

FREESTYLE



BI-MONTHLY MAGAZINE | NOV - DEC 2021

★ MERRY ★
Christmas
★ AND A HAPPY NEW YEAR ★

SPARK LOVE &
SPREAD JOY
WITH CSC



FREESTYLE PUBLICATION



ON THE COVER

Merry Christmas and a Happy New Year

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CORPORATE MEMBERSHIP

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**Terms & Conditions apply.*

For more information, please contact the Membership Team at
membership@chineseswimmingclub.org.sg or call 6345 1221 or 6885 0652/7.

Dear Members

2021 is drawing to a close, and what a year it's been. While the pandemic rages on, we're incredibly fortunate to have been able to continue many Club activities safely while making swift (and sometimes overnight) operational adjustments to ensure compliance with ongoing regulatory changes. Our Club has hence remained a thriving social enclave for members, and for that, there is much to be thankful for. Let us thus ring in the holiday season with gratitude.

Celebrations may be muted compared to years past, but our team has nevertheless put together a fantastic array of events for you and your loved ones, to spread the festive cheer. We will kickstart the yuletide magic with our highly anticipated Christmas tree light-up on 25 November. To ensure our community remains safe, members are invited to partake in this symbolic event via Facebook. Of course, no celebration is complete without a feast to match. In December, treat your family to a traditional Christmas set dinner from Man Zhu, or make gift shopping stress-free by selecting from our range of festive wine hampers. Kids won't be left out with our medley of holiday programmes ranging from Christmas craft workshops and baking classes to exclusive photo opportunities with the CSC Santa family. You can find out more about these activities in the following pages. It's an excellent slate, and I would like to say a special thank you to our team for bringing to fruition these wonderful programmes to light up our members' year-end calendars.



As we move into the new year, members can look forward to more enhancements to their membership at the Club. Group fitness enthusiasts will be pleased to learn that we will be launching the all-new CSC Exercise Flexi-Pass this month. Each prepaid Flexi-Pass provides discounted access to 10 classes, with up to 14 types of exercise classes (or a total of 31 classes a week) to choose from, and even more new classes in the pipeline. Mingle@Amber usage continues to see steady growth since its inception. From 1Q 2022, we will provide members with more reasons to patronise with the expansion of our Grab & Go offering by over 70 new items including pastas, soups and cold brew beverages. Over at the Recreation Complex, construction will soon begin on the new Level 2 co-working space that will offer members a beautiful, conducive alternative to work remotely, collaborate and network by 1Q 2022.

Finally, it would be remiss of me not to acknowledge the three members of our club who have recently brought great pride to the CSC family by representing our little red dot at the international sporting arena – Honorary member/Olympian Joseph Schooling at the Tokyo Olympics 2020; member/ex-Olympian Mark Chay, who coached Yip Pin Xiu to her double gold win at the Tokyo Paralympics 2020; and Honorary member/Singapore's rising pool star Aloysius Yapp, for his commendable performances at the WPA World Ten-Ball Championship and the 2021 U.S. Open Pool Championship. We are so proud to count among our community these individuals – who in many aspects epitomise the pinnacles of sporting excellence in their respective fields – and hope their achievements will be sources of inspiration for our young athletes and also for our members to rally behind.

Wishing you and your family a safe and happy Christmas and a blessed New Year. May your holidays be filled with peace and joy, and I look forward to seeing you at the Club soon.

Peter Liew
Vice President (General)

HAVE A HOLLY JOLLY CHRISTMAS AT CSC

Enjoy the most wonderful time of year with our trove of festive delights and yuletide activities, lovingly curated to make your year-end celebrations an unforgettable one.

A FEAST TO REMEMBER

Christmas Set Dinner

- Cream of Wild Mushroom Soup
- Burrata Tomato Rocket Salad
- Platter (Roasted Turkey Breast, Honey Glazed Gammon Ham & Pork Ribs, Roasted Sliced Beef, Grilled Butter Prawns)
- Valrhona Chocolate Log Cake (slice)
- Candy Fruit Cake (slice)

\$58.80 for 2 | receive a complimentary bottle of Cousino Macul Varietals Carmenere (red)

\$108.80 for 4 | receive a complimentary bottle of Castillo Perelada Cava Brut Reserva NV sparkling wine



- Daily dine-in/takeaway at Man Zhu Café from 25 November – 25 December, 6:00pm – 9:00pm
- NYE Set Dinner available on 31 December 2021

DELIGHTFUL ROASTS



Traditional Roast Turkey | \$54.80

- 4-4.6kg before roasting
- Chestnut Stuffing & Cranberry Sauce
- Serves 4-6 pax



Champagne Gammon Ham (Boneless) | \$50.80

- 3kg
- Cranberry Sauce
- Serves 8-10 pax



Honey Baked Ham | \$21.80

- 1.8kg
- Serves 10-12 pax



Premium Iberico Ham | \$21.80

- 1.2kg
- Cranberry Sauce
- Serves 4-6 pax



Black Pepper Rib-eye Roast Beef | \$38.80

- 1.2kg before roasting
- Gourmet Sauce
- Serves 2-3 pax



Roast Bone-in Lamb Leg | \$56.80

- 2kg before roasting
- Gourmet Sauce
- Serves 10-12 pax



Premium Sausage Combo | \$25.80

- Truffle Sausage (500g)
- Chicken Bratwurst Sausage (400g)
- Chicken Cocktail with Cheese (400g)
- Cranberry Sauce
- Serves 8 -10 pax



Christmas Combo Set | \$56.80

- Smoked Chicken (1.7kg before roasting)
- Honey Roasted Pork Ribs (1.2kg before roasting)
- Honey Baked Ham (800g)
- Cranberry Sauce
- Serves 8-10 pax

- All orders come chilled for safety reasons and vacuum packed for freshness. Trimmings and garnishes not included.
- Please allow 6 working days in advance for all orders
- Last order date: 10 December, 3:00pm
- Collection dates: 15-23 December, 3:00pm – 5:00pm
- Call 6885 0697 or email fnb_events@chineseswimmingclub.org.sg to place your order

THE GIFT OF GIVING

Festive Wine Hampers | \$38 – \$228

Pre-order at Man Zhu Café from 25 November



SWEET TREATS

Log Cakes

- Valrhona Chocolate Raspberry | \$55
- Mango Strawberry | \$48

Pre-order at Man Zhu Café from 25 November.
Please allow 4 working days in advance for all orders

Christmas Goodies

- Assorted Christmas cookies in penguin or star box (10pcs per box) | \$9.80
- Rich Fruit Cake (650g) | \$26.80
- Stollen with Confit Orange and Lemon (600g) | \$26.80
- Gingerbread cookies | \$3.80

Available at Man Zhu Café from 25 November

Satilia Bear Chocolate Cake | \$7.90

Available at Mingle@Amber & 3 Bars from 25 November

HOLIDAY THIRST QUENCHERS

Bluesy | \$5.60

Blue lagoon syrup, coconut cream, coconut flat, vanilla powder, milk, topped with whipped cream and fish candy

Available at Mingle@Amber from 25 November

Fantasy Grinch | \$10

Vodka, blue cacao, orange juice, garnished with Christmas candy

Jolly Freezy Punch (mocktail) | \$8

Watermelon Juice, yuzu syrup, longan, garnished with Christmas candy

Available at 3 Bars from 25 November

All prices are subject to GST.



CHRISTMAS FUN CALENDER ⁷



Make merry with fun and games
for all in the family!

25 Nov

7:00pm Facebook

Christmas Tree Light Up*

- * Don't miss our magical CSC tree lighting!
- * An enchanting skit by the CSC Santa family
- * Christmas carolling by NUS Resonance

**In line with Covid-19 safety measures, event will be conducted virtually via the CSC Facebook page.*

12 Dec

2:00pm – 4:00pm Lattice Suite

Dalgona Candy Game

- * Can you trace the Christmas motifs without breaking?
- * Register online by 1 December (walk-ins welcome; subject to availability)

1-19 Dec

Photo Contest

- * Dress in your festive best, say cheese, and upload your photos at CSC on IG/FB with the hashtag #CSC
- * 5 prizes to be won

I'm dreaming of a Green Christmas

- * Save money and the planet by making your own recycled-materials Xmas decorations!
- * Submit your creations to the Front Desk by 12 December; voting takes place from 13-19 December
- * 3 winners

Christmas Lucky Draw

- * Drop your Christmas Set Dinner receipts into the lucky draw box at Man Zhu Café
- * Draw date: 20 December
- * 2 lucky winners of a Christmas logcake worth \$55 each

Snowman Amazing Race

- * Kiddies can pick up this maze game at the Man Zhu Café counter
- * Exchange the completed maze for a Christmas treat!

