

FACTOR



A QUARTERLY NEWSLETTER FOR YMCA MEMBERS

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THIRD QUARTER 2014



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President's Message

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Dear Members and Friends,

The third quarter was bustling with activities and celebrations for all of us at YMCA. Here are some of the highlights:

Aspiring photojournalists took part in a photo competition organised by Uni-Y Singapore from 25 June to 3 August through submission of photo essays featuring the elderly, underprivileged, and persons with intellectual and physical disabilities. This competition provided an avenue to share the untold stories from these communities. Their works were exhibited at the fourth installation of the YMCA Conversation Series titled "The Tales of Dreamers" on 30 August, and subsequently at YMCA where you can see them on display on level four.

The 28th YMCA Plain English Speaking Awards (PESA) 2014 was held over 8 weeks from 1 July to 21 August and concluded with the awards presentation ceremony at CHIJ Secondary on 19 September. I am happy to note that this year, 420 students, 50% more than last year, participated in this year's competition. This English public speaking competition is aimed at building self-confidence amongst participants, allowing them to develop their abilities to think and communicate effectively under

pressure. This opportunity allows the students to build up their character and realise their full potential as they emerge as confident young adults.

YMCA Proms @ the Park 2014 was held on 27 September at Hong Lim Park. The event brought more than 900 volunteers including staff from participating organisations, public befrienders, YMCA volunteers and beneficiaries from 15 Voluntary Welfare Organisations (VWOs) for a picnic and concert in a carnival-like atmosphere. Mr Teo Ser Luck, Minister of State, Ministry of Trade and Industry and Mayor, North East District graced the event as our Guest-of-Honour.

Uni-Y Singapore was awarded the Ten Accomplished Youth Organisations (TAYO) ASEAN Award on 9 October in Brunei to recognise the sustainable programmes, projects and other achievements made by the youth for the community. The award was presented by the Minister of Culture, Youth and Sports for Brunei. Uni-Y Singapore was represented at the ceremony by Mr Clement Cheong, Senior Executive for Youth Development Programmes and Ms Delphine Phua, President of Uni-Y NUS.

On another note, YMCA will be organising Silver Fiesta for the third year running on 26 & 27 November at Toa Payoh HDB Hub to bring cheer to our elderly beneficiaries. Do drop by to lend us your support if you are in the area.

You can visit our YMCA Facebook page at www.facebook.com/YMCA.Singapore for the latest updates and view photos from our events, as well as our news blog at www.ymcaofsingapore.blogspot.com for more YMCA news.

**"But he knows the way that I take;
when he has tested me, I will come
forth as gold."
Job 23:10 (NIV)**

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Cover Photo

Corporate volunteers from GMG Global Ltd befriending beneficiaries from Bishan Home for the Intellectually Disabled at YMCA Proms @ the Park 2014 on 27 September, Hong Lim Park

Uni-Y wins ASEAN Award



In recognition of its strong community service culture which aims to inspire and provide opportunities for youths to be actively involved in the community, Uni-Y Singapore was awarded the Ten Accomplished Youth Organisations (TAYO) ASEAN Award on 9 October 2014 in Bandar Seri Begawan, Brunei. The awards ceremony was graced by The Honourable Pehin Orang Kaya Pekerma Laila Diraja Seri Setia Awang Haji Hazair bin Haji Abdullah, Minister of Culture, Youth and Sports for Brunei who presented the awards. Uni-Y Singapore was represented at the ceremony by Mr Clement Cheong, Senior Executive, Youth Development Programmes and Ms Delphine Phua, President of Uni-Y NUS.

The TAYO ASEAN Award is a regional-level award which recognises the achievements made by youth and youth serving organisations in ASEAN member countries that have implemented sustainable programmes, projects and activities that may be replicated by other organisations. It aims to promote the spirit of volunteerism among the ASEAN youth and inculcate universal values for youth leaders in the programmes, projects and activities. Award winners are selected based on the impact of their projects to the community, innovativeness, sustainability and probability of the project duplication. Uni-Y is the only Singapore representative for this Award.

The TAYO Award, in conjunction with the ASEAN Youth Award (AYA), is part of the

ASEAN Youth Day Meeting, an annual regional youth event that is organised by ASEAN Member States (on a rotational alphabetical basis). The Meeting aims to bring together youth officials, youths and awardees from ASEAN countries to celebrate youth achievements and excellence. Representatives from nine countries – Brunei Darussalam, Cambodia, Indonesia, Laos, Malaysia, Philippines, Singapore, Thailand, and Vietnam were present. The Singapore delegation comprised representatives from the People's Association, National Youth Council, Ministry of Culture, Community and Youth, and award recipients.

The award recipients had opportunities to share their experiences and were treated to Bruneian cultural performances during the Meeting. The Singapore delegation also had the honour of meeting with Mr Jaya Ratnam, the Singapore High Commissioner to Brunei.

Uni-Y Singapore is the University Service Club under the YMCA of Singapore and was first established at SMU in 2005. Subsequently, Uni-Y clubs were also established at NUS and NTU in 2007 and 2009 respectively. Earlier this year, Uni-Y Singapore was conferred the Singapore Youth Award 2014, the nation's highest youth accolade in honour of its exceptional humanitarian efforts and outstanding contribution in cultivating a spirit of volunteerism and leadership amongst the youth of Singapore.

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Uni-Y NUS & NTU Step Up

Uni-Y NUS and NTU had a Bi Uni-Y Step Up camp that was held at NSRCC from 22 to 25 July 2014. The camp's major highlight was the Tri Uni-Y Nature Walk at HortPark on 23 July. A total of 118 freshmen and Uni-Y leaders from Uni-Y NTU, NUS and SMU befriended over 90 beneficiaries from VWOs including BizLink Centre, MINDS Clementi, Christian Outreach to the Handicapped, MINDS Napiri and Tampines through arts and crafts and nature-themed games. It was a great time of inter Uni-Y bonding as well, as participants were able to see beyond their individual schools and capture a glimpse of the complete Uni-Y Singapore identity.



Uni-Y SMU Step Up

A total of 115 freshmen took part in the Uni-Y SMU Step Up Freshmen Orientation Camp from 14 to 17 August 2014. The camp was planned and organised by 49 committee members and group leaders, with the objective of creating a camp experience that was both fun and meaningful. The participants took part in various community service programmes such as a Y Outing to River Safari, visits to other VWOs to conduct games and arts and crafts activities for the beneficiaries. The VWOs include BizLink Centre, MINDS Napiri and Tampines, SIA MINDS, Cheng San Family Centre, Thye Hua Kuan Moral Home (Eunos), Blue Cross Thong Kheng Home, Beyond Social Services and Christian Outreach to the Handicapped. Other activities included showcasing Uni-Y SMU's social enterprise programme, The Stage @ Jericho's featuring a night of live music from local upcoming bands, good company and scenic views of Orchard Road from YMCA of Singapore's roof terrace.

