

FREESTYLE



BI-MONTHLY MAGAZINE | SEP - OCT 2020



STAY ACTIVE, EAT HEALTHY AND
KEEP FIT

FREESTYLE PUBLICATION



ON THE COVER

Stay Active, Eat Healthy and Keep Fit

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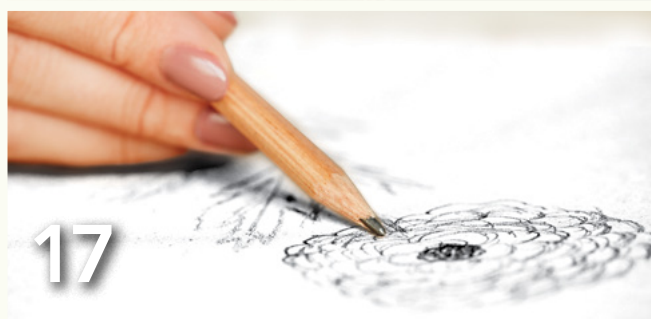
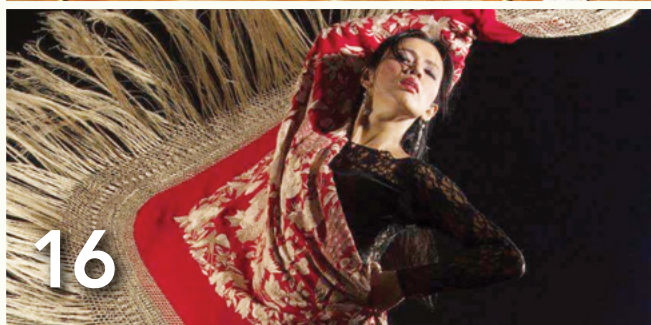
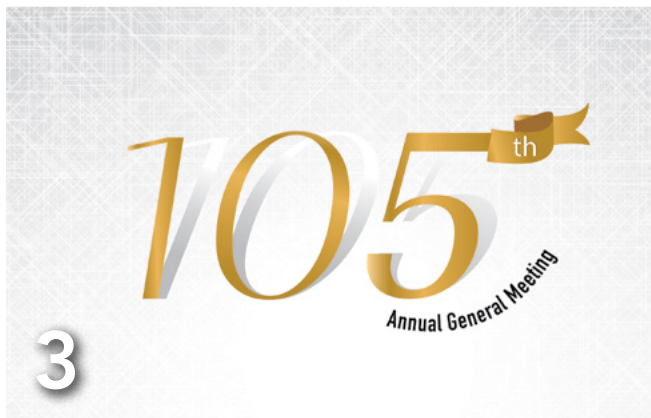
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Dear Members,

On behalf of the Management Committee and our Management team, we would like to welcome Members back to the Club after the lockdown since April. The Club resumed operations on 19 June 2020 once the circuit breaker was lifted and Singapore moved into phase two. Since then, we are seeing a steady stream of Members returning to the Club. To ensure the safety of members and staff, Management has been working closely with the Authorities, Sport Singapore and Singapore Swimming Association to fine-tune the implementation of Safe Distancing Measures (SDM) and Safe Management Measures (SMM) for the Club. Temperature checks and contact tracing counters have been deployed at all entrances while capacity limitation for facilities and activities are monitored regularly for crowd management and to minimize unnecessary physical interaction.



Although all our sports facilities are now open to Members, it is not without unavoidable booking restrictions. Man Zhu Café, Mingle@Amber and 3 Bars have resumed operations but with much reduced seating capacities. Man Zhu Café continues to provide food pickup service for members to help alleviate the long waiting time from reduced outlet seating. New hygiene and safety protocols have been introduced at the Badminton Courts, Flex Gym and changing rooms. The Games and Recreation Room has been relocated to accommodate for more members. Great Bubble Reef (Fun Pool), Kids' Cove and Collaborative Room will be opened on 1 September 2020 with stringent measures.

The majority of our sports training and lifestyle classes have also resumed but with a reduced class size and shortened duration of classes. Large-scale activities and events are still disallowed, but the team has been using this downtime to plan for more innovative events once restrictions are lifted.

Given the present situation surrounding the spread of COVID-19, Management Committee after much deliberation has unanimously decided that it would be safer to conduct this year's Annual General Meeting (AGM) virtually, so Members please note that the forthcoming 105th Annual General Meeting will be held on Sunday, 27 September 2020 at 10.00am. Details of the virtual AGM will be provided in due course and I hope Members will find time to attend.

The COVID-19 pandemic has brought unprecedented challenges in one way or another and disrupted many aspects of all our lives and inevitably caused much inconvenience to our daily routines. The Management team has been working relentlessly to support Members' needs while ensuring a safe environment for everyone. Amidst this unfamiliar evolving environment, we seek members' kind understanding and patience, and encourage all to share any suggestions and feedback to enable us to improve our shortcomings. Meanwhile stay safe and healthy, remember to observe good hygiene practices and wear your mask in public.

Shalom and God Bless

A handwritten signature in blue ink that reads "Edwin". The script is casual and fluid, with the letters connected.

Edwin Lee
President

105th
Annual General Meeting

VIRTUAL ANNUAL GENERAL MEETING (VAGM) SUNDAY, 27 SEPTEMBER 2020, 10.00AM

The Club is pleased to inform that the 105th Annual General Meeting (AGM) has been rescheduled to Sunday, 27 September 2020 at 10.00am. In view of the current COVID-19 situation, the proceedings will be planned via electronic means (VAGM). In this regard, members are advised to update their email addresses with Membership Team by emailing to membership@chineseswimmingclub.org.sg. This will facilitate members' attendance registration when the details of VAGM are confirmed and disseminated. The process of the VAGM is appended below for your kind reference.

Process of CSC 105th VAGM



SIGN UP YOUR CHILD FOR CSC JUNIOR MEMBERSHIP NOW!

Have you registered your child for our Junior Membership?

Applicable for children 12 years old and above, sign them up to enjoy an array of Sports & Lifestyle facilities and Junior programmes at the Club today!

When the Junior Member turns 21 years old, he or she will be extended with an exclusive opportunity to convert the Junior Membership to Ordinary / Associate Membership at a special conversion fee and enjoy the concessionary subscription fees for the full membership from age 21 to 24 years too. Don't miss these privileges and sign up your child for Junior Membership now!

For more information, please email our friendly Membership Team at membership@chineseswimmingclub.org.sg or call 6345 1221 / 6885 0652/7.



