

FREESTYLE

QUARTERLY MAGAZINE **OCT - DEC 2023**



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

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

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A MESSAGE FROM THE VICE-PRESIDENT (GENERAL)

Dear members,

On behalf of the Management Committee, I would like to thank all our voting members who attended the Extraordinary General Meeting. We are delighted to announce that the Club has accepted a fresh 30-year lease of State Land (Sports Complex) offered by the Singapore Land Authority. Your endorsement of the 30-year lease resolution played a vital role in securing the milestone of our Club, helping us to pave a remarkable future for you and your family.

The 5th CSC Super Junior Swimming Invitational 2023 was a great success! A huge congratulations to all the MVPs for your amazing achievements. We are also delighted that Chinese Swimming Club emerged as the overall Champion for the 5th consecutive year and we are grateful to our generous sponsors who have contributed.

The Club recently concluded the 16th CSC Age Group Badminton (Invitational) Tournament, the 7-day event held from 4 to 10 September 2023. It was a resounding success as it managed to attract a record of 1359 participants. Thank you to all participants and also to our sponsors for making this event possible.

As we approach the end of the year, we eagerly anticipate a series of engaging activities and events. Let's revel in the year-end festivities and forge timeless memories with our family and friends in the Club. Our calendar includes Frightful Family Fiesta: A Halloween Extravaganza. Activities comprise a movie screening, a best-dressed contest and frightfully fun workshops. Following that will be Oktoberfest 2023 at Man Zhu Cafe, where we will celebrate with hearty German grub and beer, accompanied by lively music from the live band, Swiss Alpine Lions. Gather your family and

friends for our Thanksgiving, Christmas Eve and Christmas buffets, as we present a sumptuous spread of festive delights. The Club premises will soon light up in festive splendour, marking the joyous occasion of Christmas. Additionally, we are pleased to inform you about the installation of the new badminton court mats, ensuring a better playing experience for our members.

On a proud note, we extend our warmest congratulations to our young and accomplished athletes who represented Singapore and our Club at the Trinbago 2023 Commonwealth Youth Games, World Aquatic Championships and the 45th SEA Age Group Swimming Championships 2023. Your dedication and accomplishments inspire us all.

Amidst the celebrations, we share a sombre moment as we mourn the loss of our former Club Captain, Mr Nicholas Lim. His contributions to the Club will forever be remembered.

I look forward to seeing you at the upcoming events as we celebrate the spirit of camaraderie and create wonderful memories with our fellow members and loved ones. Wishing you a Merry and Bright year ahead!

Warmest Regards

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

Peter Liew
Vice-President (General)

Extraordinary General Meeting 2023

The Club held an Extraordinary General Meeting on Friday, 25 August 2023, which was a resounding success as 294 voting members attended to make crucial decisions for the future of the Club.

The first item on the agenda was for the Management Committee to be authorised to surrender the unexpired 8-year lease tenure of the State Land and to accept a fresh 30-year lease of the State Land, which will commence on the date of acceptance of SLA's letter of offer. The resolution garnered remarkable support from the members, as a majority of 250 members voted in favour of the lease renewal. It also showed the Club's prudence and efficacy in its management of its financial resources as members would not be required to contribute to the payment of the lease renewal premium.

In addition to the acceptance of the new lease, the meeting also witnessed a resolution to elect Mr Michael Leong and Mr Jonathan Kuah to the board of trustees. 245 members voted in favour of the resolution.

The success of the meeting saw the members' enthusiastic participation in the voting process and the engagement of thoughtful discussions on the proposal, showcasing their dedication to the Club's future and vision.

To cap off the meeting, members were treated to a delightful buffet dinner, providing an opportunity for members to relax and network.





A Tribute To Former Club Captain, Mr Nicholas Lim

On 28 June 2023, the Club received a sad news on the passing of our beloved former Club Captain, Mr Nicholas Lim.

Mr Lim served on the Management Committee since 1999 and as our Club Captain for 14 years before he stepped down in 2015. As Club Captain, he demonstrated a commitment to sports excellence, embraced new sports initiatives, and displayed prudence in managing the finances for the Sports and Games sections, all while actively promoting sports within the Club. Under his leadership, he also worked with the various Sub-Committees to do their part for charity for the less fortunate and contribute to the President's Challenge.

In his tenure as Club Captain, he chaired the Sports Awards Sub-Committee, playing a pivotal role in enhancing the criteria of Sports Awards and setting a new benchmark for the Club's sporting achievements. Under his guidance, our Club flourished, achieving countless victories and milestones.

Mr Lim started serving the Club in 1991 as Tennis Convenor. He served as Chairman of the Regional Networking Committee and Golf Convenor before being elected as Captain. Even after concluding his term as Captain, he

continued to serve the CSC Community as an Advisor to the Sports and Games Committee and the Sports Awards Sub-Committee, as well as a member of the House and Grounds Committee.

Many members and staff remember Mr Lim affectionately as a father figure of the Club and his incredible contributions to the sports fraternity, always striving to provide the best facilities and training environment for our members and their children. He regularly checked on the staff and their family members to ensure their well-being, making them feel valued and supported.

A passionate advocate for sports whose impact extended far beyond the boundaries of our Club, Mr Lim was elected the President of the Singapore Tennis Association in 2015, winning the race for the presidency against Dr Goh Jin Hian. His tasks included securing a home for the association, working to ensure the longevity of its full-time tennis program for juniors, establishing a tennis academy, and strengthening tennis in Singapore.

Mr Nicholas Lim's fatherly presence at the Club will be deeply missed by many whose lives were touched by him. The legacy that he left behind will continue to be our guiding light towards sports excellence.

Closure of Club for Staff Appreciation Night 2023

Please be informed Chinese Swimming Club will be closed on **Monday, 20 November 2023** from 12noon. We will resume regular operations on **Tuesday, 21 November 2023**.

New Mats for Badminton Courts

We are pleased to inform you that new badminton courts mats have been installed. We look forward to welcoming you to our courts!



GST Rate Change from 1 January 2024

There will be an increase in GST rate from 8% to 9% with effect from 1 January 2024.

As Chinese Swimming Club is a GST-registered business, the new GST rate will be applicable to all our services. All services rendered or paid before 1 January 2024 will be subject to 8% GST, and services supplied and paid from 1 January 2024 will be subject to 9% GST.



Le 乐 Playroom Etiquette

Socks are mandatory for children and adults for hygiene and safety reasons. You may purchase them at level 1 of the front office reception.

No Outside Food or Drink Allowed in the Club

Please be reminded that no outside food and drinks are allowed on the Club premises in accordance with Clause 13 of the Club Bye-Laws.

Members are welcome to consume food and beverages purchased from any of the Club's dining establishments located within the Club premises.



Tour of Italy Wine Dinner

On 18 May 2023, the Tour of Italy Wine Dinner transported our members and guests to Italy's culinary and viticultural traditions. They indulged in a four-course meal, expertly paired with a selection of Italy's wines. The evening's sommelier, Ryan de Souza shared stories of the vineyards and winemaking techniques. The wine dinner left our members and guests with a deeper appreciation and understanding of Italian wines.



Cinema Alfresco

Cinema Alfresco is back by popular demand on 23 June 2023 after a long hiatus! Our members and guests immersed themselves in a cinematic experience by the poolside for an outdoor screening of Marvel's Doctor Strange in the Multiverse of Madness. They lounged comfortably on the vibrant pool inflatables under the starlit sky. We can't wait to see you at the next Cinema Alfresco event!



Year-End Holiday Activities

SPORTS



SWIMMING

SWIMSAFER 4

Tuesday – Friday, 5 – 8 December 2023

10.30am – 12noon

Competition Pool, Sports Complex

\$226.80 (Members only)

For Bronze, Silver and Gold

Eligibility: CSC Learn to Swim Orange and above



BADMINTON

BADMINTON HOLIDAY CAMP FOR BEGINNERS

Monday – Friday, 4 – 8 December 2023

8.00am – 10.00am

Badminton Hall, Sports Complex (Level 2)

\$162.00 (Member) | \$216.00 (Guest)

6 – 16 years old

Min. 6 pax, Max. 24 pax

Closing Date: Tuesday, 14 November 2023

BASKETBALL

CSC-LJE SPORTS DECEMBER HOLIDAY BASKETBALL CAMP

Enrol your child in this training camp where they will learn about the value of respect and teamwork as they interact with other kids in this team sport. Limited slots available.