Christmas Ball Freeze

- * A fun FB competition! Freeze the moving Christmas ball and post your screenshot via FB comments
- * First 10 correct entries receive a Satilia Bear chocolate cake from Mingle@Amber

18 Dec

2:00pm – 5:00pm Lattice Suite

Parent-Child Christmas Craft Workshop

- * Learn to make your own Christmas glitter bauble!
- * Register online by 8 December (walk-ins welcome; subject to availability)

19 Dec

2:00pm – 2:30pm Club-wide

Christmas Scavenger Hunt

- * Team up, decipher the clues and locate all items in the shortest time
- * Register online by 8 December
- * Prize vouchers for 3 winning teams

20-26 Dec

1:00pm – 2:00pm

7:00pm – 8:00pm

Sports Reception

Candy Scoop

- * Collect as much candy as you can in one scoop!
- * 1 chance per day per member account

**Activities are subject to change due to COVID-19 regulatory directives and unforeseen circumstances.*

Please visit our website, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg to register or for more details.

CHRISTMASSY WORKSHOPS



Christmas Wreath Making

Make your home Christmas-ready by designing your very own wreaths! Traditional full wreaths are an easy way to elevate your holiday trimmings, while half wreaths add a unique and modern twist to your living space. Using fresh foliage and dried seasonal ornaments, these wreaths will last 2-3 weeks, just in time for the festive celebrations.

Half Christmas Wreath

Saturday, 4 December
Lattice Suite, RC
2:00pm – 3:00pm
\$106.30 (Member) | \$121.30 (Guest)
16 years and above
Min. 5 pax
Registration closes 26 November

Small Full Christmas Wreath

Saturday, 4 December
Lattice Suite, RC
4:00pm – 5:00pm
\$131.30 (Member) | \$146.30 (Guest)
16 years and above
Min. 5 pax
Registration closes 26 November



Christmas Stamp Carving

Learn how to carve your own Christmas-themed rubber stamps – from snow globes to gingerbread men, these whimsical stamps will make a cute and versatile addition to your stationery collection.

Thursday, 9 December
Multipurpose Room, SC
2:00pm – 3:30pm
\$106.30 (Member) | \$119.30 (Guest)
11 years and above
Min. 5 pax
Registration closes 1 December



Christmas Cake (Parent-Child)

Calling all parent-child MasterChefs! Team up and dream up a delicious Christmas cake for the holidays. In this fully hands-on workshop, participants will bake, assemble, decorate and bring home a chocolatey 7-inch cake, so remember to bring along an 8-inch or wider container!

Friday, 10 December
Multipurpose Room, SC
9:00am – 11:30am
\$92 (Member) | \$105 (Guest)
Child age: 5-10 years
Min. 5 pairs; max. 8 pairs
Registration closes 3 December



Christmas Bread Pudding (Child Hands-on)

Christmas isn't quite complete without bread pudding! Children will have great fun making this yummy delicacy from scratch.

Tuesday, 14 December
Multipurpose Room, SC
10:00am – 11:30am
\$62 (Member) | \$75 (Guest)
6-10 years
Min. 5 pax; max. 10 pax
Registration closes 7 December
Participants are advised to bring along an apron and hand towel



Twinkle Light Canvas Art

Unleash your inner artist on canvas, then add a little sparkle to your masterpiece with our 20-bulb twinkle lights! Art tools and canvasses provided.

Wednesday, 15 December
 Multipurpose Room, SC
 9:30am – 12:00pm
 \$61 (Member) | \$74 (Guest)
 4-16 years
 Min. 8 pax
 Registration closes 3 December



Nature Clay Mobile

A Christmas storytelling cum arts and crafts session, where kids will learn how to put together a nature-themed Christmas hanging mobile – perfect for the holiday season. All art materials will be provided.

Wednesday, 22 December
 Multipurpose Room, SC
 10:00am – 12:00pm
 \$64.10 (Member) | \$77.10 (Guest)
 4-12 years
 Min. 8 pax
 Registration closes 10 December



DIY Gingerbread House Making (Parent-Child)

In this fun and creative workshop, you and junior will work together to decorate a gingerbread house with copious frosting and candy, before taking home your beautiful, tasty creations! Members who are unable to join in the workshop can order our gingerbread house for \$32.

Wednesday, 22 December
 Multipurpose Room, SC
 3:00pm – 4:15pm
 \$38 per set (Member) | \$41 per set (Guest)
 4 years and above
 Max. 12 pax
 Registration closes 10 December



Mono-Colour Linocut Printing

Learn the basics of linocut printing, including designing and carving a Christmas-themed linoleum block, inking with a brayer, and printing your beautiful masterpiece. Participants can bring home their carved block and linocut prints after the workshop.

Thursday, 23 December
 Lattice Suite, RC
 9:00am – 11:30am
 \$90 (Member) | \$103 (Guest)
 13 years and above
 Min. 6 pax
 Registration closes 10 December

All prices are subject to GST.

Please visit our website, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg to register or for more details.

KEEPING OUR MEMBERS AND STAFF SAFE



In line with Covid-19 safety regulations, the Club has since September implemented mandatory supervised swab testing for frontline staff including F&B personnel, swim coaches, fitness instructors and technicians. Since then, we have expanded the weekly testing regime to cover all staff across the facilities, housekeeping and sports administrative departments.

40 team members were also nominated to attend our in-house virtual Safe Distancing Ambassador (SDA) training. Recognisable by their red tags, our SDAs will play a key role in helping the Club to uphold safe management measures on-premises. Please give your full co-operation when you are approached by any one of them.

While the pandemic has altered and challenged our social norms, we can take comfort in the fact that these measures will protect our loved ones and the wider community. Stay safe!



2022 STAFF HONG BAO FUND



At CSC, we recognise that it takes the combined efforts of everyone on our staff team to deliver the overall experience that members are accustomed to enjoying at the Club – whether it's the warm and personalised service, the spotless club facilities, or the innumerable programs and activities that ensure our members continue to derive value from their memberships.

In line with the Lunar New Year tradition of presenting red packets to loved ones, we invite our members to contribute to the 2022 Staff Hong Bao Fund, which will be distributed to all front and back-of-house staff in time for the Lunar New Year celebrations. While the token amount may be nominal, this small gesture contributes significantly to the Club's efforts to acknowledge and show our appreciation for the year of hard work put in by our dedicated team members.

The voluntary contribution of \$10 per account will be debited to members' December statements, with no further action required. Members who wish to contribute more or opt out may do so via the reply slips accompanying their November statements by 31 December 2021.

We thank you for your generosity!

NEW MENU COMING YOUR WAY SOON



Mingle@Amber is upsizing!

Come 1Q 2022, we will be expanding our menu of classic favourites to bring you over 70 new lip-smacking items – select from a smorgasbord of freshly-prepared pastas, soups and pastries, or chill out with our selection of cold brews, wines, craft beers, Soju and sakes. Visits for breakfast, lunch, dinner, and all hours in between welcome!

Stay tuned for more details.

NEW LAUNCH – EXERCISE FLEXI-PASS

Get more bang for your buck as you work up a sweat in fun studio sessions alongside fellow members! Our newly launched pre-paid fitness package will allow you to choose from more than a dozen group exercise classes – think K-Pop X Fitness, Yoga, Pilates, Barre Fusion, Aqua Aerobics, HIIT and more – so you can make the most of your membership. Simply book your next workout session online!



EXERCISE FLEXI-PASS: \$150 FOR 10 CLASSES

Sign up from now till 31 December to enjoy:

- 2 free classes + 50% off 2-month Flex Gym membership + Complimentary fitness induction (applicable to current Flex Gym members)
- 1 free class + 50% off 2-month Flex Gym membership + Complimentary fitness induction (applicable to non-Flex Gym members)



Terms & conditions:

- Each Flexi-Pass is valid for 3 months
- Classes may be booked up to 30 days in advance
- Maximum of 2 launch promotion packages per member

Please visit our website for group exercise programs and schedule. For enquiries or to sign up, contact 6885 0654 or email lifestyle@chineseswimmingclub.org.sg

MEMBER SPOTLIGHT

ALOYSIUS YAPP

Did you know that billiards was the first sport to have a world championship in 1873? It's come a long way since then, and while pool remains popular in Singapore for socialising, leisure and friendly competition, it's less commonly taken up as a professional career. But for this homegrown 25-year-old, pool is much more than a game – he plays it for a shot at being the best.

Meet CSC Honorary member Aloysius Yapp, Singapore's first professional pool player, and among the world's best younger players looking set to take the international stage of billiards by storm.

