

FREESTYLE



BI-MONTHLY MAGAZINE | NOV - DEC 2020

HAVE A
JOLLY CHRISTMAS
&
A WONDERFUL
NEW YEAR



FREESTYLE PUBLICATION



ON THE COVER

Have a Jolly Christmas & a Wonderful New Year

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(Live via Zoom): Christmas I

Dear Members,

The 105th Annual General Meeting (AGM) was conducted virtually on Sunday, 27 September 2020. I thank all members for taking the time to attend the virtual AGM.

I would also like to take this opportunity to extend my greatest appreciation to outgoing member of the Management Committee, Mr Lee Chiwi who had served the Club for 15 years. As Chairman of Membership Relations and Marketing Committee, Chiwi spearheaded the amendments to Membership rules and policies that were more family orientated. Please join me to welcome the two new inductees, Mr Peter See and Mr Eugene Ng to the Management Committee. I look forward to working closely with them.



The Club has been constantly reviewing the Safe Management Measures (SMM) to ensure a safe and gradual opening of facilities for members. The Beginners' Pool and Indoor Jacuzzi reopened on 28 September 2020 with capacity restrictions to comply with the SMM. Though the number of community cases has remained low and some SMM were eased, we at the Club remain vigilant at all times.

With restrictions on organising large scale events and activities, the Sports & Lifestyle team has been actively engaging members with small group activities and 'innovative' online programmes. We have had positive feedback from members with our first Mid-Autumn online celebration on 26 September 2020 where we had Facebook LIVE, a Guzheng performance and a competition to decode 'lantern riddles'; congratulations to the 3 winners. Members can look forward to more Lifestyle activities. During school holidays, children can enroll in Sport camps for Swimming, Basketball, Badminton, Table Tennis and Tennis.

With the year-end festivities approaching, members can experience the joy of Christmas at this year's virtual Christmas Light-up on Friday, 27 November 2020 where we will have interactive activities and performances. Members can also look forward to our very own CSC log cakes from Man Zhu Café pastry kitchen. More details will be shared closer to the event date.

Lastly, I urge members to continue the good effort in observing the Safe Distancing Measures and don't forget your masks. I am confident that Chinese Swimming Club will be able to overcome all challenges during these trying times and adapt to the new normal.

On behalf of the Management Committee and the administrative staff, I wish all members and their families a Blessed Christmas and following the coming of the Christ child may the New Year be filled with God's Love, Joy & Peace.

Shalom & God Bless

A handwritten signature in blue ink that reads "Edwin". The letters are stylized and connected.

Edwin Lee
President



Mr Edwin Lee
President

MANAGEMENT COMMITTEE 2020/2021



Mr Peter Liew
Vice President (General)



Mr Jonathan Kuah
Vice President (Finance)



Mr John Chew
Captain



Mr Dick Lee
Vice Captain



Mr Victor Chia
Member



Mr Chia T-Jian
Member



Mr Goh Peng Koon
Member



Mr Hoon Tai Meng
Member



Mr David Khoe
Member



Mr Kendrick Lee
Member



Mr Michael Leong
Member



Mr Gerard Ng
Member



Mr Steven Tan
Member



Mr Wu Chee Yiun
Member



Mr Eugene Ng
Member



Mr Peter See
Member



EXCO members attended the AGM at the Lattice Suite.

105th Annual General Meeting

In view of the COVID-19 pandemic situation, the 105th Annual General Meeting (AGM) was held via electronic means on 27 September 2020. Registered members attended the live audio-visual webcast of the AGM proceedings at their own premises.

The meeting convened at 10am and on behalf of the President, Mr John Chew, Club Captain, called the meeting to order.

Mr Chew announced that there was no query received relating to the Annual Report and Accounts 2019. However, two members, Mr Andrew Kuan and Mr Henry Low had submitted their queries regarding the Club's financial status during the COVID-19 pandemic period as well as Transfer Fee respectively. Written replies were sent to them and also posted on the Club's website for members to view on 24 September 2020.

The Club President, Mr Edwin Lee, thanked members for taking time to attend the meeting and delivered his address. Mr Lee extended his and the team's heartfelt appreciation to the outgoing member of the Management Committee, Mr Lee Chiwi who was also the Chairman of Membership Relations & Marketing Committee. A token of appreciation was then presented to Mr Lee Chiwi by Club President for his valuable contributions to the Club for the past 15 years.

At the meeting, Mr Jonathan Kuah, Vice President (Finance) presented the Club's financial review followed by Mr Chew as he brought the members through the resolutions and announced the voting results. A total of 70 valid Proxy Forms were received. He also presented the members of Management Committee and Disciplinary Panel who were elected unopposed. Mr Chew also presented the proposed amendments in Constitution covering Articles related to Accounts & Property and Trustees. The proposed changes will provide for different modes of withdrawal or payment other than by cheque as well as better describe the provisions of the Constitution Article respectively. The resolutions on the amendments were adopted during the AGM.

The meeting was adjourned at 10.40am and President thanked members for their attendance and wishes all a happy Mid-Autumn Festival.





Set-up of Lattice Suite for the Virtual AGM.



Standing Orders

- Once the meeting is called to order, the Chairman of the meeting shall proceed in an orderly manner via live audio-visual webcast.
- Members who had registered will be able to attend and view the live audio-visual webcast of the Virtual AGM.



Outlook for FY2020

- Uncertainties due to Covid-19
- Concern on Members' well being in terms of financial and health
 - Club's waived 2 months subscription fees in the month of April and May
 - More cleaning and sanitization in the Club
 - Application of SDST solution on frequent touch points



DISPLAY OF CSC CAR DECAL

Please be reminded to display your CSC car decal on your vehicle's windscreen when parking at the designated members' car park lots at the Sports Complex and Recreation Complex.

Kindly note that members who parked their vehicles at designated members' car park lots without displaying CSC car decal will be given up to 3 notices. Upon receiving the 3rd and final notice, the vehicle will be wheel clamped.

An administrative fee of \$100 shall be imposed for the release of the wheel clamp.

We seek your kind cooperation in this matter during your visits to the Club.



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

spending credits

+

\$300

F&B vouchers



Credits only applicable upon the prospective member purchasing **Ordinary/Associate Membership.
Other Terms & Conditions apply.*

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

LEARN TO SWIM – RETURN TO SWIMMING

We are glad to finally see the return of the eagerly awaited Learn To Swim programme in September 2020. Over 250 young and enthusiastic children grasped the opportunity to be back in the water for lessons. The Learn To Swim programme relaunched with an improved skills appraisal system, spearheaded by our new Senior Swimming Coach, Vini. Taking the stress out of formal assessment and encouraging the children to have fun while continuing to learn.

Lessons for 2021 will commence in January. If you have questions regarding Learn To Swim, please contact the Swimming Team at swimcsc@chineseswimmingclub.org.sg.



ARTISTIC SWIMMING

We were pleased to welcome the new Singapore Swimming Association (SSA) Artistic Swimming National Head Coach, Ms Anastasia Goutsev who visited the Club together with SSA Artistic Swimming Sports Manager, Ms Nur Zahidah on 11 October 2020. Our Swim CSC girls demonstrated their skills and gained useful insights in land training techniques as shared by Ms Anastasia at the end of their session. Artistic Swimming is in its infancy at CSC. Both Coach Emma and Swimming Manager, Ms Allison Gordon were happy to receive advice in relation to the planning of CSC programme and recommended equipment for training.



COACH DEVELOPMENT WORKSHOP

Coach development is as important as swimmer development at CSC; they go hand in hand. Swim CSC has made a commitment to support the development of its full time coaches and is working closely with Singapore Swimming Association (SSA) to ensure that our coaches meet the required national criteria. The National Sports Association (NSA) and governing body for Singapore swimming (SSA) is producing a series of levels for swimming teachers and coaches in order to create a career pathway. These are being designed to ensure all teachers and coaches are qualified, registered and current. There is also on-going development with compulsory Continuing Coaching Education (CCE) to ensure that the best practice is continually being relayed to all swimming teachers and coaches.