Monday – Wednesday, 4 – 6 December 2023

Basketball Court, Sports Complex (Rooftop)

\$277.56 (Member) | \$292.68 (Guest)

6 – 12 years old, Beginners

AGE GROUP	DAILY TRAINING TIME
6 – 12 years old	8.00am – 10.00am
6 – 12 years old	5.00pm – 7.00pm

The above fee is for 3 training days.

Registration will close upon reaching maximum capacity.



SQUASH

CSC-ULTIMATE SQUASHER YEAR-END HOLIDAY SQUASH CAMP

Suitable for levels 1 & 2 beginners

You will learn:

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

Camp 1: Monday – Wednesday, 20 – 22 November 2023

Camp 2: Monday – Wednesday, 27 – 29 November 2023

9.30am – 11.30am

Squash Courts, Sports Complex (L3)

\$209.63 (Member) | \$237.49 (Guest)

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

6 – 15 years old

Note: The fees are for 3 training days.

Registration will close when the camp has reached its maximum capacity.

TABLE TENNIS

CSC-LJW DECEMBER HOLIDAY TABLE TENNIS CAMP

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

Camp 1: Monday – Thursday, 20 – 23 November 2023

AGE GROUP	DAILY TRAINING TIME
4 – 14 years old	9.30am – 11.30am

Camp 2: Monday – Thursday, 18 – 21 December 2023

GRADE	DAILY TRAINING TIME
4 – 14 years old	9.30am – 11.30am
4 – 14 years old	12.30pm – 2.30pm

Table Tennis Room, Sports Complex (L3)

\$207.36 (Member) | \$311.04 (Guest)

4 – 14 years old

*Fees are for 4 days of training. Registration will close when the camp has reached its maximum capacity.



CHRISTMAS LIGHT-UP

Get ready for a dazzling Christmas Light-Up experience at Chinese Swimming Club! Bring your family and friends to enjoy some live entertainment and even a visit from Santa himself. Mark your calendars and enjoy a magical evening with us!

Friday, 24 November 2023

Follow us on Facebook and Instagram for more updates.

LIFESTYLE (YOUTH & KIDS)

CHRISTMAS-THEMED CLAY PEN STAND

Learn how to make your very own unique Christmas-themed clay pen stand.

Tuesday, 21 November 2023

4.00pm – 6.00pm

Multipurpose Room, Sports Complex (L2)

\$59.40 (Member) | \$73.44 (Guest)

4 – 12 years old

Min. 5 pax

POKEMON GAME DESIGN WORKSHOP

Calling all coding lovers! Have fun learning how to code by creating one of the most popular games – Pokemon! You will learn the art of game design and create a simple yet interactive game using your creativity and imagination.

Wednesday & Thursday, 29 & 30 November 2023

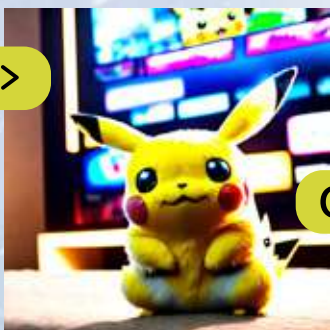
10.00am – 12noon

Lattice Suite, Recreation Complex (L3)

\$280.80 (Member) | \$298.08 (Guest)

5 – 7 years old

Min. 5 pax



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DIRT CUPS (HANDS-ON)

Dirt cups are made with chocolate ganache, crushed cookies, and colourful gummy worms, which are fun and easy desserts perfect for any occasion!

Friday, 1 December 2023

10.00am – 12noon

**Multipurpose Room,
Sports Complex (L2)**

\$70.20 (Member) |

\$86.40 (Guest)

6 – 12 years old

Min. 5 pax



SANTA ON HOT AIR BALLOON

Join us in this paper craft workshop where kids can creatively make their very own Santa on a hot air balloon.

Tuesday, 12 December 2023

4.00pm – 6.00pm

**Multipurpose Room, Sports
Complex (L2)**

\$59.40 (Member) | \$73.44 (Guest)

7 – 12 years old

Min. 5 pax



BUNNY TANGYUAN-MAKING (PARENT-CHILD) (HANDS-ON)

Bond with your child by learning how to make adorable rabbit-shaped glutinous rice balls. You will be guided on how to shape the bunnies step-by-step, input two types of groundnut fillings (made from scratch) and red bean paste. You will be able to cook your bunny tangyuan in osmanthus rock sugar soup and take them home!

Friday, 15 December 2023

10.00am – 12.30pm

**Multipurpose Room,
Sports Complex (L2)**

\$102.60 (Member) |

\$116.64 (Guest)

6 – 12 years old

Min. 5 pairs



CHRISTMAS TREE COOKIE-MAKING (HANDS-ON)

Learn how to bake Christmas tree cookies for your family and friends! Cut the dough into shapes with cookie cutters, bake and decorate them using colourful icing and sprinkles.

Sunday, 17 December 2023

9.30am – 11.30am

Multipurpose Room, Sports Complex (L2)

\$70.20 (Member) | \$86.40 (Guest)

6 – 12 years old

Min. 5 pax

Take home more than half a dozen cookies

Bring an apron, hand towel and container

WUSHU CAMP (BEGINNER)

Wondering where to start if your child is keen to learn martial arts? Come join us in this Wushu Camp where you will learn the basics of the sport. Wushu is a form of martial art where participants will be able to increase movement and agility, both physically and mentally.

Monday & Tuesday, 18 & 19 December 2023

10.00am – 12noon

Lattice Suite, Recreation Complex (L3)

\$108.00 (Member) | \$162.00 (Guest)

5 – 12 years old

Min. 5 pax

DIY GINGERBREAD HOUSE-MAKING (PARENT-CHILD)

Join us in this guided gingerbread house-making workshop with your little ones. You get to assemble, pipe the cream and decorate the gingerbread house using your own imagination! Bring back your own decorated gingerbread house, in time for Christmas. Limited slots available. Register early!

Thursday, 21 December 2023

3.00pm – 4.15pm

**Multipurpose Room,
Sports Complex (L2)**

\$48.38 (Member) |

\$53.78 (Guest)

5 years and above

Min. 6 pairs

Registration closes:

8 November 2023

Limited to 1 set per pair



Members who are unable to join the workshop but wish to purchase the gingerbread house, can order it at **\$41.90** per set.

Image is for illustration purposes only

REINDEER MARSHMALLOW POPS (HANDS-ON)

Reindeer Marshmallow Pops are adorable, sweet treats and would make perfect Christmas gifts! Learn how to melt chocolate and decorate the marshmallow pops with fondant, candies, and pretzels to create reindeer marshmallow pops that are uniquely yours.

Friday, 22 December 2023

10.00am – 12noon

Multipurpose Room, Sports Complex (L2)

\$70.20 (Member) | \$86.40 (Guest)

6 – 12 years old

Min. 5 pax

Take home more than half a dozen marshmallow pops

Bring an apron, hand towel and container



CHRISTMAS REINDEER CAKE (PARENT-CHILD) (HANDS-ON)

Come join in the fun of making your very own Christmas reindeer cake to celebrate the festive season! Bake, assemble and decorate with melted chocolate, chocolate cream and fondant!

Friday, 22 December 2023

1.00pm – 3.30pm

Multipurpose Room, Sports Complex (L2)

\$102.60 (Member) | \$116.64 (Guest)

6 – 12 years old

Min. 5 pairs

Take home a 7-inch Christmas cake

Bring an 8-inch or larger round container



CHOCOLATE GANACHE CAKE WORKSHOP (PARENT-CHILD) (HANDS-ON)

New Year is around the corner! Join us in this year-end countdown cake-baking workshop to usher in 2024. Let's bake, assemble and decorate your cake with chocolate ganache and cream!

Friday, 29 December 2023

10.00am – 12.30pm

Multipurpose Room, Sports Complex (L2)

\$102.60 (Member) | \$116.64 (Guest)

6 – 12 years old

Min. 5 pairs

Bring an 8-inch or larger round container

All prices are inclusive of 8% GST. Please visit our website, call **68850671/68850654** or email **sports@chineseswimmingclub.org.sg/**
lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

A Feast of Festive Flavours



Indulge in the festive spirit with our Christmas Eve buffet dinner and Christmas buffet brunch! Delight your taste buds with a festive spread featuring succulent turkey, honey-baked ham and seafood on ice. Don't forget to take home our delectable Christmas goodies to share the joy with your loved ones. Book your spot today for an unforgettable holiday dining experience!

Christmas Eve Dinner Buffet

Sunday, 24 December

5.30pm - 9.00pm

\$58.80 (Adult), \$28.80 (Child 6-12 Years old)

Man Zhu Café will be closed for the Christmas Buffet set-up from 2.30pm – 5.30pm.
Last order is at 2.30pm.

