THE CLUB
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FAMILY SPORTS FEST

ONE CLUB. ONE FAMILY. ONE TEAM.

SATURDAY 14TH NOVEMBER | 9 - 11 AM

Get ready for a fun-filled day of sports, teamwork and family togetherness at Family Sports Fest!

Bring the whole family and enjoy an exciting mix of sporting activities designed for adults and juniors to participate, play and compete together. Whether you're here to challenge yourself, support your family or simply enjoy an active day at The Club, there will be something for everyone.

Please note that the activities listed in the Family Sports Fest brochure are only a selection of the activities planned for the event. Additional activities may also be available on the day.

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SIMPLE POINT SYSTEM

Keep scoring simple! The passport tracks each participant's activities and achievements, celebrating involvement, effort, and family fun without the pressure of competition.

PARTICIPATION

1 POINT
Everyone joins in and takes on the challenge.

SUCCESS

+1 BONUS
The family completes the challenge target.

TEAMWORK

+1 BONUS
Great communication and family support.

THE IMPORTANT PART

Let's focus on having fun, working together, and creating happy family memories rather than keeping track of the leaderboard!

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Badminton Court

BADMINTON

Three fun, quick challenges with easy-to-achieve rallies for everyone to enjoy!

ACTIVITY 1: BEAT THE CLOCK

60 seconds to build the longest successful family sequence.

RULES:

- One successful serve (Juniors to serve above the net)
- Five racket taps.
- One target hit.
- A short family rally.

ACTIVITY 2: SOFT DROP SHOTS

Move through designated positions while keeping the shuttle on the Racket. Focus on controlled movement and teamwork.

RULES:

- Each family member completes one lap.
- Faster completion = more points.

Fun twist: Juniors can walk; adults must move sideways.

ACTIVITY 3: BEAT THE STAFF

Family vs Staff : A fun challenge, not a serious match!

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Squash Courts

SQUASH

Enjoyable challenges that everyone can take part in and feel confident trying!

ACTIVITY 1: FAMILY WALL RALLY

Work together to reach the target number of successful hits. Keep the squash ball hitting the wall as many times as possible.

RULES:

- Family members take turns hitting.
- Ball must hit the front wall before the next player hits.

ACTIVITY 2: SQUASH BOWLING

Hit the ball against the front wall to knock down targets.

RULES:

- Place cones at the back of the court.
- Players hit the ball from different distances.

ACTIVITY 3: TRUST YOUR TEAMMATE

One family member gives simple verbal directions while the other aims at a target from a safe, defined area.

RULES:

- One family member closes their eyes.
- Another family member gives directions.
- Player hits toward the target.

TENNIS
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Tennis Court 3

TENNIS

It's all about moving, having fun, and working together, not getting every technique perfect!

ACTIVITY 1: TENNIS WORD HUNT

Find the letters from the basket, collect them and arrange the mystery word.

RULES:

- Write different letters on tennis balls (or paper tennis balls).
- Scatter the balls around the court.
- Families collect the balls and arrange the letters to make a correct word.
- The first family to complete the word wins points.

ACTIVITY 2: TRAFFIC LIGHT

Follow commands while controlling the ball.

RULES:

- **Green** - bounce ball on racket while moving.
- **Yellow** - walk back.
- **Red** - stop and balance the ball.

ACTIVITY 3: BALLOON RALLY

Keep the balloon in the air with rackets, then collect the balls and reach the finish point.

ACTIVITY 4: FAMILY RALLY

Family members rally together and see how many consecutive shots they can make without missing.

FOOTBALL
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TENNIS COURT 4

FOOTBALL

A lively station filled with quick challenges, laughter, and family fun!

ACTIVITY 1: BEAT THE GOALIE

Kick footballs at a giant dartboard target.

RULES:

- Each player gets 2 attempts at the target board.

ACTIVITY 2: FOOTBALL BINGO

Families receives a bingo card and complete each task.

RULES:

- Score a goal.
- Make 5 passes.
- Hit a target.
- Dribble through cones.
- Take a team photo.

ACTIVITY 3: PARENT VS KIDS

Parents and juniors take turns taking penalties.

Celebrate every goal — even the funny ones!

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MULTI PURPOSE COURT

FAMILY FUN ZONE

A chance for families to take a break from sports and enjoy fun activities together!

PLEASE SCAN FOR MORE SUB-SECTION INFO