

FREESTYLE



BI MONTHLY MAGAZINE | JANUARY - FEBRUARY 2019



MAY THE NEW YEAR BRING YOU
BLOOMING PROSPERITY

FREESTYLE PUBLICATION



ON THE COVER

May The New Year Bring You Blooming Prosperity

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"Freestyle" is a bi-monthly publication by CHINESE SWIMMING CLUB.

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Printed by Mainland Press Pte Ltd
MCI (P) 111/03/2018

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Dear Fellow Members

As we usher in the New Year, the Management Committee, Management & Staff of CSC wish all members and their families a Blessed 2019!

I extend heartfelt appreciation to all members for their active participation and support in 2018 for the Club's events such as the CSC Super Junior Swimming Invitational, Cinema Alfresco by the Pool, Wine Appreciation Dinner, Oktoberfest and the recent Christmas Light-up on 30 November 2018 to name a few.

Our swimmers broke records in the 34th Junior Inter-Club Swimming Championship. Heartiest congratulations to record breakers, Tedd Chan, Jeroy Teo, Liam Goh, Ethan Yeo and Low Ka Wai! Well done and keep breaking more records.

The renovation work for Man Zhu Café alfresco dining area and the children's playground was completed in mid-December 2018. The increase in seating capacity has eased waiting time during peak hours at Man Zhu Café. Members now can also enjoy the newly introduced BBQ menu while your children have fun time at the playground.

For Regional Networking, we have added Palm Garden Golf Club in Malaysia as a new affiliate club and with this the Club has increased the network of clubs and hotels to close to 60! We will continue to source and reach out to more valued clubs and partners for collaboration opportunities to further enhance members' benefits.

With Chinese New Year around the corner, watch out for a series of exciting activities and F&B promotions. Mark your calendar for the Annual Spring Festival Celebration on 16 February 2019 with the traditional Lion Dance Performance and the plucking of the greens to usher in the New Year. Also, bring the family for the prosperity toss with our Salmon Fa Cai Yu Sheng.

I wish all members a Happy and Prosperous Chinese New Year. May the Year of the Pig be filled with good health and success. Gong Xi Fa Cai! Wan Shi Ru Yi!

Shalom and God Bless.



Edwin

Edwin Lee
President



Dear Members,

The Club has been gearing towards Vision 2030 which is heavily centered on transforming CSC into a fun and vibrant family Club. It is the focus of the Lifestyle Committee to organize more family-oriented and wholesome activities that can cater to both the young and old.

Members can look forward to a 2019 filled with many exciting activities, beginning with the upcoming Spring Festival Celebration on Saturday 16 February 2019. Fans of our quarterly Movie Alfresco can relax and bond over exciting blockbusters under the stars. Do be part of our annual celebrations for Easter, Mid-Autumn, Christmas, and other Club events, such as the Open House 2019, which promise enjoyable time for all.

Besides events, the Lifestyle Committee has been organizing a good mix of fitness activities that are suitable for almost everyone. We have our regular Yoga and Pilates classes; Muay Thai, Piloxing and Hydrofit are also available for members looking for something with higher intensity. Taijiquan and Qigong continue to be popular with members looking for lower-impact activities.

We will still be partying the night away at our weekly Saturday Social Dance Nights! Look out for our periodic themed dance parties – details can be found in our Club magazine. Enjoy yourself with our wide range of dancing classes where you can pick up the pieces, whether in Ballroom, Rock and Roll, Disco Rock or Line Dances.

An array of exciting Children's Programmes is also available for the future of our Club – the Junior Members. Classes such as Coding, Cookery, Slime making, Vocal lessons, and Ballet are sure to keep the children happy and active. The CSC KidzClub is open for Junior Members to enjoy benefits and discounts as well.

And for the ladies, we have a wide variety of culinary and handicraft classes as well. Cooking demonstrations and hands-on culinary skills are imparted by well-known chefs from different cuisines.

We are implementing Urban Gardening in the first quarter of this year. Members can register to be part of the Gardening Interest Group and beautify the Club with their florals! There are plans of a gardening workshop and a Children's Gardening Area too.

I hope that the events and activities we have curated will make our Club a one-stop lifestyle hub for our members to enjoy like a second home. I look forward to seeing you at our next event!

A stylized handwritten signature in blue ink, appearing to read 'Goh Peng Koon'.

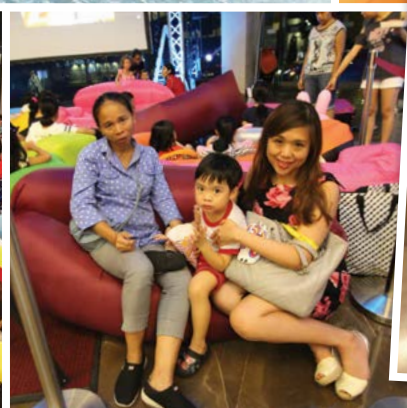
Goh Peng Koon
Chairman of Lifestyle Committee

Cinema Alfresco by the Pool

(9 November)

The 2nd Cinema Alfresco was successfully held on Friday, 9 November 2018 and we saw an attendance of approximately 300 members enjoying the family-oriented movie "COCO" together. This excellent turnout was heartening despite a rearrangement of the main screening to the Arrival Pavilion for the safety of the members due to an earlier thunderstorm alert. Fortunately, the weather got better and an additional 72-inch TV was placed outdoor to cater to the groups at the Beginners' Pool.

To our delight, the indoor and outdoor arrangements were well-received by members who can watch comfortably on the colourful airbeds in the lobby filled with popcorn aroma or playfully on the newly-added Unicorn, Yellow Duck, Pink Flamingo and White Swan floats in the Beginners' Pool. Congratulations to our winner of the photo contest who has won a pair of VIP 1-Day Pass Beast tickets to GTFO sponsored by Get Out! Events.





Christmas Light-up (30 November)

On 30 November 2018, we witnessed the Christmas tree Light-up ceremony at the Arrival Pavilion. This event was officiated by the Management Committee members and the General Manager/Secretary of the Club as they waved the red-lit swords casting the magical moment on the 12-feet tall Christmas tree.

Our mystery Ukulele performers comprising of our Chinese Swimming Club's General Manager/Secretary, Mr Peter Goh, Heads of Department and staff were donned beautifully in Christmas hats, scarves and capes. They unveiled 3 Christmas songs namely "Away In A Manger", "Deck The Hall" and "Feliz Navidad" after 5 drilling lessons and charmed the surprised crowd with their joyous playing and singing. The Youth troupe from "The A Cappella Society" continued to serenade with Christmas carols to add to the harmonious celebratory spirit.

The snowy-decorated cart transformed into a dessert table topped with baskets full of Christmas cookies, gingerbread, candy canes and marshmallows to spread sweetness and joy to all who were present. Another highlight of the evening was the photo taking with our cheery and friendly Santa Claus. Members also visited our Christmas Market featuring vendors from The Moks' Coffee, Golden Farm Holding Ltd and Forever Living Products.

It was indeed a dazzling night!



ADMINISTRATIVE FEE FOR PAYMENT OF MONTHLY ACCOUNT STATEMENT BALANCE USING CREDIT CARDS

The Club would like to bring to your attention that with effect from **1 May 2019**, we will be imposing an Administrative Fee of 1.6% on the transaction amounts for members who pay their monthly membership account balance using recurring credit card and credit card. The Administrative Fee collected will be used to defray the bank charges so as to better manage the Club's operating cost.

Thus, we would like to encourage members to consider one of the following alternatives for their payment:-

- 1) **Bank GIRO** (preferred)
Monthly account statement amount will be settled by automatic deduction from your bank account on the 22nd of each month. You will be required to submit an application form and no action is required from you after the bank has approved.
- 2) **Cheque**
- 3) **At AXS stations**
- 4) **Internet banking with DBS, OCBC, UOB and Standard Chartered Bank**
You need to login to the bank where your account is maintained to authorize the deduction. You have to take action every month when the account statement is received.
- 5) **At Club's reception counter using cash, NETS or cheque**

If you are currently on the Recurring Credit Card payment and wish to cancel the existing arrangement or change to the Bank GIRO payment mode, please email to finance@chineseswimmingclub.org.sg.

For future enquiries or assistance, please contact the Finance Team at 63451221 ext 685 & 689.

EMPLOYEE OF THE QUARTER

(July to September 2018)

Tan Wan Ling
Programme Executive / S&L Department

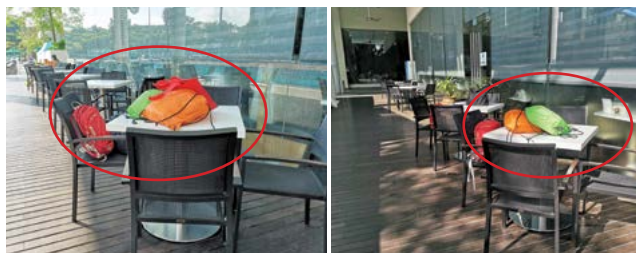
Wan Ling has been with the CSC family since July 2017. She is a very committed staff who takes pride in her work and is always ready to serve members. Being a responsible co-worker, Wan Ling will go the extra miles to assist her fellow colleagues and contribute to the department's goal.



DO NOT LEAVE YOUR BELONGINGS UNATTENDED

The Club would like to remind all members not to leave your belongings unattended on the tables and chairs around the Club to avoid any loss of personal items. We would also like to inform members that the seating area outside Man Zhu Café is meant for diners.

We seek your kind understanding and cooperation in this matter.



CHINESE NEW YEAR CLUB CLOSURE

Please be informed that the Club will be closed on **Monday, 4 February and Tuesday, 5 February 2019** for Chinese New Year. Operations will resume on the second day of Chinese New Year, **Wednesday, 6 February 2019**. All CSC staff would like to take this opportunity to thank members who had contributed towards the Hong Bao fund. Wishing all members a Happy & Prosperous New Year!



MAN ZHU CAFÉ	
Sunday, 3 Feb 2019 (Last order is 8.30pm)	8.30am to 9.00pm
Monday, 4 Feb 2019 (Eve of CNY)	Closed
Tuesday, 5 Feb 2019 (1 st Day of CNY)	Closed
Wednesday, 6 Feb 2019 (2 nd Day of CNY)	Normal
THREE BARS	
Sunday, 3 Feb 2019	Normal
Monday, 4 Feb 2019 (Eve of CNY)	Closed
Tuesday, 5 Feb 2019 (1 st Day of CNY)	Closed
Wednesday, 6 Feb 2019 (2 nd Day of CNY)	Normal
FU LIN MEN CANTONESE DINING	
Sunday, 3 Feb 2019	Lunch : 11.00am to 3.00pm Dinner : 6.00pm to 10.00pm
Monday, 4 Feb 2019 (Eve of CNY)	Lunch : 11.00am to 3.00pm Dinner : 5.30pm to 7.30pm (1 st slot) 8.00pm to 10.00pm (2 nd slot)
Tuesday, 5 Feb 2019 (1 st Day of CNY)	Lunch : 11.00am to 3.00pm Dinner : 6.00pm to 10.00pm
Wednesday, 6 Feb 2019 (2 nd Day of CNY)	Lunch : 11.00am to 3.00pm Dinner : 6.00pm to 10.00pm

AMENDMENTS TO CLUB BYE-LAWS

Please be informed that the Club Bye-Laws will be amended as follows:-

With effect from 5 December 2018:

Jackpot Room

Article 13: A jackpot claim shall be settled by cash, up to a maximum of \$20,000. The balance of the claim shall be settled by cheque within 3 working days.