The à la carte menu will not be available during the Christmas Eve Buffet.

Christmas Brunch

Monday, 25 December

11.30am - 2.30pm

**\$42.80 (Adult),
\$18.80 (Child 6-12 Years old)**

The à la carte menu will not be available during the Christmas Brunch.



Prices are inclusive of 8% GST.



Pre-orders start on
Monday,
27 November 2023

Christmas Goodies

Chocolate Alhambra Log Cake - **\$62.64**

Strawberry Yoghurt Log Cake - **\$62.64**

*Gingerbread Cookies

*Traditional Roast Turkey

*Prices are TBC. Please check our website and social media pages for updates.

The images are for illustration purposes only.

Prices are inclusive of 8% GST.



December Promotion

White Christmas

White chocolate, vanilla powder, milk

Member **\$5.60** | Guest **\$7.00**



Cookies & Cream Cake

Member **\$6.00** | Guest **\$7.20**



Toby's Estate Broadway

Tasting notes: Spice, toffee, dark chocolate

Prices are subject to 8% GST.

OKTOBERFEST 2023



FOOD . BEER . LIVE BAND
Friday, 27 October | 6pm – 10:30pm



Join us for a night of culinary delights and festive melodies at Oktoberfest 2023! We've got an exquisite buffet dinner featuring delectable Bavarian delights. Dig into tantalising dishes such as the Crackling Pork Knuckle and Almond Florentine Barramundi. Catch the ever-popular Swiss Alpine Lions as they perform captivating tunes comprising a unique blend of Swiss, German and Austrian classical and folk music. Make your reservations now!

BUFFET, NO BEER

Member: **\$59.40** | Guest: **\$70.20**

BUFFET, WITH BEER (2 Mugs)

Member: **\$70.20** | Guest: **\$81.00**

Child (6 – 12 years old): **\$30.24**

All prices are inclusive of 8% GST. Man Zhu Cafe will be closed for Oktoberfest buffet set-up from 2.30pm – 6.30pm. Last order is at 2.30pm. No à la carte will be served during the buffet.

SWISS ALPINE LIONS





October Promotion



Spooky Lychee
Lychee, rose, strawberry,
coconut water

Member	Guest
\$5.60	\$7.00



Halloween Monster

Member	Guest
\$6.00	\$7.20



Tiong Hoe Specialty Coffee
Sumen-Mala Coffee Bean

Blend: 50% Indonesia Sumatra Mandheling | 50% Guatemala La Providencia

Roast: Medium dark
Tasting Notes: Earthy, caramel, dark chocolate & apple

Prices are subject to 8% GST.




October Promotion

Every Friday & Saturday

Half Pork Knuckle with Sauerkraut and Potato Wedges: **\$12.80**

Whole Pork Knuckle with Sauerkraut and Potato Wedges: **\$22.80**

Erdinger Beer Tower with complimentary Half Pork Knuckle: **\$60.48**

The above image is for illustration purposes only.
Prices are inclusive of 8% GST.



October & November Whisky Promotion



Johnnie Walker & Sons XR21 Promotion

1 Bottle : **\$170.64**
2 Bottles : **\$324.00**

Prices are inclusive of 8% GST.



Thanksgiving Brunch

Sunday, 26 November
11.30am – 2.30pm

Savour the warmth of the season with a delectable array of mouthwatering dishes such as succulent roasted chicken, seasoned and cooked to perfection. RSVP now to secure your spot for this unforgettable Thanksgiving brunch!

Adult: \$38.80

Child (6 - 12 years old) : \$15.00

Prices are inclusive of 8% GST.
The à la carte menu will not be available during the Thanksgiving Brunch.



November Promotion



**Toby's Estate
Broadway**

Tasting notes: Spice,
toffee, dark chocolate



Creamy Butterscotch

Butterscotch syrup, caramel sauce, vanilla powder, milk, Lotus cookies, Pepero cookies, whipped cream

Member	Guest
\$5.60	\$7.00



Tarte Banoffee

Member	Guest
\$6.00	\$7.20

Prices are subject to 8% GST.



December Whisky Promotion

Macallan 12
\$188.00



Macallan 18
\$528.00

Prices are inclusive of 8% GST.



New Year's Day Brunch

Monday, 1 January 2024

11.30am – 2.30pm

Celebrate the new year in style at Man Zhu Café's brunch event!
Raise a toast to a year filled with good food, great company and
wonderful memories. Reserve your spot now.

Adult: \$42.80

Child (6 - 12 years old): \$18.80

Prices are inclusive of 9% GST.

The à la carte menu will not be available during the New Year's Day Brunch.



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- * Valid till 31 December 2023.
- * Passion Group reserves the right to amend these terms & conditions with or without prior notice.

PESTA SUKAN 2023

Chinese Swimming Club's various sports teams took part in Pesta Sukan 2023, also known as the Festival of Sports, where schools and teams come together to compete and celebrate through sports.

Congratulations to all our winners!

Pickleball

Men's Singles (Beginner)
Champion: Zachary Chua
2nd Runner-Up: Ng Ka Wei

Masters Men's Doubles
Champion:
Pang Hian Tee and partner

Masters Men's Doubles (Intermediate)
Champion:
Desmond Phoa and partner

Senior Men's Doubles
2nd Runners-Up:
Pang Hian Tee and partner

Senior Women's Doubles
2nd Runners-Up:
Lucienne Tan and partner

Mixed Doubles (Beginner)
2nd Runners-Up:
Vincent Lim and Sharlaine Phang

Open Mixed Doubles (Intermediate)
2nd Runners-Up:
Desmond Phoa and partner

Team Challenge
2nd Runners-Up:
Pang Hian Tee and partner



CSC MM4



CSC MM2 & CSC MM3
Photo Credit: Team Nila



Swimming

Total Swimmers: 160

Medal Tally
Gold: 20
Silver: 26
Bronze: 27

Artistic Swimming

25m Back Kick
(7 – 10 years old)

Silver: Halley Teo

25m Back Layout Head First
(11 – 12 years old)

Bronze: Ruth Mikayla Lim

Water Polo

5th Position: Under-10
2nd Position: Under-12
Champion: Men's Open

Squash

Girls Under-12
Champion: Kelihla Cheong
(Team Kpuff Girls)

Mixed Masters
5th Position: CSC MM4
7th Position: CSC MM2
9th Position: CSC MM3
11th Position: CSC MM1

Table Tennis

Open Team
Joint 3rd Position: CSC Team Hurricane

Women Singles – (35+)
Joint 3rd Position: Eve Zhang Yan
and Jalaja Bhat

Mixed Doubles Combined (90+)
Joint 3rd Position: Bryan Taguiga & Mabel Ang

5th CSC Super Junior Swimming Invitational 2023

The 5th CSC Super Junior Swimming Invitational 2023 held on 7 to 9 July 2023 returned with a bang! Our swimmers demonstrated extraordinary skills and unwavering determination. Congratulations to all our medallists, the MVPs and also Chinese Swimming Club for winning the Overall Club Winner! We also had an exciting lucky draw, where the winner walked away with a Simmons® BackCare® Kids 2 mattress worth \$3,500! Wrapping up the event was a surprise birthday celebration for our Club President, Mr Victor Chia!

A heartfelt thank you to all our sponsors for making the 5th CSC Super Junior Swimming Invitational 2023 a success!

Platinum Sponsors



Gold Sponsors



Other Sponsors



Photo Credit: Tommy Low



Swim Kick Challenge Series 2

Making waves and memories together! Our kids, ages between 5 to 8 years old and their parents dove into the fun and friendly swimming race, the Swim Kick Challenge Series 2 on 27 May 2023! It created a joyous atmosphere, strengthening family bonds.



SwimSafer June Holiday Camp

The SwimSafer programme is a national water safety programme designed to teach participants how to stay safe around aquatic environments.

A total of 28 swimmers (16 Bronze, 9 Silver, 3 Gold) took part in the SwimSafer Camp during the June holidays on 6 to 9 June 2023.



CSC Midget Meet 2023

On 22 July 2023, the CSC Midget Meet 2023 made a splash at Chinese Swimming Club. Our 58 young budding swimmers, from B3 to Little Fish, from ages 5 to 9 years old, showcased their aquatic skills at the various events, cheered on by excited families. The event helped the swimmers build their confidence and fostered teamwork and sportsmanship, creating cherished memories for the participants.



18th National Swimming Championship

A huge congratulations to our swimmers for clinching medals for their respective events at the 18th National Swimming Championship! A special shoutout to Mikkell for receiving the Neo Chwee Kok Cup for the men's 100m freestyle and setting two new meet records for the men's 50m butterfly during the preliminary round and final! Well done, CSC Swim Team!



