

FREESTYLE

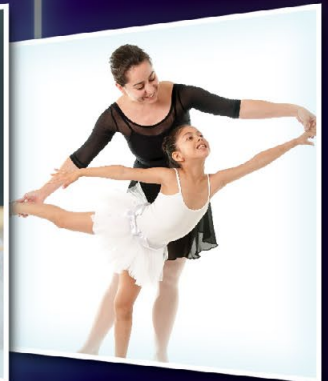


BI-MONTHLY MAGAZINE | MAY - JUN 2021



Stay Fit & Active

With Our Array Of Lifestyle Programmes At CSC!



FREESTYLE PUBLICATION



ON THE COVER

Stay Fit & Active With Our Array Of
Lifestyle Programmes At CSC!

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Co-opt Member



Mr Edmund Tan
Co-opt Member

Dear Members,

I wish to thank all members for taking the time to attend the 106th Virtual Annual General Meeting (AGM), on Sunday, 25 April 2021.

As part of the Club's go Green initiative, the Club is working with SP Group to install three Electric Vehicle (EV) charging stations at the Arrival Pavilion basement 2 carpark. These stations will be in operation in mid-May 2021 and will not only provide convenience to members but also encourage more electric car ownership. This value-added service will also future-proof the Club as part of the Singapore Green Plan 2030 advocacy on the use of environmentally-friendly electric vehicles.

On the sporting front, Swimming, Water-Polo and Snooker have once again done CSC proud.

The Singapore National Age Group (SNAG) resumed after a year-long break. Despite the unexpected disruption, our swimmers continued to train under their coaches via the use of Zoom for home-based training. I am pleased to report that five CSC swimmers qualified for 'A' and 'B' Cuts of major games; the Olympics, Southeast Asian Games and Asian Youth Games. Well done swimmers, continue to train hard and strive for greater heights.

Our Water-Polo junior trainees participated in the Singapore Swimming Association (SSA) Water Polo competition, held between 6 March to 11 April 2021 in 18U, 16U, 13U and 11U boys categories. The boys clinched 1st position for the Under 11 boys category and 2nd and 3rd placing for the Under 16 boys category.

I am proud to announce that Aloysius Yapp achieved another milestone by winning the National Snooker Championship 2020/2021 for the first time in his career. Congratulations Aloysius!

If the COVID situation permits, during the school holidays Junior members can look forward to workshops and sports camps that have been planned. These activities will be conducted with strict safe management measures (SMM) in place. It could be the time to learn a new sport or to keep fit and healthy for Basketball, Tennis, Badminton and Table Tennis. Besides sports, there are also baking workshops and wobble yoga classes where members can participate with their children. Please see the ensuing pages for more details.

Due to Covid-19 restrictions, the F&B Team has converted the KTV rooms into meeting rooms. Members can book these rooms for business meetings or casual private discussion at the 3 Bars. From April 2021, members will also be able to utilise their F&B credits at Fu Lin Men Restaurant. This is part of the team's effort to improve and expand the dining options at the Club.

Finally, on behalf of the Management Committee and Administrative staff, I would like to wish members a Happy Mother's and Father's Day.

Shalom and God Bless.



Edwin

Edwin Lee
President



EXCO members attended the AGM at the Grand Ballroom

106th Annual General Meeting

In view that the COVID-19 situation remains a challenge and in pursuant to the relevant order under the COVID-19 (Temporary Measures) Act 2020, registered societies in Singapore are able to conduct general meetings by alternative arrangements. The 106th Annual General Meeting (AGM) was held via electronic means on 25 April 2021. 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 this year there was one query received relating to the Annual Report and one relating to Accounts 2020. Member, Mr Tan Nan Choon's online enquiry was regarding Land Lease Renewal at Sports Complex. Member, Mr Andrew Kuan's queries were relating to the Profit and Loss, and Balance Sheet items. Written replies were sent to them and also posted on CSC's website for members to view on 22 April 2021.

The Club President, Mr Edwin Lee, thanked members for taking time to attend the meeting and delivered his address. He also expressed his utmost gratitude to members for their unwavering support to the Club during these most challenging times.

At the meeting, Mr Johnathan Kuah, Vice President (Finance) presented the Club's 2020 financial review followed by Mr Chew as he brought the members through the resolutions and shared the voting results. A total of 80 valid Proxy Forms were received. He also presented the members of Management Committee and Disciplinary Panel who were elected unopposed.

The meeting was adjourned at 10.25am and President thanked members for their attendance and wished everyone all the best.



Set-up of the Grand Ballroom for the Virtual AGM

ONLY BADMINTON SHOES WITH NON-MARKING SOLES ARE ALLOWED IN BADMINTON COURTS

Members and guests are reminded to only wear Badminton shoes with non-marking soles when playing on the courts. Players who are found wearing inappropriate footwear will be asked to leave the court immediately. The booking will be suspended and no refund will be made. The Club reserves the right to charge a minimum administrative fee from \$200 for rectification of any damage done to the courts due to non-compliance of the Bye-Laws.



Markings left by inappropriate footwear

USE OF INFANT CHANGING ROOMS AT SPORT COMPLEX, LEVEL 1

Please be reminded that the use of Infant Changing Rooms are strictly for parents and caregivers with infants 1 year old and below.

All members and swimmers are advised to use the Male or Female Changing Rooms. We seek your kind understanding and cooperation in the matter.



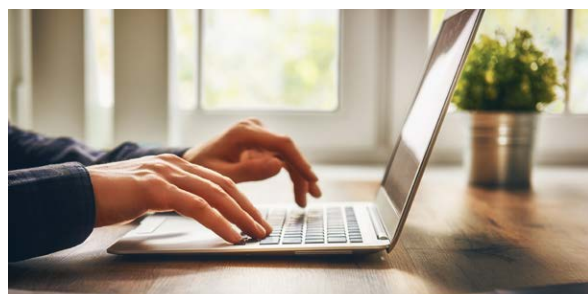
CUSTOMER SERVICE TRAINING FOR STAFF

In our continuous efforts to improve the staff customer service skills, 25 staff attended the training on 2 and 3 March as well as on 10 and 11 March 2021. These sessions were conducted in English and Chinese languages respectively. The staff learnt valuable knowledge in providing value-added customer service during the training.



SATA X-RAY HEALTH CHECK

As part of the staff welfare and to promote lifelong health, the Club scheduled a complimentary chest X-Ray examination for all full-time staff. For the convenience of staff, arrangement was made with SATA CommHealth to conduct the X-Ray examination in its mobile fleet within the Club's premise on 23 March 2021. A total of 100 full-time staff (75%) participated in this health check.



CYBERSECURITY AWARENESS QUIZ

To create and strengthen cybersecurity awareness, the IT Team shared some informative slides to all employees via email in February 2021. Subsequently, a quiz was conducted and 10 lucky winners with all correct answers each won a \$10 Fairprice voucher.



LIBERTY INSURANCE 51ST SNAG JUNIORS INVITATIONAL AND MAJOR GAMES QUALIFIERS

Resumed after a hiatus due to Covid-19, 48 top Singapore swimmers of the various swim categories participated in the Liberty Insurance 51st SNAG Juniors Invitational and Major Games Qualifiers held from 13 to 15 March and 17 to 21 March 2021 respectively. The first three days of the competition were for swimmers aged 12 years old and below while the last five days were catered for athletes aged 13 and above to compete and qualify for major games.

We are proud to announce that a few of our swimmers qualified for various major games 'A' and 'B' Cuts during this SNAG. Congratulations to the following swimmers:-

Swimmer	Event	Time	Position	Qualification Times Met
Bonnie Yeo Lu-Anne	50m Backstroke	31.09 (PB)	2 nd	-
Bonnie Yeo Lu-Anne	100m Backstroke	1:06.18 (PB)	3 rd	-
Bonnie Yeo Lu-Anne	200m Backstroke	2:23.73	3 rd	Asian Youth Games
Bonnie Yeo Lu-Anne	200m Backstroke	2:22.88 (PB)	3 rd (Prelims)	-
Chan Zi Yi	200m Freestyle	2:05.08 (PB)	2 nd (Prelims)	-
Christie May Chue Mun Ee	100m Freestyle	55.89 (PB)	2 nd	Olympic B Cut
Christie May Chue Mun Ee	200m Freestyle	2:01.24 (PB)	1 st	SEA Games A Cut
Christie May Chue Mun Ee	100m Breaststroke	1:09.69 (PB)	1 st	SEA Games A Cut
Christie May Chue Mun Ee	200m Breaststroke	2:30.44 (PB)	1 st	SEA Games A Cut
Christie May Chue Mun Ee	200m IM	2:18.96 (PB)	1 st	-
Melanie Chong	50m Breaststroke	33.79 (PB)	2 nd	-
Melanie Chong	100m Breaststroke	1:13.98 (PB)	3 rd	-
Mikkel Lee Jun Jie	100m Freestyle	50.10	3 rd	SEA Games B Cut
Mikkel Lee Jun Jie	100m Freestyle	50.01 (PB)	2 nd (Prelims)	Olympic B Cut
Mikkel Lee Jun Jie	50m Butterfly	24.04 (PB)	2 nd	SEA Games B Cut
Mikkel Lee Jun Jie	50m Freestyle	22.62 (PB)	2 nd	SEA Games A Cut
Neo Wei Wen Randall	100m Freestyle	52.57 (PB)	7 th	Asian Youth Games
Neo Wei Wen Randall	100m Butterfly	55.48 (PB)	5 th	Asian Youth Games
Neo Wei Wen Randall	50m Butterfly	25.19 (PB)	4 th	Asian Youth Games
Nur Marina Chan Shi Min	100m Butterfly	1:02.43	2 nd	-
Nur Marina Chan Shi Min	50m Butterfly	27.89	3 rd	-
Ong Jung Yi	200m Butterfly	1:58.71 (PB)	1 st	Olympic B Cut
Ong Jung Yi	100m Butterfly	53.07 (PB)	1 st	Olympic B Cut

WELL DONE CSC SWIMMERS ON THE SPLENDID ACHIEVEMENT



We are pleased to share that our CSC swimmers were making big waves in the recent Liberty Insurance 51st SNAG Major Games Qualifiers. Congratulations to Bonnie Yeo, Chan Zi-Yi, Christie May Chue, Melanie Chong, Mikkell Lee, Nur Marina Chan, Ong Jung Yi and Randall Neo for their stunning performances. After the event, the Club invited them to share their winning moments and also understand what motivates them to continue pushing forward as well as what they think is the most important quality an athlete should have.



BONNIE YEO LU-ANNE

It was a very intense and uncertain few seconds for Bonnie, as she couldn't quite see her timing on the scoreboard at first glance due to her short-sightedness. But once she deciphered the digits, Bonnie was overwhelmed with euphoria and excitement for her improved time.