Two Uni-Y SMU alumni were invited to deliver the opening and closing speeches of the camp. Mr Lin Yi Han - who took on the presidency of Uni-Y SMU in 2008 and a current Youth Volunteer Development (YVD) committee member - gave the opening speech and challenged the freshmen to, "rather than live a small dream by taking from the world, live a big dream for others by giving to the world". The closing speech was delivered by Mr Tan Wei En who inspired freshmen to continue serving the community even after the camp so as to "truly live a life that matters." Wei En was the President of Uni-Y's SMU executive committee in 2012, and is the current youth representative of YMCA of Singapore to Asia and Pacific Alliance of YMCAs (APAY).

The camp closed with the freshmen being challenged to apply what they have learnt from the camp, which is to be a community champion and be the change they wish to see in society.



About Uni-Y Step Up



Uni-Y Step Up is a flagship programme of Uni-Y Singapore organised in the form of a Tri-Uni Freshmen Camp that combines both fun and purpose in order to provide freshmen with an orientation experience unlike any other.

Introduced in 2012, Uni-Y Step Up aims to enthuse and unite youth toward positive societal action and to challenge each individual to step up and serve the community around them.

During the camp, freshmen are exposed to various social issues in Singapore and given opportunities to build meaningful relationships with the programme's beneficiary groups through the camps' various community service programmes.

The beneficiary groups include: people with intellectual and physical disabilities, the elderly, and/or under-privileged children. Highlights of the camp include exciting signature games such as "Monster Night" as well as a meaningful role playing game called the "Game of Life" to heighten the participants' awareness of social causes.

Uni-Y LAMP

Uni-Y's Leadership and Management Programme (LAMP) is an annual gathering for potential Uni-Y executive committee members from the three Uni-Ys, namely Uni-Y NTU, Uni-Y NUS and Uni-Y SMU. This year, Uni-Y had the privilege to engage META Consulting to conduct the programme with the theme "Leading with Character in Times of Great Change."

Through various leadership models, lively group discussions and participation in creative experiential learning, the participants were equipped with leadership competencies to prepare them for leadership positions in Uni-Y in the future.



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International Conferences - Tainan SHINE Camp

Tainan SHINE Camp is a collaborative effort between Tainan YMCA and more than 80 churches in Taiwan. This year, the camp was held at Far East University from 7 to 11 July 2014, with the theme of "Amazing Grace". A total of four YMCA staff and two Uni-Y members participated in the camp which attracted 1,400 youth from various parts of Taiwan, as well as international delegates from Hong Kong and Korea.

With a simple and structured programme, SHINE was able to crystallise the concept of grace for the youth. To facilitate non-believers and new believers in having a better understanding of God, time was allocated for personal devotion every morning and small group sharing sessions after the end of every sermon. Furthermore, the participating youth were also challenged to live a pure and holy life through a demographically divided group discussion, where pastors and youth shared their personal testimonies and the importance of living right for God.

Staff of YMCA of Singapore had the opportunity to hear from Mr Jimmy Lin, the General Secretary of Tainan YMCA on how SHINE started. With a vision for Tainan YMCA to live out its mission to relate to the Young Men and Christian Association, SHINE started out nine years ago from a 4 days 3 nights youth leadership camp, attracting 600 youths, to a camp attracting over 1,400 youths with the continued vision of creating a movement of young people who live passionately for Jesus and commit themselves to pursuing a holy and righteous life.

The YMCA staff and Uni-Y members who participated in the camp benefitted greatly from the experience, bringing back invaluable lessons that can be applied not only in their personal lives, but in their respective roles in YMCA and Uni-Y as well.



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YMCA Conversation Series

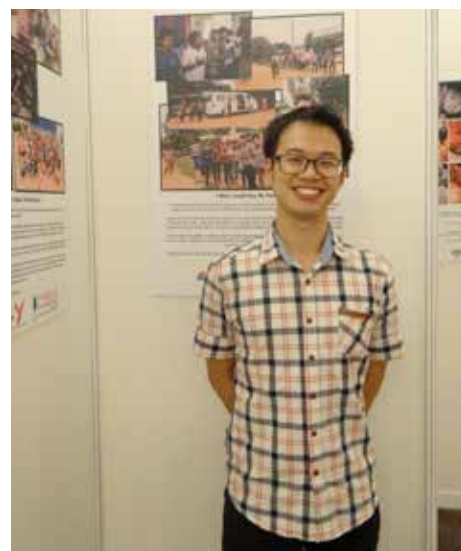
Through submission of their photographs and short stories, aspiring photojournalists took part in a competition from 25 June to 3 August 2014 to showcase stories of the dreams and aspirations of the elderly, underprivileged children, persons with intellectual disabilities and persons with physical disabilities. They acted as agents for change, and provided an avenue to share the untold stories of these marginalised communities.

The competition culminated in a photo exhibition on 30 August 2014 which was held at the National Volunteer and Philanthropy Centre, in conjunction with the fourth



installation of The YMCA Conversation Series. Titled "The Tales of Dreamers", the event featured over 20 photo essays submitted by the participating photojournalists, a sharing session by three photojournalists to give an insight into their photos and stories, as well as a dialogue session with invited speakers from various voluntary welfare organisations including Mr Dennis Lim, CEO of Bishan Home for the Intellectually Disabled, Mr Steven Tan, CEO of Blue Cross Thong Kheng Home, Ms Eileen Su, social worker at Care Corner and Mr Roger Neo, manager of Tung Ling Community Services.

Moderated by Mr Clarence Chng, a Uni-Y NTU volunteer, each speaker shared their experience and insights on various issues and challenges, allowing participants to gain well-rounded perspectives of volunteerism. The panel also shared advice on overcoming challenges that youths may face when deciding whether to volunteer, and the right attitude and heart to possess before, during and after volunteering. Through this event, many participants were inspired to make an effort towards fulfilling the dreams of the less privileged in the community. Ms Esther Chew, Uni-Y NUS Community Service Director said, "I found the programme very meaningful and enriching and I learnt a lot about how important volunteer engagement is." Ms Charlene Loh, Uni-Y NUS Project Leader for Y Nature Walk and Y Outing added, "The YMCA Conversation Series motivates us to continue volunteering, begin if we have not done so, and to just persevere on!"