Photo Credit: Tommy Low



16 MEDALS WON
2 Gold 6 Silver 8 Bronze



2 MEET RECORDS



L-R Melanie Chong, Reagan Cheng and Randall Neo



Kyan Low (Right) represented Singapore in Triathlon.

Commonwealth Youth Games

Congratulations to our exceptional athletes for representing Singapore at the 2023 Trinbago Commonwealth Youth Games held from 4 to 11 August 2023.



World Aquatics Championships 2023

We are extremely proud of Mikkell Lee, who represented Singapore in the World Aquatics Championships 2023 held in Fukuoka from 14 to 30 July 2023 for the men's 50m butterfly.



Tedd Windsor Chan

45th SEA Age Group Swimming Championships 2023

What an incredible 3-day swim it was at the 45th SEA Age Group Swimming Championships 2023 held on 24 to 26 August 2023 in Jakarta, Indonesia. We are extremely proud of our 32 swimmers and coaches, Wang Tao and Zhang Chanyan for flying the Singapore flag high. A special shoutout to Tedd Windsor Chan for setting the National Boys' 14U record and meet record in the men's 50m backstroke with a time of 27.05 seconds!

Congratulations to all the swimmers! Your outstanding dedication and talents have made us proud. We would also like to thank the parents for being your child's number 1 cheerleader!

Gold Medal

Tedd Windsor Chan: Boys 50m Backstroke (U14 National Record & Meet Record)

Jerrel Ong: Boys 50m Breaststroke, Boys 100m Breaststroke, Boys 200m Breaststroke

Julian Lee: Boys 100m Backstroke, Boys 200m Backstroke

Silver Medal

Benjamin Tan: Boys 100m Breaststroke

Lawrence Lim: Boys 200m Butterfly

Marcus Ong: Boys 50m Freestyle

Timothy Cheah: Boys 200m Individual Medley

Tedd Windsor Chan: Boys 50m Freestyle

Tedd Windsor Chan, Julian Lee, Marcus Ong:

Boys 4x100m Medley Relay

Birdie Gan: Girls 200m Butterfly

Isabelle Cheah: Girls 50m Breaststroke

Bronze Medal

Tedd Windsor Chan,

Timothy Cheah:

Boys 4x200m Freestyle Relay

Timothy Cheah: Boys 400m Individual Medley

Jeriel Lee, Kate Ona:

Girls 4x200m Freestyle Relay

Jeriel Lee, Julian Lee:

Mixed 4x100m Medley Relay



Celebratory Lunch

A celebratory lunch was held on 19 August 2023 to celebrate our swimmers who have proudly represented both our Club and Singapore on the international stage. The swimmers were lauded for their determination, exceptional talents and unwavering dedication to the sport. We wish for our swimmers to continue achieving their goals that they have set for themselves and the team.

Badminton

Badminton Section Team Challenge

Held on 30 July, 4 and 7 August 2023, 40 section members took part in the yearly challenge and were split into four teams. The teams showcased their strategic prowess and agility, which unfolded captivating and exciting matches. After the challenging matches, the players finally let loose and celebrated their hard work with a well-deserved feast and a few rounds of beers at Man Zhu Alfresco. Attractive prizes including rackets, bags and accessories were awarded to all four teams!



Friendly Game with Penang Sports Club

Chinese Swimming Club hosted a Badminton Friendly Game with the esteemed Penang Sports Club on 1 September 2023. The match not only showed their sporting prowess, but sportsmanship amongst the players as well. It was a memorable and enjoyable friendly game that celebrated both the sport and bonds the players from both clubs have forged.



16th CSC Age Group Badminton (Invitational) Tournament

The 16th CSC Age Group Badminton (Invitational) Tournament was a roaring success, attracting a record of 1359 participants! The 7-day event, from 4 to 10 September 2023 showcased the participants' talents from various age groups, from juniors to seasoned veterans. There was an electrifying atmosphere of competition and camaraderie, with the players displaying resilience, techniques and enthusiasm on the courts. Congratulations to all the winners!

We are honoured to have the Singapore Badminton Association President, Mr Lawrence Leow grace the finals and present prizes to the winners.

Thank you to the following sponsors for making this event possible:

Platinum Sponsors

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ONE-STOP Transportation & Moving Specialist

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Your Preferred IT Partner

Silver Sponsors

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SBA PHS 2 SANCTIONED AGE GROUP SERIES



Photo Credit: Jerry Goh

Basketball

CSC-LJE Sports June Holiday Basketball Camp

Our junior members attended the CSC-LJE Sports June Holiday Basketball Camp held from 29 to 31 May 2023. They had the opportunity to learn fundamental techniques such as dribbling, shooting and teamwork. The coaches led engaging drills and friendly competitions which fostered friendships and sportsmanship among the participants. It was an enriching and memorable experience for the kids to nurture their love for basketball.



Billiards & Snooker

National 9-Ball Open Championship 2023

Aloysius Yapp emerged victorious at the National 9-Ball Open Championship 2023, which was held from 15 to 23 July 2023. He secured an impressive 11-6 victory. His strategic shots and executions earned him a well-deserved triumph. Congratulations, Aloysius!



Photo Credit: Cuesports Singapore Facebook

Bowling

Bowling Section Bi-Monthly Medal

Our Bowling section members came together for an exhilarating competition during the bi-monthly medal held on 28 May & 30 July at 12 Lanes Bowling Alley. The events buzzed with friendly rivalry and camaraderie, as they showcased their talents, striving for strikes and spares. Congratulations to all the winners of both events!

28 May: Bi-Monthly Medals Winners



L-R

2nd Runner-Up for the Open Category, Bryan Lee (Right)
1st Runner-Up for the Classified Category, Joseph Sng (Left)

30 July: Bi-Monthly Medals Winners



L-R

1st Runner-Up for the Open Category, Amber Lim (Right)
1st Runner-Up for the Classified Category, Tan Kayne Jin (Right)

Open Category

Champion: Ong-She Na
2nd: Elliot Tan
3rd: Bryan Lee

Classified

Champion: Joe Soong
2nd: Joseph Sng
3rd: Han Sah Lee

Open Category

Champion: Robin Teo
2nd: Tan Kayne Jin
3rd: Bryan Lee

Classified

Champion: Mildred Lim
2nd: Amber Lim
3rd: Ivan Teo

26th Inter-Club Bowling Mixed League

CSC hosted week 9 of the 26th Inter-Club Bowling Mixed League on 22 June 2023 and welcomed teams from National Service Resort & Country Club, Serangoon Gardens Country Club, Singapore Swimming Club, Singapore Recreation Club and Seletar Country Club. The event not only highlighted the bowlers' prowess but also emphasised the spirit of sportsmanship that brought the bowling community closer together. The Chinese Swimming Club team won 5-0 against Singapore Swimming Club! Congratulations!



Week 9 - Bowlers from CSC & SSC



Contract Bridge

National Day President's Challenge Bridge Pairs Event

On 5 August 2023, Contract Bridge enthusiasts gathered to engage in friendly matches for the National Day President's Challenge Bridge Pairs Event, supporting a good cause. The players strategised and bid their way to victory, creating an atmosphere of excitement.

They were treated to a potluck Nyonya lunch buffet session, contributed by some of the players. An air of excitement prevailed as the event culminated with a lucky draw for participants who donated to the President's Challenge. This event brought together the bridge community and it was indeed heartwarming and entertaining.



Congratulations to the 3 pairs with the top scores:

Francis Pavri
& Moo Young Shu

Chia Chee Liong
& Khoo Beng Yang

Chiang Woon Seng
& Lim Boon Eng



Contract Bridge Beginner's Classes

The Contract Bridge Beginners' Classes were held every Tuesday evening from 11 July to 22 August 2023. The participants learnt the basics of Contract Bridge and were taught to think strategically and interact with the other players. They had an enjoyable time learning this intellectually stimulating card game. We look forward to seeing them at our section training held every Wednesday and Saturday!

Golf

CSC Fun Golf

In a delightful twist to the traditional golf game, our golfers were engaged in a golf novelty game, which brought a sense of excitement to the course at Keppel Club on 1 June 2023. Once they finished the game, they were paired at random and their combined scores determined the top 5 pairs of this novelty game. With an odd number of participants, the golfer who drew the "joker" card will have his/her score doubled to compete with the other pairs. Simon Chin drew the "joker" card, and doubled his score, creating a thrilling twist that ultimately resulted in his victory by a mere one-point margin. Well done, Simon!

