

FREESTYLE



BI-MONTHLY MAGAZINE | JUL - AUG 2020

55TH NATIONAL DAY



SG UNITED, CSC UNITED!



FREESTYLE PUBLICATION



ON THE COVER

55th National Day: SG United, CSC United!

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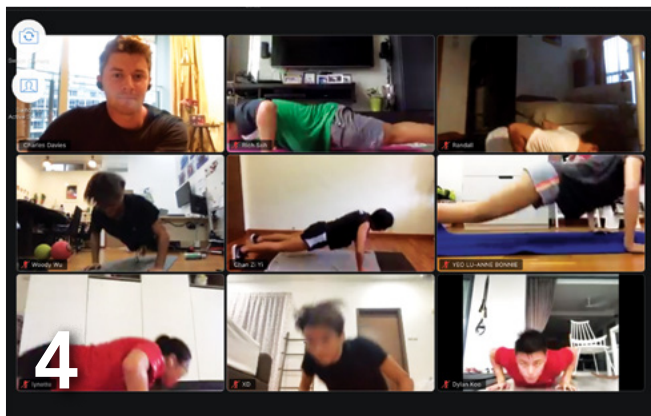
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Dear Members

I pray that you and your family members are keeping well, staying home and healthy during the Circuit Breaker (CB) period. The battle against the COVID-19 pandemic has severely impacted the global economy and Clubs like ours have not been spared.

On 19 May 2020, the Multi-Ministry Taskforce announced that Singapore will embark on a three-phased approach to resume activities safely. However, as the Club does not fall under critical sectors and businesses that can re-open in phase 1, we have to extend our closure from 2 June 2020 till further advice from the authorities. However, we remain cautiously optimistic that phase 2 could happen before the end of June.



Throughout the CB period, our housekeeping and maintenance teams have been conducting daily cleaning and maintenance works to ensure the Club facilities remain in tip-top condition. The Administration staff who are working from home have also been providing support services and engaging members. Meanwhile our coaches and trainers have been conducting regular e-training sessions and lifestyle programmes for members through Zoom Meeting or pre-recorded instruction videos on the Club website or social media platform.

As the expected opening of the Club draws near, the Club management has been preparing and planning for the resumption of operation. The operations team is planning and reviewing all precautionary measures such as safe entry logistics and processes, surveillance measures for the facilities and offices to be ready for the return of members and staff. Sanitizing and cleaning efforts have been stepped up to assure members that the Club will be safe for them and their families when they visit.

For Sports, the team has been liaising closely with Singapore Swimming Association and SportSG to ensure the Club adopts the new guidelines in conducting training or organising sports activities as we transit to a new normal. Our Events team has also been busy preparing programmes to welcome members back once the Club re-opens. Other than the resumption of allowable ongoing programmes, God willing, members can look forward to the annual CSC Open House, festive celebrations and various sports competitions. All these will be organised with strict safe management guidelines for the well-being of all participants.

As safe distancing requirement will remain in the foreseeable future, seating capacity at Man Zhu Café and Mingle will be significantly reduced going forward. Besides the 'Drive-Thru' service launched in May 2020, the F&B team is currently reviewing other alternatives such as island wide home delivery service, to better cater to members' needs.

For two months of the CB in April and May, the Club had waived both the subscription fees and the F&B levy as a gesture to ease the financial burden of our members. As the situation is highly fluid and uncertain, the Management Committee will be prudent towards disbursement and focus on the long-term sustainability of the Club. Notwithstanding, as it is still not certain when the Club will be able to resume members activities, the Management Committee has therefore recommended that the Club will continue to extend the following for June until further notice:

- Waiving June Sports and Flex Section fees.
- Waiving June fees for Junior sports training programmes and Lifestyle activities, except for Swimming for competitive squads A, B and C1 which will receive 50% fees waiver.
- June F&B levy, including levy expiring in June will be extended to December 2020.

I don't want to sound like an old nag, but I must again appeal to all members to continue to be socially responsible.....to stay home unless absolutely necessary, wear a mask if you need to leave home, maintain social distancing, wash your hands regularly and stay safe, and keep healthy.

Once again, I ask Almighty God and our Blessed Mother to continue to shower Their Grace, Mercy & Love to you and all your loved ones.

Shalom and God Bless.

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

Edwin Lee
President



Chef's Specialty

JULY

BBQ Pork Belly

\$13.50

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



Image above is for illustration purpose only.

AUGUST

Ngoh Hiang Gou Xiang

(served with one plate of bee hoon)

\$8.50

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





Swimmers at CSC have now been away from the pool for almost 3 months during this Circuit Breaker (CB) period. Despite this, swimmers in the A, B and C1 groups have been keeping fit on the land as Head Coach Michael explains.

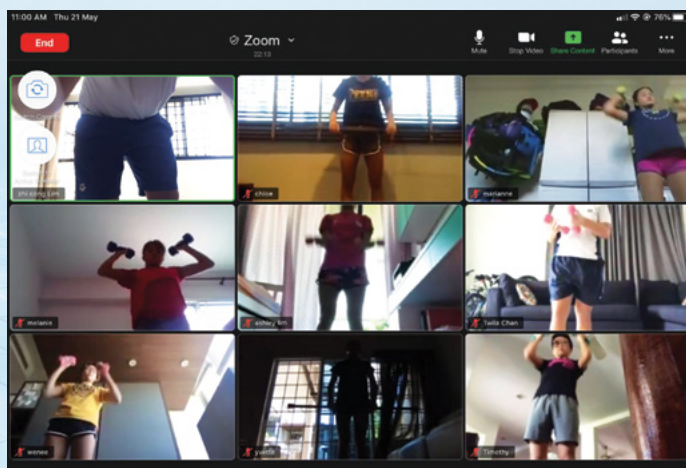
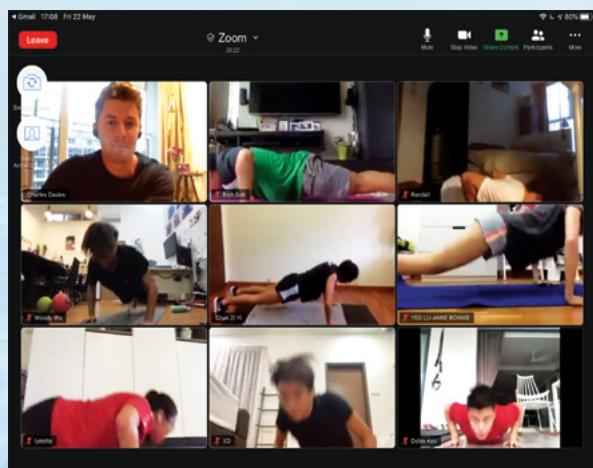
When the CB restrictions came into operation on 7 April, the Swimming Department had distributed 2 documents detailing many land-based exercises that swimmers could do on their own at home. We did this as a prediction of the shut down and closure of the Club and other sporting facilities around Singapore. The documents had photographic illustrations of each exercise and instruction on the type of training sessions to conduct. The Department also distributed exercise advice to parents of all the swimmers in the programme. These documents were prepared by the coaches in the competitive squads (A1, A2, B1, B2, C1) which gave swimmers an excellent resource for them to continue with their daily exercise.



