

FREESTYLE

QUARTERLY MAGAZINE OCT – DEC 2022



Wishing you a
Merry Christmas
and a
Happy New Year!

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Dr Wee Cho Yaw
Dr Chua Thian Poh

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Mr Peter Liew

VICE PRESIDENT (FINANCE)

Mr Jonathan Kuah

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Mr John Chew

VICE CAPTAIN

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TENDER CHAIRMAN

Mr Goh Peng Koon

VISION 2030 CHAIRMAN

Mr Foo Choon Yeow

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"Freestyle" is a quarterly publication by CHINESE SWIMMING CLUB.

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

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

21 & 34 Amber Road
Singapore 439870
Tel: 6345 1221 or 6885 0688
Fax: 6345 7134
chineseswimmingclub.org.sg



CORPORATE MEMBERSHIP

\$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.



A MESSAGE FROM THE **PRESIDENT**

Dear members,

I am thankful and proud that everybody has worked together to overcome the many challenges over the last two years with great perseverance and dedication. Now that the pandemic restrictions have been eased, we can look forward to a more fantastic array of events for you and your loved ones.

On this celebratory note, I would like to warmly welcome all our new members who have joined the CSC family.

As a prelude to the upcoming festive season, I hope that you would join us at the Oktoberfest celebration on 21 October 2022 at Man Zhu Café, and be entertained by everyone's all-time favourite band - the "Swiss Alpine Lions".

As we approach the school holidays at the end of the year festivities, members can look forward to more exciting events planned for your children at the Club and join us for the Christmas Light-up.

I am thankful for the support that our coaches and parents have provided to sports in CSC. This support is invaluable and had contributed to bring our athletes' outstanding achievements in the recent competitions, such as the Pesta Sukan 2022. More details of our sporting successes can be found in the ensuing pages and in our website.

WORK@CSC is doing well with overwhelming patronage of the private rooms. Work is in progress to add 7 more private rooms to the facility without disruption to members usage of existing facilities. All these are planned to enhance members' experience.

As the Club moving towards the digital realm, we strive to keep everyone updated on the latest happenings at the touch of your fingertips. Members are encouraged to register for the new CSC Mobile App or online portal. The mobile app will allow members to have instantaneous updates and access to F&B promotions, events and activities, booking of sports facilities and statement of accounts.

The Club is pleased to announce the promotion of Ms Helena Goh as the new General Manager from 1 October 2022. In August 1996, Helena joined the Club as a Programme Executive and by 2019 had taken on the position of Head of Operations. Helena has been instrumental in overseeing the many major projects undertaken by the Club such as the revamp of the Sports Academies, launches of Mingle@Amber and Work@CSC as well as the various Redevelopment Projects. Please join me in congratulating Helena on her new role.

As we bid farewell to this year and welcome 2023, the Management team is currently exploring the enhancement of the Kids' Cove and the possibility of new facilities such as a young children's playroom, along with other plans in the pipeline to add to members' enjoyment.

Last but not least, I would like to extend my heartfelt thanks to members for their unfailing support for the Club. We are seeing a greater participation rate in most, if not all our organised activities and events with more members coming to use the Club's facilities.

On behalf of the Management Committee and the administrative staff, I wish all members and their families a Holy Blessed Christmas and a New Year filled with God's Love, Joy and Peace!

SHALOM

Victor Chia
President

MEMBERSHIP REFERRAL PROGRAMME

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

REFEREE
\$1,000



REFERRER
\$300

Terms & Conditions:

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





WORK@CSC



STARTING
1 October 2022

BOOK A **MEETING ROOM** WITH US

1st hour: \$30 | 2nd hour: \$25
3rd hour onwards: \$20

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



Recreation Complex, Level 2

+65 6345 1221 ext 720 | work@chineseswimmingclub.org.sg

CHRISTMAS

Set Dinner

23 – 25 December 2022

Daily dine-in/takeaway available @ Man Zhu Café from 6.00pm – 9.00pm

APPETISER

- ❄️ Panko Maguro Miso Dressing

SOUP

- ❄️ Seafood Chowder

DESSERT

- ❄️ Chocolate Mango Log Cake
- ❄️ Bread & Butter Pudding

PLATTER

- ❄️ Roast Turkey Breast with Cranberry Sauce
- ❄️ Honey Baked Gammon Ham with Pineapple Sauce
- ❄️ Roast Angus Ribeye with Pepper Sauce
- ❄️ Herb Butter King Prawns
- ❄️ Sautéed Potatoes
- ❄️ Grilled Vegetables



\$60 FOR 2

\$118 FOR 4

\$70 FOR 2

(Includes 1 Bottle of Red Wine)

\$138 FOR 4

(Includes 1 Bottle of Sparkling Wine)

All prices are subject to 7% GST.

Christmas Roast



Man Zhu 滿足



White Chocolate
Blueberry
\$58

Chocolate
Mango Log Cake
\$58



Christmas Cakes & Cookies

For orders & enquiries,
Man Zhu Café @ **6885 0230**

Photos are for illustration purposes only.

All prices are subject to 7% GST.



Jolly Festive

White Rum, Mint Syrup,
Lime, Cranberry Juice
& Soda Water

\$10



Cocktail



Mocktail

Sparkling Cranberries

Cranberry & Orange Juice,
Lime & Tonic Water

\$8

Available at 3 Bars
throughout December

Available at Mingle@Amber
throughout December



Sunlight

Vanilla topped with
an Orange Slice &
Whipped Cream

\$5.60 (Member)

\$7 (Non-member)



Mingle
@ AMBER

Chocolate Citrus Mint Cake

\$8.80 (Member)

\$11 (Non-member)



Christmas

Goodies Galore



DECEMBER SCHOOL

HYDRO DIPPED SNEAKERS

Hydro dipped items are all the rage now! Join us in this fun workshop where you get to customise your own sneakers with a variety of prints. You will be guided on the masking, spraying and hydro dipping process. A pair of white shoes and one shoe accessory will be provided. Participants will get to take home their own uniquely designed shoes!

Tuesday, 22 November

9.00am – 12.00pm

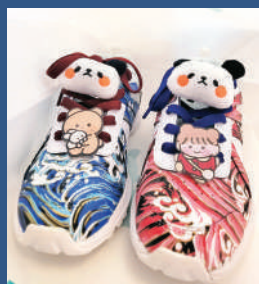
Multipurpose Room, SC (L2)

\$113 per pax (Member) | \$126 per pax (Guest)

3 years old & above

Min. 12 pax

Registration closes 8 November



FLOATING TEACUPS (PAIR BONDING WORKSHOP)

Learn how to make floating teacups with beautiful floral designs. Adults are encouraged to pair up with your child below 12 years old, where 2 teacups (1 big and 1 small) will be created. Participants will also receive a gift pack worth \$10.

Friday, 9 December

2.00pm – 5.00pm

Lattice Suite, RC (L3)

\$120 per pair (Member)

\$136 per pair (Guest)

10 years old & above

Min. 3 pairs; Max. 5 pairs

Registration closes 2 December

All materials will be provided.



