

# FREESTYLE



BI-MONTHLY MAGAZINE | MARCH - APRIL 2020



# JUNIOR SPORTS

TRAINING PROGRAMME

## FREESTYLE PUBLICATION



### ON THE COVER

Junior Sports: Training Programme

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For advertising inquiries, please call Marketing Department at 6885 0655.

21 & 34 Amber Road Singapore 439870  
Tel: 6345 1221 or 6885 0688  
Fax: 6345 7134  
Web: [www.chineseswimmingclub.org.sg](http://www.chineseswimmingclub.org.sg)

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## PATRONS

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Mr Wee Cho Yaw

## MANAGEMENT COMMITTEE

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Mr Chia Shih Yun

## RUNNING CONVENOR

Mr Wu Chee Yiun

## HEADS OF DEPARTMENT

### PETER GOH

General Manager / Secretary  
ext. 669  
[gmo@chineseswimmingclub.org.sg](mailto:gmo@chineseswimmingclub.org.sg)

### HELENA GOH

Head of Operations  
ext. 670  
[Helena\\_Goh@chineseswimmingclub.org.sg](mailto:Helena_Goh@chineseswimmingclub.org.sg)

### JOAN TAY

Membership Relations &  
Marketing Manager  
ext. 650  
[Joan\\_Tay@chineseswimmingclub.org.sg](mailto:Joan_Tay@chineseswimmingclub.org.sg)

### CHONG MEI YEE

Finance Manager  
ext. 684  
[MeiYee\\_Chong@chineseswimmingclub.org.sg](mailto:MeiYee_Chong@chineseswimmingclub.org.sg)

### VICTOR YONG

Food & Beverage Manager  
ext. 696  
[Victor\\_Yong@chineseswimmingclub.org.sg](mailto:Victor_Yong@chineseswimmingclub.org.sg)

### CYNDI LIM

HR & Admin Manager  
ext. 663  
[Cyndi\\_Lim@chineseswimmingclub.org.sg](mailto:Cyndi_Lim@chineseswimmingclub.org.sg)

### BENJAMIN LEE

Property Manager  
ext. 678  
[Benjamin\\_Lee@chineseswimmingclub.org.sg](mailto:Benjamin_Lee@chineseswimmingclub.org.sg)

### MICHAEL CHARLES PEYREBRUNE

Head Coach / Director of Swimming  
ext. 760  
[Michael\\_Peyrebrune@chineseswimmingclub.org.sg](mailto:Michael_Peyrebrune@chineseswimmingclub.org.sg)





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Dear Members,

Our swimmers Randall Neo and Bonnie Yeo accompanied by our Head Coach Dr Michael Peyrebrune travelled to Queensland, Australia from 14 to 20 December 2019 to participate in the 2019 McDonald's Queensland Championships. It was a good exposure for our swimmers and a fruitful trip as many excellent swim performances and best times were achieved. I would like to congratulate Randall for winning the Gold Medal and State title in the 100m and 200m Butterfly respectively. Keep up the splendid performance!

I am pleased to share that the 3rd CSC Taekwondo Invitational Championship held on 5 January 2020 attracted over 77 participants from 6 clubs. Our trainees performed exceptionally well, winning the Overall Champion for the Poom (Boy) category and Randal Gay was awarded the Best Sportsman Award in the event. Well done to all participants for their outstanding performance and we look forward to hosting the 4th tournament.

Making waves on the international scene, 23 years old CSC Pool player Aloysius Yapp ended 2019 with a 9th place finish in the World 9 Ball Championships held in Doha, Qatar. He then started 2020 with a victory at the Predator World 10 Ball Championships Qualifiers held at Jakarta, Indonesia, to qualify for the main event in Las Vegas, USA. With that feat, Aloysius is now 25th in the World Pool-Billiard Association Men's ranking!

Our Junior Member, 10 years old Sie Lay Yin was selected by Singapore Table Tennis Association to join their Junior Development Squad in January 2020. Lay Yin has been under the guidance of the CSC-Jiawei Training Academy coaches since July 2017 and with her perseverance Lay Yin's achievement has made us proud.

On 4 February 2020, 20 Golfing Section members participated in the 18th SSC-CSC Golf Bilateral Challenge held at Marina Bay Golf Course. Members from both clubs had a great game and I am pleased to share that CSC eventually won the challenge trophy after being defeated by SSC for the past 3 years. The event ended with a sumptuous dinner at Singapore Swimming Club.

The Sports & Games Committee has been working very closely with various Convenors in reviewing and developing our sports training programmes for our Junior Members. I am happy to share our wide array of Junior Training Programmes ranging from Badminton, Bowling, Basketball, Squash, Table Tennis, Taekwondo, Tennis to Water Polo. In addition, I am proud to announce that the Club has appointed the ex-national coach, Ms Clara Lau to helm the CSC Bowling Academy Centre Of Excellence Programme endorsed by Singapore Bowling Federation. If members are looking for programmes to nurture their children into an aspiring sportsperson, do check out the ensuing pages for more information.

We understand the outbreak of COVID-19 in Singapore has affected the lifestyle of everyone and members are worried when visiting the Club or sending their children for training programmes or participate in events. Please be assured that the safety and well-being of our members are the Club's top priority. The Club management have already stepped up our precautionary measures such as implementation of compulsory temperature check, increased the frequency of cleaning using disinfectants and providing sanitisers at various locations for members' use. Notices and posters have also been put up around the Club, website, social media and via electronic news to update and urge all members to remain vigilant and adopt good personal hygiene practices so that we could maintain a healthy and safe Club environment. The Club will continue to monitor the situation and update members closely on the scheduled training programmes and events as we have already put in place appropriate precautionary measures to respond to various DORSCON announcements by the health authorities.

Last but not least, on behalf of the Management Committee and staff, I would like to wish all members a blessed Easter holiday. Let's together continue to stay vigilant, practice good personal hygiene and stay healthy.



John Chew  
Captain





The 105<sup>th</sup> Annual General Meeting will be held on Sunday, 26 April 2020, 10.00am at the Activity Suite, Level 3, Sports Complex. We take this opportunity to highlight the following standing orders to facilitate the smooth-running of the General Meeting.



### 1. STANDING ORDERS

1. Once the meeting is called to order all members are requested to cooperate with the Chairman so that the General Meeting can proceed in a peaceful and orderly manner.
2. Only matters raised or resolutions proposed by Voting Members not less than 21 days and queries submitted not less than 4 clear days will be addressed at the Meeting.
3. A member who had submitted a proposed resolution or a query will be granted 3 minutes to speak on each subject while other speakers will be given one minute and a buzzer will be sounded to signal the speaker when the time is up.
4. Members are requested to seek permission before they speak and not to interrupt others who have the floor.
5. Members are to give their names and account numbers clearly before speaking. This is for official record purposes.
6. Members are advised not to interrupt the speaker during their presentation as time will be allowed for the floor to speak.
7. Voting shall be by a show of hands unless a ballot is demanded by the majority of the Voting Members present and voting. Voting cards will be issued to facilitate tallying of votes by the auditors.
8. If any member disobeys the above Standing Orders and behaves in a disorderly manner, the Chairman has the authority to request the member to leave the Meeting, and if such member refuses to comply with the ruling of the Chairman, he or she will be ruled out of the Meeting.

### 2. PROCEDURE FOR ELECTIONS

In the event of a contest for positions in the Management Committee and/ or Disciplinary Panel, members will be issued with a card to qualify them to collect the voting slips to elect members. Voting booths will be erected outside the Activity Suite. Members must present their CSC membership cards together with the voting slip collection cards when collecting their voting slips.

Please do not misplace the voting slip collection card. Once it is issued to a member, it will not be reissued under any circumstances.

The voting slip collection card must be surrendered upon collection of the voting slip. Voting slips are not transferable. Members must vote in person. Any member found transferring their voting slips to another member may be liable for disciplinary action.

#### 3A. ARTICLE 10.1

"Principal Members may meet in General Meetings to discuss matters pertaining to the affairs of the Club but only Voting Members may propose and second resolutions and vote thereon."

(i) Article 2A.4

"Principal Members" means Ordinary (Transferable), Life (Transferable) and Associate (Transferable) Members, Principal Membership shall mean the membership of Principal Members.

(ii) Article 2A.5

"Voting members" means Ordinary (Transferable) and Life (Transferable) Members only.

#### 3B. ARTICLE 10.6

Any Voting Member desirous of raising any matter or moving any resolution at any General Meeting shall give notice thereof in writing to the General Manager / Secretary not less than twenty one days before the date of such meeting.

#### 3C. ARTICLE 10.7

Any Principal Member who wishes to query reports or accounts at an Annual General Meeting shall give written notice to the General Manager / Secretary not less than 4 clear days, i.e. excluding Sundays and public holidays, before the date of such a Meeting.



# SPRING FESTIVAL 2020

**1 FEBRUARY 2020 (SAT), 8PM**

The Club organized Spring Festival in the evening on 1 February 2020 for the first time and members enjoyed the splendid and exciting LED litted Lion Dance performances. The pair of southern lions showcased a thrilling and rousing "Cai Gao Qing" performance which captivated the attention of all members. The Dragon and Carp Dance together with the Lantern Dance were magical and exhilarating performances which members enjoyed. The Fu Lu Shou Mascot Dance was the finale and all the children were enthralled by the fun dance steps.

The event was graced by our Club President, Mr Edwin Lee and Management Committee Members and in conjunction with Spring Festival, a ribbon cutting ceremony was held at our new café, Mingle@Amber to officiate its opening. Singapore's popular God of Fortune, Mr Alec Chia was present to shower blessings on the Club, members and their loved ones. Management Committee Members present participated in the Lo Hei and tossing for good health, happiness and prosperity to the Year of the Rat.

Besides the performances, the LED Stilt Walkers and Rat mascot also heightened the event by handing out balloons to the young ones. Members were served with complimentary potong ice cream and churros on a first come first serve basis. It was a celebratory evening where all members had a great time with their families and friends at the Club. Thank you everyone for your tremendous support and making it a resounding success.









