

HAPPY MID-AUTUMN FESTIVAL



FREESTYLE PUBLICATION



ON THE COVER
Happy
Mid-Autumn
Festival

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

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CSC BOWLING ACADEMY



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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 or call 6345 1221 or 6885 0652/7.

Dear Members

I hope that you and your loved ones are keeping safe and well. The pandemic has affected our daily lives and also the way we celebrate festivities. Despite that, we take these challenges in our stride, as the pandemic has also reminded us about the simple joys of life and the obstacles that we can overcome when we band together.

With the Mid-Autumn festival fast approaching, we are pleased to share that barring any Covid restrictions, we have lined-up both physical and virtual programmes to make this a memorable celebration for you and your loved ones. We will be bringing you a delightful duet performance of Erhu and Pipa, and a storytelling session for your young ones, via CSC Facebook on 20 and 21 September respectively. A series of craft and culinary workshops have also been planned for you to enjoy bonding time with your children during this festive season. The traditional mooncakes from Fu Lin Men Cantonese Restaurant and the limited-edition Hello Kitty and My Melody mooncakes from Man Zhu Café and Mingle@Amber make great gifts on this occasion.



It gives me great pride to announce that our Club was accorded the Junior Club Champion award at the recent Liberty Insurance Virtual SNAG Club Championships. Well done, Swim CSC! Your dedication to the sport is an inspiration to us all! Read more about this in the ensuing pages. Our swimming training programme has a long history of sporting excellence and we have been inundated with growing demands for the Learn-to-Swim classes. Our Head Coach, Zhang Jian Lan, has been working hard with the Management team to expand training capacity to try to accommodate more students, while balancing the demands for recreational use.

Over the last few months, our operating environment has been fluid as we stay responsive to changing Covid safe management requirements. This has affected facility capacity and also the execution of some programmes. Your safety is our priority. Thus, due to the popularity of some programmes and facilities, we seek your kind understanding that there may be some waiting times for enrolment and usage respectively. We greatly appreciate your patience as we work through these unique operating conditions and stay within government regulated guidelines. These inconveniences are temporary.

Help us to keep your Club experience exclusive. Please extend your cooperation to our security and frontline teams when they request your membership card for verification. Membership cards are non-transferable.

Lastly, I would like to wish everyone a Happy Mid-Autumn Festival. Have a great celebration with your family and loved ones.

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

Peter Liew
Vice President (General)

A WARM WELCOME TO OUR NEW GENERAL MANAGER

After having exercised due diligence in the selection process and careful consideration of the right fit for our Club, the Management Committee announced the appointment of Ms Patricia Au as the Club's new General Manager.

Patricia came on board on 1 July and hit the ground running. She brings extensive experience from the private Club industry in Singapore.

As an initial introduction to Patricia prior to your meeting her in person at the Club, this tête-à-tête will give you insights into her immediate priorities and what she sees as opportunities for the Club with regard to current and evolving needs and enhancements that would elevate Member experience, and, in the same vein, position the Chinese Swimming Club as a premier club both in Singapore and in the Region.

Patricia's EQ, personal penchants and emphasis on family-life and nurturing relationships are underscored below. These in turn, shape her management and leadership styles. We look forward to the next phase under her leadership.



What attracted you to the role of General Manager of the Chinese Swimming Club?

The Chinese Swimming Club celebrated her 112th anniversary this year. At the start of this exciting juncture in the Club's history, the Management Committee had formed the Vision 2030 Committee to look into the long-term strategy of the Club, review facilities and services to help the Club transform and remain relevant to the evolving needs and expectations of current and future Members. The Club is at the cusp of a transformation journey and I am excited to contribute my knowledge and experience honed over many years, and be an integral part of this process.

The Chinese Swimming Club has good hardware in the form of its Clubhouse buildings and a comprehensive range of sports, recreation, lifestyle and dining facilities. It also has a rich tradition of nurturing sporting excellence in Singapore. To this end, I want to acknowledge the contributions of our dedicated Committee Members and former General Manager Peter Goh. I would like to continue to build on the Club's successes and take it to even greater heights in

relation to Members' needs as well as the Club's 'software' encompassing service delivery, programs and Club services. A good club is likened to "a home away from home". That necessitates our staff being en pointe when it comes to remembering Members' preferences and routines, and our programs and Club services staying relevant to Members' evolving needs. That way, we would truly engender the "home away from home" mantra. My team and I would like to instill in Members a sense of pride in belonging to the Club and this begins with every touch point at the Club when our staff accords thoughtful service and personalized recognition.

Please share some of your career highlights

My background is in Finance and I have more than 25 years of experience in the private Club industry in Singapore, having worked in both proprietary and Member-owned Clubs. I started my Club career as part of the pre-opening Management team of the Tower Club, Singapore. The Tower Club was successfully launched in 1997 and quickly established its reputation as Singapore's premier business Club. I joined The American Club as Finance Director in 2003 and was Assistant General Manager at the time of my departure in 2021. During my 18-year tenure, I contributed to the Club's success in delivering industry record-high Member engagement, a culture of being responsive to feedback, as well as building strong financial reserves.

What strengths do you bring to the role?

I see my leadership role as an opportunity to influence further positive change for the betterment of all within our Club community. There are many staff with long service tenures as the Chinese Swimming Club has a strong culture of care with regard to staff welfare. One of my key focuses will be to nurture the development and growth of all staff. I would also work on instilling a greater sense of staff pride and ownership, to improve our collective sensitivity and responsiveness to Members' feedback.

Throughout my Club management career, I had leveraged on my financial and analytical skills to facilitate decisions that met the needs of the majority, and delivered on financial mandates to build reserves. I also thrived on Member interaction. I believe a club General Manager is not a position that just sits behind a desk; it is a position that needs to feel, hear and understand "the ground" so as to grasp the pulse of the Club. To this end, I want to express my sincere thanks to all Committee Members and Club staff for the warm welcome. I also greatly appreciate Members who have introduced themselves to me on my rounds at the Club. I look forward to meeting many more Members in due course, hearing about what they enjoy about their Club experience, and what they feel we can improve upon, regardless of nature, big or small. I am a firm proponent of the importance of feedback, be it positive or negative simply because Members are our eyes and ears on 'the ground'.

Tell us a little more about yourself

My husband and I are proud parents of two sons aged 28 and 25 years. Carving out time for exercise is very much ingrained in us as a family, even though we have different preferences in terms of sports. I enjoy a variety of exercise several times a week, from working out at the Gym, to swimming, to brisk walking. My husband is my exercise buddy and someone whose perspectives I greatly value. During my leisure, I enjoy spending time with my family and friends, as well as a variety of hobbies like baking, playing the piano, and craftwork like knitting and beading. Other interests like choral singing have been suspended due to covid and I look forward to the day we can resume such activities. We are also proud 'parents' of three rescue cats adopted from the SPCA. I am a categorical proponent of giving abandoned animals a home. My husband is a fantastic cook and we enjoy hosting family and friends at home. Till today, I still meet up regularly with friends from every phase of life; from former classmates I have known since the age of 7, to former colleagues whom I have stayed in touch with.

What are your immediate priorities?

My immediate priorities are to enhance Member experience by enhancing overall service standards and through the use of technology, as well as by offering meaningful Member programs and activities. I have also carved out plans to improve Club communication via various channels to increase awareness about our diverse offerings and to keep Members apprised of the latest news in a timely fashion. This will help us improve Member experience and further heighten a vibrant Club community. Just as importantly, another key priority for the Management team is to support the Management Committee and the Vision 2030 Committee in their efforts to map out the long-term strategy for the Club.

On an ending note, please feel free to stop me for a chat when you next see me at the Club, or drop me a line about your Club experience at gmo@chineseswimmingclub.org.sg. I look forward to meeting each and all of our Members.