Flex Gym

Article 9: Members are required to provide their account number to the Flex Instructor on duty at the counter for towels taken for themselves or their guests prior to the commencement of exercises. Towels provided by Flex Gym are strictly for use within the Gym to wipe the machines after training for hygiene purpose and must be returned before leaving the Gym. A penalty fee of \$5.35 will be imposed if the member and/or their guests bring the towel out of Flex Gym.

With effect from 1 January 2019:

Swimming Pools

Article 16: Due to the depth of the Water-polo Pool, only competent swimmers are allowed to use the pool. The pool is strictly to be used for Water-polo training/ activities and Swimming training/ activities. Social swimming in the Water-polo Pool is strictly prohibited.

Reading cum Study Room

Reading cum Study Room: To rename as Collaborative Room

Article 1: No other activity except for the purpose of collaborative work, reading, studying or net surfing is allowed in the Collaborative Room.

Article 10: Use of cell phones are permissible but should not cause any disturbance to other members in the room. All cell phones should be on silent mode in the Collaborative Room.

Article 14: Deletion of Clause 14

TV Room

TV Room: To rename as Reading and TV Room

Article 1: No other activity except for the purpose of quiet reading & watching TV programmes is allowed in the Reading & TV Room.

Article 4: The operation hours of the Reading & TV Room shall be:-
(A) Reading Room
Monday to Sunday: 9am to 7pm
(B) TV Room
Monday to Sunday: 7pm to 11pm

Car Parks

Article 5: Prior approval must be sought by members wishing to park their vehicles overnight in the Club. Overnight parking is allowed up to a maximum of 5 nights and member is only allowed to apply up to a maximum of 5 nights per 6 months or 10 nights per year. Vehicles left overnight without proper authorisation shall be charged at \$20.00 per night after 2.00am up to a maximum of 10 days. Thereafter the vehicles will be wheel clamped and the necessary fee of \$100.00 (before GST) for the release of the wheel clamp shall apply.

Bicycle Parking

Article 8: Overnight bicycle parking of \$8.00 (before GST) per bicycle per month payable in advance will be charged to the member's account. The overnight bicycle parking fee is on a monthly basis and there shall be no refund of part thereof. This is also applicable to members who wish to park their e-bike or personal mobility devices overnight in the Club.

Article 9: A designated parking lot and label tag will be issued to the successful applicant. Only bicycle, e-bike or personal mobility device with label tag issued by the Club is allowed to park overnight at the designated parking lot. The label must be tagged to the bicycle at all times when parked at the overnight parking lots. A replacement fee of \$5.00 (before GST) will be imposed for any lost/ damage tag.

OPENING OF MAN ZHU CAFÉ ALFRESCO DINING AREA & CHILDREN'S PLAYGROUND

Great news to all members! We are pleased to share that renovations works for Children's Playground and Man Zhu Café Alfresco Dining Area had been completed and officially opened in mid-December 2018! With more seating capacity, it will ease the waiting time during peak hours. Be sure to check out the newly introduced BBQ Menu for your dining pleasure! Gather your loved ones for a tantalizing meal while your children enjoy a fun time at the playground too!



CESSATION OF SPORTS TRAINING SUPPORT FACILITY (STSF)

We are delighted to reveal that we will be launching a leading premium student after-school care programme in Chinese Swimming Club premise in collaboration with The Cocoon Learning Centre from 2nd January 2019. As such, the Sports Training Support Facility will cease effective 31 December 2018. Please contact The Cocoon Learning Centre at 8518 6683 or email to admin@cocoonlearningcentre.com for more details.

Staff Service Compliments

Dear Sir,

Commendation of Food & Beverage Staff at Manzhu Restaurant

I wish to bring to your attention the exceptionally good F&B staff you have at Manzhu Restaurant. They are always smiling and jumping over to serve the customers.

Especially on last Sunday 21 October 2018, I hosted a dinner for 25 pax to celebrate my daughter's 1st birthday. The staffs were so kind to arrange a seating and served all the various food ordered by my guests plus provided small plates for the birthday cake sharing. They were smiling throughout for which I was so glad to see although I must apologise that I had forgotten the names and faces who were serving our tables (as I was busy interacting with my relatives and my baby).

Please convey my big thank you to your serving staff at Manzhu. I am proud to be a CSC member!

Yours faithfully
Tan Wei Tzern

Dear Sir,

I would like to compliment a cleaning staff supervisor known as Feng Jie who was on duty for her honesty and professionalism. She found my handphone which I had accidentally left behind in the ladies toilet and she brought it to the sports reception. I am grateful and would like to express my thanks to her through this feedback.

Best Regards
Wong Soo Fong

Dear Sir,

I would like to give compliments to Louis of Manzhu Café. He was very attentive and friendly. He is very proactive in his services to his customer.

Thank you
Doris Hoon Ai Lian

Dear Sir,

Lily Lim was very helpful. She was the one that answered my phone enquiry and I was convinced to join the membership. Thank you.

Lee Ian

Dear Sir,

I was served by both Sally and Hong Cheng and was very pleased with their services. Please keep up the good works! The staffs were polite and courteous and served with a pleasant smile.

Thank you
Yeo Chin Keat

Recommend Friends & Associates

And Be Incentivised With CSC Credits



Member- Get-Member Scheme

Kindly complete the referral form with prior consent of the prospective member for the release of their contact information. The Club will get in touch with the prospective member shortly.

Promotion starts from 1 January 2019 and for a limited period only.



**REFER NOW &
GET REWARDED WITH
SPENDING CREDITS***

Ordinary / Associate Membership

\$300 for Referrer

\$1,000 for Referee

1 Year Term Membership

\$200 for Referrer

2 Years Term Membership

\$300 for Referrer

** Credits only applicable upon the prospective member purchasing membership. Other Terms & Conditions apply.*

For more information, please contact the Membership Department at 6345 1221 or 6885 0652/ 6/ 7.



Italian Wine Dinner

(15 November)

CSC's Italian Wine Dinner was successfully held on 15 November 2018 at Lattice Suite as we saw a turnout of 40 members and their guests. They were served with the luxurious Italian wines paired with exclusive menu which satisfied the taste buds of all participants. The certified sommelier, Mr Luca Maida also shared his knowledge on the special wine selections with everyone and it was indeed an enriching evening.





Recognising Our People

Congratulations to CSC staff who were awarded the Excellent Service Award (EXSA). Aimed at developing service models for staff to emulate, create service champions and professionalise services, the EXSA is a national award that recognises individuals who have consistently demonstrated outstanding service.

STAR & OUTSTANDING STAR WINNER

Chong Kean Foo Kenny F&B

STAR WINNERS

Goh Jiew Choi Louis	F&B
Tan Yee Ling Elaine	F&B
An May Ling Aileen	Membership Relations

GOLD WINNERS

Teoh Choon Kuoh	F&B
Ong Saw Lian Jacqueline	Membership Relations

SILVER WINNERS

Ng Geok Poh George	F&B
Leow Geok Lin Winnie	F&B
Teh Siew Kheng Jennifer	F&B
Teo Hong Chay	F&B
Tew Lai Poh Stanley	F&B
Law Lee Kwang	F&B
Cheng Chek Ching	F&B
Foon Yoke Chan Yokki	F&B
Voon Lip Seng	F&B
Ong Siew Kwan Agnes	Finance
Eng Hui Kheng Samantha	Membership Relations
Ade Irwan Bin Afandi	Sports & Lifestyle



Goh Jiew Choi Louis
Star Winner

Chong Kean Foo Kenny
Star & Outstanding Star Winner

An May Ling Aileen
Star Winner

Tan Yee Ling Elaine
Star Winner

NEW YEAR'S RESOLUTIONS FOR SWIMMERS

By Ian Turner

The New Year has always been a time for reflection. Was it a good year? Could things have been better? What were the highlights?

Many see the New Year as an opportune time to make individual changes to their lives. For the swimmer, it is an ideal time to adopt better habits and self-improvements in the water. *After all, if we do the same this year as we did last year, we end up with the same result!*

Here are some suggestions that will move your performance forward. Please read them and pick out one that will help improve some aspects of your swimming or another;

- **Adopt the 3 A's** – a great positive **attitude** (even when things are not going well). **Attend** as many workouts as possible. **Apply** yourself and don't just go through the motions at training sessions.
- Get to the pool **early** and bring **energy and a positive approach**.
- Fill in a **Log Book** after every session.
- Work on your **time management** so that you balance academics and swimming.
- **Steam-line every wall** so that your feet always get past the flags. A minimum of 3 dolphin kicks under the water.
- Arrive at every training session with a **full drink bottle**.
- Get **at least 8 hours of sleep** every night.
- **Bring something to eat** at the completion of every training session.
- **Take pride in your skills** by not breathing in the last 5m. Attention to detail.
- **Be honest in your attitude. Be honest with your coach.**
- **Be the best team player you can be.**
- **Encourage** other members of the team who are having a hard time.
- **Believe** in yourself.
- Change **eating habits**.
- Resolve to **improve your performance** by at least 1% per year if you are a senior athlete but by more if you are an age grouper.
- **Train the way** you would like to race. Train with purpose. Try to perform in training as close as possible in all areas to the result that you require.
- Resolve to kick under **3.00 minutes for 200 metres** before the end of the year.
- **Be a leader** and don't just follow.
- **Contribute** to the training group.
- Start each training session with a **quality race dive**.
- **Swim down properly** so that you are recovered for the next workout.





The problem with resolutions that are made by people other than swimmers is that although over 50% of people have the intention of making a change in some aspects of their life, only 12% actually achieve their goals. If you are to fulfill your potential as a swimmer, your resolution has to be achieved! You are not like other people! You get out of bed early to attend workout, you sacrifice your social life, you suffer from sensory deprivation every time you train and you have a burning desire to succeed. You are different from your class mates. You are more mature, you are happy with your own company and you have the depth of conviction to implement your New Year's Resolution because it will make you not only a better swimmer but also a better person.

Evidence shows that boys will achieve their goals better if they actually target something measurable for example, 4 kicks off every wall. Girls on the other hand, will succeed better if they share their goals with friends, family and the coach.

Tips for Making a New Year's Resolution

- **Create a plan!** – A New Year's Resolution is a form of goal setting and as such requires a plan. You are trying to resolve something so make some clear steps that can be put into action.
- **Create your plan immediately!** Don't be like most people and let it drift. There are only the first few days in January to implement your motivation. After this, most people forget their New Year's Resolutions completely.
- **Write it all down!** This will help you stick to the plan.
- **Try and think 'forever' not just New Year.** Nothing big gets accomplished in a couple of days. Your Resolution is a starting point but it must develop into a habit if it is to be successful.
- **Remain flexible!** The plan will change but recognize any partial success along the way. Always remember that your resolution will not be achieved in a day but neither is it accomplished the day you reach your goal. It is accomplished by achieving many small goals along the way. Remember to acknowledge these incremental steps as they come and be pleased with you!

In closing, I would like to thank all swimmers for the great camaraderie built and look forward to seeing you and sharing my New Year resolution for 2019!

Happy New Year!

