

# FREESTYLE

QUARTERLY MAGAZINE **APR – JUN 2023**



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# 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](mailto:reception@chineseswimmingclub.org.sg) or call **6885 0688**.



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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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MCI (P) 001/09/2022





## CORPORATE MEMBERSHIP

**\$19,440** 4 nominees

Sign up now to enjoy  
in spending credits

**\$2,000**

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



**6345 1221**



**membership@chineseswimmingclub.org.sg**





## A MESSAGE FROM THE PRESIDENT

Dear Members,

It is hard to believe that we are already in April! With the first quarter of the year behind us, I hope you and your loved ones managed to celebrate the Lunar New Year with larger gatherings now that we can once again come together in person.

Chinese Swimming Club marked the Year of the Rabbit with a grand Spring Festival 2023 celebration. Our members and their families immerse themselves in the festive ambience, enjoying magnificent performances from the Lion & Dragon Dance and the Thousand-Hand Bodhisattva Dance. The merriment continued with roving stilt walkers, the Rabbit mascot, the God of Wealth, and delectable food stalls. Man Zhu Café introduced an exquisite Lunar New Year Buffet Brunch, which our members and guests relished.

The sports fraternity excelled in recent months with noteworthy performances. The swim team, under the guidance of Coach Wang Tao and Coach Vernon, emerged victorious in the 44th SEA Age Group Swimming Championship 2022, securing two gold medals, six silver medals and four bronze medals. Congratulations to our swimmers for their incredible achievements!

We are proud to have seven swimmers, along with Coach Zhang Jianlan, who have qualified for the 32nd SEA Games National Team Squad and will be rooting for them!

The Water Polo Under-16 and Under-13 teams also displayed impressive performances, clinching gold medals at the First Kuching Invitational Water Polo Competition and the KRSA Junior Blast Water Polo Tournament, respectively, held on 25–27 November 2022 and 3–4 December 2022.

On 6 January 2023, the Sports & Games Committee organised a Committees' Appreciation Night to acknowledge the valuable contributions of the Management Committee, Standing Committee and Sub-Committees.

Members can look forward to the exciting few months ahead, with various specially curated facilities, activities, and events.

We have recently closed the Collaborative Room for renovations to convert it to a Children's Playroom to provide an additional facility for the enjoyment of our

young ones, slated to open in June 2023.

Head to Man Zhu Café for our Easter brunch and savour delectable Easter-themed food, such as devilled eggs, hot cross buns, and the succulent roasted lamb leg. We have also organised activities for the little ones, such as Easter egg hunts and Easter egg colouring sessions. With Mother's and Father's Day around the corner, shower your parents with lots of love and treat them to a sumptuous meal at Man Zhu Café. I am sure they would appreciate quality time with their families.

We are thrilled to bring back two of our much-anticipated events: Water Carnival Family Day in May 2023 and Cinema Alfresco in June 2023. Come in your swimwear and enjoy carnival games, snack stalls, a water obstacle course for Water Carnival Family Day, and a movie screening where attendees can watch the movie on pool floats.

Keep your kids occupied and entertained for the entire June holidays with our series of activities and workshops, from Squash camps to Street Jazz & Hip-Hop dance classes.

I wish to encourage all members to attend and participate in our Annual General Meeting (AGM) on Sunday, 30 April 2023. The AGM provides an excellent opportunity for members to receive updates on the Club's performance over the past year as well as giving feedback and suggestions for improvement to ensure that we continue meeting the needs and expectations of our members.

The Management Committee is committed to providing excellent service and experiences to Club members, and we appreciate your continual and unwavering support. We will continue to work tirelessly to improve the Club's offerings and create a welcoming and positive environment for all members.

Once again, I would like to thank you for your continued support and look forward to seeing you at the AGM.

**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



Scan the QR Code  
for more information

# BOOK A MEETING ROOM

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

 **Recreation Complex, Level 2**

 **6345 1221 ext 720**

 **[work@chineseswimmingclub.org.sg](mailto:work@chineseswimmingclub.org.sg)**





# An Egg-straordinary Easter at Chinese Swimming Club

Hop to CSC with your family this Easter and discover our egg-travagant Easter Sunday Brunch Buffet as well as egg-citing activities for the little ones and adults to enjoy!

## EASTER SUNDAY BRUNCH BUFFET

**Sunday, 9 April 2023,  
11.30am to 2.30pm**

\$63.50 per adult

\$31.10 per child

À la carte menu will not be available from 11.30am to 2.30pm. For enquiries and orders, please contact Man Zhu Café at 6885 0230



## Easter Activities

Celebrate the Easter Weekend at Chinese Swimming Club where you and your little ones can sign up for our egg-citing activities such as the Easter Relay Race and Easter Cupcake-Making Workshop.

## EASTER CUPCAKE MAKING WORKSHOP

Learn how to bake your very own bunny cupcake with us on Easter Day! In this two-hour workshop you will learn how to make bunny cupcakes and decorate it uniquely.

**Sunday, 9 April 2023  
9.30am – 11.30am**

Multipurpose Room,  
Sports Complex (L2)

\$70.20 (Member) | \$86.40 (Guest)  
6 – 12 years old  
Min. 6 pax



**Complimentary activities  
for members only**

## EASTER EGG COLOURING (4 SESSIONS)

**Sunday, 9 April 2023  
10.30am – 10.45am  
11.00am – 11.15am  
11.30am – 11.45pm  
1.00pm – 1.15pm**

Lattice Suite, Recreation Complex (L3)  
6 – 12 years old. Limited slots per session.



## EASTER RELAY RACE (PARENT & CHILD)

**Sunday, 9 April 2023  
2.30pm – 3.00pm**  
The Grand Ballroom,  
Recreation Complex (L2)  
6 – 12 years old



# Celebrating Mothers, Our Everyday Heroes

Show your appreciation for your mum and pamper her with an unforgettable day of indulging in a smorgasbord of delicious dishes and fun activities that can be done together.

## MOTHER'S DAY BUFFET

Man Zhu Café  
**Sunday 14 May 2023,  
11.30am to 2.30pm**  
\$63.50 per adult  
\$31.10 per child

A complimentary stalk of carnation and polaroid photo will be given to all mums

À la carte menu will not be available from 11.30am to 2.30pm. For reservations and enquiries, please contact 6885 0230



## BAKING CAKE WITH MUM

Team up with your junior and join this bake & decorate workshop specially curated for Mothers' Day! Learn how to prepare vanilla cake batter and have great fun decorating with whipped cream and fondant! This workshop is fully hands-on. You will bring home a 6-inch round cake, so remember to bring an apron, hand towel and a good-fitting container!

**Sunday, 14 May 2023  
9.30am – 12 noon**

Multipurpose Room, Sports Complex (L2)  
\$104.76 (Member pair) | \$120.96 (Guest pair)  
6 – 12 years old  
Min. 4 pairs; Max. 6 pairs



## MERIDIAN 101 FOR DETOX

Present your mum the gift of good health with the Meridian 101 for DETOX workshop. It focuses on the care of your detoxification system comprising the liver, gall bladder, stomach and spleen meridians. You will learn and experience the self-healing art of meridian acupressure massage and guasha to detoxify your body, enhance immunity, relieve stiffness of shoulders and neck and also reduce indigestion and bloating.

