

FREESTYLE



BI-MONTHLY MAGAZINE | SEPTEMBER - OCTOBER 2019

A vibrant, colorful poster for the Freestyle Aquatic Festival 2019. The background is a light blue and green gradient with white bubbles. At the top, a blue truck labeled "SURFING FOOD ISLAND WIDE" is shown. Below it, a large, colorful inflatable water slide is on the left, and a coffee cup and a film reel are on the right. In the center, a yellow banner reads "CHINESE SWIMMING CLUB OPEN HOUSE & Aquatic Festival 2019". Below the banner, a swimmer is shown in a pool. At the bottom, a mermaid with long green hair and a purple tail is shown. A seashell with a pearl inside is in the bottom left corner, containing the text "ALL ARE WELCOME".

**CHINESE SWIMMING CLUB
OPEN HOUSE &**

Aquatic Festival

SAT, 21 SEP • 2PM - 6PM

2019

**ALL ARE
WELCOME**

Syrena, Singapore's First Mermaid
@thesingaporemermaid, and photo by
Joshfather Photography @thejoshfather

FREESTYLE PUBLICATION



ON THE COVER

CSC Open House & Aquatic Festival 2019

Opinions expressed need not necessarily represent those of the Club. The Club accepts no responsibility for the quality of goods or services advertised. All event information is accurate at time of print.

We welcome comments or any other contributions from members. Please send them to the General Manager/Secretary at the Club's address. The Club reserves the right to edit all materials or decline publication. No part of this publication may be reproduced without the permission of the Club.

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Dear Members,

The 4th CSC Super Junior Swimming Invitational held on 6 and 7 July 2019 was a resounding success. CSC emerged the overall Champion for the fourth consecutive year. Congratulations to our young swimmers; Jayven Teo, Lawrence Lim and Tedd Chan who won the most valuable swimmer awards in their respective age groups. Well done Swim CSC for the stellar performance!

Eight of our swimmers represented Singapore at the 43rd SEA Age Group Swimming Championships. The Singapore contingent won 11 Gold, 16 Silver and 16 Bronze medals and our swimmers contributed 3 Gold, 8 Silver and 3 Bronze medals to the tally.

CSC is also heartened with the outstanding performance of our Water Polo Teams at the Pesta Sukan Water Polo Competition held on 27 and 28 July 2019. Our Junior team won the Gold medal in the U13 and U15 and the Bronze medal in the U11 categories. Our Adult team achieved a Joint Silver medal in the Men's Master category.



Members can look forward to the Mid-Autumn Festival organised by our Sports and Lifestyle team on 6 September 2019. Enjoy mooncake sampling, a wushu performance and craft making.

Remember to mark your calendar for the Club's Open House & Aquatic Festival on 21 September 2019. A fun range of activities have been planned; tele-matches, water carnival games, an artistic swimming performance by Singapore Swimming Association, photo session with Singapore's first mermaid; there will be a variety of pastries, gourmet coffees, a food truck, wine and whisky tasting. To top it up, our signature cinema alfresco will be a finale for the event. It will be a fun-filled day and a good opportunity for CSC to showcase our facilities and programmes to non-members.

For foodies and wine aficionados, the Oktoberfest on 18 October 2019 promises a delectable German buffet, ice-cold beer, a night of entertainment with live performance by The Swiss Alpine Lions. On 24 October, members can experience the dynamite pairing of whisky and oyster.

Last but not least, in our continuous effort to enhance the membership privileges, the Club has collaborated with two new hotels, Hotel Indigo Singapore and Village Hotel Singapore offering preferential rates for members booking their next staycation.

On behalf of the Management Committee and the staff at CSC, I wish all members and their families a Happy Mid-Autumn Festival.

Shalom and God Bless.

Edwin

Edwin Lee
President

**CHINESE SWIMMING CLUB
OPEN HOUSE &**

Aquatic Festival

SAT, 21 SEP • 2PM - 6PM

2019

ALL ARE WELCOME

**WATER
CARNIVAL GAMES
& TELEMATCH**



**SHOWCASE OF
SWIMMING, SPORTS &
LIFESTYLE PROGRAMMES**



**ARTISTIC
SWIMMING
PERFORMANCE**



F&B STALLS

- Wine & Whisky Tasting
- Aromatic Brew from Lavazza Coffee
- Island Surfer Food Truck



WHAT'S MORE?

- Fringe Activities
- Membership Promotions
- Craft Workshops
- Free Bowling Lessons

**PHOTO
OPPORTUNITIES
WITH SYRENA,
SINGAPORE'S FIRST
MERMAID**

@thesingaporemermaid

FOR MEMBERS & GUESTS ONLY

**CINEMA
ALFRESCO**

7.30pm onwards



**MEMBERS BRING
YOUR GUESTS FOR
SURPRISE TREATS!**



Syrena, Singapore's First Mermaid
@thesingaporemermaid, and photo by
Joshfather Photography @thejoshfather

Programmes are subject to change without prior notice.

For enquiries: Call 6885 0653 or email to WanLing_Tan@chineseswimmingclub.org.sg



The 4th CSC Super Junior Swimming Invitational held on 6 and 7 July 2019 was a great success! Over 700 swimmers and hundreds of parents gathered at CSC to participate in this exciting annual event. During the two days of competition, we saw teams from Malaysia, China, Thailand, Philippines and Indonesia battling out for supremacy. A close-run competition resulted in Chinese Swimming Club emerging as the 2019 Champions, the fourth time in consecutive years we had won the overall points trophy.

Most valuable swimmer awards were made for each age, male and female. Swimmers from 5 different clubs won awards, including Jayven Teo, Lawrence Lim and Tedd Chan from CSC. The event itself was well run and gave swimmers invaluable opportunities to race against their peers from within Singapore and against international opponents.

Representatives from Singapore Swimming Association (SSA) and the Singapore Sports Institute (SSI) attended the event and were impressed with the intensity of competition and vibrant environment that was created. Many teams were delighted with race conditions and facilities at CSC, and the general comment and observation were that they would be back for more at the 5th CSC Super Junior Swimming Invitational next year!

Lastly, we would like to express our greatest gratitude towards our generous sponsors for their contribution and support in making this event a spectacular and successful one.



QUAHE WOO & PALMER LLC
ADVOCATES | SOLICITORS | Singapore | Hong Kong



Photos credited to Mr Tommy Low.



Italian Wine Dinner

(27 June)

Held on 27 June 2019 at the Lattice Suite, our members enjoyed a superb Italian Wine Dinner paired with an exclusive menu which tantalized their taste buds. Our guest sommelier, Mr Giacomo shared his knowledge and expertise concerning the finer details of wine. Every label presented its own unique style, flavour and taste that it is not only served to complement the dish but also gave members a memorable wine drinking experience. Do remember to join us for the next wine dinner!





Bruichladdich Whisky & Cheese Pairing

(18 July)

On 18 July 2019, members and their friends signed up for the Bruichladdich Whisky and Cheese Pairing event held at the Lattice Suite. Participants enjoyed the rich, robust flavour profile of whisky which helped to enhance the cheese's flavour as presented by Brendan Pillai, brand ambassador of The Single Cask and Syu Ai Ming, founder of The Cheese Ark. It was a wonderful evening, complete with sumptuous spread.





DO YOU KNOW?

Monthly F&B Levy could be utilised with the following range of wine & dine:

- Enjoy a sumptuous meal at Man Zhu Café or Three Bars.
- Gather your kakis to enjoy BBQ feast at Manzhu Alfresco.
- Have a hearty Hi Tea For 2 with your BFF.
- Relish your sweet tooth with a creative selection of cakes and pastries.
- Retail products such as chips, ice creams etc.
- Foodies and wine aficionados, could join our wine pairing events or purchase your favourite wines at our F&B Outlets.
- Book your private events including baby shower, birthdays and more...

Be spoiled with choices!

TEMPORARY CLOSURE OF BADMINTON HALL

Please be informed that the Badminton Hall will not be available for booking at selected timings from 9 to 15 September as the Club will be hosting the 14th CSC Age Group Badminton Tournament 2019. Members may check with the Sports Desk on the updated court availability during this period.

AMENDMENTS TO CLUB BYE-LAWS

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

Entrance, Registration, Subscription, Transfer, Conversion & Administrative Fees and Credit Facility

Registration Fees

Article 4: The registration fee for the change of nominee for Corporate Membership shall be \$535 unless otherwise determined by the Management Committee.

Transfer Fees

Article 9: The transfer fee for the transfer of a membership from a Corporate (Transferable) Member to a transferee who satisfies the requirements of the Constitution shall be \$10,000 plus prevailing GST charges or such other fee as may determine by the Management Committee.

Billiards and Snooker Lounge

Article 22: Members and guests must be properly attired whilst in the Billiards & Snooker Lounge. Members with sleeveless T-shirts and shorts are not allowed to play on the billiards and pool tables.



With the new guidelines on the PDPA for NRIC and other National Identification Numbers which will take effect on 1 September 2019, kindly note that the Club will continue to collect and retain a copy of our members' identification information and documents for identification and verification purposes. For safety and security reasons, it is important to accurately identify our members to a high degree of certainty because the club facilities are only available to members. In addition, it is also essential to correctly ascertain the relationship of the members to prevent fraudulent claims of relationship when enjoying the family memberships.

However, please be assured that the Club is dedicated to maintaining the highest standards of confidentiality with respect to the personal data of our members and compliance with PDPA guidelines.

TEMPORARY CLOSURE OF BASKETBALL COURT

Please be informed that the Basketball Court will be closed on Wednesday, 11 September 2019 from 8.00pm to 10.30pm for Taiji Quan Mid-Autumn Get Together.



