

FREESTYLE

BI-MONTHLY MAGAZINE JAN - FEB 2022



HAPPY LUNAR NEW YEAR!

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"Freestyle" is a bi-monthly publication by CHINESE SWIMMING CLUB.

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JOIN OUR WINE & WHISKY CLUB

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

As a member, you'll enjoy many benefits:

- 10% discount on all regular-priced wines and whiskies
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To sign up, call 6885 0697, Whatsapp 9615 4948, or email fnb_events@chineseswimmingclub.org.sg.



A MESSAGE FROM THE VICE PRESIDENT

Dear Members

A very Happy New Year to you! I hope that you have all enjoyed the holiday break and are fully recharged for the brand-new year ahead.

2021 wasn't without its challenges, yet together we've worked hard to surmount them. As the Covid-19 pandemic continues to spread within our shores, I am grateful to our team for doing their utmost to maintain the many community get-together opportunities for members over the festive period. Even more so during these testing times, I wish to express my gratitude to all our members and staff who went beyond themselves to give back to society via the Joy Box and Swim for Hope charity initiatives.

On 1 February, we will welcome in the year of the Tiger. In Chinese culture, the Tiger symbolizes boldness and action, and we will be drawing inspiration from these characteristics to make our visions become reality in 2022. Indeed, we are in an exciting process of transformation as we look to further enhance the value of membership through the launch of new offerings and rolling out of new service standards at the Club.

This month, members can look forward to a new Grab & Go concept at Mingle@Amber, which will significantly enhance the F&B options at our popular café and provide more convenience for those looking for their next meal on the go. Man Zhu Café will also ring in the new year with a new menu featuring more healthy and vegetarian fare. With two new Indian chefs on board, our restaurant will be amping up its Indian cuisine selection to add to our already expansive menu – enjoy! In other exciting developments, the Club will unveil a new Co-working Space in March 2022. With everything from private offices, meeting rooms and dedicated phone booths to complimentary WIFI access and basic office services, this 3,300 sq ft facility will be a haven for everyone seeking a collaborative, remote-desking, and community working space all in one.

Lunar New Year is a time of reunion with loved ones. Over the next two months, we invite you and your family to partake in our slew of festive activities to usher in the Chinese spring festival – from luxurious CNY feasting and ever-popular Lohei to delightful new year goodies and complimentary workshops, you'll find something for everyone. Wine and whisky lovers will not be disappointed with our Double Happiness bottle deals, exclusively for The Tippling Masters members – enquire with our staff for more information!

Before ending off, let me take this opportunity to acknowledge a few members of our community:

- Sports member and national badminton player Loh Kean Yew, who has been blazing the courts and bringing pride to our country – most recently by trouncing world no. 1 and Olympic champion Viktor Axelsen at the BWF World Championships in Spain;
- Five of our swimmers – Jamie Koo, Ong Jung Yi, Mikkell Lee, Chan Zi Yi and Marina Chan, as well as our Swimming Head Coach Zhang Jianlan, who were selected to represent Team Singapore at the 15th FINA World Swimming Championships in Abu Dhabi. We will be rooting for them as they take on the global stage.

Thank you for your wonderful support, and I wish you the best for this new year as you harness the energy of the Tiger and all the enthusiasm it brings for a happy and successful 2022.

Xin Nian Kuai Le!

Peter Liew
Vice President (General)



We've got a Chinese New Year fiesta in store at the Club to help you usher in the year of the Tiger!

MANDARIN ORANGE GIVEAWAY

Collect your free mandarin oranges from our friendly mascot!

Saturday, 5 February & Sunday, 6 February
Arrival Pavilion | From 7.00pm

**While stocks last*



LUNAR NEW YEAR SET DINNER

- Fish Maw Crabmeat Thick Soup
- Spinach with Top Shell Abalone
- Golden Salted Egg Prawn
- Steamed Seabass with Hot Bean Sauce
- Braised Pork Knuckle, Chestnuts & Mushrooms
- Crispy Sweet Potato Nian Gao

\$58.80 for 2 | Complimentary Chinese tea

\$108.80 for 4 | Complimentary porcelain bowl set

- Daily dine-in/takeaway at Man Zhu Café from 2-15 February, 6.00pm – 9.00pm



SALMON PROSPERITY YUSHENG

Small (2-6 pax) | **\$38.80**

Large (6-10 pax) | **\$48.80**

- Available for dine-in/takeaway at Man Zhu Café from 2 Feb, 6.00pm, and daily from 3-15 Feb until 2.30pm (lunch) and from 6.00pm (dinner)
- Takeaway orders include a \$2 surcharge; call 6885 0230 to order



CNY GOODIES

- Spicy Prawn Rolls | \$20.80
- Love Letters | \$18.80
- Pineapple Balls | \$20.80
- Kueh Bangkit (90 pcs) | \$18.80
- Peanut Cookies (40 pcs) | \$18.80
- Cashew Nut Cookies (40 pcs) | \$18.80
- Florentine Mixed Almond (40 pcs) | \$22.80
- Available at Man Zhu Café from January, while stocks last

SPRING FESTIVAL WORKSHOPS

Complimentary!

DIY SACHET CRAFT WORKSHOP

Create your own auspiciously adorable CNY sachet to summon some good fortune in the year to come!

Saturday, 15 January

Session 1: 9.00am – 10.15am

Session 2: 10.45am – 12.00pm

Lattice Suite

- 7 years old and above
- Workshop is open to CSC members only
- Maximum of 2 participants per member account
- Slots available on a first-come, first-served basis
- Registration closes 10 January



CNY DEMO COOKING CLASSES

Learn how festive new year dishes are made so you can create your own with confidence! Conducted by a bilingual trainer, our demo classes will impart step-by-step instructions and tips covering all stages from preparation to the finished product. Participants will get to bring home a portion of the demonstrated dish.



TEOCHEW SWEET YAM PASTE

Sunday, 9 January

9.00am – 11.30am

Multipurpose Room

\$47 (Member) | \$62 (Guest)

Min. 5 pax



FESTIVE PEN CAI

Saturday, 15 January

2.30pm – 5.30pm

Multipurpose Room

\$60 (Member) | \$75 (Guest)

Min. 5 pax

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

LOVE IS IN THE AIR

Our Valentine's lineup will have everyone feeling the warm fuzzies this February.

Valentine's Day 4-Course Dinner



Parma ham mozzarella cheese, vine tomatoes, arugula salad, truffle balsamic

Truffle creamy mushroom soup
Rosemary garlic focaccia

Prime Spanish pork chop
asparagus, sautéed caramel apples,
roasted potatoes

OR

Sous vide pulled beef short ribs
vine tomatoes, glazed carrots, potato puree

OR

Seared cod with raspberry balsamic
asparagus, vine tomatoes, potato puree

Raspberry vanilla chocolate cake

\$88.80 for 2 | 2 complimentary glasses of Rosé and a stalk of rose

- Dine-in/takeaway at Man Zhu Café on 13 & 14 Feb, 6.00pm – 9.00pm

AMBROSIAL TREATS



Love Potion | \$10

Vodka, strawberry, grenadine

*Available at 3 Bars
throughout February*



Heart 2 Heart | \$5.20

Watermelon syrup, strawberry
puree, lychee syrup,
lychee fruit, watermelon

*Available at Mingle@Amber
throughout February*



Raspberry Vanilla Chocolate Cake | \$5.20

*Available at Mingle@Amber
throughout February*

Image for illustration purposes



NAGOMI ART WORKSHOP

Bond with your loved one over a fun Valentine's Day card making session using Nagomi art, a popular Japanese dry pastel technique. Through using one's fingers to spread the pastels, Nagomi promotes relaxation and soothes the soul. Couples, siblings and parent-child teams welcome!