Bonnie's motivation came from her parents, coach, friends and her personal goals. She felt that one key value of an athlete should be patience. "Because sometimes you might feel disappointed or shortchanged when the results don't coincide with the training you put in," Bonnie explained. ***"But if you keep at it, I believe results will come when it's least expected."***

CHAN ZI YI

Chan Zi Yi was over the moon with her unexpected good results, as her timings were stagnant for five years before the Circuit Breaker. Instead of stressing over timing, she focused on the process and techniques that she and her coach worked on. Zi Yi gave everything for the race and was relieved that years of training and sacrifices finally paid off. ***"I am extremely grateful for the support and guidance that my coach and parents put in, giving me the courage to stay the course,"*** she gushed.

Zi Yi was motivated to train through tough times and improved on her weak areas. She strives to be a better version of herself and reach her goals, be it in swimming or life. Knowing that she will reap what she sows even when faced with obstacles and setbacks spurs her on because of her desire to be better than yesterday.

Zi Yi felt that being self-driven is one of the most crucial qualities that an athlete should have. While people around her can provide help, support and guidance along the way, it is her responsibility to show up at training and achieve her goals. "Being self-driven would also naturally cultivate other important qualities in us such as discipline, perseverance and resilience," she added. "Therefore, being self-driven is imperative as ultimately, we are accountable for our successes and we need to have the drive and motivation from within to achieve our goals."





CHRISTIE MAY CHUE MUN EE

Christie was delighted with her results, especially for her freestyle events after over a year of trying to hit her personal best. She did not put much thought into the outcome, as she did not want additional pressure. Christie trusted her coach and the training process and believed that it would produce results. She was ecstatic to break her personal best and even make it for the Olympic B Cut despite the Covid-19 situation last year.

It is challenging to maintain motivation in a sport for a long time, but Christie is passionate about swimming. She naturally loves being in the water and enjoys being in the pool for training regardless of how tired she is. Watching World Class swimmers compete also inspires her to train hard to achieve their greatness and make a name for herself. Spending time with supportive family and friends helped her cope with down moments and take her mind off swimming once in a while.

Christie opined: ***“Discipline is the most important quality an athlete should have and is what gets me to be who I am today.”*** She does her dryland activation exercises without the coach telling her what to do, as she is the one swimming and has to know what works for her body. Christie added, “Coaches do not always have the time to focus on just one person. Therefore, being self-disciplined is not only helping yourself in improving but also helping the coach know that he can trust you.”



MELANIE CHONG

Melanie was ecstatic to have broken her personal best and planned to better her race execution to excel even further. This positive result is a stepping stone for Melanie, and the desire for improvement motivates her to work harder towards further competitions. This mindset to better her competition times helps to push Melanie, especially during the last few metres of the race when fatigue sets on.

Melanie believes that perseverance enables athletes to continue pushing themselves, especially after failures or setbacks. ***“Perseverance is a value which helps me to push beyond my limits during demanding sets in training,”*** she remarked. “It also enables me to push harder during races even when my mind is telling me otherwise.”

MIKKEL LEE JUN JIE

Mikkel was satisfied that his hard work in the pool and gym had paid off with the improved timings that he had expected. However, a part of him still hungers to exceed his own expectations. Mikkel quoted American swimmer Caleb Dressel, “If you look up at the scoreboard and you see that you have achieved your goals, you shouldn’t be surprised because that is what you have set out to do. You should only be surprised when you have exceeded your expectations.” Saying which, having secured the SEA Games A Cut, he knows he has another opportunity to reset his expectations and outdo himself at the next meet.

To achieve his dream, Mikkel first visualizes what he can potentially achieve as his long-term goal. He then sets out short term goals as motivations for early morning training and arduous training sessions to reach that eventual end goal.

“There is no doubt that the road to greatness is not always smooth and athletes will be placed in uncomfortable and unwanted situations. But it is during these times when it is important for an athlete to exercise diligence and have a never say die attitude to keep going,” Mikkel reflected. ***“At the same time, they must be reflective and know where they went wrong. Even in victories, we must understand what helped us to get there.”*** Ending off with a quote from Rocky, “It ain’t about how hard you hit; it is about how hard you can get hit and keep moving forward.”





NEO WEI WEN RANDALL

It was a mix of emotions for Randall when he hit the wall in the finals of the 100m Fly event and saw his timing on the scoreboard. Although Randall was disappointed on not attaining below the 55.00 timing milestone he had set his sights on, he did clock a decent time of 55.93, considering he had sustained an injury to his left-hand during warm-ups. It was the first time Randall encountered this ordeal, but he was able to learn from it and was glad this did not happen at a major meet.

The factors that keep Randall going when times get tough are his former and present teammates. They help him go beyond his comfort zone during trainings and are his pillar of support both in and out of the pool. There is solace in knowing that there are handful of very talented and

like-minded swimmers who encourage each other during training and work together as a team. Besides them, Randall is also grateful to his coaches from both CSC and the National team, who help him elevate himself every day.

Randall revealed: ***“I feel that the most important quality any athlete should strive towards is being able to stay focused in the face of adversity.”*** Time and again, athletes like himself land up in stressful situations, especially during competitions, from achieving a challenging qualifying time to fierce competition from competitors, or just pre-race nerves. It is in such times that an athlete has to keep their minds focused and place trust in their training.

NUR MARINA CHAN SHI MIN

Although Marina was happy with her improvement from previous competitions, she was determined to work on aspects in the race that she can do better. Constantly having attributes to refine kept Marina motivated to take a step closer to reaching her goals. Marina quoted: ***“Having self-belief that I can achieve more,”*** as the most important quality an athlete should have. “Everything starts from within, and believing in yourself and your training is at the heart of it all.”



ONG JUNG YI

Jung Yi could hardly believe it when he saw 1.58.71 on the scoreboard for his 200m Butterfly, a personal best time since 2018. With this timing, he qualified for the 2021 SEA Games A Cut and Olympics B Cut. It gratified him because he was on track to reaching his long-standing goal of representing Singapore at the Olympics.

This achievement was a special one for Jung Yi as it was a chance to make his beloved great grandmother proud. It was a crushing blow when he received news that she was critically ill just two days before his event. A role model and an inspiration, she lived through the war in her 20s and lost several family members but persevered through it all. Over the later years

of her life, she overcame two major heart surgeries and always bounced back stronger. She managed to overcome all adversities with determination and positivity while showering her family with great care and love. She has always taken a great passion in watching Jung Yi swim, and one of her wishes is to watch him compete at the Olympics. Given the limited time, Jung Yi wanted to make her proud one last time to show her exactly how big an inspiration she was to him in his swimming career.

It is no wonder that Jung Yi’s goal of representing Singapore at the Olympic Games motivates him to give his all in every training session. It is underpinned by his passion for the sport and the desire to hone his craft for the better.

The ability to bounce back from failure is a key quality for Jung Yi. He described: “In sports, especially in swimming, failure is inevitable because of the multitude of both internal and external factors that could affect our performance.” Jung Yi concluded: ***“It is important to stay positive and to recognise that our journey as a sportsperson is not dictated by each individual’s competition but by our journey as a whole.”***



CSC TIME TRIAL

The Club organized a Time Trial for the C2 and PC swimmers on 21 March 2021. The event gave the swimmers an opportunity to race while attempting to clock official timing for their swim progression. All swimmers were excited and performed their best.



2021 SYNCHRO MINI SERIES LEAGUE #1

The 2021 Synchro Mini Series League #1 marked the first Artistic Swimming outing after the Covid-19 hiatus. Hosted by 28 Degrees Aquatic on 28 March 2021, 12 of our young Artistic swimmers competed in the various age group categories. The Club is pleased to inform that Sophie Choo En Hui and Ruth Mikayla Lim won bronze for the 8 & Under (Category B) and 10 & Under (Category B) events respectively. Well done, girls!



Swimmer Sophie Choo En Hui (left) with Coach Emma



Swimmer Ruth Mikayla Lim (left) with Coach Emma



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

CSC ANNUAL BOWLING CHAMPIONSHIP 2020

The 2020 edition of our Annual Bowling Championship was finally held on 31 January 2021 after much postponement due to the Covid-19 pandemic. A total of 16 participants took part in the Open and Classified Divisions.

Mr Jonah Goh was crowned the Open Division champion after a tough fight with Mr Bryan Lee over two games. On the other hand, Mr Ivan Teo won the Classified Division against Mdm Han Sah Lee. Well done to all the winners!



Top 3 from both Division (from left), Mr Robin Teo, Mr Bryan Lee, Mr Jonah Goh, Mr Ivan Teo, Mdm Han Sah Lee & Mr Calvin Thean



Open Division Champion, Mr Jonah Goh (left) and Classified Division Champion, Mr Ivan Teo (right)



Classified Division Winner, Mr Ivan Teo (left) receiving trophy from Bowling Convenor, Ms Dorothy Tay (right)



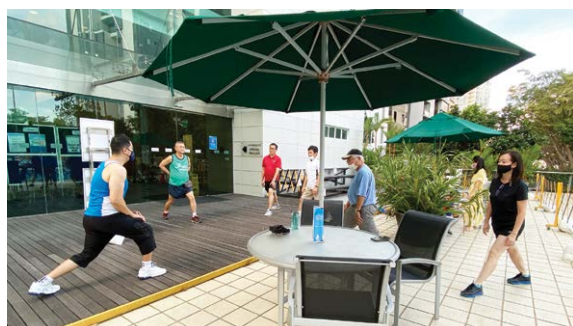
Open Division Winner, Mr Jonah Goh (left) receiving trophy from Bowling Convenor, Ms Dorothy Tay (right)

FUN RUN

After a long hiatus due to the pandemic, the running group finally resumed the Fun Run with effect from March 2021. The members anticipated the resumption with excitement and thoroughly enjoyed the breezy running session.

Do join us for the upcoming runs scheduled on every 1st and 3rd Fridays of the month. Members will be rewarded with bowling vouchers for every four runs clocked!

In view of the safe distancing measures put in place, remember to register your interest early and email to dezi_tan@chineseswimmingclub.org.sg.



JUNIOR WATER POLO

Singapore Swimming Association (SSA) had recently organised a Water Polo competition from 6 March to 11 April 2021 with safe distancing measures in place and our junior trainees were elated!

The Club participated in four different age group categories namely 18U, 16U, 13U (including girls) and 11U. Two teams represented each category respectively. We were pleased to share that the 18U and 16U team had concluded their finals on 19 March 2021 after a week of competing. Congratulations to the 16U boys for clinching both the 2nd and 3rd place. Their tenacity and hard work shined through and we were ecstatic with the results.

On the same note, the 13U and 11U trainees completed the finals on 10 April 2021 after a month long of competition relays. Congratulations to the 11U boys for bagging the 1st place within the age category and we were delighted with their achievement.

We would like to commend the junior Water Polo trainees for all the effort and time they had put in for the preparation. Lastly, a big thank you to all the parent volunteers, coaches and Mr Chia for your relentless support and passion in the game.



11U boys won the 1st place



16U boys won the 2nd place



16U boys won the 3rd place

SINGAPORE TENNIS ASSOCIATION (STA) INTER-CLUB SINGLES LEAGUE 2021

We are pleased to share that our Men's "D" Grade had clinched the Champion title in the STA Inter-Club Singles League 2021. This league was held from 6 March to 18 April 2021.

