

FREESTYLE

BI-MONTHLY MAGAZINE **MAR - APR 2022**



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

Opinions expressed need not necessarily represent those of the Club. The Club accepts no responsibility for the quality of goods or services advertised. All event information is accurate at time of print.

For advertising inquiries, please call the Marketing Department at 6885 0655.

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107TH ANNUAL GENERAL MEETING

SUNDAY, 24 APRIL 2022
10.00AM

The CSC Annual General Meeting (AGM) provides a platform for members to review the Club's financial statements, vote on pertinent matters as well as elect members of the Management Committee and Disciplinary Panel into office.

All Principal Members (Ordinary Transferable, Life Transferable and Associate Transferable members) are invited to participate in the AGM. Only Voting Members (Ordinary Transferable and Life Transferable members) may propose and second resolutions and vote thereon.

Documents related to the AGM including participation details, voting forms and submission deadlines will be sent via post and email to members by early March 2022. For this purpose, you are encouraged to provide your updated email address to the Club via **membership@chineseswimmingclub.org.sg**.

Please note that proceedings for the 2022 AGM will be conducted virtually.





A MESSAGE FROM THE **VICE PRESIDENT**

Dear members,

The festive season has come to a close with the Christmas and Lunar New Year celebrations behind us, and I hope you and your loved ones had a chance to partake in our many Club activities. With the fluctuating pandemic, it's an ongoing challenge to balance between providing the vibrant environment that CSC is known for while still adhering to regulatory measures, but rest assured that our team is doing all they can to make your experience here as enjoyable as possible.

The next few months will see many additions to our slate – changes informed by our commitment to grow and sustain a Club that all members can be proud of. As I write this, we are in the final phases of the transition to a new Club management system that comes with enhanced automated functions and reporting capabilities. These features not only enable our staff to save time on administrative tasks, but provide data analytics that will ultimately translate into better decision making for our management team as we work to improve the overall member experience.

Later this month, our new Co-working Space will finally open its doors to you. Work@CSC will provide a conducive, dedicated facility for our members to conduct meetings, work remotely and network – thank you to the Committee Members and Management team who made this space a reality. We will soon also be expanding our Grab & Go selection at Mingle@Amber. Those looking for quick meals on the go will enjoy over 70 freshly-made, pre-packaged food and beverage items. I would also like to thank all members who gave us valuable feedback on our new Man Zhu Café menu – your comments will continue to help us to refine our

offerings. The F&B team is now gearing up for our next menu revamp at 3 Bars in the coming weeks.

On a celebratory note, I invite you to kick back and have some fun with us as we mark St Patrick's and Easter at the Club. Over the next two months, our Chefs will be putting together replete dinner platters, and we've got complimentary Easter day activities and treats in store for the little ones – you can read more about these in the following pages. Our teams have worked hard on this line up, and I hope you and your family will join us for the festivities.

In view of the current Covid-19 situation, this year, our Annual General Meeting will be going online for the third time running. Details on key nomination and voting dates have been included in this issue and I encourage your full participation on 24 April at 10.00am.

Finally, as we continue to bring our community together in these unusual times, protecting the health and safety of members, guests and staff remains our number one priority. I'd like to remind all members to do their part to make the Club a safe haven for everyone – please support our staff team as they strive to uphold safe management measures. Thank you for your continued support of our Club.

A handwritten signature in black ink, appearing to be 'Peter Liew'.

Peter Liew
Vice President (General)



From leprechauns and four-leaf clovers to the colour green, celebrate all things Irish during the month of March! Feast your heart out on a delectable St Patty's platter that's bursting with flavours and ready to be washed down with plenteous stout.

ST PATRICK'S DAY SET PLATTER

- Gravlax Salmon Salad
- Platter – Irish Lamb Stew, Corned Beef, Cabbage & Carrots, Snail Sausage, Grilled Prawns, Kale & Onion Mashed Potatoes & Buttered Broccoli
- Chocolate Matcha Cake

\$58.80 for 2

\$108.80 for 4

Guinness Special!

\$5.80 per glass (with set platter)

Daily dine-in/takeaway at Man Zhu Café from
7 - 31 March, 6.00pm – 9.00pm

GUINNESS STOUT PROMOTION

\$8.80 per glass

\$48.80 per bucket | Complimentary Brockwurst & Spicy sausage platter

Available at 3 Bars throughout March



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.



• HAPPY • EASTER

Easter marks the beginning of Spring, and we can think of no better excuse to treat the family to a plethora of dining pleasures and fun-filled activities, thoughtfully curated to help you celebrate this special occasion.

EASTER DINNER SET PLATTER

- Deviled Egg Mesclun Salad
- Platter – Roast Lamb Leg, Cajun Prawns, Breaded Dill Fish, Grilled Chicken Breast, Bacon Egg Hot Cross Buns, Sautéed Potatoes, Artichokes & Tomatoes
- Carrot Cake

\$58.80 for 2

\$108.80 for 4

*Daily dine-in/takeaway at Man Zhu Café
from 1 - 17 April, 6.00pm – 9.00pm*



JOYFUL TREATS

*Available at Mingle@Amber
throughout April*

Carrot Cake | \$5.20

Pink Easter | \$5.60
Lemonade, Fresh
Strawberries &
Strawberry Purée



**Collect your
free Easter
treats from
15 - 17 April
at the Sports
Reception!**

**1 treat per person,
while stocks last*

FAMILY EASTER FUN



EASTER HUNT

Complimentary for members only

Ready, set, go! Team up with your little one to search for clues around the Club in our exciting Easter Hunt! Prizes await our top 3 teams – sign up before slots run out.

**Sunday, 17 April
11.00am – 11.30am**
Lattice Suite, RC (L3)
7 years old and above
Max. 6 pairs
Registration closes 3 April



EASTER BONNET WORKSHOP

Symbolizing renewal, an Easter bonnet is a fancy hat worn by ladies during Easter service. Spend an enjoyable afternoon learning how to create and decorate one under the guidance of our instructor. Participants get to bring home their creations after the workshop!

**Sunday, 17 April
2.00pm – 4.00pm**
Lattice Suite, RC (L3)
\$50 (Member) | \$65 (Guest)
13 years old and above
Max. 10 pax
Registration closes 3 April

Photos are for illustration purposes only.

