

# FREESTYLE

BI-MONTHLY MAGAZINE | JUL - AUG 2021

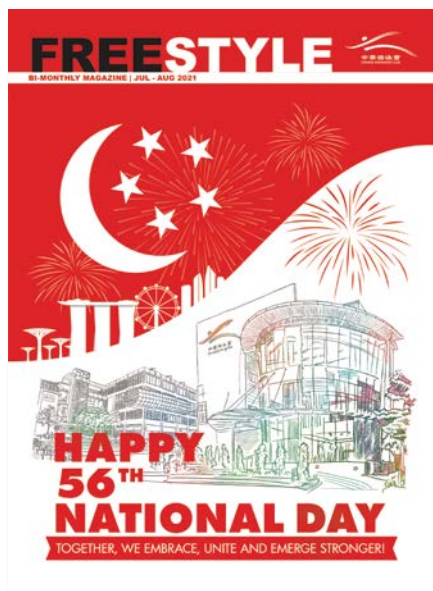


**HAPPY**  
**56<sup>TH</sup>**

**NATIONAL DAY**

TOGETHER, WE EMBRACE, UNITE AND EMERGE STRONGER!

## FREESTYLE PUBLICATION



### ON THE COVER

Together, We Embrace,  
Unite and Emerge Stronger!

Opinions expressed need not necessarily represent those of the Club. The Club accepts no responsibility for the quality of goods or services advertised. All event information is accurate at time of print.

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

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Dr Wee Cho Yaw  
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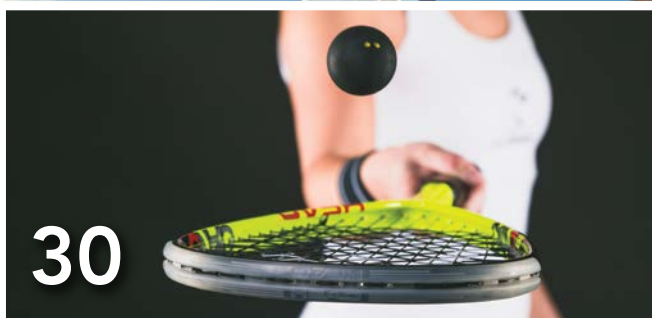
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# CORPORATE MEMBERSHIP

at \$18,000\*



Looking for an exclusive Club Membership for your company? Chinese Swimming Club with a comprehensive range of facilities, services, activities and dining options is the perfect choice!

Sign up now to enjoy:  
New Corporate Member will get  
\$2,000 Spending Credits\*

Member-Get-Member Scheme  
Refer and get rewarded  
\$1,000 Spending Credits\*



#### PRIVILEGES:

- Each Corporate Membership is able to register up to 4 nominees with their families.
- Access to Club facilities and enjoy a wide repertoire of activities and programmes at exclusive members' rate.
- 10% F&B discount for corporate events in the Club.
- Access to more than 50 reciprocal and affiliate clubs, hotels and resorts in different countries.

*\*Terms & Conditions apply.*

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

Dear Members,

With deep sadness, I pen this message in remembrance of our beloved Club President Edwin Lee, who was called home to be with the Lord on 29 May 2021.

Edwin was elected to the Management Committee in 1992 and was our Club President for the past 20 years. I am honoured to be part of his dynamic Exco team since 2002, where we embarked on the ambitious redevelopment project to transform our Club into a modern premier city and country club for the new millennium.

An exceptional yet respectful leader, Edwin genuinely cared for his family, colleagues, members and staff of the Club. We curated a photo montage of him at various Club events and it was evident that there is no better representative for our Club than this distinguished gentleman. Edwin was also a key figure within the sports fraternity in Singapore and was deservedly awarded the Public Service Star in 2016 in recognition for his contributions.

Edwin's passion and love for the Club had an infectious influence on us. We will continue his aspiration to strive, sustain and grow the Club. Edwin has been the bedrock of our Club and we will sorely miss his presence. Members could refer to the tribute feature of Edwin in the ensuing pages.

Of course, our loss is secondary to that of his loving family. We wish to extend our most heartfelt condolences and sympathy to his family during this difficult time. We will always remember Edwin as a friend, a mentor, a leader and the extraordinary impact he had on others. Rest in peace, our dear friend.

On another note, we wish to inform you that Mr Peter Goh has stepped down from his position as the General Manager/Secretary on 31 May 2021 due to personal reasons. We thank him for his contributions for the past three and a half years and wish him well for his future endeavour.

The Club is pleased to announce the appointment of Ms Patricia Au as the new General Manager (Designate). Please join me to welcome Patricia onboard from 1 July 2021.

Finally, I wish to thank all the members who diligently complied with the tightened Safe Management Measures that were implemented during Phase 2 (Heightened Alert). Please continue to play your part in keeping our Club safe for everyone to enjoy.

Stay safe and wishing all members a Happy National Day!



A handwritten signature in black ink, appearing to read 'Peter Liew'.

Peter Liew  
Vice President (General)



# MORE THAN A LEADER. MUCH MORE THAN A FRIEND. ALL FAMILY

A Tribute to our late Chinese Swimming Club President,  
Mr Edwin Lee (1956 - 2021 ).



There was no single way to describe Mr Edwin Lee - he was so many things to so many people. To the members of Chinese Swimming Club (CSC), Mr Lee was larger than life and was the embodiment of the Club's ideals and vision for more than 20 years.

Many athletes and members of Singapore's sports fraternity hailed him as a father figure who never turned a blind eye to helping promote the sporting cause in the country, even going so far as to use his own money for the sake of CSC and the larger sporting community.

Yet many others were touched by his generosity and big heart – the director of property development company Lee Kim Tah, and loving father of Mark and Nicole, seldom said no when an opportunity came along to put his talents to good use for those who needed his help.

So when Mr Lee died on May 29, it was understandable that many people felt as if a great light had gone out, never to be replaced.



Centennial Charity Dinner in 2009



1<sup>st</sup> Super Junior Swimming Invitational 2016

## PUTTING HIS HEART IN THE GAME

The Singapore National Olympic Council (SNOC) treasurer, Singapore Olympic Foundation director, Singapore Taekwondo Federation (STF) president, and former Singapore Tennis Association (STA) president, left behind a list of achievements that highlighted his commitment to CSC and the wider ASingapore sports fraternity.

Big shoes to fill. When well-wishers shared their memories, there were hardly any negative thoughts about the man, save for a possible quirk – his obsession with detail and perfection. Generous. Kind. Big-hearted. Humble. Fatherly - memories of Mr Lee included these words and more praises as well.



Sports Award 2008

## THE LITTLE THINGS MATTERED

Long-time friend and schoolmate Victor Chia, 67, who knew Mr Lee for more than 30 years and served with him on several CSC committees, said: ***"Edwin had high standards of work and every detail of his projects had to be perfect, from the materials chosen for building projects to the quality of workmanship as well."***



Soft-opening of Sports Complex in 2005

Mr Lee recognised and acknowledged Mr Chia's contributions, and often asked for his views about certain decisions for the Club before taking it upon himself to deliver the final decision. Mr Lee wanted nothing but the best for the Club and community at large.

This dedication to detail was evident in the devotion Mr Lee showed when he took an active part in the redevelopment of Novena church, as well as his involvement with Daughters of St Paul Singapore, a local religious congregation.

According to Mr Chia, Mr Lee, a devout Catholic, took particular care in ensuring that every aspect of the administration of the church redevelopment project went smoothly and that no stone was left unturned in his quest to renovate the church and get it ready for worshippers without delay.





Opening of Recreation Complex &amp; Charity Gala Night in 2013

## PEOPLE PERSON

Mr Lee cared for people and their views and opinions. During his administration of the CSC, he took pains to hear and review every view and suggestion before making his decisions.