Participants will be entitled to a free gift at the end of the session.

**Sunday, 14 May 2023  
2.30pm – 5.00pm**

Lattice Suite, Recreation Complex (L3)  
\$32.40 (Member) | \$48.60 (Guest)  
Min. 5 pax





## Dine With Dad

Treat your dad to a celebratory feast and show him how much he means to you on this special occasion, as he is the most important man in your life.

### FATHER'S DAY BUFFET

Man Zhu Café

**Sunday, 18 June 2023**

**11.30am to 2.30pm**

\$63.50 per adult | \$31.10 per child

A polaroid photo will be given to all dads

À la carte menu will not be available from 11.30am to 2.30pm  
For reservations and enquiries, please contact 6885 0230



## Cinema Alfresco

Cinema Alfresco is back by popular demand! Join us at CSC's signature event where members come to enjoy a movie together. Sit on the pool inflatables and enjoy a fun night out with your families and friends .

**Friday, 23 June 2023**

**7.30pm – 10.00pm**

Beginners' Pool

Complimentary for all members & their guests

Registration starts at 7.00pm

## Water Carnival Family Day

Come join us on Labour Day at CSC's Water Carnival Family Day! We have a water obstacle course where kids can challenge themselves with physical strength and balance. There will also be carnival games to ramp up the excitement of the event!

**Monday, 1 May 2023**

**10.00am – 4.00pm**

Carnival Games and Water Obstacle Course are held at the Arrival Pavilion and Beginners' Pool respectively.

Complimentary for all members & their guests





# CSC's 108th AGM

The 108th Annual General Meeting will be held on Sunday, 30 April 2023, 10.00am at the Grand Ballroom Level 2, Recreation Complex. We take this opportunity to highlight the following standing orders to facilitate the smooth-running of the General Meeting.

## 1. STANDING ORDERS

1. Once the meeting is called to order all members are requested to cooperate with the Chairman so that the General Meeting can proceed in a peaceful and orderly manner.
2. Only matters raised or resolutions proposed by Voting Members not less than 21 days and queries submitted not less than 4 clear days will be addressed at the Meeting.
3. A member who had submitted a proposed resolution or a query will be granted 3 minutes to speak on each subject while other speakers will be given one minute and a buzzer will be sounded to signal the speaker when the time is up.
4. Members are requested to seek permission before they speak and not to interrupt others who have the floor.
5. Members are to give their names and account numbers clearly before speaking. This is for official record purposes.
6. Members are advised not to interrupt the speaker during their presentation as time will be allowed for the floor to speak.
7. Voting shall be by a show of hands unless a ballot is demanded by the majority of the Voting Members present and voting. Voting cards will be issued to facilitate tallying of votes by the auditors.
8. If any member disobeys the above Standing Orders and behaves in a disorderly manner, the Chairman has the authority to request the member to leave the Meeting, and if such member refuses to comply with the ruling of the Chairman, he or she will be ruled out of the Meeting.

## 2. PROCEDURE FOR ELECTIONS

In the event of a contest for positions in the Management Committee and/ or Disciplinary Panel, members will be issued with a card to qualify them to collect the voting slips to elect members. Voting booths will be erected outside the Grand Ballroom. Members must present their CSC membership cards together with the voting slip collection cards when collecting their voting slips.

Please do not misplace the voting slip collection card. Once it is issued to a member, it will not be reissued under any circumstances.

The voting slip collection card must be surrendered upon collection of the voting slip. Voting slips are not transferable. Members must vote in person. Any member found transferring their voting slips to another member may be liable for disciplinary action.

### ARTICLE 10.1

"Principal Members may meet in General Meetings to discuss matters pertaining to the affairs of the Club but only Voting Members may propose and second resolutions and vote thereon."

### ARTICLE 2A.4

"Principal Members" means Ordinary (Transferable), Life (Transferable) and Associate (Transferable) Members, Principal Membership shall mean the membership of Principal Members.

### ARTICLE 2A.5

"Voting members" means Ordinary (Transferable) and Life (Transferable) Members only.

### ARTICLE 10.6

Any Voting Member desirous of raising any matter or moving any resolution at any General Meeting shall give notice thereof in writing to the General Manager / Secretary not less than twenty-one days before the date of such meeting.

### ARTICLE 10.7

Any Principal Member who wishes to query reports or accounts at an Annual General Meeting shall give written notice to the General Manager / Secretary not less than four clear days, i.e. excluding Sundays and public holidays, before the date of such a Meeting.

# Club News & Updates

## USE OF BODY-WORN CAMERAS BY SECURITY OFFICERS

Please be informed that our security officers have started wearing body-worn cameras from **Monday, 6 March 2023**, to ensure greater accountability, transparency, and the safeguarding of interest between officers and our members.

At Chinese Swimming Club, we aim to elevate the quality of our security services and ensure the optimum safety of our members.



## RESUMPTION OF 3 BARS OPERATING HOURS AND LUNCH SERVICE

We are delighted to announce that 3 Bars have resumed its normal operating hours and lunch service on **Wednesday, 1 March 2023**, from **12pm**. The operating hours are as follows:  
**Sunday to Thursday: 12 noon to 11pm**  
**Friday: 12 noon to 12 midnight**

Thank you for your unwavering patronage and support throughout these years. It is always a joy for us to be able to provide our valued members with our best service. We look forward to serving you soon!



## CSC STAFF GIVES BACK

Celebrating Christmas in CSC means always sharing positivity with those who need it the most. As part of CSC's Christmas initiative, we have partnered with GoodLife! at Marine Parade and bought essential electrical appliances for the seniors in need. Thank you to all our staff who have made a difference!

## BAND PERFORMANCE AT 3 BARS

We are pleased to inform you that our band, William & Judy have started their weekly performance on **Saturdays, from 8pm to 10pm**, starting **4 March 2023**.

## CLOSURE OF COLLABORATIVE ROOM

Please be informed that the Collaborative Room is closed for renovations from **Wednesday 15 March 2023**. You may access the other facilities at Mingle@Amber and Work@CSC.





# Spring Festival 2023

After two years of subdued celebrations due to COVID-19, Spring Festival 2023 is back with a bang! Our members and their families came down to soak in the festive atmosphere and were treated to spectacular performances from the Lion & Dragon Dance and the Thousand-Hand Bodhisattva Dance. The festive cheer was further ramped up with roving stilt walkers, a rabbit mascot, God of Wealth and food stalls.

Thank you for joining us and we hope to see you next year!



## Committees' Appreciation Night 2023

The Committees' Appreciation Night was held on Friday, 6 January 2023 at the Grand Ballroom. Organised by the Sports & Games Committee, this event recognised the valuable contributions by the members of the Management Committee, Standing Committees as well as the Sub-Committees. Attendees enjoyed a buffet spread accompanied by live music performance. Thank you all our committees for their contributions towards CSC!