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

MINGLE@AMBER REWARDS

Our loyalty programme is getting a facelift! Drop by Mingle@Amber from end March 2022 to pick up our revamped loyalty card, which now comes with even sweeter perks:

- Have a cup of black coffee on us when you purchase any slice of cake
- Purchase any 5 hot/cold beverages and get the 6th free
- Enjoy a free pastry or slice of cake on your 10th hot/cold beverage purchase



RAISING THE BARS

We're bidding adieu to the New Year fanfare and waltzing into Spring with new eats!

In just a few short weeks, 3 Bars will be launching a refreshed menu featuring some exciting new dishes to complement old favs. Flourishing with Chef Eng's signature touch, our selection of complete meals and light bites will be available daily from 12.00pm to 10.00pm, so kick back with a glass (or two), and relish!



Photos are for illustration purposes only.

PLEASE CARE FOR THE CLUB LIKE YOU WOULD YOUR OWN HOME!

The Club is like a 'second home' to many, and with this in mind we're always striving to deliver top-notch facilities to our members and guests.

Just as one would look after his own home, we appeal to members to do their part to treat Club property with the same care. Per our bylaws, any member or guest who damages Club property is liable to compensating the Club for the cost of making good the damage.

A little mindfulness goes a long way – thank you for helping to keep our facility a welcome space and environment for all to enjoy!



A woman with long dark hair, wearing a beige jacket, holds a white smartphone in her right hand. The phone screen shows the cover of 'FREESTYLE' magazine, dated 'FEBRUARY 2023', featuring a Christmas theme with a house and trees. To the right of the woman, there is a circular logo with a green border and a brown string at the top. The logo contains the text 'GO GREEN WITH CSC' in yellow and green, with a green forest scene below. Below the logo, the text 'HELP US SAVE THE ENVIRONMENT BY SWITCHING TO E-FREESTYLE' is written in black and green. Further down, a paragraph of text encourages switching to e-copies of Freestyle magazine, providing an email address and stating that hardcopies will still be available at the Front Desk. At the bottom, it says 'Let's all play our part to Go Green!'.

UPDATE YOUR RECORDS WITH US!

By now, you would have been contacted by the Club to update your information in our records.

This exercise not only helps us to ensure your data remains accurate and to comply with PDPA requirements, but also facilitates more effective and timely communication on important Club matters to you.

If you have yet to receive communication from us on updating your details, please call our **Front Desk at 6345 1221** or email **updates@chineseswimmingclub.org.sg** to check how you can participate.

Submit your completed form and stand to win a trove of attractive prizes in our lucky draw in April!





OUR CO-WORKING SPACE HAS BEEN NAMED!

After internal voting and deliberation on an overwhelming number of submissions to our Co-working Space naming contest, we are pleased to unveil

WORK@CSC

our newly-christened facility that will be opening its doors to members this month.

Congratulations to the following members who submitted our winning entries!

Co-Working Space: WORK@CSC

Winners: Leong Chee Liang & Neo Aiwei



Private Offices:

MOUNTBATTEN

DUNMAN

JOO CHIAT

KOON SENG

MEYER

SEAVIEW

HAIG

Winner: Samuel Lee

Meeting Rooms:

AMBER

MARINE PARADE



CONSTRUCTION PROGRESS



HOT DESKS



PHONE BOOTHS

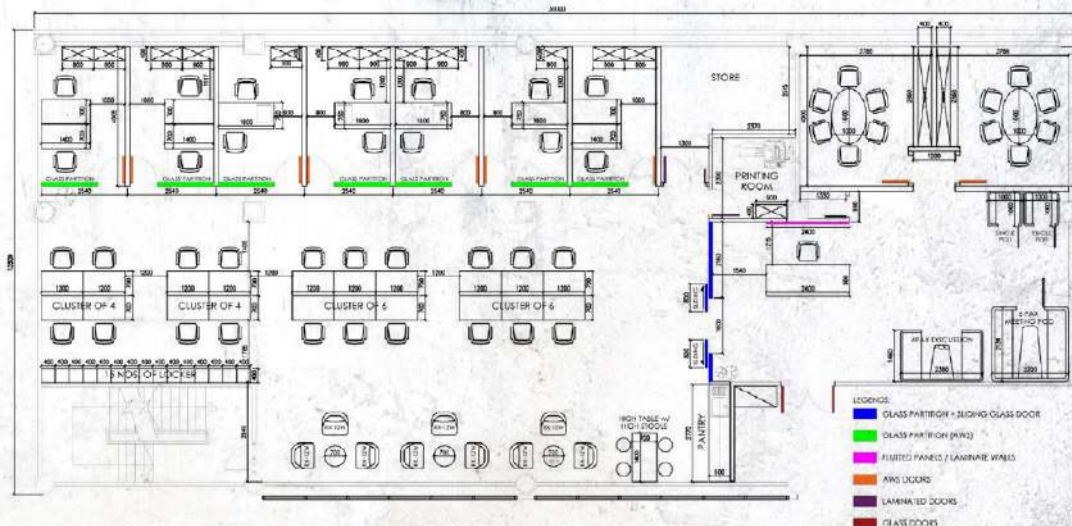


PANTRY



PRIVATE OFFICES





Our nearly completed project is located on Level 2 of the Recreation Complex. Covering 3,300 sq ft of dedicated floor space, Work@CSC's interiors are informed by a stunning view of the Olympic-sized swimming pool located just outside its floor-to-ceiling window wall. Our team has also taken a green approach to interior furnishings – select pieces have been procured from Office Planner, a local establishment specialising in environmentally-friendly furniture and the only furniture company in Singapore to obtain GreenDNA certification.

Work@CSC will come outfitted with high-speed Wi-Fi, photocopy and printing services as well as a pantry stocked with beverages and free-flow coffee and tea for the convenience and utility of business and pleasure users alike!

OPERATING HOURS

8.00am – 10.00pm (weekdays)
8.00am – 7.00pm (weekends & PH)

Manned Hours
9.00am – 6.00pm (daily except Sun & PH)

*Access to the co-working space is open to members and registered users aged 16 years and above only.

