

FREESTYLE

JUL - SEP 2025



CELEBRATE WITH CHINESE SWIMMING CLUB

SG 60



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Mr Peter Liew

VICE PRESIDENT (FINANCE)

Mr Jonathan Kuah

CAPTAIN

Mr Dick Lee

VICE-CAPTAIN

Mr Chia T-Jian

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Mr Gerard Ng
Mr Eugene Ng
Mr Peter See
Mr Foo Choon Yeow
Mr Ong Eng Keong
Mr Johnson Ong
Ms Dorothy Tay
Mr Edwin Lim
Mr Lee Chiwi
Mr Jason Gan
Mr Eugene Khoo (Co-opt)

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CONSTITUTION REVIEW

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Mr Peter See

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Mr Johnson Ong

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Mr Eugene Ng

PROJECT UPGRADING

Mr Michael Leong

SPORTS & GAMES

Mr Dick Lee

TENDER

Ms Dorothy Tay

VISION 2050

Mr Foo Choon Yeow

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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.

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Mr Victor Chia
President

CHINESE SWIMMING CLUB
MANAGEMENT COMMITTEE
ELECTED UNOPPOSED
2025/2026



Mr Peter Liew
Vice-President (General)



Mr Jonathan Kuah
Vice-President (Finance)



Mr Dick Lee
Captain



Mr Chia T-Jian
Vice-Captain



Mr Michael Leong
Member



Mr Steven Tan
Member



Mr Gerard Ng
Member



Mr Eugene Ng
Member



Mr Peter See
Member



Mr Foo Choon Yeow
Member



Mr Ong Eng Keong
Member



Mr Johnson Ong
Member



Ms Dorothy Tay
Member



Mr Edwin Lim
Member



Mr Lee Chiwi
Member



Mr Jason Gan
Member



A MESSAGE FROM THE **PRESIDENT**

Dear members,

As we cross into the second half of 2025, I wish to report that both MC and management continue to focus on curating events and activities that meet the needs of our different member profiles: families, singles, sports people, and retirees. To do that, it is important for the club to remain connected to members through the club's various communication channels. Members' feedback keeps us grounded and helps create a better club for all.

On that note, I wish to take this opportunity to update all members on the proceedings of the 110th AGM that took place on 27 April 2025. Many members sacrificed their precious Sunday morning to attend the AGM, and we had a robust discussion on the resolutions that were tabled. But more of that later.

At the AGM, we welcomed two new MC members for the 2025/26 Management Committee: Mr Lee Chiwi, a lawyer, who rejoined us after having served the MC for 15 years from 2005 to 2020, and Mr Jason Gan, an MD and team head at Bank Julius Baer.

We also bade farewell to Mr John Chew, who has retired after an extraordinary 46 years of service to the club. John has left an enduring mark from his early days as a taekwondo practitioner in 1979 to becoming Club Captain in 2015. Most recently, he led the successful 119th CSC Anniversary cum President's Challenge project, which raised \$309,858 for charity.

On behalf of all members, we thank John for serving the club with passion, vision, and unwavering dedication.

As the saying goes, change is the only constant and leadership agility is key to CSC's philosophy on sustainable leadership. We will continue to find ways to refresh the club stewardship with new talents.

Two resolutions were tabled for approval at the 110th AGM. An overwhelming majority approved the first resolution related to the renovation of the recreation complex swimming pool. The second resolution was declared invalid as it required changing the club constitution.

Members present also did not approve a proposal to install a heat exchange and cooling system as part of the club's sustainability efforts.

All in, it was a robust exchange of views and ultimately, the club can only get better from such

robust discussions. We are all winners together as a CSC family.

I have assured members present at the AGM that we have heard their feedback on how the club needs to do more to keep members informed on major issues and that the MC will pay greater attention to strengthening the two-way communication between the club leadership and members.

On a poignant note, and with mixed feelings, I wish to inform members that the 110th AGM is the last one that was conducted in the grand ballroom. By the second quarter of 2026, we will unveil a brand-new multi-function room (formerly grand ballroom), which is enhanced with fully controllable LED flooring, and offering new possibilities for events and celebrations.

Zooming out, 2025 is a significant milestone for Singapore as we celebrate 60 years of nationhood together. At Chinese Swimming Club, we have lined up a range of SG60 offerings to evoke the nostalgic and festive spirit that comes with the nation's birthday.

The Food and Beverage Committee has done a great job in selecting a diverse range of food and drinks to commemorate the occasion. Please find out all about the SG60 F&B offerings and activities on pages 17 to 19 in this issue of Freestyle.

Finally, I am proud to announce that Mikkel Lee (Swimming) and Kate Ona (Open Water Swimming) have been selected to represent Singapore at the World Aquatics Championships, from 11 July to 3 August. 32 CSC Masters swimmers and water polo players will be participating in the World Aquatics Masters Championships, from 26 July to 22 August. Singapore is the host of this global event, which is taking place in Southeast Asia for the first time.

Here's to a meaningful year of growth and celebration. May you keep well always.

Victor Chia
President
Chinese Swimming Club

Upgrading Of Recreation Complex and Great Bubble Reef (Fun Pool)



Thank you, again, for approving the \$9 million upgrading project at the 109th AGM. After a year of deliberations and member consultations, we are raring to go. The upgrading project is expected to start on 3rd week of June and be completed by early Q2 2026. The time frame may shift but rest assured we will keep you posted. For the immediate purpose, please note the following details regarding the use of facilities and amenities at the Recreation Complex.

Availability of facilities at the Recreation Complex during the upgrading duration

Level	Facilities Available
Level 1	Games & Recreation Room, Joy Luck Cove, Changing Rooms, Swimming Pool, Male & Female Toilets and Smoking Room
Level 2	Network Loft (formerly known as Work@CSC), Male & Female Toilets
Level 3	Lattice Suite, TV Room Please note that the toilets will be closed.

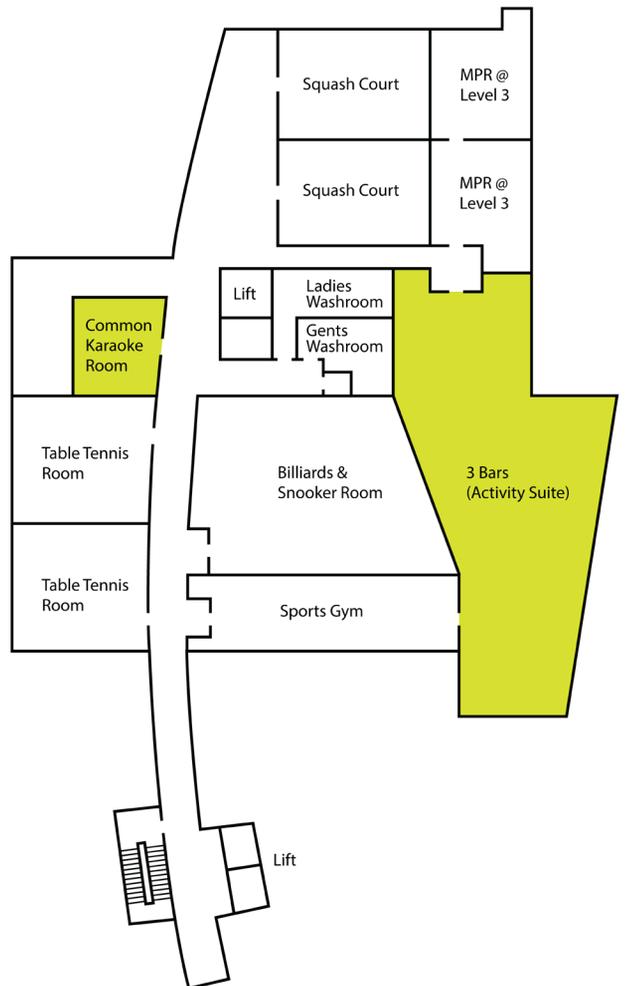


Relocation of 3 Bars and Common Karaoke Room

3 Bars and the common karaoke room will be relocated to temporary locations within the club.

Current		Relocation	
Outlet	Last day at RC	Temporary Venue	Operations Resume
3 Bars / Karaoke	Saturday, 28 June 2025	Activity Suite, SC (L3)	Friday, 4 July 2025
		Common Karaoke Room, SC (L3) (Beside Table Tennis Room)	

N.B. Other activities that are impacted by this relocation will be rescheduled or take place at alternative venues. We will inform the affected groups accordingly.



Directions to the temporary locations of 3 Bars and the Common Karaoke Room

Great Bubble Reef (Fun Pool) Revamp

The fun pool will close on Tuesday, 1 July 2025, and reopen by early January 2026. The new fun pool will feature improved aesthetics and play elements to further elevate family fun and recreational value.

During this period, you may experience some inconvenience. Rest assured that we will make every effort to minimise disruption to your club experience. We seek your kind understanding and patience as we undertake these important upgrading works.

These enhancements are part of the club's ongoing efforts to transform for you, to create a top social and sports club, and be your home away from home.

Thank you for your continued support as we continually work on refreshing and revitalising your club experience. If you have any queries regarding the upgrading works, please contact us at feedback@chineseswimmingclub.org.sg.



For the latest updates and announcements on our upgrading works, be sure to follow us on



Chinese Swimming Club



chineseswimmingclub



www.chineseswimmingclub.org.sg

Kindly note that the start and completion dates/periods for the upgrading work above are subject to change.

Strategic Land Initiatives

Following the renewal of the Sports Complex State land last year, the Singapore Land Authority (SLA) has notified us that after a recent boundary survey, the Club has encroached onto some parts of their land as well as those of our neighbours, namely SilverSea and Radhasoami Satsang Beas Singapore (RSS). The encroachments are minor and the Club has initiated action to undertake the encroachment rectifications. Therefore, expect to see some works being done on our boundary walls.