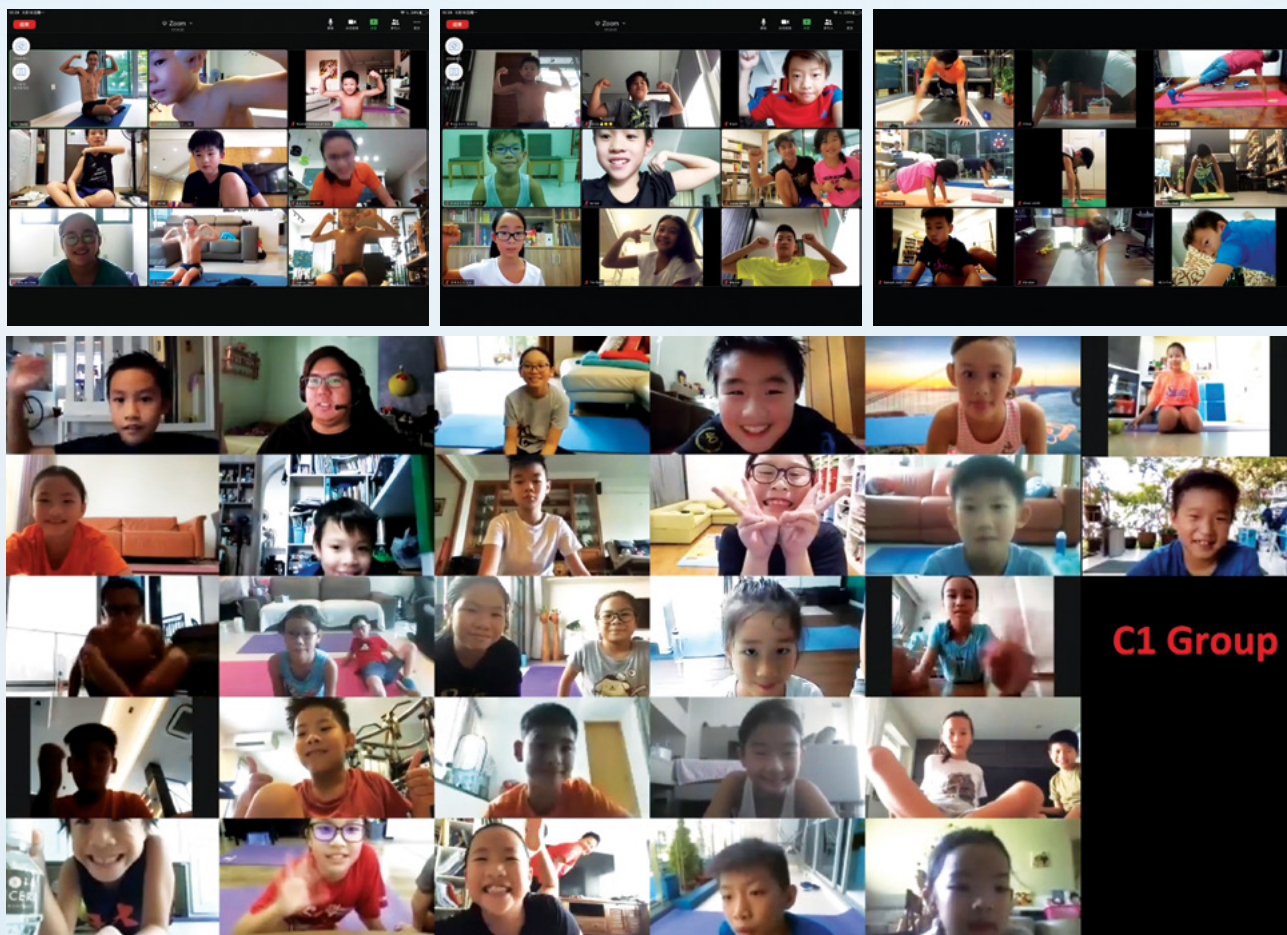
Dr. Michael Peyrebrune

It was clear after the first week of the CB phase that the return to swimming would not be a quick one. The Department has weekly meetings for all staff, and it was established that with the easier access and use of new technology, land training sessions could continue in a virtual format online. This technology is being used by schools to deliver classroom sessions 'on TV' and there are many different companies that are offering similar services. At CSC, our coaches felt comfortable with the user-friendly nature of the Zoom system (as have SSA and the National Team), and have set up sessions via it for our Competitive swimmers throughout the week.

The five squads consist of around 150 swimmers and each group has been able to train in the comfort/convenience of their own home whilst accessing virtual group sessions. Examples of each of the five groups in action are shown below.



Action shots of land training sessions conducted by CSC A group swimmers via a virtual film platform.



Action shots of land training sessions conducted by CSC B and C1 group swimmers via a virtual film platform.