**Saturday, 12 February
2.30pm – 4.30pm**

Lattice Suite

\$114 per pair (Member) | \$129 per pair (Guest)

6 years old and above

Min. 5 pax

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

Valentine's Raspberry & White Chocolate Cake

A luscious heart-shaped cake may say 'I love you', but the ultimate declaration of love is presenting your sweetheart with one you baked from scratch! This Valentine's, butter up that special someone with an impressively delicious yet easy-to-make Raspberry & White Chocolate Cake, inspired by our very own Pastry Chef Dylan Ou.



Dylan has been with the CSC pastry team since July 2021. Prior to this, the Malaysian-born chef cultivated over a decade of experience in professional baking – and his skills certainly show for it! (Pick up his signature Durian Cake or Valrhona Chocolate Cake from Man Zhu Café and you'd be hard-pressed to disagree.) You'll catch Dylan tending to his colourful confections behind the pastry counter at Man Zhu Café – don't hesitate to tip your hat when you see him.

Raspberry Jam

- 100g raspberry puree
- 25g sugar
- 2 tsp lemon juice

1. Combine all ingredients in a small pot and cook for 5 minutes over medium heat. Sift the mixture and let cool.

Almond Sponge

- 80g cake flour
- 40g almond flour
- 4 eggs
- 120g sugar
- 40g melted butter

1. Pre-heat oven to 190°C. Sift cake and almond flours together.
2. Beat the eggs and sugar until the mixture turns pale, then add the sifted flour and combine well. Add melted butter to the mixture and stir well.
3. Line a baking pan with paper, pour the cake batter in and bake flat at 190°C for about 10 minutes. Rotate the pan and bake for another 5 minutes.
4. After the sponge is baked, use a small mould (about 4 inches wide) to cut out the base of your cake.
5. From the remaining sponge, cut out two pieces measuring about 5cm x 30cm each. Brush the tops of both pieces with the raspberry jam, then stack the two layers and place in the chiller to cool.
6. Once cooled, remove from chiller and cut the stack into 0.5cm-wide fingers. Carefully arrange the fingers around the sides of a larger mould (about 6 inches). Place the cake base on the bottom.

Chef's tip: You can choose any shape of mould for your cake. Dylan uses a small heart-shaped mould for the cake base, and a larger heart-shaped mould for the outer lining.

White Chocolate Mousse

- 50g cream
- 45g milk
- 2g vanilla extract
- 80g Valrhona white chocolate
- 1 sheet gelatine
- 100g whipping cream

1. Boil the cream and milk, add vanilla extract, then add the white chocolate to the mixture and stir until melted.
2. Add the gelatine, stir, and let cool slightly, then add the whipping cream.
3. Pour the mixture into the smaller mould and freeze.



Raspberry Mousse

- 220g raspberry puree
- 60g sugar
- 4 sheets gelatine
- 220g whipping cream

1. Heat the raspberry puree and sugar. Add the gelatine and mix well, then add the whipping cream to combine.
2. Pour half of the raspberry mousse into the larger cake-lined mould. Place the frozen white chocolate mousse in the middle, then top with the remaining raspberry mousse and smooth out.

Raspberry Mirror

- 75g raspberry puree
- 20g sugar
- 25g water
- 40g glucose
- 2 sheets gelatine

1. Heat raspberry puree, sugar, water and glucose, then add the gelatine and mix well. Let cool slightly, then layer the mixture on top of the raspberry mousse.

NEW F&B CONCEPTS FOR THE NEW YEAR

MAN ZHU CAFÉ NEW MENU LAUNCH

Huzza! Man Zhu Café will be hailing the new year with a brand-new menu! Our chefs have been busy these past weeks creating, sampling, and testing out a slew of over 50 new mouth-watering additions to our staple of beloved classics.

This January, look out for:

- A Lean & Fit menu – healthy soups, lean proteins, poke bowls and build-your-own salad options
- More burger choices including our Plant Based Beef Burger
- A plethora of Indian fan-favourites (read more on page 23)
- Expanded selection of Signature ice-blended drinks...and more!

Check our website or pop by Man Zhu Café to view our full menu. Delivery and drive-through service are also available for those who prefer to enjoy their meals from the comfort of home.

Watch this space – 3 Bars new menu launch to follow in Mar 2022!



MINGLE@AMBER GRAB & GO

Our newest retail concept arrives in 1Q 2022! Mingle@Amber's Grab & Go selection is a godsend for those looking for fuss-free, convenient meals to pick up on the go without sacrificing on flavour or quality. Drop by our café to check our wide selection of:

Quick & easy meals – fresh-made daily and pre-packed for your convenience

- Gourmet sandwiches
- Salads
- Rice bowls
- Pastas
- Soups

Luxe beverages – bottled and ready to enjoy!

- 100% raw, cold-pressed juices
- Kombucha
- Sake
- Flavoured Sojus
- Cold brews
- Wines





CNY CLUB CLOSURE

Please note that the Club will be closed on **Monday, 31 January 2022** and **Tuesday, 1 February 2022** for the Chinese New Year holidays. We wish you a Happy and Prosperous Lunar New Year!



SERVICE EXCELLENCE AT CSC

As part of our efforts to elevate service standards and foster a culture of service excellence at the Club, we have partnered with Service Quality Centre since late 2021 to roll out a series of service training courses for staff.

Centred on inculcating the right mindsets, building practical skills, and imparting best-in-class practices for delivering exceptional customer service, the workshops aim to grow our team's ability to build positive customer relationships and consistently exceed customer expectations, ultimately with the view of enhancing the overall member and guest experience at CSC.

The series kickstarted with a session on 10 November for the management team and senior executives to clarify how the Club's core values of Excellence, Care, Professionalism and Progress can translate into service actions that define the CSC service philosophy.



SPORT RESILIENCE GRANT

Over the course of the pandemic, the partial lockdown and enforcement of strict safe management measures significantly affected organizations in the sport and fitness industry, many of which were unable to continue regular operations and services. In October 2020, the Ministry of Culture, Community and Youth unveiled a \$50 million Sport Resilience Package (SRP) aimed at helping critical establishments in the sector cope with the effects of Covid-19.

The Club's application for the SRP was approved in April 2021. A total of \$180,000 in grants was disbursed across four tranches, helping to lessen the financial impact of the pandemic due to Club closure, capacity limits on facilities and training programmes, and suspension of gym and fitness activities during the Phase 2 (Heightened Alert) period. More importantly, this financial relief enabled us to safeguard the jobs of our staff while continuing to run Club facilities without compromising on service standards to members.

GIVING BACK

As the clarion call sounded globally for greater humanitarianism amidst the Covid-19 pandemic, CSC members and staff banded together in support of meaningful causes to uplift the underprivileged community.

JOY BOX

During the year end festive season, the Club collaborated with Tampines-Changkat Community Club to bring yuletide cheer to vulnerable senior citizens. Over three weeks, our members and staff put together 30 gift boxes for elderly persons bereft not just of human relations, but of any opportunity to experience the joy of Christmas.

Each joy box was thoughtfully assembled with household items deemed useful for its recipient. Comprising blankets, thermal flasks, bed linen, and more, the packages went beyond being mere gifts – they were reminders to the beneficiaries that there were others who cared for them.

