



Seniors National Games 2026: Over 6,000 Seniors Compete in Adaptive Sports

Description

Age is very much just a number at the **Seniors National Games (SNG)**. The second edition wrapped up at OCBC Arena on 4 August 2026, capping weeks of spirited competition among more than **6,000 seniors aged 60 and above** from close to 130 Active Ageing Centres (AACs) and grassroots organisations across the island.

Five adaptive sports, one big community

Organised by Sport Singapore as part of GetActive!, the Games brought seniors together through five adaptive sports: **Boccia, Disc Golf, Ladder Toss, Seated Floorball and Sport Stacking**. Designed to be accessible regardless of mobility, the line-up gave participants a chance to stay active, forge friendships and build community spirit, proving that competitive sport has no upper age limit.



Seated Floorball was one of five adaptive sports at the Games. Image: Sport Singapore

Aim, toss, stack

From the precision of Boccia to the hand-eye challenge of Disc Golf and Ladder Toss, the events rewarded focus and teamwork over raw athleticism, making them ideal for keeping older adults moving and mentally sharp.



Target sports rewarded precision and focus over raw athleticism. Image: Sport Singapore

Champions crowned

Guest-of-Honour Ms Low Yen Ling, Senior Minister of State at the Ministry of Culture, Community and Youth and the Ministry of Trade and Industry, presented prizes to the winning teams at the finals. Beyond the medals, organisers framed the Games as part of a broader push to keep Singapore's seniors active, connected and ageing well.

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Ms Low Yen Ling celebrates with a winning team at the SNG 2026 Finals. Image: Sport Singapore

The SNG is part of Singapore's growing calendar of active-ageing initiatives. For more, see our coverage of the [Nurture Kids Family Play Date](#) and [GetActive! Singapore 2026](#).

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