The Club also has a historical encroachment issue with our neighbour RSS. Despite the Club reaching out to members in the past over a period of time, it has not been successful in gathering evidence and securing confirmation to demonstrate that a small strip of land measuring approximately 30 sqm between the Arrival Pavilion and RSS remains the property of the Club. The loss of this strip of land has no material impact on the Club's operations. The Club will continue to focus on the next renewal of the Sports Complex State land, which houses more than 60% of the entire Club's floor area and facilities.



Before Rectification Works



After Rectification Works

Changing Room Policy for Children Above Age 5

It has come to the Club's attention that boys above the age of five have been observed using the female changing room. We would like to take this opportunity to remind all parents and guardians of **Article 8 of the Club's Bye-laws on Changing Rooms**, which states:

"Children above the age of 5 are not allowed in opposite-sex changing rooms."

In line with this regulation, we kindly request your cooperation to ensure that children above the age of five use the appropriate changing room for their gender. This is to respect the privacy and comfort of all members and to maintain a safe and inclusive environment for everyone at the club. We appreciate your understanding and support in upholding the club's policies.

Going Green: Our Club's Commitment to Sustainability

At Chinese Swimming Club, our commitment to sustainability is an integral part of creating a greener, more responsible environment for our members. Here are a few key initiatives that reflect our efforts to go green:

E-Freestyle Option

Members can opt to receive an e-copy of our Freestyle magazine. By switching to digital, you are helping us reduce paper waste and lower our carbon footprint, one issue at a time.

Scan the QR code to make the switch.



Umbrella Dryer – No More Plastic Sleeves

Instead of using single-use plastic umbrella sleeves, which are non-biodegradable and often end up in landfills, we have introduced an eco-friendly umbrella dryer. Simply swipe your umbrella a few times and it's ready to go - drip-free and sustainable.



Together, let's continue making small changes that lead to a big impact. Thank you for being part of our sustainability journey.



Printed with Purpose – FSC®-Certified Paper

For those who appreciate the tactile feel of a physical magazine, Freestyle is now printed on FSC-certified paper. FSC (Forest Stewardship Council) paper is sourced from responsibly managed forests that meet the highest environmental and ethical standards, while still providing the same premium print experience.



BYO Cup, Get Rewarded

When you bring your own reusable cup to Mingle@Amber, you will enjoy \$0.50 off your beverage. It is a small incentive that adds up to a big environmental impact by reducing single-use cups and plastic lids. This is an ongoing green initiative by Mingle@Amber to encourage eco-conscious habits, one cup at a time!

110th Annual General Meeting



The 110th Annual General Meeting (AGM) of the Chinese Swimming Club concluded successfully on 27 April. Marking the end of an era, it was the last AGM held in the grand ballroom before its upcoming transformation. By the second quarter of 2026, members can look forward to a brand-new multi-function room, featuring an entire floor covered in controllable LED lighting, and designed to offer greater versatility for events and functions.

In his address, the president shared updates on the club's direction and highlighted its leadership longevity. Since its founding, the club has had only five presidents, each serving an average of 20 years.

"The fact that we are having our 110th AGM today and celebrating 120 years attests to the importance of sustainable leadership. There is continuity of ideas, commitment to a long-term strategy, and the right people are around long enough to ensure that things get done and nothing falls through the gaps," the President added.

In his opening address, the president emphasised the importance of leadership renewal and welcomed two new Management Committee members:

- Mr Lee Chiwi, a lawyer, who has rejoined the committee, and
- Mr Jason Gan, Managing Director and Team Head at Bank Julius Baer

Mr Chia said that both individuals brought valuable perspectives and professional expertise that would help guide the club into the future.

Looking further ahead, the President encouraged members to adopt a Vision 2050 mindset, citing the ongoing Recreation Complex upgrading project as a case in point. This major initiative was made possible only after securing a lease extension for the Sports Complex's land. The Club paid \$15 million for the renewal and has budgeted \$9 million for the upgrade, bringing the total investment to \$24 million. This long-term achievement was the result of careful planning, prudent financial stewardship, and proactive stakeholder engagement.

A heartfelt tribute was paid to Mr John Chew, who has stepped down after an extraordinary 46 years of service to the Club. John's journey began in 1979 as a taekwondo practitioner. In 2001, he was elected to the Management Committee and has served as Club Captain since 2015. The Management Committee thanked John for his dedication, vision, and passion. His legacy will inspire future members.

In line with the Singapore Green Plan 2030, the club is also taking active steps toward sustainability. A resolution was proposed at the AGM to install heat recovery and cooling systems, a move that aligns with our broader goal of achieving energy efficiency and reducing the club's environmental footprint. However, because of the technical complexities, the resolution was not passed, pending the satisfactory conclusion and confirmation of the ongoing feasibility study.

At the AGM, Club President Mr Victor Chia agreed with members' feedback that the club put more effort into communicating with members before implementing any major projects.

On the resolution to leave the Recreation Complex swimming pool in its current design and form, as is, the upgrading project committee chairman Mr Michael Leong updated that the proposed changes to the swimming pool could not be carried out due to budgetary constraints. Mr Leong assured members present that the recreation pool would maintain its current design. Hence, the resolution:

"To retain all current swimming lanes of the Recreation without removing or making any changes to the current lanes, keeping all existing lanes intact—size, shape, and dimensions" was carried.

In closing, the President thanked members for their support and encouraged all members to work with the MC and CSC management to "...increase the brand value of the Chinese Swimming Club and make it a club we are proud of and a club that is the envy of all other clubs".

For more information, please check our full 110th AGM minutes, available on our website. <https://www.chineseswimmingclub.org.sg/110th-agm/>

Easter Celebration

Our Easter Sunday celebration on 20 April was a blast! Families enjoyed a day filled with creativity and laughter, from crafting adorable shrink plastic keychains to making charming wind chimes and challenging yourself in a delightful memory game. Thank you to everyone who joined us for the festivities. We loved seeing your smiles and festive spirit!

Stay tuned for more fun-filled events at the club.



Refer a friend now
& be rewarded with

\$300

Spending Credits*!



Terms & Conditions:

- Spending credits apply to all spending except for subscription dues, F&B levy and spending at FIL Spa and Fu Lin Men.
- ^\$300 and \$1000 will be in spending credits
- The Club reserves the right to change the terms and conditions of the promotion without prior notice.

Glow & Blossom: Mother's Day Celebration Special

A big thank you to all the wonderful moms and families who joined us for a lovely morning filled with smiles, crafts, coffee, and celebration on 10 May for Glow & Blossom: Mother's Day Celebration Special. This event for members was our way of showing appreciation to all the amazing mothers in our community. Members penned heartfelt messages and folded origami to express their love, and in return, they enjoyed delightful redemptions such as muffin, coffee, a bouquet creation at the flower bar or a DIY room spray at the scent bar.

The morning was also filled with enriching activities, including complimentary health screenings, a coffee appreciation sharing session, and colour analysis. An acoustic performance by EvantellStories allowed members to dedicate songs to their moms, adding to the celebratory atmosphere. There was also a mosaic vase workshop where members created beautiful keepsakes to take home.

We cherished every moment spent together — from the heartfelt gestures to the delicious treats and vibrant blooms. Even though Mother's Day has come and gone, the warmth and joy from this event continue to fill our hearts.

Here's to the love you share, today and every day, from all of us at Chinese Swimming Club!





Committees' Appreciation Night 2025

On 16 May, we celebrated our committee and subcommittee members — the driving force behind everything we do. A huge thank you to them for their incredible dedication, passion, and hard work throughout the year. Their efforts have shaped so many meaningful events and made 2024 a truly memorable one for the club.

A special tribute goes to Mr John Chew, our beloved Club Captain, whose 46 years of unwavering service and leadership have left an indelible mark on the Chinese Swimming Club. From his early days in 1979 to his many roles over the decades, Mr Chew's legacy of commitment and heart will continue to inspire us for generations.

Thank you all once again for being part of this journey. Here's to many more years of excellence and community.



September Holiday Activities

Looking for fun activities to keep your kids engaged during the September school holidays at Chinese Swimming Club? This September, we are excited to offer a wonderful selection of holiday programmes. From table tennis camps to kickboxing sessions, these activities are sure to delight your kids and bring smiles all around!



BASKETBALL

CSC-LJE SPORTS SEPTEMBER HOLIDAY BASKETBALL CAMP

Enrol your child in this training camp, where they will learn about the value of respect and teamwork as they interact with other kids in this team sport. Sign up fast, as slots are limited.

8am – 10am or 5pm – 7pm

Monday – Wednesday, 8 – 10 September 2025

Basketball Court, SC (Rooftop)

\$280.13 (Member) | \$295.39 (Non-Member)

6–12 years old

Beginners

The above fee is for three training days.



TABLE TENNIS

CSC-LJW SEPTEMBER HOLIDAY TABLE TENNIS 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 for the participants during the camp.

Monday – Thursday, 8 – 11 September 2025

12:30pm – 2:30pm

Table Tennis Room, SC (L3)

\$209.28 (Member) | \$313.92 (Non-Member)

4–14 years old

The above fee is for four training days.



SQUASH

CSC-ULTIMATE SQUASHER SEPTEMBER HOLIDAY SQUASH CAMP

You will learn:

- Introduction to squash foundation skills
- General squash rules
- Hand, eye and foot coordination skills
- Footwork and movement efficiency

Monday – Wednesday, 8 – 10 September 2025

10am – 12 noon

Squash Courts, SC (L3)

\$211.57 (Member) | \$239.69 (Non-Member)

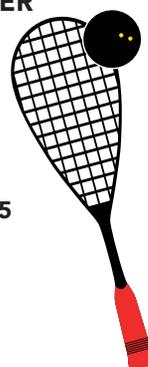
Min. 3 pax, Max. 8 pax per 2-hour timeslot

6–15 years old

Suitable for levels 1 & 2 beginners

Min. 3 pax, Max. 8 pax per 2-hour timeslot

The above fee is for three training days.