STREET JAZZ & HIP HOP DANCE CAMP FOR KIDS

Friday, 2 December

2.00pm – 4.15pm

Activity Suite, SC (L3)

\$40 (Member) | \$53 (Guest)

7 – 12 years old

Min. 10 pax

Registration closes 25 November

TIME	PROGRAMME
2.00pm	Street Jazz
3.00pm	Break
3.15pm	K-Pop
4.15pm	Home Sweet Home

Snacks and beverages are not included.

The programme will be subject to changes due to unforeseen circumstances.



FRUTTI JELLY CAKE (HANDS-ON)

Craving for pretty, refreshing and tasty dessert? Learn how to make these easy to prepare nutritious fruit jelly squares. Your child will learn how to cut fruits and form different layers using jelly. Please bring your own apron and a container to bring home your creations.

Tuesday, 6 December

2.30pm – 4.30pm

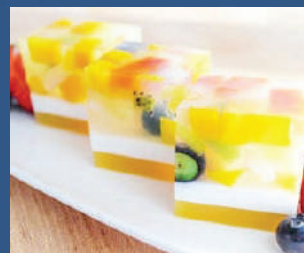
Multipurpose Room, SC (L2)

\$65 (Member) | \$78 (Guest)

6 – 12 years old

Min. 5 pax; Max 10 pax

Registration closes 29 November



HOLIDAY PROGRAMMES

GINGERBREAD COOKIES (HANDS-ON)

Create Gingerbread cookies from scratch, prepare the dough, cut them out and have great fun personalising them with coloured icing and sprinkles. Please bring your own apron, hand towel and a container to store a dozen Gingerbread cookies!

Tuesday, 13 December

2.30pm – 4.30pm

Multipurpose Room, SC (L2)

\$55 (Member) | \$68 (Guest)

6 – 12 years old

Min. 5 pax; Max. 10 pax

Registration closes 6 December



CHOCOLATE SMASH CAKE (PARENT & CHILD HANDS-ON)

Team up with your child and make this fun Chocolate Smash Cake. Bake, assemble and decorate your cake with melted chocolate, truffles and candies. Finally, smash it to ring in the New Year! Remember to bring along a container measuring more than 8-inches.

Thursday, 29 December

2.30pm – 5.00pm

Multipurpose Room, SC (L2)

\$95 per pair (Member)

\$108 per pair (Guest)

6 – 12 years old

Min. 4 pairs; Max. 8 pairs

Registration closes 22 December



ANIMAL POM POM ORNAMENT

Unwind and have fun while making your own Animal Pom Pom ornament using plywood and yarn! Adult supervision is required for children aged 4 – 6 years old, as this workshop will require cutting with scissors and the use of pliers.

Wednesday, 14 December

9.30am – 10.30am

Lattice Suite, RC (L3)

\$25 (Member) | \$38 (Guest)

7 years old & above

Min. 5 pax; Max. 10 pax

Registration closes 7 December



ANGEL CHARM ORNAMENT

Make your own Angel Charm ornament and bring it with you wherever you go or decorate your personal space with it! Adult supervision is required for children aged 4 – 6 years old, as this workshop will require cutting with scissors and the use of pliers.

Wednesday, 14 December

11.00am – 12.00pm

Lattice Suite, RC (L3)

\$30 (Member) | \$43 (Guest)

7 years old & above

Min. 5 pax; Max. 10 pax

Registration closes 7 December



LITTLE SOUND MAKERS HOLIDAY CAMP

Music has transformed the way we play, create and imagine in this digital age. To experience this, participants will be taking part in three main activities to learn more about coding, rhythm, recording, pitch training, theory, composition and performance skills.

1. Nano Piano

Learn to code, play and create your own mini functioning piano

2. Decoding Music Notations

Learn how people communicate through music notations since the 1600s until today

3. Soundscape

Painting with sound – recreating a scenery with homemade musical instruments

Monday & Tuesday

19 & 20 December

10.00am – 4.00pm

Lattice Suite, RC (L3)

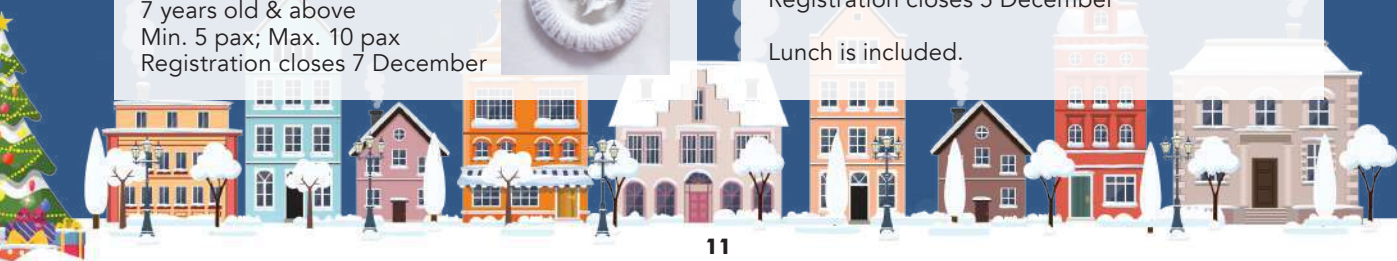
\$120 (Member) | \$136 (Guest)

6 – 13 years old

Min. 6 pax

Registration closes 5 December

Lunch is included.



UKULELE PAINT & PLAY WORKSHOP

Have you ever wanted to learn how to play the Ukulele? Then this workshop is for you! Participants will be guided by experienced instructors on the fundamentals of playing the Ukulele. Why stop there? You can also paint and customise your Ukulele!

Wednesday, 21 December

9.30am – 12.30pm

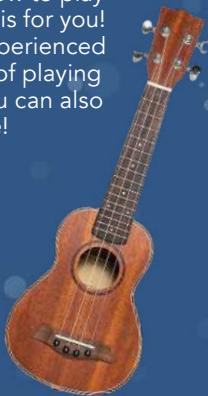
Multipurpose Room, SC (L2)

\$115 (Member) | \$128 (Guest)

6 years old & above

Min. 6 pax

Registration closes 5 December



RHYTHMIC GYMNASTICS

Combining various elements such as dance, gymnastics and calisthenics as well as the use of basic apparatus like balls, ropes and ribbons, this workshop will allow your child to increase his/her muscle strength, endurance, flexibility and agility while improving concentration levels.

Mondays

21 & 28 November

5, 12, 19 & 26 December

1.30pm – 2.30pm

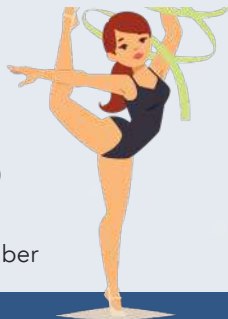
Activity Suite, SC (L3)

\$222 (Member) | \$252 (Guest)

6 – 9 years old

Min. 5 pax

Registration closes 14 November



CORE & COORDINATION

Challenge your child's muscle flexibility to improve their focus, attention span and concentration while exercising. This fun workout incorporates exercises that will help kids build strong core muscles and improve hand-eye coordination, which are often overlooked but important qualities to enhance sports performance and promote well-being.

Thursdays

24 November

1, 8, 15, 22 & 29 December

1.30pm – 2.30pm

Activity Suite, SC (L3)

\$222 (Member) | \$252 (Guest)

6 – 9 years old

Min. 5 pax

Registration closes 17 November



All prices are subject to 7% GST.
Photos are for illustration purposes only.