34TH JUNIOR INTER CLUB SWIMMING CHAMPIONSHIPS (JIC)

The 34th Junior Inter Club Swimming Championships was held in the Singapore Sports School on 11 November 2018. CSC was represented by 47 junior swimmers and they did us proud by clinching a total of 13 Gold medals, 17 Silver medals and 17 Bronze medals. The group also emerged as the overall 1st runner-up with a team score of 990, a mere 4 points behind the Champion team. Credit for this achievement goes to the wonderful support from our coaches and parents. GO SWIM CSC!

Congratulations to our record breakers in this meet!

Swimmer	Records
Tedd Chan	Boys 9 Year Old 4 x 50m Freestyle Relay Meet Record: 2:10.21 secs (04/11/2012) New Record: 2:09.95 secs (11/11/2018)
Jeroy Teo	
Liam Goh	Boys 9 Year Old 4 x 50m Medley Relay Meet Record: 2:27.04 secs (13/11/2016) New Record: 2:25.12 secs (11/11/2018)
Ethan Yeo	
Low Ka Wai	Boys 8 & Under 50m Butterfly Meet Record: 35.34 secs (05/11/2017) New Record: 35.19 secs (11/11/2018)



SWIM CSC 2ND ANNUAL DINNER

On the last day of November, the Grand Ballroom hosted our swimmers, parents and staff of the Swimming Department for their 2nd Annual Dinner. The theme for the evening was Crime Scene Investigation: CSC. The enthusiastic group bonded over a sumptuous dinner while solving mysteries. Swimmers came donned as F.B.I agent, thieves, police and many other fitting characters to heighten the excitement of the event, with hopes to be crowned as the Best Dressed participant. Another highlight of the event was presenting tokens of appreciation to our coaches who have worked hard over the last 11 months. Special thanks to the parents who had contributed greatly in making this event a big success!



All photos credited to Mr Tommy Low.

BOOST CHALLENGE II

A total of 162 swimmers participated in the second edition of the Boost Challenge that was held at the Competition Pool on 16 and 17 November 2018. This event also concluded the last in-house swim meet for 2018. Stay tuned for more swimming challenges in 2019.



All photos credited to Mr Tommy Low.

Swim Merchandise

Arena Mesh Bag and Starter Kits for boys and girls are now available at Sports Reception at Sport Complex (L2)! Check it out and don't miss the great deals!

5D4N HAINAN GOLF TOUR



CSC representatives for the 2-day competition.

15 enthusiastic golfers registered for the Hainan Tour from 2 to 6 November 2018 and started off by playing an afternoon game at Boao BFA Club and checked-in at Four Points Resort.

They represented the Club to play against other golfing groups over a 2-day competition at The Dunes Golf Club, East & West Courses based on Four-Ball-Best-Ball Format and Texas Scramble Format respectively. The golfers moved on to New Oscar hotel and had their final game played at Mangrove Bay Club.

Thanks to the splendid weather and great camaraderie, all golfers enjoyed and had one of their best golf holidays. Happy Golfing!



Alvin Tan (L) & Simon Chin (R)

SOCIAL CLUB ANNUAL GOLF CHAMPIONSHIPS 2018

18 golfers represented the Club for the first Social Club Annual Golf Championships at Warren Golf & Country Club on 9 November 2018. A total of 144 golfers from various clubs participated in this momentous event.

Congratulations to the following golfers who outplayed the others and won in their respective division:

Division B (Champion): Thomas Aw

Division D (Champion): Guo Xiaoqiang



Golfers wearing our exclusive grey golf section t-shirt for the game!



Winners of the day from left to right: Guo Xiaoqiang, Jackie Tan, Thomas Aw & Michael Pang

24TH ADULT INTER-CLUB BOWLING MIXED LEAGUE 2018

The long-standing league hosted by Chinese Swimming Club finally came to a close on 7 October 2018. All participating clubs' officials, convenors and bowlers were invited to the victory banquet held at the Activity Suite. The night saw a total of 12 individuals and six teams being recognised for their outstanding performance. Besides stage games and lucky draw, all guests were also treated to a fun-filled photo booth session. Everyone received a specially designed mug printed with their photo as a memento.



Congratulations to CSC Adult Team for emerging as 1st Runner Up in the overall league and our bowler Ong She Na also crowned the championship title in the Masters Event (Ladies) held on 6 October 2018. On behalf of the Bowling Sub-Committee, we would like to thank Club Vice-Captain, Mr Dick Lee for gracing the event and all clubs for their participation and support in the past seven months.

HALLOWEEN FUN BOWL

On 28 October 2018, the Bowling Section gathered for a day-time haunting on the lanes. Spotting Jigsaw, Dinosaur, mini Pirate and many other costumed characters, bowlers both young and old gathered for an afternoon of bowling and fun.

In a first of its kind event, all participants engaged in 8-pin and 9-pin tap fun bowl formats respectively. The event was not only a platform to fight for a pumpkin-load of prizes; it also gave our bowlers the opportunity to know each other better over games and buffet session.

Amidst the ghouls and goblins, Jayne, Kristal and Sherriane eventually topped the scoreboard in the children's category. The winners for the adult category were Robin, Felix and Joan the dinosaur.

A Halloween event cannot be complete without costumes! On top of bowling, our participants also competed in the Best Dressed Competition.

This event could not have been a success without our sponsor, LegalWorks Law Corporation. Many thanks for the lucky draws prizes, goodie bags and being the judge for the Best Dressed Competition.



PRESIDENT'S CHALLENGE CHARITY BOWL

The CSC Home Team had a friendly game with The Law Society of Singapore and their invited guests on 4 November 2018. To make the event a more meaningful one, the Bowling Sub-Committee encouraged all bowlers and their family members to play their part in helping the less fortunate and all entry fees collected will go to the President's Challenge.



Everyone enjoyed the friendly match and bonded over a delicious buffet dinner sponsored by LegalWorks Law Corporation. We are pleased to announce that a total of \$2,400 was raised and the funds will go towards the benefiting organisations supported by President's Challenge. Thank you very much bowlers for the wonderful support.



CSC PRESIDENT'S CHALLENGE CHARITY TABLE TENNIS INVITATIONAL CHAMPIONSHIP

This meaningful event held on 11 November 2018 saw a game of camaraderie built and members contributing to charity at the same time. CSC, Safra, Sunsport and Kingdom competed against each other and raised a total of \$900 for the President's Challenge. Thank you all participants for the support!



CSC BADMINTON CHARITY GAME 2018

Players from the Badminton Section gathered for a charity game in support of the President's Challenge 2018 on 25 November. The Section raised a total of \$2,720 for the charitable cause through the event.

170TH TAEKWONDO SUPPLEMENTARY GRADING



We would like to congratulate all CSC trainees for achieving their new belts on 21 October 2018.

Ariel Teo Pei En	2nd Poom
Aayden Tay Kai Wen	1st Poom
Serena Wong Shi Hui	1st Poom
Gareth Wong Jian Yang	1st Poom
Zadkiel HanJun Kwek	1st Poom
Tyler Tan (Chen Yi Da)	1st Poom
Faith Annabelle Heng	1st Poom
Raelyn Yap	1st Poom
Raeyan Yap	Black Tip Belt
Malcolm Foo	Black Tip Belt
Bryan Kok Ming Jun	Black Tip Belt
Shi Hao Ran Anthony	Black Tip Belt
Titus Fu Dong Yang	Black Tip Belt
Faith Chen Xin Mien	Brown Belt
Yeo Qi Xuan	Brown Belt
Meaghan Soon Jia Yi	Red Tip Belt
Oliver Soon Jia Hao	Red Tip Belt
Isaac Ngiam Ri Hong	Red Tip Belt
Kendrick Chua	Red Tip Belt

Ian Lim Ding Yi	Red Tip Belt
Jenessa Wee Xin Yi	Red Tip Belt
Emmanuel Tay Renn Hom	Red Tip Belt
Corra Koon Jing Wen	Red Tip Belt
Tan Gene Jie	Red Tip Belt
Emery Yeo Yong Boon	Blue Tip Belt
Mary Tan Si Qi	Green Belt
Nathan Castro	Green Belt
Jason Ling Jing Heng	Green Belt
Axel Tan Zheng Wei	Green Belt
Sarah Chen Xin En	Green Belt
Kimberly Ann Hartono	Green Belt
Ayden Ang Kai Rui	Green Tip Belt
Ashton Ang Jia Rui	Green Tip Belt
Teo Jing Wei Leah	Green Tip Belt
Teo Jing Jia Jade	Green Tip Belt
Aden Tan Wei Dat	Yellow Belt
Jayrian Chua Jun Yu	Yellow Belt
Adiv Tushar Gole	Yellow Belt

Zachary Lye Chit Wai	Yellow Tip Belt
Rachel Tan Siyi	Yellow Tip Belt
Janine Chan Wan Lam	Yellow Tip Belt
Don Tan Chuan Ren	Yellow Tip Belt
Asha Enyi Vasu	Yellow Tip Belt
Marcus Ho Jun Xin	Foundation White Belt
Aylwin Chan Kun Teng	Foundation White Belt
Kyle Tan Hong Jie	Foundation White Belt
Jaden Teo Sharma	Foundation White Belt
Jacob Teo Sharma	Foundation White Belt
Kimi Neo Qi Shan	Foundation White Belt
Brian James Hartono	Foundation White Belt
Yep Hon Lum Haniel	Foundation White Belt
Cory Alexander Tan	Foundation White Belt
Nathan Lee Zhi Cheng	Foundation White Belt
Eva Lee Xin Yi	Foundation White Belt
Xavier Tay Kai Huang	Foundation White Belt

CONTRACT BRIDGE QUADRANGLE INTER- CLUB TOURNAMENT 2018

The final game of the tournament was held at the Singapore Recreation Club on 25 November 2018. 2 CSC teams were sent to compete with the other local clubs. The overall results were commendable as one of our teams emerged 2nd place in the overall tournament. Congratulations to the winners!



CSC TENNIS TEAM CHALLENGE CUM ANNUAL DINNER 2018

On 10 November 2018, the Tennis Section had a fun day of tennis out in the sun. The players were split into four teams and put their wits to the test.

A sumptuous buffet spread awaited the hungry players and prizes were also presented to the winners for this year's competition. We would like to thank Tennis Allegiance Group, Kohup Sports Pte Ltd and Lee Pinn May for their generous sponsorship.



SINGAPORE WATER POLO CUP 2018

The tournament held from 24 November to 2 December 2018 at Our Tampines Hub saw a total turnout of 30 CSC trainees. Our boys gave a fantastic performance from start to finish and we were pleased to share that the 11-Under and 13-Under teams have clinched the 3rd position (Div1) in the overall tournament. We would like to extend our appreciation to the dedicated coaches, parents and parent volunteers for their selfless contribution to this tournament.



INTERNATIONAL VETERAN TABLE TENNIS TOURNAMENT

Congrats to the CSC Ladies Team who are of age 35 years & above and Men Team of age 50 years & above categories for achieving joint 3rd position in the tournament held on 13 to 14 October and 21 to 22 October 2018.

TYNKER WITH DRONE WORKSHOP

Tynker with Drone Workshop conducted on 20 November 2018 welcomed children who were interested in the learning of coding. They grasped the fundamental concept with the "drag and drop" visual code blocks through logical thinking. The workshop has definitely stimulated a beginning for the children to explore into the wonders of coding.



SCRATCH WITH ROBOTICS WORKSHOP

On 22 November 2018, the children attended a programming session using Scratch to assemble a sequence of coded blocks to manoeuvre the 'mBot' robot. The classroom was filled with laughter as they started racing against each other. We hope the children have gained useful insights through this fun workshop and will continue to trigger thinking through play.