HOLIDAY CHESS CAMP

Immerse your child in the world of strategy, critical thinking, and fun with our holiday chess camp. This exciting holiday initiative is designed to provide children of all skill levels with a unique and engaging chess experience. Whether your child is a beginner or an aspiring grandmaster, our programme offers a blend of learning, practice, and friendly competition.

Beginner

Monday – Thursday, 8 – 11 September 2025

9am – 11am

Lattice Suite, RC (L3)

\$327.00 (Member) | \$343.35 (Non-Member)

5–12 years old

Min. 6 pax

Intermediate

Monday – Thursday, 8 – 11 September 2025

11am – 1pm

Lattice Suite, RC (L3)

\$327.00 (Member), \$343.35 (Non-Member)

5–12 years old

Min. 6 pax



KICKBOXING FOR JUNIORS

Give your child the opportunity to boost their physical fitness, strength, coordination, and balance in a fun and energetic environment. Let them gain confidence while staying active!

Monday & Tuesday, 8 & 9 September 2025

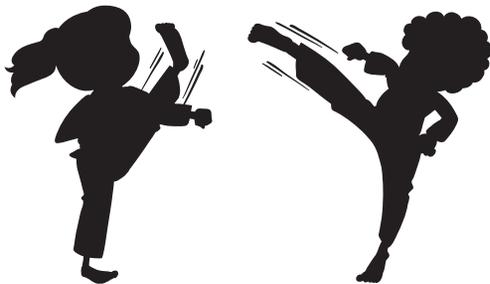
2pm – 4pm

Lattice Suite, RC (L3)

\$109 (Member) | \$163.50 (Non-Member)

5–16 years old

Min. 5 pax



All prices include 9% GST. Activities are subject to change. Registration for the activities will close when the maximum capacity is reached. For more information or to sign up, please visit our website, call **6885 0671/6885 0654**, or email **sports@chineseswimmingclub.org.sg** or **lifestyle@chineseswimmingclub.org.sg**.

Durian-licious Party

Saturday, 19 July 2025

4pm – 5pm

Man Zhu Alfresco

Member: \$49.05

\$24.53 (12 years and below)

Guest: \$59.95

Registration closes on Wednesday, 16 July 2025, or when the maximum capacity is reached, whichever is earlier. Fees include 9% GST.

The durians and drinks are available on first-come, first-serve basis. While stocks last.



Mid-Autumn Festival

Get ready for an enchanting evening under the moonlight as we bring back one of our most beloved traditions — the Mid-Autumn Festival! Look forward to a fun-filled celebration with festive activities for all ages.

Saturday, 27 September 2025

6pm – 10pm

Scan for more updates



Fu Lin Men

Cantonese Dining



花胶爵士汤

Sun Dried Fish Maw CBE's Soup

In the 1970s, famous people in Hong Kong would also request the restaurant to prepare their favorite soups, often sending the ingredients in advance so that their families and guests could share freshly cooked, personalized soups.

The recipe for this double-boiled soup was originally provided by Sir Shiu-kin Tang to the Sui Yuen Restaurant, specifically for his own use. Later, after the restaurant's management obtained Sir Tang's permission, they added the soup to the menu for other customers, naming it "CBE's Soup" in honor of the Commander of the Most Excellent Order of the British Empire (CBE) title he had received from Queen Elizabeth II.

Special Price

\$18⁺⁺

usual price 28⁺⁺

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

18th CSC-Daikin Age Group Badminton (Invitational) Tournament

The Most Prestigious Age Group Badminton Competition in Singapore!



6 Sept to 14 Sept 2025 | 8am to 11pm

Chinese Swimming Club, 21 Amber Road, Singapore 439870



Categories

Boys & Girls Singles U9, U11, U13, U15, U17 & U19
Boys & Girls Doubles U11, U13, U15, U17 & U19
Men's & Women's Singles Open
Men's, Women's, & Mixed Doubles Open
New Combine Age Team Event – 5 Sept to 7 Sept

OVER
\$38,000
Cash Prizes
to be won

Open to all nationalities, except for full-time national players in 2025.

Only ex-national players 55 years and above are allowed to participate in team events.

Registration Fees:

Singles - \$65 | Doubles - \$130 | Team Event - \$800

Sanctioned by:



Title Sponsor:



Gold Sponsors:



Silver Sponsor:



More sponsors are expected to come on board for this event.
Look out for the official prospectus on www.chineseswimmingclub.org.sg from 4 July 2025!
For enquiries, please email sports@chineseswimmingclub.org.sg.

CSC-LJW Table Tennis Academy



About Head Coach Li Wanxiang

More than 39 years of experience in coaching junior and youth trainees



The CSC-LJW Table Tennis Academy aims to foster interest, share knowledge, develop and nurture talented young players in their pursuit of excellence in table tennis. The training programme is tailored for children aged four and above and includes beginner, intermediate and advanced levels.

Students will learn:

- Basic Grips
- Stance & Footwork
- Forehand & Backhand Strokes
- Defensive Techniques

and more



Li Jiawei

- 2x Olympic Medallist
- 19x Commonwealth Games Gold Medallist
- 21x SEA Games Gold Medallist



Zhang Xueling

- SEA Games Gold Medallist



Guo Yan

- 3x Asian Cup Women's Singles Gold Medallist
- 2x World Cup Women's Singles Gold Medallist

Contact Jonathon Loh @ **6885 0671** or Jonathon_Loh@chineseswimmingclub.org.sg.

More Than A Meal: A Season to Savour

If there is one thing that brings people together, it is food. At Chinese Swimming Club, the dining experience is not just about meals — it is about creating wonderful moments. As we smoothly transition into the second half of the year, there is something comforting about settling into familiar routines — weekend family dinners, cosy coffee breaks and long conversations over hearty plates.

Our kitchens are serving up more than just dishes — they're curating experiences. This July to September, members can look forward to flavours that warm the heart, spark conversation and offer a delicious sense of discovery.



Where Nostalgia Meets Indulgence

There's something deeply comforting about a classic done right. At Man Zhu Café, the braised pork hock with kiam chye is a dish that speaks of patience — tender, gelatinous pork slow-cooked to perfection, paired with tangy preserved vegetables and served with a simple bowl of rice. It is savoury and steeped in tradition, making every mouthful worth slowing down for.

Braised pork hock with kiam chye (\$14.80). Available in July, Mondays – Thursdays, from 6pm – 9pm.



Thai Buffet (\$33.80 adult, \$14.80 child). Available in July, every Friday, from 6pm – 9pm.

For a Friday night burst of flavour, Man Zhu Café's Thai buffet boasts bold spices and vibrant colours — think lemongrass, coconut milk, and fiery chilli in harmony. Dishes include Tom Yum Seafood Soup, Green Curry Chicken, Pineapple Fried Rice and Tub Tim Grob (Red Rubies in Coconut Milk).



On weekends in July and September, the grill shines with the Western BBQ dinner, featuring sizzling meats, seafood, and charred vegetables for a smoky escape at Man Zhu Alfresco.



Western BBQ. Available on weekends in July and September from 6pm to 9pm.

If sweet cravings hit, the Oreo Milo from Mingle@ Amber is a playful nod to childhood favourites — frothy, creamy and topped with crushed Oreos for texture. Pair it with the chempedak cheesecake, where the bold tropical fruit adds a surprisingly elegant twist to the dense, velvety dessert.



Oreo Milo (\$6.24 member, \$7.80 non-member), chempedak cheesecake (\$5.92 member, \$7.40 non-member). Available in July.



Dutch Colony Neyyid Pillimue. Available in July and August.

Coffee lovers will enjoy July and August's special Dutch Colony Neyyid Pillimue single-origin beans with tasting notes of blood orange, cherry and guava. Available in July and August, it is ideal for a slow afternoon, or a thoughtful midday pause.

Your Ultimate BBQ Feast

This July's whisky highlight at 3 Bars invites you to slow down and savour. Choose the crisp Auchentoshan 12 Years, the deeper, sherry-rich Three Wood — or both with the twin set, perfect for connoisseurs seeking contrast.



Auchentoshan 12 Years (\$88) and Three Wood (\$128). Twin set (\$208). Available in July.



August brings a bold rhythm. At Man Zhu Café, the BBQ pork ribs are fall-off-the-bone tender with a sticky glaze balancing sweetness and umami. This dish demands both hands and full attention.

BBQ pork ribs (\$16.90). Available in August, Mondays – Thursdays, from 6pm – 9pm.

The local BBQ dinner rounds off the week on Saturday and Sunday with grilled classics that bring out the best of comfort and fire.

Available every Saturday and Sunday from 6pm – 9pm in August.



A Slow Embrace of Comfort

September brings slow comforts and indulgences that linger. At Man Zhu Café, the lamb shank biryani is a feast—fragrant basmati rice with tender, slow-braised lamb that falls apart easily. The spices whisper warmly, from turmeric to cardamom.

Lamb shank biryani (\$28.80).
Available in September, Mondays – Thursdays,
from 6pm – 9pm.



Oriental Buffet (\$33.80 adult, \$14.80 child).
Available in September,
every Friday,
from 6pm – 9pm.

Fridays take a turn toward the East with the Oriental buffet — a spread that leans into depth and balance, perfect for those who like to linger over delicate and robust flavours. Dig into favourites such as Crispy Pork Belly, Steamed Sea Bass with Black Bean Sauce and Chilli, Ngho Hiang and Peach Gum with Goji Berries and Longan.

And for something with a little more edge, 3 Bars showcases Japan's finest whiskies and gin — Chita Single Grain, Hibiki Harmony, Yamazaki Distiller's Reserve and Roku Gin Sakura Blossom for September — refined, subtle and perfect for easing into an unhurried evening.



