

# FREESTYLE



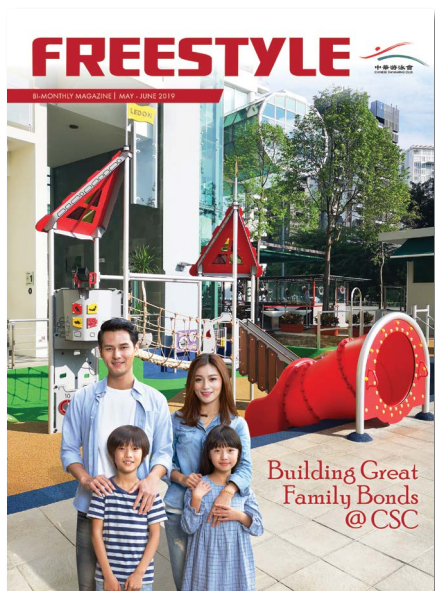
BI-MONTHLY MAGAZINE | MAY - JUNE 2019



Building Great  
Family Bonds  
@ CSC



# FREESTYLE PUBLICATION



## ON THE COVER

Building Great Family Bonds @ CSC

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Mr Gerard Ng  
Member



Dear Members

The 104th Annual General Meeting (AGM) was held on Sunday, 28th April 2019 at the Activity Suite. I would like to thank all members for taking their valuable time to attend the AGM.

I would also like to take this opportunity to express my heartfelt appreciation to the outgoing members of the Management Committee, Vice President (Finance), Mr Vincent Kuek and Member, Mr Tan Lai Choon. Both Mr Kuek and Mr Tan have selflessly served the Club for 21 years and 13 years respectively, sacrificing their personal time to share their wisdom for the betterment of the Club. Mr Kuek has agreed to continue to serve as a Trustee of the Club. Please join me to welcome the two new inductees, Mr Steven Tan and Mr Gerard Ng to the Management Committee. I look forward to work closely with them in the new term in office.

I am heartened by the outstanding performance of our swimmers in the 50th Singapore National Age Group (SNAG) Swimming Championships. CSC emerged overall champion in the SNAG (Junior) Category and bagged home the Club Challenge Trophy. Our congratulations to Lynette Some who won the Most Valuable Swimmer award in the Junior Category. Well done swimmers, continue to train hard for CSC and for Singapore.

This year, the 4th CSC Super Junior Swimming Invitational 2019 will be held on the 6th & 7th July. During this 2-day meet, we will host more than 600 swimmers from local and foreign swimming clubs. All the facilities at Sports Complex will remain open during the 2-day meet except Bowling Alley, Multi-Purpose Room and the Activity Suite. Members should also note that there will be limited car park lots available. For more information, please refer to the ensuing page.

In table-tennis, junior members, Tan Zhao Yun and Tan Zhao Ray performed exceptionally well in the SAFRA-STTA Table Tennis Tournament held from 14th to 23rd March. Zhao Yun won the championship for both Girls under 15 years and 18 years categories, and Zhao Ray clinched the 1st runner-up in the Boys under 15 years category. My heartiest congratulations to Zhao Yun and Zhao Ray for their stellar performance!

The 3rd Cinema Alfresco by the pool on 22nd March was again very well received by members and their families who enjoyed the movie while indulging in tasty snacks and beverages. The next movie screening is scheduled on Friday, 31 May 2019. Do join us for another night of fun at the Club!

Foodies can look forward to the sumptuous holiday brunch buffet at Man Zhu Café while Italian wine lovers can sign up for the upcoming Wine Dinner on Thursday, 27th June 2019, details follow in the ensuing pages.

Before I sign off, on behalf of the Management Committee and Club Management, I wish all mums and dads a Blessed Mothers' & Fathers' Day. Have a wonderful May Day and Vesak holiday.

Shalom and God Bless.



Edwin

Edwin Lee  
President





## TEMPORARY CLOSURE OF SELECTED CLUB FACILITIES ON 6 & 7 JULY 2019

The Club will host its 4th CSC Super Junior Swimming Invitational Meet on **6 & 7 July 2019 (Saturday & Sunday)**.

Please be informed that Multi-Purpose Room, Activity Suite and 12 Lanes Bowling Alley at Sports Complex will be closed from 7.00am to 6.30pm throughout the 2-day event. Limited car park lots will be available in view of the anticipated number of participants from various local swimming and foreign clubs attending the Meet.

We seek your kind understanding and forbearance during this period. Please refer to the website and club notices for more information.

## ADMINISTRATIVE FEE FOR PAYMENT OF ALL TRANSACTIONS 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 settle all their spending 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 via Pay bills service (Club's bank account no. is not required)**  
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](mailto:finance@chineseswimmingclub.org.sg).

**Kindly note the administrative fee of 1.6% will be applicable to any payment made via credit cards at the Reception Counter, Man Zhu Café and Three Bars.**

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

## AMENDMENTS TO CLUB BYE-LAWS

Please be informed that with immediate effect, the Club Bye-Laws will be amended as follows:-

### Transfer Fee

- |                              |  |
|------------------------------|--|
| Article 8:                   | Except where the Constitution provides that a membership may be transferred without payment of a transfer fee, or with the payment of a nominal transfer fee under Article 8a, the transfer fee for the transfer of a membership from a Principal Member to a transferee who satisfies the requirements of the Constitution shall be \$6,000 plus prevailing GST charges, or such other fees as may be determined by the Management Committee. |
| Article 8a:<br>(Newly added) | A Principal Member holding Ordinary / Associate Membership will be eligible for a one-time transfer of his/her membership to his/her spouse who must be a registered spouse member of the Club by paying a nominal transfer fee of \$300 plus prevailing GST charges.  |

### Subscription Fees

- |            |   |
|------------|---|
| Article 7: | Concessionary Subscription fee (apply to all Junior Members who successfully convert to Ordinary (Transferable) Members under Article 5.1(g)(vii) of the Constitution and who are between the ages of 21 and 24 years)  |
|            | Concessionary Subscription fee (apply to all Junior Members who successfully convert to Associate (Transferable) Members under Article 5.1(g)(vii) of the Constitution and who are between the ages of 21 and 24 years) |

### Administrative Fees

- |             |  |
|-------------|--|
| Article 13: | Principal, Nominee and Term Members shall be required to register their spouses as a Spouse Member, and such registration shall be subject to the payment of an administrative fee of \$100 plus prevailing GST charges.   |
| Article 14: | Principal, Nominee and Term Members shall be required to register their children within 6 months as Junior Members upon each such child attaining the age of 12 years (calculated at the date of such child's last birthday), and failing which such registration shall be subject to the payment of an administrative fee of \$100 plus prevailing GST charges. |

### Three Bars

- |             |  |
|-------------|--|
| Article 1 : | The operating hours shall be as follows:           |
|             | Non-band performing nights : 11.30am to 11.00pm    |
|             | Nights with band performances : 11.30am to 12.00mn |





# Cinema Alfresco

Friday, 22 March 2019



The 3rd Cinema Alfresco by the pool was held during the March School Holiday on 22 March 2019 and we saw many families and friends having a great bonding time during the movie night. Despite an earlier heavy downpour which resulted in a technical delay, everyone managed to enjoy the animated comedy movie "SING" as a CSC family under the stars.

A movie title guessing contest was conducted 2 weeks prior to the screening and this garnered active participation from the members. Clues were posted on the Club's Facebook and Instagram to engage members for some fun interaction. We also encouraged members to drop by the Sports Reception to touch and feel the object for one of the clues. Congratulations to our 3 winners, Ms Foo Whay Whay, Ms Rachel Chin and Mr Andrew Low who had guessed the movie title correctly and walked away with a wireless digital karaoke microphone each.





# Spanish Wine Dinner

(21 March)

The Spanish Wine Dinner held on 21 March 2019 received overwhelming response as we saw 50 members and guests gathered for the evening. Together with our guest sommelier, Mr Raphael Viale, members enjoyed an exquisite dinner spread accompanied with Spain's best regional wines and sherry varieties at Fu Lin Men Cantonese Dining. To further enhance the experience, Mr Raphael also mingled with the participants and shared his perspectives and tasting notes. Do stay tuned for more upcoming Wine Dinner scheduled in June 2019!







# Bruichladdich Whisky & Chocolate Pairing Dinner

(4 April)

Rebel against the ordinary as our members signed up for our first ever Whisky and Chocolate pairing dinner held on 4 April 2019 at Lattice Suite. Members discovered the real flavours of Islay and Singapore with an exploration of 4 Bruichladdich Whisky core expressions and unique pairings with local-flavoured chocolate truffles by Demochoco. It was an amazingly new whisky pairing session for our members!





# COMPETITIVE SWIMMING FOR ALL



In this article, Head Coach Dr. Michael Peyrebrune tells us a little about his experiences and how they have moulded a philosophy of personal improvement and achievement that can improve everyone's life skills.



**Dr. Michael Peyrebrune**

When I started as a competitive swimmer at the age of 8, joining my local club Warrender in Edinburgh, Scotland, little did I know where it would take me. Clearly, I enjoyed the water and the focus training and competing gave me. Improving technique, working hard and getting fitter were the obvious benefits that saw me slowly and steadily improve over the years. What you don't appreciate quite as much are the subtler aspects that you develop slowly and invisibly that stand you in good stead for the future. Things that we value in our professional life, the society, our friends and employers hold up as critical personal characteristics.

Some of these less obvious aspects include working effectively as part of a team, ability to build relationships, time management, task focus and attention, a hard work ethic, resilience and mental toughness, having honesty and integrity, humility, coping with stress and anxiety, ability to communicate and express oneself.

As you progress through the ranks of Age Group swimming, there are many trials and tribulations to overcome. When you train for the long term, there are many stepping stones along the way. I remember phases where I recorded PB's on a regular basis. I also remember a time when I was 16 and I didn't improve for almost a year. I was never the best in my main event in the 3 clubs until I was 18 years old. Eighteen months later, I swam for Great Britain. Individual improvement rates and coming to terms with the highs and lows are part and parcel of the developing swimmer.

When I reflect on my own progress, I was fortunate to have parents who were supportive, but not pushy. They delivered me to training, school and other activities and rarely talked about swimming. They gave me space and they trusted the coach(es) to deliver the sport technical improvement. My father was an excellent sportsman and represented Oxford University in Rugby, Boxing and Swimming. Despite this, he realised that the swimming coach had greater expertise than he did and he trusted them. Over the years, I have met many 'amateur experts' or armchair enthusiasts who think that they know as much as the person who has studied all aspects of the sport for over thirty years!

It is clear, on reflection, that swimming gave me confidence and satisfaction. It was hard, but rewarding. There is no doubt that it significantly and positively impacted my academic development. I struggled with my studies to start with, but eventually over time, progressed to achieve a PhD and many academic publications. Undoubtedly my swimming enhanced my learning; it is now acknowledged in the scientific literature that exercise benefits cognitive function.

My journey through life has been a varied and exciting one. It has brought great experience and pleasure, but it hasn't been easy. Swimmers need to be challenged in and out of the water. Those that are given everything 'on a plate' will rarely have to find solutions in life themselves. Growing up necessitates creating independence, and exposure to a tough (but not unreasonable) environment will enhance the process. Every swimmer will have their own journey through the sport (and life) and my job as a coach is to help improve the pathway in any way I can. In order to do this effectively, attendance and commitment are critical. If you are not at the pool, you cannot develop.