# 2023 April Specials



## Tropical Summer

Mango, Yuzu, Peach, Chia Seeds

\$5.60 Member | \$7 Non-Member

## Carrot Cake

\$5.52 Member | \$6.90 Non-Member

## Chase Cruz Coffee Beans (Little Rogue)

Chocolate, Roasted nuts,  
Malt, Stone Fruits



All prices are subject to 8% GST



## APRIL 2023 FRIDAY CHEF'S SPECIALTY

Braised Beef with Hot Crossed Bun

**\$19.22**



All prices are inclusive of 8% GST



## APRIL & MAY 2023 WHISKY PROMOTIONS

Johnnie Walker  
Gold Label Reserve

**\$116.64** per bottle  
**\$216** for 2 bottles

Johnnie Walker  
Aged 18 Years

**\$138.24** per bottle  
**\$259.20** for 2 bottles

Johnnie Walker  
& Sons XR21

**\$170.64** per bottle  
**\$324** for 2 bottles



All prices are inclusive of 8% GST

## 2023 May Specials



### Mother's Love

Pink Guava, Strawberry

\$5.60 Member | \$7 Non-Member

### Sakura Matcha

\$5.52 Member | \$6.90 Non-Member

### Woolloomooloo

Coffee Bean

(Toby's Estate)

Cocoa Nibs, Earth, Spice



All prices are subject to 8% GST



## MAY 2023 FRIDAY CHEF'S SPECIALTY

Ngho Hiang Guan Qiang  
with Fried Bee Hoon

\$17.06



All prices are inclusive of 8% GST



## MAY 2023 BEER PROMOTION

Kronenbourg Blanc Bucket  
5 bottles at \$36.72

This promotion is available every day except for Fridays.



All prices are inclusive of 8% GST



## 2023 June Specials

### Fun Mix

Pear, Watermelon, Orange, Apple, Yakult  
\$5.60 Member | \$7 Non-Member

### Pistachio Lemon Curd

\$5.52 Member | \$6.90 Non-Member

### Woolloomooloo

#### Coffee Bean

(Toby's Estate)

Cocoa Nibs, Earth, Spice



All prices are subject to 8% GST



## JUNE 2023 BEER PROMOTION

### Erdinger Weissbier Promotion

1 mug at **\$6.48**

1 jug at **\$23.76**

1 tower at **\$52.92**

This promotion is available every day except for Fridays.



All prices are inclusive of 8% GST

## PENANG FOOD FARE

The flavours of Penang come alive in our extensive spread - come join us for a culinary journey like no other!

### Man Zhu Café

23 June to 6 July 2023

6pm to 9pm



All prices are inclusive of 8% GST



# Tea for 2

Friday – Sunday  
3.00pm – 5.00pm

\$35.42 per set



All prices are inclusive of 8% GST



## Easter Bundle Deals

Wine not celebrate Easter with a delicious bottle from our collection? Elevate your Easter with our premium selection of wines at special prices!

**2 bottles at \$73.44**  
**3 bottles at \$105.84**  
**4 bottles at \$138.24**

Bundles include all proseccos,  
red and white wines

**Find out more at**

<https://www.chineseswimmingclub.org.sg/the-tippling-masters-wine-whisky-club/>

All prices are inclusive of 8% GST



# Swimming

## 44th SEA AGE GROUP CHAMPIONSHIPS 2022

25 CSC swimmers participated in the 44th SEA Age Group Swimming Championship 2022, held at National Aquatic Centre in Bukit Jalil, KL, Malaysia, from 17 to 19 December 2022. The team, led by Coach Wang Tao and Coach Vernon, won two gold medals, six silver medals and four bronze medals. Congratulations to all our swimmers for their amazing swim!



Photo Credit: Tommy Low



Photo Credit: Tommy Low



Photo Credit: Tommy Low

## 32nd Southeast Asian Games Cambodia 2023



Congratulations to our talented swimmers and Coach Zhang Jianlan on qualifying for the National Team Squad! Your hard work and dedication have paid off, and we cannot wait to see you compete in May 2023. Best of luck to our swimming team!

### GOLD MEDAL

Tedd Windsor Chan | Boys 13 & Under  
50m Freestyle  
Isabelle Cheah | Girls 14–15  
100m Breaststroke

### SILVER MEDAL

Ian Wong | Boys 14–15  
50m Backstroke  
Joshua Lim | Boys 16–18  
200m Breaststroke  
Matthew Jaeden Lam | Boys 13 & Under  
400m Freestyle  
Tedd Windsor Chan | Boys 13 & Under  
50m Backstroke  
Isabelle Cheah | Girls 14–15  
50m Breaststroke  
Isabelle Cheah | Girls 14–15  
200m Breaststroke

### BRONZE MEDAL

Jerrel Ong | Boys 13 & Under  
200m Breaststroke  
Joshua Lim | Boys 16–18  
100m Breaststroke  
Isabelle Cheah | Girls 13 & Under  
100m Freestyle  
Kate Ona | Girls 18 & Under  
4 x 200m Freestyle Relay

### SWIMMERS

#### Boys

Mikkel Lee  
Ong Jung Yi

#### Girls

Bonnie Yeo  
Chan Zi Yi  
Christine May Chue  
Faith Elizabeth Khoo  
Nur Marina Chan

### COACH

Zhang Jianlan





## CSC SWIM KICK CHALLENGE SERIES 1

Our pre-competitive swimmers and the Learn-to-Swim Green and Orange swimmers took part in the CSC Swim Kick Challenge Series 1 on 25 February 2023. The 5 to 8-year-old young swimmers teamed up with their parents and enjoyed some friendly competition against one another too.

Congratulations to all our winners and a huge thank you to all who

participated! Keep up the great work and continue to strive for excellence in and out of the pool!



## CSC MEET-THE-PARENTS-SESSION

The Swim CSC Meet-the-Parents Session held on 26 February was a very fruitful and successful one! Team Swim CSC shared the future plans of the Club, including upcoming swimming programmes, goals for major events and the Club's direction for the swimmers in the next five years, followed by a productive Q&A session. Thank you to all the parents who attended the session. Let's work towards our goals and provide our swimmers with a positive and supportive environment to thrive and perform to the best of their abilities!





## Badminton

### YEO JIA MIN'S VISIT TO CSC

We are honoured to have our sports member and national shuttler Yeo Jia Min spreading Christmas cheers to our CSC Badminton Academy trainees on Christmas Eve! It was a rare opportunity for the trainees to spar with the first Singaporean to qualify and play in the BWF World Tour Finals!



## Basketball

### CSC – LJE SPORTS JUNIOR BASKETBALL NOVEMBER HOLIDAY CAMP

The Junior Members had tons of fun during the December Basketball Holiday Camp on 28 – 30 November 2022 playing and learning the fundamentals of basketball.



## Billiards & Snooker

### KANSAS CITY 9-BALL CLASSIC

Aloysius Yapp emerged champion in the Kansas City 9-Ball Classic at Side Pockets North on 12 February 2023, where he played against his Singapore teammate Sharik Sayed who put up a good fight in the final.



