

FREESTYLE

QUARTERLY MAGAZINE APR – JUN 2024



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REGIONAL NETWORK



Photo Credit: Ponderosa Golf & Country Club

This Issue's Reciprocal Club Feature – PONDEROSA GOLF & COUNTRY CLUB

Tucked away amidst the idyllic suburb of Johor Bahru is Ponderosa Golf & Country Club, just 15 minutes from the city centre. This golf course is the only night facility in Johor Bahru, providing a unique golfing experience. Ponderosa is an eco-friendly development offering a peaceful hideaway, complete with a splendid restaurant and a relaxing pool. The clubhouse exudes a timeless elegance and grandeur.

Please visit our website to view the full list of clubs. 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**.

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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.

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MCI (P) 058/08/2023

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A MESSAGE FROM THE PRESIDENT

Dear Club Members,

I hope this message finds you in good health and high spirits. I have some exciting news to share with you all regarding the upcoming events and developments at our Club.

Firstly, I am delighted to announce that following the successful renewal of our Sports Complex in 2023, the management team has been hard at work brainstorming ways to enhance your experience at the Club so you can visit the Club more frequent and stay longer.

As a result, we are embarking on a journey to refurbish our Recreation Complex to offer you and your family brand-new facilities. Anticipated for completion by end of 2025, this project aims to enhance your Club experience significantly. We will be sharing the plans at our Annual General Meeting on 28 April 2024.

On the culinary front, we are pleased to announce the launch of the QR code ordering system at Man Zhu Café, which allows a seamless and convenient ordering using your mobile phones. Furthermore, our Man Zhu Alfresco now features a delectable BBQ menu, expanding our food options. Keep an eye out for our monthly F&B promotions, including the upcoming Mother and Father's Day buffet brunch.

As the June holidays approach, I encourage you to enrol your children in our Sports Camp and Lifestyle activities, offering them an enjoyable and engaging break to recharge before the new semester begins.

This year marks our Club's 119th Anniversary, and we are excited to share with our members that we will be hosting a Charity Gala on the 5 July 2024, the Club is honoured to have President Tharman Shanmugaratnam and the first lady to grace the event. This Gala not only commemorates our Club's 119th anniversary but also serves as a significant opportunity to support the President's

Challenge and give back to society.

In addition to the Charity Gala, both the Sports & Games Committee and Lifestyle Committee have curated a series of events. Among them, the Charity Golf event on 3 July 2024, at the Tanah Merah Country Club stands out as an excellent opportunity to showcase your skills while contributing to this noble cause. You may refer to page 21 of the magazine for more details. Your presence and support at these events will make a difference.

In the realm of health and wellness, we are excited to introduce the "80s Smash" exercise, offering free trial sessions. Additionally, personalised training classes and buddy packages are available, enabling you to achieve your fitness goals alongside a partner.

I would also like to take a moment to remember and honour our late Patron, Dr Wee Cho Yaw who passed away on 3 February at the age of 95. His legacy of diligence and values have left an enduring impression at our club.

Lastly, I want to express my gratitude for your valued patronage of the Club. Rest assured, we will continue to evolve and adapt to ensure that we remain relevant to your needs and aspirations. Your presence and participation are what make our Club a vibrant and thriving community, and I look forward to seeing you at the upcoming events.

Warm regards,

Victor Chia
President

CSC's 109th AGM

The 109th Annual General Meeting will be held on Sunday, 28 April 2024, 10.00am at the Grand Ballroom Level 2, Recreation Complex. We take this opportunity to highlight the following standing orders to facilitate the smooth-running of the General Meeting.

1. STANDING ORDERS

1. Once the meeting is called to order all members are requested to cooperate with the Chairman so that the General Meeting can proceed in a peaceful and orderly manner.

2. Only matters raised or resolutions proposed by Voting Members not less than 21 days and queries submitted not less than four clear days will be addressed at the Meeting.

3. A member who had submitted a proposed resolution or a query will be granted three minutes to speak on each subject while other speakers will be given one minute and a buzzer will be sounded to signal the speaker when the time is up.

4. Members are requested to seek permission before they speak and not to interrupt others who have the floor.

5. Members are to give their names and account numbers clearly before speaking. This is for official record purposes.

6. Members are advised not to interrupt the speaker during their presentation as time will be allowed for the floor to speak.

7. Voting shall be by a show of hands unless a ballot is demanded by the majority of the Voting Members present and voting. Voting cards will be issued to facilitate tallying of votes by the auditors.

8. If any member disobeys the above Standing Orders and behaves in a disorderly manner, the Chairman has the authority to request the member to leave the Meeting, and if such member refuses to comply with the ruling of the Chairman, he or she will be ruled out of the Meeting.

2. PROCEDURE FOR ELECTIONS

In the event of a contest for positions in the Management Committee and/or Disciplinary Panel, members will be issued with a card to qualify them to collect the voting slips to elect members. Voting booths will be erected outside the Grand Ballroom. Members must present their CSC membership cards together with the voting slip collection cards when collecting their voting slips.

Please do not misplace the voting slip collection card. Once it is issued to a member, it will not be reissued under any circumstances.

The voting slip collection card must be surrendered upon collection of the voting slip. Voting slips are not transferable. Members must vote in person. Any member found transferring their voting slips to another member may be liable for disciplinary action.

Article 10.1

"Principal Members may meet in General Meetings to discuss matters pertaining to the affairs of the Club but only Voting Members may propose and second resolutions and vote thereon."

Article 2A.4

"Principal Members" means Ordinary (Transferable), Life (Transferable) and Associate (Transferable) Members, Principal Membership shall mean the membership of Principal Members.

Article 2A.5

"Voting members" means Ordinary (Transferable) and Life (Transferable) Members only.

Article 10.6

Any Voting Member desirous of raising any matter or moving any resolution at any General Meeting shall give notice thereof in writing to the General Manager/Secretary not less than twenty-one days before the date of such meeting.

Article 10.7

Any Principal Member who wishes to query reports or accounts at an Annual General Meeting shall give written notice to the General Manager/Secretary not less than four clear days, i.e. excluding Sundays and public holidays, before the date of such a Meeting.

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.



A Tribute to Dr Wee Cho Yaw

Patron



Photo Credit: United Overseas Bank

It is with heavy hearts that we bid farewell to our Club Patron, Dr Wee Cho Yaw who passed away on 3rd February at the age of 95.

Dr Wee served as our club's Vice President from 1985 to 1987 and was conferred the Honorary Vice President from 1988 to 2002. In 2003, he became the Club Patron up till his passing. Dr Wee Cho Yaw's legacy of diligence and values left an enduring impression at our club.



