

Physical attractions

EXTRACTED FROM THE SUNDAY TIMES, 4 NOVEMBER 07

HERE are some active options for the rough and rugged family.

Take your kids to the zoo.

Trio (for just \$60 to a lesson.

Parents may

station) ... whirl of rem... (above) and helicopter to spot aeromodellers is usually mornings.

Closer to town, pop by the open space beside **Riverside Point** on Friday and Saturday evenings to see the sky light up by glowing remote-controlled kites. As many as 30 enthusiasts gather there each week.

To get aeromodelling equipment, go to **Sky Hobbies** (200 Jalan Sultan, 02-34, tel: 6293-3968, www.skyhobbies.com.sg). For kites, visit **Go Fly Kite** (Riverside Point, 30 Merchant Road, 02-12/13, tel: 6536-9181, www.goflykite.com). But expect to spend a fair bit of money – the figure runs into the hundreds – to get started.

Two wheels better

WHAT with all the talk of inconvenient truths, save the environment by picking up cycling. Log on to the **National**

er e-mail joannac@sph.com.sg. Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free. Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Mini-Zorros should be aged six to 12. Pick up some defensive manoeuvres at **Aikido For Parents And Kids** (\$10 per parent-and-child pair, Nov 17: 5.30 to 6.30pm, Choa Chu Kang Sports & Recreation Centre (Sports Hall), 1 Choa Chu Kang Street 53, 03-01, to register tel: 6767-1735/6 or e-mail ssc_choa_ckangslc@ssc.gov.sg). Kids should be aged five to 12.

One-on-One Bite Sized Soccer

Dec 8: 3pm to 4pm, Geylang East Community Library, to register, call 6767-3255

public riding school set up to reach out to the masses, you can sign up for pony riding lessons (from \$400 for 10 lessons) without forking out exorbitant joining fees.

Either join a group or start a class on your own – a minimum of three to four students is required. Kids aged seven and above are welcome. A daily pony ride (\$10 for a 500m trot) is another attraction for little ones two and above.

New Age family

START 'em young for strong bones and lithe muscles. **Pure Yoga** (391A Orchard Road, 18-00 Ngee Ann City Tower A, tel: 6733-8863; 30 Raffles Place, 04-00 Chevron House, tel: 6304-2257, www.pure-yoga.com) has kid yoga classes (\$198 for 10 classes) which target children from

four to 12, teaching basic poses in a playful environment.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.

Parents who buy a Kids Yoga pack for their children by Dec 25 will be something free.



and children to sweat it out together. Log onto the website for the full schedule but here are a few highlights:

Cry "en garde" at the **Discover The Hero In You - Fencing Fun For The Family** workshop (\$15 per parent-and-child pair, Nov 11: 10am to 12.30pm, Fencing, United Square, 101 Thomson Road, #141/42, to register e-mail joannac@sph.com.sg). **Mini-Zorros** should be aged six to 12.

Pick up some defensive manoeuvres at **Aikido For Parents And Kids** (\$10 per parent-and-child pair, Nov 17: 5.30 to 6.30pm, Choa Chu Kang Sports & Recreation Centre (Sports Hall), 1 Choa Chu Kang Street 53, 03-01, to register tel: 6767-1735/6 or e-mail ssc_choa_ckangslc@ssc.gov.sg). Kids should be aged five to 12.

One-on-One Bite Sized Soccer (free, Dec 8: 3pm to 4pm, Geylang East Community Library, to register, call 6767-3255) is designed to help improve father-and-son soccer skills. Junior should be aged three to eight.

Fight club

JAB. Cross. Upper Cut. And no crying, please. **Punch Academy** (223A/B River Valley Road, tel: 9450-2885, www.punchacademy.com) conducts **Mini Muay Thai training classes** (\$560 for 20 lessons to be completed in seven months, every Saturday: 11am) for fighters aged five to 12.

For an additional \$64, students get a specially designed kiddy dri-fit top and Muay Thai shorts so they can look the part too. Ask for instructor Roberto Yap and look for the gym's young prote-



PHOTOS: PUNCH ACADEMY, PURE YOGA, JOHN QUEK

ge Caleb (above, with trainer Yap), who is only 5 1/2.

Walk the talk

PUT your best sneaker-clad foot forward and traipse around your neighbourhood. Join **Feet To Walk** (www.hpb.gov.sg/feet_to_walk), a new programme of morning brisk walking at parks, park connectors and nature reserves that won't cost you a dime.

Organised by the Health Promotion Board, National Parks Board and the SPCA, upcoming venues include Lower Peirce Reservoir and Punggol Park. Log on to the website for the schedule of weekly walks that last till Dec 2.