UPDATES ON THE IMPLEMENTATION OF SAFE MANAGEMENT MEASURES (SMM) AND SAFE DISTANCING MEASURES (SDM)

The Club is pleased to share that since its re-opening on 19 June 2020, we had implemented and complied to the stringent SMM and SDM for our premises. In addition, the Housekeeping team had also stepped up on the daily cleaning & sanitising to ensure that the Club is safe for members. The Club will continue to play its part in ensuring that the hygiene standard remains in tip top condition.

The following photos show some of the safe distancing and cleaning measures which we had carried out at different facilities and locations.



RESUMPTION OF SPORTS ACTIVITIES IN PHASE 2

We are delighted to share that our Sports activities have resumed and we have missed you over the last few months!

Prior to resumption of our activities, the Club had spruced up our cleaning at every nook and cranny and specific social distancing measures were put in place to ensure that members can have a peace of mind while enjoying the activities they love.

We hope that you have been keeping well and can't wait for you to join us.

For members who had participated in our recent activities, we would like to thank you for adhering to the Safe Distancing Measures & Safe Management Measures. Do check out the below photos which were taken during these activities.



RESUMPTION OF LIFESTYLE ACTIVITIES IN PHASE 2

A warm welcome to all members returning to the Club. It had been a long break of 2.5 months and we saw your excitement to return to our Lifestyle activities. We are pleased to share that Safe Distancing Measures and Safe Management Measures have been put in place in the studios while advisories are communicated to both the instructors and students. Increased frequencies in cleaning studios and sanitising of equipment are also arranged to give all attendees a peace of mind. Besides these measures, hand sanitisers are also available at key areas for your use.



Total Body Conditioning

The programmes under Exercise, Dance and Youth & Family have resumed and we are thrilled to see enthusiastic members getting their bodies and minds ready for the lessons. We took the opportunity to invite 2 members to share with us their feelings and thoughts on returning to the Club for activities.

"I was bored during the Circuit Breaker (CB) period and wished for a breakthrough for activities. When CB was partially lifted, I was delighted that some activities can resume but on the other hand felt worried about the spread of virus. When the Club resumed the Line Dance classes with the proper social distancing and precautions in place, I decided to get back to the class with a little apprehension. When I saw the measures taken by the Club, I felt more at ease and was happy that I was finally able to continue with my love for Line Dancing and not forgetting meeting my lively classmates with safe distancing. I hope this will continue for a long time without another CB interruption." - Ms Adeline Tay, from the Line Dance class on Sundays.



Chinese Brush Painting

"It was a long wait since we stopped classes in March this year. Although the Chinese Brush Painting students had been using Zoom for lessons in the last 3 months, it was different from attending actual classes. Our class was formed more than 15 years ago, with most of the pioneer students still attending the class till present. We love to watch our teacher personally demonstrating the strokes in Chinese Brush Painting. We also missed the jokes and camaraderie. Now that we are back in class, we are contented and are willing to follow the guidelines by the Club so that everyone stays healthy and safe." - Ms Angela Tan, from the Chinese Brush Painting class on Thursdays.

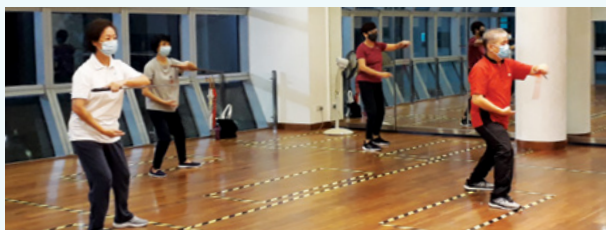
The Club hopes that all members are adapting well to this "new normal" and continue to practise safe distancing and good hygiene. We also urge everyone to adhere to the measures so as to stay safe and enjoy some leisure time amidst this challenging period.



Line Dance



Hatha Yoga



Yang Style Taiji Quan



Latin Ballroom Dance

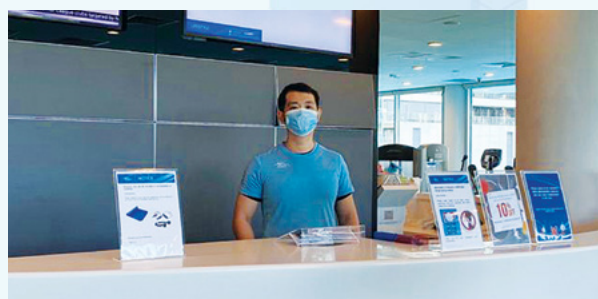
RE-OPENING OF FLEX GYM

We are pleased to update that our Flex Gym had finally re-opened after more than 2 months of long wait. Gym-goers can now hit the gym for their regular fitness workouts with proper Safe Distancing Measures and Safe Management Measures in place.

However, to embrace the new normal and keep in mind members' wellbeing as top priority, Flex had ramped up its cleaning routine by deploying a cleaner stationed throughout the day and frequently sanitising any equipment or accessories. Social distancing markings and notices were also put in place to remind members the importance of keeping our distance and masking up.

We had also capped the maximum capacity of 36 persons at any one time in the gym. You may access our live patronage at <https://bit.ly/2vOYYRm> to check the capacity before your visit.

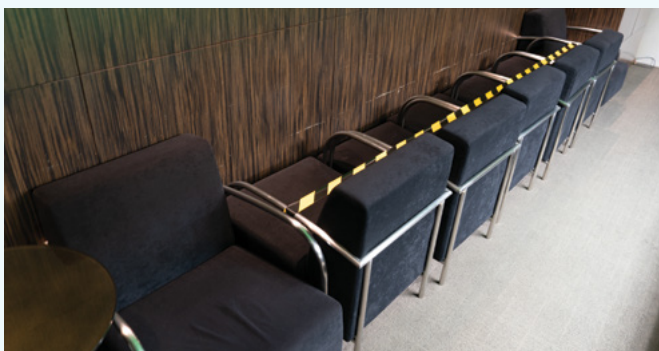
We seek members' kind cooperation in abiding by the rules and look forward to welcoming you back at Flex gym!



RE-OPENING OF BILLIARDS & SNOOKER LOUNGE

The Billiards & Snooker Lounge had re-opened on 4 July 2020 for members' usage. Our Section members were finally able to return and brush up on their skills after being out of action for 3 months.

With the Safe Distancing Measures (SDM) and Safe Management Measures (SMM) in place, the room will allow a maximum capacity of 8 persons in the room and only 3 players are allowed at each Snooker or Pool table.