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

**CORPORATE
MEMBERSHIP**

\$19,440 4 nominees

Sign up now to enjoy
in spending credits

\$2,000

6345 1221

membership@chineseswimmingclub.org.sg

Spring Festival 2024

The Spring Festival 2024, which was celebrated on 17 February 2024, was an event full of excitement and traditional activities. The event included various fringe activities such as the roving God of Fortune, customized temporary tattoo, lantern-making, muah chee, ice cream, and malt candy stall. The grand welcoming of our Club President, Mr Victor Chia, was accompanied by loud bursts of firecrackers and a captivating lion dance. Members were delighted by the mesmerising performances of the lion and dragon dance, which included the jaw-dropping stunt of climbing the pole, requiring great agility and skill. The plucking of the greens or cai qing, symbolising good luck and fortune, was yet another event highlight. A lively mascot dance added to the festive atmosphere. The event reached its climax with a joyful lo hei session with the Management Committee members, where everyone yelled out well wishes for the year ahead.



Johnnie Walker & Sons XR21 Whisky Dinner

Our members and guests enjoyed a delightful evening filled with laughter, a delicious buffet spread and lively music by the Johnnie Walker & Sons XR 21 Whisky Dinner on 6 December 2023. Here's to a memorable night of great taste, music, and happiness!



Terrazas Wine Dinner

Our members and guests had the pleasure of experiencing an evening filled with Argentinean flavour at the Terrazas Wine Dinner on 18 January 2024. The event showcased an exquisite selection of wines from Argentina and it was guided by Terrazas's Southeast Asia's brand ambassador, Amy Tan. During the event, Amy shared the distinct characteristics of each wine with the guests. We would like to express our gratitude to everyone who attended this wonderful wine dinner. Looking forward to seeing you at the next one!



Cherishing Mothers: Celebrate with Food, Love and Joy

MOTHER'S DAY BUFFET BRUNCH

Create lasting memories with your beloved mother as you share a sumptuous brunch buffet and engage in fun-filled activities designed to celebrate her on Mother's Day.

Sunday, 12 May 2024
11.30am – 2.30pm
Man Zhu Café

\$48.80 (Adult)
\$20.80 (Child: 6 – 12 years old)

The à la carte menu will not be available from 11.30am to 2.30pm.
All prices are inclusive of 9% GST.

For more enquiries and for more information, please contact Man Zhu at **6885 0230** or email **manzhu@chineseswimmingclub.org.sg**.



FOOD WASTE UPCYCLING WORKSHOP (HANDS-ON)

Join us in this workshop, where you will learn how composting and eco enzymes help reduce the amount of organic matter in our landfills. Create your own compost and eco enzymes from food waste that can be used as fertiliser, cleaning agent or deodoriser. All mothers will receive a special gift for this Mother's Day event.

Sunday, 12 May 2024
2.00pm – 3.30pm
Lattice Suite, RC (L3)

\$43.60 (Member) | \$54.50 (Guest)

7 years & above (children aged 5 & 6 years old can join the workshop but will require adult supervision)
Min. 5 pax

All prices are inclusive of 9% GST.



Fathers Deserve the Best

Celebrate Father's Day with our indulgent buffet brunch and special activities for dads. Spend quality time and show your appreciation for the dads in your life.

Sunday, 16 June 2024
11.30am – 2.30pm
Man Zhu Café

\$42.80 (Adult) | \$18.80 (Child: 6 – 12 years old)

The à la carte menu will not be available from 11.30am to 2.30pm.

All prices are inclusive of 9% GST.

For more enquiries and for more information, please contact Man Zhu at **6885 0230** or email **manzhu@chineseswimmingclub.org.sg**.

An instant photo
print-out will be
given to all fathers.
While stocks last.



DAD

June Holiday Activities

Swimming

CSC JUNIOR FUN CAMP 2024

Swimmers in A2 – B3 who are aged 8 to 12 years old are welcome to join our Junior Fun Camp. Create new friendships and have fun during this June Holiday!

29 May – 31 May 2024

Find out more at
<https://www.chineseswimmingclub.org.sg/>.



SWIMSAFER 2

Tuesday – Friday, 4 – 7 June 2024
10.30am – 12noon
Competition Pool, SC

\$226.80 (Members only)
For Bronze, Silver and Gold
Eligibility: CSC Learn to Swim Orange and above

Badminton

CSC BADMINTON CAMP

Monday – Friday, 3 – 7 June 2024
8.00am – 10.00am
Badminton Hall, SC (L2)

\$163.50 (Member) | \$218.00 (Guest)
6 – 16 years old, beginners
Min. 6 participants to commence;
Max. 24 participants
Registration closes Tuesday, 14 May 2024



Basketball

CSC-LJE SPORTS JUNE 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. Sign up fast as slots are limited!

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

Monday – Wednesday, 10 – 12 June 2024
Basketball Court, SC (Rooftop)

\$280.13 (Member) | \$295.39 (Guest)
6 – 12 years old, beginners

Bowling

CSC BOWLING XPERIENCE 3

Explore the exciting world of bowling with us!

Wednesday – Friday, 5 – 7 June, or
12 – 14 June, or 19 – 21 June 2024
12.30pm – 2.00pm or 2.30pm – 4.00pm
12 Lanes Bowling Alley, SC (L1)

\$327.00 (Member) | \$381.50 (Guest)
9 – 16 years old
Min. 3 participants to commence;
Max. 18 participants
Registration closes 22 May (5 – 7 June session),
29 May (12 – 14 June session),
and 5 June (19 – 21 June session)

All prices are inclusive of 9% GST. Please visit our website, call **6885 0671/6885 0654** or email **sports@chineseswimmingclub.org.sg** or **lifestyle@chineseswimmingclub.org.sg** for more information or to sign up.

Squash

CSC-ULTIMATE SQUASHER MARCH HOLIDAY SQUASH CAMP

Suitable for Level 1 & 2 beginners

You will learn:

- Introduction of squash foundation skills
- General squash rules
- Hand, eye and foot coordination skills
- Footwork and movement efficiency

Monday – Wednesday, 17 – 19 June 2024
10.00am – 12noon
Squash Courts, SC (L3)

\$211.57 (Member) | \$239.69 (Guest)
Min. 3 pax; Max. 8 pax per 2-hour timeslot
6 – 15 years old

The above fee is for 3 training days.
Registration will close upon reaching maximum capacity.

Table Tennis

CSC-LJW MID-YEAR HOLIDAY TABLE TENNIS CAMP

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

Monday – Thursday, 27 – 30 May 2024

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

Table Tennis Room, SC (L3)

\$209.28 (Member) | \$313.92 (Guest)
The above fees are for 4 training days.
Registration will close when the camp has reached its maximum capacity.