This event witnessed a total of 14 teams in "D" Grade. After some tough matches against the other six opponents in Group 1, our team managed to secure a spot in the semi-finals held on 10 April 2021. Our team outperformed Teloon Tennis Club in the semi-finals and eventually played against the Filipino Tennis Club in the finals and won with a score of 2-1.

With the great achievement, we are pleased to announce that our Men's "D" Grade will be promoted to the "C" Grade to compete in the next STA league.

Kudos to the Club representatives, Mr Robin Ng, Mr Julian Tan, Mr Jeremy Yang, Mr Mark Lai, Mr Quek Jee Loong, Mr Koh Chee Hwa, Mr Attakrit Piamthipmanus, Mr Risen Tan, Mr Amine Delage, Mr Michael Toh, Mr Wang Yi Feng and Mr Alex Ho for the outstanding winning!



CSC TENNIS SINGLES OPEN 2021

The Tennis Singles Open was held on 20, 21, 27 and 28 February 2021. 16 players were divided into Cup and Plate divisions to vie for the champion title.

Congratulations to the players and kudos to those who participated in this event.

Cup Division	
Champion	Koh Kai San
1 st Runner-up	Raul de Ocampo
2 nd Runner-up	Andrea Musci

Plate Division	
Champion	Jeremy Yang
1 st Runner-up	Bernard Keh
2 nd Runner-up	Mark Lai



DYMON ASIA SG MASTERS OPEN 2021

From 9 to 13 March 2021, our members namely Mr Leon Ng, Mr Vernon Teo, Mr Gole Tushar, Mr Terence Teo, Mr Chew Kok Wye, Mr Chris Pong, Mr Jason Ong, Mr Mark Wong, Mr Supriyakumar and Mr Pang Hian Tee participated in the Dymon Asia SG Masters Open 2021 organised by Singapore Squash Rackets Association (SSRA).

We are pleased to share that Mr Leon Ng and Mr Terence Teo won the 3rd and 4th place respectively in the Men's Masters' I and Mr Chew Kok Wye clinched the 2nd place in the Men's Masters' II.

Congratulations for the great achievements and salute to all our members for the awesome battles. Let's keep Squash wild and alive!



Mr Terence Teo (left) and Mr Leon Ng (right)



Mr Vernon Teo



Mr Chris Pong (front)



Mr Chew Kok Wye (right)

Photo credit: Singapore Squash Rackets Association

TAEKWONDO 179TH SUPPLEMENTARY GRADING

The Club held the 179th supplementary grading for Taekwondo on 31 January 2021. We would like to congratulate all trainees for achieving their new belts.

Christian Aw Jia Jun	Foundation 1, 2, 3
Kieran Koo Kai En	Foundation 1, 2, 3
Owen Fun Kai Meng	Foundation 1, 2, 3
Soh Jenn-Kit	Foundation 1, 2, 3
Kendrick Ng Gieng Hong	Foundation 1, 2, 3
Cayvan Tan Yan Yu	Foundation 1, 2, 3
Evan Tan Yan Jun	Foundation 1, 2, 3
Tan Si Ting Adele	Foundation 1, 2, 3
Christopher Teo	Foundation 1, 2, 3
Ng Jun Ee, Paul	Foundation 1, 2, 3
Low Pei Ci Natalie	Foundation 3
Low Xian Zhi Darien	Foundation 3
Yam Jing Rui Luke Nicholas	Foundation 3
Sophie Liu Thorstad	Grade Ten (10)
Flora Mei Thorstad	Grade Ten (10)
Erin Sarah Trollope	Grade Ten (10)
Gillin Toby Derera	Grade Ten (10)
Gillin Oscar Derera	Grade Ten (10)
Keane Lee Hao Yi	Grade Ten (10)
Lo Jing Kai	Grade Eight (8)
Keiden Chua Li-Ren	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)
Gareth Toh Yu Song	Grade Seven (7)
Karlle Wong Bui Ki	Grade Seven (7)
Ralph Wong Yu Ren	Grade Seven (7)
Lau Jie'En Josh	Grade Seven (7)
Caleb Lim Hong Jun	Grade Six (6)
Logan Lim Hao Ning	Grade Five (5)
Sixtine Le Mestrealan	Grade Five (5)
Nathan Lee Zhi Cheng	Grade Five (5)
Lau Kai'En Joel	Grade Five (5)
Cory Alexander Tan	Grade Four (4)
Alena Martin Wee	Grade Four (4)
Donald Neo Geng Rui	Grade Four (4)
Ethan Ho Jun Hong	Grade Three (3)
Eva Lee Xin Yi	Grade Three (3)
Jerry Ho Jie Rui	Grade Three (3)
Zahir Tan Yi Xi	Grade Two (2)
Marcus Ho Jun Xin	Grade Two (2)
Brian James Hartono	Grade Two (2)
Faith Annabelle Heng	2nd Poom

BILLIARDS & SNOOKER – MR ALOYSIUS YAPP

Despite being a Pool player with notable past achievements and won numerous championships, our Honorary member, Mr Aloysius Yapp clinched the champion title for the National Snooker Championship 2020/2021 for the first time in his career and also, the National 9 Ball Open Ranking 2020/2021. We look forward to seeing him claiming more wonderful achievements in future championships.

We are pleased to share Aloysius' outstanding performances as follows:-

1. Scotty Townsend Memorial 2020 10 Ball Mini – Runner-Up
2. Diamond Las Vegas 10 Ball Open - 25th Place
3. One Play Cuesports Singapore 9 Ball Invitational – Champion
4. National 10 Ball Championships 20/21 – Champion
5. National 9 Ball Championships 20/21 - 2nd Place
6. Predator One Pool 10x4 Virtual 10 Ball Challenge – Finalist
7. National Snooker Championship 20/21 - Champion
8. National 9 Ball Open Ranking 20/21 - Champion

Congratulations Aloysius!



SINGAPORE SPORTS HUB NATIONAL OPEN CHAMPIONSHIPS 2021

Congratulations to our Sports Members, Mr Loh Kean Hean, Mr Andy Kwek and Ms Jaslyn Hooi for their outstanding achievements in the Singapore Sports Hub National Open Championships 2021 held from 30 January to 7 February 2021.



Women's Singles Champion, Ms Jaslyn Hooi (centre)



Men's Doubles Champion, Mr Loh Kean Hean (4th from left)



Mixed Doubles 1st Runner-up, Mr Andy Kwek (1st from left)

CSC BADMINTON TEAM CHALLENGE

To organise a team challenge amidst the tight safe distancing measures in place had been a tall order. However, with the meticulous planning, our Badminton Section had successfully pulled it off. The challenge was held over three days on 5, 8 and 12 March 2021 with a duration of three hours on each day. To comply with the safe distancing measures and to ensure all participants were safely distanced, a total of four courts were used during the challenge.

It was a very close fight between the four teams who competed till the last match. Congratulations to the following team members of Team 3 who won the final victory!



Runner-up Team Representative, Mr Johnny Koh (left) receiving prize from ex-Olympic silver medallist and current National Doubles team head coach Yap Kim Hock (right)



Winning Team Captain, Mr George Ong (left) receiving prize from ex-Olympic silver medallist and current National Doubles team head coach Yap Kim Hock (right)

George Ong (Captain)	Yap Chun Wei
Jerry Wee	Randall Lye
Khong Heng Chong	Koek Boon Hwa
Ricky Foo	Albert Chua
Phoon Siew Boon	Alicia Ling

4 DAYS TABLE TENNIS HOLIDAY CAMP

The children enjoyed themselves in the 4 Days Table Tennis Holiday Camp held from 15 to 18 March 2021. The beginners focused on their basic strokes and footsteps while the intermediates worked on improving their sparring techniques. Overall, it was a fun and well spent holiday for the children.



3 DAYS BASKETBALL HOLIDAY CAMP

It was an enriching holiday for the kids as they participated in the 3 Days Basketball Holiday Camp held from 15 to 17 March 2021. They were introduced to the basic rules of basketball which were later put into practice. If you had missed the March Holiday camp, do look forward to the upcoming camp in June 2021!



CONTRACT BRIDGE

The Section organised the Bridge Base Online (BBO) In-House Chinese New Year Game and Chinese New Year Random Pairs Tournament on 6 and 20 February 2021 respectively. The BBO In-House Chinese New Year Game was catered for members who preferred to play bridge game online. On the other hand, the Chinese New Year Random Pairs Tournament appealed to members who enjoyed the game physically in the Club.

Congratulations to the following members who won the event!

BBO In-House Chinese New Year Game		
	Division 1	Division 2
Winner	Chiang Woon Seng	Alice Tan
1st Runner-up	Josephine Seow	Mary Chong
2nd Runner-up	Mervin Ho	Ong Teck Liam

Chinese New Year Random Pairs Tournament		
	North/South	East/West
Winner	Alice Tan/ Yeo Khian Kiat	Margaret Chong/ Michael Heng
1st Runner-up	Wong Kian Hong/ Lim Boon Eng	Purnawan Sutiono/ Nelly Yeo

CAKE DONUT WORKSHOP

Cake donut proved to be a popular pastry among the junior members as we received very good responses for the workshop held on 17 March 2021. Under the guidance of Chef Nan, the kids whipped their own batter and decorated their own self-made donuts. Everyone had fun and enjoyed the baking process.



JUMP FIT BOOTS HOLIDAY WORKSHOP

During the March School Holidays, the Club organised a Jump Fit Boots Workshop for the children on 14 March 2021. They enjoyed a bouncy Sunday morning and learnt how to balance and walk in their pair of Jump Fit Boots. After the warm up, they had fun executing aerobic steps along with the music.

For adults who are interested to try out cardio and dance fitness in Jump Fit Boots, sign up for the Thursday morning or Saturday afternoon classes now!



CHARCOAL AND SOFT PASTEL WORKSHOP

The four sessions of Charcoal and Soft Pastel Workshop started from Wednesday, 31 March 2021. The participants were introduced to different kinds of charcoal and soft pastel. During the sessions, they learnt the basic techniques like work vertical, using the tip, blending, layering and mixing. They had a relaxing time expressing their artistic talent at their own pace and received guidance from the teacher along the way. Do join us for more upcoming adult art workshops!



DANCE

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

EVERY FRI, COMMENCING 18 JUN 2021
8.30PM – 9.30PM / 9.45PM – 10.45PM
ACTIVITY SUITE, SC (L3)

\$80.25 (Member) / \$105.93* (Guest)
 Min. 4 pax / 8 sessions

EVERY MON, COMMENCING 28 JUN 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 INSTRUCTOR:
PHILIP SOBRIELO

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

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

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


LINE DANCE (BEGINNERS) BY
PHILIP SOBRIELO

For interested participants with fundamental line dancing background.