TAEKWONDO JUNIOR TRAINING

During the Circuit Breaker, Coach Nordon had been contacting most of the trainees via WhatsApp to ensure that they were practising their routine. On 26 June 2020, we were delighted to share that the training for some of the Black Poom trainees had finally resumed. In line with the Social Distancing Measures of 2 metres per trainee and 3 metres per group of 5, adjustments on the training timings were made. A 30 minutes timeslot per training was therefore implemented so that Coach Nordon could focus better on the trainees.



URBAN GARDENING

Since the re-opening of the Club, members from our Urban Gardening group had been working hard in maintaining our nursery. Their diligence was well rewarded with a bountiful harvest of aloe vera, blue butterfly peas, dill and basil. We were also very excited to see the papaya trees growing well with a large number of young fruits and the members even prepared their own homemade enzymes to fertilise the plants.

Our urban gardeners were germinating seeds at their own home before transplanting them to our nursery. They will tend to their "babies" every Monday, while our staff will assist to water the plants twice a day. If you are interested to find out more on gardening, drop an email to WanLing_Tan@chineseswimmingclub.org.sg.





Chef's Specialty

SEPTEMBER

Lor Mee

\$7.90

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



OCTOBER

Spicy Sausage & Pork Knuckle

\$14.50

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



RETURN TO SAFE SWIMMING



The return to safe swimming during Phase 2 which was a relaxation of the Circuit Breaker (CB) restrictions has been challenging. Some of the issues we have had to address and consider are shared here by our Head Coach Dr. Michael.

Friday, 19 June 2020 will be remembered for a long time as the date the strict restrictions of the Circuit Breaker (CB) period relaxed and we were able to move into Phase 2. This included the 'Safe return to sport, physical exercise & activity in Phase 2'. In advance of Phase 2, CSC Swimming staff played a strong role in various consultation processes, necessary to interpret Multi-Ministry Taskforce (MMT) recommendations and apply them to swimming. These processes included drafting and providing feedback on SSA documents, Town Hall Zoom meetings, personal exchanges etc. Some of the recommendations are shown in the infographic below:



Dr. Michael
Peyrebrune



Figure 1: MMT Infographic illustrating safe return to sport principles

Once we had this information, there were a number of Safe Distancing Measures (SDM) and Contact Tracing (CT) issues to address. The following diagrams illustrate some of the practical elements that we have had to create as solutions. The first one shows the Contact Tracing procedure we have created. In week 1, we produced 158 of these codes with laminated print out for each swimmer in the A1, A2, B1, B2 and C1 groups. In addition to this, a process of registration was set up via Google Sheets to ensure controlled numbers for attendance. The second diagram describes the principles of SDM, namely that all swimmers stay at least 1 metre from each other and 'bubbles' of 5 swimmers are identified. Each bubble must be at least 3 metres from another bubble, and our coaches dealing with more than one bubble must remain 3 metres from any swimmer.



Figure 2: Laminated QR tags for individual registration and contact tracing

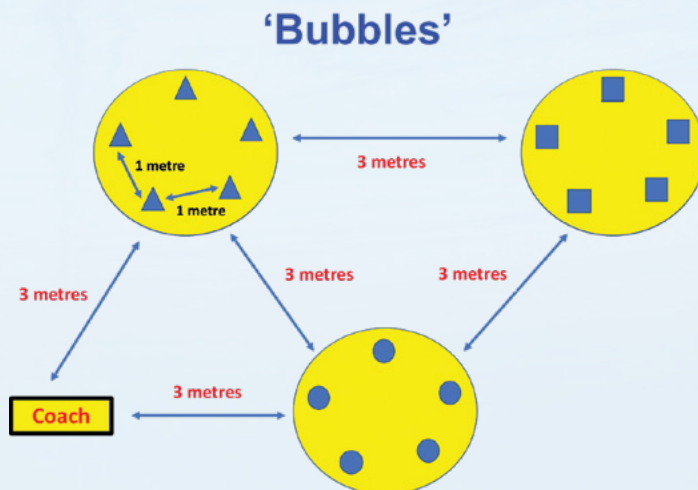


Figure 3: A diagrammatical illustration of the bubble principle

At the Club, we have an area at the Sports Complex which is described as one facility. This restricts our potential to limit swimming to 50 people at any one time. This further complicates matters as the MMT classifies individuals in the facility as part of the total number. As an example, if we had 20 members eating at Man Zhu Café and 10 parents on poolside, we would only be allowed to have 18 swimmers in the pool (and 2 coaches on the poolside). What we needed to do was to segregate the pools as separate facilities; hence the need for barriers. This included a clear separation between Man Zhu Café and the pool facilities. These barriers are not very aesthetically pleasing but they are functional and allow us to demonstrate 2 clear facilities (Competition and Water Polo Pools). With safe and separated entry and exit points, we can now justify 2 x 50 people; therefore, a total of 92 swimmers and 8 coaches allowed in the pools / on the poolside at any one point.

The principle of bubbles is fairly clear but to manage this concept both in and out of the water in a practical sense is a little more complex. We have had to set out seats and spaces adhering to SDM and ensuring distinct bubbles; this is why you see series of seats laid out all over the pool sides with clear markings on chairs and the bleacher seating. The following pictures show examples of our SDM in place.



The final part of the jigsaw has been the operation of the training sessions to maximise the return to swimming for as many swimmers as possible. Conveniently, our pool has lanes which are 2.5 metres wide and with the lane line itself, there is a natural barrier of approximately 3 metres if we use one end of the pool and alternate lanes for each group. As mentioned, we can have a maximum of 46 swimmers (and 4 coaches) in each pool which breaks down to one group at one end with numbers in lanes of 5,5,5,4 and 4 swimmers. This same arrangement also applies to swimmers on the other end of the pool. Four of our competitive groups have more than 23 swimmers, hence the necessity to register and control the attendance for training. The following diagram illustrates this working practice:

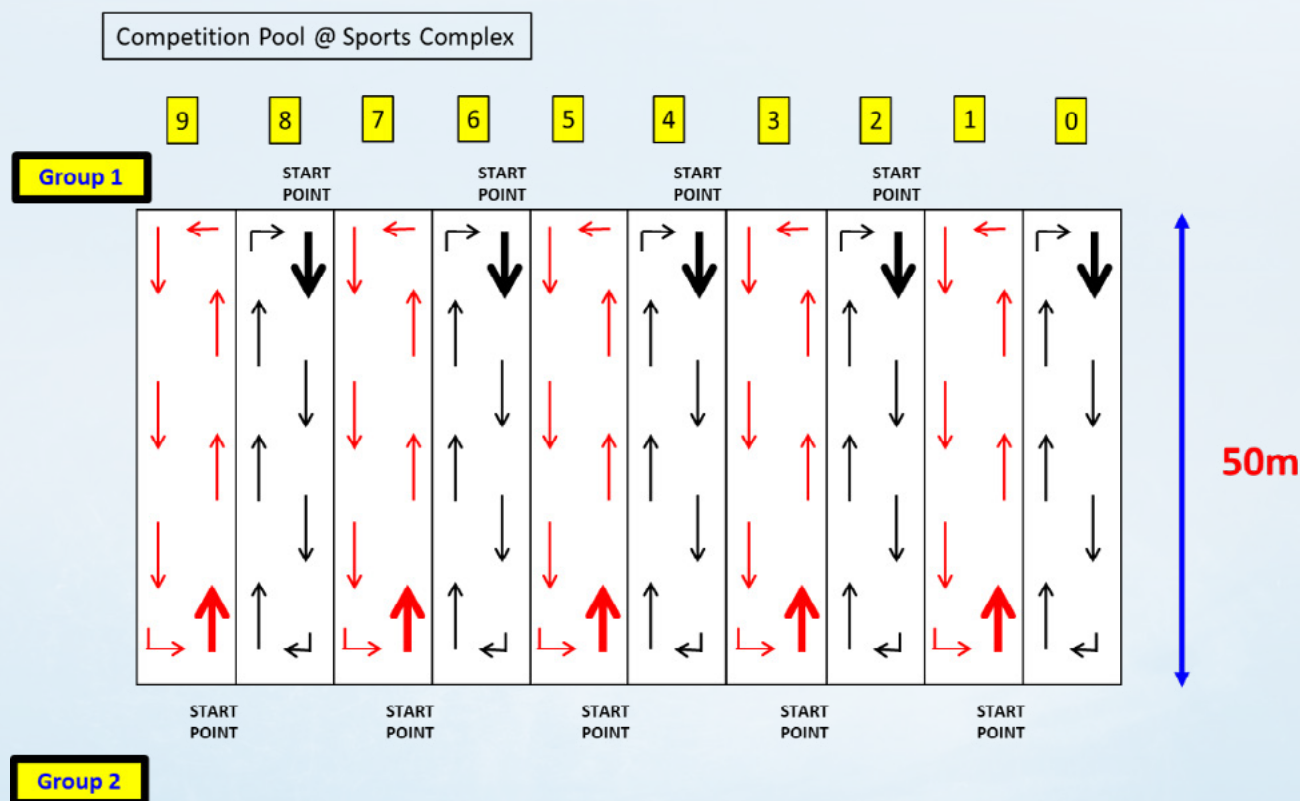


Figure 4: Training arrangement for 2 groups to swim safely in the 50m Competition Pool

During this period, ensuring Safe Management Measures (SMM) has been our priority and at the forefront of our plans. Previously each of our competitive squads had one coach per session. We currently have 4 coaches per group – 2 to run separate bubbles of up to 15 swimmers, 1 to organise swimmers to the poolside changing area and 1 to man the check-in desk. As you can imagine, this has put an enormous strain on our manpower and the logistics to organise this process. I am delighted to say that our coaches have stepped up to the plate and helped to make this complex and ever-changing situation work for the good of our members.

It would be remiss of me at this stage not to mention the tireless work of the Administrative staff; Allison Gordon, Helmy Ali and Vini Francisco. Overall it has been a challenging situation and a lot of excellent work has allowed us to get back to a safe and positive 'return to training' at CSC!

VISIT OF MS SONYA PORTER FROM SINGAPORE SWIMMING ASSOCIATION (SSA)

Ms Sonya Porter (Technical Director, SSA) was an important member of the group that compiled the 'safe return to swimming' document for Singapore swimming. She has an enormous wealth of experience from across the globe, particularly from America and Australia. Sonya was able to meet our swimming staff and pass on valuable information about organising training sessions safely and in compliance with regulations during this Phase 2 period. Sonya also fielded several questions and the excellent responses were well received. This process has enabled the Club to create an excellent environment for safe return to swimming.



VISIT OF MR BEN TAN FROM SPORT SINGAPORE

On 20 July 2020, Mr Ben Tan of Sport Singapore visited the Club and conducted an observation inspection of our sports. He focused particularly on the swimming set up and was generally satisfied with the system which the Club had constructed. However, there were some items to focus and consider (especially about the process of changing before and after the swimming sessions) and Swimming Department was able to refine their procedures further.

Following a discussion with GM, Mr Peter Goh and ASM, Ms Allison Gordon, Mr Ben Tan offered to return on 22 July 2020 to deliver a Question and Answer (Q&A) session for staff and interested parents. The Q&A session took place as planned at 6:30pm and was attended by staff from all departments and several members too. Ben provided key information and advice on Safe Distancing Measures and contact tracing 'in practice' and was able to draw on experiences and observations he had gained from his visits to many other clubs around Singapore. Overall, it was seen to be a valuable and informative exchange of ideas and recommendations. One important factor emerged from the session was the creation of a lightning alert protocol. We have now established this procedure and are leading the way in ensuring a comprehensive, safe environment for our swimmers.



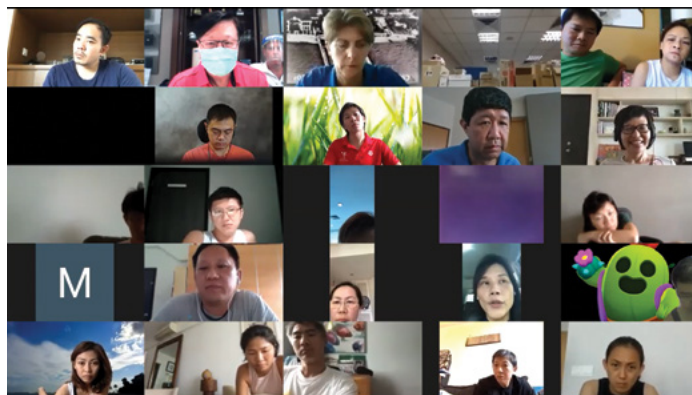
SWIM PARENTS ZOOM SESSIONS

Over the past 2 months since the return to training, there had been many changes to schedules and procedures. We were grateful to parents for their patience in allowing us to bring back as many swimmers to training (over 500 to date). We have had to make some adjustments to the programme in what is a very fluid environment. In order to communicate these changes and provide context to the new phase to return to swimming, two Zoom sessions were conducted as follows:

18 July 2020 – targeted at the 5 Competitive groups A1, A2, B1, B2, C1

25 July 2020 – targeted at C2, PC and Learn to Swim

Over 100 parents participated in either of the two sessions and there was a full and frank exchange of questions and answers as well as ideas and suggestions. A new communication platform was defined and with parents volunteering their help, there were particularly positive outcomes from these sessions.