When staff at CSC wanted to hone and enhance their coffee-making skills, he thought nothing of forking his own money to help pay for them to learn by visiting the wide range of cafes in Sydney, Australia. Mr Tay said that Mr Lee regularly contributes to the lucky draw prizes at the CSC Staff Annual Dinner and Dance.

His humility was also evident from an incident that occurred soon after he was first elected as CSC president about 20 years ago. Long-time CSC Management Committee Member Tay Cheng Siong, 88, who knew Lee for more than 25 years, said: **"After Edwin won the election for CSC President in 2002, the time came for him to chair his first meeting as CSC President. He entered the meeting hall from the side door instead of the front door as his predecessors. Some of the Management Committee Members later informed him that he ought to enter by the front door instead of the side or back doors. He did it right the next time."**



106th Annual General Meeting

## MAN ON A MISSION

Mr Lee, soon made his mark in the CSC through his vision and mission for the Club. During his leadership, the Club rebuilt its premises, which comprises three buildings – the Sports Complex, Recreation Complex and Arrival Pavilion (formerly known as the Club House).



Ground-breaking Ceremony in 2002

Olympian and National Training Centre Head Coach Gary Tan, 39, recalled that Mr Lee never stopped wanting to nurture and develop young athletes and would do his best to get the best training resources, including the best experts and coaches. He told the Straits Times how CSC had organised a training camp in the United States for its swimmers, and that Mr Lee used his own money to help fund the trip for around half of the group who needed the assistance, so that none of the swimmers would miss the opportunity.

Mr Lee's dedication to developing the sports dreams of deserving children and young people was evident in the programmes he initiated and put forward to develop their talents and strengths.

Dr Chua Thiam Poh, 72, chairman and CEO of Ho Bee Group and patron of CSC, said: **"Edwin believed that we had to develop the young as they were our next generation."**

Fellow CSC Management Committee Member Nicholas Lim, 76, said that Lee's love for sports led him to work tirelessly to enable and develop the growth of tennis, table tennis, taekwondo, and the Singapore National Olympic Council. Mr Lim, who was CSC Club Captain from 2001-2015, said that his involvement and help extended to a wide range of sports including golf, tennis, and swimming as well.

Mr Lee had been involved with the Singapore Table Tennis Association (STTA) for over 20 years and while there, he started the sport's foreign talent scheme along with then-deputy president Mr Terry Tan.



## PROPER ORDER IN ALL THINGS

Mr Tan, who Mr Lee fondly called his 'godson', acknowledged that the late CSC President could be loud and boisterous. But behind all that was a heart of gold and a desire for good order. Mr Lee was able to resolve personal differences through his good listening skills and desire to hear all sides of every confrontation. Mr Tan added: "He advised me not to resort to dirty tactics to get ahead, but let my results do the talking instead."

Former national swimmer and current Nominated Member of Parliament Mark Chay, 39, said: **"He (Mr Lee) was frank and vocal about his thoughts. He was extremely passionate about service to others – the Club, church, and community."**

Dr Chua said that he was initially unsure of whether he should become a CSC patron, but Mr Lee soon won him over. He said: **"I knew that, under Edwin's leadership, CSC would be a model of good corporate governance, good youth development programmes, and passionate conduct that aims to build the next generation of not just athletes for CSC, but for Singapore as well."**



Sports Day in 2005



Tribute Corner at Arrival Pavillion Lobby

## FAMILY MAN

Time was another treasure Mr Lee was extremely generous with. Friends and family, especially his children, were important to him.

Mr Chay said: **"I remember he asked Gary and I out to dinner, and when we showed up, there was a table of nuns! We spent the evening in fellowship and had a great time."**

Club member Choo Yilin shared about how she and her husband last met Mr Lee (whom she fondly called Uncle Edwin) at a Boyzone concert several years ago. Ms Choo added how Uncle Edwin sent flowers and other thoughtful gifts when they celebrated significant life milestones, and how he, her father, and two other friends had cultivated a deep friendship for more than 30 years – mostly over intensive mahjong sessions! **"Uncle Edwin was far more than a loved family friend and benefactor; he was family,"** she shared.

The late Mr Lee left behind a life that was well-lived and deserved to be celebrated, as there is no doubt that he lives on in the hearts and minds of the CSC, Singapore sporting community, the Catholic church, and the numerous other causes and persons that were so dear to him. The shoes he has left behind will be hard to fill as he was one of a kind.

Ms Choo said it best: **"I think most of my peers who were training with me at that time (1992 to 1997) would be hard-pressed to remember a CSC without him."**

Written by Arulnathan John



## APPLICATION OF C2PLUS, A LASTING PROTECTIVE DISINFECTANT TO COMMON AREAS AND LIKELY TOUCH POINTS IN CLUB

We are pleased to share that on 11 May 2021, the Club had engaged our cleaning vendor to apply c2plus, a revolutionary broad-spectrum anti-microbial that provides protection against a wide range of microorganisms for up to 180 days. This anti-microbial coating was applied at all areas in the Clubhouse including common areas and likely touch points. As part of our safety management measures, the Club will remain vigilant with the cleaning and sanitising works at the premises



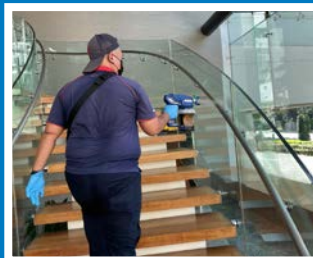
Kids' Cove



Arrival Pavilion Entrance



Man Zhu Cafe



Recreation Complex



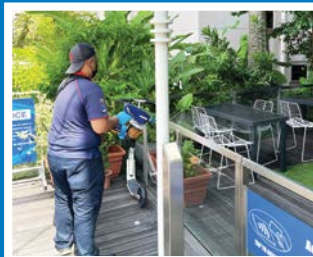
Badminton Courts



Washrooms



Passenger Lift



Mingle@Amber (outdoor corner)

## DO NOT LEAVE YOUR CHILDREN UNATTENDED AT THE SWIMMING POOLS

Please be reminded that for the safety of all members, please do not leave your children unattended at the swimming pools. All young children are to be accompanied by an adult who shall take full responsibility for the child's safety. We seek your kind understanding and cooperation in this matter.



## CSC MOBILE APP WILL BE UNDERGOING A REVAMP

Please be informed that the CSC Mobile App will undergo a revamp to provide more interactive services to serve members better as we move towards digitalisation.

With effect from 1 July 2021, for the latest Club information and activities updates please visit the website at [www.chineseswimmingclub.org.sg](http://www.chineseswimmingclub.org.sg). Do stay tuned for the launch of our new app.





## HEALTH TALK FOR STAFF - AROMATHERAPY: THE POWER OF SCENT

On 6 April 2021, the Recreation Committee organised a 1.5-hour health talk on Aromatherapy. Staff gained better knowledge on how to improve physical and mental health after the session.



## SKILLS FUTURE FOR DIGITAL WORKPLACE

On 13 and 14 April 2021, 10 staff attended the 2-day training on Skills Future for Digital Workplace. The training helped to develop our staff with the right mindset and functional skills to be well prepared for the future digital economy.

The course also shared the importance of cybersecurity in everyday applications and how data and information could be used effectively.



## STANDARD FIRST AID & AED TRAINING

On 6 May 2021, our swimming coaches, fitness instructors, Front Office and Sports Desk staff attended the Refresher First Aid and AED training. This will better equipped them with the essential theory, hands-on skills and knowledge related to emergencies in the workplace.

As first aid is an important tool in quickly responding to accidents to ensure that injuries can be efficiently and promptly dealt with before a trained medical professional arrives to administer more specialised treatment.





# LIBERTY INSURANCE VIRTUAL SNAG CLUB CHAMPIONSHIPS

Earlier this year, Singapore Swimming Association (SSA) launched a nationwide Liberty Insurance Virtual SNAG Club Championships to continue to engage clubs and swimmers with the overall principles of meet participation. Swimmers from different clubs were able to gain points for themselves and their respective clubs during the qualifying period, from 1 December 2020 to 30 April 2021, at SSA organised meets and SSA sanctioned club meets.

