

FREESTYLE



BI-MONTHLY MAGAZINE | MAY - JUN 2020



ADULT SPORTS

TRAINING PROGRAMME

FREESTYLE PUBLICATION



ON THE COVER

Adult Sports: Training Programme

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Dear Members,

I pray that you and all your family members are well amidst this COVID-19 pandemic. This pandemic has in one way or another impacted all of us and will change the way we live. In unprecedented times like this, we stand in solidarity with our staffs and members. This is why we will be waiving May's membership subscription as well as section fees. We hope that this, as well as the subscription fee waiver in April, will provide members some helpful relief with the "Circuit Breaker" being extended by an additional four weeks until 1 June. It is a challenging time for us all as we try to adapt to keep ourselves and our loved ones safe.

We postponed our 105th Annual General Meeting (AGM) once Parliament made an announcement of new precautionary measures. On 7 April 2020, we were informed by The Registry of Societies (ROS) that registered societies can postpone their respective AGMs and alternative arrangements to hold AGMs will be allowed. The Club will keep members updated when more details are available.



On 3 April 2020, the multi-ministry taskforce announced the closure of sports and recreation facilities, public swimming pools, country clubs, gyms and fitness studios for four weeks. Only essential services are to remain open. This is in line with circuit breaker measures to curb the spread of COVID-19. The Club subsequently closed on 7 April 2020 to comply with the advisory from the authorities and the Club's administration team works from home.

On the 21 April 2020, Prime Minister, Mr Lee Hsien Loong during his address to Singaporeans informed that the current circuit breaker measures would need to be further tightened and extended for another four weeks from 4 May to 1 June to bring down the number in the community. The Club correspondingly will extend closure to 1 June 2020.

The fees and levies for April 2020 have been waived for members. With the extension of closure members will not be able to come to the Club, the Management Committee has therefore recommended that the Club will waive the following fees in May and F&B levy for May will be extended to December 2020:

- Subscription fees, including that for Spouse and Junior Memberships
- Sports and Flex Section fees
- Monthly fees for Junior sports training programmes and Lifestyle activities
- May F&B levy, including levy expiring in May will be extended to December 2020

Waiver of fees and levies for April and May will impact the Club's financial standing. However, for now the waiver of fees is possible as the Club through exercising prudence in our management of operational cost and expenditure, has savings. Unfortunately, our savings are not limitless.

On a brighter note, members who miss food from Man Zhu Café can look forward to the introduction of a drive-thru station for members' takeaway starting 1 May.

Can I please appeal to all members to continue to be socially responsible.....stay home, wear a mask if you need to leave home, maintain social distancing, wash your hands regularly and stay safe. We will overcome this difficult time together.

Before I sign off, I pray that Almighty God and our Blessed Mother continue to guard, to protect and to bless you and all your loved ones with an abundance of His Love.

Shalom and God Bless.

A handwritten signature in blue ink that reads "Edwin".

Edwin Lee
President

LA CHAMIZA

WINE DINNER

5 MARCH

It was a wonderful evening of sensory experience for our members and their loved ones at the La Chamiza Wine Dinner held on 5 March 2020 at the Lattice Suite. Members learnt the finer details on the selection of wines from our wine sommelier, Mr Fazil MD. A 4-course dinner menu was specially crafted to exalt the aromas of the wines. It was indeed an amazing pairing session for our members!

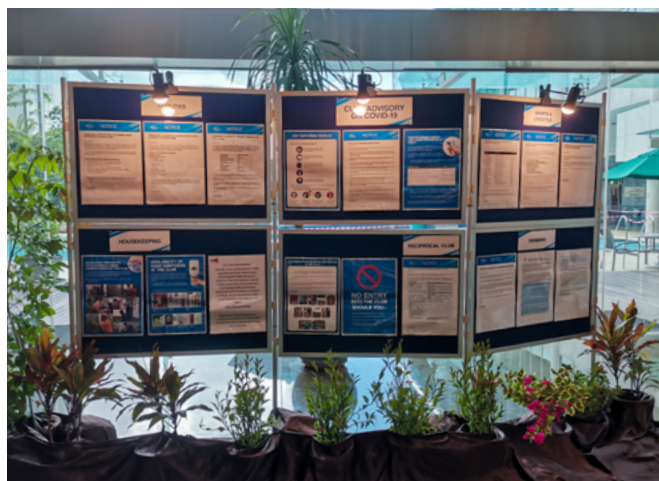


PRECAUTIONARY MEASURES TAKEN BY THE CLUB AGAINST COVID-19

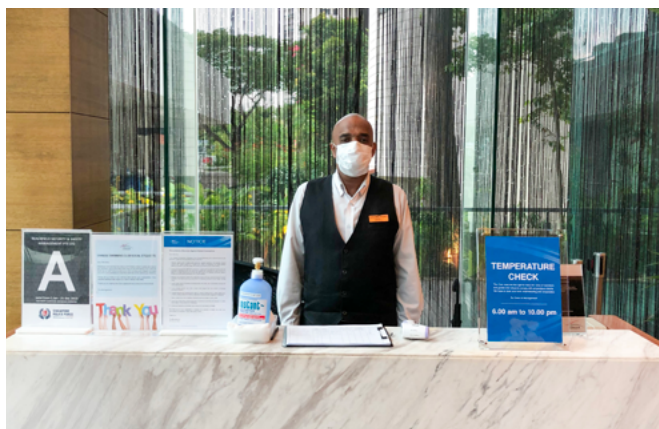
For the past 3 months, the COVID-19 pandemic has created many challenges for the operation of the Club and the safety of members and staff is always our top priority. Since February, the Club has stepped up on various precautionary measures and ensured we play our part to comply with the directives of the authorities in battling the spread of the virus. Members were informed on the Club updates via emails, website and social media and a COVID-19 Advisory board was also set up at the Arrival Pavilion to keep members informed of the measures implemented.

In early February, the Housekeeping team had increased the frequency of cleansing and using disinfectants in the Club especially at the common areas and likely touch points. Hand sanitisers were also made conveniently available in the Club for members to adopt good personal hygiene. On 6 February 2020, the Club set up mandatory temperature screening counters at all entry points including the implementation of contact tracing. Members were also advised to submit their travel declaration to the Club for our records purposes.

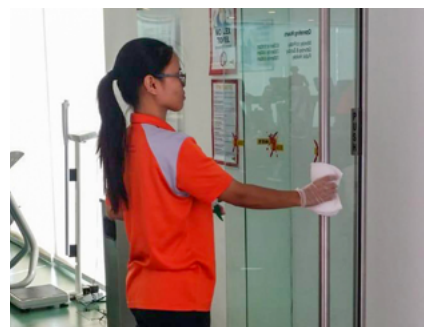
Due to stricter precautionary measures and low patronage, Man Zhu Café temporarily suspended the Holiday and Sunday Brunch Buffet on 8 March 2020 and only served A La Carte menu for members' enjoyment.



