



**CSC wishes everyone a  
Happy & Prosperous Lunar New Year!**



## FREESTYLE PUBLICATION



### ON THE COVER

CSC wishes everyone a  
Happy & Prosperous Lunar New Year!

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We welcome comments or any other contributions from members. Please send them to the General Manager/Secretary at the Club's address. The Club reserves the right to edit all materials or decline publication. No part of this publication may be reproduced without the permission of the Club.

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Dear Members,

I on behalf of the Management Committee would like to wish all members and their families a Happy and Blessed New Year!

The COVID-19 pandemic had brought unprecedented challenges not only to the Club's financials but also its operations. I would like to extend my heartfelt appreciation to all members for their cooperation and active support for the Club during these most trying times.

After the 14 December 2020 announcement made by the Multi-Ministry Taskforce on the Phase 3 of re-opening on 28 December 2020, the Club started to work on how we can ease the capacity limits of our facilities but still remain compliant to safety guidelines set by the relevant authorities. The pandemic is far from over and we need to continue to remain vigilant. By God's Grace, together we will be able to ride through this calamity.

For Swimming, we are pleased to announce the appointment of Mr Zhang Jian Lan as the Club's new Swimming Head Coach. Jian Lan joined us on 16 December 2020 and he is not a new face at CSC, he coached at CSC from March 2011 to August 2013. Since then he has groomed a number of national swimmers and was part of the coaching team for numerous overseas meets.



With the initiative to transform and maximise utilisation of space in the Club, the Management Committee did not renew the lease with the tenant of our Grand Ballroom when it expired on 30 November 2020. In turn, the Vision 2030 Committee is tasked to review the facilities offered at the Recreation Complex and to rethink of how to renew facilities so that the Club will continue to stay relevant to the everchanging needs of members. This initiative could be a sizable undertaking and it requires a more detailed study before plans can be shared with members. For the interim period, the Club will be looking to work with established caterers to lease out the Grand Ballroom on an ad hoc basis.

With the Chinese New Year once again fast approaching, members will be pleased to know that the Club will be giving out CSC Ang Bao packets from 15 January 2021. Members can also look forward to delightful festive goodies and Salmon Yu Sheng at Man Zhu Café.

Last but not least, I wish all members and your families good health and Gong Xi Fa Cai! Wan Shi Ru Yi!

Shalom and God Bless.

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

Edwin Lee  
President



# RECOGNISING OUR PEOPLE

Congratulations to CSC staff who were awarded the Excellent Service Award. Thank you for consistently demonstrating outstanding and professional services. Well done!

## STAR WINNERS



Goh Jiew Choi Louis  
(F&B)



Chong Kean Foo Kenny  
(F&B)

## GOLD WINNERS



Goh Jin Sen  
(F&B)



Soh Chin Xian Sally  
(F&B)



Cheng Chek Ching  
(F&B)



Lim Lian Tee Lily  
(Membership Relations)

## SILVER WINNERS

Oliveiro Kathline Irene	F&B
Teh Siew Kheng Jennifer	F&B
Tew Lai Poh Stanley	F&B
Qian HengFu Harold	F&B

Voon Ee Feng	F&B
Lee Shuet Ying Daphne	F&B
Ong Siew Kwan Agnes	Finance



# VIRTUAL Christmas Greeting & LIGHT UP 2020

27 NOVEMBER 2020

2020 was a special year as we experienced the first virtual Christmas Light Up via a video on Facebook on 27 November 2020 and our General Manager, Mr Peter Goh shared his Christmas greetings.

Our secret resident Santa rung the Christmas bells and countdown to the official light up with great gusto. It was followed by a Christmas decoration Club tour and a glimpse of our photo hotspot, the cosy fireplace which symbolised warm and positivity.

Interactive Christmas quiz and decoration guessing game were posted online for members' active participation. Ms Magdalene Wong and her 2 daughters, Katherine and Karen from Singapore Harpist brought love and peace to members with their repertoire of melodic harp performances.

May this virtual magical realm successfully spread the Christmas spirit and joy to all our members and their loved ones. Merry Christmas and a Happy New Year!





## EXCLUSIVE CSC ANG BAO PACKETS FOR COMING CHINESE NEW YEAR

Chinese New Year is approaching on 12 February 2021 and in view of the positive responses for the 2020 Ang Bao Packets Giveaway, we are pleased to share that the Club will be extending the exclusive CSC Ang Bao Giveaway in 2021.

From **15 January 2021 (Friday), 8.30am to 10pm**, each Principal member can collect 2 complimentary packs of the exclusive CSC Ang Bao Packets from Front Office at Arrival Pavilion. Each pack consists of 8 exquisitely designed Ang Bao pieces. We will be giving away 5,000 packs and they are available on a first-come-first-served basis and while stocks last.

May these CSC Chinese New Year Ang Bao Packets bring you good luck and prosperity in the year ahead. We look forward to your continuous support.



## CHINESE NEW YEAR CLUB CLOSURE

Please be informed that the Club will be closed on **Thursday and Friday, 11 & 12 February 2021** for Chinese New Year. Operations will resume on the second day of Chinese New Year, **Saturday, 13 February 2021**. We would like to take this opportunity to thank members who had contributed towards the Hong Bao fund. Wishing all members a Happy & Prosperous New Year!

### MAN ZHU CAFÉ

Wednesday, 10 Feb 2021	12.00pm to 8.30pm (Last order: 8.00pm)
Thursday, 11 Feb 2021 (Eve of CNY)	Closed
Friday, 12 Feb 2021 (1 <sup>st</sup> Day of CNY)	Closed
Saturday, 13 Feb 2021 (2 <sup>nd</sup> Day of CNY)	Normal

### 3 BARS

Wednesday, 10 Feb 2021	12.00pm to 10.00pm
Thursday, 11 Feb 2021 (Eve of CNY)	Closed
Friday, 12 Feb 2021 (1 <sup>st</sup> Day of CNY)	Closed
Saturday, 13 Feb 2021 (2 <sup>nd</sup> Day of CNY)	Normal

### MINGLE@AMBER

Wednesday, 10 Feb 2021	8.00am to 8.00pm
Thursday, 11 Feb 2021 (Eve of CNY)	Closed
Friday, 12 Feb 2021 (1 <sup>st</sup> Day of CNY)	Closed
Saturday, 13 Feb 2021 (2 <sup>nd</sup> Day of CNY)	10.00am to 8.00pm