On 9 December, Mayor of North-East District and Member of Parliament for Tampines-Changkat Constituency Desmond Choo visited the Club to receive the joy boxes on behalf of the beneficiaries. We would like to thank our following members for their generous support of and participation in this initiative!

Kristy Fong Min-Ling	Loh Suat Hui	Tan Bin Ling
Dick Lee Yak Whatt	Justin Ng Cher Kern	Teo Su Chern
Lim Li Li	Soong Yi Ling	Jo-Anne Yeo



SWIM FOR HOPE

In conjunction with SAFRA and the Singapore Swimming Association, the Club was pleased to support the 2021 edition of the Liberty SAFRA Swim for Hope in aid of the less fortunate.

45 of our members took the plunge for charity by taking on swim challenges and pledging donations to Swim for Hope and Apex Harmony Lodge – an integrated dementia care association and the Club's nominated beneficiary for the event.



On 11 December, 32 CSC swimmers completed their final laps at our pool with big splashes and bigger hearts. Through a combined effort, the CSC team clocked an impressive swim distance of 1,877km over the month-long fundraiser (the highest among all participating organizations). On the same day, the cumulative proceeds from all event donors amounting to \$257,892.43 was conferred at the Swim for Hope cheque presentation ceremony at SAFRA Toa Payoh.

Our heartfelt gratitude to all members who stepped up to the plate with their resources and dedication, and for proving that one need not be an Olympic swimmer to make a huge difference!



Guest-of-Honour for the Liberty SAFRA Swim for Hope Finale – Senior Minister of State for Defence Zaqq Mohamad (right)



L-R: CSC Head of Ops Helena Goh, national swimmer Quah Ting Wen, CSC Swimming Convener Chia T-Jian, national diver Freida Lim & CSC GM Patricia Au at the Swim for Hope cheque presentation ceremony

STAY CONNECTED BY UPDATING YOUR RECORDS!

To ensure that your information with us remains accurate and current, we will be running a membership database update exercise from January to March 2022.

Updating your details takes just 2 minutes, and will help us to:

- Comply with PDPA requirements
- Ensure your statements and letters do not get lost in transit
- Facilitate more effective and timely communication on important Club updates, new offerings and special promotions that benefit you

All update entries received will be entered into a lucky draw with attractive prizes to be won. More details to be released soon!

For more information, please email updates@chineseswimmingclub.org.sg



MEMBERSHIP REFERRAL PROGRAMME

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

REFEREE
\$1,000



REFERRER
\$300

Terms & Conditions:

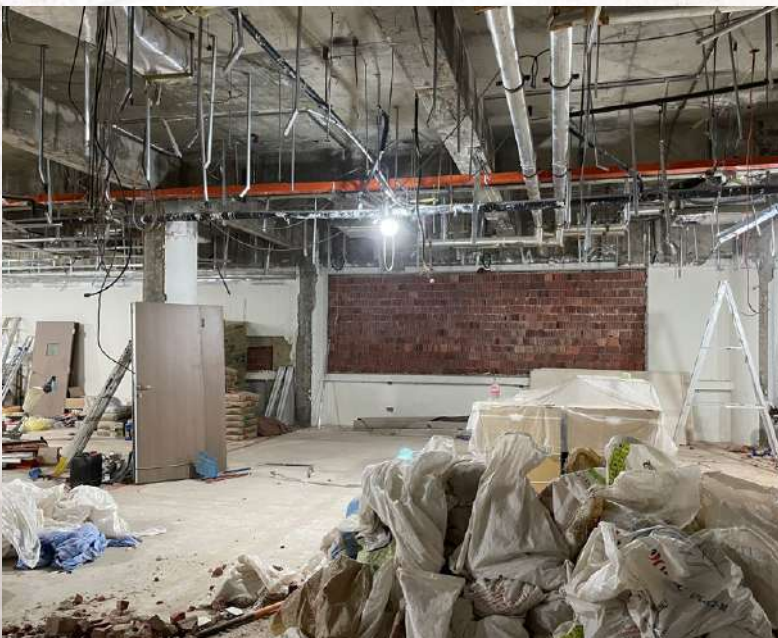
- Credits apply to all Club spending except for subscription dues, F&B levy and spending at FIL Spa, Fu Lin Men, The Dance Academy, and Cocoon Learning Centre.
- The Club reserves the right to change the terms and conditions of this promotion without prior notice.



CSC CO-WORKING SPACE

The CSC Committee and Management teams have been hard at work to bring a brand-new concept to the Club this year! From March 2022, members can look forward to a swanky Co-Working Space that will offer a contemporary environment for users to work remotely, collaborate, network and more. Our newest facility will occupy Level 2 of the Recreation Complex – we can't wait to welcome you through our doors!

RENOVATIONS IN PROGRESS



UPCOMING AMENITIES



RECEPTION



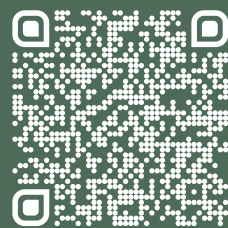
HOT DESKS



PRIVATE OFFICES

WHAT TO EXPECT

- ♦ Enjoy 3,300 sq ft of dedicated floor space
- ♦ Stunning vista overlooking the Recreation Complex pool
- ♦ WIFI access & plug-and-play convenience
- ♦ Pantry stocked with coffee, tea and non-alcoholic beverages
- ♦ Printing, scanning & copier services



SCAN TO VIEW LAYOUT PLAN!



PANTRY



ATHLETE
TURNED ADVOCATE:

MARK CHAY

Photo credits: ST File

Few athletes have made the transition from the world of sports to that of business, let alone politics. Those who have taken to the fields invariably prove their mettle and display great ideologies – and Mark Chay is no exception.

The former Olympic swimmer, entrepreneur, and esteemed CSC member has excelled on and off the sporting field, most recently being appointed as Nominated Member of Parliament to represent the views of the sports fraternity in government. Despite having reached these lofty heights, he hasn't forgotten what it took to get him there.

GROWING WITH THE CLUB

Mark first became acquainted with CSC at age four, when he joined his siblings in the Club's swim training program. His parents Chay Yee and Jenny Gan had been members for a long time. He recounts fond memories of growing up within the Club compound and harbours vivid images of the pool, wooden planks, and diving arena, all of which have since been revamped.

His initial years of training as a professional swimmer took place in the Club under the guidance of several coaches, who not only motivated him to excel but left a deep impression on him. One of them was Kee Soon Bee. Under Kee's tutelage, Mark

eventually proceeded to international glory, making his Olympic debut in 2000 where he set a national record for the 200m freestyle event. His illustrious swimming career spanned two Olympics, five SEA Games, two Asian Games and two Commonwealth Games, during which he clinched multiple medals for Singapore. For his impact on the sporting community, Mark was awarded the Singapore 'Sportsboy of the Year' and 'Sportsman of the Year' awards in 2001 and 2002.





LIFELONG ADVOCATE

After retiring from competitive swimming in 2007, Mark's passion for sports remained intact. His devotion to the genre and instinct for advocacy formed the basis of his eventual pursuits, and he continues to be a prominent and vocal figure in the sporting arena.

As current Chairman of the Singapore Olympic Council Athletes Commission, he is actively engaged in providing support, training, and leadership to assist local athletes in achieving their potentials. "As someone who's been in their shoes, the athletes I represent can benefit from my experience," he says. "My goal is to ensure that they feel seen and heard and are aware of what resources are available to them."

PASSING THE BATON

In 2019, Mark rose to the challenge of empowering disadvantaged athletes by accepting the post of national coach to the Singapore Disability Sports Council's para-swimming team.