First discovering his love for pool at the age of eight, Aloysius made the unconventional but brave decision to drop out of school at 14 to focus on the sport full-time. At the tender age of 16, he had already established himself as a force to be reckoned with by winning the 2014 World Junior 9-Ball Championships in Shanghai, making history as the first Singaporean to claim a world title in pool.

Fast forward to today, Aloysius has once again done Singapore proud by blazing his way up the global ladder in prestigious tournaments constituting his US tour, outperforming pool heavyweights the likes of Fedor Gorst, Billy Thorpe and Joshua Filler. His recent feats have propelled him up to number 2 in the World Pool-Billiard Association (WPA) rankings – the highest ever for a Singaporean – proving that age is but a number.

Keep flying our national flag high, Aloysius!

ON THE RISE

- Kickstarting his US tour at the **World 10-Ball Championship** in Las Vegas from 6 to 10 September 2021, Aloysius beat world No. 3 Jayson Shaw of Scotland to place third overall in the competition, garnering the best performance by any Singaporean at a world meet in all pool iterations.
- He finished runner-up at the **US Open 9-Ball Championship** in Atlantic City on 15 September, defeating the world's top-ranked player American Shane van Boening and world no. 2 Joshua Filler of Germany enroute to the finals.
- On 25 September, Aloysius emerged victorious at the **CueSports International Michigan 10-Ball Open** in Battle Creek, Michigan – marking his first major international title win, and in the process securing himself a spot in the 2022 Predator World 10-Ball Championship in Las Vegas next March.

In between his jaunts at international pool halls, we get to know one of Singapore's rising sportsmen.



Who would you say is the most influential person(s) in your life?

My mom Angelina Tay; Cuesports Singapore Vice President / CSC Billiards & Snooker committee member and my long-time coach, Paul Pang; and my teammate, Toh Lian Han – have all played key roles in my journey and success.

Do you think people have any misconceptions about pool as a professional sport?

Yes, I suppose it's because of the perceived lack of physical movement in the game, but pool is a really different and unique type of sport. It's a mental sport that demands focus, precision and good technique, where your mental game needs to be in tip-top condition to enable you to play your best. Fitness is important too!

Tell us something about yourself that not many people know about.

I am a right hander, but I play pool with my left hand.

Any unforgettable memories at CSC you'd like to share?

I remember when I played my first National Snooker League with the Club when I was 14 years old. We came in first place that year and I will never forget the hard battles we had fought throughout the season to win the final league match in the Club – that was a special moment for me.



Photo credits: Aloysius Yapp Facebook page

What's next in sight for you personally and/or professionally?

I would love to win the gold medal at the World Championships, US Open, SEA and Asian Games, and lots more tournaments! And also be ranked world number one someday!

Any words of advice for our aspiring pool players at CSC?

Keep on fighting, train hard and never give up. The road to the top is a long and tough one, but when you succeed, it will all be worth it. Follow your dreams!

TRIVIA

The oldest pool player to win the WPA World 9-Ball championship to date is American Nick Varner (aged 51 at the time of his victory) and the youngest is Wu Jia-qing of China (aged 16 at the time of his victory) – just one of many factors demonstrating that pool is truly an all-inclusive sport that can be enjoyed by enthusiasts from all walks of life!

MEET OUR TEAM!

CSC has close to 150 staff working hard daily to ensure smooth-running operations at the Club. Get to know the friendly faces we call our work family and say hi to them the next time you drop by!

TAN LEE LEE

Lee Lee joined the Club in August 2021 as Head of Human Resources & Administration.

A veritable people-person, Lee Lee is a true employee advocate and enjoys seeing her colleagues grow and progress in their careers. She loves the beautiful clubhouse, great team and service-oriented culture at CSC, and aspires to create a Club where every staff feels valued and receives ample development opportunities. To her, a happy staff equals a happy member!

Before joining the Club, Lee Lee amassed over three decades of HR experience across the hospitality and private club industries. She has served as assessor for Spring Singapore's Business Excellence program, council member in the Singapore Human Resources Institute (SHRI), and sits on the assessment committee for the Institute for Human Resource Professionals (IHRP).

The proud mother of a son enjoys bowling, baking and travelling with her husband and family in her free time.



"Being in HR gives me the opportunity to positively impact the people I work with every day. If we don't look after our team, no one will."

HAO LIWEI

Coach Hao hails from Jiang Su Province, China, and joined the Club in October 2021 as Table Tennis Coach under the CSC-Jiawei Table Tennis Academy.

He picked up table tennis from the youthful age of eight, following a doctor's advice to begin training in the sport to improve his myopia! Near-sightedness may well have been a blessing – this racket fiend counts several China national championship titles under his belt and even ranked top 10 in his country in 2009.

He enjoys spending time with his students, relishing the sense of accomplishment he feels when he sees them improving day by day.

Prior to joining CSC, Coach Hao held table tennis coaching stints at Pei Hwa Primary – where he led the school team to two national championship victories in the under-12 category, as well as at Nanyang Primary and Nanyang Girls Secondary, the former of which achieved national championship title in 2021 under his guidance.



"I hope to bring my passion, skills, and love for table tennis to our players, and show that anyone can enjoy this sport as part of a healthy lifestyle."

Chef's Specialty

SAN LOR HOR FUN \$7.90

Literally translating to "three-tossed noodles", San Lor Hor Fun comprises three basic ingredients – sliced fish, bean sprouts, and flat rice noodles – tossed together in an aromatic gravy to create a light yet incredibly flavorful dish.

- Available at Man Zhu Café from Mondays to Fridays, 6.00pm – 9.00pm
- Not available on public holidays
- Price is subject to GST



man
zhu 滿足

Wine OF THE MONTH

DE BORTOLI SEMILLON CHARDONNAY

\$38 per bottle

\$8 per glass



DE BORTOLI MERLOT

\$38 per bottle

\$8 per glass



• Available at Man Zhu Café in November • All prices are subject to GST

man
zhu 滿足



THE TIPLING
MASTERS

FOR ENQUIRIES:

☎ 6885 0697

☎ 9615 4948

✉ Fnb_Events@chineseswimmingclub.org.sg

🌐 www.chineseswimmingclub.org.sg

📍 21 & 34 Amber Road, Singapore 439870

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JOIN US NOW AT \$50 AND RECEIVE A WELCOME GIFT
OF YOUR CHOICE:

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- A BOTTLE OF CHATEAU PURACH HAUT PIC SAINT LOUP LA CLOSERIE DE LAVABRE '18 (RP92)(RSP: \$76)
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- CELEBRATE YOUR BIRTHDAY AT THE CLUB AND GET A BOTTLE OF PROSECCO ON YOUR BIRTHDAY MONTH
- NEW RELEASES OF WHISKY AND WINE
- ENJOY PRIORITY RESERVATION ON WINE NIGHT (THURSDAYS)
- COMPLIMENTARY CLASSES & TASTING (VIRTUAL OR PHYSICAL CLASS)
- FREE DELIVERY (MINIMUM ORDER OF 6 BOTTLES & ABOVE)
- EXCLUSIVE EDM AND BROADCAST BOTTLE SALES
- OPEN TO CSC MEMBERS ONLY

EXCLUSIVELY FOR THE TIPLING MASTERS MEMBERS:





**VIU MANENT
RESERVE**

CHARDONNAY, CABERNET SAUVIGNON
OR MERLOT (MIX-AND-MATCH)

1 bottle	\$40
2 bottles	\$78
6 bottles	\$228

*Get a complimentary red wine glass with every bottle purchased.

While stocks last. All prices are subject to GST.

NOVEMBER SPECIAL

Kiwi Lassi

We are pleased to bring you our newest limited-edition beverage this November! Refreshing Kiwi Lassi is blended with kiwi puree, yoghurt, granola, and milk, then topped with even more granola goodness.

\$5.60

While stocks last
Price is subject to GST



Fu Lin Men
CANTONESE DINING

廚師精選龍蝦套餐

Chef's Lobster Set

极品酱青瓜海蜇头·柠香金沙鱼皮
XO Sauce Marinated Jellyfish Head with Cucumber &
Crispy Fish Skin with Salted Egg Yolk

云吞鲨鱼骨汤

Shark's Cartilage Soup with Shrimp Wonton

鲍鱼杏鲍菇扒时蔬

Braised Abalone with King Oyster Mushroom & Seasonal Vegetable

金瓜奶皇焗龙虾

Baked Lobster with Creamy Pumpkin Sauce

松菇海鲜汤面线

Seafood Mee Sua with Beech Mushroom in Soup

是日厨师精选甜品

Daily Chef's Choice Dessert

\$128⁺⁺

1-for-1
(for 2 people)

Tel: +65 6282 0810

Level 3, 21 Amber Road, Chinese Swimming Club, Singapore 439870

MEMBER-GET-MEMBER SCHEME

REFER NOW & GET REWARDED

Recommend friends and associates and be incentivised with CSC credits.