### FU LIN MEN CANTONESE DINING

Wednesday, 10 Feb 2021	Lunch: 11.30am to 3.00pm (Last order: 2.30pm) Dinner: 5.30pm to 10.00pm (Last order: 9.30pm)
Thursday, 11 Feb 2021 (Eve of CNY)	Lunch: 11.30am to 3.00pm (Last order: 2.30pm) Dinner: 5.00pm to 7.00pm (1 <sup>st</sup> slot) 8.00pm to 10.00pm (2 <sup>nd</sup> slot) Advance booking and pre-order is required.
Friday, 12 Feb 2021 (1 <sup>st</sup> Day of CNY)	Lunch: 11.30am to 3.00pm (Last order: 2.30pm) Dinner: 5.30pm to 10.00pm (Last order: 9.30pm)
Saturday, 13 Feb 2021 (2 <sup>nd</sup> Day of CNY)	Lunch: 11.30am to 3.00pm (Last order: 2.30pm) Dinner: 5.30pm to 10.00pm (Last order: 9.30pm)



## TOKEN OF APPRECIATION FROM SINGAPORE POLICE FORCE

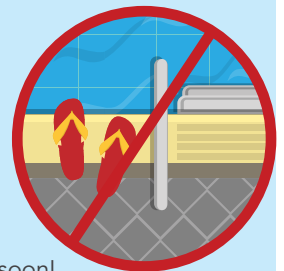
We are pleased to share that the Club was awarded a token of appreciation from the Singapore Police Force for our valuable support. As a partner with the police force from 1 April 2019 to 31 March 2020, the Club will continue to work closely with Marine Parade Neighbourhood Police Centre and played a crucial role in enhancing the overall preparedness and readiness against national exigencies and to fight crime.



## BE SOCIALLY RESPONSIBLE AND MAINTAIN A CLEAN & HEALTHY CLUB ENVIRONMENT

In view of the current Covid situation, we would like to appeal to all members to continue to be socially responsible and maintain a clean and healthy Club environment for everyone. We would like to remind you to observe and adhere to the following rules and regulations when visiting the Club:-

- i. Do not leave your belongings unattended in the changing rooms (eg: hanging clothes on the hook or leaving it on the benches etc)
- ii. Do not leave your slippers by the edge of the pool
- iii. Do not hang your laundry by the poolside
- iv. No washing of clothes allowed in the shower cubicles



Let's continue to adopt good personal hygiene practices and we hope to see you at the Club soon!

## AMENDMENTS TO CLUB CONSTITUTION

Please be informed that in accordance to the resolutions adopted at the 105<sup>th</sup> Annual General Meeting, the Club Constitution has been amended as follows:-



**Article 15.3** All funds belonging to the Club shall (unless invested) be deposited in an account or accounts in the name of the Club with a financial institution. The President, the 2 Vice-Presidents, the Captain, the Vice-Captain and the General Manager/Secretary of the Club shall be authorised to approve withdrawals or payments from the account or accounts. Any 2 authorised signatories may approve a withdrawal or payment of an amount less than \$200,000.00. Any withdrawal or payment of an amount of \$200,000.00 and more shall be approved by 3 of the authorised signatories.

**Article 16** Title of the Article shall be renamed as Property, Investments and Trustees





## BOOKING OF BASKETBALL COURT WITH EFFECT FROM 1 JANUARY 2021

In compliance with the Safe Management Measures to avoid overcrowding at the Basketball Court, the Club will be implementing a booking system with effect from **1 January 2021**. Kindly refer to the appended information on court booking.

### Operation hours

**7.00am to 10.00pm (Daily)**

### Charges

**Complimentary usage.** Advance booking is required. Penalty fee applies for late cancellation or no-show.

### Booking / Enquiries

Please call Sports Reception at **6885 0677**

### Note

- Booking can be made up to 7 days in advance at the Sports Reception located at Sports Complex Level 2. Booking is on a first come first serve basis.
- Member is required to sign in at the Sports Reception before playing at the Basketball Court.
- A maximum of 2 hours of play is allowed per booking. Any extension must be done at the Sports Reception, subject to the availability of court on actual day.
- Penalty fee applies for cancellation (after 12pm) one day before the actual booking or no-show.

### **PENALTY FEE**

<b>Off Peak</b>	<b>Peak</b>
Monday to Friday: 7.00am to 6.00pm	Monday to Friday: 6.00pm to 10.00pm Saturday, Sunday & Public Holiday: Whole day
\$2.14 per court per hour	\$4.28 per court per hour

- Court booked but unutilised after 15 minutes will be considered as no-show and penalty fee will apply. The slot will be released after 15 minutes.
- Strictly no playing is allowed at the Basketball Court without any booking.
- Booking blackout dates will apply for:

<b>TAG JUNIOR PROGRAMME</b>	<b>JUNIOR BASKETBALL TRAINING PROGRAMME</b>
Friday, 5.00pm to 8.00pm Sunday, 5.00pm to 7.00pm	Saturday & Sunday, 8.00am to 10.30am

Thank you for your kind understanding and we look forward to seeing you at the Club soon.

## WELCOME ONBOARD SWIMMING HEAD COACH ZHANG JIAN LAN

The Club takes great pleasure in welcoming Mr Zhang Jian Lan who joined us on 16 December 2020 as the Swimming Head Coach. Coach Zhang is no new face in the Club as he was previously with our coaching team from March 2011 to August 2013.

Graduated from Beijing Sports University (Swimming Specialisation) in 1994, Coach Zhang has more than 25 years of swimming and coaching experience. We are confident that his vast experience will revitalise the Club's swimming programme.



Coach Zhang had groomed many national-level swimmers and was also part of the coaching team for numerous national overseas meets such as the recent FINA World Championship, FINA World Junior Swimming Championships and the 30<sup>th</sup> South East Asian Games 2019. In addition, he was part of the relay team which clinched a bronze medal in the 1988 China National Swimming Championships and his best events were the 200m freestyle and 200m butterfly.

We are looking forward to him contributing to the Club's vision of elevating our swimmers to their full potential.

Following are some coaching perspectives shared by Coach Zhang:

### Discovering talents

Ability to identify young talented swimmers and accurately work out the direction and plans of their future developments and achievements.

### Protecting talents

Training can be rigorous but we must be aware that swimmers need to be protected too. This is the hardest aspect to achieve in coaching. It is important to strike a balance between the training progress and the swimmers' physical endurance. The coaches must encourage the swimmers to improve and at the same time not pursue quick success by tiring out the swimmers.

### Be inquisitive about swimming

In order to improve the swimmers' performance, it is always important to analyse the areas to work on and these include both the technical and physical aspects as well as the mental preparation. We must think through each and every single aspect which may possibly improves a swimmer's performance.