World class swimming requires the development of many different characteristics and factors honed over years of practice. In swimming, the '10,000 hours rule' is fairly applicable – it is a complex skill and has to be refined and conditioned by repeating correct, excellent movements. This is why the best swimmers take 10 - 12 years to fully maximise their potential. Even then, it is those who practice long and precisely will prevail.

I would like to thank everyone at CSC for the wonderful welcome I have received since I arrived. I want to help all the swimmers in the Club, but I will only do this with your support. I intend to work closely with Ian Turner in improving the quality of all our coaches. In that way I can have an indirect (as well as direct) impact on all the swimmers and also create a lasting legacy. I believe I had my own 'Olympic' experience through my time in swimming and if I can achieve the motto "Let's make Olympic dreams come true at CSC", I will be satisfied that I have done my job well.

## **Key Points:**

- The best age group swimmers don't necessarily make the best senior swimmers (everyone develops biologically at a different rate).
- Improvement is rarely a straight-line relationship.
- Benefits or progress from training are not always seen on the clock.
- Commitment and attendance are critical; even a lowered commitment during exam periods rather than non-attendance for extended periods would be progress.
- Parents should be supportive, not pushy and trust the coach (more advice on this in future articles).
- Let swimmers enjoy their own journey.

# 50TH SINGAPORE NATIONAL AGE GROUP (SNAG) SWIMMING CHAMPIONSHIPS 2019

A total of 124 swimmers from CSC raced in 718 events at the SNAG 2019 (Junior & Senior) held from 15 to 24 March 2019 at OCBC Aquatic Centre, Sports Hub. CSC is proud to emerge as the overall winner in the SNAG (Junior) Category and clinched the Club Challenge Trophy. We are also pleased to announce that Lynette Some had won the Most Valuable Swimmer award. Well done Swim CSC for the outstanding performance!

**Congratulations to the following swimmers for breaking the meet records:**

## JUNIOR CATEGORY

Jayven Teo	8 Years Old	Boys	50m & 100m Backstroke, 50m & 100m Breaststroke and 50 & 100m Freestyle
Lawrence Lim	9 Years Old	Boys	50m & 100m Butterfly
Grace Kwek	9 Years Old	Girls	100m Backstroke
Tedd Chan	10 Years Old	Boys	50m Freestyle
Liam Goh, Ethan Yeo, Jeroy Teo, Tedd Chan	8 to 10 Years Old	Boys	4 x 50m Freestyle Relay & 4 x 50m Medley Relay

## SENIOR CATEGORY

Joseph Schooling	18 Years & Over	Men	100m Freestyle, 50m & 100m Butterfly
Randall Neo	13 to 14 Years Old	Men	100m Butterfly



Most Valuable Swimmer (Junior Category) - Lynette Some (center)





# CSC JUNIOR TRAINING PROGRAMMES

## CSC – BABOLAT BADMINTON ACADEMY

The CSC-Babolat Badminton Academy aims to provide junior and youths aged 6 to 16 years old a head start in their pursuit to represent their schools and participate in national tournaments. The Academy, with over 80 trainees at present, is headed by two coaches; Coach Wuen Long Heng who leads the Beginners training and Coach Johnathan Tang who trains the Intermediate and Advanced Levels. Yearly exchange programmes and in-house tournaments are planned for the trainees while competitive juniors can represent the Club in Age Group tournaments sanctioned by Singapore Badminton Association.



## CSC JUNIOR WATER POLO TRAINING PROGRAMME

Targeting juniors aged 9 to 16 years old, CSC Junior Water Polo Training Programme aims to groom players at the competitive level, and provide a wide-range of opportunities for players to maximize his or her potential. Trainings are conducted by Coach Ron Tai, 3-time SEA-games gold medalist, and his team. Trainees can look forward to inter-club friendly games, overseas training trip and represent our Club in the national tournaments yearly.



## CSC – JIAWEI TABLE TENNIS TRAINING ACADEMY (JTA)

The CSC-JTA Table Tennis Programme aims to spark interest of kids aged 4 years old onwards and develop strong foundations in Table Tennis. Together with her team of qualified coaches, 4-time Olympian Li Jia Wei brings a wealth of experience to guarantee a structured programme and help trainees fulfil their potential. Trainees will get rare opportunity to participate in exchange programmes in China during the school holidays.



## CSC JUNIOR TENNIS PROGRAMME

Our Tennis programme is specially structured for children aged 3 to 16 years old based on holistic teaching approaches to players of all skill levels. The programme with 120 trainees is led by Tennis Allegiance Group (TAG) team of professional coaches. Training involves fun and games that focus on eye-hand coordination, technique basics and movement orientated drills. Holistic approach to training will allow juniors to take their game play to an even higher level, with drilling and focus on game strategy and physical fitness.



Are you keen to nurture your child into an aspiring sports person? We are pleased to share that the Club offers an array of junior training programmes to cater to everyone's interests and needs. Spark an interest in your child by enrolling them in our programmes today!

## CSC BOWLING ACADEMY – CENTRE OF EXCELLENCE (COE) PROGRAMME

The CSC Bowling Academy - Centre of Excellence (COE) Programme is specially developed to nurture aspiring bowlers aged 7 to 16 years old to progress into the National Development Squads and for those who wish to use Bowling for Direct School Admission (DSA). It is conducted by CSC Head Coach, Mr Michael Wong and his team of qualified coaches.



## CSC – LJE SPORTS JUNIOR BASKETBALL TRAINING ACADEMY

Newly launched in February 2019, the CSC – LJE Sports Junior Basketball Training Academy provides training programmes for children aged 7 to 11 years old (Junior Ballers) and 12 to 15 years old (Youth Ballers) at the Foundation and Intermediate levels. The training is conducted by Coach Bernard Williams, who has over 10 years of coaching experience in Singapore. Trainees will get the opportunity to engage in friendly games with local schools or take part in local tournaments.



## CSC TAEKWONDO TRAINING PROGRAMME

The Taekwondo Junior Training Programme provides a platform for juniors aged 4 to 14 years to pick up self-defense techniques while focusing on the mental and ethical disciplines as well as developing their self-confidence. The training is led by Coach Nordon Lim who has more than 43 years of experience in coaching. Training camp, exchange programmes and in-house tournaments are organised for the juniors yearly.



## CSC – ZAINAL ABIDIN ELITE SQUASH ACADEMY (ZAESA)

The Zainal Abidin Elite Squash Academy (ZAESA) aims to groom children and youths aged 7 to 19 years old through their specially designed TRAIN EA-Z<sup>R</sup> (& play easy) system. The trainees will be guided through to acquire the necessary strong foundation essential for the continuity to develop steadily to higher levels of Squash. Our head coach Anthony Chua, a renowned Squash mentor and a World Squash Federation (WSF) certified Level 2 coach partners with the legendary Zainal Abidin to coach in the Zainal Abidin Elite Squash Academy (ZAESA). Trainees can look forward to learning the basics and crucial techniques, going through continuous improvements and refinements and sparring with students from other schools during regular friendly matches for skills application and competitive exposure.





## 17TH CSC-SSC BILATERAL GOLF CHALLENGE CUM ANG BAO MEDAL

38 CSC golfers and 26 Singapore Swimming Club (SSC) golfers participated in the Annual Bilateral Golf Challenge held at Keppel Club on 15 February 2019.

Based on top 20 scores of each team, SSC returned with a team score of 652 and CSC had a score of 621. SSC won the 17th Bilateral Golf Challenge by a margin of 31 points. Congratulations to SSC!

CSC Golf Section members also had their monthly medal during this event. Winners of the Ang Bao Medal are as follows:

Category	Position	Name (Hcp) – Stableford pts
<b>Division A</b>	Champion	Peter Yap (13) - 34
	2 <sup>nd</sup>	Simon Chin (9) - 30
	3 <sup>rd</sup>	Eric Lee (18) - 30
<b>Division B</b>	Champion	Guo Xiaoqiang (25) - 36
	2 <sup>nd</sup>	Shaik Ajmal Khan (24) - 32
	3 <sup>rd</sup>	Fred Tan (24) - 30



## 5D4N KHAO YAI GOLF TRIP

41 golfers actively participated in the much-awaited golf trip to Khao Yai on 4 to 8 March 2019. The enthusiastic golfers played a total of 5 games where they first teed off at Cascata Golf Club, followed by Rancho Charvee Golf Club, Khao Yai Golf Club, Mountain Creek Golf Resort and lastly at Panya Indra Golf Club. Despite the scorching heat, all golfers had a wonderful golf outing and great camaraderie was built during the trip.





## CSC GOLF MARCH MEDAL

45 golfers played at Ponderosa Golf & Country Club for the March Medal on 19 March 2019. After completing their 18 holes, the golfers proceeded for a delicious sit-down lunch followed by prize presentation.



Category	Position	Name (Hcp) – Stableford pts	Hcp Revision
Division A	Champion	Anthony Chan (19) - 41	16
	2 <sup>nd</sup>	Richard Lim (13) - 35	11
	3 <sup>rd</sup>	John Chew (17) - 35	16
Division B	Champion	Steven Chia (24) - 36	21
	2 <sup>nd</sup>	Wong Kok Leong (20) - 35	18
	3 <sup>rd</sup>	Tan Kim Lian (23) - 34	22

## CSC-SSC TABLE TENNIS FRIENDLY TOURNAMENT

The Club's Table Tennis team clinched victory during a friendly game with Singapore Swimming Club held on 8 March 2019. It was a well-played game with good bonding fostered between the players of both clubs.



## CSC-BRADDELL HEIGHTS TABLE TENNIS FRIENDLY GAME

The Club Table Tennis team hosted a friendly game with Braddell Heights Community Club on 4 April 2019. Everyone had a great sparring session. Congratulations to CSC for winning the game and thank you to our table tennis patron, Mr Ken Chan, for sponsoring the sumptuous dinner and door gifts!



## SAFRA-STTA TABLE TENNIS TOURNAMENT

The Club Junior Members – Tan Zhao Yun and Tan Zhao Ray played exceptionally well in the SAFRA-STTA Table Tennis Tournament held from 14 to 23 March 2019.

The results were as follow:

Boys under 15yrs category

1st Runner Up – Tan Zhao Ray

Girls under 15yrs category

Champion – Tan Zhao Yun

Girls under 18yrs category

Champion – Tan Zhao Yun



Boys under 15yrs category



Girls under 15yrs category



Girls under 18yrs category

Congratulations to Zhao Yun and Zhao Ray for the stellar performance!

## TABLE TENNIS APPRECIATION DINNER

The Table Tennis Sub-Committee organized a BBQ dinner at Man Zhu Cafe al fresco dining on 15 March 2019 to give thanks and appreciation to the players who had represented the Club in tournaments. Everyone had a good bonding session and walked away with lucky draw prizes sponsored by our Table Tennis Patron – Mr Ken Chan. Thank you Mr Chan for the generous sponsorship!