CHRISTMAS IS SHARING EVENT

On 30 November 2018, 26 children from Chen Su Lan Methodist Children’s Home and 33 children from Children’s Wishing Well were graciously invited to Chinese Swimming Club for an afternoon of fun and Christmas Sharing. Our President, Mr Edwin Lee, warm-heartedly sponsored a sumptuous Christmas buffet with log cake and provided transportation for the children.

Our Santa and Santarina presented the children with gifts contributed by members of the Club. The children also received a Polaroid photo taken with Santa specially prepared by the CSC Bowling Section. The CSC Bowling Section members also sponsored the charges for the lanes and volunteered to teach the children the fundamental bowling techniques. Goodie bags filled with sweets and stationery specially bought and packaged by member, Mr William Ng were handed out to the children.

The children also had lots of fun interacting with Mr Markson, the magician generously engaged by LegalWorks Law Corporation. Lastly, the children also enjoyed their complimentary play at the arcade corner which was a kind gesture from the vendor, TED Entertainment Pte Ltd. A sincere thank you to all the angels who have put on a smile on all the children. Sharing is caring!

Children’s Wishing Well



Watching in excitement as Santa performs a chicky dance.



A group photo with the Bowling Section volunteers.



Beaming with joy with the presents received.

Chen Su Lan Methodist Children’s Home



Entertained by Mr Markson's magic tricks.



All set and ready to strike the pins.



Challenging themselves to the exciting Arcade games.

BOLLYWOOD TEA DANCE PARTY

On 6 November 2018, 90 dancers spent their Public Holiday with us and got a chance to learn some "Bollywood" line dance moves from our line dance instructor Alvin Low. We are pleased to witness our members flaunting in beautiful Bollywood costumes and spicing up the party. Thank you for the unwavering support!





1st CSC. Synchronised Swimming Programme

**Starting
6 Jan 2019**

Synchronised swimming is a hybrid form of swimming, dance, and gymnastics, consisting of routines performed in water accompanied by music. This programme is specially crafted for beginners, you will learn sculling techniques, layouts, oysters, ballet legs and more.

Day / Time (once a week)	Every Sunday 4.00pm – 5.30pm (Classes for Juniors under 12) 5.30pm – 7.00pm (Classes for Seniors above 12)
Fee (per term for 3 months)	\$210 (Member) / \$270 (Guest)



Instructor: Emma Macabasco Hamsain

Qualifications:

- Singapore CCA Coach for Synchronised Swimming
- Developmental Synchronised Swimming Coach
- Physical Education and Swimming Teacher

Coach Emma is a Physical Education and swimming teacher who is highly passionate about aquatic sports. She started teaching synchronised swimming in 2008 and became a national certified coach in 2012 (NCAP Level I - Synchronised Swimming). Since then, she has trained students for national and regional competitions, namely the 5th SSA Interschool Synchronised Swimming Competition in 2014, and the 5th ASIA Pacific Open & Age Group Synchronised Swimming Championship in 2013.

For enquiries, please call Swimming Department at 6885 0672 or email to swim@chineseswimmingclub.org.sg



LEARN TO SWIM

Our well-structured swimming programmes cater to the different levels of swimmer competency, with clear learning outcome for your child to build water confidence and aquatic skills.

- For children aged 4 years old and above
- Structured and standardized syllabus
- Small class size
- Certificate of achievement issued by Swim CSC upon completion of each stage

New Beginner Swimming Classes for Learn To Swim - Red (Stage 1)

Lesson Days	Fees* Per Term Two lessons per week Total 16 lessons (to be completed within 8 weeks)	
	Member	Guest
Weekday (Tue - Thu)	\$220	\$480
Weekend (Fri - Sun)	\$300	N/A
One Weekday & One Weekend	\$260	N/A

* Fees are subjected to prevailing GST.

Starting
from
2 January
2019



For enquiries, please contact Swimming department at 6885 0672 or email to swim@chineseswimmingclub.org.sg or swim_csc@chineseswimmingclub.org.sg

CSC BOWLING ACADEMY

CENTRE OF EXCELLENCE (COE) PROGRAMME



Let your child soar to
EXCELLENCE
at the CSC Bowling Academy



Michael Wong (Head Coach)
Years of Experience: 24 years
Certification: Singapore Bowling Federation Level 3



Jeffrey Tan (Coach)
Years of Experience: 20 years
Certification: Singapore Bowling Federation Level 2



Aaron Loh (Coach)
Years of Experience: 7 years
Certification: Singapore Bowling Federation Level 2

This programme is specially developed to nurture aspiring bowlers to progress into the National Development Squads and for those who wish to use Bowling for Direct School Admission (DSA). It will be conducted by CSC Head Coach, Mr Michael Wong and his team of qualified coaches. Elementary Level COE programme is offered. New intake will begin in Jan 2019 with the assessment and selection trials conducted in Nov and Dec 2018.

Day/Time	: Tuesday, 4pm to 6pm Saturday, 11am to 1pm
Venue	: 12 Lanes (Bowling Alley)
Course Fee	: \$2,675 (Member) / \$2,996 (Guest) (Inclusive of GST. Instalment plans available)
No. of Sessions	: 60 sessions a year
Note	: Lane fees to be paid separately (\$12 per session)

For registration and enquiries, please contact Zheng Yi at
6885 0671 or email **ZhengYi_Hor@chineseswimmingclub.org.sg**.



Chef's Specialty

JANUARY

**Steamed Song Fish Head with
Spicy Black Bean Sauce**



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$12.90

FEBRUARY

Stewed Half Pork Hock with Mushrooms
(Served with one plate of rice)



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$11.90

Great News! Look out for our newly revamped menu launching soon!

Chinese New Year *Festive Goodies*

**Irresistible Festive Treats
Await You!**

Available from
18 January to 3 February 2019
at Man Zhu Café.

**while stocks last*



**Images for illustration purpose only.*

Chinese New Year Special



Salmon Fa Cai Yu Sheng

\$35.80 (Small), \$45.80 (Large)

Additional Salmon: \$12/plate

Available from 6 Feb 2019 (6pm onwards) to 19 Feb 2019
at Man Zhu Café.

Terms & Conditions:

- Additional charge of \$4.00 for all take-away orders
- Not available from 2.30pm to 6.00pm daily and during buffet periods

**Images for illustration purpose only.*

Important Notice:

- There will be no Holiday brunch buffet on 6 February 2019.
- Man Zhu Café will open from 11.30am on 6 February 2019 and 8.30am for breakfast on 10 February 2019.
- Weekend specialty "Curry Fish Head" will not be available on 9 and 10 February 2019.



William & Judy



Jazz, Pop Ballads & Evergreens

Every Tue, 9.00pm to 11.00pm

Every Sat, 8.30pm to 11.15pm

Puzzle Band



Pop Ballads, Mando & Cantopop

Every Fri, 8.30pm to 11.15pm

That's Life



Classics, Blues, Rocks & Soul

Every Mon, 8.30pm to 10.30pm

Every Wed, 8.30pm to 11.00pm

Thursday Promotions

Draught Beers Promotions



Wine Flights @ \$12

House Pour Wines
X 3 Glasses (100ml)



Must-try Cocktails @ \$5



LATTICE SUITE

@ RECREATION COMPLEX, LEVEL 3

Host your events and create everlasting memories at CSC. Lattice Suite is your choice venue for private events with your family and friends.

LUNCH PACKAGE

Weekday from \$38.00 per pax Weekend from \$40.00 per pax

DINNER PACKAGE

Weekday from \$45.00 per pax Weekend from \$48.00 per pax

HIGH TEA PACKAGE

Weekday from \$35.00 per pax Weekend from \$38.00 per pax

Terms & Conditions:

- Above rates are based on a minimum booking of 30-80 pax per event.
- Booking duration is limited up to 3 hours.
- All rates will be subjected to prevailing GST.
- 50% deposit payable upon confirmation and balance payable on date of event.
- Other terms and conditions apply.

EMAIL: FNB_EVENTS@CHINESESWIMMINGCLUB.ORG.SG

TEL: 6885 0697

WWW.CHINESESWIMMINGCLUB.ORG.SG/CATERING.HTML



Come Celebrate your Chinese New Year Dinner with us. Book your table

@



THE GRAND PATROS

**Gala CNY International Buffet Dinner
on the 6th of February 2019, 6:30 p.m. onwards
Free Flow of Soft Drinks**

\$55 + GST per pax or a table of 10 for \$500+GST

Call 91443560 / email patrogrand@gmail.com

Starters will be served at the table.

Alcoholic Beverages can be bought at the bar.

Venue: The Grand Patros

2nd Floor of The Chinese Swimming Club,

34 Amber Road, Singapore 439950.

Terms and Conditions Apply.

DANCE

**LATIN / STANDARD BALLROOM
(FOR ALL LEVELS)** *BY PETER WONG***EVERY FRI, STARTING 18 JAN 2019****8.45PM - 9.45PM**

MULTI-PURPOSE ROOM, SC (L2)

\$80.25 (MEMBER) / \$105.93* (GUEST)

MIN. 4 PAX / 8 SESSIONS

**EVERY MON, STARTING 4 MAR 2019****8.30PM - 9.30PM**

ACTIVITY SUITE, SC (L3)

\$80.25 (MEMBER) / \$105.93* (GUEST)

MIN. 4 PAX / 8 SESSIONS

SOCIAL DANCE (BEGINNERS)*BY ALVIN LOW***EVERY WED, STARTING 23 JAN 2019 / 3.30PM - 4.30PM**

ACTIVITY SUITE, SC (L3)

\$85.60 (MEMBER) / \$139.10* (GUEST)

MIN. 6 PAX / 8 SESSIONS

LINE DANCE (INTERMEDIATE)*BY ALVIN LOW***EVERY WED, STARTING 9 JAN 2019****2.00PM - 3.30PM**

ACTIVITY SUITE, SC (L3)

\$85.60 (MEMBER) / \$139.10* (GUEST)

MIN. 10 PAX / 10 SESSIONS

**BOUNCE DANCEFIT****EVERY SAT, STARTING 23 FEB 2019 / 4.30PM - 5.30PM**

ACTIVITY SUITE, SC (L3)

\$85.60 (MEMBER) / \$107.00* (GUEST)

MIN. 6 PAX / 4 SESSIONS

LINE DANCE *BY BELINDA YEO***EVERY SUN, STARTING 3 MARCH 2019****1.30PM - 3.00PM (HIGHER BEGINNERS)****3.00PM - 4.30PM (ADVANCED)****4.30PM - 6.00PM (HIGHER INTERMEDIATE)**

MULTI-PURPOSE ROOM, SC (L2)

\$85.60 (MEMBER) / \$139.10* (GUEST)

MIN. 10 PAX / 10 SESSIONS

LINE DANCE (BEGINNERS)*NEW*
*BY BELINDA YEO***EVERY TUE, STARTING 2 APRIL 2019 / 2.00PM - 3.30PM**

MULTI-PURPOSE ROOM, SC (L2)

\$85.60 (MEMBER) / \$139.10* (GUEST)

MIN. 10 PAX / 10 SESSIONS

**AFRICAN DANCE
(BEGINNERS) *NEW***

Learn basic African dance steps to traditional rhythms, accompanied by "live" drumming.