COVID-19 Advisory Board



Mandatory Temperature Screening Counter



Increased Frequency of Cleaning and Using of Disinfectants



Availability of Hand Sanitisers

On 19 March 2020, Social Distancing Measures (SDM) was enforced at the Club, tape markings on the floor to demarcate queues were marked out to ensure a safe distance of at least 1 metre apart from others. Alternate seats were also left empty and marked out. The measure applied to all F&B outlets, Counters, Changing Room, Sports facilities, Flex Gym, Lifts, Collaboration Room and TV Room. In addition, to comply with the government guidelines, a maximum density of swimmers was established for all swimming pools in the Club. Members were advised to swim with short breaks and with no more than 2 people at the end of the pool in one lane. Swimming Department also deployed staff as Social Distancing Controllers (SDC) to segregate the groups accordingly. During this period, swimmers/members were also required to register their swim with SDC and guests were strictly not allowed to use the pools.



Social Distancing Measures (SDM)

The Club suspended some Lifestyle Programmes from 23 March to 30 April 2020 in adherence to the precautionary measures implemented for senior-centric activities and to limit programmes to a maximum of 10 people. As advised by Ministry of Education and SportSG to suspend CCA and ActiveSG's children and youth-centric organised programmes to minimize the transmission of COVID-19, the Club also suspended most of Junior Sports Training Programmes from 24 March to 7 April 2020.

Following the Multi-Ministry Taskforce's announcement on 24 March 2020 on the closure of all bars and entertainment venues and to limit participating gatherings involving not more than 10 people at any time, the Club closed the Arcade Corner @ 12 Lanes, Ballroom, Beginners Pool, Fun Pool, Jacuzzi, Kids' Cove, KTV, Lattice Suite and Steambath from 27 March to 30 April 2020. All corporate event bookings were also cancelled. The Club also established a list of the maximum capacity allowed within respective facilities and F&B outlets to ensure social safe distancing.

In addition to the above precautionary measures, the Club Management also looked into the redeployment of staff who were affected by suspension of classes and outlets. An effective Business Continuity Planning (BCP) was implemented on 30 March 2020.

As the Multi-Ministry Taskforce announced on 3 April 2020 the closure of sports and recreation facilities, such as public swimming pools, country clubs, gyms and fitness studios, the Club complied with the measures and temporarily closed from 7 April to 4 May 2020. In addition, with the government's advisory on 21 April 2020 to extend the circuit breaker by 4 weeks so as to further curb the spread of COVID-19, the Club closure was extended to 1 June 2020. During the Club closure, the Administration teams would work from home and the Club continues to engage and keep all members updated on the situation via emails, Club website, Facebook and Instagram.

Let's all play our part in keeping a safe and healthy environment and we will all tide through this together!

F&B OPERATIONAL CHANGES DURING COVID-19

The precautionary measures announced by the authorities in curbing COVID-19 had impacted the operation and patronage of our F&B outlets. For the past few months, the management and F&B team had to make operational changes to ensure that the Club could still continue to serve members in a safe environment while complying to the measures.

Safe Distancing Measures (SDM)

At Man Zhu Café, 3 Bars and Mingle@Amber, there were tape markings on the floor to demarcate queues to ensure members are at a safe distance of at least 1 metre apart from others. Tables and seats in these outlets were reduced as they were left empty and marked out to comply with SDM. We are glad that members were very understanding on these implementations though it had caused some inconvenience and longer waiting time. In view of this, the Club waived charges for containers to encourage takeaway orders.

Conversion of 3 Bars to Dining Only Outlet

On 27 March 2020, with the stricter measures that announced the closure of bars and entertainment venues, the management made a quick decision and improvised 3 Bars into a dining venue only. There was strictly no alcohol beverage promotion, live band entertainment and karaoke sessions. This operation change for 3 Bars provided members an alternative dining outlet to Man Zhu Café which had a longer waiting time due to the implementation of SDM.



Safe Distancing Measures (SDM) at Man Zhu Café



Conversion of 3 Bars to Dining Only Outlet



Safe Distancing Measures (SDM) at Mingle@Amber

TEMPORARY SUSPENSION OF RECIPROCAL AGREEMENT WITH SINGAPORE SWIMMING CLUB (SSC)

In view of the precautionary measures, the Club had also temporarily suspended the reciprocal agreement with SSC till further notice. Members who are looking forward to visit and dine at SSC's F&B outlets can stay tuned to the latest updates via our EDM, website and social media.

CONTINUOUS EFFORTS IN OUR CLUB MAINTENANCE WORKS DURING CLOSURE

Despite the Club closure for 8 weeks from 7 April to 1 June 2020, the Club remains vigilant and continues to actively keep up with the cleaning and maintenance works. We are pleased to share that the following has been timely scheduled and implemented:-

- Thorough cleaning and disinfecting of all Club facilities
- Daily cleaning, watering of plants, feeding of fishes in Sports Complex koi pond
- Weekly pest control and landscaping
- Daily testing of swimming pool water as the chlorine level has been increased. Thorough cleaning of swimming pools when the Club resumes
- Continue the monthly maintenance and servicing of fire protection systems and lifts



Thorough cleaning and disinfecting of all Club facilities

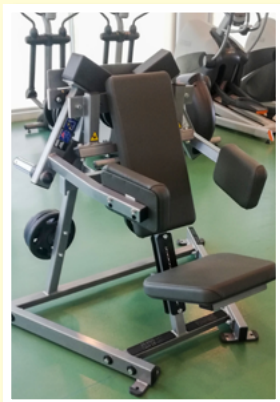


Weekly pool cleaning, pest control and landscaping



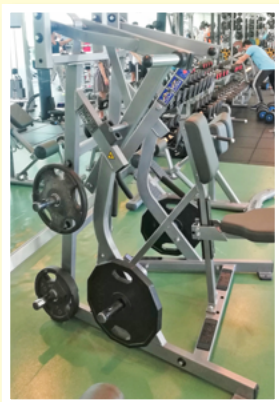
Daily cleaning and watering of plants

CHECK OUT OUR NEW GYM EQUIPMENT AT THE FLEX GYM!



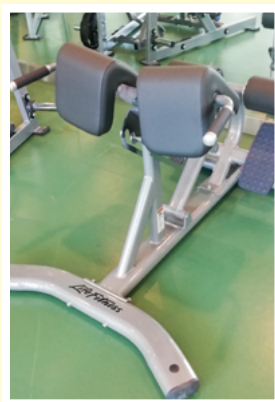
HAMMER STRENGTH LATERAL RAISE

For training shoulders



HAMMER STRENGTH ISO-LATERAL LOW ROW

For training lower back muscles



LIFE FITNESS SIGNATURE SERIES SBE BACK EXTENSION

For training lower back muscles,
mostly the erector spinae



HAMMER STRENGTH ISO-LATERAL HIGH ROW

For training lats



AMENDMENTS TO CLUB BYE-LAWS

Please be informed that with immediate effect, the Swimming Pools' Bye-laws will be amended as follows:

General Clause No.11:

Recreation Complex	Monday to Sunday 6.00am to 9.00pm daily (including Public Holiday)
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General Clause No.12:

Sports Complex	Monday to Sunday 6.00am to 9.00pm daily (including Public Holiday)
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General Clause No.14:

No one should enter or swim in the pool during pool closure for repairs and routine cleaning and outside the specific opening and closing hours except for swimmers undergoing training.