15TH SINGAPORE NATIONAL CHAMPIONSHIPS

Held from 19 to 22 June 2019 at the OCBC Aquatic Centre, 31 CSC swimmers participated in the event and more than two thirds swam their life-time bests. Joseph Schooling won the 100m Freestyle on Day 1. Randall Neo set a new National under 15 record in the 100m butterfly and the record was coincidentally held by Joseph Schooling in the National 14&U! Bonnie Yeo made the podium in the 100 Backstroke and then led off our young team of girls to win Silver in the 4 x 100 Medley Relay. It was an amazing achievement from Bonnie, Melanie Chong, Tan Shang-Eve and Marina Chan in beating many of their older counterparts. Marina will compete at the World University Games in Naples, Italy this summer.



43RD SEA AGE SWIMMING CHAMPIONSHIPS

On 28 to 30 June 2019, 8 CSC swimmers and Coach Zhi Cong represented Singapore in the 43rd SEA Age Group Swimming Championships held in Cambodia. The CSC team comprised Randall Neo, Bonnie Yeo, Jaren Lam, Melanie Chong, Jaryl Yeo, Tan Shang-Eve, Richie Soh and Lynette Some. The Singapore contingent won a total of 11 Gold, 16 Silver and 16 Bronze medals. Out of which, our CSC Swim Team proudly contributed to 3 Gold, 8 Silver and 3 Bronze. Congratulations to our swimmers!



USA SWIM TEAM VISITS TO CSC

CSC had the honour to host the USA Swim Team on 11 and 14 July 2019 when they were in Singapore to prepare for the FINA World Championship in South Korea. There was a lot of positive feedback from the USA Team members; everyone enjoyed their training sessions and were very impressed with our facilities and the positive environment created at CSC. Several CSC swimmers and their parents were present to observe the training sessions.

The Club was particularly pleased to note the attendance of Colin and May Schooling who met up with several friends from the USA team. Overall it was an extremely rewarding experience for CSC.





3D2N BATAM TRIP CUM JUNE MEDAL 2019

22 golfers participated in the 3D2N golfing trip to Batam on 23 to 25 June 2019. Everyone had a delectable dinner at Steam King Restaurant after the June Medal at Southlinks Country Club. For the subsequent two days, the golfers played at Batam Hills Golf Resort and the all-time favourite golf course, Palm Springs Golf & Country Club.

Congratulations to our June Medal Winners:

Category	Position	Name (Hcp) – Stableford pts	Hcp Revision
Division A	Champion	Lee Chiwi (17) - 29	15
	2 nd	Johnny Tan (10) - 28	8
Division B	Champion	Fred Tan (25) - 30	20
	2 nd	Tan Kim Lian (22) - 29	19



JULY MEDAL CUM GOLF SECTION NIGHT

71 golfers participated in the July Medal held at Marina Bay Golf Course on 30 July 2019. Our member, Mr Mustaffa Lim achieved a Hole-in-One at the Par 3 Second Hole and won a 4D3N trip to Sydney together with his three lucky CSC flight mates!

The golfers and their guests subsequently gathered at the Club's Activity Suite for the Golf Section Night. The event commenced with the opening speech by Golf Convenor, Mr Steven Tan, followed by a presentation of the past and upcoming golf events. Our golf pro, Mr Brad McManus was invited to share golfing tips with the golfers. Questions were raised during the sharing session and Brad provided good golfing tips which benefitted the attendees.

An auction segment was conducted by Club's Vice Captain, Mr Dick Lee to help raise funds for the President's Challenge 2019. A total of \$4,221 was raised via auctions and donations from our attendees. We would like to extend our gratitude to our sponsors and donors who had contributed to this worthy event.

Congratulations to our July Medal Winners:

Category	Position	Name (Hcp) – Stableford pts	Hcp Revision
Division A	Champion	Alex Teh (19) - 38	17
	2 nd	Gilbert Soong (18) - 36	17
	3 rd	Peter Yap (10) - 25	9
Division B	Champion	David Neo (26) - 39	24
	2 nd	Lai Kok Hui (28) - 36	27
	3 rd	Steven Chia (21) - 35	20



HIGHLIGHTS OF BOWLING SECTION

For the past two months, our Bowling Section were fully packed with activities and we are glad to share the Bowlers' achievements and performance in these events.

Our Bowling Team displayed great team spirit and effort to clinch 2nd place at the SSC Bowling Invitational 2019 held on 9 June 2019.

Our Bowlers also achieved commendable results at the 51st Singapore International Open 2019 held from 16 to 30 June 2019. We would like to congratulate the following bowlers:

Han Sah Lee – 4th position in Women's Senior & 11th position in Mixed Senior

Jay Cheong – 3rd position in Boys Under 15 Finals

Andre Chew – 7th position in Boys Under 12 Finals

Amelynn Danielle Sim – 9th position in Girls Under 15 Finals



SSC Bowling Invitational 2019



Bi-Monthly Medal

The July Bi-Monthly Medal was held on 14 July 2019 where the bowlers had a wonderful bowling get together while celebrating the birthday of our Bowling Convenor Dorothy Tay.

We are also pleased to share that 12 years old Bowler, Andre Chew had a stellar performance at the National Inter-Primary Championship 2019, winning the following titles:

- 1st Individual
- 2nd Doubles
- 3rd Quartet
- 2nd All Events



Andre Chew - National Inter-Primary Championship 2019

The Tanglin Club hosted our Club for a Bowling friendly game on 22 July 2019 at the Singapore Island Country Club. It was a fun session where great camaraderie was built.

In the Inter-Club Youth Day Challenge held on 6 July 2019, our Club's Youth Bowler, Edward Teo came in 1st, beating even the National Bowlers from other clubs. Our Youth team had also emerged as overall 2nd position in the challenge organised by SGCC!

The winning streak continued at the Pesta Sukan Bowling held from 1 to 10 Aug 2019. Well done to the following bowlers for their splendid performance.

- Gerard Ng – 3rd position in Men's Open
- Ong Shena – 2nd position in Women's Open
- Joseph Soong – 2nd in Mixed Senior



Amelynn Danielle Sim (R) - 9th position in Girls Under 15 Finals



Han Sah Lee (R) - 4th position in Women's Senior & 11th position in Mixed Senior



Andre Chew (R) - 7th position in Boys Under 12 Finals



Jay Cheong (R) - 3rd position in Boys Under 15 Finals



Friendly game with The Tanglin Club



Edward Teo came in 1st in the Inter-Club Youth Day Challenge



Gerard Ng (L) & Ong She-Na (R)



Joseph Soong (L)

BADMINTON FRIENDLY MATCH WITH ROYAL BANGKOK SPORTS CLUB

On 12 July 2019, our Badminton Section hosted the Royal Bangkok Sports Club (RBSC) for a friendly match. It was a fantastic opportunity for both teams to affirm the many years of friendship forged on the courts and also for CSC to reciprocate the warm hospitality extended to our players whenever there are interport matches at RBSC. Our players had a great experience sparring with their skilled Thai counterparts before enjoying a sumptuous Barbeque Dinner at the Man Zhu Alfresco Dining. We look forward to hosting RBSC again in the near future!



NATIONAL DAY GATHERING CUM 6 RED SNOOKER INVITATION

On 3 August 2019, the Billiards & Snooker section invited Changi Beach Club and Singapore Cricket Club for the annual National Day Gathering cum 6 Balls Invitational Tournament. It was an afternoon full of exchanges and interactions between the invited guests and our section members.

With four strong teams participating in the game, Team CSC managed to retain the Wee Aik Koon Challenge trophy and won CBC in the finals.



ANNUAL TAEKWONDO TRAINING CAMP CUM IN-HOUSE GAME 2019

The annual Taekwondo training camp returned with more action! A total of 45 trainees signed up for the camp held on 21 July 2019, and we were pleased to see an increase in the number of participants this year.

The trainees started their day with a fun run at East Coast Park after a round of warm-up. To create excitement in the training camp, trainees were split into groups of five and they had to complete various challenges in order to gain points which were tabulated at the end of the camp. Despite the hot weather, many showed enthusiasm while engaging in the fun activities.

After a fulfilling lunch, a joint training session and in-house game were conducted and our juniors managed to pick up some new techniques



shared by the seniors. The sparring session was indeed the highlight of the day as it provided our trainees a platform to exchange tactics in preparation for the upcoming competitions.

The day ended with a prize presentation ceremony where special awards were given out aside from the top four winning teams. Heartiest congratulations to the following winners!

Team Award	Winners
Champion	Donald Neo, Logan Lim, Brian James Hartono, Jack Tan, Mikel Low
2nd	Xavier Tay, Jayrian Chua, Nathan Castro, Axel Tan, Cory Alexander Tan
Joint 3rd	Ethan Ho, Corra Koon, Titus Fu, Shi Hao Ran, Lukas Chiam
Joint 3rd	Jenessa Wee, Kimberley Ann Hartono, Eva Lee, Marcus Ho, Zadkiel Kwek

Special Award	Winner
Best Sports Boy	Aiden Lim
Best Sports Girl	Raelyn Yap
Best Spirit	Tan Gene Jie
Most Improved Player	Edward Emery Yeo

TAEKWONDO 173RD SUPPLEMENTARY GRADING

Congratulations to all CSC trainees for achieving their new belts on 28 July 2019.