18 July 2020 – targeted at the 5 Competitive groups A1, A2, B1, B2, C1


MMTF – Phase 2

Sport advisory - Swimming


- Maximum 50 pax per facility [CSC 2*]
• [Includes surrounds and staff]
- Bubbles of 5 pax (LTS 4 pax)
- SDM – 1 meter
- 1 coach – Max 3 bubbles (Squads only)
- Management and control of swimmers

Previous staff per squad = 1
Current staff per squad = 3 (+ check-in)


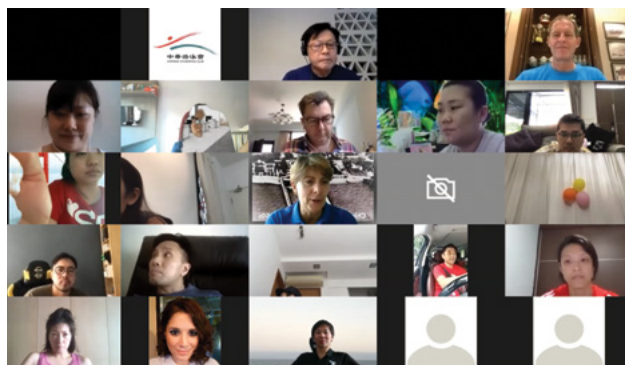
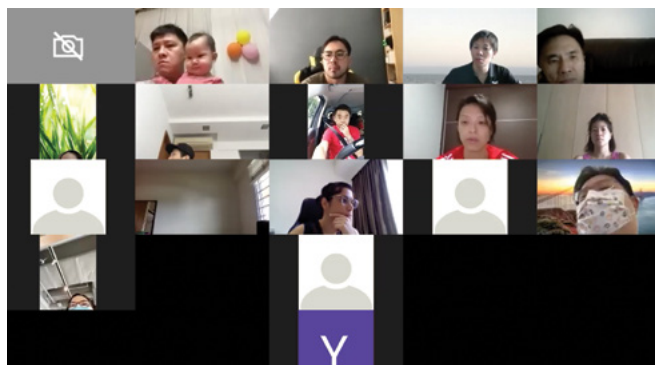
* Multi-Ministry Task Force



Learn To Swim Pool



▲ Swimming Teacher
● Swimmer

25 July 2020 – targeted at C2, PC and Learn to Swim

DANCE

**INSTRUCTOR:
PETER WONG**

With 20 years of teaching experiences in Chinese Swimming Club, Peter Wong teaches Latin Cha Cha, Waltz, Tango, Foxtrot, Quickstep, Rumba, Samba, Jive and Viennese Waltz.

He is certified by National Association of Teachers of Dancing for Ballroom Dancing. Furthermore, he took lessons from many local dance teachers and also attended dance congress (lectures by professional dance teachers) at Blackpool, England on 5 occasions.

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

EVERY FRI, COMMENCING 9 OCT 2020
8.45PM – 9.45PM / 10.00PM – 11.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$80.25 (Member) / \$105.93* (Guest)

Min. 4 pax / 8 sessions

Note: Timeslot is subjected to availability

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

EVERY MON, COMMENCING 26 OCT 2020
8.30PM – 9.30PM / 9.45PM – 10.45PM
ACTIVITY SUITE, SC (L3)

\$80.25 (Member) / \$105.93* (Guest)

Min. 4 pax / 8 sessions

Note: Timeslot is subjected to availability

**INSTRUCTOR: ALVIN LOW**

Alvin Low has been teaching in Chinese Swimming Club since 2017.

He possesses professional certificates for Country & Western Line Dance as well as Latin American Dance from National Association of Teachers of Dancing.

Under his belt includes dancing awards like the Gold Bar (Latin-

American Dancing) from Amateur Latin-American Dancing, Latin Amateur Gold Bar and Modern Ballroom Dancing Gold from National Association of Teachers of Dancing.

**LINE DANCE (INTERMEDIATE)
BY ALVIN LOW**

For interested participants with line dancing background.

EVERY WED, COMMENCING 16 SEP 2020

2.00PM – 3.30PM

ACTIVITY SUITE, SC (L3)

\$85.60 (Member) / \$111.28* (Guest)

Min. 8 pax / 8 sessions

**SOLO LATIN DANCE FOR LADIES
BY ALVIN LOW**

EVERY WED, COMMENCING 14 OCT 2020

3.35PM – 4.35PM

ACTIVITY SUITE, SC (L3)

\$96.30 (Member) / \$121.98* (Guest)

Min. 8 pax / 8 sessions

**INSTRUCTOR:****PHILIP SOBRIELO**

Starting his teaching journey with Chinese Swimming Club in 2019, Philip Sobrielo is endorsed by Imperial Society of Teachers of Dancing with Dance Instructor Certification and Highest Professional Art/Music Qualification. In the Line Dance teaching field for 23 years, Philip is regularly invited overseas as guest instructor, judge and/or performer.



Some of his notable involvement are Vegas Explosion (USA) for 16 years, Esplanade Dance Festival (Singapore) in 2007, Singapore Arts Festival Mega Line Dance Event (Singapore) in 2010, Howdy Line Dance (Japan) in 2013, Line Dance Foundation (United Kingdom) in 2017 and Rainforest World Music Festival (Malaysia) in 2018.

His prominent awards include 1st in dance and 1st for choreography in Australia for Dare2dance Line Dance Competition in 2007, Choreography Champion during Vegas Explosion 2005 in Las Vegas USA, 2nd place in freestyle Line Dancing under the Renegade Division and 4th place in choreography in the United Country Western Dance Competition 2004.

**Price includes guest fee.*

NEW LINE DANCE (FOUNDATION) BY PHILIP SOBRIELO

For interested participants with no line dancing background.

EVERY TUE, COMMENCING 15 SEP 2020

12.55PM – 1.55PM

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 line dancing background.