We would also like to congratulate Koh Eng Tat for scoring a hole-in-one at Keppel Club, Hole 3!



CSC Golf Forest City Experience

Golf enthusiasts enjoyed an exhilarating 2-day, 1-night golf experience at Forest City Golf Resort in Johor Bahru, Malaysia on 27 and 28 June 2023. The 22 golfers played a total of 2 golf games at Legacy and Classic Courses. The lush green fairways of the courses provided the perfect backdrop for friendly competition and camaraderie among participants.



CSC Golf Medal at Marina Bay Golf Course & Section Night

Our dedicated golfers took on the challenging Golf Medal competition that was held at Marina Bay Golf Course on 21 July 2023. Despite the scorching heat, the golfers strategised their shots, demonstrating their unwavering passion for the sport.

The golfers ended the evening with a delightful dinner. The friendships of the golfers grew stronger, with laughter and conversations flowing freely. Adding the excitement to the event was a lucky draw, where golfers waited eagerly to win enticing prizes.



Congratulations to the Golf Medal winners!

Division A

Winner: Christopher Mok

1st Runner-up: Anthony Chan

2nd Runner-up: David Neo

Division B

Winner: Jackie Tan

Runner-up: Serena Lau

2nd Runner-up: Max Tan

Pickleball

Pickleball Friendly Match at Singapore Island Country Club

On 10 June 2023, 16 of our Pickleball section members represented Chinese Swimming Club for their very first friendly match against Singapore Island Country Club. The game saw participants from both clubs exhibiting unwavering determination and exceptional skills on the court. The score remained neck-and-neck throughout the match, creating a sense of suspense. It ended with a draw of 8-8. Well done team Chinese Swimming Club for putting up an incredible fight!



Introduction to Pickleball

The first session of Introduction to Pickleball was held on 1 August 2023, welcoming beginners to this sport. Led by Pickleball Coach, Janet Lye, participants were introduced to pickleball, which combines aspects of badminton, table tennis and tennis. They also learnt basic techniques, including the proper grip, forehand, backhand and the dink – a delicate and controlled shot before moving on to more advanced skills. Participants took turns practising hitting the ball with the paddle and had a delightful pickleball experience.



Squash

CSC-Ultimate Squasher June Holiday Squash Camp

The CSC-Ultimate Squasher June Holiday Squash Camp held on 5 & 6 June 2023 was a smashing success, thanks to our dedicated coaches and enthusiastic participants. Our junior participants had the opportunity to improve their techniques, refine their skills and fine-tune their footwork through exciting drills and friendly matches. Beyond the court, lifelong bonds were forged as they cheered each other on and encouraged one another through challenges.

6th CSC Squash Handicap & Junior Tournament 2023 FOR President's Challenge

The 6th Edition of the CSC Squash Handicap and Junior Tournament was held from 29 June to 1 July 2023. It also marked a significant milestone by introducing a junior category this year. The young players showcased their talents, skills and impressive sportsmanship, adding to the exciting dynamic of the event. In the adult category, the competition saw skillful rallies, where the players displayed their prowess. Congratulations and fantastic play to all the participants and winners!

We would like to take this opportunity to thank all participants, parents, sponsors and donors for making this charity event a huge success!



Open Handicap Category

Champion: Chua Man Tong
2nd Position: James Nicholas
3rd Position: Kok Tsung-Hao
4th Position: Joel Leon Ng

5th Position: Terence Teo
6th Position: Jason Lim
7th Position: Ng Eik Pin
8th Position: Bharat Khanna

Junior Category

Champion: Taliah Cheong
2nd Position: Timothy Kok
3rd Position: Nic Tay
4th Position: Gabriel Chew



L-R
 CSC Club Vice-Captain, Mr Dick Lee with Nic Tay (Right)
 CSC Club Captain, Mr John Chew with Ng Eik Pin (Left)
 CSC Club Vice-Captain, Mr Dick Lee with Kelihla Cheong (Right)
 CSC Squash Convenor, Mr Ng Eik Pin with lucky draw winner, Michel Ng (Right)

SEA Junior Individual Championship 2023

Taliah Cheong's impressive performance led her to secure second place in the Girls' U15 Category in the SEA Junior Individual Championship 2023 held in Bangkok, Thailand from 27 July to 2 August 2023. She navigated her way through challenging matches and ultimately earned her well-deserved spot on the podium. Well done, Taliah! This success is just the beginning of your remarkable journey in the world of squash!



Taliah Cheong (Left)
 Photo Credit: Singapore Squash

Table Tennis

June Holiday Table Tennis Camp

The June Holiday Table Tennis Camp held from 12 to 15 June 2023 was an absolute blast! Over the course of 4 days, the kids joined the daily training sessions led by our experienced coaches. They were conducted in an engaging manner to enjoy the sport while paddling. The coaches taught them essential fundamental skills which are applicable to competitions. We look forward to hosting the next holiday camp in September!



STTA Inter Full-Members Table Tennis Mini-Competition 2023

Chinese Swimming Club emerged champions at the STTA Inter Full-Members Table Tennis Mini-Competition 2023 held on 18 June 2023. They were up against opponents from various clubs and organisations, and strategically outmanoeuvred them, securing pivotal points with powerful serves and shots.

CSC Table Tennis Section Members Night 2023

On 3 July 2023, our Club hosted the Table Tennis Section Members Night 2023 after a hiatus of 3 years. The atmosphere was filled with laughter as the paddlers shared stories and experiences as they indulged in a sumptuous dinner. The highlight of the evening was the exciting lucky draw, where members stood a chance to win some fantastic prizes. It was a memorable night for everyone who had a wonderful time together.



Hong Kah North CSN Table Tennis Tournament 2023

CSC Team Hurricane clinched second place in the Hong Kah North CSN Table Tennis Tournament 2023 held on 16 July 2023. The team's impeccable coordination and strategic gameplay propelled them to finish second.

CSC Team Tornado also displayed outstanding performance and sportsmanship as they managed to reach the quarter-final in this tournament.

Congratulations to both teams!



CSC Team Hurricane

Tennis

CSC Junior Singles 2023 Series 2

During the CSC Junior Singles 2023 Series 2 held from 20 to 21 May 2023, the budding young tennis players of the Under-10s and Under-14s categories showcased their talents and skills on the court. Unfortunately, the matches on 21 May were cancelled due to adverse weather conditions. However, their spirits remained high as they awaited the rescheduled matches. The matches resumed on 29 June, and they picked up right where they left off. The players returned to the court with enthusiasm and determination, highlighting their abilities to perform under pressure.

Congratulations to all winners!



Under-10s

Champion: Jonathon Lee
1st Runner-Up: Ethan Luke Ng
2nd Runner-Up: Zoe Low
3rd Runner-Up: Damien Poh



Under-14s

Champion: Jonathan Tjandra
1st Runner-Up: Kate Yap
2nd Runner-Up: Brian Hartono



CSC Family Challenge 2023

On 27 May 2023, the CSC Family Challenge 2023 took centre stage, filling the courts with laughter and excitement. It showcased the unique bonds between family members as they rallied against one another in a friendly yet competitive atmosphere. This event not only displayed their skills and teamwork, but also brought together families and friends who share a love for the game of tennis.

Congratulations to the following winners!

Champion: Rick Hartono & Brian Hartono
1st Runner-Up: Wang Yi-feng & Austin Wang
2nd Runner-Up: Wang Yi-feng & Dylan Wang
3rd Runner-Up: Lee Yee Seng & Jonathon Lee



CSC Tennis Veteran Singles 2023

The CSC Tennis Veteran Singles 2023 held on 27 May 2023 showcased the players' passion for the sport and their indomitable spirit. The courts witnessed a display of finesse, with their precise serves and impeccable footwork. Congratulations, Raul for your well-deserved win!

Champion: Raul de Ocampo



CSC Tennis Men's Doubles Open

In a thrilling display of teamwork, the CSC Tennis Men's Doubles Open unfolded with intensity camaraderie on 2 June 2023. The courts reverberated with strategic plays and deft volleys as they vied for victory. After the intense matches, Kai San and Alex clinched the title in the Men's Doubles Open! Well done for your outstanding performance!

Champion: Koh Kai San & Alex Ho

Water Polo

Singapore Water Polo National League 2023

Our Under-10 and Under-14 Water Polo trainees took part in the Singapore Water Polo National League held at Our Tampines Hub from 29 April to 10 June 2023. Congratulations to our young trainees on their achievements!



Our Club then secured second place in the Under-16 category of the Singapore Water Polo National League held at Our Tampines Hub from 1 to 16 July 2023. Well done, Water Polo team!