To sign up, please visit our website,
☎ 6885 0654 or

✉ lifestyle@chineseswimmingclub.org.sg

CHRISTMAS LIGHT UP

25 November

6.30pm – 7.30pm

Come join us for a fantastic time with music performances and quizzes. Snap a photo with Santa Claus too!

Check out the spaces below for more details closer to the event.

🌐 chineseswimmingclub.org.sg

f Facebook – Chinese Swimming Club

📷 Instagram – @chineseswimmingclub





Welcome to

Daily access
till 10pm

OUR PRIVATE OFFICES



CHOOSE FROM EITHER 1 OR 2 PAX OFFICES

COMPLIMENTARY

- ✓ WiFi & Lan Port
- ✓ Coffee & Tea
- ✓ Use of Built-in Spacious Cabinets



WORK@CSC

**Contact us to
view the space**

October Specials



Featured Coffee Bean

*Jet Candy (Seasonal Espresso Blend)
by Tiong Hoe*

Blend: 50% Colombia Garzon Microlet

50% Brazil Mogiana Natural

Acidity: Medium-low

Taste: Burnt Caramel & Dark Chocolates

Seasons Chai

**Chai Tea, Caramel,
Milk & Chendol topped
with Cinnamon Powder
& Mint Leaves**

Cake of the Month

Apple Strudel

\$6.00

Member

\$7.50

Non - Member

\$5.60

Member

\$7.00

Non - Member

All prices are subject to 7% GST.



November Specials



Berry Young

**Blueberry & Strawberry Purée, Apple &
Yakult topped with Whipped Cream**

\$5.60 Member | \$7.00 Non-member

Cake of the Month

White Chocolate Ruby Peach

\$6.00 Member | \$7.20 Non-member

Featured Coffee Bean

Dutch Colony

Sao Matheus e Conceicao

Region: Cerrado Mineiro

Single Origin | Espresso

Taste: Milk Chocolate, Peanut Butter & Cherry

All prices are subject to 7% GST.



CSC Oktoberfest 2022

Join us for a night of merry-making with pints of ice-cold beer and a scrumptious buffet!

Friday,
21 October 2022

6.00pm
—
10.00pm

Man Zhu Café

Buffet

\$55 (Member) | \$65 (Non-member)

Buffet & Erdinger Beer (2 Mugs)
\$65 (Member) | \$75 (Non-member)



SCAN ME

Live Band

Swiss Alpine Lions

Catch the ever-popular Swiss Alpine Lions performing their Oktoberfest-inspired song arrangements, comprising a unique blend of Swiss, German and Austrian classical and folk music!

All prices are subject to 7% GST.

NOVEMBER SPECIALS





Mocktail
Sweet & Sour Apples
 Apple Purée, Sour Plum,
 Mint Syrup & Soda Water
\$8



Cocktail
Refreshing Vodka
 Vodka, Green Apple Purée,
 Mint Syrup & Soda Water
\$10

All prices are subject to 7% GST.

OCTOBER WHISKY PROMOTION

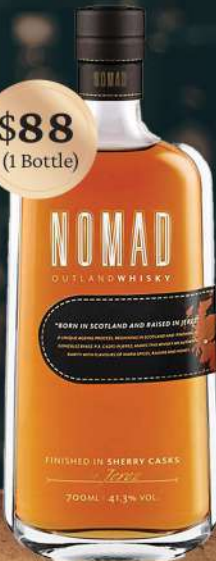


KAMIKI BLENDED MALT WHISKY



\$118
(1 Bottle)

NOMAD OUTLAND WHISKY



\$88
(1 Bottle)

All prices are subject to 7% GST.



NOVEMBER WHISKY PROMOTION



BENRIACH THE TWELVE



BENRIACH THE SMOKY TWELVE

All prices are subject to 7% GST.



DECEMBER WHISKY PROMOTION

All prices are subject to 7% GST.



CHIVAS REGAL
18 YEARS
\$138 (1 Bottle)



CHIVAS REGAL
12 YEARS
\$200 (2 Bottles)



World Cup
Platter Promotion

20 NOVEMBER - 18 DECEMBER 2022

Fried Fishballs
Samosas
Spring Rolls
Prawn Paste Chicken Wings
Potato Wedges

\$10.80

All prices are subject to 7% GST.

THREE BARS
WINE • BISTRO • BAR

给挚爱的父母亲生日惊喜 SURPRISE YOUR BELOVED PARENTS ON THEIR BIRTHDAY

以福臨門厨师们精心设计的贺寿蟠桃，在你的父母亲生日的时候表达您对他们的关爱，你只需要点选我们的生日套餐，即可获得精美贺寿蟠桃一份。

To show your care and love to your parents on their birthday, order our birthday set that comes with a specially designed birthday bun platter by our Fu Lin Men kitchen team.



Fu Lin Men
CANTONESE DINING

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



Scan the QR code
to view the set menu



Photos are for illustration purposes only.
We have various creative designs for your surprise.

JOIN OUR WINE & WHISKY CLUB

The **Tippling Masters** is an exclusive annual membership programme 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 wine 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!

Join now and receive a welcome gift of your choice:

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

\$50
per
annum

EXCLUSIVE FOR THE TIPPLING MASTERS MEMBERS

\$138 (1 Bottle) \$268 (2 Bottles)

(All prices are subject to 7% GST)

KIRIN FUJI-SANROKU SIGNATURE BLEND



Nose: Robust malt with vanilla and cooked fruit in support

Palate: A hint of oily peat develops behind layers of honeycomb and dense pastry

Finish: Fresh pear, nutmeg and hints of raisin



TO SIGN UP  6885 0697 |  9615 4948 |  fnb_events@chineseswimmingclub.org.sg

New Year

30 December 2022
– 1 January 2023

SET DINNER

APPETISER

- ✦ Parma Ham Feta Cheese Salad

SOUP

- ✦ Seafood Chowder

DESSERT

- ✦ Chocolate Mango Log Cake
- ✦ Bread & Butter Pudding

PLATTER

- ✦ Salmon Filo Pastry with Lemon Butter Dill Sauce
- ✦ Honey Baked Gammon Ham with Pineapple Sauce
- ✦ Roast Angus Ribeye with Black Pepper Sauce
- ✦ Herb Butter King Prawns
- ✦ Sautéed Potatoes
- ✦ Grilled Vegetables

Daily dine-in/takeaway
available @ Man Zhu Café
from 6.00pm – 9.00pm

\$60 FOR 2

\$118 FOR 4

\$70 FOR 2

(Includes 1 Bottle of Red Wine)

\$138 FOR 4

(Includes 1 Bottle of Sparkling Wine)

All prices are subject to 7% GST.



"Providing diverse opportunities for your child to discover themselves, perform and build resilience."

OCTOBER CHAMPIONSHIPS
DANCESPORT
Explore Your Rhythms



WHATSAPP: 65 8933 1818
THEDANCESPORTACADEMY.COM



@THEDANCESPORTACADEMY

*End Of Year
Concert 2022*



17TH DECEMBER 2022

SIM THEATRE

THEDANCESPORTACADEMY.COM



HELP US SAVE THE
ENVIRONMENT BY
SWITCHING TO
E-FREESTYLE

As part of our club-wide sustainability efforts, we encourage all members to switch to e-copies of Freestyle magazine. Simply email your name and membership number to marketing@chineseswimmingclub.org.sg 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!