EVERY TUE, COMMENCING 10 NOV 2020

2.00PM – 3.30PM

ACTIVITY SUITE, SC (L3)

\$104.33 (Member) / \$136.43* (Guest)

Min. 10 pax / 10 sessions

LINE DANCE (BEGINNER ADVANCED) BY PHILIP SOBRIELO

EVERY SUN, COMMENCING 25 OCT 2020

12.50PM – 2.05PM / 2.10PM – 3.25PM

MULTI-PURPOSE ROOM, SC (L2)

\$88.28 (Member) / \$141.78* (Guest)

Min. 10 pax / 10 sessions

Note: Timeslot is subjected to availability

LINE DANCE (ADVANCED) BY PHILIP SOBRIELO

EVERY SUN, COMMENCING 25 OCT 2020

3.30PM – 4.30PM

MULTI-PURPOSE ROOM, SC (L2)

\$74.90 (Member) / \$128.40* (Guest)

Min. 10 pax / 10 sessions

Note: Timeslot is subjected to availability

NEW STREET JAZZ (BEGINNERS) BY PHILIP SOBRIELO

Suitable for all genders.

EVERY SUN, COMMENCING 4 OCT 2020

11.00AM – 12.00PM

ACTIVITY SUITE, SC (L3)

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

Min. 8 pax / 8 sessions

8 – 16 years old

INSTRUCTOR: DAPHNE HUANG

Daphne Huang Vargas or La Ninã de Fuego, has loved dance all her life, and has studied jazz, modern, ballroom and was part of the NUS Dance Ensemble in her younger days. She discovered Flamenco and has not looked back since. Over the last 10 years, she had been studying extensively under Maestro Antonio Vargas, who has been her main teacher. She also studied under renowned Flamenco artistes such as Maria Pagés, José Galvan, Aida Gomez, Carmen Talegona, Manuel Betanzos, Inmaculada Ortega, etc. Within a short space of time, she started performing locally as well as overseas, stunning audiences with her moving and unusual interpretation of Flamenco dances.



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 3 OCT 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 SEPTEMBER SCHOOL HOLIDAYS

DANCE CAMP FOR KIDS

SUN, 6 SEP 2020

9.00AM – 12.30PM

MULTI-PURPOSE ROOM, SC (L2)

\$64.20 (Kidz Club Member) / \$74.90 (Member) /

\$85.60* (Guest)

Min. 10 pax / 5 – 12 years old

Time	Programme
9.00am	Street Jazz
10.00am	Break
10.15am	Line Dance
11.15am	Break
11.30am	Hip Hop
12.30pm	Home Sweet Home

*Note: No snacks and beverages will be provided during breaks.
Programme is subject to changes due to unforeseen circumstances.*

**Price includes guest fee.*

YOUTH & FAMILY

ART CAMP INSTRUCTOR: JAYA GUPTA

Jaya Gupta is a Freelance Conceptual Artist, Art teacher and Graphic designer with a degree in Fine Art from HKUSPACE, Hong Kong and has learnt various art styles from a renowned Chinese artist. She was one of the Semi-Finalist of Phillippe Charriol Art Competition in China in 2006.

**ADULT ART CAMP**

Pick up a new hobby and learn foundational graphite shading and oil pastel skills with Teacher Jaya.



THU, 10 SEP 2020

2.00PM – 6.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$107.00 (Member) / \$110.21* (Guest)

Max. 5 pax

Time	Programme
2.00pm	Graphite Shading
4.00pm	Break
4.15pm	Oil Pastel
6.15pm	Home Sweet Home

Note: All art materials will be provided. No snacks and beverages during break. Programme is subject to changes due to unforeseen circumstances.

CHILDREN ART CAMP

Learn foundational watercolour painting and oil pastel skills with Teacher Jaya during this creative session.



FRI, 11 SEP 2020

9.00AM – 1.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$96.30 (Member) / \$99.51* (Guest)

Max. 5 pax / 7 – 12 years old

Time	Programme
9.00am	Origami with Watercolour Painting
11.00am	Break
11.15am	Oil Pastel
1.15pm	Home Sweet Home

Note: All art materials will be provided. No snacks and beverages during break. Programme is subject to changes due to unforeseen circumstances.

CHINESE CALLIGRAPHY

EVERY MON

9.00AM – 11.00AM

MULTI-PURPOSE ROOM, SC (L2)

\$16.05 (Member) / \$32.10* (Guest)

Min. 6 pax

*Price includes guest fee.

BALLET

GRADE	DAY	TIME	FEES (PER 8 SESSIONS)	VENUE
BEGINNERS 1 (3 to 4 years old)	Every Sat	9.00am – 10.00am	\$119.84 (Member) / \$162.64* (Guest)	Multi-Purpose Room, SC (L2) 
BEGINNERS 2 (5 to 6 years old)	Every Sat	8.00am – 9.00am / 10.00am – 11.00am	\$162.64 (Member) / \$205.44* (Guest)	
PRIMARY (Beginners)	Every Sat	11.00am – 12.00pm	\$162.64 (Member) / \$205.44* (Guest)	
PRIMARY	Every Sat	12.00pm – 1.00pm	\$162.64 (Member) / \$205.44* (Guest)	
GRADE 1 (Beginners)	Every Mon	2.30pm – 3.30pm	\$222.56 (Member) / \$265.36* (Guest)	
GRADE 1	Every Mon	3.30pm – 4.30pm	\$222.56 (Member) / \$265.36* (Guest)	
GRADE 2 (Beginners)	Every Fri	3.00pm – 4.00pm	\$239.68 (Member) / \$282.48* (Guest)	
GRADE 2	Every Fri	4.00pm – 5.00pm	\$239.68 (Member) / \$282.48* (Guest)	
GRADE 5 (Beginners)	Every Fri	5.00pm – 6.00pm	\$239.68 (Member) / \$282.48* (Guest)	
GRADE 5	Every Fri	6.00pm – 7.00pm	\$239.68 (Member) / \$282.48* (Guest)	

CULINARY

SNOWSKIN MOONCAKE
(KIDS HANDS-ON)

Mid-Autumn Festival is round the corner. Let's make Snowskin Mooncake with Hello Kitty or floral design that are healthier and trans fat-free. Bring along your own apron, hand towel and container to store your own handmade mooncakes. Register early as slots are limited!