EVERY TUE, COMMENCING 1 JUN 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 18 MAY 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 18 JUL 2021
1.30PM – 2.45PM
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 18 JUL 2021
3.00PM – 4.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$104.33 (Member) / \$157.83* (Guest)
 Min. 10 pax / 10 sessions
Note: Timeslot is subject to availability

SOLO LATIN DANCE FOR LADIES BY ALVIN LOW



**EVERY WED,
COMMENCING 23 JUN 2021
3.00PM – 4.00PM
ACTIVITY SUITE, SC (L3)**

\$96.30 (Member)
\$121.98* (Guest)
Min. 8 pax / 8 sessions

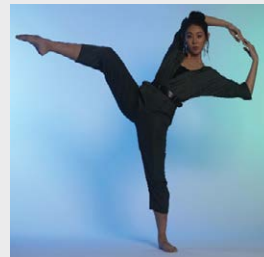
BACHATA & SALSA INSTRUCTOR: ALI LUJAH

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 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.



CONTEMPORARY DANCE (BEGINNERS) BY AMELIA CHONG

EVERY SUN, COMMENCING 23 MAY 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) / \$220.42* (Guest)
Min. 5 pax per class / 8 sessions

NEW SOLO BACHATA (BEGINNERS) BY ALI LUJAH

EVERY SUN, COMMENCING 30 MAY 2021
8.00PM – 9.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$120.38 (Member) / \$150.34* (Guest)
Min. 6 pax / 4 sessions

NEW SOLO SALSA (BEGINNERS) BY ALI LUJAH

**EVERY SUN,
COMMENCING 30 MAY 2021**
9.15PM – 10.15PM
MULTI-PURPOSE ROOM, SC (L2)

\$120.38 (Member)
\$150.34* (Guest)
Min. 6 pax / 4 sessions



NEW JUMP FIT BOOTS

A cardio and dance fitness class on jumping boots.



EVERY THU, COMMENCING 1 JUL 2021
10.00AM – 11.00AM
ACTIVITY SUITE, SC (L3)

\$201.16 (Member) / \$243.96* (Guest)
Min. 8 pax / 21 years old and above / 8 sessions

NEW KPOP DANCE MTV (BEGINNERS) FOR ADULT

EVERY THU, COMMENCING 10 JUN 2021
8.15PM – 9.15PM
MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (Member) / \$203.30* (Guest)
Min. 6 pax / 8 sessions / 21 years old and above

EVERY SAT, COMMENCING 3 JULY 2021
4.30PM – 5.30PM
ACTIVITY SUITE, SC (L3)

\$201.16 (Member) / \$261.08* (Guest)
Min. 8 pax / 21 years old and above / 8 sessions

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

*Price includes guest fee. • All images shown above are for illustration purpose. • The classes, trainings and activities might be postponed or cancelled, subject to further directives and measures for COVID-19 from the Multi-Ministry Taskforce, SportSG and/or respective National Federations, Associations and Councils.

NEW HIP HOP DANCE (BEGINNERS) FOR KID

EVERY WED
COMMENCING 2 JUN 2021
7 – 9 YEARS OLD : 4.15PM – 5.15PM
10 – 12 YEARS OLD: 5.30PM – 6.30PM
ACTIVITY SUITE, SC (L3)

\$160.50 (Member) / \$203.30* (Guest)
 Min. 6 pax per class / 8 sessions



YOUTH & FAMILY

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

WUSHU (BEGINNERS)

WUSHU 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 BEGINNERS

EVERY SAT, COMMENCING 12 JUN 2021
12.45PM – 1.45PM
ACTIVITY SUITE, SC (L3)

INSTRUCTOR: TEX BEGINNERS

EVERY WED, COMMENCING 2 JUN 2021
7.00PM – 8.00PM / 8.15PM – 9.15PM
MULTIPURPOSE ROOM, SC (L2)

EVERY SAT, COMMENCING 12 JUN 2021
7.00PM – 8.00PM
ACTIVITY SUITE, SC (L3)

EVERY SUN, COMMENCING 6 JUN 2021
9.30AM – 10.30AM
ACTIVITY SUITE, SC (L3)

INTERMEDIATE

EVERY SUN, COMMENCING 6 JUN 2021
10.45AM – 11.45AM
ACTIVITY SUITE, SC (L3)

\$107.00 (Member) / \$160.50* (Guest)
 Min. 5 pax per class / 4 sessions / 5 – 12 years old
 Note: Timeslot is subject to availability

NEW HIP HOP DANCE (BEGINNERS) FOR ADULT

EVERY THU
COMMENCING 10 JUN 2021
7.00PM – 8.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (Member) / \$203.30* (Guest)
 Min. 6 pax / 8 sessions
 21 years old and above



NEW MUSIC THEATRE CHOREOGRAPHY (BEGINNERS) FOR KID

Focus on storytelling and character building through dance and movement. Kids will learn Basic to Intermediate theatre Jazz technique and explore various styles of Western Choreography.

EVERY SAT, COMMENCING 5 JUN 2021
7 – 12 YEARS OLD: 5.45PM – 6.45PM
ACTIVITY SUITE, SC (L3)

\$160.50 (Member) / \$220.42* (Guest)
 Min. 6 pax / 8 sessions

NEW PRE-SCHOOL DANCE PROGRAMME

Application of telematch concept to teach dance and help in motor skill development, aesthetics and creative expression.

EVERY MON, COMMENCING 31 MAY 2021
3 – 4 YEARS OLD: 2.30PM – 3.15PM
5 – 6 YEARS OLD: 3.30PM – 4.15PM
ACTIVITY SUITE, SC (L3)

\$192.60 (Member) / \$235.40* (Guest)
 Max. 5 pax per class / 8 sessions

ADULT ART CLASSES BY JAYA GUPTA

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.



NEW CHARCOAL AND SOFT PASTEL WORKSHOP (INTERMEDIATE)

WED,
7, 14, 21 & 28 JUL 2021
10.00AM – 12.00PM
MULTI-PURPOSE ROOM,
SC (L2)

\$224.70 (Member)

\$246.10* (Guest)

Min. 5 pax / 4 sessions / 21 years old and above



Note: All art materials will be provided.

Lessons	Lesson Outline
1 & 2	Charcoal - Animal
3 & 4	Soft Pastel - Cloudy Landscape

NEW CHARCOAL AND SOFT PASTEL WORKSHOP (ADVANCED)

WED, 4, 11, 18 & 25 AUG 2021
10.00AM – 12.00PM
MULTI-PURPOSE ROOM,
SC (L2)

\$224.70 (Member)

\$246.10* (Guest)

Min. 5 pax / 4 sessions / 21 years old and above



Note: All art materials will be provided.

Lessons	Lesson Outline
1 & 2	Charcoal - Still Life Drawing with Different Materials like Steel, Plastic, Glass etc
3 & 4	Soft Pastel & Pencil Colour - Still Life with Flower

NEW

PORTRAITS OF CHARCOAL & SOFT PASTEL WORKSHOP (INTERMEDIATE)

WED, 1 SEP, 8 SEP,
15 SEP, 22 SEP 2021
10.00AM – 12.00PM
MULTI-PURPOSE ROOM
SC (L2)

\$235.40 (Member)

\$256.80* (Guest)

Min. 5 pax / 4 sessions

21 years old and above



Note: All art materials will be provided.

Lessons	Lesson Outline
1 & 2	Charcoal Drawing of Side Profile
3 & 4	Soft Pastel – Own Portrait / Ideal

NEW

PORTRAITS OF WATERCOLOUR & ACRYLIC WORKSHOP (ADVANCED)

WED, 29 SEP, 6, 13, 20 & 27 OCT, 3 NOV 2021
10.00AM – 12.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$385.20 (Member)

\$417.30* (Guest)

Min. 5 pax / 6 sessions

21 years old and above

Note: All art materials will be provided.



Lessons	Lesson Outline
1	Practise watercolour shading and blending with facial features
2 & 3	Watercolour of an elderly of your choice
4, 5 & 6	Acrylic of own Portrait with imagination

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.

URBAN GARDENING



With the collective efforts of the gardening group, the flowers have sprouted and grown beautifully in the garden. Moving forward, our members will be using vegetables, fruits skin and dry coffee powder to produce the compost to nurture the plants.

The Urban Gardening group is working towards reorganising the garden plot to fully maximise the space and categorise the plants, flowers and herbs according to their types, nature and requirements. They are also planning to set up a senior and kids' corner in the garden area to spark interest in anyone who will like to find out more about the planting process or simply admire the fruits of their labour.

Please contact Dezi at dezi_tan@chineseswimmingclub.org.sg to find out more about joining the Urban Gardening interest group.

JUNE SCHOOL HOLIDAY WORKSHOPS

GROWING ORGANIC VEGETABLES WITH SOIL AND SOIL-LESS METHODS

Invest in this workshop and learn more about growing edibles, common planting mistakes and how to use organic fertilizers.

No experience required to acquire green fingers! Join us for a fruitful day to kick start your new hobby.

TUE, 22 JUN 2021
9.30AM – 5.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$187.00 (Member / Guest)

Max. 15 pax / 21 years old and above.

- *Lunch and workshop materials provided
- *Workshop is 100% SkillsFuture claimable
- *Priority given to member
- *Prevailing guest fees apply



CHOCOLATE SMASH CAKE (PARENT & CHILD, HANDS-ON)

Team up with your junior and make this fun Chocolate Smash Cake, where you will need to smash it to eat it! Bake, assemble and decorate with melted chocolate, truffles and candies. You will bring home a 7-inch Smash Cake, so remember to bring a round container 8-inch or wider!



TUE, 8 JUN 2021 / 9.00AM – 12.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$112.35 per pair (Member) / \$129.47* per pair (Guest)
Min. 4 pairs / Max. 6 pairs
Child: 6 – 12 years old

CHOCOLATE CHIP COOKIES (KIDS HANDS-ON)

Delicious chocolate chip cookies are crispy outside and soft inside. It is enjoyable to eat them plain or you can add some colourful decorations to the cookies and give to your loved ones for all occasions. Kids will bring home their self-made decorated cookies.



THU, 17 JUN 2021
2.30PM – 5.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$55.64 (Member) / \$69.55* (Guest)
Min. 5 pax / Max. 10 pax
Age: 10 – 12 years old

KIDS YOGA

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



FRI, 4, 11, 18, 25 JUN 2021
4 - 6 YEARS OLD : 9.00AM – 10.00AM
7 - 12 YEARS OLD : 10.15AM – 11.15AM
MULTI-PURPOSE ROOM, SC (L2)

\$171.20 (Member) / \$192.60* (Guest)
Min. 4 pax / Max. 6 pax

LEARN TO MAKE HIGHLY REALISTIC FOOD MINIATURE WITH CLAY (PARENT & CHILD, HANDS-ON)

Experience and enjoy the magical craft on how to create miniature food with clay! You will get to bring home your very own creation!



THU, 3 JUN 2021
1.00PM – 3.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$55.64 (Member) / \$69.55* (Guest)
Min. 6 pax / 7 years old and above

LEARN THE ART OF BREWING YOUR OWN KOMBUCHA (HANDS-ON)

Kombucha is a type of fermented tea that has been consumed for thousands of years for its many benefits. Come on and sign up for this workshop! Participants will get to bring home 3 different bottles of Kombucha, each with unique ailment purpose including original, anti-aging and tonic for eyes.