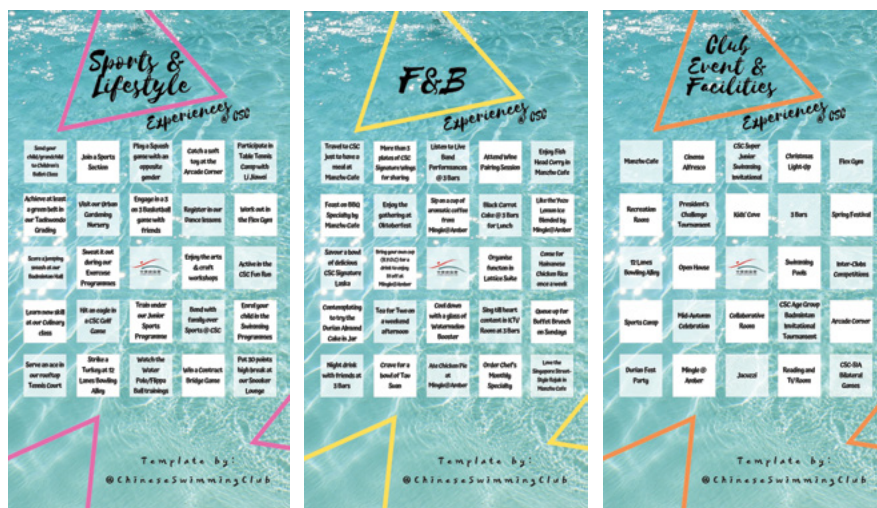
Sessions for the five groups have varied according to standard. They are led by the coaches of the respective groups and this helps to manage the exercise and provide advice on techniques, etc. The groups typically have 3 to 5 online sessions with other sessions provided as exercise lists or with links to film sequences that swimmers can view via web links. These sessions are felt to be valuable to gain some (virtual) face to face contact between the coaches and swimmers, and with their peers.

Swimmers in other groups can follow their family members who are in the Competitive squads. General advice has been provided for younger swimmers to conduct land sessions based on handouts sent to parents so that they could supervise them. In this way, swimmers can self-motivate and spend time with family members at a level appropriate to them.

Daily exercise sessions have been recommended as per Government guidelines. The best research from around the world suggests that maintenance of Cardio-vascular (CV) exercise and core exercise will maintain physical conditioning in these areas. Whilst there will be some loss in swimming fitness, this can be recovered within a few months and faster depending on the work done out of the water. Our target during this phase has been to improve land-based conditioning and reduce the loss of swimming fitness. It is important when we return to swimming that we retain the positive gains that we have made during this CB period. As we all begin to build up swimming conditioning, we should channel our love of the sport into high quality application in the water.

BINGO GAME

Bingo, a popular “Stay-Home” online game which brought many friends closer during this Circuit Breaker period. During the game, they shared their experiences, created a common topic and understood each other better. We designed a set of 3 exclusive Bingo Challenges for “Sports & Lifestyle”, “F&B” as well as “Club Event and Facilities”. If you have not tried them, download the bingo game from our Facebook page and start engaging your friends.



DANCE

During the Circuit Breaker period, did you miss dancing with your partner and friends in the Club? Did you miss the active lifestyle, your favourite hobby and coming together to learn new steps from the instructors? We certainly missed all the vibrancy you brought to the lessons. Let's continue to wait eagerly for the day when we can drop the beat and see everyone back on the dance floor. Press on and cheer up!

For members who wish to pick up a new hobby or rekindle the passion for dancing, our experienced Latin/Standard Ballroom Dance instructor, Mr Peter Wong and Line Dance instructor, Mr Philip Sobrielo are here to impart their knowledge and guide you along.

We are introducing a new Line Dance Foundation class for members with no line dancing background on Tuesdays from 1pm to 2pm. For enquiries, please contact Wan Ling at WanLing_Tan@chineseswimmingclub.org.sg.

View the videos on our Facebook page for more information and grab a sneak peek on the interactions between the instructor and their students.



Ballroom Dancing



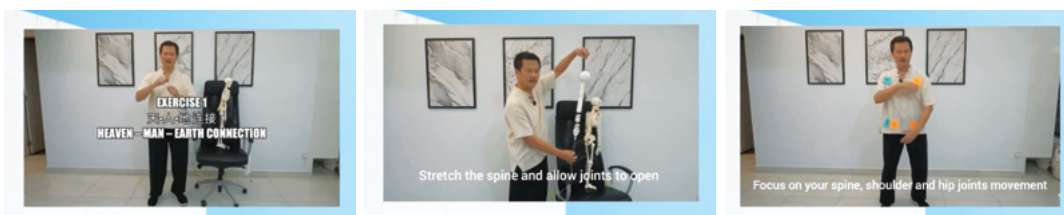
Line Dancing

EXERCISE WORKOUT DEMONSTRATION

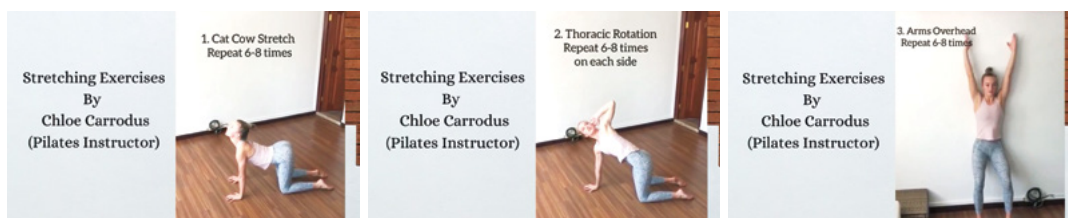
Keeping healthy is the utmost importance during this Circuit Breaker period. We are thankful to our instructors – Master Albertt Chua, Ms Chloe Carrodus and Ms Jeyenti for taking the time and efforts to create exercise videos for members to do at home.

