

# FREESTYLE

QUARTERLY MAGAZINE OCT – DEC 2022



Wishing you a  
*Merry Christmas*  
and a  
*Happy New Year!*

# COMMITTEE & MANAGEMENT REPRESENTATIVES

## PATRONS

Dr Tan Eng Liang  
Dr Wee Cho Yaw  
Dr Chua Thian Poh

## MANAGEMENT COMMITTEE

### PRESIDENT

Mr Victor Chia

### VICE PRESIDENT (GENERAL)

Mr Peter Liew

### VICE PRESIDENT (FINANCE)

Mr Jonathan Kuah

### CAPTAIN

Mr John Chew

### VICE CAPTAIN

Mr Dick Lee

## MEMBERS

Mr Michael Leong  
Mr Goh Peng Koon  
Mr Kendrick Lee  
Mr Chia T-Jian  
Mr Steven Tan  
Mr Gerard Ng  
Mr Eugene Ng  
Mr Peter See  
Ms Christine Koh  
Mr Edmund Tan  
Mr Foo Choon Yeow  
Mr Ong Eng Keong  
Mr Kee Teck Koon (Co-Opt)  
Mr Johnson Ong (Co-Opt)

## STANDING COMMITTEES

### AUDIT CHAIRMAN

Mr Steven Tan

### DIGITALIZATION CHAIRMAN

Mr Kendrick Lee

### DISCIPLINARY PANEL CHAIRMAN

Mr Eugene Ng

### FINANCE CHAIRMAN

Mr Jonathan Kuah

### FOOD & BEVERAGE CHAIRMAN

Mr Peter See

### HOUSE & GROUNDS CHAIRMAN

Mr Peter See

### HUMAN RESOURCE CHAIRMAN

Mr Dick Lee

### INVESTMENT CHAIRMAN

Mr Jonathan Kuah

### LAND LEASE RENEWAL CHAIRMAN

Mr Michael Leong

### LIFESTYLE CHAIRMAN

Mr Gerard Ng

### MARKETING CHAIRMAN

Mr Edmund Tan

### MEMBERSHIP RELATIONS CHAIRMAN

Mr Eugene Ng

### REGIONAL NETWORKING CHAIRMAN

Ms Christine Koh

### SPORTS & GAMES CHAIRMAN

Mr John Chew

### TENDER CHAIRMAN

Mr Goh Peng Koon

### VISION 2030 CHAIRMAN

Mr Foo Choon Yeow

## HEADS OF DEPARTMENT

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gmo@  
chineseswimmingclub.org.sg

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### FOOD & BEVERAGE MANAGER

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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.

**21 & 34 Amber Road**  
**Singapore 439870**  
**Tel: 6345 1221 or 6885 0688**  
**Fax: 6345 7134**  
**[chineseswimmingclub.org.sg](http://chineseswimmingclub.org.sg)**





# 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](mailto:membership@chineseswimmingclub.org.sg) or **6345 1221** for more information or to book a club tour.





## A MESSAGE FROM THE **PRESIDENT**

Dear members,

I am thankful and proud that everybody has worked together to overcome the many challenges over the last two years with great perseverance and dedication. Now that the pandemic restrictions have been eased, we can look forward to a more fantastic array of events for you and your loved ones.

On this celebratory note, I would like to warmly welcome all our new members who have joined the CSC family.

As a prelude to the upcoming festive season, I hope that you would join us at the Oktoberfest celebration on 21 October 2022 at Man Zhu Café, and be entertained by everyone's all-time favourite band - the "Swiss Alpine Lions".

As we approach the school holidays at the end of the year festivities, members can look forward to more exciting events planned for your children at the Club and join us for the Christmas Light-up.

I am thankful for the support that our coaches and parents have provided to sports in CSC. This support is invaluable and had contributed to bring our athletes' outstanding achievements in the recent competitions, such as the Pesta Sukan 2022. More details of our sporting successes can be found in the ensuing pages and in our website.

WORK@CSC is doing well with overwhelming patronage of the private rooms. Work is in progress to add 7 more private rooms to the facility without disruption to members usage of existing facilities. All these are planned to enhance members' experience.

As the Club moving towards the digital realm, we strive to keep everyone updated on the latest happenings at the touch of your fingertips. Members are encouraged to register for the new CSC Mobile App or online portal. The mobile app will allow members to have instantaneous updates and access to F&B promotions, events and activities, booking of sports facilities and statement of accounts.

The Club is pleased to announce the promotion of Ms Helena Goh as the new General Manager from 1 October 2022. In August 1996, Helena joined the Club as a Programme Executive and by 2019 had taken on the position of Head of Operations. Helena has been instrumental in overseeing the many major projects undertaken by the Club such as the revamp of the Sports Academies, launches of Mingle@Amber and Work@CSC as well as the various Redevelopment Projects. Please join me in congratulating Helena on her new role.

As we bid farewell to this year and welcome 2023, the Management team is currently exploring the enhancement of the Kids' Cove and the possibility of new facilities such as a young children's playroom, along with other plans in the pipeline to add to members' enjoyment.

Last but not least, I would like to extend my heartfelt thanks to members for their unfailing support for the Club. We are seeing a greater participation rate in most, if not all our organised activities and events with more members coming to use the Club's facilities.

On behalf of the Management Committee and the administrative staff, I wish all members and their families a Holy Blessed Christmas and a New Year filled with God's Love, Joy and Peace!

SHALOM

**Victor Chia**  
President

# 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.







**WORK@CSC**



**STARTING**  
**1 October 2022**

## BOOK A **MEETING ROOM** WITH US

**1<sup>st</sup> hour: \$30 | 2<sup>nd</sup> hour: \$25**  
**3<sup>rd</sup> hour onwards: \$20**

- ✓ 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](mailto:work@chineseswimmingclub.org.sg)



# CHRISTMAS

## Set Dinner

23 – 25 December 2022

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

### APPETISER

- ❄️ Panko Maguro Miso Dressing

### SOUP

- ❄️ Seafood Chowder

### DESSERT

- ❄️ Chocolate Mango Log Cake
- ❄️ Bread & Butter Pudding

### PLATTER

- ❄️ Roast Turkey Breast with Cranberry Sauce
- ❄️ Honey Baked Gammon Ham with Pineapple Sauce
- ❄️ Roast Angus Ribeye with Pepper Sauce
- ❄️ Herb Butter King Prawns
- ❄️ Sautéed Potatoes
- ❄️ Grilled Vegetables



**\$60** FOR 2

**\$118** FOR 4

**\$70** FOR 2

*(Includes 1 Bottle of Red Wine)*

**\$138** FOR 4

*(Includes 1 Bottle of Sparkling Wine)*

All prices are subject to 7% GST.



## Christmas Roast



## Christmas Cakes & Cookies



For orders & enquiries,  
Man Zhu Café @ 6885 0230

Photos are for illustration purposes only.

Man Zhu 滿足

## White Chocolate Blueberry \$58



## Chocolate Mango Log Cake \$58

All prices are subject to 7% GST.