CSC 10U
3rd Runners-Up and MVP:
Noah Castro

CSC Ironman 14U
3rd Runners-Up in Division Two
and MVP: Manaaki MacFarland

CSC Thor 14U
1st Runners-Up in Division One
and MVP: Phua Guan Yu



Photo Credit: Ron Tai

ActiveSG Water Polo League Season 2

An amazing achievement by our Under-14 and Under-12 Water Polo Teams who won the gold medal in their respective categories at the ActiveSG Water Polo Internal League Season 2!

We are proud of you boys and girls!

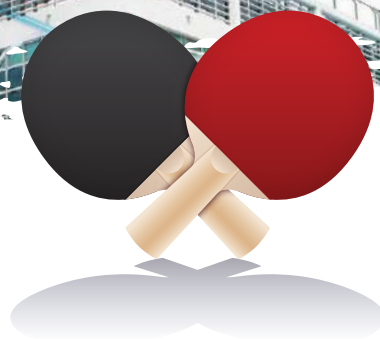


Give your child a good start at CSC-LJW Table Tennis Academy

Training available for 4 years old and above.

Want to know more?

Contact Jonathon Loh @ 68850671 or Jonathon_Loh@chineseswimmingclub.org.sg.



Li Wanxiang
Head Coach

CSC-Li Jia Wei Table Tennis Academy

Introduction

Head Coach, Mr Li Wanxiang, has been coaching since 1984 and has more than 39 years of experience coaching junior and youth trainees. Prior to relocating to Singapore, Coach Li was coaching two academies in Beijing with over 300 trainees. He believes in providing hands-on training to his students and hopes to impart his knowledge and make each lesson enjoyable and fruitful.

Players groomed



Zhang Xueling

SEA Games 2005 Gold Medallist

- Women's Team
- Women's Singles
- Women's Doubles
- Mixed Doubles



Li Jia Wei

2010 World Team Table Tennis Championships Gold Medallist
2x Olympic Medallist
(2008 – Silver, 2012 – Bronze)
19x Commonwealth Games Gold Medallist (1997 – 2010)
21x SEA Games Gold Medallist (1998 – 2007)



Guo Yan

3x Asian Cup Women's Singles Gold Medallist (2005, 2007 & 2011)
2x World Cup Women's Singles Gold Medallist (2006 & 2010)

Basketball

CSC-LJE Sports Junior Basketball Training

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

Thursday, 5.00pm – 6.15pm

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

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

Basketball Court, Sports Complex (Rooftop)

\$118.80 (Member) | \$194.40 (Guest)

Juniors (6 – 14 years old)

The above fees are based on 4 sessions a month. Additional lessons will be billed accordingly, should there be a lesson on the 5th week month.

Guests are required to pay a refundable 1-month deposit.



Bowling

Bowling Learn-To-Play for Kids

Saturdays, 10.00am – 11.00am

12 Lanes Bowling Alley, Sports Complex (L1)

\$118.80 (Member) | \$194.40 (Guest)

Juniors (11 – 14 years old)

Development Bowlers

Saturdays, 1.30pm – 3pm & 3pm – 4.30pm

12 Lanes (Bowling Alley), Sports Complex (L1)

Member: \$129.60 (4 classes per month)

Guest: \$172.80 (4 classes per month)

9 years old and above

*Lane fees and shoe rental included

Bowling Private Coaching

12 Lanes (Bowling Alley), Sports Complex (L1)

From \$86.40 per hour per trainee

Up to 4 trainees in a group

*Lane fees will be paid separately to the 12 Lanes counter

Pickleball

Pickleball Training with Coach Janet

Come join our club resident's coach Janet and embark on your pickleball journey!

**Thursday, 7.00pm – 9.00pm
(Beginner)**

**Saturday, 7.00pm – 9.00pm
(Intermediate)**

Basketball Court, Sports Complex (Rooftop)



Coach Janet Lye

	Members	Non-Members
Beginners (2 hours/week – consists of 1.5 hours of coaching & 0.5 hours of play)	\$190.08 (4 lesson per module)	\$216 (4 lesson per module)
Intermediate (2 hours/week – consists of 1.5 hours of coaching & 0.5 hours of play)	\$280.80 (4 lessons per module)	\$319.68 (4 lessons per module)
Private Coaching Members only (1 pax)	\$102.06 (4 lessons per module)	Not applicable
Private Coaching Members only (2 pax)	\$50.76 (4 lessons per module)	Not applicable

Squash

CSC-Ultimate Squasher Junior Squash Programme

If you are eager to take your child's squash game to the next level, come join our Junior Squash programme conducted by experienced squash coaches who have a deep passion for the sport.

Wednesdays

3.00pm – 4.30pm (L3), 4.00pm – 5.30pm (L1)

Thursdays

3.00pm – 4.00pm (L1), 4.00pm – 5.30pm (L1)

4.30pm – 5.30pm (L3)

Sundays

9.00am – 10.00am (L1), 10.00am – 11.30am (L2)

Squash Courts, Sports Complex (L3)

Member: \$328.32 (1-hour training session per week)

\$492.48 (1.5-hour training session per week)

Guest: \$371.52 (1-hour training session per week)

\$557.28 (1.5-hour training session per week)

6 years old and above

Min. 3 pax

8 lessons per term



CSC-Ultimate Squasher Adult Squash Programme

Benefit from the training, skills development, and camaraderie that our adult program offers. Come join our programme and be ready to elevate your game.

This programme is suitable for participants 20 years old and above.

Sundays, 3.00pm – 4.30pm & 4.30pm – 6.00pm
Squash Courts, Sports Complex (L3)

Member: \$548.64 (1.5-hour training session per week)
 Guest: \$622.08 (1.5-hour training session per week)
 Min. 2 pax
 8 lessons per term

Swimming

CSC Swim Kick Challenge Series 4

Saturday, 18 November 2023
Water Polo Pool, Sports Complex (L1)

\$59.40 (Members only); Maximum of 4 events
 Eligibility: CSC Learn to Swim Green, Orange, Little Fish and Pre-Competitive Juniors aged 5 to 8 years old



Table Tennis

Table Tennis Adult Group Training

Under resident coach Kelvin, our adults' training program will teach the rules and fundamentals of table tennis to those new to the sport, while veterans will further hone their skills and basic game techniques.

Friday, 9.00am – 10.30am
Table Tennis Room, Sports Complex (L3)

\$162.00 per month (Member)
 \$194.40 per month (Guest)
 Min. 3 pax, Max. 6 pax

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



Taekwondo

Taekwondo Junior Training Programme

Embark on a journey of self-discovery, discipline, and physical fitness by joining our Taekwondo Junior Training programme.

Whether you are a beginner keen to learn the basics or an experienced practitioner looking further to hone your skills, our programme caters to children of all ages and skill levels. Sign up for a free trial now!

Sundays

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

Activity Suite, Sports Complex (L3)

\$48.60 per month (Colour Belt)
 \$37.80 per month (Poom/Black Belt)
 Members only



Water Polo

Flippa Ball Programme

Saturdays, 6.15pm – 7.30pm
Beginners' Pool, Sports Complex (L1)

\$64.80 per month (Member)
 \$86.40 per month (Guest)
 6 – 12 years old

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

Junior Water Polo Training Programme

Mondays, Wednesdays & Saturdays, 6.15pm – 8.15pm
Fridays, 7.30pm – 9.30pm
Water Polo Pool, Sports Complex (L1)

\$140.40 per month (Member)
 \$216.00 per month (Guest)
 9 – 16 years old

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

All prices are inclusive of 8% GST.



FRIGHTFUL FAMILY FIESTA: A Halloween Extravaganza



Join us for a spook-tacular Halloween extravaganza! Come dressed in your best Halloween costumes and enjoy fun activities, treats and more. A family-friendly Halloween that promises laughter and a boo-tiful time for all!

SPOOKY FINGERS COOKIES (HANDS-ON)

Prepare cookie dough from scratch and have great fun shaping spooky fingers and decorating them with coloured icing and almonds!

Sunday, 22 October 2023

10.00am – 12noon

Multipurpose Room, Sports Complex (L2)

\$59.40 (Member) | \$75.60 (Guest)

6 – 12 years old

Min. 5 pax

Take home more than half a dozen spooky fingers
Bring an apron, hand towel and containers



HALLOWEEN MOVIE MARATHON

Saturday, 28 October 2023

1.00pm – 6.00pm

Grand Ballroom, Recreation Complex (L2)

Complimentary for members

Guest fee applies

Attractive prizes to be won for the Halloween Best-Dressed contest! (For children below 12 years old)



MINI HALLOWEEN SPIDER PIZZAS (PARENT-CHILD, HANDS-ON)

Don your apron and master the art of creating mini-Halloween Spider Pizzas! You will get to prepare pizza dough from scratch and decorate it with 'spiders' and cheese!