# PRECAUTIONARY MEASURES AGAINST COVID-19

## COMPULSORY TEMPERATURE CHECK

In the interest of all parties concerned in Chinese Swimming Club, compulsory temperature check for all members, their guests and CSC staff has been implemented.

The Management Committee would like to seek the co-operation and understanding of members and their guests in the following:



1. Temperature checks will be conducted at the following five (5) main access points of the Club at the following stipulated timings:

ACCESS POINTS	TIME
Point A: Arrival Pavilion Main Entrance	9.00 am to 9.00 pm
Point B: Arrival Pavilion, Security Counter	6.00 am to 10.00 pm
Point C: Sports Complex B1 Lift Lobby, Security Counter	
Point D: Arrival Pavilion B2 Lift Lobby	9.00 am to 10.00 pm
Point E: Recreation Complex Main Entrance, Security Counter	7.00 am to 10.00 pm

2. Members, staff and their guests must have their temperature check before entering the Club. Any member, their guests and staff who refuse to have their temperature check will not be allowed to enter the Club premises.
3. Any person registering a temperature of 37.5 degree celsius will be deemed to have a fever and will be advised to leave the Club's premises immediately.

We thank you for your forbearance and co-operation in helping us to maintain a healthy and safe Club environment for members to enjoy with peace of mind.

## INCREASED FREQUENCY OF CLEANING & USING DISINFECTANTS AT THE CLUB

The Club has taken extra measures in enhancing the cleanliness of all common areas and increased the frequency of cleaning and using disinfectants at common areas.

Please continue to stay vigilant and ensure a clean and safe Club environment!



## MINGLE@AMBER HAS OPENED ON 1 FEB 2020

We are excited to inform Mingle@Amber has officially opened! Members and their families can look forward to the freshly brewed gourmet coffee and delectable pastry delights been served at our new cosy cafe! Check out our Loyalty Reward Programme and Special Promotion too. Pop by for a hearty meal today!





## CHECK OUT NEW CSC WEBSITE

We are pleased to announce the launch of our new Club website! Be sure to look forward to a new browsing experience as it provides an elevated experience, with a fresh new look and user-friendly navigation. Stay updated with the Club's latest announcements, upcoming events and promotions too.

In line with the launch of our new website, we are excited to offer a special promotion online. Simply present the special promotion poster on the new website to the staff at Mingle@Amber and receive a complimentary cup of black coffee with any purchase. Visit us at [www.chineseswimmingclub.org.sg](http://www.chineseswimmingclub.org.sg) now!



## CONDUCT OF JUNIORS AT THE CLUB

The Club would like to remind all parents to be responsible for the conduct of your children. It has been brought to our attention on some incidents on the mischievous behaviour of unsupervised children in the Club. Examples of incidents include:-

- (i) Vandalism at Man Zhu Café: Frosted glass panel sticker had been found damaged and peeled off
- (ii) Mischievous act of taking someone's belongings without permission

The Club will not condone such behavior and would like to reiterate the following Articles under the Club Constitutions and Bye-laws:-

### Club Constitutions Article 6.2a:

"Principal Members and Term Members shall be responsible for the conduct and debts of their spouses and children. Any misconduct or breach of a provision in the Constitution or Bye-laws by a spouse or child of a Principal Member or Term 15 Member shall be deemed to the misconduct of that Principal Member or Term Member."

### Bye-Laws Article 9:

"Any member or his guests or any other person breaking or damaging the property of the Club shall pay to the Club the cost of making good the damage. The amount of such cost shall be assessed by the Management Committee whose decision shall be final."

Please note that disciplinary action will be taken against member(s) if they are found in violation.

We seek your kind understanding and cooperation in this matter.





## Staff Service Compliments

Dear Sir,

I would like to compliment the staff at Man Zhu Café, Louis Goh & Winnie Leow. Louis is perfect, very polite and very good in recommending food. Winnie is also very efficient.

Linda Ong

Dear Sir,

I would like to compliment Stanley Tew from Man Zhu Café for the excellent service that he has provided every time I visit the café for the last 5 years. He is a very hardworking worker.

Ng Geok Heek

Dear Sir,

I would like to give compliments to Ng Chye Moi from Sports Desk & Mong Chai Lin from Front Office for being very polite and courteous.

Alice Chew

Dear Sir,

The pork baby ribs at Man Zhu Café are good and all the staff have good attitude.

Yip Sam Fong

Dear Sir,

I would like to give compliments to Sally Soh and Kenny from Man Zhu Café for being conscientious, polite and helpful.

Ng Kong Hung

## 2 YEARS TERM MEMBERSHIP

JOIN US NOW  
AND BE REWARDED WITH  
**\$300 F&B VOUCHERS!**

Experience our exclusive club privileges with our term membership. An array of sporting and leisure Club facilities and great gastronomic experience await you. Call us to arrange for a personalised Club tour today.



# CSC JUNIOR TRAINING PROGRAMMES

## 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.



Are you keen to nurture your child into an aspiring sportsperson? 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 – BABOLAT BADMINTON ACADEMY

The CSC Badminton Academy offers a comprehensive training programme for children from 6 years old onwards. Trainees are equipped with the necessary foundational skills at the Beginner level before progressing into the Intermediate and Advanced programmes where training will be geared towards competitive playing and

tailored according to each individual's style of play. The Academy is headed by former National Player Coach Johnathan Tang.



## CSC – LJE SPORTS JUNIOR BASKETBALL TRAINING ACADEMY

Launched in February 2019, the CSC – LJE Sports Junior Basketball Training Academy provides training programmes for children aged 7 to 15 years old 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-ZR (& 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 as well as sparring with students from other schools during regular friendly matches for skills application and competitive exposure.



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

The CSC Bowling Academy – Centre of Excellence (COE) Programme is a structured development pathway to nurture aspiring bowlers aged 10 to 18 to make it into the National Programme. The COE Programme is helmed by Singapore Bowling Federation's (SBF) former National Coach, Clara Lau, and her team of qualified coaches. Trainees will be exposed and have the opportunity to participate in the Club's Organised games and tournaments as well as in the SBF organised tournaments and Annual Skills Assessment.



## 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 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.



# CSC BOWLING ACADEMY

## CENTRE OF EXCELLENCE (COE) PROGRAMME

For Aspiring Bowlers Aged 10 To 18 To Make It Into The National Programme

The CSC Bowling Academy – Centre of Excellence (COE) Programme is a structured development pathway to nurture aspiring bowlers aged 10 to 18 to make it into the National Programme. The COE Programme is helmed by Singapore Bowling Federation's (SBF) former National Coach, Clara Lau, and her team of qualified coaches.

In addition, trainees will be given the exposure and opportunity to participate in the Club's organised friendly games and monthly medals as well as in the SBF organised tournaments and Annual Skills Assessment. The training environment is further optimised with the recent inclusion of the world-renowned Kegel Lane Machine, used in all major competitions, to maintain the lanes at our very own Bowling Centre.



<b>Day/Time</b>	: Tuesday, 4pm to 6pm Saturday, 11am to 11pm
<b>Venue</b>	: 12 Lanes (Bowling Alley)
<b>Course Fee</b>	: <b>Elementary</b> \$2,675 (Member) / \$2,996 (Guest)– 60 sessions : <b>Intermediate</b> \$2,889 (Member) / \$3,210 (Guest) – 64 sessions

**Note: Lane fees to be paid separately (\$12 per session)**



Coach Clara

Our Club is proud to announce that we have secured the service of former National Coach Ms Clara Lau to helm our Club's Bowling Academy COE Programme!

Coach Clara is a respected and notable coach in the National Programme and her coaching achievements include multiple medals in major games and tournaments at the Southeast Asian, Asian and World Level. She also had a successful stint coaching in schools across the Primary to Tertiary level.

#### Coach Clara's Coaching Achievements:

- 1 Gold, 2 Silver and 1 Bronze in the 17th Asian Games Incheon 2014
- 2 Gold medals in 23rd Asian Tenpin Bowling Championships 2015
- 4 Gold, 5 Silver and 1 Bronze in the 28th SEA Games 2015
- 1 Gold, 2 Silver and 3 Bronze in the World Women's Bowling Championships 2015
- 2 Bronze in the 24th Asian Tenpin Bowling Championships 2016
- 2 Gold, 3 Silver and 2 Bronze in the 29th SEA Games 2017



Coach Mervyn

Clara's team is supported by Mervyn Foo, a distinguished and prominent senior figure of the bowling fraternity in Singapore. During his illustrious career as National Head Coach, our Nation won multiple Gold medals at the Southeast Asian Games, Asian Games, World Championships and the World Cup. He was appointed as SBF's first Technical Director in 2011 and became the Executive Director of the Federation in 2016.





# THE ROLE OF THE COACH

*In his latest article, Head Coach Michael describes the role of the coach and the importance of swimmer and parent 'buy-in'.*



One of the most important concepts to consider in this area is what the coach cannot or should not do! The coach cannot swim the race for the swimmer, can't turn up to training and do the sets for the swimmer and unlike Harry Potter, they do not have a magic wand! In short, it is the swimmer who must want to swim; to turn up at training, to work hard, to focus and concentrate, to listen to advice from the coach and to put into practice the elements of preparation at competitions. Basically, the swimmer has to take ownership and responsibility for their application throughout training and ultimately competition. Blaming others, particularly the coach, is not a healthy (and usually not accurate) approach to long term progression in our sport.



**Dr. Michael Peyrebrune**

This area of interest stems from Psychology and the difference between intrinsic and extrinsic motivation. Intrinsic motivation involves engaging in a behaviour because it is personally rewarding. In our sport, we want athletes to be involved because they love swimming. Extrinsic motivation on the other hand is when a swimmer is encouraged or driven by external factors to swim. For instance, by parents, coaches, financial gain, media success etc. The former will ultimately lead to greater commitment, focus, longevity in the sport and success. The latter, sadly, will typically result in disillusionment, resentment and early retirement from the sport.