Aaron Jaden Leow	2nd Poom
Tan En Sheng Jack	2nd Poom
Yeo Qi Xuan	1st Poom
Lukas Chiam Zunyang	1st Poom (P. pass)
Isaac Ngiam Ri Hong	Black-Tip Belt
Kendrick Chua Li-De	Black-Tip Belt
Ian Lim Ding Yi	Black-Tip Belt
Jenessa Wee Xin Yi	Black-Tip Belt
Emmanuel Tay Renn Hom	Black-Tip Belt
Tan Gene Jie	Black-Tip Belt
Corra Koon Jing Wen	Brown Belt
Emery Yeo Yong Boon	Brown Belt
Goh TianYou Scott Shine	Brown Belt

Nathan Castro	Red-Tip Belt
Axel Tan Zheng Wei	Red-Tip Belt
Sarah Chen Xin En	Red-Tip Belt
Kimberly Ann Hartono	Red-Tip Belt
Ayden Ang Kai Rui	Blue Belt
Ashton Ang Jia Rui	Blue Belt
Asha Enyi Vasu	Blue Belt
Xavier Tay Kai Huang	Blue Belt
Jayrian Chua Jun Yu	Blue Belt
Aden Tan Wei Dat	Blue-Tip Belt
Adiv Tushar Gole	Blue-Tip Belt
Zachary Lye Chit Wai	Green Belt
Don Tan Chuan Ren	Green Belt

Marcus Ho Jun Xin	Green-Tip Belt
Brian James Hartono	Green-Tip Belt
Ethan Ho Jun Hong	Yellow Belt
Eva Lee Xin Yi	Yellow Belt
Nathan Lee Zhi Cheng	Yellow-Tip Belt
Yep Hon Lum Haniel	Yellow-Tip Belt
Cory Alexander Tan	Yellow-Tip Belt
Wee Alena Martin	Yellow-Tip Belt
Donald Neo Geng Rui	Yellow-Tip Belt
Jadon Ling Yi Xin	Foundation White Belt
Tyson Lee Dong Ze	Foundation White Belt
Arthur Koo Yun Kai	Foundation White Belt
Logan Lim Hao Ning	Foundation White Belt

NATIONAL SCHOOL GAMES TAEKWONDO CHAMPIONSHIPS 2019

Congratulations to our junior trainees Randal Gay and Raelyn Yap for obtaining Bronze in the C Division in the recent competition held between 9 and 12 April 2019. Well done!



TOA PAYOH EAST NOVENA/ STTA VETERAN TABLE TENNIS CHAMPIONSHIP



The CSC Table Tennis team emerged as the 2nd runner up in the Toa Payoh East Novena/STTA Veteran Table Tennis competition held on 15 and 16 June 2019. Kudos to all players for putting up a good fight. Congratulations!



ROYAL BANGKOK SPORTS CLUB (RBSC) INVITATIONAL TABLE TENNIS TOURNAMENT

It was an exciting match on 29 June 2019 as 5 Table Tennis teams, namely Chulalongkorn University, RBSC, Japan Association of Thailand, Thai Airlines and Chinese Swimming Club pit against one another in this annual tournament hosted by RBSC. CSC put up a stellar performance, winning every match and eventually clinched the Champion trophy. Congratulations to all the players!





GUEST TRAINEES FROM CHINA DONGSHEN PRIMARY SCHOOL

On 7 and 8 July 2019, the Club welcomed 86 guest trainees from China Dong Shen Primary School for a 2-day Table Tennis training under the Jiawei Training Academy as part of their overseas excursion program. Snacks and drinks were provided and every trainee was presented with a certificate endorsed by Li Jiawei. The children enjoyed themselves and look forward to visiting the Club again in the future.

ATT SINGAPORE NATIONAL TABLE TENNIS LEAGUE



It was an interesting and exciting match for the Singapore National Table Tennis League held on 27 and 28 July 2019. The league consisted of both local as well as international players. The CSC Table Tennis team participated in a few divisions and the results were as follow:

Category	Team	Results
Division 1	Chinese Swimming Club Gold	4th placing
Division 3	Chinese Swimming Club Masters	4th placing
Division 3	Chinese Swimming Club Red	6th placing
Division 4	Chinese Swimming Club Black	7th placing
Division 6	Chinese Swimming Club White	6th placing

It had been a good exposure for the players in this tournament and the results were encouraging. Congratulations to all players for putting in their best effort.



CONTRACT BRIDGE INDIVIDUAL EVENT

The in-house game held on 16 June 2019 at the Lattice Suite was a great success with a total of 24 participants. The Sub-Committee warmly welcomed some new section members who joined us on that day with a scrumptious buffet lunch. All participants enjoyed themselves that afternoon and are looking forward to the next in-house game in November 2019. We would like to congratulate Khoo Beng Yang, Lim Boon Eng and Seah Seng Chye for obtaining the top 3 positions in the game.



CSC CONTRACT BRIDGE INVITATIONAL PAIR 2019

The annual event hosted by Chinese Swimming Club on 4 August 2019 attracted a total of 36 participants from six local clubs namely Singapore Island Country Club, Keppel Club, The National University of Singapore Society, Singapore Recreation Club, Singapore Cricket Club, and Geylang West Bridge Club. All participants had an enjoyable game that afternoon and bonded over a delectable buffet lunch specially prepared by the Sub-Committee.

It was a very close fight between the top few pairs and we are proud to announce that our players came in first in the overall tournament. Congratulations and great job to all participants!

Position	Winner
Champion	Chinese Swimming Club
1st Runner Up	The National University of Singapore Society
2nd Runner Up	Keppel Club



The Sub-Committee would like to thank all participating clubs for their continued support and look forward to the next event.

CSC TENNIS MEN'S VETERAN SINGLES & DOUBLES CHAMPIONSHIP 2019

The CSC Tennis Men's Veteran Singles & Doubles Championship 2019 held on 3 and 4 August 2019 was a great success. Members of the Tennis Section enjoyed the games despite the scorching sun. Congratulations to all winners!

Category	Position	Winner(s)
Singles	Champion	Alex Ho
Singles	1st Runner Up	Koh Chee Hua
Doubles	Champion	Alex Ho & Roger Tan
Doubles	1st Runner Up	Albert Tan & Peter Yong



Group Photo of the Doubles Teams



Singles Category Finalists,
Alex Ho (L) & Koh Chee Hua (R)

PESTA SUKAN (WATER POLO) COMPETITION 2019

Our CSC Water Polo teams had displayed amazing performances at the Pesta Sukan (Water Polo) Competition held on 27 and 28 July 2019 at Our Tampines Hub. A total of four junior teams and a men's team were sent for the competition. It was the first time our juniors participated in a competition together with the adult team. With the support from parents, coaches and the adult team, our juniors managed to put up a good show and obtained the following outstanding results. Congratulations and well done!

Category	Award
Under-11	Bronze
Under-13	Gold
Under-15	Gold
Men's Masters	Joint Silver



Adult Team



Under-11 Team



Under-13 Team



Under-15 Team

The Water Polo Sub-Committee would like to thank all parents and coaches for their presence and unwavering support during the competition.

FUN RUN

An average of over 20 runners joined our Fun Run sessions held on 5, 12, 19 July and 2 August 2019 led by our Flex Gym instructor. Start your run and be part of our fun group and be rewarded with an exclusive CSC Running Singlet when you clocked 4 runs with us!



DURIAN FEST PARTY

Members had a great feast at the annual Durian Fest Party held on 29 June 2019. It was a good bonding session over the rich and creamy Musang King durians served.



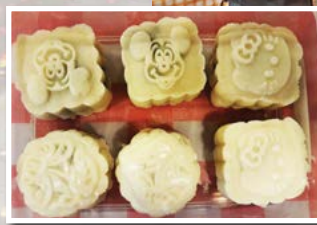
HOOP FITNESS TRIAL

It was a fun session of hula hooping for the members on 13 July 2019. Under the guidance of the instructor, everyone succeeded in twirling the hula hoop around their waist and gracefully moving their body along with the upbeat music. Hula hooping assists in burning of calories, toning your waist, abdominal, arms and thighs. Look out for the new classes starting in September 2019. Join us and spin your way to a healthy heart and stronger spine!



SNOWSKIN MOONCAKE & WIFE CAKE WORKSHOP

On 3 August 2019, our members and their kids had a fun bonding session making the classic snowskin mooncake and wife cake under the guidance of Chef Tay. Valuable tips were shared during the session and everyone brought home their own hand-made pastries.



GARDENING

Following the workshop in April, our members had the opportunity to put into practice what they had learnt in our little secret nursery. The enthusiastic group grew edible plants such as Ladyfinger, Xiao Bai Cai, Papaya, Capsicum and Roselle. The feeling of excitement and pride was indescribable as they watched the seeds slowly sprouting into healthy little plants. We are looking for members who like to share in the joy of gardening. You can join us each Monday morning. To know more on our gardening interest group, please email to JickSern_Lam@chineseswimmingclub.org.sg.



LITTLE SHAKESPEARE APPRECIATION WORKSHOP

"To be or not to be, that is the question." Our young members and guests had a fun day on 17 June 2019, learning how to articulate and build a strong foundation for public speaking. During the workshop, the children painted and created their own finger puppet. They also had the opportunity to showcase and participate in the Shakespeare's play, *The Tempest*.

Speech and Drama classes are great for children who enjoy a visual, active and hands-on approach in learning, so drop an email to JickSern_Lam@chineseswimmingclub.org.sg to find out more!



ACRYLIC ART CLASS

Forgive imperfection and let your creativity flow; that was the takeaway for members who attended the four sessions of Acrylic Art Classes held on 23, 25, 30 July and 1 August 2019. Not only did they master useful skills and tips from renowned Artist, Ms Ameet Gill (Bachelors in Fine Arts and Masters in literature), they also brought home their masterpiece as well as painting tools for their future use.



CSC SPORTS CAMP

On 25 to 28 June 2019, 24 Junior members and their friends aged between 6 to 11 years old attended our Annual Kids Sports Camp. It was an enriching and fun-filled camp as besides learning a wide range of new sports such as Badminton, Basketball, Bowling, Squash, Table Tennis, Taekwondo, Tennis and Flippa Ball, they also managed to make new friends during the four days.

We would also like to show our appreciation to our partner, Babolat for sponsoring the Camp Tee!



ASEAN COSTUME DANCE PARTY

97 dancers supported the ASEAN Costume Dance Party held on 27 July 2019 and received welcome gifts generously sponsored by Malaysia Dairy Industries Pte Ltd, Pilot Pen (S) Pte Ltd and Freshening Industries Pte Ltd. They enjoyed a delectable buffet spread prepared by Man Zhu Café which was partially sponsored by Mr Patrick Ho. One of the highlights of the event was the lucky draw segment where participants were eagerly anticipating to win the attractive top 3 prizes which included a bottle of Cordon Bleu, a box of crystal wine glassware and a box of tea set glassware.