FOR REFERRER

\$300
spending credits

FOR REFEREE

\$700
spending credits

+

\$300
F&B vouchers

*Credits only applicable upon the prospective member purchasing **Ordinary/Associate Membership**.
Other Terms & Conditions apply.



For more information, please contact the Membership Team at membership@chineseswimmingclub.org.sg or call 6345 1221 or 6885 0652/7.

SPORTS – POST-EVENT HIGHLIGHTS

BACK IN THE SWIM OF THINGS

We were as eager as our swimmers to dive back into the pools after a hiatus to activities following Phase 2 Heightened Alert. The CSC Time Trials on 7 September marked our first swimming event to resume post-restrictions, with 78 of our swimmers back in full competition mode. After 5 years of absence, our long-standing Single Age Group Meet also returned to the Club on 9 September, where 131 members strove for their best times in this selection meet for the Junior Interclub Swimming Championships. Thank you and well done to all participants!



PESTA SUKAN BADMINTON TOURNAMENT (21-29 AUG)

Our badminton members were in flying form at the Pesta Sukan 2021 Badminton Tournament, with Allan Kwek and Steven Teh finishing second in the Masters Men's Doubles (55 years and up), and Tan Shi Bin coming in second place in the Girls Singles (under 17).



Allan Kwek (second from right) and Steven Teh (far right)

SINGAPORE BOWLING FEDERATION COE CHALLENGE (5-12 SEP)

Congratulations to Jevon Teo, who did our bowling academy proud by placing top 3 in the Elementary Division – Plate Group (Boys) Masters Final at the Singapore Bowling Federation COE Challenge 2021!



Coach Clara Lau (left) presenting Jevon (right) with his trophy

FLEX HOME WORKOUT VIDEOS

Covid-induced restrictions and the subsequent closure of Club facilities did little to stop our Flex instructors from bringing the gym to our members! Our trainers combined technology with a little creativity so regulars could continue their fitness routines while cooped up at home.



EAST COAST FUN RUN (3 SEP) WORK THIS (14 SEP)

A shoutout to our fun runners, who set off on their breezy 4km course at East Coast Beach in our September meet!



Members were eager to resume their group workouts after a month-long suspension in our program following Heightened Alert measures. It was soul-invigorating to see seniors join in the sweat too!



181ST TAEKWONDO SUPPLEMENTARY GRADING (30 JUL & 1 AUG)

Congratulations to our 49 trainees for achieving a 100% pass rate and attaining their new belts!

Austin Lee Yuan Cheng	Foundation 2
Noah Lee Zhan Yi	Grade Ten
Joshua Lee Zhan Wang	Grade Ten
Isaac Kuah Jiekai	Grade Ten
Rebecca Li Shaoxuan	Grade Ten
Oliver Ngiam Ri Min	Grade Ten
Isaac Koo Chen Kai	Grade Ten
Nyla Delage	Grade Ten
Luke Nicholas Yam Jing Rui	Grade Eight
Owen Fun Kai Meng	Grade Eight
Kendrick Ng Gieng Hong	Grade Eight
Cayvan Tan Yan Yu	Grade Eight
Evan Tan Yan Jun	Grade Eight
Christian Aw Jia Jun	Grade Eight
Tan Si Ting Adele	Grade Eight
Kieran Koo Kai En	Grade Eight
Bernice Teo Jia En	Grade Seven
Teo Chee Keong Christopher	Grade Seven
Soh Jenn-Kit	Grade Seven
Ethan Agustin Teo Guo Hsiang	Grade Seven
Sophie Liu Thorstad	Grade Seven
Flora Mei Thorstad	Grade Seven
Gilllin Toby Derera	Grade Seven
Gilllin Oscar Derera	Grade Seven
Keane Lee Hao Yi	Grade Seven

Matthew Kevin Lim	Grade Six
Aaqil Hafid Bin Abdul Haniff	Grade Five
Lo Jing Kai	Grade Four
Keiden Chua Li-Ren	Grade Four
Jairus Cheung Yat Nam	Grade Four
Jensen Foo Rui Jun	Grade Four
Jaden Foo Rui Xiang	Grade Four
Janelle Foo Shuen Hui	Grade Four
Gareth Toh Yu Song	Grade Four
Karlie Wong Bui Ki	Grade Four
Ralph Wong Yu Ren	Grade Four
Lau Jie'En Josh	Grade Four
Caleb Lim Hong Jun	Grade Three
Sixtine Le Mestrealan	Grade Two
Tyson Lee Dong Ze	Grade Two
Logan Lim Hao Ning	Grade Two
Cory Alexander Tan	Grade One
Alena Martin Wee	Grade One
Donald Neo Geng Rui	Grade One
Aaron Tan Xi Rui	1st Poom (P pass)
Eva Lee Xin Yi	1st Poom (P pass)
Brian James Hartono	1st Poom
Adiv Tushar Gole	1st Poom
Raeyan Yap	2nd Poom

TENNIS

JUNIOR TENNIS HOLIDAY CAMP

Our junior holiday camps incorporate personalized lesson plans in a safe and enjoyable setting. Younger players will learn new skills, improve game play, and most importantly, have fun!

CAMP 1: 22-25 NOVEMBER**CAMP 2: 6-9 DECEMBER****PEE WEE (3-5 YEARS OLD)**

8:00am – 9:00am

\$100 (Member) | \$130 (Guest)

BEGINNERS (6-10 YEARS OLD)

Group 1: 9:00am – 10:00am

Group 2: 11:00am – 12:00pm

\$100 (Member) | \$130 (Guest)

INTERMEDIATE (6-14 YEARS OLD)

Group 1: 8:00am – 9:30am

Group 2: 9:30am – 11:00am

\$150 (Member) | \$195 (Guest)

ADVANCED (8-14 YEARS OLD)

10:00am – 12:00pm

\$200 (Member) | \$260 (Guest)

Min. 4 pax to commence each camp.

2ND TENNIS JUNIOR TOURNAMENT 2021

The CSC Junior Tennis Tournament provides a pathway for our aspiring young players to test their games. Participants will play competitively against the best and make new friends along the way.

26-28 DECEMBER

8:00am – 1:00pm

\$10 per player per entry

Categories: Under 9 & Under 12

Format: Knock-out

Registration closes 19 November



SWITCH TO E-COPY FREESTYLE

AND BE REWARDED WITH A COMPLIMENTARY COFFEE



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

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

Let's all play our part to Go Green!



All prices are subject to GST.

Please visit our website, call 6885 0674 or email sports@chineseswimmingclub.org.sg for more information or to sign up.

BASKETBALL**JUNIOR BASKETBALL HOLIDAY CAMP**

In this team sport training camp, kids will not only reap the benefits of improved hand-eye coordination, cardiovascular conditioning, agility and endurance, they will also learn the value of respect and teamwork.

13-15 DECEMBER

8:00am – 10:00am (6-8 years)

10:15am – 12:15pm (9-12 years)

\$257 (Members & current non-member trainees) | \$271 (Guest)

6-12 years

Registration closes 29 November

BASKETBALL PROGRAM

With the aim to inculcate in our players basic basketball skills and knowledge, our training program covers ball handling, footwork, shooting and conditioning drills.

JUNIORS (6-13 YEARS)

Thursdays | 5:45pm – 7:00pm

Saturdays | 8:00am – 9:15am & 9:30am – 10:45am

Sundays | 8:00am – 9:15am & 9:30am – 10:45am

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

TEENS/ADULTS (14-35 YEARS)

Saturdays | 6:00pm – 7:15pm

\$130 (Member) | \$200 (Guest)



Fees are based on 4 sessions a month. For months with a 5th week, additional lesson will be billed accordingly. Non-Members are required to pay a refundable 1-month deposit.

TABLE TENNIS**TABLE TENNIS HOLIDAY 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, not competition.

CAMP 1: 13-16 DECEMBER**CAMP 2: 27-30 DECEMBER****BEGINNERS**

8:00am – 10:00am & 10:00am – 12:00pm

\$160 (Member) | \$240 (Guest)

INTERMEDIATE / YOUTH TEAM

1:00pm – 3:00pm

\$160 (Member) | \$240 (Guest)

4 years and above

Capped at 6 participants per timeslot

Registration closes 29 November

ADULTS TABLE TENNIS PROGRAM

Helmed by our JTA resident coach Hao Liwen, this adults' training program will teach the rules and fundamentals of table tennis to those new to the sport, while veterans will further hone their skills and basic game techniques.

TUESDAYS

1:15pm – 2:45pm

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

Fees are based on 4 sessions a month. For months with a 5th week, additional lesson will be billed accordingly.