SUN, 20 SEP 2020
10.00AM – 12.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$64.20 (Member) / \$74.90* (Guest)
 Child 7 – 12 years old
 Min. 6 pax

BAKED BBQ PORK PUFF PASTRY
(ADULTS HANDS-ON)

Learn to make the classic Cantonese baked BBQ pork puff pastry aka Char Siew Sou from Chef Nan Ong. You will be making everything from scratch from the fillings to the 2 different types of dough and the method to combine the water and oil dough together. Bring your own container to store the pastries you made.

SAT, 31 OCT 2020
2.00PM – 5.00PM
MULTI-PURPOSE ROOM, SC (L2)

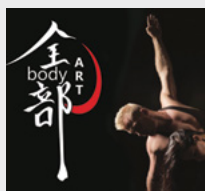
\$117.70 per pax (Member) /
 \$128.40* per pax (Guest)
 Min. 4 pax



EXERCISE & LEISURE

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.

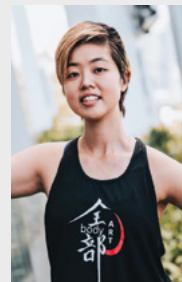


EVERY THU,
COMMENCING 3 SEP 2020
7.30PM – 8.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$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 programme 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 well-being. BodyART has to be experienced to be appreciated!



*Price includes guest fee.

INSTRUCTOR: JAMES LIM

James Lim is a creative designer and has the ability to translate people, places, cultures and food into artistic representations. He is deeply passionate about his art just like he is about his coffee; always enjoying a cup while sketching.

**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. 5 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

**NEW RITMIX DANCE FITNESS**

This fitness programme 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, 5 SEP 2020
3.15PM – 4.15PM**

**ACTUAL COMMENCEMENT
EVERY SAT,
COMMENCING 12 SEP 2020
3.15PM – 4.15PM
ACTIVITY SUITE, SC (L3)**

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

**PILOXING**

**EVERY SAT, COMMENCING 12 SEP 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.

**K-POP X FITNESS (LITE)**

**EVERY FRI, COMMENCING 11 SEP 2020
10.15AM – 11.05AM
ACTIVITY SUITE, SC (L3)**

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

TOTAL BODY CONDITIONING

**EVERY THU,
COMMENCING 17 SEP 2020
8.00PM – 9.00PM
ACTIVITY SUITE, SC (L3)**

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

**POLE DANCE FITNESS**

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

**EVERY TUE,
COMMENCING 29 SEP 2020
7.15PM – 8.15PM &
8.20PM – 9.20PM
MULTI-PURPOSE ROOM, SC (L2)**

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



*Price includes guest fee.

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 2 OCT 2020
5.00PM – 6.00PM / ACTIVITY SUITE, SC (L3)
EVERY SAT, COMMENCING 3 OCT 2020
12.30PM – 1.30PM / ACTIVITY SUITE, SC (L3)
EVERY SAT, COMMENCING 3 OCT 2020
7.00PM – 8.00PM / MULTI-PURPOSE ROOM, SC (L2)
EVERY SUN, COMMENCING 4 OCT 2020
9.30AM – 10.30AM / ACTIVITY SUITE, SC (L3)

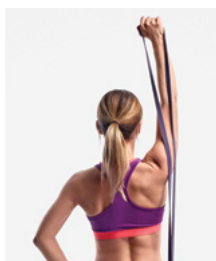
\$107.00 (Member) / \$160.50* (Guest)
 Min. 6 pax per class / 4 sessions / 5 – 12 years old

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

BODY BAND BALANCE

EVERY WED,
COMMENCING 28 OCT 2020
9.00AM – 10.00AM
ACTIVITY SUITE, SC (L3)

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



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 / 6.45PM – 7.45PM
TIME SLOT 4 (BY ONG BENG HWEE):
EVERY TUE / 8.00PM – 9.00PM
TIME SLOT 5 (BY ONG BENG HWEE):
EVERY SAT / 9.00AM – 10.00AM



HATHA YOGA

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

ACTIVITY SUITE, SC (L3)
TIME SLOT 1 (FEMALES ONLY):
EVERY MON / 6.45PM – 8.00PM
TIME SLOT 2 (FEMALES ONLY):
EVERY FRI / 6.45PM – 8.00PM



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
8.00PM – 9.30PM
LATTICE SUITE, RC (L3)

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

GENTLE YOGA

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

ACTIVITY SUITE, SC (L3)
TIME SLOT 1:
EVERY TUE / 10.15AM – 11.15AM
TIME SLOT 2:
EVERY FRI / 9.00AM – 10.00AM

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



TAIJI QIGONG

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

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

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

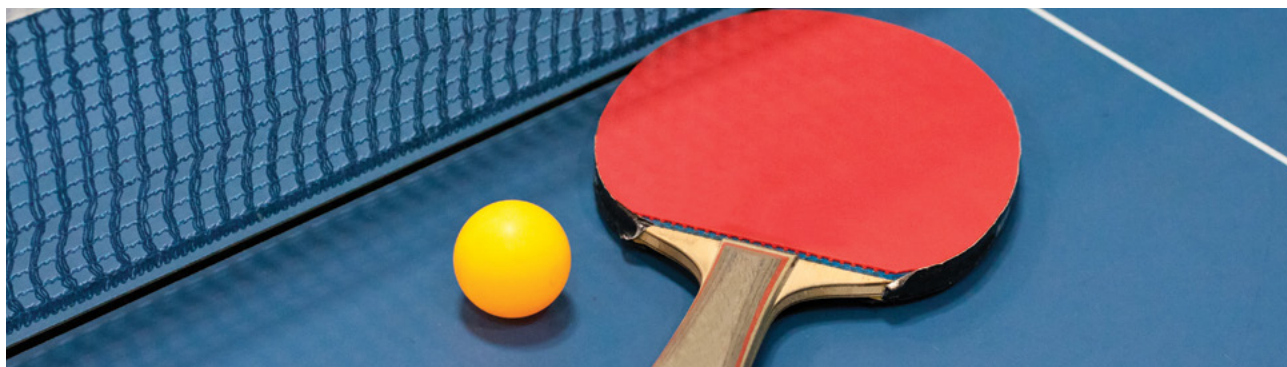
FOR KIDS AGE 6 TO 16 YEARS OLD
EVERY SAT, 11.00AM – 12.30PM
12 LANES, SC (L1)

\$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, 9.00AM – 10.30AM

EVERY THU, 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 at 6885 0653 or email

WanLing_Tan@chineseswimmingclub.org.sg for more information.