Sunday, 22 October 2023

1.00pm – 4.00pm

Multipurpose Room, Sports Complex (L2)

\$102.60 (Member) | \$118.80 (Guest)

6 – 12 years old

Min. 4 pairs

Take home more than half a dozen mini pizzas
Bring an apron, hand towel and containers



The images are for illustration purposes only.



Red & White Party Night

Our members and guests were decked in red and white for the Red & White Party Night on 5 August 2023, showcasing their passion for Singapore by dancing and singing enthusiastically along to familiar National Day Songs!



Durian Party 2023

We had a huge turnout for our popular all-you-can-eat durian party on 6 August 2023! Our members and guests indulged in the rich, distinct flavours of the durians and engaged in lively conversations about the king of fruits, fostering a sense of community among our durian aficionados!

Kids Arts Camp

The Kids Arts Camp provided a fun and engaging experience for the children on 30 May 2023. They learned the basics of acrylic painting techniques and were introduced to the vibrant and colourful world of Romero Britto-style acrylic painting. They were able to express themselves artistically by creating their own masterpieces.



Street Jazz & Hip-Hop Workshop

The young dancers filled the room with energy and rhythm at the Street Jazz and Hip-Hop Workshop, held on 6 June 2023. The instructor introduced basic choreography to the children, with easy dance moves and footwork. It was a remarkable session that not only nurtured their love for dance but also instilled self-expression within each participant.

Dance

Latin/Standard Ballroom Dance (For all levels) – 8 sessions

Fridays, commencing 27 October 2023

Mondays, commencing 30 October 2023

8.30pm – 9.30pm

Activity Suite, Sports Complex (L3)

\$81.00 (Member) | \$106.92 (Guest)

Min. 4 pax

Line Dance Beginner Intermediate – 10 sessions

Tuesdays, commencing 10 October 2023

12.45pm – 2.00pm

Activity Suite, Sports Complex (L3)

\$89.10 (Member) | \$121.50 (Guest)

Min. 10 pax

Line Dance Beginner Advanced – 10 sessions

Tuesdays, commencing 5 December 2023

2.00pm – 3.30pm

Activity Suite, Sports Complex (L3)

\$105.30 (Member) | \$137.70 (Guest)

Min. 10 pax

Sundays, commencing 17 December 2023

1.30pm – 3.00pm

Multipurpose Room, Sports Complex (L2)

\$105.30 (Member) | \$159.30 (Guest)

Min. 10 pax

Solo Latin Dance For Ladies – 8 sessions

Wednesdays, commencing 18 October 2023

3.00pm – 4.00pm

Activity Suite, Sports Complex (L3)

\$108.00 (Member) | \$133.92 (Guest)

Min. 8 pax

Dance Parties

Be part of our dance parties and experience an evening of electrifying music and non-stop fun. Prepare to groove, show off your moves, and have an incredible night of music and dancing.

Shanghai Night Dance Party



Saturday, 7 October 2023

7.00pm – 11.00pm

Activity Suite, Sports Complex (L3)

\$29.00 (Member) | \$39.00 (Guest)

Christmas Dance Party

Saturday, 23 December 2023

7.00pm – 11.00pm

Activity Suite, Sports Complex (L3)

\$29.00 (Member) | \$39.00 (Guest)

Social Dance Nights

Whether you are a seasoned dancer or someone who loves to move to the rhythm, our social dance nights promise to be a celebration of music and dance.

Saturdays

14 & 21 October | 11, 18, 25 November | 9 & 16 December

7.00pm – 10.30pm

Activity Suite, Sports Complex (L3)

\$9.72 (Member) | \$16.00 (Guest)

*Slots are limited for dance parties and social dance nights. Confirmation is on a first-come, first-served basis. Dates are subject to change. Register online at our website under Fitness & Leisure – Dance.

Exercise

Exercise Flexi-Pass

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 that you can make the most out of your membership. Simply book your next workout session at <https://csc.iontone.com/#/login>.

- \$194.40 for 10 classes with a validity of 3 months.
- Classes can be booked 90 days in advance up until the class commencement date

Note: Terms & Conditions apply.

These are some of the classes featured under Flexi-Pass:

Aqua

Deepwater Aquafit by Poh Leng

Join us for this 60-minute moderate-intensity class which aims to build overall and functional fitness. Held buoyant by floatation belts (provided by the Club), participants can move freely in the water for a full-body workout. This exercise is gentle on the knees as exercising in deep water eliminates all the impact forces on the joints. Suitable for swimmers and non-swimmers.

Thursdays, 8.00am – 9.00am

Cardio

Cardio Dance by Immy Yeo

Cardio Dance Fitness is a total body workout that allows you to dance through a variety of dance styles, including hip-hop, jazz, Latin and other popular music. No dance background is required, everyone is welcome!

Wednesdays, 10.15am - 11.15am

NEW! Cardio Kickboxing by Derick Phan

Combination of martial arts techniques (Karate, Muay Thai, Taekwondo, Brazilian Capoeira), non-contact total full-body workouts burn more calories, increase strength, and improve flexibility. It also involves coordination and balance, with slow and fast movements.

Thursday, 3.00pm – 4.00pm

Kpop X Fitness by Immy Yeo

Kpop X Fitness simplifies Kpop dance moves and incorporates body toning exercises. It is a fun workout where you get to improve your stamina, coordination, and flexibility.

Mondays, 11.30am – 12.20pm

Thursdays, 11.15am – 12.05pm

Zumba Gold by Immy Yeo

Zumba Gold is a simple dance workout with modifications from Zumba Fitness. It is low impact with moderate intensity, easy to follow and helps with blood circulation, balance and coordination. This exercise is suitable for seniors or anyone who prefer a low-impact workout.

Wednesdays, 9.00am – 10.00am

NEW! Zumba by Derick Phan

It is a dance cardio fitness exercise with the best of Latin music-inspired dance moves such as Salsa, Merengue, Reggaeton, Afro beats, Soca, Belly dance, Mambo, Cumbia and mixed with K-pop dance for a little flexibility and fun to make your heart pumping and dancing mode turned on.

Thursdays, 1.45pm – 2.45pm

NEW! Zumba by Erica Hugh

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

Mondays, 10.15am – 11.15am

Mind & Body**NEW! Cirl Mobility by Erica Hugh**

Cirl Mobility is a new programme that involves stretch and flow sequence mat workout designed to tone and lengthen flexibility and provide space for breath. Join Erica on Thursday mornings as she guides you to a great workout!

Thursdays, 10.00am – 11.00am

Mindful Gentle Yoga by Jess

Mindful Gentle Yoga consists of both gentle stretching and strengthening exercises. A variety of props are used during the yoga workout, which includes yoga blocks, dumbbells and yoga belts.

Saturdays, 11.15am – 12.30pm

Strength & Conditioning**NEW! (ABT) Abdominal, Butts & Thighs by Derick Phan**

ABT is a non-aerobics class with movements using bars and weights that focuses on abdominal, butt and thigh exercises. It is a non-stop workout which will make you sweat with selective hard movement by the trainer to achieve a strong core and abdominal, butt and thigh as well as strengthen knees, lower back and joints.

Tuesday, 1.00pm – 2.00pm

NEW! HIIT Sculpt by Derick Phan

HIIT Sculpt is a combination of Total Body Conditioning and High-Intensity Interval Training (HIIT) with bars and weights with repetitive movement which helps to increase your strength and tone your muscles.

Tuesday, 2.15pm – 3.15pm

Dynamic Barre Fusion by Ming

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

Total Body Conditioning by Xavier Tan

Total Body Conditioning is designed to contain challenging exercises that will increase strength, mobility and improve on cardiovascular health conditioning. You will use light hand weights and other workout equipment such as resistance bands and core sliders to train your muscles and build total muscular endurance.



Wednesdays, 7.30pm – 8.30pm



Scan for information and class schedule



Scan to see the full list of Flexi-Pass exercise classes and select "classes" from the drop-down menu

Leisure

Chinese Calligraphy

Mondays, 9.00am – 11.00am

Multipurpose Room, Sports Complex (L2)

\$16.20 (Member) | \$32.40 (Guest)

Chinese Brush Painting

Thursdays, 10.00am – 12noon

Multipurpose Room, Sports Complex (L2)

\$124.20 (Member) | \$156.60 (Guest)

Wellness

Health Talk: Diabetes & Dementia

Join us for the health talk on the two most common illnesses, diabetes and dementia.