Non-Members are required to pay a refundable 1-month deposit.



All prices are subject to GST.

Please visit our website, call 6885 0674 or email sports@chineseswimmingclub.org.sg for more information or to sign up.

SQUASH**FUN SQUASH CAMP**

Get an introduction to the foundations of squash including basic hitting skills, footwork, and match play. Individuals and parent-child teams of all playing levels welcome!

THURSDAYS, 2, 9 & 16 DECEMBER

10:00am – 12:00pm

\$80* (Member) | \$95* (Guest)

7 years and above

Min. 3 and max. 10 pax per session

*Fee per 2-hour workshop

**WATER POLO****JUNIOR WATER POLO PROGRAM**

Water Polo is a team sport that can be enjoyed by boys and girls alike. Beyond game fundamentals, our training sessions will imbue in our young players the values of teamwork, perseverance and sportsmanship. Register for a free trial!

MONDAYS

6:15pm – 8:15pm

WEDNESDAYS

6:15pm – 8:15pm

FRIDAYS

7:30pm – 9:30pm

SATURDAYS

6:15pm – 8:15pm (under 13 years)

7:15pm – 9:15pm (under 15 years)

\$95 per month (Member) | \$132.50 per month (Guest)

9-15 years

Swimming competency is required

FLIPPA BALL PROGRAM

This program teaches your child the basics of water polo, from dribbling to passing the ball. Register for a free trial.

SATURDAYS

6:15pm – 7:30pm

Beginners' Pool, SC

\$50 per month (Member) | \$75 per month (Guest)

6-12 years

Participants must be able to swim 2 x 25m independently

All prices are subject to GST.

Please visit our website, call 6885 0674 or email sports@chineseswimmingclub.org.sg for more information or to sign up.

GYM

WORK THIS

Flex Gym members are invited to join our Flex instructors for a high-intensity aerobics training workout. Improve heart health, increase fat loss, and strengthen and tone your muscles in these bi-weekly 60-minute sessions. Early registration is recommended.

TUESDAYS, 2 & 16 NOVEMBER, 7 & 21 DECEMBER

10:30am – 11:30am
Multi-Purpose Room, SC (L2)



RUNNING

FUN RUN

Wind down the work week with a 4km fun run at East Coast Park! Get your endorphins pumping with fellow runners while you watch the sun set, listen to the waves crash and enjoy the ocean breeze. Members and guests welcome.

5 & 19 NOVEMBER, 3 & 17 DECEMBER

6:30pm – 7:30pm
East Coast Park



TAEKWONDO

JUNIOR TAEKWONDO PROGRAM

More than just kicking and punching, the life skills imparted by Taekwondo will help children grow into responsible young adults. Sign up for a free trial.

SUNDAYS

Time	Belt
1:00pm – 2:00pm	Foundation F1 F2 F3 / White belt
2:00pm – 3:00pm	Yellow Belt
3:00pm – 4:00pm	Green Belt
3:00pm – 4:00pm	Blue Belt
4:00pm – 5:00pm	Brown Belt
5:00pm – 6:00pm	Poom / Black Belt

Activity Suite, SC (L3)
\$35 per month (colour belt) | \$25 per month (poom/black belt)
Members only



All prices are subject to GST.
Please visit our website, call 6885 0674 or email sports@chineseswimmingclub.org.sg for more information or to sign up.

LIFESTYLE – POST-EVENT HIGHLIGHTS

RESIN FLORAL ART WORKSHOP (10 AUG)

The extraordinary art of resin making has captivated many and inspired a multitude of resin crafts around the world. Our kids certainly enjoyed learning decorative techniques for creating beautiful pendants, earrings and keychains using this unique medium.



MID-AUTUMN GOODIE BAG CRAFT SESSION (18 SEP)

A big thank you to the 72 members who showed up for our live craft session in the spirit of Mid-Autumn Festival! We spotted many parent-child duos, siblings and even grandparents coming to “sew” their goodie bags which were then filled with yummy treats.



SCHOOL HOLIDAY FUN

No travel? No problem! The Club put together a plethora of fun, hands-on activities to help our junior members make the most of their September school holidays. Centering on active play, these workshops allowed kids to explore and unleash their creative potentials.

MARBLE COASTER MAKING WORKSHOP (3 SEP)



MINI BUNNY CUPCAKE WORKSHOP (7 SEP)



KPOP & HIP HOP DANCE CAMP (8 SEP)



DANCE**LATIN / STANDARD BALLROOM DANCE – 8 SESSIONS**

Gaining popularity through its captivating eloquence and beautiful movements, this dance is enjoyed widely by people of all ages. All levels welcome.



INSTRUCTOR: PETER WONG

**MONDAYS,
COMMENCING 6
DECEMBER**

**FRIDAYS, COMMENCING
7 JANUARY 2022**

8:30pm – 9:30pm
9:45pm – 10:45pm
Activity Suite, SC (L3)
\$75 (Member) | \$99 (Guest)
Min. 4 pax

AMERICAN TAP DANCE

Express your groove and rhythm through the tapping of your feet! In this workshop, you will learn basic tap techniques and a simple dance routine. Suitable for both genders with no prior experience.



INSTRUCTOR: SHUEH MIIN

SATURDAY, 20 NOVEMBER

Teen workshop (13-20 years) | 1:30pm – 3:30pm
Adult workshop (21 years and above) | 3:45pm – 5:45pm
Multipurpose Room, SC (L2)
\$18.80 (Member) | \$33.80 (Guest)
Min. 4 pax
Registration closes 10 November
Tap shoes will be provided for this lesson. Please bring your own socks.

CONTEMPORARY DANCE – 10 SESSIONS

Improve your body coordination and challenge your improvisation skills as you pick up short routines in a therapeutic learning environment. Suitable for beginners.



INSTRUCTOR: ELAINE CHAN

**WEDNESDAYS,
COMMENCING 5
JANUARY 2022**

11:30am – 12:30pm
Activity Suite, SC (L3)
\$181.30 (Member) | \$231.30 (Guest)
40 years and above
Min. 9 pax

LINE DANCE – 10 SESSIONS

Line dancing is one of the most fun dances to pick up sans partner! It provides the benefits of an aerobic workout combined with social camaraderie. Progressive class levels are available for participants of all abilities.

BEGINNERS

Sundays, commencing 12 December
12:00pm – 1:15pm
Multipurpose Room, SC (L2)
\$82.50 (Member) | \$132.50 (Guest)

BEGINNER INTERMEDIATE

Tuesdays, commencing 25 January 2022
12:45pm – 1:45pm
Activity Suite, SC (L3)
\$70 (Member) | \$100 (Guest)

BEGINNER ADVANCED

Sundays, commencing 12 December
1:30pm – 2:45pm
Multipurpose Room, SC (L2)
\$82.50 (Member) | \$132.50 (Guest)

Tuesdays, commencing 11 January 2022
2:00pm – 3:30pm
Activity Suite, SC (L3)
\$97.50 (Member) | \$127.50 (Guest)

ADVANCED

Sundays, commencing 9 January 2022
3:00pm – 4:30pm
Multipurpose Room, SC (L2)
\$97.50 (Member) | \$147.50 (Guest)

Min. 10 pax to commence all classes



INSTRUCTOR: PHILIP SOBRIELO

SOLO LATIN DANCE FOR LADIES – 8 SESSIONS

Learn a variety of Latin dance styles from Cha Cha, Salsa and Bachata to Samba and Rumba in this introductory dance class for ladies.

**WEDNESDAYS,
COMMENCING 1
DECEMBER**

3:00pm – 4:00pm
Activity Suite, SC (L3)
\$90 (Member) | \$114 (Guest)
Min. 8 pax



INSTRUCTOR: ALVIN LOW

All prices are subject to GST.

Please visit our website, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

INTRODUCTORY POPPING FOR TEENS

Under the tutelage of Popping KC, participants will pick up the fundamentals and body awareness to propel the moves of this intensive dance. Suitable for both genders with no prior experience.

SATURDAYS, 11 & 18 DECEMBER

1:30pm – 3:30pm
 Multipurpose Room, SC (L2)
 \$100 (Member) | \$120 (Guest)
 13-20 years
 Min. 6 pax
 Registration closes 1 December

INSTRUCTOR:
 CHER KOK CHEUNG



INTRODUCTORY BREAKDANCING FOR TEENS

2019 SEA Games Bronze medalist Bboy Jeremiah teaches the basic moves, dance steps drills, choreography and application of breakdancing fundamentals. Suitable for boys and girls with no prior experience.