Japan's whiskies and gin (from \$88 a bottle).
Available in September at 3 Bars.

At Mingle@Amber, dessert takes a decadent turn. The creamy butterscotch drink is as indulgent as it sounds — smooth vanilla milk swirled with caramel and topped with cookie crumbs for texture. On the side, the honey cake is golden, lightly floral and quietly elegant — the kind of dessert you would want to linger over.



Creamy butterscotch (\$6.24 member, \$7.80 non-member), honey cake (\$5.92 member, \$7.40 non-member).
Available in September.



Tiong Hoe Black Pearl. Available in September and October.

To finish the experience, coffee drinkers will appreciate the Tiong Hoe Black Pearl beans — dark, syrupy and earthy with a caramelised afterglow. Every cup offers richness and depth, with notes of dark chocolate, nougat and caramel that make for a truly thoughtful pause.

Up Close & Personal with Mikkel Lee and Coach Zhang Jian Lan Preparing for World Aquatics Championships

As the World Aquatics Championships draw near, all eyes are on national swimmer Mikkel Lee and his coach, Zhang Jian Lan. With months of intense training, discipline and unwavering focus behind them, the duo is poised to make a splash on the world stage. In this interview, we dive into their preparations, their mindset heading into one of the sport's most prestigious competitions and the unbreakable bond between athlete and coach that has powered Mikkel's rise in the swimming world.

How does it feel to be representing Singapore at the 2025 World Aquatics Championships?

Mikkel: It is always an honour to represent Singapore. Having the 2025 World Aquatics Championships back at home is almost like coming full circle for me. I remember being in the stands 10 years ago, as a kid, watching the 2015 SEA Games at the OCBC Aquatic Centre, in awe of how fast those guys were swimming.

Now, 10 years later, to have the opportunity to race in front of a home crowd, is something truly special. I really hope that by swimming at the 2025 World Aquatics Championships, I can inspire someone in the stands, someone who might decide to take up swimming and go on to represent our country too.

What has been the biggest challenge in preparing an athlete for the World Aquatics Championships?

Coach Zhang: Preparing an athlete for world aquatics championships level is a lengthy process of hard work, involving laying a solid foundation and, at the same time, minimising injuries during the early stages of training. As his coach, I must strike a balance between these two key aspects.



Can you walk us through a typical training day as you prepare for the 50m freestyle?

Mikkel: Racing the 50m freestyle requires near perfection. Training for it is broken down into specific segments and I usually approach it in three key phases: technique, resistance and overspeed.

Technique work focuses on minimising drag and perfecting starts and breakouts. Resistance training builds power using tools like drag socks and parachutes while maintaining form. Overspeed training, with fins and cords, helps the nervous system adapt to faster-than-race speeds. This is supported by gym work targeting explosive strength, core stability and mobility—all crucial since every millisecond counts in sprint events.

What's one coaching moment with Mikkel that has made you especially proud?

Coach Zhang: Mikkel won his first SEA Games gold medal and qualified for the 50m butterfly World Aquatics A cut in the 2023 SEA Games. I'm very proud of Mikkel's remarkable accomplishments and the hard work that led to this milestone.

How do you stay motivated and keep your swimmers focused during the ups and downs of elite training?

Coach Zhang: I always remind my swimmers to believe in themselves during challenging moments in major competitions, helping them understand that overcoming obstacles is an essential part of the competitive swimming journey. To fulfil their dreams and targets, we will sit down together to discuss our next phase of training.

What advice would you give to young and aspiring swimmers hoping to follow in your footsteps?

Mikkel: A friend in Brazilian Jiu-Jitsu shared one of my favourite quotes: "You win or you learn." That mindset has stuck with me throughout my journey.

To all young and aspiring swimmers, I'd say: dream big, because the sky is truly the limit. But also understand that setbacks are a natural part of the process. There's no shame in defeat. In fact, some of the most valuable lessons come from the tough moments. It's only a failure if you fail to learn from it.

Catch Mikkel live in action at the World Aquatics Championships happening from 11 July to 3 August at the OCBC Aquatic Centre.



Mikkel Lee clinches gold in the 50m Butterfly at SEA Games 2023.



**WORLD AQUATICS
CHAMPIONSHIPS
SINGAPORE 2025**

Celebrate SG60 with Our Aquatic Athletes and Members

In honour of Singapore's 60th birthday, our nation will be the first Southeast Asian country to host the World Aquatics Championships and Masters Championships 2025.

Held from 11 July to 3 August (World Aquatics Championships) and 26 July to 22 August (World Aquatics Masters Championships), these global events will feature top athletes and mass participants across swimming, water polo, diving, artistic swimming, open water swimming and high diving.

Let's come together to celebrate this momentous occasion and show our support for our club's competitive swimmers, water polo players and fellow members representing us on the world stage!

World Aquatics Championships



Swimming
Mikkel Lee



Open Water Swimming
Kate Ona

World Aquatics Masters Championships

Swimming

- Chang Charlotte
- Choo James
- Choo Jing Yi
- Foo Britney
- Holland Tyler Michael
- Koh Cin Dee
- Ng Cheng Xun
- Reveron Jose Gergorio
- Tan Elaine
- Tan Hui-Yi Jamie
- Tan Poh Choo
- Tan Puay Thee
- Long Cheng Cheng
- Lee Amanda
- Christina Loh
- Wan Tsz Pat
- Lim Shiyong Piau
- Jeffrey Lee

Water Polo

- Chia Shih Yun
- Dave Lee
- Lee Teck Keong
- Joseph Howe
- Johnson Ong
- Leong Hoe Yin
- Vincent Png
- Lau Kum Weng
- Ron Tai
- Eric Tan
- Chow Heng Yim
- Yip Renkai
- Romeo Yeo

CELEBRATE WITH CHINESE SWIMMING CLUB



SG60 Celebrations: A Toast to 60 Years of Singapore!

We are pulling out all the stops to celebrate Singapore's 60th birthday in true local style with special SG60 promotions and events for everyone in the family!

One-Day-Only Highlights – 2 August

Take a nostalgic trip down memory lane with:

60 cents Kopi O & Teh Tarik – because nothing says “Singapore” like our favourite local brews.

Old-School Snacks & Treats – enjoy childhood favourites from ice pops to iced gem biscuits.

Old-School Snacks (starting from \$0.60). Available only on 2 August.



Kopi O and Teh Tarik (\$0.60). Available only on 2 August.



All About Chilli Crab Sauce

Spice up your celebrations with our National Day-inspired fusion delights at Man Zhu Café, perfect for those who love a creative twist on local flavours!



Chilli Crab Sauce Spaghetti, Pizza and Prata. Available daily, from 10 July to 9 August for lunch and dinner (except Fridays).

Shiok Man! Local Buffet

Fridays at Man Zhu Café lean into the familiar with the local buffet dinner — a hearty spread of perennial favourites such as rojak, pig stomach soup, sambal stingray and oyster omelette that feel like home.

Shiok Man! Local Buffet (\$33.80 adults, \$14.80 child). Available in August, every Friday, from 6pm – 9pm.





Bandung with Grass Jelly (\$0.60), Raspberry White Chocolate Cake (\$6 member, \$7.20 non-member). Available in August.

Mingle@Amber Specials – August only
Cool down and treat yourself to:
Bandung with Grass Jelly – a refreshingly sweet local classic. Raspberry White Chocolate Cake – rich, fruity and just the right amount of indulgence.

Raise a Glass at 3 Bars

Cheers to SG60 with:
Gin & Tonic at just \$6 – available all month long of August. Add a zesty touch with a splash of lime for extra flavour!



Gin & Tonic (\$6). Available in August.

We have also lined up exciting events for everyone:



**Craft & Exhibition:
Build a Sketch of Singapore Icon**

Hone your observation skills by capturing the essence of iconic architectural landmarks and creatively translating your insights into both unique 2D and 3D artworks with sustainable materials.

Monday, 7 July
9:30am – 12:30pm
Lattice Suite, RC (L3)

Parent & Child Only
\$116.27 per pair (Member)
\$139.52 per pair (Guest)
6 – 14 years old

Child Only
\$101.73 (Member)
\$122.08 (Guest)
8 – 14 years old



**Heritage Learning Journey:
Hainanese Edition**

Learn to make Yi Bua – a traditional glutinous rice kueh and explore Hainanese heritage through the flavours and stories that have shaped it.

Sunday, 20 July 2025 | 1pm – 2.30pm
\$43.60 (Member) | \$53.32 (Guest)
For 12 years & above



**Heritage Learning Journey:
Cantonese Edition**

Learn about the traditions, costumes and stories behind Cantonese opera from Mr Gary Kong, a veteran artist with over 40 years of experience in the scene and try out some basic movements.

Sunday, 13 July | 2pm – 4pm
\$72.67 (Member) | \$87.20 (Guest)
For 7 years & above

Scan to find out more



**Heritage Learning Journey:
Teochew Edition**

Discover the rich traditions of Teochew culture as our journey begins at Eng Tiang Huat, a cultural shop known for its traditional trades and artefacts, making png kueh and enjoying Teochew nursery rhymes.

Sunday, 27 July | 1pm – 4pm
\$145.33 (Member) | \$174.40 (Guest)
For 5 years & above

All fees are inclusive of 9% GST. Stay tuned for more SG60 happenings. Check our website, weekly e-newsletters and social media pages for the latest updates. Let's make Singapore's 60th birthday one to remember!

Swimming

55th Singapore National Age Group Swimming Championships 2025

It is a wrap at the 55th Singapore National Age Group Swimming Championships 2025.

After 10 days of intense racing amidst a packed schedule from 14 to 23 March, our 235 junior and senior swimmers successfully secured the Singapore Aquatics Club Challenge Trophy for the fourth consecutive year in both the junior and senior categories. These trophies are awarded to the affiliate club that accumulates the most total points from individual and relay events. We are extremely proud of our swimmers for their unwavering competitive spirit and hard work.