He concedes that learning to coach goes well beyond a "job", and that the demands of the trade sit on an entirely different level in today's context – coaches not only have to motivate and train athletes, but are also charged with an athlete's psychology, nutrition, sports education, and

confidence. Many a time, they are required to play confidantes.

Despite the inexorable requirements, his achievements long after leaving the competitive pool are testament to his tenacity, most recently evidenced by his protégé Yip Pin Xiu's double gold win for Singapore at the 2021 Tokyo Paralympics. To Mark, coaching is a passion and a calling. He fondly recalls his own coaches who pushed him to give his best in life.

VOICE OF SOCIAL CHANGE

Against the backdrop of social isolation, emerging mental health issues, and the plight of the local sports and fitness industry precipitated by Covid-19, Mark joins Singapore's parliament as a beacon of hope.

Having played diverse roles throughout his professional life – from athlete and administrator to business owner and coach – he hopes to address the current issues of concern from different perspectives and via a holistic approach. But with the essence of a true sportsman deeply embedded in his psyche, he seeks to rally the nation through sports to bring about social change in the face of adversity. According to him, the discipline of hard work and focus that one garners through sports is crucial to developing the resilience to push through these tough times.

Additionally, Mark hopes to begin shaping the narrative that sports can be an instrument for nation building. He believes that the fundamental characteristics imparted by sports, such as motivation and the ability to learn from setbacks, are essential attributes that can help shape social cohesion.

HOMAGE

Thirty-five years since he first stepped into CSC, Mark's integral involvement with the Club continues. He has served on the Management Committee and now sits on the Swimming Sub-Committee, where he plays a big part in efforts to elevate CSC's swim training curricula and translate his vision for the program.

A proud member, Mark notes how the Club has always stood at the forefront of Singapore's sporting scene by grooming and producing some of the best talent in the country. "It's an honour to be associated with the Chinese Swimming Club from such close quarters," he says, "not just for its promotion and advancement of sports, but also for its heritage of excellence."

MEET OUR TEAM!

CSC has close to 140 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!

JOEY TAN

Joey joined the Club in September 2021 as Assistant Swimming Manager.

In his role, he not only manages CSC's comprehensive swim training program (no mean feat with its 900 enrollees!), he also works closely with Committees and management to organize and structure community programs with the aim of elevating the Club's swimming standards to the next level.

Joey describes himself as an optimistic, cheerful, and easy-going person who loves to bring joy and laughter to everyone he encounters. He hopes to inject his brand of good humour into the Club's swimming community, showing that the sport can be enjoyed in a competitive yet fun and healthy way.

Prior to entering swim management in 2013, Joey spent almost a decade in the banking industry. It's no surprise that he finds himself in his element in many environments – this sportive 42-year-old loves the outdoors and is game to try anything new. But for all his exuberance, Joey truly harbours a heart of gold. A long-time volunteer at Hougang Community Club, he spends his free time doing social work and coaching disadvantaged youths in sports and games.



JACKLYN ONG

Jacklyn joined the CSC family in September 2021 as Marketing & Communications Manager.

No stranger to the club industry, she brings 16 years of varied Marcoms experience spanning the gamut of branding, campaign conceptualisation, client engagement and comms management in the digital and offline spheres. She likens working in the field to creative artistry – where the power of word choice can make or break a brand – and is determined to tease out the meaningful narrative behind every person, product, or service.

What keeps her going? The variety in her work means there's never a typical day or week, and keeping up with all the developments in the ever-evolving field of Marketing is a welcome challenge and one that continues to push her. She is especially excited about the Club's ambition for digital transformation.

Jacklyn is an avid reader, animal lover, and adventure seeker who's equally comfortable skydiving off the next plane as she is being a homebody with a classic fiction in hand. Outside of work, she is usually planning her next big trip (pre-pandemic, that is). The one mantra she lives by: "Keep an open mind and never stop learning."



SANKAR SIVAKKUMAR & GAURI CHADAYAN

Sivakumar (Junior Sous Chef) and Gauri (Cook) joined our Man Zhu Café kitchen team in November 2021.



Siva hails from Tamil Nadu in Southern India, home of Chennai and famed for its temples, architecture, and food. For the soft-spoken and affable culinarian, passion for cooking runs in the family – with both a sister and cousin working as chefs, it's little wonder he spent a good 20 years in the restaurant business before migrating to Singapore in 2017.

The father of two enjoys playing cricket as much as he loves making people happy through his food – and while he does a spectacular job of the latter, he reckons that great things never come from comfort zones. He is thus ever striving to better his cooking techniques and outdo his last dish. Given plenty of opportunity to do just that in the Man Zhu kitchen, Siva doesn't hold back in expressing appreciation for his supportive comrades.

To Siva, the heavy doses of spicy, sour, and sweet flavours form the pillars of what makes Indian cuisine taste so good to so many (himself included!). If he had to pick one dish to eat for the rest of his life? It'd be *Thayir Sadam* (yogurt rice), a South Indian classic and comforting staple he grew up with.

Gauri has always loved good food. The Seremban-born Malaysian was introduced to cooking at an early age, spending much time with her mother in the kitchen. This instilled in her a love for conceiving brilliant food, something she fulfilled by starting and managing her own restaurant in Malaysia for 15 years. She has made Singapore home in the last decade since.

As more than a few will know, Gauri is not a new face to CSC. Prior to re-joining in November, she ran the Indian section of Man Zhu Café for three years before breaking for personal reasons. She attributes her "wonderful colleagues" as spurring her decision to return to the Club.

Gauri is a proud mom of three, and even prouder that her cooking never fails to elicit the thumbs up from her satisfied guests. She spends her free time watching other chefs ply their trade on YouTube so that she can always bring fresh meal ideas to the table. While the dishes she enjoys cooking celebrate the diversity of food from her background, her secret recipe *Dum Biryani* trumps all else.

From January 2022, Man Zhu Café's Indian menu will be expanded to include over 10 new items! Both Siva and Gauri will be introducing their very own takes on popular Indian classics such as *Mutton Biryani*, *Malabar Fish Curry*, *Aloo Gobi Masala* and *Palek Paneer*.



Clockwise from bottom: Mutton Biryani, Prawn Masala, Butter Chicken, Yellow Dal Tadka



NEW YEAR SURF N' TURF
2022 is upon us, and
there's no better way to
celebrate a fresh new year
than with a fab feast!

SURF N' TURF

Platter

Lamb T-bone, BBQ pork ribs, roasted spring chicken, beef steak, crayfish, sea scallops, halibut, sautéed potatoes & vegetables

\$48.80 for 2
2 complimentary glasses
of Edelweiss Beer

\$78.80 for 4
4 complimentary glasses
of Edelweiss Beer

Daily dine-in/takeaway from 1-31 January,
6:00pm – 9:00pm



CONNOISSEUR'S *Pick*

Chateau Respide De La Croix Bonnet (France)
A pale-yellow white wine with hints of lemon, green apple, and tangerine. Best paired with seafood.

Chateau De La Pierre Levee (France)
Savour well-defined aromas of wild strawberry, raspberry, and black pepper. Subtle licorice and blueberry come in on the palate with supple tannins on the finish. This red blend is excellent with roast meats and soft cheeses.

\$38 per bottle | \$8 per glass





Some things are better shared...