## Jolly Festive

White Rum, Mint Syrup,  
Lime, Cranberry Juice  
& Soda Water

\$10



Cocktail



Mocktail

## Sparkling Cranberries

Cranberry & Orange Juice,  
Lime & Tonic Water

\$8

Available at 3 Bars  
throughout December

Available at Mingle@Amber  
throughout December



## Sunlight

Vanilla topped with  
an Orange Slice &  
Whipped Cream

\$5.60 (Member)

\$7 (Non-member)



Mingle  
@ AMBER

## Chocolate Citrus Mint Cake

\$8.80 (Member)

\$11 (Non-member)



Christmas

Goodies Galore





# DECEMBER SCHOOL #

## HYDRO DIPPED SNEAKERS

Hydro dipped items are all the rage now! Join us in this fun workshop where you get to customise your own sneakers with a variety of prints. You will be guided on the masking, spraying and hydro dipping process. A pair of white shoes and one shoe accessory will be provided. Participants will get to take home their own uniquely designed shoes!

**Tuesday, 22 November**

**9.00am – 12.00pm**

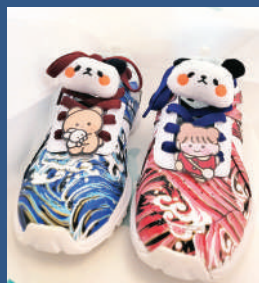
Multipurpose Room, SC (L2)

\$113 per pax (Member) | \$126 per pax (Guest)

3 years old & above

Min. 12 pax

Registration closes 8 November



## FLOATING TEACUPS (PAIR BONDING WORKSHOP)

Learn how to make floating teacups with beautiful floral designs. Adults are encouraged to pair up with your child below 12 years old, where 2 teacups (1 big and 1 small) will be created. Participants will also receive a gift pack worth \$10.

**Friday, 9 December**

**2.00pm – 5.00pm**

Lattice Suite, RC (L3)

\$120 per pair (Member)

\$136 per pair (Guest)

10 years old & above

Min. 3 pairs; Max. 5 pairs

Registration closes 2 December

All materials will be provided.



## STREET JAZZ & HIP HOP DANCE CAMP FOR KIDS

**Friday, 2 December**

**2.00pm – 4.15pm**

Activity Suite, SC (L3)

\$40 (Member) | \$53 (Guest)

7 – 12 years old

Min. 10 pax

Registration closes 25 November

TIME	PROGRAMME
2.00pm	Street Jazz
3.00pm	Break
3.15pm	K-Pop
4.15pm	Home Sweet Home

Snacks and beverages are not included.

The programme will be subject to changes due to unforeseen circumstances.



## FRUTTI JELLY CAKE (HANDS-ON)

Craving for pretty, refreshing and tasty dessert? Learn how to make these easy to prepare nutritious fruit jelly squares. Your child will learn how to cut fruits and form different layers using jelly. Please bring your own apron and a container to bring home your creations.

**Tuesday, 6 December**

**2.30pm – 4.30pm**

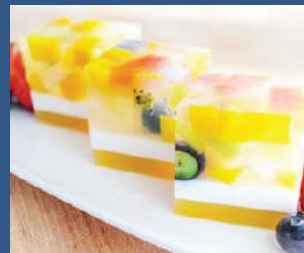
Multipurpose Room, SC (L2)

\$65 (Member) | \$78 (Guest)

6 – 12 years old

Min. 5 pax; Max 10 pax

Registration closes 29 November





# HOLIDAY PROGRAMMES

## GINGERBREAD COOKIES (HANDS-ON)

Create Gingerbread cookies from scratch, prepare the dough, cut them out and have great fun personalising them with coloured icing and sprinkles. Please bring your own apron, hand towel and a container to store a dozen Gingerbread cookies!

**Tuesday, 13 December**

**2.30pm – 4.30pm**

Multipurpose Room, SC (L2)

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

6 – 12 years old

Min. 5 pax; Max. 10 pax

Registration closes 6 December



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

Team up with your child and make this fun Chocolate Smash Cake. Bake, assemble and decorate your cake with melted chocolate, truffles and candies. Finally, smash it to ring in the New Year! Remember to bring along a container measuring more than 8-inches.

**Thursday, 29 December**

**2.30pm – 5.00pm**

Multipurpose Room, SC (L2)

\$95 per pair (Member)

\$108 per pair (Guest)

6 – 12 years old

Min. 4 pairs; Max. 8 pairs

Registration closes 22 December



## ANIMAL POM POM ORNAMENT

Unwind and have fun while making your own Animal Pom Pom ornament using plywood and yarn! Adult supervision is required for children aged 4 – 6 years old, as this workshop will require cutting with scissors and the use of pliers.

**Wednesday, 14 December**

**9.30am – 10.30am**

Lattice Suite, RC (L3)

\$25 (Member) | \$38 (Guest)

7 years old & above

Min. 5 pax; Max. 10 pax

Registration closes 7 December



## ANGEL CHARM ORNAMENT

Make your own Angel Charm ornament and bring it with you wherever you go or decorate your personal space with it! Adult supervision is required for children aged 4 – 6 years old, as this workshop will require cutting with scissors and the use of pliers.

**Wednesday, 14 December**

**11.00am – 12.00pm**

Lattice Suite, RC (L3)

\$30 (Member) | \$43 (Guest)

7 years old & above

Min. 5 pax; Max. 10 pax

Registration closes 7 December



## LITTLE SOUND MAKERS HOLIDAY CAMP

Music has transformed the way we play, create and imagine in this digital age. To experience this, participants will be taking part in three main activities to learn more about coding, rhythm, recording, pitch training, theory, composition and performance skills.

### 1. Nano Piano

Learn to code, play and create your own mini functioning piano

### 2. Decoding Music Notations

Learn how people communicate through music notations since the 1600s until today

### 3. Soundscape

Painting with sound – recreating a scenery with homemade musical instruments

### Monday & Tuesday

**19 & 20 December**

**10.00am – 4.00pm**

Lattice Suite, RC (L3)

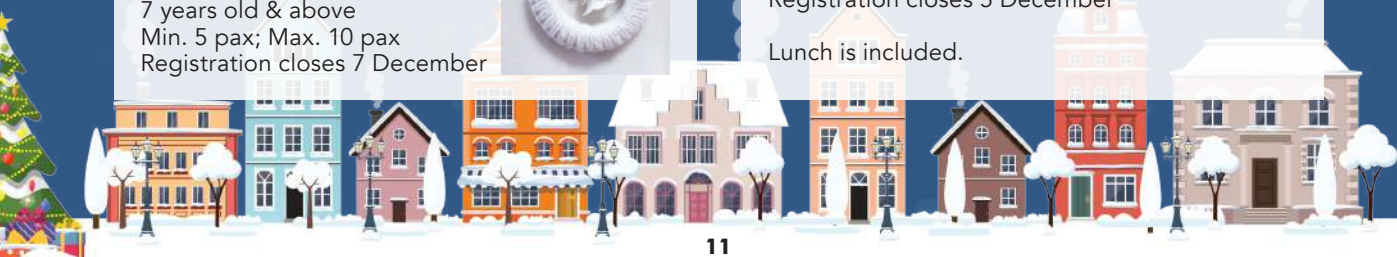
\$120 (Member) | \$136 (Guest)

6 – 13 years old

Min. 6 pax

Registration closes 5 December

Lunch is included.