On 9 October 2020, SSA Swimming Technical Director, Ms Sonya Porter and Senior Manager (Coach and Club Development), Mr Condrey Liu delivered a workshop for the coaches of Learn To Swim and Development squads. It was a fun and thought provoking workshop focusing on swimming lesson/training planning and the delivery and reflection mindset required for all successful coaches.





SUPPORTING COACHES – THE SWIM CSC LEGACY



In this article, Head Coach Michael shared his thoughts on the recent developments and changes that have taken place in the sports coaching industry in Singapore and how CSC is embracing and, in some cases, leading the way in improving coaching performance of our coaches.

I have now been in Singapore for 20 months; this is a long time for the country but an especially long period for Sport! I realise there is a strong tradition of sporting history in Singapore and huge amount of sporting activities that take place all over the island. In Swimming, this year would have been the 51st SNAG Championships; an impressive statistic for a country that has only just celebrated its 55th birthday. This perhaps illustrated the importance that the Government and society did as a whole on sporting participation and excellence.

In comparison with other leading swimming nations, Singapore can draw a number of parallels, and it is pleasing to see a long-awaited investment into coaches and the coaching process. It has had a system of qualification for some years now, but in many cases, there was no requirement to be qualified, rather it was seen as a 'nice to have' and not an 'essential'. This is no different to the evolution that has taken place in other countries, but only recently we see the importance of investing in coaches financially and a modern structure has now been created by Sport Singapore (Sport SG). I am delighted to say that this process is well underway and despite the rapid change and conflict that this may create, Singapore's programme leads the way in this region.



Coach Wang Tao

The approach at CSC and the Swimming Department in particular has been to embrace this change and to integrate our own plans, structure and training to complement these developments undertaken by Sport SG and Singapore Swimming Association (SSA). We have looked at updating and upgrading our qualified coaches and to move all coaches towards full qualification. Indeed, considerable time has been spent engaging SSA and building relationships with key staff to the point that we have been designated as an attachment centre for SSA coach education. Swimming Manager, Allison Gordon has worked tirelessly to make this happen and whilst swimming members may not immediately see the fruits of her labour, we are safeguarding both the status of our current staff, enhancing their knowledge, educating, identifying and assisting future generations of Swim CSC coaches.

The new system in Singapore has 3 main areas: Registration, Qualification and Professional Development. These are described briefly below:

Registration

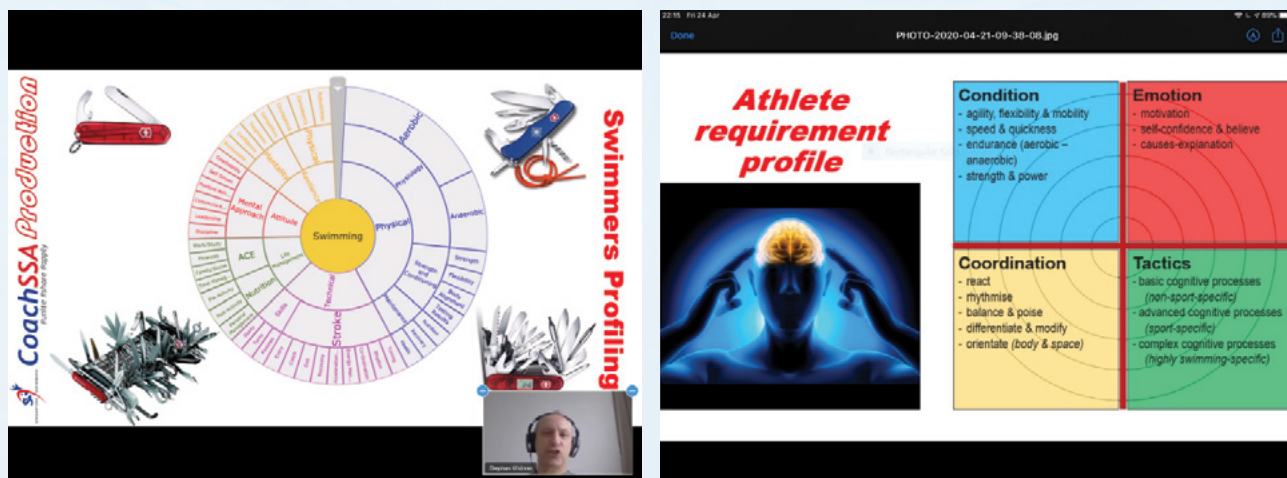
Swimming staff are required to be registered in order to practice 'legitimate' coaching in Singapore and to be allowed coaching passes at National competitions. This is a flat fee for coaches and something CSC contributes towards. The benefits allow members to access workshops, courses and educational material at a reduced (or free) rate. The process applies to all sports and is called the National Register of Coaches (NROC).

Qualification

This is a growing area and seeks to ensure quality coaching is provided at a high standard across Singapore. It embraces qualification standards that have been obtained abroad (e.g. National standards from the USA, Australia, UK and other Asian countries) and ensures essential standards of knowledge and practice are being implemented. There is currently one level, but plans to expand this are well underway.

Professional Development

Often termed Continuing Coaching Education (CCE) in Singapore, this aims to refresh and maintain knowledge and best practice amongst the swimming community throughout the nation. It is a programme run by SSA and targets coaches (Coach SSA) and teachers (Teach SSA) at different levels. Currently, Head Coach Michael is in the Tier 3 category and Coaches Vini Francisco, Lim Zhi Cong, Wang Tao and Wu Yang are included in the Talent Coaching Group. We will also apply for Coach Jeremy to be included in this programme when we are able to do so.



Example Slides from SSA workshops run by National Performance Director Stephan Widmer

Coaches Vini, Simon, Kenny, Thomas, Jeffrey, Amrin and Emma are all registered under National Registry of Coaches (NROC) and can access the appropriate SSA Coach and Teacher workshops that are provided on a weekly basis. This mechanism of 'self-improvement' is essential to ongoing improvement of coaching standards at CSC. Workshops are delivered online for 2 hours and involve a combination of lecture style delivery, interaction with SSA staff and other experts, and breakout groups. These sessions are led by either Stephan Widmer (National Performance Director) or Condrey Liu (Coach and Club Development Senior Manager), but contributions have also been made by Swimming Manager, Allison (Programme Mentor), Coach Vin (Facilitator) and Head Coach Michael (Specialist).

Within CSC, we constantly look at opportunities for coaches to improve their learning and thinking. There have been many workshops run within the Club and care is made to complement other programmes and not to conflict with or overload our coaches. There is a more formal process of recording, storing plans and sessions and reflecting on activity (an essential part of the qualification process). In addition, several of our coaches have gained international experience in the past 18 months.

INTERNATIONAL REPRESENTATION

Date	Event	CSC Coaches
June 2019	SEA Age	Zhi Cong
June 2019	SSA Junior Group	Zhi Cong & Michael
August 2019	FINA World Cup SIN	Zhi Cong, Michael & Wang Tao
August 2019	FINA World Cup China	Wang Tao
November 2019	Royal Bangkok Meet	Simon
December 2019	Queensland Championships	Michael
January - March 2020	NROC Qual @ NTC Visits	Wang Tao & Wu Yang

CSC staff who have gained international coaching experience since mid-2019

What does this mean to you as swimming members? In short, more knowledgeable, better prepared and capable coaches. This investment in our staff that has been encouraged by the MOM during Circuit Breaker and our own Club HR Department. All in all, it means a higher quality delivery and service for you and your children when they are taught or progress through the Swimming programmes at the Club.

I was reminded of a principle by Coach Ian Turner and it is a critical part of current thinking in the UK. If you add value and improve the performance of Swimmers, it benefits the nation for a generation. If you train the coaches to continually produce more and better quality Swimmers, it can benefit the National Team for several generations. It is this long term thinking that we all need to embrace for the good of the Club and the country.

TAEKWONDO 177TH SUPPLEMENTARY GRADING

The Club held the 177th Supplementary Grading on 16 August 2020. We would like to congratulate all CSC trainees for achieving their new belts.

