

FREESTYLE

QUARTERLY MAGAZINE JUL - SEP 2022



Happy 57th Birthday
Singapore!



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"Freestyle" is a quarterly publication by CHINESE SWIMMING CLUB.

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

For advertising inquiries, please call the Marketing Department at 6885 0655.

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A MESSAGE FROM THE **PRESIDENT**

Dear members,

The last two years have been challenging to say the least, but I think we can all agree on one thing - the recent lifting of community and border measures (and our most significant transition back to normalcy yet) has been received as a breath of fresh air. It feels great to see our members gathering with loved ones and their fellow CSC community on a larger scale within our premises once again; let us hope that the worst is now behind us.

I want to take this moment to provide an update on our state of affairs, and the steps that have become necessary to ensure our Club's continued growth into the years ahead. When we analyze 2021-22, we find ourselves in a position between predicament and opportunity. Emerging from the throes of the pandemic, we are poised to resume many material activities and exciting projects as part of our Vision 2030 pipeline; but at the same time, we must acknowledge the difficulties of recent events. The fact is, as a business, we are not immune to the circumstances we are living in right now.

Looking ahead, headwinds will come to us from two major fronts. Higher energy prices in the wake of several recent geoeconomic factors have added to growing inflationary

pressures the world over – and our Club will not be spared. Surging electricity rates are already hitting our balance sheets hard, and in FY2022, the Club's electricity bill is expected to swell by a whopping \$700K, a 79% increase compared to FY2021.

Staff costs are also anticipated to rise markedly in the foreseeable future, as we continuously run new initiatives and refresh our programmes to enhance membership value and future-proof the Club through the addition of new facilities and services; all of which are exacerbated by the tight labour market and ongoing labour crunch besieging the F&B sector within our shores.

The cost of living persists on an upward trajectory, with raw material prices predicted to soar exponentially from import restrictions, compounded by the introduction of the Progressive Wage Model for the cleaning and security sectors that will further hike property upkeep and management outlays. All of this to say, our Club has and will continue to face ever-mounting pressure in operating costs. We have endeavoured to maintain our current fees for as long as possible, but with the significant cost increases affecting our viability, we cannot continue to do so.



However difficult or unpleasant, it is injudicious to delay the inevitable. Following substantial deliberation and exhausting all other alternatives and bearing in mind that our last fee increase was in January 2017, we have made the tough but necessary decision to implement a subscription fee increase for all Principal members, with effect from September 2022.

All things considered, our Family (Principal + Spouse) subscription fee will remain one of the most competitive in the market, even with the fee adjustment. Nevertheless, it isn't an easy call, and I understand how it affects our members. Please be assured that this change is essential to sustain our commitment to providing the best facilities and services as we continually strive to deliver a quality club experience for our members and guests.

We recently welcomed back our contingent of 11 CSC athletes who were selected to represent our nation at the 31st SEA Games in Vietnam in May. All of them accomplished amazing feats in their respective sports, and returned to a country uplifted and inspired by their pursuit of excellence as they fought to defend our position on the global map. When I reflect on their achievements, I am not only filled with pride, I am reminded of why we do

what we do at the Chinese Swimming Club. Your continuous support is what propels our vision of creating a social community, a safe haven, and a nurturing ground for excellence and the empowerment of local sports every day.

More than ever, I want to express my gratitude to all members for your trust and faith in the Club through this time of growth and change.

Victor Chia
President



CORPORATE MEMBERSHIP

\$18,000 4 nominees

Sign up now to enjoy \$2,000
in spending credits

In the idyllic east of Singapore – a stone's throw away from the vibrant Katong district and peaceful shorelines of East Coast Park – lies the Chinese Swimming Club, a private social club boasting a comprehensive range of services and amenities amalgamating the best of tradition and modernity to offer membership beyond the ordinary.

With five dedicated swimming pools, myriad world-class sporting facilities, two gyms, spa and four dining establishments, the Club is an enclave where celebration, connection and community blossom. A grand ballroom, various event suites, and a slew of family-friendly and lifestyle activities round out the slate of offerings for all ages and occasions.

As a Corporate Member, nominees and their families enjoy the following benefits:

- Access to a wide array of Club facilities and activities at exclusive member rates
- 10% F&B discount on all corporate events held at the Club
- Over 50 reciprocal and affiliate clubs and hotels in the region

Please contact the Membership team at membership@chineseswimmingclub.org.sg or **6345 1221** for more information or to book a club tour.



WORK@CSC





BOOK A
**MEETING
ROOM**
WITH US
@ **\$30/hr**

- ✓ 6 pax seating
- ✓ Chairs with lumbar support & armrests
- ✓ 77-inch wall mounted TV
- ✓ HDMI connection for Windows & Mac
- ✓ Built-in microphone & speakers



 **Recreation Complex, Level 2**

 **+65 6345 1221 ext 720** |  **work@chineseswimmingclub.org.sg**



Mid-Autumn Festival Set Dinner

- White Fungus Chicken Soup
- 'Teochew Style' Steamed Seabass
- 'Har Lok' Chilli Prawns
- Fish Maw Tofu Pot
- Braised Pork Collar with Dried Bean Curd
- Fragrant Steamed Rice
- Peach Gum Cheng Tng
- Chinese Tea (Complimentary)



\$58.80 for 2
\$108.80 for 4

Daily dine-in/takeaway available @ Man Zhu Café
from 6.00pm – 9.00pm

Mid-Autumn Festival Fun

SNOW SKIN MOONCAKES FOR KIDS

Make soft, chewy and tasty Snow Skin Mooncakes from scratch! Learn the right techniques to prepare the skin, wrap it with filling and add the finishing touch with a mould. Don't forget to bring an apron, hand towel and container that can fit a dozen mooncakes.

Tuesday, 6 September

2.00pm – 4.00pm

Multipurpose Room, SC (L2)

\$55 (Member) | \$68 (Guest)

6 – 12 years old

Min. 5 pax; Max. 10 pax

Registration closes 30 August



KIDS FASHION 101: INTRODUCTION TO SEWING

Welcome to the world of sewing! Your kids will learn to use the sewing machine and fabrics to create a Mid-Autumn themed pouch and mask cover which includes an opening to insert a filter or surgical mask.

Thursday, 8 September

2.00pm – 4.00pm

Lattice Suite, RC (L3)

\$85* (Member) | \$98* (Guest)

6 – 12 years old

Min. 5 pax; Max. 6 pax

Registration closes 26 August

*Includes 1 set of materials provided.



LANTERN PAINTING WORKSHOP

Use your critical thinking skills and creativity to assemble your very own woodcraft lantern as well as customise it with a unique and beautiful design.