CELEBRATE MID-AUTUMN FESTIVAL AT CSC

Immerse in the spirit of Mid-Autumn Festival and join us with your family for a myriad of interesting programmes. Relax and unwind to soothing and repertoire duet performance of Erhu and Pipa. Partake in the festivities craft and culinary workshops. Indulge in the finest selection of traditional mooncakes including the limited-edition Hello Kitty and My Melody mooncakes. Enjoy an alfresco family dinner at Manzhu and admire the moon at its biggest and brightest. Also stand a chance to win a box of Fu Lin Men mooncakes by participating in a fun quiz.

COMPLIMENTARY MID-AUTUMN GOODIE BAG CRAFT SESSION



Saturday, 18 September 2021
2.00pm to 6.30pm
Activity Suite (L3)

Register your interest via <https://forms.gle/pkvYSvyMWOvYhehj7>

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

PROGRAMMES VIA CSC FACEBOOK PERFORMANCE BY TWO FOUR AND SIX FUSION (ERHU & PIPA)



Lim Kwuan Boon



Goh Xueqi (Stella)



Monday, 20 September 2021
7pm



MID-AUTUMN STORYTELLING BY KiLiO Art



FEATURING: DWAYNE LAU

YouTube link will be available on CSC Facebook page from 21 to 30 September 2021

MID-AUTUMN FESTIVAL WORKSHOPS

🌸 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



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

🌸 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. 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 mini cupcakes.

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

\$64.20 (Member)
 \$80.25* (Guest)
 Min. 5 pax / Max. 8 pax
 Age: 7 – 12 years old



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

🌸 TWINKLE LIGHT CANVAS ART

Join us on this twinkling art journey to curate your one-of-a-kind Mid-Autumn themed masterpiece.

WED, 8 SEP 2021
2.00PM – 5.00PM
MULTIPURPOSE ROOM, SC (L2)

\$69.55 (Member)
 \$83.46 (Guest)
 Min 5 pax
 Age: 6 years old and above



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

*Price includes guest fee

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

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

THU, 9 SEP 2021
2.00PM – 3.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$60.19 (Member) / \$74.10* (Guest)
 Min. 5 pax / Age: 7 years old and above



🌸 JELLY MOONCAKE (TEENS HANDS-ON)

Let's make Jelly mooncakes – a twist to the traditional ones! You will 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 / Max. 8 pax
 Age: 12 – 16 years old



🌸 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 and above



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



MID-AUTUMN FESTIVE FAMILY REUNION SET*

Available from 7 Sep 2021

\$28.80 (2 pax) / \$56.00 (4 pax)

MENU

- Oriental Soup of the Day
- Broccoli with Crab Meat Sauce
- Seabass with Superior Sauce
- Braised Pork Hock with Flower Mushroom
- Osmanthus flower Jelly

*Complimentary mooncake with an order of reunion set for 4 pax.



FESTIVE SPECIAL

You Yue “柚约” Drink

Enjoy a cup of refreshing iced tea mixed with mango puree and Yakult, topped with pomelo pulps.

\$5.99 (Member) / \$7.49 (Non-Member)

Passion Pomelo Mousse Cake

With an exotic flavour of passion and pomelo, this dessert is an absolute must-try for fruit cake lovers.

\$5.99 (Member) / \$7.49 (Non-Member)



Fu Lin Men
CANTONESE DINING



TRADITIONAL MIXED BAKED MOONCAKE	\$72+
TRADITIONAL MIXED NUTS	\$72+
WHITE LOTUS SEED PASTE WITH DOUBLE EGG YOLKS	\$70+
WHITE LOTUS SEED PASTE WITH SINGLE EGG YOLK	\$68+
WHITE LOTUS SEED PASTE WITH MELON SEED	\$66+

For enquires and purchase, please contact Fu Lin Men at 6282 0810

25% OFF
FOR
CSC MEMBERS

SANRIO-THEMED MOONCAKES AVAILABLE FOR PRE-ORDER AT MAN ZHU CAFE AND MINGLE@AMBER

Available till 7 September 2021

Sanrio Odyssey Music Box



\$115.00 (Early Bird Price)

1. Shang-Moon Emerald Lotus Salted Egg Lava
2. Royale Dark Musang King
3. Meteor Wave Cherries Mooncake
4. Dynasty Amber Walnut

Beauty My Melody Lunch Bag



\$55.00 (Early Bird Price)

1. Pandan Lotus Mango Lava Mooncake
2. Chocolate Lotus Caramel Lava Mooncake

Hello Kitty Gift Collection Box



\$70.00 (Early Bird Price)

1. Bamboo Charcoal White Lotus Salted Egg Lava
2. Durian Lotus Musang King Lava
3. White Lotus Double Yolks
4. Pandan Lotus Single Yolk

Hello Kitty Hukuo Flower Thermal Bag



\$115.00 (Early Bird Price)

1. I Love Avocado
2. Musang King Durian x2
3. Coco Diva (Chocolate Macadamia)
4. Uji-matcha Red Bean With Cookies

To celebrate this festival, we are pleased share that we are giving away 10 boxes of mooncakes to members, compliments from Fu Lin Men Cantonese Dining!

Members just need to participate in following quiz and email your answer, name, membership number and contact number to marketing@chineseswimmingclub.org.sg by **17 September 2021**. Members with the correct answer will stand a chance to bag home these yummy mooncakes!

$$\text{Mooncake} + \text{Mooncake} + \text{Mooncake} = 30$$

$$\text{Mooncake} + \text{Rabbit} + \text{Rabbit} = 26$$

$$\text{Rabbit} + \text{Lantern} = 6$$

$$\text{Mooncake} + \text{Rabbit} + \text{Lantern} = ?$$

DID YOU KNOW?

Fun Facts About The Usage Of Your Monthly \$10 F&B Credits

- Easy and convenient CSC F&B drive-thru, delivery and takeaway services. WhatsApp 9642 2698 to place order.
- Get the perfect bottle of wine or whisky for that special occasion from our wide collection at Manzhu and 3Bars.
- Make every occasion and celebration extra sweet and special with our delectable cakes at Manzhu and Mingle@Amber.
- Grab a cuppa of aromatic coffee/tea from Mingle@Amber to satiate your caffeine fix.
- Surprise your children with some candies and chips treats from Mingle@Amber.
- Plan a corporate or personal dining at Fu Lin Men Cantonese Restaurant.

The monthly F&B credits are valid for 4 months. Utilise them before they expire!

PLEASE HELP US KEEP YOUR CLUB EXCLUSIVE

- Bring your membership card when you visit the Club
- Present your membership card for verification when requested by authorized Club personnel
- Membership card is strictly non-transferable



With your co-operation, we can uphold the exclusivity of the Club and protect your membership interests.

SWITCH TO E-COPY FREESTYLE

AND BE REWARDED WITH A COMPLIMENTARY COFFEE



As part of our Go Green campaign, we encourage all members to switch to e-copy Freestyle Magazine and be rewarded with a complimentary cup of coffee at Mingle@Amber.

To make the switch, simply email your name and membership number to marketing@chineseswimmingclub.org.sg and an e-voucher will be sent to you for redemption within a week! For instant redemption, just visit Mingle@Amber and scan the QR Code at the counter to submit your switch form. Campaign will be available from **now till 31 October 2021**.

Let's all play our part to Go Green!



SAFEENTRY SELF CHECK-IN STATION AT ARRIVAL PAVILION



We are pleased to share that the Club had implemented the SafeEntry Self Check-In Station at the Arrival Pavilion on 8 July 2021. This new installation helps the Club better manage the SafeEntry access and digital contact tracing of members in a more sustainable and efficient way.

Members can simply tap their TraceTogether token or app on their smartphone, thus making it quicker and more convenient for check in.

The gantries also have cameras which can measure body temperature and detect if visitors are wearing masks. Any visitor whose temperature exceeds 37.5 degrees C or who is not wearing a mask will be denied entry.

We urge all members to stay vigilant in observing safe management measures so that the Club remains a safe environment for all.

PARKING AT THE CLUB



Members are reminded that the B1 level car parks of the Sports Complex and the Recreation Complex are reserved for Member use. This is in accordance with the Club Bye-laws on carpark usage. Member cars are differentiated by the Chinese Swimming Club (CSC) car decals placed on the front windscreen as shown.