Master Albertt Chua introduced Taiji Neigong and illustrated simple exercises to activate the energy flow and release tension in the body. Our Pilates instructor - Ms Chloe Carrodus demonstrated stretching exercises that work on the upper and mid back to help with mobility through the neck, shoulders and down the spine. Yoga instructor – Ms Jeyenti showed 3 postures namely Bow, Side Plank and Lord of the Dance with benefits explained. You can catch them in action in these videos posted on the Club's Facebook page on 23 May and 30 May 2020 for Taiji Neigong, 6 June 2020 for the stretching exercise and 7 June 2020 for the Yoga demonstration.

Master Albertt Chua's Taiji Neigong class is scheduled on every Tuesday, 8pm to 9.30pm, starting from 7 July 2020. Chloe's Pilates class is on-going every Tuesday from 9am to 10am and Yoga classes conducted by Jeyenti are on-going every Monday and Friday from 7pm to 8.15pm. Come for a trial to experience the benefits for yourself!



Taiji Neigong



Stretching Exercises



Yoga

FLEX GYM

Remaining active while staying at home has not been an easy feat. We totally understand so we brought the gym to you in the comfort of your own home. The Flex Instructors have collectively recorded videos on weekly basis to keep cabin fever at bay and also advanced to live Zoom workouts! We hope you have improved your fitness from home and thank you for viewing our videos.

Do head on over to our YouTube channel (<https://bit.ly/371cJL3>) for the full list of fitness videos!



FLOWER CRAFT

Toilet paper has become a hot item off the shelves during this COVID-19 pandemic. This had triggered our inspirations on using recycled materials for craft works as we released 2 DIY videos on our Facebook page, teaching members how to handcraft a 3D flower and a 2D flower card from scratch using empty toilet paper tubes. For a fun parent-child bonding session, follow the steps and let your creativity juices flow as you transform plain tubes into your masterpieces.



LEMON DRIZZLE CAKE & IKEBANA WORKSHOP DEMONSTRATIONS

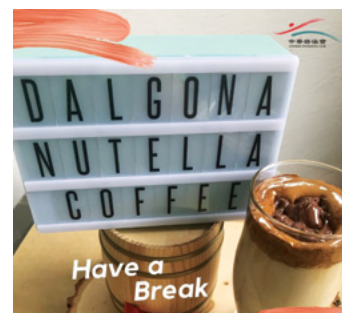
As part of Mother's Day special feature, video demonstrations on baking the Lemon Drizzle Cake and Ikebana (Japanese art of floral arrangement) were posted on the Club's Facebook page on 9 and 16 May 2020. Special thanks to Chef Nan Ong for providing the instructional video with recipe and Mr Bernard Tay for the detailed demonstration on Ikebana.



MAKING OF DALGONA NUTELLA COFFEE

Dalgona Coffee, one of the trendiest beverages which took over the social media by sensation during this "Stay-Home" period where cafe hopping is not possible. One of our CSC staff shared her maiden experience in crafting her concoction of Dalgona Coffee topped with Nutella. To add in some fun element, we invited members to post their drinks and recipes in a presentable setting. To members who had shared, we would like to thank you for your active participation and hope you had a sweet making process.

Enjoy the video on CSC Facebook page!



URBAN GARDENING INTEREST GROUP

Our Gardening group has been keeping their hands busy at home with their plants, check out the actions on our Facebook page.

Meanwhile, our staff are working hard as well to upkeep the Club's nursery during the Circuit Breaker. We look forward to welcoming our members back to take care of their "babies"!

BADMINTON

The sport of Badminton is definitely a popular one in Singapore and within the Club, and this is evidenced by the fully booked courts on weekday nights and weekends, and the number of over 100 trainees in the Club's Badminton Academy. With training sessions taking place every day, Badminton is the second largest Junior Training Programme in the Club after Swimming.

In mid-2019, following a long and comprehensive review, the Badminton Academy underwent a revamp and introduced a structured training programme from the Beginner to Intermediate, and Advanced levels. Coach Johnathan Tang, a former Team Singapore Shuttle, was appointed the Head Coach of the Academy to oversee and implement the new training curriculum.



In this section, Coach Johnathan answers some questions which are typically posed by parents of trainees.

How will you assess my child to determine if they are ready to be promoted to the Intermediate level?

For the Beginner Class, we have a 30-module training programme where the progress of each individual child is monitored through a Handbook. Your child will be promoted to the Intermediate class once they have completed these modules.

How long does it take for my child to move from the Beginner level to the Intermediate level, and subsequently, from the Intermediate level to the Advanced level?

There is no definite timeline in this case as it depends on each athlete's mental and physical ability to carry out each task. In theory, the higher the frequency of training, the quicker the athlete should progress in their individual skills and physical ability.

My child has been doing the same drills during training for the past few months, why is this so?

We emphasize a lot on the basics of each athlete as it will determine their progress in the long run. Some of the drills might be repeated but in different forms of exercises to let them adapt to various situations in the actual match.

When will my child be ready to take part in tournaments?

We will assess and make sure each athlete acquires the basics of the game before we advise parents to register them for tournaments. It is important to make sure the child is ready mentally and physically in their respective levels as tournaments can be either a booster of morale and interest in the sport or vice versa.

BASKETBALL

CSC might not have a full Basketball court but that has not stopped the Club from setting up a training programme for the sport. In 2018, in collaboration with LJE Sports Pte Ltd, the Club introduced a series of modular training programmes and gradually grew a small base of trainees who continued after each module. This prompted the Club to enter into a formal partnership with LJE Sports to set up the Junior Basketball Training Academy in 2019. Presently, the Academy has close to 20 trainees under the tutelage of Coach Bernard Williams. With the Academy gaining traction, CSC looks forward to organising small-scale tournaments in the near future to build up a sizeable Basketball community within the Club. Do stay tuned for more updates!



