

| | SPORTS | VENUE | TRAINING DAYS | TIMING |
|---|------------|---|---------------|--------------------|
| 1 | ATHLETICS | Sports Hub OCBC Square | Monday | 6.30 to 8.30pm |
| | | | Thursday | 6.30 to 8.30pm |
| 2 | BADMINTON | Singapore Expo Hall 6 | Thursday | 6:00pm to 8:00pm |
| | | Bukit Gombak Active SG sports centre | Saturday | 8:00am-10:00am |
| | | Yio Chu Kang Sports Hall Active SG sports centre | Saturday | 9:00am to 11:00am |
| 3 | BASKETBALL | Methodist Girls' School | Wednesday | 7:30 PM - 9:30 PM |
| 4 | BOCCE | Bendemeer Primary School | TBC | ТВС |
| 5 | BOWLING | JForte Bowl @ Kovan | Monday | 5:30pm to 7:30pm |
| | | JForte Bowl @ Kovan | Tuesday | 5:00pm to 7:00pm |
| | | Serangoon Gardens Country Club | Thursday | 7:00pm to 9:00pm |
| 6 | DANCESPORT | Agape Village | Tuesday | 7:00pm to 8:30pm |
| 7 | FLOORBALL | St Patrick's School | Tuesday | 8:00pm to 10:00 pm |
| | | | Saturday | 10:00am to 12:00pm |
| 8 | FOOTBALL | The Cage @ Turf City | Saturday | 11:00am to 1:00pm |
| 9 | SWIMMING | Queenstown Swimming Complex | Saturday | 9:00am to 11:00am |

For more information on how to take part as an athlete or volunteer, please email us at admin@specialolympics.org.sg