FACILITY BOOKING RATES

	AVAILABILITY	RATE
Private Office (1 work desk)	4 rooms	\$450/month
Private Office (2 work desks)	3 rooms	\$600/month
Meeting Room (6 pax)	2 rooms	\$30/hour
Discussion Pod (4 pax)	1 pod	Complimentary for Hot Desk & Private Office users
Meeting Pod (4 pax)	1 pod	Complimentary for Hot Desk & Private Office users
Private Phone Booth	2 booths	Complimentary for Hot Desk & Private Office users
Hot Desk (hourly)	20 desks	\$5/hour
Hot Desk (day pass)		\$28/day
Hot Desk (monthly unlimited access)		\$250/month
Personal Locker	15 units	\$2/day or \$20/month

For bookings or enquiries, please call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg.



WORTH HIS SALT: **CHEF YIU KOK CHEONG**



It's no secret that being a chef is hard work. For Yiu Kok Cheong, CSC's Executive Chef and a familiar face to many, that's part of the thrill. Despite having plied his trade for over 30 years (with 20 of those spent in the Club), every day presents a new challenge to Yiu. He experiences the joy of creation interlaced with the pressure of having to please the discerning tastebuds of members, all while having to keep his head cool in a hot kitchen!

First stepping foot in the industry as a kitchen storeman in the army, Chef Yiu has worked his way up the ranks through sheer grit and a heavy dose of talent. He has since held stints in five-star outfits the likes of Marina Mandarin, Le Meridien, Swissotel Merchant Court and Traders Hotel. And while one could consider him an artist in the culinary field, Chef Yiu excels at more than just pulling delicious food together. On top of his chef's hat, he wears those of a kitchen director, a personnel manager, administrator and much more. He shares some of his experiences.

What is a typical day on the job like?

I enjoy a freshly brewed cup of coffee in the morning before heading in for a typical 10-hour shift. The day starts with preparing for service including setting up of all ingredients and cooking stations, followed by actual service where we cook meals, plate them, and after everything is done, clean up the kitchen.

What are your daily challenges?

Being a chef requires long hours on the feet. On top of coordinating my staff and keeping morale high, I also have to keep an eye on all aspects of the kitchen including inventory, quality and production speeds, and at times juggle kitchen mishaps.

What do you think are the top three skills that make a good chef?

Fundamentally, one needs to have good cooking knowledge. A passion for the trade is equally important. Finally, a good chef always keeps him or herself updated on the latest food and marketing trends.

What is the best part about your job?

Despite the challenging environment, I love the buzz of a busy kitchen and brimming restaurant. It's exhausting but very rewarding too, especially when I get to see the results of my work on a satisfied customer's face. It's not just a job, it's a passion and why I love what I do.



Salmon Kale Salad (available at Man Zhu Café)

What has being a chef for over 30 years taught you?

When a lunch or dinner crowd is in full service, I have to stay focused and alert. One thing this job has taught me is how to remain calm even when it's stressful.

What is your favourite kind of food to cook or eat?

To be honest, I have no favourite food. I love to sample different varieties and flavours. As a chef, I think it's important to be familiar with all kinds of cuisines to cater to the needs and demands of one's establishment.

When not helming the kitchen, what do you enjoy doing?

Cooking is probably in my blood, and I enjoy whipping up meals for family and friends. Apart from that, I'm a fan of hiking and swimming.

CELEBRATING OUR PEOPLE

The CSC Annual Staff Awards was conceived to recognize the many different talents, qualities, and attributes that our team members bring to the Club. At the close of 2021, we honoured 12 employees for their outstanding contributions, loyalty, and service dedication – traits of CSC staff which have not only fuelled our success throughout the past century, but that also ensure our members continue to enjoy the exceptional experiences that are the hallmarks of their CSC membership.

Give them a little kudos the next time you see them around the Club!

CSC STAFF AWARDS



MOST CHEERFUL – GELINE CHUA (SPORTS DESK)

How do you stay cheerful all the time?

"The key is to always be positive and grateful. I also try to compartmentalize my thoughts so that my emotions don't get in the way regardless of my circumstances."

MOST COURTEOUS – LOU CHUN HING (MAN ZHU KITCHEN)

Outside of the kitchen, what are you passionate about?

"I enjoy a good game of bowling as well as jogging."



MOST FRIENDLY – CHONG ZHENGDA (MAN ZHU KITCHEN)

You have been recognised as "Most Friendly"; describe yourself in three other words.

"Diligent, optimistic, and helpful."

MOST HELPFUL | 5-YEAR LONG SERVICE – MONG CHAI LIN (FRONT DESK)

How do you feel about receiving both awards?

"I'm really grateful to be recognized by my colleagues and the Club and will continue to give my best!"



MOST WELL-GROOMED – MAYBEL SIM (HR)

What do you enjoy most about your job?

"Organising and coordinating staff engagement and development programmes – I feel happy when my colleagues have fun and benefit from them."

CSC LONG SERVICE AWARDS



10 YEARS – GOH JIN SEN (MAN ZHU CAFÉ)

What's motivated you to wake up and go to work in the last 10 years?

"It's the teamwork, the service and dedication to every Club member that drive me forward each day."

10 YEARS – JENNY WAI (HOUSEKEEPING)

Why did you choose to work at CSC?

"The Club offers a great environment and work-life balance."



5 YEARS – LEW SAN THEK (MAN ZHU KITCHEN)

Name your best moment in CSC.

"Winning the top prize two years in a row at our Staff D&D!"

5 YEARS – BERNARD CHING (FRONT DESK)

What is something that not many people know about you?

"I have an unusual favourite colour – grey."



5 YEARS – ADE IRWAN BIN AFANDI (FLEX GYM)

What advice would you offer fellow colleagues?

"Deliver nothing less than your best each day – we work for an organisation that takes care of us even during the tough times (like the current pandemic), so it's only right to give back 100%."

5 YEARS – OH SAY KEONG (FLEX GYM)

What is the best part about your job?

"I love interacting with our members and getting to know them personally."



5 YEARS – RABAAH BINTE BAHARI (SPORTS DESK)

What is one word to summarize what CSC means to you?