Indemnity:

- There is no lifeguard on duty from 6.00am to 7.00am and members are to swim at their own risk.
- Towel Counter only operates from 7.00am to 10.00pm daily.
- Members will not hold the Club, appointed staff or officials in any way responsible for any mishaps, injuries, loss of life, or for loss or damage to any property howsoever arising out of or in the course of or in connection with his or her swimming outside pool opening hours.

SWIM CSC PARENTS MEETING – RACE PREPARATION

The event was held on 21 March 2020 at the Lattice Suite and provided an opportunity for the Swimming Department and parents to share useful planning information. The main agenda was to share on the swimming calendar and the COVID-19 precautionary measures updates led by the Assistant Swimming Manager, Allison Gordon and a section on preparing for races by Head Coach, Dr Michael. Information was updated via the QR code for the swimming calendar and there was an interactive session on time planning on race day. This section was particularly useful and gave parents an opportunity to plan for their young swimmers on race day whilst also encouraging them to take on more responsibilities for their preparation as they get older.



We will plan the next parents meeting sometime in June once the swimming restrictions have been lifted and we have an indication of the new SSA key competitions. In the meantime, swimmers and parents can generate their own plans and timeline for their usual race day schedule.

Race Day – Example Timeline

	TIME	EVENT	COMMENTS
1.	Wake Up	Set Music + Shower	Music sets my mood & tempo
2.	+ 3 ¼ hours	Breakfast	Light - low fat
3.	+ 3 hours	Pack Bag	Preferably the night before
4.	+ 2 ¾ hours	Leave Apartment	-
5.	+ 2 ¾ hours	Drive To Pool	Factor in traffic problems
6.	+ 2 ¼ hours	Arrive At Pool	"TIME TO FOCUS"
7.	+ 2 hours	Warm Up To Swim (WU2S)	Individual to what you need
8.	+ 1 ½ hour	Finish WU2S & Change	Routine should be carefully rehearsed
9.	+ 1 ¼ hour	Start Swimming Warm-Up	"I AM READY" focus & concentrate
10.	+ 40 min	Finish Swimming Warm-Up	Dry quickly and stay warm
11.	20 - 40 min	Change and Rest	Time suite changing
12.	20 min	Report For Race	Stay warm, stay loose
13.	0 min	Race	"LET'S DO THIS"
14.	- 5 min	Start Swim Down	-

• Let Swimmers try this themselves

NO SWIMMING, NO PROBLEM!

In these times of the Government advisory and the essential safe-distancing circuit breaker measures, Head Coach Dr Michael offers some insights into various things swimmers can do during these challenging times. Whilst this is written in light of our current predicament, the information remains relevant for other similar situations when pools are not available such as the 'off season', during exams or holidays etc.

It is critical that everyone stays safe and fulfils their responsibility to reduce the spread of the COVID-19. CSC supports this wholeheartedly and takes its own responsibility seriously, hence it is temporarily closed for 8 weeks from 7 April to 1 June 2020. We also support the key points in the advisory that citizens stay healthy, exercise indoors or exercise outdoors on your own "in open, uncrowded places" and without lingering.



Dr. Michael Peyrebrune

So, what to do? I am fortunate to have an extensive network I can tap into for advice and recommendations for swimmers in order to minimise training losses and make the most of the time we have. These expert coaches, scientists and advisors come from the UK, other parts of Europe, USA, Australia and Singapore itself. One thing they all agree on is that this period of time without swimming should be viewed as an opportunity and certainly not 'a disaster'. What do they mean? Well, in particular, focus on the things you can do rather than things you can't. Think positively!

1. EXERCISE

We want swimmers to be safe and healthy which can be achieved by a combination of body weight and core exercises at home, and more vigorous cardio-vascular (CV) exercises in a park. Find a safe park that allows you appropriate social distancing and try to conduct some endurance exercise for 45-60 minutes each day. East Coast Park in my opinion is one of the best facilities available in the world, never mind Singapore.

The easiest exercises are running and cycling, but this doesn't stop you from doing paddle boarding or kayaking (if you have your own equipment), when restrictions are relaxed. In several of the Singapore parks, there are outdoor exercise equipment stations that can be used, when circuit breaker regulations allow. Parents can assist by bringing sanitising gel and wiping the equipment first. A range of different exercises have been sent to all parents in the competitive squads. These exercise programmes can be supplemented by online examples; use key words such as 'land training', 'swimming', 'quarantine' both generally and within YouTube.

2. FRESH AIR

I would strongly recommend swimmers to get outside at least once a day for one hour, even if it is to walk. This is both healthy and will improve cognitive function if you are studying. On another issue, the sun will boost Vitamin D levels (and therefore the immune system), and the virus appears not to like the heat. This can be done as a family, as members of the same household can exercise together.

3. EATING

It may also be an appropriate time for all swimmers to focus on their nutrition. Try not to overeat if you have reduced your training levels, and please focus on a wide range of fresh fruit and vegetables within your diet. This will also enhance immune function; another way to protect against the virus and other illnesses. It might also be helpful to monitor weight – chose the same time and conditions once a week and make a record of the number. Do not be fixated on increases or decreases, but an overall impression over 4 weeks will be useful in weight management.

4. STUDY

This has two parts. Firstly, I regularly find swimmers missing sessions and under stress when exams approach. There are many reasons: workload, being behind due to swimming focus, poor time management etc. Use this time to study well and 'get ahead' of schedule. If you are up-to-date, it is easier to focus on the swimming once the circuit breaker has finished and not feel pressurised in having to catch up. It is also an ideal opportunity to improve your time management skills by setting daily schedules and weekly targets.

Secondly, this is a time to use some of your 'leisure time' to become experts in your own swimming and your events. Use Google, YouTube and www.swimrankings.net to find out about the history of the sport, the progression of your event (some of you might have held the World Record in the 1920's, 30's 40's or beyond!), the best swimmers in the world today and their splits/times etc. In many cases they also have blogs/vlogs and detail their favourite training sets and times – priceless!

5. WORK ON RECOVERY

Many of the swimmers have had 3 months of excellent, hard training. This is a chance to give the body a break from swimming and work on other areas. The old adage 'a change is as good as a rest' applies here and it gives us a chance to practice good behaviours for the future. A good night's sleep is critical in aiding growth and cognition. Be comfortable, set routines and get to bed at a reasonable time. Do not look at a phone, computer or tablet screen within an hour of bed and do not eat too much too close to your bedtime. Practice power-napping after lunch (20 min maximum) will help in future on training camps or between race Heats and Finals. Overall, come back refreshed and ready to attack the new phase of training with energy.