We are proud to announce that we have emerged as the Club Champion for the Juniors Category.

We are also honoured to have the following swimmers clinch the "Most Valuable Swimmer" title for their respective age groups:

**8 Years Old – Sim En Rui Guinevere**

**9 Years Old – Nigel Low**

**13 Years Old – Reagan Cheng**

**15 Years Old – Melanie Chong (NTC)**



Congratulations Swim CSC Team and all CSC MVS Winners!

Head Coach - Zhang Jian Lan



Sim En Rui Guinevere



Nigel Low



Reagan Cheng



## 2021 CSC LET'S SOAR SWIM MEET 2

Held over three days from 28 to 30 April 2021, the CSC Let's Soar Swim Meet 2 saw participation of 130 swimmers from our A to C1 Squad. With restrictions for sporting events that limited the number of swimming meets available for swimmers to take part in this past year, this meet served as another opportunity for swimmers to attain timings for the mid-year upgrading exercise. It also provided the Club an opportunity to move up in ranking in the nationwide Virtual SNAG League hosted by Singapore Swimming Association (SSA).



## SWIM CSC TIME TRIAL 2021

On 29 April 2021, the Club organised a Time Trial for our swimmers from C2 and PC Squad. Excited to be racing again since our last Time Trial in March 2021, this meet gave 118 swimmers the opportunity to beat their personal best and achieve timings for upgrading purposes.





## CSC TENNIS DOUBLES OPEN 2021

The CSC Tennis Doubles Open was held on 24 and 25 April 2021 with 16 players signed up for the event. They were split into Cup and Plate Divisions and competed against each other to vie for the champion title. With the blessing of good weather, the players had a great time.

Congratulations to the following winners:-

Cup	
<b>Champion</b>	Raul de Ocampo/ Alex Ho
<b>1<sup>st</sup> Runner-up</b>	Koh Kai San/ Arnold Gay
<b>2<sup>nd</sup> Runner-up</b>	Andrea Musci/ Huy Cat Jeremy Yang/ Julian Tan

Plate	
<b>Champion</b>	Robin Ng/ James Quek
<b>1<sup>st</sup> Runner-up</b>	James Ng/ Mark Lai
<b>2<sup>nd</sup> Runner-up</b>	Koh Chee Hua / Lee Sin Fatt Rick Hartono/ Brian Hartono



# GO GREEN, GO PAPERLESS!

With the Club's continuous effort to reduce our carbon footprint and go paperless, we would also like to encourage members to be part of our Go Green initiative.

We understand majority of the members are still receiving hardcopy of the Freestyle Magazine and Statement of Account. The Club would like to urge members to consider opting in for our e-copies by emailing to [marketing@chineseswimmingclub.org.sg](mailto:marketing@chineseswimmingclub.org.sg), your name, membership number and the email address which you would like receive these e-copies.

Your switch to e-copies not only helps to save our environment, it will also help the Club to be more sustainable as cost will be reduced.

We look forward to your support and let's all play our part to Go Green!



## DANCE

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

**EVERY FRI, COMMENCING 23 JUL 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 2 AUG 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 1<sup>st</sup> in dance and 1<sup>st</sup> for choreography in Australia for Dare2dance Line Dance Competition in 2007, Choreography Champion during Vegas Explosion 2005, Las Vegas USA, 2<sup>nd</sup> place in freestyle Line Dancing under the Renegade Division and 4<sup>th</sup> 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 28 SEP 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 14 SEP 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 5 SEP 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 5 SEP 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 28 JUL 2021  
3.00PM – 4.00PM  
ACTIVITY SUITE, SC (L3)**

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

### 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 MON, COMMENCING 2 AUG 2021  
7 – 10 YEARS OLD: 5.45PM – 6.45PM  
MULTI-PURPOSE ROOM, SC (L2)**

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

## NEW KPOP DANCE MTV (BEGINNERS) FOR ADULT

**EVERY THU, COMMENCING 5 AUG 2021  
21 YEARS OLD AND ABOVE: 8.15PM – 9.15PM  
MULTI-PURPOSE ROOM, SC (L2)**

\$160.50 (Member) / \$203.30\* (Guest)  
Min. 7 pax / 8 sessions



## NEW JUMP FIT BOOTS

A cardio and dance fitness class on jumping boots.



**EVERY THU, COMMENCING 26 AUG 2021  
21 YEARS OLD AND ABOVE: 10.00AM – 11.00AM  
ACTIVITY SUITE, SC (L3)**

\$201.16 (Member) / \$243.96\* (Guest)  
Min. 8 pax / 8 sessions

**EVERY SAT, COMMENCING 28 AUG 2021  
21 YEARS OLD AND ABOVE: 4.30PM – 5.30PM  
ACTIVITY SUITE, SC (L3)**

\$201.16 (Member) / \$261.08\* (Guest)  
Min. 8 pax / 8 sessions

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

## NEW HIP HOP DANCE (BEGINNERS) FOR KID

**EVERY WED, COMMENCING 4 AUG 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. 7 pax per class / 8 sessions



## NEW HIP HOP DANCE (BEGINNERS) FOR ADULT

**EVERY THU, COMMENCING 5 AUG 2021  
21 YEARS OLD AND ABOVE: 7.00PM – 8.00PM  
MULTI-PURPOSE ROOM, SC (L2)**

\$160.50 (Member) / \$203.30\* (Guest)  
Min. 7 pax / 8 sessions





## 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 7 AUG 2021**  
**7 – 12 YEARS OLD: 5.45PM – 6.45PM**  
**ACTIVITY SUITE, SC (L3)**

\$160.50 (Member) / \$220.42\* (Guest)  
 Min. 7 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 2 AUG 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

## JUMP FIT BOOTS WORKSHOP (PARENT & CHILD)

A cardio and dance fitness class on jumping boots.



**SUN, 1, 8, 15 & 22 AUG 2021**  
**7 YEARS OLD AND ABOVE: 10.15AM – 11.45AM**  
**ACTIVITY SUITE, SC (L3)**

\$107.00 per pax (Member) / \$139.10\* per pax (Guest)  
 Min 6 pax / 4 sessions  
 Closing Date: Thu, 22 Jul 2021

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

## KPOP & HIP HOP DANCE CAMP FOR KIDS

**WED, 8 SEP 2021**  
**7 – 12 YEARS OLD: 10.30AM – 12.45PM**  
**ACTIVITY SUITE, SC (L3)**

\$40.13 (Member) / \$54.04\* (Guest)  
 Min. 10 pax  
 Closing Date: Mon, 30 Aug 2021

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

Time	Programme
10.30am	Hip Hop
11.30am	Break
11.45am	Kpop
12.45pm	Home Sweet Home

## NEW TAHITI DANCE FITNESS FOR LADIES (FOR ALL LEVELS)

Come smile and sweat while learning a dance fitness routine that blends all the Tahitian "Ori Tahiti" basic steps with a low impact yet effective fat burning cardio and body toning work out programme.

**EVERY THU, COMMENCING 9 SEP 2021**  
**18 – 50 YEARS OLD: 11.15AM – 12.15PM**  
**ACTIVITY SUITE, SC (L3)**

\$128.40 (Member) / \$151.94\* (Guest)  
 Min. 8 pax / 4 sessions  
 Closing Date: Wed, 28 Jul 2021

## YOUTH & FAMILY

### DJEMBE INSTRUCTOR: KELVIN KEW

A classically trained musician and a percussion graduate of Los Angeles Music Academy, Kelvin began his study with Mamady in 2006 and has since committed his entire musical career around the djembe. Kelvin achieved his accreditation as a Certified Teacher with Tam Tam Mandingue International (TTMI) in 2008. Just a couple of years later, his diligence in learning djembe and dunun earned him TTMI's Diploma of Proficiency certificate in 2011. In that same year, Kelvin designed a comprehensive and progressive system for studying djembe and dunun. This was approved by Mamady and agreed upon by all school directors of TTMI. Kelvin further developed and thus created the world's first-established level assessment program for West African djembe and dunun playing in 2012.