Nathan Castro	1 st Poom
Kimberly Ann Hartono	1 st Poom
Goh TianYou Scott Shine	1 st Poom (P.pass)
Ayden Ang Kai Rui	1 st Poom (P.pass)
Ashton Ang Jia Rui	1 st Poom (P.pass)
Asha Enyi Vasu	1 st Poom (P.pass)
Jayrian Chua Jun Yu	1 st Poom (P.pass)
Kent Yoso	1 st Poom (P.pass)
Adiv Tushar Gole	Black-Tip Belt
Don Tan Chuan Ren	Brown Belt
Marcus Ho Jun Xin	Red-Tip Belt
Brian James Hartono	Red-Tip Belt
Ethan Ho Jun Hong	Blue Belt
Eva Lee Xin Yi	Blue Belt
Nathan Lee Zhi Cheng	Blue-Tip Belt
Yep Hon Lum Haniel	Blue-Tip Belt
Cory Alexander Tan	Blue-Tip Belt
Alena Martin Wee	Blue-Tip Belt
Donald Neo Geng Rui	Blue-Tip Belt
Lucas Choy Zhe Kai	Blue-Tip Belt
Tyson Lee Dong Ze	Blue-Tip Belt

Sixtine Le Mestrealan	Green Belt
Jadon Ling Yi Xin	Green Belt
Logan Lim Hao Ning	Green Belt
Arthur Koo Yun Kai	Green-Tip Belt
Caleb Lim Hong Jun	Green-Tip Belt
Gareth Toh Yu Song	Yellow Belt
Karlie Wong Bui Ki	Yellow Belt
Ralph Wong Yu Ren	Yellow Belt
Jairus Cheung Yat Nam	Yellow Belt
Jensen Foo Rui Jun	Yellow Belt
Jaden Foo Rui Xiang	Yellow Belt
Janelle Foo Shuen Hui	Yellow Belt
Joseph Claude Oxley	Yellow Belt
Lucas Charles Oxley	Yellow Belt
Raphael Tan Chi Hoh	Yellow-Tip Belt
Roderic Tan Chi Siang	Yellow-Tip Belt
Seth Ong	Yellow-Tip Belt
Caleb Ho	Yellow-Tip Belt
Lo Jing Kai	Yellow-Tip Belt
Keiden Chua Li-Ren	Yellow-Tip Belt

3 DAYS BASKETBALL HOLIDAY CAMP

Our junior members and guests gained useful insights about basketball in this 3-day camp from 7 to 9 September 2020. After the warm up exercises, the children were taught how to handle the ball, from dribbling, passing to guarding. All the skills learnt were put into practice during the game towards the end of the session. Everyone enjoyed the camp very much and we are looking forward to see you and your friends again in our next camp in December!



SINGAPORE BOWLING FEDERATION OWN TIME VIRTUAL TOURNAMENT 2020

Our 12 Lanes Bowling alley was one of the eight Bowling Centres sanctioned by the Singapore Bowling Federation for their tournament held between 8 August to 13 September 2020. Participants bowled at their own time and the best 3 MQs bowl at 3 different venues were added to decide on the winners. The bowlers had a great time at 12 Lanes and lauded the staff for their helpful and supportive services.



SINGAPORE TENNIS ASSOCIATION INTER-CLUBS DOUBLES LEAGUE 2020

Our Club participated in the Singapore Tennis Association Inter-Clubs Doubles League held on 12 September to 25 October 2020 and was represented by one team in the Men's B and the D categories respectively. All matches were played with safety in mind and adhering to all the Safe Distancing Measures set forth by SportSG.



HEALTHY BENTO WORKSHOP

It was a heart-warming session on 29 August 2020 as we witnessed members and their kids spending quality time learning about nutrition in this workshop. They learnt about the fruits and vegetables from the different colour groups as well as their benefits. Creativity was put to the test during the bento making session as they worked together to create their own unique bento of different shapes and designs. It was a fun bonding session for all.



SNOWSKIN MOONCAKE WORKSHOP

It was a delightful afternoon on 20 September 2020 as the children enjoyed their hands-on experience during the workshop. They listened intently and followed closely as the chef explained the steps for making the mooncake, from the making of skin to shaping of the dough. All of them had fun in the process and we were heartened to see their beautifully hand-made mooncakes of different colours and designs. Kudos to the kids!



WUSHU (BEGINNERS)

Five future-to-be Wushu exponents kickstarted their martial arts journey on 5 September 2020. They learnt the introductive routine of horse stance, forward stance, squatting stance, resting stance and empty stance to build their foundation. Gradually, they will be learning 3 Duan Nanquan. The members shared that their children enjoyed the lessons and even demonstrated the moves at home during self-practice.



DANCE CAMP FOR KIDS

We are pleased to welcome our young CSC members to the dance camp on 6 September 2020 during this long-awaited September School Holidays.

During the camp, the children were awesomely quick in picking up the steps of Line Dance, Street Jazz and Hip Hop. They danced along to songs including Lightning Grease by Grease, No Excuses by Meghan Trainor and Dynamite by BTS and each dance session was 1 hour. The children had lots of fun and we believe their families are looking forward to see their impressive dance moves.



CHILDREN ART CAMP

On 11 September 2020, the children joined the art camp and learnt some basic techniques of drawing which included designing of flowers of different forms with shapes. They also learnt about the application of watercolours, outlining of contours before shading full with oil pastel as well as using of blending stump to complete the painting. At the end of the camp, they proudly brought home 2 masterpieces each.



LINE DANCE (FOUNDATION)

The great interest from members led to the commencement of the new Line Dance Foundation class on every Tuesday from 15 September 2020. Members are taught the terms and fundamental steps during the first few lessons with "Cupid Shuffle" and "Fun Dance". After each lesson, instructor Philip Sobrielo will share his self-recorded videos of the dances taught. Members can then improve their dance steps through more practices at home and work towards mastering the basics.



2020 MID-AUTUMN FESTIVAL

2020 is a special year where we moved our Mid-Autumn Festival activities online. Despite the restrictions during this pandemic, the Club tried to bring the festive spirit to members by exploring culinary masterclasses, solving of Lantern Riddles, Guzheng Performance and Werewolf Game via online platforms for the first time.

During this online celebration, we received active participation from the members for the "Decoding of Lantern Riddles" posted on social media. Congratulations to the three fastest members with the most correct answers to the Lantern riddles as each bagged home a pyramid gift box of assorted saffron tea sponsored by Botana & Tea. Members and their families also enjoyed the Guzheng Performance by Zheng Professionals broadcasted live via our Facebook page. Thank you for the support and we hope everyone had a Happy Mid-Autumn Festival with your loved ones!



STREET JAZZ (BEGINNERS)

We are glad to share that six young ladies have begun their new Street Jazz dance journey with the song “They don’t care about us” by Michael Jackson. Instructor Philip fine-tuned their coordination and emphasised on the punches in their movements. They were given opportunity to choreograph their own steps which will be incorporated into existing moves and make the dance personalised by the end of the term.



URBAN GARDENING

Our Urban Garden has been blooming with flowers, herbs and fruits under the green fingers of a group of active members. The Club greatly appreciates their love and contributions to growth of the garden.

Ms Wong Bee Lian who is one of them shared that to her, gardening is a good physical activity and being exposed to the sun gives her a boost of Vitamin D. Nurturing and seeing the plants grow are both therapeutic and relaxing. Ms Wong also felt a great sense of achievement when Man Zhu Café used the home grown pandan and basil leaves for its cooking.

Ms Wong further expressed that patience and making mistakes are part and parcel of gardening. Starting from seeds and germinating them to seedlings is easier. However, growing young plant to flower and harvesting them require time and patience. Moreover, the gardening process may not always be successful all the time.

The bonding is strong among the gardening buddies. The buddies have imparted Ms Wong the knowledge of producing DIY plant fertiliser and pesticide using fruit and vegetable waste as well as using garlic and neem oil as natural pesticide. It is always mood lifting after every gardening session together. Ms Wong hopes that her experiences and tips will interest more members to join them in prospering the garden.



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 4 DEC 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 subject to availability

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

EVERY MON, COMMENCING 28 DEC 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 subject to availability

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

For interested participants with no line dancing background.