Lifestyle (Youth & Kids)

CLOSED TERRARIUM WORKSHOP

Attention all nature enthusiasts, gardening lovers, and those who want to add a touch of greenery to their home! Join us in this workshop to learn the art of creating a self-sustaining miniature ecosystem in an enclosed container. In this session, participants will gain practical skills in building closed terrariums while also learning about the fascinating science behind this microcosm.

Saturday, 8 June 2024
2.00pm – 3.30pm
Lattice Suite, RC (L3)

\$32.70 (Member)
\$49.05 (Guest)
7 years & above
Min. 5 pax



Image is for illustration purposes only

WUSHU CAMP (BEGINNER)

In this camp, you will learn the basics of wushu including the four types of weapons that are commonly used. Join us this June to have a better understanding of wushu!

Monday & Tuesday, 10 & 11 June 2024
10.00am – 11.30am
Lattice Suite, RC (L3)

\$109.00 (Member) | \$163.50 (Guest)
5 – 12 years old
Min. 5 pax



All prices are inclusive of 9% GST. Please visit our website, call **6885 0671/6885 0654** or email **sports@chineseswimmingclub.org.sg** or **lifestyle@chineseswimmingclub.org.sg** for more information or to sign up.

CURATED HANDICRAFT SERIES

In this series of specially curated handicraft workshops, learn how to make pom-poms from scratch and craft these charming Monster Pencil Toppers and cuddly Pompom Teddy Bears!

CURATED HANDICRAFT SERIES: MONSTER PENCIL POPPER

Tuesday, 4 June 2024

10.00am – 11.00am

Multipurpose Room, SC (L2)

\$49.05 (Member) | \$59.95 (Guest)

10 – 12 years old

Min. 6 pax



CURATED HANDICRAFT SERIES: POMPOM TEDDY BEAR

Tuesday, 11 June 2024

10.00am – 11.00am

Multipurpose Room, SC (L2)

\$49.05 (Member) | \$59.95 (Guest)

6 – 9 years old

Min. 6 pax

3D CAKE-MAKING – TEDDY BEAR

Join us for a special parent-child workshop this June! You and your child will prepare the chocolate cake batter, shape fondant facial features and decorate the cake. At the end of the workshop, you'll get to take home a 6 to 7-inch round cake.

Sunday, 16 June 2024

10.00am – 12.30pm

Multipurpose Room, SC (L2)

\$103.55 (Member) | \$119.90 (Guest)

6 – 12 years old

Min. 6 pairs



BEGINNER & INTERMEDIATE CHESS HOLIDAY CAMP

Immerse your child in the world of strategy, critical thinking, and fun with our chess-holiday camp. This exciting holiday initiative is designed to provide children of all skill levels with a unique and engaging chess experience. Whether your child is a beginner or an aspiring grandmaster, our programme offers a blend of learning, practice, and friendly competition.

BEGINNER

Monday – Wednesday, 3 – 5 June 2024

9.00am – 12noon

Lattice Suite, RC (L3)

\$272.50 (Member) | \$294.30 (Guest)

5 – 12 years old

Min. 6 pax

INTERMEDIATE

Wednesday – Friday, 12 – 14 June 2024

9.00am – 12noon

Lattice Suite, RC (L3)

\$272.50 (Member) | \$294.30 (Guest)

5 – 12 years old

Min. 6 pax

Basic knowledge of chess is required.

RHYTHMIC GYMNASTIC

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

Wednesday

29 May, 5 June, 12 June & 19 June 2024

11.15am – 12.15pm

Activity Suite, SC (L3)

6 – 9 years old

\$165.68 (Member) | \$191.84 (Guest)

Min. 5 pax per class

Registration closes Tuesday, 21 May 2024

All prices are inclusive of 9% GST. Please visit our website, call **6885 0671/6885 0654** or email sports@chineseswimmingclub.org.sg or lifestyle@chineseswimmingclub.org.sg for more information or to sign up.



APRIL

CHEF'S SPECIALTY

**Monday to Thursday,
6pm to 9pm**



Cuttlefish Kang Kong
\$10



Penang Laksa
\$9

Prices are inclusive of 9% GST. Images are for illustration purposes only.





CERTIFIED SUSTAINABLE



LAWSON'S DRY HILLS
WINEGROWERS

Inviniti was created to highlight our sustainability status. This range, like all wines from Lawson's Dry Hills, offers unquestionable quality and great value for money but with a much-reduced carbon footprint.




April to June

Wine Promotion

\$45.80
per bottle

\$11.50
per glass

Inviniti Sauvignon Blanc 2023

Tasting Notes
An aromatic Sauvignon Blanc with passionfruit, citrus and freshly chopped herbs. The palate is crisp and dry with concentrated fruit characters making it the ideal, refreshing glass of wine. 100% certified sustainable.

Inviniti Pinot Noir 2022

Tasting Notes
A fragrant Pinot Noir with juicy, ripe, red berry fruit and a hint of spice. A supple, medium-bodied wine perfect for any occasion. 100% certified sustainable and produced at our certified carbon-zero winery.

All prices are inclusive of 9% GST.

April Promotion



Creamy Cheese Latte
\$6.90 (hot) | \$7.20 (cold)

Sakura Kinako Cake
\$7.20



Images are for illustration purposes only. Prices are subject to 9% GST.
Members are entitled to a 20% discount for the drink and cake.



St Patrick's
Day
Promotion



MARCH & APRIL
Guinness MicroDraught
\$10.90
per can

Prices are inclusive of 9% GST.



Dragon Boat Festival Promotion

27 May to 10 June

Available for
takeaway

Image is for illustration purposes only.



Vesak Month Special

Monday to Thursday
6pm to 9pm

Mock Chicken Luo Han Zhai

\$8

Image is for illustration purposes only. Prices are inclusive of 9% GST.



May Promotion



Pink Lover
\$7.50

Raspberry Lychee Rose
\$7.20



Images are for illustration purposes only. Prices are subject to 9% GST.
Members are entitled to a 20% discount for the drink and cake.

May Promotion



Starward
Nova
\$128



Starward
Solera
\$139



Heineken
Silver
\$6.50
1 bottle
\$27.00
5 bottles

Prices are inclusive of 9% GST.

June Promotion



Sweetie Popcorn
\$7.50

Chocolate &
Caramel Passion Rose
\$7.20



Images are for illustration purposes only. Prices are subject to 9% GST.
Members are entitled to a 20% discount for the drink and cake.

June Promotion



Auchentoshan
Three Wood
\$128



Auchentoshan
18yrs Sherry
\$188



Heineken
Silver

\$6.50
1 bottle

\$27.00
5 bottles

Prices are inclusive of 9% GST.