SWIMMING CELEBRATORY GET-TOGETHER (7 JULY)

On this special day, CSC celebrated the achievements of our swimmers, who have done the nation and club proud with their stunning performance at the 31st SEA Games and 17th Singapore National Swimming Championships 2022.

We have witnessed their indomitable spirit, dedication and perseverance over the years and we wish them all the best in their continuous pursuit of excellence.

Congratulations to all our wonderful athletes!



Club President, Victor Chia with Junior & Senior MVPs





Club President, Victor Chia & CSC Swim Coaches with the Overall Junior & Senior Champion Cups as well as the Chan Ah Kow Cup



Chen Zi Yi posing with the Kee Soon Bee Cup

LIBERTY INSURANCE VIRTUAL SNAG CLUB CHAMPIONSHIPS 2022

Most Valuable Swimmer (MVP) – Junior Category



Nigel Low



Keane Lee



Elizabeth Low

Most Valuable Swimmer (MVP) – Senior Category



Matthew Jaeden Lam



Reagan Cheng



Melanie Chong

TEAM SINGAPORE CHINESE SWIMMING CLUB 2022 – 2023

- Randall Neo
- Melanie Chong
- Zackery Tay
- Mikkell Lee
- Christie May Chue
- Chan Zi Yi
- Ong Jung Yi
- Bonnie Yeo
- Marina Chan
- Poh Wen Ee
- Zachary Tan



PESTA SUKAN 2022 (14 JULY – 8 AUGUST)

"Pesta Sukan" known as the Festival of Sports provides an opportunity for sportsmen and women to get together in camaraderie and goodwill to raise the standard of sports through friendly competition. This year's edition consisted of 23 competitions, 8 Para competitions and 4 SG57 Signature events.



Raelyn Yap (R)



L - R: CSC's Elite Team: Maxxe Tay, Bryan Wee, Darren Loy, Kris Teo, Seth Han & Daryl Tan



CSC Swimmers.

Photo Credit: Tommy Low



Seth Han (L) & Kris Teo (R)

CSC MEDAL TALLY

Taekwondo

Taekwondo Junior Female Black Belt,
Under 55kg category
1 Bronze Medal

Swimming

17 Gold, 17 Silver & 17 Bronze

Table Tennis

Open Team Category, 2nd Position

Water Polo

10 & Under Team, 5th Position
12 & Under Team, 2nd Position
18 & Under Team, 1st Position
Women's Open, 3rd Position
Men's Masters, 3rd Position



Water Polo 12 & Under Team

CSC – JTA JUNE HOLIDAY TABLE TENNIS CAMP (13 – 16 JUNE)

Our Junior members had an enjoyable time learning the basics of Table Tennis during the 4-day camp held during their school holidays.



INAUGURAL SINGAPORE INTER CLUB TABLE TENNIS CHAMPIONSHIP 2022 (25 JUNE)

CSC's Table Tennis Team came in second after intense competition against six Table Tennis clubs. Special thank you to our Table Tennis Convenor, Eric Fong for sponsoring the team!



L - R: Darren Loy, Bryan Wee, Yap Heng Kai, Daryl Tan & Seth Han



Bryan Wee (L) & Daryl Tan (R)

CHAR YONG NATIONAL MASTERS TABLE TENNIS LEAGUE 2022 (11 JULY)

CSC emerged Champion with a score of 5 - 0 at the opening game!



CSC Team Tornado in red sports attire

VTTCS OPEN TEAM MASTER TABLE TENNIS CHAMPIONSHIP 2022 (23 JULY)

Congratulations to CSC's Team Tornado for emerging second runner-up! Team Tornado upset hot favourite Sunsports Club 3 - 2 in the quarter finals but lost to SAFRA (Champion) after an intense semi-final.



Eric Fong (L) & Kelvin Toh (R)

CSC Team Tornado

- Terry Tan
- Andrew Tan
- Kelvin Toh
- Marcus Chan
- David Chiang
- Mabel Ang
- Vilson Eng
- Eric Fong



CSC Team Tornado

CSC TENNIS DOUBLES FAMILY CHALLENGE 2022 SERIES 2 (11 JULY)

Champions:

Rick Hartono & Brian Hartono

1st Runners-up:

Joel Ng & Ng Shen Wei

2nd Runners-up:

Wang Yi-feng & Austin Wang

3rd Runners-up:

Yuan Dong & Yuan Jiatong



5TH CSC JUNIOR TENNIS SINGLES TOURNAMENT 2022 (9 AUGUST)

Champion:

Brian Hartono

1st Runner-up:

Isla Mathews

2nd Runner-up:

Regis Lin

3rd Runner-up:

Aiden Lim

SNOOKER SUCCESS

Honorary Member Aloysius Yapp had an amazing season playing in various international competitions and against the world's top-ranking players.



World Cup of Pool 2022
(14 – 19 June)

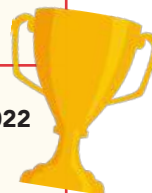
2nd Position

World Games 2022
(13 – 17 July)

3rd Position

**National 10 Balls
Championship Open 2022**
(31 July)

1st Position



NATIONAL DAY GATHERING & 6 RED SNOOKER INVITATIONAL TOURNAMENT 2022 (9 AUGUST)

After a two year break due to the pandemic, CSC played host to Changi Beach Club, Cuesports Development and Singapore Cricket Club, where everyone enjoyed a friendly game of snooker.



CSC Billiards & Snooker Convenor, Michael Hoon (L), CSC Vice Captain, Dick Lee (M) & Tennis Convenor, David Khoe (R)



Chinese Swimming Club, Changi Beach Club, Cuesports Development & Singapore Cricket Club Billiards & Snooker Teams

NATIONAL SQUASH LEAGUE 2022 (30 JULY)

Congratulations to CSC's Veteran 1 Team who emerged Champions with a score of 4 - 0 against the National University of Singapore Society in the finals.

Kudos to CSC's other teams for their outstanding achievements!

- Division 1: 4th Position (Group Stage)
- E Grade: 4th Position (Group Stage)
- Veteran 2: 5th Position (Group Stage)

Veteran 1 Team

- Mohammad Rizal
- Kok Tsung Hao
- Ng Joel Leon
- Teo Choon Ghee Vernon
- Chew Kok Wye
- Aidan McDonnell
- Alex Wan
- Thio Syn Wee Patrick
- Pang Hian Tee
- Teo Lok Tsong Terence
- Nathan Briggs
- Ng Eik Pin
- Ng Yong Ching Michel
- Lim Heng Loong Alfred



Squash Veteran 1 Team

INDONESIA RIAU STATE TEAM SQUASH FRIENDLY (24 JULY)



CSC & Indonesia Riau State Squash Teams

CSC – LJE SPORTS JUNIOR 2ND JUNE HOLIDAY BASKETBALL CAMP (20 – 24 JUNE)

LJE Sports conducted an intense 5-day basketball workshop for our enthusiastic and active kids!