EVERY TUE, COMMENCING 1 DEC 2020
12.45PM – 1.45PM
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 17 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 28 FEB 2021
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 subject to availability

**LINE DANCE (ADVANCED)
BY PHILIP SOBRIELO**

EVERY SUN, COMMENCING 28 FEB 2021
3.30PM – 4.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$74.90 (Member) / \$128.40* (Guest)
 Min. 10 pax / 10 sessions
 Note: Timeslot is subject to availability

*Price includes guest fee.

STREET JAZZ (BEGINNERS) BY PHILIP SOBRIELO

Suitable for all genders.

EVERY SUN, COMMENCING 29 NOV 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 BACHATA (BEGINNERS)

Mixture of Solo and Partner Dance.

EVERY SAT, COMMENCING 5 DEC 2020
8.00PM – 9.00PM
ACTIVITY SUITE, SC (L3)

\$120.38 (Member) / \$147.78* (Guest)
Max. 8 pax / 4 sessions

Note: Only participants from the same household can perform partner dance.

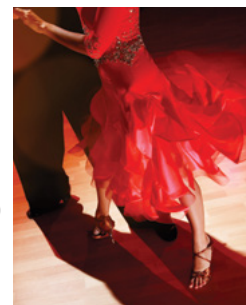
NEW SALSA (BEGINNERS)

Mixture of Solo and Partner Dance.

EVERY SAT,
COMMENCING 5 DEC 2020
9.15PM – 10.15PM
ACTIVITY SUITE, SC (L3)

\$120.38 (Member) / \$141.78* (Guest)
Max. 8 pax / 4 sessions

Note: Only participants from the same household can perform partner dance.



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 5 DEC 2020
6.30PM – 7.30PM
ACTIVITY SUITE, SC (L3)

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

INSTRUCTOR: ALI LUJAH

Back in 2010, Ali Lujah was introduced to Latin music and Dance in Guatemala and Colombia for 2 years where social dancing was prevalent even along the streets. He also witnessed high quality Salsa performances during a trip to Cali and decided to learn Latin dancing. An enthusiastic individual, in 2017, Ali won a Salsa Competition in Singapore and a Bachata Competition in Vietnam.



INSTRUCTOR: AMELIA CHONG

Having graduated from the University of Auckland with a Bachelor in Dance Studies (First Class Honours) degree, Amelia has experience in performing, choreographing and teaching. Prior to returning to Singapore, Amelia was part of the teaching faculty at the University of Auckland Dance Studies programme, where she specialises in contemporary technique and creative processes of dance.



NEW CONTEMPORARY DANCE (BEGINNERS) BY AMELIA CHONG

EVERY SUN, COMMENCING 6 DEC 2020
7 – 9 YEARS OLD: 4.45PM – 5.45PM
10 – 13 YEARS OLD: 6.00PM – 7.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (Member) / \$203.30* (Guest)
Max. 10 pax per class
8 sessions

CHILDREN DANCE WORKSHOPS

CONTEMPORARY DANCE HOLIDAY WORKSHOP

FRI, 27 NOV & 4 DEC 2020

ACTIVITY SUITE, SC (L3)

7 – 9 YEARS OLD: 11.45AM – 12.45PM

10 – 13 YEARS OLD: 1.00PM – 2.00PM

14 YEARS OLD & ABOVE: 2.15PM – 3.15PM

\$40.13 (Member) / \$46.55* (Guest)

Max. 10 pax per class

SUN, 22 & 29 NOV 2020

MULTI-PURPOSE ROOM, SC (L2)

7 – 9 YEARS OLD: 4.45PM – 5.45PM

10 – 13 YEARS OLD: 6.00PM – 7.00PM

\$40.13 (Member) / \$50.83* (Guest)

Max. 10 pax per class

K-POP & HIP HOP DANCE HOLIDAY WORKSHOP

SUN, 6 DEC 2020

MULTI-PURPOSE ROOM, SC (L2)

9.30AM – 11.45AM

\$37.45 (Member) / \$42.80* (Guest)

Max. 10 pax

7 – 12 years old

Time	Programme
9.30am	K-Pop
10.30am	Break
10.45am	Hip Hop
11.45am	Home Sweet Home

Note: No snacks and beverages will be provided during break.

Programme is subject to changes due to unforeseen circumstances.

YOUTH & FAMILY

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, 28 NOV 2020 / 2.00PM – 5.00PM

MINGLE@AMBER, AP (L1)

\$82.93 (Member) / \$89.62* (Guest)

Max. 5 pax / 13 years old & above

Note: 1 slice of cake and 1 cup of hot/iced coffee included with all art materials provided.

Image is for illustration purpose.

POP-UP ART WORKSHOP (CHRISTMAS THEME)

Learn sketching, watercolouring and creating the pop-up effect in this 3-in-1 art workshop.

SUN, 29 NOV 2020

9.00AM – 12.30PM

MULTI-PURPOSE ROOM, SC (L2)

\$128.40 (Member) /

\$133.75* (Guest)

Max. 5 pax / 13 years old & above



Note: A full set of the art materials will be provided and can be brought home with 1 pop-up artwork.

Image is for illustration purpose.



DISCOVER THE MAGIC OF HARP

"Are you fascinated by the melodious sound of harp?" Then join us in this workshop where harp director and concert harpist – Katryna Tan will introduce you to this beautiful instrument. For members with no music background. Harp will be provided during the workshop. Sign up by 22 Nov 2020 to enjoy 5% early bird discount off the rates.

*Price includes guest fee.

DISCOVER THE MAGIC OF HARP

Workshop content:

- Introduction to Harp and get to know about Harp as an instrument
- Be able to play a simple tune
- Mini performance with faculty at end of workshop

Students will receive:

- Printed learning materials and Certificate of Attendance
 - Video of "Mini Performance" at the end of the workshop
- *Students to bring a nice dress (for girls) or shirt and pants (for boys) for the "Mini Performance"*

LATTICE SUITE, RC (L3)

Min. 6 pax & Max. 7 pax

CHILDREN WORKSHOP

WED, 9 DEC 2020 / 9.30AM – 12.30PM

\$192.60 per child (Member) / \$203.30* per child (Guest)

Accompanying Parent: \$96.30 per person (As Observer)

4 years old & above

ADULT WORKSHOP

WED, 9 DEC 2020 / 2.30PM – 5.30PM

\$192.60 (Member) / \$203.30* (Guest)

Registration Closing Date: 3 Dec 2020

Registration will close upon reaching maximum capacity or closing date, whichever occurs first.

GLASS JAR DECOUPAGE (PARENT & CHILD)

Decoupage is the art of decorating objects with paper cut-outs. This art can be done on many surfaces like wood, glass, canvas, metal. Have a fun afternoon engaging in this simple art with your child to decorate a glass jar, which you can use as a gift, store cookies or use as holder. Sign up by 16 Dec 2020 to enjoy 8% early bird discount off the rates.



MON, 28 DEC 2020

2.00PM – 5.00PM

ACTIVITY SUITE, SC (L3)

\$72.76 per pair (Member) / \$83.46* per pair (Guest)

Min. 5 pairs & Max. 6 pairs

Child aged 6 years old & above

Registration Closing Date: 22 Dec 2020

Registration will close upon reaching maximum capacity or closing date, whichever occurs first.

PAPER QUILLING (CHILD ONLY)

Paper Quilling is an art form that uses strips of paper which are rolled into coils with a tool. The coils are then shaped and glued together to create designs to decorate greetings cards, pictures, boxes, eggs, etc. This activity will engage your child's eye-hand coordination, motor dexterity and creativity to create a Christmas card. Sign up by 9 Dec 2020 to enjoy 12% early bird discount off the rates.

MON, 21 DEC 2020 / 10.00AM – 12.00PM
ACTIVITY SUITE, SC (L3)

\$37.45 (Member) / \$48.15* (Guest)

Min. 5 pax & Max. 10 pax

7 years old & above

Registration Closing Date: 16 Dec 2020

Registration will close upon reaching maximum capacity or closing date, whichever occurs first.