### Help swimmers to achieve success and accompany them in their development

Not every swimmer can make it to the highest level of the podium. To win a gold medal, one must fulfil various conditions. As a coach, helping each swimmer attain the highest performance level is considered a success, and the coach is also the one who will accompany the child in his / her growth.



## LEARN TO SWIM - FAST TRACK

Swim CSC was excited to pilot its new Learn To Swim - Fast Track (LTS-FT) programme that commenced on 23 November 2020.

This programme provided the same high-quality progression as the Learn To Swim programme with a focused approach to learning. This new programme was held five sessions weekly over two weeks, compared to the usual one session weekly for 10 weeks.



## SWIM CSC TIME TRIALS FOR UPGRADING 2020

The Club held a Time Trial for competitive swimmers on 23 to 26 November 2020. The event provided swimmers an opportunity to record their times for upgrading. It was a valuable racing experience for the swimmers; the first time for 10 months. They were excited to be back in the pool competing and this also served as advance practice for the Singapore Swimming Association Olympic Trials and Comeback Meet 1 scheduled at the National Aquatic Centre in early December 2020. Many best times were recorded and the coaches were delighted with the progress.



## SWIMMING CAMPS FOR A, B & C1 SQUADS

During the year end school holidays, the Club organised swimming camps for the swimmers of A, B and C1 squads from 30 November to 16 December 2020. Each camp was held over 3 days (Monday to Wednesday) in the morning. Technical aspects and swimming techniques were the main focus of the camp and swimmers learned a combination of skills, drills and land training. They also had the opportunity to demonstrate and execute the skills learned. On the last day of the camp, lunch was provided and the camp ended with a fun session of team bowling. Everyone had great fun and enjoyed the camp tremendously.



## TAEKWONDO 178<sup>TH</sup> SUPPLEMENTARY GRADING

The Club held the 178<sup>th</sup> Supplementary grading on Sunday, 25 October 2020. We would like to congratulate all CSC trainees for achieving their new belts.

Darien Low Xian Zhi	Foundation 1, 2
Natalie Low Pei Ci	Foundation 1, 2
Luke Nicholas Yam Jing Rui	Foundation 1, 2
Erin Sarah Trollope	Grade Ten (10)
Keane Lee Hao Yi	Grade Ten (10)
Sophie Liu Thorstad	Grade Ten (10)
Flora Mei Thorstad	Grade Ten (10)
Toby Gillin Derera	Grade Ten (10)
Oscar Gillin Derera	Grade Ten (10)
Keiden Chua Li-Ren	Grade Eight (8)
Lo Jing Kai	Grade Eight (8)
Caleb Ho	Grade Eight (8)
Jairus Cheung Yat Nam	Grade Seven (7)
Jensen Foo Rui Jun	Grade Seven (7)
Jaden Foo Rui Xiang	Grade Seven (7)
Janelle Foo Shuen Hui	Grade Seven (7)
Karlie Wong Bui Ki	Grade Seven (7)
Ralph Wong Yu Ren	Grade Seven (7)
Joseph Claude Oxley	Grade Seven (7)
Lucas Charles Oxley	Grade Seven (7)
Gareth Toh Yu Song	Grade Seven (7)

Arthur Koo Yun Kai	Grade Six (6)
Caleb Lim Hong Jun	Grade Six (6)
Jadon Ling Yi Xin	Grade Five (5)
Logan Lim Hao Ning	Grade Five (5)
Sixtine Le Mestrealan	Grade Five (5)
Yep Hon Lum Haniel	Grade Four (4)
Alena Martin Wee	Grade Four (4)
Tyson Lee Dong Ze	Grade Four (4)
Cory Alexander Tan	Grade Four (4)
Donald Neo Geng Rui	Grade Four (4)
Eva Lee Xin Yi	Grade Three (3)
Ethan Ho Jun Hong	Grade Three (3)
Marcus Ho Jun Xin	Grade Two (2)
Brian James Hartono	Grade Two (2)
Sarah Chen Xin En	1 <sup>st</sup> Poom
Asha Enyi Vasu	1 <sup>st</sup> Poom
Ayden Ang Kai Rui	1 <sup>st</sup> Poom
Ashton Ang Jia Rui	1 <sup>st</sup> Poom
Kent Yosoi	1 <sup>st</sup> Poom
Jayrian Chua Jun Yu	1 <sup>st</sup> Poom

## FUN SQUASH FOR ADULTS, YOUTHS & CHILDREN

Our very first Squash workshop kicked off on 26 November 2020 with the intent to promote Squash as a family sport and to arouse the interest of members who wish to try out a new sport. Participants were introduced to the foundation skills and rules. They were engaged in a one-to-one session with the coach who patiently explained the correct techniques while practising. We were pleased that everyone enjoyed themselves and look forward to seeing them having fun at the Squash courts.





## CSC TENNIS JUNIOR TRAINING CAMP 2020



School's out, fun's in! During the year-end school holidays, three training camps for children age 3 to 14 years old were held on 23 to 26 November, 30 November to 3 December and 7 to 10 December 2020 respectively.

Led by Tennis Allegiance Group (TAG) team of professional coaches, training involved fun and games that focus on eye-hand coordination, basic techniques and movement orientated drills. The holistic approach to training that comprises drilling and focus on game strategy, and physical fitness had allowed our juniors to take their game play to an even higher level.

## SINGAPORE TENNIS ASSOCIATION (STA) INTERCLUB DOUBLES LEAGUE 2020

Taking part in their first STA tournament since the COVID-19 pandemic, our Men's Grade "B" team participated in the Interclub Doubles League 2020 held from 12 September to 18 October 2020. They battled through six hard-fought group stage matches, winning against five clubs and emerging top of the group table to qualify for the semi-final. After beating Sanwa Tennis in the semi-final, the team went head-to-head with British Club and clinched the Champion title.

As for our Men's Grade "D" team, their experiences were remarkable. They braced up a valiant fight in the group stage by winning five of the seven group stage matches. Despite being tied on the number of points against Teloon Tennis Club, the team emerged as 2nd runner-up.



## INTRODUCTION TO THE GAME OF BRIDGE

A total of 14 participants registered for the Introduction to the Game of Bridge course which commenced on Wednesday, 4 November 2020.

The 10 lessons course is currently led by our section members, Mr Phang Siew Loon, Mr Tan Jin Meng and Mr Tham Beng Kiong on a rotation basis. The facilitators designed the course notes and conducted game demonstration which included the Bridge Base Online game. The participants enjoyed the sessions and had a great bonding time.