FRIDAY, 17 DECEMBER

9:00am – 11:15am
 Multipurpose Room, SC (L2)
 \$62.50 (Member) | \$75.50 (Guest)
 13-20 years
 Min. 8 pax
 Registration closes 1 December

INSTRUCTOR:
 JEREMIAH SIM

PRE-SCHOOL DANCE PROGRAMME – 8 SESSIONS *NEW*

Let your tots mingle and dance to their hearts' content! The telematch concept is used to teach simple dance techniques that will help children in their motor skills development and creative expression.

MONDAYS, COMMENCING 22 NOVEMBER

2:30pm – 3:15pm (3-4 years old)
 3:30pm – 4:15pm (5-6 years old)
 Activity Suite, SC (L3)
 \$180 (Member) | \$220 (Guest)
 Max. 5 pax per class

INTRODUCTORY KRUMPING FOR KIDS & TEENS

Popularised in the United States, Krumping is a style of street dance most characterised by its free, expressive, exaggerated, and highly energetic movements.

KIDS WORKSHOP (6-12 YEARS)

Saturdays, 11 & 18 December
 3:45pm – 5:15pm
 \$50 (Member) | \$70 (Guest)

TEEN WORKSHOP (13-20 YEARS)

Saturdays, 11 & 18 December
 5:30pm – 7:30pm
 \$66.70 (Member) | \$86.70 (Guest)

Multipurpose Room, SC (L2)
 Min. 6 pax per class
 Registration closes 17 November



INSTRUCTOR: MICHELLE

MUSIC THEATRE CHOREOGRAPHY FOR KIDS – 8 SESSIONS

Kids will learn basic to intermediate theatre jazz techniques and explore various styles of western choreography while focusing on storytelling and character-building skills through dance and movement.



INSTRUCTOR:
 PAT JON GREGORY

SATURDAYS, COMMENCING 8 JANUARY 2022

5:45pm – 6:45pm
 Activity Suite, SC (L3)
 \$150 (Member) | \$206 (Guest)
 7-12 years
 Min. 7 pax

All prices are subject to GST.

Please visit our website, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

CHILDREN'S BALLET – 8 SESSIONS

BEGINNERS 1 (3-4 YEARS OLD)

Mondays | 4:30pm – 5:30pm
Saturdays | 9:00am – 10:00am
\$112 (Member) | \$152 (Guest)

BEGINNERS 2 (5-6 YEARS OLD)

Saturdays | 8:00am – 9:00am
\$152 (Member) | \$192 (Guest)

PRIMARY (5-6 YEARS OLD)

Saturdays | 10:00am – 11:00am (Primary Beginners)
Saturdays | 11:00am – 12:00pm (Primary)
\$152 (Member) | \$192 (Guest)

GRADE 1 BEGINNERS

Saturdays | 12:00pm – 1:00pm
\$208 (Member) | \$248 (Guest)

GRADE 2

Mondays | 2:30pm – 3:30pm (Grade 2 Beginners)
Mondays | 3:30pm – 4:30pm (Grade 2)
\$224 (Member) | \$264 (Guest)

GRADE 3

Fridays | 3:00pm – 4:00pm (Grade 3 Beginners)
Fridays | 4:00pm – 5:00pm (Grade 3)
\$224 (Member) | \$264 (Guest)

GRADE 5

Fridays | 5:00pm – 6:00pm (Grade 5 Beginners)
Fridays | 6:00pm – 7:00pm (Grade 5)
\$224 (Member) | \$264 (Guest)



Give your child a head start in
Agility, Dexterity and Grace!



BEYOND

WORKSHOP
Nov 15 - Dec 12

Ballroom



8933 1519

THEDANCESPORTACADEMY.COM



@THEDANCESPORTACADEMY

END OF YEAR

OPEN HOUSE

Nov 15 - Nov 28



You're
Invited!

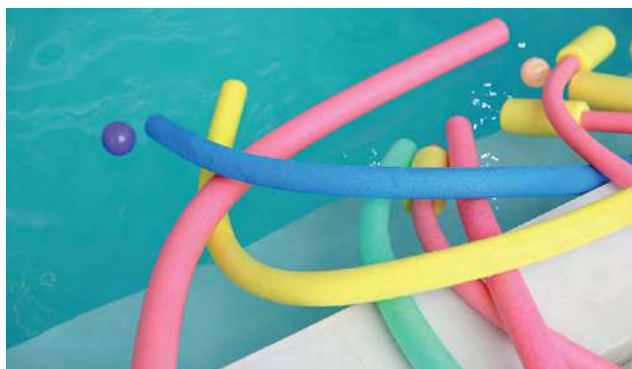
FITNESS

AQUA AEROBICS

Aqua Aerobics is a great way to mix up traditional gym workouts with the wonderful benefits of water. Join us for a 60-minute moderate intensity class to improve blood circulation, build muscle strength, flexibility, and cardiovascular fitness. Suitable for swimmers and non-swimmers.

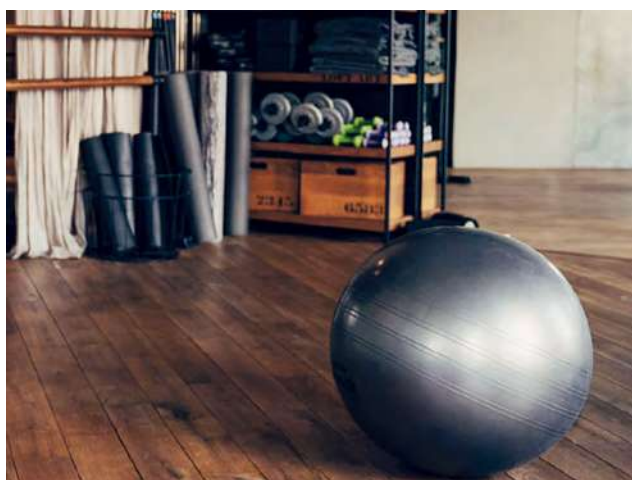
FREE TRIAL!

Tuesday, 9 November
Swimming Pool, RC (L1)
7:30pm – 8:30pm
Min. 5 pax



DYNAMIC BARRE FUSION

Get ready to sweat, burn and flow! Designed as an intermediate-paced total body workout, participants will execute dynamic floor work through a fusion of Barre, Pilates, aerobics, cardio and HIIT movements set to pumping beats.

***FREE TRIAL!***

Saturday, 13 November
Activity Suite, SC (L3)
3:15pm – 4:15pm
Min. 5 pax

HOOP FITNESS + HIP HOP FOR KIDS & TEENS

A workshop combining the best of dance and fitness! The humble hula hoop amps up the fun while simultaneously providing an excellent workout. Participants will then learn the foundations and movements to one of the most popular dance styles – Hip Hop.

**KIDS WORKSHOP (7-12 YEARS)**

Monday, 29 November | 8:30am – 10:45am
Registration closes 14 November

TEEN WORKSHOP (13-20 YEARS)

Monday, 13 December | 8.30am – 10.45am
Registration closes 28 November

Activity Suite, SC (L3)
\$42.20 (Member) | \$55.20 (Guest)
Min. 10 pax per class

JUMP FIT BOOTS + KPOP FOR KIDS & TEENS

A workshop combining the best of dance and fitness! Using special jumping boots, students will experience a whole-body workout with the added benefits of rebounding, sans the stress on ankles and knees. Session is followed by a lesson on dance techniques and routines from the popular genre of Kpop.

**KIDS WORKSHOP (7-12 YEARS)**

Monday, 6 December | 8:00am – 10:45am
Registration closes 24 November

TEEN WORKSHOP (13-20 YEARS)

Monday, 20 December | 8.00am – 10.45am
Registration closes 8 December

Activity Suite, SC (L3)
\$56.30 (Member) | \$69.30 (Guest)
Min. 10 pax

All prices are subject to GST.

Please visit our website, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

CORE & COORDINATION FOR KIDS

This fun workout incorporates exercises that will help kids to build strong cores and improve coordination, oft overlooked but important qualities to enhance sports performance and promote wellbeing.

INSTRUCTOR:
NOVIA LIEW



MONDAY, 6 DECEMBER

11:45am – 12:45pm (3-5 years)
1:00pm – 2:00pm (6-9 years)
Multipurpose Room, SC (L2)
\$31.30 (Member) | \$44.30 (Guest)
Min. 10 pax
Registration closes 24 November

RHYTHMIC GYMNASTIC FOR KIDS

Combining elements of gymnastics, dance and calisthenics, kids will learn the basics of rhythmic gymnastics using apparatus like ball, rope and ribbon.

INSTRUCTOR:
ERIKA KUOKAWA



MONDAY, 13 DECEMBER

11:45am – 12:45pm (3-5 years)
1:00pm – 2:00pm (6-9 years)
Multipurpose Room, SC (L2)
\$31.30 (Member) | \$44.30 (Guest)
Min. 10 pax
Registration closes 24 November

LIFESTYLE

CHOCOLATE CHIP COOKIES FOR KIDS

Everyone needs a classic chocolate chip cookie recipe in their repertoire! In this hands-on workshop, kids will learn to bake and bring home these delicious, crispy-on-the-outside and soft-on-the-inside treats.