EVERY TUE, STARTING 2 APR 2019 / 5.00PM - 6.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$192.60 (MEMBER) / \$211.86* (GUEST)

MIN. 15 PAX / 6 SESSIONS

14 YEARS & ABOVE

LINE DANCE PRACTICE NIGHT
*LED BY LINE DANCE INSTRUCTOR,**MS BELINDA***EVERY 1ST SATURDAY OF THE MONTH****7.00PM - 10.00PM**

ACTIVITY SUITE, SC (L3)

\$3.21 (MEMBER) / \$6 NETT* (GUEST)

SOCIAL DANCE NIGHTS**EVERY 2ND TO 4TH/ 5TH SATURDAY OF THE MONTH****8.00PM - 11.45PM**

ACTIVITY SUITE, SC (L3)

\$7.49 (MEMBER) / \$12.84* (GUEST)

*Price includes 1 free drink

YOUTH & FAMILY

CHINESE KARAOKE SINGING*BY SUFAYE***EVERY MON, STARTING 7 JAN 2019****8.15PM - 10.15PM**

MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (MEMBER) / \$196.88* (GUEST)

MIN. 10 PAX / 8 SESSIONS

Note: There will be additional material fees to be paid directly to instructor during the first lesson.

CHILDREN'S BALLET

8 SESSIONS

EVERY FRI, STARTING 5 APRIL 2019

GRADE 1 / 5.15PM - 6.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$222.56 (MEMBER) / \$265.36* (GUEST)

GRADE 2 / 6.15PM - 7.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$239.68 (MEMBER) / \$282.48* (GUEST)

EVERY SAT, STARTING 6 APRIL 2019

BEGINNERS I / 9.00AM - 10.00AM

(FOR 3 TO 4 YEARS OLD)

MULTI-PURPOSE ROOM, SC (L2)

\$119.84 (MEMBER) / \$162.64* (GUEST)

BEGINNERS II / 10.00AM - 11.00AM

(FOR 5 TO 6 YEARS OLD)

MULTI-PURPOSE ROOM, SC (L2)

\$162.64 (MEMBER) / \$205.44* (GUEST)

GRADE 1 / 8.00AM - 9.00AM

MULTI-PURPOSE ROOM, SC (L2)

\$222.56 (MEMBER) / \$265.36* (GUEST)

GRADE 3 / 11.00AM - 12.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$239.68 (MEMBER) / \$282.48* (GUEST)

BEGINNERS POINTE-WORK / 12.30PM - 1.15PM

ACTIVITY SUITE, SC (L3)

\$239.68 (MEMBER) / \$282.48* (GUEST)

EVERY MON, STARTING 8 APRIL 2019

GRADE 4 / 4.30PM - 5.30PM

MULTI-PURPOSE ROOM, SC (L2)

\$239.68 (MEMBER) / \$282.48* (GUEST)

GRADE 5 / 5.30PM - 6.30PM

MULTI-PURPOSE ROOM, SC (L2)

\$239.68 (MEMBER) / \$282.48* (GUEST)

PARTY

LOHEI DANCE PARTY

Usher in the Year of Pig and toss up New Year blessings with a round of Lohei with us!

SAT, 16 FEB 2019

7.00PM - 11.45PM

ACTIVITY SUITE, SC (L3)

\$18NETT (MEMBER - CHILD 12 YEARS

& BELOW) / \$28NETT (MEMBER) /

\$38NETT* (GUEST)

Please obtain a separate registration form from the Front Office, Sports Reception or CSC website. Registration will close upon maximum capacity or closing date, whichever occurs first.



2019 MARCH SCHOOL HOLIDAYS

MARCH HOLIDAY SPORTS & LEISURE CAMP

WED, 20 MAR 2019 / 10.00AM - 5.00PM

CSC SPORTS COMPLEX

\$130.00 (MEMBER), \$150.00 (GUEST)

(REGISTER BY MONDAY, 11 FEBRUARY 2019 TO GET \$20 OFF!)

KIDZCLUB MEMBER \$95.00 (NO FURTHER DISCOUNT)

6 TO 12 YEARS OLD

CLOSING DATE: TUE, 5 MAR 2019

Limited seats to ensure quality trainings so book your seat now!

Time	Programme
10.00am	Registration & Briefing
10.30am	Programme 1
12.00pm	Lunch Break
1.00pm	Programme 2
2.30pm	Tea-Break
3.00pm	Programme 3
5.00pm	Home Sweet Home

Contact Jick Sern ☎ 6885 0675 or ✉ JickSern_Lam@chineseswimmingclub.org.sg for more information.

“CHEFZ-MA-TAZZ”- TASTER WORKSHOP



Designed by Dance Theatre Arts, this workshop will teach kids how much fun cooking can be through child's play - singing, acting and dancing and making music.

TUE, 19 MARCH 2019 / 2.00PM - 4.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$49.93 (KIDZCLUB MEMBER) / \$54.92 (MEMBER) /

\$59.92* (GUEST)

6 TO 12 YEARS OLD / MIN. 8 PAX

CLOSING DATE: FRI, 8 MARCH 2019

CHINESE NEW YEAR WORKSHOP

CROCHET WORKSHOP - PINEAPPLE

Learn basic techniques and crochet your "ONG LAI" for an abundance of luck! All materials will be provided, including a basic crochet toolkit. Enjoy a 5% discount (per person) if you and your buddy join as a pair.

WED, 9 JAN 2019 / 9.00AM – 1.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$96.30 (MEMBER) / \$99.51* (GUEST)

13 YEARS OLD AND ABOVE / MIN. 5 PAX

Note: You may not finish the crochet within the allotted time frame.



PEPPA PIG MACARON MAKING WORKSHOP (1 PARENT + 1 CHILD)

Ooi Ooi Ooi! Bake 6 cute Peppa Pig macarons filled with chocolate ganache to celebrate the upcoming Year of The Pig!

SUN, 13 JAN 2019 / 9.30AM – 11.30AM

MULTI-PURPOSE ROOM, SC (L2)

\$80.25 (KIDZ CLUB MEMBER) / \$85.60 (MEMBER) / \$90.95* (GUEST)

4 TO 12 YEARS OLD / MIN. 5 PAIRS



Spring Festival 2019

Usher in the year of the pig in the annual Spring Festival celebration with Lion & Dragon dance, traditional snacks giveaway and other interesting performances.

Date : Sat, 16 Feb 2019
Time : 4.30pm - 6.00pm
Venue : Arrival Pavilion entrance, besides Beginners' Pool

CULINARY

Refer a friend to enjoy 5% discount for yourself.

JAPANESE COTTON CHEESE CAKE (HANDS-ON)

Learn to make cottony soft and fluffy Japanese cheesecake from Le-Cordon Bleu trained chef-Nan Ong. You will prepare everything from whisking, folding and baking. Be sure to bring home a DIY 6 inch cake. Sign up early due to limited slots.



SUN, 24 FEB 2019 / 9.00AM – 12.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$112.35 (MEMBER) / \$123.05* (GUEST)

MIN. 5 PAX

TOUR

3D/2N BINTAN TOUR

Looking for a short getaway with your family? Join us on a trip to Bintan over the Good Friday weekend. Highlights of the tour: Mount Bintan Waterfall, Mangrove Fireflies boat tour, 500 Arhat statue display, Pearl Blue Sand Quarry Lake & Sand Cliffs, temples, shopping etc. More details available on the registration form obtainable from the Front Office/ Sports Reception.



FRI TO SUN, 19 TO 21 APR 2019

3D2N PACKAGE PRICE (PER PAX):

\$280.00 (ADULT TWIN) / \$146.00* (CHILD TWIN)

MIN. 20 PAX

Package include 2-way ferry transfers, 2 nights accommodation at Lohas Wellness Villa, 2 breakfast, 3 lunches, 2 dinners, 3 days transportation/tours and exclude 60000 rupiah Bintan exit sea port tax and tips to tour guide.

EXERCISE & LEISURE

CHINESE BRUSH PAINTING

EVERY THU / 10.00AM – 12.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$123.05 (MEMBER) / \$155.15* (GUEST)

MIN. 6 PAX

TABATA *NEW*

Tabata is a form of high intensity interval training designed to get your heart rate up in that anaerobic zone for a short period of time. Tabata helps to burn fats, improve endurance and speed, and aid weight loss.

EVERY SUN, STARTING 3 MAR 2019 / 11.00AM – 12.00PM
EVERY WED, STARTING 6 MAR 2019 / 6.45PM – 7.45PM

ACTIVITY SUITE, SC (L3)

\$133.75 (MEMBER)

\$176.55* (GUEST)

MIN. 7 PAX / 8 SESSIONS



PILOXING

EVERY SAT, STARTING 5 JAN 2019 / 2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)

\$154.08 (MEMBER) / \$207.58* (GUEST)

MIN. 6 PAX / 8 SESSIONS

PILATES

MONTHLY FEE: \$58.85 (MEMBER) / \$80.25* (GUEST)

ACTIVITY SUITE, SC (L3)

TIME SLOT 1 (BY ONG BENG HWEE):

EVERY TUE / 7.00PM – 8.00PM

TIME SLOT 2 (BY ONG BENG HWEE):

EVERY TUE / 8.05PM – 9.05PM

TIME SLOT 3 (BY MAGDALENE KOH)

EVERY TUE / 9.00AM -10.00AM

TIME SLOT 4 (BY MAGDALENE KOH)

EVERY TUE / 10.15AM-11.15AM

TIME SLOT 5 (BY MAGDALENE KOH)

EVERY THU / 9.00AM – 10.00AM

TIME SLOT 6 (BY MAGDALENE KOH)

EVERY THU / 10.15AM – 11.15AM

MIN. 10 PAX

BARRE

Barre exercises combine the body sculpting benefits of ballet with the core training properties of Pilates. It is a low impact strength based exercise that targets the whole body including the legs, arms, torso and buttock.



EVERY WED, STARTING 2 JAN 2019 / 10.15AM – 11.15AM

EVERY THU, STARTING 3 JAN 2019 / 8.15PM – 9.15PM

EVERY SAT, STARTING 5 JAN 2019 / 3.15 PM – 4.15PM

ACTIVITY SUITE, SC (L3)

\$171.20 (MEMBER) / \$222.56* (GUEST)

MIN. 6 PAX / 8 SESSIONS

HATHA YOGA

MONTHLY FEE: \$42.80 (MEMBER) / \$64.20 * (GUEST)
ACTIVITY SUITE FOR TIME SLOTS 1, 3 & 4, SC (L3)
MULTI-PURPOSE ROOM FOR TIME SLOT 2, SC (L2)

TIME SLOT 1 (FEMALES ONLY):

EVERY MON / 7.00PM – 8.15PM

TIME SLOT 2 (FEMALES & MALES):

EVERY TUE / 8.00PM – 9.15PM

TIME SLOT 3 (FEMALES ONLY - GENTLE):

EVERY FRI / 9.00AM – 10.00AM

TIME SLOT 4 (FEMALES ONLY):

EVERY FRI / 7.00PM – 8.15PM

MIN. 6 PAX



TOTAL BODY CONDITIONING

**EVERY THU,
STARTING 14 FEB 2019
8.00PM – 9.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$128.40 (MEMBER)

\$171.20* (GUEST)

MIN. 7 PAX / 8 SESSIONS



**2019 CHINESE NEW YEAR
PERSONAL TRAINING PROMOTION**

PROMOTION PERIOD:

4 FEBRUARY TO 11 FEBRUARY 2019

1 HOUR PERSONAL TRAINING PACKAGE

12 SESSIONS @ \$642.00 (INCLUSIVE OF GST)

Terms & Condition (Members):

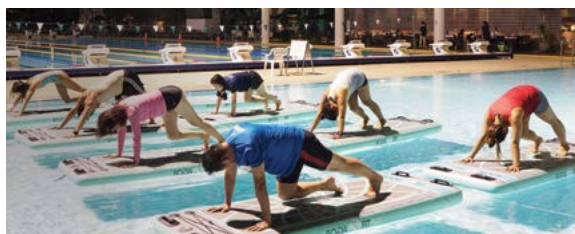
Each session is 1 hour.