Man zhu 漫珠

Tea for Two

Fridays – Sundays,
3pm – 5pm

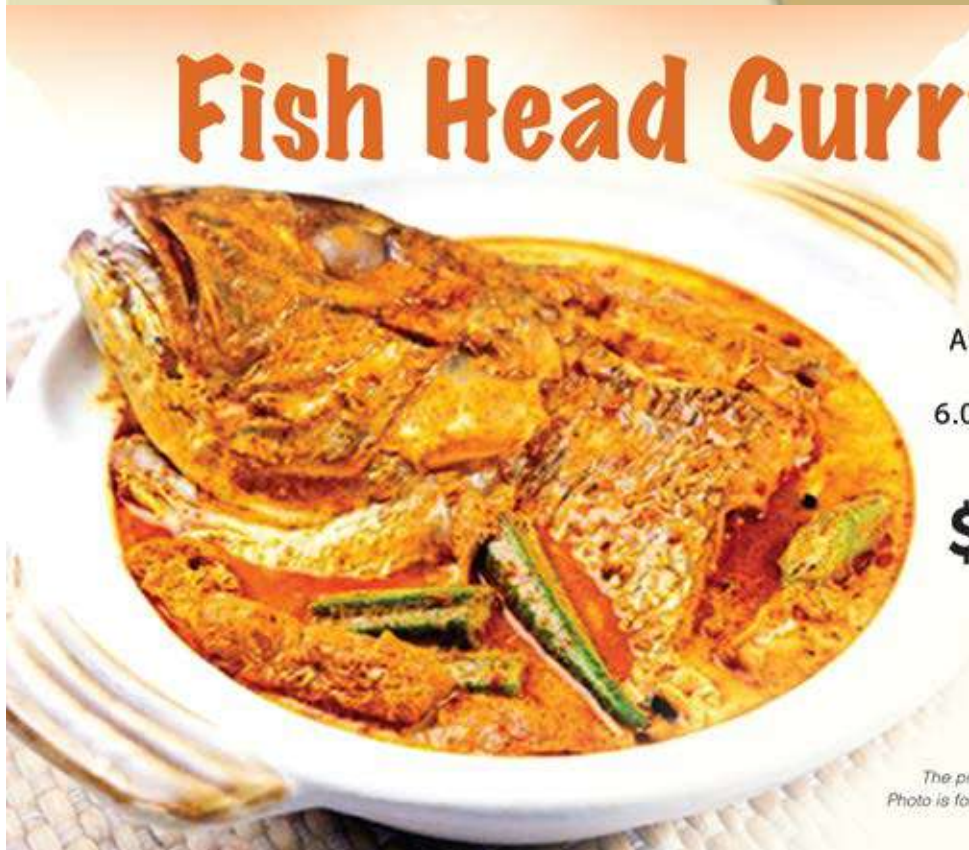
\$31.40

Sweets
Coffee & Hazelnut Tart
Matcha White Chocolate
Osmanthus Flower Jelly
Strawberry Macaron

Savouries
Ham and Brie Croissant
Crabmeat Mayo Waffles
Fish Otah Bun
Chicken Yakitori
Cod Fish with Tartar Sauce
Salmon Florentine Tartlet

All prices are inclusive of 9% GST. Images are for illustration purposes.
Items are subject to change based on availability. Takeaways include a \$6.00 surcharge.

Fish Head Curry



Available every
Sat & Sun
6.00pm – 9.00pm

\$26

The price is inclusive of 9% GST.
Photo is for illustration purposes only.

Chinese Swimming Club's 119th Anniversary and Fundraising Charity Event

The club will be celebrating its 119th anniversary this year and we are happy to extend a helping hand to the less fortunate of our community. In September 2023, we successfully renewed the lease of our Sports Complex and we believe it is appropriate to mark this occasion with a gesture of compassion and generosity.

Since 2013, the club has actively supported the President's Challenge, a noble initiative that helps various charitable organisations and causes benefiting our society's most vulnerable members. We extend our heartfelt gratitude for the generous contributions we have received over the years.

This year, we are excited to host two significant fundraising events – the CSC Golf Charity and Gala Dinner.



CSC Charity Golf

Date: Wednesday, 3 July 2024

Time: 12 noon to 9.30pm

Venue: Tanah Merah Country Club

Flight Sponsorship Packages

Diamond Donor	\$100,000.00
Platinum Donor	\$50,000.00
Gold Donor	\$15,000.00
Silver Donor	\$8,000.00
Bronze Donor	\$4,000.00

CSC's 119th Anniversary And Gala Dinner

We are thrilled to announce that President Tharman Shanmugaratnam and the first lady will grace our Anniversary and Fundraising Gala Dinner as the Guest of Honour, adding significance to our remarkable milestone.

We cordially invite you to become a donor for our fundraising endeavours, all supporting a worthy cause.

Date: Friday, 5 July 2024

Time: 6.15pm

Venue: Chinese Swimming Club
Grand Ballroom,
Recreation Complex (Level 2)

Dinner Sponsor Packages

Tier 1 (per seat @ VVIP)	\$25,000.00
Tier 2 (table of 10)	\$5,000.00
Individual Seats	\$500.00



About the President's Challenge
Please scan here for details about the President's Challenge and the list of beneficiaries:

The net proceeds from the sale of tickets for the Charity Golf and Gala Dinner and other initiatives, will be directed towards the President's Challenge 2024. Additionally, donors can enjoy up to **2.5 times of tax deductions** on their contributions.

We extend our sincere gratitude for your support and eagerly anticipate your generous contributions towards this meaningful event.

Swimming

VISIT BY MR JONTY SKINNER

Thank you, Mr Jonty Skinner, for visiting our club and providing valuable coaching insights. We appreciate the arrangement by Singapore Aquatics HPT.



VISIT BY JAPAN NATIONAL SWIMMERS

We were honoured to have the presence of Olympic medallists and Japan national swimmers, Ms Yui Ohashi, Mr Ryosuke Irie and Mr Fuyu Yoshida, and Coach Masa and Mr Junya Fujino at the club on 26 December 2023. Their remarkable achievements have inspired us all and we are grateful for the opportunity to witness their talents firsthand. We wish them all the success in their future endeavours and eagerly anticipate their return to our club.



SINGAPORE SWIM SERIES – JANUARY AND FEBRUARY 2024

A total of 229 and 232 swimmers took part in the Singapore Swim Series on 12 – 14 January and 2 – 4 February 2024 respectively. Congratulations to all the swimmers who put in their best efforts!



SWIM KICK CHALLENGE SERIES 1

We held our first swimming event, Swim Kick Challenge Series 1, on 27 January 2024. The event featured 49 swimmers from Learn-to-Swim Green, Orange, Pre-Competitive Junior, and Little Fish. We would like to thank all the swimmers and parents for their participation and congratulate the winners.