6. WEEKLY PLANS

One of the most valuable processes during this time is to set a daily schedule. Without this, a day can become tedious and without targets, it can drift into wasted periods of boredom. In addition, it is good to set a schedule for exercise. For most people it becomes a focus and something to look forward to. An example is shown below:

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
Exercise	Core & body weight circuit	Stretching/ mobility	Core & body weight Circuit	Stretching/ mobility	Core & body weight Circuit	Stretching/ mobility	OFF
Study	Maths English Lit	English Physics	Maths English Lit	English Physics	Maths English Lit	English Physics	-
Other	Swimming Stats	Self	Swimming Videos	Self	Own swim - journal	Self	Family
PM							
Exercise	5 km run	40 min walk	5 km run	40 min walk	5 km run	40 min walk	OFF
Study	History Chinese	Biology Geography	History Chinese	Biology Geography	History Chinese	Biology Geography	-
Other	Rest & relax	Film night	Rest & relax	Gaming	Rest & relax	Film night	Family

CONCLUSION

The aim of this article is to help with some basic recommendations during this difficult time (or similar periods of relative inactivity). Please take it as a guide and although you might be frustrated, use it as an opportunity to grow and develop in other areas outside the pool. Use it as a time of critical learning, to improve yourself and to come back stronger than before. It will test all of us, but as I've said before, the strongest will adapt and progress, the weakest will find excuses and regress. It has been said in these pages before, but "are you a victim or a fighter?"

In the words of one great artist: "Don't let this opportunity pass you by; you'll wake up and wonder why" . . . or why not?

TAKE-AWAY THOUGHTS

- Embrace this time in a positive manner, working on the things that you can do and not worry about the things you can't (i.e. swimming).
- Catch up and apply yourselves to quality study periods.
- Try to exercise every day; have a combination of stretching, core exercises, body weight strength exercises and cardio-vascular (CV) activities.
- Exercise safely outdoors once a day – observe good hygiene, social distancing and solo exercise in an open, local environment.
- Use this time to learn about and practice good nutritional habits. Learn to cook.
- Work to a daily routine but learn to rest and recover well.
- Use the internet to learn about the sport and specifically your event. Learn about the history, the people and the times/paces and training practices.
- Stay healthy, safe & within the law!

TAEKWONDO 175TH SUPPLEMENTARY GRADING

Congratulations to all CSC trainees for achieving their new belts on 2 February 2020.

Lucien Ong Cheng Heng	Foundation White Belt
Nathaniel Ong Cheng Han	Foundation White Belt
Gareth Toh Yu Song	Foundation White Belt
Karlie Wong Bui Ki	Foundation White Belt
Raphael Tan Chi Hoh	Foundation White Belt
Roderic Tan Chi Siang	Foundation White Belt
Ralph Wong Yu Ren	Foundation White Belt
Jairus Cheung Yat Nam	Foundation White Belt
Jensen Foo Rui Jun	Foundation White Belt
Jaden Foo Rui Xiang	Foundation White Belt
Janelle Foo Shuen Hui	Foundation White Belt
Seth Ong	Foundation White Belt
Joseph Claude Oxley	Foundation White Belt
Lucas Charles Oxley	Foundation White Belt
Sixtine Le Mestrealan	Yellow-Tip Belt
Caleb Lim Hong Jun	Yellow-Tip Belt
Arthur Koo Yun Kai	Yellow-Tip Belt
Jadon Ling Yi Xin	Yellow Belt
Tyson Lee Dong Ze	Yellow Belt
Logan Lim Hao Ning	Yellow Belt
Nathan Lee Zhi Cheng	Green-Tip Belt
Yep Hon Lum Haniel	Green-Tip Belt
Cory Alexander Tan	Green-Tip Belt
Alena Martin Wee	Green-Tip Belt
Donald Neo Geng Rui	Green-Tip Belt
Lucas Choy Zhe Kai	Green-Tip Belt
Ethan Ho Jun Hong	Green Belt

Eva Lee Xin Yi	Green Belt
Duncan Tan	Green Belt
Marcus Ho Jun Xin	Blue-Tip Belt
Brian James Hartono	Blue-Tip Belt
Zachary Lye Chit Wai	Blue Belt
Don Tan Chuan Ren	Blue Belt
Aden Tan Wei Dat	Red-Tip Belt
Adiv Tushar Gole	Red-Tip Belt
Ayden Ang Kai Rui	Brown Belt
Ashton Ang Jia Rui	Brown Belt
Asha Enyi Vasu	Brown Belt
Xavier Tay Kai Huang	Brown Belt
Jayrian Chua Jun Yu	Brown Belt
Kent Yosoi	Brown Belt
Kimberly Ann Hartono	Black-Tip Belt
Nathan Castro	Black-Tip Belt
Axel Tan Zheng Wei	Black-Tip Belt
Sarah Chen Xin En	Black-Tip Belt
Kendrick Chua Li-De	1 st Poom
Ian Lim Ding Yi	1 st Poom
Jenessa Wee Xin Yi	1 st Poom
Emmanuel Tay Renn Hom	1 st Poom
Isaac Ngiam Ri Hong	1 st Poom
Lukas Chiam Zunyang	1 st Poom
Zachery Tay Keong Teng	2 nd Poom
Raelyn Yap	2 nd Poom

CONTRACT BRIDGE IN-HOUSE GAME (OPEN PAIRS)

The Contract Bridge Section organised an Open Pairs In-House game on 16 February 2020 at the Lattice Suite. A total of 9 pairs participated in this event. Everyone played well and put in their best efforts as a pair to compete against each other. Congratulations to the following top 3 pairs for the event:

Position	Winner
Champion	Chia Chee Liong & Khoo Beng Yang
1st Runner-Up	Wong Kian Hong & Seah Seng Chye
2nd Runner-Up	Francis Pavri & Shu Moo Yoong Josephine Seow & Mervin Ho



WATER POLO SECTION GET-TOGETHER



On 9 February 2020, the Water Polo Section celebrated a fruitful 2019 while welcoming the start of a New Year with over 50 Section members turning up for their annual get-together. We look forward to a great 2020 with both our Adult and Junior teams!

4 DAYS TABLE TENNIS HOLIDAY CAMP

On 16, 17, 19 & 20 March 2020, junior members and guests aged 6 to 14 enjoyed the 4 days training under the guidance of coach Ma Kai Xuan. Participants were given ample practice to correct their strokes and posture. It was a well spent holiday with everyone benefitting from the intensive coaching.



FUN RUN

The past bi-monthly runs held on 21 February, 6 March, 20 March and 3 April 2020 had been fun and fulfilling. Our participants enjoyed the run and we look forward to seeing more attendees!