THU, 10 JUN 2021 / 1.00PM – 3.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$82.75 (Member) / \$96.66* (Guest)
Min. 15 pax / 9 years old and above

JUMP FIT BOOTS HOLIDAY WORKSHOP (PARENT & CHILD)

A cardio and dance fitness class on jumping boots.



WED, 2, 9, 16 & 23 JUN 2021 / 10.30AM – 12.00PM
ACTIVITY SUITE, SC (L3)

\$107.00 per pax (Member) / \$128.40* per pax (Guest)
Min 6 pax / Child: 7 years old and above
Closing Date: Mon, 24 May 2021

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



PERFUME MAKING WORKSHOP

Come along for a unique experience and ignite your senses with a perfume making workshop! Anticipate an evening full of aromatic and relaxing smells and create your very own unique scent. Participants get to bring home their unique scent in a personal printed perfume bottle.

THU, 3 JUN 2021 / 8.00PM – 9.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$111.28 (Member) / \$125.19* (Guest)
 Min. 10 pax / 8 years old and above

TEA APPRECIATION WORKSHOP

Enjoy an afternoon with us as the instructor speaks and introduces the history of tea and the various types of tea available in ancient China. He will also touch on the topics of tea art demonstration and appreciation. Sign up your interest with us.

THU, 24 JUN 2021 / 2.00PM – 4.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$142.67 (Member) / \$156.58* (Guest)
 Min. 10 pax / 16 years old and above



MICROGREENS GROWING & CULINARY WORKSHOP (PARENT & CHILD)

Learn to grow and cook your own superfood! Understand microgreens in a 45-minutes workshop followed by a 1-hour culinary session with Executive Chef making Vietnamese style rice paper rolls with dipping sauce and super sprout green smoothie. Each pair will bring home with 1 set of microgreen growing kit!

SUN, 6 JUN 2021 / 9.30AM – 11.30AM
MULTI-PURPOSE ROOM, SC (L2)

\$149.80 per pair (Member)
 \$171.20* per pair (Guest)
 Min. 3 pairs
 Age: 7 – 12 years old
 Closing Date:
 Mon, 17 May 2021



LEARNING GOOD MANNERS, SOCIAL SKILLS & ETIQUETTE WORKSHOP



SUN, 30 MAY 2021

4 – 7 YEARS OLD : 8.30AM – 10.30AM

8 – 12 YEARS OLD: 10.45AM – 12.45PM

MULTI-PURPOSE ROOM, SC (L2)

\$74.90 (Member) / \$90.95* (Guest)

Min. 8 pax per class

Closing Date: Sat, 22 May 2021

Nice is Right	Kool to be Kind
Topics covered for ages 4 to 7: 1. What do Good Manners Look like? 2. Friendly Introductions and Behaviours 3. I'm a Happy Helper, Table Setting 4. Kindness 5. Table Manners	Topics for ages 8 to 12: 1. Impeccable Introductions 2. Words to Use and Words to Lose 3. Conversation Skills 4. Helping at Home 5. Good Habits and First Impressions

PUNCH NEEDLE BROOCH WORKSHOP FOR ADULTS

Using fine embroidery floss and punch hand-drawn designs onto handwoven cotton stretched on a mini wooden embroidery hoop. Learn how to design, punch and turn your mini masterpieces into a statement brooch.

THU, 3 JUN 2021
12.00PM – 3.00PM
ACTIVITY SUITE, SC (L3)

\$116.63 (Member)
 \$130.54* (Guest)
 Min 6 pax
 21 years old and above
 Closing Date: Tue, 25 May 2021



PUNCH NEEDLE PLUSHIE WORKSHOP (PARENT & CHILD)

Design your favourite animal/ creature plushie and learn punch needling using chunky cotton yarn which makes them extra fluffy and cuddly. Learn how to sew by hand and stuff your plushie with fluffy cotton wool.

FRI, 4 & 11 JUN 2021 /
12.30PM – 2.30PM
ACTIVITY SUITE, SC (L3)

\$116.63 per pax (Member)
 \$133.75* per pax (Guest)
 Min 6 pax
 Child: 6 years old and above
 Closing Date: Wed, 26 May 2021



WOBBLER YOGA HOLIDAY WORKSHOP (PARENT & CHILD)

Combine children's yoga with the Wobbel Board - a curved wooden board that accentuates movement to unite both mind and body. Desire to develop children with patience, self-confidence and physical strength while having fun!



PARENT & CHILD
WED, 2 & 9 JUN 2021 / 1.15PM – 2.00PM
ACTIVITY SUITE, SC (L3)

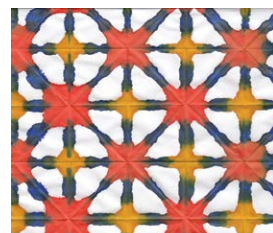
\$96.30 per pair (Member) / \$113.42* per pair (Guest)
 Min / Max 4 pairs / 2 sessions
 Child: 18 months - 4 years old
 Closing Date: Mon, 24 May 2021

CHILD
WED, 16 & 23 JUN 2021 / 1.15PM – 2.00PM
ACTIVITY SUITE, SC (L3)

\$72.23 per pax (Member) / \$89.35 per pax* (Guest)
 Min. 6 pax / Max. 8 pax / 2 sessions
 Child: 4 - 12 years old
 Closing Date: Mon, 7 Jun 2021

JAPANESE ORIZOME PAPER DYEING WORKSHOP (PARENT & CHILD)

Orizome-shi or Japanese paper dyeing is an old paper craft that combines origami paper folding and pigment dip-dyeing to form colourful, kaleidoscopic patterns on traditional washi paper. Learn to create different floral and batik-inspired prints to decorate your home and design your own custom notebook. Great for a weekend bonding time with friends and family engaging in some colourful art therapy.



SUN, 20 JUN 2021
9.30AM – 11.00AM
MULTI-PURPOSE ROOM, SC (L2)

\$48.15 per pax (Member) / \$64.20 per pax* (Guest)
 Min 6 pax / Child: 6 years old and above
 Closing Date: Thu, 10 June 2021

POLYMER CLAY MAKING EXPERIENCE

Learn the art of marbling and texturing techniques with polymer clay and create a maximum of 3 accessories (i.e. earrings, keychain, brooch/badge or cufflink) during the session depending on your speed.



FRI, 18 JUN 2021
12.00PM – 2.30PM
ACTIVITY SUITE, SC (L3)

\$85.60 (Member) / \$99.51* (Guest)
 Min 5 pax / Age: 7 - 18 years old
 Closing Date: Fri, 4 Jun 2021

BASIC PAPER MARBLING WORKSHOP

Discover the magic of paper marbling where paints float on the surface of thickened water to create a myriad of patterns. Learn about different marbling techniques in live demonstrations and step-wise guidance. Participants will have the opportunity to learn and apply creativity in creating their own unique marbled papers! From the stone to the non-pareil pattern, you will be introduced to the mesmerising craft of paper marbling.



SUN, 13 JUN 2021 / 8.00AM – 10.00AM
MULTI-PURPOSE ROOM, SC (L2)

\$96.30 (Member)
\$112.35* (Guest)
Min 5 pax
Child: 8 years old and above
Closing Date: Thu, 3 Jun 2021

ADVANCED PAPER MARBLING WORKSHOP

Learn how to paint on water in this advanced paper marbling workshop. Participants will learn about advanced techniques similar to Turkish Ebru Art. Feast your eyes on live demonstrations of drawing different flowers, birds and motifs on water using different tools and paint application techniques. It is a unique art form that challenges participants ability to work on a fluidic surface and apply principles of art in balance, harmony and movement to compose their artwork.

SUN, 13 JUN 2021
10.15AM – 12.45PM
MULTI-PURPOSE ROOM, SC (L2)

\$128.40 (Member)
\$144.45* (Guest)
Min 5 pax
Child: 11 years old and above

Pre-requisite: Attended the Basic Paper Marbling Workshop on Sunday, 13 June 2021, 8am – 10am
Closing Date: Thu, 3 June 2021



CHILDREN ART HOLIDAY WORKSHOP

TOTS ART - RAINBOW FISH

Storytelling + Art & Craft + Sensory Play

WED, 9 JUN 2021 / 9.15AM – 10.30AM
MULTI-PURPOSE ROOM, SC (L2)

\$52.25 (Member) / \$66.16* (Guest)
Min. 6 pax / Age: 3 - 5 years old
Closing Date: Wed, 2 Jun 2021

JUNIOR ARTIST - RAINBOW FISH

Storytelling + Art & Craft (Paper Weave)

WED, 9 JUN 2021 / 10.45AM – 12.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$52.25 (Member) / \$66.16* (Guest)
Min. 6 pax / Age: 4 - 12 years old
Closing Date: Wed, 2 June 2021



JUNIOR ARTIST - AHOY MATE!

Storytelling + Art & Craft (Treasure Map)



WED, 23 JUN 2021
10.45AM – 12.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$52.25 (Member) / \$66.16* (Guest)
Min. 6 pax
Age: 4 - 12 years old
Closing Date: Wed, 16 Jun 2021

FATHER'S DAY SPECIAL

JOLLY DOLLY WORKSHOP (PARENT & CHILD / CHILD ONLY)

Design and paint your own Jolly Dolly Family (includes 2 large Jolly Dolly, 1 small Jolly Dolly and 1 wood frame).



WED, 16 JUN 2021 / 10.30AM – 12.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$62.95 per pax (Member) / \$76.86* per pax (Guest)
Min. 6 pax
Age: 5 - 12 years old
Closing Date: Wed, 9 Jun 2021

Note: Additional dollys can be purchased at workshop.

CULINARY

BASQUE CHEESECAKE (ADULT/ TEEN HANDS-ON)

The Basque Cheesecake is said to have originated in 1990 in San Sebastian, Spain. Often called 'burnt' cheesecake because of its iconic dark top, it is remarkably easy and quick to make! With slight deviation and a few additions, this version of the cheesecake promises to be equally a show-stopper! You will bring home a round 6-inch cheesecake, so remember to bring good-fitting container! Sign up as a pair to enjoy 5% discount.



SAT, 29 MAY 2021 / 2.00PM – 5.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$117.70 (Member) / \$133.75* (Guest)
Min. 4 pax / Max. 10 pax
Age: 14 years old and above

NO BAKE MANGO CHEESECAKE (ADULT/ TEEN HANDS-ON)



As the name implies, this mango cheesecake doesn't require any baking at all and takes very little effort to put together, making it a great afternoon tea or an after-dinner dessert any day. It is also incredibly versatile and can be tweaked to be re-created in many different flavours once you understand the basics. You will bring home a round 6-inch cheesecake, so remember to bring good-fitting container! Sign up by 6 June 2021 or as a pair to enjoy a one-off 5% discount.

SAT, 26 JUN 2021 / 2.00PM – 5.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$117.70 (Member) / \$133.75* (Guest)
Min. 4 pax / Max. 10 pax
Age: 14 years old and above

CUPCAKE 101 (ADULT/TEEN HANDS-ON)

Join us for this 4 hours workshop, suitable for anyone with little or no experience. You will learn the entire process of making a classic cupcake batter and be guided on how to create four different types of variations by the end of the workshop!