A huge thank you to our dedicated swimmers, parents and coaches—this victory is yours!

<p>JUNIORS: 14 TO 16 MAR 2025 SENIORS: 18 TO 23 MAR 2025</p>	<p>WINNER</p> <p>SINGAPORE AQUATICS CLUB CHALLENGE TROPHY (JUNIORS & SENIORS)</p> <p>2022 - 2025 (4TH CONSECUTIVE YEAR)</p>	<p>57 Gold 36 Silver 31 Bronze</p> <p>Total: 124 medals</p> <p><i>excluding overseas & non-local participants</i></p>
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2025 Australian Age Group & MC Championship – 10 to 18 April

Ten of our club's powerhouse swimmers made waves at the 2025 Australian Age and MC Age Championships, held from 10 to 19 April, proudly representing half of the Singapore contingent at this prestigious meet! Team Singapore brought home a spectacular medal haul of eight golds, nine silvers and three bronzes — and CSC athletes were the driving force behind this success, contributing all eight golds, all nine silvers and one bronze. Their stellar performances didn't stop there; Our swimmers made 20 final appearances and shattered expectations with 18 personal bests, a testament to their relentless drive, talent, and determination. Congratulations to our rising stars for making the club and Singapore proud on the international stage!



Swim Masters Invitational 2025 – Leg 1

Not even the rain could put a damper on the excitement at our first Masters Swim Meet of the year held on 20 April! The afternoon was filled with energy, determination, and vibrant support from the stands.

It was heartening to welcome familiar faces back in the pool, and even more exciting as this meet doubled as a qualifier for the upcoming World Masters Championships—happening right here in Singapore!

Come Swim & Conquer

A total of 230 swimmers participated in Come Swim & Conquer, our first in-house competition of 2025, held from 16 to 17 May. This sanctioned meet serves as an upgrading opportunity for our competitive swimmers and offers qualifying times for participation in future meets. Thank you to everyone for making this event a success!

Artistic Swimming

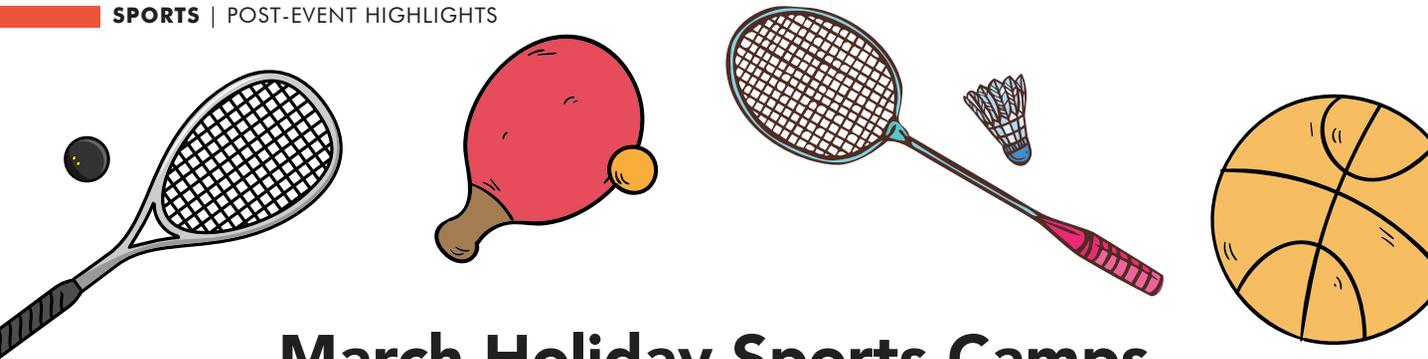
ASPIRE Assessment

Our artistic swimmers participated in the ASPIRE assessment, held from 26 to 27 April at Our Tampines Hub. This assessment focused on their fundamental skills, empowering participants to progress and reflecting their growth as artistic swimmers. Congratulations to all for their achievements!



12 & Under Age Group Artistic Swimming Workshop

Our artistic swimmers took part in the 12 & Under Artistic Swimming Workshop organised by Singapore Aquatics (SAQ) on 11 May. Participants were guided through various drills and techniques to enhance their skills and understanding of the sport. It was a fruitful and enriching experience for all our swimmers, who gained valuable insights and practical knowledge to support their development in the sport.



March Holiday Sports Camps

The club was buzzing with energy as kids dived into our sports camps for squash, badminton, table tennis and basketball, as each sport held a separate, action-packed programme. From learning the basics to refining their game strategies, the young athletes trained diligently and played even harder under the guidance of our dedicated coaches.

The courts echoed with laughter, teamwork, and determination as campers formed new friendships, developed essential skills and stayed active throughout the break. Whether it was the lightning reflexes in table tennis, precision smashes in badminton, court awareness in basketball, or quick footwork in squash, every child had a blast while keeping fit and healthy.

It was a school holiday well spent and we cannot wait to welcome our young champs back for more in the next round of camps!



Squash Camp
17 to 19 March



Badminton Camp
17 to 21 March



Table Tennis Camp
17 to 20 March



Basketball Camp
17 to 19 March

Badminton

CSC-D&J Badminton Academy Sparring Events

The CSC-D&J Badminton Academy hosted a series of spirited sparring sessions aimed at sharpening the skills and competitive edge of our trainees. The intermediate group took to the courts on 18 April, followed by the advanced trainees on 1 May, showcasing strong discipline and sportsmanship throughout.

As part of a new initiative to motivate and reward performance, eight outstanding members were selected to receive the inaugural equipment voucher incentive on 25 May, following a friendly challenge session that brought together players from all levels of the academy.

Congratulations to all who participated and especially to our top achievers! We hope this inspires every trainee to continue striving for excellence, both on and off the court.



Billiards & Snooker

Aloysius Yapp's Achievements

We are incredibly proud of honorary member Aloysius Yapp, for achieving a fantastic season with skill, grit and sportsmanship, even as he competed in various international tournaments against the world's top-ranking players.

Your hard work and dedication have paid off: clinching the championship title at the 2025 WNT UK Open Pool Championship is a phenomenal achievement!

You continue to make Singapore proud and we look forward to more of your amazing performances on the global stage.

Results

European Open Pool Championship
(11 to 16 March 2025)
9th Position

Premier League Pool 2025
(20 to 27 March 2025)
5th Position

2025 WNT UK Open Pool Championship
(6 to 11 May 2025)
Champion



Bowling

Section Monthly Medal

Category	1st	2nd
Open	Elliott Tan	Bryan Lee
Classified	Mildred Lim	Andrew Liew

The bowling section held its Monthly Medal on 9 March, bringing together members for a fun-filled day of friendly competition and camaraderie. Congratulations to all the winners for their outstanding performances!



Funbowl cum Bingo Night

The bowling section hosted a delightful Funbowl cum Bingo Night on 7 April, beginning with a hearty buffet dinner, followed by a lively bingo session, where cheers of excitement rang out with every lucky number called. The evening wrapped up at the lanes with a fun and casual bowling session, where everyone enjoyed striking up good times together. Thank you to all who joined us for the laughter, games, and great company. We look forward to seeing you at our next event!



Bowling Marathon cum President's Challenge Fundraising

On 10 May, the bowling section rolled out a meaningful and action-packed Bowling Marathon cum President's Challenge Fundraiser, bringing together members and guests in support of a worthy cause. The event was part of the club's ongoing commitment to the President's Challenge, a national movement dedicated to uplifting the less fortunate in our community.

Teams of ten bowlers each displayed remarkable stamina and spirit as they took on the challenge of completing 100 games within five hours. A heartfelt thank you to all bowlers, donors, and supporters for your generosity and enthusiastic participation. We are proud to have united our passion for bowling with a collective spirit of giving back.



Contract Bridge

Bridging Friendship Across Borders

The club was delighted to once again host our friends from Hong Kong's United Services Recreation Club on 30 April, who returned for another memorable exchange—this time with a delegation of 21 enthusiastic contract bridge players.

The event was a testament to the enduring friendship between the clubs and the universal love for the game. Amidst friendly competition and strategic plays, players bonded over shared passion, laughter, and cultural exchange.

A heartfelt thank you to the United Services Recreation Club for honouring us with your presence. We look forward to many more visits and continued camaraderie in the years ahead!



Golf

Golf March Medal 2025

The golf section enjoyed a short but spirited excursion across the causeway to the ever-welcoming Ponderosa Golf Club for the March Medal 2025 on 13 March. Familiar fairways and friendly competition set the stage for a memorable day on the greens. Congratulations to all the winners and participants for a great round of golf!



Results

- 1st: Gillan Teo
- 2nd: Kuah Teck Beng
- 3rd: Serena Lau
- 4th: Johnny Tan
- 5th: Mustaffa Lim

Golf May Medal 2025

The golf section set sail from Singapore to Batam for an exhilarating three-day golfing adventure from 6 to 8 May. With clubs in hand and spirits high, members tackled three rounds of golf across three days, combining friendly competition with the charm of island hospitality. Well played to all participants for making this golf getaway a success!



Results

- 1st: Thomas Aw
- 2nd: Allan Kwek
- 3rd: Kuah Teck Beng

Pickleball

2024–2025 Expo Bridge Cup China Open

From 15 to 20 April, pickleball section member Pang Hian Tee, alongside his partner, emerged as the champion in the 50+ Male Doubles category at the prestigious Expo Bridge Cup China Open. Congratulations on his impressive win!



Pang Hian Tee (Middle)

Singapore Pickleball Open 2025

From 18 to 20 April, our pickleball section members delivered remarkable performances at the Singapore Pickleball Open 2025, showcasing skill, determination, and sportsmanship across multiple categories.