Interested members who are keen to join us in the next course, please register your interest by emailing to [michelle\\_lee@chineseswimmingclub.org.sg](mailto:michelle_lee@chineseswimmingclub.org.sg).



## BBQ PORK PASTRY WORKSHOP

Fans of this delectable pastry gathered on 31 October 2020 and spent a wonderful Saturday afternoon learning the ropes of baking from Chef Nan. Members gained knowledge on the dough creation techniques during the hands-on session and also learned the steps in making the barbequed pork. Everyone enjoyed the tasty end product and brought home their self-made pastries.



## BAJIQUAN WUSHU BOOTCAMP FOR KIDS

On 27 November, 4, 11 and 18 December 2020, the children came together to learn Bajiquan, "Eight Extremities Fist", a traditional Northern-style Wushu known for its explosive, short range power and direct striking. During the 4 sessions, the coach imparted them with the fundamental skills, emphasised on their horse stance and corrected their motions like hand poses, arm punches, knee, hip, elbow and shoulder strikes. We were glad that the kids had picked up these new skills and look forward to seeing them practise Chinese martial arts so as to keep up with their fitness and flexibility.





## URBAN GARDENING WORKSHOP: GROWING ORGANIC VEGETABLES USING SOIL & SOIL-LESS METHODS

Held on 10 November 2020 as a one-day workshop, participants learned all the practical tips needed to start growing vegetables. With the insights gained and resources provided, everyone can harvest their own highly organic and nourishing veggies within 3 weeks.

The members were all excited to apply the knowledge and skills to our own Urban Garden and look forward to seeing more fruits and vegetables flourish.



## COMBAT KICKBOXING FOR KIDS

We were pleased to welcome 3 young girls to this combat sports on 27 November, 4, 11 and 18 December 2020. The coach patiently demonstrated the tying of hand wraps and introduced the basics of Combat Kickboxing with jab, cross, hook, uppercut, kicks, combo targeting and shadow sparring. After 4 lessons, we hoped the “Charlie’s Angels” had built up their confidence and improved on their coordination and motor skills.



## COMBAT KICKBOXING & SELF-DEFENSE FOR YOUTH

The Club held a 4-lesson workshop on 27 November, 4, 11 and 18 December 2020. The participants were taught the tying of hand wraps which was important in protecting their knuckles. They were also introduced to the fundamentals of Combat Kickboxing and learned the self-defense moves such as wrist lock, shoulder lock and submission. The boys were quick in picking up the skills and diligently practising the actions with zest and strength. We hoped these skills will come in handy to keep them fit and safe.



## CONTEMPORARY DANCE HOLIDAY WORKSHOP & CONTEMPORARY DANCE BEGINNERS

During the 2-lesson workshop on 27 November and 4 December 2020, the young girls at aged 7 to 9 learned some basic Contemporary Dance floorwork exercises such as bum roll, forward roll and back roll. They had tremendous fun while dancing to the song "Never Enough by Loren Allred" and everyone signed up for the new Contemporary Dance Beginners class scheduled every Sunday with instructor Amelia for more extensive dance work.



## KPOP & HIP HOP DANCE HOLIDAY WORKSHOP

The Kpop & Hip Hop dance holiday workshop received overwhelming responses from the members. The original workshop scheduled on 6 December 2020 was fully signed up within a short time span and a second workshop was specially arranged on 13 December 2020 to accommodate all interested children. During the workshops, instructor Jean made learning easy by clearly demonstrating and explaining the dance steps. The children danced to BTS's Billboard Hot 100 Number 1 song "Dynamite" and learned hip hop techniques including down bounce, up bounce, L.A. walk, L.A walk criss cross, biz markie and A-Town stomp with Queen's "We will Rock You".





## 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 26 FEB 2021**

**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*

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

**EVERY MON, COMMENCING 1 MAR 2021**

**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 (BEGINNERS) BY  
PHILIP SOBRIELO**

For interested participants with line dancing background.

**EVERY TUE, COMMENCING 16 MAR 2021**

**12.45PM – 1.45PM**

**ACTIVITY SUITE, SC (L3)**

\$74.90 (Member) / \$107.00\* (Guest)

Min. 10 pax / 10 sessions

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

For interested participants with line dancing background.

**EVERY TUE, COMMENCING 2 MAR 2021**

**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 21 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 21 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.*

**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.



## CONTEMPORARY DANCE (BEGINNERS) BY AMELIA CHONG

**EVERY SUN, COMMENCING 21 FEB 2021**

**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

## **NEW** SOLO BACHATA (BEGINNERS)

**EVERY SAT, COMMENCING 30 JAN 2021**

**8.00PM – 9.00PM**

**ACTIVITY SUITE, SC (L3)**

\$120.38 (Member) / \$147.78\* (Guest)

Min. 6 pax / 4 sessions

## **NEW** SOLO SALSA (BEGINNERS)

**EVERY SAT, COMMENCING 30 JAN 2021**

**9.15PM – 10.15PM**

**ACTIVITY SUITE, SC (L3)**

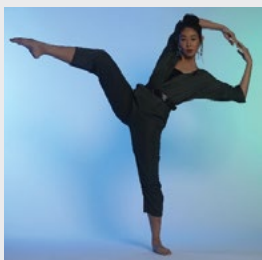
\$120.38 (Member) /

\$141.78\* (Guest)

Min. 6 pax / 4 sessions

**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** KPOP DANCE MTV

**EVERY SAT, COMMENCING 6 MAR 2021**

**5.45PM – 6.45PM**

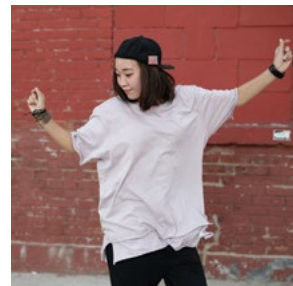
**ACTIVITY SUITE, SC (L3)**

\$171.20 (Member)

\$214.00\* (Guest)

Min. 8 pax / 13 -20 years old

8 sessions



## **NEW** JUMP FIT BOOTS

A cardio and dance fitness class on jumping boots.

**EVERY THU, COMMENCING 4 MAR 2021**

**10.00AM – 11.00AM**

**ACTIVITY SUITE, SC (L3)**

\$201.16 (Member) / \$226.84\* (Guest)

Min. 8 pax / 21 years old & above / 8 sessions

**EVERY SAT, COMMENCING 6 MAR 2021**

**4.30PM – 5.30PM**

**ACTIVITY SUITE, SC (L3)**

\$201.16 (Member) / \$243.96\* (Guest)

Min. 8 pax / 21 years old & above / 8 sessions

*Note: Jump Fit shoes will be provided. Please bring your own long socks.*



\*Price includes guest fee.