Please collect the latest decal from the Front Office and display this prominently, if you wish to park at the B1 level car parks. Member cars without valid decals that are parked at the B1 levels, will be recorded on file. Please note that Members who repeatedly park their cars indiscriminately on Club premises causing inconvenience to other members, may be liable for disciplinary action.

Thank you for helping us to ensure that the B1 level car parks are reserved for Member use.

EASY ACCESS TO CLUB WI-FI

During your visit at the Club, simply scan the QR Code to stay connected through CSC Wi-Fi.



EMPLOYER-SUPERVISED SELF-SWAB TEST (ESSS)

Since 15 July 2021, Fast and Easy Testing (FET) was mandatory for all staff who work in environments with unmasked patrons and have prolonged and close contact with clients when performing services. The testing was conducted using Antigen Rapid Test (ART), regardless of vaccination status.

All F&B staff, swim coaches and gym instructors underwent FET every 14 days. The test results were negative and submitted to the Swab Registration System (SRS).



SKILLS FUTURE FOR DIGITAL WORKPLACE TRAINING

On 12 and 13 July 2021, 11 staff from various departments participated and completed the Skills Future for Digital Workplace Training. This course equips our staff with the right mindset and digital skills for the rapidly changing economy.



Happy Halloween

And Trick Or Treat

It is that spooky time of the year! 31 October marks the celebration of Halloween. Make Halloween extra fun and engaging for your child with our activities. Sign up your child for a scary-good Halloween craft and fun galore dancing! Check out our F&B Promotion too!

HALLOWEEN SPECIAL - SPOOKY FINGERS

Children will prepare cookie dough from scratch and have great fun shaping Spooky Fingers and garnishing with coloured icing and almond! This workshop is fully hands-on, so remember to bring apron, hand towel and containers for the Spooky Fingers!

Sat, 30 Oct 2021
2.30pm – 4.30pm
Multipurpose Room, SC (L2)
\$60.99 (Member) / \$77.04* (Guest)
6 – 12 years old
Min 5 pax / Max 10 pax
Closing Date: Sat, 23 Oct 2021



Contact Wendy at 6885 0654 or email

Wendy_Tan@chineseswimmingclub.org.sg for more information.

"HALLOWEEEE" FUN DANCE FOR KIDS

Don your favourite Halloween costumes and have fun grooving to Hip Hip/Pop songs. Dance home with a bag of treats!

Sun, 31 Oct 2021
9.00am – 10.00am
Multipurpose Room, SC (L2)
\$29.43 (Member) / \$45.48* (Guest)
7 – 12 years old
Min 10 pax
Closing Date: Wed, 20 Oct 2021



Contact Wan Ling at 6885 0653 or email

WanLing_Tan@chineseswimmingclub.org.sg for more information.

*Price includes guest fee.



Drink of the month : Dracula Punch (Beetroot/Ribena/Strawberry/Oreo)

Cake of the month : Apple Strudel Vanilla Sauce (\$5⁵⁰ member)

Halloween Cupcake (\$5⁵⁰ member)

Mingle : Enjoy trick or treating with our Pumpkin Baskets filled with candies, chocolate bars, lollipops and gummies
Available for sale from 1 to 31 Oct 2021



The events and promotions may be subject to changes due to COVID-19 advisories. All images are for illustration purpose only.

For registration, enquiries or more information:

Tel: 6885 0697 Email: fnb_events@chineseswimmingclub.org.sg www.chineseswimmingclub.org.sg



WE ARE THE JUNIOR CATEGORY CHAMPIONS!



**Liberty
Insurance.**

CHINESE SWIMMING CLUB WAS AWARDED CLUB CHAMPION IN THE JUNIOR CATEGORY!

We are proud to be crowned the Junior Club Champion in the nationwide Liberty Insurance Virtual SNAG Club Championships launched by the Singapore Swimming Association.

Well Done Swim CSC!

Fun Facts

Qualifying Period : 1 Dec 2020 to 30 Apr 2021

Participating Clubs : 42

Sanctioned Meets : 43 (CSC took part in 15)

Unique Swimmers : 2236 (172 from CSC)

Total Registrations : 10,695

Minutes Swam : 318 hours, 20 minutes, 58 seconds

Average Minutes Swam per swimmer : 8 minutes 33 seconds

CSC – 14 minutes 55 seconds

CSC JUNIOR TRAINING PROGRAMMES



CSC - SWIMMING ACADEMY



BACKGROUND

As a premier Sports Club in Singapore, Chinese Swimming Club has one of the most reputable and recognised comprehensive swimming programmes specially tailored to suit every individual's aptitude and training needs.

With a rich legacy of 112 years, the Club has established a broad base of excellent swimmers, groomed many aspiring swimmers and nurtured them into national talents. Some of our prominent and well-decorated swimmers include renowned and respected names like Tan Thuan Heng, Patricia Chan, Bernard Chan, Desmond Koh, Mark Chay and Mylene Ong who have brought glory to our little red dot and helped secured Singapore's international standing in the swimming arena.

HEAD COACH

Our Swim Team is helmed by Head Coach Zhang Jian Lan who graduated from Beijing Sports University (Swimming Specialisation) in 1994 and has more than 25 years of swimming and coaching experience. Coach Zhang has groomed many national-level swimmers and was also part of the coaching team for numerous overseas meets such as the FINA World Championship, FINA World Junior Swimming Championships and the 30th South East Asian Games 2019. He led the Singapore Swimming Squad as Team Coach for the Asian Games 2018.

His coaching philosophy embodies a cultivating, embracing and systematic approach. Other than working on discovering talents and accurately planning for their development and achievements, he believes in protecting talents by balancing training progress and endurance. He also pays careful attention to not only the technical and physical aspects, but also to the mental preparation to improve swimmer performance. From his past experience as a competitive swimmer, he helps swimmers to achieve success and accompany them in their development.



TECHNICAL CONSULTANT



Mr Wen Xin Long is the Technical Consultant of the CSC Swimming Academy. He is a former coach of China's Olympic swim team with more than 40 years of coaching experience. He has coached at the Singapore Sports School and was accredited for his tutelage of 2006 Asian Games Gold medallist Tao Li. His other achievements include his appointment as the Singapore Swimming Association's High-Performance Director for two years from 2009 to 2010 and invitation by the Sichuan Provincial Swimming Association as the special consultant for their Provincial Swimming coach training course.

SWIMMING COACHES

Our team of experienced, dedicated and certified full-time coaches presently mentor over 900 swimmers under our structured swimming programme which offers progressive stages from "Water Babies" to "Learn to Swim" to "Development" and finally to the "Competitive" level.

SWIMMING PROGRAMME

Water Babies

The Water Babies programme comprises of 3 stages, it is designed to introduce children from as young as 12 months to the joy of swimming through play with their parents. The aim is to kindle interest, build water confidence and gradually prepare them with self-propulsion skills to advance to Learn-To-Swim classes.

Learn-To-Swim

The Learn-To-Swim programme comprises of 5 stages of development for children aged 4 to 7 to learn the fundamentals of swimming. Stage 1 of the programme teaches floating and board kicking while Stages 2 to 5 teach swimmers swimming strokes such as Freestyle, Backstroke, Breaststroke and Butterfly respectively.

Development

The Development programme is suitable for swimmers aged 6 and above. It is structured into 3 stages; Pre-Competitive (Newly Progressed), Pre-Competitive and Pre-Competitive C2. The programme emphasises on consolidation and strengthening of techniques and building stamina. It facilitates integrated progression into the competitive environment starting with in-house competitions.

Head Coach Zhang and Mr Wen closely monitor the progress of the Junior Level and the Development programmes. Under the daily guidance of Head Coach Zhang, the swim coaches administer teachings and strategies to develop a strong Junior cohort. The overall programme is progressively enhanced appropriately so as to achieve consistent quality and standard across levels.