## NEW DJEMBE INTRODUCTORY

Get initiated and experience hand drumming on Djembe. Learn the traditional drumming technique and rhythm logic from the Mandingue culture of West Africa that existed since the 13th century.

**EVERY SUN, COMMENCING 5 SEP 2021**

**5.00PM – 6.00PM**

**MULTIPURPOSE ROOM, SC (L2)**

\$282.48 (member) / \$327.42\* (Guest)

Min. 5 pax / 6 sessions

16 years old & above

Closing Date: Thu, 26 Aug 2021

## 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.



## 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) / \$248.24 (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

## PORTRAITS OF CHARCOAL & SOFT PASTEL WORKSHOP (INTERMEDIATE)

**WED, 1, 8, 15 & 22 SEP 2021**

**10.00AM – 12.00PM**

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

\$235.40 (Member) / \$258.94 (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

## 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

## 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.

**THU & FRI, 9 & 10 SEP 2021**

**12.30PM – 2.30PM**

**ACTIVITY SUITE, SC (L3)**

\$127.33 per pax (Member)

\$144.45\* per pax (Guest)

Min 6 pax

Child: 6 years old and above

Closing Date: Tue, 31 Aug 2021



\*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.



## 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.

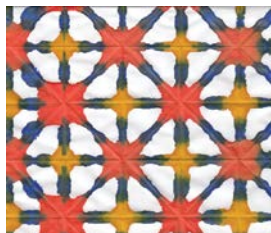


**FRI, 17 SEP 2021**  
**12.00PM – 3.00PM**  
**ACTIVITY SUITE, SC (L3)**

\$127.33 (Member) / \$141.24\* (Guest)  
 Min 6 pax  
 21 years old and above  
 Closing Date: Wed, 8 Sep 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, 19 SEP 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, 9 Sep 2021

## POLYMER CLAY ACCESSORIES 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.



**SUN, 29 AUG 2021**  
**9.00AM – 11.30AM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$96.30 (Member) / \$112.35\* (Guest)  
 Min 5 pax  
 Age: 7 - 18 years old  
 Closing Date: Sun, 15 Aug 2021

## WOBBLER YOGA HOLIDAY WORKSHOP (PARENT & CHILD / CHILD ONLY)

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**  
**SUN, 1 & 8 AUG 2021 / 9.15AM – 10.00AM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$48.15 per pax (Member) / \$69.55 per pax (Guest)  
 Min / Max 4 pairs / 2 sessions  
 Child: 18 months - 4 years old  
 Closing Date: Thu, 22 Jul 2021

**CHILD**  
**SUN, 15 & 22 AUG 2021 / 9.15AM – 10.00AM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$72.23 per pax (Member) / \$93.63 per pax (Guest)  
 Min. 6 pax / Max. 8 pax / 2 sessions  
 Child: 4 - 12 years old  
 Closing Date: Thu, 5 Aug 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.



**SAT, 25 SEP 2021 / 1.30PM – 3.30PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$96.30 (Member) / \$112.35\* (Guest)

Min 5 pax

Child: 8 years old and above

Closing Date: Thu, 16 Sep 2021

## RESIN FLORAL ART (CHILD HANDS-ON)

Children will create their own wearable floral resin art through the use of pressed-dried flowers, UV resin and colour pigments! Unleash their creativity and let them learn how to make their own earrings, necklace or keychain (choice of one only).



**TUE, 10 AUG 2021 / 2.00PM – 4.00PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$56.71 (Member) / \$70.62\* (Guest)

Min. 5 pax / Age: 7 years old and above

Closing Date: Mon, 2 Aug 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.

**SAT, 25 SEP 2021 / 3.45PM – 6.15PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$128.40 (Member) / \$144.45\* (Guest)

Min 5 pax

Child: 11 years old and above

Closing Date: Thu, 16 Sep 2021



Pre-requisite: Attended the Basic Paper Marbling Workshop on Saturday, 25 Sep 2021, 1.30pm – 3.30pm

## \*\* MID-AUTUMN FESTIVAL SPECIAL \*\*

## STAMP CARVING WORKSHOP

Learn the techniques of carving and transfer drawing, the use of various types of cutters and carving tools, inking your stamp and printing!



**FRI, 24 SEP 2021 / 9.30AM – 12.00PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$101.65 (Member) / \$115.56 per pax\* (Guest)

Min 6 pax

Age: 13 years old & above

Closing Date: Wed, 15 Sep 2021

Note: All tools and materials will be provided but participant will take home only your carved rubber stamp(s) after the workshop.



## 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 24 JUL 2021

12.45PM – 1.45PM

ACTIVITY SUITE, SC (L3)

### INSTRUCTOR: TEX

#### BEGINNERS

EVERY WED, COMMENCING 14 JUL 2021

7.00PM – 8.00PM / 8.15PM – 9.15PM

MULTIPURPOSE ROOM, SC (L2)

EVERY SAT, COMMENCING 24 JUL 2021

7.00PM – 8.00PM

ACTIVITY SUITE, SC (L3)

EVERY SUN, COMMENCING 25 JUL 2021

9.30AM – 10.30AM

ACTIVITY SUITE, SC (L3)

#### INTERMEDIATE

EVERY SUN, COMMENCING 25 JUL 2021

10.45AM – 11.45AM

ACTIVITY SUITE, SC (L3)

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

Min. 5 pax per class / 4 sessions / Age: 5 – 12 years old

Note: Timeslot is subject to availability

## PRESSED FLOWER NOTEBOOK WORKSHOP



This unique workshop takes you through the theory of flower pressing and the basics of curating your own gorgeous, pressed flowers design on a Notebook.

SAT, 7 AUG 2021 / 5.00PM - 7.00PM

MULTI-PURPOSE ROOM, SC (L2)

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

Min. 5 pax / Age: 6 years old and above

Closing Date: Fri, 30 Jul 2021

## BOTANICAL RESIN DISH WORKSHOP

Uncover the know-how and secrets of Resin Art and create a beautiful piece inspired by nature. You can simply do so by using a premium range of pressed flowers and leaves as well as materials like gold foil flakes and glitter glass.



TUE, 10 AUG 2021

9.30AM – 11.00AM

MULTI-PURPOSE ROOM, SC (L2)

\$149.80 (Member)

\$163.71\* (Guest)

Min. 5 pax

Age: 7 years old and above

Closing Date: Tue, 3 Aug 2021

## OPEN TERRARIUM MAKING WORKSHOP (PARENT & CHILD HANDS ON)

Engage in a therapeutic session of creating your own tiny green capsule. It is easy to upkeep and requires minimal maintenance. At the end of the session, you can take it home with you to add a cosy touch to your living space!

SAT, 7 AUG 2021

2.00PM – 3.30PM

MULTI-PURPOSE ROOM, SC (L2)

\$59.92 (Member)

\$75.97\* (Guest)

Min. 10 pax

Age: 8 years old and above

Closing Date: Fri, 30 July 2021



## MARBLE COASTER MAKING WORKSHOP

DIY a coaster for your favourite tea cup! Participants will experience the making of beautiful marbled coasters and get to bring home 2 of your handcrafted items.

FRI, 3 SEP 2021

9.30AM – 11.30AM

MULTI-PURPOSE ROOM, SC (L2)

\$98.44 (Member)

\$112.35\* (Guest)

Min. 5 pax

Age: 13 years old and above

Closing Date: Fri, 27 Aug 2021



## CLOSED PEONY PAPER CREPE WORKSHOP



In this session, you will learn the basic sculpting and assembly techniques to make a single white or pink peony using Italian 180gsm crepe paper. Please note that hot glue guns will be used and this class is recommended for age 12 and above.