## UKULELE PAINT & PLAY WORKSHOP

Have you ever wanted to learn how to play the Ukulele? Then this workshop is for you! Participants will be guided by experienced instructors on the fundamentals of playing the Ukulele. Why stop there? You can also paint and customise your Ukulele!

**Wednesday, 21 December**

**9.30am – 12.30pm**

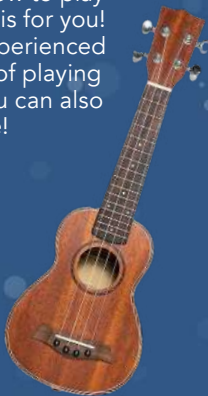
Multipurpose Room, SC (L2)

\$115 (Member) | \$128 (Guest)

6 years old & above

Min. 6 pax

Registration closes 5 December



## RHYTHMIC GYMNASTICS

Combining various elements such as dance, gymnastics and calisthenics as well as the use of basic apparatus like balls, ropes and ribbons, this workshop will allow your child to increase his/her muscle strength, endurance, flexibility and agility while improving concentration levels.

**Mondays**

**21 & 28 November**

**5, 12, 19 & 26 December**

**1.30pm – 2.30pm**

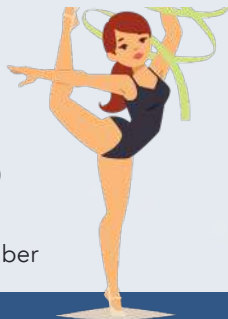
Activity Suite, SC (L3)

\$222 (Member) | \$252 (Guest)

6 – 9 years old

Min. 5 pax

Registration closes 14 November



## CORE & COORDINATION

Challenge your child's muscle flexibility to improve their focus, attention span and concentration while exercising. This fun workout incorporates exercises that will help kids build strong core muscles and improve hand-eye coordination, which are often overlooked but important qualities to enhance sports performance and promote well-being.

**Thursdays**

**24 November**

**1, 8, 15, 22 & 29 December**

**1.30pm – 2.30pm**

Activity Suite, SC (L3)

\$222 (Member) | \$252 (Guest)

6 – 9 years old

Min. 5 pax

Registration closes 17 November



All prices are subject to 7% GST.  
Photos are for illustration purposes only.

To sign up, please visit our website,  
☎ 6885 0654 or

✉ [lifestyle@chineseswimmingclub.org.sg](mailto:lifestyle@chineseswimmingclub.org.sg)

## CHRISTMAS LIGHT UP

**25 November**

**6.30pm – 7.30pm**

Come join us for a funtastic time with music performances and quizzes. Snap a photo with Santa Claus too!

Check out the spaces below for more details closer to the event.

🌐 [chineseswimmingclub.org.sg](http://chineseswimmingclub.org.sg)

f Facebook – Chinese Swimming Club

📷 Instagram – @chineseswimmingclub







# Welcome to

Daily access  
till 10pm

## OUR PRIVATE OFFICES



CHOOSE FROM EITHER 1 OR 2 PAX OFFICES

COMPLIMENTARY

- ✓ WiFi & Lan Port
- ✓ Coffee & Tea
- ✓ Use of Built-in Spacious Cabinets



**WORK@CSC**

**Contact us to  
view the space**



Recreation Complex, Level 2



6345 1221 ext 720 |  [work@chineseswimmingclub.org.sg](mailto:work@chineseswimmingclub.org.sg)



# October Specials



## Featured Coffee Bean

*Jet Candy (Seasonal Espresso Blend)  
by Tiong Hoe*

**Blend:** 50% Colombia Garzon Microlet

**50% Brazil Mogiana Natural**

**Acidity:** Medium-low

**Taste:** Burnt Caramel & Dark Chocolates

## Seasons Chai

**Chai Tea, Caramel,  
Milk & Chendol topped  
with Cinnamon Powder  
& Mint Leaves**

## Cake of the Month

**Apple Strudel**

**\$6.00**

Member

**\$7.50**

Non - Member

**\$5.60**

Member

**\$7.00**

Non - Member

All prices are subject to 7% GST.



# November Specials



## Berry Young

Blueberry & Strawberry Purée, Apple &  
Yakult topped with Whipped Cream

**\$5.60 Member | \$7.00 Non-member**

## Cake of the Month

White Chocolate Ruby Peach

**\$6.00 Member | \$7.20 Non-member**

## Featured Coffee Bean

Dutch Colony

Sao Matheus e Conceicao

Region: Cerrado Mineiro

Single Origin | Espresso

Taste: Milk Chocolate, Peanut Butter & Cherry

All prices are subject to 7% GST.



# CSC Oktoberfest 2022

Join us for a night of merry-making with pints of ice-cold beer and a scrumptious buffet!

Friday,  
21 October 2022

6.00pm  
—  
10.00pm

Man Zhu Café

## Buffet

\$55 (Member) | \$65 (Non-member)

Buffet & Erdinger Beer (2 Mugs)  
\$65 (Member) | \$75 (Non-member)



SCAN ME

## Live Band

### Swiss Alpine Lions

Catch the ever-popular Swiss Alpine Lions performing their Oktoberfest-inspired song arrangements, comprising a unique blend of Swiss, German and Austrian classical and folk music!

All prices are subject to 7% GST.



# NOVEMBER SPECIALS



## Mocktail

### Sweet & Sour Apples

Apple Purée, Sour Plum, Mint Syrup & Soda Water

**\$8**

## Cocktail

### Refreshing Vodka

Vodka, Green Apple Purée, Mint Syrup & Soda Water

**\$10**

All prices are subject to 7% GST.

# OCTOBER WHISKY PROMOTION



## KAMIKI BLENDED MALT WHISKY

**\$118**  
(1 Bottle)

## NOMAD OUTLAND WHISKY

**\$88**  
(1 Bottle)

All prices are subject to 7% GST.





# NOVEMBER WHISKY PROMOTION



BENRIACH THE TWELVE



BENRIACH THE SMOKY TWELVE

All prices are subject to 7% GST.



# DECEMBER WHISKY PROMOTION

All prices are subject to 7% GST.



CHIVAS REGAL  
18 YEARS  
\$138 (1 Bottle)



CHIVAS REGAL  
12 YEARS  
\$200 (2 Bottles)





**World Cup**  
**Platter Promotion**

20 NOVEMBER - 18 DECEMBER 2022

**Fried Fishballs**  
**Samosas**  
**Spring Rolls**  
**Prawn Paste Chicken Wings**  
**Potato Wedges**

**\$10.80**

All prices are subject to 7% GST.