"Diversity"

SWIRL.GO SOFT-SERVE GELATO

Freshly churned ice-cream is now just one touch away! Drop by Man Zhu Café to experience a dessert revolution with our latest Swirl.GO machine. Each Swirl.GO pod is encased in a recyclable capsule that uses its own unique algorithm to ensure consistently delicious ice-creams to satisfy any sweet tooth.

Available in 7 flavours:

- Milk Tea
- Earl Grey Lavender
- Kaya
- Gula Melaka
- Chempedak
- Honey Yogurt
- Mango Alphonso

\$4.80
per cup/cone



The Finest Teas of the World... **NOW ON OUR MENU!**

TWG TEA SELECTION

\$4.40 per mug (refillable)

- London Breakfast
- Midnight Hour
- Breakfast Earl Grey
- Marrakech Mint
- Genmaicha
- Imperial Oolong
- Bain de Roses
- Paris-Singapore
- Sweet French





EARLY BIRD

catches the

BEST DEAL

Breakfast Set @ Mingle **\$4**
 Mon-Fri | 7.00am – 8.30am
 *Excluding public holidays

Please enquire with our staff for breakfast menu options

Mingle
@ AMBER



MARCH

Specials

Alice's Dream | \$5.60
 Pineapple Chunks,
 Mango Puree & Lemon

Chocolate Matcha Cake
\$5.20

Featured Coffee Bean
Woolloomooloo by Toby's Estate

- 100% Arabica Beans | Medium Roast | Full & Intense
- Tasting: Cocoa, Caramel & Spice

Mingle
@ AMBER

MARCH & APRIL SPECIALS

Super Tiger | \$10

Blue Cacao, Lime Juice,
Sprite & Tiger Beer

Apricot Fizz | \$9

Apricot Brandy, Orange Juice,
Lime Juice & Soda

Frizzy Tropicana | \$6

Fruit Punch, Mint Syrup & Soda



北京鴨外賣套餐

Takeaway Peking Duck Set

\$128+GST for 4 persons

北京片皮鴨

Peking Duck

金箔脆蝦球

De-Shelled Prawn with Golden Corn Flake

姜蔥鴨件

Chopped Duck with Ginger and Spring Onion

野菌西兰花

Broccoli with Wild Mushrooms

鴨絲燉伊府面

Braised Ee Fu Noodle
with Duck Meat

是日廚師精選甜品

Daily Chef's
Choice Dessert



Fu Lin Men

CANTONESE DINING

Tel: +65 6282 0810

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



Available until 31st March

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
- Complimentary cheese platter with every bottle purchase
- Early access to new or limited-edition releases
- Regular bottle sales
- Access to member-only events, classes and tastings with complimentary parking
- Free delivery with purchase of 6 or more bottles
- We'll even help you to celebrate your birthday with a treat!

\$50
per
annum

Join now and receive a welcome gift of your choice:

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

EXCLUSIVE FOR THE TIPLING MASTERS MEMBERS:

\$50 per bottle
Any 2 bottles at \$88
(Price exclusive of GST)



Chateau Pas
Du Cerf Club
Rose IGP 2020

Chateau de
Berne Esprit
Mediterranee
2019

Domaine Les
Cailloux Cotes
du Rhone
Sommelong


THE TIPLING
MASTERS
Nino Franco
Faive Rose
Brut Spumante
2019

To sign up, call 6885 0697, Whatsapp 9615 4948, or email fnb_events@chineseswimmingclub.org.sg.



Some things are better shared...

Perfect Afternoon Tea for 2

Fridays – Sundays
Man Zhu Café
3.00pm – 5.00pm



\$38.80
for Takeaway

Now with
a selection
of premium
TWG
teas

\$32.80 for 2 pax

High tea set includes:

- Mango, Crabmeat, Tobiko & Brioche Bun
- Smoked Salmon & Pistachio Cheese
- Tomato Bruschetta
- Baked Brie with Blueberry
- Opera Cake
- Raspberry Cake
- Crème Brûlée
- White Chocolate Brownie
- Macaroon Chocolate Ganache
- Dark Chocolate Tart
- Matcha Mousse
- Choice of refillable coffee/
TWG tea (London Breakfast,
Midnight Hour, Breakfast Earl
Grey, Marrakech Mint,
Genmaicha, Imperial Oolong,
Bain de Roses, Paris-Singapore &
Sweet French)

Prices are subject to GST.
Items are subject to change based on availability.



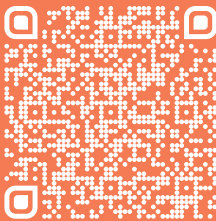
**man
zhu** 满足





CSC DRIVE-THRU SERVICE

Skip the queue and get your favourite grub from
Man Zhu Café via drive-thru today!



HOW?

Visit our website or scan the QR code to view our full menu.