BILLIARDS & SNOOKER

Aloysius Yapp, is no stranger to the local and international Cuesports scene. Back in 2014, Aloysius who was then 18 years old, made headlines when he won the 9-ball World Junior Pool Championships (Under 19) in Shanghai, becoming the first Singaporean-born pool player to win a world title. Since then, Aloysius has gone on to excel even higher at the international level, clinching medals at the 2017 & 2019 SEA Games. Aloysius had also won title in the 2017 Golden Break 9-ball Open Championship where he played against top ranked player, Ko Pin-yi who was then World No. 3.

What many people may not have known is that Aloysius has always been an integral part of the CSC's Billiards & Snooker team. Aloysius, being our Sports Member, had started honing his craft at the Club's Billiards & Snooker Lounge since his teenage years even though he was already training under Team Singapore. When Aloysius is not participating in overseas tournaments, he will be a regular fixture in the Club's Billiards & Snooker team. His wealth of experiences had contributed to the team's success at local Inter-Club Leagues such as National Snooker Leagues.

In recognition of his numerous accomplishments and unwavering support towards the Club, Aloysius was accorded the status of Honorary Member in 2017. If you have been following the Club's Facebook page, you would have seen a message of support recorded by Aloysius for everyone. Similarly, the Club will continue to support Aloysius and we sincerely wish him the very best in his pursuit of excellence in the international Cuesports stage!



BOWLING

Our trainees from the CSC Bowling Academy COE Programme are working hard to maintain their techniques and fitness despite the three months closure with individually tailored drills by our Head Coach Clara Lau. To view our video clips, you may visit our Facebook page.

Our Academy, endorsed by Singapore Bowling Federation (SBF), is a structured development pathway to nurture aspiring bowlers aged 10 to 18 years old to make it into the National Programme. Our trainees will have the 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. Our exclusive training environment is further optimised as the lanes at our very own Bowling Centre are maintained using the world-renowned Kegel Lane Machine which are used in all major competitions.

We look forward to welcoming back our trainees when our Club re-opens under the strict social distancing measures we have in place to keep everyone safe and healthy. Coach Clara also provides private coaching to members of our Club. To find out more information, do drop Jick Sern an email at JickSern_Lam@chineseswimmingclub.org.sg



Coach Mervyn



Coach Clara

CONTRACT BRIDGE

Though not an athletic sport, Contract Bridge is recognised by the International Olympic Committee as a mind sport and has been played as a medaled event at the Asian Games and SEA Games. Let's get to know some facts about this sport that has a strong following of over 20 members at the Club.

1. While the game of Bridge has its origins traced from as early as 16th century, the modern-day Contract Bridge is only developed by an American, Harold Vanderbilt, in 1925.
2. Contract Bridge is especially popular amongst seniors. At the 2018 Asian Games, competitors of Contract Bridge were among the oldest, with three players over the 80 years old, 11 between 70 to 79 years old and 30 players who are between 60 to 69 years old.
3. Contract Bridge is a silent game where partners must avoid eye contact and verbal communication with each other. Players are required to form strategies without knowing what their partner will do.



Fact Credits: <https://www.businessinsider.sg/contract-bridge-asian-games-medal-event-warren-buffet-bill-gates-fans>

The CSC Contract Bridge Section organises introductory courses for the game regularly. Please email Michelle_Lee@chineseswimmingclub.org.sg if you are keen to enrol in the next introductory course!

CONTRACT BRIDGE SESSION DURING CIRCUIT BREAKER

The Circuit Breaker did not stop our fellow Contract Bridge Section members from playing and learning from one another. Almost every Wednesday, they conducted online session through Zoom and played their game via an online website. Moreover, they even held friendly matches against each other and had four rounds of four boards! Kudos to those participants who had won and improved their game during this period.

GOLF

When it comes to Golf, most people even members would not have associated Chinese Swimming Club with the sport. How can a Golf Section be active without a golf course within the Club itself? For those not in the know, you may be surprised to know that the Golf Section is in fact, the Section with the most members. To-date, the thriving Section has over 130 members.

Although the Club does not have a golf course in Singapore or Malaysia, the members' needs are catered by organised games to play at various golf courses that provide different level of challenges. Our monthly medals for members are held at local golf courses such as the Marina Bay Golf Course, or across the causeway such as the Ponderosa Golf & Country Resort (a CSC Affiliated Club with Corporate Membership). Overseas golf tours from short weekend trips to Batam and Bintan as well as longer trips to countries such as Thailand and China were organised for members' participations. The calendar of events for the Golf Section is always packed. If you are an avid golf player but not a Section Member yet, why not consider becoming part of this vibrant community? Please email Michelle_Lee@chineseswimmingclub.org.sg if you are keen to know more about Golf activities.



SQUASH

The Squash Sub-Committee knows that most of the Squash players are eager to hold their rackets and get back on the courts for a good workout but please be patient as the Club's re-opening of its facilities will take a while more after the Circuit Breaker. Meanwhile, we encouraged players to keep fit and maintain your level of fitness by running, doing HIIT so that you will be ready when the facilities open.

Due to COVID-19, the National Squash League 2020 has been cancelled. However, we will still continue our section trainings every Monday, Wednesday and Friday from 7pm to 10pm when we receive the green light and build up our teams to be ready for 2021. We welcome more members to come forward and join us.

Aside from the Squash Youth Development Programme available on weekend, we are launching a new Adult Group Training Programme by Zainal Abidin Elite Squash Academy (ZAESA) on Sundays. We are currently recruiting trainees aged 20 and above. Please email Wan Ling at WanLing_Tan@chineseswimmingclub.org.sg if you are interested to know more.

On a lighter note, check out the "Squash Ball Relay" on our Facebook page by the CSC Squash Family. We hope it brings a smile to your face. Stay safe and be healthy!