Perfect Afternoon Tea for 2

Fridays – Sundays
Man Zhu Café
3.00pm – 5.00pm



\$33.80
for Takeaway

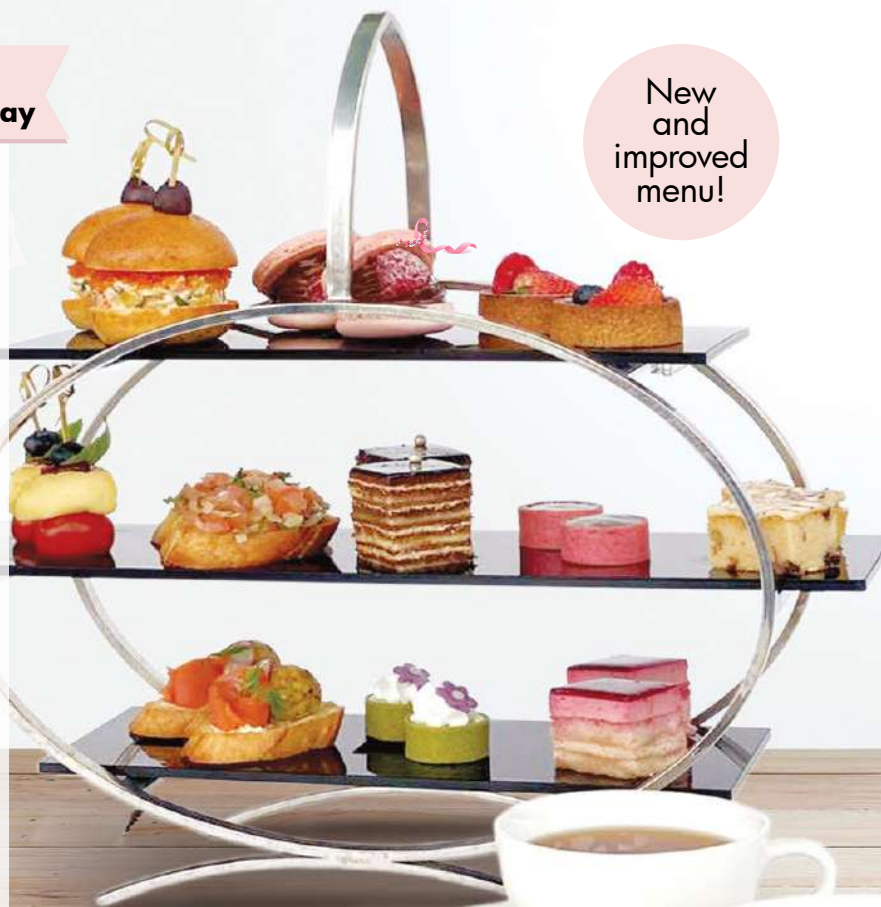
Launch Special
\$28.80 for 2 pax

High tea set includes:

- Mango, Crabmeat, Tobiko, Brioche Bun
- Smoked Salmon, Pistachio Cheese
- Bruschetta Tomato
- Baked Brie, Blueberry
- Opera Cake
- Raspberry Cake
- Crème Brûlée
- White Chocolate Brownie
- Macaroon Chocolate Ganache
- Dark Chocolate Tart
- Matcha Mousse
- Refillable Coffee/Tea

Price is subject to GST.
Items are subject to change based on availability.

New
and
improved
menu!



**man
zhu** 满足

JANUARY Specials

Chocolate Strawberry Ice Blend | \$5.20

Chocolate powder, strawberry puree, milk, whipping cream, chocolate chips

Tofu Cheesecake | \$5.20

Featured Coffee Bean

El Cautivo La Coipa (Organic)
by Dutch Colony

- Peru | Single origin | Espresso
- Red fruits, plum, chocolate



JANUARY SPECIALS

Bloody Mary | \$12

Vodka, tomato juice, Worcestershire sauce, tabasco, lemon juice, salt & pepper, celery

Adios Red Lemonade | \$12

Vodka, rum, tequila, gin, triple sec, lime juice, grenadine syrup

Tom Collins | \$9

Gin, lime cordial, lime juice, soda

Lychee Cooler | \$6

Lychee, sprite



2022 CHINESE NEW YEAR



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

大展鸿图套餐 Great Prospect Set

Special Price \$568** (5 persons)
\$788** (8 persons)

凤生水起 - 贺年三文鱼捞起
CNY Salmon Lo Hei

大展鸿图 - 竹笙干贝蟹肉翅
Braised Shark's Fin Soup with Dried Scallop,
Crab Meat and Bamboo Pith
(鱼翅可换成鱼鳔羹 Option to replace Shark's Fin with Fish Maw)

发财好市 - 鲍鱼蚝豉发菜扒生财时蔬
Braised Abalone, Sun-Dried Oyster,
Black Moss with Lettuce

金银满屋 - 金箔脆虾球
De-Shelled Prawn Coated
with Golden Corn Flake

年年有余 - 油浸笋壳
Crispy Marble Goby
with Premium Soya Sauce

花开富贵 - 玫瑰豉油鸡
Braised Soya Sauce Chicken

盆满钵满 - 飘香荷叶饭
Flavoured Rice in Lotus Leaf Wrap

阖家团圆 - 红豆沙汤圆
Red Bean Soup with
Glutinous Rice Ball



聚宝盆菜 (单点)

Treasure Pot (ala carte order)
ADVANCE ORDER REQUIRED

贺年三文鱼捞起
CNY Salmon Lo Hei

贺年鲍鱼捞起
CNY Abalone Lo Hei

贺年鲍鱼三文鱼捞起
CNY Abalone &
Salmon Lo Hei

medium - \$238+

large - \$388+

medium - \$58+

large - \$88+

medium - \$78+

large - \$118+

medium - \$98+

large - \$148+

SCAN THE QR CODE



FOR MORE MENUS

* All prices are subject to 10% service charge (for dine-in) and prevailing GST.
* This promotion is not valid in tandem with any other member's privileges, discounts, promotions, special offers, vouchers, and/or coupons.
* All photos are meant for reference only.

HELP US SAVE THE ENVIRONMENT BY SWITCHING TO E-FREESTYLE

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

Let's all play our part to Go Green!

9TH SINGAPORE NATIONAL SWIMMING CHAMPIONSHIPS

SHORT COURSE METRES (25-28 NOV)

25 of our swimmers represented CSC at the 9th Singapore National Swimming Championships which took place at the OCBC Aquatic Centre in November. Despite pandemic-induced training disruptions leading up to this major event, our team passed with flying colours and handed out impressive results over the course of the four days.



In a meet-breaking record, five of our swimmers – Jamie Koo, Ong Jung Yi, Mikkel Lee, Chan Zi Yi and Marina Chan – achieved the required B-standard qualification times to represent Singapore at the 15th FINA World Swimming Championships (25m) 2021 finale event in Abu Dhabi from 16 to 21 December. Our Head Coach Zhang Jianlan was also invited by the Singapore Swimming Association to be part of the Singapore coaching panel and travelling contingent for the World Cup event for placing an impressive number of B cut swimmers during the meet. Our heartiest congratulations to the team!

A special shout out to Ong Jung Yi, who broke the record in the Men's 200m Butterfly National Short Course with a time of 1:56.42 – beating the previous record of 1:57.83 set by Quah Zheng Wen in 2015.



Photo credits: Andy Chua & Tommy Low

1ST CSC JUNIOR TENNIS TOURNAMENT

(29 NOV – 3 DEC)

The Club's first and highly anticipated Junior Tennis Tournament was launched successfully to overwhelming response. Despite the scorching sun, our budding players managed to gain valuable exposure and played exceptionally well throughout. Special thanks to Rick Hartono and Calvin Ng for their assistance in organising this event, as well as to our parents for their invaluable support. A big kudos to our following winners!