Lunch orders: 12.00pm – 2.00pm

Dinner orders: 6.00pm – 9.00pm

1 ORDER IN ADVANCE

 6885 0230  9642 2698

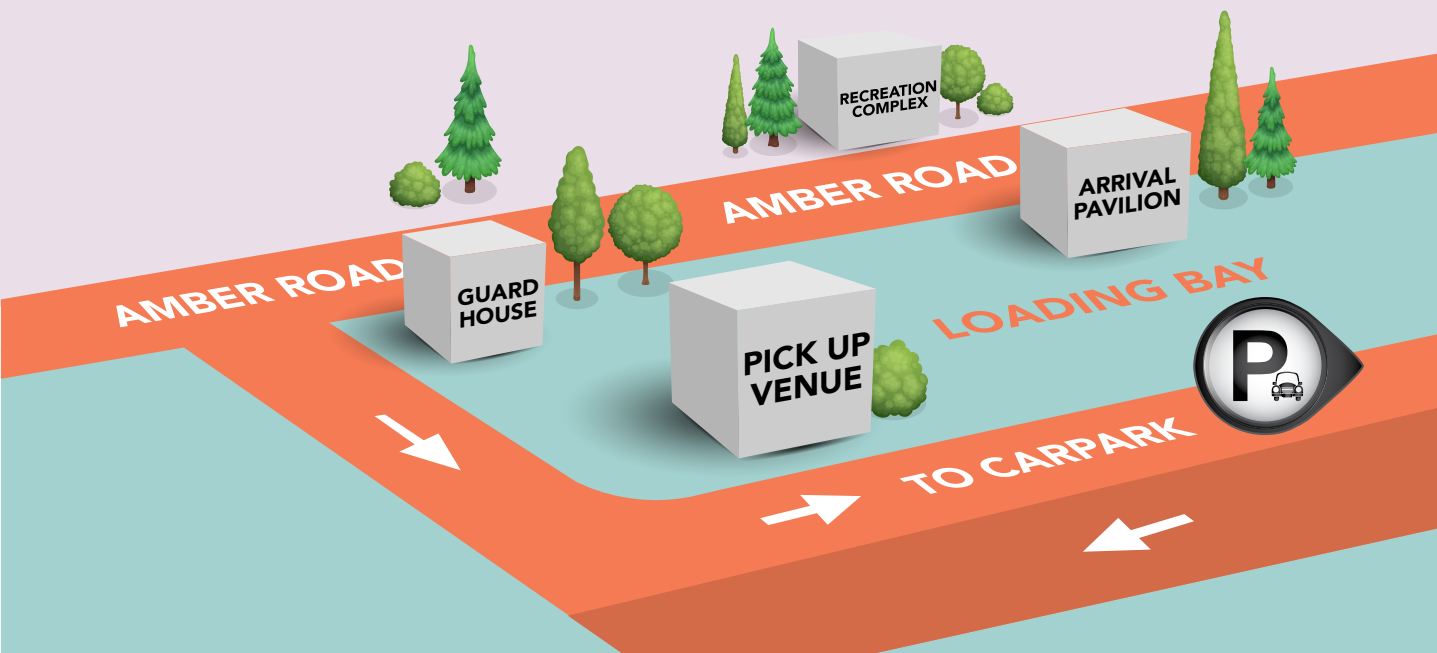
Place your order 30 minutes in advance and let us know your preferred collection time.

2 PAY

Charges will be billed to your account.

3 PICK UP AT YOUR CONVENIENCE!

Head down to our Loading Bay to pick up your items. Bon Appétit!



CSC SPORTS MEMBERS DOING OUR NATION PROUD

Our heartiest congratulations to Sports member Loh Kean Yew, who recently made national headlines by clinching the Men's Singles Champion title at the Badminton World Federation (BWF) World Championships held from 12 to 19 December 2021 in Huelva, Spain. Also putting on a remarkable show was fellow Sports member Yeo Jia Min, one of the top eight Women's Singles players selected to compete in the BWF World Tour Finals in Bali, Indonesia in December.

To celebrate the incredible achievements of our badminton heroes, an appreciation lunch was held for the contingent at Man Zhu Café on 28 December. Also in the victory party were Loh Kean Hean (2021 Czech Open & Dutch Open Men's Doubles Champion), Jaslyn Hooi (2021 Polish International Women's Singles Champion) and Andy Kwek (2021 Singapore National Open Mixed Doubles Finalist). Well done, team!



L-R: Andy Kwek, Loh Kean Hean, Jaslyn Hooi, Yeo Jia Min, Loh Kean Yew



SSA JANUARY SWIM SERIES 2022

Commencing the year with a bang, 45 of our swimmers gamely participated in over 70 swim events at the Singapore Swimming Association's 2022 Swim Series held over 22 and 23 January. Entries for this annual meet are by invitation only, and we are proud of all our swimmers who did impressively well. A big kudos to our 13 team members who finished in the top 5 rankings in their respective categories!

EVENT	NAME	TIME	LEADERBOARD POSITION
Women's 50m Freestyle	Marina Chan	26.79	3
Women's 400m Freestyle	Poh Wen Ee	4:41.60	4
	Kate Ona	4:45.46	5
Women's 800m Freestyle	Kate Ona	9:48.53	4
Women's 100m Backstroke	Bonnie Yeo	1:07.39	1
Women's 100m Breaststroke	Melanie Chong	1:16.08	4
	Lauren Chew	1:17.02	5
Women's 50m Butterfly	Marina Chan	28.60	2
Women's 200m Individual Medley	Bonnie Yeo	2:29.86	4
Men's 100m Backstroke	Zachary Tan	59.76	3
	Reagan Cheng	1:01.06	4
Men's 100m Breaststroke	Nicholas Cheong	1:05.06	1
	Joshua Lim	1:07.04	4
Men's 50m Butterfly	Ong Jung Yi	25.10	2
	Randall Neo	25.11	3
Men's 200m Butterfly	Randall Neo	2:08.47	4
Men's 200m Individual Medley	Zackery Tay	2:11.78	5





CSC Table Tennis Convenor Eric Fong receiving the team champion trophy from STTA Vice President

STTA INTER-FULL MEMBERS MINI COMPETITION

Three cheers to our Table Tennis team, who emerged champions at the Singapore Table Tennis Association Inter-Full Members Mini Table Tennis Competition held on 23 January in a close finish of 24 vs. 23 sets against Nee Soon South Community Club. Congratulations to all players for a well-played match!



CSC FUN WALK & JOG

Kick off the weekends on a healthy note with a 4km fun run at East Coast Park! Enjoy scenic sunset views and relish in the greenery as you get your endorphins pumping with fellow CSC members.

Bi-weekly Fridays, 6.30pm @ Arrival Pavilion

11 & 25 March 2022

8 & 22 April 2022

6 & 20 May 2022

3 & 17 June 2022

\$10 F&B vouchers will be awarded
for every 4 sessions completed
in 2022, while stocks last.

**To sign up for our WhatsApp group chat,
email your name, membership number and contact number
to Sports@chineseswimmingclub.org.sg**



BASKETBALL

CSC-LJE SPORTS BASKETBALL TRAINING PROGRAMME

A joint programme 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 fifth week, the additional lesson will be billed accordingly. Non-members are required to pay a refundable 1-month deposit.



BOWLING

KIDS' LEARN-TO-PLAY PROGRAMME (10 LESSONS)

This introductory programme covers the fundamentals of bowling, from bowling lanes and the use of equipment to basic bowling etiquette and techniques.

Saturdays

2.00pm – 4.00pm

12 Lanes Bowling Alley

\$300 (Member) | \$400 (Guest)

6-16 years old

Fees are inclusive of lane and bowling shoe rental



PRIVATE COACHING

Want to level up your game? Sign up for individual coaching sessions with ex-national 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 Singapore Bowling Federation's 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 his students.