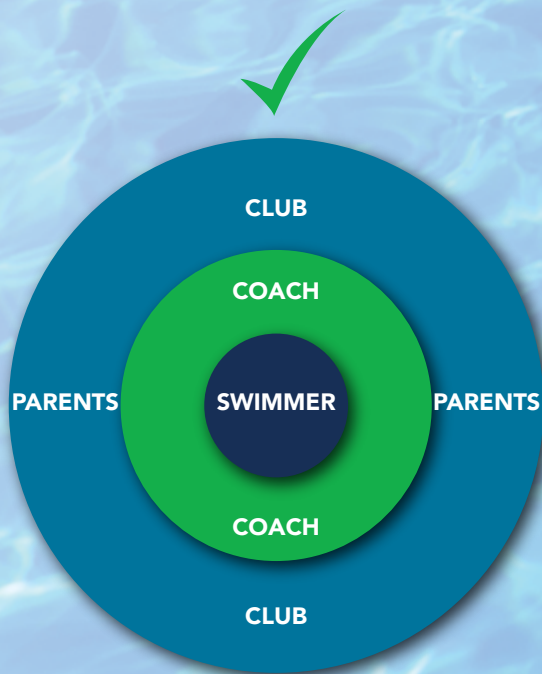
One of the coach's jobs is to nurture this passion and create an environment and relationship where this can take place effectively. Another job is to progressively encourage independence. A swimmer must learn to take responsibility for their actions, think for themselves and demonstrate initiative. An effective coach will try to enhance these skills in a gradual way. Ultimately, a swimmer can discuss elements of their training and competitive programme openly with their coach and make the best (not necessarily the easiest) decisions for their performance improvement together.

It is clear that a coach who is genuinely committed to this process is not dictatorial in their approach, will compromise a little of their control and does not self-proclaim to be a 'genius' or 'guru'. A recent article by a world leader in coach education and development recently tweeted "we should praise and hold up our hard-working experts and be afraid of our self-professed gurus". In society today we love to put individuals up on a mantle as an 'overnight genius'. We see this in talent shows and the outpourings of social media. What we don't see is the years of hard graft that is necessary to reach the top, especially in a sport like swimming. It is also true that coaches similarly have to graft through learning, experience and repeating the basics with great energy and communication to succeed. Sadly, every coach thinks they can produce an Olympic medallist without the necessary skills, abilities and years of experience.

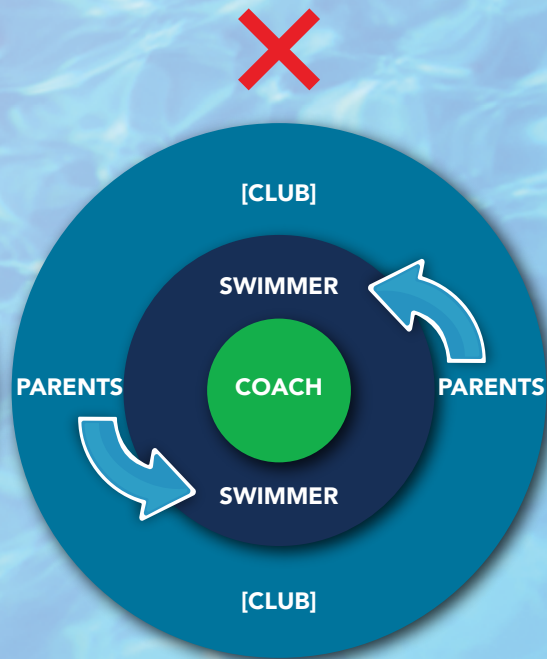
In the UK, I was reminded of a coach who at the time wanted to short-cut the coaching development processes. He coached some very good Senior swimmers in his first few years as a coach in his twenties. He also coached many Olympic medal potentials without success. However, with steady long-term development and mentoring from several world class colleagues, he eventually fulfilled his dream of coaching an Olympic Gold medallist in Rio 2016. It was his 5th four-year cycle (20 years) as a National coach! When we all reflect on this example, his contribution to the sport should be far wider than the Olympic gold, but the investment in each of his swimmers in terms of motivation, enjoyment, challenge,



discipline and character building. Indeed, many of the swimmers he improved were then passed on to other coaches as that was the best scenario for the swimmer. It is this seamless, long-term and unselfish model that CSC should strive towards.



**"SWIMMER CENTRED, COACH DRIVEN,  
PARENT/CLUB SUPPORTED"**



**"COACH CENTRED, SWIMMER FOLLOWED,  
PARENT DRIVEN"**

### TAKE-AWAY THOUGHTS

- Swimmers should be committed and have a love of the sport to maximise potential and enjoy longevity in swimming.
- The individual athlete should take responsibility and accountability for the performance.
- The coach can help in many aspects of performance improvement: Physical, Technical, Tactical and Psychological/Emotional.
- The swimmer is the most important person in the process (not the coach) and should be led, educated, challenged and advised by the coach.
- Parents should be there to support and help swimmers, but not to interfere in technical or performance aspects of the sport.
- The coach should have the swimmer's best interest at heart, but in the context of the squad and the club.
- A philosophy that promotes the coach as more important than the swimmers or 'bigger than the club' is a dangerous one and should be avoided at all costs.

## 2019 MCDONALD'S QUEENSLAND CHAMPIONSHIPS

Randall Neo and Bonnie Yeo accompanied by Head Coach Dr Michael, represented CSC in this prestigious event from 14 to 20 December 2019 at the Brisbane Aquatic Centre. Despite challenging conditions (both hot and cold!), many excellent performances and best times were recorded. Bonnie made the top 8 in several events, but was eliminated from the finals due to the 'two foreign swimmers' rule. Randall won the Gold medal and State title in both the 100m and 200m Butterfly.

The trip was an excellent educational experience for both swimmers and this will help in their preparation towards the Singapore National Championships next year and beyond.



## SWIM CSC 2020 CALENDAR PRESENTATION

Swim CSC held their annual Calendar presentation on 11 January 2020. Over 70 parents and swimmers attended the event. New innovations for this year included a QR code that members can scan and download the calendar onto their electronic devices. The calendar is more reader friendly by colour coding the groups of similar class of events and produced in a larger print format. The respective event dates and details will be confirmed when released and the programme of events will evolve throughout the year. For the latest calendar updates, please contact the Swimming Department.



Photo credits: Tommy Low



## SINGAPORE SWIMMING ASSOCIATION SWIM SERIES 1 – 2020

The swim series held at OCBC Arena from 17 to 19 January 2020 attracted over 170 CSC swimmers. There were many excellent performances from all the competitive squads and it was pleasing to see the large number of personal best times set this early in the season. Coaches Jeremy, Wu Yang, Wang Tao, Zhi Cong and Dr Michael were present throughout the weekend to ensure swimmers were well prepared and recovered from each race. Overall, we were delighted with the swimmers' progress.





# XMAS BASH 2019

Our golfers headed to the 9-hole golf course at Changi Golf Club on 13 December 2019 for the Xmas Bash. Due to the downpour, the game ended early but the mood of our golfer was not dampened.

All participants received lucky draw prizes and a sumptuous buffet dinner was catered in conjunction with the festive celebration. Mini game was also played where everyone enjoyed and bonded throughout the joyous night. Special thanks to Mr Steven Chia for his sponsorship and making this event a successful one.



# JANUARY GOLF MEDAL

The Golf Section kicked off the year with the January Golf Medal at Tanjong Puteri Golf Resort, Plantation course, on 14 January 2020.

With the newly revised CSC handicap, a few of our veteran golfers managed to bring home a trophy!

Congratulations to the following winners:

Category	Position	Name (Hcp) – Stableford Pts
Division A	Champion	Chng Hee Tee (9) - 33
	2 <sup>nd</sup>	Victor Chia (16) - 32
	3 <sup>rd</sup>	Jacob Eu (15) - 32
Division B	Champion	Lim Leng Leng (21) - 29
	2 <sup>nd</sup>	Dick Lee (23) - 29
	3 <sup>rd</sup>	Michael Gian (21) - 28





## 18TH CSC-SSC BILATERAL GOLF CHALLENGE CUM ANG BAO MEDAL

On 4 February 2020, 50 golfers participated in the Ang Bao Medal held at Marina Bay Golf Course and 20 of them were selected to play against Singapore Swimming Club for the annual CSC-SSC Bilateral Golf Challenge. Thanks to the good weather, the games ended early and everyone headed to Singapore Swimming Club for a sit-down dinner.

Apart from the abovementioned event, participants of the X'mas Bash 2019 had the opportunity to challenge our sponsor, Mr Steven Chia, who played exceptionally well in his game. Only 10 golfers managed to have a higher score than Mr Chia. The format of play was based on System 36, Stableford points.

We are also pleased to announce that CSC had won back the challenge trophy by a slight margin! Great job golfers! Congratulations to the following winners for the Ang Bao Medal:

Category	Position	Name – Stableford Pts
<b>Division A</b>	Champion	Peter Yap - 37
	2 <sup>nd</sup>	Gilbert Soong - 34
	3 <sup>rd</sup>	Chris Chia - 32
<b>Division B</b>	Champion	Lai Kok Hui - 44
	2 <sup>nd</sup>	Peter Chai - 36
	3 <sup>rd</sup>	Mary Ang - 36



## CHAR YONG NATIONAL VETERAN TABLE TENNIS MIX TEAM CHAMPIONSHIP

The Club Table Tennis team put up a good fight in the Char Yong National Veteran Table Tennis Mix Team Championship held from 10 to 12 January 2020. They had successfully clinched the 3rd runner-up trophy.

Congratulations to all players for the good effort!



## TABLE TENNIS JUNIOR DEVELOPMENT SQUAD

9 years old junior member, Sie Lay Yin was selected under the Singapore Table Tennis Association (Junior Development Squad) in January 2020. The Junior Development Squad aims to prepare athletes aged 9 to 13 years with high potential to undertake the demands of competitive Table Tennis competitions locally and internationally. Lay Yin has been training in the CSC-Jiawei Training Academy (JTA) since its inception in July 2017 under the Beginner level and was promoted to Intermediate level in May 2019. Under the tutelage of the JTA coaches, her perseverance and hard work had paid off. Congratulations for the outstanding achievement!