Aloysius Yapp (left) & Sharik Sayed (right)



## NATIONAL SNOOKER LEAGUE 2022/2023

We are pleased to announce that the return of National Snooker League 2022/2023 after a two-year hiatus.



CSC Divisions 1 – 2



CSC Division 5 with SCC players

## Bowling

### 4-CLUBS BOWLING FRIENDLY

The 4th and final leg of the 4-Clubs Bowling Friendly was hosted by the Singapore Swimming Club on Sunday, 27 November 2022. CSC bowlers had a wonderful time competing with the host club, Singapore Swimming Club, Serangoon Garden Country Club and Seletar Country Club.



### BOWLING FRIENDLY WITH THE TANGLIN CLUB

CSC hosted The Tanglin Club for a Bowling Friendly Game on 5 March 2023 with five pairs of bowlers from each side playing three games. Congratulations to our bowlers who won the game 4-1!



# Contract Bridge

## CONTRACT BRIDGE ANG BAO GAME

Contract Bridge held their first Ang Bao Game since COVID-19 on 4 February 2023. The members enjoyed potluck and tossing of "yusheng" together with a ukelele jamming session & sing-a-long before the game.

## CONGRATULATIONS TO THE TOP 3 WINNERS!

### First Place

Chee Liong Chia & Beng Yang Khoo

### Second Place

Francis Pavri & Moo Young Shu

### Third Place

Mary & Margaret Chong



# Golf

## JANUARY MEDAL

The Golf Section teed off the first golf event of 2023, the January Medal, which was held at Palm Resort Golf & Country Club on 12 January 2023. The weather was perfect throughout the game and the golfers enjoyed a sumptuous meal at Restoran Peking before heading back to Singapore.

Congratulation to the prize winners!



## DIVISION A

Placing	Name	Handicap	Stableford Score
1st	Mr Steven Tan	17	40
2nd	Mr Richard Lim	21	39
3rd	Mr Kuah Teck Beng	23	37

## DIVISION B

Placing	Name	Handicap	Stableford Score
1st	Mr Jack Lim	30	40
2nd	Ms Angeline Low	34	40
3rd	Mr Colin Yap	32	40



## CSC – SSC GOLF BILATERAL CHALLENGE CUM ANG BAO MEDAL

1st February 2023

Led by CSC Golf Convenor, Mr Steven Tan, CSC lined up a competitive team to defend the Bilateral Golf Challenge Trophy that CSC last won in 2020 before COVID-19.

SSC Golf Convenor, Mr Larree Chong fielded a strong line-up making a good attempt to pry the trophy from CSC's hand to bring back the trophy to SSC. Results aside, golfers from CSC and SSC were thrilled to see one another again after two years.

After the Golf Game, the golfers gathered for dinner at CSC Fu Lin Men and had a roaring good time catching up with one another. We look forward to many more years of friendship between Chinese Swimming Club and Singapore Swimming Club!

Our heartiest congratulations to the CSC Golf Representatives:

Mr Victor Chia, Mr Peter Liew, Mr Steven Tan, Ms Angeline Low, Mr Benjamin Ng, Mr Chng Hee Tee, Mr Chong Sek Sing, Mr Chris Chia, Mr Huy Cat, Mr Johnny Tan, Mr Ken Khua, Mr Kuah Teck Beng, Mr Lee Chiwi, Mr Lim Ang Hock, Ms Lim Leng Leng, Mr Simon Chin, Ms Tan Kim Lian, Mr Thomas Aw, Mr Tim Koh

### DIVISION A

Placing	Name	Handicap	Stableford Score
1st	Mr Tan Jit Ann	19	41
2nd	Mr Johnny Tan	15	36
3rd	Mr Tim Koh	19	36

### DIVISION B

Placing	Name	Handicap	Stableford Score
1st	Ms Tan Kim Lian	30	44
2nd	Mr Eric Low	30	43
3rd	Mr Allen Kwek	27	40



## Squash

### CSC – ULTIMATE SQUASHER JUNIOR SQUASH TRYOUT

Team Ultimate Squasher organised the very first Junior Squash Try Out on 15 January 2023. We would like to take this opportunity to thank all the parents for the great response!

# Table Tennis

## CHAR YONG NATIONAL MASTERS TABLE TENNIS LEAGUE 2022

CSC Team Tornado & Hurricane participated in the Char Yong National Masters Table Tennis League 2022, held from July to December 2022. CSC Team Tornado managed to win the first runner-up! Nonetheless, both teams managed to put up a good fight against all the teams!



## MARINE PARADE CLUSTER TABLE TENNIS COMPETITION 2022

CSC Table Tennis Team was crowned the champion in the Marine Parade Cluster Table Tennis Competition 2022 held on 26 & 27 November 2022! Well done to all the players!



CSC Table Tennis Winners: (Left to Right) Noel Ceaser Atilano, Ng Ka Wei, Gloria Belandres, Joselito Almazan, Mabel Ang, Bryan Taguiga & Eng Boon Him (With Guest of Honour: Speaker of Parliament, Mr Tan Chuan-Jin)

## 5th INTERNATIONAL INTEREST GROUP (IIG) TABLE TENNIS COMPETITION 2023

CSC Team Cyclone came in first runner-up in the 5th International Interest Group (IIG) Table Tennis Competition 2023. CSC Team Tornado put up a good fight and came in third runner-up. A big shout-out to Team Cyclone Captain Andrew Tan and Team Tornado Captain Marcuz Tan for leading these two teams. Well done to all the players!



CSC Team Cyclone



CSC Team Tornado



## CSC – JTA TABLE TENNIS DECEMBER HOLIDAY CAMP

Our junior table-tennis members had fun playing and learning the basics of table tennis during the four-day holiday camp held from 12 – 15 December 2022.



## Tennis

### CSC TENNIS OPEN SINGLES 2023 & CSC JUNIOR TENNIS SINGLES (SERIES 1) 2023

CSC Tennis Open Singles 2023 & CSC Junior Tennis Singles (Series 1) 2023, the first tennis event of the year, was held on 18, 19 and 25 February. The event was filled with many tennis enthusiasts of different age groups.

Congratulations to the following prize winners!



#### OPEN CATEGORY

Champion: Andrea Musci  
1st Runner-up: Mark Lai  
2nd Runner-up: Jeremy Yang  
3rd Runner-up: Wang Yi-feng



#### UNDER 14s

Champion: Martin Foo  
1st Runner-up:  
Jonathan Tjandra  
2nd Runner-up:  
Brian Hartono



#### UNDER 10s

Champion: Aiden Lim  
1st Runner-up: Jonathon Lee  
2nd Runner-up: Zoe Low  
3rd Runner-up: Damien Poh

# Water Polo

## FIRST KUCHING INVITATIONAL WATER POLO CUP 2022

Heartiest congratulations to our Under 16 Water Polo Team, who won the First Kuching Invitational Water Polo Competition organised by the Power Aquatics Swimming Club at Stadium Sarawak from 25 to 27 November 2022! Well done boys and kudos to the parents and coaches for making this trip possible!