Friday, 9 September

1.30pm – 2.30pm

Multipurpose Room, SC (L2)

\$35 (Member) | \$48 (Guest)

7 – 12 years old

Min. 8 pax; Max. 12 pax

Registration closes 26 August



MID-AUTUMN CHILDREN'S PARTY

Sign up for our amazing party specially curated for your little ones. An entertaining ventriloquist performance and hands-on craft workshop await!

Friday, 2 September

7.00pm – 8.30pm

Activity Suite, SC (L3)

\$15 (Member) | \$20 (Guest)

5 – 10 years old

Min. 20 pax

Registration closes 15 August

Register early as slots are limited!



**FREE GOODIE
BAG!**

Prices are subject to prevailing GST. Photos are for illustration purposes only.

To sign up, please visit our website, ☎ 6885 0654 or ✉ lifestyle@chineseswimmingclub.org.sg



National Day Specials

8 - 12 August 2022

Kueh Pie Ti	\$7.50
Ngeh Hiang Guo Xiang	\$13.80
Sambal Stingray	\$16.80
Yong Tau Fu with Spicy Soya Bean Sauce	\$9.00
Chilli Prawn Spaghetti	\$16.80
XO Chai Tow Kueh with Bean Sprouts	\$12.80
Grass Jelly & Soya Bean Curd with Red Beans & Attap Seeds	\$6.20
D24 Durian Ice Kacang	\$6.50

Daily dine-in/takeaway available @ Man Zhu Café
from 6.00pm – 9.00pm





July Whisky Promotion



GLENDRONACH
12 YEARS
\$118 per bottle

All prices are subject to prevailing GST.



August Whisky Promotion



JOHNNIE WALKER
GOLD RESERVE

\$108 (1 Bottle)
\$200 (2 Bottles)



JOHNNIE WALKER
18 YEARS

\$128 (1 Bottle)
\$240 (2 Bottles)



JOHNNIE WALKER
XR21

\$158 (1 Bottle)
\$300 (2 Bottles)

All prices are subject to prevailing GST.

DISCONTINUATION OF FREESTYLE (CHINESE EDITION)

As media consumption habits continue to evolve in tandem with the gradual decline in our Chinese readership over the years, the question of how to transform our print publications to better suit our members' needs has come to the fore. After careful deliberation, we have made the decision to discontinue the Chinese edition of Freestyle magazine.

This move, which takes effect from the next (Oct-Dec 2022) issue, will allow for the resources that have been dedicated to translation, design and distribution to be re-channelled into our online initiatives in our greater digital push.

The English edition of Freestyle will continue to be mailed out and made available at the Front Desk for our members' reading pleasure. Alternatively, our e-magazine can also be easily accessed via the Club website. Thank you for your support and understanding!



CLOSURE OF CLUB FACILITIES FOR STAFF ANNUAL DINNER 2022

Please be informed that the Club facilities will be closed from **12.00pm** on **Monday, 22 August 2022** for the Staff Annual Dinner.

Operating Hours:

- Man Zhu Café, Mingle and 3 Bars will be closed
- Joy Luck Cove will be open till 4.00pm
- FIL Spa Body & Intelligence, Fu Lin Men Cantonese Dining and The DanceSport Academy will be open as usual

We apologize for any inconvenience and thank you for your understanding.





Some things are better shared...

Perfect Afternoon Tea for 2

Fridays – Sundays
Man Zhu Café
3.00pm – 5.00pm



\$38.80
for Takeaway

Now with
a selection
of premium
TWG
teas

\$32.80 for 2 pax

High tea set includes:

- Mango, Crabmeat, Tobiko & Brioche Bun
- Smoked Salmon & Pistachio Cheese
- Tomato Bruschetta
- Baked Brie with Blueberry
- Opera Cake
- Raspberry Cake
- Crème Brûlée
- White Chocolate Brownie
- Macaroon Chocolate Ganache
- Dark Chocolate Tart
- Matcha Mousse
- Choice of refillable coffee/ TWG tea (London Breakfast, Midnight Hour, Breakfast Earl Grey, Marrakech Mint, Genmaicha, Imperial Oolong, Bain de Roses, Paris-Singapore & Sweet French)



Prices are subject to GST.
Items are subject to change based on availability.



July Specials

RED DRAGON

Red Dragon Fruit, Mango Purée & Chia Seeds topped with Whipped Cream

\$560
Member

\$700
Non-member

CARAMEL APPLE CHEESECAKE **\$544** Member
\$680 Non-member

FEATURED COFFEE BEAN

Dutch Colony

Bettadamalali Estate

Region: Giris, Chikmagalur, India

Single Origin | Espresso

Taste: Caramelised Nuts,
Brown Sugar & Chocolate Biscuit

Mingle
@AMBER



August Specials

PLUMY

William Pear & Apple Purée,
Sour Plum & Mint Leaves

\$560
Member

\$700
Non-member

ONDEH ONDEH CAKE

\$528 Member | **\$660** Non-member

FEATURED COFFEE BEAN

Dutch Colony

Bettadamalali Estate

Region: Giris, Chikmagalur, India

Single Origin | Espresso

Taste: Caramelised Nuts,
Brown Sugar & Chocolate Biscuit

Mingle
@AMBER



September Specials

Mingle
@ AMBER

Summer Freeze \$560 Member | \$700 Non-member
Yuzu, Passion Fruit & Fresh Watermelon

Passion Pomelo Mousse Cake \$544 Member | \$680 Non-member

Featured Coffee Bean
Jet Candy (Seasonal Espresso Blend) by Tiong Hoe
Blend: 50% Colombia Garzon Microlot
50% Brazil Mogiana Natural
Acidity: Medium-low
Taste: Burnt caramel and dark chocolates



JULY, AUGUST & SEPTEMBER SPECIALS

3
THREE BARS
WINE • BISTRO • BAR

JULY

Singapore Sling
Benedictine Dom, Cherry Brandy, Cointreau, Gin, Grenadine Syrup, Lime Juice & Pineapple Juice

\$9.80

AUGUST

Singapore Long Island Coffee
Bailey Cream, Espresso, Tequila, Vodka & White Rum

\$9.80

SEPTEMBER

Bourbon Fall
Bourbon, Maple Syrup, Angostura Bitters & Cherry

\$10

All prices are subject to GST.



MAN ZHU CAFÉ – NEW MENU ITEMS AVAILABLE FROM JULY!