UNDER 9

Champion - Malcolm Foo

1st Runner-up - Brian James Hartono

2nd Runner-up - Justin Ng & Jerry Ho



UNDER 12

Champion - Jonathan Tjandra Chen

1st Runner-up - Ng Shen Wei

2nd Runner-up - Martin Foo & Evan Kim



SCHOOL HOLIDAY CAMPS

JUNIOR TENNIS HOLIDAY CAMP

(22-25 NOV & 6-9 DEC)

Junior tennis enthusiasts marked the beginning of their school holidays across two editions of our Tennis holiday camp program. Over four days, our trainees had fun while improving their racket skills.



JUNIOR BASKETBALL HOLIDAY CAMP

(13-15 DEC)

Junior members sure had a great time bonding over sport at our basketball camp – apart from basketball fundamentals, many beneficial life skills such as teamwork were imparted.





JUNIOR TABLE TENNIS HOLIDAY CAMP (13-16 & 27-30 DEC)

The much-anticipated and fully subscribed Table Tennis holiday camp saw trainees picking up many basics of the sport such as proper bat handling and hand-foot coordination, on top of conditioning exercises. A holiday well-spent!

TAEKWONDO 182ND SUPPLEMENTARY GRADING (31 OCT)

Congratulations to all our trainees for achieving their new belts!

Aaron Toh Jia Ye	Foundation	Keane Lee Hao Yi	Grade 6
Jeroy Teo Zhi Rong	Foundation	Ethan Agustin Teo Guo Hsiang	Grade 6
Austin Lee Yuan Cheng	Foundation	Matthew Kevin Lim	Grade 5
Isaac Koo Chen Kai	Grade 9	Aaqil Hafid Bin Abdul Haniff	Grade 4
Nyla Delage	Grade 9	Arthur Koo Yun Kai	Grade 4
Isaac Kuah Jiekai	Grade 9	Ng Hao Ran	Grade 4
Rebecca Li Shaoxuan	Grade 9	Lo Jing Kai	Grade 3
Oliver Ngiam Ri Min	Grade 9	Keiden Chua Li-Ren	Grade 3
Kim Jiho	Grade 9	Jairus Cheung Yat Nam	Grade 3
Kim Jiah	Grade 9	Jaden Foo Rui Xiang	Grade 3
Luke Nicholas Yam Jing Rui	Grade 7	Jensen Foo Rui Jun	Grade 3
Owen Fun Kai Meng	Grade 7	Janelle Foo Shuen Hui	Grade 3
Kieran Koo Kai En	Grade 7	Gareth Toh Yu Song	Grade 3
Kendrick Ng Gieng Hong	Grade 7	Jadon Ling Yi Xin	Grade 3
Cayvan Tan Yan Yu	Grade 7	Nathan Lee Zhi Cheng	Grade 2
Evan Tan Yan Jun	Grade 7	Caleb Lim Hong Jun	Grade 2
Christian Aw Jia Jun	Grade 7	Lucas Choy Zhe Kai	Grade 2
Tan Si Ting Adele	Grade 7	Sixtine Le Mestrealan	Grade 1
Soh Jenn-Kit	Grade 6	Tyson Lee Dong Ze	Grade 1
Bernice Teo Jia En	Grade 6	Logan Lim Hao Ning	Grade 1
Teo Chee Keong Christopher	Grade 6	Jerry Ho Jie Rui	P Pass
Sophie Liu Thorstad	Grade 6	Cory Alexander Tan	P Pass
Flora Mei Thorstad	Grade 6	Alena Martin Wee	P Pass
Gillin Toby Derera	Grade 6	Aaron Tan Xi Rui	Poom
Gillin Oscar Derera	Grade 6	Eva Lee Xin Yi	Poom

CSC BOWLING ACADEMY

CENTRE OF EXCELLENCE (COE) PROGRAMME

Endorsed by the Singapore Bowling Federation, the **CSC Bowling Academy COE Programme** provides a structured development pathway aimed at nurturing aspiring young bowlers (10-18 years old) towards progression into the national development squad.

In weekly sessions over the course of a year, our trainees are coached right within our in-house Bowling Centre, which has recently been optimised with the inclusion of the world-renowned Kegel Lane Machine (used in all major competitions) for lane maintenance.

Helmed by Coach Eugene Yong, our Bowling Academy conducts elementary, intermediate and advance-level programmes. Participants will receive plenty of exposure to improve their games via invitations to SBF organised tournaments, Club friendlies and monthly medals.

CSC BOWLING ACADEMY COE PROGRAMME

Tuesdays | 4.00pm – 6.00pm

Saturdays | 11.00am – 1.00pm

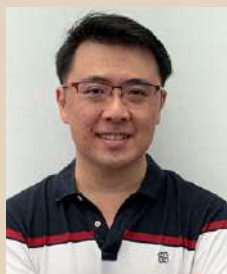
Beginners: \$2,500 (Member) | \$2,800 (Guest)

Intermediate: \$2,700 (Member) | \$3,000 (Guest)

Advance: \$3,200 (Member) | \$3,500 (Guest)

Fees are subject to GST and for one intake (60-64 sessions per year), payable in three instalments

Please call 6885 0674 or email sports@chineseswimmingclub.org.sg for more information.



ABOUT COACH EUGENE YONG

Eugene has 18 years of coaching experience across the full spectrum of age groups, including 5 years spent in the National team. Besides being with the SBF COE Programme for close to a decade, his further 2-year stint as High-Performance Manager for the SBF puts him in good stead to understand the needs and requirements of the SBF COE Programme.

Eugene most recently led the Raffles Institution A Division team to gold and silver victories in the National School Games for 3 consecutive years.

OTHER CSC SPORTS EXCELLENCE TRAINING PROGRAMMES

CSC Badminton Academy

CSC-LJE Basketball Training Programme

CSC-Zainal Abidin Elite Squash Academy

CSC-Jiawei Table Tennis Academy

CSC Swim Training Programme



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.

14-16 March

8.00am – 10.00am (6-8 years old)

10.15am – 12.15pm (9-12 years old)

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

6-12 years old

Registration closes 28 February



CSC-LJE BASKETBALL TRAINING PROGRAM

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

Juniors (6-14 years old)

Thursdays | 4.15pm – 5.30pm & 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 old)

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.

SQUASH

FUN SQUASH FOR ADULTS & YOUTH

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!

Thursday, 17 March

10:00am – 12:00pm

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

7 years and above

Min. 3 pax

SQUASH YOUTH DEVELOPMENT PROGRAM (BEGINNERS / INTERMEDIATE)

Saturdays | 4.00pm – 6.00pm

Sundays | 1.00pm – 3.00pm

\$218.69 per month x 3 months (Member) |

\$242.99 per month x 3 months (Guest)

7-19 years old

12 sessions per term

ADULTS SQUASH GROUP TRAINING PROGRAM (BEGINNERS / INTERMEDIATE)

Sundays | 3.00pm – 5.00pm

\$230 per month x 3 months (Member) |

\$260 per month x 3 months (Guest)

20 years old and above

Min. of 3 Pax

12 sessions per term



TABLE TENNIS

CSC-JTA ADULTS TABLE TENNIS TRAINING PROGRAM

Under resident coach Kelvin, our 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 | 9.00am – 10.30am

\$150 per month (Member) | \$180 per month (Guest)
Min. of 4 pax and max. of 6 pax

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

CSC-JTA TABLE TENNIS ACADEMY

The CSC-JTA Table Tennis Academy aims to create interest, impart knowledge, groom and nurture talented young players to strive for excellence in table tennis. The training programme is for kids aged 4 and above and consists of beginner, intermediate and advanced levels. To find out how you can give your child a good start in the sport, call **6885 0674** or email **sports@chineseswimmingclub.org.sg**.