\$80 per hour (excluding lane fees)

Max. 4 trainees per group

SQUASH

CSC-ZAINAL ABIDIN ELITE SQUASH ACADEMY YOUTH DEVELOPMENT PROGRAMME (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

CSC-ZAINAL ABIDIN ELITE SQUASH ACADEMY ADULT TRAINING PROGRAMME (BEGINNERS/INTERMEDIATE)

Sundays

3.00pm – 5.00pm

\$230 per month x 3 months (Member)

\$260 per month x 3 months (Guest)

20 years old & above

Min. 3 pax

12 sessions per term

All prices are subject to 7% GST. Please visit our website, call **68850671** or email **sports@chineseswimmingclub.org.sg** for more information or to sign up.

TABLE TENNIS

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 0671** or email **sports@chineseswimmingclub.org.sg**.



TABLE TENNIS ADULT GROUP TRAINING

Under resident coach Kelvin, our adults' training programme will teach the rules and fundamentals of table tennis 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. 4 pax; Max. 6 pax

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

TAEKWONDO

JUNIOR TRAINING PROGRAMME

More than just kicking and punching, our training programme instils the fundamentals of discipline and self-confidence into all aspects of your child's daily life. Sign up for a free trial!

Sundays

Activity Suite, SC (L3)

\$45 per month (Colour Belt)

\$35 per month (Poom/Black Belt)

Members only

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



WATER POLO

FLIPPA BALL PROGRAMME

Flippa ball is a simplified version of water polo that introduces the sport to beginners. This programme will teach 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 (L1)

\$50 per month (Member)

\$75* per month (Guest)

6-12 years old

Participants must be able to swim 2 x 25m laps independently.

*Price inclusive of guest fee

JUNIOR TRAINING PROGRAMME

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 & Wednesdays | 6.15pm – 8.15pm

Fridays | 7.30pm – 9.30pm

Saturdays | 6.15pm – 8.15pm (Under 11 & 13)

Saturdays | 7.15pm – 9.15pm (Under 15)

Water Polo Pool, SC (L1)

\$95 per month (Member)

\$132.50* per month (Guest)

9-16 years old

Participants must be able to swim 4 x 50m laps continuously.

*Price inclusive of guest fee

All prices are subject to 7% GST. Please visit our website, call **68850671** or email **sports@chineseswimmingclub.org.sg** for more information or to sign up.



MASTERS SWIMMING PROGRAMME

Enjoy swimming and want to progress further? Our Masters swim programme is tailored to help you develop higher standards of swimming techniques while keeping fit and healthy through a structured training programme.

Join a group of like-minded people in a fun and supportive environment to improve fitness, build endurance and speed. Our experienced coach will provide you with advice on how to improve your strokes and swimming competency and push you beyond your comfort zone – giving you the opportunity to do CSC proud by representing the Club at local and overseas competitions.

**Tuesday & Thursdays, commencing 5 April
7.30pm – 8.30pm**

Water Polo Pool

\$135 per month (2 sessions a week)

19 years old & above

Participants must be able to swim 50m in Backstroke, Breaststroke
and Freestyle and 25m in Butterfly continuously.

**For enquiries, please call our Swim Team at 6885 0672 or email
Team_SwimCSC@chineseswimmingclub.org.sg.**



CSC BADMINTON ACADEMY

Unleash your child's potential under the guidance of our qualified coaches!

With a vision to groom participants into competitive players and national athletes, the CSC Badminton Academy offers a comprehensive training programme for children aged 6 and above. Via structured and holistic coaching sessions, participants are equipped with the necessary foundational skills at the Beginner level, before progressing on to Intermediate and Advanced programmes where training geared towards competitive play will be tailored according to each individual's style.

Sessions are conducted at the Club's eight-court badminton hall laid with tournament-grade badminton mats. Regular training camps and Inter-school sparring sessions are also organised for all tiers to enhance our participants' training experience.

CSC BADMINTON ACADEMY TRAINING PROGRAMME

BEGINNERS

Mondays to Wednesdays & Fridays, 3.00pm – 5.00pm

Thursdays 4.00pm – 6.00pm

Saturdays, 8.00am – 10.00am & 10.00am – 12.00pm | Sundays, 1.00pm – 3.00pm

\$100 (4 sessions per month) | \$150 (8 sessions per month) | \$180 (12 sessions per month)

INTERMEDIATE

Saturdays, 12.00pm – 2.00pm | Sundays, 3.00pm – 5.00pm

\$130 (4 sessions per month) | \$170 (8 sessions per month) | \$200 (12 sessions per month)

ADVANCED

Tuesdays & Saturdays, 6.00pm – 9.00pm | Sundays, 12.00pm – 3.00pm

\$160 (4 sessions per month) | \$240 (8 sessions per month) | \$300 (12 sessions per month)

Fees applicable to CSC members. Guests are welcome to join our programme at guest rates.

THE TEAM

Helmed by ex-national shuttler Johnathan Tang, our coaching team comprises former and current national squad players as well as sparring partners from the national setup. A medallist at the 25th and 26th SEA Games, Jonathan has represented Singapore in the National Team from 2004 – 2012. He was also Chief Badminton Coach to institutions such as Bowen Secondary, CHIJ Katong Convent, Nanhua High School and Temasek Polytechnic, during which he led several players and teams to championship titles.

OTHER CSC SPORTS EXCELLENCE TRAINING PROGRAMMES

CSC Swim Training Programme

CSC-LJE Basketball Training Programme

CSC-Zainal Abidin Elite Squash Academy

CSC-Jiawei Table Tennis Academy

CSC Bowling Academy Centre of Excellence Programme



Please call 6885 0671 or email sports@chineseswimmingclub.org.sg for more information.

HERALDING A LUCKY TIGER YEAR

What's a Chinese New Year celebration without striking decorations, copious mandarin oranges, a colourful lion dance performance and other titbits of Spring festival revelry? Safe distancing and muted festivities may be the norm these days, but little did they dampen the spirit of Lunar New Year as we found plenty of ways to help members ring in the year of the Tiger at the Club.