Australian Grass-fed Ribeye



Chilean Black Sea Bass



Claypot Seafood (Plant-based)



Hong Kong Herbal Chicken



Penne Arrabbiata



Hot Plate Pork Bulgogi



Lamb Shank Biryani



Milky Bingsu



Tel: +65 6282 0810
Level 3, 21 Amber Road,
Chinese Swimming Club,
Singapore 439870

龙虾鲍鱼花胶套餐 LOBSTER, ABALONE, SUN-DRIED FISH MAW SET

Usual Price \$148.00** per person

ONE-FOR-ONE Promotion
for Chinese Swimming Club Member

厨师精选前菜拼盘

Chef's Special Appetizers Platter

花胶鲨鱼骨汤

Shark Cartilage Collagen Soup
with Sun-Dried Fish Maw

鲍鱼百灵菇扒时蔬

Abalone with Bai Ling Mushroom
and Seasonal Green

金瓜奶皇焗龙虾

Baked Lobster with Creamy Pumpkin Sauce

松菇海鲜汤面线

Seafood Mee Sua with
Beech Mushroom in Soup

是日厨师精选甜品

Daily Chef's Choice Dessert

till 30 September 2022

JOIN OUR WINE & WHISKY CLUB

The **Tippling Masters** is an exclusive annual membership programme that gives you access to exceptional bottles from exceptional vineyards and distillers, sans the hefty price tags.

As a member, you'll enjoy many benefits:

- 10% discount on all regular-priced wines and whiskies
- Complimentary cheese platter with every bottle purchase
- Early access to new or limited-edition releases
- Regular bottle sales
- Access to member-only events, classes and tastings with complimentary parking
- Free delivery with purchase of 6 or more bottles
- We'll even help you to celebrate your birthday with a treat!

\$50
per
annum

Join now and receive a welcome gift of your choice:

- Bottle of red wine OR • Bottle of whisky OR • \$50 F&B voucher

EXCLUSIVE FOR THE TIPLING MASTERS MEMBERS

\$57 per bottle

(Price exclusive of GST)

MERLION VODKA & SINGAPORE GIN



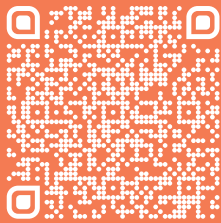
THE TIPLING
MASTERS

TO SIGN UP  6885 0697 |  9615 4948 |  fnb_events@chineseswimmingclub.org.sg



CSC DRIVE-THRU SERVICE

Skip the queue and get your favourite grub from
Man Zhu Café via drive-thru today!





HOW?

Visit our website or scan the QR code to view our full menu.

Lunch orders: 12.00pm – 2.00pm

Dinner orders: 6.00pm – 9.00pm

1 ORDER IN ADVANCE

 6885 0230  9642 2698

Place your order 30 minutes in advance and let us know your preferred collection time.

2 PAY

Charges will be billed to your account.

3 PICK UP AT YOUR CONVENIENCE!

Head down to our Loading Bay to pick up your items. Bon Appétit!



MEMBERSHIP REFERRAL PROGRAMME

Refer your friends and family to join the Club
and be rewarded with spending credits.

REFEREE
\$1,000



REFERRER
\$300

Terms & Conditions:

- Credits apply to all Club spending except for subscription dues, F&B levy and spending at FIL Spa, Fu Lin Men, The Dance Academy, and Cocoon Learning Centre.
- The Club reserves the right to change the terms and conditions of this promotion without prior notice.





31ST SEA GAMES SPECIAL: CELEBRATING OUR STAR ATHLETES

Congratulations to all our athletes from Swimming, Badminton as well as Billiards & Snooker, who have demonstrated impressive sporting achievements. Our athletes wholehearted dedication, perseverance and exceptional accomplishments in their respective sports have done Team CSC proud!

BADMINTON

Loh Kean Yew

Silver Medal (Men's Singles)
Bronze Medal (Men's Team)

Loh Kean Hean

Bronze Medals (Men's Doubles & Men's Team)

"I am highly motivated to train harder and have set higher goals to achieve better results in future!"

Andy Kwek

Bronze Medal (Men's Team)

"I feel honoured and grateful to be given the opportunity to represent my country at such a major event. I am contented to achieve a medal as it was a testament of our hard work during training. I am looking forward to the next major games, where I hope to achieve better results."

Yeo Jia Min

Bronze Medal (Women's Team)

Jaslyn Hooi

Bronze Medal (Women's Team)

"It is my second time getting a Bronze Medal for the Women's Team event, and I am really proud that we gave it our all as a team. We are a young, ambitious and spirited team, hence, I am confident we will achieve so much more in the years to come!"

BILLIARDS & SNOOKER

Aloysius Yapp

1 Bronze Medal (9 Ball Singles Division)
1 Bronze Medal (10 Ball Singles Division)



Aloysius Yapp



Loh Kean Yew



Loh Kean Hean (Back 1st L), Andy Kwek (Back Centre), Loh Kean Yew (Front 2nd L)



Yeo Jia Min (Back 2nd L), Jaslyn Hooi (Back 1st R)



L - R - Chan Zi Yi, Bonnie Yeo, Christie May Chue, Mikkel Lee, Ong Jung Yi & Head Coach, Zhang Jian Lan

SWIMMING

INDIVIDUAL EVENTS

Sliver

- Mikkel Lee (50m Butterfly)
- Christie May Chue (200m Breaststroke)

Bronze

- Chan Zi Yi (200m Freestyle)
- Ong Jung Yi (200m Butterfly)
- Christie May Chue (100m Breaststroke & 50m Breaststroke)

RELAY EVENTS

Gold

- Christie May Chue (4 x 200m Freestyle Relay & 4 x 100m Freestyle Relay)
- Bonnie Yeo (4 x 100m Individual Medley Relay)

Mikkel Lee

"The saying 'it takes a village to raise a champion' is very true, I feel that my achievements are shared by the huge team rallying behind me at every step of the way. I am grateful for the encouragement and continuous support from everyone around me during my journey as a swimmer. I am glad to have made Singapore and CSC proud at the SEA Games this year. To the next generation of swimmers, I would say dream big and enjoy the process!"



Loh Kean Hean (R)

Christie May Chue

"I am so grateful that I was able to have multiple podium finishes, especially winning gold medals with my amazing team. I gave it my all at this year's SEA Games, and I will train even harder and come back stronger at the next SEA Games in 2023! I am so grateful for all the support from CSC, my coaches, family and teammates. Thank you to everyone who made this possible!"

Chan Zi Yi

"I feel that all my years of hard work has paid off, it feels incredible to come home with a Bronze Medal from my very first SEA Games. I am also honored and grateful to be a part of such an amazing team. I would like to thank all my teammates, swim coaches (past and present) as well as friends for their unwavering support that has inspired me to always be the best version of myself."