**TUE, 7 SEP 2021 / 9.00AM – 12.00PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$114.13 (Member) / \$128.04\* (Guest)  
 Min. 4 pax / Age: 12 years old and above  
 Closing Date: Tue, 31 Aug 2021

## 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

## CHILDREN'S BALLET

GRADE	DAY	TIME	FEES (PER 8 SESSIONS)	VENUE
BEGINNERS 1 (3 to 4 years old)	Every Mon	4.30pm – 5.30pm	\$119.84 (Member) / \$162.64* (Guest)	Multi-Purpose Room, SC (L2)
	Every Sat	9.00am – 10.00am		
BEGINNERS 2 (5 to 6 years old)	Every Sat	8.00am – 9.00am / 10.00am – 11.00am	\$162.64 (Member) / \$205.44* (Guest)	
PRIMARY (Beginners)	Every Sat	11.00am – 12.00pm	\$162.64 (Member) / \$205.44* (Guest)	
PRIMARY	Every Sat	12.00pm – 1.00pm	\$162.64 (Member) / \$205.44* (Guest)	
GRADE 1 (Beginners)	Every Mon	2.30pm – 3.30pm	\$222.56 (Member) / \$265.36* (Guest)	
GRADE 1	Every Mon	3.30pm – 4.30pm	\$222.56 (Member) / \$265.36* (Guest)	
GRADE 2 (Beginners)	Every Fri	3.00pm – 4.00pm	\$239.68 (Member) / \$282.48* (Guest)	
GRADE 2	Every Fri	4.00pm – 5.00pm	\$239.68 (Member) / \$282.48* (Guest)	
GRADE 5 (Beginners)	Every Fri	5.00pm – 6.00pm	\$239.68 (Member) / \$282.48* (Guest)	
GRADE 5	Every Fri	6.00pm – 7.00pm	\$239.68 (Member) / \$282.48* (Guest)	



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

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



## URBAN GARDENING



The urban gardeners are pleased to share that with the use of the compost mix, the garden's edibles and herbs have been growing healthily and in abundance. The gardeners also spotted a mini chilli sprouting from one of their many edibles ranging from curry leaves to laksa leaves and longevity spinach to okra. Separately, the kids' corner has come together nicely but postponed plans from June to September instead due to the heightened alert measures. We plan to open the kids' corner soon and look forward to welcoming the young ones or any like-minded members to come and enjoy the process of gardening.

Please contact Dezi at [dezi\\_tan@chineseswimmingclub.org.sg](mailto:dezi_tan@chineseswimmingclub.org.sg) to find out more about joining the Urban Gardening interest group.

## 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, 26 SEP 2021**  
**9.30AM – 11.15AM**  
**MULTI-PURPOSE ROOM,**  
**SC (L2)**

\$82.03 per pax (Member)  
 \$98.08 per pax (Guest)  
 Min. 3 pairs  
 Age: 7 – 12 years old  
 Closing Date: Thu, 16 Sep 2021



## CULINARY

### 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 as a pair to enjoy a one-off 5% discount for both of you.

**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  
 Closing Date: Fri, 23 Jul 2021

### 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!



**SAT, 28 AUG 2021**  
**2.30PM – 5.30PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$112.35 per pair (Member) / \$128.40\* per pair (Guest)  
 Min. 4 pairs / Max. 6 pairs / Child: 6 – 12 years old  
 Closing Date: Fri, 20 Aug 2021

**\*\* MID-AUTUMN FESTIVAL SPECIAL \*\*****MINI BUNNY CUPCAKES (CHILD HANDS-ON)**

The Moon Rabbit is a popular character in the Mid-Autumn festival. Let's celebrate the occasion by making bunny cupcakes. Children will prepare cake batter from scratch and they will have great fun decorating butter cupcakes with melted whipped cream, marshmallow and candies! Remember to bring apron, hand towel and container to store more than half a dozen of the mini cupcakes.

**TUE, 7 SEP 2021**  
**2.00PM – 4.00PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$64.20 (Member)  
 \$80.25\* (Guest)  
 Min. 5 pax and Max. 8 pax  
 Age: 7 – 12 years old  
 Closing Date: Mon, 30 Aug 2021

**JELLY MOONCAKE (TEENS HANDS-ON)**

Let's make Jelly mooncakes – a twist to the traditional ones! You will be guided to make 3 different type of jellies – transparent, opaque and rainbow and pair it with different ingredients.

A quick glance at what you will learn to make:

- Osmanthus Flower Jelly Mooncakes with Longans and Goji berries
- Sweet Potato Jelly Mooncake with "egg-yolk"
- Rainbow Jelly Mooncakes (Bonus recipe – demo)

Do bring along a few containers to store your mooncakes as you will bring home a dozen of them. Sign up as a pair to enjoy a one-off 5% discount for both of you.

**FRI, 10 SEP 2021**  
**9.30AM – 12.30PM**  
**MULTI-PURPOSE ROOM, SC (L2)**

\$107.00 (Member)  
 \$120.91\* (Guest)  
 Min. 5 pax and Max. 8 pax  
 Age: 12 – 16 years old  
 Closing Date: Thu, 2 Sep 2021

**EXERCISE****MBSR GENTLE YOGA**

**EVERY SAT, COMMENCING 21 AUG 2021**  
**11.00AM – 12.15PM**  
**ACTIVITY SUITE, SC (L3)**

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

**PILOXING BY JACLYN ONG**

**EVERY SAT, COMMENCING 14 AUG 2021**  
**2.00PM – 3.00PM**  
**ACTIVITY SUITE, SC (L3)**

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

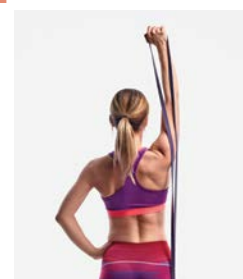
**PILOXING INSTRUCTOR: JACLYN ONG**

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

**BODY BAND BALANCE**

**EVERY WED,**  
**COMMENCING 15 SEP 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 22 JUL 2021**  
**8.00PM – 9.00PM**  
**ACTIVITY SUITE, SC (L3)**

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



## POLE DANCE FITNESS

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



**EVERY TUE, COMMENCING 27 JUL 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

## 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** KPOP X FITNESS BY ANGELYN

**EVERY THU, COMMENCING 19 AUG 2021**  
**9.00AM – 9.50AM**  
**EVERY MON, COMMENCING 30 AUG 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.



## 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 CHARIS KOH):**

**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**

### INSTRUCTOR: CHARIS KOH

Charis believes that movement is for everybody and has a passion for helping people rediscover the joy of moving through pilates, dance and various forms of movement as well as education.



A jill of all trades, she has helped clients of all ages with varying fitness levels and needs in the past nine years – from rehabilitating towards their fitness and mobility goals, achieving performance enhancement through sports specific conditioning, to teaching toddlers how to dance and seniors above 80s how to enjoy movement again. Her breadth of experience has made her versatile in how she helps people find novel and practical solutions to their needs.

Other than teaching movement, Charis is also a freelance singer and movement choreographer. She is passionate about community building and enjoys bringing like-minded people together, creating experiences and discovering similarities and interrelations between seemingly unrelated subjects.

Here's her list of credentials:

- Polestar Pilates Studio Comprehensive Certified
- Diploma in Sport and Exercise Science
- GYROTONIC level 1
- FRC (Functional Range Conditioning) Mobility Specialist
- FRA (Functional Range Assessment)
- Kinstretch level 1
- Stick mobility level 1
- Explain Pain
- Animal Flow level 1 Certified

## NEW ZUMBA FITNESS BY MEYGAN



### FREE TRIAL

**FRI, 16 JUL 2021 / 10.15AM – 11.15AM**

**ACTIVITY SUITE, SC (L3)**

### ACTUAL COMMENCEMENT

**EVERY FRI, COMMENCING 23 AUG 2021**

**10.15AM – 11.15AM**

**ACTIVITY SUITE, SC (L3)**

**EVERY MON, COMMENCING 19 AUG 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.



## 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**





## 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.



**EVERY SAT, COMMENCING 10 JUL 2021**  
**3.15PM – 4.15PM**  
**ACTIVITY SUITE, SC (L3)**

\$149.80 (Member) / \$179.76\* (Guest)  
 Min. 4 pax and Max. 6 pax / 4 sessions  
 Age: 7 – 12 years old

## 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 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



## 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)

## 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 5<sup>th</sup> 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](mailto:Wendy_Tan@chineseswimmingclub.org.sg) for more information.