## SSC JK TECHNOLOGY 14TH BADMINTON INTER-CLUB MASTER LEAGUE 2019/2020

From July 2019 to January 2020, the Club's Badminton Team participated in the SSC JK Technology 14th Badminton Inter-Club Master League 2019/2020 with 10 other teams. CSC managed to advance to the Champions' League after finishing in Second Place at the Group Stage. The Team faced tough competition at the Champions' League, putting up a good challenge but eventually placed last out of six teams. Nonetheless, the Team performed better than in the previous League and we look forward to improving our performance this year!



## CSC BADMINTON NEW YEAR GATHERING

On 31 January 2020, the Badminton Section gathered for their first ever 'Lohei' on the seventh day of the Lunar New Year, also known as the 'Ren Ri'. Aside from enjoying a sumptuous dinner together, the Section also took the time to show appreciation to former Convenors Joseph Sng and Neo Eng Kiat as well as current and former Sub-Committee Members Johnny Koh and Ngiam Siew Jit for their contributions towards the Section over the years. Novelty awards such as Most Valuable Player, Most Improved Player, Most Versatile Player, Most Committed Player, Loyal Partnership Award and Defending Champion were also given out during the dinner.





## CONTRACT BRIDGE CHRISTMAS IN-HOUSE GAME 2019

During the holiday season, 26 players took part in the annual Contract Bridge Christmas In-House Game held on 15 Dec 2019. Besides indulging in the festive buffet and desserts, attendees also had a joyous time singing the Christmas melody accompanied by a member who played the ukulele. This was followed by the individual event where players competed for the champion title. It was a delightful Sunday afternoon and the event ended with an exciting lucky draw which saw half of the attendees each walking away with a prize! Special thanks to Contract Bridge Convenor Mdm Tan Kim Lian for sponsoring the event prizes.

Congratulations to the following top 3 players for the individual event!

Position	Winner
1 <sup>st</sup>	Seah Seng Chye
2 <sup>nd</sup>	Yip Siew Har
3 <sup>rd</sup>	Josephine Seow



## 3<sup>RD</sup> CSC TAEKWONDO INVITATIONAL CHAMPIONSHIP 2020

The 3<sup>rd</sup> CSC Taekwondo Invitational Championship returned with more action! A total of 77 participants from six local clubs including 28 players from CSC participated in this annual event held on 5 Jan 2020. Our players performed exceptionally well and CSC managed to obtain the Overall Champion for the Poom (Boy) category. CSC trainee Randal Gay was also awarded the Best Sportsman Award during the event.

The event was exceptionally exciting and emotion was running high especially with the first time participants and many enthusiastic parents, making it a memorable experience for everyone. The Taekwondo Sub-Committee would like to thank our Guest of Honour Mr Milan Kwee for gracing the event, as well as parents and coaches for their support towards the event. We look forward to hosting the 4th tournament!





## PRESIDENT'S CHALLENGE SNOOKER

The Billiards & Snooker Section organized the President's Challenge Snooker on 21 December 2019. The Singapore Cricket Club, Changi Beach Club, Singapore Recreation Club and Cuesports Singapore joined the club in a 6-ball friendly competition with Singapore Cricket Club winning the trophy! A total of \$1,510 was raised for the President's Challenge 2020. We would like to thank all participants for their generosity towards this event.



## FUN RUN

The fun run on 20 December, 3 & 17 January and 7 February led by our Flex Gym Instructor saw a healthy average turnout of 16 runners. Join our next run on 6 & 20 March and 3 & 17 April and be rewarded with bowling vouchers for every 4 runs! Email to [JickSern\\_Lam@chineseswimmingclub.org.sg](mailto:JickSern_Lam@chineseswimmingclub.org.sg) for more details.



## WATER POLO ALUMNI TEAM CHINESE NEW YEAR GATHERING

Our Water Polo alumni team got together at Man Zhu Café on 31 January 2020 for a Chinese New Year lunch. Fond memories were rekindled at the reunion gathering as everyone tossed to a year of good health and prosperity with a Lo Hei. Huat ah!



## CHRISTMAS LOG CAKE (HANDS-ON)

The Christmas Log Cake workshop held on 23 December 2019 was well received by our members and their kids. From weighing ingredients, beating the egg white to decorating the finished log cake, everyone had a fun bonding time and brought home their own hand-made log cake, just in time for Christmas celebration!



## HEARTS & STARS TEA DANCE PARTY

91 superstars dazzled with their stellar dance moves at the Hearts & Stars Tea Dance Party on the first day of 2020; kicking off the year with flying hearts to everyone. The Dance Sub-Committee wishes all a Happy New Year and may the dance parties in 2020 continue to be blessed with many passionate supporters!



## SOLO LATIN DANCE (BEGINNERS) FOR LADIES

The new Solo Latin Dance (Beginners) class for ladies commenced on 12 February 2020. The ladies learnt to dance independently to the fundamental of Latin Cha Cha with instructor, Mr Alvin Low.



## URBAN GARDENING

Check out some of the plants that our gardening enthusiasts are growing! To join us and learn more about the upcoming workshops, email to [JickSern\\_Lam@chineseswimmingclub.org.sg](mailto:JickSern_Lam@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](mailto:FNB_EVENTS@CHINESESWIMMINGCLUB.ORG.SG)

TEL: 6885 0697

[WWW.CHINESESWIMMINGCLUB.ORG.SG/CATERING.HTML](http://WWW.CHINESESWIMMINGCLUB.ORG.SG/CATERING.HTML)



**AT 34 AMBER ROAD, SINGAPORE 439950**  
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**SPICE UP YOUR EVENTS**  
@



THE GRAND PATROS



# Sardinia

## Wine Dinner

Tuesday, 5 May 2020  
7.30pm onwards | Lattice Suite, RC (L3)  
\$65 (Wine Club) | \$75 (Member) | \$85 (Guest)

Join us for an exquisite wine dinner in May 2020 with our guest sommelier, Mr Giovanni Oliva. Be sure to gain valuable knowledge and expertise concerning the finer details of wine while enjoying a well paired dinner spread.  
Sign up for a wonderful dining experience.

### MENU

#### Appetizer

Parma Ham, Arugula Baby, Mozzarella Cheese, Roma Tomato

\*\*\*\*\*

#### Soup

Cappuccino Mushroom

\*\*\*\*\*

#### Main

Angus Ox-tail Osso Bucco

Mashed Potato

Or

Parmesans Coated Cod Fish

Caper Anchovy Tomato Sauce

\*\*\*\*\*

#### Dessert

Tiramisu



Mr Giovanni Oliva







## *Chef's Specialty*

### **MARCH**

#### **Angus Oxtail**



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

**\$27.90**

### **APRIL**

#### **Black Vinegar Pork Hock**

(served with one plate of rice)



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

**\$8.90**

## *Holiday Brunch Buffet*

### **Good Friday**

10 April 2020 (Friday)

10.30am to 2.30pm

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



*\*Images for illustration purpose only*



### *David & Evelyn*

**Mandarin Ballads &  
Evergreens**

Every Mon, 8.30pm to 10.30pm



### *That's Life*

**Classics, Blues,  
Rocks & Soul**

Every Wed, 8.30pm to 11.15pm

### *Puzzle Band*

**Pop Ballads, Mando &  
Cantopop**

Every Fri, 8.30pm to 11.15pm



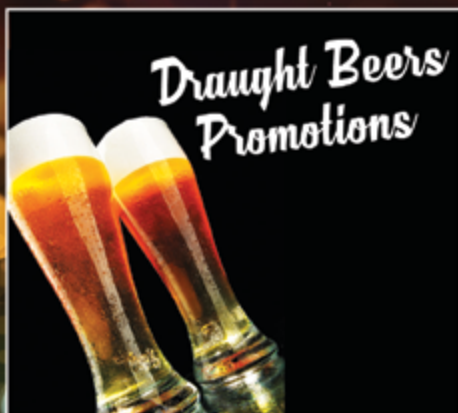
### *DnA*

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

Every Sat, 8.30pm to 11.15pm



## *Tuesday & Thursday Promotions*





## DANCE

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

**EVERY FRI,**  
**COMMENCING 3 APR 2020**  
**8.45PM – 9.45PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$80.25 (Member) / \$105.93\* (Guest)  
 Min. 4 pax / 8 sessions



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

**EVERY MON,**  
**COMMENCING 9 MAR 2020**  
**8.30PM – 9.30PM**  
**ACTIVITY SUITE, SC (L3)**

\$80.25 (Member) / \$105.93\* (Guest)  
 Min. 4 pax / 8 sessions



### SOLO LATIN DANCE (BEGINNERS) FOR LADIES BY ALVIN LOW

**EVERY WED,**  
**COMMENCING 15 APR 2020**  
**2.30PM – 3.30PM**  
**ACTIVITY SUITE, SC (L3)**

\$96.30 (Member) / \$149.80\* (Guest)  
 Min. 8 pax / 8 sessions

### LINE DANCE (BEGINNERS) BY PHILIP SOBRIELO

**EVERY TUE,**  
**COMMENCING 3 MAR 2020**  
**2.00PM – 3.30PM**  
**ACTIVITY SUITE, SC (L3)**

\$85.60 (Member) / \$139.10\* (Guest)  
 Min. 10 pax / 10 sessions



### LINE DANCE BY PHILIP SOBRIELO

**EVERY SUN, COMMENCING 10 MAY 2020**  
**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

### CONTEMPORARY DANCE (BEGINNERS) FOR KIDS

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



**EVERY THU, COMMENCING 19 MAR 2020**  
**5 – 6 YEARS OLD**  
**4.30PM – 5.30PM**  
**7 – 9 YEARS OLD**  
**5.30PM – 6.30PM**  
**ACTIVITY SUITE, SC (L3)**

\$160.50 (Member) / \$192.60\* (Guest)  
 Min. 8 pax per class / 10 sessions



### K-POP HIP HOP DANCE (BEGINNERS)

Learn step-by-step Hip Hop dance moves choreographed to K-pop songs. Suitable for both genders.

**EVERY SUN, COMMENCING 5 APR 2020**  
**4.45PM – 6.00PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$160.50 (Member) / \$181.90\* (Guest)  
 Min. 6 pax / 4 sessions  
 8 - 12 years old



\*Price includes guest fee.