Valid for 3 months from the date of purchase.

Strictly no sharing or transferring of the package and no extension of expiry date.
Multiple package purchase is allowed but valid for 3 months from date of purchase.

Please contact Kenneth @ 68850676 or email
Kenneth_Koh@chineseswimmingclub.org.sg for sign-up.

HYDROFIT



Package	Member's Fee
Single Session (to be utilised within 2 weeks)	\$40.93
4 Sessions (to be utilised within 1 month)	\$127.33
10 Sessions (to be utilised within 3 months)	\$272.85
20 Sessions (to be utilised within 6 months)	\$454.75

Please obtain a separate registration form with the schedule from the Front Office, Sports Reception or CSC website.

MUAY THAI

EVERY THU, STARTING 28 FEB 2019 / 7.10PM - 8.10PM

ACTIVITY SUITE, SC (L3)

\$171.20 (MEMBER) / \$222.56* (GUEST)

MIN. 6 PAX / 8 SESSIONS

TAIJI QIGONG

EVERY SUN / 8.15AM – 9.15AM

ACTIVITY SUITE, SC (L3)

\$37.45 (ORDINARY MEMBER)

\$32.10* (SENIOR MEMBER - 60 YEARS OLD & ABOVE)

MIN. 6 PAX

DRAGON BOAT TRY-OUT

Be part of our new interest group!

SUN, 2 MAR 2019 / 4.00PM – 6.00PM

SINGAPORE DRAGON BOAT ASSOCIATION, 3 STADIUM DRIVE, #01-33, S397630

(PARTICIPANTS TO MAKE THEIR OWN WAY TO THE VENUE)

\$32.10 (MEMBER), \$37.45 (GUEST)

CLOSING DATE : THU, 14 FEB 2019

MINIMUM 13 YEARS OLD AND MUST BE ABLE TO SWIM.

Register by Thursday, 31 Jan 2019 and get \$5.35 off the registration fee.
Fee inclusive of boat rental, paddle, buoyancy-vest and trainers.

Contact Jick Sern ☎ 6885 0675 or ✉ JickSern_Lam@chineseswimmingclub.org.sg for more information.

TAEKWONDO TRAINING PROGRAMME



Join the CSC Taekwondo Junior Training Programme where your child can pick up self-defence techniques while focusing on the mental and ethical disciplines as well as developing their self-confidence.

EVERY SUNDAY, 1.00PM TO 6.00PM

ACTIVITY SUITE, SPORTS COMPLEX

\$37.45/MONTH (COLOUR BELT)

\$26.75/MONTH (POOM / BLACK BELT)

Contact Zheng Yi ☎ 6885 0671 or ✉ ZhengYi_Hor@chineseswimmingclub.org.sg for more information.

INTRODUCTION TO FLIPPA BALL / JUNIOR WATER POLO TRAINING PROGRAMME

Sign up for Flippa Ball lesson today! A fun-packed aquatic activity that is designed to develop water confidence and build teamwork. All junior members can attend a free trial lesson.



Contact Zheng Yi ☎ 6885 0671 or ✉ ZhengYi_Hor@chineseswimmingclub.org.sg for more information.

CSC FUN WALK & JOG WITH FLEX INSTRUCTORS



Come enjoy a breezy evening with CSC flex instructor and fellow joggers! From now till 30 June 2019, be rewarded with \$10 F&B vouchers for every 3 runs completed. Vouchers are while stocks last!

11 & 25 JAN, 15 & 22 FEB 2019

6.30PM - 7.30PM (ESTIMATED)

EAST COAST PARK

Contact Kenneth ☎ 6885 0676 or ✉ Kenneth_Koh@chineseswimmingclub.org.sg for more information.

17th CSC- SSC ANNUAL GOLF BILATERAL CUM ANGBAO MEDAL








Join us for a fun-filled golf event with attractive lucky draw prizes to be won!

FRIDAY, 15 FEBRUARY 2019

KEPPEL CLUB

Contact Michelle ☎ 6885 0674 or ✉ Michelle_Lee@chineseswimmingclub.org.sg for more information.

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
		<ul style="list-style-type: none"> New Year's Day Pilates Hydrofit Hatha Yoga Floral Tea Dance Party 	<ul style="list-style-type: none"> Line Dance by Alvin Low Barre Social Dance by Alvin Low Body Band Balance Yang Style Taiji Quan 	<ul style="list-style-type: none"> Chinese Brush Painting Muay Thai Total Body Conditioning Hydrofit Barre Pilates Pineapple Tarts & Kueh Bangkit (Hands-on) 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga KPOP X Fitness (Lite) 	<ul style="list-style-type: none"> Piloxing Hydrofit Pilates MBSR Gentle Yoga Bounce Dancefit Line Dance Practice Night Barre
6	7	8	9	10	11	12
<ul style="list-style-type: none"> Taiji Qigong Hydrofit Line Dance by Belinda Taekwondo Training Programme Table Tennis Youth Development Training (By Coach Kelvin Toh) 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates 	<ul style="list-style-type: none"> Pilates Hydrofit Hatha Yoga 	<ul style="list-style-type: none"> Line Dance by Alvin Low Barre Social Dance by Alvin Low Body Band Balance Yang Style Taiji Quan Crochet Workshop - Pineapple 	<ul style="list-style-type: none"> Chinese Brush Painting Muay Thai Total Body Conditioning Hydrofit Barre Pilates 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga KPOP X Fitness (Lite) CSC Fun Walk & Jog with Flex Instructors 	<ul style="list-style-type: none"> Piloxing Hydrofit Social Dance Night MBSR Gentle Yoga Bounce Dancefit Barre Pilates
13	14	15	16	17	18	19
<ul style="list-style-type: none"> Taiji Qigong Hydrofit Peppa Pig Macaron Making Workshop Line Dance by Belinda Taekwondo Training Programme Table Tennis Youth Development Training (By Coach Kelvin Toh) 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates 	<ul style="list-style-type: none"> Pilates Hydrofit Hatha Yoga 	<ul style="list-style-type: none"> Line Dance by Alvin Low Barre Social Dance by Alvin Low Body Band Balance Yang Style Taiji Quan January Golf Medal 	<ul style="list-style-type: none"> Chinese Brush Painting Muay Thai Total Body Conditioning Hydrofit Barre Pilates 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong KPOP X Fitness (Lite) Hatha Yoga 	<ul style="list-style-type: none"> Piloxing Hydrofit Pilates Social Dance Night MBSR Gentle Yoga Barre Bounce DanceFit
20	21	22	23	24	25	26
<ul style="list-style-type: none"> Taiji Qigong Hydrofit Line Dance by Belinda Taekwondo Training Programme Table Tennis Youth Development Training (By Coach Kelvin Toh) 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates 	<ul style="list-style-type: none"> Pilates Hydrofit Hatha Yoga 	<ul style="list-style-type: none"> Line Dance by Alvin Low Barre Social Dance by Alvin Low Body Band Balance Yang Style Taiji Quan 	<ul style="list-style-type: none"> Chinese Brush Painting Muay Thai Total Body Conditioning Hydrofit Barre Pilates 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong KPOP X Fitness (Lite) Hatha Yoga CSC Fun Walk & Jog with Flex Instructors 	<ul style="list-style-type: none"> Piloxing Hydrofit Pilates Social Dance Night MBSR Gentle Yoga Barre Bounce DanceFit
27	28	29	30	31		
<ul style="list-style-type: none"> Taiji Qigong Hydrofit Line Dance by Belinda Taekwondo Training Programme Table Tennis Youth Development Training (By Coach Kelvin Toh) 	<ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates 	<ul style="list-style-type: none"> Pilates Hydrofit Hatha Yoga 	<ul style="list-style-type: none"> Barre Body Band Balance Yang Style Taiji Quan 	<ul style="list-style-type: none"> Chinese Brush Painting Muay Thai Total Body Conditioning Hydrofit Barre Pilates 		

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
					<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) 	<ul style="list-style-type: none"> • Barre • Hydrofit • Piloxing • Pilates • Line Dance Practice Night
3	4	5	6	7	8	9
<ul style="list-style-type: none"> • Taiji Qigong • Hydrofit • Line Dance by Belinda • Taekwondo Training Programme • Table Tennis Youth Development Training (By Coach Kelvin Toh) 	<ul style="list-style-type: none"> • Eve of Chinese New Year 	<ul style="list-style-type: none"> • Chinese New Year (1st Day) 	<ul style="list-style-type: none"> • Chinese New Year (2nd Day) • Barre • Body Band Balance • Yang Style Taiji Quan 	<ul style="list-style-type: none"> • Chinese Brush Painting • Muay Thai • Total Body Conditioning • Hydrofit • Barre • Pilates 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) 	<ul style="list-style-type: none"> • Barre • Piloxing • Hydrofit • Pilates • Social Dance Night
10	11	12	13	14	15	16
<ul style="list-style-type: none"> • Taiji Qigong • Hydrofit • Line Dance by Belinda • Taekwondo Training Programme • Table Tennis Youth Development Training (By Coach Kelvin Toh) 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Chinese Karaoke Singing by Sufaye • Hatha Yoga • Chinese Calligraphy • Pilates 	<ul style="list-style-type: none"> • Pilates • Hydrofit • Hatha Yoga 	<ul style="list-style-type: none"> • Barre • Line Dance by Alvin Low • Social Dance by Alvin Low • Body Band Balance • Yang Style Taiji Quan 	<ul style="list-style-type: none"> • Chinese Brush Painting • Muay Thai • Total Body Conditioning • Hydrofit • Barre • Pilates 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) • Angbao Golf Medal • CSC Fun Walk & Jog with Flex Instructors 	<ul style="list-style-type: none"> • Spring Festival 2019 • Barre • Piloxing • Hydrofit • Pilates • Lohei Dance Party 
17	18	19	20	21	22	23
<ul style="list-style-type: none"> • Taiji Qigong • Hydrofit • Line Dance by Belinda • Taekwondo Training Programme • Table Tennis Youth Development Training (By Coach Kelvin Toh) 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Chinese Karaoke Singing by Sufaye • Hatha Yoga • Chinese Calligraphy • Pilates 	<ul style="list-style-type: none"> • Pilates • Hydrofit • Hatha Yoga 	<ul style="list-style-type: none"> • Barre • Line Dance by Alvin Low • Social Dance by Alvin Low • Body Band Balance • Yang Style Taiji Quan 	<ul style="list-style-type: none"> • Chinese Brush Painting • Muay Thai • Total Body Conditioning • Hydrofit • Barre • Pilates 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) • CSC Fun Walk & Jog with Flex Instructors 	<ul style="list-style-type: none"> • Barre • Piloxing • Hydrofit • Pilates • MBSR Gentle Yoga • Bounce Dancefit • Social Dance Night
24	25	26	27	28		
<ul style="list-style-type: none"> • Taiji Qigong • Hydrofit • Japanese Cotton Cheese Cake (Hands-on) • Line Dance by Belinda • Taekwondo Training Programme • Table Tennis Youth Development Training (By Coach Kelvin Toh) 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Chinese Karaoke Singing by Sufaye • Hatha Yoga • Chinese Calligraphy • Pilates 	<ul style="list-style-type: none"> • Pilates • Hydrofit • Hatha Yoga 	<ul style="list-style-type: none"> • Barre • Line Dance by Alvin Low • Social Dance by Alvin Low • Body Band Balance • Yang Style Taiji Quan 	<ul style="list-style-type: none"> • Chinese Brush Painting • Muay Thai • Total Body Conditioning • Hydrofit • Barre • Pilates 		

AFFILIATE CLUB ARRANGEMENTS

As a CSC member, privileges extended to you are not just at your home club, but also at more than 50 reciprocal clubs, affiliate clubs, hotel and resorts in different countries!