## HOSTING OF TAIWAN WATER POLO CLUB

CSC warmly welcomed Taiwan Water Polo Club on 31 January 2023. Both teams engaged in a friendly match, allowing players to experiment with different tactics and strategies and gain experience playing against opponents. Thank you, Taiwan Water Polo Club, for coming, and we hope to host you again soon!



## KRSA JUNIOR BLAST WATER POLO TOURNAMENT

Another good news from our water polo team! Our U13 team won the gold medal at the KRSA Junior Blast Water Polo Tournament, held on 3 & 4 December 2022 in Ipoh, Malaysia. Congratulations on your well-deserved success!





# Basketball

## CSC- LJE SPORTS JUNIOR BASKETBALL HOLIDAY CAMP

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

**Monday to Wednesday,  
29 – 31 May 2023**

\$277.56\*

(CSC Member)

\$292.68

(Guest)

6 – 12 years old, beginner

\*Fees are for 3 training days. Registration will close upon reaching maximum capacity.

Training Time	Age Group
8am - 10am	6 - 12 years old
5pm - 7pm	6 - 12 years old



## CSC-LJE SPORTS JUNIOR BASKETBALL TRAINING

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

\$118.80 (Member) | \$194.40 (Guest)

Fees are based on 4 sessions a month. For months with a fifth week, additional lessons will be billed accordingly. Non-Members are required to pay a refundable one-month deposit.

# Bowling

## BOWLING LEARN-TO-PLAY FOR KIDS

**Saturdays, 10.00am to 11.00am**

12 Lanes (Bowling Alley), Sports Complex (L1)

\$129.60\* (Member) | \$172.80\* (Guest) per month (4 classes)

7 – 9 years old

## DEVELOPMENT BOWLERS

**Saturdays, 1.30pm to 3pm**

**& 3pm to 4.30pm**

12 Lanes (Bowling Alley), Sports Complex (L1)

\$129.60\* (Member)

\$172.80\* (Guest) per month (4 classes)

9 years old and above

\*Lane fees and shoe rental included

## BOWLING PRIVATE COACHING

12 Lanes (Bowling Alley), Sports Complex (L1)

From \$86.40 per hour per trainee

Up to 4 trainees in a group

\*Lane fees will be paid separately to the 12 Lanes counter

# Golf

## CSC GOLF APRIL 2023 MEDAL

**Thursday & Friday,  
27 & 28 April 2023**

Batam\*

## CSC GOLF MAY 2023 MEDAL

**Wednesday, 24 May 2023**

Keppel Club Sime Darby\*

## CSC GOLF JUNE 2023 MEDAL

**Tuesday, 27 June 2023**

Changi Golf Club\*

\*Tentative

All prices are inclusive of 8% GST. Please visit our website, call 6885 0671 or email [sports@chineseswimmingclub.org.sg](mailto:sports@chineseswimmingclub.org.sg) for more information or to sign up.

# Squash

## CSC – ULTIMATE SQUASHER JUNE HOLIDAY SQUASH CAMP

Suitable for Level 1 & 2, beginner participants

You get to learn:

- Introduction of Squash foundation skills
- General Squash rules
- Hand, eye and foot coordination skills
- Footwork and movement efficiency

**Monday, Tuesday, or Wednesday**

**29 May, 30 May, 31 May 2023,**

**5 June, 6 June, 7 June 2023**

**1.00pm – 3.00pm**

Squash Courts, Sports Complex (L3)

\$69.88 (Member) | \$79.16 (Guest)

Min. 3 pax; Max. 8 pax per 2-hour timeslot  
6 – 15 years old

Note: The fee is for a 2-hour workshop for 1 selected date. Registration will close upon reaching maximum capacity.

## CSC – ULTIMATE SQUASHER JUNIOR SQUASH PROGRAMME

**Wednesdays:**

**3.00pm – 4.30pm (Level 3)**

**4.30pm – 6.00pm (Level 2)**

**Thursdays:**

**3.00pm – 4.00pm (Level 1)**

**4.30pm – 5.30pm (Level 3)**

**Sundays:**

**9.00am – 10.00am (Level 1)**

**10.00am – 11.30am (Level 2)**

Member:

\$328.32 (1-hour training session per week)

\$492.48 (1.5-hour training session per week)

Guest:

\$371.52 (1-hour training session per week)

\$557.28 (1.5-hour training session per week)

6 years old and above

Squash Courts, Sports Complex (L3)

Min. 3 pax

8 lessons per term

## CSC – ULTIMATE SQUASHER ADULT SQUASH PROGRAMME

**Sundays**

**3.00pm – 4.30pm, 4.30pm – 6.00pm**

Member:

\$548.64 (1.5-hour training session per week)

Guest:

\$622.08 (1.5-hour training session per week)

20 years old and above

Squash Courts, Sports Complex (L3)

Min. 2 pax

8 lessons per term

# Swimming

## SWIMSAFER PROGRAMME

SwimSafer is a national water safety programme that emphasises skills development in conjunction with swimming proficiency, water safety and personal water survival education.

**Tuesday – Friday, 6 – 9 June 2023**

**10.30am to 12 noon**

The fees will be \$226.80 (includes course & test fees) for LTS Orange and above.

## CSC COME SWIM & CONQUER

**28 – 29 April 2023**

**Friday – 6.30pm to 9.30pm**

**Saturday – 9.00am to 6.00pm**

\$60.00 (Member)

## CSC SWIM KICK CHALLENGE SERIES 2

**Saturday, 27 May 2023**

**9.00am to 2.00pm**

5 – 8 years old (For those who are in LTS Green, Orange, and pre-competitive Junior)

\$59.40 (Member)

## CSC MIDGET MEET SELECTION\*

**10 June 2023**

## CSC NOVICE\*

**24 June 2023**

\*Timings and fees are TBC

All prices are inclusive of 8% GST. Please visit our website, call 6885 0671 or email [sports@chineseswimmingclub.org.sg](mailto:sports@chineseswimmingclub.org.sg) for more information or to sign up.



# Table Tennis

## 4-DAY JTA TABLE TENNIS HOLIDAY TRAINING CAMP

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 June 2023**

\$207.36 (Member) | \$311.04\* (Guest)

4 – 14 years old

Fees are for 4 days of training  
Registration will close upon  
reaching maximum capacity.

Grade	Age Group
Beginner	10am - 12 noon
Beginner	1pm to 3pm

## 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. The training programme is for children 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](mailto:sports@chineseswimmingclub.org.sg).