**THREE BARS**  
WINE • BISTRO • BAR

## 给挚爱的父母亲生日惊喜 SURPRISE YOUR BELOVED PARENTS ON THEIR BIRTHDAY

以福臨門厨师们精心设计的贺寿蟠桃，在你的父母亲生日的时候表达您对他们的关爱，你只需要点选我们的生日套餐，即可获得精美贺寿蟠桃一份。

To show your care and love to your parents on their birthday, order our birthday set that comes with a specially designed birthday bun platter by our Fu Lin Men kitchen team.



**Fu Lin Men**  
CANTONESE DINING

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



Scan the QR code  
to view the set menu



Photos are for illustration purposes only.  
We have various creative designs for your surprise.



# 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 wine 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!

Join now and receive a welcome gift of your choice:

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

**\$50**  
per  
annum

**EXCLUSIVE FOR THE TIPPLING MASTERS MEMBERS**

**\$138 (1 Bottle) \$268 (2 Bottles)**

(All prices are subject to 7% GST)

KIRIN FUJI-SANROKU SIGNATURE BLEND





**Nose:** Robust malt with vanilla and cooked fruit in support

**Palate:** A hint of oily peat develops behind layers of honeycomb and dense pastry

**Finish:** Fresh pear, nutmeg and hints of raisin



TO SIGN UP  6885 0697 |  9615 4948 |  [fnb\\_events@chineseswimmingclub.org.sg](mailto:fnb_events@chineseswimmingclub.org.sg)



# New Year

30 December 2022  
– 1 January 2023

## SET DINNER

### APPETISER

- ✦ Parma Ham Feta Cheese Salad

### SOUP

- ✦ Seafood Chowder

### DESSERT

- ✦ Chocolate Mango Log Cake
- ✦ Bread & Butter Pudding

### PLATTER

- ✦ Salmon Filo Pastry with Lemon Butter Dill Sauce
- ✦ Honey Baked Gammon Ham with Pineapple Sauce
- ✦ Roast Angus Ribeye with Black Pepper Sauce
- ✦ Herb Butter King Prawns
- ✦ Sautéed Potatoes
- ✦ Grilled Vegetables

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

**\$60** FOR 2

**\$118** FOR 4

**\$70** FOR 2

(Includes 1 Bottle of Red Wine)

**\$138** FOR 4

(Includes 1 Bottle of Sparkling Wine)

All prices are subject to 7% GST.





"Providing diverse opportunities for your child to discover themselves, perform and build resilience."

OCTOBER CHAMPIONSHIPS  
**DANCESPORT**  
*Explore Your Rhythms*



WHATSAPP: 65 8955 1518  
THE DANCESPORT ACADEMY.COM



@THE DANCESPORT ACADEMY

*End Of Year  
Concert 2022*



17TH DECEMBER 2022

SIM THEATRE

THE DANCESPORT ACADEMY.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](mailto: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!





## SWIMMING CELEBRATORY GET-TOGETHER (7 JULY)

On this special day, CSC celebrated the achievements of our swimmers, who have done the nation and club proud with their stunning performance at the 31<sup>st</sup> SEA Games and 17<sup>th</sup> Singapore National Swimming Championships 2022.

We have witnessed their indomitable spirit, dedication and perseverance over the years and we wish them all the best in their continuous pursuit of excellence.

Congratulations to all our wonderful athletes!



Club President, Victor Chia with Junior & Senior MVPs







Club President, Victor Chia & CSC Swim Coaches with the Overall Junior & Senior Champion Cups as well as the Chan Ah Kow Cup



Chan Zi Yi posing with the Kee Soon Bee Cup

## LIBERTY INSURANCE VIRTUAL SNAG CLUB CHAMPIONSHIPS 2022

### Most Valuable Swimmer (MVP) – Junior Category



Nigel Low



Keane Lee



Elizabeth Low

### Most Valuable Swimmer (MVP) – Senior Category



Matthew Jaeden Lam



Reagan Cheng



Melanie Chong

### TEAM SINGAPORE CHINESE SWIMMING CLUB 2022 – 2023

- Randall Neo
- Melanie Chong
- Zackery Tay
- Mikkell Lee
- Christie May Chue
- Chan Zi Yi
- Ong Jung Yi
- Bonnie Yeo
- Marina Chan
- Poh Wen Ee
- Zachary Tan





## PESTA SUKAN 2022 (14 JULY – 8 AUGUST)

"Pesta Sukan" known as the Festival of Sports provides an opportunity for sportsmen and women to get together in camaraderie and goodwill to raise the standard of sports through friendly competition. This year's edition consisted of 23 competitions, 8 Para competitions and 4 SG57 Signature events.



Raelyn Yap (R)



L - R: CSC's Elite Team: Maxxe Tay, Bryan Wee, Darren Loy, Kris Teo, Seth Han & Daryl Tan



CSC Swimmers.

Photo Credit: Tommy Low



Seth Han (L) & Kris Teo (R)

### CSC MEDAL TALLY

#### Taekwondo

Taekwondo Junior Female Black Belt,  
Under 55kg category  
1 Bronze Medal

#### Swimming

17 Gold, 17 Silver & 17 Bronze

#### Table Tennis

Open Team Category, 2<sup>nd</sup> Position

#### Water Polo

10 & Under Team, 5<sup>th</sup> Position  
12 & Under Team, 2<sup>nd</sup> Position  
18 & Under Team, 1<sup>st</sup> Position  
Women's Open, 3<sup>rd</sup> Position  
Men's Masters, 3<sup>rd</sup> Position



Water Polo 12 & Under Team



## CSC – JTA JUNE HOLIDAY TABLE TENNIS CAMP (13 – 16 JUNE)

Our Junior members had an enjoyable time learning the basics of Table Tennis during the 4-day camp held during their school holidays.



## INAUGURAL SINGAPORE INTER CLUB TABLE TENNIS CHAMPIONSHIP 2022 (25 JUNE)

CSC's Table Tennis Team came in second after intense competition against six Table Tennis clubs. Special thank you to our Table Tennis Convenor, Eric Fong for sponsoring the team!



L - R: Darren Loy, Bryan Wee, Yap Heng Kai, Daryl Tan & Seth Han



Bryan Wee (L) & Daryl Tan (R)

## CHAR YONG NATIONAL MASTERS TABLE TENNIS LEAGUE 2022 (11 JULY)

CSC emerged Champion with a score of 5 - 0 at the opening game!



CSC Team Tornado in red sports attire

## VTTCS OPEN TEAM MASTER TABLE TENNIS CHAMPIONSHIP 2022 (23 JULY)

Congratulations to CSC's Team Tornado for emerging second runner-up! Team Tornado upset hot favourite Sunsports Club 3 - 2 in the quarter finals but lost to SAFRA (Champion) after an intense semi-final.