Uni-Y Singapore Internships

As part of Uni-Y's efforts to holistically enrich our volunteers, Uni-Y Singapore internships were implemented to broaden youth perspectives about the social service sector, as well as better understand the larger YMCA family. This year, a total of seven Uni-Y Singapore members embarked on an internship with YMCA of Singapore and two other international YMCAs.

Local Internships



Joel Fan (Uni-Y SMU President), Lim Rui Si (Uni-Y SMU Vice President, Holistic Enrichment) and Benjamin Loh (Uni-Y SMU Member) embarked on their internship programme under the YMCA of Singapore's Youth Development Programmes (YDP) department. The interns were involved in spearheading various new initiatives such as the Uni-Y Community Champions Programme, Tri Uni-Y brochure, E-newsletter and #shareyoursmile video.

Overseas Internships



Ms Gisela Tjahjadi, 22, Uni-Y SMU and Ms Pearleen Liu, 22, Uni-Y NUS, both Uni-Y members, embarked on an internship programme at Osaka YMCA's international school and English kindergarten. They assisted the teachers in teaching K1 students, preparing lesson materials, and interacting with high school students during their English lessons. In addition, they also participated in the YMCA Osaka Global Fiesta Camp held at Osaka YMCA's campsite at Mount Rokko from 11 to 13 July. The theme for the camp was peace, and interns from China, Hong Kong, Korea, Taiwan and the United States gathered to share their opinions and ideas on promoting world peace.

As part of YMCA Singapore's internship exchange programme with the Chinese YMCA of Hong Kong, (CYMCAHK), two Uni-Y NTU members embarked on a month-long internship in Hong Kong in July. They



were involved in CYMCAHK's Global-Y Explorers programme, taking the role of camp counsellors as part of their International Camp Counsellor Programme (ICCP).

This programme has given me many opportunities to explore and learn more about myself. It has also increased my confidence in public speaking, as well as stepping up to manage a huge crowd. I have also learnt to be adaptable to new environments and be more responsive to others. Also, I had the chance to meet many new and awesome friends from all over the world as well!

Dexter Koh,
Uni-Y NTU member

Likewise, CYMCAHK sent two youths to intern at YMCA of Singapore in June; Jessica Ng completed her internship with the Community Service Department, and Jackie Cheung interned at Project Bridge.

One take-away project I wish to implement is the Y Camp Challenge. It is interesting and meaningful as volunteers are paired up with beneficiaries. The moment where the beneficiaries hug their volunteers on the last day of camp still lingers in my mind.

Ng Ka Hei Jessica,
Chinese YMCA of Hong Kong



Uni-Y Alumni Feature - Mr Tan Wei En

In this series, we will be featuring our youth volunteers who were actively involved in Uni-Y Singapore through their respective Uni-Y clubs before graduating from their various degree programmes. This is part of Uni-Y's efforts to continue engaging the Uni-Y Alumni.

In this issue, we feature Mr Tan Wei En from Uni-Y SMU. Wei En was instrumental in bringing Uni-Y to greater heights, spearheading new initiatives such as the Council of Uni-Y. Let's hear about his Uni-Y journey, and his words of encouragement to youth with the passion to serve the community!

Wei En graduated from Singapore Management University earlier this year where he majored in Economics. He is presently looking for a job in China as he believes that there are many opportunities there and he feels that it will be exciting and challenging to work in a foreign country. As he puts it, an interesting fact about him is that people call him Wayne because when his name is said fast enough, it sounds as though they are calling Wayne.

His first encounter with Uni-Y happened during the 2010 Freshman Orientation Camp (FOC). It was then that he likened Uni-Y as "a big family where people care for one another." As he continued to learn more about Uni-Y and its programmes, he became attracted to the concept of social entrepreneurship as he feels that it combines the idea of a business with a social bottom line. This is where he decided to serve in Uni-Y SMU's The Stage @ Jericho's.

Along Wei En's Uni-Y journey, one poignant event, which he vividly remembers during the 2012 Uni-Y Freshmen Orientation Camp (FOC), changed his perspective and attitude towards serving others. For the first time in his life, he was tasked to help shower a wheelchair-bound beneficiary. The beneficiary accidentally urinated on him during his bath. "There was a mix of emotions comprising shock and anger that went through my mind, and I began to ponder what it really means to serve others. It dawned upon me that the process of serving others requires us to step out of our comfort zones. Though it can be unpleasant, I want to acknowledge that I am blessed to be a blessing to those around me, and I would continue to be a blessing even if it means stepping out of my comfort zone."

As the youth representative to Asia Pacific Alliance of YMCAs (APAY) for YMCA of Singapore, Wei En feels blessed with the opportunities to meet youth representatives from YMCAs worldwide, including Hong Kong, Sri Lanka, Taiwan, Ukraine, the United States and more.

"It is amazing to learn about their lives and understand the work that their YMCAs are doing!" Through these interactions, Wei En managed to learn some best practices from their respective Uni-Ys as well. Besides

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meeting with like-minded individuals, he was also able to be a blessing to communities in the Asia Pacific region as he interacted with the locals and befriended them as well.

Wei En also represented YMCA Singapore at the last World Alliance of YMCAs (WAY) meeting in the United States in July 2014 together with YMCA of Singapore's General Secretary, Mr Lo Chee Wen. "This was one of the most amazing trips I have ever been on! Not only was I given the opportunity to lead and facilitate discussions during the meeting, I was also asked to give a presentation for one of YMCAs key programmes, the Citi-YMCA Youth for Causes, to an international audience. The people I met there were awesome too!" As Youth Empowerment was greatly emphasised by the YMCA movement, Wei En enjoyed the great opportunity to interact with youth who were filled with the passion and the drive to do greater things for their respective communities.

When asked to describe his Uni-Y journey thus far, Wei En replied, "To Lead is to Serve."

Uni-Y Membership!

JOIN US IN SERVING THE LOCAL & INTERNATIONAL COMMUNITIES, & GET THE OPPORTUNITY TO TAKE PART IN INTERNATIONAL CONFERENCES, OVERSEAS INTERNSHIPS AND MUCH MORE!
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Fees & Eligibility

- Uni-Y Membership Fee is pegged at \$15
- Applicants must be current NUS/NTU/SMU students
- Uni-Y Membership is tied to the YMCA Ordinary (Annual) Membership

For more information, please contact Mr Clement Cheong at 6586 2345 or clementcheong@ymca.org.sg

About Uni-Y Singapore

Uni-Y SG is the university service club of the YMCA of SG, with a mission to develop & empower youth to be servant leaders who will impact our local & international communities



Y Camp Challenge

Y Camp Challenge is an outdoor adventure camp organised every quarter by YMCA of Singapore, designed to challenge the preconceived physical and mental limits of the beneficiaries. The 3 days 2 nights camp was held from 5 to 7 September 2014 at Water-Venture @ Sembawang. Themed "Superheroes", Y Camp Challenge September was organised by a committee of 29 YMCA volunteer leaders. Over the course of the camp, the volunteers accompanied the beneficiaries for water activities and station games which were aimed at building confidence of the beneficiaries, as well as a campfire to promote greater bonding between all participants.