A quick glance of what you will learn and make:

- Butterscotch Cupcakes
- Oreo Cupcakes
- Rainbow Cupcakes
- Hidden Heart Cupcakes
- How to achieve a soft fluffy whipped cream
- How to mix colour to create a smooth consistent finish
- How to pretty up cupcakes with basic piping techniques
- Bonus 'Butterscotch' recipe which is great as a drizzle decoration on cupcakes or ice-cream cones!

You will bring home 16 cupcakes. So remember to bring good-fitting containers to store them. Sign up by 9 July 21 or as a pair to enjoy a one-off 5% discount.

SAT, 31 JUL 2021 / 2.00PM – 6.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$139.10 per pax (Member) / \$155.15* per pair (Guest)
Min. 5 pax / Max. 10 pax
Age: 14 years old and above

EXERCISE

MBSR GENTLE YOGA



EVERY SAT, COMMENCING 31 JUL 2021
11.00AM – 12.15PM
ACTIVITY SUITE, SC (L3)

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

PILOXING 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.



PILOXING BY JACLYN ONG

EVERY SAT, COMMENCING 19 JUN 2021
2.00PM – 3.00PM
ACTIVITY SUITE, SC (L3)

\$154.08 (Member) / \$214.00* (Guest)
 Min. 5 pax / 8 sessions

BODY BAND BALANCE

EVERY WED, COMMENCING 16 JUN 2021
9.00AM – 10.00AM
ACTIVITY SUITE, SC (L3)

\$149.80 (Member) / \$203.30* (Guest)
 Min. 8 pax / 10 sessions

TOTAL BODY CONDITIONING

EVERY THU, COMMENCING 1 JUL 2021
8.00PM – 9.00PM
ACTIVITY SUITE, SC (L3)

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

**NEW KPOP X FITNESS BY ANGELYN**

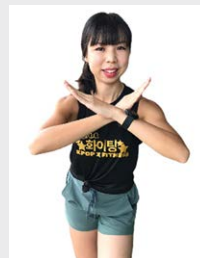
FREE TRIAL
MON, 21 JUN 2021 / 11.00AM – 11.50AM

ACTUAL COMMENCEMENT
EVERY THU, COMMENCING 24 JUN 2021
9.00AM – 9.50AM
EVERY MON, COMMENCING 28 JUN 2021
11.00AM – 11.50AM
ACTIVITY SUITE, SC (L3)

\$143.38 (Member) / \$186.18* (Guest)
 Min. 6 pax / 8 sessions

INSTRUCTOR: ANGELYN KAM

Angelyn has been teaching K-Pop X Fitness since January 2019 and is passionate about exercising and keeping a healthy lifestyle. She loves the mix of dance incorporated into the fitness moves found in K-Pop X Fitness and hopes to inspire people of all age group to have an active lifestyle. Her warm and friendly personality enables her to bond with her participants.



POLE DANCE FITNESS

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



EVERY TUE, COMMENCING 29 JUN 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

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

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

HATHA YOGA

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

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

NEW ZUMBA FITNESS BY MEYGAN

FREE TRIAL
MON, 21 JUN 2021 / 8.15PM – 9.15PM

ACTUAL COMMENCEMENT
EVERY FRI, COMMENCING 25 JUN 2021
10.15AM – 11.15AM
ACTIVITY SUITE, SC (L3)
EVERY MON, COMMENCING 28 JUN 2021
8.15PM – 9.15PM
MULTI-PURPOSE ROOM, SC (L2)

\$107.00 (Member) / \$149.80* (Guest)
 Min. 5 pax / 8 sessions

INSTRUCTOR: MEYGAN CHENG

Meygan is a cheerful & energetic dance fitness instructor. She has more than 4 years of dance fitness experiences and has conducted many dance fitness workouts in collaboration with Health Promotion Board and malls too. Meygan believes in staying fit & healthy through proper dancing techniques. Her dance fitness classes not only help increase your adrenaline, but also improve your health stamina & keep you looking more youthful & radiant too.



TAIJI NEIGONG BY ALBERTT CHUA

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



YANG STYLE TAIJI QUAN BY NG BENG CHIAN

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

\$26.75 (Member)
\$53.50* (Guest)
Min. 6 pax



INSTRUCTOR: NG BENG CHIAN

Mr Ng Beng Chian has about 10 years of experience teaching Yang Style Taiji Quan in the Singapore Taiji Society. His teaching methodology is based on the methods developed by the late Master Huang Xing Xian which consist of 5 relax exercises, 37 steps Taiji Quan and Basic Push Hand for the Taiji beginner. He also teaches weapon routine such as Taiji Sword, Taiji Sabre, Walking Stick and Long Stick. Mr Ng had participated in many competitions and upgraded himself by taking advanced classes such as Pair Free Hand Push and Pair Sparring. He has been teaching in the Club since May 2017 and is assisted by his partner-Mr Suen Keck Tyau with the same qualification.



TAIJI QIGONG BY NGIAM TONG KHENG

EVERY SUN / 8.00AM – 9.00AM
ACTIVITY SUITE, SC (L3)

\$42.80 (Member)
\$80.25* (Guest)
Min. 6 pax



INSTRUCTOR: NGIAM TONG KHENG

Mr Ngiam Tong Kheng has been a long-time instructor in the Club and is passionate in imparting the health benefits of Taiji practice to his students. Mr Ngiam mainly teaches Soon style Taiji, Chen style Taiji which includes usage of sword, sabre etc and Qigong.



The achievements of Mr Ng are as follows:

- Committee member of World Traditional Martial Art Union Nine Dan
- Elected as China new age martial art celebrity
- International Wushu judge (International Wushu Federation)

*Price includes guest fee. • All images shown above are for illustration purpose. • The classes, trainings and activities might be postponed or cancelled, subject to further directives and measures for COVID-19 from the Multi-Ministry Taskforce, SportSG and/or respective National Federations, Associations and Councils.

Enjoy
Meaningful
Performance
Opportunities

DANCESPORT LESSONS FOR KIDS 3 TO 8!

\$25 per Class
\$240 for 12 Classes

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June Holiday
Program
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CSC-LJE SPORTS JUNIOR BASKETBALL HOLIDAY TRAINING CAMP



Enrol your child in this training camp where they will reap the benefits of improved hand-eye coordination, cardiovascular conditioning, agility and endurance. Kids also learn about the value of respect and teamwork as they interact with other kids in this team sport. Sign up fast due to limited slots!

MON – WED, 31 MAY – 2 JUN 2021
BASKETBALL COURT, SC (ROOFTOP LEVEL)

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

\$290.00 (Non-Member)

Eligibility: 6 – 12 years old

Daily Training Time	Category
8.00am – 10.00am	6 to 7 years
10.15am – 12.15pm	8 to 9 years
4.30pm – 6.30pm	10 to 12 years

Above fee is for 3 training days and is inclusive of 7% GST. Registration will close upon reaching maximum capacity.

CSC- LJE SPORTS JUNIOR BASKETBALL TRAINING

The Junior Basketball Training Programme is a joint programme between Chinese Swimming Club and LJE Sports. We aim to prepare the trainees with basic basketball skills and knowledge before entering the next phase of their lives such as school admission with basketball as one of their top few outstanding co-curricular activities. Our training consists of basic ball handlings, footwork, shooting drills and conditioning drills.



EVERY THU, 5.45PM – 7.00PM
EVERY SAT, 8.00AM – 9.15AM & 9.15AM – 10.30AM
EVERY SUN, 8.00AM – 9.15AM & 9.15AM – 10.30AM
BASKETBALL COURT, SC (ROOFTOP LEVEL)

\$117.70 (Member) / \$192.60 (Non-Member)

Eligibility: 6 – 13 years old

Above fees are based on 4 sessions a month, should there be lesson on a 5th week month, additional lessons will be billed accordingly.

Non-Members have to pay a 1 month deposit which is refundable upon withdrawal.

Contact Wendy at 6885 0654 or email Wendy_Tan@chineseswimmingclub.org.sg for more information.

NEW CSC- LJE SPORTS ADULT/ TEENS BASKETBALL TRAINING



EVERY SAT, 6.00PM – 7.15PM
BASKETBALL COURT, SC (ROOFTOP LEVEL)

\$139.10 (Member) / \$214.00 (Non-Member)

Eligibility: 14 – 35 years old

Above fees are based on 4 sessions a month, should there be lesson on a 5th week month, additional lessons will be billed accordingly.

Non-Members have to pay a 1 month deposit which is refundable upon withdrawal.

WORK THIS

Come along and join the Flex instructors for Work This on Tuesdays (bi-weekly). Be sure to work up a sweat as the classes mainly involve 1 hour of high intensity aerobics training. In view of the safe distancing measures in place, do register early with the instructors. We look forward to seeing you!

4, 18 MAY 2021

1, 15 JUNE 2021

10.30AM – 11.30AM

MULTI-PURPOSE ROOM, SC (LEVEL 2)

Applicable to Flex members only.



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

JUNIOR WATER POLO TRAINING



Junior Water Polo is a water sport that embodies camaraderie and team bonding. Fire up that competitiveness in your child and register them for a free trial!

EVERY MON & WED, 6.15PM – 8.15PM

EVERY FRI, 7.30PM – 9.30PM

EVERY SAT, 6.15PM – 8.15PM (U11 & 13) /

7.15PM – 9.15PM (U15)

WATER POLO POOL, SC (L1)

\$101.65 per month (Member) / \$141.78* per month (Guest)

Eligibility: 9 – 16 years old

Must be able to swim.

FLIPPA BALL PROGRAMME



Flippa ball – the foundation to Water Polo. Enrol your child to learn the basics from dribbling to passing of the ball. Register your child for a free trial today.

EVERY SAT, 6.15PM – 7.30PM

BEGINNERS' POOL, SC (L1)

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

Eligibility: 6 – 12 years old

Must be able to swim 2 x 25m independently.

*Price includes guest fee

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



BOWLING PRIVATE COACHING

Level up your game with ex-national coach Clara Lau!

UP TO 4 TRAINEES IN A GROUP
12 LANES, SC (L1)

\$107.00 per hour*

*Lane fees to be paid to Bowling counter after every lesson

Contact Jick Sern at 6885 0675 or email JickSern_Lam@chineseswimmingclub.org.sg for more information.



BOWLING LEARN-TO-PLAY INTRODUCTION PROGRAMME

For kids age 6 to 16 years old.

SAT, 5, 12, 19, 26 JUN 2021
2.00PM – 4.00PM
12 LANES, SC (L1)

\$128.40 (Member) / \$171.20 (Guest) for 4 lessons

Note: Lane fees and bowling shoes rental included

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 for more information.