## PENANG SPORTS CLUB (PSC) INTERNATIONAL INVITATIONAL TENNIS TOURNAMENT 2019

Our members took a short flight to Penang on 7 March 2019 to participate in the 3 Days annual Tennis competition featuring clubs from all over South East Asia and Australia. Our Ladies Team did exceptionally well to finish 1st Runner-Up, losing the finals to an Indonesian Club. It was a great trip to foster camaraderie among our members and network with tennis players in the region. Everyone also savoured the fantastic Penang food before returning home!





## CSC BOWLING INVITATIONAL 2019

The inaugural CSC Bowling Invitational held on 24 March 2019 at 12 Lanes Bowl was well attended by over 80 participants and supporters from Chinese Swimming Club, Serangoon Gardens Country Club, Seletar Country Club and Singapore Swimming Club. Specially organised by the CSC Bowling Sub-Committee, the event aims to foster and build friendship amongst the participating clubs. A total of four 3-game series events comprising Singles, Doubles, Trios and 5-Men Baker Challenge were played on that day.

We would like to congratulate our bowlers for winning the following awards in the various events:

Category	Award	Bowler(s)
Singles	Gold	Ong She Na
Doubles	Bronze	Sabrina Chia & Daine Seah
Trios	Silver	Dorothy Tay, Ron Alvin Soh & Felix Lee
	Bronze	Jay Cheong, Derrance Chua & Edward Teo
5-Men Baker	Bronze	Calvin Thean, Dorothy Tay, Ron Alvin Soh, Felix Lee & Jonah Goh



The day ended with the presentation of the Challenge Trophy to the overall champion – Singapore Swimming Club. Congratulations! Special thanks to our generous sponsors: LegalWorks Law Corporation, Mr Gerard Ng and Mr Richard Chia for making this event possible. We look forward to the next game which will be hosted by Singapore Swimming Club on 9 June 2019.

Calling all Bowling section members! If you wish to participate in the next game at SSC, please email to ZhengYi\_Hor@chineseswimmingclub.org.sg.



## NATIONAL AGE GROUP 2019 (BOWLING)

We would like to acknowledge our young CSC bowlers for their commendable achievements in the recent National Age Group 2019 organised by the Singapore Bowling Federation from 16 to 23 March 2019. Good job, boys!

Category	Award	Bowler
Singles (Under-12)	Gold	Andre Chew
Doubles (Under-12)	Gold	
Quartet (Under-12)	Silver	Derrance Chua
Singles (Under-15)	Gold	
Quartet (Under-15)	Bronze	Jay Cheong
Quartet (Under-15)	Bronze	



## JOINT TRAINING SESSION WITH BOURBON WATER POLO CLUB KASHIWAZAKI JAPAN

The CSC Water Polo Sub-Committee was honoured to host the Bourbon Water Polo Club Kashiwazaki Japan at our premises from 27 March to 3 April 2019. The team which consists of 13 players and 2 coaches visited us for a joint training session with our juniors. Besides the intensive training, our juniors also had the opportunity to have a friendly game with the experienced players.

On 31 March 2019, the Sub-Committee and our juniors' parents treated our guests to many local delights after the training session. To show appreciation for their coaching and guidance, our juniors also presented the team with goodies bags which were specially prepared by their parents. The Sub-Committee would like to thank the Bourbon Water Polo Club for visiting us, as well as all parents for their relentless support in the activities.



## BOWLING BI-MONTHLY MEDAL (MARCH 2019)

The second medal of the year was successfully held on 31 March 2019. We are pleased to see an increase in number of section members participating since the previous medal held in January. All participants had a great time exchanging and sharing their experiences after the bowling games.

Heartiest congratulation to the following winners:

Category	Award	Bowler
Men	Champion	Joshua Lee
	1st Runner Up	Joseph Sng
	2nd Runner Up	Bryan Lee
Ladies	Champion	Ong She Na
	1st Runner Up	Han Sah Lee
	2nd Runner Up	Kaylynn Hua



The next medal will be held on 26 May 2019. Bowling section members who wish to participate, please email to ZhengYi\_Hor@chineseswimmingclub.org.sg.

## BILLIARDS & SNOOKER LO HEI LUNCHEON 2019

The Billiards & Snooker section held their annual Lo Hei gathering on 16 February 2019, in conjunction with the Club's Spring Festival. Over 20 members gathered for some leisure games and at the same time, bonded over a sumptuous lunch.





## BADMINTON SECTION NEW YEAR GATHERING

The Badminton Section enjoyed a BBQ party at Man Zhu Café al fresco dining on 1 February 2019 for the annual New Year Gathering. Besides giving away many lucky draw prizes, the winners of the Badminton In-House Doubles League 2018 were also awarded with attractive Badminton products.

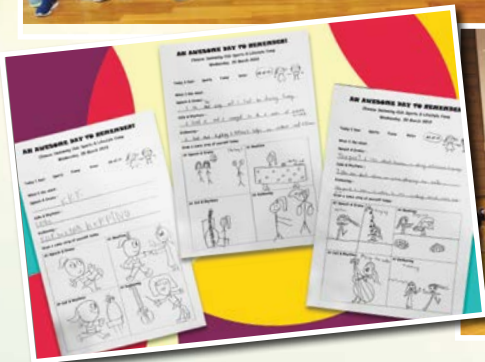
We would like to thank our partner, Sportmatch Marketing Pte Ltd for the kind sponsorship of the top lucky draw prizes. Congratulations to the following winners of the Badminton In-House Doubles League 2018!

<b>Champion</b>	<b>Joseph Sng &amp; Alvin Fu (30pts)</b>
2nd	Jerry Wee & Yap Chun Wei (25pts)
3rd	Ling Peng Meng & Low Kok Seng (24pts)
4th	Koek Boon Hwa & Wilfred Long (12pts)
5th	Lim Meng Fatt & Henry Koh (11pts)



## 2019 MARCH SPORTS & LIFESTYLE CAMP

12 kids aged between 5 to 9 years old had an awesome day on 20 March 2019 which they learnt three new activities through fun and play. The young participants started the day with Speech & Drama, learning dance and practising scripts from the acclaimed Chang & Eng Musical. After lunch, it was time to get rhythmic as our little future musicians tried their hands on Cello. The energetic children ended the day with high impact kickboxing and picked up skill on self-defence with well executed kicks and punches. It was indeed an enriching 7 hours and the kids also creatively penned down their learning journey in a comic strip.





## CARTOON STEAMED BUNS WORKSHOP

The kids together with their parents had a wonderful time on 21 March 2019, making steamed buns with red bean filling and shaping them into designs of pig, porcupine, Rapunzel, dumpling and many more. It was a sight to behold as the cute and colourful buns expanded in size after steaming, making them instagrammable! Everyone took photos of their own delicious creation!



## JAPANESE COTTON CHEESECAKE WORKSHOP

Guided by Chef Nan, members and guests enjoyed the hands-on experience in making Japanese cotton cheesecake on 24 February 2019. Chef Nan shared with the participants valuable tips on the whisking method, baking process as well as choosing of the ingredients. It was a well spent afternoon with new baking knowledge acquired and everyone brought home their own baked cheesecake.



## OLD SCHOOL BUTTERCREAM CAKE WORKSHOP

It was a well spent Saturday afternoon on 30 March 2019 as members learnt to make old school buttercream cake from Chef Tay. From beating of the batter to the final dressing of the cake, everyone enjoyed the hands-on process and had rave reviews of the cake flavour during the sampling session. It was a valuable workshop as insightful tips were shared and everyone brought home a self-made 6 inch cake.





## LOHEI DANCE PARTY

Our traditional Lohei Dance Party held on 16 February 2019 at the Activity Suite was beautifully decorated in a Lunar New Year theme with pink blossoms and big Chinese knots. This event attracted 83 dancers who came together and celebrated Lunar New Year in the cheery mood of Spring. The dancers heightened the festive spirit with a round of Lohei before feasting a palatial 8-course buffet and dancing non-stop for 4 hours. All dancers also had an opportunity to choose their red packet which signified good luck and blessings for the year. Wishing all dancers a bountiful year of good health, wealth and happiness.



## POLE DANCE TRIAL

Members had a wonderful time experiencing the art of pole dancing in the trial class held on 2 April 2019. They were taught the basic moves such as Fireman Spin, Flamingo Pose, Back Slide, Fairy Spin etc. Everyone had great fun spinning and gliding on the poles and eventually decided to sign up for the actual class commencing on every Tuesday evening. Come experience it for yourself during our next trial class scheduled in May 2019!



## LINE DANCE JAM PARTY

70 line dancers sparkled through the Saturday night on 6 April 2019 in their shimmering outfit for the "Bling Bling" theme. This year, Ms Belinda expanded her deejay dance list to 64 songs with a tighter sequential line-up for non-stop dancing. The ardent line dancers enjoyed every moment on the dance floor as they clapped and cheered jovially along with the upbeat songs and grooved passionately to those slower and melodious songs. Thank you to all the "gems" for your wonderful support!



**6 & 7 JULY 2019  
SATURDAY & SUNDAY**

**CHINESE SWIMMING CLUB  
21 AMBER ROAD**

For enquires and registration, please email to  
[cscsuperjunior@chineseswimmingclub.org.sg](mailto:cscsuperjunior@chineseswimmingclub.org.sg)  
by 31 May 2019.



# 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 standardised syllabus*
- *Small class size*
- *Certificate of achievement issued by Swim CSC upon completion of each stage*

More information available at club notices and [www.chineseswimmingclub.org.sg](http://www.chineseswimmingclub.org.sg).

For registration or enquiries, please call 6885 0672 or email to [swimadmin@chineseswimmingclub.org.sg](mailto:swimadmin@chineseswimmingclub.org.sg).





## *Chef's Specialty*

### **MAY**

Halibut Fish & Chips



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

**\$15.90**

### **JUNE**

Satay Bee Hoon



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

**\$7.50**

## *Holiday Brunch Buffet*

10.30am to 2.30pm

**\$28.90 (Adult) / \$21.90 (Child)**

### **Labour Day**

1 May 2019 (Wednesday)

### **Vesak Day**

19 & 20 May 2019 (Sunday & Monday)

### **Hari Raya Puasa**

5 June 2019 (Wednesday)

*\*Images for illustration purpose only.*







*Classique Mix*

Pop Ballads, Blues, Rock & Soul  
Every Wed, 8.30pm to 11.15pm



*DnA*

Pop Ballads, Blues, Rock & Soul  
Every Sat, 8.30pm to 11.15pm



*Puzzle Band*

Pop Ballads, Mando & Cantopop  
Every Fri, 8.30pm to 11.15pm

## *Tuesday & Thursday Promotions*

*Draught Beers  
Promotions*



**Must-try Cocktails**  
**@ \$5**



# CORPORATE MEMBERSHIP

**\$18,000\***  
(up to 4 nominees)

Are you looking into providing better incentives to reward your employees and also a perfect venue for networking opportunities? Chinese Swimming Club is your perfect choice! Sign up for our prestigious membership today to enjoy full access to our Club facilities as well as satisfy your gastronomic cravings...