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

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



## 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, 6 – 8 SEP 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 & 9.30AM – 10.45AM**

**EVERY SUN, 8.00AM – 9.15AM & 9.30AM – 10.45AM**

**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 5<sup>th</sup> week month, additional lessons will be billed accordingly. Non-Members have to pay a 1 month deposit which is refundable upon withdrawal.



## 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 5<sup>th</sup> 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](mailto:Wendy_Tan@chineseswimmingclub.org.sg) for more information.

\*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.

## FUN RUN



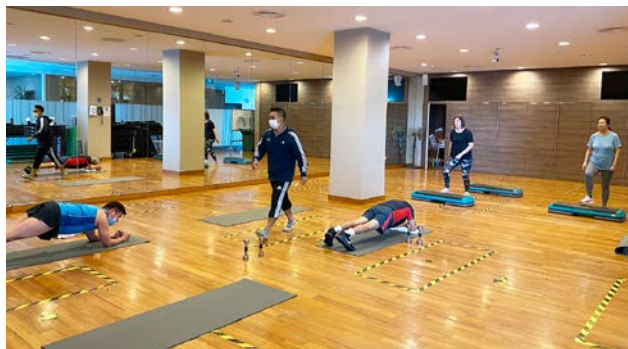
Join us for a run at East Coast Park and get your endorphins pumping! Relish in the greenery and take in the breezy air. We look forward to your participation!

**9, 23 JUL 2021**  
**6, 20 AUG 2021**  
**6.30PM – 7.30PM**  
**EAST COAST PARK (4KM)**

\*Applicable to CSC members & guests.

Contact Dezi at 6885 0671  
 or email [Dezi\\_Tan@chineseswimmingclub.org.sg](mailto:Dezi_Tan@chineseswimmingclub.org.sg)  
 for more information.

## 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.

**6, 27 JUL 2021**  
**3, 17 AUG 2021**  
**10.30AM-11.30AM**  
**MULTI-PURPOSE ROOM, SC (LEVEL 2)**

\*Applicable to Flex members only.

Register early with the instructors as we have SDM in place. We look forward to seeing you! To find out more, kindly email through to [dezi\\_tan@chineseswimmingclub.org.sg](mailto:dezi_tan@chineseswimmingclub.org.sg)

## 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.

Contact Dezi at 6885 0671 or email [Dezi\\_Tan@chineseswimmingclub.org.sg](mailto:Dezi_Tan@chineseswimmingclub.org.sg) for more information.

## 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



## TAEKWONDO JUNIOR TRAINING PROGRAMME

More than just kicking and punching, the life skills imparted in our programme help children grow into responsible young adults. Sign up for a free trial now!

### EVERY SUN, ACTIVITY SUITE, SC (L3)

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

\$37.45 / month (Colour Belt)

\$26.75 / month (Poom/Black Belt)

Eligibility: For CSC Members only

Contact Michelle at 6885 0674 or email [Michelle\\_Lee@chineseswimmingclub.org.sg](mailto:Michelle_Lee@chineseswimmingclub.org.sg) for more information.



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

## BOWLING LEARN-TO-PLAY INTRODUCTION PROGRAMME

For kids age 6 to 16 years old.

### EVERY SAT

2.00PM – 4.00PM / 4.15PM – 6.15PM

12 LANES, SC (L1)

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

Note: Lane fees and bowling shoes rental included



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

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

Spark interest and begin your Squash Youth Training Programme with us to acquire the necessary strong foundation for development to higher levels of Squash. Free trial lesson is available for interested 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](mailto: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, 9 SEP 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



Contact Dareld at 6885 0673 or email [Dareld\\_Tan@chineseswimmingclub.org.sg](mailto:Dareld_Tan@chineseswimmingclub.org.sg) for more information.

\*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.





## Chef's Specialty

### JULY

#### Braised Lamb Shanks



Monday to Friday, 6.00pm to 9.00pm  
Not available during PHs  
**\$19.90**

### AUGUST

#### Ngoh Hiang Gou Xiang

*(Served with one plate of bee hoon)*



Monday to Friday, 6.00pm to 9.00pm  
Not available during PHs  
**\$8.50**

## Tea for Two

Friday, Saturday & Sunday  
3pm to 5pm

Gather your loved ones  
for a perfect afternoon  
tea at Man Zhu Café.

Only at  
**\$24.90**  
for 2 pax

#### Tea Set Includes:

- Portuguese Egg Tart
- Buttered Scone
- Chicken Curry Puff
- Otah Chicken Wings
- Kueh Pie Ti
- Nacho Cheese Meat Ball
- Ham & Guacamole Bagel
- Prune Lapis Roulade
- Fruit Tartlet
- Orange Panna Cotta
- Coffee/Tea (Choice of Tea: Rose with French Vanilla, Acai Berry with Pomegranate & Vanilla, English Breakfast, Earl Grey, Chamomile, Berry Sensation)

#### Terms & Conditions:

All items are subject to change based on availability. Price subject to GST. Coffee print (printing of selfie and cartoon characters) is available.