Ong Jung Yi

"I am thrilled to have done Singapore and CSC proud by achieving a Bronze Medal in the 200m Butterfly at the SEA Games. I am super grateful to have such an amazing team, parents and Coach (Coach Zhang), who have given me great confidence to do my best. I would not have been able to achieve what I did without them. Thank you!"

Bonnie Yeo

"Through this year's SEA Games, I learnt to calibrate my expectations, especially as this is my first time swimming at such a large-scale regional event. I was delighted with my last swim in the medley relay, because it was my personal best timing, which exceeded my expectations in comparison to my individual event. I feel very blessed and I will cherish these memories forever. I would like to thank my parents, coaches and swim team for their constant encouragement and strong support."



SINGAPORE WATER POLO NATIONAL LEAGUE 2022 (28 MAY – 12 JUNE)

Congratulations to our 12 & Under Junior Water Polo team for emerging 1st Runner-up!



Photo Credit: Singapore Swimming Association

WATER POLO GET-TOGETHER & INTERNAL LEAGUE (2 MAY)

A total of 70 participants from the Water Polo section and Junior Programme, came together for a fun bonding session and internal league, where they got to pit their skills against each other.



CELEBRATORY LUNCH FOR CSC TENNIS YOUTH TEAM (1 MAY)

To celebrate our young champions (U10 & U12 teams) excellent performance at the Singapore Tennis Association's Inter-Club League, the Club hosted a lunch at Man Zhu Café.



CSC - LJE SPORTS JUNE HOLIDAY BASKETBALL CAMP

Our junior members had tons of fun making friends and learning the fundamentals of basketball from an experienced coach.



CSC FUN WALK & JOG

Enjoy walking or running through East Coast Park and making new friends along the way!

Come join us for the next few runs!
Find out more on Page 29.



SINGAPORE TENNIS ASSOCIATION (STA) INTER-CLUB SINGLES LEAGUE MEN'S GRADE B TEAM – 1ST RUNNER-UP (5 MARCH – 17 APRIL)

- Koh Yang Yi Robyn
- Arnold Gay Thiam Huat
- Peter Ng Tiang Hui
- Caine Leong Tuck Choy
- Koh Kai San
- Bernard Keh Ghim Leng
- Chan Yip Tong Gerald
- Sean Chee Hong Ming
- Raul Magat De Ocampo
- Lim Han Ren
- Tay Hian Swee Wilson
- Sean Yip U Quan



CSC TENNIS DOUBLES FAMILY CHALLENGE (2 MAY)

Champions: Rick Hartono & Brian Hartono
 1st Runners-up: Eugene Foo & Malcolm Foo
 2nd Runners-up: Wang Yi-feng & Austin Wang
 3rd Runners-up: Yuan Dong & Yuan Jiatong



SQUASH FRIENDLY GAME CSC VS SINGAPORE SWIMMING CLUB (18 APRIL)



CSC & SSC Squash teams



L – R: SSC Squash Convenor Ong Eu-Gen & CSC Squash Convenor Ng Eik Pin during the plaque presentation

SQUASH FRIENDLY GAME CSC VS SINGAPORE CRICKET CLUB (SCC) (13 MAY)



CSC & SCC Squash teams

BADMINTON FRIENDLY GAME CSC VS SINGAPORE SWIMMING CLUB (SSC) (18 APRIL) (HOSTED BY SSC)



CSC & SSC Badminton teams

BOWLING SECTION BI-MONTHLY MEDAL (29 MAY)

Champions:

Open Category: Andre Chew

Classified Category: Ivan Teo

1st Runners-up

Open Category: Elliot Tan

Classified Category: Joanne Wu

2nd Runners-up

Open Category: Jonah Goh

Classified Category: Han Sah Lee

3rd Runners-up

Open Category: Edward Teo

Classified Category: Tan Kayne Jin

Prizes presented by Dorothy Tay,
Bowling Convenor & Felix Lee,
Bowling Sub-Committee Member



Andre Chew (L)



Ivan Teo (L)



Elliot Tan (L)



Joanne Wu (L)

Sign-up for the Bowling Section to enjoy free games every Monday night.

Participate in our upcoming medals to qualify for the year-end
CSC Annual Bowling Championships!

- 31 July
- 25 September
- 27 November

To sign up, please visit our website, ☎ 6885 0671 or ✉ sports@chineseswimmingclub.org.sg



BADMINTON

CSC BADMINTON AGE GROUP TOURNAMENT 2022 (INVITATIONAL)

Monday – Sunday, 5 – 11 September
8.00am – 10.00pm

\$45 (Singles) | \$90 (Doubles)

Singles (Boys & Girls) – U9, U11, U13, U15, U17 & U19

Doubles (Boys & Girls) – U11, U13, U15, U17 & U19

Open – Men's Doubles, Women's Doubles & Mixed Doubles

Men's Doubles Combined 90 & 110 years old

Registration closes 2 August, 9.00pm

BASKETBALL

CSC – LJE SPORTS JUNIOR BASKETBALL HOLIDAY CAMP

In this training camp, children will reap the benefits of improved hand-eye coordination, cardiovascular conditioning, agility and endurance. Participants will also learn about respect and teamwork as they interact with one another in this team sport. Sign up fast, limited slots available!

Monday – Wednesday, 5 – 7 September
8.00am – 10.00am | 6.00pm – 8.00pm

\$257.01 (Member) | \$271.03 (Guest)

6 – 12 years old

Registration will close upon reaching maximum capacity



CSC – LJE SPORTS JUNIOR BASKETBALL TRAINING

A joint programme between CSC and LJE Sports, our basketball training programme aims to inculcate in players basic basketball skills and knowledge. Sessions will cover ball handling, footwork, shooting and conditioning drills.

Juniors (6 – 14 years old)

Thursdays, 5.00pm – 6.15pm

Saturdays, 8.00am – 9.15am & 9.30am – 10.45am

Sundays, 8.00am – 9.15am & 9.30am – 10.45am

Teens/Adults (14 – 35 years old)

Saturdays, 6.00pm – 7.15pm

\$110 (Member) | \$180 (Guest)

Fees are based on 4 sessions a month. For months with a fifth week, additional lesson will be billed accordingly. Guests are required to pay a refundable 1-month deposit.