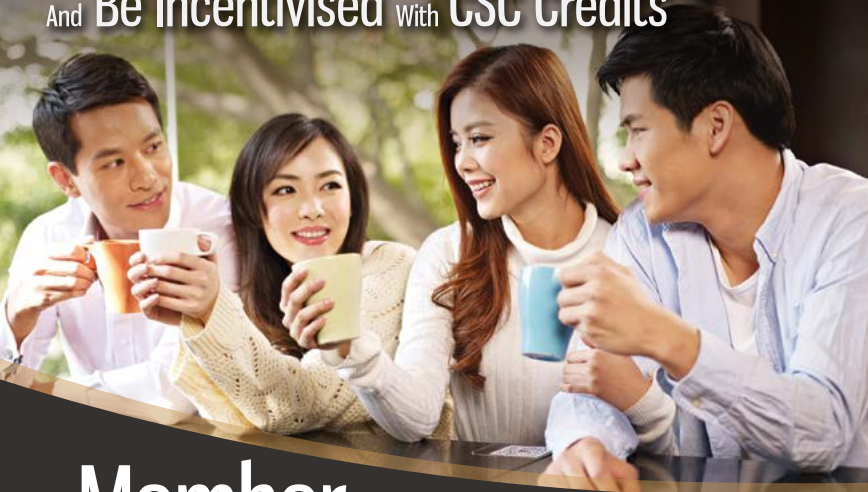
#### Privileges:

- Access to Club facilities
- Enjoy wide repertoire of lifestyle activities and exercises for the whole family
- Exclusive members' rate for Club's activities and events
- 10% F&B discount for corporate events in the Club
- Access to more than 50 reciprocal and affiliate clubs, hotels and resorts in different countries

\*Rate subject to prevailing GST

Recommend Friends & Associates

And Be Incentivised With CSC Credits



## Member-Get-Member Scheme

For Ordinary / Associate Membership



### 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

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 valid for a limited period only.

For more enquiries, please contact our Membership Department at 6345 1221 or 6885 0652 / 6 / 7 or email to [membership@chineseswimmingclub.org.sg](mailto:membership@chineseswimmingclub.org.sg).



## DANCE

### LATIN / STANDARD BALLROOM (FOR ALL LEVELS) *BY PETER WONG*

**EVERY FRI, STARTING 10 MAY 2019**  
**8.45PM - 9.45PM**

MULTI-PURPOSE ROOM, SC (L2)  
\$80.25 (MEMBER) / \$105.93\* (GUEST)  
MIN. 4 PAX / 8 SESSIONS

**EVERY MON, STARTING 1 JUL 2019**  
**8.30PM - 9.30PM**

ACTIVITY SUITE, SC (L3)  
\$80.25 (MEMBER) / \$105.93\* (GUEST)  
MIN. 4 PAX / 8 SESSIONS



### LINE DANCE (INTERMEDIATE)

*BY ALVIN LOW*

**EVERY WED, STARTING 10 JUL 2019**  
**2.00PM - 3.30PM**

ACTIVITY SUITE, SC (L3)  
\$85.60 (MEMBER) / \$139.10\* (GUEST)  
MIN. 10 PAX / 10 SESSIONS



### SOCIAL DANCE (BEGINNERS)

*BY ALVIN LOW*

**EVERY WED, STARTING 26 JUN 2019**  
**3.30PM - 4.30PM**

ACTIVITY SUITE, SC (L3)  
\$85.60 (MEMBER) / \$139.10\* (GUEST)  
MIN. 6 PAX / 8 SESSIONS



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



**EVERY TUE, STARTING 21 MAY 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 *BY BELINDA YEO*

**EVERY SUN, STARTING 4 AUG 2019**

**1.30PM - 3.00PM (INTERMEDIATE)**  
**3.00PM - 4.30PM (ADVANCED)**

MULTI-PURPOSE ROOM, SC (L2)  
\$85.60 (MEMBER) / \$139.10\* (GUEST)  
MIN. 10 PAX / 10 SESSIONS

### LINE DANCE (BEGINNERS)

*BY BELINDA YEO*

**EVERY TUE, STARTING 6 AUG 2019 / 2.00PM - 3.30PM**

ACTIVITY SUITE, SC (L3)  
\$85.60 (MEMBER) / \$139.10\* (GUEST)  
MIN. 10 PAX / 10 SESSIONS

### LINE DANCE PRACTICE NIGHT

*LED BY LINE DANCE INSTRUCTOR,  
MS BELINDA*

**EVERY 1<sup>ST</sup> SATURDAY OF THE MONTH**

**UPCOMING DATE: 4 MAY 2019**

**7.00PM - 10.00PM**

ACTIVITY SUITE, SC (L3)  
\$3.21 (MEMBER) / \$6 NETT\* (GUEST)

*Please register upon entering the Activity Suite. Food & drinks are not included.*

*Note: There will be no Line Dance Practice Night on 1 June 2019 and 6 July 2019.*

### SOCIAL DANCE NIGHTS

**EVERY 2<sup>ND</sup> TO 4<sup>TH</sup> / 5<sup>TH</sup> SATURDAY OF THE MONTH**

**8.00PM - 11.45PM**

ACTIVITY SUITE, SC (L3)  
\$7.49 (MEMBER) / \$12.84\* (GUEST)  
*Price includes 1 free drink.*

### **NEW** FLAMENCO (BEGINNERS)



**EVERY WED,  
STARTING 10 JUL 2019 /**

**11.00AM - 12.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$214.00 (MEMBER) /

\$252.52\* (GUEST)

MIN. 8 PAX

12 SESSIONS

13 YEARS & ABOVE

*\*Price includes guest fee.*



## NEW BELLYDANCE (BEGINNERS) – FEMALES ONLY

EVERY MON, STARTING 27 MAY 2019

1.00PM – 2.00PM

EVERY SUN, STARTING 2 JUN 2019

7.00PM – 8.00PM

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$128.40\* (GUEST)

MIN. 6 PAX / 4 SESSIONS / 5 YEARS & ABOVE



## NEW BOLLYWOOD DANCE FITNESS (BEGINNERS)

EVERY THU, STARTING 30 MAY 2019

2.00PM – 3.00PM

EVERY SUN, STARTING 2 JUN 2019

8.30PM – 9.30PM

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$128.40\* (GUEST)

MIN. 7 PAX / 4 SESSIONS / 5 YEARS & ABOVE



## NEW CONTEMPORARY DANCE (BEGINNERS)

EVERY THU, STARTING 30 MAY 2019

4.30PM – 5.30PM (5 – 6 YEARS OLD)

5.30PM – 6.30PM (7 – 9 YEARS OLD)

BY INSTRUCTOR BERYL

EVERY FRI, STARTING 31 MAY 2019

4.30PM – 5.30PM (10 – 12 YEARS OLD)

5.30PM – 6.30PM (13 – 16 YEARS OLD)

BY INSTRUCTOR JOELYNN

ACTIVITY SUITE, SC (L3)

\$160.50 (MEMBER) / \$192.60\* (GUEST)

MIN. 8 PAX / 10 SESSIONS



## NEW CHINESE DANCE (BEGINNERS)

### FREE TRIAL

THU, 9 MAY 2019

5.30PM – 6.30PM (4 – 5 YEARS OLD)

6.30PM – 7.30PM (6 – 7 YEARS OLD)

MULTI-PURPOSE ROOM, SC (L2)

### ACTUAL COMMENCEMENT

EVERY THU, STARTING 30 MAY 2019

5.30PM – 6.30PM (4 – 5 YEARS OLD)

6.30PM – 7.30PM (6 – 7 YEARS OLD)

MULTI-PURPOSE ROOM, SC (L2)

\$214.00 (MEMBER) /

\$246.10\* (GUEST)

MIN. 5 PAX / 10 SESSIONS



## YOUTH & FAMILY

### CHINESE KARAOKE SINGING

BY SUFAYE

EVERY MON, STARTING 10 JUN 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 / MULTI-PURPOSE ROOM, SC (L2)

#### BEGINNERS I

SAT, 9.00AM – 10.00AM

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

#### BEGINNERS II

SAT, 10.00AM – 11.00AM

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

#### GRADE 1

SAT, 8.00AM – 9.00AM

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

FRI, 5.15PM – 6.15PM

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



#### GRADE 2

FRI, 6.15PM – 7.15PM

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

#### GRADE 3

SAT, 11.00AM – 12.00PM

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

### CROCHET WORKSHOP

SUN, 16 OR 23 JUN 2019

9.15AM – 12.45PM

MULTI-PURPOSE ROOM, SC (L2)



FEE FOR EACH SESSION:

\$53.50 (MEMBER) / \$64.20 (GUEST)

MIN. 4 PAX / CLOSING DATE: THU, 16 MAY 2019

FEES INCL. MATERIAL FEE

Note: You may not finish the crochet within the time frame but you are encouraged to continue working on it at home with the technique learnt.

\*Price includes guest fee.



## SPEECH & DRAMA @ CSC WITH ARTISTIC EXPRESSIONS

### LITTLE SHAKESPEARE DRAMA WORKSHOP

Bring one of Shakespeare's plays to life in this fun and interactive workshop for children!

**MON, 17 JUN 2019**

**1.30PM – 3.30PM / 4PM – 6PM (WITH A 30 MINUTES TEA BREAK)**

ACTIVITY SUITE, SC (L3)

\$96.30 (KIDZ CLUB) / \$117.70 (MEMBER) / \$128.40\* (GUEST)

7 - 12 YEARS OLD / MIN. 8 PAX / CLOSING DATE: MON, 3 JUNE 2019



### ON-GOING CLASSES

Type	Day	Time	Venue	Age Group	Term Fee (8 sessions) Inclusive of material fee & GST	
					Member	Guest
Public Speaking	Tue	5.30pm - 6.30pm	Activity Suite, Sports Complex L3	Teens (13 yrs old & above)	\$267.50	\$299.60
Speech & Drama	Mon	3.00pm - 4.00pm		Preschoolers (4 - 6 yrs old)	\$160.50	\$203.30
		4.00pm - 5.00pm		P1 - 3 (7 - 9 yrs old)	\$192.60	\$235.40
		5.00pm - 6.00pm		P4 - 6 (10 - 12 yrs old)	\$224.70	\$267.50
	Sun	10.00am - 11.00am	Multi-Purpose Room, Sports Complex L2	Preschoolers (4 - 6 yrs old)	\$160.50	\$203.30
		11.00am - 12.00pm		P1 - 3 (7 - 9 yrs old)	\$192.60	\$235.40
		12.00pm - 1.00pm		P4 - 6 (10 - 12 yrs old)	\$224.70	\$267.50

MIN. 6 PAX

- Programmes will culminate in Speech & Drama / Communication examinations accredited by Trinity College at the end of the year.

- Participating students may be given performing opportunities within and beyond the club.

## ARCHERY TAG CHALLENGE



**THU, 20 JUN 2019 / 1.00PM - 5.00PM**

ACTIVITY SUITE, SC (L3)

U16 AND OPEN CATEGORY (5 PLAYERS PER TEAM)

\$90 PER TEAM (ADDITIONAL \$4 PER GUEST)

MIN. 10 TEAMS TO MAX. 40 TEAMS

CLOSING DATE: MON, 27 MAY 2019

\*Venue subject to change depending on number of teams.



## PARTY

### ASEAN COSTUME DANCE PARTY

Dress up in any of the Southeast Asian Nations costume and party the night with us. Light buffet dinner and drinks will be provided.