Congratulations to our six dancers who were crowned best dressed for the night and do continue to support our dance party, don to the theme and experience the joy and fun!

Our sponsors:





Chef's Specialty

SEPTEMBER

Yong Tau Foo with Spicy Bean Sauce

(Served with one plate of rice)



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$8.50

OCTOBER

Bratwurst Sausage & Pork Knuckle



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs and on 18 October 2019

\$13.50

Deepavali Holiday Brunch Buffet

10.30am to 2.30pm

27 & 28 October 2019 (Sun & Mon)

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



*Images for illustration purpose only.



THE OYSTER
CART

BRUICHLADDICH®

PROGRESSIVE HEBRIDEAN DISTILLERS



OCTOMORE & OYSTER PAIRING

Rebel against the ordinary.

Discover the maritime influence and fresh salt-citrus tang accent with an exploration of the super-heavily peated malts range – Octomore 9.1, 9.3 and 10 Year Old, through pairings with a variety styles of the finest oysters. Explore the Octomore legacy and story from the Asia Pacific Brand Ambassador for PHD Brands, Chloe Wood and the oyster artisan from The Oyster Cart, Adam Loo.

Date: Thursday, 24 October 2019

Time: 7.00pm - 9.00pm

Price: \$38/pax

Venue: Lattice Suite, Recreation Complex (L3)





David & Evelyn

**Mandarin Ballads &
Evergreens**

Every Mon, 8.30pm to 10.30pm



Classique Mix

**Pop Ballads, Blues,
Rock & Soul**

Every Wed, 8.30pm to 11.15pm

Puzzle Band

**Pop Ballads, Mando &
Cantopop**

Every Fri, 8.30pm to 11.15pm



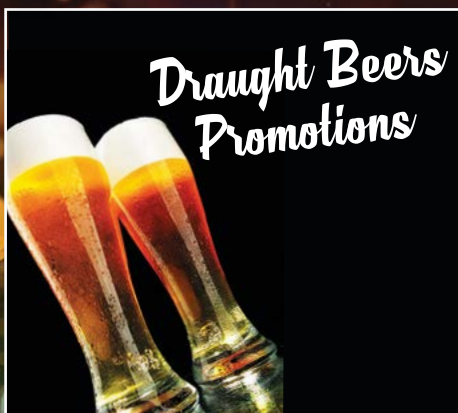
DnA

**Pop Ballads, Blues,
Rock & Soul**

Every Sat, 8.30pm to 11.15pm



Tuesday & Thursday Promotions



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



September
Promotion

中秋节
Mid-autumn Festival

Traditional Mooncakes 传统月饼 (4 pieces per box)	Price
精选传统月饼 Traditional Mixed Baked Mooncake	\$62
传统五仁 Traditional Mixed Nuts	\$62
传统双黄白莲蓉 White Lotus Seed Paste with Double Egg Yolks	\$62
传统单黄白莲蓉 White Lotus Seed Paste with Single Egg Yolk	\$60
传统白莲蓉 White Lotus Seed Paste with Melon Seed	\$58
Snowskin Mooncakes 冰皮月饼 (6 pieces per box)	
迷你猫山王榴莲 Mini Mao Shan Wang Durian	\$66



Call for
Special
Discount!

*All prices subjected to 7% GST.

October
Promotion

1-for-1

鲍鱼四宝炖汤
Double-Boiled Clear Soup with Abalone & Chicken



Usual Price
\$18
each

*All prices subjected to 10% Service Charge (waived for CSC members) and 7% GST.

Fu Lin Men
CANTONESE DINING

*Terms & conditions apply.

*All photos are meant for reference only. Presentation of dish may vary without prior notice.

Open to the Public

Free Parking Coupon
Level 3, Chinese Swimming Club
Phone : 6282 0810



2 YEARS TERM MEMBERSHIP

Join us now to
be rewarded with
\$300 spending credits*
upon successful sign up/ renewal!



** Applicable for foreigners who is 21 years of age and above.
Promotion valid for a limited period only.*

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

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

DANCE

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

EVERY MON, STARTING 2 SEP 2019

8.30PM - 9.30PM

ACTIVITY SUITE, SC (L3)

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

MIN. 4 PAX / 8 SESSIONS



EVERY FRI, STARTING 11 OCT 2019

8.45PM - 9.45PM

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 4 PAX / 8 SESSIONS

LINE DANCE (INTERMEDIATE)

BY ALVIN LOW

EVERY WED, STARTING 2 OCT 2019

2.00PM - 3.30PM

ACTIVITY SUITE, SC (L3)

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

MIN. 10 PAX / 10 SESSIONS



NEW BALLROOM LATIN DANCE (BEGINNERS)

BY ALVIN LOW

EVERY WED, STARTING 9 OCT 2019

3.30PM - 4.30PM

ACTIVITY SUITE, SC (L3)

\$96.30 (MEMBER) / \$149.80* (GUEST)

MIN. 8 PAX / 8 SESSIONS

LINE DANCE (BEGINNERS)

EVERY TUE, STARTING 12 NOV 2019 / 2.00PM - 3.30PM

ACTIVITY SUITE, SC (L3)

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

MIN. 10 PAX / 10 SESSIONS

LINE DANCE

EVERY SUN, STARTING 22 SEP 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

SOCIAL DANCE NIGHTS

EVERY 2ND TO 4TH / 5TH SATURDAY OF THE MONTH

8.00PM - 11.30PM

ACTIVITY SUITE, SC (L3)

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

Price includes 1 free drink.

NEW FLAMENCO (BEGINNERS)



Flamenco is a fiery and invigorating dance originating from Andalusia, South of Spain. Have fun keeping fit while learning the basics of Flamenco movements and short choreographies.

EVERY WED,
STARTING 25 SEP 2019 /
11.00AM - 12.00PM

ACTIVITY SUITE, SC (L3)

\$214.00 (MEMBER) /

\$252.52* (GUEST)

MIN. 8 PAX / 12 SESSIONS

13 YEARS & ABOVE

NEW CONTEMPORARY DANCE (FOR ADULT)

EVERY MON, STARTING 30 SEP 2019

10.30AM - 11.30AM

ACTIVITY SUITE, SC (L3)

\$111.28 (MEMBER) / \$124.12* (GUEST)

MIN. 6 PAX / 4 SESSIONS / 18 YEARS & ABOVE

NEW CONTEMPORARY DANCE WITH 30 MINS STRETCHING CLASS

EVERY MON, STARTING 30 SEP 2019

10.30AM - 12.00PM

ACTIVITY SUITE, SC (L3)

\$136.95 (MEMBER) / \$149.80* (GUEST)

MIN. 6 PAX / 4 SESSIONS / 18 YEARS & ABOVE

NEW CONTEMPORARY DANCE (BEGINNERS) FOR KIDS

Join us for this seriously fun learning experience with progressive activities, exercises and choreography based on the approach of functional play.

EVERY THU, STARTING 26 SEP 2019

4.30PM - 5.30PM (5 - 6 YEARS OLD)

5.30PM - 6.30PM (7 - 9 YEARS OLD)

BY INSTRUCTOR AMELIA

ACTIVITY SUITE, SC (L3)

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

MIN. 8 PAX / 10 SESSIONS



*Price includes guest fee.

NEW BABYWEARING DANCE

It involves parents wearing their babies in baby carriers, and doing some light exercises and simple choreography. It gives parents the opportunity to exercise while bonding with their children, and also form a community with other parents of young kids.

EVERY FRI, STARTING 4 OCT 2019

9.00AM - 10.00AM

MULTIPURPOSE ROOM, SC (L2)

\$102.72 (MEMBER) / \$115.56* (GUEST)

MIN. 6 PAX / 4 SESSIONS

Note: No ballet/dance experience is required. Each parent will need a baby carrier with no ring slings, hip seats or forward-facing carriers. Parents should seek the consent of the doctor's approval to participate in this activity after delivery and to ensure the suitability of the baby's condition for this activity.

NEW STREET JAZZ (BEGINNERS)

Learn basic Jazz foundation steps as well as street dance foundations such as isolations.

EVERY SUN, STARTING 8 SEP 2019 / 7.00PM - 8.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$171.20 (MEMBER) / \$196.88* (GUEST)

MIN. 6 PAX / 8 SESSIONS

11 - 18 YEARS OLD



NEW K-POP HIP HOP DANCE (BEGINNERS)

Learn the step-by-step Hip Hop dance moves choreographed to K-pop songs. Suitable for all gender.

EVERY SUN, STARTING 13 OCT 2019 / 4.45PM - 6.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (MEMBER) / \$181.90* (GUEST)

MIN. 6 PAX / 4 SESSIONS / 8 - 12 YEARS OLD



NEW NEW VOGUE / SEQUENCE DANCING (BEGINNERS)

EVERY FRI, STARTING 20 SEP 2019 3.00PM - 4.00PM

ACTIVITY SUITE, SC (L3)

\$171.20 (MEMBER)

\$196.88* (GUEST)

MIN. 6 PAIRS / 8 SESSIONS

LADIES SUB-COMMITTEE

Calling for volunteers to join our Ladies Interest Group. We need your help when organising workshop on craft, culinary, baking, etc during Club events like Open House and Cultural Festivals. Training will be provided to volunteers. Please contact Wendy at 68850654 or email Wendy_Tan@chineseswimmingclub.org.sg for more information.

CULINARY

BAKED BBQ PORK PUFF PASTRY (HANDS-ON)

Learn to make the classic Cantonese Baked BBQ Pork Puff Pastry aka Char Siew Sou from Chef Nan Ong. You will be making everything from scratch from the fillings to the two different types of dough and the method to combine the water and oil dough together. Bring your own container to store the handmade pastries.