BOWLING

BOWLING LEARN-TO-PLAY FOR KIDS

Saturdays, 10.00am – 11.00am

12 Lanes, SC (L1)

\$120* (Member) | \$160* (Guest) per month (4 classes)
 7 – 9 years old

JUNIOR BOWLERS

Saturdays, 2.00pm – 3.30pm

12 Lanes, SC (L1)

\$120* (Member) | \$160* (Guest) per month (4 classes)
 7 – 12 years old
 Basic bowling skills required

DEVELOPMENT BOWLERS

Saturdays, 3.40pm – 5.10pm

12 Lanes, SC (L1)

\$120* (Member) | \$160* (Guest) per month (4 classes)
 10 years old & above

*Fees are inclusive of lane and bowling shoe rental

PRIVATE COACHING

From \$80 per hour per trainee
 Up to 4 trainees per group

*Lane fees will be paid at the 12 Lanes counter

All prices are subject to 7% GST. Please visit our website, call **6885 0671** or email **sports@chineseswimmingclub.org.sg** for more information or to sign up.



CONTRACT BRIDGE

CONTRACT BRIDGE

Contract Bridge has resumed face-to-face sessions at the Club.

Wednesdays & Saturdays

2.30pm – 5.30pm
Multipurpose Room, SC (L2)

SQUASH

FUN SQUASH FOR ADULTS, YOUTHS & CHILDREN

Thursday, 8 September

10.00am – 12.00pm

\$80 (Member) | \$93 (Guest)

Min. 3 pax; Max. 10 pax

Children & Youth: 7 – 19 years old

Adults: 20 years old & above

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

Saturdays, 4.00pm – 6.00pm

Sundays, 1.00pm – 3.00pm

\$218.69 per month x 3 months (Member)

\$242.99 per month x 3 months (Guest)

7 – 19 years old

Min. 3 pax

12 sessions per term

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

Sundays, 3.00pm – 5.00pm

\$230 per month x 3 months (Member)

\$260 per month x 3 months (Guest)

20 years old & above

Min. 3 pax

12 sessions per term



TABLE TENNIS

CSC – JTA TABLE TENNIS HOLIDAY TRAINING CAMP

Our fun and engaging holiday camps are the perfect platform for players to pick up various skills and tactics in table tennis, with coaching adjusted based on playing ability.

Monday – Thursday, 5 – 8 September

\$192 (Member) | \$288 (Guest)

4 – 14 years old

GRADE	DAILY TRAINING TIME
Beginner	8.00am – 10.00am
Beginner	10.15am – 12.15pm
Intermediate/ Youth Team	1.00pm – 3.00pm

Registration will close upon reaching maximum capacity

All prices are subject to 7% GST. Please visit our website, call **6885 0671** or email **sports@chineseswimmingclub.org.sg** for more information or to sign up.

CSC – JTA TABLE TENNIS ACADEMY

The CSC-JTA Table Tennis Academy aims to create interest, impart knowledge, and groom and nurture talented young players to strive for excellence in table tennis. This training programme is for kids aged 4 and above and consists of beginner, intermediate and advanced levels. To find out how you can give your child a good start in the sport, call **6885 0671** or email sports@chineseswimmingclub.org.sg.

TABLE TENNIS ADULT GROUP TRAINING

Under resident coach Kelvin, our adult training programme will teach beginners the fundamentals of table tennis, while veterans will further hone their skills and basic game techniques.

Tuesdays, 9.00am – 10.30am

\$150 per month (Member) | \$180 per month (Guest)
Min. 4 pax; Max. 6 pax

Fees are based on 4 sessions a month. For months with a fifth week, additional lesson will be billed accordingly.

TAEKWONDO

TAEKWONDO JUNIOR TRAINING PROGRAMME

More than just kicking and punching, our training programme instils the fundamentals of discipline and self-confidence into all aspects of your child's daily life. Sign up for a free trial!

Sundays

Activity Suite, SC (L3)

\$45 per month (Colour Belt)

\$35 per month (Poom/Black Belt)

Members only

BELT	TIME
Foundation White F1 F2 F3/White	1.00pm – 2.00pm
Yellow	2.00pm – 3.00pm
Green	3.00pm – 4.00pm
Blue	3.00pm – 4.00pm
Brown	4.00pm – 5.00pm
Poom/Black	5.00pm to 6.00pm



GOLF

GOLF

GOLF CALENDAR 2022

Date	Event	Venue
12 – 14 July	Medal Game	Batam
7 – 11 August	Bogor Indonesia	Bogor
15 September	Patron's Cup	MBGC
12 October	Medal Game	Palm Villa

WATER POLO

JUNIOR WATER POLO TRAINING PROGRAMME

Mondays & Wednesdays, 6.15pm – 8.15pm

Fridays, 7.30pm – 9.30pm

Water Polo Pool, SC (L1)

\$95 per month (Member) / \$132.50* per month (Guest)

9 years old & above

Participants must be able to swim 4 x 50m laps continuously

FLIPPA BALL PROGRAMME

Saturdays, 6.15pm – 7.30pm

Beginners' Pool, SC (L1)

\$50 per month (Member) / \$75* per month (Guest)

6 – 12 years old

Participants must be able to swim 2 x 25m laps independently

*Price includes guest fee

All prices are subject to 7% GST. Please visit our website, call **68850671** or email sports@chineseswimmingclub.org.sg for more information or to sign up.

CSC FUN WALK & JOG

Kick off the weekends on a healthy note with a 4km fun run at East Coast Park! Enjoy scenic sunset views and relish in the greenery as you get your endorphins pumping with fellow CSC members.

**Bi-weekly Fridays,
6.30pm @ Arrival Pavilion**

1 & 15 July

5 & 19 August

2 & 16 September

7 & 21 October

4 & 18 November

2 & 16 December

\$10 F&B Vouchers will be awarded for every 4 sessions attended in 2022, while stocks last!

**To sign up for our WhatsApp group chat,
email your name, account number and contact number
to Sports@chineseswimmingclub.org.sg**



JUNE SCHOOL HOLIDAY FUN

Never ending fun at CSC with exciting and interactive workshops, allowing everyone to unleash their creativity!