SEW A CHRISTMAS WREATH (CHILD ONLY)

A fun way to introduce your child to basic hand sewing. They will be taught to cut the felt into required shapes, thread a needle, do simple and blanket stitches for sewing leaf and other designs on the felt. This activity improves motor skills, develops creativity, patience and focus. Sign up by 9 Dec 2020 to enjoy 10% early bird discount off the rates.

MON, 21 DEC 2020 / 2.30PM – 4.30PM
ACTIVITY SUITE, SC (L3)

\$48.15 (Member) / \$58.85* (Guest)

Min. 5 pax & Max. 10 pax

7 years old & above

Registration Closing Date: 16 Dec 2020

Registration will close upon reaching maximum capacity or closing date, whichever occurs first.



SCENTED CANDLE MAKING (PARENT & CHILD)

Christmas is round the corner. Make a scented candle with your child to give it away as a gift or fill your home with its lovely fragrance. Fees include a candle holder with pure soy wax, a box and free 4 pieces of tea light candles. Sign up by 8 Dec 2020 to enjoy 5% early bird discount off the rates.

TUE, 22 DEC 2020

10.00AM – 11.30AM

MULTI-PURPOSE ROOM, SC (L2)

\$115.56 per pair (Member) /

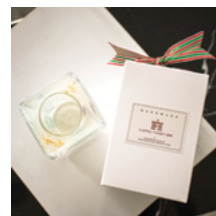
\$126.26* per pair (Guest)

Child aged 7 to 12 years old

Min. 5 pairs & Max. 6 pairs

Registration Closing Date: 11 Dec 2020

Registration will close upon reaching maximum capacity or closing date, whichever occurs first.



**Price includes guest fee. • All images shown above are for illustration purpose.*

CHILDREN'S BALLET

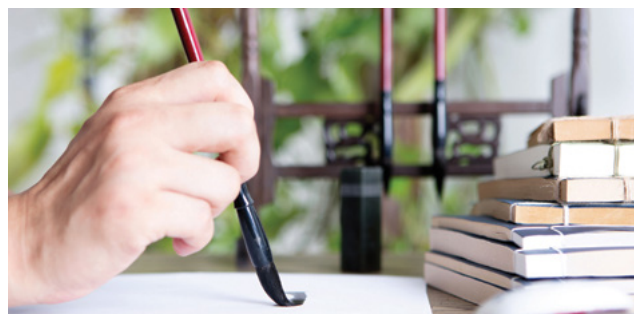
GRADE	DAY	TIME	FEES (PER 8 SESSIONS)	VENUE
BEGINNERS 1 (3 to 4 years old)	Every Mon	4.30pm – 5.30pm	\$119.84 (Member) / \$162.64* (Guest)	Multi-Purpose Room, SC (L2)
	Every Sat	9.00am – 10.00am		
BEGINNERS 2 (5 to 6 years old)	Every Sat	8.00am – 9.00am / 10.00am – 11.00am	\$162.64 (Member) / \$205.44* (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)	



Note: Timeslot is subject to availability due to limited slots. Please check for new term dates.

CHINESE CALLIGRAPHY

Interest group for seniors 60 years & above.



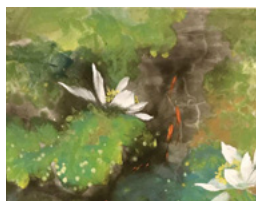
EVERY MON
9.00AM – 11.00AM
MULTI-PURPOSE ROOM, SC (L2)

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

CHINESE BRUSH PAINTING

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

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



DJEMBE INTRODUCTORY WORKSHOP

Get initiated on traditional drumming technique and rhythm logic from the Mandingue culture of West Africa.

MON, 23 NOV 2020
1.00PM – 2.30PM
ACTIVITY SUITE, SC (L3)

\$64.20 (Member) / \$69.55* (Guest)
13 years old & above / Max. 10 pax

SAT, 28 NOV 2020
8.00PM – 9.30PM
ACTIVITY SUITE, SC (L3)

\$64.20 (Member) / \$69.55* (Guest)
13 years old & above / Max. 10 pax

INSTRUCTOR: KELVIN KEW

A classically trained musician and a percussion graduate of Los Angeles Music Academy, he achieved his accreditation as a Certified Teacher with TTM Djembe Academy (TTMDA) in 2008 and TTM's Diploma of Proficiency certificate in 2011. Kelvin designed a comprehensive and progressive system for studying djembe and dunun, approved by Mamady Keïta and endorsed by all school directors of TTMDA.



*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 SAT, COMMENCING 5 DEC 2020
MULTI-PURPOSE ROOM, SC (L2)
7.00PM – 8.00PM / 8.05PM – 9.05PM

\$107.00 (Member) / \$160.50* (Guest)

Max. 5 pax per class / 4 sessions / 5 – 12 years old

Note: Timeslot is subject to availability

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

CULINARY

MASTERCLASSES WITH CHEF TIM (LIVE VIA ZOOM)

Choose between packages with or without Chef Box ingredients.

CHRISTMAS I

Roast Boneless Leg of Lamb with Mint Gravy, Smashed Potato Salad and Red Cabbage Stew.

MON, 14 DEC 2020
5.00PM – 7.00PM

Min. 8 pax / Closing Date: 9 Dec 2020



\$140.44 (Member) /
 \$168.53 (Guest)

Inclusive of a Chef Box with all the ingredients needed except for basic seasoning like sugar, salt and pepper will be delivered to your house at least 6 hours ahead of time.
Meal serves 4 – 5 pax.

Ingredients may change, subject to availability.

Cooking equipment required: Stove-Top, Oven

\$33.44 (Member) /
 \$40.13 (Guest)

Inclusive of recipe cards and live interaction with Chef Tim.

CHRISTMAS II

Whole Roasted Sea Bass with Lemon Beurre Blanc and Roasted Baby Potatoes.

SUN, 20 DEC 2020
5.00PM – 7.00PM

Min. 8 pax / Closing Date: 15 Dec 2020



\$140.44 (Member) /
 \$168.53 (Guest)

Inclusive of a Chef Box with all the ingredients needed except for basic seasoning like sugar, salt and pepper will be delivered to your house at least 6 hours ahead of time. **Meal serves 4 – 5 pax.**

Ingredients may change, subject to availability.

Cooking equipment required: Stove-Top, Oven

\$33.44 (Member) /
 \$40.13 (Guest)

Inclusive of recipe cards and live interaction with Chef Tim.

EXERCISE

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.

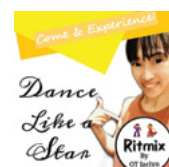


NEW RITMIX DANCE FITNESS

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!

EVERY SAT, COMMENCING 2 JAN 2021
3.15PM – 4.15PM
ACTIVITY SUITE, SC (L3)

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



PILOXING

EVERY SAT, COMMENCING 2 JAN 2021
2.00PM – 3.00PM
ACTIVITY SUITE, SC (L3)

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

POLE DANCE FITNESS

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

EVERY TUE,
COMMENCING 22 DEC 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



TOTAL BODY CONDITIONING

EVERY THU, COMMENCING 12 NOV 2020
8.00PM – 9.00PM
ACTIVITY SUITE, SC (L3)

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



K-POP X FITNESS (LITE)

EVERY FRI, COMMENCING 13 NOV 2020
10.15AM – 11.05AM
ACTIVITY SUITE, SC (L3)

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

MBSR GENTLE YOGA

EVERY SAT, COMMENCING 14 NOV 2020
11.00AM – 12.15PM
ACTIVITY SUITE, SC (L3)

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



COMBAT KICKBOXING & SELF-DEFENSE FOR YOUTH

For beginners.

FRI, 27 NOV, 4 DEC,
11 DEC, 18 DEC 2020
9.00AM – 10.00AM
MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (Member) / \$173.34* (Guest)
 Max. 5 pax / 4 sessions
 13 – 20 years old



COMBAT KICKBOXING FOR KIDS

For beginners.