SUN, 29 SEP 2019 / 9.00AM - 12.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$117.70 PER PAX (MEMBER) / \$128.40* PER PAX (GUEST)

MIN. 4 PAX AND MAX. 8 PAX

OREO DRIP CAKE (HANDS-ON)



Join in the trend of making Drip Cake which is a fun twist to the traditional cake. Learn step-by-step how to prepare Chocolate Sponge Batter from whisking to folding to baking! You will also learn how to

prepare Whipped Cream and Chocolate Ganache from scratch and decorate your very own Oreo Drip Cake!

SUN, 13 OCT 2019 / 9.00AM - 12.00PM

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 4 PAX AND MAX. 8PAX

EXERCISE & LEISURE

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

MIN. 6 PAX



*Price includes guest fee.

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

KPOP X FITNESS (LITE)

EVERY FRI, STARTING 6 SEP 2019 / 10.15AM - 11.15AM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

TOTAL BODY CONDITIONING

EVERY THU, STARTING 26 SEP 2019 / 8.00PM - 9.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$128.40 (MEMBER) / \$171.20* (GUEST)

MIN. 7 PAX / 8 SESSIONS

BODY BAND BALANCE

EVERY WED, STARTING 16 OCT 2019 / 9.00AM – 10.00AM

ACTIVITY SUITE, SC (L3)

\$149.80 (MEMBER) / \$224.70* (GUEST)

MIN. 10 PAX / 12 SESSIONS

PILOXING

EVERY SAT, STARTING 5 OCT 2019

2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS



NEW YIN YOGA

Yin Yoga is the slow paced style of modern Yoga which requires floor postures to be held for an extended period of time. This exercise helps to stretch the deep connective tissues with the aim of improving the flow of chi, flexibility, release tension and balance the body's internal organ and system.



EVERY TUE, STARTING 3 SEP 2019 / 9.00AM - 10.00AM

MULTIPURPOSE ROOM, SC (L2)

\$171.20 (MEMBER) / \$205.44* (GUEST)

MIN. 5 PAX / 8 SESSIONS

POLE DANCE FITNESS

Pole dance is a full body workout combining fitness, cardio, muscle conditioning, balance and flexibility to enable you to exude grace, strength and sensuality to achieve tricks, combos and dance choreography on a pole.



EVERY WED, STARTING 4 SEP 2019

9.00AM - 10.00AM & 10.00AM - 11.00AM

MULTI-PURPOSE ROOM, SC (L2)

EVERY SUN, STARTING 8 SEP 2019

9.30AM - 10.30AM & 10.30AM - 11.30AM

ACTIVITY SUITE, SC (L3)

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

MIN. 5 PAX / 6 SESSIONS

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 CHLOE CARRADOUS):

EVERY TUE / 9.00AM – 10.00AM

TIME SLOT 5 (BY ONG BENG HWEE):

EVERY SAT / 9.00AM – 10.00AM

MIN. 10 PAX



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!



EVERY TUE, STARTING 10 SEP 2019 / 10.15AM - 11.15AM

EVERY WED, STARTING 11 SEP 2019 / 6.45PM - 7.45PM

EVERY SAT, STARTING 14 SEP 2019 / 12.30PM - 1.30PM

ACTIVITY SUITE, SC (L3)

\$105.00 (MEMBER) / \$156.22* (GUEST)

MIN. 5 PAX / 8 SESSION

*Price includes guest fee.

NEW YOGA THERAPY FOR HEALTHY EYES

Trataka (or candle gazing) is a yogic focusing practice whereby one gazes at a candle flame. This therapy improves the stamina of the eye muscles, releases eye strain, corrects refraction problems like myopia, hyperopia and delays the onset of cataract. Overall, it improves concentration and calms the mind. Suitable for both children and adults.

EVERY TUE, STARTING 3 SEP 2019 / 4.00PM - 5.00PM

ACTIVITY SUITE, SC (L3)

\$235.40 (MEMBER) / \$261.08* (GUEST)

MIN. 5 PAX / 6 SESSIONS

NEW WUSHU(BEGINNERS)



EVERY FRI, STARTING 27 SEP 2019 / 5.00PM - 6.00PM

ACTIVITY SUITE, SC (L3)

EVERY SAT, STARTING 28 SEP 2019 / 7.00PM - 8.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$107.00 (MEMBER) / \$160.50* (GUEST)

MIN. 5 PAX / 4 SESSIONS / 5 - 12 YEARS

NEW KICKBOXING PROGRAMME (BEGINNERS)



Learn the full body combat and self-defense technique.

EVERY THU, 26 SEP 2019 / 3.00PM - 4.00PM

ACTIVITY SUITE, SC (L3)

EVERY SAT, 28 SEP 2019 / 8.15PM - 9.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$107.00 (MEMBER) / \$160.50* (GUEST)

MIN. 5 PAX / 4 SESSIONS / 16 YEARS & ABOVE

For Wushu and Kickboxing Programme, contact Wan Ling
☎ 68850653 or ✉ Wanling_Tan@chineseswimmingclub.org.sg for more information.

MBSR GENTLE YOGA

EVERY SAT, STARTING 5 OCT 2019 / 11.00AM - 12.15PM

ACTIVITY SUITE, SC (L3)

\$139.10 (MEMBER) / \$214.00* (GUEST)

MIN. 8 PAX / 10 SESSIONS

NEW BODYART FITNESS

Based on the principles of Yin & Yang and the five elements of Chinese philosophy, bodyART Fitness is a functional workout combining strength, flexibility, cardio and breathing techniques to tone up muscles, relieve stress and burn fat. Sign up as a pair and enjoy 15% off for the first 8 sessions.

FREE TRIAL

THU, 5 SEP 2019

8.30PM - 9.30PM

ACTIVITY SUITE, SC (L3)



ACTUAL COMMENCEMENT

EVERY THU, STARTING 12 SEP 2019

9.00AM - 10.00AM & 8.30PM - 9.30PM

ACTIVITY SUITE, SC (L3)

\$171.20 (MEMBER) / \$205.44* (GUEST)

MIN. 6 PAX / 8 SESSIONS



INSTRUCTOR: VERON

Veron started dancing at the age of 4 and was trained in Ballet, Hip Hop, Jazz and Spanish Dance. She is qualified under the ATOD (Australian Teachers of Dancing) and Instituto de la Danza Espanola (IDA) syllabus. Veron recently discovered

bodyART, a holistic workout program brought into Singapore last August. She fell in love with the wonderfully thought-out structure of the program and is eager to share it with everyone! BodyART means freedom for every participant on a personal level. It creates awareness of the participant's body and a basis for their health and wellbeing. BodyART has to be experienced to be appreciated!

YOUTH & FAMILY

CHINESE KARAOKE SINGING

BY SUFAYE

EVERY MON, STARTING 7 OCT 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.

*Price includes guest fee.

CHINESE BRUSH PAINTING

EVERY THU / 10.00AM – 12.00PM

MULTI-PURPOSE ROOM, SC (L2)

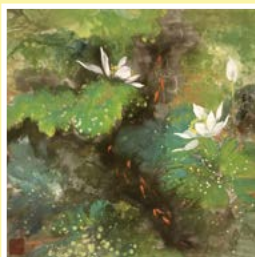
\$123.05 (MEMBER) / \$155.15* (GUEST)

MIN. 6 PAX

INTRODUCTION TO CHINESE BRUSH PAINTING INSTRUCTOR

Mr Lin Lu Zai, President of Aspiration of Fine Arts, graduated from the Arts and Technical College in China (Fujian Province). He has been teaching Chinese brush painting in the Club for over 20 years. Mr Lin's artworks are collected by galleries and art enthusiasts around the world. He has been featured in various TV, radio programmes and newspaper interview too. Mr Lin is a recipient of many accolades:

- Two-time winner of the First-Class Award (Highest Distinctions) in the Rong city spring Art Competition (Fujian Province) in 1988 and 1989
- Silver award winner in the National Art and Calligraphy Competition (China National Level) in 1991
- The only Singaporean invited to participate in the 2008 Beijing Olympic Fine Arts. Mr. Lin was awarded a Gold Medal and the Olympic Torch for his outstanding work.
- Chosen to participate in the "World's Top 100 Outstanding Artist" exhibition in Penang, Malaysia in year 2009
- Invited to be the Guest of Honour for the "Middle Aged Painters and Artistic Exchange" between China, Hong Kong, Taiwan and Macau in 2009.
- Published a total of 5 art books - China's Contemporary Artist, Garden of freshness, Wind of Creativity, Refreshing Brilliance and Contemplation



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

FRI, 4.00PM - 5.00PM

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

GRADE 2

SAT, 8.00AM - 9.00AM

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

GRADE 3

SAT, 11.00AM - 12.00PM

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



ACRYLIC ART CLASS

Paint with The Artist & take a finished piece home!

TUE & THU, 1, 3, 8 & 10 OCT 2019 / 3.30PM - 6.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$149.80 (MEMBER) / \$171.20* (GUEST)

MIN. 5 PAX / 4 SESSIONS / CLOSING DATE: MON, 23 SEP 2019

Note: Fees including material, no arts background required.

CHINESE CALLIGRAPHY

EVERY MON / 9.00AM - 11.00AM

MULTI-PURPOSE ROOM, SC (L2)

\$16.05 (MEMBER) / \$32.10* (GUEST)

MIN. 6 PAX

SPEECH & DRAMA @ CSC WITH ARTISTIC EXPRESSIONS



For 15 years, Artistic Expressions helps children of all ages and skill levels develop presentation skills and confidence to act, sing or dance onstage in a nurturing environment that encourages you to explore your talents and creativity in a fun and encouraging setting!