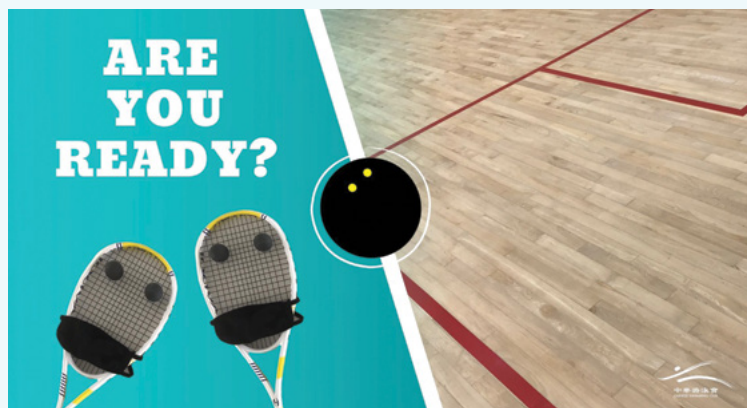


TABLE TENNIS

In order to allow trainees to hone their skills and maintain their fitness during the "Stay-Home" period, the Club has collaborated with Jiawei Table Tennis Academy (JTA) to prepare a video for all JTA trainees to continue their Table Tennis practices at home. We hope the video was useful and trainees will keep up with the drills consistently. Special thanks to JTA coach - Ma Kai Xuan for her video contribution and detailed explanation. For a glimpse of the training clip, you may view it on the Club's Facebook page posted on 2 May 2020. To find out more details on the CSC-JTA Table Tennis training, you may refer to our website or contact the administration office for clarification.



TAEKWONDO

Taekwondo is one of the many martial art forms in the world today. Here are some facts that you should know about this popular sport that is also offered by the Club and currently we have over 80 trainees.

1. Taekwondo is a traditional Korean martial art wherein Korean language commands are often used.
2. Taekwondo is one of the two martial arts (aside from Judo) to be included in the Olympics. The International Military Sports Council introduced Taekwondo as a sports event in the Olympics on 9 April 1976.
3. The Tenets of Taekwondo are traits or characteristics that all students of Taekwondo should apply to their daily lives.
4. Today, there are over 70 million people in 188 countries who practice Taekwondo of which 4 million of them are black belts.
5. The Taekwondo uniform is called the "Dobok". A white belt is included upon the first rank, and the belt colour would change as one advances in their ranks. There are six colours of belts: white, yellow, green, blue, red, and black.



Fact Credits: <http://www.betterfamilies.com/15-fun-facts-about-tae-kwon-do/>

TENNIS



Our Tennis Section comprises of over 50 members of all ages and professions who gather three times weekly between 5pm to 8pm at our Rooftop Tennis Courts. We regularly organise tournaments as well as participate in STA Inter-Clubs League. We even started our own WhatsApp chat group during this Circuit Breaker period to discuss the latest Tennis news and share tips such as home training video. Do visit our Facebook page to take a glimpse of the video.

Our Junior Tennis Programme held every Friday to Sunday has over 100 students trained by the Tennis Allegiance Group. The holistic programme is conducted in a small and specific group, and there is even a waiting list for the popular time slots. Private coaching is also available for members only. For more Tennis information, please contact Jick Sern at JickSern_Lam@chineseswimmingclub.org.sg.

WATER POLO



Singapore's prowess in the Water Polo pool in the Southeast Asia has always been unparalleled, with the country recording a long-running 27 gold medals count at the biennial SEA Games. At CSC, there has always been a strong focus on Water Polo and to-date, the Club has developed a number of talented Water Polo players who have gone on to represent Singapore. Here's a look at some interesting facts about this sport.

1. Water Polo was originally known as 'Water Rugby' and it used to be played in the rivers and lakes in England.
2. Men's Water Polo was first introduced in the Olympics in 1900 but Women's Water Polo was only introduced many years later at the 2000 Sydney Olympics.
3. There is a child friendly version of Water Polo, called Flippa Ball, which allows children above six years old to build water confidence and team work in the pool.
4. Back in 1939, the Club's Water Polo team, SCSC (Singapore Chinese Swimming Club), won the Japanese Olympic Water Polo team by 9-6 at the YMCA Swimming Pool located at Fort Canning.

Fact Credits: <https://collegiatewaterpolo.org/fans/funfacts/>

VISIT OUR FACEBOOK PAGE



www.facebook.com/chineseswimmingclub

to view the series of videos prepared by Sports & Lifestyle Department during this Circuit Breaker Period!

REDUCING SCREEN TIME AND KEEPING KIDS ACTIVE AT HOME

The circuit breaker period had undoubtedly disrupted each and every one's daily routines with the closure of schools and workplaces. Parents, in particular, faced the tough challenge of juggling their work responsibilities at home while supervising their children, who may either be at the pre-school or schooling age. It is no surprise that many parents would have resorted to engaging the 'necessary evil' – electronic gadgets such as televisions, computers, tablets and mobile phones – simply to occupy the children and prevent the cabin fever from setting in.



It is a difficult task to strike a balance between keeping the children entertained and limiting their screen times. The guidelines released by the World Health Organisation's recommends that children under two years old should not be exposed to any screen time while children between two to four years old should not have more than one hour of sedentary screen time daily. The concern stemming from these guidelines lie with an increased likelihood of childhood obesity for children who are highly engaged with digital devices.

Aside from obesity, the onset of myopia is also another concern with the increased usage of screen devices. A guideline released by the Children's Eye Foundation recommends that to decrease likelihood of near-sightedness, there should be no screen time for those under two years old, while children from two to five years old should be limited to a maximum of two hours per day for kids. Children over five years of age should only engage in screen time under parental guidance and frequent breaks. Daily outdoor play is beneficial to help combat the negative effects of screen engagement and reduce the likelihood of myopia, as well as obesity.

During the time of Circuit Breaker, where outdoor play is limited, parents would thus be required to think out of the box on how to help the children battle boredom blues at home with some sort of physical activities. For young children, a regimented exercise routine would not have engaged them as effectively as play-based exercises. Ultimately, the benefits of keeping children active at home through any form of physical activities include: strengthening the child's muscles and bones, decreased likelihood of obesity and other diseases and improvement in mental and behavioural health.

The benefit of keeping kids active at home is not just limited to the children themselves. However, it is also equally important for the parents to strike a work-life balance at home. One of the better options to do that will be to do it with your children through active play where you get to burn some calories while strengthening familial bonds? The Sports & Lifestyle Department has come up with some activities to help you keep your kids engaged at home on our Facebook page. Do head over to find out more!