Eric Fong (L) & Kelvin Toh (R)

### CSC Team Tornado

- Terry Tan
- Andrew Tan
- Kelvin Toh
- Marcus Chan
- David Chiang
- Mabel Ang
- Vilson Eng
- Eric Fong



CSC Team Tornado

## CSC TENNIS DOUBLES FAMILY CHALLENGE 2022 SERIES 2 (11 JULY)

### Champions:

Rick Hartono & Brian Hartono

### 1<sup>st</sup> Runners-up:

Joel Ng & Ng Shen Wei

### 2<sup>nd</sup> Runners-up:

Wang Yi-feng & Austin Wang

### 3<sup>rd</sup> Runners-up:

Yuan Dong & Yuan Jiatong



## 5<sup>TH</sup> CSC JUNIOR TENNIS SINGLES TOURNAMENT 2022 (9 AUGUST)

### Champion:

Brian Hartono

### 1<sup>st</sup> Runner-up:

Isla Mathews

### 2<sup>nd</sup> Runner-up:

Regis Lin

### 3<sup>rd</sup> Runner-up:

Aiden Lim



## SNOOKER SUCCESS

Honorary Member Aloysius Yapp had an amazing season playing in various international competitions and against the world's top-ranking players.



**World Cup of Pool 2022**  
(14 – 19 June)

2<sup>nd</sup> Position

**World Games 2022**  
(13 – 17 July)

3<sup>rd</sup> Position

**National 10 Balls  
Championship Open 2022**  
(31 July)

1<sup>st</sup> Position



## NATIONAL DAY GATHERING & 6 RED SNOOKER INVITATIONAL TOURNAMENT 2022 (9 AUGUST)

After a two year break due to the pandemic, CSC played host to Changi Beach Club, Cuesports Development and Singapore Cricket Club, where everyone enjoyed a friendly game of snooker.



CSC Billiards & Snooker Convenor,  
Michael Hoon (L), CSC Vice Captain,  
Dick Lee (M) & Tennis Convenor,  
David Khoe (R)



Chinese Swimming Club, Changi Beach Club, Cuesports Development &  
Singapore Cricket Club Billiards & Snooker Teams

## NATIONAL SQUASH LEAGUE 2022 (30 JULY)

Congratulations to CSC's Veteran 1 Team who emerged Champions with a score of 4 - 0 against the National University of Singapore Society in the finals.

### Kudos to CSC's other teams for their outstanding achievements!

- Division 1: 4<sup>th</sup> Position (Group Stage)
- E Grade: 4<sup>th</sup> Position (Group Stage)
- Veteran 2: 5<sup>th</sup> Position (Group Stage)

### Veteran 1 Team

- Mohammad Rizal
- Kok Tsung Hao
- Ng Joel Leon
- Teo Choon Ghee Vernon
- Chew Kok Wye
- Aidan McDonnell
- Alex Wan
- Thio Syn Wee Patrick
- Pang Hian Tee
- Teo Lok Tsong Terence
- Nathan Briggs
- Ng Eik Pin
- Ng Yong Ching Michel
- Lim Heng Loong Alfred



Squash Veteran 1 Team

## INDONESIA RIAU STATE TEAM SQUASH FRIENDLY (24 JULY)



CSC & Indonesia Riau State Squash Teams



## **CSC – LJE SPORTS JUNIOR 2<sup>ND</sup> JUNE HOLIDAY BASKETBALL CAMP (20 – 24 JUNE)**

LJE Sports conducted an intense 5-day basketball workshop for our enthusiastic and active kids!



## **CSC-JTA SEPTEMBER HOLIDAY TABLE TENNIS CAMP (5 – 8 SEPTEMBER)**

JTA Table Tennis Academy organised a 4-day Table Tennis camp during the September holidays.



## **HOOP DREAMS BASKETBALL WORKSHOP HOLIDAY BASKETBALL CAMP (9 JULY)**

A huge thank you to Basketball Coach Edric who came down to conduct the Hoop Dreams Basketball Workshop, where participants got to pit their newfound skills against each other.

Special thanks to our Golf Sub-Committee Member, Tim Koh for his generosity in sponsoring the caps as gifts for the kids!





## TAEKWONDO JUNE HOLIDAY CAMP & IN-HOUSE TOURNAMENT 2022 (26 JUNE)

### Team Champions: Team 4

Sixtine Le Mestrealan, Keane Lee, Aiden Lim, Isaac Ngiam, Raelyn Yap, Ethan Goh, Alena Wee, Tyson Lee, Matthew Lim, Owen Fun & Logan Lim

### Poom Individual (Female)

Gold: Raelyn Yap  
Silver: Asha Enyi Vasu  
Bronze: Jenessa & Eva Lee

### Poom Individual (Male)

Gold: Aiden Lin  
Silver: Titus Fu  
Bronze: Isaac Ngiam & Bryan Watt



## NATIONAL DAY BRIDGE TOURNAMENT (30 JULY & 5 AUGUST)

### 2022 NATIONAL DAY PAIRS TOURNAMENT (PHYSICAL GAME)

Champion: Chia Chee Liong & Khoo Beng Yang  
1<sup>st</sup> Runners-up: Albert Wong & Wong Seng Chak  
2<sup>nd</sup> Runners-up: Chiang Woon Seng & Lim Boon Eng  
3<sup>rd</sup> Runners-up: Lee Pinn May & Tan Jin Meng

### 2022 NATIONAL INDIVIDUAL TOURNAMENT (ONLINE GAME)

Champion: Hah Kwai Fun  
1<sup>st</sup> Runner-up: Josephine Seow Lye Neo  
2<sup>nd</sup> Runner-up: Shu Moo Young  
3<sup>rd</sup> Runner-up: Chiang Woon Seng  
4<sup>th</sup> Runner-up: Lim Boon Eng Alice  
5<sup>th</sup> Runner-up: Purnawan Sutiono





## BADMINTON FRIENDLY GAME WITH SINGAPORE SWIMMING CLUB (17 JUNE)

Our Club hosted a Badminton friendly match with Singapore Swimming Club and won 14 – 8.



## WELCOMING OUR NEW HONORARY MEMBER LOH KEAN YEW (6 JULY)

World Champion, Loh Kean Yew took time off his busy training schedule to receive his newly minted Honorary Membership Card from our Club Captain, John Chew. Also present at the ceremony were Vice-Captain, Dick Lee, Badminton Convenor, Allan Kwek, Badminton Captain, Joseph Sng and Badminton Sub-Committee representatives as well as Singapore Badminton Association Vice President (Pathway and Development), Ian Lee.



Loh Kean Yew receiving his Honorary Membership Card from Club Captain, John Chew



Ian Lee (SBA Vice-President), John Chew (CSC Club Captain), Loh Kean Yew, Allan Kwek (CSC Badminton Convenor), Joseph Sng (CSC Badminton Captain) & Dick Lee (CSC Vice-Captain)





## CSC BADMINTON SECTION TEAM CHALLENGE 2022 (1, 5 & 12 AUGUST)

The event saw the participation of 48 players divided into four teams. All participants walked away with prizes and CSC member, Alvin Fu was presented with a Wine Chiller kindly sponsored by Liebherr for leading his team (Nassim) to victory.



L – R: Alvin Fu, Allan Kwek & Joseph Sng



Alvin Ng (L) & Allan Kwek (R)



Ricky Foo (L) & Allan Kwek (R)



Woo Yingxi (L) & Allan Kwek (R)

## SINGAPORE WATER POLO NATIONAL LEAGUE 2022 (6 – 27 AUGUST)

The Singapore Water Polo League was held at Our Tampines Hub, where CSC came in 4<sup>th</sup> position for the 14 & Under category.