SUN	MON	TUE	WED	THU	FRI	SAT
				<b>1</b> Kpop Dance MTV (Beginners) For Adult Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	<b>2</b> Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training	<b>3</b> Wushu (Beginners) Children's Ballet MBSR Gentle Yoga Piloxing Pilates CSC-JTA Table Tennis Academy 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)
<b>4</b> Line Dance (Beginner Advanced) Line Dance (Advanced) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners/Intermediate) Squash Adult Group Training Programme (Beginners/Intermediate)	<b>5</b> Latin/Standard Ballroom (For All Levels) Chinese Calligraphy Children's Ballet Kpop X Fitness Hatha Yoga Pilates Zumba Fitness CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>6</b> Line Dance (Beginners) Line Dance (Beginner Intermediate) Pole Dance Fitness Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy Work This	<b>7</b> Solo Latin Dance For Ladies Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>8</b> Kpop Dance MTV (Beginners) For Adult Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	<b>9</b> Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Fun Run Junior Water Polo Training	<b>10</b> Wushu (Beginners) Children's Ballet MBSR Gentle Yoga Piloxing Pilates Kids Yoga CSC-JTA Table Tennis Academy 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)
<b>11</b> Line Dance (Beginner Advanced) Line Dance (Advanced) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners/Intermediate) Squash Adult Group Training Programme (Beginners/Intermediate)	<b>12</b> Latin/Standard Ballroom (For All Levels) Chinese Calligraphy Children's Ballet Kpop X Fitness Hatha Yoga Pilates Zumba Fitness CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>13</b> Line Dance (Beginners) Line Dance (Beginner Intermediate) Pole Dance Fitness Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy	<b>14</b> Solo Latin Dance For Ladies Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>15</b> Kpop Dance MTV (Beginners) For Adult Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	<b>16</b> Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training	<b>17</b> Wushu (Beginners) Children's Ballet MBSR Gentle Yoga Piloxing Pilates Kids Yoga CSC-JTA Table Tennis Academy 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)
<b>18</b> Line Dance (Beginner Advanced) Line Dance (Advanced) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners / Intermediate) Squash Adult Group Training Programme (Beginners / Intermediate)	<b>19</b> Latin/Standard Ballroom (For All Levels) Chinese Calligraphy Children's Ballet Kpop X Fitness Hatha Yoga Pilates Zumba Fitness CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>20</b> <b>HARI RAYA HAJI</b> Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy 	<b>21</b> Solo Latin Dance For Ladies Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>22</b> Kpop Dance MTV (Beginners) For Adult Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	<b>23</b> Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Fun Run Junior Water Polo Training	<b>24</b> Wushu (Beginners) Children's Ballet MBSR Gentle Yoga Piloxing Pilates Kids Yoga CSC-JTA Table Tennis Academy 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)
<b>25</b> Line Dance (Beginner Advanced) Line Dance (Advanced) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners/Intermediate) Squash Adult Group Training Programme (Beginners/Intermediate)	<b>26</b> Latin/Standard Ballroom (For All Levels) Chinese Calligraphy Children's Ballet Kpop X Fitness Hatha Yoga Pilates Zumba Fitness CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>27</b> Line Dance (Beginners) Pole Dance Fitness Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy Work This	<b>28</b> Solo Latin Dance For Ladies Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>29</b> Kpop Dance MTV (Beginners) For Adult Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	<b>30</b> Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training	<b>31</b> Wushu (Beginners) Children's Ballet Cupcake 101 (Adult/Teen Hands-On) MBSR Gentle Yoga Piloxing Pilates Kids Yoga CSC-JTA Table Tennis Academy 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
<b>1</b> Line Dance (Beginner Advanced) Line Dance (Advanced) Jump Fit Boots Workshop (Parent & Child) Wobbel Yoga Holiday Workshop (Parent & Child) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners/ Intermediate) Squash Adult Group Training Programme (Beginners/ Intermediate)	<b>2</b> Latin/Standard Ballroom (For All Levels) Contemporary Dance (Beginners) Pre-School Dance Programme Chinese Calligraphy Children's Ballet Kpop X Fitness Hatha Yoga Pilates Zumba Fitness CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>3</b> Line Dance (Beginners) Line Dance (Beginner Intermediate) Pole Dance Fitness Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy Work This	<b>4</b> Solo Latin Dance For Ladies Hip Hop Dance (Beginners) For Kid Charcoal And Soft Pastel Workshop (Advanced) Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>5</b> Kpop Dance MTV (Beginners) For Adult Jump Fit Boots Hip Hop Dance (Beginners) For Adult Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	<b>6</b> Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Fun Run Junior Water Polo Training	<b>7</b> Music Theatre Choreography (Beginners) For Kid Wushu (Beginners) Open Terrarium Making Workshop (Parent & Child Hands On) Pressed Flower Notebook Workshop Children's Ballet MBSR Gentle Yoga Piloxing / Pilates / Kids Yoga CSC-JTA Table Tennis Academy 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)
<b>8</b> Line Dance (Beginner Advanced) Line Dance (Advanced) Jump Fit Boots Workshop (Parent & Child) Wobbel Yoga Holiday Workshop (Parent & Child) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners/ Intermediate) Squash Adult Group Training Programme (Beginners/ Intermediate)	<b>9</b> <b>NATIONAL DAY</b> Latin/Standard Ballroom (For All Levels) Contemporary Dance (Beginners) Chinese Calligraphy Children's Ballet Kpop X Fitness Hatha Yoga Pilates Zumba Fitness CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>10</b> Line Dance (Beginners) Line Dance (Beginner Intermediate) Botanical Resin Dish Workshop Resin Floral Art (Child Hands-On) Pole Dance Fitness Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy	<b>11</b> Solo Latin Dance For Ladies Hip Hop Dance (Beginners) For Kid Charcoal And Soft Pastel Workshop (Advanced) Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>12</b> Kpop Dance MTV (Beginners) For Adult Hip Hop Dance (Beginners) For Adult Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	<b>13</b> Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training	<b>14</b> Music Theatre Choreography (Beginners) For Kid Wushu (Beginners) Children's Ballet MBSR Gentle Yoga Piloxing Pilates Kids Yoga CSC-JTA Table Tennis Academy 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)
<b>15</b> Line Dance (Beginner Advanced) Line Dance (Advanced) Jump Fit Boots Workshop (Parent & Child) Wobbel Yoga Holiday Workshop (Child) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners/Intermediate) Squash Adult Group Training Programme (Beginners/ Intermediate)	<b>16</b> Latin/Standard Ballroom (For All Levels) Contemporary Dance (Beginners) Pre-School Dance Programme Chinese Calligraphy Children's Ballet Kpop X Fitness Hatha Yoga Pilates Zumba Fitness CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>17</b> Line Dance (Beginners) Line Dance (Beginner Intermediate) Pole Dance Fitness Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy Work This	<b>18</b> Solo Latin Dance For Ladies Hip Hop Dance (Beginners) For Kid Charcoal And Soft Pastel Workshop (Advanced) Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>19</b> Kpop Dance MTV (Beginners) For Adult Hip Hop Dance (Beginners) For Adult Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	<b>20</b> Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Fun Run Junior Water Polo Training	<b>21</b> Music Theatre Choreography (Beginners) For Kid Wushu (Beginners) Children's Ballet MBSR Gentle Yoga Piloxing Pilates Kids Yoga CSC-JTA Table Tennis Academy 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)
<b>22</b> Line Dance (Beginner Advanced) Line Dance (Advanced) Jump Fit Boots Workshop (Parent & Child) Wobbel Yoga Holiday Workshop (Child) Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners/ Intermediate) Squash Adult Group Training Programme (Beginners/ Intermediate)	<b>23</b> Latin/Standard Ballroom (For All Levels) Contemporary Dance (Beginners) Pre-School Dance Programme Chinese Calligraphy Children's Ballet Kpop X Fitness Hatha Yoga Pilates Zumba Fitness CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>24</b> Line Dance (Beginners) Line Dance (Beginner Intermediate) Pole Dance Fitness Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy	<b>25</b> Solo Latin Dance For Ladies Hip Hop Dance (Beginners) For Kid Charcoal And Soft Pastel Workshop (Advanced) Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>26</b> Kpop Dance MTV (Beginners) For Adult Jump Fit Boots Hip Hop Dance (Beginners) For Adult Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	<b>27</b> Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training	<b>28</b> Music Theatre Choreography (Beginners) For Kid Wushu (Beginners) Children's Ballet Chocolate Smash Cake (Parent & Child, Hands-On) MBSR Gentle Yoga Piloxing Pilates Kids Yoga CSC-JTA Table Tennis Academy 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)
<b>29</b> Line Dance (Beginner Advanced) Line Dance (Advanced) Polymer Clay Accessories Making Experience Wushu (Beginners) Taiji Qigong CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training Taekwondo Junior Training Programme Squash Youth Development Programme (Beginners/ Intermediate) Squash Adult Group Training Programme (Beginners/ Intermediate)	<b>30</b> Latin/Standard Ballroom (For All Levels) Contemporary Dance (Beginners) Pre-School Dance Programme Chinese Calligraphy Children's Ballet Kpop X Fitness Hatha Yoga Pilates Zumba Fitness CSC-JTA Table Tennis Academy Junior Water Polo Training	<b>31</b> Line Dance (Beginners) Line Dance (Beginner Intermediate) Pole Dance Fitness Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy				

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### China

Ambassy Club, Shanghai  
Tel: +86 21 6437 9800  
www.ambassyclub.com.cn

Ambassy Club, Pudong  
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www.ambassyclubmanagement.com/en/top/about\_pudong

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

Tianjin Goldin Metropolitan  
Polo Club  
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www.goldinmetropolitanhotel.com

### Hong Kong

United Services Recreation Club, Kowloon  
Tel: +852 3966 8600  
www.usrc.org.hk

### Korea

The Seoul Club, Seoul  
Tel: +82 2 2238 7666  
www.seoulclub.org

### Malaysia

Chinese Swimming Club, Penang  
Tel: +6 04 899 0813  
www.cscpg.com

Ipoh Swimming Club, Ipoh  
Tel: +6 05 253 1706

Kulim Club, Kedah  
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Penang Club, Penang  
Tel: +6 04 227 7366 / +6 04 229 3484  
www.penangclub.net