TUESDAY, 23 NOVEMBER

9:30am – 12:30pm
Multipurpose Room, SC (L2)
\$52 (Member) | \$65 (Guest)
10 -12 years
Min. 5 pax; max. 10 pax
Registration closes 15 November

CHOCOLATE APPRECIATION WORKSHOP



Chocoholics will go wild enjoying a tantalizing afternoon of chocolate tasting and exploration! Learn the bean-to-bar theory, explore the richly diverse flavors of chocolate, and make your very own truffles and chocolate bar.

SATURDAY, 27 NOVEMBER

3:00pm – 5:00pm
Multipurpose Room, SC (L2)
\$87.50 (Member) | \$102.50 (Guest)
16 years and above
Min. 5 pax
Registration closes 19 November

PRESSED FLOWER RESIN COASTER WORKSHOP (PARENT-CHILD)

Create a beautiful coaster using an array of pressed flowers and leaves – perfect for gifting or as a centerpiece for your dining table!

WEDNESDAY, 8 DECEMBER

7:00pm – 8:30pm
Multipurpose Room, SC (L2)
\$75 (Member) | \$88 (Guest)
6 years and above
Min. 5 pax
Registration closes 30 November
As coasters take 24 hours to harden, participants are required to collect their end products the following day.

CHINESE CALLIGRAPHY

Partake in the centuries-old practice of Chinese calligraphy! An interest group for seniors.

MONDAYS

9:00am – 11:00am
Multipurpose Room, SC (L2)
\$15 per month (Member) | \$30 per month (Guest)
60 years and above

CHINESE BRUSH PAINTING

Rather than creating realistic renderings, Chinese brush paintings focus on capturing a subject's inner spirit.

THURSDAYS

10:00am – 12:00pm
Multipurpose Room, SC (L2)
\$115 per month (Member) | \$145 per month (Guest)

All prices are subject to GST.

Please visit our website, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

WUSHU – 4 SESSIONS

Wushu, or “military arts”, is a form of contemporary Chinese martial arts that blends performance and martial application. Under the systematic guidance of Coaches Matthew and Tex, participants will develop and build on their basic techniques and skills in this powerful yet graceful art.

BEGINNERS (COACH MATTHEW)

Saturdays, commencing 13 November
12:45pm – 1:45pm
Activity Suite, SC (L3)

INTERMEDIATE

Sundays, commencing 14 November
10:45am – 11:45am
Activity Suite, SC (L3)

\$100 (Member) | \$150 (Guest)
5-12 years | Min. 5 pax per class

BEGINNERS (COACH TEX)

Wednesdays, commencing 3 November
7:00pm – 8:00pm | 8:15pm – 9:15pm
Multipurpose Room, SC (L2)

Saturdays, commencing 13 November
7:00pm – 8:00pm
Activity Suite, SC (L3)

Sundays, commencing 14 November
9:30am – 10:30am
Activity Suite, SC (L3)

ARTS & CRAFTS

BEGINNER ART WORKSHOPS (ONLINE)

Learn to paint a masterpiece from the comfort of your home! Guided by an experienced art specialist, these workshops offer technical guidance in various art mediums including painting, sketching, pastels and charcoal. All classes will be conducted via Zoom.

WATERCOLOR PAINTING – 4 SESSIONS

Mondays, 22 & 29 November, 6 & 13 December
11:00am – 1:00pm
\$144 (Member) | \$154 (Guest)
Registration closes 12 November



ACRYLIC PAINTING – 4 SESSIONS

Thursdays, 25 November, 2, 9 & 16 December
11:00am – 1:00pm
\$156 (Member) | \$166 (Guest)
Registration closes 15 November



PENCIL SKETCHING – 4 SESSIONS

Tuesdays, 23 & 30 November, 7 & 14 December
11:00am – 1:00pm
\$144 (Member) | \$154 (Guest)
Registration closes 13 November



OIL PASTEL – 4 SESSIONS

Fridays, 26 November, 3, 10 & 17 December
11:00am – 1:00pm
\$144 (Member) | \$154 (Guest)
Registration closes 16 November



MULTIPLE MEDIA – 4 SESSIONS

Wednesdays, 24 November, 1, 8 & 15 December
11:00am – 1:00pm
\$144 (Member) | \$154 (Guest)
Registration closes 14 November



21 years and above | Min. 3 pax per class

A list of required art materials will be provided 1 week prior to class commencement for members' self-purchase.

All prices are subject to GST.

Please visit our website, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

BEGINNER FOOD PAINTING WORKSHOP (ONLINE)

Join instructor James in translating food into delicious, artistic representations. Class will be conducted via Zoom.

SUNDAY, 5 DECEMBER

2:00pm – 4:30pm
\$50 (Member) | \$60 (Guest)
13 years and above
Min. 5 pax
Registration closes 22 November

A list of required art materials will be provided 1 week prior to class commencement for members' self-purchase.



INSTRUCTOR:
JAMES LIM

INTRODUCTORY WEAVING FOR KIDS

Using a curated range of beautiful natural yarn and fibres, kids will learn the basics of weaving to create a one-of-a-kind tapestry.

MONDAY, 13 DECEMBER

4:00pm – 5:30pm
Lattice Suite, RC (L3)
\$80 (Member) | \$93 (Guest)
7 years and above
Min. 6 pax
Registration closes 1 December



CHILDREN'S ART WORKSHOPS

Through a combination of storytelling and fun painting sessions, instructor Melissa Chow takes kids on a journey of creative exploration using art as a medium.

ARTIST STUDY: YAYOI KUSAMA (STORYTELLING + CANVAS PAINTING)

Wednesday, 1 December
9:00am – 11:00am
Registration closes 19 November



ARTIST STUDY: WASSILY KANDINSKY (STORYTELLING + CONCENTRIC CIRCLES PAINTING)

Wednesday, 1 December
11:15am – 1:15pm
Registration closes 19 November



ADVENTURE AHOY (STORYTELLING + TREASURE MAP COFFEE PAINTING)

Wednesday, 8 December
10:00am – 12:00pm
Registration closes 26 November



Multipurpose Room, SC (L2)
\$61 (Member) | \$74 (Guest)
4-12 years
Min. 8 pax per class
All art materials will be provided.

DIGITAL TECHNOLOGY

TIK TOK WORKSHOP

Unlock the mystery of using Tik Tok as a marketing tool. Understand the functionalities of this social networking ecosystem and learn the methodology for creating short viral videos.



INSTRUCTORS: AARON & ERIC

TEEN WORKSHOP (16-20 YEARS)

Wednesday, 15 December | 1.00pm – 5.00pm
Registration closes 3 December

ADULT WORKSHOP (21 YEARS AND ABOVE)

Wednesday, 8 December | 1.00pm – 5.00pm
Registration closes 26 November

Multipurpose Room, SC (L2)
\$150 (Member) | \$163 (Guest)
Min. 10 pax per class

Please bring your own smartphone and charger.

All prices are subject to GST.

Please visit our website, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

DESIGN & ARCHITECTURE

DESIGN & ARCHITECTURE WORKSHOPS FOR KIDS

INSTRUCTOR: TESSA NG



Art and design come together! In Make a Work of Art, kids get creative by transforming everyday objects into replicable modules to form larger and infinite designs. In Build a Tent, participants will get a hands-on exploration of design and architecture concepts by building a teepee/tent with natural materials.

MAKE A WORK OF ART

Monday, 29 November
9:00am – 11:30am
Lattice Suite, RC (L3)
Registration closes 12 November



BUILD A TENT

Friday, 3 December
9:00am – 11:30am
Multipurpose Room, SC (L2)
Registration closes 18 November



\$75 (Member) | \$88 (Guest)
7-14 years
Min. 6 pax per class
All tools and materials will be provided.

LIFE SKILLS

GOOD MANNERS, SOCIAL SKILLS & ETIQUETTE FOR KIDS

Instilling good values and proper etiquette in your child from a young age will set a positive foundation for the long haul. Incorporating games, role-play, crafts, stories and songs, our fun and interactive workshops are designed to empower children to become confident, considerate, and respectful of themselves and others.