CSC-JTA SEPTEMBER HOLIDAY TABLE TENNIS CAMP (5 – 8 SEPTEMBER)

JTA Table Tennis Academy organised a 4-day Table Tennis camp during the September holidays.



HOOP DREAMS BASKETBALL WORKSHOP HOLIDAY BASKETBALL CAMP (9 JULY)

A huge thank you to Basketball Coach Edric who came down to conduct the Hoop Dreams Basketball Workshop, where participants got to pit their newfound skills against each other.

Special thanks to our Golf Sub-Committee Member, Tim Koh for his generosity in sponsoring the caps as gifts for the kids!



TAEKWONDO JUNE HOLIDAY CAMP & IN-HOUSE TOURNAMENT 2022 (26 JUNE)

Team Champions: Team 4

Sixtine Le Mestrealan, Keane Lee, Aiden Lim, Isaac Ngiam, Raelyn Yap, Ethan Goh, Alena Wee, Tyson Lee, Matthew Lim, Owen Fun & Logan Lim

Poom Individual (Female)

Gold: Raelyn Yap
Silver: Asha Enyi Vasu
Bronze: Jenessa & Eva Lee

Poom Individual (Male)

Gold: Aiden Lin
Silver: Titus Fu
Bronze: Isaac Ngiam & Bryan Watt



NATIONAL DAY BRIDGE TOURNAMENT (30 JULY & 5 AUGUST)

2022 NATIONAL DAY PAIRS TOURNAMENT (PHYSICAL GAME)

Champion: Chia Chee Liong & Khoo Beng Yang
1st Runners-up: Albert Wong & Wong Seng Chak
2nd Runners-up: Chiang Woon Seng & Lim Boon Eng
3rd Runners-up: Lee Pinn May & Tan Jin Meng

2022 NATIONAL INDIVIDUAL TOURNAMENT (ONLINE GAME)

Champion: Hah Kwai Fun
1st Runner-up: Josephine Seow Lye Neo
2nd Runner-up: Shu Moo Young
3rd Runner-up: Chiang Woon Seng
4th Runner-up: Lim Boon Eng Alice
5th Runner-up: Purnawan Sutiono



BADMINTON FRIENDLY GAME WITH SINGAPORE SWIMMING CLUB (17 JUNE)

Our Club hosted a Badminton friendly match with Singapore Swimming Club and won 14 – 8.



WELCOMING OUR NEW HONORARY MEMBER LOH KEAN YEW (6 JULY)

World Champion, Loh Kean Yew took time off his busy training schedule to receive his newly minted Honorary Membership Card from our Club Captain, John Chew. Also present at the ceremony were Vice-Captain, Dick Lee, Badminton Convenor, Allan Kwek, Badminton Captain, Joseph Sng and Badminton Sub-Committee representatives as well as Singapore Badminton Association Vice President (Pathway and Development), Ian Lee.



Loh Kean Yew receiving his Honorary Membership Card from Club Captain, John Chew



Ian Lee (SBA Vice-President), John Chew (CSC Club Captain), Loh Kean Yew, Allan Kwek (CSC Badminton Convenor), Joseph Sng (CSC Badminton Captain) & Dick Lee (CSC Vice-Captain)



CSC BADMINTON SECTION TEAM CHALLENGE 2022 (1, 5 & 12 AUGUST)

The event saw the participation of 48 players divided into four teams. All participants walked away with prizes and CSC member, Alvin Fu was presented with a Wine Chiller kindly sponsored by Liebherr for leading his team (Nassim) to victory.



L – R: Alvin Fu, Allan Kwek & Joseph Sng



Alvin Ng (L) & Allan Kwek (R)



Ricky Foo (L) & Allan Kwek (R)



Woo Yingxi (L) & Allan Kwek (R)

SINGAPORE WATER POLO NATIONAL LEAGUE 2022 (6 – 27 AUGUST)

The Singapore Water Polo League was held at Our Tampines Hub, where CSC came in 4th position for the 14 & Under category.



Isaac Ang & Robin Xie receiving their MVP awards



DURIAN PARTY (10 JULY)

The party was a success with a great turnout and everyone tucking into quality Mao Shan Wang and Red Prawn durians.

We look forward to seeing you at next year's party!



BASKETBALL

CSC – LJE SPORTS JUNIOR BASKETBALL HOLIDAY CAMP

In this training camp, children will reap the benefits of improved hand-eye coordination, cardiovascular conditioning, agility and endurance. Participants will also learn about respect and teamwork as they interact with one another in this team sport. Sign up fast, limited slots available!

Monday – Wednesday, 28 – 30 November

\$257.01* (Member) | \$271.03* (Guest)

6 – 12 years old

TRAINING TIME	AGE GROUP
8.00am – 10.00am	6 – 12 years old
6.00pm – 8.00pm	6 – 12 years old

*Fees are for 3 days of training.

Registration will close upon reaching maximum capacity.



CSC – LJE SPORTS JUNIOR BASKETBALL TRAINING

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

Juniors (6 – 14 years old)

Thursdays, 5.00pm – 6.15pm

Saturdays, 8.00am – 9.15am & 9.30am – 10.45am

Sundays, 8.00am – 9.15am & 9.30am – 10.45am

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

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

BADMINTON

CSC BADMINTON BEGINNERS CAMP

Monday – Friday, 21 – 25 November

8.00am – 10.00am

Badminton Hall, SC (L2)

\$125 (Member) | \$175 (Guest)

Min. 8 pax; Max. 24 pax

Registration closes 31 October

BOWLING

CSC HALLOWEEN FUN BOWL

Saturday, 29 October

6.00pm – 9.00pm

12 Lanes Bowling Alley, SC (L1)

\$40 (12 years & below) – 3 games

\$60 (Adults) – 6 games

Inclusive of Buffet Dinner, Cash Prizes, Lucky Draws, and Best Dress Awards!

Min. 16 pax; Max. 48 pax

Registration closes 13 October

BOWLING LEARN-TO-PLAY FOR KIDS

Saturdays, 10.00am – 11.00am

12 Lanes Bowling Alley, SC (L1)

\$120* per month (Member) | \$160* (Guest) per month (4 classes)

7 – 9 years old

JUNIOR BOWLERS

Saturdays, 2.00pm – 3.30pm

12 Lanes Bowling Alley, SC (L1)

\$120* per month (Member) | \$160* (Guest) per month (4 classes)

7 – 12 years old

Basic bowling skills required.

DEVELOPMENT BOWLERS

Saturdays, 3.40pm – 5.10pm

12 Lanes Bowling Alley, SC (L1)

\$120* per month (Member) | \$160* (Guest) per month (4 classes)

10 years old & above

*Fees are inclusive of lane and bowling shoe rental.

PRIVATE COACHING

From \$80 per hour per trainee

Up to 4 trainees per group

*Lane fees will be paid at the 12 Lanes counter.

All prices are subject to 7% GST. Please visit our website, call **6885 0671** or email **sports@chineseswimmingclub.org.sg** for more information or to sign up.