## TABLE TENNIS ADULT GROUP TRAINING

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

**Fridays, 9.00am – 10.30am**

\$162.00 per month (Member)

\$194.40\* per month (Guest)

Min. 3 pax; Max. 6 pax

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

# Taekwondo

## TAEKWONDO JUNIOR TRAINING PROGRAMME

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

### Sundays

Activity Suite, Sports Complex (L3)

\$48.60 per month (Colour Belt)

\$37.80 per month (Poom / Black Belt)

Eligibility: For CSC Members only



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

# Water Polo

## JUNIOR WATER POLO TRAINING PROGRAMME

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

**Friday, 7.30pm – 9.30pm**

Water Polo Pool, Sports Complex (L1)

\$102.60 per month (Member)

\$143.10\* per month (Guest)

9 years old and above

Must be able to swim 4 x 50m continuously

## FLIPPA BALL PROGRAMME

**Saturday, 6.15pm – 7.30pm**

Beginners' Pool, Sports Complex (L1)

\$54.00 per month (Member)

\$81.00\* per month (Guest)

6 – 12 Years Old

Must be able to swim 2 x 25m independently

\*All prices include guest fee

All prices are inclusive of 8% GST. Please visit our website, call 6885 0671 or email [sports@chineseswimmingclub.org.sg](mailto:sports@chineseswimmingclub.org.sg) for more information or to sign up.

# Christmas Eve Dance Party

After a two-year hiatus due to COVID-19, Chinese Swimming Club held its annual Christmas Eve dance party on 24 December 2022. All the participants were delighted to see their friends and they enjoyed a fun night dancing the night away to their favourite songs. It was such a joyous moment to witness everyone revel in the festivities and countdown to Christmas!



# Red Packet Lantern Making Workshop

CSC members and their guests unleashed their creativity this festive season and had a great time learning to make lanterns of different shapes and sizes using red packets on 15 January 2023. It was a fruitful workshop as everyone learnt new skills, and at the same time repurposing the remaining red packets to create Chinese New Year décor.



# Valentine's Dance Party

CSC celebrated the season of love with its Valentine's Dance Party on 11 February 2023. Our social dance lovers took to the dance floor and slow danced to popular love songs, from the 50s to the 2000s.





# Dance

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

**Mondays, commencing 10 April 2023**

**Fridays, commencing 14 April 2023**

**8.30pm – 9.30pm**

Activity Suite, Sports Complex (L3)

\$81.00 (Member) | \$106.92 (Guest)

Min. 4 pax

## LINE DANCE

**(FOUNDATION) – 10 sessions**

**Tuesdays, commencing 2 May 2023**

Activity Suite, SC (L3)

**11.45am – 12.30pm**

\$75.60 (Member) | \$108.00 (Guest)

Min. 10 pax

**(BEGINNER INTERMEDIATE) – 10 sessions**

**Tuesdays, commencing 13 June 2023**

**12.45pm – 2.00pm**

\$89.10 (Member) | \$121.50 (Guest)

Activity Suite, SC (L3)

Min. 10 pax

**(BEGINNER ADVANCED) – 10 sessions**

**Tuesdays, commencing 23 May 2023**

**2.00pm – 3.30pm**

\$105.30 (Member) | \$137.70 (Guest)

Activity Suite, SC (L3)

Min. 10 pax

**(BEGINNER ADVANCED) – 10 sessions**

**Sundays, commencing 23 April 2023**

**1.30pm – 3.00pm**

\$105.30 (Member) | \$159.30 (Guest)

Multipurpose Room, SC (L2)

Min. 10 pax

**(ADVANCED) – 10 sessions**

**Sundays, commencing 30 April 2023**

**3.00pm – 4.30pm**

\$105.30 (Member) | \$159.30 (Guest)

Multipurpose Room, SC (L2)

Min. 10 pax

## SOLO LATIN DANCE FOR LADIES – 8 SESSIONS

**Wednesdays, commencing 12 April 2023**

**3.00pm – 4.00pm**

Activity Suite, SC (L3)

\$108.00 (Member) | \$133.92 (Guest)

Min. 8 pax



# Dance Parties

## PERANAKAN DANCE PARTY

**Saturday, 22 April 2023**

**7.30pm – 11.00pm**

Activity Suite, SC (L3)

\$29.00 (Member) | \$39.00 (Guest)

## SOCIAL DANCE NIGHTS

**Saturdays**

**8 & 15 April | 13, 20 & 27 May | 10, 17 & 24 June**

**7.00pm – 10.30pm**

Activity Suite, Sports Complex (L3)

\$9.72 (Member) | \$16.00 (Guest)

Limited slots are available for dance parties and social dance nights. Confirmation is on a first-come, first-served basis. All dates are subject to changes. Please register online at the Club's website under Fitness & Leisure – Dance.

# Exercise

## 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.

\$194.40 for 10 classes with a validity of 3 months. Classes can be booked 90 days in advance up until the class commencement date.



Scan for information and class schedule

Note: Terms & Conditions apply. Below are some of the exercise classes featured under the Flexi-Pass:

## 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 are 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**

## AQUA AEROBICS BY POH LENG

Join us for a 60-minute moderate-intensity class with an emphasis on resistance and stretching workout. Exercising in water is gentle on the body, joints and muscles. It improves blood circulation, and builds muscle strength, flexibility and cardiovascular fitness. Suitable for swimmers and non-swimmers. Limited slots only – sign up now!

**Tuesdays, 7.30pm – 8.30pm**

**Thursdays, 9.15am – 10.15am**



## DEEP WATER AQUAFIT BY POH LENG

Join us for this 60 minutes Deep-Water Aqua Fit class which aims to build overall and functional fitness. Held buoyant by floatation belts (provided by the Club), participants can move freely in the water for a full body workout. This exercise is gentle on the knees as exercising in deep water eliminates all of the impact forces on the joints. Suitable for swimmers and non-swimmers.

**Thursdays, 8.00am – 9.00am**

## 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**

## 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**

**Multipurpose Room, SC (L2)**

**\$37.80 per month (Member)**

**\$64.80 per month (Guest)**

## 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**

All prices are inclusive of 8% 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.





## MUAY THAI BY ABDUR RAHMAN

Abdur Rahman is a Muay Thai and Kickboxing athlete who is one of the first two athletes to represent Singapore in the prestigious World Kickboxing Championships (2019, Sarajevo) where he was placed overall 17th 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 ERICA HUGH

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

**Wednesdays,  
6.45pm – 7.45pm**



## HATHA VINYASA YOGA BY JEYENTI

Jeyenti is a certified yoga instructor since 2002 and has been teaching for 20 years in fitness clubs. She has a diploma in Naturopathy and Yogic Science and is passionate about imparting the benefits of yoga practice to her clients.

**Mondays & Fridays 6.30pm – 7.45pm**



## 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**

## BODY BAND BALANCE BY ONG BENG HWE

**Mondays, 9.00am – 10.00am**

## GENTLE YOGA BY ROSE LIE

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

## MINDFUL GENTLE YOGA BY JESS

**Saturdays, 11.15am – 12.30pm**

## BODY BAND BALANCE BY ONG BENG HWE

**Mondays, 9.00am – 10.00am**

## LEISURE CHINESE CALLIGRAPHY

**Mondays, 9.00am – 11.00am**

Multipurpose Room, SC (L2)  
\$16.20 (Member) | \$32.40 (Guest)

## CHINESE BRUSH PAINTING

**Thursdays, 10.00am – 12 noon**

Multipurpose Room, SC (L2)  
\$124.20 (Member) | \$156.60 \* (Guest)

All prices are inclusive of 8% 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.