**SAT, 27 JUL 2019 / 7.00PM – 11.45PM**

ACTIVITY SUITE, SC (L3)

\$29 NETT (MEMBER) / \$39 NETT\* (GUEST)

CLOSING DATE: FRIDAY, 12 JULY 2019

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 that first occurs.

## 2019 VESAK DAY PERSONAL TRAINING PROMOTION

**PROMOTION PERIOD: 10 MAY TO 20 MAY 2019**

**1 HOUR PERSONAL TRAINING PACKAGE  
8 SESSIONS @ \$470.80 (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.

\*Price includes guest fee.



## CULINARY

### PINK ROSETTE CAKE (HANDS-ON)



Piping rosettes is not that difficult once you have mastered the tips and know-how! In this session, you will prepare the vanilla Madeira cake batter, non-dairy whipped cream, and learn the skills of decorating a plain round cake into a gorgeous

and elegant one from Chef Nan Ong. All participants will bring home a 6 (W) x 4 (H) inches round cake. Refer a friend and both will enjoy a 5% discount.

**SUN, 26 MAY 2019 / 9.00AM - 12.00PM**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 6 PAX

### CAKE IN A BOX (PARENT + CHILD)

Enjoy a great bonding session with your child during this hands-on cake making session and have fun decorating the cake with cream and fruits to your preferred design. Cake box will be provided. KidzClub member will enjoy a 5% discount. Single rate is also available for older age kid. Sign up early due to limited slots.



**THU, 20 JUN 2019 / 1.30PM - 4.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$96.30 PER PAIR (MEMBER) / \$107.00\* PER PAIR (GUEST)

CHILD AGE: 4 - 12 YEARS OLD / MIN. 4 PAIRS

*Image for illustration purpose only.*

### CRYSTAL DUMPLING + FRIED GLUTINOUS RICE (PARTIAL HANDS-ON)



Participants will have hands-on experience in making crystal dumpling and view a demonstration on the making of fried glutinous rice by Chef Tay. Refer a friend and both will enjoy a 5% discount. Sign up early due to limited slots.

**SAT, 22 JUN 2019 / 2.00PM - 5.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$67.41 (MEMBER) / \$78.11\* (GUEST)

MIN. 8 PAX

## 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

### 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

### MUAY THAI

**EVERY THU, STARTING 9 MAY 2019 / 7.15PM - 8.15PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

### TOTAL BODY CONDITIONING

**EVERY THU, STARTING 16 MAY 2019 / 8.00PM - 9.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$128.40 (MEMBER)

\$171.20\* (GUEST)

MIN. 7 PAX / 8 SESSIONS

### HATHA YOGA

MONTHLY FEE: \$42.80 (MEMBER) / \$64.20\* (GUEST)

ACTIVITY SUITE, SC (L3)

**TIME SLOT 1 (FEMALES ONLY):**

**EVERY MON / 7.00PM - 8.15PM**

**TIME SLOT 2 (FEMALES ONLY - GENTLE):**

**EVERY FRI / 9.00AM - 10.00AM**

**TIME SLOT 3 (FEMALES ONLY):**

**EVERY FRI / 7.00PM - 8.15PM**

**TIME SLOT 4 (MALE & FEMALE):**

**EVERY FRI / 8.30PM - 9.15PM**

MIN. 6 PAX



### PILOXING

**EVERY SAT, STARTING 18 MAY 2019 / 2.00PM - 3.00PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

*\*Price includes guest fee.*

## PILATES

MONTHLY FEE: \$58.85 (MEMBER) / \$80.25\* (GUEST)  
ACTIVITY SUITE, SC (L3)

TIME SLOT 1 (BY ONG BENG HWEE):

**EVERY MON / 7.00PM – 8.00PM**

TIME SLOT 2 (BY ONG BENG HWEE):

**EVERY TUE / 7.00PM – 8.00PM**

TIME SLOT 3 (BY ONG BENG HWEE):

**EVERY TUE / 8.05PM – 9.05PM**

TIME SLOT 4 (BY YVONNE CHEONG):

**EVERY TUE / 9.00AM – 10.00AM**

TIME SLOT 5 (BY YVONNE CHEONG):

**EVERY FRI / 12.00PM – 1.00PM**

TIME SLOT 6 (BY ONG BENG HWEE):

**EVERY SAT / 9.00AM – 10.00AM**

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 SAT, STARTING 11 MAY 2019 / 3.15 PM – 4.15PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 5 PAX / 8 SESSIONS

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## NEW HOOP FITNESS

The hula hoop is no longer just a children's toy. It can be an enjoyable exercise where you will shape and tone your waist, abdominal, arms, thighs and reap many health benefits. At the same time, spin your way to a healthy heart and stronger spine too!



### FREE TRIAL

**SAT, 22 JUN 2019 / 12.30PM – 1.30PM**

ACTIVITY SUITE, SC (L3)

### ACTUAL COMMENCEMENT

**EVERY SAT, STARTING 29 JUN 2019 / 12.30PM – 1.30PM**

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$141.24\* (GUEST)

MIN. 5 PAX / 8 SESSIONS

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## KPOP X FITNESS (LITE)

**EVERY FRI, STARTING 14 JUN 2019**

**9.00AM – 9.50AM**

MULTI-PURPOSE ROOM, SC (L2)

\$107.00 (MEMBER)

\$141.24\* (GUEST)

MIN. 6 PAX / 8 SESSIONS



## NEW POLE DANCE FITNESS

Pole dance is a full body workout combining fitness, cardio, muscle conditioning, balance and flexibility. It enables you to exude grace, strength and sensuality via tricks, combos and dance choreography on a pole. Member who signs up for the full 6 sessions course after the trial will be entitled to a 10% discount.



### FREE TRIAL

**TUE, 14 MAY 2019**

**7.00PM – 8.00PM**

MULTI-PURPOSE ROOM, SC (L2)

### ACTUAL COMMENCEMENT

**EVERY TUE, STARTING 21 MAY 2019**

**7.00PM – 8.00PM & 8.00PM – 9.00PM**

MULTI-PURPOSE ROOM, SC (L2)

**EVERY SUN, STARTING 26 MAY 2019**

**9.30AM – 10.30AM & 10.30AM – 11.30AM**

ACTIVITY SUITE, SC (L3)

\$179.76 (MEMBER) / \$211.86\* (GUEST)

MIN. 5 PAX / 6 SESSIONS

\*Price includes guest fee.





## NEW MEGADANZ

Megadanz is a fun & amazing workout that allows you to connect, engage & appreciate the quality of the movements, soul of the dance & the meaning of the rhythm through enjoying a variety of dance genres. Be sure to reap the many health benefits too!

### FREE TRIAL

**THU, 16 MAY 2019 / 10.15AM – 11.15AM & 8.30PM – 9.30PM**  
ACTIVITY SUITE, SC (L3)

### ACTUAL COMMENCEMENT

**EVERY THU, STARTING 13 JUN 2019 / 10.15AM – 11.15AM & 8.30PM – 9.30PM**  
ACTIVITY SUITE, SC (L3)

\$110.21 (MEMBER) / \$144.45\* (GUEST)  
MIN. 5 PAX / 8 SESSIONS

### MEGADANZ INSTRUCTOR: MS RACHEL TAN

Ms Rachel Tan is a dance graduate of Lasalle College of the Arts and has obtained teaching certification from Beijing Dance Academy and Commonwealth Society Teachers of Dancing. She has performed in various events such as ECNAD's arts education program for schools, Singapore River Festival and Singapore Dance Festival. She is currently a freelance dancer and fitness instructor in private dance studio, schools and community centers.

## NEW OXIGENO



Built on the fundamentals of Yoga & Pilates, this exercise will build on your flexibility and mobility through a series of flowing movements connected to breathing accompanied by soothing music.

### FREE TRIAL

**WED, 15 MAY 2019 / 10.15AM – 11.15AM**  
**MON, 17 JUN 2019 / 9.00AM – 10.00AM**  
ACTIVITY SUITE, SC (L3)

### ACTUAL COMMENCEMENT

**EVERY WED, STARTING 22 MAY 2019 / 10.15AM – 11.15AM**  
**EVERY MON, STARTING 24 JUN 2019 / 9.00AM – 10.00AM**  
ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$141.24\* (GUEST)  
MIN. 5 PAX / 8 SESSIONS

## 2019 JUNE SCHOOL HOLIDAYS

### JUNE HOLIDAY SPORTS & LEISURE CAMP

Back by popular demand!

**TUE, 25 JUN TO FRI, 28 JUN 2019**

**9.00AM – 1.00PM DAILY**

CSC SPORTS COMPLEX

\$250 (KIDZCLUB MEMBER) / \$310 (MEMBER) / \$360 (GUEST)

6 TO 11 YEARS OLD

CLOSING DATE: MON, 27 MAY 2019

REGISTER BY MON, 13 MAY 2019 TO ENJOY EARLY BIRD DISCOUNT OF \$20! (NOT APPLICABLE FOR KIDZ CLUB)

SLOTS ARE LIMITED, GRAB THEM BEFORE IT'S GONE!

SPORTS CAMP				
Day	Tue	Wed	Thu	Fri
Date/Time	25 Jun	26 Jun	27 Jun	28 Jun
9.00am	Registration			
9.30am	Badminton	Flippa Ball	Table Tennis	Tennis
11.00am	Tea Break			
11.30am	Basketball	Squash	Taekwondo	Bowling
1.00pm	Pick-up			Certificate Presentation

Note: Programme may be subjected to change due to unforeseen circumstances.

\*Price includes guest fee.



©2019 Disney

**PG** Parental Guidance  
Suitable for all, but parents should guide their young.

## Cinema Alfresco

**Friday, 31 May 2019 / 7.45pm onwards**  
**Beginners' Pool, Sports Complex**

Our 4th movie edition ushers you into a world of joy and wonder with Mary Poppins. Gather your family and friends around the pool and be entertained by the musical fantasy movie awarded by the American Film Institute (AFI) as 1 of the Top 10 films of 2018. Catch us at the Basketball Court for a kite flying session from 5pm to 6pm before the movie.



**FOOD & DRINK STALLS**



**Note :**

- The kite flying session is subject to weather conditions.
- No reservation of inflatable seats is allowed and no booking is required.
- In the event of adverse weather, event will be cancelled without prior notice.
- No outside food and drinks are allowed.
- Photographs and videos taken during this event may be used for the Club's marketing and publicity purposes.

**Complimentary Inflatable Seats (Land & Pool) are available.**

You may bring your own floats and mats.



For more information or enquiries, please contact Wan Ling at 6885 0653 or email to [WanLing\\_Tan@chineseswimmingclub.org.sg](mailto:WanLing_Tan@chineseswimmingclub.org.sg).



## MAY GOLF MEDAL



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

**TUESDAY, 28 MAY 2019**  
**PALM RESORT GOLF & COUNTRY CLUB**

## PILATES & STRENGTHENING EXERCISES FOR GOLFERS

BY ONG BENG HWEI



**WED, 29 MAY | 12, 19, 26 JUN | 3, 10, 17, 24, 31 JUL | 7 AUG 2019 / 6.45PM – 7.45PM**  
**ACTIVITY SUITE, SC (L3)**  
\$160.50 (SECTION MEMBER) / \$176.55 (MEMBER) /  
\$192.60 (GUEST)  
10 SESSIONS

Contact Michelle ☎ 6885 0674 or ✉ [Michelle\\_Lee@chineseswimmingclub.org.sg](mailto:Michelle_Lee@chineseswimmingclub.org.sg) for more information.