Results

Scott Lim 2nd: Non-Master Singles 2nd: Non-Masters Mixed Doubles	Tess Chen 1st: Masters Mixed Doubles 2nd: Masters Women’s Doubles	Shirlaine Phang 3rd: Masters Mixed Doubles 4th: Masters Women’s Doubles	Vivien Sng 4th: Open Women’s Singles
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Shirlaine Phang (second from left),
Tess Chen (second from right)



Scott Lim (right)



Vivien Sng (left)
& Shirlaine Phang (right)

Alliance Bank KL Open Pickleball Championship 2025

From 25 to 27 April, pickleball section member Scott Lim, along with his partner, secured an impressive second place in the Men’s Doubles 19+ (Open) category at the Alliance Bank KL Open Pickleball Championship 2025!



Scott Lim (second from right)

Squash

CSC-Ultimate Squasher Junior Squash Try-Out 2025

On 15 February, the club proudly hosted the CSC–Ultimate Squasher Junior Squash Try-Out supported by the Singapore Squash Racket Association. With eight enthusiastic young participants—some gripping a squash racket for the very first time—the court came alive with energy, curiosity, and budding talent. It was a joy to witness these juniors take their first steps in the sport.



ONCOCARE National Junior Squash Championships 2025

From 18 to 22 March, the squash section proudly celebrated the outstanding performance of our junior athletes at the prestigious ONCOCARE National Junior Squash Championships 2025. The athletes demonstrated exceptional skill, determination, and sportsmanship on the court:

- Kelihla Cheong clinched first place in the GSU13 category and also secured a commendable fourth place in the GSU15 category.
- Taliah Cheong earned a strong fourth place finish in the GSU17 category.

Three cheers for both players for their remarkable achievements and for flying the club's flag high!



MARIGOLD 2025 SGSquash Circuit 1

From 8 to 12 April, the MARIGOLD 2025 SG Squash Circuit 1 brought together top talent from across the nation. Congratulations to our squash section members for their outstanding performances:

Results

- Terence Teo
3rd – Men's Masters I
- Terence Teo
2nd – Men's Masters II
- Taliah Cheong
4th – Women's Division I



Terence Teo (front row, second from left), Taliah Cheong (front row, fifth from left)

Touch 'n Go SRAFTKL International Junior Open Squash Championships 2025

From 15 to 20 April, young squash talents gathered at the Touch 'n Go SRAF-TKL International Junior Open Squash Championships 2025. Representing CSC with pride, Kelihla Cheong delivered an outstanding performance to clinch second place in the GU13 category.



Table Tennis

ATSAA Table Tennis Nurture Cup 2025

From 15 to 16 March, our talented CSC-LJW Table Tennis Academy trainees competed in the ATSAA Table Tennis Nurture Cup 2025. Their dedication, skill, and competitive spirit shone brightly throughout the tournament. Well done, young paddlers!

Results

Girls U10
1st – Li Ting Claire

Boys U10
3rd – Justin Tee

Girls U8 (Consolation Draw)
2nd – Zhang Jia Yun



Li Ting Claire (left), Justin Tee (right)



Zhang Jiayun (left), Li Ting Claire (right)

STTA Age Group Table Tennis Championships 2025

From 15 to 23 March, members of our table tennis section and an academy trainee showcased their exceptional talent and skill at the STTA Age Group Table Tennis Championships 2025. Congratulations to all our players for their remarkable achievements!

Results

GS9
1st – Krystal Huang
Joint 3rd – Li Ting Claire

GS12
Joint 3rd – Evelyn Rose
Gooi



Evelyn Rose Gooi
(second row, first from right)



Li Ting Claire, Krystal Huang (second row)

Tennis

CSC Tennis Mixed Doubles Tournament 2025

On 20 April, the tennis section hosted a heartwarming mixed doubles tournament featuring dynamic duos of husbands and wives, fathers and daughters, showcasing the club's spirit of community and family togetherness. Despite weather conditions testing their resolve, participants pushed through with determination and good cheer. Congratulations to all the winners and participants for making the tournament a memorable one!



Results

- 1st – Jeremy Goh & Jessica Khong
- 2nd – Raul de Ocampo & Dulce de Ocampo
- 3rd – Robin Ng & Rayna Ng
- 4th – Rick Hartono & Vivien Sng
- 5th – Oliver Zhang & Priscilla Chen

CSC Tennis Invitational Tennis Tournament 2025

The club welcomed four esteemed Malaysian clubs to Singapore for the annual CSC Invitational Tennis Tournament 2025. Returning for the tournament were friends from the Chinese Recreation Club (Taiping), Ipoh Swimming Club, and Penang Sports Club. This year, we were thrilled to welcome the Royal Port Dickson Yacht Club as it made their return appearance after a decade. Day one started shakily, with rain dampening spirits in the morning. Fortunately, the skies cleared and the courts soon buzzed with energy. High heat and humidity challenged players, even as fierce rallies and thrilling matchups unfolded. Day two brought celebration and silverware.

Congratulations to Royal Port Dickson Yacht Club for clinching the Plate after being away for ten years. After a

six-year wait, the CSC Invitational Tennis Tournament 2025 crown returns home. Congratulations to CSC Team A for winning the 2025 title!

A heartfelt thank you to all clubs and players for another unforgettable tournament filled with camaraderie, competition and community.



Water Polo

SG Water Polo National League

We are proud to announce the remarkable performances of our water polo teams against the country's top clubs at the SG Water Polo National Championship 2025.

Our U16 boys fought hard throughout the tournament, which was held from February to March. They demonstrated excellent teamwork and tactical prowess and earned themselves a well-deserved silver medal. The U12 showed remarkable dedication and spirit in the finals, culminating in their silver wins in their respective divisions. Our youngest U10 players stepped up with exceptional grit and resilience to secure an impressive bronze medal.

We extend our heartfelt congratulations to all players, coaches, and supporters for their unwavering commitment. These results reinforce CSC's reputation as a nurturing ground for water polo excellence.



ActiveSG Internal Water Polo League 2025 Season 1

The school break was action-packed as CSC's U10, U12, and U15 water polo teams took part in Season 1 of the ActiveSG Cup 2025, held from 17 to 21 March.

Our U10 team embraced the 5-on-5 format with enthusiasm and grit, putting up valiant performances that earned them a well-deserved silver medal. The U12 and U15 teams fought hard as well, securing bronze and fourth place finishes respectively.

No matter the medal colour, we are proud of the team members who never stop pushing their limits and challenging themselves to be better.





CSC-D&J Badminton Academy: Elevate Your Game

Experience a top-class badminton programme at CSC-D&J Badminton Academy, where passion meets excellence. Open to all skill levels - from beginners to competitive - our academy provides structured training to help players master the fundamentals, develop skills, and enjoy the sport.

Learn from the Best

Our dedicated coaches are certified under the National Registry of Coaches (NROC) and the Ministry of Education (MOE). As accomplished players and respected figures in Singapore’s badminton community, they bring expertise and experience to every training session.

Join us and take your badminton journey to the next level at CSC-D&J Badminton Academy!

For more information, please email sports@chineseswimmingclub.org.sg or call **6885 0671**.



Dribble, Shoot, Score – Weekly Basketball Classes for Everyone!

Hey aspiring basketball enthusiasts! Are you ready to step into the world of basketball? Organised in partnership with LJE Sports, our weekly classes are tailored for beginners and intermediates who are eager to learn and have fun on the court.

- Play in a supportive environment led by passionate coaches
- Gain essential skills like dribbling, shooting, passing, and defence
- Learn about teamwork, and build friendships on and off the court

Coach Bernard Williams

Coach Bernard brings a wealth of experience from his professional playing days in the US and abroad. With over a decade of coaching experience in Singapore, he leads our team of passionate coaches who are dedicated to helping you reach your full potential.

Thursday, 5pm – 6.15pm
Saturday, 8am – 9:15am & 9:30am – 10:45am
Sunday, 8am – 9:15am & 9:30am – 10:45am
Juniors (6–14 years old)



For more information, please email sports@chineseswimmingclub.org.sg or call **6885 0671**.

Swimming

CSC Midget Meet 2025

Saturday, 30 August 2025
Water Polo Pool, SC
 Eligibility: 9 years old & under

CSC Novice Meet 2025

Saturday, 13 September 2025
Competition Pool, SC
 Eligibility: 12 years old & under
 (Selection for 37th JIC)

Learn-to-Swim Programme

Tuesday – Friday, 3:30pm – 7pm
Saturday, 8:45am – 12:10pm & 3pm – 6:20pm
Sunday, 8:45am – 12:10pm
Beginners' Pool, SC
 Eligibility: 4 years old and above

Swimmers in Green (Stage 4) and Development (Stage 5) are required to attend lessons twice a week.

One weekday - \$87.20, One weekend - \$109.00
 Two weekdays - \$147.15
 One weekday and one weekend - \$179.85

Masters Swimming

Tuesday & Thursday, 7:45pm – 8:45pm
Saturday, 8:45am – 9:45am
Water Polo Pool, SC
 \$147.15 per month

Badminton

CSC-D&J Badminton Academy

Monday – Wednesday & Friday, 3pm – 5pm
Thursday, 4pm – 6pm
Saturday, 8am – 10am, 10am – 12noon
Sunday, 1pm – 3pm
Badminton Hall, SC (L2)

Frequency	Member	Non-Member
Once/Week (4 sessions)	\$163.50	\$218.00
Twice/Week (4 sessions)	\$294.30	\$392.40
Thrice/Week (4 sessions)	\$441.45	\$588.60

The training fee will be charged accordingly if there are additional training days in the month.

Eligibility: 6 to 16 years old

Basketball

CSC-LJE Sports Junior Basketball Training

Thursday, 5pm – 6:15pm
Saturday, 8am – 9:15am & 9:30am – 10:45am
Sunday, 8am – 9:15am & 9:30am – 10:45am
Basketball Court, SC (Rooftop)
 \$125.35 (Member) | \$201.65 (Non-Member)
 Juniors (6 – 14 years old)

The above fees are based on four sessions a month. If there is a lesson on the fifth week of the month, an additional fee will be billed accordingly. Non-members are required to pay a refundable one-month deposit.