## SOFTIE TEDDY BEAR WORKSHOP

Sewing is a therapeutic exercise that helps stimulates your cognitive and motor skills development. It also encourages creative thinking which can help cultivate problem-solving skills. In this workshop, you will learn basic sewing techniques, such as back stitching and ladder stitching. You will also be introduced to plushie stuffing techniques, learn how to secure the eyes and movable arms for your Softie Bear. Come join us dabbling in the art of bear making!

**Monday, 3 July 2023**

**10.00am – 12 noon**

Lattice Suite,  
Sports Complex (L3)  
\$73.44 (Member)  
\$87.48 (Guest)



Age: 13 years & above  
(Children below 13 years old will need to be accompanied by an adult) Min. 5 pax

## RAYA KUEH MAKING SERIES

Kueh are traditional sweet or savoury snacks which are either steamed, baked, fried or boiled. The workshops below feature some of the Malay and Indonesian kueh which are popular in Singapore. They are fully hands-on. Please bring an apron, hand towel and 2 containers! Register as a pair to enjoy 5% discount off the listed fee.

### KUEH KASWI & KUEH MAKMUR

Lending its colour and flavour from palm sugar, kueh kaswi (gula melaka) is both soft and chewy and best enjoyed with steamed grated coconut. These mouth-watering kueh makmur that melts in the mouth will leave you wanting more!

**Sunday, 16 April 2023**

**9.00am – 12 noon**

Multipurpose Room,  
Sports Complex (L2)  
\$108.00 (Member)  
\$124.20 (Guest)  
14 years & above  
Min. 4 pax; Max. 8 pax



## KUEH BAKAR PANDAN & SWEET POTATO ONDEH ONDEH

Rich, moist and dense would be how one aptly describes the kueh bakar pandan. Infused with pandan flavour, it has a nice crust on the outside and a moist, slightly bouncy texture on the inside. These mouth-watering glutinous rice balls literally burst with flavour and sweetness every time you bite into them!

**Tuesday, 11 April 2023**

**10.00am – 1.00pm**

Multipurpose Room,  
Sports Complex (L2)  
\$108.00 (Member)  
\$122.04 (Guest)  
14 years & above  
Min. 4 pax; Max. 8 pax



### ONDEH ONDEH MAKING FOR KIDS

Learn how to make an all-time favourite and ever-popular traditional Malay kueh - ondeh ondeh! Lending its colour from pandan leaves and flavour from palm sugar, ondeh ondeh (pandan) is soft yet chewy and best enjoyed with steamed grated coconut. Every ball is bursting with melted gula melaka, making it a delicious and fun kueh welcomed anytime of the day.

**Sunday, 16 April 2023**

**2.30pm – 4.30pm**

Lattice Suite,  
Recreation Complex (L3)  
\$75.60 (Member)  
\$91.80 (Guest)  
Age: 6 to 12 years old  
Min. 4 pax;  
Max. 10 pax



### ONDEH ONDEH & STEAMED KUEH LAPIS

**Tuesday, 18 April 2023**

**7.00pm – 10.00pm**

Multipurpose Room,  
Sports Complex (L2)  
\$108.00 (Member)  
\$122.04 (Guest)  
Age: 14 years & above  
Min. 4 pax; Max. 8 pax



All prices are inclusive of 8% 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.



# Youth & Kids

## 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

**Wednesdays, commencing 10 May 2023**

**7.30pm – 8.30pm**

Lattice Suite, RC (L3)

**Saturdays, commencing 8 April 2023**

**7.00pm – 8.00pm**

Multipurpose Room, SC (L2)

**Sundays, commencing 9 April 2023**

**9.30am – 10.30am**

Activity Suite, SC (L3)

\$108 (Member) | \$162 (Guest)

Min. 5 pax

5 – 12 years old

## 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 sessions will increase participants analytical power and focus.

**Thursdays, commencing 1 June 2023**

Multipurpose Room, Sports Complex (L2)

5 – 7 years old

**5.15pm – 6.15pm**

\$162 (Member)

\$183.60 (Guest)

8 – 12 years old

**5.00pm – 6.30pm**

\$226.80 (Member) | \$248.40 (Guest)

13 – 18 years old

**4.30pm – 6.30pm**

\$259.20 (Member) | \$280.80 (Guest)

Min. 3 pax

All art materials will be provided.

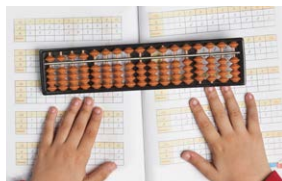


### Children's Ballet 8 Sessions

<b>Beginners 1</b> <b>(3 TO 4 YEARS OLD)</b> <b>Mondays</b> <b>4.45pm – 5.45pm</b> <b>Saturdays</b> <b>9.15am – 10.15am</b> \$120.96 (Member) \$164.16 (Guest)	<b>Beginners 2</b> <b>(5 TO 6 YEARS OLD)</b> <b>Saturdays</b> <b>8.00am – 9.00am</b> \$164.16 (Member) \$207.36 (Guest)
<b>Primary Beginners</b> <b>(5 TO 6 YEARS OLD)</b> <b>Saturdays</b> <b>10.30am – 11.30am</b> \$164.16 (Member) \$207.36 (Guest)	<b>Primary</b> <b>(5 TO 6 YEARS OLD)</b> <b>Saturdays</b> <b>11.30am – 12.30pm</b> \$164.16 (Member) \$207.36 (Guest)
<b>Grade 2 Beginners</b> <b>Saturdays</b> <b>12.45pm – 1.45pm</b> \$241.92 (Member) \$285.12 (Guest)	<b>Grade 2</b> <b>Saturdays</b> <b>1.45pm – 2.45pm</b> \$241.92 (Member) \$285.12 (Guest)
<b>Grade 4 Beginners</b> <b>Fridays</b> <b>3.00pm – 4.00pm</b> \$241.92 (Member) \$285.12 (Guest)	<b>Grade 4</b> <b>Fridays</b> <b>4.00pm – 5.00pm</b> \$241.92 (Member) \$285.12 (Guest)
<b>Grade 5 Beginners</b> <b>Mondays</b> <b>2.45pm – 3.45pm</b> \$241.92 (Member) \$285.12 (Guest)	<b>Grade 5</b> <b>Mondays</b> <b>3.45pm – 4.45pm</b> \$241.92 (Member) \$285.12 (Guest)
<b>Grade 6 Beginners</b> <b>Fridays</b> <b>5.15pm – 6.15pm</b> \$241.92 (Member) \$285.12 (Guest)	<b>Grade 6</b> <b>Fridays</b> <b>6.15pm – 7.15pm</b> \$241.92 (Member) \$285.12 (Guest)

Multipurpose Room, SC (L2) Timeslot is subject to availability. Please check with us for new term dates.

All prices are inclusive of 8% 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.



## 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, Recreation Complex (L3)

\$151.20 (Member) | \$172.80 (Guest)

\*Additional \$48.60 registration fee applies

4 – 14 years old

Min. 5 pax; Max. 8 pax

## KIDS ART CAMP

In this one-day art camp, you will create key chains using clay and learn how to paint them using vibrant colours and bold patterns, drawing inspiration from neo-pop artist Romero Britto.