\$43.80 (Member) | \$51.30 (Guest) – 1 session
\$87.60 (Member) | \$102.60 (Guest) – 2 sessions
\$131.40 (Member) | \$153.90 (Guest) – 3 sessions
\$175.20 (Member) | \$205.20 (Guest) – 4 sessions
Lattice Suite, RC (L3)
Min. 8 pax per class
Registration closes 17 November



DATE/TIME	NICE IS RIGHT (4-7 YEARS OLD)	KOOL TO BE KIND (8-12 YEARS OLD)
	9:00am – 10:15am	10:30am – 11:45am
Sunday, 28 November	• What do good manners look like? • Meet the Polite Pals! • Friendly introductions and behaviors • Smile BINGO! • I'm a Happy Helper! • Table setting practice	• Impeccable introductions • Words to use and lose • Helping at home • Table setting practice
Sunday, 5 December	• Kindness counts • Circle of kindness • Warm hearted web • Showing respect • The Golden Rule	• Table manners • Restaurant dining etiquette • Using utensils • Everyday etiquette
Sunday, 12 December	• Patience is polite • Goodie bag of patience • Circle of patience • Craft of patience • Good table manners • Playdate and birthday party manners	• Good habits and first impressions • Good posture and positive body language • I'm a good sport • Party, sleepover and playdate etiquette
Sunday, 19 December	• I Like the Me I See! • 'I Can' circle • I am Thumbbody! • Good sportsmanship • Putting it all together	• Conversation skills • Giving and receiving compliments • X-treme confidence

All prices are subject to GST.

Please visit our website, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

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

RECIPROCAL CLUBS

Cambodia

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

China

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

Ambassy Club, Pudong
Tel: +86 21 5198 3688
www.ambassyclubmanagement.com

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

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

Hong Kong

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

Korea

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

Malaysia

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

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

Kulim Club, Kedah
Tel: +6 04 490 6054

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

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

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

Philippines

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

Singapore

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

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

Sri Lanka

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

Taiwan

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

Thailand

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

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

CORPORATE MEMBERSHIP

Johor Bahru

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

AFFILIATE CLUBS

China

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

Indonesia

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

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

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

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

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

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

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

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

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

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

Malaysia

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

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

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

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

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

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

Singapore

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

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

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

Vietnam

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

HOTELS

Bangkok

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

Indonesia

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

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

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

Kuala Lumpur

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

Kulai

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

Malacca

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

Penang

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

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

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

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

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

Singapore

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



Application / Booking Procedures

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

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

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

Email: Reception@chineseswimmingclub.org.sg

Tel: 6885 0688

www.chineseswimmingclub.org.sg



CLUB MAIN LINE : 6345 1221 or 6885 0688

GENERAL FEEDBACK :
feedback@chineseswimmingclub.org.sg

• **PUBLICATION TEAM**

JACKLYN ONG
Marketing & Communications Manager

RUTH XU
Marketing Executive

KELVIN WONG
Senior Graphic Designer

EVE HON
Graphic Designer

• **MEMBERSHIP**

MEMBERSHIP ENQUIRIES
membership@chineseswimmingclub.org.sg

JACQUELINE ONG
Senior Membership Relations Executive
Membership Matters
6885 0656 / Jacqueline_Ong@chineseswimmingclub.org.sg

BENJAMIN LIM
Assistant Duty Manager
Regional Networking / Corporate Golf Booking /
Affiliates / Reciprocal Arrangements
6345 1221 / Reception@chineseswimmingclub.org.sg

• **FINANCE**

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

• **FOOD & BEVERAGE**

F&B ENQUIRIES
6885 0697 / fnb_events@chineseswimmingclub.org.sg

• **SWIMMING**

SWIMMING ENQUIRIES
6885 0672 / Team_SwimCSC@chineseswimmingclub.org.sg

• **SPORTS & LIFESTYLE**

SPORTS ENQUIRIES
6885 0674 / sports@chineseswimmingclub.org.sg

LIFESTYLE ENQUIRIES
6885 0654 / lifestyle@chineseswimmingclub.org.sg

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

SPORTS RECEPTION
Booking of Sports Facilities / 6885 0677
Booking of Bowling Lanes / 6345 1221 ext. 745

RECEPTION COUNTERS

Front Office @ AP
Daily 8.30am to 10.00pm
Sports Reception @ SC
Daily 7.00am to 10.00pm

MAN ZHU CAFÉ

Mon to Thu 12.00pm to 9.30pm
Fri, Eve of PH & PH 11.30am to 9.30pm
Sat & Sun 8.30am to 9.30pm
(Breakfast from 8.30am to 11.00am)
(Last order is 30 minutes before closing)
*Operation hours may be subject to changes without prior notice

3 BARS

Daily 12.00pm to 10.00pm

MINGLE@AMBER

Daily 8.00am to 8.00pm

KTV ROOMS

Non-band performing nights 3.00pm to 11.00pm
Nights with band performances 3.00pm to 12.00am
Room Charges
Mando Room (10 pax)
Weekday - \$15 per hour
Weekend & PH - \$25 per hour
Canto Room (15 pax)
Fri, Sat, Sun & PH 6.00pm onwards - \$35 per hour

BADMINTON COURTS (+)

Daily 7.00am to 10.00pm
Closure For Club Team Training
Mon & Fri 6.00pm to 10.00pm (6 Courts)
Closure For Junior Training
Mon to Fri (except Thu) 3.00pm to 5.00pm (6 Courts)
Tue 6.00pm to 9.00pm (3 Courts)
Sat 6.00pm to 9.00pm (4 Courts)
Sun 12.00pm to 5.00pm (3 – 7 Courts)

BILLIARDS & SNOOKER LOUNGE

Daily 2.00pm to 10.00pm
Closure for Section Training
Fri 6.00pm - 10.00pm

12 LANES

Mon to Thu 12.00pm to 11.00pm
Fri & Eve of PH 12.00pm to 1.00am
Sat & PH 10.00am to 1.00am
Sun 10.00am to 11.00pm

SQUASH COURTS (+)

Daily 7.00am to 10.00pm
Closure for Section Training (All courts)
Mon, Wed & Fri 7.00pm to 10.00pm
Closure for ZAESA Squash Youth Development Programme (All courts)
Sat 4.00pm to 6.00pm
Sun 1.00pm to 3.00pm
Closure for ZAESA Squash Adult Group Training Programme (All courts)
Sun 3.00pm to 5.00pm

TABLE TENNIS ROOM @ SC (+)

Daily 7.00am to 10.00pm
Closure for Section Training
Mon & Fri 5.00pm to 10.00pm (3 Tables)
Tue & Thu 6.00pm to 10.00pm (3 Tables)
Closure for CSC-JTA Table Tennis Training
Mon 3.00pm to 5.00pm (Table 1 - 2)
Tue 3.00pm to 6.00pm (Table 1 - 2)
Wed 3.00pm to 7.00pm (Table 1 - 2)
Thu 3.00pm to 6.00pm (Table 1 - 2)
Sat 10.00am to 12.00pm & 1.00pm to 6.00pm (Table 1 - 2)
Sun 10.00am to 4.00pm (Table 1 - 2)

SWIMMING POOL @ RC

Daily 6.00am to 9.00pm
4 Lanes Closure for Swimming Training (Lanes 5 to 8)
Wed & Fri 5.00pm to 7.00pm
Thu 5.30pm to 7.30pm

COMPETITION POOL @ SC

Daily 6.00am to 9.00pm
Pool Closure For Swimming Training (Whole pool)
Mon 5.30am to 8.00pm
Tue & Thu 4.00pm to 8.00pm
Wed & Fri 5.30am to 8.00am & 4.00pm to 8.00pm
Sat 6.00am to 10.30am & 4.00pm to 6.00pm
PH 6.00am to 10.30am

BEGINNERS' POOL @ SC

Daily 7.00am to 9.00pm
Pool Closure for Learn To Swim Programme
Mon 2.30pm to 5.20pm
Tue to Fri 2.00pm to 6.00pm
Sat 8.30am to 6.10pm
Sun 8.30am to 12.30pm
Pool Closure for Flippa Training
Sat 6.15pm to 7.30pm

FUN POOL @ SC

Wed to Sun, PH & Sch Holidays
10.00am to 3.00pm & 4.00pm to 8.00pm

FLEX GYM

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

TENNIS COURTS @ SC (+)

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

BASKETBALL COURT

Daily 7.00am to 10.00pm
Closure for TAG Junior Programme
Fri 5.00pm to 8.00pm
Sun 5.00pm to 7.00pm
Closure for Junior Basketball Training Programme
Sat 8.00am to 11.00am
Sun 8.00am to 11.00am

JOY LUCK COVE

Mon to Sun (Inclusive of PH & Eve of PH)
10.00am to 11.00pm

GAMES & RECREATION ROOM

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





Chinese Swimming Club
21 & 34 Amber Road Singapore 439870

Tel: 6345 1221 / 6885 0688
Fax: 6345 7134

www.chineseswimmingclub.org.sg



Chinese Swimming Club



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