Bowling

CSC Bowling Learn-to-Play Programme

New Bowler
Saturday, 10:15am – 11:15am
or 1pm – 2pm or 2pm – 3pm
12 Lanes Bowling Alley, SC
 \$130.80 (Member) | \$174.40 (Non-Member)
Development Bowler
(For trainees with bowling background)
Saturday, 1pm – 2:30pm or 3pm – 4:30pm
12 Lanes Bowling Alley, SC
 \$152.60 (Member) | \$196.20 (Non-Member)

The above fees are based on four sessions a month. They include lane fees and shoe rental.



Golf

Golf Calendar 2025

The event dates may be subject to changes and serve as a guide.

Date(s)	Event	Location
18 July	Medal & Golf Section Night	Changi Golf Club
4 September	Annual Golf Championship	Laguna Golf & Country Club
14 October	CSC-SIA Bilateral Game	Forest City, Legacy
11 & 12 November	November Medal	Tanjong Puteri / Desaru
December	Year-End Golf Bash	TBA

Pickleball

Pickleball Training

Tuesday, 7pm – 9pm
(Beginners)

Saturday, 7pm – 9pm
(Intermediate)

Basketball Court, SC
(Rooftop)

	Member	Non-Member
Beginners⁺	\$191.84*	\$218.00*
Intermediate⁺	\$283.40*	\$322.64*
Private Coaching members only (1 pax)	\$103.01 per hour	N/A
Private Coaching members only (2 pax)	\$51.23 per pax / hour	N/A



⁺Each session is 2 hours (1.5 hours coaching and 0.5 hours of play)

*Rates are for four lessons per module.



Pickleball Group Training

Thursday, 7pm – 8:30pm or 8:30pm – 10pm

Friday, 8:30pm – 10pm

Basketball Court, SC (Rooftop)

\$196.20 per month

Min./Max. of 4 pax

For CSC Members only

The above fees are based on four sessions a month. If there is a lesson on the fifth week of the month, an additional fee will be billed accordingly.

Squash

CSC-Ultimate Squasher Junior Squash Programme

Monday, 4pm – 5pm (L1)

Wednesday, 3:30pm – 5pm (L2), 5pm – 6pm (L1)

Thursday, 4:30pm – 6pm (L2-3)

Friday, 3:30pm – 5pm (L2), 5:30pm – 6:30pm (L1)

Squash Courts, SC (L3)

\$331.36 (Member) | \$374.96 (Non-Member)

1-hour training session per week

\$479.04 (Member) | \$562.44 (Non-Member)

1.5-hour training session per week

6 years old and above

Min. 3 pax

8 lessons per term

CSC-Ultimate Squasher Adult Squash Programme

Sunday, 3pm – 4:30pm or 4:30pm – 6pm

Squash Courts, SC (L3)

\$553.72 per pair (Member)

\$627.84 per pair (Non-Member)

1.5-hour training session per week

20 years old and above

Min. 2 pax

8 lessons per term

Taekwondo

Taekwondo Junior Training Programme

Tuesday & Sunday

Multipurpose Room, SC (L2)

\$49.05 per month (Colour Belt)

\$38.15 per month (Poom/Black Belt)

For CSC members only



Belt	Day	Time
Foundation White F1 F2 F3/White	Tuesday	4:45pm – 5:45pm
Foundation White F1 F2 F3/White	Sunday	1pm – 2pm
Yellow	Sunday	2pm – 3pm
Green	Sunday	3pm – 4pm
Blue	Sunday	3pm – 4pm
Brown	Sunday	4pm – 5pm
Poom / Black	Sunday	5pm – 6pm

Tennis

CSC-TAG Junior Tennis Programme

Pee Wee/Gripper: \$130.80

3 – 6 years old

Junior Novice/Level 1/Level 2: \$196.20

Junior Level 3: \$261.60

7 years old and above

The above fees are based on four sessions a month. If there is a lesson on the fifth week of the month, an additional fee will be billed accordingly.



Water Polo

Learn-to-Play Water Polo Programme

Saturday, 6:15pm – 7:30pm

Beginners' Pool, SC (L1)

\$65.60 per month (Member)

\$87.20 per month (Non-Member)

6 to 12 years old

Participants must be able to swim Freestyle & Breaststroke properly for 2 x 25m laps independently and be able to tread water for at least one continuous minute.



Junior Water Polo Training Programme

**Monday, Wednesday & Saturday
6:15pm – 8.15pm**

Friday, 7.30pm – 9.30pm

Water Polo Pool, SC (L1)

\$141.70 per month (Member)

\$218.00 per month (Non-Member)

9 to 16 years old

Participants must be able to swim all four strokes properly for 4 x 50m laps continuously, tread water for at least 1.5 minutes continuously, and have basic ball sense.



All prices include 9% GST. Activities are subject to change. Registration for the activities will close when the maximum capacity is reached. For more information or to sign up, please visit our website, call **6885 0671**, or email sports@chineseswimmingclub.org.sg.

Holiday Chess and Self-Defence Camps

Our March holiday camps were a success! The holiday chess camp, held from 17 to 20 March drew enthusiastic young participants eager to learn and improve their skills in international chess. While many children were new to the game, others with prior experience challenged themselves in the intermediate-level camp.

From 17 to 19 March, the self-defence camp helped children understand the importance of self-protection and personal safety. Participants not only learned why self-defence matters but also picked up practical techniques they can use in real-life situations.

What a week of fun, learning, and confidence-building. Thank you for joining us!



Safari Dance Party

Members had a roaring good time at the Safari-themed Social Dance Party on 17 May, dancing the night away in jungle-inspired outfits. The vibrant evening featured lively music, themed décor, and exciting lucky draw prizes, making it a night to remember.



Dance

Line Dance Jam for President Challenge Charity

Join us for a meaningful and fun-filled evening at our Line Dance Jam, where dancers celebrate our beloved Singapore's birthday this August! Dance with purpose as we groove in support of the President's Challenge Charity. Let's move together for a good cause and share the joy of community and giving.

Saturday, 6 September

7pm – 9.30pm

\$15.00 (Member) | \$25.00 (Guest)

Theme: National Day (Red & White)



Line Dance

Beginner	Beginner Intermediate	Beginner Advanced	
<p>Sunday, 12noon – 1pm Lattice Suite, RC (L3) \$76.30 (Member) \$130.80 (Guest) 10 sessions Min. 10 pax</p>	<p>Tuesday, 12:30pm – 1:45pm Multipurpose Room, SC (L2) \$89.93 (Member) \$122.63 (Guest) 10 sessions Min. 10 pax</p>	<p>Tuesday, 1:45pm – 3:15pm Multipurpose Room, SC (L2) \$106.28 (Member) \$138.98 (Guest) 10 sessions Min. 10 pax</p>	<p>Sunday, 1pm – 2:30pm Lattice Suite, RC (L3) \$106.28 (Member) \$160.78 (Guest) 10 sessions Min. 10 pax</p>



Solo Latin Dance

Wednesday, 3pm – 4pm

MPR @ L3, SC (L3)

\$109.00 (Member) | \$135.16 (Guest)

8 sessions

Min. 8 pax



Social Dance Nights

Saturday 12, 19 & 26 July

9, 16 & 23 August

13, 20 & 27 September

7pm – 10:30pm

Lattice Suite, RC (L3)

\$9.81 (Member) | \$18.00 (Guest)

Slots are limited to the social dance nights.

Confirmation is on a first-come, first-served basis. Dates are subject to change. Register online at our website under Fitness & Leisure—Dance.

Exercise

Get Fit & Have Fun!

Join our monthly exercise classes. Whether you want to stretch, flow or groove, we've got something for everyone. These are some of the featured exercise classes that we offer:

NEW Yin Yang Yoga by Rose Lie



This Yin Yang class is a fusion of strengthening and softening, building up energy and strength during the yang practice, followed by long and passive holds to work on the deep connective tissues and joints in your body during the yin practice.

Friday, 10:15am – 11:15am
Multipurpose Room, SC (L2)

NEW Step Blast by Jenn



Step up your fitness routine with a fun and effective Step Aerobics session! Using a raised platform (stepboard), this cardio-based workout is designed to improve coordination, endurance, and lower-body strength, while burning calories and boosting heart health.

Tuesday, 11am – 12 noon
MPR @ L3, SC (L3)

NEW Zumba Gold by Jaclyn



Zumba Gold is a modified version of the popular Zumba program, designed for active older adults, beginners, and those seeking a lower-intensity workout. It retains the energetic atmosphere of Zumba but features simpler choreography and a more relaxed pace.

Tuesday, 3pm – 4pm
MPR @ L3, SC (L3)

NEW Jump Fitness (Beginners)



This Jump Fitness (Beginners) class focuses on imparting correct fundamental techniques to prepare you for the regular and advanced levels so that you can work towards your fitness goals safely and effectively.

Wednesday, 7:30pm – 8:30pm
MPR @ L3, SC (L3)

NEW Jump Fitness (Gold)

This Jump Fitness (Gold) class focuses on imparting correct fundamental techniques, which are modified to best support your age and health conditions. It is conducted slower and more intensely than our regular classes.

Friday, 11am – 12 noon
MPR @ L3, SC (L3)



Discover more about the classes and sign up.