Isaac Ang & Robin Xie receiving their MVP awards





## DURIAN PARTY (10 JULY)

The party was a success with a great turnout and everyone tucking into quality Mao Shan Wang and Red Prawn durians.

We look forward to seeing you at next year's party!



## 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, 28 – 30 November**

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

6 – 12 years old

TRAINING TIME	AGE GROUP
8.00am – 10.00am	6 – 12 years old
6.00pm – 8.00pm	6 – 12 years old

\*Fees are for 3 days of training.

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**

\$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.

## BADMINTON

### CSC BADMINTON BEGINNERS CAMP

**Monday – Friday, 21 – 25 November**

**8.00am – 10.00am**

Badminton Hall, SC (L2)

\$125 (Member) | \$175 (Guest)

Min. 8 pax; Max. 24 pax

Registration closes 31 October

## BOWLING

### CSC HALLOWEEN FUN BOWL

**Saturday, 29 October**

**6.00pm – 9.00pm**

12 Lanes Bowling Alley, SC (L1)

\$40 (12 years & below) – 3 games

\$60 (Adults) – 6 games

Inclusive of Buffet Dinner, Cash Prizes, Lucky Draws, and Best Dress Awards!

Min. 16 pax; Max. 48 pax

Registration closes 13 October

### BOWLING LEARN-TO-PLAY FOR KIDS

**Saturdays, 10.00am – 11.00am**

12 Lanes Bowling Alley, SC (L1)

\$120\* per month (Member) | \$160\* (Guest) per month (4 classes)

7 – 9 years old

### JUNIOR BOWLERS

**Saturdays, 2.00pm – 3.30pm**

12 Lanes Bowling Alley, SC (L1)

\$120\* per month (Member) | \$160\* (Guest) per month (4 classes)

7 – 12 years old

Basic bowling skills required.

### DEVELOPMENT BOWLERS

**Saturdays, 3.40pm – 5.10pm**

12 Lanes Bowling Alley, SC (L1)

\$120\* per month (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.



## SQUASH

### FUN SQUASH FOR ADULTS, YOUTHS & CHILDREN

**Thursdays, 24 November**

**1, 8, 15, 22 & 29 December**

**10.00am – 12.00pm**

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

Children & Youth: 7 – 19 years old

Adults: 20 years old & above

Min. 3 pax; Max. 10 pax

\*Fees are for 1 selected date.

### 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 (4 DAYS)

Our 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. The emphasis is on fun and engagement instead of competition.

**Monday – Thursday, 12 – 15 December**

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

4 – 14 years old

GRADE	DAILY TRAINING TIME
Beginner	8.00am – 10.00am
Beginner	10.15am – 12.15pm

\*Fees are for 4 days of training

### CSC – JTA TABLE TENNIS ACADEMY

The CSC-JTA Table Tennis Academy aims to create interest, impart knowledge, 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.

**Fridays**

**9.00am – 10.30am**

\$150 per month (Member) | \$180 per month (Guest)

Min. 3 pax; Max. 6 pax

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



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.

## 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 – 6.00pm

## PICKLEBALL

### PICKLEBALL SECTION TRAINING \*NEW\*

Pick up your paddles and join us in this fun sport combining elements of tennis, badminton and table tennis!

**Mondays & Wednesdays, commencing 3 October**  
**7.00pm – 10.00pm**

Basketball Court, SC (Rooftop)



## GOLF

### GOLF

GOLF CALENDAR 2022		
Date	Event	Venue
20 October	Medal Game	Senibong Golf Club
17 November	Medal Game	IOI Palm Villa Golf & Country Club
15 December	Christmas Bash	Changi Golf Club

## WATER POLO

### JUNIOR WATER POLO TRAINING PROGRAMME

**Monday, Wednesday & Saturday 6.15pm – 8.15pm**

**Friday, 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

**Saturday, 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.



## DANCE

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

**Mondays, commencing 24 October**

**Fridays, commencing 2 December**

**8.30pm – 9.30pm**

Activity Suite, SC (L3)

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

Min. 4 pax



### LINE DANCE (BEGINNER FOUNDATION) – 8 SESSIONS

**Wednesdays, commencing 9 November**

**1.30pm – 2.30pm**

Activity Suite, SC (L3)

\$80 (Member) | \$104 (Guest)

Min. 8 pax

### LINE DANCE (BEGINNER INTERMEDIATE) – 10 SESSIONS

**Tuesdays, commencing 15 November**

**12.45pm – 2.00pm**

Activity Suite, SC (L3)

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

Min. 10pax

### LINE DANCE (BEGINNER ADVANCED) – 10 SESSIONS

**Tuesdays, commencing 1 November**

**2.00pm – 3.30pm**

Activity Suite, SC (L3)

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

Min. 10 pax

### LINE DANCE (BEGINNER ADVANCED) – 10 SESSIONS

**Sundays, commencing 20 November**

**1.30pm – 3.00pm**

Multipurpose Room, SC (L2)

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

Min. 10 pax

### LINE DANCE (ADVANCED) – 10 SESSIONS

**Sundays, commencing 27 November**

**3.00pm – 4.30pm**

Multipurpose Room, SC (L2)

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

Min. 10 pax

### SOLO LATIN DANCE FOR LADIES – 8 SESSIONS

**Wednesdays, commencing 23 November**

**3.00pm – 4.00pm**

Activity Suite, SC (L3)

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

Min. 8 pax

### DANCE PARTIES

Come dressed in your best Bollywood attire and dance the night away at these Bollywood themed line and social dance parties.

### BOLLYWOOD LINE DANCE PARTY

**Saturday, 22 October**

**6.30pm – 10.00pm**

Activity Suite, SC (L3)

\$26.17 (Member)

\$35.52 (Guest)

### BOLLYWOOD SOCIAL DANCE PARTY

**Sunday, 23 October**

**7.30pm – 11.00pm**

Activity Suite, SC (L3)

\$26.17 (Member)

\$35.52 (Guest)



Registration closes 12 October  
Inclusive of Bento Set and 1 Bottled Water.

### CHRISTMAS EVE DANCE PARTY

Dance to your heart's content at this year's Christmas Eve party! Inclusive of goodie bags and a lucky draw for all participants.

**Saturday, 24 December**

**8.00pm – 12.30am**

Activity Suite, SC (L3)

\$26.17 (Member)

\$35.52 (Guest)

Dinner not included.

### SOCIAL DANCE NIGHT

**Saturdays**

**8 & 15 October**

**19 & 26 November**

**10 & 17 December**

**7.00pm – 10.30pm**

Activity Suite, Sports Complex (L3)

\$9 (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](mailto: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



*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](mailto:lifestyle@chineseswimmingclub.org.sg).**

*Terms & Conditions apply.*





## 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 instructor – Ng Beng Chian has 10 years of experience teaching in the Singapore Taiji Society. 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 BY NGIAM TONG KHENG

Taiji Qigong instructor – Ngiam Tong Kheng an international Wushu judge is passionate about imparting the health benefits of Taiji to his students. He teaches both Soon and Chen style Taiji which includes the use of swords and sabres combined with Qigong techniques.