TAEKWONDO

JUNIOR TAEKWONDO TRAINING 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

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



TENNIS

2022 JUNIOR DOUBLES TOURNAMENT

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.

18-20 March

8:00am – 1:00pm

\$20 per player

Category: Under 14

Format: Double (Round Robin)

Registration closes 30 January

All prices are subject to 7% GST. Please visit our website, call **68850674** or email **sports@chineseswimmingclub.org.sg** for more information or to sign up.

EXERCISE FLEXI PASS

Fitness enthusiasts rejoice! Our Exercise Flexi-Pass gives you the flexibility to choose from more than a dozen group exercise classes for a flat fee so you can make the most of your membership. Simply book your next workout session online.

10 GROUP FITNESS CLASSES
\$150

- ✓ Each Flexi-Pass is valid for 3 months and provides access to all our classes – select from Muay Thai, Yoga and Pilates to Barre, K-Pop, Zumba and more
- ✓ Classes may be booked up to 60 days in advance and until just before class commencement time

Sign up here



CNY Special

**Sign up from 1-28 February to enjoy
a free Body Composition Analysis**

Terms and conditions apply.

Please visit our website to view our full class schedule, call **6885 0654** or email **lifestyle@chineseswimmingclub.org.sg** for more information.



MEET OUR GROUP EXERCISE INSTRUCTORS

ABDUR RAHMAN

Muay Thai | Sundays, 9.30am – 10.30am

Abdur Rahman made history by becoming one of the first two Muay Thai and Kickboxing athletes to represent Singapore at the prestigious World Kickboxing Championships in 2019, after becoming national champion in the same year. Since transitioning to coaching 5 years ago, he has trained with people from all walks of life. Rahman understands the importance of finding enjoyment in the learning process, hence, he always teaches with a huge smile on his face.



MEHA JAIN

FIT by HIIT | Tuesdays, 7.45am – 8.45am

Certified by the American Council on Exercise (ACE), Meha's HIIT classes incorporate the core strengthening aspects of Pilates and the calorie burning of HIIT to deliver an amazing full body aerobic and strength-training workout. A firm believer that habit trumps goals, she has been coaching her clients to build up regular routines of exercise.



MEYGAN CHENG

HIIT | Sundays, 10.45am – 11.45am & 4.00pm – 5.00pm

Meygan is a cheerful and energetic dance fitness and HIIT instructor with over 4 years of experience conducting workouts in conjunction with the Health Promotion Board and local malls. Her classes aim to improve health and stamina through imparting proper workout techniques.



YEAR END HOLIDAY FUN

Judging by the full turnouts and happy smiles, members young and young at heart enjoyed a fun-filled calendar of enriching programmes over the school vacation and Christmas break – no air tickets needed!



AMERICAN TAP DANCE (20 NOV)



CHOCOLATE CHIP COOKIES (23 NOV)



BUILD A TENT (3 DEC)



PRESSED FLOWER RESIN COASTER-MAKING (8 DEC)



CHRISTMAS STAMP CARVING



DALGONA CANDY GAME (12 DEC)



RHYTHMIC GYMNASTICS (13 DEC)



HOOP FITNESS & HIP HOP (29 NOV)



ART WORKSHOP – YAYOI KUSAMA (1 DEC) & ADVENTURE AHOY (8 DEC)



G (9 DEC)



CHRISTMAS CAKE (10 & 14 DEC)



CHRISTMAS CAKE (10 & 14 DEC)



INTRODUCTORY WEAVING (13 DEC)



CHRISTMAS BREAD PUDDING (14 DEC)



LOVE HOPE CHARITY ART EXHIBITION (16-21 NOV)

Led by master painter Lin Lu Zai, seven of our Chinese Brush Painting students – Ng Seok Wie, Angela Tan, Valerie Heng, Jacqueline Kho, Jenny Lim, Tracy Lim, and Jean Tong – took to canvasses for charity by participating in the Love Hope charity art exhibition held in November to raise funds for children with cancer. A collaboration between Viva Foundation for Children with Cancer and Aspiration Fine Arts society, the fund-raising drive raised a total of \$368,000 through the sale of paintings by students of Mr Lin. Our students contributed a total of 15 paintings which were all sold at the event. All proceeds were donated to charity.

ORCHID IN BLOOM

Our Urban Gardeners sure know a thing or two about nurturing their flora! During a gardening workshop on 10 November 2020, our green thumbs took a fledgling orchid plant into their keep. With lots of patience and tender loving care (and some help from Mother Nature's raindrops), a beautiful Phalaenopsis Orchid blossomed a year later. Swing by the Gardeners' Corner at Sports Complex to admire the bloom.



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.

Fridays, commencing 14 January
Mondays, commencing 14 February
8.30pm – 9.30pm

Activity Suite, SC (L3)
 \$75 (Member) | \$99 (Guest)
 Min. 4 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.

BEGINNER
Sundays, commencing 16 January
12.00pm – 1.15pm

Multipurpose Room, SC (L2)
 \$82.50 (Member) | \$132.50 (Guest)
 Min. 10 pax

BEGINNER INTERMEDIATE
Tuesdays, commencing 22 February
12.45pm – 1.45pm

Activity Suite, SC (L3)
 \$70 (Member) | \$100 (Guest)
 Min. 10 pax

BEGINNER ADVANCED
Sundays, commencing 16 January
1.30pm – 2.45pm

Multipurpose Room, SC (L2)
 \$82.50 (Member) | \$132.50 (Guest)
 Min. 10 pax

Tuesdays, commencing 8 February
2.00pm – 3.30pm

Activity Suite, SC (L3)
 \$97.50 (Member) | \$127.50 (Guest)
 Min. 10 pax

ADVANCED
Sundays, commencing 23 January
3.00pm – 4.30pm

Multipurpose Room, SC (L2)
 \$97.50 (Member) | \$147.50 (Guest)
 Min. 10 pax



All prices are subject to 7% GST. Please visit our website, call **68850654** or email **lifestyle@chineseswimmingclub.org.sg** for more information or to sign up.



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 dance class for ladies.

Wednesdays, commencing 9 February
3.00pm – 4.00pm

Activity Suite, SC (L3)
 \$100 (Member) | \$124 (Guest)
 Min. 8 pax

AMERICAN TAP DANCE FOR ADULTS – 10 SESSIONS

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; no prior experience needed.

Saturdays, commencing 19 February
5.00pm – 6.00pm

Activity Suite, SC (L3)
 \$125 (Member) | \$195 (Guest)
 21 years old and above
 Min. 4 pax
 Tap shoes will be provided for lessons. Please bring your own socks.

EXERCISE

YANG STYLE TAIJI QUAN

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

Wednesdays
8.00pm – 9.30pm

Activity Suite, SC (L3)
 \$35 per month (Member) | \$60 per month (Guest)
 Min. 6 pax

LEISURE

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)



ADULT ART WORKSHOP: LEARNING ART WITH MULTIPLE DRY MEDIUMS (BEGINNERS) – 8 SESSIONS

Fridays

18 & 25 February

4, 11, 18 & 25 March

1 & 8 April

10.30am – 12.30pm

Multipurpose Room, SC (L2)

\$396 (Member) | \$436 (Guest)

21 years old & above

Min. 3 pax

All art materials will be provided

LESSON	OUTLINE
1	Oil Pastel – Apple
2	Oil Pastel
3	Colour Pencil – Butterfly
4	Colour Pencil
5	Charcoal – Scenery
6	Charcoal
7	Soft Pastel – Flower
8	Soft Pastel

All prices are subject to 7% GST. Please visit our website, call **68850654** or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.