Competitive

In the 5 stages of our competitive programme, swimmers will progressively be introduced to competitive training skills, learn to focus in a competitive environment, participate regularly in competitions and refine their techniques. To boost their stamina, they will engage in more extensive land work and increased training volume. Our programme provides the high-performance squad with the environment to focus on achieving each swimmers' greatest potential.



Disclaimer: Photos taken before COVID-19

COMPETITION ACHIEVEMENT

Our competitive squads have competed successfully at various local, national and international swimming meets. A recent notable achievement was at the nationwide Liberty Insurance Virtual SNAG Club Championships launched by the Singapore Swimming Association in early 2021. Chinese Swimming Club emerged the Club Champion for the Juniors Category. Four of our club-grown swimmers were awarded "Most Valuable Swimmer" in their respective age groups. This is only one of the Academy's many success stories and we will continue to help our swimmers achieve their personal best.

The Club will resume organising the major annual swim meet, Super Junior Swimming Invitational, with participation from local and overseas clubs once resumption of such events is permissible. We look forward to showcasing our conscientious swimmers whose achievements are testimony to supportive parents, dedicated coaches and our trademark comprehensive swimming programme.

For enquiries or to sign up for the CSC Swimming Academy, please call Kimberly Guo at **68850672** or email swim_csc@chineseswimmingclub.org.sg

CSC JUNIOR TRAINING PROGRAMMES



BADMINTON ACADEMY

Introduction

The CSC Badminton Academy offers a comprehensive training programme for children aged 6 and above. Trainees are trained in the necessary foundational skills at the Beginner level before progressing to the Intermediate and Advanced programmes where training geared towards competitive playing will be tailored according to each individual's style of play.

Mission - To offer conducive facilities and a competitive training academy to attract and groom Club members

Vision - To produce National Athletes to represent Club and Country

Programme

The Beginner Programme is a unique 30-modules programme targeted at children from the age of 6 and introduces the basics of Badminton for all trainees to be equipped with the foundational skills. The training frequency ranges from one to three sessions a week. Individual progress is monitored to allow for any adjustment to the training duration before trainees attain proficiency in their basics to progress to the Intermediate level.

The Intermediate Programme will focus more on the individual ability of the trainee with emphasis on court and physical conditioning to help trainees build up their speed, power & and fitness. Trainees will learn more tactical skills while engaging in semi-fixed drills to full court coverage, as well as more sparring sessions at training.

The Advanced Programme provides trainees with specifically tailored training according to their distinct style of play. The intensity of training will be increased greatly from the Intermediate level and trainees will be guided to take ownership of their own progress and set their own goals.



Johnathan Tang

Disclaimer: Photos taken before COVID-19

The Academy trains at our exclusive Badminton Hall with eight courts laid with tournament grade badminton mats. We organise training camps for the various levels during the June and December school holidays to enhance the training experience for our trainees. We also have plans to arrange sparring sessions with other schools once such events are permissible.

The Team

The Academy is headed by former national player Johnathan Tang. His team of coaches includes former national and national intermediate squad players, as well as sparring partners from the national setup. Johnathan's credential includes:

- 2004-2012 National Team (Selected for Thomas Cup Team and medalist at 25th & 26th SEA Games)
- Chief coach of various schools such as Bowen Secondary School, CHIJ Katong Convent, Nan Hua High School and Temasek Polytechnic
- Coach of Bowen Secondary School, North Zone 2015 B Boys Champion
- Coach of Singapore National Games U17 Boys Singles Champion
- Coach of Temasek Polytechnic (Boys) POL-ITE, 1st Runner-Up
- CSC Badminton Academy trainees select for the National Intermediate Squad

For enquiries or to sign up for the CSC Badminton Academy, please call Dareld Tan at **68850673** or email **Dareld_Tan@chineseswimmingclub.org.sg**



CSC JUNIOR TRAINING PROGRAMMES



CSC - JIAWEI TABLE TENNIS ACADEMY (JTA)

The objectives of the CSC-JTA Table Tennis Academy are to create interest, impart knowledge, groom and nurture talented young players to strive for excellence in Table Tennis.

The programme is for kids aged 4 and above and consists of beginner, intermediate and advanced levels. The training frequency ranges from one to three sessions a week or more.

The coaches set a strong foundation for the young trainees by developing and honing their basic skills and techniques. An assessment is done at each training milestone to determine if trainees are ready to progress to the next level.

Li Jiawei, the academy Chief Executive Officer and head coach, is a 4-time Olympian and represented Singapore in prominent games including the Southeast Asian (SEA) Games, Commonwealth Games, Asian Championships and International Table Tennis Federation World Tour. She achieved unprecedented success by winning team medals at the 2008 and 2012 Olympic Games and a first-ever world championships team title in 2010. After retiring from competition, she collaborated with CSC to launch her training academy. Together with her team of qualified coaches, Jiawei brings a wealth of experience to guarantee a structured programme that helps trainees fulfil their potential.

The programme started with 16 trainees when it was launched in July 2017 and has since grown to almost 80 trainees due to quality coaching and referrals from participants. Some trainees attend as many as six sessions a week. Despite its relatively short history, a notable achievement of the training programme was when trainees, Sie Lay Yin was selected to join the Junior Development Squad under the Singapore Table Tennis Association in January 2020. The Academy holds regular holiday camps during school holidays; these are very popular and often fully booked.



Although Li Jiawei is based in China, she regularly comes to Singapore at least every quarter to review the Academy's progress and coach the trainees personally. The Academy has also introduced adult training to cater to those keen in the sport. It aims to organise competitions and overseas exchange programmes in China during school holidays for the junior trainees once such events are permissible.

For enquiries or to sign up for the CSC Jiawei Table Tennis Academy, please call Wendy Tan at **68850654** or email **Wendy_Tan@chineseswimmingclub.org.sg**

CSC BOWLING ACADEMY

CENTRE OF EXCELLENCE (COE) PROGRAMME

Endorsed by the Singapore Bowling Federation since 2019, our COE programme is a structured development pathway to nurture aspiring bowlers aged 10 to 18 years old into the National Programme.

Our trainees enjoy an exclusive training environment and lanes that are maintained using the world-renowned Kegel Lane Oiling machine. They also get to participate in the Club's organised friendly games and monthly medals as well as SBF organised tournaments and Annual Skill Assessment.

Helping our Academy is Former National Coach Clara Lau, whose achievements include multiple medals in major games and tournaments at the Southeast Asian, Asian and World Level. Clara also scored bowling success in school from Primary to Tertiary levels.



Coach Clara



Coach Clara's Coaching Achievements:

- ✓ 1 Gold, 2 Silver and 1 Bronze in the 17th Asian Games Incheon 2014
- ✓ 2 Gold medals in 23rd Asian Tenpin Bowling Championships 2015
- ✓ 4 Gold, 5 Silver and 1 Bronze in the 28th SEA Games 2015
- ✓ 1 Gold, 2 Silver and 3 Bronze in the World Women's Bowling Championships 2015
- ✓ 2 Bronze in the 24th Asian Tenpin Bowling Championships 2016
- ✓ 2 Gold, 3 Silver and 2 Bronze in the 29th SEA Games 2017



Coach Mervyn

Supporting her is a distinguished and prominent senior coach within the bowling fraternity in Singapore Mr Mervyn Foo. During his illustrious career as National Head Coach, our Nation won multiple Gold medals at the Southeast Asian Games, Asian Games, World Championships and the World Cup. Mervyn was appointed as SBF's first Technical Director in 2011 and became the Executive Director of the Federation in 2016.

Our Programme consists of Elementary, Intermediate and Advance levels. Training is held every Tuesday, 4pm to 6pm and Saturday, 11am to 1pm. We also have Learn-to-Bowl classes for younger kids and private coaching for a more tailored programme all personally taught by Clara.

For enquiries or to sign up for the CSC Bowling Academy, please call Jick Sern at **68850675** or email to **JickSern_Lam@chineseswimmingclub.org.sg**.