**Sundays, 8.00am – 9.00am**

### K-POP X FITNESS BY ANGELYN KAM

Angelyn has been teaching K-Pop X Fitness since 2019 and is passionate about exercising and leading 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 ages to lead an active lifestyle.

**Mondays, 11.00am – 11.50am**  
**Thursdays, 11.00am – 11.50am**

### MUAY THAI BY ABDUR RAHMAN

Abdur Rahman is a Muay Thai and Kickboxing athlete who was one of the first two athletes to represent Singapore in the prestigious World Kickboxing Championships (2019, Sarajevo) where he placed overall 17<sup>th</sup> in the world after becoming the national champion in the same year (2019). Rahman has over 5 years of coaching experience in Muay Thai, HIIT and Kickboxing.

**Sundays, 9.30am – 10.30am**

### ZUMBA FITNESS BY LILIAN TAN

Join our new Zumba instructor – Lilian, in this energetic and fun dance workout. Lilian has 8 years of experience teaching group fitness classes.

**Wednesdays, 10.15am – 11.15am**  
 Activity Suite, SC (L3)

### ZUMBA FITNESS BY ERICA HUGH

Join our new Zumba instructor – Erica, an experienced Tap and Hip-Hop dancer who has been teaching Zumba since 2014.

**Wednesdays, 7.30pm – 8.30pm**

### PILATES BY MEHA JAIN

Join our Pilates instructor – Meha, who is certified by the American Council on Exercise (ACE) and trained in Polestar Pilates and HIIT. She specialises in core strengthening, posture correction, spine mobilisation and cardiovascular exercises.

**Tuesdays, 9.00am – 10.00am**

### HATHA YOGA BY JEYENTI

Join our Hatha Yoga instructor – Jeyenti, a certified Yoga instructor since 2002. Jeyenti has 20 years of experience teaching fitness in Clubs and is passionate about imparting the benefits of Yoga.

**Mondays & Fridays, 6.30pm – 7.45pm**

### GENTLE YOGA BY ROSE LIE

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



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.

**MINDFUL GENTLE YOGA BY JESS****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 per month (Member) | \$30 per month (Guest)

**CHINESE BRUSH PAINTING****Thursdays, 10.00am – 12.00pm**

Multipurpose Room, SC (L2)

\$115 per month (Member) | \$145 per month (Guest)

**ADULT PORTRAIT WITH DRY MEDIA (BEGINNER) – 5 SESSIONS****Thursdays****13, 20 & 27 October****3 & 10 November****2.00pm – 4.00pm**

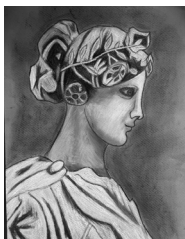
Multipurpose Room, SC (L2)

\$250 (Member) | \$275 (Guest)

Min. 3 pax

21 years old &amp; above

Registration closes 6 October



LESSON	OUTLINE
1	Charcoal – Side Face
2	Charcoal – Side Face
3	Soft Pastel & Coloured Pencils
4	Soft Pastel & Coloured Pencils
5	Soft Pastel & Coloured Pencils

All art materials will be provided.

**ISLAND JELLY CAKE (HANDS-ON)**

Learn to make your own delicious Island Jelly Cake in this beginner friendly workshop! Bake it from scratch, starting from the Chocolate Madeira to the Chocolate Ganache, thereafter, building this beautiful island structure. Remember to bring along a container measuring more than 6-inches.

**Saturdays, 29 October****2.30pm – 7.30pm**

Multipurpose Room, SC (L2)

\$140 per month (Member)

\$155 per month (Guest)

Min. 5 pax

Registration closes 22 October

**CITRON ORANGE CREAM CHEESECAKE (HANDS-ON)**

Love cheesecake and want to try making one for your family and friends? Start by preparing the cookie base, cream cheese layer sandwiched in between and top it with jelly! Remember to bring along a container measuring more than 6-inches.

**Sunday, 4 December****9.00am – 12.00pm**

Multipurpose Room, SC (L2)

\$100 per month (Member)

\$115 per month (Guest)

Min. 5 pax

Registration closes 27 November

**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)

Timeslot is subject to availability. Please check with us for new term dates.

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



## WUSHU BY TEX TOH

Tex Toh, a registered MOE Coach under Singapore Wushu Federation is the founder and Chief Coach of Wan Wu Sports and Martial Arts Academy. Since 2007, he has groomed many Wushu athletes and coaches.

## WUSHU (BEGINNERS) – 4 SESSIONS

**Mondays, commencing 7 November**

**7.30pm – 8.30pm**

Lattice Suite, RC (L3)

**Wednesdays, commencing 2 November**

**7.30pm – 8.30pm**

Lattice Suite, RC (L3)

**Saturdays, commencing 29 October 2022**

**7.00pm – 8.00pm**

Multipurpose Room, SC (L2)

**Sundays, commencing 6 November 2022**

**9.30am – 10.30am**

Activity Suite, SC (L3)

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

Min. 5 pax

5 – 12 years old



## 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.

**Wednesdays**

**5.00pm – 6.30pm**

Lattice Suite, RC (L3)

\$140 (Member) | \$160 (Guest)

\*Additional \$45 registration fee applies

4 – 14 years old

Min. 5 pax; Max. 8 pax



*Photo is for illustration purposes only.*

## HALLOWEEN CUPCAKES

Happy Children's Day! Create your very own Instagrammable cute Halloween cupcakes. Learn how to make coloured buttercream for cupcakes and mini cupcake toppers using fondant.

**Friday, 7 October**

**10.00am – 11.30am**

Multipurpose Room, SC (L2)

\$45 (Member) | \$58 (Guest)

5 – 12 years old

Min. 7 pax; Max. 12 pax

Registration closes 30 September

## YOUTH & KIDS ART CLASS (BEGINNER) – 6 SESSIONS

Unleash your creativity through exploring different art medium techniques and skills with Jaya – a professional and renowned artist. These session will increase participants analytical power and focus.

**Thursdays, 13 October – 17 November**

**Multipurpose Room, SC (L2)**

**5 – 7 years old**

**5.15pm – 6.15pm**

\$150 (Member)

\$170 (Guest)

**8 – 12 years old**

**5.00pm – 6.30pm**

\$210 (Member)

\$230 (Guest)

**13 – 18 years old**

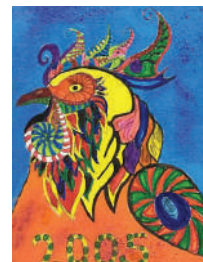
**4.30pm – 6.30pm**

\$240 (Member)

\$260 (Guest)

Min. 3 pax

All art materials will be provided.



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.

