

ActiveSG pilots gym orientation for persons with disabilities at Delta on 28 and 29 November, with free para sport try-outs

Description

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ActiveSG is piloting gym orientation sessions for persons with disabilities at Delta Sport Centre on 28 and 29 November 2026, as part of the Enabling Lives Festival. Each session runs for 45 minutes with a fitness instructor, costs only the normal gym entry fee of S$2.50 for adult Singapore Citizens and PRs, and needs registration. Delta also hosts free walk-in try-outs in blind football, sitting volleyball, wheelchair basketball, bocce and FloorCurling over the same weekend.



Wheelchair basketball, one of the free try-outs at Delta Sport Centre on 28 and 29 November; undated photo from the festivalâ??s programme page. Photo: Enabling Lives Festival

The gym orientation pilot

The orientation is for persons with disabilities aged 18 and above, and the aim is to introduce the disability community to ActiveSG gyms. An instructor walks participants through the gym layout and the specialised equipment, including machines with removable seats for wheelchair users.

- Where: Delta ActiveSG Gym, Level 3, Delta Sport Centre, 900 Tiong Bahru Road

- When: Saturday 28 November, 4pm to 5pm; Sunday 29 November, 1pm to 2pm or 4pm to 5pm
- Cost: S$2.50 for Singapore Citizen and PR adults, S$3.30 at standard or non-resident rates, free for Singapore Citizens aged 65 and above
- How: register through the festivalâ??s programme page. A staff member then contacts you for a pre-session survey and sends briefing notes

Free walk-in try-outs at Delta

These are free walk-in sessions, and none of them needs previous experience. The football, volleyball and basketball sessions are led by facilitators and can be adapted for different abilities and comfort levels.

- Blind football, run by the ActiveSG Para Sport Academy: 28 November, 10am to 1pm; 29 November, 1pm to 5pm. You dribble and shoot with a ball that makes a sound, and blindfolds may be used
- Sitting volleyball, run by Sport Singapore: 28 November, 10am to 1pm; 29 November, 1pm to 3pm
- Wheelchair basketball, run by Sport Singapore: 28 November, 10am to 1pm; 29 November, 3pm to 5pm. You learn to move a sport wheelchair, pass and shoot
- Bocce, with Special Olympics Singapore athletes: 29 November, 1pm to 5pm
- FloorCurling, with the Singapore Floor Curling Federation: both days, 1pm to 4pm, outside the Active Health Lab on Level 2

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A blind football session; undated photo from the festivalâ??s programme page. Photo: Enabling Lives Festival

Two that need booking

Inclusive pickleball, run by Thirtytwocm and PickleGO, has hourly sessions from 2pm to 5pm on both days on the Delta pickleball court. It is free, but each player pays a S$10 refundable deposit and must register. It is open to beginners with and without disabilities, though the organisers say it is not suitable for anyone who needs a wheelchair or walker to get around.

An Inclusive K-Kardio class, a cardio dance workout inspired by K-pop music videos, runs on Saturday 28 November from 4pm to 5pm in Activity Room 02. It is free with registration, and no dance experience

is needed.



Sitting volleyball; undated photo from the festivalâ??s programme page. Photo: Enabling Lives Festival

Getting there

The festival runs from 10am to 6pm on both days across Enabling Village, Redhill MRT Station and Delta Sport Centre, with more than 70 programmes in total. A free shuttle bus links Redhill MRT (Exit A), Enabling Village (Nest Block) and the Delta Sport Centre entrance every 30 minutes, with priority for visitors with mobility needs.



Bocce with Special Olympics Singapore; undated photo from the festivalâ??s programme page. Photo: Enabling Lives Festival

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Author
jadeyeo