CSC-LJE SPORTS JUNIOR BASKETBALL HOLIDAY TRAINING CAMP

MON TO WED, 7 TO 9 SEP 2020

8.00AM – 10.00AM / 10.15AM – 12.15PM

BASKETBALL COURT, SC (ROOFTOP LEVEL)

CSC Member & Current Non-Member Trainees: \$275.00

Non-Member: \$290.00

Eligibility: 6 – 14 years old

Above fees include 2 hours of training for 3 days.

Up to 5 trainees per group per timeslot.

Contact Wendy at 6885 0654 or email

Wendy_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.*



Online & Offline Classes
Available

www.thedancesportacademy.com

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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

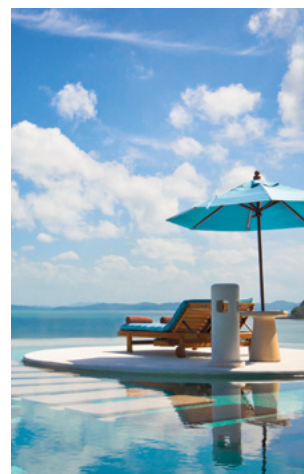
G Hotel Gurney
Tel: +6 04 238 0000
www.ghotel.com.my

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

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First 50 Customers only.

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- Decrease joint and tissue degeneration

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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

Promotion is valid from 1st Sep to 31st Oct 2020. Please quote FCSC0920 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.

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**SEPTEMBER
OCTOBER
PROMTION**

蟹肉大包翅
Supreme Comb Shark's Fin Soup
WITH CRAB MEAT

Special Price \$29⁺⁺
U.P. \$58⁺⁺

**50%
OFF**



Fu Lin Men

PASSION GROUP

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
Tel : 6282 0810

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga Line Dance (Beginner Intermediate) by Philip Sobrielo CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	2 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	3 BodyART Fitness Total Body Conditioning CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	4 Latin / Standard Ballroom by Peter Wong Ballet K-POP x Fitness (Lite) Hatha Yoga Gentle Yoga	5 Coffee Painting Art Flamenco (Beginners) Ballet MBSR Gentle Yoga Ritmix Dance Fitness Piloxing Pilates CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training
6 Dance Camp For Kids Taiji Qigong Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	7 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Ballet Pilates Hatha Yoga CSC-JTA Table Tennis Youth Training CSC-LJE Sports Junior Basketball Holiday Training Camp	8 Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga Line Dance (Beginner Intermediate) by Philip Sobrielo CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees CSC-LJE Sports Junior Basketball Holiday Training Camp	9 Solo Latin Dance (Beginners) For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training CSC-LJE Sports Junior Basketball Holiday Training Camp	10 Adult Art Camp BodyART Fitness Total Body Conditioning CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	11 Children Art Camp Latin / Standard Ballroom by Peter Wong Ballet K-POP x Fitness (Lite) Hatha Yoga Gentle Yoga	12 Flamenco (Beginners) Ballet MBSR Gentle Yoga Ritmix Dance Fitness Piloxing Pilates CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training
13 Taiji Qigong Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	14 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Ballet Pilates Hatha Yoga CSC-JTA Table Tennis Youth Training	15 Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	16 Solo Latin Dance (Beginners) For Ladies Line Dance (Intermediate) by Alvin Low Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	17 BodyART Fitness Total Body Conditioning CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	18 Latin / Standard Ballroom by Peter Wong Ballet K-POP x Fitness (Lite) Hatha Yoga Gentle Yoga	19 Flamenco (Beginners) Ballet MBSR Gentle Yoga Ritmix Dance Fitness Piloxing Pilates CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training
20 Snowskin Mooncake (Kids Hands-On) Taiji Qigong Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	21 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Ballet Pilates Hatha Yoga CSC-JTA Table Tennis Youth Training	22 Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	23 Solo Latin Dance (Beginners) For Ladies Line Dance (Intermediate) by Alvin Low Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	24 BodyART Fitness Total Body Conditioning CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	25 Latin / Standard Ballroom by Peter Wong Ballet K-POP x Fitness (Lite) Hatha Yoga Gentle Yoga	26 Flamenco (Beginners) Ballet MBSR Gentle Yoga Ritmix Dance Fitness Piloxing Pilates CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training
27 Taiji Qigong Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	28 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Ballet Pilates Hatha Yoga CSC-JTA Table Tennis Youth Training	29 Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	30 Solo Latin Dance (Beginners) For Ladies Line Dance (Intermediate) by Alvin Low Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training			

SUN

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				1 BodyART Fitness Total Body Conditioning CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	2 Latin / Standard Ballroom by Peter Wong Ballet K-POP x Fitness (Lite) Wushu (Beginners) Hatha Yoga Gentle Yoga	3 Flamenco (Beginners) Ballet MBSR Gentle Yoga Ritmix Dance Fitness Piloxing Wushu (Beginners) Pilates CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training
4 Street Jazz (Beginners) by Philip Sobrielo Wushu (Beginners) Taiji Qigong Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Taekwondo Junior Training Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training	5 Latin / Standard Ballroom by Peter Wong Chinese Calligraphy Ballet Pilates Hatha Yoga CSC-JTA Table Tennis Youth Training	6 Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga CSC Bowling Academy Centre of Excellence (COE) Programme CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	7 Solo Latin Dance (Beginners) For Ladies Line Dance (Intermediate) by Alvin Low Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Youth Training	8 BodyART Fitness Total Body Conditioning CSC-JTA Table Tennis Youth Training CSC-JTA Table Tennis Training for Retirees	9 Latin / Standard Ballroom by Peter Wong Ballet K-POP x Fitness (Lite) Wushu (Beginners) Hatha Yoga Gentle Yoga	10 Flamenco (Beginners) Ballet MBSR Gentle Yoga Ritmix Dance Fitness Piloxing Wushu (Beginners) Pilates CSC Bowling Academy Centre of Excellence (COE) Programme Bowling Learn-To-Play Programme Squash Development Programme (Beginners / Intermediate) CSC-JTA Table Tennis Youth Training
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• SPORTS RECEPTION

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

RECEPTION COUNTERS

Front Office @ AP

Daily 8.30am to 10.00pm

Sports Reception @ SC

Daily 7.00am to 10.00pm

MAN ZHU CAFÉ

Mon to Thu 12.00pm 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 Artistic 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



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 Team at
membership@chineseswimmingclub.org.sg or call 6345 1221 or 6885 0652/7.