# 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

### Dharrshiyni d/o Panirselvam

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

6885 0697/fnb\_events@  
chineseswimmingclub.org.sg

## SWIMMING ENQUIRIES

6885 0672/Team\_SwimCSC@  
chineseswimmingclub.org.sg

## SPORTS ENQUIRIES

6885 0671/sports@  
chineseswimmingclub.org.sg

## LIFESTYLE ENQUIRIES

6885 0654/lifestyle@  
chineseswimmingclub.org.sg

## FLEX GYM ENQUIRIES

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

## WORK@CSC ENQUIRIES

6345 1221 ext. 720/work@  
chineseswimmingclub.org.sg

# 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 – 10.00pm

## MINGLE@AMBER

Daily 8.00am – 8.00pm

## SPORTS COMPLEX SPORTS RECEPTION

Daily 7.00am – 10.00pm

## MAN ZHU CAFÉ

Mon – Thu

12.00pm – 9.30pm

Fri & Eve of PH & PH

11.30am – 9.30pm

Sat & Sun

8.30am – 9.30pm

(Last order is 30 minutes before closing)

## 12 LANES BOWLING ALLEY

Mon – Thu 12.00pm – 11.00pm

Fri & Eve of PH 12.00pm – 1.00am

Sat & PH 10.00am – 1.00am

Sun 10.00am – 11.00pm

## BEGINNERS' POOL

Daily 7.00am – 9.00pm

Pool Closure for Swim Training

Tue – Fri 2.15pm – 6.15pm

Sat 8.30am – 12.30pm & 2.15pm – 6.15pm

Sun 8.30am – 12.30pm & 2.45pm – 6.15pm

## COMPETITION POOL

Daily 6.00am – 9.00pm

Pool Closure for Swim Training

Mon, Wed & Fri 5.30am – 7.30am

Mon – Fri 3.30pm – 8.15pm

Sat 6.30am – 12.30pm & 3.30pm – 6.15pm

Sun 6.45am – 12.30pm

## GREAT BUBBLE REEF (FUN POOL)

Daily 8.00am – 8.00pm

## BADMINTON COURTS (+)

Daily 7.00am – 10.00pm

Closure For Club Team Training

Mon & Fri 6.00pm – 10.00pm (4 – 6 Courts)

Closure For Junior Training

Mon – Wed & Fri

3.00pm – 5.00pm (6 Courts)

Tue 6.00pm – 9.00pm (3 Courts)

Thu 4.00pm – 6.00pm (4 Courts)

Sat 8.00am – 2.00pm (3 – 5 Courts)

& 6.00pm – 9.00pm (4 Courts)

Sun 12.00pm – 5.00pm (3 – 7 Courts)

## BASKETBALL COURT (+)

Daily 7.00am – 10.00pm

Closure for Tennis Junior Programme

Fri 5.00pm – 8.00pm

Sun 5.00pm – 7.00pm

Closure for Junior Training

Thu 5.00pm – 7.00pm

Sat & Sun 8.00am – 11.00am

Closure for Pickleball Section Training

Mon & Wed 7.00pm – 10.00pm

## BILLIARDS & SNOOKER LOUNGE (+)

Daily 2.00pm – 10.00pm

Closure for Section Training

Fri 6.00pm – 10.00pm

## FLEX GYM

Mon – Fri 6.30am – 10.00pm

Sat & Sun 7.00am – 9.00pm

PH 7.00am – 8.00pm

## SQUASH COURTS (+)

Daily 7.00am – 10.00pm

Closure For Section Training

(All Courts)

Mon 6.00pm – 10.00pm

Wed & Fri 7.00pm – 10.00pm

Closure for Training Programmes

(All Courts)

Sat 4.00pm – 6.00pm

Sun 3.00pm – 5.00pm

## TABLE TENNIS ROOM (+)

Daily 7.00am – 10.00pm

Closure for Section Training

Mon 5.00pm – 10.00pm (4 Tables)

Tue 6.00pm – 9.00pm (4 Tables)  
9.00pm – 10.00pm (3 Tables)

Thu 6.00pm – 7.00pm (3 Tables)  
7.00pm – 10.00pm (4 Tables)

Fri 5.00pm – 7.00pm (3 Tables)  
7.00pm – 9.00pm (4 Tables)  
9.00pm – 10.00pm (3 Tables)

Closure for CSC-JTA Training

Mon 3.00pm – 5.00pm (2 Tables)

Tue 3.00pm – 6.00pm (2 Tables)

Wed 3.00pm – 7.00pm (2 Tables)

Thu 3.00pm – 6.00pm (2 Tables)

Sat 10.00am – 12.00pm  
& 1.00pm – 6.00pm (2 Tables)

Sun 10.00am – 4.00pm (2 Tables)

## TENNIS COURTS (+)

Daily 7.00am – 10.00pm

Closure For Section Training

Mon 5.00pm – 8.00pm (2 Courts)

Wed 5.00pm – 8.00pm (3 Courts)

Sat 3.00pm – 8.00pm (3 Courts)

Closure for Junior Training

Fri 4.00pm – 9.00pm (2 – 3 Courts)

Sat 8.00am – 12.00pm (1 – 2 Courts)

Sun 3.00pm – 8.00pm (2 – 3 Courts)

## RECREATION COMPLEX 3 BARS

Daily 12.00pm – 11.00pm

Non-band Performing Nights

12.00pm – 11.00pm

Band Performing Nights

12.00pm – 12.00am

## KTV ROOMS

Canto\*/Common Room (Max 15 persons)

Mon – Thu 3.00pm – 10.30pm

(\*Unavailable for private booking)

Fri 3.00pm – 6.00pm

(\*Available for private booking from  
6.30pm – 11.30pm)

Sat, Sun, Eve of PH & PH

3.00pm – 6.00pm

(\*Available for private booking from  
6.30pm – 10.30pm)

Mando Room (Max 9 persons)

Mon – Thu, Sat, Sun, Eve of PH & PH

3.00pm – 10.30pm (Booking required)

Fri 3.00pm – 11.30pm (Booking required)

## SWIMMING POOL

Daily 6.00am – 9.00pm

Closure for Swim Training (Lanes 5 – 8)

Wed 5.15pm – 7.15pm

## GAMES & RECREATION ROOM

Mon – Thu & Sun 1.00pm – 9.00pm

Fri, Sat & Eve of PH 1.00pm – 10.00pm

## JOY LUCK COVE

Daily 10.00am – 11.00pm

## WORK@CSC

Mon – Fri & Eve of PH

8.00am – 10.00pm

Sat, Sun & PH

8.00am – 7.00pm

Manned Hours

Mon – Sat (excluding PH)

9.00am – 6.00pm

Closure for training subject to changes.  
+ Bookings can be made online or at the  
Sports Reception up to seven days in  
advance on a first come, first served basis.

## SCAN QR CODE FOR BOOKING FEES







**CHINESE SWIMMING CLUB**

21 & 34 Amber Road Singapore 439870

Tel: 6345 1221/6885 0688

Fax: 6345 7134

[www.chineseswimmingclub.org.sg](http://www.chineseswimmingclub.org.sg)

 Chinese Swimming Club  
 chineseswimmingclub