## MARCH SCHOOL HOLIDAYS

WUSHU & COMBAT KICKBOXING  
BOOTCAMP FOR KIDS (BEGINNERS)

**FRI, 19 MAR 2021 / 9.30AM – 11.45AM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$85.60 (Member) / \$88.81\* (Guest)  
 Min. 5 pax & Max. 10 pax / 7 - 12 years old

Time	Programme
9.30am	Wushu
10.30am	Break
10.45am	Combat Kickboxing
11.45am	Home Sweet Home



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

## JUMP FIT BOOTS HOLIDAY WORKSHOP

A cardio and dance fitness workshop on jumping boots.

**SUN, 14 MAR 2021**  
**MULTI-PURPOSE ROOM, SC (L2)**

**KIDS 5 TO 12 YEARS OLD**  
**8.45AM – 9.45AM**

**TEENS 13 – 20 YEARS OLD**  
**10.00AM – 11.00AM**

**ADULTS 21 & ABOVE**  
**11.15AM – 12.15PM**

\$28.36 (Member) / \$33.71\* (Guest)  
 Max. 10 pax per age category

*Note: Jump Fit shoes will be provided. Please bring your own long socks.*

SOLO BACHATA & SOLO SALSA  
DANCE HOLIDAY WORKSHOP

**SUN, 21 MAR 2021 / 9.30AM – 11.45AM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$74.90 (Member) / \$80.25\* (Guest)  
 Min. 5 pax & Max. 10 pax / 7 - 12 years old

Time	Programme
9.30am	Solo Bachata
10.30am	Break
10.45am	Solo Salsa
11.45am	Home Sweet Home

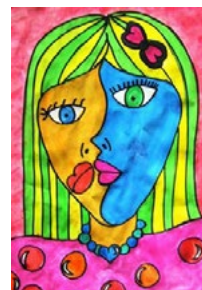
*Note: No snacks and beverages will be provided during break.  
 Programme is subject to changes due to unforeseen circumstances.*

## YOUTH &amp; FAMILY

## ADULT ART CLASSES

## INSTRUCTOR: JAYA GUPTA

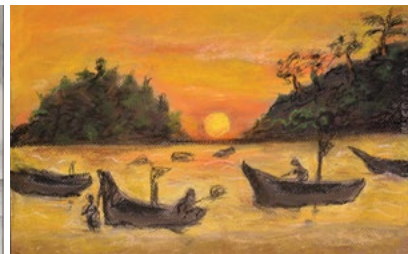
Jaya Gupta is a Freelance Conceptual Artist, Art teacher and Graphic designer with a degree in Fine Art from HKUSPACE, Hong Kong and has learnt various art styles from a renowned Chinese artist. She was one of the Semi-Finalist of Phillippe Charriol Art Competition in China in 2006.

WATERCOLOUR PAINTING &  
ACRYLIC PAINTING

**WED, 24 FEB, 3 MAR, 10 MAR & 24 MAR 2021**  
**9.30AM – 11.30AM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$214.00 (Member) / \$226.84 (Guest)\*  
 Min. 5 pax / 21 years old & above / 4 sessions

## CHARCOAL AND SOFT PASTEL



**WED, 31 MAR, 7 APR, 14 APR & 21 APR 2021**  
**9.30AM – 11.30AM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$214.00 (Member) / \$226.84 (Guest)\*  
 Min. 5 pax / 21 years old & above  
 4 sessions

*Note: All art materials will be provided.*

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

## PENCIL PORTRAIT SHADING

**WED, 28 APR, 5 MAY,  
12 MAY, 19 MAY &  
26 MAY 2021  
9.30AM – 11.30AM  
MULTI-PURPOSE ROOM,  
SC (L2)**

\$267.50 (Member)  
\$283.55 (Guest)\*  
Min. 5 pax  
21 years old & above  
5 sessions



## 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



## 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

## 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.

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



## 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.



### INSTRUCTOR: MATTHEW

**EVERY SAT, COMMENCING 6 FEB 2021**

**12.30PM – 1.30PM**

**ACTIVITY SUITE, SC (L3)**

### INSTRUCTOR: TEX

**EVERY SAT, COMMENCING 6 FEB 2021**

**7.00PM – 8.00PM / 8.05PM – 9.05PM**

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

**EVERY SUN, COMMENCING 31 JAN 2021**

**9.30AM – 10.30AM / 10.45AM – 11.45AM**

**ACTIVITY SUITE, SC (L3)**

\$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

### STEAMED YAM CAKE & LONGEVITY BUN (DEMO + PARTIAL HANDS-ON)

Join us in this workshop where Chef Tay will demonstrate the making of traditional steamed yam cake and longevity bun in time for the Chinese New Year festive season. Participants can have partial hands-on in the dough making process for the longevity buns. Sign up by 3 Jan 21 to enjoy 10% early bird discount.

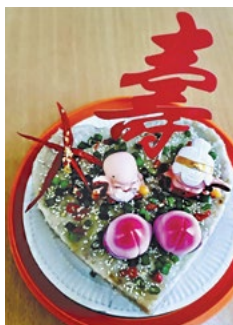
**SAT, 23 JAN 2021**

**2.00PM – 5.00PM**

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

\$64.20 (Member) / \$74.90\* (Guest)

Min. 8pax



## 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 6 FEB 2021**

**3.15PM – 4.15PM**

**ACTIVITY SUITE, SC (L3)**

\$154.08 (Member)

\$207.58\* (Guest)

Min. 5 pax / 8 sessions



## PILOXING

**EVERY SAT, COMMENCING 6 MAR 2021**

**2.00PM – 3.00PM**

**ACTIVITY SUITE, SC (L3)**

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

Min. 5 pax / 8 sessions

## TOTAL BODY CONDITIONING

**EVERY THU, COMMENCING 14 JAN 2021**

**8.00PM – 9.00PM**

**ACTIVITY SUITE, SC (L3)**

\$128.40 (Member) / \$171.20\* (Guest)

Min. 7 pax / 8 sessions

*\*Price includes guest fee.*

## 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 2 FEB 2021  
7.15PM – 8.15PM & 8.20PM – 9.20PM  
MULTI-PURPOSE ROOM, SC (L2)**

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



## K-POP X FITNESS (LITE)

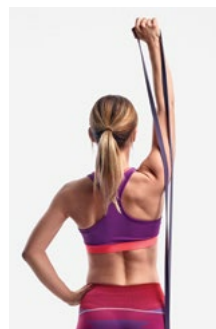
**EVERY FRI, COMMENCING 29 JAN 2021  
10.15AM – 11.05AM  
ACTIVITY SUITE, SC (L3)**

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

## 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



## MBSR GENTLE YOGA

**EVERY SAT, COMMENCING 30 JAN 2021  
11.00AM – 12.15PM  
ACTIVITY SUITE, SC (L3)**

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



## HATHA YOGA

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

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



\*Price includes guest fee.