Penang Sports Club, Penang  
Tel: +6 04 229 7834  
www.pgssportsclub.com.my

Sunway Lagoon Club, KL  
Tel: +6 03 5639 8600  
www.sunway.com.my

### Philippines

Makati Sports Club, Manila  
Tel: +63 2 817 8731  
www.makatisportsclub.com

### Singapore

One° 15 Marina Club  
Tel: +65 6305 6988  
www.one15marina.com

Singapore Swimming Club **NEW**  
Tel: +65 6342 3600 / 3697 / 3698  
www.sswimclub.org.sg

### Sri Lanka

Colombo Swimming Club  
Tel: +94 11 242 1645  
www.colomboswimmingclub.org

### Taiwan

American Club, Taipei  
Tel: +886 2 2885 8260  
www.americanclub.org.tw

### Thailand

The Royal Bangkok Sports Club, BKK  
Tel: +66 2 652 5000  
www.rbssc.org

The British Club, BKK  
Tel: +66 2 234 0247  
www.britishclubbangkok.org

## CORPORATE MEMBERSHIP

### Johor Bahru

Ponderosa Golf & Country Club & Impian Emas  
Tel: +60 7 354 9999  
www.ponderosagolf.com

## AFFILIATE CLUBS

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Tel: +86 755 2802 0888  
www.missionhillschina.com

### Indonesia

Indah Puri Golf Resort, Batam  
Tel: +65 6270 0533  
www.indahpuri.com

Lagoon Resort, Bintan  
Tel: +65 6223 3223  
www.bintanlagoon.com

Laguna Golf, Bintan  
Tel: +62 770 693 188  
www.lagunagolf.com

Modern Golf & Country Club, Tangerang  
Tel: +62 21 552 9228  
www.moderngolf.co.id

Nongsa Resorts, Batam  
Tel: +62 778 761080  
www.nongsaresorts.com

Palm Springs Golf and Country Club, Batam  
Tel: +62 77 876 1222  
www.palmsprings.com.sg

Ria Bintan Golf Club, Bintan  
Tel: +65 6546 7555  
www.riabintan.com

Riverside Golf Club, Bogor  
Tel: +62 21 867 1533  
www.riverside-golf.com

Southlinks Country Club, Batam  
Tel: +62 77 832 4128  
www.southlinksgolf.com

Tering Bay Golf Club, Batam  
Tel: +62 770 693 188  
www.teringbay.com.sg

### Malaysia

IOI Palm Villa Golf and Country Resort, Johor  
Tel: +607 599 9099  
www.palmvilla.com.my

Palm Garden Golf Club  
Tel: +6 03 82136333  
www.palmgarden.net.my

Palm Resort Golf & Country Club, Johor  
Tel: +6 07 599 2000  
www.palmresort.com

Sutera Harbour Resort, Kota Kinabalu  
Tel: +6 08 831 8888  
www.suteraharbour.com

Tiara Melaka Golf & Country Club, Malacca  
Tel: +6 06 231 1111  
www.lion.com.my

The Els Club, Desaru Coast, Johor  
Tel: +6 07 8780000  
www.elsclubmalaysia.com

### Singapore

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

Sembawang Country Club  
Tel: +65 6257 0642  
www.sembawanggolf.org.sg

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

### Vietnam

Song Be Golf Resort, Ho Chi Minh City  
Tel: +84 274 3755 802  
www.songbegolf.com

## HOTELS

### Bangkok

Hotel Novotel (Siam Square)  
Tel: +66 2 255 2444  
www.novotelbkk.com

### Indonesia

Crown Vista Hotel, Batam  
Tel: +62 811 700 6246  
www.crownvista-hotel.com

Montigo Resorts, Nongsa, Batam  
Tel: +62 778 776 8888  
www.montigoresorts.com

89 Hotel, Batam  
Tel: +62 778 433789  
www.89hotel.com

### Kuala Lumpur

Holiday Villa Subang, KL  
Tel: +6 03 5633 8788  
www.holidayvillahotels.com

### Kulai

Corsica Hotel  
Tel: +6 07 660 0011  
www.corsicahotelkulai.com.my

### Malacca

Holiday Inn Melaka  
Tel: +6 06 285 9000  
www.holidayinnmelaka.com

### Penang

Eastern & Oriental Hotel  
Tel: +6 04 222 2000  
www.eohotels.com

Evergreen Laurel Hotel  
Tel: +6 01 6226 0881  
www.evergreen-hotels.com

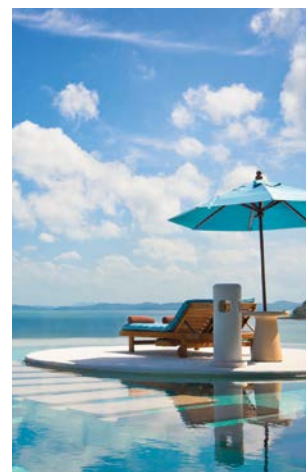
G Hotel Gurney  
Tel: +6 04 238 0000  
www.ghotel.com.my

G Hotel Kelawai  
Tel: +6 04 219 0000  
www.ghotel.com.my

Olive Tree Hotel  
Tel: +6 04 637 7777  
www.olivetreehotel.com.my

### Singapore

Amara Sanctuary Resort  
Tel: +65 6825 3888  
www.amarasanctuary.com



## Application / Booking Procedures

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

Hotel Reservations: Members are required to book directly with the respective hotels.

We would like to seek your co-operation against "no show" at the premises after the introduction letter has been issued as it is in good faith that the privileges have been extended to us.

Email: Reception@chineseswimmingclub.org.sg

Tel: 6885 0688

www.chineseswimmingclub.org.sg





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\*Passion Group reserves all rights for final decision.

CLUB'S MAIN LINE : 6345 1221 or 6885 0688

GENERAL FEEDBACK :

feedback@chineseswimmingclub.org.sg

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ext. 749 / CSC\_Flex@chineseswimmingclub.org.sg

## • SPORTS RECEPTION

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



## RECEPTION COUNTERS

Front Office @ AP  
Daily 8.30am to 10.00pm  
Sports Reception @ SC  
Daily 7.00am to 10.00pm

## MAN ZHU CAFÉ

Mon to Thu 12.00pm to 9.30pm  
Fri, Eve of PH & 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, Thu, Sat & Sun 6.00am to 9.00pm  
4 Lanes Closure for Swimming Training (Lanes 4 to 7)  
Wed & Fri 6.00am to 4.45pm, 7.15pm to 9.00pm

## COMPETITION POOL @ SC

Daily 6.00am to 9.00pm  
Social Swimming  
Tue to Fri Lane 9 reserved for PC group training  
Mon 7.45am to 10.00am & 7.45pm to 9.00pm  
Tue & Thu 7.30am to 3.30pm & 8.00pm to 9.00pm  
Wed & Fri 7.45am to 3.30pm & 8.15pm to 9.00pm  
Sat 11.00am to 3.45pm & 6.15pm to 9.00pm  
Sun 6.00am to 8.30am & 11.15am to 9.00pm  
PH 11.00am 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 4.00pm to 9.00pm  
Tue, Wed & Fri 7.00am to 2.15pm, 6.15pm to 9.00pm  
Thu 7.00am to 3.30pm & 6.15pm to 9.00pm  
Sat 7.00am to 8.30am, 12.30pm to 2.15pm, 5.00pm to 6.00pm & 7.45pm to 9.00pm  
Sun 7.00am to 8.30am & 12.30pm to 9.00pm  
PH 7.00am to 8.30am & 10.00am 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.*

## TERM MEMBERSHIP (2 YEARS)

### JOIN US NOW AND BE REWARDED WITH \$300 F&B VOUCHERS!

Experience our exclusive club privileges with our term membership. An array of sporting and leisure club facilities and great gastronomic experience await you. Call us to arrange for a personalised club tour today.

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