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

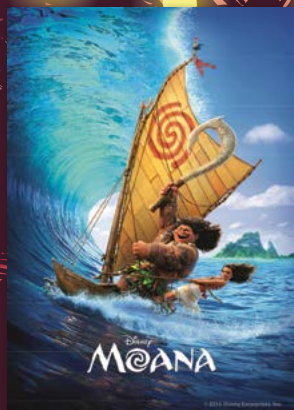
- Programmes will culminate in Speech & Drama / Communication examinations accredited by Trinity College at the end of the year.

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

*Price includes guest fee.

Cinema Alfresco

Sat, 21 Sep 2019 / 7.30pm onwards
Beginners' Pool, Sports Complex



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

Cinema Alfresco returns with an adventurous, fun-filled and action-packed voyage animated movie. Join Moana on her quest to save her people across the ocean. You are sure to enjoy this musical mission with fascinating characters as it brings a big smile on your face.

FOOD & DRINK STALLS

- Popcorn
- Nacho Cheese
- Hot Dog Bun
- Dim Sum
- Beverages
- Potato Chips
- Ice cream Sandwich
- Fried Bee Hoon with Chicken Curry



Limited Inflatable Seats are available.

You are encouraged to bring your own floats and mats.



Note:

- 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.



For more information or enquiries, please contact Wan Ling at 6885 0653 or email to WanLing_Tan@chineseswimmingclub.org.sg.



CSC-JTA TABLE TENNIS ACADEMY



Give your child a good start at the CSC-JTA Academy!

Training available for 4 years old and above.

PROFILE OF TABLE TENNIS COACH – PANG XUE JIE



Born into a family of table tennis experts, Singapore paddler – Pang Xue Jie was drafted into the national team at the age of 15 and hailed as one of the top homegrown prodigies. Since then, he had represented Singapore at various international games during his sporting career. Xue Jie retired at the age of 25 and is now a full time resident coach of CSC-JTA Table Tennis Academy since April 2019. His expertise and experience will be a great asset to the Academy in grooming the younger generation to excel in the sport.

PANG XUE JIE'S SPORTING ACHIEVEMENTS

- Ranked 6th in Men's Doubles World Ranking
- 2017 SEA Games, Mixed Doubles - Silver
- 2017 SEA Games, Doubles - Gold
- 2017 SEA Games, Team - Silver
- 2017 Australian Open, Men's Doubles - 3rd
- 2017 Thailand Open, Men's Doubles - 2nd
- 2015 Commonwealth Table Tennis Championship, Men's Team - 3rd
- 2013 SEA Games, Men's Team - Gold
- 2011 SEA Games, Men's Team - Gold

Want to know more?

Contact Wendy Tan @ 6885 0654 or Wendy_Tan@chineseswimmingclub.org.sg.

CSC-SIA GOLF BILATERAL



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

TUESDAY, 1 OCTOBER 2019

PONDEROSA GOLF & COUNTRY CLUB

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



ANNUAL BOWLING CHAMPIONSHIPS 2019

SUN, 13 OCT 2019 / 1.00PM TO 6.00PM
12 LANES, SC (L1)

\$60 PER BOWLER, \$25 PER NON-BOWLER
(INCLUSIVE OF BUFFET DINNER)

ELIGIBILITY: BOWLING SECTION MEMBER AS OF OCTOBER 2019

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

BOWLING LEARN-TO-PLAY PROGRAMME (ADULT)

EVERY THU / 8.00PM TO 10.00PM
12 LANES, SC (L1)

HEAD COACH: JEFFREY TAN (SBF LEVEL 2 CERTIFIED)

FEE FOR 10 SESSIONS:

\$428.00 (MEMBER), \$535.00* (GUEST)

COURSE FEE INCL. LANE FEE AND SHOE RENTAL

SUBJECT TO MIN. 4 PAX

Contact Jick Sern ☎ 6885 0675 or ✉ JickSern_Lam@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! \$10 F&B vouchers will be awarded for every 4 sessions completed from July till December 2019, while stocks last!

6 & 20 SEP, 4 & 18 OCT, 8 NOV 2019

6.30PM - 7.30PM (ESTIMATED)

EAST COAST PARK

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

TAEKWONDO JUNIOR TRAINING PROGRAMME

Taekwondo is so much more than just kicking and punching. The life skills imparted in our programme help children grow into responsible young adults. Join the CSC Taekwondo Junior Training Programme today. Free trial lesson for interested juniors!



EVERY SUN / 1.00PM TO 6.00PM

ACTIVITY SUITE, SC (L3)

\$37.45/MONTH (COLOUR BELT)

\$26.75/MONTH (POOM / BLACK BELT)

ELIGIBILITY: FOR CSC MEMBERS ONLY

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

BOWLING LEARN-TO-PLAY PROGRAMME (FOR 6-16 YEARS OLD)

EVERY SAT / 11.00AM TO 12.30PM

12 LANES, SC (L1)

HEAD COACH: JEFFREY TAN (SBF LEVEL 2 CERTIFIED)

FEE FOR 10 SESSIONS:


\$321.00 (MEMBER), \$428.00* (GUEST)

COURSE FEE INCL. LANE FEE AND SHOE RENTAL

SUBJECT TO MIN. 4 PAX

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
<ul style="list-style-type: none"> • Taiji Qigong • Line Dance • Taekwondo Training Programme • Squash Development Programme 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • Chinese Calligraphy • Chinese Karaoke Singing by Sufaye • Pilates 	<ul style="list-style-type: none"> • Pilates • Line Dance • Yin Yoga • Yoga Therapy for Healthy Eyes • Pole Dance Fitness 	<ul style="list-style-type: none"> • Line Dance by Alvin Low • Body Band Balance • Yang Style Taiji Quan • Pole Dance Fitness 	<ul style="list-style-type: none"> • Chinese Brush Painting • Total Body Conditioning • BodyArt Fitness (Trial) 	<ul style="list-style-type: none"> • Mid-Autumn Festival Celebration • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) • Children's Ballet • CSC Fun Walk & Jog with Flex Instructors 	<ul style="list-style-type: none"> • Piloxing • Pilates • MBSR Gentle Yoga • Children's Ballet • Squash Development Programme
8	9	10	11	12	13	14
<ul style="list-style-type: none"> • Taiji Qigong • Line Dance • Pole Dance Fitness • Street Jazz • Taekwondo Training Programme • Squash Development Programme 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • Chinese Calligraphy • Pilates • 14th CSC Age Group Badminton Tournament 2019 	<ul style="list-style-type: none"> • Pilates • Line Dance • Yin Yoga • Yoga Therapy for Healthy Eyes • Hoop Fitness • 14th CSC Age Group Badminton Tournament 2019 	<ul style="list-style-type: none"> • Line Dance by Alvin Low • Body Band Balance • Yang Style Taiji Quan • Hoop Fitness • 14th CSC Age Group Badminton Tournament 2019 	<ul style="list-style-type: none"> • Chinese Brush Painting • Total Body Conditioning • BodyArt Fitness • 14th CSC Age Group Badminton Tournament 2019 	<ul style="list-style-type: none"> • Hatha Yoga • KPOP X Fitness (Lite) • Children's Ballet • 14th CSC Age Group Badminton Tournament 2019 	<ul style="list-style-type: none"> • Piloxing • Pilates • MBSR Gentle Yoga • Hoop Fitness • Chinese Oriental Dance Party • Squash Development Programme • 14th CSC Age Group Badminton Tournament 2019
15	16	17	18	19	20	21
<ul style="list-style-type: none"> • Taiji Qigong • Pole Dance Fitness • Street Jazz • Taekwondo Training Programme • Squash Development Programme • 14th CSC Age Group Badminton Tournament 2019 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • Chinese Calligraphy • Pilates 	<ul style="list-style-type: none"> • Pilates • Yin Yoga • Yoga Therapy for Healthy Eyes • Hoop Fitness • Pole Dance Fitness 	<ul style="list-style-type: none"> • Line Dance by Alvin Low • Body Band Balance • Yang Style Taiji Quan • Pole Dance Fitness • Hoop Fitness 	<ul style="list-style-type: none"> • Chinese Brush Painting • Total Body Conditioning • BodyArt Fitness 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) • Children's Ballet • New Vogue/Sequence Dancing • CSC Fun Walk & Jog with Flex Instructors 	<ul style="list-style-type: none"> • CSC Open House & Aquatic Festival 2019 • Piloxing • Pilates • MBSR Gentle Yoga • Children's Ballet • Social Dance Night • Hoop Fitness • Squash Development Programme
22	23	24	25	26	27	28
<ul style="list-style-type: none"> • Taiji Qigong • Line Dance • Street Jazz • Pole Dance Fitness • Taekwondo Training Programme • Squash Development Programme 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • Chinese Calligraphy • Chinese Karaoke Singing by Sufaye • Pilates 	<ul style="list-style-type: none"> • Pilates • Yin Yoga • Yoga Therapy for Healthy Eyes • Hoop Fitness • Pole Dance Fitness 	<ul style="list-style-type: none"> • Line Dance by Alvin Low • Yang Style Taiji Quan • Body Band Balance • Flamenco • Pole Dance Fitness • Hoop Fitness 	<ul style="list-style-type: none"> • Chinese Brush Painting • Total Body Conditioning • Contemporary Dance (Kids) • BodyArt Fitness • Kickboxing Programme 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • KPOP X Fitness (Lite) • Children's Ballet • New Vogue/Sequence Dancing • Wushu 	<ul style="list-style-type: none"> • Piloxing • Pilates • MBSR Gentle Yoga • Children's Ballet • Social Dance Night • Wushu • Hoop Fitness • Kickboxing Programme • Squash Development Programme
29	30					
<ul style="list-style-type: none"> • Taiji Qigong • Line Dance • Pole Dance Fitness • Street Jazz • Baked BBQ Pork Puff Pastry (Hands-on) • Taekwondo Training Programme • Squash Development Programme 	<ul style="list-style-type: none"> • Latin / Standard Ballroom by Peter Wong • Hatha Yoga • Chinese Calligraphy • Pilates • Contemporary Dance (Adult) • Contemporary Dance (Adult) with 30 mins Stretching Class 					



