



Equestrian

Shanghai Quanjin Equestrian Club covers 30,000 square meters, integrating sports, fitness, leisure and entertainment. It is also a training base for local sports talent with professional coaches.

#### Shanghai Quanjin Equestrian Club

**Hours:** 6am-10am;  
4pm-8pm, every day  
**Address:** Liudao scenic area  
(travel north along Jiaying Road to the end near Shuangliu Road)  
**Reservation number:** 59951818

#### Ultimate frisbee

Ultimate frisbee is a non-contact competitive sport that borrows from rugby and soccer. Due to the length of matches and amount of running, participants can enjoy outdoor fun while burning calories. Pure Burn fitness is in the X-Cube sports complex in Nanxiang Town and covers nearly 1,000 square meters of grassy fields.

#### Pure Burn

**Hours:** 10am-10pm,  
Monday to Sunday  
**Address:** 105-108, Block A,  
1082 Huyi Road  
**Reservation numbers:** 69895815,  
18301884079; or via Pure Burn's  
official WeChat account:



Ultimate frisbee



Cageball

"Pure Burn纯燃健身"

#### Cageball

Cageball is played in an enclosed environment surrounded by an iron net.

Due to the small size of the playing field, the ball is always in play making the game faster and more dynamic.

Dobe AI Community Sports Park in Juyuan is an all-weather, open and digital community public sports space for youngsters. It is also the first artificial intelligence community sports park in China.

**DoBe AI Community Sports Park**

**Hours:** Around the clock  
**Address:** Jiajia DoBe E-Manor,  
2390 Huancheng Road  
**Free admission to everyone.**

#### Flag rugby

Flag rugby originated in the United States. Compared with the traditional rugby, participants cannot hold or push other players.

The defender determines the success of the defense by pulling off the belt worn by the attacking player with the ball.

Flag rugby is a non-collision sport that can be played by men and women, usually on a field similar to a football pitch.

With a total area of more than 3,000 square meters, there are also basketball courts, gokart tracks and other venues at the Life Hub@Anting rooftop sports ground.

At least 15 participants are required to make a reservation.

**Life Hub @ Anting rooftop sports ground**

**Hours:** 10am-9pm,  
Monday to Sunday  
**Address:** 1055 Moyu Road S.  
(Rooftop, 4/F Life Hub@Anting)  
**Reservation number:** 69503726

(Staff Reporters)

## Local fitness venue transforming into 'urban sports center'

Li Huacheng and Xin Ran

ON the basketball court on the east side of the activity center in Anting Town, a man surnamed Yu is taking his 3-year-old son to get familiar with the ball.

The original open-air activity center has recently been transformed into Rucker Park. After the transformation, the utilization rate of the venue is significantly higher under the operation of professional teams.

"This site is very large. It has a ceiling to block out the sun, good ventilation and relatively cool temperatures," said Yu. "We are here to let my son temper his character and cultivate a good attitude toward life through sports."

Rucker Park is a national chain sports-venue brand under the helm of Luohe Sports. Through business integration, individual sports venues such as the basketball court, football field and fitness center can combine to create a diversified sports and recreation complex that is more in line with citizens' needs and priorities.

According to Chen Xiang, operations director of Shanghai Luohe Sports Development Co, traditional sports can no longer meet young people's growing demand for more personalized services. They are more willing to learn and experience sports that are easy to learn and require less professionalism.

"We will build more complex venues, which are no longer single-function traditional venues like for basketball and badminton," Chen said. "We plan to invest in a niche sports project similar to indoor surfing, which is quite different from traditional water sports such as swimming and water polo."

The activity center was built in 2008 with a gross floor area of 16,000 square meters and offers a wide variety of wellness and fitness facilities.

After years of use, the facilities had gotten relatively worn. Since last year, the center has partnered with professional institutions to build an "urban sports center."

"In the next stage, we plan to expand the use of indoor venues, as well as the outdoor space," said Li Haiying, director of the Anting Town Culture and Sports Service Center. "In addition to traditional sports, we will add family-oriented sports such as flag rugby and water sports to provide more options for the public."



Rucker Park is a sports complex that offers diversified facilities for fitness. — Li Huacheng