This most recent Y Camp Challenge marked my one and a half years of volunteering with YMCA. I started off as a Y Confidence beneficiary in June 2013. Following my successful completion of the programme, I was encouraged to join Y Camp Challenge to befriend the intellectually challenged beneficiaries. As it was my first time interacting with individuals with special needs, I felt very uncomfortable as I was not sure what was expected of me.

However, with the encouragement of YMCA volunteer leaders and team members, I became more confident and started to enjoy interacting with the beneficiaries.

With the experience in June 2013, I returned to volunteer again for Y Camp Challenge a few months later in September. When the camp concluded, my leaders noticed my growth and challenged me to take up the role as a volunteer leader in the September 2014 Y Camp Challenge. Being a leader was challenging, but at the same time, I learnt a lot of valuable lessons from my peers. Every camp I attended allowed me to grow further and pick up new learning points. Y Camp Challenge has provided me with a meaningful volunteering experience, and I encourage everyone to participate as well!

Contributed by Edwin Cheng, Volunteer, YMCA-Tan Chin Tuan Community Service Programmes



Y Sports with Grant Thornton

With the help of volunteers from Grant Thornton and staff from the YMCA International Programmes Department, Y Sports was held on 6 September 2014 at Sengkang Riverside Park and Anchorvale Community Club. It was an exciting and fulfilling day for both the 20 volunteers and 26 beneficiaries from the TENT and Care Corner (Teck Ghee Youth Centre) as they learnt how to play Ultimate Frisbee and Nerf Tag.

Through the sports activities, the beneficiaries were given the opportunity to learn about teamwork, communication and empathy while enjoying the outdoors. The exhilarating day left everyone with fond memories including some already eagerly anticipating the next Y Sports event.



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YMCA-Tan Chin Tuan Community Service 09 Programmes

Y Green Fingers with Credit Suisse

The Y Green Fingers-Terrarium Workshop was held on 12 September 2014 at the Credit Suisse Office at ONE@Changi City. The engaging and educational workshop allowed the participants to learn about the growth and assembly of the terrarium plants. During the workshop, the 22 Credit Suisse volunteers and 26 beneficiaries from the YMCA Student Care Centre at Sengkang Green designed and decorated their own personal terrariums.

Instructors from Agaperium were on hand to provide guidance and share about the step-by-step process of creating a terrarium from scratch. All in all, both volunteers and beneficiaries had a great learning experience while exercising their individual creativity in building their terrariums.



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YMCA Proms @ the Park 2014 – Embracing Corporate Social Responsibility

YMCA Proms @ the Park 2014 was held at Hong Lim Park on 27 September. Over 900 participants including beneficiaries from 15 voluntary welfare organisations (VWO), corporate volunteers from 15 corporations and non-profit organisations (NPO), as well as public and YMCA volunteers enjoyed a picnic and concert in a carnival-like atmosphere. Mr Teo Ser Luck, Minister of State, Ministry of Trade and Industry and Mayor, North East District, opened the event with the participants by launching flying discs into the air – an act which symbolised the high spirits of all the participants and taking the event off to a flying start.

During the event, Mr Teo interacted and took photos with beneficiaries and volunteers. In appreciation for gracing the occasion, YMCA presented Mr Teo with a collage made by Ben Lee, a member of the Y STARS (YMCA Special Talents, Arts and Recreation Society). The Y STARS were also one of the performing groups on stage and managed to get the crowd going with their dance item, Let's Rock!. Other performers included Y D Gen (Youth Deaf Generation), kids from YMCA Woodlands Child Development Centre, ballerinas from the YMCA Adult Ballet programme, YMCA Korean Mums, Shannon Zann and August Lai, D Vox, and Edmund Khong.

In addition to enjoying the performances, the beneficiaries also participated in carnival games including mini F1 racing, mini hockey, hula hoops, Wheel of Blessings and more.

Organised annually by YMCA of Singapore, YMCA Proms @ the Park seeks to promote corporate social responsibility by matching organisations with VWOs, with the aim of bringing cheer to the beneficiaries through an afternoon of music and games in a carnival-like setting. Prior to the festivities at the carnival grounds, the volunteers will tour the respective VWOs which their organisations are matched with to gain a better understanding of the needs and challenges faced by the beneficiaries.

Since its introduction in 2007, 130 organisations have stood up for corporate citizenship by participating in the annual YMCA Proms @ the Park. Collectively, they have mobilised over 2,400 staff to befriend and bring cheer to 3,900 beneficiaries from more than 200 VWOs through the event. Many of these organisations have continued to mobilise their financial and manpower resources to touch lives and lift spirits among the beneficiaries on a regular basis through other community service programmes organised by YMCA of Singapore.



YMCA of Singapore would like to thank all participating corporations, partners, VWOs and volunteers for their support of YMCA Proms @ the Park 2014.

Participating Corporations and NPOs

- Barkerites Hockey Club
- Becton Dickinson & Company (BD)
- Citi Singapore
- Credit Suisse
- Esri Singapore Pte Ltd
- GMG Global Ltd
- International Y Men's Club of Singapore (Alpha Chapter)
- Konica Minolta Business Solutions Asia Pte Ltd
- Oshkosh – JLG (S) Technology Equipment Pte Ltd
- PricewaterhouseCoopers LLP
- Syntech Chemicals Pte Ltd
- UL International Pte Ltd. (UL)
- Uni-Y NUS
- Volunteer Special Constabulary

Participating VWOs

- Bishan Home for the Intellectually Disabled
- Blue Cross Thong Kheng Home
- Care Corner Seniors Activity Centre (TP5)
- Christalite Methodist Home
- Christian Outreach to the Handicapped Emmanuel Activity Centre @ Tampines
- Christian Outreach to the Handicapped Emmanuel Activity Centre @ Toa Payoh
- Handicaps Welfare Association
- Methodist Welfare Services – Tampines Family Service Centre
- MINDS Tampines Training and Development Centre (TTDC)
- Pathlight School
- THK Family Service Centre @ Tanjong Pagar
- THK Seniors Activity Centre @ AMK 257
- THK Seniors Activity Centre @ Bukit Merah View
- THK Seniors Activity Centre @ Toa Payoh
- Y Stars- YMCA Special Talents Arts and Recreation Society

Silver Partner



Bronze Partners



Venue Sponsor



Community Partner



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YMCA Plain English Speaking Awards (PESA)

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28th YMCA Plain English Speaking Awards (PESA) 2014



The 28th YMCA Plain English Speaking Awards (PESA) 2014 was held over eight weeks (from 1 July to 21 August), with the Awards Presentation Ceremony on 19 September at CHIJ Secondary. A record breaking 420 students, 50% more than last year, participated in this year's competition.