## 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**

## 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**

## YANG STYLE TAIJI QUAN



**EVERY WED**

**8PM – 9.30PM**

**ACTIVITY SUITE, SC (L3)**

\$26.75 (Member)

\$56.71\* (Guest)

Min. 6 pax

## TAIJI QIGONG

**EVERY SUN / 8.15AM – 9.15AM**

**ACTIVITY SUITE, SC (L3)**

\$42.80 (Member) / \$58.85\* (Guest)

Min. 6 pax

## 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



## FESTIVE CRAFT (VIRTUAL WORKSHOP)

Enrol your child in these fun workshops where they will learn to make Chinese New Year canvas and Ang Bao (red packet) which can be used to decorate the home.

### CNY FOAM CLAY CANVAS



**SAT, 20 FEB 2021**  
**9.30AM – 10.30AM**

\$37.45 (Member) / \$48.15 (Guest)  
Min. 10 pax  
Closing date: 7 Feb 2021

### CNY FELT "ANG BAO" MAKING



**SAT, 20 FEB 2021**  
**11.00AM – 12.00PM**

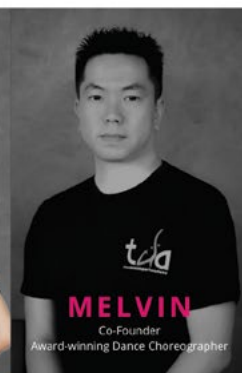
\$34.24 (Member) / \$44.94 (Guest)  
Min. 10 pax  
Closing date: 7 Feb 2021

*Note: Above 2 workshops are inclusive of hosting platform on Zoom for 1 hour. All art & craft materials will be provided and fees include delivery of materials to participants' home.*

## MEET THE NEW TEAM

**tad** | thedancesportacademy

LEARN FROM ONLY THE BEST!



THEDANCESPORTACADEMY.COM // WHATSAPP +65 8933 1519



@THEDANCESPORTACADEMY



## 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, ACTIVITY SUITE, SC (L3)**

Belt	Time
Foundation White F1 F2 F3 / White	1pm to 2pm
Yellow	2pm to 3pm
Green	3pm to 4pm
Blue	3pm to 4pm
Brown	4pm to 5pm
Poom / Black	5pm to 6pm

\$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](mailto:Michelle_Lee@chineseswimmingclub.org.sg) for more information.



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



Sanctioned by Singapore bowling federation for aspiring bowlers aged 10 to 18 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

Contact Jick Sern at 6885 0675 or email [JickSern\\_Lam@chineseswimmingclub.org.sg](mailto:JickSern_Lam@chineseswimmingclub.org.sg) for more information.

## BOWLING LEARN-TO-PLAY PROGRAMME



Let your kid learn from ex-national Coach Clara Lau!

**FOR KIDS AGE 6 TO 16 YEARS OLD**  
**EVERY SAT, 2.00PM - 4.00PM & 4.00PM - 6.00PM**  
**12 LANES, SC (L1)**

\$128.40 / month (Member) / \$171.20 / month (Guest)

Note: Lane fees and bowling shoes rental included



## 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 5<sup>th</sup> week in a month, additional fee will be charged.



## 4 DAYS TABLE TENNIS HOLIDAY CAMP

**MON – THU, 15 – 18 MAR 2021  
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.

**Closing date: 5 Mar 2021**

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 1<sup>st</sup> runner up in China National Youth Table Tennis Tournament under the Group category and 6<sup>th</sup> placing under the Singles category.

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

*\*Price includes guest fee.*





## CSC-LJE SPORTS JUNIOR BASKETBALL HOLIDAY TRAINING CAMP

**MON – WED, 15 – 17 MAR 2021**  
**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: 5 Mar 2021**

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](mailto:Wendy_Tan@chineseswimmingclub.org.sg) for more information.



## SQUASH YOUTH 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**  
**SQUASH COURTS, SC (L3)**

\$234.00 nett / month x 3 months (Member)  
 \$260.00 nett / month x 3 months (Guest)  
 Eligibility: 7 – 19 years old



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

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

**EVERY SUN, 3.00PM – 5.00PM**  
**SQUASH COURTS, SC (L3)**

\$246.10 / month x 3 months (Member)  
 \$278.20\* / month x 3 months (Guest)  
 20 years old & above / Min 3 Pax

Contact Wan Ling at 6885 0653 or email [WanLing\\_Tan@chineseswimmingclub.org.sg](mailto:WanLing_Tan@chineseswimmingclub.org.sg) for more information.

*\*Price includes guest fee.*



## Chef's Specialty

### JANUARY

Satay Bee Hoon



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

**\$8.00**

### FEBRUARY

Ginseng Chicken *(served with one plate of rice)*



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

**\$9.50**



Stay tuned for our new menu items  
launching soon!



CHINESE NEW YEAR SPECIAL



# FESTIVE GOODIES

**Irresistible festive  
treats await you!**



Available from  
15 January to 10 February 2021  
At Man Zhu Café

While stocks last

*\*Images for illustration purpose only.*



# 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](mailto:membership@chineseswimmingclub.org.sg) or call 6345 1221 or 6885 0652/7.