<https://tinyurl.com/y99d3xo6>



<https://tinyurl.com/y8ygr49v>

DANCE

**LATIN / STANDARD BALLROOM
(FOR ALL LEVELS) BY PETER WONG****EVERY FRI, COMMENCING 31 JUL 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 17 AUG 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 5 AUG 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 11 AUG 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 25 AUG 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 6 SEP 2020****1.30PM – 3.00PM (BEGINNER ADVANCED)****3.00PM – 4.30PM (ADVANCED)****MULTI-PURPOSE ROOM, SC (L2)**

\$85.60 (Member) / \$139.10* (Guest)

Min. 10 pax / 10 sessions

**STREET JAZZ (BEGINNERS)
BY PHILIP SOBRIELO**

Suitable for both genders.

EVERY SUN, COMMENCING 4 OCT 2020**11.00AM – 12.00PM****MULTI-PURPOSE ROOM, SC (L2)**

\$144.45 (Member) / \$187.25* (Guest)

Min. 8 pax / 8 sessions

8 – 16 years old

**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 1 AUG 2020****6.30PM – 7.30PM****ACTIVITY SUITE, SC (L3)**

\$214.00 (Member) / \$278.20* (Guest)

Min. 8 pax / 12 sessions

13 years old & above



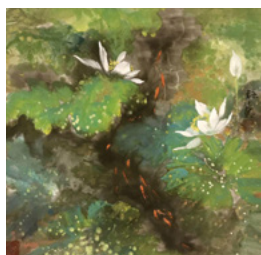
*Price includes guest fee.

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.

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)	

*Price includes guest fee.

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.

SAT, 22 AUG 2020

2.00PM – 3.00PM

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.

SAT, 22 AUG 2020

4.00PM – 5.30PM

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.



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



*Price includes guest fee.

2020 SEPTEMBER SCHOOL HOLIDAYS

DANCE CAMP FOR KIDS



SUN, 6 SEP 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* (Child Guest)
 Min. 15 pax / 5 – 12 years old

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

Fri, 14 Aug 2020

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

Fri, 21 Aug 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.

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 7 JUL 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 7 JUL 2020
8.00PM – 9.30PM
LATTICE SUITE, RC (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 must 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 in time of learning and training, student can experience transformation within his body and his outlook in life.



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.

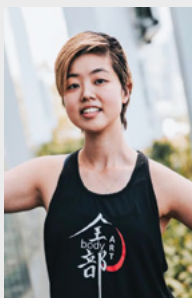


**EVERY THU,
COMMENCING 9 JUL 2020
7.45PM – 8.45PM
ACTIVITY SUITE, SC (L3)**

\$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 a basis for their health and wellbeing. BodyART has to be experienced to be appreciated!



TOTAL BODY CONDITIONING

**EVERY THU, COMMENCING 9 JUL 2020
8.00PM – 9.00PM
MULTI-PURPOSE ROOM, SC (L2)**

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



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 your concentration. Come and try it out for yourself!

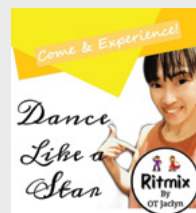
**FREE TRIAL
SAT, 1 AUG 2020
3.05PM – 4.05PM**



RITMIX DANCE FITNESS

**ACTUAL COMMENCEMENT
EVERY SAT,
COMMENCING 8 AUG 2020
3.05PM – 4.05PM
ACTIVITY SUITE, SC (L3)**

\$154.08 (Member) / \$207.58* (Guest)
Min. 5 pax / 8 sessions



PILOXING

**EVERY SAT, COMMENCING 8 AUG 2020
2.00PM – 3.00PM
ACTIVITY SUITE, SC (L3)**

\$154.08 (Member) / \$207.58* (Guest)
Min. 5 pax / 8 sessions

INSTRUCTOR: JACLYN ONG

A passionate and enthusiastic freelance group fitness instructor with 5 years of teaching experience, Jaclyn Ong is an elite Piloxing instructor, Ritmix trainer, a licensed Zumba and Poundfit pro. With her nursing background, her goal is to help and encourage everyone to achieve their own fitness goal. Her positive and supportive attitude, dedication and commitment are her tools in helping and inspiring others to achieve a healthier lifestyle.



BODY BAND BALANCE

**EVERY WED, COMMENCING 19 AUG 2020
9.00AM – 10.00AM
ACTIVITY SUITE, SC (L3)**

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

K-POP X FITNESS (LITE)



**EVERY FRI, COMMENCING 21 AUG 2020
10.00AM – 10.50AM
MULTI-PURPOSE ROOM, SC (L2)**

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

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 4 SEP 2020
5.00PM – 6.00PM / ACTIVITY SUITE, SC (L3)
EVERY SAT, COMMENCING 5 SEP 2020
12.30PM – 1.30PM / ACTIVITY SUITE, SC (L3)
EVERY SAT, COMMENCING 5 SEP 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, 5 SEP 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.

MBSR GENTLE YOGA

EVERY SAT, COMMENCING 5 SEP 2020
11.00AM – 12.15PM
ACTIVITY SUITE, SC (L3)

\$139.10 (Member) / \$214.00* (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)
 Min. 7 pax

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 CARRODUS):
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

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 (POSTPONED TILL FURTHER NOTICE)