16TH SINGAPORE NATIONAL SWIMMING CHAMPIONSHIP (SNSC) INVITATIONAL 2021 - MAJOR GAMES QUALIFIERS

We would like to congratulate our swimmers, Ong Jung Yi and Zachary Tan Yi Qiang for their outstanding performances at the 16th SNSC Invitational 2021! Major Games Qualifiers were held at the OCBC Aquatic Centre from 23 to 27 June 2021.



Ong Jung Yi

Zachary has achieved the Asian Youth Games A-Cut timing for the Men's 50 LC Meter Freestyle event. Clocking 24.33s, he finished 7th in the A-Final, 0.18s faster than his previous personal best. He is currently ranked 2nd in the event for the 15 to 17 years age group. In addition, Zachary has previously qualified for the Asian Youth Games A-Cut timing of 59.99s for the Men's 100 LC Meter Backstroke event during the Liberty Insurance 51st SNAG (Major Games Qualifier). He clocked a timing of 59.90s in the A-Final and is currently ranked 4th in the event for the 15 to 17 years age group.

Jung Yi has outdone himself again in the Men's 100 LC Meter Butterfly event. Finishing 1st with a timing of 52.98s in the event's A-Final, this was the first time he finished under 53s for the event, shaving off 0.09s from his previous personal best timing of 53.07s, achieved at the Liberty Insurance 51st SNAG (Major Games Qualifier). Both timings met the Olympic Games B-Cut qualifying time of 53.52s.



Zachary Tan Yi Qiang

Heartiest congratulations to both swimmers!

ULTIMATE SQUASHER – SINGAPORE SWIMMING CLUB SQUASH INVITATIONAL OPEN 2021

From 28 April to 2 May 2021, our members participated in the Ultimate Squasher – Singapore Swimming Club Squash Invitational Open 2021 supported by the Singapore Squash Rackets Association (SSRA). The matches were intense and all the participants played their best in the exciting tournament.

Congratulations to Linus Ching and Taliah Cheong for winning the Championship for the Mixed Under 23 and Girls Under 13 categories respectively. We are looking forward to these members' best performances in future tournaments and championships. Congratulations again to the following participants:

Name	Category	Awards
Linus Ching	Mixed Under 23	Champion
Evan Shee	Boys Under 13	3rd place
Gabriel Chew	Boys Under 13	4th place
Taliah Cheong	- Girls Under 13 - Girls Under 15	- Champion - 8th place
Adiv Gole	- Boys Under 11 - Boys Under 15	- 2nd place - 4th place
Kelihla Cheong	- Girls Under 11 - Girls Under 13	- Certificate of Participation - 8th place
Jed Teo	Boys Under 15	Certificate of Participation
Noah Ng	Boys Under 15	Certificate of Participation
Julien Kho	Boys Under 13	Certificate of Participation
Shreya Sakhalkar	Mixed Under 23	Certificate of Participation



Linus Ching



Taliah Cheong

SEPTEMBER HOLIDAY

D-AH-NCE

Explore Your Rhythm!

 **8933 1519**

6 SEPTEMBER 2021
KIDS DANCESPORT
9 AM - 12 PM

6 SEPTEMBER 2021
FUSION CHOREO
1 PM - 4 PM




DISCOVER MORE HOLIDAY PROGRAMS AT
THEDANCESPORTACADEMY.COM

SINGAPORE TENNIS ASSOCIATION INTER-CLUBS DOUBLES KNOCK-OUT

On 17 and 18 July 2021, our Tennis team participated in the Singapore Tennis Association Inter-Clubs Doubles Knock-Out. They played against Singapore Cricket Club and British Club respectively.

The team put up a good fight in the "Chan" Cup and beat Singapore Cricket Club with a score of 2-1. This was followed by a tough fight with British Club, which they lost by a score of 1-2.

Nevertheless, we look forward to better performance next year. Kudos to all players for the good effort and sportsmanship!

TAEKWONDO 180TH SUPPLEMENTARY GRADING

On 25 April 2021, the Club held the 180th supplementary grading. Congratulations to all CSC trainees for achieving their new belts.



Koo Chen Kai Isaac	Foundation 1
Lee Yuan Cheng Austin	Foundation 1
Ngiam Ri Min Oliver	Foundation 1
Soh Jenn-Kit	Grade Ten (10)
Teo Chee Keong Christopher	Grade Ten (10)
Teo Guo Hsiang Ethan Agustin	Grade Ten (10)
Teo Jia En Bernice	Grade Ten (10)
Aw Jia Jun Christian	Grade Ten (10)
Fun Kall Meng Owen	Grade Ten (10)
Koo Kai En Kieran	Grade Ten (10)
Low Pei Ci Natalie	Grade Ten (10)
Ng Gieng Hong Kendrick	Grade Ten (10)
Tan Si Ting Adele	Grade Ten (10)
Tan Yan Jun Evan	Grade Ten (10)
Tan Yan Yu Cayvan	Grade Ten (10)
Yam Jing Rui Luke Nicholas	Grade Ten (10)
Erin Sarah Trollope	Grade Ten (9)
Flora Mei Thorstad	Grade Ten (9)
Lee Hao Yi Keane	Grade Ten (9)
Oscar Gillin Derera	Grade Ten (9)
Sophie Liu Thorstad	Grade Ten (9)
Toby Gillin Derera	Grade Ten (9)
Lim Matthew Kevin	Grade Ten (8)
Cheung Yat Nam Jairus	Grade Ten (6)
Chua L-Ren Keiden	Grade Ten (6)
Foo Rui Jun Jensen	Grade Ten (6)
Foo Rui Xiang Jaden	Grade Ten (6)

Foo Shuen Hui Janelle	Grade Ten (6)
Ho Caleb	Grade Ten (6)
Koo Yun Kai Arthur	Grade Ten (6)
Lau Jie En Josh	Grade Ten (6)
Lo Jing Kai	Grade Ten (6)
Ng Hao Ran	Grade Ten (6)
Toh Yu Song Gareth	Grade Ten (6)
Wong Bui Ki Karlie	Grade Ten (6)
Wong Yu Ren Ralph	Grade Ten (6)
Lim Hong Jun Caleb	Grade Ten (5)
Ling Yi Xin Jadon	Grade Ten (5)
Choy Zhe Kai Lucas	Grade Ten (4)
Lau Kai En Joel	Grade Ten (4)
Le Mestrealan Letournal	Grade Ten (4)
Lee Dong Ze Tyson	Grade Ten (4)
Lee Zhi Cheng Nathan	Grade Ten (4)
Lim Hao Ning Logan	Grade Ten (4)
Neo Geng Rui Donald	Grade Ten (3)
Tan Cory Alexander	Grade Ten (3)
Wee Alena Martin	Grade Ten (3)
Ho Jie Rui Jerry	Grade Ten (2)
Ho Jun Hong Ethan	Grade Ten (2)
Lee Xin Yi Eva	Grade Ten (2)
Tan Xi Rui Aaron	Grade Ten (2)
Hartono Brian James	1st Poom (P.pass)
Leow Caleb Lucas	3rd Poom

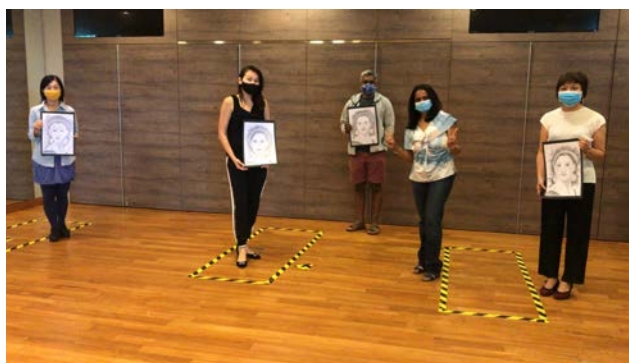
PENCIL PORTRAIT SHADING WORKSHOP (STARTED ON 28 APR 2021)



Members learnt the fundamentals of Pencil Portrait Shading from scratch and enjoying the step-by-step structured short course.