NEW Palm Garden Golf Club, Malaysia

Strategically located in Putrajaya, Malaysia's administrative capital and Kuala Lumpur's twin city, Palm Garden is a 20 minute drive from the Kuala Lumpur city center and 30 minutes from KLIA-Sepang along the ELITE Highway.

The club embarked on a major exercise in 2009 which saw the emergence of 18 new holes which is now available for play. The two tier drink hut which is strategically located in the heart of the course offers breath-taking views of the course and the surrounding wetlands. The Clubhouse also offers recreational facilities which include Gymnasium, Swimming Pool and Tennis Court.



Keppel Club, Singapore



As Singapore's oldest club in its original location, Keppel Club has a storied history and rich heritage. It has been the destination for many golf enthusiasts.

At Keppel, the clubhouse boasts a full range of sports and social facilities including gym, swimming pool, badminton court, television lounge, reading room, karaoke theatre and more. Keppel Club is also home to a range of dining outlets that will certainly tantalise your taste buds. Be spoilt for choices with the sumptuous food that will keep you coming back for more.



Mission Hills Golf Club, Shenzhen, China

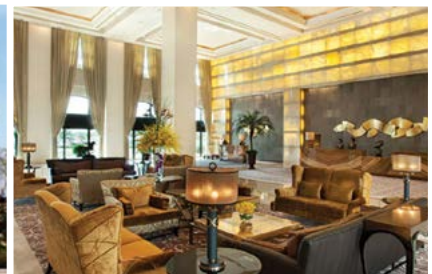


Mission Hills Shenzhen stretches over 20-square kilometre and the golf complex features seven 18-hole resort and championship courses designed by golf's greatest legends and architects. It is a 30-minute drive from the Hong Kong border and the Shenzhen International Airport.

The clubhouse also offers an array of dining facilities and a range of social and recreation facilities including swimming pool, fitness centre, spa and food reflexology. Be sure to look forward to exquisite services during your visit.

RECIPROCAL CLUB ARRANGEMENT

Tianjin Goldin Metropolitan Polo Club, China



Being China's largest and most prestigious polo club, Tianjin Goldin Metropolitan Polo Club is strategically located and sets amidst a 222-acre private estate of rolling lawns, manicured gardens and sparkling fountains. It is within easy reach of Beijing and Shanghai.

The Clubhouse offers hotel rooms & suites for your accommodation needs. You can gather your loved ones for a great dining experience at the various restaurants, café and bar too.



Application / Booking Procedures

Reciprocal Clubs and Affiliation Clubs: Members are required to approach Front Office for either booking of golf flights or to request for an introduction letter at least one working day in advance. Changi golf club is an exception, members can call them directly for booking of golf games.

Hotel Reservations: Members are required to book directly with the respective hotels.

We would like to seek your co-operation against "no show" at the premises after the introduction letter has been issued as it is in good faith that the privileges have been extended to us.

Email: Reception@chineseswimmingclub.org.sg

Tel: 6885 0688

www.chineseswimmingclub.org.sg

Your CSC Membership has its privileges - connecting you to a network of more than 50 clubs and hotels in various countries.

RECIPROCAL CLUBS

Cambodia

Cambodian Country Club
Tel: +855 23 6188 5591
www.cambodian-country-club.com

China

Ambassy Club, Shanghai
Tel: +86 21 6437 9800
www.ambassyclub.com.cn

Ambassy Club, Pudong
Tel: +86 21 5198 3688
www.ambassyclubmanagement.com/en/top/about_pudong

Shanghai Town & Country Club
Tel: +86 21 8025 8666
www.ddi-tcc.com

Tianjin Goldin Metropolitan Polo Club
Tel: +86 22 8372 8888
www.goldinmetropolitanhotel.com

Hong Kong

United Services Recreation Club, Kowloon
Tel: +852 3966 8600
www.usrc.org.hk

Korea

The Seoul Club, Seoul
Tel: +82 2 2238 7666
www.seoulclub.org

Malaysia

Chinese Swimming Club, Penang
Tel: +6 04 899 0813
www.cscpg.com

Holiday Villa Subang, KL
Tel: +6 03 5633 8788
www.holidayvillahotels.com

Ipoh Swimming Club, Ipoh
Tel: +6 05 253 1706

Kulim Club, Kedah
Tel: +6 04 490 6054

Penang Club, Penang
Tel: +6 04 227 7366 / +6 04 229 3484
www.penangclub.net

Penang Sports Club, Penang
Tel: +6 04 229 7834
www.pgssportsclub.com.my

Sunway Lagoon Club, KL
Tel: +6 03 5639 8600
www.sunway.com.my

Philippines

Makati Sports Club, Manila
Tel: +63 2 817 8731
www.makatisportsclub.com

Singapore

One° 15 Marina Club
Tel: +65 6305 6988
www.one15marina.com

Sri Lanka

Colombo Swimming Club
Tel: +94 11 242 1645
www.colomboswimmingclub.org

Taiwan

American Club, Taipei
Tel: +886 2 2885 8260
www.americanclub.org.tw

Thailand

The Royal Bangkok Sports Club, BKK
Tel: +66 2 652 5000
www.rbsc.org

The British Club, BKK
Tel: +66 2 234 0247
www.britishclubbangkok.org

CORPORATE MEMBERSHIP

Johor Bahru

Ponderosa Golf & Country Club & Impian Emas
Tel: +60 7 354 9999
www.ponderosagolf.com

AFFILIATE CLUBS

China

Mission Hills Golf Club, Shenzhen
Tel: +86 755 2802 0888
www.missionhillschina.com

Indonesia

Indah Puri Golf Resort, Batam
Tel: +65 6270 0533
www.indahpuri.com

Lagoon Resort, Bintan
Tel: +65 6223 3223
www.bintanlagoon.com

Laguna Golf, Bintan
Tel: +62 770 693 188
www.lagunagolf.com

Modern Golf & Country Club, Tangerang
Tel: +62 21 552 9228
www.moderngolf.co.id

Nongsa Resorts, Batam
Tel: +62 778 761080
www.nongsaresorts.com

Palm Springs Golf and Country Club, Batam
Tel: +62 77 876 1222
www.palmsprings.com.sg

Ria Bintan Golf Club, Bintan
Tel: +65 6546 7555
www.riabintan.com

Riverside Golf Club, Bogor
Tel: +62 21 867 1533
www.riverside-golf.com

Southlinks Country Club, Batam
Tel: +62 77 832 4128
www.southlinksgolf.com

Tering Bay Golf Club, Batam
Tel: +62 770 693 188
www.teringbay.com.sg

Malaysia

IOI Palm Villa Golf and Country Resort, Johor
Tel: +607 599 9099
www.palmvilla.com.my

Orna Resort Berhad, Malacca
Tel: +6 06 521 0333
www.ornaresort.com.my

Palm Garden Golf Club 
Tel: +6 03 82136333
www.palmgarden.net.my

Palm Resort Golf & Country Club, Johor
Tel: +6 07 599 2000
www.palmresort.com

Sutera Harbour Resort, Kota Kinabalu
Tel: +6 08 831 8888
www.suteraharbour.com

Tiara Melaka Golf & Country Club, Malacca
Tel: +6 06 231 1111
www.lion.com.my

The Els Club, Desaru Coast, Johor
Tel: +6 07 8780000
www.elsclubmalaysia.com

Singapore

Changi Golf Club
Tel: +65 6545 5133
www.changigolfclub.org.sg
(Open to CSC members on weekdays only)

Keppel Club
Tel: +65 6375 5567
www.keppelclub.com.sg

Sembawang Country Club
Tel: +65 6257 0642
www.sembawanggolf.org.sg

Warren Golf & Country Club
Tel: +65 6586 1245
www.warren.org.sg

Vietnam

Song Be Golf Resort, Ho Chi Minh City
Tel: +84 274 3755 802
www.songbegolf.com

HOTELS

Bangkok

Hotel Novotel (Siam Square)
Tel: +66 2 255 2444
www.novotelbkk.com

Indonesia

Crown Vista Hotel, Batam
Tel: +62 811 700 6246
www.crownvista-hotel.com

Montigo Resorts, Nongsa, Batam
Tel: +62 778 776 8888
www.montigoresorts.com

Kuala Lumpur

Cititel (Mid Valley)
Tel: +6 03 2296 1188
www.cititelmidvalley.com

Micasa All Suite Hotel
Tel: +65 6885 0651
www.micasahotel.com

Kulai

Corsica Hotel
Tel: +6 07 660 0011
www.corsicahotelkulai.com.my

Malacca

Holiday Inn Melaka
Tel: +6 06 285 9000
www.holidayinnmelaka.com

Mahkota Hotel
Tel: +6 06 281 2828
www.mahkotahotel.com.my

Mimosa Hotel, Malacca
Tel: +6 06 282 1113
www.mimosahotel.com

The Pines Melaka
Tel: +6 06 240 2323
www.thepines-melaka.com

Penang

Eastern & Oriental Hotel
Tel: +6 04 222 2000
www.eohotels.com

Evergreen Laurel Hotel
Tel: +6 01 6226 0881
www.evergreen-hotels.com

G Hotel
Tel: +6 04 219 0000
www.ghotel.com.my

Olive Tree Hotel
Tel: +6 04 637 7777
www.olivetreehotel.com.my

Singapore

Amara Sanctuary Resort
Tel: +65 6825 3888
www.amarasanctuary.com

Application / Booking Procedures

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Email: Reception@chineseswimmingclub.org.sg

Tel: 6885 0688

www.chineseswimmingclub.org.sg



TDA Studio
Level 3 @
Chinese
Swimming
Club
Recreational
Complex

New! Ballet Classes



Sign up at **6440 3303** or email
tda@thedancesportacademy.com

Created by Freepik

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*Wonderful Valentine
1-for-1 Special*

S\$88.Nett (incl. GST)

Award-winning Signature Facial 60-Min
or
Long-stroke Massage 60-Min

Book your 1-for-1 Treatment with your loved ones!
Treatment only between 12pm – 4pm in the month of Jan and Feb 2019

Chinese Swimming Club 21 Amber Road 4th Storey, Arrival Pavilion Tel: 6345 3777
Consultation Hours: Mon - Fri (10am - 9pm) Sat, Sun & PH (10am - 7pm)
Operational Hours: Mon - Fri (12 - 9pm) Sat, Sun & PH (10am - 7pm)

Promotion is valid till 28 February 2019. Please quote FCSC0119 during appointment booking. Treatments offered are available to Chinese Swimming Club Members who are first-time customers or those who have not visited FIL in the past 12 months. Valid to customers of age 21 years and above. Limited to one-time redemption per customer. It is necessary to produce your original NRIC or supporting identification documents when redeeming offers. All services & treatments purchased at Chinese Swimming Club cannot be utilised at other FIL outlets. Offers are only applicable for the treatment(s) stated and are not to be combined with any other promotions; neither are they exchangeable for cash or in kind, or any product(s) or other service(s) that is not stated. Surcharge of \$28 applies for couple room. All prices stated include prevailing GST. The management of FIL Skin, Body & Spa Intelligence reserves the right to vary the terms and conditions of this promotion without prior notice.