JELLY HEARTS WORKSHOP

Members spent an enriching afternoon on 15 February 2020 learning the art of making Jelly Hearts from Chef Nan. From preparing the cookie base to mixing of the cream cheese and boiling the jelly layer topping, everyone enjoyed the process and brought home their beautiful self-made cake.



TAIJI NEIGONG (FREE PREVIEW WITH DEMO)

The Club organised a Taiji Neigong preview on 15 February 2020 where Master Albertt Chua introduced his style of teaching via demonstration and power point presentation. Members and guests enjoyed the interactive session and gained much understanding at the end of the preview.



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.



DRIVE-THRU AT CSC

AVAILABLE FROM 1 MAY 2020

With the Club closure extended to 1 June 2020, some members may miss our food from Man Zhu Café. We are pleased to inform that we will be implementing the Drive-Thru Takeaway Station from 1 May 2020 to facilitate members' order for takeaway from Man Zhu Café.

Simply call or WhatsApp us on mobile 30 minutes in advance to place your order and let us know your preferred timing for collection. Charges will then be billed to your account.

Start ordering from our Drive-Thru Service to get a \$10 F&B voucher which is limited to our first 100 members! No surcharge for disposable containers.

Pick Up Venue: CSC Loading Bay

Time: 12.00pm to 9.00pm

Lunch - order starts at 11.30am and last order at 2.00pm

Dinner - order starts at 5.30pm and last order at 8.30pm

Tel: 6885 0230 / 9642 2698

We accept orders through calls and WhatsApp messages via mobile phone.

**FOR TAKEAWAY
MENU, please visit
our Club website.**



Chef's Specialty

JUNE

Yong Tau Foo with Spicy Bean Sauce

(served with one plate of rice)

\$8.50

Monday to Friday, 6.00pm to 9.00pm
Not available during PHs



DANCE

**LATIN / STANDARD BALLROOM
(FOR ALL LEVELS) BY PETER WONG****EVERY FRI, COMMENCING 26 JUN 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 20 JUL 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 8 JUL 2020****2.30PM – 3.30PM****ACTIVITY SUITE, SC (L3)**

\$96.30 (Member) / \$149.80* (Guest)

Min. 8 pax / 8 sessions

**NEW LINE DANCE (FOUNDATION)
BY PHILIP SOBRIELO**

For interested participants with no line dancing background.

EVERY TUE, COMMENCING 2 JUN 2020**1.00PM – 2.00PM****ACTIVITY SUITE, SC (L3)**

\$64.20 (Member) / \$96.30* (Guest)

Min. 10 pax / 10 sessions

**LINE DANCE (BEGINNER
INTERMEDIATE) BY PHILIP SOBRIELO**

For interested participants with basic line dancing background.

EVERY TUE, COMMENCING 21 JUL 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 12 JUL 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 4 JUN 2020****5 – 6 YEARS OLD****4.00PM – 5.00PM****7 – 9 YEARS OLD****5.00PM – 6.00PM****MULTI-PURPOSE ROOM, SC (L2)****BY INSTRUCTOR AMELIA**

\$160.50 (Member) / \$192.60* (Guest)

Min. 8 pax per class / 10 sessions

*Price includes guest fee.

NEW 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 7 JUN 2020
4.45PM – 6.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (Member) / \$192.60* (Guest)
 Min. 6 pax / 4 sessions / 8 – 12 years old



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 SAT,
COMMENCING 6 JUN 2020
6.30PM – 7.30PM
ACTIVITY SUITE, SC (L3)

\$214.00 (Member) / \$278.20* (Guest)
 Min. 8 pax / 12 sessions
 13 years old & above



2020 JUNE SCHOOL HOLIDAYS

JUNE DANCE CAMP FOR KIDS

SUN, 21 JUN 2020 / 9.00AM – 1.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$64.20 (Kidz Club Member)
 \$69.55 (Member – Early Bird) / \$74.90 (Member)
 \$80.25* (Guest – Early Bird) / \$85.60* (Guest)
 Min. 15 pax / 5 – 12 years old

Closing Date (For Early Bird – Member & Guest):

Wed, 3 Jun 2020

Closing Date (For Kidz Club Member, Member & Guest):

Wed, 10 Jun 2020

Time	Programme
9.00am	Street Jazz
10.00am	Tea Break
10.30am	Hip Hop
11.30am	Tea Break
12.00pm	Line Dance
1.00pm	Home Sweet Home

Note: Inclusive of snacks and beverages for 2 Tea Breaks.
 Programme is subject to changes due to unforeseen circumstances.

YOUTH & FAMILY

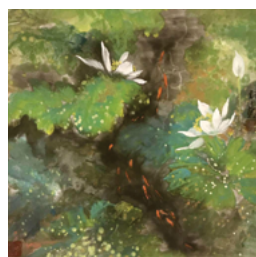


CHINESE CALLIGRAPHY (SELF PRACTICE)

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 6 JUL 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.

*Price includes guest fee.

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)	

CULINARY

Below 2 workshops are conducted by Ms Humairah Hameed Maricar, a qualified dietitian and nutrition consultant. Sign up for both workshops to enjoy 5% discount off the rates.

HEALTHY BENTO MAKING
(PARENT & CHILD)

Getting children to eat balanced meals with more fruits and vegetables can be a daily struggle. Discover tips and tricks to increase your children's exposure to such food by making fun and nutritious bento sets that will attract them. Participants will get to prepare their own healthy meals with nutrition guidance on the following topics: Importance of carbohydrate, protein and fats, measuring portion sizes, healthier swaps for some favourite food and suggestion for simple low calorie snacks.

SUN, 28 JUN 2020
9.00AM – 10.00AM
MULTI-PURPOSE ROOM, SC (L2)

\$59.92 per pair (Member) /
\$70.62* per pair (Guest)
Child 4 – 12 years old
Min. 5 pairs and Max. 10 pairs

NUTRITIOUS LUNCHBOX COOKING
(PARENT & CHILD)

Finding balance between healthy eating and food that your children enjoy can be a difficult task, especially with busy schedules. Learn how to make healthy cooking a fuss-free affair with these simple recipes that kids will enjoy. Recipes shared: Spiral Pasta with Tuna Fishcake (demo and sampling only) and Fluffy Omelette Burger (hands-on session). Remember to bring your own container.

SUN, 28 JUN 2020
11.00AM – 12.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$64.20 per pair (Member) /
\$74.90* per pair (Guest)
Child 4 – 12 years old
Min. 5 pairs and Max. 10 pairs



HUMAIRAH HAMEED MARICAR BSC, MSC DIETITIAN, NUTRITION CONSULTANT

Humairah is a qualified dietitian and an accredited nutritionist with the Singapore Nutrition and Dietetics Association (SNDA) and a member of Muslim Healthcare Professionals Association (MHPA).