The instructor explained the concept of drawing a face to the facial features and shared the techniques of shading.

At the end of the 5th lesson, the participants' masterpieces were impressive! We hope that they will continue to apply the skills, and eventually master the art of pencil portrait shading.



MUSIC THEATRE CHOREOGRAPHY FOR KIDS (BEGINNERS)



On 7 August 2021, children were introduced to the world of musical theatre dancing during a fun and relaxing Saturday evening at Activity Suite.

The children were quick in mastering the dance steps that encompassed expressive actions and simple concepts guided by the instructor.

We eagerly anticipate their charismatic and exciting mini musical theatre dance performance by the end of the 8th lesson!

DANCE

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

EVERY FRI, COMMENCING 17 SEP 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

EVERY MON, COMMENCING 27 SEP 2021
8.30PM – 9.30PM / 9.45PM – 10.45PM
ACTIVITY SUITE, SC (L3)

\$80.25 (Member) / \$105.93* (Guest)
 Min. 4 pax / 8 sessions
Note: Timeslot is subject to availability



LINE DANCE INSTRUCTOR: PHILIP SOBRIELO

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

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

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



LINE DANCE (BEGINNERS) BY PHILIP SOBRIELO

For interested participants with fundamental line dancing background.

EVERY TUE, COMMENCING 12 OCT 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 28 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 26 SEP 2021
1.30PM – 2.45PM
MULTI-PURPOSE ROOM, SC (L2)

\$88.28 (Member) / \$141.78* (Guest)
 Min. 10 pax / 10 sessions

LINE DANCE (ADVANCED) BY PHILIP SOBRIELO

EVERY SUN, COMMENCING 3 OCT 2021
3.00PM – 4.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$104.33 (Member) / \$157.83* (Guest)
 Min. 10 pax / 10 sessions

SOLO LATIN DANCE FOR LADIES BY ALVIN LOW



**EVERY WED,
COMMENCING 22 SEP 2021
3.00PM – 4.00PM
ACTIVITY SUITE, SC (L3)**

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

MUSIC THEATRE CHOREOGRAPHY INSTRUCTOR – PAT JON GREGORY

Pat Jon Gregory is a Performing Artist who graduated from LASALLE College of the Arts in Musical Theatre in 2020. Having trained extensively in various dance styles and genres, he was assigned as the dance captain for his LASALLE shows and given the opportunity to practise his choreographic skills as the Associate Choreographer in the 2019 graduation show of AIDA (Dir. Joe Barros). His notable lead roles in LASALLE are Amos Hart in Chicago (Dir. Nikki Snelson) and Mr. Mayor in Seussical The Musical (Dir. Edith Podesta). His teaching credits include conducting "Programme for Active Learning (PAL)" and dance enrichment programmes for government schools.



NEW JUMP FIT BOOTS

A cardio and dance fitness class on jumping boots. Rebounding increases your agility, strengthens your muscles and improves coordination and balance.



**EVERY THU, COMMENCING 21 OCT 2021
21 YEARS OLD AND ABOVE: 7.00PM – 8.00PM
MULTIPURPOSE ROOM, SC (L2)**

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

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

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

\$160.50 (Member) / \$220.42* (Guest)
Min. 7 pax / 8 sessions

TAHITI DANCE FITNESS FOR KIDS (FEMALE)

Bring your girls to discover one the world's most beautiful and unique cultural dance forms: Tahitian Dance / "Ori Tahiti". Enjoy this fun and positive dance activity through joyful song and tropical drumbeats while developing focus, coordination, emotional expression, musical rhythm and social skills. Come and dance with us, just like Moana!

**THU, 2, 9, 16 & 23 DEC 2021
4 – 5 YEARS OLD: 10.05AM – 10.55AM
6 – 9 YEARS OLD: 11.10AM – 12.00PM
ACTIVITY SUITE, SC (L3)**

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

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 27 SEP 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

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

YOUTH & FAMILY

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

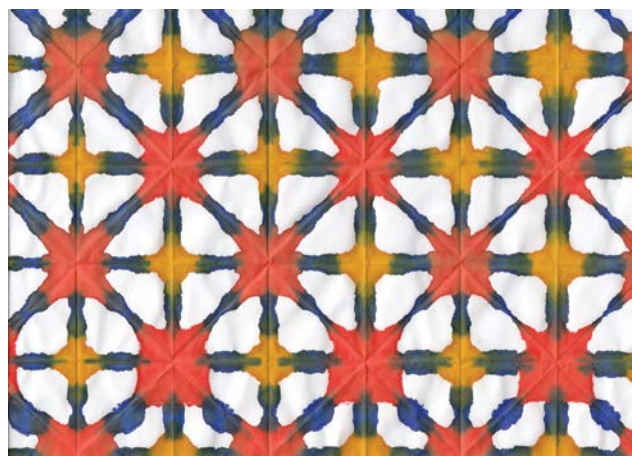


DJEMBE INSTRUCTOR: KELVIN KEW

A classically trained musician and a percussion graduate of Los Angeles Music Academy, Kelvin began his study with Mamady in 2006 and have 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.



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

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 17 OCT 2021

16 YEARS OLD & ABOVE: 5.00PM – 6.00PM

MULTIPURPOSE ROOM, SC (L2)

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

Min. 5 pax / 6 sessions

Closing Date: Wed, 6 Oct 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. Please contact Wan Ling at 6885 0653 or email WanLing_Tan@chineseswimmingclub.org.sg for more information.



PRIVATE ROOM PACKAGES

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

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

Note:

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

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

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

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 Sat 25 Sep 2021, 1.30pm – 3.30pm

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!

THU, 9 SEP 2021
4.30PM – 6.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$56.18 (Member) / \$70.09* (Guest)

Min. 5 pax

Age: 8 years old and above

MICROGREENS GROWING & CULINARY WORKSHOP (PARENT & CHILD)

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

SUN, 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



WUSHU

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.



COACH: MATTHEW

BEGINNERS

EVERY SAT, COMMENCING 18 SEP 2021

12.45PM – 1.45PM

ACTIVITY SUITE, SC (L3)

COACH: TEX

BEGINNERS

EVERY WED, COMMENCING 8 SEP 2021

7.00PM – 8.00PM / 8.15PM – 9.15PM

MULTIPURPOSE ROOM, SC (L2)

EVERY SAT, COMMENCING 18 SEP 2021

7.00PM – 8.00PM

ACTIVITY SUITE, SC (L3)

EVERY SUN, COMMENCING 19 SEP 2021

9.30AM – 10.30AM

ACTIVITY SUITE, SC (L3)

INTERMEDIATE

EVERY SUN, COMMENCING 19 SEP 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

CHINESE BRUSH PAINTING



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

Monthly Fee:

\$123.05 (Member)

\$155.15* (Guest)

Min. 6 pax

CHINESE CALLIGRAPHY

Interest group for seniors 60 years & above.



EVERY MON,

9.00AM – 11.00AM

MULTI-PURPOSE ROOM, SC (L2)

Monthly Fee:

\$16.05 (Member)

\$32.10* (Guest)

Min. 6 pax

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, 11 SEP / 3.00PM – 4.30PM
MULTI-PURPOSE ROOM, SC (L2)

\$93.63 (Member)

\$109.68* (Guest)

Min. 5 pax

Age: 6 years old and above

GROWING ORGANIC VEGETABLES WITH SOIL AND SOIL-LESS METHODS



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

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

TUE, 21 SEP 2021
9.30AM – 5.00PM
MULTI-PURPOSE ROOM, SC (L2)

\$187.00 per pax
 Min. 9 pax
 Age: 21 years and above
 Closing Date: Mon, 13 Sep 2021

*Lunch & workshop materials provided
 *Workshop is 100% skills future claimable

EXERCISE

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.