SUN	MON	TUE	WED	THU	FRI	SAT
		1 <ul style="list-style-type: none"> Line Dance Pilates Yin Yoga Yoga Therapy for Healthy Eyes Arcylic Art Class Hoop Fitness CSC-SIA Golf Bilateral 	2 <ul style="list-style-type: none"> Line Dance by Alvin Low Body Band Balance Yang Style Taiji Quan Flamenco Hoop Fitness Pole Dance Fitness 	3 <ul style="list-style-type: none"> Chinese Brush Painting Total Body Conditioning Contemporary Dance (Kids) Arcylic Art Class BodyArt Fitness Kickboxing Programme 	4 <ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga KPOP X Fitness (Lite) Children's Ballet Wushu Babywearing Dance New Vogue/Sequence Dancing CSC Fun Walk & Jog with Flex Instructors 	5 <ul style="list-style-type: none"> Piloxing Pilates MBSR Gentle Yoga Children's Ballet Wushu Hoop Fitness Kickboxing Programme Squash Development Programme
6 <ul style="list-style-type: none"> Taiji Qigong Line Dance Street Jazz Pole Dance Fitness Taekwondo Training Programme Squash Development Programme CSC-SIA Bilateral Games 	7 <ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates Contemporary Dance (Adult) Contemporary Dance (Adult) with 30 mins Stretching Class 	8 <ul style="list-style-type: none"> Line Dance Pilates Yin Yoga Yoga Therapy for Healthy Eyes Arcylic Art Class Hoop Fitness 	9 <ul style="list-style-type: none"> Line Dance by Alvin Low Body Band Balance Yang Style Taiji Quan Flamenco Hoop Fitness Pole Dance Fitness Ballroom Latin Dance by Alvin Low 	10 <ul style="list-style-type: none"> Chinese Brush Painting Total Body Conditioning Contemporary Dance (Kids) Arcylic Art Class BodyArt Fitness Kickboxing Programme 	11 <ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga KPOP X Fitness (Lite) Children's Ballet Wushu Babywearing Dance New Vogue/Sequence Dancing 	12 <ul style="list-style-type: none"> Piloxing Pilates MBSR Gentle Yoga Social Dance Night Children's Ballet Wushu Hoop Fitness Kickboxing Programme Squash Development Programme
13 <ul style="list-style-type: none"> Taiji Qigong Line Dance Street Jazz Pole Dance Fitness K-Pop Hip Hop Dance Oreo Drip Cake (Hands-On) Taekwondo Training Programme Squash Development Programme 	14 <ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates Contemporary Dance (Adult) Contemporary Dance (Adult) with 30 mins Stretching Class 	15 <ul style="list-style-type: none"> Line Dance Pilates Yin Yoga Yoga Therapy for Healthy Eyes Hoop Fitness 	16 <ul style="list-style-type: none"> Line Dance by Alvin Low Body Band Balance Yang Style Taiji Quan Flamenco Hoop Fitness Pole Dance Fitness Ballroom Latin Dance by Alvin Low 	17 <ul style="list-style-type: none"> Chinese Brush Painting Total Body Conditioning Contemporary Dance (Kids) BodyArt Fitness Kickboxing Programme 	<div>  CSC Oktoberfest </div> <ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga KPOP X Fitness (Lite) Children's Ballet Wushu Babywearing Dance New Vogue/Sequence Dancing CSC Fun Walk & Jog with Flex Instructors 	19 <ul style="list-style-type: none"> Piloxing Pilates MBSR Gentle Yoga Social Dance Night Children's Ballet Wushu Hoop Fitness Kickboxing Programme Squash Development Programme
20 <ul style="list-style-type: none"> Taiji Qigong Street Jazz Pole Dance Fitness K-Pop Hip Hop Dance Taekwondo Training Programme Squash Development Programme 	21 <ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates Contemporary Dance (Adult) Contemporary Dance (Adult) with 30 mins Stretching Class 	22 <ul style="list-style-type: none"> Line Dance Pilates Yin Yoga Yoga Therapy for Healthy Eyes Hoop Fitness 	23 <ul style="list-style-type: none"> Line Dance by Alvin Low Body Band Balance Yang Style Taiji Quan Flamenco Hoop Fitness Pole Dance Fitness Ballroom Latin Dance by Alvin Low 	24 <ul style="list-style-type: none"> Chinese Brush Painting Total Body Conditioning Contemporary Dance (Kids) BodyArt Fitness Kickboxing Programme Octomare & Oyster Pairing Event 	25 <ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga KPOP X Fitness (Lite) Children's Ballet Wushu Babywearing Dance New Vogue/Sequence Dancing 	26 <ul style="list-style-type: none"> Piloxing Pilates MBSR Gentle Yoga Social Dance Night Children's Ballet Wushu Hoop Fitness Kickboxing Programme Squash Development Programme
27 <div>  Deepavali </div> <ul style="list-style-type: none"> Taiji Qigong Pole Dance Fitness Taekwondo Training Programme Squash Development Programme 	28 <ul style="list-style-type: none"> Latin / Standard Ballroom by Peter Wong Hatha Yoga Chinese Calligraphy Chinese Karaoke Singing by Sufaye Pilates Contemporary Dance (Adult) Contemporary Dance (Adult) with 30 mins Stretching Class 	29 <ul style="list-style-type: none"> Line Dance Pilates Yin Yoga Yoga Therapy for Healthy Eyes Hoop Fitness 	30 <ul style="list-style-type: none"> Line Dance by Alvin Low Body Band Balance Yang Style Taiji Quan Flamenco Hoop Fitness Pole Dance Fitness Ballroom Latin Dance by Alvin Low 	31 <ul style="list-style-type: none"> Chinese Brush Painting Total Body Conditioning Contemporary Dance (Kids) BodyArt Fitness Kickboxing Programme 		

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!

RECIPROCAL CLUB ARRANGEMENT

The British Club, Bangkok



Founded in 1903, The British Club Bangkok is the social, sports and cultural centre for the city's English-speaking community. Tranquil and gracious, the club is compact with sporting facilities which includes cricket, football, squash, ball hockey, swimming, and tennis. Sit back and relax over a drink at British-style or sports bar, or enjoy the view from the balmy verandah of the cocktail bar with your family and business associates. Be sure to enjoy a wide range of sporting and social activities, lunches and convivial drinks, all in a relaxed and friendly atmosphere at the Club.



AFFILIATE CLUB ARRANGEMENT

Song Be Golf Resort, Ho Chi Minh City



Located 22km from Ho Chi Minh City, Song Be Golf Resort is nestled in a nature oasis, boasting three 9-hole courses namely Lotus, Palm and Desert Courses. Song Be translates as "little river" in Vietnamese and is the first international standard golf club in Vietnam. Each golf course is unique with challenges and features lakes, natural bush reserves and large undulating greens, while promising an invigorating experience for golfers of all levels. Clubhouse facilities include pro-shop, driving range, gym, waterfall pool and executive rooms and villa. The restaurant offers a panoramic view of golf course with extensive menu to satisfy all guests.

Application / Booking Procedures

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

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

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

Email: Reception@chineseswimmingclub.org.sg

Tel: 6885 0688

www.chineseswimmingclub.org.sg

Staycation Special

FOR CSC MEMBERS

HOTEL INDIGO SINGAPORE KATONG



Room Category	Weekday/ Weekend, Per Room Per Night
Deluxe Room	\$240 ⁺⁺

Surcharge applies on some dates.

Includes:

- Daily buffet breakfast for 1 person at the Baba Chews Bar and Eatery
- High speed Wifi Internet access
- Complimentary use of 24hrs access rooftop gym
- Complimentary coffee/tea making facilities

Advance reservation is compulsory. Promotion is valid till 31 December 2019. Other terms and conditions apply.

For more information or reservations, please contact Hotel Indigo Singapore Katong at 1800 787 1221 or email resvnsinki@ihg.com

VILLAGE HOTEL KATONG



Room Type	Weekday/ Weekend, Per Room Per Night	
	Single	Double / Twin
Superior Room	\$165 ⁺⁺	\$185 ⁺⁺
Deluxe Room	\$185 ⁺⁺	\$205 ⁺⁺
Extra Bed	\$80 ⁺⁺	

Surcharge applies on some dates.

Includes:

- Daily buffet breakfast(s) at Katong Kitchen
- Complimentary high speed internet access in the room
- Complimentary airport shuttle service
- Complimentary parking for in-house guest
- Complimentary use of gym and swimming pool
- Complimentary handy phone service (includes unlimited international calls to selected countries, unlimited call and unlimited internet data)

Advance reservation is compulsory. Promotion is valid till 31 December 2019. Other terms and conditions apply.