FRI, 27 NOV, 4 DEC, 11 DEC, 18 DEC 2020
10.15AM – 11.15AM
MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (Member) / \$173.34* (Guest)
 Max. 5 pax / 4 sessions / 6 – 12 years old



八极拳 BAJIQUAN WUSHU BOOTCAMP FOR KIDS

For beginners.

FRI, 27 NOV, 4 DEC, 11 DEC, 18 DEC 2020
11.30AM – 12.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (Member) / \$173.34* (Guest)
 Max. 5 pax / 4 sessions / 6 – 12 years old

FITNESS CAMP (PARENT & CHILD)

Have fun with your little ones in this Yoga and K-Pop X Fitness session. It will be a great bonding session while keeping fit at the same time. There will be 10 minutes break between the 2 exercises. Sign up by 22 Nov 2020 to enjoy 8% early bird discount off the rates.

THU, 3 DEC 2020 / 10.00AM – 12.00PM
ACTIVITY SUITE, SC (L3)

\$112.35 per pair (Member) / \$123.05* per pair (Guest)
 Child aged 4 to 12 years old
 Min. 4 pairs & Max. 6 pairs

Registration Closing Date: 29 Nov 2020
 Registration will close upon reaching maximum capacity or closing date, whichever occurs first.

K-POP X FITNESS FOR KIDS

THU, 10, 17, 24, 31 DEC 2020

11.30AM – 12.20PM

ACTIVITY SUITE, SC (L3)

\$80.25 (Member) / \$90.95* (Guest)

7 years old & above

Min. 4 pax & Max. 6 pax

KIDS YOGA

Kids gain muscle strength, flexibility and develop self-awareness of their body through the various Yoga poses. It has a calming effect, improves their focus and instills discipline as they work on clearing their mind and perfecting the poses.



THU, 10, 17, 24, 31 DEC 2020

ACTIVITY SUITE, SC (L3)

(FOR 4 – 6 YEARS OLD)

9.00AM – 10.00AM

(FOR 7 – 12 YEARS OLD)

10.15AM – 11.15AM

\$171.20 (Member) / \$181.90* (Guest)

Min. 4 pax & Max. 6 pax

BODY BAND BALANCE

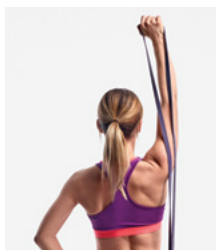
EVERY WED,
COMMENCING 6 JAN 2021

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



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



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.



FLIPPA BALL

We were delighted that Flippa ball has commenced from 19 September 2020 and we welcome back our young trainees. Training sessions take place every Saturday.

EVERY SAT, 6.15PM – 7.30PM
BEGINNERS' POOL, SC (L1)

\$53.50 / month (Member)
\$80.26* / month (Guest)

Eligibility: 6 – 12 years old
Must be able to swim 2 x 25m independently

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



CSC BOWLING OPEN HOUSE 2020

SAT & SUN, 28 & 29 NOV, 2.00PM – 4.00PM
12 LANES BOWLING ALLEY, SC (L1)

Free of Charge
Eligibility: Members & Guests age 10 – 18 years old



BADMINTON HOLIDAY PROGRAMME

TUE & THU, 9.00AM – 11.00AM
BADMINTON HALL, SC (L2)

A) 17, 19, 24, 26 NOV 2020
B) 1, 3, 8, 10 DEC 2020
C) 15, 17, 22, 24 DEC 2020

Fees (per 4 sessions): \$107.00 (Member) / \$149.80 (Guest)
Eligibility: Members age 6 – 16 years old
Class Size: Min. 6 pax & Max. 16 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 ADULTS

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

**EVERY TUE,
9.00AM – 10.30AM
TABLE TENNIS ROOM, SC (L3)**

Monthly Training Fee (inclusive of 7% GST)	CSC Member	Guest
One training session per week	\$160.50	\$192.60

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



4 DAYS TABLE TENNIS HOLIDAY CAMP WITH COACH MA

**MON – THU, 14 – 17 DEC 2020
TABLE TENNIS ROOM, SC (L3)**

Grade	Fee per Member	Fee per Guest	Daily Training Time
Beginner	\$171.20	\$256.80	8.00am – 10.00am
Beginner	\$171.20	\$256.80	10.00am – 12.00pm
Intermediate/ Youth Team	\$171.20	\$256.80	1.00pm – 3.00pm

Above fee is for 4 training days and is inclusive of 7% GST. Eligibility: 4 years & above. Limit to 5 trainees per timeslot.
Closing date: 7 Dec 2020

Registration will close upon reaching maximum capacity or closing date, whichever occurs first.



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.*

CSC-LJE SPORTS JUNIOR BASKETBALL HOLIDAY TRAINING CAMP

MON – WED, 7 – 9 DEC 2020 / 28 – 30 DEC 2020

8.00AM – 10.00AM / 10.15AM – 12.15PM

BASKETBALL COURT, SC (ROOFTOP LEVEL)

\$275.00 (CSC Member & Current Non-Member Trainees)

\$290.00 (Non-Member)

Eligibility: 6 – 14 years old

**Closing date: 30 Nov 2020 (for 7 – 9 Dec 2020 camp)
21 Dec 2020 (for 28 – 30 Dec 2020 camp)**

Above fees include 2 hours of training for 3 days.
Up to 5 trainees per group per timeslot.

Registration will close upon reaching maximum capacity or closing date, whichever occurs first.
Contact Wendy at 6885 0654 or email Wendy_Tan@chineseswimmingclub.org.sg for more information.



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

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



FUN SQUASH FOR ADULTS, YOUTHS & CHILDREN

For All Levels. Individual(s), Parent(s)-Child(ren) are welcome!

Get to learn:

- Introduction of Squash foundation skills
- General Squash rules
- Hand, eye & foot coordination skills
- Basic methods of ball hitting using the 3-step sequence
- Footwork & movement efficiency
- Application of skills in games
- Matchplay (for intermediate & advanced levels)

THU, 26 NOV 2020

10.00AM – 12.00PM / 1.00PM – 3.00PM
SQUASH COURTS, SC (L3)

\$85.60 (Member) / \$101.65 (Guest)

Min. 3 pax & Max. 10 pax per 2-hour timeslot

Child & Youths: 7 – 19 years old

Adult: 20 years old & above

Note: Priority will be given to CSC members. Fees are for a session of 2 hours.

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

**Price includes guest fee.*



TENNIS JUNIOR TRAINING CAMP

MON – THU
TENNIS COURT, SC (ROOFTOP LEVEL)

A) 23 – 26 NOV 2020
B) 30 NOV – 3 DEC 2020
C) 7 – 10 DEC 2020

Class Size: Min. 4 pax & Max. 5 pax per class

LEVEL	TIME & FEES (PER 4 SESSIONS)			
BEGINNER Aged 3 – 8 years old	8.00am – 9.00am	9.00am – 10.00am	10.00am – 11.00am	\$107.00 (Member) / \$149.80 (Guest)
INTERMEDIATE Aged 6 – 14 years old	8.00am – 9.30am	9.30am – 11.00am	–	\$160.50 (Member) / \$224.70 (Guest)
ADVANCE Aged 8 – 14 years old	9.30am – 11.30am	–	–	\$214.00 (Member) / \$299.60 (Guest)

Contact Jordan at 6885 0676 or email Jordan_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.*



Watch Live Performances



Get a Taste of our Classes for Kids and Youths!



Experience DanceSport Competitions



22 NOV - 28 NOV
CSC RECREATIONAL COMPLEX
STUDIO AT #03-01

for more details:
thedancesportacademy.com

You're Invited!

TDA OPEN HOUSE

21 NOV - 27 NOV
RECREATIONAL COMPLEX
STUDIO AT #03-01

Let your child's School Holidays be the Best Memories of 2020!



IT IS YOUR CHILD'S CHANCE TO CLIMB A TREE CLASS AT OUR DANCE STUDIO! SIMPLY TAKE A PHOTOGRAPH OF THIS AD ON 10 NOV WITH A PICTURE OF THIS AD

\$68 FREE Spinal Adjustment Treatment & **SPINAL SCAN**



Chinese Swimming Club Members' Exclusive
ADDITIONAL \$10 OFF

FIL
SKIN, BODY & SPA INTELLIGENCE

"Chiropractic helps people live a healthier and happier life."