Mr Bryan Tan, Chairman, 28th YMCA PESA Organising Committee, was heartened by the increase in participation and said, "This significant increase in participation bodes well for the promotion of using plain English in everyday life. Plain English is appropriate and effective. It does not confuse, frustrate or misinform. The hallmark of an effective communicator is the ability to speak plainly without being verbose."

Mr Neo Kian Hong, Permanent Secretary (Education Development), Ministry of Education, graced the Awards Presentation Ceremony as the Guest-of-Honour and presented the awards to the winners.

YMCA would like to congratulate all the winners for this year's YMCA Plain English Speaking Awards (PESA) 2014:

	Pre-School Category	Lower Primary Category	Upper Primary Category	Lower Secondary Category	Upper Secondary Category	JC/ CI/ ITE/ Poly Category
1 st	Yee You Ray <i>Bethesda (Depot Walk) Kindergarten</i>	Eashaa Pillai <i>CHIJ Our Lady Queen of Peace</i>	Edward Go <i>Anglo-Chinese School (Primary)</i>	Sebastian Chan <i>St. Joseph's Institution</i>	Jonathan Soong <i>St. Joseph's Institution</i>	Shane Yeoh <i>Anglo-Chinese Junior College</i>
2 nd	Jerome Chan <i>St. James' Church Kindergarten (Leedon)</i>	Aayushi Tarafdar <i>Raffles Girls' Primary</i>	Martin Patrick Inglin <i>St. Stephen's School</i>	Karisha Tej Kumar Partabrai <i>Tanjong Katong Girls'</i>	Yap Xin Ran <i>CHIJ Secondary</i>	Rashmita Marie Kearnle <i>Temasek Junior College</i>
3 rd	Dana Joy Sim <i>St. James' Church Kindergarten (Leedon)</i>	Nyla Putri Mohamed Esman <i>Qifa Primary</i>	Durga Chandrashekhar <i>Temasek Primary</i>	Elijah Putera Lee <i>Anglo-Chinese School (Independent)</i>	Selina Xu <i>Nanyang Girls' High</i>	Elizabeth Teoh <i>Anglo-Chinese School (Independent)</i>

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SKI KOREA EXCHANGE

19 TO 25 JANUARY 2015

Land Package:

Youth @ SGD \$1195.70

Adults @ SGD 1206.40

YMCA youth members enjoy \$10.70 rebate

YMCA adult members enjoy \$21.40 rebate

(Group age between 17 to 25 years old)

Join YMCA Outdoors & Adventures as we glide across powdery snow slopes in South Korea.

In collaboration with National Council of YMCAs Korea, this trip offers Koreanphiles, local youths, and the young at heart a unique opportunity to pick up the exhilarating winter sport of skiing and experiencing Korean culture, history and friendship through homestays, cultural visits and interaction with Korean youths.

Conquer the slopes over 3 full day lessons at High 1 Resort with qualified ski instructors.

Trip fee includes 3 days of instruction from qualified instructors, equipment rentals, land transfers, 3-night accommodation at resort, 2-night homestay and a day tour in Seoul and all meals.



In collaboration with
National Council of YMCAs of Korea

For more information or to register,
Please contact Freddie at 6586 2360 or freddiewee@ymca.org.sg
or Gladys at 6586 2336 or gladyscheong@ymca.org.sg

Snapshots

International
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Programmes

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From 15 to 29 June 2014, a team of 25 volunteers comprising representatives from NTU Earthlink Club, Rezeca Renewables, Yingli Solar and YMCA of Singapore came together to install a 3kW off-grid solar panel power system for a school in the village of Ban Lad Khammune, Laos.

The team was hosted by MyLaoHome which assisted in expediting the administrative process for getting the project underway and seeing to the logistical requirements of the team.



Laotian Village School Gifted With Solar Power

As the only educational facility for some 100 children from seven neighbouring villages, the gift of clean and renewable solar energy enables the school to be lit by modern LED lights and ventilated by electrical fans, thereby creating a more conducive learning environment for the students. In addition, the electrical power generated will also be used for powering audio and visual teaching aids to enhance the students' learning experience and for community events held at the school.

Engineers from Yingli Solar and Rezeca Renewables were among the volunteers for this project, and they worked together on site to ensure that the system was installed safely and correctly. Management staff from both organisations were also present to supervise the project. With guidance from Rezeca Renewables, the student volunteers from NTU Earthlink Club helped to plan the electrical wiring system for the school, install LED lights, fans and a lightning protection system. Yingli Solar, which sponsored the solar panels, conducted training on maintenance and troubleshooting for the principal and teachers of the school.

In a village where over 70% of dwellings do not have electricity, the solar powered school stands out as a symbolical beacon of hope for the villagers as their young can now receive their education with the support of modern technology.

Following the successful completion of the project, the team visited the other villages in the vicinity to understand the needs of the villagers.

This Youth Expedition Project was co-ordinated by YMCA of Singapore through its International Service Programme, and powered by the National Youth Council.



YEP Sharing Session



To learn more about volunteerism, 60 participants attended a Youth Expedition Project (YEP) Sharing Session held at YMCA of Singapore on 23 August 2014. The sharing was conducted by team Sowing Life, a group of volunteers who embarked on a YMCA International Service Programme (ISP) to Koh Ror, Cambodia from 9 to 13 May 2014. Sowing Life comprises working professionals who aspire to make a difference in the lives of children and youths in Cambodia. It is made up of past YEP participants - who were encouraged to serve beyond their first YEP trip - bonding together again to return to Cambodia to serve the community there. Ms Seet Chun Chen, a member of the YMCA's ISP Core Volunteer Group, was also present to share her views and experience on the issue of volunteerism and the impact of sustainable volunteerism. YMCA of Singapore's General Secretary, Mr Lo Chee Wen, and

Assistant General Secretary (Programmes), Ms Samantha Seah were present as well.

YMCA of Singapore administers funds from the National Youth Council to support volunteers for the Youth Expedition Project (YEP). This support enables youths to embark on service-learning expeditions to make a difference to overseas communities in ASEAN, China and India.