MEET-THE-PARENTS SESSION

The swimming team would like to express their gratitude to the parents who took the time to attend the Meet-the-Parents Session on 27 January 2024. During the session, we shared our goals, mission, vision, and swimming calendar with the parents. The parents had the opportunity to sit and talk to the coaches and get a better understanding of their targets and queries.



SWIM CLINIC SESSION

On 19 and 26 February 2024, our Club's swimmers had the opportunity to hone their skills at a swim clinic led by our very own champions - Jung Yi, Marina, Zi Yi, and Bonnie. The young swimmers were able to learn and refine their strokes and techniques, all while receiving expert guidance from the national swimmers. With their guidance, we hope our young swimmers will be able to master the pool and take their skills to the next level!



Badminton

SPARRING SESSION WITH NARA PREFECTURE AGE GROUP TEAM

Our Club hosted the Nara Prefecture Age Group Team for an exhilarating sparring session with our badminton players on 26 December 2023. Both teams showcased their skills and engaged in fast-paced rallies. Following the sparring session, they gathered for a well-deserved lunch and enjoyed a game of bingo. We look forward to welcoming you back to the Club soon!





BADMINTON FRIENDLY GAME

On 26 January 2024, our club warmly welcomed Team 77 for a badminton friendly. Rackets clashed, shuttlecocks soared, and friendships blossomed amidst spirited competition. Laughter echoed through the courts, making memories that will endure far beyond the final score.



BADMINTON SECTION NEW YEAR GATHERING

The Badminton Section organised a New Year gathering on 2 February 2024, to celebrate the beginning of the Year of the Dragon. The members enjoyed a delicious lunch and participated in the tossing of the lohei. Everyone had a great time and wished for a smooth and auspicious year ahead.



Basketball

CSC-LJE SPORTS JUNIOR BASKETBALL DECEMBER HOLIDAY CAMP

The three-day CSC-LJE Sports Junior Basketball December Holiday Camp concluded with success and enthusiasm on 4 – 6 December 2023. They carried with them not just basketball techniques, but also newfound friendships and a deepened love for the game.



Billiards & Snooker

BILLIARDS AND SNOOKER DIVISION 1 & 5 GATHERING

The Billiards and Snooker (B&S) Division 1 and 5 teams convened for a team gathering to meet and welcome new members. They started their practice session on 6 January 2024, gearing up for the upcoming National Snooker League season on 8 January 2024. Players honed their skills, strategised, and shared insights amid the clack of balls and focused concentration. A special thanks to our Patrons Mr Tay Tiang Guan, Mr Peter Wee Hian Chuan and Mr Patrick Ho for their ongoing support for the Billiards and Snooker Team.





Bowling

CSC ANNUAL BOWLING CHAMPIONSHIP 2023

The CSC Annual Bowling Championship 2023 was held on 14 January 2024 with 16 challengers. Congratulations to the following winners who won a combined cash prize of more than \$1,600!



Open Category:

Champion – Jonah Goh
1st Runner-up – Bryan Lee
2nd Runner-up – Elliot Tan
3rd Runner-up – Gwen Goh
4th Runner-up – Gerard Ng

Classified Category:

Champion – Ivan Teo
1st Runner-up – Jack Lim
2nd Runner-up – Mildred Lim
3rd Runner-up – Calvin Thean
4th Runner-up – Joseph Sng



Contract Bridge

CONTRACT BRIDGE CHRISTMAS GAME

A total of 26 members and 6 guests participated in the annual Contract Bridge Christmas Game on 16 December 2023. Congratulations to Jen Gessner and Amy Starling for emerging victorious! Their strategic and seamless teamwork propelled them to success, outmanoeuvring their opponents with their calculated bids and precise plays.

1st – Jen Gessner
 & Amy Starling
2nd – Alice Tan &
 Tek Lam Ong
3rd – Francis Pavri
 & Moo Yoong Shu

4th – Kwai Fun Hah
 & Peter Huber
5th – Noelle &
 Peter Speers
6th – Soh Hong Tan
 & Colleen Chua



Golf

CSC YEAR-END GOLF BASH

On 8 December 2023, after a year's worth of hard work, the golf section organised the Year-End Golf Bash at Changi Golf Club. The event featured a variety of interesting game formats that took everyone by surprise. Along with the typical "Nearest-the-pin" game, there was also "Nearest-the-line" and "Furthest Drive". Additionally, there was a unique game format where both the players with the highest score and the lowest score were rewarded.



Pickleball

CSC PICKLEBALL YEAR-END SMASH

The end of the year brought an exciting event for the members of the CSC Pickleball section – a pickleball game on 28 December 2023 that was filled with laughter and friendly competition. The players were in high spirits as they battled it out on the court, each striving for victory. They left the game with memories of a fun time playing and lasting friendships.



Squash

CSC-ULTIMATE SQUASHER YEAR-END HOLIDAY SQUASH CAMP

The CSC-Ultimate Squasher Year-End Holiday Squash Camp was full of energy as coaches imparted skills to the young players. The two-day camp held on 20 – 22 November and 27 – 29 November 2023, provided an opportunity for the young players to bond with each other while mastering various techniques, which further ignited their passion for the sport.



ONCOCARE SINGAPORE JUNIOR OPEN 2023

Congratulations to Kelihla Cheong for coming in fourth position in the Girls Under-13 Category at the ONCOCARE Singapore Junior Open 2023 held from 13 – 17 December 2023. We are really proud of your achievement!





CSC-SSRA NATIONAL JUNIOR SPARRING SESSION

CSC hosted our junior squash national athletes for an exciting afternoon of sparring session on 27 January 2024. It showcased the power of squash to unite people of all ages. From young aspiring athletes to experienced adults, the squash court became a melting pot of passion and determination. This gathering highlighted the sport's ability to bring communities together and sharing invaluable experiences.



Table Tennis

YUHUA CSN/BUKIT GOMBAK CSN TABLE TENNIS INVITATIONAL CHAMPIONSHIP 2023

Congratulations to CSC for achieving the joint third position in the Yuhua CSN/Bukit Gombak CSN Table Tennis Invitational Championship 2023 held on 9 December 2023.



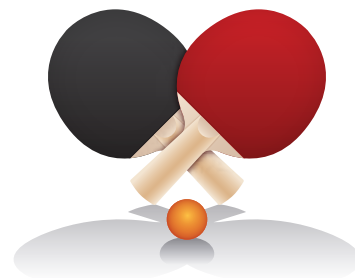
CSC-LJW YEAR-END HOLIDAY TABLE TENNIS CAMP

The CSC-LJW Year-End Table Tennis Holiday Camp held on 20 – 23 November and 18 – 21 December 2023 buzzed with excitement as the young table tennis participants honed their skills and made new friends. Laughter filled the air as coaches led drills and mini-tournaments, fostering teamwork and sportsmanship. The camp, led by Coach Li Wanxiang & Li Jiawei was a smash hit, serving up fun and learning.