RHYTHMIC GYMNASTICS (2, 9, 16 & 23 JUNE)



PUNCH NEEDLE WORKSHOP (9 JUNE)



BROWNIE POP WORKSHOP (7 & 14 JUNE)



PIZZA MAKING WORKSHOP (9 JUNE)



DANCE

LATIN/STANDARD BALLROOM DANCE (ALL LEVELS) – 8 SESSIONS

Fridays, commencing 22 July

Mondays, commencing 8 August

8.30pm – 9.30pm

Activity Suite, SC (L3)

\$75 (Member) | \$99 (Guest)

Min. 4 pax



LINE DANCE (BEGINNER INTERMEDIATE) – 10 SESSIONS

Tuesdays, commencing 16 August

12.45pm – 2.00pm

Activity Suite, SC (L3)

\$82.50 (Member) | \$112.50 (Guest)

Min. 10 pax

LINE DANCE (BEGINNER ADVANCED) – 10 SESSIONS

Tuesdays, commencing 26 July

2.00pm – 3.30pm

Activity Suite, SC (L3)

\$97.50 (Member) | \$127.50 (Guest)

Min. 10pax

LINE DANCE (BEGINNER ADVANCED) – 10 SESSIONS

Sundays, commencing 21 August

1.30pm – 3.00pm

Multipurpose Room, SC (L2)

\$97.50 (Member) | \$147.50 (Guest)

Min. 10pax

LINE DANCE (ADVANCED) – 10 SESSIONS

Sundays, commencing 21 August

3.00pm – 4.30pm

Multipurpose Room, SC (L2)

\$97.50 (Member) | \$147.50 (Guest)

Min. 10pax

SOLO LATIN DANCE FOR LADIES – 8 SESSIONS

Wednesdays, commencing 27 July

3.00pm – 4.00pm

Activity Suite, SC (L3)

\$100 (Member) | \$124 (Guest)

Min. 8 pax

EXERCISE

AQUA AEROBICS BY POH LENG

Join us for a 60-minute moderately intense class with a focus on resistance and stretching. Exercising in water is gentle on the body, joints and muscles. It improves blood circulation, builds muscle strength, flexibility and cardiovascular fitness. Limited slots available – sign up now!

Tuesdays, 7.30pm – 8.30pm

Thursdays, 9.00am – 10.00am



YANG STYLE TAIJI QUAN (BEGINNER) BY NG BENG CHIAN

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

Tuesdays, 8.00pm – 9.30pm

TAIJI QIGONG

Sundays, 8.00am – 9.00am

KPOP X FITNESS BY ANGELYN

Mondays, 11.00am – 11.50am

Thursdays, 12.00pm – 12.50pm

MUAY THAI BY ABDUR RAHMAN

Sundays, 9.30am – 10.30am

HIIT BY ABDUR RAHMAN

Sundays, 10.45am – 11.45am

ZUMBA FITNESS *NEW*

Wednesdays, 10.15am – 11.15am (BY LILIAN TAN)

Wednesdays, 7.00pm – 8.00pm (BY ERICA HUGH)

All prices are subject to 7% GST. Please visit our website, call **6885 0654** or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

EXERCISE FLEXI-PASS

Fitness enthusiasts rejoice! Our Exercise Flexi-Pass is a pre-paid package that gives you the flexibility to choose from a variety of exercise classes for a flat fee so you can make the most out of your membership. Simply book your next workout session online.

**10 GROUP
FITNESS CLASSES
@ \$150**

- Each Flexi-Pass is valid for 3 months and provides access to all our classes – Muay Thai, Yoga, Barre, Pilates, Zumba, K-pop Fitness, and more
- Classes can be booked 90 days in advance up until class commencement date

**Sign up from 1 July and receive 2 complimentary Work@CSC Hot Desk Day Passes worth \$56. Valid for 90 days. While stocks last! *T&Cs apply*



Instructor Ming (top of photo)

DYNAMIC BARRE FUSION

Get ready to work up a sweat with experienced group fitness trainer Ming! Fusing elements of Barre, Pilates, Aerobics, Cardio and HIIT, this total body workout incorporating elastic bands, dumbbells and other props is guaranteed to raise your energy levels and keep you fighting fit.

Thursdays | 8.00pm – 9.00pm

Fridays | 9.00am – 10.00am

Saturdays | 10.00am – 11.00am & 3.15pm – 4.15pm

Please visit our website to view our full group exercise class offerings and class schedules.

For more information, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg.

Terms & Conditions apply.



PILOXING BY MONICA *NEW*

Tuesday, 8.00pm – 9.00pm
Friday, 10.45am – 11.45am

HIIT BY RUI YAN *NEW*

Thursdays, 7.00pm – 8.00pm

PILATES BY MEHA JAIN

Tuesdays, 9.00am – 10.00am

GENTLE YOGA BY ROSE LIE

Tuesdays, 10.15am – 11.15am
Fridays, 10.15am – 11.15am

HATHA YOGA BY JEYENTI

Mondays & Fridays, 6.30pm – 7.45pm

MINDFUL GENTLE YOGA BY JESS

Tuesdays, 8.00am – 9.15am
Saturdays, 11.15am – 12.30pm

BODY BAND BALANCE BY ONG BENG HWEE

Mondays, 9.00am – 10.00am

LEISURE

CHINESE CALLIGRAPHY

Mondays
9.00am – 11.00am
Multipurpose Room, SC (L2)
\$15 (Member) | \$30 (Guest) per month

CHINESE BRUSH PAINTING

Thursdays
10.00am – 12.00pm
Multipurpose Room, SC (L2)
\$115 (Member)
\$145 (Guest) per month



**ADULT ART WORKSHOP
PORTRAIT SKETCHING (BEGINNERS)
– 10 SESSIONS**

Wednesdays
3, 10, 17, 24, & 31 August
7, 14, 21 & 28 September

5 October
10.30am – 12.30pm
Multipurpose Room, SC (L2)
\$500* (Member) | \$540* (Guest)
Min.3 pax
21 years old & above

LESSON	OUTLINE
1	Introduction - Eyes
2	Pencil Shading Techniques - Eyes
3	Ears, Nose & Lips
4	Ears, Nose & Lips
5	Concept of Faces
6	Drawing Portraits
7	Drawing Portraits
8	Draw your own Portrait
9	Draw your own Portrait
10	Draw your own Portrait

*All art materials will be provided.



Photo is for illustration purposes only.

All prices are subject to 7% GST. Please visit our website, call **6885 0654** or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

YOUTH & KIDS

CHILDREN'S BALLET – 8 SESSIONS

Beginners 1 (3 – 4 years old)

Mondays | 4.45pm – 5.30pm

Saturdays | 9.15am – 10.15am

\$112 (Member) | \$152 (Guest)

Beginners 2 (5 – 6 years old)

Saturdays | 8.00am – 9.00am

\$152 (Member) | \$192 (Guest)

Primary (5 – 6 years old)

Saturdays | 10.30am – 12.30pm

\$304 (Member) | \$384 (Guest)

Grade 1

Saturdays | 12.45pm – 1.45pm

\$208 (Member) | \$248 (Guest)

Grade 2

Mondays | 2.30pm – 4.30pm

\$448 (Member) | \$528 (Guest)

Grade 3

Fridays | 3.00pm – 5.00pm

\$448 (Member) | \$528 (Guest)

Grade 5

Fridays | 5.15pm – 7.15pm

\$448 (Member) | \$528 (Guest)

Multipurpose Room, SC (L2)

Timeslots are subject to availability. Please check with us for new term dates.