Leisure

Chinese Calligraphy

Monday, 9am – 11am
Multipurpose Room, SC (L2)
Monthly Fee: \$16.35 (Member)
\$32.70 (Guest)

Chinese Brush Painting

Thursday, 11am – 1pm
Multipurpose Room, SC (L2)
Monthly Fee: \$179.85 (Member)
\$212.55 (Guest)

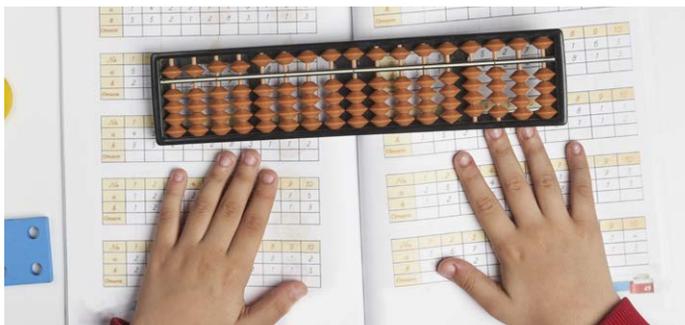
Urban Gardening

Monday, 9:30am
CSC Gardening Corner

Youth & Kids

Wushu Beginners

Saturday, 7pm – 8:30pm
 Multipurpose Room, SC (L2)
 Sunday, 9:30am – 11am
 Lattice Suite, RC (L3)
 \$163.50 (Member) | \$218.00 (Guest)
 4 sessions
 5 – 12 years old
 Min. 5 pax per class



Abacus & Mathematics

Wednesday, 5pm – 6:30pm
 Lattice Suite, RC (L3)
 \$152.60 (Member) | \$174.40 (Guest)
 4 sessions
 An additional \$49.05 registration fee applies.
 4 – 14 years old
 Min. 5 pax, Max. 8 pax

International Chess Class for Beginners

Tuesday, 5.30pm – 6:30pm
 Multipurpose Room, SC (L2)
 \$311.50 (Member) | \$337.60 (Guest)
 8 sessions
 4 – 12 years old
 Min. 6 pax



Children's Ballet



Beginners 1* (Saturdays)	Beginners 2* (Saturdays)
9:15 am – 10:15am \$122.08 (Member) \$165.68 (Guest)	10:15am – 12:15pm \$331.36 (Member) \$418.56 (Guest)
Grade 1^ (Saturdays)	Grade 2^ (Saturdays)
2:15pm – 3:45pm \$340.08 (Member) \$405.48 (Guest)	12:15pm – 2:15pm \$488.32 (Member) \$575.52 (Guest)
Grade 5* (Fridays)	Grade 8* (Fridays)
5pm – 7pm \$488.32 (Member) \$575.52 (Guest)	3pm – 5pm \$488.32 (Member) \$575.52 (Guest)

*Venue: Multipurpose Room, SC (L2)
 ^ Venue: MPR @ L3, SC (L3)
 Note: Timeslots are subject to availability due to limited slots. Please check for new term dates.

All prices include 9% GST. Activities are subject to change. Registration for the activities will close when the maximum capacity is reached. 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

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The photos featured in Freestyle are taken by Chinese Swimming Club, macquire, Aloysius Yapp, SSRA and STTA.

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

NETWORK LOFT

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

Reciprocal Club Feature: Seoul Club

Founded in 1904 by Emperor Kojong to promote cross-cultural understanding and friendship, the Seoul Club has grown over the past 120 years into Korea's only multinational private membership club. Today, it continues to serve both the expatriate and Korean communities by offering a welcoming space for family, business, social, and recreational activities. With a legacy that reflects its enduring mission, The Seoul Club remains a unique gathering place where members enjoy true international fellowship.

#86 Jangchungdan-ro Jung-gu Seoul (04605)
<https://www.seoulclub.org/>



OPERATING HOURS

ARRIVAL PAVILION

FRONT OFFICE RECEPTION

Daily 8:30am – 10pm

MINGLE@AMBER

Daily 8am – 8pm

LE 乐 PLAYROOM

Mon Closed

Tue–Sun 9am – 9pm

(The playroom will be closed on Tuesday if a public holiday falls on a Monday.)

SPORTS COMPLEX

SPORTS RECEPTION

Daily 7am – 10pm

3 BARS

Relocated to the Activity Suite, Sports Complex (Level 3) due to upgrading works from 4 July 2025.

Mon–Wed: 12 noon – 3pm, 6pm – 11pm

Thu: Closed

Fri–Sun: 2pm – 11pm

If the eve of PH or PH falls on a

Thu: 2pm – 11pm

Band Performing Nights

Snapshots **Wed:** 8pm – 10:30pm

Sat: 8:30pm – 11pm

Puzzle Band **Fri:** 8:30pm – 11pm

KARAOKE ROOM

Relocated to a common room at the Sports Complex (Level 3) due to upgrading works from 4 July.

Mon–Wed, Fri–Sun: 3pm – 10:30pm

Thu: Closed

If the eve of PH or PH falls on a

Thu: 3pm – 10:30pm

The room is available on a first-come, first-served basis and is not available for private booking.

Max. 6 pax

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 – 11pm

Fri & Eve of PH 12 noon – 1am

Sat & PH 10am – 1am

Sun 10am – 11pm

BEGINNERS' POOL

Daily 7am – 9pm

(Pool Closure for Swim Training)

Tue–Fri 3:30pm – 7pm

Sat 8:45am – 12:10pm & 3pm – 7:30pm

Sun 8:45am – 12:10pm & 3pm – 6pm

COMPETITION POOL

Daily 6am – 9pm

(Pool Closure for Swim Training)

Tue & Thu 5:30am – 7:45am

6:30am – 11am (School holidays only)

Mon–Fri 3:30pm – 8pm

Sat 6:30am – 12:30pm & 3:30pm – 7:45pm

Sun 6:30am – 12:30pm

GREAT BUBBLE REEF (FUN POOL)

Closed for upgrading works

BADMINTON COURTS (+)

Daily 7am – 10pm

Peak Period

Mon–Fri 6pm – 10pm

Sat, Sun & PH Whole Day

(Court Closure For Club Team Training)

Mon & Fri 6pm – 10pm

(4–7 Courts)

(Court Closure For Junior Training)

Mon–Fri (except Thu)

3pm – 5pm (6 Courts)

Tue 6pm – 9pm (3 Courts)

Wed 6pm – 8pm (3 Courts)

Thu 4pm – 6pm (6 Courts)

& 7pm – 9pm (3 Courts)

Sat 8am – 2pm (3–5 Courts)

& 6pm – 9pm (4 Courts)

Sun 12 noon – 5pm (3–7 Courts)

& 7pm – 9pm (3 Courts)

BASKETBALL COURT (+)

Daily 7am – 10pm

(Closure for Tennis Junior Programme)

Fri 5pm – 8pm

(Closure for Junior Training Programme)

Thu 5pm – 7pm

Sat 8am – 11am

Sun 8am – 11am

(Closure for Pickleball Section Training)

Mon 5:30pm – 10pm

7pm – 10pm

Tue 7am – 10am

Wed 7pm – 10pm

Thu 7am – 10am

(Closure for Pickleball Weekly

Group Training)

Thu 7pm – 10pm

BILLIARDS & SNOOKER LOUNGE (+)

Mon–Thu, Sat, Sun, Eve of PH & PH

2pm – 10pm

Fri 2pm – 11pm

(Closure for Section Training)

Fri 6pm – 11pm

FLEX GYM

Mon–Fri 6:30am – 10pm

Sat & Sun 7am – 9pm

PH 7am – 8pm

SQUASH COURTS (+)

Daily 7am – 10pm

(Closure For Section Training, All Courts)

Mon 6pm – 10pm

Wed & Fri 7pm – 10pm

(Closure For Training Programmes)

Mon 4pm – 5pm (Court 1)

Wed 3pm – 5pm (Court 1)

Thu 4pm – 6pm (Courts 1 & 2)

Fri 3pm – 5pm (Court 1)

TABLE TENNIS ROOM (+)

Daily 7am – 10pm

(Closure For Section Training)

Mon 5pm – 7pm (2 Tables)

7pm – 10pm (4 Tables)

Tue 6pm – 10pm (4 Tables)

Thu 6pm – 10pm (4 Tables)

Fri 4pm – 5pm (1 Table)

5pm – 10pm (4 Tables)

(Closure for CSC-LJW Training)

Mon 3pm – 5pm (4 Tables)

Tue 3pm – 6pm (4 Tables)

Wed 3pm – 7pm (4 Tables)

Thu 3pm – 6pm (4 Tables)

Sat 12noon – 5pm (4 Tables)

Sun 9am – 4pm (4 Tables)

TENNIS COURTS (+)

Daily 7am – 10pm

(Closure For Section Training)

Mon 5pm – 8pm (2 Courts)

Wed 5pm – 8pm (3 Courts)

Sat 3pm – 8pm (3 Courts)

(Closure for Tennis Social Night)

Mon 8pm – 10pm (1 Court)

Wed 7pm – 10pm (1 Court)

(Closure for Junior Training)

Thu 4pm – 8pm (1 Court)

Fri 4pm – 9pm (2–3 Courts)

Sat 8am – 12 noon (1–2 Courts)

Sun 3pm – 8pm (2–3 Courts)

RECREATION COMPLEX

SWIMMING POOL

Daily 6am – 9pm

With effect from 2025, the Swim Team will not be using the RC Pool for training.

GAMES & RECREATION ROOM

Mon–Thu & Sun 1pm – 9pm

Fri, Sat & Eve of PH 1pm – 10pm

JOY LUCK COVE

Daily 10am – 11pm

NETWORK LOFT

Mon–Fri & Eve of PH

8am – 12 midnight

Sat, Sun & PH

8am – 11pm

Mon–Sat (excluding PH)

9am – 6pm

(Manned Hours)

Closures for trainings are subject to change. +Bookings can be made online or at the Sports Desk up to 7 days in advance on a first-come, first-served basis.



CHINESE SWIMMING CLUB
21 & 34 Amber Road Singapore 439870
Tel: 6345 1221/6885 0688
Fax: 6345 7134

www.chineseswimmingclub.org.sg

 Chinese Swimming Club
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