A FEAST FOR THE EYES

This year's beautifully decorated centrepiece at the Arrival Pavilion was the creative and deft handiwork of Ladies Sub-committee members Jenny Chew, Mary Chua and Delvene Chew as well as members Tai Ai Hoa and Jessica Tan. Inspired by luxury with an oriental twist, the décor comprised arresting shades of golds, reds and pinks amidst eye-catching floral displays, colourful fans and tigers to symbolise this year's zodiac.



LION DANCE CAI QING & BLESSINGS (8 FEB)

Catch highlights of the performance on our Facebook page!





DIY SACHET CRAFT WORKSHOP (15 JAN)



MANDARIN ORANGE GIVEAWAY (5 & 6 FEB)



DANCE

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

Fridays, commencing 11 March
Mondays, commencing 11 April
8.30pm – 9.30pm

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

SOLO LATIN DANCE FOR LADIES – 8 SESSIONS

Wednesdays, commencing 6 April
3.00pm – 4.00pm

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



LINE DANCE (BEGINNER) – 10 SESSIONS

Sundays, commencing 17 April
12.00pm – 1.15pm

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

LINE DANCE (BEGINNER INTERMEDIATE) – 10 SESSIONS

Tuesdays, commencing 10 May
12.45pm – 1.45pm

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

LINE DANCE (BEGINNER ADVANCED) – 10 SESSIONS

Sundays, commencing 17 April
1.30pm – 2.45pm

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

Tuesdays, commencing 19 April
2.00pm – 3.30pm

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

LINE DANCE (ADVANCED) – 10 SESSIONS

Sundays, commencing 17 April
3.00pm – 4.30pm

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

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

Mondays

9.00am – 11.00am

Multipurpose Room, SC (L2)
 \$15 per month (Member) | \$30 per month (Guest)
 60 years old & above

CHINESE BRUSH PAINTING

Thursdays

10.00am – 12.00pm

Multipurpose Room, SC (L2)
 \$115 per month (Member) | \$145 per month (Guest)



ADULT ART WORKSHOP: LEARNING ART WITH MULTIPLE WET MEDIUMS (BEGINNERS)

Fridays

22 & 29 April

6, 13, 20 & 27 May

3 & 10 June

10.30am – 12.30pm

Multipurpose Room, SC (L2)

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.

\$420 (Member) | \$460 (Guest)
 21 years old & above
 Min. 3 pax
 All art materials will be provided.

LESSON	OUTLINE
1	Watercolour – Colour Theory & Colour Mixing
2	Watercolour – Colour Techniques
3	Watercolour – Landscape
4	Watercolour – Landscape
5	Acrylic – Fruits
6	Acrylic – Fruits
7	Acrylic – Still Life
8	Acrylic – Still Life

YOUTH & KIDS

DESIGN EXPLORER: ARCHITECTURE & DESIGN – 6 SESSIONS

The Explorer programme, designed by Finland's award-winning school of architecture and creativity for children and youth, introduces the foundational elements of architecture through practical projects that set to deepen children's understanding of key themes and skills including colours, light, shapes, structures, sense of place/space and the environment from interior objects to city scale. Children will also learn how to identify, classify, communicate, collaborate and test their ideas through fun and educational hands-on projects that deal with real life challenges.

Saturdays, commencing 2 April
2.00pm – 4.00pm

Lattice Suite
 \$354 (Member) | \$396 (Guest)
 7-9 years old
 Min. 10 pax
 All materials will be provided.
 Project delivery is subject to learning pace.



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 (5-6 years old)

Saturdays | 10.30am – 12.30pm

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

Grade 1

Saturdays | 12.45pm – 1.45pm

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

Grade 2

Mondays | 2.30pm – 4.30pm

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

Grade 3

Fridays | 3.00pm – 5.00pm

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

Grade 5

Fridays | 5.15pm – 7.15pm

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

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

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.

EXERCISE FLEXI-PASS

Fitness enthusiasts rejoice! Our Exercise Flexi-Pass is a pre-paid package that gives you the flexibility to choose from more than a dozen group exercise classes and more than 30 classes each week 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 – Muay Thai, Yoga, Barre, Pilates, Zumba, K-pop Fitness, and more
- Classes can be booked 90 days in advance up until class commencement date



Instructor Ming (top of photo)

DYNAMIC BARRE FUSION

Get ready to work up a sweat with experienced group fitness trainer Ming! Fusing elements of Barre, Pilates, Aerobics, Cardio and HIIT, this total body workout incorporating elastic bands, dumbbells and other props is guaranteed to raise your energy levels and keep you fighting fit.

Thursdays | 8.15pm – 9.15pm

Fridays | 9.00am – 10.00am

Saturdays | 10.00am – 11.00am & 3.15pm – 4.15pm

**Please visit our website to view our full
group exercise class offerings and class schedules.**

For more information, call 6885 0654 or email lifestyle@chineseswimmingclub.org.sg.

Terms & Conditions apply.

WUSHU (BEGINNER) – 4 SESSIONS

Fridays, commencing 1 April
5.00pm – 6.00pm | 7.00pm – 8.00pm |
8.15pm – 9.15pm
Lattice Suite, RC (L3)

Saturdays, commencing 2 April

7.00pm – 8.00pm
Activity Suite, SC (L3)

Sundays, commencing 3 April

9.30am – 10.30am
Activity Suite, SC (L3)

WUSHU (INTERMEDIATE) – 4 SESSIONS

Sundays, commencing 3 April
10.45am – 11.45am
Activity Suite, SC (L3)

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

MARCH SCHOOL HOLIDAY PROGRAMMES

XIANGQI (CHINESE CHESS) ELEMENTARY PROGRAMME

Monday – Friday, 14 – 18 March

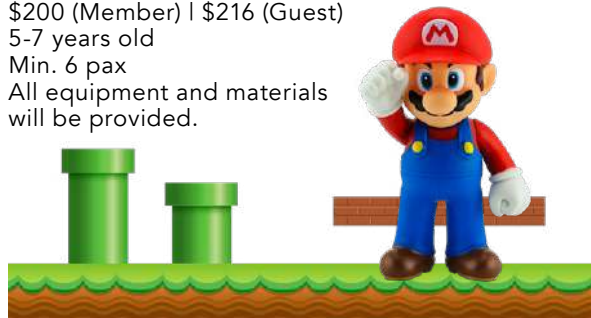
2.00pm – 3.45pm
Lattice Suite, RC (L3)
\$180 (Member) | \$205 (Guest)
10-12 years old
Min. 8 pax
Registration closes 2 March
Lessons will be conducted in Mandarin.