"Whether you are a task or people-oriented individual serving the less privileged overseas through the YMCA International Service Programme, it is always about the beneficiaries you are serving that matters the most."

- Ms Seet Chun Chen

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Powered by:



YMCA School Annual Games Day

On 18 July 2014, more than 100 students gathered at the lush green landscape of Bishan Park for the fourth annual YMCA Games Day.

The event was organised to promote a healthy lifestyle among students as part of YMCA School's vision to embrace holistic education.

One of the top priorities was the students' safety. Before the games commenced, a safety briefing was conducted for all students. Water bottles were given out to ensure that the students were well hydrated for the activities.

Students were taught how to play the traditional game, 'Hantam Bola', which means to 'hit the ball' in Malay. Gameplay involved students working in teams to eliminate members of opposing teams by hitting their arms or legs with a ball. In addition to 'Hantam Bola', the students also engaged in a game of Ultimate Frisbee.

It was an eye opener for all teachers as they were treated to activities outside of the classroom to bond with their students. Seeing the students relaxed and running freely outside class reminded them on the joys of being young and full of life. The teachers felt that it was an excellent opportunity to get

to know the students better. In addition, it served as added motivation to teach better. The day ended with a prize presentation for the winning teams and debrief by the Principal of YMCA School, Mrs Helen Tan.

**Contributed by
Abraham Ho, Teacher, YMCA School**

"Even though it was a day for fun and games by the students, it was a "learning journey for us teachers as we discovered a lot about our students with a few hours at the park. Perhaps one day, we could conduct our lessons in the garden to give our students a different but fun learning environment."

- Abraham Ho

Snapshots

YMCA School



A Joint Project Supported by



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Snapshots

Child Care & Student Care

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YMCA would like to congratulate all winners:

Lower Primary Category

- 1st Prize - Janelle Kok (Loyang SCC)
- 1st Runner up - Chloe Lee (Tao Nan SCC)
- 2nd Runner up - Goh Guan Rui (Sengkang Green SCC)
- 3rd Runner up - Chong Shei Xuan (Jurong West SCC)

Upper Primary Category

- 1st Prize - Genevieve Tay Zi Qing (St Margaret's SCC)
- 1st Runner up - Ethan Lau (Tao Nan SCC)
- 2nd Runner up - Emily Zeng (Queenstown SCC)
- 3rd Runner up - Pheobe Ong Hong Ying (Jurong West SCC)

YMCA of Singapore would like to acknowledge and thank the following sponsors and volunteers for their contributions towards the competition:

Sponsors

Adam Khoo Learning Centre
Marshall Cavendish Education
Open Trolleys
Reader's Digest Asia Limited
Speak Good English Movement

Judges

Chief Judge - Mrs Helen Tan, Principal, YMCA School

Semi-Finals, Lower Primary Category

- Ms Mabel Chia, Cluster Principal, CDCs
- Ms Dolly Leow, Member, Storytelling Association of Singapore
- Ms Karen Lee, Member, Storytelling Association of Singapore

Semi-Finals, Upper Primary Category

- Dr Cheah Yin Mee, Linguistic and Education Consultant
- Ms Lam Swee Yean, Professional member, Storytelling Association of Singapore
- Mr John Tan, Associate Teacher, YMCA School

Finals, Lower and Upper Primary Category

- Ms Atikk Sue Mekrat, Associate Teacher, YMCA School
- Ms Nandini Nagpal, Member, Storytelling Association of Singapore
- Ms Tan Joo Hymn, Member, Storytelling Association of Singapore

YMCA Student Care Centres Storytelling Competition 2014

A total of 98 contestants comprising 63 Lower Primary students (Primary One and Two) and 35 Upper Primary Students (Primary Three to Six) from 12 YMCA Student Care Centres islandwide participated in the 2nd YMCA Student Care Centres Storytelling Competition 2014 from August to September.

The semi-finals and finals were held at YMCA of Singapore on 10 September. A total of 39 contestants (23 Lower Primary and 16 Upper Primary students) qualified for the semi-finals with 14 contestants (8 Lower Primary and 6 Upper Primary students) making it to the finals. During the competition, the contestants enthralled the audience and judges with their lively and creative oral presentation skills of stories. With the support of 38 parents who were present to cheer their children on, the young contestants told stories including, "I Wanna Iguana", "Edward the Flying Elephant", "The Elves and The Shoemaker", and "The Ugly Duckling".

Before the final competition commenced, 14 children from YMCA Bukit Batok Child Development Centre performed a dance item titled "A Big Box of Bears", and 29 students from the YMCA Springdale Student Care Centre gave a poem recital titled "All Things Bright and Beautiful".

Mr Lo Chee Wen, General Secretary, YMCA of Singapore, graced the occasion as the Guest-Of-Honour and presented the awards and certificates to the top eight winners. Ms Lynette Yeo, Assistant General Secretary (Social Enterprises), YMCA of Singapore, presented six contestants with encouragement prizes for their efforts.

Mrs Eunice Tay, mother of Miss Genevieve Tay, the winner of the Upper Primary category said, "This is Genevieve's second time participating in the Storytelling Competition organised by YMCA. Through this event, she has learnt to be disciplined by practicing and memorising her story lines regularly before the competition. Furthermore, she has learnt to speak good English and speak confidently in public." Mrs Tay also mentioned that she is glad YMCA organises such events as they provide an avenue for students to showcase their potential and train them to be more confident in public speaking. "Students also learn about respect, friendship and creativity when delivering their stories", she added.

Contributed by Susan Lim, Executive, Child Development & Student Care Centres



Upcoming YMCA Outdoor and Adventure Programmes



Y Treks Hong Kong

Challenge yourself to trek a total of 100km in four days from East to West of the New Territories (Sai Kung to Tuen Mun). A signature programme held in conjunction with the Chinese YMCA of Hong Kong, the famous MacLehose trail is a classic ultra-distance route recognised internationally and used for the annual Oxfam Trailwalker charity walk.

Enjoy the beautiful scenery from great white beaches of Sai Wan to the ridge line of Ma On Shan, including the well maintained national parks of Hong Kong. Not forgetting the scrumptious dim sum breakfast and the famous waxed meat of Tseun Wan, there will be something for everyone.

Date: 26 Nov - 1 Dec 2014
Programme fees: \$846.40* per pax (Land Cost)



Y Adventures Lijiang, Yunnan

Situated in southwestern China, Lijiang hosts many mountains of varying difficulties, making it the adventure capital of southwest China.