NEW KPOP X FITNESS BY ANGELYN

EVERY MON, COMMENCING 20 SEP 2021
11.00AM – 11.50AM
EVERY THU, COMMENCING 23 SEP 2021
9.00AM – 9.50AM
ACTIVITY SUITE, SC (L3)

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



TOTAL BODY CONDITIONING

EVERY THU, COMMENCING 14 OCT 2021
8.00PM – 9.00PM
ACTIVITY SUITE, SC (L3)

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



*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. Please contact Wendy at 6885 0671 or email Wendy_Tan@chineseswimmingclub.org.sg for more information.

PILATES



\$69.55 (Member) / \$90.95 *
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 MEHA JAIN):

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: MEHA JAIN

Meha is certified by the American Council on Exercise (ACE) and trained in Polestar Pilates. She believes that habit trump goals and has been coaching clients to build a regular exercise, in particular core strengthening, posture correction, spine mobilisation and cardiovascular exercises.



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



MBSR GENTLE YOGA

EVERY SAT, COMMENCING 18 SEP 2021

11.00AM – 12.15PM

ACTIVITY SUITE, SC (L3)

\$139.10 (Member)

\$214.00* (Guest)

Min. 8 pax / 10 sessions



HATHA YOGA

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

\$53.50 (Member)

\$74.90* (Guest)

Min. 5 pax



*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. Please contact Wendy at 6885 0671 or email Wendy_Tan@chineseswimmingclub.org.sg for more information.

NEW ZUMBA FITNESS BY MEYGAN



FREE TRIAL

FRI, 17 SEP 2021 / 10.15AM – 11.15AM
ACTIVITY SUITE, SC (L3)

ACTUAL COMMENCEMENT

EVERY MON, COMMENCING 20 SEP 2021
8.15PM – 9.15PM
MULTIPURPOSE ROOM, SC (L2)
EVERY FRI, COMMENCING 24 SEP 2021
10.15AM – 11.15AM
ACTIVITY SUITE, SC (L3)

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

INSTRUCTOR: MEYGAN CHENG

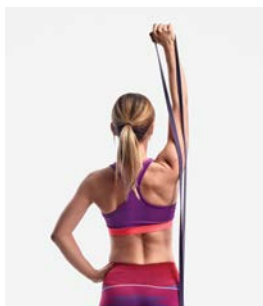
Meygan is a cheerful & energetic dance fitness instructor. She has more than 4 years of dance fitness experiences and has conducted many dance fitness workouts in collaboration with Health Promotion Board and malls too. Meygan believes in staying fit & healthy through proper dancing techniques. Her dance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



BODY BAND BALANCE

EVERY WED,
COMMENCING 22 SEP 2021
9.00AM – 10.00AM
ACTIVITY SUITE, SC (L3)

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



PILOXING BY JACLYN ONG

EVERY SAT, COMMENCING 25 SEP 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.



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 14 SEP 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

TAIJI QIGONG BY NGIAM TONG KHENG

Taiji training integrates slow, intentional movements with breathing cognitive skills. This strengthens, relaxes and integrates the physical body and mind. It enhances the natural flow of Qi for improved health and self-defence.

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)

TAIJI NEIGONG BY ALBERTT CHUA

Learn unique skills from Master Albertt Chua to harness Qi for relaxing and managing stress, thus improving overall health. This class focuses on developing internal Qi, improving mental agility and teaches self-defence moves to overcome stronger opponent with ease.



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

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

YANG STYLE TAIJI QUAN BY NG BENG CHIAN

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

\$37.45 (Member) / \$64.20* (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.

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 afternoon under the guidance of JTA resident coach.

EVERY TUE, 1.15PM – 2.45PM
TABLE TENNIS ROOM, SC (L3)

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

Above fees are based on 4 sessions a month. Should there be lesson on a 5th week, additional lessons will be billed accordingly. Non-Members have to pay a 1-month deposit which is refundable upon withdrawal.

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

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.

FUN RUN



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

3, 24 SEP 2021

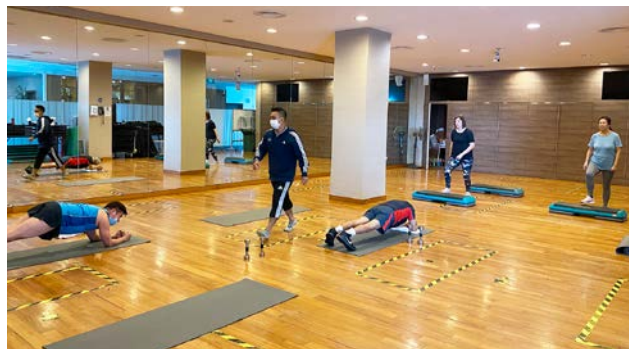
8, 29 OCT 2021

6.30PM – 7.30PM

EAST COAST PARK (4KM)

*Applicable to CSC members & guests.

WORK THIS



Calling all flex members! Come along and join the Flex instructors for Work This on Tuesdays (bi-weekly). Work up a sweat during the 1 hour high intensity aerobics training. Register early with the instructors as capacity is limited. We look forward to seeing you!

14, 28 SEP 2021

5, 19 OCT 2021

10.30AM-11.30AM

MULTI-PURPOSE ROOM, SC (L2)

*Applicable to Flex members only.

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 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 for a free trial for your child 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)

\$37.45 / month (Colour Belt)

\$26.75 / month (Poom/Black Belt)

Eligibility: For CSC Members only

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



Contact Michelle at 6885 0674 or email 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 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 for more information.

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. They will 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 (L4, ROOFTOP)

\$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 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 (L4, ROOFTOP)

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

Eligibility: 6 – 13 years old



Above fees are based on 4 sessions a month. Should there be lesson on a 5th week month, additional lessons will be billed accordingly. Non-Members have to pay a 1 month deposit which is refundable upon withdrawal.



CSC- LJE SPORTS ADULT/ TEENS BASKETBALL TRAINING

EVERY SAT, 6.00PM – 7.15PM

BASKETBALL COURT, SC (L4, ROOFTOP)

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

Eligibility: 14 – 35 years old

Above fees are based on 4 sessions a month. Should there be lesson on a 5th week month, additional lessons will be billed accordingly. Non-Members have to pay a 1 month deposit which is refundable upon withdrawal.

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

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

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



FUN SQUASH FOR ADULTS, YOUTHS & CHILDREN

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

You will learn the:

- 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 for more information.

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Solo Latin Dance For Ladies Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	2 Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	3 Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training Fun Run	4 Music Theatre Choreography (Beginners) For Kid 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)
5 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)	6 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 CSC- LJE Sports Junior Basketball Holiday Training Camp	7 Line Dance (Beginners) Line Dance (Beginner Intermediate) Mini Bunny Cupcakes (Child Hands-On) Pole Dance Fitness Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Holiday Training Camp	8 Solo Latin Dance For Ladies Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training CSC- LJE Sports Junior Basketball Holiday Training Camp	9 Chinese Brush Painting Pressed Flower Notebook Workshop Open Terrarium Making Workshop (Parent & Child Hands-On) Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training Fun Squash For Adults, Youths & Children	10 Latin/Standard Ballroom (For All Levels) Children's Ballet Jelly Mooncake (Teens Hands-On) Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training	11 Music Theatre Choreography (Beginners) For Kid Wushu (Beginners) 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)
12 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)	13 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	14 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	15 Solo Latin Dance For Ladies Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	16 Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	17 Latin/Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training	18 Music Theatre Choreography (Beginners) For Kid Wushu (Beginners) Children's Ballet Oktoberfest Lebkuchenherz (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)
19 Line Dance (Beginner Advanced) Line Dance (Advanced) Japanese Orizome Paper Dyeing Workshop (Parent & Child) Wushu Zumba Fitness 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)	20 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	21 MID-AUTUMN FESTIVAL Line Dance (Beginners) Line Dance (Beginner Intermediate) Growing Organic Vegetables Culinary With Soil And Soil-Less Methods Pole Dance Fitness Pilates Gentle Yoga Taiji Neigong CSC-JTA Table Tennis Training For Adults CSC-JTA Table Tennis Academy	22 Solo Latin Dance For Ladies Wushu (Beginners) Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	23 Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	24 Latin/Standard Ballroom (For All Levels) Stamp Carving Workshop Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Fun Run Junior Water Polo Training	25 Music Theatre Choreography (Beginners) For Kid Basic Paper Marbling Workshop Advanced Paper Marbling Workshop Wushu 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)
26 Line Dance (Beginner Advanced) Line Dance (Advanced) Microgreens Growing & Culinary Workshop (Parent & Child) Wushu 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)	27 Latin/Standard Ballroom (For All Levels) 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	28 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	29 Solo Latin Dance For Ladies Portraits Of Watercolour & Acrylic Workshop (Advanced) Hip Hop Dance (Beginners) For Kid Wushu Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	30 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		