1ST CSC-LJW MONTHLY TABLE TENNIS COMPETITION 2024

The inaugural CSC-LJW Monthly Table Tennis Competition took place on 27 January 2024, with an impressive display of skills and hard work by the junior participants.



Congratulations to the following participants for their excellent achievements:

- 1st** – Gu Xintian
- 2nd** – Sie Cai Yin
- 3rd** – Jayna Feng Jie
- 4th** – Lee Shan Qin
- 5th** – Eng Tien Wei
- 6th** – Li Ming Han
- 7th** – Gu Junchen
- 8th** – Maureen Duong
- 9th** – Zhang Hao Yang
- 10th** – Kong De Yu
- 11th** – Miao Shu Yuan
- 12th** – Hua Tian



CHAR YONG INTERNATIONAL VETERAN MIXED TEAM CHAMPIONSHIP 2024

The Char Yong International Veteran Mixed Team Championship 2024 held on 20 and 21 January 2024 was highly contested with teams represented by players from all around the world. Our teams showed remarkable resilience and put up a strong fight against the other teams. Eventually, the CSC Tornado team emerged as the first runners-up! A huge congratulations to them for their impressive performance!



Photo Credits: VTTCSC



Tennis

CSC TENNIS TEAM CHALLENGE 2023

The Tennis Team Challenge is back after the Circuit Breaker and this took place on 9 December 2023. Tennis players of different levels of skills were divided into three teams, with each team being equally matched. After battling it out, Team 1, led by Calvin Ng, emerged as the champion.



**Congratulations to
Team 1 for their
well-deserved victory!**
**Team 1 members
(Left to Right):**

Victor Ma, Tan Eng Swee,
Calvin Ng (C), Mark Lai,
Jonathan Tjandra, Arnold
Gay, Chua Kang Che



**Our heartiest congratulations
to all podium winners.**

Under 10s

Champion: Luke Tan

Runner-up: Dylan Pak

2nd Runner-up: Damien Poh

3rd Runner-up: Jamie Seow

Under 14s

Champion: Nicholas Pak

Runner-up: Taiga Koyama

2nd Runner-up: Kate Yap

3rd Runner-up: Nathan Boon

CSC JUNIOR SINGLES 2023 SERIES 5

The CSC Tennis Junior Tournament 2023 – Series 5 was held from 29 – 30 December 2023. It was the final tennis tournament of the year before the juniors returned to school. We invited several top players to participate in this series, including Nicholas Pak and Taiga Koyama, who were ranked as the top two STA U12 players. With such talented players in the mix, the level of competition was raised to a higher level, requiring our CSC Junior players to raise their game to match their levels.

It was no surprise that the U14 final was a closely contested match between Nicholas Pak and Taiga Koyama. Nicholas Pak emerged as the winner by a whisker. With the presence of top players, our CSC Juniors did exceptionally well and earned their spot on the podium too!



Water Polo

SPEEDI CHRISTMAS CHALLENGE

Our club participated in the Speedi Christmas Challenge, held from 8 – 10 December 2023. We are proud to announce that our 14U team secured the third position, and the 12U team became the first runners-up. We would also like to congratulate Zhang Kai Yang for winning the Most Valuable Player (MVP) title in the same category.



FRIENDLY GAME WITH 28 DEGREES

On 20 January 2024, our Club had the pleasure of hosting 28 Degrees Aquatic for an exciting and competitive water polo game. The event was a great experience for the children from both clubs, who showcased their skills and sportsmanship. It was an excellent opportunity for the two clubs to come together and bond over their love for water sports.

ACTIVESG WATER POLO ACADEMY COACHING CLINIC

Our team had a wonderful opportunity to participate in a coaching clinic on 27 January 2024 hosted by Mr. Milos Sakovic, the Head Coach of the Serbian National Junior team. Our coaches and subcommittee members attended the clinic, eager to learn from the best in the business. It was an illuminating experience, which provided valuable insights and knowledge that will surely benefit our team in the long run.



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

The CSC-LJW Table Tennis Academy aims to create interest, impart knowledge, groom and nurture talented young players to strive for excellence in table tennis. The training programme is for kids aged 4 and above and consists of beginner, intermediate and advanced levels.

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



About Head Coach Li Wanxiang

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 Gold Medallist



Li Jia Wei

2x Olympic Medallist
19x Commonwealth Games Gold Medallist
21x SEA Games Gold Medallist



Guo Yan

3x Asian Cup Women's Singles Gold Medallist
2x World Cup Women's Singles Gold Medallist



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.

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
Basketball Court, SC (Rooftop)

\$119.90 (Member) | \$196.20 (Guest)

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.

Contract Bridge

CONTRACT BRIDGE INTRODUCTORY COURSE

Bridge the gap to success! Join our Contract Bridge Introductory Course and unlock the world of strategic thinking, social interaction and endless fun. We look forward to welcoming you to our contract bridge community!

Tuesdays, 23 April – 28 May 2024
7.30pm – 9.30pm
Multipurpose Room, SC (L2)

\$60 (Member) | \$150* (Guest)
 *including guest fee
 Min. 4 pax

All prices are inclusive of 9% GST. Please visit our website, call **6885 0671** or email **sports@chineseswimmingclub.org.sg** for more information or to sign up.

Golf

TENTATIVE GOLF CALENDAR FOR 2024

Month	Event	Venue
June	June Game	Batam
July	July Medal and Section Gathering	TBC
September	Annual Golf Championship	TBC
October	SIA Bilateral	TBC
December	Year-End Golf Bash	TBC

Pickleball

PICKLEBALL TRAINING WITH COACH JANET

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

Tuesday, 7.00pm – 9.00pm (Beginners)
Saturday, 7.00pm – 9.00pm (Intermediate)



	Members	Guests
Beginners 2 hours/week – consists of 1.5h of coaching and 0.5h of play	\$191.84 4 lessons per module	\$218.00 4 lessons per module
Intermediate 2 hours/week – consists of 1.5h of coaching and 0.5h of play	\$283.40 4 lessons per module	\$322.64 4 lessons per module
Private Coaching Members only (1 pax)	\$103.01 per hour	Not applicable
Private Coaching Members only (2 pax)	\$51.23 per pax per hour	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. This programme is suitable for children six years old and above.