Come join us off the beaten paths of ancient teahorse trading routes, through the Tiger Leaping Gorge. Try innovative ways of scaling new heights on China's highest *via ferrata*, built along the mythical mountain range of Laojunshan. The experience culminates at the peak of the majestic Jade Dragon Snow Mountain which houses one of China's year-round ice glacier parks.

Date: 7 - 11 Apr 2015
Programme fees: \$946.40* per pax (Land Cost)



Y Treks Xue Shan, Taiwan (Winter)

At a height of 3,886m (12,749ft), Xue Shan or Snow Mountain, is the second highest mountain in Taiwan and the highest point of the Syue Mountain Range, stretching from northeast to southwest Taiwan. This trek will be conducted in Autumn, where we will be surrounded by Red and Orange. We will be forming our 7th YMCA Outdoor Adventures team for Xue Shan, do join us!

Date: 12 - 15 Mar 2015
Programme fees: \$876.40* per pax (Land Cost)



Y Ski Hokkaido

Looking to experience Japanese Winter?

Ski with us on our signature winter sport holiday held in Rusutsu Resort, Hokkaido; as we partner YMCA Hokkaido in facilitating this programme for the 7th year! Enjoy the wintry experience while taking ski lessons from YMCA Hokkaido's experienced ski instructors!

Date: 17 - 23 Dec 2014
Programme fees: (Land Cost)

	Type/ Accommodation	Twin/ Triple	Single
Land Cost	Adult Ski	\$2,341.40*	\$2,741.40*
	Adult Non-ski	\$1,716.40*	NIL
	Child Ski	\$1,880.70*	NIL
	Child Non-ski	\$1,505.70*	NIL

Snapshots

Outdoor & Adventure Programmes

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BikeYex Taiwan (Camping style)

Come cycling with us for an inside view of Taiwan on wheels! Be awed by the magnificent view of the peaks of Taiwan and the unending coast line of the Pacific Ocean. This 5 days and 4 nights self-supported ride brings you through the most scenic parts of Taiwan's east coast. Enjoy the open night skies while camping out and the wonderful sea breeze while travelling from campsite to campsite.

Date: 12 - 16 Dec 2014
Programme fees: \$1,465 per pax (Land Cost)



Malaysia 1 Day Adventure

Short adventurous excursion to Malaysia for waterfall tracing, mountain trekking and exploring river caves for the weekend warriors!

Trip Name	Date	Price*
Y Adventures Batu Maloi	28 Feb 2015, 25 Jul 2015	\$106.40

Registration and enquires:

- Freddie Wee - freddiewee@ymca.org.sg (6586 2360)
- Gracie Ngai - graciengai@ymca.org.sg (6586 2324)
- Vivien Sng - viviensng@ymca.org.sg (6586 2333)
- Gladys Cheong - gladyscheong@ymca.org.sg (6586 2336)

*Members enjoy a rebate of \$21.40 for all trips stated.

Prices stated are not inclusive of airfare. Prices are subject to change due to surcharge changes during peak holiday periods or itinerary changes based on participants' needs.

Like us on our Facebook page:
Search "YMCA Outdoors & Adventure"

Or join our Meetup group:
Search "YMCA Outdoor Adventurers"

@ymca.adventures

Snapshots

YMCA Aqua Programmes

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Can My Baby Swim?

Every infant is born with the ability to become a "water baby". The term "water baby" is a term used for an infant who has the ability to be at ease in waters without the aid of floating devices or being limited to shallow waters. This is the first step to learning how to swim.

The visual below shows an image of an infant demonstrating the diving reflex. His eyes are opened wide and his tongue stuck out to prevent water from entering. This is just one example of the diving reflex at work. (Image courtesy of Inspire Mum & Baby's coach, Linda and her baby boy, Jacob)



The key to do so is early introduction. By introducing infants to the water, it allows them to become aware of their surroundings as they discover the freedom of buoyancy and start to become coordinated in the water. Water activities help infants in numerous ways such as their developmental skills, gross motor skills, coordination, balance and confidence.

From birth, all infants have a natural reflex. Called the diving or gag reflex, it allows them to be submerged without the fear of swallowing water. When the infant goes underwater, the epiglottitis closes to prevent water from going into the windpipe. Nonetheless, there will be a small percentage of infants that do not have this capability and the Diving Reflex ability might disappear within 2 to 6 months. However, this may vary between infants as some do maintain this skill until they become much older.

Early introduction will allow your little one to be exposed and learn to use this reflex and progress from an involuntary to a voluntary muscle action. As such, they will learn how to hold their breath in the water. If you wish to know if your child has this reflex, it is good and advisable to discuss this with an experienced baby swimming instructor.

Infants who start to learn how to swim before 6 months old already begin to practice on their breath holding responses. Thus, when they get older, they will be able to better understand how to hold their breath and not depend on the Diving Reflex. However, it is important to know that babies should not be submerged for too long and it is strongly advised to conduct submersion practice with a professional coach. The submersion duration will gradually increase with more practice on breath control.

Many parents expect to see instant results for their babies. Unfortunately, their anxious expectations might hinder rather than help progress.

As children learn better through play, learning how to swim is most effective when it is seen as a relaxing and fun activity both for them and their parents. If the focus is on results, infants might start to dislike swimming classes and playing in water.

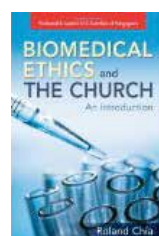
Although the infant will be able to swim independently after 2 years of constant classes, the initial months are the most important as it is where the infant begins to learn the fundamentals of swimming.

Contributed by Ms Linda Tan, Inspire Mum & Baby's Head Instructor
Linda conducts Aqua Pregnancy, Aqua Tots and Aqua Baby classes on Saturday mornings at YMCA of Singapore. For more information, kindly contact Member Services at 6586 2255 or email members@ymca.org.sg

Snapshots

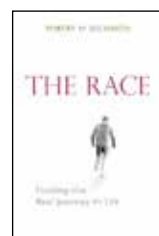
Christian Wellness

The following books are available at the YMCA Member Services Counter (Level 1). Be a YMCA member and enjoy a 10% discount:



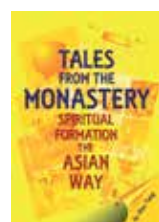
Biomedical Ethics and The Church by Roland Chi

Price: \$19.26
ISBN: 9789814270212



The Race by Robert M Solomon

Price: \$17.12
ISBN: 9789814222631



Tales from the Monastery by Alex Tang

Price: \$14.98
ISBN: 9780984509218



Reflections on Time & Eternity by Robert M Solomon

Price: \$12.84
ISBN: 9789814413640



Paul's Life and Journey by Carol Kauffman

Price: \$37.45
ISBN: 9788772479767

Stand Strong by Nick Vujicic (ISBN: 9780307730930)



Born with no arms and legs, Nick Vujicic has always been a target for bullies and knows how it is like to be picked on and pushed around. However, he has learned that he does not have to play along with bullies and neither should you!