TENNIS JUNE HOLIDAY CAMP



CAMP 1: MON – THU, 31 MAY – 3 JUN 2021

CAMP 2: MON – THU, 7 – 10 JUN 2021

TENNIS COURT, SC (ROOFTOP LEVEL)

Pee Wee: 3 - 5 years old

Group 1: 8.00am to 9.00am

\$107.00 (Member) / \$139.10 (Guest)

Beginner: 6 - 10 years old

Group 1: 9.00am to 10.00am / Group 2: 11.00am to 12.00pm

\$107.00 (Member) / \$139.10 (Guest)

Intermediate: 6 - 14 years old

Group 1: 8.00am - 9.30am / Group 2: 9.30am - 11.00am

\$160.50 (Member) / \$208.65 (Guest)

Advance: 8 - 14 years old

Group 1: 10.00am to 12.00pm

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

Min. 6 pax to commence/ Max. 8 pax for each camp.

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 participant. Each term programme consists of 12 sessions (1 session of 2 hours per week).



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

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

Adult Group Training Programme is now available 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 and above

Min 3 pax



Contact Dareld at 6885 0673 or email Dareld_Tan@chineseswimmingclub.org.sg for more information.

FUN SQUASH FOR ADULTS, YOUTHS & CHILDREN

Suitable for all levels. Individual, parent and child are welcome to sign up!

Get to learn:

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

THU, 10 JUN 2021 / 17 JUN 2021 / 24 JUN 2021
10.00AM – 12.00PM
SQUASH COURTS, SC (L3)

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

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

Children and Youths: 7 – 19 years old

Adults: 20 years old and above

Note: Fees is 2-hour workshop for 1 selected date.



Contact Dareld at 6885 0673 or email Dareld_Tan@chineseswimmingclub.org.sg for more information.



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 under the guidance of JTA resident coach – Ma Kai Xuan.

EVERY TUE, 1.30PM – 3.00PM
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 fees are based on 4 sessions a month, should there be lesson on a 5th week month, additional lessons will be billed accordingly. Non-Members have to pay a 1 month deposit which is refundable upon withdrawal.



4 DAYS TABLE TENNIS HOLIDAY CAMP

MON – THU, 7 – 10 JUN 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 old and above.

Registration will close upon reaching maximum capacity.



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



Ma Kai Xuan started playing Table Tennis from the age of 5. She entered into the reputable Beijing Shichahai Sports School at 8 years old. Beijing Shichahai Sports School is famous for producing talented world champion Sportsman and Sportswomen. During her training years, she had won Championship in the Singles category in numerous Beijing tournaments. Kai Xuan was selected into the National Team of Hebei Province in China at the age of 11 years old. In addition, she had achieved 1st runner up in China National Youth Table Tennis Tournament under the Group category and 6th placing under the Singles category.

Want to know more? Contact Wendy Tan @ 6885 0654 or Wendy_Tan@chineseswimmingclub.org.sg.

SUN	MON	TUE	WED	THU	FRI	SAT
30 Line Dance (Beginner Advanced) Line Dance (Advanced) Solo Bachata (Beginners) Solo Salsa (Beginners) Contemporary Dance (Beginners) Wushu (Beginners) Learning Good Manners, Social Skills & Etiquette Workshop Taiji Qigong CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate)	31 Latin / Standard Ballroom (For All Levels) Pre-School Dance Programme Chinese Calligraphy Children's Ballet Hatha Yoga Pilates CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Holiday Training Camp Junior Water Polo Training Tennis June Holiday Camp					1 LABOUR DAY Children's Ballet MBRS Gentle Yoga Pilates CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training CSC- LJE Sports Adult/ Teens Basketball Training Junior Water Polo Training Flippa Ball Programme Bowling Learn-To-Play Introduction Programme Squash Youth Development Programme (Beginners / Intermediate) 
2 Line Dance (Beginner Advanced) Line Dance (Advanced) Solo Bachata (Beginners) Solo Salsa (Beginners) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate)	3 Latin / Standard Ballroom (For All Levels) Chinese Calligraphy Children's Ballet Hatha Yoga Pilates CSC-JTA Table Tennis Junior Training Junior Water Polo Training	4 Line Dance (Beginners) Line Dance (Beginner Intermediate) Pole Dance Fitness Gentle Yoga Pilates Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training Work This	5 Solo Latin Dance For Ladies Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Junior Training Junior Water Polo Training	6 Jump Fit Boots Chinese Brush Painting CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training	7 Latin / Standard Ballroom (For All Levels) Children's Ballet Gentle Yoga Hatha Yoga Junior Water Polo Training	8 Jump Fit Boots Wushu (Beginners) Children's Ballet Pilates CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training CSC- LJE Sports Adult/ Teens Basketball Training Junior Water Polo Training Flippa Ball Programme Bowling Learn-To-Play Introduction Programme Squash Youth Development Programme (Beginners / Intermediate)
9 Line Dance (Beginner Advanced) Line Dance (Advanced) Solo Bachata (Beginners) Solo Salsa (Beginners) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate)	10 Latin / Standard Ballroom (For All Levels) Chinese Calligraphy Children's Ballet Hatha Yoga Pilates CSC-JTA Table Tennis Junior Training Junior Water Polo Training	11 Line Dance (Beginners) Line Dance (Beginner Intermediate) Gentle Yoga Pilates Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training	12 Solo Latin Dance For Ladies Yang Style Taiji Quan CSC-JTA Table Tennis Junior Training Junior Water Polo Training	13  HARI RAYA PUASA CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training	14 Latin / Standard Ballroom (For All Levels) Children's Ballet Gentle Yoga Hatha Yoga Junior Water Polo Training	15 Jump Fit Boots Wushu (Beginners) Children's Ballet Pilates CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training CSC- LJE Sports Adult/ Teens Basketball Training Junior Water Polo Training Flippa Ball Programme Bowling Learn-To-Play Introduction Programme Squash Youth Development Programme (Beginners / Intermediate)
16 Line Dance (Beginner Advanced) Line Dance (Advanced) Solo Bachata (Beginners) Solo Salsa (Beginners) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate)	17 Latin / Standard Ballroom (For All Levels) Chinese Calligraphy Children's Ballet Hatha Yoga Pilates CSC-JTA Table Tennis Junior Training Junior Water Polo Training	18 Line Dance (Beginners) Line Dance (Beginner Intermediate) Gentle Yoga Pilates Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training Work This	19 Solo Latin Dance For Ladies Yang Style Taiji Quan CSC-JTA Table Tennis Junior Training Junior Water Polo Training	20 Jump Fit Boots Chinese Brush Painting CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training	21 Latin / Standard Ballroom (For All Levels) Children's Ballet Gentle Yoga Hatha Yoga Junior Water Polo Training	22 Jump Fit Boots Wushu (Beginners) Children's Ballet Pilates CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training CSC- LJE Sports Adult/ Teens Basketball Training Junior Water Polo Training Flippa Ball Programme Bowling Learn-To-Play Introduction Programme Squash Youth Development Programme (Beginners / Intermediate)
23 Line Dance (Beginner Advanced) Line Dance (Advanced) Solo Bachata (Beginners) Solo Salsa (Beginners) Contemporary Dance (Beginners) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate)	24 Latin / Standard Ballroom (For All Levels) Chinese Calligraphy Children's Ballet Hatha Yoga Pilates CSC-JTA Table Tennis Junior Training Junior Water Polo Training	25 Line Dance (Beginners) Line Dance (Beginner Intermediate) Gentle Yoga Pilates Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training	26 VESAK DAY Yang Style Taiji Quan CSC-JTA Table Tennis Junior Training Junior Water Polo Training 	27 Jump Fit Boots Chinese Brush Painting CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training	28 Latin / Standard Ballroom (For All Levels) Children's Ballet Gentle Yoga Hatha Yoga Junior Water Polo Training	29 Jump Fit Boots Wushu (Beginners) Children's Ballet Basque Cheesecake Pilates CSC-JTA Table Tennis Junior Training CSC- LJE Sports Junior Basketball Training CSC- LJE Sports Adult/ Teens Basketball Training Junior Water Polo Training Flippa Ball Programme Bowling Learn-To-Play Introduction Programme Squash Youth Development Programme (Beginners / Intermediate)