GAME DESIGN WITH TYNKER – SUPER MARIO

Curious how the famous Super Mario game was created? Learn how to programme one this March school holidays! In this two-day workshop, kids will learn the mechanics of designing a platform game.

Monday & Tuesday, 14 & 15 March

9.00am – 11.00am
Lattice Suite, RC (L3)
\$200 (Member) | \$216 (Guest)
5-7 years old
Min. 6 pax
All equipment and materials will be provided.



LEGO ROBOTICS WITH LEGO MINDSTORMS – SUPER MARIO

Create your very own Super Mario racing car and battle your friends on the racetrack! In this workshop inspired by the world of Mario Kart, students will get to build and operate their own Super Mario Kart using Lego Robotics and the Lego Mindstorms programming software.

Wednesday & Thursday, 16 & 17 March

8.30am – 11.30am
Lattice Suite, RC (L3)
\$270 (Member) | \$286 (Guest)
8-10 years old
Min. 6 pax
All equipment and materials will be provided.



DANCE WORKSHOP FOR KIDS – STREET JAZZ & HIP HOP

Thursday, 17 March
9.00am – 11.15am
Activity Suite, SC (L3)
\$37.50 (Member) | \$50.50 (Guest)
7-12 years old
Min. 10 pax
Registration closes 7 March

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

Note: No snacks and beverages during break. The above programme is subject to changes.

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.

MOTHER'S DAY SPECIAL

DÉCOR ROLL WORKSHOP (PARENT & CHILD)

Decorated Rolls – more commonly known as Décor Rolls – are delicious, edible works of art. This fully hands-on workshop allows you and junior to come up with creative patterns and designs to customise your very own Swiss roll! Remember to bring along an apron and hand towel as well as a container measuring more than 28 x 8cm to take home your roll.

Saturday, 30 April

3.00pm – 5.30pm

Multipurpose Room, SC (L2)

\$93 per pair (Member)

\$108 per pair (Guest)

Min. 4 pax; Max. 6 pax

Registration closes 23 April



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.

Enjoy
Meaningful
Performance
Opportunities

DANCESPORT LESSONS FOR KIDS 3 TO 12!

\$25 per Class

\$240 for 12 Classes

**Slots for
March Holiday
Program
NOW OPEN!**



+65 8933 1519

THEDANCESPORTACADEMY.COM





CORPORATE MEMBESHIP

\$18,000 4 nominees

Sign up now to enjoy \$2,000
in spending credits

In the idyllic east of Singapore – a stone's throw away from the vibrant Katong district and peaceful shorelines of East Coast Park – lies the Chinese Swimming Club, a private social club boasting a comprehensive range of services and amenities amalgamating the best of tradition and modernity to offer membership beyond the ordinary.

With five dedicated swimming pools, myriad world-class sporting facilities, two gyms, spa and four dining establishments, the Club is an enclave where celebration, connection and community blossom. A grand ballroom, various event suites, and a slew of family-friendly and lifestyle activities round out the slate of offerings for all ages and occasions.

As a Corporate Member, nominees and their families enjoy the following benefits:

- Access to a wide array of Club facilities and activities at exclusive member rates
- 10% F&B discount on all corporate events held at the Club
- Over 50 reciprocal and affiliate clubs and hotels in the region

Please contact the Membership team at membership@chineseswimmingclub.org.sg or **6345 1221** for more information or to book a club tour.

CONTACT US

CLUB MAIN LINE

6345 1221 or 6885 0688

GENERAL FEEDBACK

feedback@
chineseswimmingclub.org.sg

PUBLICATION TEAM

Jacklyn Ong

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Communications Manager

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Assistant Manager,
Content & Digital Marketing

Denise Lim

Marketing & Communications
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 0671/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
Mon to Fri 7.00am to 8.00pm
Sat, Sun & PH
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
Tue & Wed 2.15pm to 6.15pm
Thu & Fri 3.30pm to 6.15pm
Sat 8.30am to 12.30pm
& 2.15pm to 7.30pm
Sun 8.30am to 12.30pm
& 2.15pm to 4.15pm

COMPETITION POOL
Daily 6.00am to 9.00pm
Pool Closure for Swim Training
Mon, Wed & Fri 5.30am to 7.30am
Mon to Fri 3.30pm to 8.15pm
Sat 6.45am to 12.15pm
& 3.45pm to 6.15pm
Sun 7.30am to 12.15pm

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)
Thu 4.00pm to 6.00pm (2 Courts)
Sat 8.00am to 2.00pm (3-5 Courts)
& 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 Tennis Junior Programme
Fri 5.00pm to 8.00pm
Sun 5.00pm to 7.00pm
Closure for Junior Training
Thu 4.00pm to 6.00pm
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 Section Training (All Courts)
Mon, Wed & Fri 7.00pm to 10.00pm
Closure for Training Programmes (All Courts)
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 5.00pm to 10.00pm (3 Tables)
Tue 6.00pm to 9.00pm (3 Tables)
9.00pm to 10.00pm (2 Tables)
Thu 6.00pm to 10.00pm (3 Tables)
Fri 5.00pm to 9.00pm (3 Tables)
9.00pm to 10.00pm (2 Tables)
Closure for CSC-JTA Training
Mon 3.00pm to 5.00pm (2 Tables)
Tue 3.00pm to 6.00pm (2 Tables)
Wed 3.00pm to 7.00pm (2 Tables)
Thu 3.00pm to 6.00pm (3 Tables)
Sat 10.00am to 12.00pm
& 1.00pm to 6.00pm (2 Tables)
Sun 10.00am to 4.00pm (2 Tables)

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)
Mon & Fri 5.30pm to 7.30pm
Wed 5.00pm to 7.00pm

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

+ Bookings can be made at the Sports Reception up to seven days in advance on a first-come, first-served basis. There shall be no advance booking on Sundays.



CHINESE SWIMMING CLUB

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 Chinese Swimming Club
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