WUSHU (BEGINNERS) – 4 SESSIONS

Mondays, commencing 4 July

7.30pm – 8.30pm

Lattice Suite, RC (L3)

Wednesdays, commencing 6 July

7.30pm – 8.30pm

Lattice Suite, RC (L3)

Saturdays, commencing 9 July

7.00pm – 8.00pm

Multipurpose Room, SC (L2)

Sundays, commencing 17 July

9.30am – 10.30am

Activity Suite, SC (L3)

\$100 (Member) | \$150 (Guest)

5 – 12 years old

Min.5 pax

BRING OUT THE FIGHTER IN YOU: LASER TAG FOR YOUTHS

Laser Tag is addictive, intense and loads of fun! Experience the game "Call of Duty", in real life with realistic shooting technology.

Wednesday, 31 August

4.00pm – 6.00pm

Ballroom, RC (L2)

\$35 (Member) / \$42 (Guest)

16 – 21 years old

Min.10 pax

Registration closes 17 August



DISCOVER ULTIMATE FRISBEE

Looking for a fun outdoor individual or group activity? Ultimate Frisbee is an exciting, non-contact team sport that offers a good physical workout, improves coordination and balance as well as builds self-confidence.

Wednesday, 14 September

5.00pm – 6.30pm

Basketball Court, SC (Rooftop)

\$15* (Member) / \$18* (Guest)

16 – 21 years old

Min.8 pax

Registration closes 7 September

*Price includes a snack and drink.



All prices are subject to 7% GST. Please visit our website, call **6885 0654** or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.



BEYOND THEORY: INTERVIEW TRAINING FOR YOUTHS

This workshop will equip youths with the essential skills necessary to ace interviews, through scenario-based activities and role-play. Participants will be assessed and provided with immediate feedback on their performance, allowing them to identify their strengths and weaknesses.

Wednesday, 7 September

10.00am – 1.00pm

Lattice Suite, RC (L3)

\$59* (Member) / \$70.80* (Guest)

16 – 21 years old

Min. 8 pax

Registration closes 1 September

*Includes 2 complimentary Work@CSC Hot Desk Day Passes worth \$56



ABACUS & MATHEMATICS – 4 SESSIONS

Roots Abacus & Mathematics (RAM) a unit of Roots.Sg Pte Ltd is a leading Abacus Brain Development programme. This programme enhances brain development, focus and retention, improves concentration as well as increases creativity.

Sundays, commencing 7 August

1.00pm – 2.30pm

Lattice Suite, RC (L3)

\$160 (Member) | \$188 (Guest)

*Additional \$45 registration fee applies

4 – 14 years old

Min. 5 pax; Max. 8 pax

Registration closes 31 July

Social Dance Night

SATURDAYS
9, 16 & 23 JULY
13, 20 & 27 AUGUST | 10, 17 & 24 SEPTEMBER
8, 15 & 22 OCTOBER | 12, 19 & 26 NOVEMBER
10 & 24 DECEMBER
7.00PM – 10.30PM
ACTIVITY SUITE, SPORTS COMPLEX (L3)
\$9.00 (MEMBER) / \$14.02 (GUEST)

Limited slots available and are on a first come, first served basis.
 All dates are subject to changes. Register on the CSC website.

All prices are subject to 7% GST. Please visit our website, call **6885 0654** or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.



WITH OVER TWENTY YEARS OF EXPERIENCE, WE MAKE CHILDREN SHINE IN SINGAPORE!

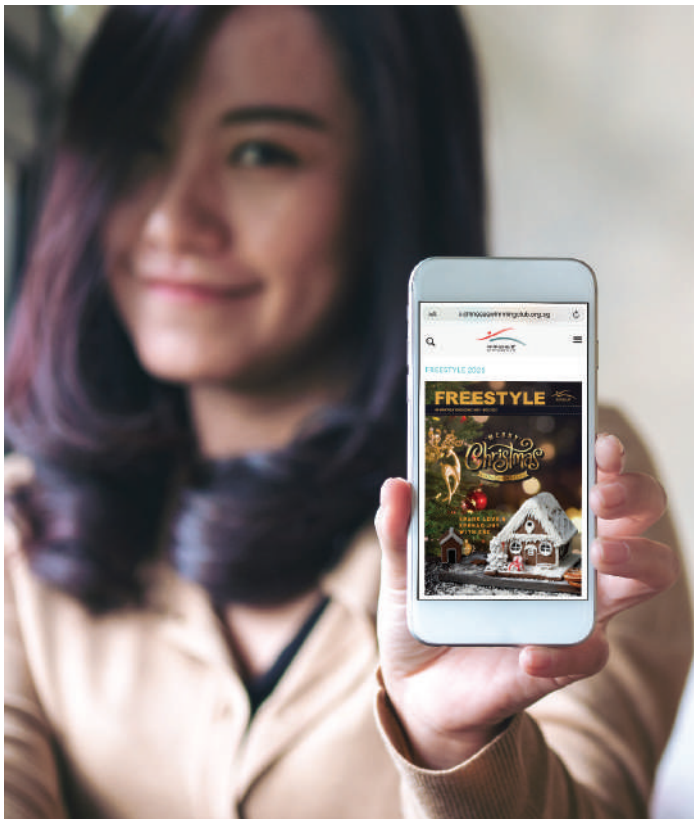


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ALL THE WORLD'S A STAGE, GET READY TO DANCE ON IT

THEDANCESPORTACADEMY.COM



HELP US SAVE THE ENVIRONMENT BY SWITCHING TO E-FREESTYLE

As part of our club-wide sustainability efforts, we encourage all members to switch to e-copies of Freestyle magazine. Simply email your name and membership number to marketing@chineseswimmingclub.org.sg and we will remove you from our hardcopy mailing list. Browsing hardcopies will still be available at the Front Desk for your reading pleasure!

Let's all play our part to Go Green!