SUN	MON	TUE	WED	THU	FRI	SAT
<b>31</b> Taiji Qigong Wushu (Beginners) Line Dance (Beginner Advanced) Line Dance (Advanced) Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Junior Training					<b>1</b> Hatha Yoga Gentle Yoga Children's Ballet	<b>2</b> Children's Ballet Pilates MBSR Gentle Yoga Piloxing Wushu (Beginners) Squash Youth Development Programme (Beginners / Intermediate) Bowling Learn-To-Play Programme CSC Bowling Academy COE Programme CSC-JTA Table Tennis Junior Training
<b>3</b> Taiji Qigong Wushu (Beginners) Contemporary Dance (Beginners) Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Junior Training	<b>4</b> Hatha Yoga Pilates Chinese Calligraphy Children's Ballet Latin / Standard Ballroom CSC-JTA Table Tennis Junior Training	<b>5</b> Taiji Neigong Gentle Yoga Pilates Pole Dance Fitness Line Dance (Foundation) Line Dance (Beginner Intermediate) CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training CSC Bowling Academy COE Programme	<b>6</b> Yang Style Taiji Quan Body Band Balance CSC-JTA Table Tennis Junior Training	<b>7</b> Total Body Conditioning Chinese Brush Painting CSC-JTA Table Tennis Junior Training	<b>8</b> Hatha Yoga Gentle Yoga Children's Ballet Kpop X Fitness (Lite) Latin / Standard Ballroom	<b>9</b> Children's Ballet Pilates MBSR Gentle Yoga Piloxing Wushu (Beginners) Squash Youth Development Programme (Beginners / Intermediate) Bowling Learn-To-Play Programme CSC Bowling Academy COE Programme CSC-JTA Table Tennis Junior Training
<b>10</b> Taiji Qigong Wushu (Beginners) Line Dance (Beginner Advanced) Line Dance (Advanced) Contemporary Dance (Beginners) Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Junior Training	<b>11</b> Hatha Yoga Pilates Chinese Calligraphy Children's Ballet Latin / Standard Ballroom CSC-JTA Table Tennis Junior Training	<b>12</b> Taiji Neigong Gentle Yoga Pilates Pole Dance Fitness Line Dance (Foundation) Line Dance (Beginner Intermediate) CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training CSC Bowling Academy COE Programme	<b>13</b> Yang Style Taiji Quan Body Band Balance CSC-JTA Table Tennis Junior Training	<b>14</b> Total Body Conditioning Chinese Brush Painting CSC-JTA Table Tennis Junior Training	<b>15</b> Hatha Yoga Gentle Yoga Children's Ballet Kpop X Fitness (Lite) Latin / Standard Ballroom	<b>16</b> Children's Ballet Pilates MBSR Gentle Yoga Piloxing Wushu (Beginners) Squash Youth Development Programme (Beginners / Intermediate) Bowling Learn-To-Play Programme CSC Bowling Academy COE Programme CSC-JTA Table Tennis Junior Training
<b>17</b> Taiji Qigong Wushu (Beginners) Line Dance (Beginner Advanced) Line Dance (Advanced) Contemporary Dance (Beginners) Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Junior Training	<b>18</b> Hatha Yoga Pilates Chinese Calligraphy Children's Ballet Latin / Standard Ballroom CSC-JTA Table Tennis Junior Training	<b>19</b> Taiji Neigong Gentle Yoga Pilates Pole Dance Fitness Line Dance (Foundation) Line Dance (Beginner Intermediate) CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training CSC Bowling Academy COE Programme	<b>20</b> Yang Style Taiji Quan Body Band Balance CSC-JTA Table Tennis Junior Training	<b>21</b> Total Body Conditioning Chinese Brush Painting CSC-JTA Table Tennis Junior Training	<b>22</b> Hatha Yoga Gentle Yoga Children's Ballet Kpop X Fitness (Lite) Latin / Standard Ballroom	<b>23</b> Steamed Yam Cake & Longevity Bun (Demo + Partial Hands-On) Pilates Children's Ballet MBSR Gentle Yoga Piloxing Wushu (Beginners) Squash Youth Development Programme (Beginners / Intermediate) Bowling Learn-To-Play Programme CSC Bowling Academy COE Programme CSC-JTA Table Tennis Junior Training
<b>24</b> Taiji Qigong Wushu (Beginners) Line Dance (Beginner Advanced) Line Dance (Advanced) Contemporary Dance (Beginners) Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Junior Training	<b>25</b> Hatha Yoga Pilates Chinese Calligraphy Children's Ballet Latin / Standard Ballroom CSC-JTA Table Tennis Junior Training	<b>26</b> Taiji Neigong Gentle Yoga Pilates Pole Dance Fitness Line Dance (Foundation) Line Dance (Beginner Intermediate) CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training CSC Bowling Academy COE Programme	<b>27</b> Yang Style Taiji Quan Body Band Balance CSC-JTA Table Tennis Junior Training	<b>28</b> Total Body Conditioning Chinese Brush Painting CSC-JTA Table Tennis Junior Training	<b>29</b> Kpop X Fitness (Lite) Hatha Yoga Gentle Yoga Children's Ballet Latin / Standard Ballroom	<b>30</b> MBSR Gentle Yoga Solo Bachata (Beginners) Solo Salsa (Beginners) Children's Ballet Pilates Piloxing Wushu (Beginners) Squash Youth Development Programme (Beginners / Intermediate) Bowling Learn-To-Play Programme CSC Bowling Academy COE Programme CSC-JTA Table Tennis Junior Training



SUN	MON	TUE	WED	THU	FRI	SAT
	<b>1</b> Hatha Yoga Pilates Chinese Calligraphy Children's Ballet Latin / Standard Ballroom CSC-JTA Table Tennis Junior Training	<b>2</b> Taiji Neigong Pole Dance Fitness Gentle Yoga Pilates Line Dance (Foundation) Line Dance (Beginner Intermediate) CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training CSC Bowling Academy COE Programme	<b>3</b> Yang Style Taiji Quan Body Band Balance CSC-JTA Table Tennis Junior Training	<b>4</b> Total Body Conditioning Chinese Brush Painting CSC-JTA Table Tennis Junior Training	<b>5</b> Kpop X Fitness (Lite) Hatha Yoga Gentle Yoga Children's Ballet Latin / Standard Ballroom	<b>6</b> Ritmix Dance Fitness MBSR Gentle Yoga Pilates Piloxing Solo Bachata (Beginners) Solo Salsa (Beginners) Children's Ballet Wushu (Beginners) Squash Youth Development Programme (Beginners / Intermediate) Bowling Learn-To-Play Programme CSC Bowling Academy COE Programme CSC-JTA Table Tennis Junior Training
<b>7</b> Taiji Qigong Wushu (Beginners) Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Junior Training	<b>8</b> Hatha Yoga Pilates Chinese Calligraphy Children's Ballet Latin / Standard Ballroom CSC-JTA Table Tennis Junior Training	<b>9</b> Taiji Neigong Pole Dance Fitness Gentle Yoga Pilates CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training CSC Bowling Academy COE Programme	<b>10</b> Yang Style Taiji Quan Body Band Balance CSC-JTA Table Tennis Junior Training	<b>11</b> CHINESE NEW YEAR EVE	<b>12</b> CHINESE NEW YEAR (1ST DAY)	<b>13</b> CHINESE NEW YEAR (2ND DAY)
						