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

FRIDAYS
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



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

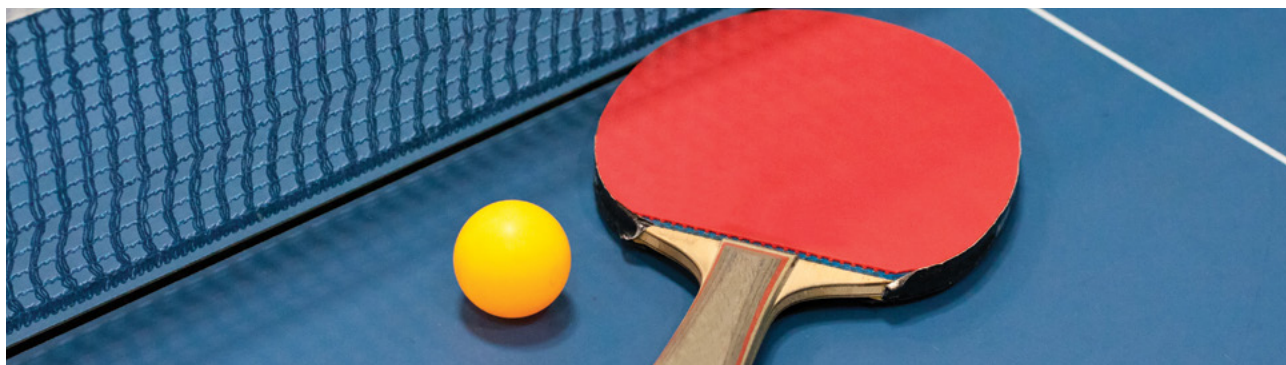
FOR KIDS AGE 6 TO 16 YEARS OLD
EVERY SAT, 11.00AM – 12.30PM
12 LANES, SC (L1)

\$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.*

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 TUE, COMMENCING 4 AUG 2020, 9.00AM – 10.30AM

EVERY THU, COMMENCING 6 AUG 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.

**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)

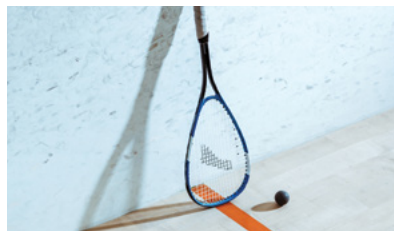
\$234.00 nett / month x 3 months (Member)

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

Eligibility: 7 – 19 years old

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

**Price includes guest fee. • The classes, trainings and activities might be postponed or cancelled, subject to further directives and measures for COVID-19 from the Multi-Ministry Taskforce and/or SportSG.*



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

July & August Promotions

北京鴨 Peking Duck



Special Price: \$39⁺⁺

U.P. \$78⁺⁺

蟹肉大包翅 Supreme Comb Shark's Fin Soup with Crab Meat



Special Price: \$29⁺⁺

U.P. \$58⁺⁺



Fu Lin Men
CANTONESE DINING

Valid Date: 1st July - 31st August 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

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.holidayinnmelaka.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

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	2 Chinese Brush Painting Total Body Conditioning CSC-JTA Table Tennis Youth Training	3 Latin / Standard Ballroom by Peter Wong K-POP X Fitness (Lite) Ballet Hatha Yoga Gentle Yoga	4 Ballet Pilates MBSR Gentle Yoga Piloxing Squash Development Programme (Beginners / Intermediate) CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Youth Training
5 Line Dance by Philip Sobrielo Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	6 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Youth Training	7 Line Dance (Beginners) 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	8 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	9 Chinese Brush Painting Total Body Conditioning BodyART Fitness CSC-JTA Table Tennis Youth Training	10 Latin / Standard Ballroom by Peter Wong K-POP X Fitness (Lite) Ballet Hatha Yoga Gentle Yoga	11 Ballet Pilates MBSR Gentle Yoga Piloxing Squash Development Programme (Beginners / Intermediate) CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Youth Training
12 Line Dance by Philip Sobrielo Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	13 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Youth Training	14 Line Dance (Beginners) 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	15 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	16 Chinese Brush Painting Total Body Conditioning BodyART Fitness CSC-JTA Table Tennis Youth Training	17 Latin / Standard Ballroom by Peter Wong K-POP X Fitness (Lite) Ballet Hatha Yoga Gentle Yoga	18 Ballet Pilates MBSR Gentle Yoga Piloxing Squash Development Programme (Beginners / Intermediate) CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Youth Training
19 Line Dance by Philip Sobrielo Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	20 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates Oreo Drip Cake (Hands-On, Parent & Child) CSC-JTA Table Tennis Youth Training	21 Line Dance (Beginners) 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	22 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	23 Chinese Brush Painting Total Body Conditioning BodyART Fitness CSC-JTA Table Tennis Youth Training	24 K-POP X Fitness (Lite) Ballet Hatha Yoga Gentle Yoga	25 Ballet Pilates MBSR Gentle Yoga Piloxing Squash Development Programme (Beginners / Intermediate) CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Youth Training
26 Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	27 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Youth Training	28 Line Dance (Beginners) 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	29 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	30 Chinese Brush Painting Total Body Conditioning BodyART Fitness CSC-JTA Table Tennis Youth Training	31  HARI RAYA HAJI Latin / Standard Ballroom by Peter Wong K-POP X Fitness (Lite) Ballet Hatha Yoga Gentle Yoga	

SUN	MON	TUE	WED	THU	FRI	SAT
30 Line Dance by Philip Sobrielo Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	31 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Youth Training					1 Flamenco (Beginners) Ballet Pilates MBSR Gentle Yoga Ritmix Dance Fitness Piloxing Squash Development Programme (Beginners / Intermediate) CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Youth Training
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9 NATIONAL DAY  Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	10 NATIONAL DAY OBSERVED  Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Chinese Karaoke Singing by Sufaye Hatha Yoga Pilates CSC-JTA Table Tennis Youth Training	11 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	12 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	13 Chinese Brush Painting Total Body Conditioning BodyART Fitness CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training For Retirees	14 Latin / Standard Ballroom by Peter Wong K-POP X Fitness (Lite) Ballet Hatha Yoga Gentle Yoga	15 Flamenco (Beginners) Ballet Pilates MBSR Gentle Yoga Ritmix Dance Fitness Piloxing Squash Development Programme (Beginners / Intermediate) CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme CSC-JTA Table Tennis Youth Training
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CLUB'S MAIN LINE : 6345 1221 or 6885 0688

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Flex / Running / Water Polo
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 Ordinary/Associate Membership.
Other Terms & Conditions apply.*

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.



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