Saturday, 14 October 2023

1.00pm – 3.15pm

Lattice Suite, Recreation Complex (L3)

Complimentary for members

Guest fee applies

Talk by Abbott: Decoding Diabetes: Mastering Glucose Management & New Technologies

Talk by Ikare: Let's talk about Dementia Care at Home

Leisure (Youth & Kids)

Wushu Beginners – 4 Sessions

Sundays, commencing 22 October 2023

9.30am – 10.30am

Activity Suite, Sports Complex (L3)

Saturdays, commencing 28 October 2023

7.00pm – 8.00pm

Multipurpose Room, Sports Complex (L2)

\$108.00 (Member) | \$162.00 (Guest)

5 – 12 years

Min. 5 pax per class

Abacus & Mathematics – 4 Sessions

Wednesdays, 5:00pm – 6:30pm

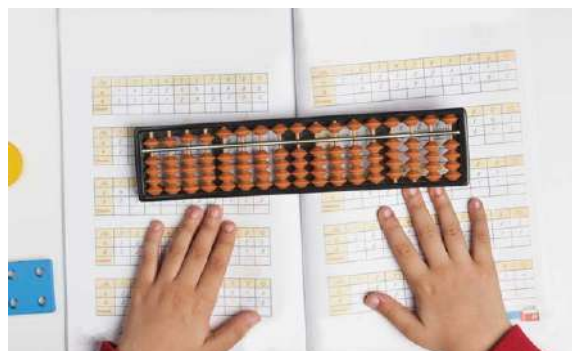
Lattice Suite, Recreation Complex (L3)

\$151.20 (Member) | \$172.80 (Guest)

*Additional \$48.60 registration fee applies

4 – 14 years old

Min. 5 pax, Max. 8 pax



Children's Ballet – 8 Sessions

Embark on your child's ballet journey as they not only discover the joy of movement but also gain lifelong skills and appreciation for the performing arts. Sign up today!

Multipurpose Room, Sports Complex (L2)



Beginners 1 Saturdays 9.15am – 10.15am \$120.96 (Member) \$164.16 (Guest) 3 to 4 years old	Beginners 2 Mondays Saturdays 4.45pm – 5.45pm 8.00am – 9.00am \$164.16 (Member) \$207.36 (Guest) 5 to 6 years old
Primary Beginners Saturdays 10.30am – 11.30am \$164.16 (Member) \$207.36 (Guest) 5 to 6 Years old	Primary Saturdays 11.30am – 12.30pm \$164.16 (Member) \$207.36 (Guest) 5 to 6 years old
Grade 2 Beginners Saturdays 12.45pm – 1.45pm \$241.92 (Member) \$285.12 (Guest)	Grade 2 Saturdays 1.45pm – 2.45pm \$241.92 (Member) \$285.12 (Guest)
Grade 4 Beginners Fridays 3.00pm – 4.00pm \$241.92 (Member) \$285.12 (Guest)	Grade 4 Fridays 4.00pm – 5.00pm \$241.92 (Member) \$285.12 (Guest)
Grade 5 Beginners Mondays 2.45pm – 3.45pm \$241.92 (Member) \$285.12 (Guest)	Grade 5 Mondays 3.45pm – 4.45pm \$241.92 (Member) \$285.12 (Guest)
Grade 6 Beginners Fridays 5.15pm – 6.15pm \$241.92 (Member) \$285.12 (Guest)	Grade 6 Fridays 6.15pm – 7.15pm \$241.92 (Member) \$285.12 (Guest)

Note: Timeslots are subject to availability due to limited slots. Please check for new term dates.

All prices are inclusive of 8% GST.

OPERATING HOURS

ARRIVAL PAVILION

FRONT OFFICE RECEPTION

Daily 8.00am – 10.00pm

MINGLE@AMBER

Daily 8.00am – 8.00pm

LE 乐 PLAYROOM

Tue – Fri 9.00am – 9.00pm

Sat, Sun & PH 8.00am – 9.00pm

(The playroom will be closed on Mondays for cleaning and maintenance. Should a PH fall on a Monday, the cleaning will take place the following day.)

SPORTS COMPLEX

SPORTS RECEPTION

Daily 7.00am – 10.00pm

MAN ZHU CAFÉ

Mon – Thu

12noon – 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 12noon – 11.00pm

Fri & Eve of PH 12noon – 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 3.30pm – 7.00pm

Sat 8.45am – 12.10pm & 3.00pm – 6.20pm

Sun 8.45am – 12.10pm & 3.00pm – 6.00pm

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

WATER POLO POOL*

Daily 6.00am – 9.00pm

(Pool Closure for Swim Training)

Tue – Thu 7.45pm – 8.45pm

GREAT BUBBLE REEF (FUN POOL)

Daily 8.00am – 8.00pm

BADMINTON COURTS (+)

Daily 7.00am – 10.00pm

Peak Period

Mon – Fri 6.00pm – 10.00pm

Sat, Sun & PH Whole Day

(Court Closure For Club Team Training)

Mon & Fri 6.00pm – 10.00pm

(4 – 7 Courts)

(Court Closure For Junior Training)

Mon – Fri (except Thu)

3.00pm – 5.00pm (6 Courts)

Tue 6.00pm – 9.00pm (3 Courts)

Wed 6.00pm – 8.00pm (3 Courts)

Thu 4.00pm – 6.00pm (6 Courts)

& 7.00pm – 9.00pm (3 Courts)

Sat 8.00am – 2.00pm (3 – 5 Courts)

& 6.00pm – 9.00pm (4 Courts)

Sun 12noon – 5.00pm (3 – 7 Courts)

& 7.00pm – 9.00pm (3 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)

Wed 3.00pm – 5.00pm

Thu 3.00pm – 4.00pm

TABLE TENNIS ROOM (+)

Daily 7.00am – 10.00pm

(Closure for Section Training)

Mon 4.00pm – 5.00pm (1 Table)

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 4.00pm – 5.00pm (1 Table)

5.00pm – 7.00pm (3 Tables)

7.00pm – 9.00pm (4 Tables)

9.00pm – 10.00pm (3 Tables)

(Closure for CSC-LJW Table Tennis 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 2.00pm – 5.00pm (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 – 12noon (1 – 2 Courts)

Sun 3.00pm – 8.00pm (2 – 3 Courts)

RECREATION COMPLEX

3 BARS

Sun – Thu: 12noon – 11.00pm

Fri: 12noon – 12midnight

Sat: 12noon – 11.00pm

Band Performing Nights

No Bluez – **Mon:** 8.00pm – 10.30pm

Puzzle Band – **Fri:** 8.30pm – 11.30pm

William & Judy – **Sat:** 8pm – 10pm

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 – Fri 5.45pm – 7.45pm

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 – 12midnight

Sat, Sun & PH

8.00am – 11.00pm

Mon – Sat (excluding PH)

9.00am – 6.00pm

(Manned Hours)

Closure for training subject to changes.

+Bookings can be made online or at the Sports Reception up to 7 days in advance on a first come, first served basis.

*See swimming training schedule during year-end school holidays on our website

CONTACT US

CLUB MAIN LINE

6345 1221 or 6885 0688

GENERAL FEEDBACK

feedback@
chineseswimmingclub.org.sg

PUBLICATION TEAM

Liza Liu

Assistant Manager,
Marketing & Communications

Cavy Low

Graphic Designer

Maung Phyo Win Zaw

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 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**.

CORPORATE MEMBERSHIP

Ponderosa Golf & Country Club,
Johor Bahru

CAMBODIA

Cambodian Country Club,
Phnom Penh

CHINA

Ambassy Club, Shanghai
Shanghai Town & Country Club,
Shanghai

HONG KONG

United Services Recreation Club,
Hong Kong

KOREA

The Seoul Club, Seoul

MALAYSIA

Chinese Swimming Club, Penang
Ipoh Swimming Club, Ipoh
Kulim Club, Kedah
Penang Club, Penang
Penang Sports Club, Penang

PHILIPPINES

Makati Sports Club, Manila

SINGAPORE

One° 15 Marina Club, Singapore
Singapore Swimming Club, Singapore

SRI LANKA

Colombo Swimming Club, Colombo

TAIWAN

American Club, Taipei

THAILAND

The Royal Bangkok Sports Club,
Bangkok
The British Club, Bangkok





CHINESE SWIMMING CLUB

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Chinese Swimming Club
chineseswimmingclub