Wednesdays

3.30pm – 5.00pm (Level 3)

4.30pm – 6.00pm (Level 1)

Thursdays

3.00pm – 4.00pm (Level 1)

4.30pm – 6.00pm (Level 2)

Fridays

3.00pm – 4.30pm (Level 2)

Sundays

9.00am – 10.00am (Level 1)

10.00am – 11.30am (Level 2)

Squash Courts, SC (L3)

Member:

\$331.36 (1-hour training session per week)

\$497.04 (1.5-hour training session per week)

Guest:

\$374.96 (1-hour training session per week)

\$562.44 (1.5-hour training session per week)

Min. 3 pax

8 lessons per term

CSC-ULTIMATE SQUASHER ADULT SQUASH PROGRAMME

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

Sundays

3.00pm – 4.30pm & 4.30pm – 6.00pm

Squash Courts, SC (L3)

Member: \$553.72

(1.5-hour training session per week)

Guest: \$627.84

(1.5-hour training session per week)

20 years and above

8 lessons per term

Min. 2 pax

Swimming

CSC SWIM KICK CHALLENGE SERIES 2

May 2024, exact date TBC

\$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

CSC COME SWIM & CONQUER 2024

May 2024, exact dates TBC

CSC KICKING UPGRADING TIME TRIAL

Saturday, 25 May 2024

CSC NOVICE AGE GROUP MEET 2024

Saturday 29 June 2024

All prices are inclusive of 9% GST. Please visit our website, call **6885 0671** or email sports@chineseswimmingclub.org.sg for more information or to sign up.

Table Tennis

TABLE TENNIS ADULT GROUP TRAINING

Under our resident coach Kelvin, our adult training programme teaches the rules and fundamentals of table tennis to those new to the sport, while veterans can further hone their skills and game techniques.

Fridays, 9.00am – 10.30am
Table Tennis Room, SC (L3)

\$163.50 per month (Member)
\$196.20 per month (Guest)
Min. 3 pax; Max. 6 pax

Fees are based on 4 sessions a month. For months with a 5th week, additional lessons 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!



Belt	Day	Time
NEW White	Tuesday	4.45pm – 5.45pm
Foundation White F1 F2 F3/White	Sunday	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, SC (L3)

\$49.05 per month (Colour Belt)
\$38.15 per month (Poom/Black Belt)
For CSC members only

Water Polo

INTRODUCTION TO FLIPPA BALL

Saturdays, 6.15pm – 7.30pm
Beginners' Pool, SC (Level 1)

\$65.40 per month (Member)
\$87.20 per month (Guest)
Eligibility: 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, SC (Level 1)

\$141.70 per month (Member)
\$218.00 per month (Guest)
9 – 16 years old
Participants must be able to swim 4 x 50m laps continuously.

All prices are inclusive of 9% GST. Please visit our website, call **6885 0671** or email **sports@chineseswimmingclub.org.sg** for more information or to sign up.

Dance

CHRISTMAS POTLUCK DANCE NIGHT

CSC organised a Christmas Potluck Dance Night on 23 December 2023, making the holiday season special. Participants brought their own food and shared it with others at their table. The Christmas songs created a festive atmosphere that kept the dancers grooving all night long. Everyone had a great time at the dance night.



HAWAIIAN NIGHT DANCE PARTY

CSC held its Hawaiian Dance Party on 6 January 2024. All the participants came dressed up in their most beautiful Hawaiian outfits. Our DJ played chill and relaxing beach music while the participants danced to their heart's content.



Leisure

URBAN GARDENING CORNER

We are happy to announce that a new water irrigation system was installed in December 2023. With this new system, we are now able to grow fruits and vegetables in our planters. Members with an interest in gardening are invited to join us. Please contact lifestyle@chineseswimmingclub.org.sg if you are interested in participating in our gardening sessions.



RED PACKET LANTERN MAKING WORKSHOP

Members and their guests had a wonderful afternoon learning how to make lanterns using red packets on 21 January 2024. During the session, they were taught how to fold the lanterns, tie the ribbons and assemble the red packets to create big, hanging lanterns. Everyone enjoyed the upcycling activity and was able to transform excess red packets into beautiful decorative items.



Youth & Kids

CHOCOLATE GANACHE CAKE WORKSHOP

On 29 December 2023, families indulged in a chocolate ganache parent-child cake-baking workshop. With aprons tied and spatulas in hand, parents and kids bonded over mixing, pouring, and frosting. Laughter echoed as they crafted decadent delights, creating not just cakes, but sweet memories to savour together.



Dance

LATIN/STANDARD BALLROOM DANCE

FOR ALL LEVELS – 8 SESSIONS

Mondays, commencing 13 May 2024

Fridays, commencing 17 May 2024

8.30pm – 9.30pm

Activity Suite, SC (L3)

\$81.75 (Member) | \$107.91 (Guest)

Min. 4 pax

LINE DANCE

BEGINNER INTERMEDIATE – 10 SESSIONS

Tuesdays, commencing 7 May 2024

12.45pm – 2.00pm

Activity Suite, SC (L3)

\$89.93 (Member) | \$122.63 (Guest)

Min. 10 pax

BEGINNER ADVANCED – 10 SESSIONS

Tuesdays, commencing 11 June 2024

2.00pm – 3.30pm

Activity Suite, SC (L3)

\$106.28 (Member) | \$138.98 (Guest)

Min. 10 pax

Sundays, commencing 2 June 2024

1.30pm – 3.00pm

Multipurpose Room, SC (L2)

\$106.28 (Member) | \$160.78 (Guest)

Min. 10 pax

ADVANCED – 10 SESSIONS

Sundays, commencing 9 June 2024

3.00pm – 4.30pm

Multipurpose Room, SC (L2)

\$106.28 (Member) | \$160.78 (Guest)

Min. 10 pax

INTERMEDIATE BY ALVIN – 8 SESSIONS

Thursdays, commencing 15 April 2024

2.15pm – 3.45pm

Activity Suite, SC (L3)

\$98.10 (Member) | \$124.26 (Guest)

Min. 8 pax

SOLO LATIN DANCE

FOR LADIES – 8 SESSIONS

Wednesdays, commencing 12 April 2024

3.00pm – 4.00pm

Activity Suite, SC (L3)

\$109.00 (Member) | \$135.16 (Guest)

Min. 8 pax

LATIN DANCE

REFRESHER COURSE – 4 SESSIONS

1st Saturday of every month,

commencing 1 June 2024

7.30pm – 8.30pm

Activity Suite, SC (L3)

\$85.71 (Member) | \$95.71 (Member)

Min. 8 pax

CHARITY DANCE NIGHT

Theme: Retro – Good Time Buddy

Saturday, 11 May 2024

7.00pm – 11.00pm

Activity Suite, SC (L3)

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

SOCIAL DANCE NIGHT

Saturdays

13, 20 & 27 April, 18 & 25 May, 8, 15 & 22 June

7.00pm – 10.30pm

Activity Suite, SC (L3)

\$9.81 (Member) | \$18.00 (Guest)

*Slots are limited for the 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

The 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.