Dr Tao,
Certified Chiropractor

Specialized in prenatal & postnatal care, and new born babies.

Chiropractic Treats Migraine, Posture, Neck & Shoulder Pain, Joint & Muscle Pain

Promotion is valid from 1 Nov to 31 Dec 2020. 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. Limited to one-time redemption per customer. Offers 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.

Contact 6345 3777 and quote FCSC1120 for appointment booking

[filskinbodyspa](https://www.instagram.com/filskinbodyspa)

www.fil.com.sg

November Chef's Recommendation Braised Premium Sun-Dried Abalone

Sun-dried abalone is one of the most prestigious ingredients used in Chinese cuisine. Its preparation timed in days can be accomplished only with commendable culinary skill.

Try this admirable cuisine masterpiece at Fu Lin Men with another dimension of a FREE braised abalone together. Don't miss the chance for a deluxe treat to your taste buds.



35H Premium Sun-Dried Abalone
\$32.8++
each



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



Chef's Specialty

NOVEMBER

San Lor Hor Fun



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$7.90

DECEMBER

Angus Beef Cheeks



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$29.00

Christmas Special

AVAILABLE FROM DECEMBER ONWARDS



**CHOCOLATE / MATCHA
LOGCAKE**

\$49.00

WHOLE / 1KG

\$6.00

PER SLICE

- Images are for illustration purpose only.
- For purchase of 1kg log cake, please order at least 4 days in advance.



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

RECIPROCAL CLUBS

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www.cambodian-country-club.com

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Ambassy Club, Shanghai
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www.ambassyclub.com.cn

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

Shanghai Town & Country Club
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www.ddi-tcc.com

Tianjin Goldin Metropolitan Polo Club
Tel: +86 22 8372 8888
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www.usrc.org.hk

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www.penangclub.net

Penang Sports Club, Penang
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www.pgssportsclub.com.my

Sunway Lagoon Club, KL
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www.sunway.com.my

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www.indahpuri.com

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www.bintanlagoon.com

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www.moderngolf.co.id

Nongsa Resorts, Batam
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www.riabintan.com

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www.riverside-golf.com

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www.palmvilla.com.my

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

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Tel: +65 6257 0642
www.sembawanggolf.org.sg

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

Vietnam

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www.songbegolf.com

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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

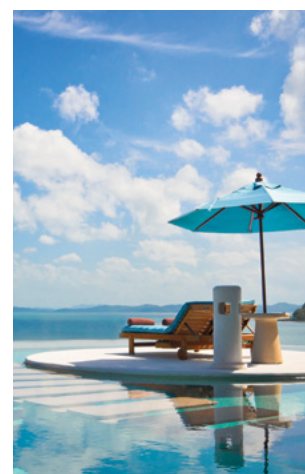
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www.ghotel.com.my

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 Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Street Jazz (Beginners) by Philip Sobrielo Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners/Intermediate)	2 Latin / Standard Ballroom by Peter Wong Children's Ballet Chinese Calligraphy Pilates Hatha Yoga	3 Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga CSC-JTA Table Tennis Training for Adults	4 Body Band Balance Yang Style Taiji Quan	5 Chinese Brush Painting Total Body Conditioning	6 Latin / Standard Ballroom by Peter Wong Children's Ballet K-POP x Fitness (Lite) Hatha Yoga Gentle Yoga	7 Children's Ballet Ritmix Dance Fitness Piloxing MBSR Gentle Yoga Wushu (Beginners) Pilates Flippa Ball Squash Development Programme (Beginners / Intermediate)
8 Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Street Jazz (Beginners) by Philip Sobrielo Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners/Intermediate)	9 Latin / Standard Ballroom by Peter Wong Children's Ballet Chinese Calligraphy Pilates Hatha Yoga	10 Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga CSC-JTA Table Tennis Training for Adults	11 Body Band Balance Yang Style Taiji Quan	12 Chinese Brush Painting Total Body Conditioning	13 Latin / Standard Ballroom by Peter Wong Children's Ballet K-POP x Fitness (Lite) Hatha Yoga Gentle Yoga	14  DEEPAVALI Children's Ballet Ritmix Dance Fitness Piloxing MBSR Gentle Yoga Pilates Flippa Ball Squash Development Programme (Beginners / Intermediate)
15 Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Street Jazz (Beginners) by Philip Sobrielo Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners/Intermediate)	16 Latin / Standard Ballroom by Peter Wong Children's Ballet Chinese Calligraphy Pilates Hatha Yoga	17 Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga Badminton Holiday Programme CSC-JTA Table Tennis Training for Adults	18 Body Band Balance Yang Style Taiji Quan	19 Chinese Brush Painting Total Body Conditioning Badminton Holiday Programme	20 Latin / Standard Ballroom by Peter Wong Children's Ballet K-POP x Fitness (Lite) Hatha Yoga Gentle Yoga	21 Children's Ballet Ritmix Dance Fitness Piloxing MBSR Gentle Yoga Wushu (Beginners) Pilates Flippa Ball Squash Development Programme (Beginners / Intermediate)
22 Contemporary Dance Holiday Workshop Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Street Jazz (Beginners) by Philip Sobrielo Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners/Intermediate)	23 Djembe Introductory Workshop Latin / Standard Ballroom by Peter Wong Children's Ballet Chinese Calligraphy Pilates Hatha Yoga Tennis Junior Training Camp	24 Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga Badminton Holiday Programme CSC-JTA Table Tennis Training for Adults Tennis Junior Training Camp	25 Body Band Balance Yang Style Taiji Quan Tennis Junior Training Camp	26 Chinese Brush Painting Total Body Conditioning Badminton Holiday Programme Fun Squash For Adults, Youths & Children Tennis Junior Training Camp	27 CHRISTMAS LIGHT UP Contemporary Dance Holiday Workshop Latin / Standard Ballroom by Peter Wong Children's Ballet K-POP x Fitness (Lite) Combat Kickboxing & Self-Defense For Youth Combat Kickboxing For Kids 八卦拳 Bajiquan Wushu Bootcamp For Kids Hatha Yoga Gentle Yoga	28 Coffee Painting Art At Mingle Children's Ballet Ritmix Dance Fitness Piloxing MBSR Gentle Yoga Djembe Introductory Workshop Wushu (Beginners) Pilates Flippa Ball CSC Bowling Open House 2020 Squash Development Programme (Beginners / Intermediate)
29 Contemporary Dance Holiday Workshop Pop-up Art Workshop Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Street Jazz (Beginners) by Philip Sobrielo Taiji Qigong Taekwondo Junior Training Programme CSC Bowling Open House 2020 Squash Development Programme (Beginners/Intermediate)	30 Latin / Standard Ballroom by Peter Wong Children's Ballet Chinese Calligraphy Pilates Hatha Yoga Tennis Junior Training Camp					