SUN	MON	TUE	WED	THU	FRI	SAT
31 Line Dance (Beginner Advanced) Line Dance (Advanced) "Halloweeeee" Fun Dance For Kids Djembe Introductory Wushu 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)					1 Latin / Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training	2 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)
3 Line Dance (Beginner Advanced) Line Dance (Advanced) Wushu 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)	4 Latin / Standard Ballroom (For All Levels) 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	5 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	6 Solo Latin Dance For Ladies Portraits Of Watercolour & Acrylic Workshop (Advanced) Wushu Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	7 Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	8 Latin / Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training Fun Run	9 Music Theatre Choreography (Beginners) For Kid Wushu 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)
10 Line Dance (Beginner Advanced) Line Dance (Advanced) Wushu Basic Homebrewing (Demonstration) 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)	11 Latin / Standard Ballroom (For All Levels) 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	12 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	13 Solo Latin Dance For Ladies Portraits Of Watercolour & Acrylic Workshop (Advanced) Wushu Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	14 Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	15 Latin / Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training	16 Music Theatre Choreography (Beginners) For Kid Wushu 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)
17 Line Dance (Beginner Advanced) Line Dance (Advanced) Djembe Introductory Wushu 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)	18 Latin / Standard Ballroom (For All Levels) 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	19 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	20 Solo Latin Dance For Ladies Portraits Of Watercolour & Acrylic Workshop (Advanced) Wushu Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	21 Jump Fit Boots Chinese Brush Painting Total Body Conditioning Kpop X Fitness CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	22 Latin / Standard Ballroom (For All Levels) Children's Ballet Hatha Yoga Zumba Fitness Gentle Yoga Junior Water Polo Training	23 Music Theatre Choreography (Beginners) For Kid Wushu 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)
24 Line Dance (Beginner Advanced) Line Dance (Advanced) Djembe Introductory Wushu 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)	25 Latin / Standard Ballroom (For All Levels) 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	26 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	27 Solo Latin Dance For Ladies Portraits Of Watercolour & Acrylic Workshop (Advanced) Wushu Body Band Balance Yang Style Taiji Quan CSC-JTA Table Tennis Academy Junior Water Polo Training	28 Jump Fit Boots Chinese Brush Painting Kpop X Fitness Total Body Conditioning CSC-JTA Table Tennis Academy CSC- LJE Sports Junior Basketball Training	29 Latin / Standard Ballroom (For All Levels) Children's Ballet Zumba Fitness Gentle Yoga Hatha Yoga Fun Run Junior Water Polo Training	30 Music Theatre Choreography (Beginners) For Kid Wushu Children's Ballet Spooky Fingers (Child Hands-On) Piloxing Pilates MBSR Gentle 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)



Chef's Specialty

SEPTEMBER

Lor Mee



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$7.90

OCTOBER

Spicy Sausage & Pork Knuckle



Monday to Friday, 6.00pm to 9.00pm

Not available during PHs

\$14.50

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

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.

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

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Cambodian Country Club
Tel: +855 23 6188 5591
www.cambodian-country-club.com

China

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

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

Shanghai Town & Country Club
Tel: +86 21 8025 8666
www.ddi-tcc.com

Tianjin Goldin Metropolitan
Polo Club
Tel: +86 22 8372 8888
www.goldinmetropolitanhotel.com

Hong Kong

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

Korea

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

Malaysia

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

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

Kulim Club, Kedah
Tel: +6 04 490 6054

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

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

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

Philippines

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

Singapore

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

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

Sri Lanka

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

Taiwan

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

Thailand

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

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

CORPORATE MEMBERSHIP

Johor Bahru

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

AFFILIATE CLUBS

China

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

Indonesia

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

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

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

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

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

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

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

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

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

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

Malaysia

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

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

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

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

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

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

Singapore

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

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

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

Vietnam

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

HOTELS

Bangkok

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

Indonesia

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

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

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

Kuala Lumpur

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

Kulai

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

Malacca

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

Penang

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

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

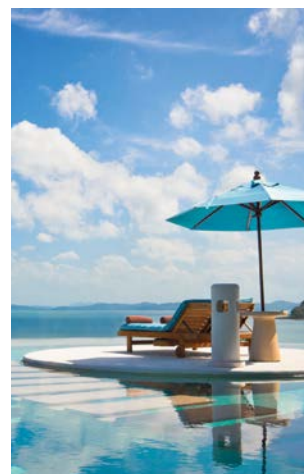
G Hotel Gurney
Tel: +6 04 238 0000
www.ghotel.com.my

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

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

Singapore

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



Application / Booking Procedures

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

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

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

Email: Reception@chineseswimmingclub.org.sg

Tel: 6885 0688

www.chineseswimmingclub.org.sg

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



CSC OktoberFest

Oktoberfest is a worldwide phenomenon celebrating Bavarian culture, big pints of beer and extravagant food. Mark your calendars for our Oktoberfest! Unleash your child's baking skills with Lebkuchenherz, a classic Oktoberfest German cookie. For beer lover's delights, we have Homebrewing beer demonstration. And indulge in an authentic Oktoberfest cuisine with complimentary beer.

OKTOBERFEST LEBKUCHENHERZ

Whether it is a declaration of love, cheeky teasing or simply a gift, Lebkuchenherz is a traditional must have at the Oktoberfest. Gift them, eat them or hang them round your neck!

Team up with your junior, bake and decorate Lebkuchenherz with coloured icing, sprinkles and candies! This workshop is fully hands-on. Remember to bring containers for the cookies!

Sat, 18 Sep 2021

2.30pm – 4.30pm

Multipurpose Room, SC (L2)

\$107.00 (Member) / \$123.05* (Guest)

6 – 10 years old

Min 4 pairs / Max 6 pairs

Closing Date: Sat, 11 Sep 2021



BASIC HOMEBREWING (Demonstration)

Understand the components of beer and learn how to brew your own beer at home using the extract kit step-by-step. After the workshop, you will bottle the brew when fermentation completes in about 2-weeks' time.



Sun, 10 Oct 2021

9.30am – 11.30am

Multipurpose Room, SC (L2)

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

18 years old and above

Min 8 pax

Closing Date: Wed, 29 Sep 2021

Contact Wendy at 6885 0654 or email

Wendy_Tan@chineseswimmingclub.org.sg for more information.

Contact Wan Ling at 6885 0653 or email

WanLing_Tan@chineseswimmingclub.org.sg for more information.

*Price includes guest fee.



OKTOBERFEST PLATTER SPECIAL

(Available for dinner from 1 to 31 October 2021)

Pork Knuckle, Bockwurst & Spicy Sausage, Pretzel, Squid & Fish Schnitzel, Potato Salad, Sauerkraut, Onion Ring, Apple Strudel Vanilla Ice Cream

\$20⁰⁰ (1 pax) / **\$38⁰⁰** (2 pax) / **\$68⁰⁰** (4 pax)
With complimentary beer



Complimentary Pork Knuckle with every Bucket of Edelweiss
Special promotion of Half Pork Knuckle @ \$9⁰⁰

The events and promotions may be subject to changes due to COVID-19 advisories.
All images are for illustration purpose only.

For registration, enquiries or more information:

Tel: 6885 0697

Email: fnb_events@chineseswimmingclub.org.sg

www.chineseswimmingclub.org.sg