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



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READY TO
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YOUTH & KIDS

CHILDREN'S BALLET – 8 SESSIONS

BEGINNERS 1 (3-4 years old)

Mondays | 4.45pm – 5.45pm

Saturdays | 9.15am – 10.15am

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

BEGINNERS 2 (5-6 years old)

Saturdays | 8.00am – 9.00am

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

PRIMARY

Saturdays | 10.30am – 12.30pm

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

GRADE 1

Saturdays | 12.45pm – 1.45pm

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

GRADE 2

Mondays | 2.30pm – 4.30pm

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

GRADE 3

Fridays | 3.00pm – 5.00pm

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

GRADE 5

Fridays | 5.15pm – 7.15pm

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

Multipurpose Room, SC (L2)

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

WUSHU

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

BEGINNER – 4 sessions

Sundays, commencing 23 January |

7.00pm – 8.00pm

Sundays, commencing 20 February |

9.30am – 10.30am

INTERMEDIATE – 4 sessions

Sundays, commencing 23 January |

10.45am – 11.45am

Activity Suite, SC (L3)

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

5-12 years old

Min. 5 pax

All prices are subject to 7% GST. Please visit our website, call **68850654** or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

MARCH SCHOOL HOLIDAY PROGRAMS

XIANGQI (CHINESE CHESS) ELEMENTARY PROGRAM

Monday – Friday, 14-18 March

2.00pm – 3.45pm

Lattice Suite, RC (L3)

\$180 (Member) | \$205 (Guest)

10-12 years old

Min. 8 pax

Registration closes 2 March

Note: Lessons will be conducted in Mandarin.

DANCE WORKSHOP FOR KIDS – STREET JAZZ & HIP HOP

Thursday, 17 March

9.00am – 11.15am

TIME	PROGRAMME
9.00am	Street Jazz
10.00am	Break
10.15am	Hip Hop
11.15am	Home Sweet Home

Activity Suite, SC (L3)

\$37.50 (Member) | \$50.50 (Guest)

7-12 years old

Min. 10 pax

Registration closes 7 March

Note: No snacks and beverages during break.

BUNDLE DYE SILK BANDANA FOR KIDS

Friday, 18 March

9.30am – 11.00am

Lattice Suite, RC (L3)

\$69 (Member) | \$82 (Guest)

7-12 years old

Min. 6 pax

Registration closes 8 March

All craft materials will be provided



CONTACT US

CLUB MAIN LINE

6345 1221 or 6885 0688

GENERAL FEEDBACK

feedback@

chineseswimmingclub.org.sg

PUBLICATION TEAM

Jacklyn Ong

Marketing &
Communications Manager

Vivian Chua

Marketing Executive

Ruth Xu

Marketing Executive

Geraldine Soh

Senior Graphic Designer

Eve Hon

Graphic Designer

FRONT OFFICE

Regional Networking / Corporate

Golf Booking / Affiliates /

Reciprocal Arrangements

6345 1221 / Reception@

chineseswimmingclub.org.sg

MEMBERSHIP ENQUIRIES

6885 0652/656/657

/ membership@

chineseswimmingclub.org.sg

FINANCE

Statement of Accounts /

Overdue Subscriptions Payment

6885 0685 / Finance@

chineseswimmingclub.org.sg

FOOD & BEVERAGE ENQUIRIES

6885 0697 / fnb_events@

chineseswimmingclub.org.sg

SWIMMING ENQUIRIES

6885 0672 / Team_SwimCSC@

chineseswimmingclub.org.sg

SPORTS ENQUIRIES

6885 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

REGIONAL NETWORK

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

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

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



OPERATING HOURS

ARRIVAL PAVILION

FRONT OFFICE RECEPTION

Daily 8.30am to 10.00pm

MINGLE@AMBER

Daily 8.00am to 8.00pm

SPORTS COMPLEX

SPORTS RECEPTION

Daily 7.00am to 10.00pm

MAN ZHU CAFÉ

Mon to Thu

12.00pm to 9.30pm

Fri, Eve of PH & PH

11.30am to 9.30pm

Sat & Sun

8.30am to 9.30pm

(Last order is 30 minutes before closing)

12 LANES BOWLING ALLEY

Mon to Thu

12.00pm to 11.00pm

Fri & Eve of PH

12.00pm to 1.00am

Sat & PH

10.00am to 1.00am

Sun 10.00am to 11.00pm

BEGINNERS' POOL

Daily 7.00am to 9.00pm

Pool Closure for Swim Training

Mon 2.30pm to 5.20pm

Tue to Fri 2.00pm to 6.00pm

Sat 8.30am to 7.30pm

Sun 8.30am to 12.30pm

COMPETITION POOL

Daily 6.00am to 9.00pm

Pool Closure for Swim Training

Mon 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

GREAT BUBBLE REEF (FUN POOL)

Daily 10.00am to 8.00pm

BADMINTON COURTS (+)

Daily 7.00am to 10.00pm

Closure For Club Team Training

Mon & Fri

6.00pm to 10.00pm (6 Courts)

Closure For Junior Training

Mon to Wed & Fri

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)

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 Training

Sat & Sun 8.00am to 11.00am

BILLIARDS & SNOOKER LOUNGE

Daily 2.00pm to 10.00pm

Closure for Section Training

Fri 6.00pm to 10.00pm

FLEX GYM

Mon to Fri 6.30am to 10.00pm

Sat & Sun 7.00am to 9.00pm

PH 7.00am to 8.00pm

SQUASH COURTS (+)

Daily 7.00am to 10.00pm

Closure for Training Programmes

(All Courts)

Mon, Wed & Fri 7.00pm to 10.00pm

Sat 4.00pm to 6.00pm

Sun 1.00pm to 5.00pm

TABLE TENNIS ROOM (+)

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 Training

Mon 3.00pm to 5.00pm (Tables 1-2)

Tue & Thu

3.00pm to 6.00pm (Tables 1-2)

Wed 3.00pm to 7.00pm (Tables 1-2)

Sat 10.00am to 12.00pm

& 1.00pm to 6.00pm (Tables 1-2)

Sun 10.00am to 4.00pm (Tables 1-2)

TENNIS COURTS (+)

Daily 7.00am to 10.00pm

Closure For Section Training

Mon 5.00pm to 8.00pm (2 Courts)

Wed 5.00pm to 8.00pm (3 Courts)

Sat 3.00pm to 8.00pm (3 Courts)

Closure for Junior Training

Fri 4.00pm to 9.00pm (2-3 Courts)

Sat 8.00am to 12.00pm (1-2 Courts)

Sun 3.00pm to 8.00pm (2-3 Courts)

RECREATION COMPLEX

3 BARS

Daily 12.00pm to 10.00pm

SWIMMING POOL

Daily 6.00am to 9.00pm

Closure for Swim Training

(Lanes 5 to 8)

Wed & Fri 5.00pm to 7.00pm

Thu 5.30pm to 7.30pm

GAMES & RECREATION ROOM

Mon to Thu & Sun

1.00pm to 9.00pm

Fri, Sat & Eve of PH

1.00pm to 10.00pm

JOY LUCK COVE

Mon to Sun 10.00am to 11.00pm



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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