For more information or reservations, please contact Village Hotel Katong at 1800 737 3279 or email reseasy@fareast.com.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

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

Kulim Club, Kedah
Tel: +6 04 490 6054

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

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

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

Philippines

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

Singapore

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

Sri Lanka

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

Taiwan

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

Thailand

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

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

CORPORATE MEMBERSHIP

Johor Bahru

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

AFFILIATE CLUBS

China

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

Indonesia

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

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

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

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

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

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

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

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

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

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

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.montigoresorts.com

Kuala Lumpur

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

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

Grand Mercure Singapore Roxy
Tel: +65 6344 8000
www.grandmercuroxy.com.sg

Hotel Indigo Singapore Katong **NEW**
Tel: 1800 787 1221
www.hotelindigo.com/singapore

Village Hotel Katong **NEW**
Tel: 1800 737 3279
www.StayFarEast.com/VillageKatong

Application / Booking Procedures

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Email: Reception@chineseswimmingclub.org.sg

Tel: 6885 0688

www.chineseswimmingclub.org.sg



FIL

SKIN, BODY & SPA INTELLIGENCE

\$58^{Nett} (incl. GST)

Award-Winning Premium Hydrating Facial + Premium Mask with complimentary Eyes and Neck Treats, 90 Mins

- Hydrated Skin • No-more Dull look
- Supple and Brighter-looking skin

Treatment only between 12pm – 4pm

Chinese Swimming Club 21 Amber Road 4th Storey, Arrival Pavilion Tel: 6345 3777

Consultation Hours: Mon - Fri (10am - 9pm) Sat, Sun & PH (10am - 7pm)

Operational Hours: Mon - Fri (12 - 9pm) Sat, Sun & PH (10am - 7pm)

Promotion is valid till 1st July – 31st Dec 2019. Please quote FCSC0719 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. 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



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

SPICE UP YOUR EVENTS

@



THE GRAND PATROS

CLUB'S MAIN LINE : 6345 1221 or 6885 0688

GENERAL FEEDBACK :

feedback@chineseswimmingclub.org.sg

*For information pertaining to the following areas,
please call the DID phone numbers of the staff-in-charge.*

• **PUBLICATION TEAM**

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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 CAFÉ

Mon to Thu 12.00nn to 9.30pm

Fri & Eve of PH 11.30am to 10.30pm

Sat 8.30am to 10.30pm

Sun 8.30am to 10.00pm

PH 10.30am to 10.00pm

(Last order is 30 minutes before closing)

THREE BARS

Non-band performing nights 11.30am to 11.00pm

Nights with band performances 11.30am to 12.00mn

KTV ROOMS

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

Thu & Sun 3.00pm to 10.30pm

Room Charges

Mando Room (9 pax)

Weekday - \$15 per hour

Weekend & PH - \$25 per hour

Canto Room (15 pax)

Fri, Sat, Sun & PH 6.00pm onwards - \$35 per hour

BADMINTON COURTS (+)

Daily 7.00am to 10.00pm

Peak Period

Mon to Fri 6.00pm onwards

Sat 3.00pm onwards

PH Whole Day

Charges (per court per hour)

\$9.63 (Peak), \$7.49 (Non Peak)

\$6.42 - Sun (Members' Day)

Court Closure For Club Team Training

Mon & Fri 7.00pm to 10.00pm (6 Courts)

Court Closure For Junior Training

Mon to Fri (except Thu) 3.00pm to 5.00pm (6 Courts)

Tue 6.00pm to 9.00pm (2 - 3 Courts)

Wed 6.00pm to 9.00pm (2 - 3 Courts)

Thu 6.00pm to 9.00pm (2 Courts)

Sat 8.00am to 2.00pm (2 - 6 Courts)

Sun 1.30pm to 5.00pm (2 - 4 Courts)

BILLIARDS & SNOOKER LOUNGE

Mon to Fri 2.00pm to 10.00pm

Peak Period

Mon to Fri 6.00pm onwards

Sat 3.00pm onwards

Sun & PH Whole Day

Closure for Section Training

Fri 6.00pm - 10.00pm

Charges

\$5.35 (Peak), \$4.28 (Non-peak)

per table per hour

12 LANES

Mon to Thu 12.00nn to 11.00pm

Fri & Eve of PH 12.00nn to 1.00am

Sat & PH 10.00am to 1.00am

Sun 10.00am to 11.00pm

Peak Period

Mon to Fri 6.00pm onwards

Sat, Sun & PH Whole Day

Charges (Nett) Per Game

Ordinary / Associate / Term Member / Sports (Adult)

\$3.10 (Peak), \$2.30 (Non Peak) per game

Junior / Junior Term Member

\$2.50 (Peak), \$2.00 (Non Peak) per game

Member's Guest

\$3.70 (Peak), \$3.00 (Non Peak) per game

Social Member

\$4.20 (Peak), \$3.30 (Non Peak) per game

SQUASH COURTS (+)

Daily 7.00am to 10.00pm

Peak Period

Mon to Fri 6.00pm onwards

Sat 3.00pm onwards

PH Whole Day

Charges

\$5.35 (Peak), \$4.28 (Off Peak & Whole of Sunday)

per court per hour

Close for Section Training

(All courts)

Mon, Wed & Fri 7.00pm to 10.00pm

ZAESA Squash Junior Programme

Sat 4.00pm to 6.00pm (All courts)

Sun 1.00pm to 5.00pm (All courts)

TABLE TENNIS ROOM @ SC (+)

Off peak

Mon to Fri 7.00am to 6.00pm

\$3.21 per table per hour

Peak Period

Mon to Fri 6.00pm to 10.00pm

Sat/Sun/PH 7.00am to 10.00pm

\$5.35 per table per hour

Close for Section Training

Mon & Fri 5.00pm to 9.00pm (Table 2 - 4)

Tue & Thu 6.00pm to 10.00pm (All Tables)

Table Closure for CSC-JTA Table Tennis Training

Mon 3.00pm to 5.00pm (Table 1 - 2)

Tue 3.00pm to 6.00pm (Table 1 - 2)

Wed 3.00pm to 9.00pm (Table 1 - 2)

Thu 3.00pm to 6.00pm (Table 1 - 2)

Sat 10.00am to 12.00pm & 1.00pm to 6.00pm

(Table 1 - 2)

Sun 10.00am to 5.00pm (Table 1 - 2)

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 11.00am

BEGINNERS' POOL @ SC

Daily 7.00am to 9.00pm

Pool Closure For Swimming Training

Tue to Sat 8.00am to 12.00nn / 3.00pm to 7.30pm

Sun 8.00am to 12.00nn

Pool Closure for Flippa Training

Sat 6.15pm to 8.15pm

FUN POOL @ SC

Daily 9.00am to 9.00pm

WATER POLO POOL @ SC

For Competent Swimmers only

Pool Closure for Water Polo Training

Mon & Wed 6.30pm to 8.00pm

Sat 6.15pm to 8.15pm

Sun 12.30pm to 3.00pm

Pool Closure for Swimming Training

(Same closure timing as Competition Pool)

Pool Closure for Synchronise Swimming Training

Sun 4.00pm to 7.00pm

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 6.30am to 10.00pm

Sat & Sun 7.00am to 9.00pm

PH 7.00am to 8.00pm

Peak Period

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

Sat, Sun & PH Whole Day

Charges

Section Membership (Unlimited Use)

Ordinary / Corporate / Associate / Term / Spouse /

Spouse Term / Junior / Junior Term /

Sports (per member)

@ \$16.05 per month

Senior Members (60yrs & above)

Ordinary / Associate / Spouse Member

@ \$8.56 per month

*Family Package 1 (2 members)

@ \$21.40 per month

*Family Package 2 (3 to 4 members)

@ \$26.75 per month

*Family Package 3 (5 members & above)

@ \$32.10 per month

Walk-in / Per Entry

Ordinary / Corporate / Associate / Term / Spouse /

Spouse Term / Junior / Junior Term /

Sports (per member)

@ \$8.56 (Peak) / \$5.35 (Off-Peak)

Senior Members (60yrs & above)

Ordinary / Associate / Spouse Member

@ \$5.35 (Peak) / \$3.21 (Off-Peak)

Social Member (Off-Peak only)

@ \$21.40 per hour

Guest @ \$16.05 (Peak) / \$10.70 (Off-Peak) +

Prevailing General Guest Fee

TENNIS COURTS @ SC (+)

Daily 7.00am to 10.00pm

Off Peak

Mon to Fri 7.00am to 6.00pm

\$4.28 per court per hour

Peak

Mon to Fri 6.00pm to 10.00pm

Sat, Sun & PH 7.00am to 10.00pm

\$6.42 per court per hour

Court Closure For Section Training

Mon 5.00pm to 8.00pm (2 Courts)

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 4.00pm to 9.00pm (2 - 3 Courts)

Sat 8.00am to 11.00am (2 Courts)

Sun 3.00pm to 8.00pm (2 - 3 Courts)

BASKETBALL COURT

Daily 7.00am to 10.00pm

Court Closure for TAG Junior Programme

Fri 5.00pm to 8.00pm

Sun 5.00pm to 7.00pm

Court Closure for Junior Basketball Training Programme

Sun 8.00am to 10.30am

JOY LUCK COVE

Mon to Sun (Inclusive of PH & Eve of PH)

10.00am to 11.00pm

GAMES & RECREATION ROOM

Fri, Sat & Eve of PH 1.00pm to 10.00pm

Sun, Mon to Thu 1.00pm to 9.00pm

\$5.35 per table per hour

Note:

SC – Sports Complex

RC – Recreation Complex

AP – Arrival Pavilion

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



The 2nd edition of Oktoberfest returns to CSC in October 2019. Feast to your heart's content with an extravagant German buffet spread and treat yourself to ice-cold beer. The European country music will gather everyone in the mood for dancing too. Be sure to revel in a night of entertainment accompanied by wonderful live band performance!



Friday, 18 October 2019
7.00pm - 10.30pm
Man Zhu Café



Buffet only:
\$35 (Member) \$45 (Guest)

**Buffet with 2 mugs of
 Erdinger beer:**
\$50 (Member) \$60 (Guest)

Menu Includes:

- Crackling Pork Knuckle
- German-Style Oxtail Soup
- Chicken Schnitzel with Guinness Stout Mustard Sauce
- Halibut Schnitzel with Caper Tarragon Butter Sauce
- Assortment of Veal, Bockwurst, Bratwurst Sausages
- Beer Braised Beef Stew with Brussel Sprouts
- Vanilla Bavarian Cream with Caramelized Apples and Almond Crumble and more

Important Notice:

- A la carte food orders will not be available on 18 October 2019 from 6.30pm onwards.
- Man Zhu Café will be closed from 2.30pm to 6.30pm (last order at 2.00pm) to facilitate the set-up for the Oktoberfest.
- Seats are subject to availability for walk-in members and guests.



For registration, enquiries or more information:

Tel: 6885 0697 Email: fnb_events@chineseswimmingclub.org.sg www.chineseswimmingclub.org.sg