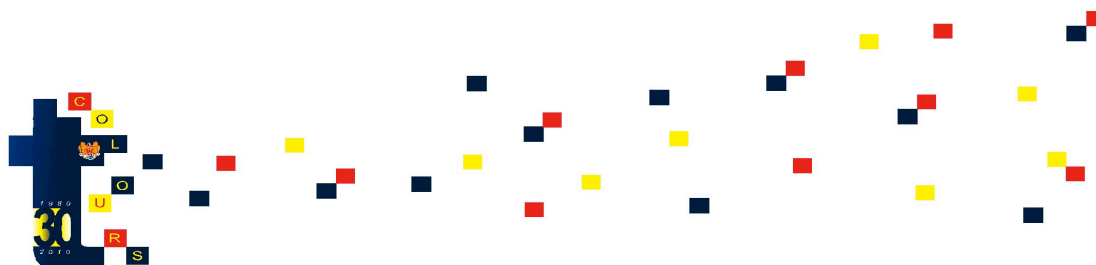
**9am to 10am:** Teams in Group B to compete in "Amazing Race on wheels"

**10am to 10:15am:** Water/Toilet Break

**10:15am to 11:30am:** Teams in Group A & B to switch over.

**11:30am to 12pm:** Prize Presentation and Debrief

**12pm to 1pm:** Refreshment from Mc Donalds.





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6. **"Kangoo Power Obstacle Course"**
  - 40 minutes kitting and basic movements/exercises on Kangoo Jumps
  - 20 minutes Kangoo Power Obstacle Course time trial
  - At Playtrium, safety gears and Kangoo Jumps provided
  
7. **"Amazing Race on wheels"**
  - 10 minutes briefing and bicycle fitting
  - 50 minutes to search for 4 to 5 locations based on clues provided
  - Team to take group photo at each location
  - Fastest time win.
  - Area covered: At East Coast Park (Between Area A to Area C)
  - Bicycles provided
  
8. Participation fees to be collected will be based on the following category:

(i) 1 Adult and 1 child:	\$10
(ii) 2 Adults and 1 or 2 children:	\$15
  
7. Refreshments: Kindly indicate your preference Chicken or Beef for Mc Donalds value-meal.
  
8. A mass sms will be sent and kindly indicate your interest by the replying accordingly.

Thank You.

Yours sincerely,  
Mr G Segar  
Chairman  
Parent Support Group