## NEW CONTEMPORARY DANCE (FOR ADULT)

**EVERY MON**  
**COMMENCING 30 MAR 2020**  
**10.30AM – 11.30AM**  
**ACTIVITY SUITE, SC (L3)**

\$111.28 (Member) / \$124.12\*(Guest)  
 Min. 6 pax / 4 sessions  
 18 years old & above



## NEW CHINESE FAN DANCE (BEGINNERS)

**EVERY MON**  
**COMMENCING 30 MAR 2020**  
**4.00PM – 5.30PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$192.60 (Member) / \$224.70\*(Guest)  
 Min. 5 pax / 10 sessions  
 15 years & above



Note: Fans will be provided during lessons only.

## NEW BEATBOXING (BEGINNERS)

**TUE & THU, 3, 5, 10 & 12 MAR 2020**  
**6.00PM – 7.00PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$149.80 (Member) / \$162.64\*(Guest)  
 Min. 8 pax / 4 sessions  
 13 years & above

## DANCE INTRODUCTION WORKSHOP MARATHON

**THU, 19 MAR 2020**  
**1.00PM – 6.30PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$64.20 (Member) / \$67.41\*(Guest)  
 Min. 10 pax  
 15 -35 years old

1.00pm	Hip Hop
2.30pm	Break
3.00pm	Urban
4.30pm	Break
5.00pm	Kpop

\*1.5 hours per dance workshop

## PARTY

### NAUTICAL TEA DANCE PARTY

Hop on board and cruise through the party in your themed attire. Light buffet lunch and drinks will be provided.

**FRI, 1 MAY 2020**  
**2.00PM – 6.00PM**  
**ACTIVITY SUITE, SC (L3)**

\$14 nett (Member) / \$20 nett\* (Guest)

Closing Date: Fri, 17 Apr 2020

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.

## 2020 MARCH SCHOOL HOLIDAYS

### MARCH HOLIDAY SPORTS & LEISURE CAMP

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

**WED, 18 MAR 2020**  
**10AM TO 5PM**  
**CSC SPORTS COMPLEX**

\$130.00 (Member), \$150.00 (Guest)  
 (Register by Mon, 10 Feb 2020 to get \$20 off!)  
 Kidz Club member \$95.00 (no further discount)  
 6 to 12 years old

Closing Date : Tue, 3 Mar 2020

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



\*Price includes guest fee.



## YOUTH &amp; FAMILY



## BALLET

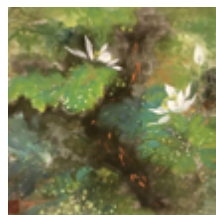
GRADE	DAY	TIME	FEES (PER 8 SESSIONS)	VENUE
Beginners I	Sat	9am - 10am	\$119.84 (Member) / \$162.64* (Guest)	Multi-Purpose Room, SC (L2)
Beginners II	Sat	10am - 11am	\$162.64 (Member) / \$205.44* (Guest)	
Grade 1	Fri	4pm - 5pm	\$222.56 (Member) / \$265.36* (Guest)	
Grade 2	Sat	8am - 9am	\$239.68 (Member) / \$282.48* (Guest)	
Grade 3	Sat	11am - 12pm	\$239.68 (Member) / \$282.48* (Guest)	



## CHINESE CALLIGRAPHY

**EVERY MON**  
**9.00AM - 11.00AM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$16.05 (Member) / \$32.10\* (Guest)  
 Min. 6 pax

CHINESE BRUSH PAINTING  
WITH LIN LU ZAI

**EVERY THU**  
**10.00AM - 12.00PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$123.05 (Member) / \$155.15\* (Guest)  
 Min. 6 pax

CHINESE KARAOKE SINGING  
WITH SUFAYE

**EVERY MON,**  
**NEW TERM COMMENCING 16 MAR 2020**  
**8.15PM - 10.15PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$160.50 (Member) / \$196.88\* (Guest) for 8 sessions  
 Min. 10 pax

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

## CULINARY

FUN WITH CUPCAKES  
(PARENT+CHILD, HANDS-ON)

Join in the fun of baking and decorating with your kids in this hands-on workshop and bring home your own baked cupcakes. 5% discount for KidzClub member. Single rate is available as well.



**MON, 16 MAR 2020**  
**1.00PM - 3.00PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$96.30 per pair (Member) / \$107.00\* per pair (Guest)  
 Child age: 4 - 12 years old  
 Min. 5 pairs

TOURTE AU POULET  
(CHICKEN PIE)

Fully hands-on from scratch! Everyone will help to prep and cut all ingredients (chicken, potato, carrot, onion etc) and collectively cook up the chicken pie filling. You will also individually make the shortcrust dough, line tart shell, bake and bring home a 7 inch Chicken Pie! Remember to bring your own container. Sign up as a pair to enjoy 5% discount for both of you.



**SUN, 5 APR 2020**  
**9.00AM - 12.00PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$117.70 per person (Member) / \$128.40\* per person (Guest)  
 Min. 6 pax

Note: Pictures for illustration purposes for both culinary workshops.  
 \*Price includes guest fee.

## EXERCISE &amp; LEISURE



### TAIJI QIGONG

**EVERY SUN**  
**8.15AM – 9.15AM**  
**ACTIVITY SUITE, SC (L3)**

Monthly Fee:  
 \$42.80 (Member) / \$58.85\* (Guest)  
 Min. 6 pax

### 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 TUE, COMMENCING 7 APR 2020**  
**7.15PM – 8.15PM & 8.15PM – 9.15PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$179.76 (Member) / \$211.86\* (Guest)  
 Min. 5 pax / 6 sessions

### MBSR GENTLE YOGA



**EVERY SAT, COMMENCING 21 MAR 2020**  
**11.00AM – 12.15PM**  
**ACTIVITY SUITE, SC (L3)**

\$139.10 (Member) / \$214.00\* (Guest)  
 Min. 8 pax / 10 sessions

### TOTAL BODY CONDITIONING

**EVERY THU, COMMENCING 2 APR 2020**  
**8.00PM – 9.00PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$128.40 (Member) / \$171.20\* (Guest)  
 Min. 7 pax / 8 sessions

NEW

### BODYART FITNESS

Based on the principles of Yin & Yang and the 5 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 MAR 2020**  
**8.30PM – 9.30PM**

#### ACTUAL COMMENCEMENT

**EVERY THU,**  
**COMMENCING 12 MAR 2020**  
**8.30PM – 9.30PM**  
**ACTIVITY SUITE, SC (L3)**



\$171.20 (Member) / \$205.44\* (Guest)  
 Min. 6 pax

#### INSTRUCTOR: VERON

Veron started dancing at the age of 4 and was trained in Ballet, Hip Hop, Jazz, and Spanish Dance and possess qualifications under the ATOD (Australian Teachers of Dancing) and Instituto de la Danza Espanola (IDA) syllabus respectively. She 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 create a basis for their health and wellbeing. BodyART has to be experienced to be appreciated!



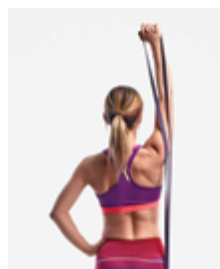
### PILOXING

**EVERY SAT, COMMENCING 11 APR 2020**  
**2.00PM – 3.00PM**  
**ACTIVITY SUITE, SC (L3)**

\$154.08 (Member) / \$207.58\* (Guest)  
 Min. 6 pax / 8 sessions



### BODY BAND BALANCE



**EVERY WED,**  
**COMMENCING 18 MAR 2020**  
**9.00AM – 10.00AM**  
**ACTIVITY SUITE, SC (L3)**

\$149.80 (Member) / \$224.70\* (Guest)  
 Min. 10 pax / 10 sessions

\*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, improving the stamina of the eye muscles, releasing eye strain, corrects refraction problems like myopia, hyperopia and delayed the onset of cataract. Overall, it improves concentration and calms the mind. Suitable to be done by children as well as adults.

**EVERY TUE, COMMENCING 31 MAR 2020**  
**4.00PM – 5.00PM**  
**ACTIVITY SUITE, SC (L3)**

\$235.40 (Member) / \$261.08\* (Guest)  
 Min. 5 pax / 6 sessions

## KPOP X FITNESS (LITE)

**EVERY FRI, COMMENCING 13 MAR 2020**  
**10.00AM – 10.50AM**  
**MULTIPURPOSE ROOM, SC (L2)**

\$107.00 (Member) / \$141.24\* (Guest)  
 Min. 6 pax / 8 sessions

## PILATES

Monthly Fee: \$69.55 (Member) / \$90.95\* (Guest)

**MULTI-PURPOSE ROOM, SC (L2)**  
**TIME SLOT 1 (BY ONG BENG HWEE):**  
**EVERY MON / 7.00PM – 8.00PM**

**ACTIVITY SUITE, SC (L3)**  
**TIME SLOT 2 (BY CHLOE CARRADOUS):**  
**EVERY TUE / 9.00AM – 10.00AM**  
**TIME SLOT 3 (BY ONG BENG HWEE):**  
**EVERY TUE / 7.00PM – 8.00PM**  
**TIME SLOT 4 (BY ONG BENG HWEE):**  
**EVERY TUE / 8.05PM – 9.05PM**  
**TIME SLOT 5 (BY ONG BENG HWEE):**  
**EVERY SAT / 9.00AM – 10.00AM**  
 Min. 7 pax



### INSTRUCTOR: CHLOE CARRADOUS

Chloe is a professionally trained dancer and fitness instructor from New Zealand. She started dancing at the age of 3. After graduating from high school, she spent 2 years training in Melbourne dance school and has worked as a professional dancer all over the world for the past 9 years. Coming straight to Singapore from London's leading Barre and Pilates Fitness studio, she wants to bring her different flare and creative flavour to her work here. Fitness and health has always been a huge part of her life and since gaining her qualifications, she would like to help people feel good in their own skin and getting people moving in ways they haven't done before.