In his book "Stand Strong", Nick Vujicic provides readers with approaches on how to develop a 'bully defense system' to deal with bullies of all ages. Through building strength from the inside out, this book will show how readers can stand up for themselves. Turn bullying into an opportunity by creating a safety zone and establishing strong and firm values. "Stand Strong" also includes chapters on how to deal with cyber bullies and being aware of one's emotions while helping others in the same situation.

Price: \$23.54
YMCA Members enjoy a 10% discount. Please produce a valid YMCA membership card to enjoy the discount at:

SKS BOOKS WAREHOUSE
315 Outram Road #09-03 Tan Boon Liat Building
Tel: 6227 9700 | Fax: 6221 4595

New YMCA Merchant Partner: Onsight Climbing Gym



Climbing is a progressive sport that nurtures the body and mind. While climbing, you improve concentration and balance, build up self-confidence and inculcate mental perseverance.

Onsight Climbing Gym is the biggest indoor climbing gym in Singapore. There are more than 100 climbing routes with wide range of difficulties. Onsight also provides sport climbing courses and coaching services, as well as retailing climbing equipment and apparels.

YMCA Member Privileges:

- Members' Entry Rate
- Discounted Private Singapore Standard Level 1 Course

Terms & Conditions:

- Valid YMCA membership card must be shown
- Not valid with other promotions

Location(s):

100 Guillemard Road, Singapore 399718
Contact No.: 63488272

Visit www.onsight.com.sg for more details.

Onsight Climbing Gym

Onsightclimbing

Onsightclimbinggym

YMCA Merchandise



YMCA Bath Towels

\$12.00 each
Available in grey and white



YMCA Cool Fit T-Shirt

\$15.00 each
Available in black, blue, green, orange, and pink



Handmade with real Dendrobium YMCA Orchids.

Named after YMCA of Singapore in 2007 by the National Parks Board on the occasion of YMCA's 105th Anniversary, the Dendrobium YMCA is a robust and free flowering hybrid which reflects YMCA's work in serving the community over the years.

A6 Notebook - \$15.00
Bookmark - \$5.00
Bookmarks (Pack of 3) - \$20.00
Small Candle - \$24.00



Focus Outdoor provides a range of travel, camping, outdoor and self-defence products that can double up as emergency preparedness gear for a survival situation. We also stock water-purifiers, waterproof and shockproof hand phones and other essential equipment suitable for mission trips.

Focus Outdoor carries the following brands: Katadyn, RugGear, Quechua, Decathlon and many more!

Privileges:

10% off for all products except Ruggear
Free gift with purchase of \$25 and above

Terms & Conditions

*Valid pass must be shown
*Not valid with other promotions

Location(s):

505 Beach Road #02-204 & #02-198
Golden Mile Food Centre

Visit www.focusoutdoorstore.com for more details.

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YMCA Merchant Partner: Focus Outdoor



Be a YMCA Volunteer

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YMCA-Tan Chin Tuan Community Service Programmes

If you have a heart for the intellectually and physically challenged, abused and underprivileged children or elderly, we want YOU! YMCA of Singapore organises regular activities to improve the lives of the less fortunate.

Please note that programme details are subject to change and volunteering slots are subject to availability.

To register as a YMCA volunteer, please fill in your details in the YMCA Volunteer Management System at <http://vms.ymca.org.sg>

For enquiries, please email volunteer@ymca.org.sg



Week 1 (01.12.14 – 07.12.14)

Y Camp Challenge

For beneficiaries from AWWA Centre, Rainbow Centre (Yishun Park School), Mountbatten Vocational School and Napiri Training & Development Centre
Date : Thursday to Sunday, 4 -7 Dec
Venue : Peirce Secondary School

Y Sports | Swim Safer

For beneficiaries from Care Corner FSC
Date : Thursday 4 Dec
Time : 3.00pm – 6.00pm
Venue : Bedok Swimming Complex

Y Arts Challenge (Art)

For YMCA Special Talents Arts & Recreation Society (Y STARS)
Date : Saturday 6 Dec
Time : 10.40am – 1.00pm
Venue : Goodman Arts Centre



Y Guitar Club

For beneficiaries from Association for Persons with Special Needs - Centre For Adults
Date : Saturday 6 Dec
Time : 9.00am – 1.00pm
Venue : 29 Jalan Tembusu

Y Outing

For beneficiaries from The Tent and Care Corner Teck Ghee Youth Centre
Date : Saturday 6 Dec
Time : 9.00am-2.00pm
Venue : Alive Museum

Y Spring Clean (TBA)

For beneficiaries from Thye Hua Kwan SAC @ Telok Blangah Crescent
Date : Saturday 6 Dec
Time : 9.00am – 1.00pm
Venue : Blk 3 Telok Blangah Crescent



Week 2 (08.12.14 – 14.12.14)

Y Sports | Swim Safer

For beneficiaries from Care Corner FSC
Date : Thursday, 11 Dec
Time : 3.00pm – 6.00pm
Venue : Bedok Swimming Complex

Y Dance Outreach

For beneficiaries from Bishan Home
Date : Saturday 13 Dec
Time : 2.00pm – 6.00pm
Venue : Bishan Home



Week 3 (15.12.14 – 21.12.14)



Y Makan Fellowship

For beneficiaries from Fei Yue Senior Activity Center (Holland Close) THK Senior Activity Centre @ MacPherson Care Corner SAC (TP5)
Date : Saturday 17 Dec
Time : 8.30am – 1.30pm
Venue : YMCA of Singapore

Y Sports | Swim Safer

For beneficiaries from Care Corner FSC
Date : Thursday 18 Dec
Time : 3.00pm – 6.00pm
Venue : Bedok Swimming Complex

Y Outing

For beneficiaries from YMCA Special Talents Arts & Recreation Society (Y STARS)
Date : Saturday 20 Dec
Time : 9.30am – 1.30pm
Venue : River Safari (TBA)

Week 4 (22.12.14 – 28.12.14)

Y Sports | Swim Safer

For beneficiaries from Care Corner FSC
Date : Tuesday 23 Dec
Time : 3.00pm – 6.00pm
Venue : Bedok Swimming Complex

Week 5 (29.12.14 – 04.01.15)

Y Sports | Swim Safer

For beneficiaries from Care Corner FSC
Date : Tuesday 30 Dec
Time : 3.00pm – 6.00pm
Venue : Bedok Swimming Complex