Contact Michelle ☎ 6885 0674 or ✉ [Michelle\\_Lee@chineseswimmingclub.org.sg](mailto:Michelle_Lee@chineseswimmingclub.org.sg) for more information.



## 4 DAYS TABLE TENNIS HOLIDAY CAMP WITH LI JIAWEI

Come and train with Li Jiawei, a 4-time Olympian and 2-time Olympic Medalist during the June school holidays. Kids will reap the benefits of improved hand-eye coordination, concentration and quick thinking skills. Furthermore, it also increases agility and flexibility. Sign up fast due to limited slots!



**MON - THU, 10 - 13 JUN 2019** (The dates have been revised from 3 - 4 Jun & 6 - 7 Jun 2019.)

**TABLE TENNIS ROOM, SC (L3)**

Grade	Fee Per Member	Fee Per Guest	Daily Training Time
Beginner	\$171.20	\$256.80	9am - 11am
Intermediate	\$171.20	\$256.80	12pm - 2pm
Advance	\$171.20	\$256.80	2pm - 4pm

Closing Date: Fri, 24 May 2019

Age: 4 years and above. Above fee is inclusive of 7% GST.

Timing shown above is subject to change.

Contact Wendy ☎ 6885 0654 or ✉ Wendy\_Tan@chineseswimmingclub.org.sg for more information.

## JUNIOR IN-HOUSE TABLE TENNIS TOURNAMENT

Create exposure and motivation in your child by enrolling him/her in this tournament.



**FRIDAY, 14 JUNE 2019, 9.00AM - 1.00PM**

**TABLE TENNIS ROOM, SC (L3)**

\$5.35 - CSC MEMBER / \$10.70 - JTA\* TRAINEES (NON-MEMBER)

CATEGORY (SINGLES):
UNDER 9 YEARS (I.E. BORN IN YEAR 2011 AND AFTER)
UNDER 11 YEARS (I.E. BORN IN YEAR 2009 AND AFTER)
UNDER 13 YEARS (I.E. BORN IN YEAR 2007 AND AFTER)
UNDER 16 YEARS (I.E. BORN IN YEAR 2004 AND AFTER)

Closing Date: Wed, 29 May 2019. Above fee is inclusive of 7% GST. Registration form is available at the Front Office, Sports Reception or CSC website. Timing shown above is subject to change.

Terms & Conditions:

- Minimum 5 participants per category.
- Participants of the 4 days Table Tennis June Holiday Camp with Li Jiawei will have their registration fee waived.
- In the event of low entries received, the Club reserved the right to combine the age group listed above.

\* denotes Jiawei Training Academy

Contact Wendy ☎ 6885 0654 or ✉ Wendy\_Tan@chineseswimmingclub.org.sg for more information.

## SQUASH DEVELOPMENT PROGRAMME (BEGINNERS / INTERMEDIATE)

BY ZAINAL ABIDIN ELITE SQUASH ACADEMY



Spark your interest and join the Squash Development Programme to acquire the necessary strong foundation. Free trial lesson is available for interested individual.

**EVERY SAT, 4.00PM - 6.00PM**

**EVERY SUN, 1.00PM - 3.00PM / 3.00PM - 5.00PM**

**SQUASH COURTS, SC (L3)**

\$234 NETT / MONTH X 3 MONTHS (MEMBER)

\$260 NETT / MONTH X 3 MONTHS (GUEST)

AGE: 7 - 19 YEARS OLD

Contact Wan Ling ☎ 68850653 or ✉ Wanling\_Tan@chineseswimmingclub.org.sg for more information.

## TAEKWONDO JUNIOR 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 SUN, 1.00PM TO 6.00PM**

**ACTIVITY SUITE, SC (L3)**

\$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.

## CSC FUN WALK & JOG WITH FLEX INSTRUCTORS



Come enjoy a breezy evening with CSC flex instructor and fellow joggers! F&B vouchers will be awarded for every 3 sessions completed from now till June 2019, while stocks last!

**10 & 24 MAY, 7 & 21 JUN 2019**  
**6.30PM - 7.30PM (ESTIMATED)**  
**EAST COAST PARK**

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

## INTRODUCTION TO FLIPPA BALL

A fun-packed aquatic activity that is designed to develop water confidence and build teamwork. Free trial lesson for interested juniors!

**EVERY SAT, 6.15PM – 7.15PM**  
**BEGINNERS' POOL**

**\$42.80 PER MONTH (MEMBER) / \$69.55 PER MONTH (GUEST)**  
**AGE: 6 – 12 YEARS OLD**



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

# CSC-JTA TABLE TENNIS ACADEMY

**Give your child a good start with a team of qualified coaches supervised by Li JiaWei @ the CSC-JTA Academy**

Training available for 4 years old and above.

**Want to know more?**  
 Contact Wendy Tan @ 6885 0654 or Wendy\_Tan@chineseswimmingclub.org.sg.



# 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



## Anniversary Set

for 8-10 pax

福临门拼盘  
Fu Lin Men Mixed Platter

红烧鱼鳔海鲜羹  
Fish Maw Soup with Dried Seafood

娘惹蒸龙趸片  
Steamed Sliced Giant Garoupa with Nonya Sauce

花雕杞子灼大虾  
Poached Prawn in Superior Chinese Wine Broth

金蒜脆皮鸡  
Crispy Roasted Chicken with Golden Garlic

蚝皇北菇扒时蔬  
Braised Mushroom with Seasonal Vegetable

干烧伊面  
Braised Ee-Fu Noodles

红莲炖桃胶  
Double Boiled Peach Resin with Lotus Seed and Red Dates

Fu Lin Men  
Cantonese Dining

Passion Group

Level 3, Chinese Swimming Club  
Phone : 6282 0810

\*For both CSC Members and Public.

\*Available Monday to Friday  
except Public Holiday.

\*All prices are subjected to 7% GST and  
10% Service Charge for non-member.

\*Reservation needed.

Only  
**\$368<sup>+</sup>**  
Usual price \$668<sup>+</sup>

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# Piano and Guitar Courses

Open your door to music through Kawai Music School Music Courses. We believe in giving everyone a chance to have a music education. Our Music Courses aim to build each individual's music potential with our holistic teaching system. All our students are encouraged to partake in Trinity College London Music Examinations, an MOE & internationally recognised UK examination board.

**10% OFF**  
(for School Fees)  
Exclusive for CSC Members

**NEW time slots available!**

We also cater to students who only want to learn for leisure.

**KAWAI**  
MUSIC SCHOOL  
PTE LTD

Chinese Swimming Club Lvl 2 - Recreation Complex  
Tel - 6345 6289 email - info@kawaims.com

**12 LANES**



**MAN ZHU CAFÉ**

For a limited time only! While stocks last!

**SPEND \$40 IN A SINGLE RECEIPT  
AND GET 1 FREE BOWLING GAME**

#### Terms & Conditions

- Each receipt is entitled to redeem 1 game voucher with min. \$40 spent (excluding service charge & GST) and a maximum of 2 game vouchers with spending of \$80 and above (excluding service charge & GST). Combination of receipts is not allowed.
- Limited vouchers will be issued every month. Free game is only redeemable within the same month on weekdays (Mon to Fri) before 6:00pm.
- Voucher and membership card must be produced at point of redemption at 12 Lanes.
- Subject to lane availability at 12 Lanes upon walk-in.
- Rental of bowling shoes (\$1.20 per pair) is required for all bowlers.
- Not valid for use in conjunction with any other promotions and/or during Club events.