She completed her Master of Dietetics and Graduate Certificate of Human Nutrition from Deakin University (Melbourne, Australia) and earned her Bachelor of Science (Lifescience, Biomedical Science) from the National University of Singapore.

Her work in preventive healthcare for the past 5 years includes assisting clients achieve their health goals through behaviour modification, conducting seminars and cooking workshops for all ages from children to the elderly, and providing consultancy services for F&B companies. Humairah has also been featured on multiple occasions in the media e.g. Channel NewsAsia, Suria, Warna 94.2FM and Berita Harian to share about various health issues.



*Price includes guest fee.

CULINARY

OREO DRIP CAKE
(HANDS-ON, PARENT & CHILD)

Learn to make Drip Cake which is a fun twist to the traditional cake. You will be taught how to prepare Chocolate Sponge Batter from whisking to folding to baking! You'll also learn how to prepare Whipped Cream and Chocolate Ganache from scratch! Then assemble and decorate your very own Oreo Drip Cake!

MON, 20 JUL 2020
2.30PM – 5.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$112.35 per pair (Member) /
\$123.05* per pair (Guest)
Child 5 – 10 years old
Min. 4 pax and Max. 8 pax



EXERCISE & LEISURE



TAIJI QIGONG

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

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

YANG STYLE TAIJI QUAN

EVERY WED
8.00PM – 9.30PM
ACTIVITY SUITE, SC (L3)

Monthly Fee: \$26.75 (Member) / \$56.71* (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 9 JUN 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

**NEW** TAIJI NEIGONG

Learn unique skills from Master Albertt Chua to harness Qi for relaxing and managing stress, thus improving overall health. This class focuses on developing internal Qi, improving mental agility and teaches self-defence moves to overcome stronger opponent with ease.

EVERY TUE, COMMENCING 9 JUN 2020
8.00PM – 9.30PM
LATTICE SUITE, SC (L3)

Monthly Fee: \$74.90 (Member) / \$101.65* (Guest)
Min. 5 pax

INSTRUCTOR: ALBERTT CHUA

Albertt Chua has over 35 years of experience in martial arts training. An engineer by training, he spent his entire life seeking to advance and master the essence of martial arts. Albertt believes that martial arts training lead to greater inner strength and health.

He has since acquired great knowledge and skills in the art of Taiji Quan through diligent and lengthy cultivation of internal skills or neigong 内功. Students will enjoy and benefit tremendously from his kinaesthetic teaching as he translates abstract principles of Taiji in simple English. His teaching is also very experiential in nature where at some point of time in learning and training, students can experience transformation within their body and appearance in life.



K-POP X FITNESS (LITE)



EVERY FRI, COMMENCING 24 JUL 2020
10.00AM – 10.50AM
MULTI-PURPOSE ROOM, SC (L2)

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

TOTAL BODY CONDITIONING

EVERY THU, COMMENCING 11 JUN 2020
8.00PM – 9.00PM
MULTI-PURPOSE ROOM, SC (L2)

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

*Price includes guest fee.

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.

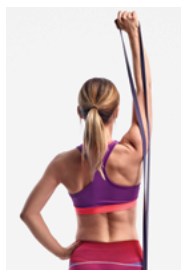


**EVERY THU,
COMMENCING 4 JUN 2020
7.45PM – 8.45PM
ACTIVITY SUITE, SC (L3)**

\$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!

**BODY BAND BALANCE**

**EVERY WED,
COMMENCING 22 JUL 2020
9.00AM – 10.00AM
ACTIVITY SUITE, SC (L3)**

\$149.80 (Member) / \$224.70* (Guest)
Min. 8 pax / 10 sessions

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**

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**

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**

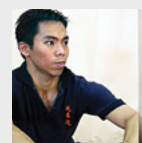
ACTIVITY SUITE, SC (L3)

**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

**NEW****WUSHU (BEGINNERS)****INSTRUCTOR: 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 since 2007 and groomed many athletes and coaches.



**EVERY FRI, COMMENCING 5 JUN 2020
5.00PM – 6.00PM / ACTIVITY SUITE, SC (L3)
EVERY SAT, COMMENCING 6 JUN 2020
12.30PM – 1.30PM / ACTIVITY SUITE, SC (L3)
EVERY SAT, COMMENCING 6 JUN 2020
7.00PM – 8.00PM / MULTI-PURPOSE ROOM, SC (L2)**

\$107.00 (Member) / \$160.50* (Guest)
Min. 6 pax per class / 4 sessions / 5 – 12 years

For Wushu, contact Wan Ling @ 6885 0653 or
WanLing_Tan@chineseswimmingclub.org.sg for more
information

COFFEE PAINTING ART AT MINGLE

Savour a slice of cake complement with a cup of aromatic hot/iced coffee and enjoy a lovely afternoon with James Lim for an introduction to coffee painting art at Chinese Swimming Club's cosy café.

**SAT, 20 JUN 2020 / 2.00PM – 5.00PM
MINGLE@AMBER, AP (L1)**

\$82.93 (Member) / \$89.62* (Guest)
Min. 6 pax and Max. 10 pax
13 years old & above
1 slice of cake and 1 cup of hot/iced coffee included with
all art materials provided.



TAEKWONDO JUNIOR TRAINING PROGRAMME



More than just kicking and punching, the life skills imparted in our programme help children grow into responsible young adults. Sign up for a free trial now!

EVERY SUN, 1.00PM – 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.

FUN RUN



Come along with us for a fun and scenic run along ECP on 5 and 19 June. Clock 4 runs and be rewarded with bowling vouchers!

5 & 19 JUN 2020
6.30PM – 7.30PM (ESTIMATED)
EAST COAST PARK

Contact Dezi at 6885 0671 or email
Dezi_Tan@chineseswimmingclub.org.sg
for more information.

CSC BOWLING ACADEMY CENTRE OF EXCELLENCE (COE) PROGRAMME



For aspiring bowlers aged 10 to 18 years old to make it into the National Programme.

EVERY TUE, 4.00PM – 6.00PM
EVERY SAT, 11.00AM – 1.00PM
12 LANES, SC (L1)

\$2675.00 (Member) / \$2996.00 (Guest) for 60 lessons
(Inclusive of GST. Installment plans available)

Note: Lane fees to be paid separately

BOWLING LEARN-TO-PLAY PROGRAMME (STARTING JUN 2020)



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

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

FOR KIDS AGE 6 TO 16 YEARS OLD
EVERY SAT, 11.00AM – 12.30PM
12 LANES, SC (L1)

\$321.00 (Member) / \$428.00 (Guest) per 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.

**Price includes guest fee.*



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 for interested.

EVERY SAT, 4.00PM – 6.00PM

EVERY SUN, 1.00PM – 3.00PM / 3.00PM – 5.00PM

SQUASH COURTS, SC (L3)

\$234.00 nett / month x 3 months (Member)

\$260.00 nett / month x 3 months (Guest)

Eligibility: 7 – 19 years old



NEW SQUASH ADULT GROUP TRAINING PROGRAMME (BEGINNERS / INTERMEDIATE) BY ZAINAL ABIDIN ELITE SQUASH ACADEMY

New Adult Group Training Programme is now open for registration! Each term programme consists of 12 sessions (1 session of 2 hours per week).