CONTACT US

CLUB MAIN LINE

6345 1221 or 6885 0688

GENERAL FEEDBACK

feedback@
chineseswimmingclub.org.sg

PUBLICATION TEAM

Shyamala Naguleswaran

Assistant Manager,
Content & Digital Marketing

Denise Lim

Marketing & Communications
Executive

Lim Wee Siang

Senior Graphic Designer

FRONT OFFICE

Regional Networking/
Corporate Golf Booking/
Affiliates/Reciprocal
Arrangements
6345 1221/Reception@
chineseswimmingclub.org.sg

MEMBERSHIP ENQUIRIES

6885 0652/656/657/
membership@
chineseswimmingclub.org.sg

FINANCE

Statement of Accounts/
Overdue Subscriptions
Payment
6885 0685/Finance@
chineseswimmingclub.org.sg

FOOD & BEVERAGE ENQUIRIES

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6885 0672/Team_SwimCSC@
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SPORTS ENQUIRIES

6885 0671/sports@
chineseswimmingclub.org.sg

LIFESTYLE ENQUIRIES

6885 0654/lifestyle@
chineseswimmingclub.org.sg

FITNESS INSTRUCTORS

6345 1221 ext. 749/
CSC_Flex@
chineseswimmingclub.org.sg

SPORTS RECEPTION

Booking of Sports Facilities
6885 0677

12 LANES

Booking of Bowling Lanes
6345 1221 ext. 745

REGIONAL NETWORK

Your CSC membership has its privileges – connecting you to a network of more than 50 clubs and hotels across the region.

One of the many benefits enjoyed by CSC members is access privileges to an expansive network of reciprocal clubs, affiliate clubs and hotels both in Singapore and internationally. Be it for business or pleasure, our partner clubs and hotels are ready to welcome you with a host of amenities including dining, golf, sports, event hosting and even overnight accommodation.

Please visit our website or scan the QR code to view the full list of clubs and hotels. We are regularly updating our list so make sure to check back often. For more information, email reception@chineseswimmingclub.org.sg or call **6885 0688**.



OPERATING HOURS

ARRIVAL PAVILION
FRONT OFFICE RECEPTION
Daily 8.30am to 10.00pm

MINGLE@AMBER
Daily 8.00am to 8.00pm

SPORTS COMPLEX
SPORTS RECEPTION
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
(Last order is 30 minutes before closing)

12 LANES BOWLING ALLEY
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

BEGINNERS' POOL
Daily 7.00am to 9.00pm
Pool Closure for Swim Training
Tue to Fri 2.00pm to 6.00pm
Sat 8.30am to 7.30pm
Sun 8.30am to 12.30pm

COMPETITION POOL
Daily 6.00am to 9.00pm
Pool Closure for Swim Training
Mon, Wed & Fri 5.30am to 7.30am
Mon to Fri 3.30pm to 8.15pm
Sat 6.45am to 12.15pm
& 3.45pm to 6.15pm
Sun 7.00am to 12.30pm

GREAT BUBBLE REEF
(FUN POOL)
Daily 10.00am to 8.00pm

BADMINTON COURTS (+)
Daily 7.00am to 10.00pm
Closure For Club Team Training
Mon & Fri
6.00pm to 10.00pm (5 Courts)
Closure For Junior Training
Mon to Wed & Fri
3.00pm to 5.00pm (6 Courts)
Tue 6.00pm to 9.00pm (3 Courts)
Thu 4.00pm to 6.00pm (2 Courts)
Sat 8.00am to 2.00pm (3-5 Courts)
& 6.00pm to 9.00pm (4 Courts)
Sun 12.00pm to 5.00pm (3-7 Courts)

BASKETBALL COURT (+)
Daily 7.00am to 10.00pm
Closure for Tennis Junior Programme
Fri 5.00pm to 8.00pm
Sun 5.00pm to 7.00pm
Closure for Junior Training
Thu 5.00pm to 7.00pm
Sat & Sun 8.00am to 11.00am

BILLIARDS & SNOOKER LOUNGE (+)
Daily 2.00pm to 10.00pm
Closure for Section Training
Fri 6.00pm to 10.00pm

FLEX GYM
Mon to Fri 6.30am to 10.00pm
Sat & Sun 7.00am to 9.00pm
PH 7.00am to 8.00pm

SQUASH COURTS (+)
Daily 7.00am to 10.00pm
Closure For Section Training (All Courts)
Mon, Wed & Fri 7.00pm to 10.00pm
Closure for Training Programmes (All Courts)
Sat 4.00pm to 6.00pm
Sun 3.00pm to 5.00pm

TABLE TENNIS ROOM (+)
Daily 7.00am to 10.00pm
Closure for Section Training
Mon 5.00pm to 10.00pm (4 Tables)
Tue 6.00pm to 9.00pm (4 Tables)
9.00pm to 10.00pm (3 Tables)
Thu 6.00pm to 10.00pm (4 Tables)
Fri 5.00pm to 6.00pm (3 Tables)
6.00pm to 9.00pm (4 Tables)
9.00pm to 10.00pm (3 Tables)
Closure for CSC-JTA Training
Mon 3.00pm to 5.00pm (3 Tables)
Tue 3.00pm to 6.00pm (2 Tables)
Wed 3.00pm to 7.00pm (2 Tables)
Thu 3.00pm to 6.00pm (2 Tables)
Sat 10.00am to 12.00pm
& 1.00pm to 6.00pm (2 Tables)
Sun 10.00am to 4.00pm (2 Tables)

TENNIS COURTS (+)
Daily 7.00am to 10.00pm
Closure For Section Training
Mon 5.00pm to 8.00pm (2 Courts)
Wed 5.00pm to 8.00pm (3 Courts)
Sat 3.00pm to 8.00pm (3 Courts)
Closure for Junior Training
Fri 4.00pm to 9.00pm (2-3 Courts)
Sat 8.00am to 12.00pm
(1-2 Courts)
Sun 3.00pm to 8.00pm
(2-3 Courts)

RECREATION COMPLEX
3 BARS
Daily 12.00pm to 11.00pm

SWIMMING POOL
Daily 6.00am to 9.00pm
Closure for Swim Training (Lanes 5 to 8)
Wed 5.15pm to 7.15pm

GAMES & RECREATION ROOM
Mon to Thu & Sun
1.00pm to 9.00pm
Fri, Sat & Eve of PH
1.00pm to 10.00pm

JOY LUCK COVE
Mon to Sun 10.00am to 11.00pm

Closure for training subject to changes.

+ Bookings can be made at the Sports Reception up to seven days in advance on a first-come, first-served basis. There shall be no advance booking on Sundays.





CHINESE SWIMMING CLUB

21 & 34 Amber Road Singapore 439870

Tel: 6345 1221/6885 0688

Fax: 6345 7134

www.chineseswimmingclub.org.sg

 Chinese Swimming Club
 chineseswimmingclub