SUN	MON	TUE	WED	THU	FRI	SAT
			1 <ul style="list-style-type: none"> <li>• Labour Day</li> <li>• Yang Style Taiji Quan</li> <li>• Nyonya &amp; Baba Tea Dance Party</li> </ul>	2 <ul style="list-style-type: none"> <li>• Chinese Brush Painting</li> <li>• Total Body Conditioning</li> <li>• Hydrofit</li> </ul>	3 <ul style="list-style-type: none"> <li>• Latin / Standard Ballroom by Peter Wong</li> <li>• Hatha Yoga</li> <li>• KPOP X Fitness (Lite)</li> <li>• Pilates</li> <li>• Children's Ballet</li> </ul>	4 <ul style="list-style-type: none"> <li>• Piloxing</li> <li>• Hydrofit</li> <li>• Pilates</li> <li>• MBSR Gentle Yoga</li> <li>• Line Dance Practice Night</li> <li>• Children's Ballet</li> <li>• Squash Development Programme</li> </ul>
5	6	7	8	9	10	11
<ul style="list-style-type: none"> <li>• Taiji Qigong</li> <li>• Hydrofit</li> <li>• Line Dance by Belinda</li> <li>• Taekwondo Training Programme</li> <li>• Table Tennis Youth Development Training (By Coach Kelvin Toh)</li> <li>• Squash Development Programme</li> </ul>	<ul style="list-style-type: none"> <li>• Latin / Standard Ballroom by Peter Wong</li> <li>• Hatha Yoga</li> <li>• Chinese Calligraphy</li> <li>• Chinese Karaoke Singing by Sufaye</li> <li>• Pilates</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates</li> <li>• Hydrofit</li> <li>• Line Dance by Belinda</li> <li>• Pole Dance Fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Line Dance by Alvin Low</li> <li>• Social Dance by Alvin Low</li> <li>• Body Band Balance</li> <li>• Yang Style Taiji Quan</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese Brush Painting</li> <li>• Total Body Conditioning</li> <li>• Hydrofit</li> <li>• Muay Thai</li> <li>• Chinese Dance (Trial)</li> </ul>	<ul style="list-style-type: none"> <li>• Latin / Standard Ballroom by Peter Wong</li> <li>• Hatha Yoga</li> <li>• KPOP X Fitness (Lite)</li> <li>• Pilates</li> <li>• Children's Ballet</li> <li>• CSC Fun Walk &amp; Jog with Flex Instructors</li> </ul>	<ul style="list-style-type: none"> <li>• Piloxing</li> <li>• Hydrofit</li> <li>• Pilates</li> <li>• MBSR Gentle Yoga</li> <li>• Children's Ballet</li> <li>• Barre</li> <li>• Social Dance Night</li> <li>• Squash Development Programme</li> </ul>
12	13	14	15	16	17	18
<ul style="list-style-type: none"> <li>• Taiji Qigong</li> <li>• Hydrofit</li> <li>• Line Dance by Belinda</li> <li>• Taekwondo Training Programme</li> <li>• Table Tennis Youth Development Training (By Coach Kelvin Toh)</li> <li>• Squash Development Programme</li> </ul>	<ul style="list-style-type: none"> <li>• Latin / Standard Ballroom by Peter Wong</li> <li>• Hatha Yoga</li> <li>• Chinese Calligraphy</li> <li>• Chinese Karaoke Singing by Sufaye</li> <li>• Pilates</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates</li> <li>• Hydrofit</li> <li>• Line Dance by Belinda</li> <li>• Pole Dance Fitness (Trial)</li> </ul>	<ul style="list-style-type: none"> <li>• Line Dance by Alvin Low</li> <li>• Social Dance by Alvin Low</li> <li>• Body Band Balance</li> <li>• Yang Style Taiji Quan</li> <li>• Oxigeno (Trial)</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese Brush Painting</li> <li>• Total Body Conditioning</li> <li>• Hydrofit</li> <li>• Muay Thai</li> <li>• Megadanz (Trial)</li> </ul>	<ul style="list-style-type: none"> <li>• Latin / Standard Ballroom by Peter Wong</li> <li>• Hatha Yoga</li> <li>• KPOP X Fitness (Lite)</li> <li>• Pilates</li> <li>• Children's Ballet</li> </ul>	<ul style="list-style-type: none"> <li>• Piloxing</li> <li>• Hydrofit</li> <li>• Pilates</li> <li>• MBSR Gentle Yoga</li> <li>• Children's Ballet</li> <li>• Barre</li> <li>• Social Dance Night</li> <li>• Squash Development Programme</li> </ul>
19	20	21	22	23	24	25
<ul style="list-style-type: none"> <li>• Vesak Day </li> <li>• Taiji Qigong</li> <li>• Hydrofit</li> <li>• Taekwondo Training Programme</li> <li>• Table Tennis Youth Development Training (By Coach Kelvin Toh)</li> <li>• Squash Development Programme</li> </ul>	<ul style="list-style-type: none"> <li>• Latin / Standard Ballroom by Peter Wong</li> <li>• Hatha Yoga</li> <li>• Chinese Calligraphy</li> <li>• Chinese Karaoke Singing by Sufaye</li> <li>• Pilates</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates</li> <li>• Hydrofit</li> <li>• Line Dance by Belinda</li> <li>• Pole Dance Fitness</li> <li>• African Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Line Dance by Alvin Low</li> <li>• Social Dance by Alvin Low</li> <li>• Yang Style Taiji Quan</li> <li>• Oxigeno</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese Brush Painting</li> <li>• Total Body Conditioning</li> <li>• Hydrofit</li> <li>• Muay Thai</li> </ul>	<ul style="list-style-type: none"> <li>• Latin / Standard Ballroom by Peter Wong</li> <li>• Hatha Yoga</li> <li>• KPOP X Fitness (Lite)</li> <li>• Pilates</li> <li>• Children's Ballet</li> <li>• CSC Fun Walk &amp; Jog with Flex Instructors</li> </ul>	<ul style="list-style-type: none"> <li>• Piloxing</li> <li>• Hydrofit</li> <li>• MBSR Gentle Yoga</li> <li>• Children's Ballet</li> <li>• Barre</li> <li>• Social Dance Night</li> <li>• Squash Development Programme</li> </ul>
26	27	28	29	30	31	
<ul style="list-style-type: none"> <li>• Taiji Qigong</li> <li>• Hydrofit</li> <li>• Line Dance by Belinda</li> <li>• Pole Dance Fitness</li> <li>• Pink Rosette Cake (Hands-on)</li> <li>• Taekwondo Training Programme</li> <li>• Table Tennis Youth Development Training (By Coach Kelvin Toh)</li> <li>• Squash Development Programme</li> </ul>	<ul style="list-style-type: none"> <li>• Latin / Standard Ballroom by Peter Wong</li> <li>• Hatha Yoga</li> <li>• Chinese Calligraphy</li> <li>• Chinese Karaoke Singing by Sufaye</li> <li>• Bellydance</li> </ul>	<ul style="list-style-type: none"> <li>• Pilates</li> <li>• Hydrofit</li> <li>• Line Dance by Belinda</li> <li>• Pole Dance Fitness</li> <li>• African Dance</li> <li>• May Golf Medal</li> </ul>	<ul style="list-style-type: none"> <li>• Line Dance by Alvin Low</li> <li>• Social Dance by Alvin Low</li> <li>• Yang Style Taiji Quan</li> <li>• Oxigeno</li> </ul>	<ul style="list-style-type: none"> <li>• Chinese Brush Painting</li> <li>• Muay Thai</li> <li>• Total Body Conditioning</li> <li>• Hydrofit</li> <li>• Bollywood Dance Fitness</li> <li>• Contemporary Dance</li> <li>• Chinese Dance</li> </ul>	<ul style="list-style-type: none"> <li>• Cinema Alfresco </li> <li>• Latin / Standard Ballroom by Peter Wong</li> <li>• Hatha Yoga</li> <li>• KPOP X Fitness (Lite)</li> <li>• Pilates</li> <li>• Children's Ballet</li> <li>• Contemporary Dance</li> </ul>	

SUN	MON	TUE	WED	THU	FRI	SAT
30						1
<ul style="list-style-type: none"> <li>Taiji Qigong</li> <li>Hydrofit</li> <li>Bollywood Dance Fitness</li> <li>Bellydance</li> <li>Pole Dance Fitness</li> <li>Taekwondo Training Programme</li> <li>Table Tennis Youth Development Training (By Coach Kelvin Toh)</li> <li>Squash Development Programme</li> </ul>						<ul style="list-style-type: none"> <li>Piloxing</li> <li>Hydrofit</li> <li>Pilates</li> <li>MBSR Gentle Yoga</li> <li>Barre</li> <li>Children's Ballet</li> <li>Squash Development Programme</li> </ul>
2	3	4	5	6	7	8
<ul style="list-style-type: none"> <li>Taiji Qigong</li> <li>Hydrofit</li> <li>Pole Dance Fitness</li> <li>Bollywood Dance Fitness</li> <li>Bellydance</li> <li>Taekwondo Training Programme</li> <li>Table Tennis Youth Development Training (By Coach Kelvin Toh)</li> <li>Squash Development Programme</li> </ul>	<ul style="list-style-type: none"> <li>Latin / Standard Ballroom by Peter Wong</li> <li>Hatha Yoga</li> <li>Chinese Calligraphy</li> <li>Chinese Karaoke Singing by Sufaye</li> <li>Pilates</li> <li>Children's Ballet</li> <li>Bellydance</li> </ul>	<ul style="list-style-type: none"> <li>Line Dance by Belinda</li> <li>Pole Dance Fitness</li> <li>Pilates</li> <li>Hydrofit</li> <li>African Dance</li> </ul>	<ul style="list-style-type: none"> <li>Hari Raya Puasa </li> <li>Body Band Balance</li> <li>Yang Style Taiji Quan</li> <li>Oxigeno</li> </ul>	<ul style="list-style-type: none"> <li>Chinese Brush Painting</li> <li>Muay Thai</li> <li>Total Body Conditioning</li> <li>Hydrofit</li> <li>Bollywood Dance Fitness</li> <li>Contemporary Dance</li> <li>Chinese Dance</li> </ul>	<ul style="list-style-type: none"> <li>Latin / Standard Ballroom by Peter Wong</li> <li>Hatha Yoga</li> <li>KPOP X Fitness (Lite)</li> <li>Children's Ballet</li> <li>Pilates</li> <li>Contemporary Dance</li> <li>CSC Fun Walk &amp; Jog with Flex Instructors</li> </ul>	<ul style="list-style-type: none"> <li>Piloxing</li> <li>Hydrofit</li> <li>Pilates</li> <li>MBSR Gentle Yoga</li> <li>Barre</li> <li>Social Dance Night</li> <li>Children's Ballet</li> <li>Squash Development Programme</li> </ul>
9	10	11	12	13	14	15
<ul style="list-style-type: none"> <li>Taiji Qigong</li> <li>Hydrofit</li> <li>Pole Dance Fitness</li> <li>Bollywood Dance Fitness</li> <li>Bellydance</li> <li>Taekwondo Training Programme</li> <li>Table Tennis Youth Development Training (By Coach Kelvin Toh)</li> <li>Squash Development Programme</li> </ul>	<ul style="list-style-type: none"> <li>Latin / Standard Ballroom by Peter Wong</li> <li>Hatha Yoga</li> <li>Chinese Calligraphy</li> <li>Chinese Karaoke Singing by Sufaye</li> <li>Pilates</li> <li>Children's Ballet</li> <li>Bellydance</li> <li>4 Days Table Tennis Holiday Camp with Li Jiawei</li> </ul>	<ul style="list-style-type: none"> <li>Line Dance by Belinda</li> <li>Pole Dance Fitness</li> <li>Pilates</li> <li>Hydrofit</li> <li>African Dance</li> <li>4 Days Table Tennis Holiday Camp with Li Jiawei</li> </ul>	<ul style="list-style-type: none"> <li>Line Dance by Alvin Low</li> <li>Social Dance by Alvin Low</li> <li>Body Band Balance</li> <li>Yang Style Taiji Quan</li> <li>Oxigeno</li> <li>4 Days Table Tennis Holiday Camp with Li Jiawei</li> </ul>	<ul style="list-style-type: none"> <li>Chinese Brush Painting</li> <li>Muay Thai</li> <li>Total Body Conditioning</li> <li>Hydrofit</li> <li>Megadanz</li> <li>Bollywood Dance Fitness</li> <li>Contemporary Dance</li> <li>Chinese Dance</li> <li>4 Days Table Tennis Holiday Camp with Li Jiawei</li> </ul>	<ul style="list-style-type: none"> <li>Hatha Yoga</li> <li>Latin / Standard Ballroom by Peter Wong</li> <li>KPOP X Fitness (Lite)</li> <li>Children's Ballet</li> <li>Pilates</li> <li>Contemporary Dance</li> <li>Junior In-house Table Tennis Tournament</li> </ul>	<ul style="list-style-type: none"> <li>Piloxing</li> <li>Hydrofit</li> <li>Pilates</li> <li>MBSR Gentle Yoga</li> <li>Barre</li> <li>Social Dance Night</li> <li>Children's Ballet</li> <li>Squash Development Programme</li> </ul>
16	17	18	19	20	21	22
<ul style="list-style-type: none"> <li>Taiji Qigong</li> <li>Hydrofit</li> <li>Crochet Workshop</li> <li>Pole Dance Fitness</li> <li>Bollywood Dance Fitness</li> <li>Bellydance</li> <li>Taekwondo Training Programme</li> <li>Table Tennis Youth Development Training (By Coach Kelvin Toh)</li> <li>Squash Development Programme</li> </ul>	<ul style="list-style-type: none"> <li>Latin / Standard Ballroom by Peter Wong</li> <li>Hatha Yoga</li> <li>Chinese Calligraphy</li> <li>Chinese Karaoke Singing by Sufaye</li> <li>Pilates</li> <li>Children's Ballet</li> <li>Oxigeno (Trial)</li> <li>Little Shakespeare Drama Workshop</li> <li>Bellydance</li> </ul>	<ul style="list-style-type: none"> <li>Line Dance by Belinda</li> <li>Pole Dance Fitness</li> <li>Pilates</li> <li>Hydrofit</li> <li>African Dance</li> </ul>	<ul style="list-style-type: none"> <li>Line Dance by Alvin Low</li> <li>Social Dance by Alvin Low</li> <li>Body Band Balance</li> <li>Yang Style Taiji Quan</li> <li>Oxigeno</li> </ul>	<ul style="list-style-type: none"> <li>Chinese Brush Painting</li> <li>Muay Thai</li> <li>Total Body Conditioning</li> <li>Hydrofit</li> <li>Cake In A Box (Parent + Child)</li> <li>Megadanz</li> <li>Bollywood Dance Fitness</li> <li>Contemporary Dance</li> <li>Chinese Dance</li> <li>Archery Tag Challenge</li> </ul>	<ul style="list-style-type: none"> <li>Latin / Standard Ballroom by Peter Wong</li> <li>Hatha Yoga</li> <li>KPOP X Fitness (Lite)</li> <li>Children's Ballet</li> <li>Pilates</li> <li>Contemporary Dance</li> <li>CSC Fun Walk &amp; Jog with Flex Instructors</li> </ul>	<ul style="list-style-type: none"> <li>Piloxing</li> <li>Hydrofit</li> <li>Pilates</li> <li>MBSR Gentle Yoga</li> <li>Barre</li> <li>Social Dance Night</li> <li>Children's Ballet</li> <li>Hoop Fitness (Trial)</li> <li>Crystal Dumpling + Fried Glutinous Rice (Partial Hands-on)</li> <li>Squash Development Programme</li> </ul>
23	24	25	26	27	28	29
<ul style="list-style-type: none"> <li>Taiji Qigong</li> <li>Hydrofit</li> <li>Crochet Workshop</li> <li>Pole Dance Fitness</li> <li>Bollywood Dance Fitness</li> <li>Bellydance</li> <li>Taekwondo Training Programme</li> <li>Table Tennis Youth Development Training (By Coach Kelvin Toh)</li> <li>Squash Development Programme</li> <li>Batam Trip cum June Golf Medal</li> </ul>	<ul style="list-style-type: none"> <li>Latin / Standard Ballroom by Peter Wong</li> <li>Hatha Yoga</li> <li>Chinese Calligraphy</li> <li>Chinese Karaoke Singing by Sufaye</li> <li>Pilates</li> <li>Children's Ballet</li> <li>Oxigeno</li> <li>Bellydance</li> <li>Batam Trip cum June Golf Medal</li> </ul>	<ul style="list-style-type: none"> <li>Line Dance by Belinda</li> <li>Pole Dance Fitness</li> <li>Pilates</li> <li>Hydrofit</li> <li>African Dance</li> <li>June Holiday Sports &amp; Leisure Camp</li> <li>Batam Trip cum June Golf Medal</li> </ul>	<ul style="list-style-type: none"> <li>Line Dance by Alvin Low</li> <li>Social Dance by Alvin Low</li> <li>Body Band Balance</li> <li>Yang Style Taiji Quan</li> <li>Oxigeno</li> <li>June Holiday Sports &amp; Leisure Camp</li> </ul>	<ul style="list-style-type: none"> <li>Chinese Brush Painting</li> <li>Muay Thai</li> <li>Total Body Conditioning</li> <li>Hydrofit</li> <li>Megadanz</li> <li>Bollywood Dance Fitness</li> <li>Contemporary Dance</li> <li>Chinese Dance</li> <li>June Holiday Sports &amp; Leisure Camp</li> <li>Italian Wine Dinner</li> </ul>	<ul style="list-style-type: none"> <li>Latin / Standard Ballroom by Peter Wong</li> <li>Hatha Yoga</li> <li>KPOP X Fitness (Lite)</li> <li>Children's Ballet</li> <li>Pilates</li> <li>Contemporary Dance</li> <li>June Holiday Sports &amp; Leisure Camp</li> </ul>	<ul style="list-style-type: none"> <li>Piloxing</li> <li>Hydrofit</li> <li>Pilates</li> <li>MBSR Gentle Yoga</li> <li>Barre</li> <li>Social Dance Night</li> <li>Children's Ballet</li> <li>Hoop Fitness</li> <li>Squash Development Programme</li> </ul>