EVERY SUN, 3.00PM – 5.00PM

SQUASH COURTS, SC (L3)

\$234.00 nett / month x 3 months (Member)

\$260.00 nett / month x 3 months (Guest)

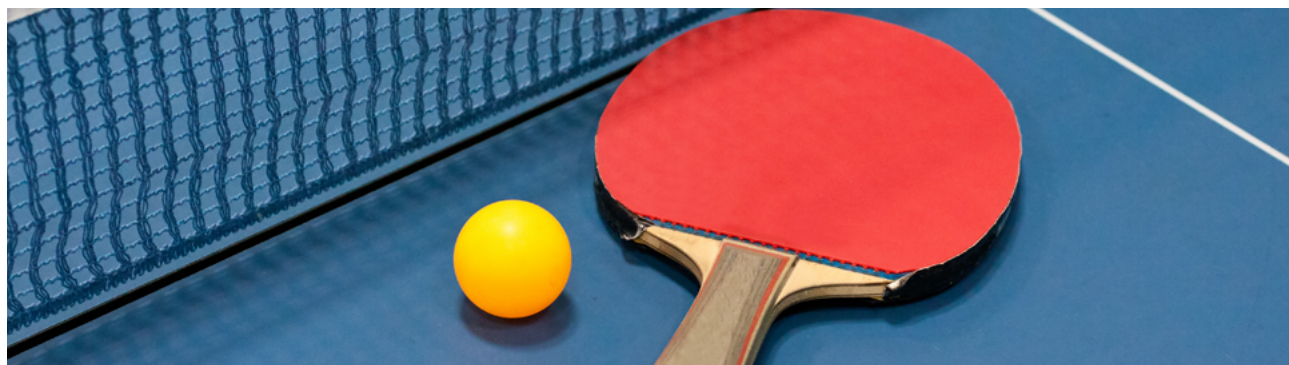
Eligibility: 20 years old & above

Min. 3 pax

Contact Wan Ling @ 6885 0653 or email WanLing_Tan@chineseswimmingclub.org.sg for more information.

**Price includes guest fee.*

CSC-JTA TABLE TENNIS TRAINING FOR RETIREES



Calling all retirees who would like to be coached in the game of Table Tennis, join us every Tuesday and Thursday morning under the guidance of JTA resident coach – Ma Kai Xuan.

EVERY THU, COMMENCING 4 JUN 2020, 9.00AM – 10.30AM

EVERY TUE, COMMENCING 9 JUN 2020, 9.00AM – 10.30AM

TABLE TENNIS ROOM, SC (L3)

Monthly Training Fee (inclusive of 7% GST)	CSC Member	Guest
One-time non-refundable enrolment fee	\$32.10	\$42.80
One training session per week	\$160.50	\$192.60
Two training sessions per week	\$256.80	\$321.00

Above fee is based on 4 weeks' lessons, should there be a 5th week in a month, additional fee will be charged.



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.

SUN	MON	TUE	WED	THU	FRI	SAT
<div>31</div> <div>CLUB CLOSED</div>					<div>1</div> <div>LABOUR DAY</div> <div>CLUB CLOSED</div> 	<div>2</div> <div>CLUB CLOSED</div>
<div>3</div> <div>CLUB CLOSED</div>	<div>4</div> <div>CLUB CLOSED</div>	<div>5</div> <div>CLUB CLOSED</div>	<div>6</div> <div>CLUB CLOSED</div>	<div>7</div> <div>VESAK DAY</div> <div>CLUB CLOSED</div> 	<div>8</div> <div>CLUB CLOSED</div>	<div>9</div> <div>CLUB CLOSED</div>
<div>10</div> <div>CLUB CLOSED</div>	<div>11</div> <div>CLUB CLOSED</div>	<div>12</div> <div>CLUB CLOSED</div>	<div>13</div> <div>CLUB CLOSED</div>	<div>14</div> <div>CLUB CLOSED</div>	<div>15</div> <div>CLUB CLOSED</div>	<div>16</div> <div>CLUB CLOSED</div>
<div>17</div> <div>CLUB CLOSED</div>	<div>18</div> <div>CLUB CLOSED</div>	<div>19</div> <div>CLUB CLOSED</div>	<div>20</div> <div>CLUB CLOSED</div>	<div>21</div> <div>CLUB CLOSED</div>	<div>22</div> <div>CLUB CLOSED</div>	<div>23</div> <div>CLUB CLOSED</div>
<div>24</div> <div>HARI RAYA PUASA</div> <div>CLUB CLOSED</div> 	<div>25</div> <div>HARI RAYA PUASA</div> <div>CLUB CLOSED</div> 	<div>26</div> <div>CLUB CLOSED</div>	<div>27</div> <div>CLUB CLOSED</div>	<div>28</div> <div>CLUB CLOSED</div>	<div>29</div> <div>CLUB CLOSED</div>	<div>30</div> <div>CLUB CLOSED</div>