SUN	MON	TUE	WED	THU	FRI	SAT
		<div>1</div> <div>Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga Badminton Holiday Programme CSC-JTA Table Tennis Training for Adults Tennis Junior Training Camp</div>	<div>2</div> <div>Body Band Balance Yang Style Taiji Quan Tennis Junior Training Camp</div>	<div>3</div> <div>Fitness Camp (Parent & Child) Chinese Brush Painting Total Body Conditioning Badminton Holiday Programme Tennis Junior Training Camp</div>	<div>4</div> <div>Contemporary Dance Holiday Workshop Latin / Standard Ballroom by Peter Wong Children's Ballet K-POP x Fitness (Lite) Combat Kickboxing & Self-Defense For Youth Combat Kickboxing For Kids 八极拳 Bajiquan Wushu Bootcamp For Kids Hatha Yoga Gentle Yoga</div>	<div>5</div> <div>Flamenco (Beginners) Bachata (Beginners) Salsa (Beginners) Children's Ballet Ritmix Dance Fitness Piloxing MBSR Gentle Yoga Wushu (Beginners) Pilates Flippa Ball Squash Development Programme (Beginners / Intermediate)</div>
	<div>6</div> <div>K-POP & Hip Hop Dance Holiday Workshop Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Street Jazz (Beginners) by Philip Sobrielo Contemporary Dance (Beginners) By Amelia Chong Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners/Intermediate)</div>	<div>7</div> <div>Latin / Standard Ballroom by Peter Wong Children's Ballet Chinese Calligraphy Pilates Hatha Yoga CSC-LJE Sports Junior Basketball Holiday Training Camp Tennis Junior Training Camp</div>	<div>8</div> <div>Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga Badminton Holiday Programme CSC-JTA Table Tennis Training for Adults CSC-LJE Sports Junior Basketball Holiday Training Camp Tennis Junior Training Camp</div>	<div>9</div> <div>Discover The Magic of Harp: Children Workshop Discover The Magic of Harp: Adult Workshop Body Band Balance Yang Style Taiji Quan CSC-LJE Sports Junior Basketball Holiday Training Camp Tennis Junior Training Camp</div>	<div>10</div> <div>Chinese Brush Painting Total Body Conditioning K-POP x Fitness For Kids Kids Yoga Badminton Holiday Programme Tennis Junior Training Camp</div>	<div>11</div> <div>Latin / Standard Ballroom by Peter Wong Children's Ballet K-POP x Fitness (Lite) Combat Kickboxing & Self-Defense For Youth Combat Kickboxing For Kids 八极拳 Bajiquan Wushu Bootcamp For Kids Hatha Yoga Gentle Yoga</div>
<div>13</div> <div>Line Dance (Beginner Advanced) by Philip Sobrielo Line Dance (Advanced) by Philip Sobrielo Street Jazz (Beginners) by Philip Sobrielo Contemporary Dance (Beginners) By Amelia Chong Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners/Intermediate)</div>	<div>14</div> <div>Masterclasses with Chef Tim: Christmas I Latin / Standard Ballroom by Peter Wong Children's Ballet Chinese Calligraphy Pilates Hatha Yoga 4 Days Table Tennis Holiday Camp with Coach Ma</div>	<div>15</div> <div>Line Dance (Foundation) by Philip Sobrielo Line Dance (Beginner Intermediate) by Philip Sobrielo Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga Badminton Holiday Programme CSC-JTA Table Tennis Training for Adults 4 Days Table Tennis Holiday Camp with Coach Ma</div>	<div>16</div> <div>Body Band Balance Yang Style Taiji Quan 4 Days Table Tennis Holiday Camp with Coach Ma</div>	<div>17</div> <div>Chinese Brush Painting Total Body Conditioning K-POP x Fitness For Kids Kids Yoga Badminton Holiday Programme 4 Days Table Tennis Holiday Camp with Coach Ma</div>	<div>18</div> <div>Latin / Standard Ballroom by Peter Wong Children's Ballet K-POP x Fitness (Lite) Combat Kickboxing & Self-Defense For Youth Combat Kickboxing For Kids 八极拳 Bajiquan Wushu Bootcamp For Kids Hatha Yoga Gentle Yoga</div>	<div>19</div> <div>Flamenco (Beginners) Bachata (Beginners) Salsa (Beginners) Children's Ballet Ritmix Dance Fitness Piloxing MBSR Gentle Yoga Wushu (Beginners) Pilates Flippa Ball Squash Development Programme (Beginners / Intermediate)</div>
<div>20</div> <div>Masterclasses with Chef Tim: Christmas II Contemporary Dance (Beginners) By Amelia Chong Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners/Intermediate)</div>	<div>21</div> <div>Paper Quilling (Child Only) Sew A Christmas Wreath (Child Only) Latin / Standard Ballroom by Peter Wong Children's Ballet Chinese Calligraphy Pilates Hatha Yoga</div>	<div>22</div> <div>Scented Candle Making (Parent & Child) Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga Badminton Holiday Programme CSC-JTA Table Tennis Training for Adults</div>	<div>23</div> <div>Body Band Balance Yang Style Taiji Quan</div>	<div>24</div> <div>Chinese Brush Painting Total Body Conditioning K-POP x Fitness For Kids Kids Yoga Badminton Holiday Programme</div>	<div>25</div> <div>CHRISTMAS 🎄 Latin / Standard Ballroom by Peter Wong Children's Ballet K-POP x Fitness (Lite) Hatha Yoga Gentle Yoga</div>	<div>26</div> <div>Flamenco (Beginners) Bachata (Beginners) Salsa (Beginners) Children's Ballet Ritmix Dance Fitness Piloxing MBSR Gentle Yoga Wushu (Beginners) Pilates Flippa Ball Squash Development Programme (Beginners / Intermediate)</div>
<div>27</div> <div>Contemporary Dance (Beginners) By Amelia Chong Taiji Qigong Taekwondo Junior Training Programme Squash Development Programme (Beginners/Intermediate)</div>	<div>28</div> <div>Glass Jar Decoupage (Parent & Child) Latin / Standard Ballroom by Peter Wong Children's Ballet Chinese Calligraphy Pilates Hatha Yoga CSC-LJE Sports Junior Basketball Holiday Training Camp</div>	<div>29</div> <div>Pole Dance Fitness Pilates Taiji Neigong Gentle Yoga CSC-JTA Table Tennis Training for Adults CSC-LJE Sports Junior Basketball Holiday Training Camp</div>	<div>30</div> <div>Body Band Balance Yang Style Taiji Quan CSC-LJE Sports Junior Basketball Holiday Training Camp</div>	<div>31</div> <div>Chinese Brush Painting Total Body Conditioning K-POP x Fitness For Kids Kids Yoga</div>		

CLUB'S MAIN LINE : 6345 1221 or 6885 0688

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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 11.30am to 9.30pm
Sat 8.30am to 9.30pm
Sun, Eve of PH & PH 8.30am* to 9.30pm
(Last order is 30 minutes before closing)
*Operation hours may be subject to changes prior notice

3 BARS

Daily 12.00pm to 10.00pm

MINGLE@AMBER

Daily 8.00am to 8.00pm

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
Every Mon 5.00pm to 10.00pm (3 Tables)
Every Tue 6.00pm to 9.00pm (3 Tables) & 9.00pm to 10.00pm (2 Tables)
Every Thu 6.00pm to 10.00pm (3 Tables)
Every Fri 5.00pm to 9.00pm (3 Tables) & 9.00pm to 10.00pm (2 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 6.00am to 9.00pm
Social Swimming
Mon 6.00am to 10.00am & 4.00pm to 9.00pm
Tue to Sun 6.00am to 11.00am & 4.00pm to 9.00pm
Reserved for Senior Swimmers (60 years and above)
Tue to Sun 11.30am to 3.30pm
3 Lanes Closure for Club Registered Swimmers (Lanes 3 to 5)
Mon & Wed 5.30pm to 7.30pm

COMPETITION POOL @ SC

Daily 7.00am to 9.00pm
Pool Closure For Swimming Training (Whole pool)
Mon to Fri 5.30am to 9.00am / 4.00pm to 7.30pm
Sat & PH 7.00am to 10.30am

BEGINNERS' POOL @ SC

Daily 7.00am to 9.00pm
Pool Closure For Learn To Swim Programme
Mon 9.15am to 10.30am
Mon to Fri 1.00pm to 3.30pm
Sat & Sun 8.30am to 12.15pm & 2.15pm to 3.30pm
Pool Closure for Flippa Training
Sat 6.15pm to 7.30pm

FUN POOL @ SC

Sat & Sun, PH & Sch Hol
10.00am to 3.00pm & 4.00pm to 8.00pm

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).



CSC Christmas LIGHT UP

FRIDAY, 27 NOVEMBER 2020 | 7.30PM



Immerse in the season of giving and sharing this Christmas!

Join us to experience our first virtual magical realm and enjoy a series of fun and interactive activities and festive performance online. The highlight of this event is none other than the dazzling Christmas Light-up. A special magical moment awaits you and your loved ones.

Ho Ho Ho... Santa Claus is coming to town!



chineseswimmingclub