## 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!***

### Makati Sports Club, Manila

A Sports and Leisure Club located in the heart of Makati, Philippines. It is a world-class resort situated in the heart of the country's premier and world-known business district. A great place to meet, relax, and strategize with business associates, family, and friends in an ideal urban location. Members can enjoy the amenities of the club by engaging in racquet sports such as squash, badminton, tennis, as well as swimming, aikido-boxing and more. Satisfy your insatiable palate and feast on the appetizing dishes and desserts at the 5 F&B outlets too. International cuisine, delectable selection of breads, cakes and pastries, as well as flavourful Filipino meals are available for your enjoyment.

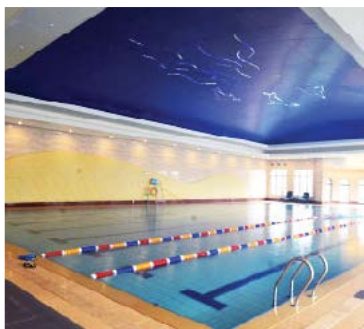


### The Seoul Club, Seoul



Nested in the foothills of Namsan Mountain, The Seoul Club is a premium International Business and Sports Club. It offers a wide range of sporting amenities and services such as swimming pool, fitness centre, aerobics room, squash court, tennis court, golf range, library and more... Delectable dinner options are also made available at the 3 restaurants where you can enjoy international modern cuisine, western or Asian delicacies or even freshly baked breads, pastries, pies and cakes as well as an eclectic selection of deli items. You can also enjoy an extensive selection of wines & spirits at the bar too!

## Ambassy Club, Pudong



Ambassy Club Pudong offers a comprehensive range of leisure and sports facilities such as indoor and outdoor pool, yoga room, aerobic room, fitness centre, steam and sauna room and more. Dining option is also available at the café where members and your loved ones can enjoy an exquisite French cuisine and drinks. Drop by Embassy Club, Pudong during your next leisure or work trip!

## Staycation Special FOR CSC MEMBERS

### The BCC Hotel and Residences - Batam

Room Type	Weekday/ Weekend, Per Suite Per Night
Deluxe Twin	Rp 625.000
Executive Deluxe King	Rp 675.000
Executive Deluxe Twin	Rp 675.000
Premier	Rp 875.000

*Surcharge applies on Public Holidays*

#### Includes:

- Welcome drink
- Buffet breakfast available at Le Bistro Restaurant for 2 pax for all hotel room types, 4 pax for Apartment 2 room type and 6 pax for Apartment 3 and Apartment 3 + 1 room type.
- Internet facility in the room
- Complimentary use of Health Centre
- Entry to the outdoor swimming pool



**Advance reservation is compulsory. Promotion is valid till 31 January 2020. Other terms & conditions apply.**

For more information or reservations, please call The BCC Hotel & Residences - Batam at +62 778 421 666 or email to [mkt@thebcchotels.com](mailto:mkt@thebcchotels.com)

## 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](mailto:Reception@chineseswimmingclub.org.sg)

Tel: 6885 0688

[www.chineseswimmingclub.org.sg](http://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.missionhillsschina.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

The BCC Hotel & Residences - Batam   
Tel: +62 778 421 666  
www.thebcchotels.com

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

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



**FIL**  
SKIN, BODY & SPA INTELLIGENCE

**S\$48 NETT** (INCL. GST)

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Therma Cold Hydrating Facial**  
90 mins, U.P. \$600

**BENEFITS**

- Smoother skin • Hydrated skin • Supple and firmer skin
- Glowing results • Lock in moisture into your skin

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 from 1st Mar to 30th June 2019. Please quote FCSC0619 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.

Ⓜ www.fil.com.sg

Ⓜ fil\_singapore

Ⓜ FILSkinBodyAndSpaIntelligence



THE GRAND PATROS



**AT 34 AMBER ROAD, SINGAPORE 439950  
TO BOOK VENUE FOR  
WEDDINGS, EXHIBITIONS, WORKSHOPS, SEMINARS, CORPORATE EVENTS,  
PRODUCT LAUNCHES AND MORE  
CALL 94516650, 97552870, 91443560**



CLUB'S MAIN LINE : 6345 1221 or 6885 0688

GENERAL FEEDBACK :

feedback@chineseswimmingclub.org.sg

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## • 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 CAFE**

Mon to Thu 12.00nn to 9.30pm

Fri &amp; 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**

Non-band performing nights 11.30am to 11.00pm

Nights with band performances 11.30am to 12.00pm

**KTV ROOMS**

Mon, Tue, Wed, Fri &amp; Sat 3.00pm to 11.30pm

Thu &amp; Sun 3.00pm to 10.30pm

Room Charges

Mando Room (9 pax)

Weekday - \$15 per hour

Weekend &amp; PH - \$25 per hour

Canto Room (15 pax)

Fri, Sat, Sun &amp; 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 &amp; 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 &amp; 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 &amp; Eve of PH 12.00nn to 1.00am

Sat &amp; PH 10.00am to 1.00am

Sun 10.00am to 11.00pm

Peak Period

Mon to Fri 6.00pm onwards

Sat, Sun &amp; 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 &amp; Whole of Sunday)

per court per hour

Close for Section Training

(All courts)

Mon, Wed &amp; 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 &amp; Fri 5.00pm to 8.00pm (Table 2-4)

Tue &amp; Thu 6.00pm to 11.00pm (All Tables)

Table Tennis Youth Programme

Sun 1.00pm to 6.00pm (Table 3&amp;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 &amp; 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 &amp; Eve of PH 6.30am to 10.00pm

Sat, Sun &amp; PH 7.00am to 8.00pm

Peak Period

Mon to Fri 6.30am to 11.00am / 5.00pm to 10.00pm

Sat, Sun &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; 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 &amp; Eve of PH)

10.00am to 11.00pm

**GAMES & RECREATION ROOM**

Fri, Sat &amp; 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).



# Italian

## Wine Dinner

The Umani Ronchi story is one of ancient vines, land and people. Today Umani Ronchi is the wine estate owned by the Bianchi-Bernetti family, who since 1959 have been making superb-quality craft wines, coaxing the best out of the Verdicchio and Montepulciano that find their finest expression in Marche and Abruzzo. Join us for an Italian Wine Dinner paired with exclusive menu to tantalize your taste buds. Do not miss out on the sharing of knowledge and expertise concerning the finer details of wine by the guest sommelier.

Thursday, 27 June 2019

7pm onwards

Lattice Suite, Recreation Complex (L3)

\$65 (Wine Club Member) / \$75 (Member) / \$85 (Guest)

### - MENU -

#### Welcome Drink

Umani Ronchi Casal di Serra Verdicchio DOC Classico Superiore 2017

#### Appetizer

Smoked Salmon, Mascarpone Cheese Salad

Umani Ronchi Le Busche Marche Bianco IGT 2016

#### Soup

Gammon Ham Minestrone

Umani Ronchi Montepagano Montepulciano d'Abruzzo DOC 2016

#### Main Course

Beef Tenderloin, Foie Gras, Baby Spinach, Pine-nut

Umani Ronchi Cumaro Conero Riserva DOCG 2013

Or

Almond Crusted Halibut and King Prawn, Baby Spinach, Pine-nut

Umani Ronchi Plenio Verdicchio Riserva DOCG Classico 2015

#### Dessert

Chocolate Hazelnut Orange Dome



Guest Sommelier: Giacomo