SQUASH

FUN SQUASH FOR ADULTS, YOUTHS & CHILDREN

Thursdays, 24 November

1, 8, 15, 22 & 29 December

10.00am – 12.00pm

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

Children & Youth: 7 – 19 years old

Adults: 20 years old & above

Min. 3 pax; Max. 10 pax

*Fees are for 1 selected date.

SQUASH YOUTH DEVELOPMENT PROGRAMME (BEGINNERS/INTERMEDIATE) BY ZAINAL ABIDIN ELITE SQUASH ACADEMY

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

Min. 3 pax

12 sessions per term

SQUASH ADULT GROUP TRAINING PROGRAMME (BEGINNERS/INTERMEDIATE) BY ZAINAL ABIDIN ELITE SQUASH ACADEMY

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



TABLE TENNIS

CSC – JTA TABLE TENNIS HOLIDAY TRAINING CAMP (4 DAYS)

Our holiday camps are the perfect platform for players to pick up various skills and tactics in table tennis, with coaching adjusted based on playing ability. The emphasis is on fun and engagement instead of competition.

Monday – Thursday, 12 – 15 December

\$192* (Member) | \$288* (Guest)

4 – 14 years old

GRADE	DAILY TRAINING TIME
Beginner	8.00am – 10.00am
Beginner	10.15am – 12.15pm

*Fees are for 4 days of training

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. This 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 adult training programme will teach beginners the fundamentals of table tennis, while veterans will further hone their skills and basic game techniques.

Fridays

9.00am – 10.30am

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

Min. 3 pax; Max. 6 pax

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

All prices are subject to 7% GST. Please visit our website, call **6885 0671** or email sports@chineseswimmingclub.org.sg for more information or to sign up.

TAEKWONDO

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

PICKLEBALL

PICKLEBALL SECTION TRAINING *NEW*

Pick up your paddles and join us in this fun sport combining elements of tennis, badminton and table tennis!

Mondays & Wednesdays, commencing 3 October
7.00pm – 10.00pm

Basketball Court, SC (Rooftop)



GOLF

GOLF

GOLF CALENDAR 2022		
Date	Event	Venue
20 October	Medal Game	Senibong Golf Club
17 November	Medal Game	IOI Palm Villa Golf & Country Club
15 December	Christmas Bash	Changi Golf Club

WATER POLO

JUNIOR WATER POLO TRAINING PROGRAMME

Monday, Wednesday & Saturday 6.15pm – 8.15pm

Friday, 7.30pm – 9.30pm

Water Polo Pool, SC (L1)

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

9 years old & above

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

FLIPPA BALL PROGRAMME

Saturday, 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 includes 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.

DANCE

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

Mondays, commencing 24 October

Fridays, commencing 2 December

8.30pm – 9.30pm

Activity Suite, SC (L3)

\$75 (Member) | \$99 (Guest)

Min. 4 pax



LINE DANCE (BEGINNER FOUNDATION) – 8 SESSIONS

Wednesdays, commencing 9 November

1.30pm – 2.30pm

Activity Suite, SC (L3)

\$80 (Member) | \$104 (Guest)

Min. 8 pax

LINE DANCE (BEGINNER INTERMEDIATE) – 10 SESSIONS

Tuesdays, commencing 15 November

12.45pm – 2.00pm

Activity Suite, SC (L3)

\$82.50 (Member) | \$112.50 (Guest)

Min. 10 pax

LINE DANCE (BEGINNER ADVANCED) – 10 SESSIONS

Tuesdays, commencing 1 November

2.00pm – 3.30pm

Activity Suite, SC (L3)

\$97.50 (Member) | \$127.50 (Guest)

Min. 10 pax

LINE DANCE (BEGINNER ADVANCED) – 10 SESSIONS

Sundays, commencing 20 November

1.30pm – 3.00pm

Multipurpose Room, SC (L2)

\$97.50 (Member) | \$147.50 (Guest)

Min. 10 pax

LINE DANCE (ADVANCED) – 10 SESSIONS

Sundays, commencing 27 November

3.00pm – 4.30pm

Multipurpose Room, SC (L2)

\$97.50 (Member) | \$147.50 (Guest)

Min. 10 pax

SOLO LATIN DANCE FOR LADIES – 8 SESSIONS

Wednesdays, commencing 23 November

3.00pm – 4.00pm

Activity Suite, SC (L3)

\$100 (Member) | \$124 (Guest)

Min. 8 pax

DANCE PARTIES

Come dressed in your best Bollywood attire and dance the night away at these Bollywood themed line and social dance parties.

BOLLYWOOD LINE DANCE PARTY

Saturday, 22 October

6.30pm – 10.00pm

Activity Suite, SC (L3)

\$26.17 (Member)

\$35.52 (Guest)

BOLLYWOOD SOCIAL DANCE PARTY

Sunday, 23 October

7.30pm – 11.00pm

Activity Suite, SC (L3)

\$26.17 (Member)

\$35.52 (Guest)



Registration closes 12 October

Inclusive of Bento Set and 1 Bottled Water.

CHRISTMAS EVE DANCE PARTY

Dance to your heart's content at this year's Christmas Eve party! Inclusive of goodie bags and a lucky draw for all participants.

Saturday, 24 December

8.00pm – 12.30am

Activity Suite, SC (L3)

\$26.17 (Member)

\$35.52 (Guest)

Dinner not included.

SOCIAL DANCE NIGHT

Saturdays

8 & 15 October

19 & 26 November

10 & 17 December

7.00pm – 10.30pm

Activity Suite, Sports Complex (L3)

\$9 (Member)

\$14.02 (Guest)



Limited slots available and are on a first come, first served basis. All dates are subject to changes. Register on the CSC website.

All prices are subject to 7% GST. Please visit our website, call **6885 0654** 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 a variety of exercise classes for a flat fee so you can make the most out of your membership. Simply book your next workout session online.

**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 | 8.00pm – 9.00pm

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.



EXERCISE

AQUA AEROBICS BY POH LENG

Join us for a 60-minute moderately intense class with a focus on resistance and stretching. Exercising in water is gentle on the body, joints and muscles. It improves blood circulation, builds muscle strength, flexibility and cardiovascular fitness. Limited slots available – sign up now!

Tuesdays, 7.30pm – 8.30pm
Thursdays, 9.00am – 10.00am



YANG STYLE TAIJI QUAN (BEGINNER) BY NG BENG CHIAN

Taiji instructor – Ng Beng Chian has 10 years of experience teaching in the Singapore Taiji Society. Taiji training integrates slow, intentional movements with breathing cognitive skills. This strengthens, relaxes and integrates the physical body and mind, enhancing the natural flow of Qi for improved health and self-defence.

Tuesdays, 8.00pm – 9.30pm

TAIJI QIGONG BY NGIAM TONG KHENG

Taiji Qigong instructor – Ngiam Tong Kheng an international Wushu judge is passionate about imparting the health benefits of Taiji to his students. He teaches both Soon and Chen style Taiji which includes the use of swords and sabres combined with Qigong techniques.

Sundays, 8.00am – 9.00am

K-POP X FITNESS BY ANGELYN KAM

Angelyn has been teaching K-Pop X Fitness since 2019 and is passionate about exercising and leading a healthy lifestyle. She loves the mix of dance incorporated into the fitness moves found in K-Pop X Fitness and hopes to inspire people of all ages to lead an active lifestyle.