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f [FILSkinBodyAndSpaIntelligence](https://www.facebook.com/FILSkinBodyAndSpaIntelligence)

CLUB'S MAIN LINE : 6345 1221 or 6885 0688

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feedback@chineseswimmingclub.org.sg

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6885 0676 / Kenneth_Koh@chineseswimmingclub.org.sg

WENDY TAN
Programme Executive
Ladies / Exercise & Leisure / Table Tennis
6885 0654 / Wendy_Tan@chineseswimmingclub.org.sg

TAN WAN LING
Programme Executive
Dance / Squash
6885 0653 / WanLing_Tan@chineseswimmingclub.org.sg

FITNESS INSTRUCTORS
ext. 749 / CSC_Flex@chineseswimmingclub.org.sg

• SPORTS RECEPTION

Booking of Sports Facilities / 6885 0677
Booking of Bowling Lanes / ext. 745

RECEPTION COUNTERS

Front Office @ AP
Daily 8.30am to 10.00pm
Sports Reception @ SC
Daily 7.00am to 10.00pm

MAN ZHU CAFÉ

Mon to Thu 12.00nn to 9.30pm
Fri & Eve of PH 11.30am to 10.30pm
Sat 8.30am to 10.30pm
Sun 8.30am to 10.00pm
PH 10.30am to 10.00pm
(Last order is 30 minutes before closing)

THREE BARS

Thu & Sun 11.30am to 11.00pm
Mon, Tue, Wed, Fri & Sat 11.30am to 12.00nn

KTV ROOMS

Mon, Tue, Wed, Fri & Sat 3.00pm to 11.30pm
Thu & Sun 3.00pm to 10.30pm
Room Charges
Mando Room (9 pax)
Weekday - \$15 per hour
Weekend & PH - \$25 per hour
Canto Room (15 pax)
Fri, Sat, Sun & PH 6.00pm onwards - \$35 per hour

BADMINTON COURTS (+)

Daily 7.00am to 10.00pm
Peak Period
Mon to Fri 6.00pm onwards
Sat 3.00pm onwards
PH Whole Day
Charges (per court per hour)
\$9.63 (Peak), \$7.49 (Non Peak)
\$6.42 - Sun (Members' Day)
Court Closure For Club Team Training (6 Courts)
Mon & Fri 7.00pm to 10.00pm
Court Closure For Junior Training (4 - 6 Courts)

BILLIARDS & SNOOKER LOUNGE

Fri 2.00pm - 11.00pm
All other days 2.00pm - 10.00pm
Peak Period
Mon to Fri 6.00pm onwards
Sat 3.00pm onwards
Sun & PH Whole Day
Fri 6.00pm - 11.00pm
(Close for Section Members)
Charges
\$5.35 (Peak), \$4.28 (Non-peak)
per table per hour

12 LANES

Mon to Thu 12.00nn to 11.00pm
Fri & Eve of PH 12.00nn to 1.00am
Sat & PH 10.00am to 1.00am
Sun 10.00am to 11.00pm
Peak Period
Mon to Fri 6.00pm onwards
Sat, Sun & PH Whole Day
Charges (Nett) Per Game
Ordinary / Associate / Term Member / Sports (Adult)
\$3.10 (Peak), \$2.30 (Non Peak) per game
Junior / Junior Term Member
\$2.50 (Peak), \$2.00 (Non Peak) per game

Member's Guest

\$3.70 (Peak), \$3.00 (Non Peak) per game
Social Member
\$4.20 (Peak), \$3.30 (Non Peak) per game

SQUASH COURTS (+)

Daily 7.00am to 10.00pm
Peak Period
Mon to Fri 6.00pm onwards
Sat 3.00pm onwards
PH Whole Day
Charges
\$5.35 (Peak), \$4.28 (Off Peak & Whole of Sunday)
per court per hour
Close for Section Training (All courts)
Mon, Wed & Fri 7.00pm to 10.00pm
ZAESA Squash Junior Programme
Sat 4 pm to 6pm (All courts)
Sun 3pm to 5pm (All courts)

TABLE TENNIS ROOM @ SC (+)

Off peak
Mon to Fri 7.00am to 6.00pm
\$3.21 per table per hour
Peak Period
Mon to Fri 6.00pm to 10.00pm
Sat/Sun/PH 7.00am to 10.00pm
\$5.35 per table per hour
Close for Section Training
Mon & Fri 5.00pm to 8.00pm (Table 2-4)
Tue & Thu 6.00pm to 11.00pm (All Tables)
Table Tennis Youth Programme
Sun 1.00pm to 6.00pm (Table 3&4)

SWIMMING POOL @ RC

Daily 7.00am to 9.00pm

COMPETITION POOL @ SC

Daily 7.00am to 9.00pm
Pool Closure For Swimming Training (Whole pool)
Mon to Fri 5.30am to 11.00am / 5.00pm to 7.30pm
Sat 7.00am to 11.00am / 4.00pm to 7.30pm
Sun 7.30am to 9.30am

BEGINNERS' POOL @ SC

Daily 7.00am to 9.00pm
Pool Closure For Swimming Training
Tue to Sat 8.00am to 12.00nn / 3.00pm to 7.30pm
Sun 8.00am to 12.00nn
Pool Closure for Flippa Training
Sat 6.15pm to 8.15pm

FUN POOL @ SC

Daily 9.00am to 9.00pm

WATER POLO POOL @ SC

For Competent Swimmers only
Pool Closure for Water Polo Training
Mon & Wed 6.30pm to 8.00pm
Sat 6.15pm to 8.15pm
Sun 12.30pm to 3.00pm
Pool Closure for Swimming Training (Same closure timing as Competition Pool)
Pool Closure for Maintenance 10.00am to 4.00pm
Mon @ RC and SC
(If PH falls on a Mon, maintenance will be carried out the next working day)

FLEX

Mon to Fri & Eve of PH 6.30am to 10.00pm
Sat, Sun & PH 7.00am to 8.00pm
Peak Period
Mon to Fri 6.30am to 11.00am / 5.00pm to 10.00pm
Sat, Sun & PH Whole Day
Charges
Section Membership (Unlimited Use)
Ordinary / Corporate / Associate / Term / Spouse / Spouse Term / Junior / Junior Term / Sports (per member)
@ \$16.05 per month
Senior Members (60yrs & above)
Ordinary / Associate / Spouse Member
@ \$8.56 per month
*Family Package 1 (2 members)
@ \$21.40 per month
*Family Package 2 (3 to 4 members)
@ \$26.75 per month
*Family Package 3 (5 members & above)
@ \$32.10 per month
Walk-in / Per Entry
Ordinary / Corporate / Associate / Term / Spouse / Spouse Term / Junior / Junior Term / Sports (per member)
@ \$8.56 (Peak) / \$5.35 (Off-Peak)
Senior Members (60yrs & above)
Ordinary / Associate / Spouse Member
@ \$5.35 (Peak) / \$3.21 (Off-Peak)
Social Member (Off-Peak only)
@ \$21.40 per hour
Guest @ \$16.05 (Peak) / \$10.70 (Off-Peak) + Prevailing General Guest Fee

TENNIS COURTS @ SC (+)

Daily 7.00am to 10.00pm
Off Peak
Mon to Fri 7.00am to 6.00pm
\$4.28 per court per hour
Peak
Mon to Fri 6.00pm to 10.00pm
Sat, Sun & PH 7.00am to 10.00pm
\$6.42 per court per hour
Court Closure For Section Training
Mon 6.00pm to 9.00pm (Court 2 & 3)
Wed 5.00pm to 8.00pm (3 Courts)
Sat 3.00pm to 5.00pm (Club Training - 3 Courts)
5.00pm to 8.00pm (Section Training - 3 Courts)
TAG Tennis Junior Programme
Fri 5.00pm to 9.00pm (Courts 1 to 3)
Sat 8.00am to 12.00nn (Court 2)
Sun 3.00pm to 7.00pm (Courts 1 to 3)

BASKETBALL COURTS

Daily 7.00am to 10.00pm
UE Basketball Junior Programme
Sun 8.30am to 9.45am

JOY LUCK COVE

Mon to Sun (Inclusive of PH & Eve of PH)
10.00am to 11.00pm

GAMES & RECREATION ROOM

Fri, Sat & Eve of PH 1.00pm to 10.00pm
Sun, Mon to Thu 1.00pm to 9.00pm
\$5.35 per table per hour

Note:

SC – Sports Complex

RC – Recreation Complex

AP – Arrival Pavilion

+ Bookings can be made at the Sports Reception (SC) up to seven days in advance on a first-come-first-served basis. There shall be no advance booking for Members' Day (Sun).

Fu Lin Men
Cantonese Dining

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臨
門

Level 3, Chinese Swimming Club
Tel : 6282 0810

金猪贺岁 猪事大吉

Available from 1/1/2019 to 19/2/2019

外賣精選 Take Away Items



鲍鱼盘菜
Treasure Pot
\$368⁺



腊味萝卜糕
Radish Cake
\$36⁺



贺年年糕
Glutinous Rice Cake
\$36⁺



发财鱼生
Salmon Lohei
medium \$58⁺
large \$88⁺

Abalone Lohei
medium \$88⁺
large \$128⁺

新年套餐 Set Menu

from \$288⁺⁺ to 1698⁺⁺

风生水起套餐 Prosperity Springs Up Set

Special Price at \$898⁺⁺ per table
(for 10 persons)

三文鱼生捞起

CNY Raw Salmon Lo Hei

勾翅人参炖鸡汤【位上】

Double-Boiled Ginseng &
Chicken Soup with Shark Fin
(Individual)

招牌娘惹酱蒸红斑

Steamed Red Garoupa
with Signature Nonya Sauce

芝士金瓜酱焗大虾

Baked King Prawn with Cheese
in Pumpkin Sauce

十头鲍鱼碧绿发菜蚝豉

Braised Abalone (10-Head) with
Sun-Dried Oysters & Black Moss

鲜果酱脆皮烧鸭

Crispy Roast Duck
with Fruit Coulis

富贵瑶柱荷香饭

Braised Rice with Dried Scallop
in Lotus Leaf

万寿果芋泥

Yam Paste with Ginkgo Nut

4 - 6 person menu also available
please call 6282 0810 for more menu

*all prices are subject to 7% GST

Chinese New Year Open Daily

Lunch : 11:00am - 3:00pm
Dinner : 6:00pm - 10:00pm

Chinese New Year Eve (4/2/2019)

Lunch : 11:00am - 3:00pm
Dinner : 5:30pm - 7:30pm
8:00pm - 10:00pm