<b>14</b> Taiji Qigong Taekwondo Junior Training Programme CSC-JTA Table Tennis Junior Training	<b>15</b> Hatha Yoga Pilates Chinese Calligraphy Children's Ballet CSC-JTA Table Tennis Junior Training	<b>16</b> Taiji Neigong Pole Dance Fitness Gentle Yoga Pilates CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training CSC Bowling Academy COE Programme	<b>17</b> Yang Style Taiji Quan Body Band Balance CSC-JTA Table Tennis Junior Training	<b>18</b> Total Body Conditioning Chinese Brush Painting CSC-JTA Table Tennis Junior Training	<b>19</b> Kpop X Fitness (Lite) Hatha Yoga Gentle Yoga Children's Ballet Latin / Standard Ballroom	<b>20</b> Ritmix Dance Fitness Piloxing MBSR Gentle Yoga Pilates CNY Foam Clay Canvas CNY Felt "Ang Bao" Making Solo Bachata (Beginners) Solo Salsa (Beginners) Children's Ballet Wushu (Beginners) Squash Youth Development Programme (Beginners / Intermediate) Bowling Learn-To-Play Programme CSC Bowling Academy COE Programme CSC-JTA Table Tennis Junior Training
<b>21</b> Taiji Qigong Line Dance (Beginner Advanced) Line Dance (Advanced) Contemporary Dance (Beginners) Wushu (Beginners) Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Junior Training	<b>22</b> Hatha Yoga Pilates Chinese Calligraphy Children's Ballet Latin / Standard Ballroom CSC-JTA Table Tennis Junior Training	<b>23</b> Taiji Neigong Pole Dance Fitness Gentle Yoga Pilates Line Dance (Foundation) Line Dance (Beginner Intermediate) CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training CSC Bowling Academy COE Programme	<b>24</b> Yang Style Taiji Quan Body Band Balance Watercolour Painting & Acrylic Painting CSC-JTA Table Tennis Junior Training	<b>25</b> Total Body Conditioning Chinese Brush Painting CSC-JTA Table Tennis Junior Training	<b>26</b> Kpop X Fitness (Lite) Hatha Yoga Gentle Yoga Children's Ballet Latin / Standard Ballroom	<b>27</b> Ritmix Dance Fitness Piloxing MBSR Gentle Yoga Pilates Solo Bachata (Beginners) Solo Salsa (Beginners) Children's Ballet Wushu (Beginners) Squash Youth Development Programme (Beginners / Intermediate) Bowling Learn-To-Play Programme CSC Bowling Academy COE Programme CSC-JTA Table Tennis Junior Training
<b>28</b> Taiji Qigong Line Dance (Beginner Advanced) Line Dance (Advanced) Contemporary Dance (Beginners) Wushu (Beginners) Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate) CSC-JTA Table Tennis Junior Training						

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### China

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www.ambassyclub.com.cn

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

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Tel: +86 21 8025 8666  
www.ddi-tcc.com

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Tel: +86 22 8372 8888  
www.goldinmetropolitanhotel.com

### Hong Kong

United Services Recreation Club, Kowloon  
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www.usrc.org.hk

### Korea

The Seoul Club, Seoul  
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www.seoulclub.org

### Malaysia

Chinese Swimming Club, Penang  
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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  
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www.sunway.com.my

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### Thailand

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www.rbssc.org

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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

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

### Indonesia

Indah Puri Golf Resort, Batam  
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www.indahpuri.com

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Tel: +65 6223 3223  
www.bintanlagoon.com

Laguna Golf, Bintan  
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www.lagunagolf.com

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Tel: +62 21 552 9228  
www.moderngolf.co.id

Nongsa Resorts, Batam  
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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

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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  
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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  
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www.evergreen-hotels.com

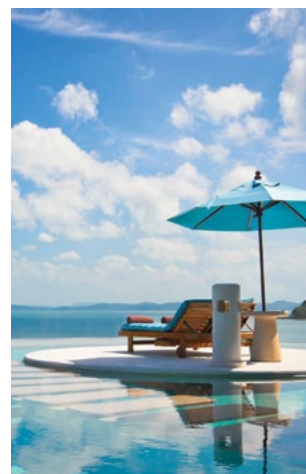
G Hotel Gurney  
Tel: +6 04 238 0000  
www.ghotel.com.my

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. Changli 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





**Fu Lin Men**  
CHINESE RESTAURANT

## 外賣精選 Takeaway Items

Available from 12 January 2021

For Dining-in set menu, please call 6282 0810



鮑魚盤菜(8位用) Treasure Pot \$368+

賀年年糕 Glutinous Rice Cake \$36+

腊味萝卜糕 Radish Cake \$36+



发财鱼生 Salmon Lo Hei 中 medium \$58+  
大 large \$88+

鮑魚鱼生 Abalone Lo Hei 中 medium \$88+  
大 large \$128+

### Chinese New Year

初一至初十五 照常营业  
(11 February - 26 February 2021)

\*Booking is advised.

Lunch : 11:30am - 2:15pm (Last order)

Dinner : 5:30pm - 9:45pm (Last order)



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CLUB'S MAIN LINE : 6345 1221 or 6885 0688

GENERAL FEEDBACK :

[feedback@chineseswimmingclub.org.sg](mailto:feedback@chineseswimmingclub.org.sg)

*For information pertaining to the following areas,  
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FITNESS INSTRUCTORS  
ext. 749 / [CSC\\_Flex@chineseswimmingclub.org.sg](mailto: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).



# CHINESE NEW YEAR SPECIAL AT MAN ZHU CAFÉ

## Salmon Fa Cai Yu Sheng

AVAILABLE FROM  
13 FEBRUARY 2021 (6PM ONWARDS) TILL 26 FEBRUARY 2021  
or while stocks last

\$35.80 (Small) \$45.80 (Large)  
Additional salmon: \$12/plate

\*Additional \$4.00 charge for all take-away orders  
\*Not available from 2.30pm to 6.00pm daily and during buffet meal periods

#### IMPORTANT NOTICE

- Manzhu BBQ Specialty Menu will not be available on 13 and 14 February 2021.
- Breakfast will not be available on 13 and 14 February 2021. Man Zhu Café will open from 11.30am on both 13 and 14 February 2021.
- Man Zhu Café Weekend Specialty "Curry Fish Head" will not be available on 13 and 14 February 2021.
- High Tea Promotion (Tea For Two) will not be available on 13 and 14 February 2021.

Picture for illustration purpose only