Mondays, 11.00am – 11.50am
Thursdays, 11.00am – 11.50am

MUAY THAI BY ABDUR RAHMAN

Abdur Rahman is a Muay Thai and Kickboxing athlete who was one of the first two athletes to represent Singapore in the prestigious World Kickboxing Championships (2019, Sarajevo) where he placed overall 17th in the world after becoming the national champion in the same year (2019). Rahman has over 5 years of coaching experience in Muay Thai, HIIT and Kickboxing.

Sundays, 9.30am – 10.30am

ZUMBA FITNESS BY LILIAN TAN

Join our new Zumba instructor – Lilian, in this energetic and fun dance workout. Lilian has 8 years of experience teaching group fitness classes.

Wednesdays, 10.15am – 11.15am
 Activity Suite, SC (L3)

ZUMBA FITNESS BY ERICA HUGH

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

Wednesdays, 7.30pm – 8.30pm

PILATES BY MEHA JAIN

Join our Pilates instructor – Meha, who is certified by the American Council on Exercise (ACE) and trained in Polestar Pilates and HIIT. She specialises in core strengthening, posture correction, spine mobilisation and cardiovascular exercises.

Tuesdays, 9.00am – 10.00am

HATHA YOGA BY JEYENTI

Join our Hatha Yoga instructor – Jeyenti, a certified Yoga instructor since 2002. Jeyenti has 20 years of experience teaching fitness in Clubs and is passionate about imparting the benefits of Yoga.

Mondays & Fridays, 6.30pm – 7.45pm

GENTLE YOGA BY ROSE LIE

Tuesdays, 10.15am – 11.15am
Fridays, 10.15am – 11.15am



All prices are subject to 7% GST. Please visit our website, call **6885 0654** or email **lifestyle@chineseswimmingclub.org.sg** for more information or to sign up.

MINDFUL GENTLE YOGA BY JESS**Saturdays, 11.15am – 12.30pm****BODY BAND BALANCE BY ONG BENG HWEE****Mondays, 9.00am – 10.00am****LEISURE****CHINESE CALLIGRAPHY****Mondays, 9.00am – 11.00am**

Multipurpose Room, SC (L2)

\$15 per month (Member) | \$30 per month (Guest)

CHINESE BRUSH PAINTING**Thursdays, 10.00am – 12.00pm**

Multipurpose Room, SC (L2)

\$115 per month (Member) | \$145 per month (Guest)

ADULT PORTRAIT WITH DRY MEDIA (BEGINNER) – 5 SESSIONS**Thursdays****13, 20 & 27 October****3 & 10 November****2.00pm – 4.00pm**

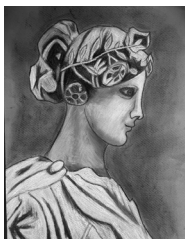
Multipurpose Room, SC (L2)

\$250 (Member) | \$275 (Guest)

Min. 3 pax

21 years old & above

Registration closes 6 October



LESSON	OUTLINE
1	Charcoal – Side Face
2	Charcoal – Side Face
3	Soft Pastel & Coloured Pencils
4	Soft Pastel & Coloured Pencils
5	Soft Pastel & Coloured Pencils

All art materials will be provided.

ISLAND JELLY CAKE (HANDS-ON)

Learn to make your own delicious Island Jelly Cake in this beginner friendly workshop! Bake it from scratch, starting from the Chocolate Madeira to the Chocolate Ganache, thereafter, building this beautiful island structure. Remember to bring along a container measuring more than 6-inches.

Saturdays, 29 October**2.30pm – 7.30pm**

Multipurpose Room, SC (L2)

\$140 per month (Member)

\$155 per month (Guest)

Min. 5 pax

Registration closes 22 October

**CITRON ORANGE CREAM CHEESECAKE (HANDS-ON)**

Love cheesecake and want to try making one for your family and friends? Start by preparing the cookie base, cream cheese layer sandwiched in between and top it with jelly! Remember to bring along a container measuring more than 6-inches.

Sunday, 4 December**9.00am – 12.00pm**

Multipurpose Room, SC (L2)

\$100 per month (Member)

\$115 per month (Guest)

Min. 5 pax

Registration closes 27 November

**YOUTH & KIDS****CHILDREN'S BALLET – 8 SESSIONS****BEGINNERS 1 (3 – 4 YEARS OLD)****Mondays, 4.45pm – 5.30pm****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)

Timeslot is subject to availability. Please check with us for new term dates.

All prices are subject to 7% GST. Please visit our website, call **6885 0654** or email **lifestyle@chineseswimmingclub.org.sg** for more information or to sign up.

WUSHU BY TEX TOH

Tex Toh, a registered MOE Coach under Singapore Wushu Federation is the founder and Chief Coach of Wan Wu Sports and Martial Arts Academy. Since 2007, he has groomed many Wushu athletes and coaches.

WUSHU (BEGINNERS) – 4 SESSIONS

Mondays, commencing 7 November

7.30pm – 8.30pm

Lattice Suite, RC (L3)

Wednesdays, commencing 2 November

7.30pm – 8.30pm

Lattice Suite, RC (L3)

Saturdays, commencing 29 October 2022

7.00pm – 8.00pm

Multipurpose Room, SC (L2)

Sundays, commencing 6 November 2022

9.30am – 10.30am

Activity Suite, SC (L3)

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

Min. 5 pax

5 – 12 years old



ABACUS & MATHEMATICS – 4 SESSIONS

Roots Abacus & Mathematics (RAM) a unit of Roots. Sg Pte Ltd is a leading Abacus Brain Development programme. This programme enhances brain development, focus and retention, improves concentration as well as increases creativity.

Wednesdays

5.00pm – 6.30pm

Lattice Suite, RC (L3)

\$140 (Member) | \$160 (Guest)

*Additional \$45 registration fee applies

4 – 14 years old

Min. 5 pax; Max. 8 pax



Photo is for illustration purposes only.

HALLOWEEN CUPCAKES

Happy Children's Day! Create your very own Instagrammable cute Halloween cupcakes. Learn how to make coloured buttercream for cupcakes and mini cupcake toppers using fondant.

Friday, 7 October

10.00am – 11.30am

Multipurpose Room, SC (L2)

\$45 (Member) | \$58 (Guest)

5 – 12 years old

Min. 7 pax; Max. 12 pax

Registration closes 30 September

YOUTH & KIDS ART CLASS (BEGINNER) – 6 SESSIONS

Unleash your creativity through exploring different art medium techniques and skills with Jaya – a professional and renowned artist. These session will increase participants analytical power and focus.

Thursdays, 13 October – 17 November

Multipurpose Room, SC (L2)

5 – 7 years old

5.15pm – 6.15pm

\$150 (Member)

\$170 (Guest)

8 – 12 years old

5.00pm – 6.30pm

\$210 (Member)

\$230 (Guest)

13 – 18 years old

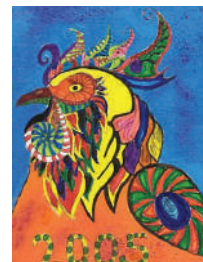
4.30pm – 6.30pm

\$240 (Member)

\$260 (Guest)

Min. 3 pax

All art materials will be provided.