## GENTLE YOGA

Monthly Fee:  
 \$53.50 (Member) / \$74.90 \* (Guest)  
 Min. 5 pax

**ACTIVITY SUITE, SC (L3)**  
**TIME SLOT 1:**  
**EVERY TUE / 10.00AM – 11.00AM**  
**TIME SLOT 2:**  
**EVERY FRI / 9.00AM – 10.00AM**

### WUSHU & KICKBOXING INSTRUCTOR PROFILE – TEX TOH

Tex Toh, founder and Chief Coach of Wan Wu Sports and Martial Arts Academy is a registered MOE Coach under Singapore Wushu Federation. He has been teaching Wushu/Kickboxing since 2007 and groomed many Wushu/Kickboxing athletes and coaches.



## NEW WUSHU (BEGINNERS)

**EVERY FRI, 3 APR 2020**  
**5.00PM – 6.00PM**  
**ACTIVITY SUITE, SC (L3)**  
**EVERY SAT, 4 APR 2020**  
**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-defence technique.

**EVERY THU, 2 APR 2020**  
**3.00PM – 4.00PM**  
**ACTIVITY SUITE, SC (L3)**  
**EVERY SAT, 4 APR 2020**  
**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 at 68850653 or wanling\_tan@chineseswimmingclub.org.sg for more information.

## HATHA YOGA

Monthly Fee:

\$53.50 (Member) / \$74.90 \* (Guest)

Min. 5 pax

**ACTIVITY SUITE, SC (L3)**

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

**EVERY MON / 7.00PM – 8.15PM**

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

**EVERY FRI / 7.00PM – 8.15PM**



## TALK

### 4 THINGS YOU SHOULD KNOW ABOUT CPF LIFE

Join us this evening to learn more about CPF Life and the different options available to benefit your retirement years. The talk will be conducted by Mr Tan Siak Lim from Financial Alliance who has been featured regularly on FM93.8, providing insightful comments on the financial advisory market for the past 3 years. He has gained an excellent reputation for providing very client centric advice and solutions. Light dinner will be provided.

**THU, 26 MAR 2020**

**7.15PM - 9.00PM**

**MULTI-PURPOSE ROOM, SC (L2)**

\$10.70 per pair (Member) / \$19.26\* per pair (Guest)

Min. 15 pax



## NEW RITMIX DANCE FITNESS

This fitness program incorporates various genres of dances like Latin, Disco, Jazz etc in one class. Each song will have its own choreographed moves. It helps to build up stamina, tone up your body and improve concentration. Come and try it out!

**FREE TRIAL**

**SAT, 4 APR 2020**

**ACTUAL COMMENCEMENT**

**EVERY SAT,**

**COMMENCING 11 APR 2020**

**3.00PM – 4.00PM**

**ACTIVITY SUITE, SC (L3)**

\$154.08 (Member) / \$207.58\* (Guest)

Min. 5 pax / 8 sessions



## CINEMA ALFRESCO BY THE POOL

### CALLING ALL MARVEL FANS!

Gather your family and friends for our 6<sup>th</sup> edition of Cinema Alfresco scheduled in March 2020! Be sure to catch the popular superhero film, Marvel Studios' Black Panther and be thrilled by the battle he was drawn into which puts the entire fate of Wakanda and the world at risk.



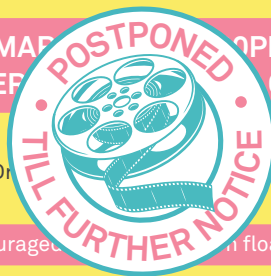
**PG**

**PARENTAL GUIDANCE.**  
Suitable for all, but parents should guide their young.

**FRIDAY, 13 MAR 2020 7.00PM ONWARDS**  
**BEGINNER COMPLEX**



Food & Drink



Reserved inflatable seats available

You are encouraged to bring your own floats and mats.

**Note:**

- No reservation of inflatables seats is allowed and no booking is required.
- In the event of unforeseen circumstances, event will be cancelled without prior notice.
- No outside food and drinks 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 68850653 or email to [wanling\\_tan@chineseswimmingclub.org.sg](mailto:wanling_tan@chineseswimmingclub.org.sg)

\*Price includes guest fee.



## PATRONS' CUP 2020

**TUE, 21 APR 2020**  
**FOREST CITY GOLF RESORT**

Contact Michelle at 6885 0674 or email  
 Michelle\_Lee@chineseswimmingclub.org.sg  
 for more information.



## TAEKWONDO JUNIOR TRAINING PROGRAMME



More than just kicking and punching, the life skills imparted in our training programme help children grow into responsible young adults. Free trial lesson available!

**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 Michelle at 6885 0674 or email  
 Michelle\_Lee@chineseswimmingclub.org.sg  
 for more information.

## SQUASH DEVELOPMENT PROGRAMME (BEGINNERS / INTERMEDIATE) BY ZAINAL ABIDIN ELITE SQUASH ACADEMY



Spark interest and begin your Squash Youth Training Programme with us to acquire the necessary strong foundation for development to higher levels of Squash. Free trial lesson is available.

**EVERY SAT, 4.00PM – 6.00PM**  
**EVERY SUN, 1.00PM – 3.00PM / 3.00PM – 5.00PM**  
**SQUASH COURTS, SC, LEVEL 3**

\$234 nett / month x 3 months (Member)  
 \$260 nett / month x 3 months (Guest)  
 Eligibility: 7 – 19 years old

Contact Wan Ling @ 68850653 or email  
 wanling\_tan@chineseswimmingclub.org.sg for more information.

## BOWLING LEARN-TO-PLAY PROGRAMME (STARTING MAR 2020)

**FOR ADULT 17 YEARS OLD & ABOVE**  
**EVERY SAT**  
**11.00AM TO 1.00PM**  
**12 LANES, SC (L1)**

\$428.00 (Member) / \$535.00 (Guest) for 10 lessons  
 Note: Lane fees to be paid separately  
 Min. 3 pax

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

**FOR KIDS AGE 6 TO 16 YEAR SOLI**  
**EVERY SAT**  
**11.00AM TO 12.30PM**  
**12 LANES, SC (L1)**

\$321.00 (Member) / \$428.00 (Guest) for 10 lessons  
 Note: Lane fees to be paid separately  
 Min. 3 pax



*\*Price includes guest fee.*

## INTRODUCTION TO THE GAME OF BRIDGE



Come join us and get a head start on the bridge game! The sessions are designed for participants with little or no previous knowledge of bridge. Learn the basics and network with our fellow social players!

**STARTING 8 APRIL 2020**  
**EVERY WEDNESDAY (10 SESSIONS)**  
**4.00PM TO 6.00PM**  
**MULTI-PURPOSE ROOM, SPORTS COMPLEX (L2)**

Contact Michelle at 6885 0674 or email  
[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 times Olympian and 2 times Olympic medalist during the March school holidays. Kids will reap the benefits of improved hand-eye coordination, increased agility and flexibility, improved concentration and quick thinking skills.

**MON-TUE (16-17 MARCH 2020) & THU-FRI (19-20 MARCH 2020)**

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

Above fee is for 4 training days and is inclusive of 7% GST.

Age: 4 years and above

Maximum of 10 trainees per time slot.



*\*Price includes guest fee.*

# 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 – MA KAI XUAN

22 years old Ma Kai Xuan started playing Table Tennis from the age of 5. She entered into the reputable Beijing Shichahai Sports School at 8 years old. Beijing Shichahai Sports School is famous for producing talented world champion Sportsman and Sportswomen. During her training years, she had won Championship in the Singles category in numerous Beijing tournaments. Kai Xuan was selected into the National Team of Hebei Province in China at the age of 11 years old. In addition, she had achieved 1st runner up in China National Youth Table Tennis Tournament under the Group category and 6th placing under the Singles category.

**Want to know more?** Contact Wendy Tan @ 6885 0654 or [Wendy\\_Tan@chineseswimmingclub.org.sg](mailto:Wendy_Tan@chineseswimmingclub.org.sg).



SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> K-POP Hip Hop Dance (Beginners) Taiji Qigong Squash Development Programme CSC-JTA Table Tennis Programme	<b>2</b> Latin / Standard Ballroom by Peter Wong Contemporary Dance (Adult) Chinese Calligraphy Chinese Fan Dance Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Programme	<b>3</b> Beatboxing (Beginners) Line Dance Beginners by Philip Sobrielo Pole Dance Fitness Yoga Therapy for Healthy Eyes Pilates Gentle Yoga CSC-JTA Table Tennis Programme	<b>4</b> Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Programme	<b>5</b> Beatboxing (Beginners) Chinese Brush Painting Total Body Conditioning BodyART Fitness Kickboxing Programme (Beginners) CSC-JTA Table Tennis Programme	<b>6</b> Latin / Standard Ballroom by Peter Wong Ballet Hatha Yoga Gentle Yoga Wushu (Beginners)	<b>7</b> Ballet MBSR Gentle Yoga Pilates Wushu (Beginners) Kickboxing Programme (Beginners) Squash Development Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Programme
<b>8</b> Line Dance by Philip Sobrielo K-POP Hip Hop Dance (Beginners) Taiji Qigong Squash Development Programme CSC-JTA Table Tennis Programme	<b>9</b> Latin / Standard Ballroom by Peter Wong Contemporary Dance (Adult) Chinese Calligraphy Chinese Fan Dance Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Programme	<b>10</b> Beatboxing (Beginners) Line Dance Beginners by Philip Sobrielo Pole Dance Fitness Yoga Therapy for Healthy Eyes Pilates Gentle Yoga CSC-JTA Table Tennis Programme	<b>11</b> Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Programme	<b>12</b> Beatboxing (Beginners) Chinese Brush Painting Total Body Conditioning BodyART Fitness Kickboxing Programme (Beginners) CSC-JTA Table Tennis Programme	<b>13</b>  <b>CINEMA ALFRESCO</b> Latin / Standard Ballroom by Peter Wong Ballet Hatha Yoga Gentle Yoga Wushu (Beginners)	<b>14</b> Ballet MBSR Gentle Yoga Pilates Wushu (Beginners) Kickboxing Programme (Beginners) Social Dance Night Squash Development Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Programme
<b>15</b> Line Dance by Philip Sobrielo K-POP Hip Hop Dance (Beginners) Taiji Qigong Taekwondo Training Programme Squash Development Programme CSC-JTA Table Tennis Programme	<b>16</b> Latin / Standard Ballroom by Peter Wong Contemporary Dance (Adult) Chinese Calligraphy Chinese Fan Dance Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates Fun With Cupcakes CSC-JTA Table Tennis Programme 4 Days Table Tennis Holiday Camp With Li Jiawei	<b>17</b> Line Dance Beginners by Philip Sobrielo Pole Dance Fitness Yoga Therapy for Healthy Eyes Pilates Gentle Yoga CSC-JTA Table Tennis Programme 4 Days Table Tennis Holiday Camp With Li Jiawei	<b>18</b> March Holiday Sports & Leisure Camp Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Programme	<b>19</b> Dance Introduction Workshop Marathon Contemporary Dance (Kids) Chinese Brush Painting Total Body Conditioning BodyART Fitness Kickboxing Programme (Beginners) 4 Days Table Tennis Holiday Camp With Li Jiawei CSC-JTA Table Tennis Programme	<b>20</b> Latin / Standard Ballroom by Peter Wong Ballet Hatha Yoga Gentle Yoga Wushu (Beginners) 4 Days Table Tennis Holiday Camp With Li Jiawei	<b>21</b> Ballet MBSR Gentle Yoga Pilates Wushu (Beginners) Kickboxing Programme (Beginners) Social Dance Night Squash Development Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Programme
<b>22</b> Taiji Qigong Taekwondo Training Programme Squash Development Programme CSC-JTA Table Tennis Programme	<b>23</b> Latin / Standard Ballroom by Peter Wong Contemporary Dance (Adult) Chinese Calligraphy Chinese Fan Dance Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Programme	<b>24</b> Line Dance Beginners by Philip Sobrielo Pole Dance Fitness Yoga Therapy for Healthy Eyes Pilates Gentle Yoga CSC-JTA Table Tennis Programme	<b>25</b> Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Programme	<b>26</b> Contemporary Dance (Kids) Chinese Brush Painting Total Body Conditioning BodyART Fitness Kickboxing Programme (Beginners) 4 Things You Should Know About CPF Life CSC-JTA Table Tennis Programme	<b>27</b> Latin / Standard Ballroom by Peter Wong Ballet Hatha Yoga Gentle Yoga Wushu (Beginners)	<b>28</b> Ballet MBSR Gentle Yoga Pilates Wushu (Beginners) Kickboxing Programme (Beginners) Social Dance Night Squash Development Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Programme
<b>29</b> Line Dance by Philip Sobrielo K-POP Hip Hop Dance (Beginners) Taiji Qigong Taekwondo Training Programme Squash Development Programme CSC-JTA Table Tennis Programme	<b>30</b> Latin / Standard Ballroom by Peter Wong Contemporary Dance (Adult) Chinese Calligraphy Chinese Fan Dance Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Programme	<b>31</b> Line Dance Beginners by Philip Sobrielo Pole Dance Fitness Yoga Therapy for Healthy Eyes Pilates Gentle Yoga CSC-JTA Table Tennis Programme				

SUN

MON

TUE

WED

THU

FRI

SAT

			<b>1</b> Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Programme	<b>2</b> Contemporary Dance (Kids) Chinese Brush Painting Total Body Conditioning BodyART Fitness Kickboxing Programme (Beginners) CSC-JTA Table Tennis Programme	<b>3</b> Latin / Standard Ballroom by Peter Wong Ballet Hatha Yoga Gentle Yoga Wushu (Beginners)	<b>4</b> Ballet MBSR Gentle Yoga Piloxing Pilates Wushu (Beginners) Kickboxing Programme (Beginners) Ritmix Dance Fitness Squash Development Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Programme
<b>5</b> Line Dance by Philip Sobrielo K-POP Hip Hop Dance (Beginners) Taiji Qigong Tourte Au Poulet Squash Development Programme CSC-JTA Table Tennis Programme	<b>6</b> Latin / Standard Ballroom by Peter Wong Contemporary Dance (Adult) Chinese Calligraphy Chinese Fan Dance Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Programme	<b>7</b> Pole Dance Fitness Yoga Therapy for Healthy Eyes Pilates Gentle Yoga CSC-JTA Table Tennis Programme	<b>8</b> Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Programme Introduction To The Game Of Bridge	<b>9</b> Contemporary Dance (Kids) Chinese Brush Painting Total Body Conditioning BodyART Fitness Kickboxing Programme (Beginners) CSC-JTA Table Tennis Programme	<b>10</b> <b>GOOD FRIDAY</b> Latin / Standard Ballroom by Peter Wong Ballet Hatha Yoga Gentle Yoga Wushu (Beginners)	<b>11</b> Ballet MBSR Gentle Yoga Piloxing Pilates Wushu (Beginners) Kickboxing Programme (Beginners) Ritmix Dance Fitness Social Dance Night Squash Development Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Programme
<b>12</b> <b>EASTER SUNDAY</b> K-POP Hip Hop Dance (Beginners) Taiji Qigong Squash Development Programme CSC-JTA Table Tennis Programme	<b>13</b> Latin / Standard Ballroom by Peter Wong Contemporary Dance (Adult) Chinese Calligraphy Chinese Fan Dance Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Programme	<b>14</b> Pole Dance Fitness Yoga Therapy for Healthy Eyes Pilates Gentle Yoga CSC-JTA Table Tennis Programme	<b>15</b> Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Programme Introduction To The Game Of Bridge	<b>16</b> Contemporary Dance (Kids) Chinese Brush Painting Total Body Conditioning BodyART Fitness Kickboxing Programme (Beginners) CSC-JTA Table Tennis Programme	<b>17</b> Latin / Standard Ballroom by Peter Wong Ballet Hatha Yoga Gentle Yoga Wushu (Beginners)	<b>18</b> Ballet MBSR Gentle Yoga Piloxing Pilates Wushu (Beginners) Kickboxing Programme (Beginners) Ritmix Dance Fitness Social Dance Night Squash Development Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Programme
<b>19</b> Line Dance by Philip Sobrielo K-POP Hip Hop Dance (Beginners) Taiji Qigong Taekwondo Training Programme Squash Development Programme CSC-JTA Table Tennis Programme	<b>20</b> Latin / Standard Ballroom by Peter Wong Contemporary Dance (Adult) Chinese Calligraphy Chinese Fan Dance Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Programme	<b>21</b> Line Dance Beginners by Philip Sobrielo Pole Dance Fitness Yoga Therapy for Healthy Eyes Pilates Gentle Yoga CSC-JTA Table Tennis Programme Patron's Cup 2020	<b>22</b> Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Programme Introduction To The Game Of Bridge	<b>23</b> Contemporary Dance (Kids) Chinese Brush Painting Total Body Conditioning BodyART Fitness Kickboxing Programme (Beginners) CSC-JTA Table Tennis Programme	<b>24</b> Latin / Standard Ballroom by Peter Wong Ballet Hatha Yoga Gentle Yoga Wushu (Beginners)	<b>25</b> Ballet MBSR Gentle Yoga Piloxing Pilates Wushu (Beginners) Kickboxing Programme (Beginners) Ritmix Dance Fitness Squash Development Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Programme
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# Staycation Special

## FOR CSC MEMBERS

Planning for a short holiday during the June Holidays? Why not consider the hotels which the Club has established partnership with and you can enjoy preferential rates for your accommodation.

### 89 HOTEL, BATAM



Room Type	Rates Per Night (nett) (Weekday / Weekend)
Standard Room	RP 390
Superior Room	RP 430
Grand Superior Room	RP 450
Deluxe Room	RP 480
Junior Suites	RP 550

*New!*

Includes:

- Buffet breakfast for two.
- Complimentary welcome drinks upon check-in.
- Complimentary usage of gym and sauna facilities.

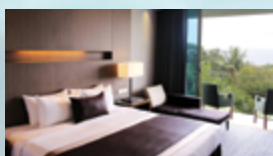


Advance reservation is compulsory. Promotion is valid till 31 December 2020.

Other terms & conditions apply.

For more information or reservations, please call 89 Hotel at +62 788 433789  
or email sales@89hotel.com

### AMARA SANCTUARY RESORT, SINGAPORE



Room Type	Rates Per Night	
	Weekday	Weekend
Deluxe Room	S\$248	S\$278
Verandah Studio / Verandah Suite	S\$280	S\$310
Courtyard Suite	S\$320	S\$350
Couple Suite with Direct Access to Pool	S\$400	S\$430
Family Suite with Living Room	S\$450	S\$480
1-Bedroom Pool Villa	S\$660	S\$760

Includes:

- Buffet breakfast for two.
- Complimentary Wi-Fi usage.
- Complimentary daily schedule shuttle service from hotel to Harbourfront.

Advance reservation is compulsory. Promotion is valid till 31 December 2020.

Other terms & conditions apply.

For reservation, please call 6825 3886/7 or email reservation@amarasanctuary.com

# HOTEL NOVOTEL (SIAM SQUARE), BANGKOK



Room Type	Rates Per Night (nett) (Weekday / Weekend)
Superior Room	THB 4,238
Deluxe Room	THB 4,473
Executive Premier Floor	THB 5,415
Junior Suite	THB 6,003
1-Bedroom Suite	THB 7,769

**Includes:**

- Buffet breakfast for two.
- Complimentary Wi-Fi internet access.
- Complimentary local calls within Bangkok.



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

**For reservation, please call +66 2209 8888 or email H1031-RE2@accor.com**

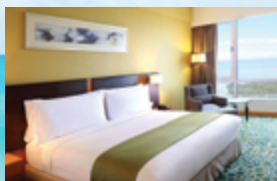
# HOLIDAY INN, MELAKA



Room Type	Rates Per Night (Weekday / Weekend)
Deluxe Melaka / Straits View	RM 270
Club Room	RM 390
Suite	RM 590

**Includes:**

- Buffet breakfast for two.
- Complimentary unlimited high-speed internet access.