**Tuesday, 30 May 2023**

**9.45am – 1.15pm (8 – 12 years old)**

**9.30am – 1.00pm (4 – 7 years old)**

Multipurpose Room, Sports Complex (L2)

\$86.40 (Member) | \$100.44 (Guest)

Min. 5 pax

## STREET JAZZ & HIP HOP

Children who want to learn the basics of street jazz & hip hop can join us in this 2-hour workshop. Explore new experiences in dancing and ignite new passion.

**Tuesday, 6 June 2023**

**2.00pm – 4.15pm**

Multipurpose Room, Sports Complex (L2)

\$43.20 (Member) | \$57.24 (Guest)

7 – 12 years old

Min. 10 pax

Time	Programme
2.00pm	Street Jazz
3.00pm	Break
3.15pm	K-pop
4.15pm	Home Sweet Home



## KICKBOXING

Want to learn a new exercise? Join us in this kickboxing session for children where they can learn self-defense and general fitness.

**Monday & Tuesday, 12 & 13 June 2023, 9.00am – 10.30am**

Lattice Suite, Recreation Complex (L3)

\$162.00 (Member) | \$216.00 (Guest)

Min. 5 pax

## MAGICAL UNICORN CUPCAKE (HANDS-ON)

Learn how to bake magical unicorn cupcakes this June school holidays! Have fun decorating them with whipped cream and fondant. Remember to bring an apron, hand towel and container that can fill up half a dozen mini cupcakes.

**Tuesday, 13 June 2023, 10.00am – 12 noon**

Multipurpose Room, Sports Complex (L2)

\$70.20 (Member) | \$84.24 (Guest)

6 – 12 years old

Min. 6 pax; Max. 12 pax

## SPEECH & DRAMA WORKSHOP BY LIU XIAO YI INTRODUCTORY CLASS

Delivered by practicing professionals, Little Artists Programme is specially designed for children. Through drama games, storytelling and role-playing, children will learn key language and expression skills while building their confidence, creativity, and social-emotional intelligence. Workshop will be conducted in Mandarin.

**Friday, 16 June 2023, 2.00pm – 3.30pm**

Lattice Suite, RC (L3)

\$32.40 (Member) | \$46.44 (Guest)

4 – 6 years old & 7 – 9 years old

Min. 10 pax

## POTATO POCKETS (HANDS-ON)

Everyone will work as a team and make Potato Pockets from scratch! Participants will also make the pastry dough individually from scratch too! Shape the 'pockets' and bake them and bring home your very own Potato Pockets.

**Tuesday, 20 June 2023, 10.00am – 12 noon**

Multipurpose Room

Sports Complex (L2)

\$70.20 (Member)

\$84.24 \* (Guest)

6 – 12 years old

Min. 6 pax; Max. 12 pax



All prices are inclusive of 8% 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.



JUNE HOLIDAYS

# BEGINNER BALLROOM CAMP FOR KIDS



8933 1519

SLOTS FOR  
JUNE HOLIDAY  
PROGRAM  
NOW OPEN!

WEEKLY CLASSES  
DAY CAMPS  
INTENSIVE TRAINING



@thedancesportacademy

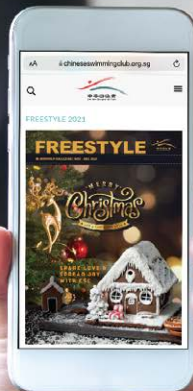
WHATSAPP US TO MORE KIDS & YOUTH PROGRAMS AT  
THEDANCESPORTACADEMY.COM



## 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](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!



# OPERATING HOURS

## ARRIVAL PAVILION

### FRONT OFFICE RECEPTION

Daily 8.30am – 10.00pm

### MINGLE@AMBER

Daily 8.30am – 8.00pm

## SPORTS COMPLEX

### SPORTS RECEPTION

Daily 7.00am – 10.00pm

### MAN ZHU CAFÉ

Mon - Thu

12 noon – 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 noon – 11.00pm

Fri & Eve of PH 12 noon – 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

### WATER POLO POOL

Daily 6.00am – 9.00pm

(Pool Closure for Swim Training)

Tue - Thu 7.45pm – 8.45pm

### 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)

Wed 6.00pm – 8.00pm (3 Courts)

Thu 4.00pm – 6.00pm (6 Courts)  
& 7.00pm – 9.00pm (3 Courts)

Sat 8.00am – 2.00pm (3 – 5 Courts)

& 6.00pm – 9.00pm (4 Courts)

Sun 12 noon – 5.00pm (3 – 7 Courts)

& 7.00pm – 9.00pm (3 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)

Wed 3.00pm – 5.00pm

Thu 3.00pm – 4.00pm

### 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 4.00pm – 6.00pm (2 Tables)

Wed 3.00pm – 7.00pm (2 Tables)

Thu 3.00pm – 6.00pm (2 Tables)

Sat 10.00am – 12 noon

& 2.00pm – 5.00pm (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 noon (1 – 2 Courts)

Sun 3.00pm – 8.00pm (2 – 3 Courts)

## RECREATION COMPLEX

### 3 BARS

Sun to Thu: 12 noon – 11.00pm

Fri: 12 noon – 12.00am

### Band Performing Nights

No Bluez – Mon: 8.00pm – 10.30pm

Puzzle Band – Fri: 8.30pm – 11.30pm

William & Judy – Sat: 8pm – 10pm

### 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 – 12 midnight

Sat, Sun & PH

8.00am – 11.00pm

Mon – Sat (excluding PH)

9.00am – 6.00pm

(Manned Hours)

Closure for training subject to chages.

+Bookings can be made online or at the Sports Reception up to 7 days in advance on a first come, first served basis.

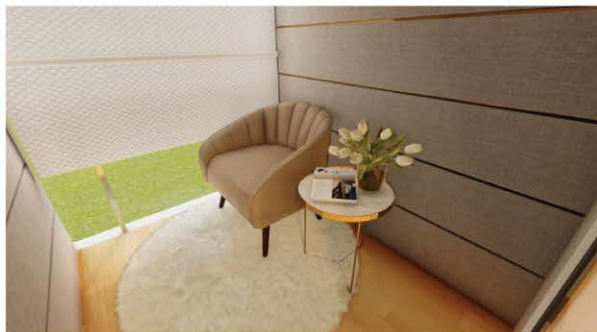


## Playroom Naming Contest

Shout out to all members who love to play! We're thrilled to announce a fun and creative way to name our new children's playroom. We're hosting a naming contest and we need your help to come up with a perfect name. So put on your thinking caps and get ready to unleash your creativity and originality. We're looking for a name that is fun, catchy, and family-friendly.

The winner will receive a **\$200 F&B Voucher** and the satisfaction of knowing he/she helped name a space that will bring joy to kids for years to come. Don't miss out on this exciting opportunity - **Submit your entry today!**

Email your entries with subject "Playroom Naming Contest" along with your full name, email address, contact number and membership number to:  
marketing@chineseswimmingclub.org.sg





**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](https://www.instagram.com/chineseswimmingclub)