All prices are subject to 7% GST. Please visit our website, call **6885 0654** or email **lifestyle@chineseswimmingclub.org.sg** for more information or to sign up.

CONTACT US

CLUB MAIN LINE

6345 1221 or 6885 0688

GENERAL FEEDBACK

feedback@
chineseswimmingclub.org.sg

PUBLICATION TEAM

Shyamala Naguleswaran

Assistant Manager,
Content & Digital Marketing

Denise Lim

Marketing & Communications
Executive

Lim Wee Siang

Senior Graphic Designer

Dharrshiyni d/o Panirselvam

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

FLEX GYM ENQUIRIES

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

SPORTS RECEPTION

Booking of Sports Facilities
6885 0677

12 LANES

Booking of Bowling Lanes
6345 1221 ext. 745

WORK@CSC ENQUIRIES

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

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 – 10.00pm

MINGLE@AMBER

Daily 8.00am – 8.00pm

SPORTS COMPLEX SPORTS RECEPTION

Daily 7.00am – 10.00pm

MAN ZHU CAFÉ

Mon – Thu

12.00pm – 9.30pm

Fri & Eve of PH & PH

11.30am – 9.30pm

Sat & Sun

8.30am – 9.30pm

(Last order is 30 minutes before closing)

12 LANES BOWLING ALLEY

Mon – Thu 12.00pm – 11.00pm

Fri & Eve of PH 12.00pm – 1.00am

Sat & PH 10.00am – 1.00am

Sun 10.00am – 11.00pm

BEGINNERS' POOL

Daily 7.00am – 9.00pm

Pool Closure for Swim Training

Tue – Fri 2.15pm – 6.15pm

Sat 8.30am – 12.30pm & 2.15pm – 6.15pm

Sun 8.30am – 12.30pm & 2.45pm – 6.15pm

COMPETITION POOL

Daily 6.00am – 9.00pm

Pool Closure for Swim Training

Mon, Wed & Fri 5.30am – 7.30am

Mon – Fri 3.30pm – 8.15pm

Sat 6.30am – 12.30pm & 3.30pm – 6.15pm

Sun 6.45am – 12.30pm

GREAT BUBBLE REEF (FUN POOL)

Daily 8.00am – 8.00pm

BADMINTON COURTS (+)

Daily 7.00am – 10.00pm

Closure For Club Team Training

Mon & Fri 6.00pm – 10.00pm (4 – 6 Courts)

Closure For Junior Training

Mon – Wed & Fri

3.00pm – 5.00pm (6 Courts)

Tue 6.00pm – 9.00pm (3 Courts)

Thu 4.00pm – 6.00pm (4 Courts)

Sat 8.00am – 2.00pm (3 – 5 Courts)

& 6.00pm – 9.00pm (4 Courts)

Sun 12.00pm – 5.00pm (3 – 7 Courts)

BASKETBALL COURT (+)

Daily 7.00am – 10.00pm

Closure for Tennis Junior Programme

Fri 5.00pm – 8.00pm

Sun 5.00pm – 7.00pm

Closure for Junior Training

Thu 5.00pm – 7.00pm

Sat & Sun 8.00am – 11.00am

Closure for Pickleball Section Training

Mon & Wed 7.00pm – 10.00pm

BILLIARDS & SNOOKER LOUNGE (+)

Daily 2.00pm – 10.00pm

Closure for Section Training

Fri 6.00pm – 10.00pm

FLEX GYM

Mon – Fri 6.30am – 10.00pm

Sat & Sun 7.00am – 9.00pm

PH 7.00am – 8.00pm

SQUASH COURTS (+)

Daily 7.00am – 10.00pm

Closure For Section Training

(All Courts)

Mon 6.00pm – 10.00pm

Wed & Fri 7.00pm – 10.00pm

Closure for Training Programmes

(All Courts)

Sat 4.00pm – 6.00pm

Sun 3.00pm – 5.00pm

TABLE TENNIS ROOM (+)

Daily 7.00am – 10.00pm

Closure for Section Training

Mon 5.00pm – 10.00pm (4 Tables)

Tue 6.00pm – 9.00pm (4 Tables)

9.00pm – 10.00pm (3 Tables)

Thu 6.00pm – 7.00pm (3 Tables)

7.00pm – 10.00pm (4 Tables)

Fri 5.00pm – 7.00pm (3 Tables)

7.00pm – 9.00pm (4 Tables)

9.00pm – 10.00pm (3 Tables)

Closure for CSC-JTA Training

Mon 3.00pm – 5.00pm (2 Tables)

Tue 3.00pm – 6.00pm (2 Tables)

Wed 3.00pm – 7.00pm (2 Tables)

Thu 3.00pm – 6.00pm (2 Tables)

Sat 10.00am – 12.00pm

& 1.00pm – 6.00pm (2 Tables)

Sun 10.00am – 4.00pm (2 Tables)

TENNIS COURTS (+)

Daily 7.00am – 10.00pm

Closure For Section Training

Mon 5.00pm – 8.00pm (2 Courts)

Wed 5.00pm – 8.00pm (3 Courts)

Sat 3.00pm – 8.00pm (3 Courts)

Closure for Junior Training

Fri 4.00pm – 9.00pm (2 – 3 Courts)

Sat 8.00am – 12.00pm (1 – 2 Courts)

Sun 3.00pm – 8.00pm (2 – 3 Courts)

RECREATION COMPLEX 3 BARS

Daily 12.00pm – 11.00pm

Non-band Performing Nights

12.00pm – 11.00pm

Band Performing Nights

12.00pm – 12.00am

KTV ROOMS

Canto*/Common Room (Max 15 persons)

Mon – Thu 3.00pm – 10.30pm

(*Unavailable for private booking)

Fri 3.00pm – 6.00pm

(*Available for private booking from

6.30pm – 11.30pm)

Sat, Sun, Eve of PH & PH

3.00pm – 6.00pm

(*Available for private booking from

6.30pm – 10.30pm)

Mando Room (Max 9 persons)

Mon – Thu, Sat, Sun, Eve of PH & PH

3.00pm – 10.30pm (Booking required)

Fri 3.00pm – 11.30pm (Booking required)

SWIMMING POOL

Daily 6.00am – 9.00pm

Closure for Swim Training (Lanes 5 – 8)

Wed 5.15pm – 7.15pm

GAMES & RECREATION ROOM

Mon – Thu & Sun 1.00pm – 9.00pm

Fri, Sat & Eve of PH 1.00pm – 10.00pm

JOY LUCK COVE

Daily 10.00am – 11.00pm

WORK@CSC

Mon – Fri & Eve of PH

8.00am – 10.00pm

Sat, Sun & PH

8.00am – 7.00pm

Manned Hours

Mon – Sat (excluding PH)

9.00am – 6.00pm

Closure for training subject to changes.
+ Bookings can be made online or at the Sports Reception up to seven days in advance on a first come, first served basis.

SCAN QR CODE FOR BOOKING FEES





CHINESE SWIMMING CLUB

21 & 34 Amber Road Singapore 439870

Tel: 6345 1221/6885 0688

Fax: 6345 7134

www.chineseswimmingclub.org.sg

 Chinese Swimming Club
 chineseswimmingclub