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

**For reservation, please call 1800 801 881 or email him.reservations@igh.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

Tel: 6885 0688

www.chineseswimmingclub.org.sg



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

## RECIPROCAL CLUBS

### Cambodia

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

### China

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

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

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

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

### Hong Kong

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

### Korea

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

### Malaysia

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

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.rbosc.org

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

## CORPORATE MEMBERSHIP

### Johor Bahru

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

## AFFILIATE CLUBS

### China

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

### Indonesia

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

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

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

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

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

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

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

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

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

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

### Malaysia

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

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

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

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

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

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

### Singapore

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

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

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

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

### Vietnam

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

## HOTELS

### Bangkok

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

### Indonesia

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

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

89 Hotel, Batam **NEW**  
Tel: +62 778 433789  
www.89hotel.com

### Malaysia

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

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

### Penang

Eastern & Oriental Hotel  
Tel: +6 04 222 0000  
www.eohotels.com

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

G Hotel Gurney  
Tel: +6 04 238 0000  
www.ghotel.com.my

G Hotel Kelawai  
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

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

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



## 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

First Trial



Augustinus Bader

SKIN, BODY & SPA INTELLIGENCE

FIL

## MIRACLE FACIAL

The Cream That Celebrities Swear By!

\$388

\$415.16 w/GST

U.P. \$888

Immediate radiance &  
beautiful skin in just 1 session!



Call 6345 3777 for an appointment

Chinese Swimming Club 21 Amber Road 4th Storey, Arrival Pavilion

Promotion is valid till 30 Apr 2020. Please quote FCSC0320 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. 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

## March & April Promotions

北京鸭

Peking Duck



Special Price: \$39<sup>++</sup>

U.P. \$78<sup>++</sup>

迷你佛跳墙

Mini Buddha Jumps Over the Wall



Special Price: \$38<sup>++</sup>

U.P. \$48<sup>++</sup>



Fu Lin Men  
CAN ON-SE DINING

Valid Date: 1<sup>st</sup> March - 30<sup>th</sup> April 2020

Terms & conditions:

\*Strictly for dine-in only.

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

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

\*Not valid in conjunction with any other promotion, special offer, discount, voucher and/or coupon.

\*Passion Group reserves all rights for final decision.

Open to the Public

Free Parking Coupon

Level 3, Chinese Swimming Club

Phone : 6282 0810



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

**EDITORIAL ADVISOR**  
PETER GOH

**EDITOR**  
JOAN TAY

**WRITER**  
VIVIAN CHUA  
MARIAH QUBTIAH

**DESIGNERS**  
MELLY YONG  
TEO KAI TING

**TRANSLATOR**  
RYAN TEO

## • CONTRIBUTORS

### SPORTS & LIFESTYLE

LAM JICK SERN  
HOR ZHENG YI  
TAN WAN LING  
OH MEIQIN  
WENDY TAN  
MICHELLE LEE

### FOOD & BEVERAGE

JANICE LIM  
STEVEN CHEW

### SWIMMING

MICHAEL CHARLES PEYREBRUNE  
JERUSHA TAN

## • MEMBERSHIP

JACQUELINE ONG  
Membership Relations Executive  
Membership Matters  
6885 0656 / Jacqueline\_Ong@chineseswimmingclub.org.sg

BENJAMIN LIM  
Assistant Duty Manager  
Regional Networking / Corporate Golf / Booking /  
Affiliates / Reciprocal Arrangements  
6345 1221 / Reception@chineseswimmingclub.org.sg

## • FINANCE

PHILIP PHUA  
Accounts Assistant  
Statement of Accounts / Overdue Subscriptions Payment  
6885 0685 / Finance@chineseswimmingclub.org.sg

## • FOOD & BEVERAGE

JEFFREY LAW  
F&B Executive  
Three Bars  
ext. 742 / 3bars@chineseswimmingclub.org.sg

STEVEN CHEW  
Outlet Manager  
Man Zhu Café  
6885 0230 / Steven\_Chow@chineseswimmingclub.org.sg

JANICE LIM  
Senior F&B Administrator  
F&B Events & Catering  
6885 0697 / fnb\_events@chineseswimmingclub.org.sg



## • SWIMMING

SWIMMING ENQUIRIES  
6885 0672 / swim\_csc@chineseswimmingclub.org.sg

ALLISON GORDON  
Assistant Swimming Manager

HELMY ALI  
Swimming Programme Executive

JERUSHA TAN  
Swimming Admin

## • SPORTS & LIFESTYLE

LAM JICK SERN  
Assistant Manager  
Bowling / Running / Tennis / Youth & Family  
6885 0675 / JickSern\_Lam@chineseswimmingclub.org.sg

TAN WAN LING  
Programme Executive  
Dance / Squash  
6885 0653 / WanLing\_Tan@chineseswimmingclub.org.sg

WENDY TAN  
Programme Executive  
Exercise & Leisure / Flex / Ladies / Table Tennis  
6885 0654 / Wendy\_Tan@chineseswimmingclub.org.sg

OH MEIQIN  
Programme Executive  
Badminton / Basketball / Water Polo  
6885 0673 / Meiqin\_Oh@chineseswimmingclub.org.sg

MICHELLE LEE  
Programme Executive  
Billiards & Snooker / Contract Bridge / Golf / Taekwondo  
6885 0674 / Michelle\_Lee@chineseswimmingclub.org.sg

FITNESS INSTRUCTORS  
ext. 749 / CSC\_Flex@chineseswimmingclub.org.sg

## • SPORTS RECEPTION

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

**RECEPTION COUNTERS**

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

**MAN ZHU CAFÉ**

Mon to Thu 12.00pm 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 12.00am

**MINGLE@AMBER**

Mon to Thu 8.00am to 8.00pm  
Fri, Sat, Sun, Eve of PH & PH 8.00am to 9.00pm

**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  
Off-Peak  
Mon to Fri 7.00am to 6.00pm  
Sat 7.00am to 3.00pm  
\$9.63 per court per hour  
Peak  
Mon to Fri 6.00pm to 10.00pm  
Sat 3.00pm to 10.00pm  
PH Whole Day  
\$7.49 per court per hour  
Members' Day  
Sun Whole day  
\$6.42 per court per hour  
Closure For Club Team Training  
Mon & Fri 7.00pm to 10.00pm (6 Courts)  
Closure For Junior Training  
Mon to Fri (except Thu) 3.00pm to 5.00pm (6 Courts)  
Tue 6.00pm to 9.00pm (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 12.00pm to 5.00pm (2 - 6 Courts)

**BILLIARDS & SNOOKER LOUNGE**

Mon to Fri 2.00pm to 10.00pm  
Off-Peak  
Mon to Fri 2.00pm to 6.00pm  
Sat 2.00pm to 3.00pm  
\$4.28 per table per hour  
Peak  
Mon to Fri 6.00pm to 10.00pm  
Sat 3.00pm to 10.00pm  
Sun & PH Whole Day  
\$5.35 per table per hour  
Closure for Section Training  
Fri 6.00pm - 10.00pm

**12 LANES**

Mon to Thu 12.00pm to 11.00pm  
Fri & Eve of PH 12.00pm to 1.00am  
Sat & PH 10.00am to 1.00am  
Sun 10.00am to 11.00pm  
Off-Peak  
Mon to Fri & Eve of PH 12.00pm to 6.00pm  
Peak  
Mon to Thu 6.00pm to 11.00pm  
Fri & Eve of PH 6.00pm to 1.00am  
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  
Off-Peak  
Mon to Fri 7.00am to 6.00pm  
Sat 7.00am to 3.00pm  
\$5.35 per court per hour  
Peak Period  
Mon to Fri 6.00pm to 10.00pm  
Sat 3.00pm to 10.00pm  
PH Whole Day  
\$4.28 per court per hour  
Closure for Section Training (All courts)  
Mon, Wed & Fri 7.00pm to 10.00pm  
Closure for ZAESA Squash Junior Programme (All courts)  
Sat 4.00pm to 6.00pm  
Sun 1.00pm to 5.00pm

**TABLE TENNIS ROOM @ SC (+)**

Daily 7.00am to 10.00pm  
Off-Peak  
Mon to Fri 7.00am to 6.00pm  
\$3.21 per table per hour  
Peak  
Mon to Fri 6.00pm to 10.00pm  
Sat, Sun & PH Whole day  
\$5.35 per table per hour  
Closure for Section Training  
Mon & Fri 5.00pm to 9.00pm (Table 2 - 4)  
Tue & Thu 6.00pm to 10.00pm (All Tables)  
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 7.00pm (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 4.00pm (Table 1 - 2)

**SWIMMING POOL @ RC**

Daily 7.00am to 9.00pm  
3 Lanes Closure (Daily)  
Monday to Friday: 5pm to 7.30pm  
Saturday: 4pm to 6.30pm

**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 12.00pm / 3.00pm to 7.30pm  
Sun 8.00am to 12.00pm  
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 6.15pm to 8.15pm  
Fri 7.30pm to 9.30pm  
Sat 6.15pm to 9.15pm  
Sun 12.30pm to 3.00pm  
Pool Closure for Swimming Training  
(Same closure timing as Competition Pool)

**Pool Closure for Synchronised Swimming Training**

Sun 4.00pm to 7.00pm  
Pool Closure for Maintenance @ RC and SC  
Mon 10.00am to 4.00pm  
(If PH falls on a Mon, maintenance will be carried out the next working day)

**FLEX GYM**

Mon to Fri 6.30am to 10.00pm  
Sat & Sun 7.00am to 9.00pm  
PH 7.00am to 8.00pm  
Peak  
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 Whole day  
\$6.42 per court per hour  
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)  
Closure for 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  
Closure for TAG Junior Programme  
Fri 5.00pm to 8.00pm  
Sun 5.00pm to 7.00pm  
Closure for Junior Basketball Training Programme  
Sat 8.45am to 10.00am  
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





# MEMBER-GET-MEMBER SCHEME

Recommend friends & associates and  
be incentivised with CSC credits.

## REFER NOW & GET REWARDED

### FOR REFERRER

**\$300**  
spending credits

### FOR REFEREE

**\$700** + **\$300**  
spending credits F&B vouchers

Kindly complete the referral form with prior consent of the prospective member  
for the release of their contact information.  
The Club will follow up with the prospective member.

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

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