SUN	MON	TUE	WED	THU	FRI	SAT
		1 Line Dance (Beginners) Line Dance (Beginner Intermediate) Gentle Yoga Pilates Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Holiday Training Camp Work This Tennis June Holiday Camp	2 Solo Latin Dance For Ladies Hip Hop Dance (Beginners) For Kid Wobbel Yoga Holiday Workshop Jump Fit Boots Holiday Workshop Yang Style Taiji Quan Wushu CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Holiday Training Camp Junior Water Polo Training Tennis June Holiday Camp	3 Jump Fit Boots Learn To Make Highly Realistic Food Miniature With Clay Perfume Making Workshop Punch Needle Brooch Workshop For Adults Chinese Brush Painting CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training Tennis June Holiday Camp	4 Latin / Standard Ballroom (For All Levels) Children's Ballet Kids Yoga Punch Needle Plushie Workshop Gentle Yoga Hatha Yoga Junior Water Polo Training	5 Jump Fit Boots Music Theatre Choreography (Beginners) For Kid Wushu (Beginners) Children's Ballet Pilates CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training CSC-LJE Sports Adult/ Teens Basketball Training Junior Water Polo Training Filippa Ball Programme Bowling Learn-To-Play Introduction Programme Squash Youth Development Programme (Beginners / Intermediate)
6 Line Dance (Beginner Advanced) Line Dance (Advanced) Solo Bachata (Beginners) Solo Salsa (Beginners) Contemporary Dance (Beginners) Wushu (Beginners) Taiji Qigong Microgreens Growing & Culinary Workshop (Parent & Child) CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate)	7 Latin / Standard Ballroom (For All Levels) Pre-School Dance Programme Chinese Calligraphy Children's Ballet Hatha Yoga Pilates 4 Days Table Tennis Holiday Camp CSC-JTA Table Tennis Junior Training Junior Water Polo Training Tennis June Holiday Camp	8 Line Dance (Beginners) Line Dance (Beginner Intermediate) Chocolate Smash Cake Gentle Yoga Pilates Taiji Neigong CSC-JTA Table Tennis Training For Adults 4 Days Table Tennis Holiday Camp CSC-JTA Table Tennis Junior Training Tennis June Holiday Camp	9 Solo Latin Dance For Ladies Hip Hop Dance (Beginners) For Kid Children Art Holiday Workshop Wobbel Yoga Holiday Workshop Jump Fit Boots Holiday Workshop Yang Style Taiji Quan Wushu 4 Days Table Tennis Holiday Camp CSC-JTA Table Tennis Junior Training Junior Water Polo Training Tennis June Holiday Camp	10 Jump Fit Boots Kpop Dance MTV (Beginners) For Adult Hip Hop Dance (Beginners) For Adult Chinese Brush Painting Learn The Art Of Brewing Your Own Kombucha 4 Days Table Tennis Holiday Camp CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training Fun Squash For Adults, Youths & Children Tennis June Holiday Camp	11 Latin / Standard Ballroom (For All Levels) Children's Ballet Kids Yoga Punch Needle Plushie Workshop Gentle Yoga Hatha Yoga Junior Water Polo Training	12 Jump Fit Boots Music Theatre Choreography (Beginners) For Kid Wushu (Beginners) Children's Ballet Pilates CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training CSC-LJE Sports Adult/ Teens Basketball Training Junior Water Polo Training Filippa Ball Programme Bowling Learn-To-Play Introduction Programme Squash Youth Development Programme (Beginners / Intermediate)
13 Line Dance (Beginner Advanced) Line Dance (Advanced) Solo Bachata (Beginners) Solo Salsa (Beginners) Contemporary Dance (Beginners) Wushu (Beginners) Basic Paper Marbling Workshop Advanced Paper Marbling Workshop Taiji Qigong CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate)	14 Latin / Standard Ballroom (For All Levels) Pre-School Dance Programme Chinese Calligraphy Children's Ballet Hatha Yoga Pilates CSC-JTA Table Tennis Junior Training Junior Water Polo Training	15 Line Dance (Beginners) Line Dance (Beginner Intermediate) Gentle Yoga Pilates Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training Work This Badminton June Holiday Camp	16 Solo Latin Dance For Ladies Hip Hop Dance (Beginners) For Kid Children Art Holiday Workshop Wobbel Yoga Holiday Workshop Jump Fit Boots Holiday Workshop Body Band Balance Yang Style Taiji Quan Wushu CSC-JTA Table Tennis Junior Training Junior Water Polo Training	17 Jump Fit Boots Kpop Dance MTV (Beginners) For Adult Hip Hop Dance (Beginners) For Adult Chinese Brush Painting Chocolate Chip Cookies CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training Badminton June Holiday Camp Fun Squash For Adults, Youths & Children	18 Latin / Standard Ballroom (For All Levels) Children's Ballet Kids Yoga Gentle Yoga Hatha Yoga Polymer Clay Making Experience Junior Water Polo Training	19 Jump Fit Boots Music Theatre Choreography (Beginners) For Kid Wushu (Beginners) Children's Ballet Pilates CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training CSC-LJE Sports Adult/ Teens Basketball Training Junior Water Polo Training Filippa Ball Programme Bowling Learn-To-Play Introduction Programme Squash Youth Development Programme (Beginners / Intermediate)
20 Line Dance (Beginner Advanced) Line Dance (Advanced) Solo Bachata (Beginners) Solo Salsa (Beginners) Contemporary Dance (Beginners) Wushu (Beginners) Japanese Orizome Paper Dyeing Workshop Taiji Qigong CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate)	21 Latin / Standard Ballroom (For All Levels) Pre-School Dance Programme Chinese Calligraphy Children's Ballet KPOP X Fitness (Free Trial) Zumba Fitness (Free Trial) Hatha Yoga Pilates CSC-JTA Table Tennis Junior Training Junior Water Polo Training	22 Line Dance (Beginners) Line Dance (Beginner Intermediate) Growing Organic Vegetables With Soil And Soil-Less Methods Gentle Yoga Pilates Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training Badminton June Holiday Camp	23 Solo Latin Dance For Ladies Hip Hop Dance (Beginners) For Kid Children Art Holiday Workshop Wobbel Yoga Holiday Workshop Jump Fit Boots Holiday Workshop Body Band Balance Yang Style Taiji Quan Wushu CSC-JTA Table Tennis Junior Training Junior Water Polo Training	24 Jump Fit Boots Kpop Dance MTV (Beginners) For Adult Hip Hop Dance (Beginners) For Adult Chinese Brush Painting Tea Appreciation Workshop KPOP X Fitness CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training Badminton June Holiday Camp Fun Squash For Adults, Youths & Children	25 Latin / Standard Ballroom (For All Levels) Children's Ballet Kids Yoga Zumba Fitness Gentle Yoga Hatha Yoga Junior Water Polo Training	26 Jump Fit Boots Music Theatre Choreography (Beginners) For Kid Wushu (Beginners) Children's Ballet No Bake Mango Cheesecake Pilates CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training CSC-LJE Sports Adult/ Teens Basketball Training Junior Water Polo Training Filippa Ball Programme Bowling Learn-To-Play Introduction Programme Squash Youth Development Programme (Beginners / Intermediate)
27 Line Dance (Beginner Advanced) Line Dance (Advanced) Solo Bachata (Beginners) Solo Salsa (Beginners) Contemporary Dance (Beginners) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Junior Training CSC-LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate)	28 Latin / Standard Ballroom (For All Levels) Pre-School Dance Programme Chinese Calligraphy Children's Ballet KPOP X Fitness Zumba Fitness Hatha Yoga Pilates CSC-JTA Table Tennis Junior Training Junior Water Polo Training	29 Line Dance (Beginners) Line Dance (Beginner Intermediate) Pole Dance Fitness Gentle Yoga Pilates Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Junior Training	30 Solo Latin Dance For Ladies Hip Hop Dance (Beginners) For Kid Body Band Balance Yang Style Taiji Quan Wushu CSC-JTA Table Tennis Junior Training Junior Water Polo Training			



Chef's Specialty

MAY

BBQ Angus Short Ribs



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$29.00

JUNE

Yong Tau Foo with Spicy Bean Sauce (served with one plate of rice)



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$8.50

HK Hakka Walled Village Cuisine Series

(by renowned Hong Kong Chef)

The earliest documentary found with a record of walled villages is believed to be more than 700 years ago during the Song Dynasty. At that time, the residents of Hong Kong (as part of Bao'an County) were predominantly with Hakka family background. And nowadays, Hakka cuisine is still an essential component of Hong Kong's culinary culture.

Fu Lin Men Cantonese Dining (CSC Branch) is presenting "Hong Kong Hakka Walled Village Cuisine Series", with Hakka Style Chicken & Fish Maw in Yellow Wine (花胶黄酒鸡 \$48), Hakka Salted Steamed Chicken (东江咸香鸡 \$22), Braised Pork Belly with Preserved Mustard Greens (梅菜扣肉 \$22), Hakka Stir-Fried Special (客家小炒皇 \$20), Hakka Tofu Puff Stuffed with Minced Pork in Hakka Style (煎酿豆腐卜 \$20).



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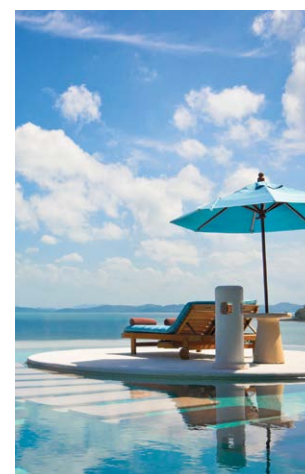
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Reciprocal Clubs and Affiliation Clubs: Members are required to approach Front Office for either booking of golf flights or to request for an introduction letter at least one working day in advance. Changi golf club is an exception, members can call 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

CLUB'S MAIN LINE : 6345 1221 or 6885 0688

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feedback@chineseswimmingclub.org.sg

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Sports Reception @ SC
Daily 7.00am to 10.00pm

MAN ZHU CAFÉ

Mon to Thu 12.00pm to 9.30pm
Fri, Eve of PH & PH 11.30am to 9.30pm
Sat & Sun 8.30am to 9.30pm
(Breakfast from 8.30am to 11.00am)
(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)
Sat 8.00am to 2.00pm (3 – 6 Courts)
Sun 12.00pm to 5.00pm (3 – 7 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 Youth Development Programme (All courts)
Sat 4.00pm to 6.00pm
Sun 1.00pm to 3.00pm
Closure for ZAESA Squash Adult Group Training Programme (All courts)
Sun 3.00pm 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 9.00pm
3 Lanes Closure for Swimming Training (Lanes 3, 5, 7)
Wed 5.00pm to 7.00pm
Fri 5.45pm to 7.45pm

COMPETITION POOL @ SC

Daily 6.00am to 9.00pm
Social Swimming
Tue to Fri Lane 9 reserved for PC group training
Mon 8.00am to 10.00am & 8.00pm to 9.00pm
Tue & Thu 6.00am to 3.30pm & 8.00pm to 9.00pm
Wed & Fri 8.00am to 3.30pm & 8.00pm to 9.00pm
Sat 11.30am to 3.30pm & 6.30pm to 9.00pm
Sun 6.00am to 8.30am & 11.30am to 9.00pm
PH 11.30am to 9.00pm
Pool Closure For Swimming Training (Whole pool)
Mon 5.30am to 8.00pm
Tue & Thu 4.00pm to 8.00pm
Wed & Fri 5.30am to 8.00am & 4.00pm to 8.00pm
Sat 6.00am to 10.30am & 4.00pm to 6.00pm
PH 6.00am to 10.30am

BEGINNERS' POOL @ SC

Daily 7.00am to 9.00pm
Social Swimming
Mon 7.00am to 10.00am & 4.00pm to 9.00pm
Tue 7.00am to 9.30am, 11.30am to 2.00pm & 6.30pm to 9.00pm
Wed & Fri 7.00am to 2.00pm & 6.30pm to 9.00pm
Thu 7.00am to 3.30pm & 6.30pm to 9.00pm
Sat 7.00am to 8.30am, 12.30pm to 2.00pm & 5.00pm to 9.00pm
Sun 7.00am to 8.30am & 12.30pm to 9.00pm
Pool Closure for Learn To Swim Programme
Tue to Fri 2.00pm to 6.00pm
Sat 7.00am to 4.00pm
Sun 7.00am to 1.00pm
Pool Closure for Flippa Training
Sat 6.15pm to 7.30pm

FUN POOL @ SC

Wed to Sun, PH & Sch Holidays
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
Thu 3.00pm to 4.30pm
Sun 4.00pm to 5.30pm
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 8.00am to 10.30am
Sun 8.00am to 10.30am

JOY LUCK COVE

Mon to Sun (Inclusive of PH & Eve of PH)
10.00am to 11.00pm

GAMES & RECREATION ROOM

Fri, Sat & Eve of PH 1.00pm to 10.00pm
Sun, Mon to Thu 1.00pm to 9.00pm
\$5.35 per table per hour

Note:

SC – Sports Complex RC – Recreation Complex AP – Arrival Pavilion

+ Bookings can be made at the Sports Reception (SC) up to seven days in advance on a first-come-first-served basis. There shall be no advance booking for Members' Day (Sun).

MEMBER-GET-MEMBER SCHEME

Recommend friends & associates and be incentivised with CSC credits.

REFER NOW & GET REWARDED



FOR REFERRER

\$300

spending credits

FOR REFEREE

\$700

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.



LAUNCH OF PRIVATE ROOM PACKAGES

Looking for a private room to host your business meeting and discussion? We got you covered! 3 Bars has launched the private room packages exclusively for members. Check out the special promotions and make your reservation today!

Rooms Available From 3.00pm to 10.00pm Daily			
Rooms	Rates	Promotions	Maximum capacity per room
Mando	Weekday: \$10 per hour	Minimum 3 hours booking: 2 Complimentary Snacks	5 persons
	Weekend: \$20 per hour		
Canto	Daily: \$30 per hour	Minimum 3 hours booking: 3 Complimentary Snacks	5 persons
For your reservation, please call 6885 0688 ext.742			

Note:

1. Members using the rooms must adhere to the safe distancing measures put in place.
2. Singing session is strictly **NOT ALLOWED** in the room.