SUN	MON	TUE	WED	THU	FRI	SAT
	1 CLUB CLOSED	2 Line Dance (Beginners) by Philip Sobrielo Line Dance (Foundation) by Philip Sobrielo Pilates Gentle Yoga CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training	3 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	4 Contemporary Dance (Beginners) For Kids Chinese Brush Painting Total Body Conditioning BodyART Fitness CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training For Retirees	5 Latin / Standard Ballroom by Peter Wong K-POP X Fitness (Lite) Ballet Hatha Yoga Gentle Yoga Wushu (Beginners) Fun Run	6 Flamenco (Beginners) Ballet Pilates MBSR Gentle Yoga Wushu (Beginners) Squash Development Programme (Beginners / Intermediate) CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Youth Training
7 Line Dance by Philip Sobrielo K-POP Hip Hop Dance (Beginners) Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	8 Latin/Standard Ballroom by Peter Wong Chinese Calligraphy Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Youth Training	9 Line Dance (Beginners) by Philip Sobrielo Line Dance (Foundation) by Philip Sobrielo Pole Dance Fitness Taiji Neigong Pilates Gentle Yoga CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training For Retirees	10 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	11 Contemporary Dance (Beginners) For Kids Chinese Brush Painting Total Body Conditioning BodyART Fitness CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training For Retirees	12 Latin / Standard Ballroom by Peter Wong K-POP X Fitness (Lite) Ballet Hatha Yoga Gentle Yoga Wushu (Beginners)	13 Flamenco (Beginners) Ballet Pilates MBSR Gentle Yoga Wushu (Beginners) Squash Development Programme (Beginners / Intermediate) CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Youth Training
14 Line Dance by Philip Sobrielo K-POP Hip Hop Dance (Beginners) Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	15 Latin/Standard Ballroom by Peter Wong Chinese Calligraphy Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Youth Training	16 Line Dance (Beginners) by Philip Sobrielo Line Dance (Foundation) by Philip Sobrielo Pole Dance Fitness Taiji Neigong Pilates Gentle Yoga CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training For Retirees	17 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	18 Contemporary Dance (Beginners) For Kids Chinese Brush Painting Total Body Conditioning BodyART Fitness CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training For Retirees	19 Latin / Standard Ballroom by Peter Wong K-POP X Fitness (Lite) Ballet Hatha Yoga Gentle Yoga Wushu (Beginners) Fun Run	20 Flamenco (Beginners) Ballet Pilates MBSR Gentle Yoga Wushu (Beginners) Coffee Painting Art Squash Development Programme (Beginners / Intermediate) CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Youth Training
21 Line Dance by Philip Sobrielo K-POP Hip Hop Dance (Beginners) Taiji Qigong June Dance Camp For Kids Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	22 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Youth Training	23 Line Dance (Beginners) by Philip Sobrielo Line Dance (Foundation) by Philip Sobrielo Pole Dance Fitness Taiji Neigong Pilates Gentle Yoga CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training For Retirees	24 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	25 Contemporary Dance (Beginners) For Kids Chinese Brush Painting Total Body Conditioning BodyART Fitness CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training For Retirees	26 Latin / Standard Ballroom by Peter Wong K-POP X Fitness (Lite) Ballet Hatha Yoga Gentle Yoga Wushu (Beginners)	27 Flamenco (Beginners) Ballet Pilates MBSR Gentle Yoga Wushu (Beginners) Squash Development Programme (Beginners / Intermediate) CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Youth Training
28 Line Dance by Philip Sobrielo K-POP Hip Hop Dance (Beginners) Taiji Qigong Healthy Bento Making (Parent & Child) Nutritious Lunchbox Cooking (Parent & Child) Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	29 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Youth Training	30 Line Dance (Beginners) by Philip Sobrielo Line Dance (Foundation) by Philip Sobrielo Pole Dance Fitness Taiji Neigong Pilates Gentle Yoga CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training For Retirees				

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

Singapore Swimming Club **NEW**
Tel: +65 6342 3600 / 3697 / 3698
www.sswimclub.org.sg

(Temporary suspended due to COVID-19 situation)

Sri Lanka

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

Taiwan

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

Thailand

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

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

CORPORATE MEMBERSHIP

Johor Bahru

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

AFFILIATE CLUBS

China

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

Indonesia

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

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

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

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

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

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

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

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

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

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

Malaysia

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

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

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
Tel: +62 778 433789
www.89hotel.com

Kuala Lumpur

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.holidayinmelaka.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 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



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

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INFORMATION

KIDS JUNE
HOLIDAYS
CAMP 2020



03-00, Recreational Complex
Chinese Swimming Club
34 Amber Road

+65 6440 3303

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Fu Lin Men
CANTONESE DINING

母亲节外賣套餐
Mother's Day
Takeaway Set Menu
2020

20% OFF for self-collection.

Free delivery will be available,
advance order is required.

From 4th May 2020
a la carte menu also available

Visit our website for more detail
www.fulinmen.com.sg

Tel: 6282 0810
Level 3, 21 Amber Road
Chinese Swimming Club, S439870

Set A

\$188+ (4 - 5 pax)

\$268+ (6 - 7 pax)

\$398+ (8 - 10 pax)

福临门三色小食拼盘
FLM Trio Appetizers Platter

碧绿野菌龙趸球
Giant Garoupa Fillet with
Wild Mushroom & Seasonal Green

青芥末虾球
De-Shelled Prawn with
Wasabi Mayonnaise Sauce
黑椒猪软骨
Pork Cartilage with Black Pepper Sauce

脆皮烧鸡
Crispy Roast Chicken

飘香荷叶饭
Flavoured Rice in Lotus Leaf Wrap

红莲炖桃胶
Double-Boiled Peach Resin with
Red Date & Lotus Seed

Set B

\$268+ (4 - 5 pax)

\$368+ (6 - 7 pax)

\$528+ (8 - 10 pax)

烧味拼盘
(蜜汁叉烧, 脆皮烧腩, 港式明火烧鸭)
FLM Cantonese BBQ Platter
(Honey Glazed BBQ Pork,
Crispy Roasted Pork Belly, HK Roasted Duck)

西兰花炒带子
Scallop with Broccoli

黄金甲大虾
Fried Prawn with Salted Egg

十头鲍鱼海参一品汇
Braised Sized 10-Head Abalone &
Sea Cucumber with Delicacies

香煎黑豚肉
Pan-Fried Kurobuta Pork

飘香荷叶饭
Flavoured Rice in Lotus Leaf Wrap

椰汁白果芋泥
Yam Paste with Ginkgo Nut &
Coconut Milk

*Terms & conditions apply.

*All prices subjected to prevailing GST.

*Passion Group reserves all rights for final decision.

CLUB'S MAIN LINE : 6345 1221 or 6885 0688

GENERAL FEEDBACK :

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TAN WAN LING
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6885 0674 / Michelle_Lee@chineseswimmingclub.org.sg

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Programme Executive
Flex / Running
6885 0671 / Dezi_Tan@chineseswimmingclub.org.sg

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

• SPORTS RECEPTION

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

RECEPTION COUNTERS

Front Office @ AP

Daily 8.30am to 10.00pm

Sports Reception @ SC

Daily 7.00am to 10.00pm

MAN ZHU CAFÉ

Mon to Thu 12.00pm 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

Non-band performing nights 3.00pm to 11.00pm

Nights with band performances 3.00pm to 12.00am

Room Charges

Mando Room (10 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

\$7.49 per court per hour

Peak

Mon to Fri 6.00pm to 10.00pm

Sat 3.00pm to 10.00pm

PH Whole Day

\$9.63 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

Daily 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

Sun 7.00am to 10.00pm

\$4.28 per court per hour

Peak Period

Mon to Fri 6.00pm to 10.00pm

Sat 3.00pm to 10.00pm

PH Whole Day

\$5.35 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: 5.00pm to 7.30pm

Saturday: 4.00pm 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

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).



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.



FIL

SKIN, BODY & SPA INTELLIGENCE

Chiropractic Treatment
by certified Chiropractic Doctor

\$58^{NETT}

(20 mins | U.P. \$158)

• Improve better posture • Reduce Back/Hip/Body Pain/Insomnia • Relieve Headaches/Migraine/Work & Sports related injuries pain • Decrease Stress/Joint & Tissue Degeneration

Conditions We Improve



Headace or
Migraine



Neck or
Shoulder



Hand or
Wrist



Back



Posture



Leg or
Knee



Feet

Call **6345 3777** for an appointment

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

Limited to
First 50 Customers only.

Promotion is valid till 30th June 2020. Please quote FCSC0520 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.