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

Note: Terms & Conditions apply.



Labour Day Promo

Buy a 10-pack Exercise Flexi-Pass package on 1 May 2024 and get 120 days validity instead of 90 days. Limited to 1 promo package per person.

All prices are inclusive of 9% GST. Please visit our website, call **6885 0654** or email **lifestyle@chineseswimmingclub.org.sg** for more information or to sign up.

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

Aqua

DEEP WATER AQUA FIT BY YU 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. Basic swimming skills are required.

Thursdays, 8.00am – 9.00am
Swimming Pool, RC (Level 1)

Cardio

80S SMASH BY MICHAEL KWOK

80s Smash is a cardio dance workout that features music from the 80s. The workout comprises of simple dance and aerobics movements with intensities from low to high at different intervals.

Wednesdays, 10.15am – 11.05am
Multipurpose Room, SC (Level 2)



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
Multipurpose Room, SC (Level 2)

ZUMBA FITNESS 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
Activity Suite, SC (Level 3)

Mind & Body

CIRCL MOBILITY™ BY ERICA HUGH

CIRCL Mobility™ is a new programme that consists of a mat workout that focuses on flexibility, breathwork and mobility exercises.

Thursdays, 10.00am – 11.00am
Activity Suite, SC (Level 3)

MINDFUL GENTLE YOGA BY JESS

Mindful Gentle Yoga consists of a combination of gentle stretching and strengthening exercises. During the yoga workout, a variety of props are used, including yoga blocks, dumbbells, and yoga belts.

Saturdays, 10.30am – 11.45am
Activity Suite, SC (Level 3)

Leisure

CHINESE CALLIGRAPHY

Mondays, 9.00am – 11.00am
Multipurpose Room, SC (L2)
Monthly Fee: \$16.35 (Member) | \$32.70 (Guest)

CHINESE BRUSH PAINTING

Thursdays, 10.00am – 12noon
Multipurpose Room, SC (L2)
Monthly Fee: \$125.35 (Member) | \$158.05 (Guest)

EGGSHELL UPCYCLING WORKSHOP (HANDS-ON)

In conjunction with Earth Day on 22 April 2024, let's do our part for planet earth by upcycling eggshells. Eggshells are one of the most commonly produced household waste and the majority of it is thrown into our trash bins, where they end up in landfills.

All prices are inclusive of 9% GST. Please visit our website, call **6885 0654** or email **lifestyle@chineseswimmingclub.org.sg** for more information or to sign up.

To address this issue, we can repurpose these eggshells by converting them into useful products such as coasters, keychains and many others. Participants will get to customise their very own eggshell coasters or keychains and bring home two to four products, depending on the items created. Please note the collection of items is two weeks from the workshop date.

Sunday, 21 April 2024

2.00pm – 3.30pm

Lattice Suite, RC (L3)

\$54.50 (Member) | \$65.40 (Guest)

5 years & above

Min. 5 pax



Youth & Kids

WUSHU BEGINNERS 4 SESSIONS

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

Sundays, commencing 5 May 2024

9.30am – 10.30am

Activity Suite, SC (L3)

Saturdays, commencing 20 April 2024

7.00pm – 8.00pm

Multipurpose Room, SC (L2)

\$109.00 (Member) | \$163.50 (Guest)

5 – 12 years old

Min. 5 pax per class

ABACUS & MATHEMATICS 4 SESSIONS

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

Wednesdays, 5.00pm – 6.30pm

Lattice Suite, RC (L3)

\$152.60 (Member) | \$174.40 (Guest)

An additional \$49.05 registration fee applies

4 – 14 years old

Min. 5 pax, Max. 8 pax



Children's Ballet 8 Sessions

Beginners 1
(3 – 4 YEARS OLD)

Saturdays

9.15am – 10.15am

\$122.08 (Member)

\$165.68 (Guest)

Beginners 2
(5 – 6 YEARS OLD)

Mondays

4.45pm – 5.45pm

Saturdays

8.00am – 9.00am

\$165.68 (Member)

\$209.28 Guest)

Pre-Primary
(5 – 8 YEARS OLD)

Saturdays

10.15am – 12.15pm

\$331.36 (Member)

\$418.56 (Guest)

Grade 1 Beginners
(5 – 6 YEARS OLD)

Saturdays

12.15pm – 1.15pm

\$226.72 (Member)

\$270.32 (Guest)

Grade 1
(5 – 6 YEARS OLD)

Saturdays

1.15pm – 2.15pm

\$226.72 (Member)

\$270.32 (Guest)

Grade 7 Beginners
Mondays

2.45pm – 3.45pm

\$244.16 (Member)

\$287.76 (Guest)

Grade 7
Mondays

3.45pm – 4.45pm

\$244.16 (Member)

\$287.76 (Guest)

Grade 8 Beginners
Fridays

5.15pm – 6.15pm

\$244.16 (Member)

\$287.76 (Guest)

Grade 8
Fridays

6.15pm – 7.15pm

\$244.16 (Member)

\$287.76 (Guest)

All classes are held in the Multipurpose Room, SC (L2)
Note: Timeslots are subject to availability due to limited slots. Please check for new term dates.

All prices are inclusive of 9% GST. Please visit our website, call **6885 0654** or email **lifestyle@chineseswimmingclub.org.sg** for more information or to sign up.

OPERATING HOURS

ARRIVAL PAVILION

FRONT OFFICE RECEPTION

Daily 8.30am – 10.00pm

MINGLE@AMBER

Daily 8.00am – 8.00pm

LE 乐 PLAYROOM

Mon Closed

Tue – Sun 9.00am – 9.00pm

(The playroom will be closed on Tuesday if a public holiday falls on a Monday.)

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

(Closure for Pickleball Weekly

Group Training)

Thu 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 – 6.00pm

Thu 3.00pm – 6.00pm

TABLE TENNIS ROOM (+)

Daily 7.00am – 10.00pm

(Closure For Section Training)

Mon 5.00pm – 7.00pm (3 Tables)

7.00pm – 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 Training)

Mon 3.00pm – 5.00pm (3 Tables)

Tue 3.00pm – 6.00pm (3 Tables)

Wed 3.00pm – 7.00pm (3 Tables)

Thu 3.00pm – 6.00pm (3 Tables)

Sat 1.00pm – 5.00pm (3 Tables)

Sun 10.00am – 4.00pm (3 Tables)

(Closure for Adult Table Tennis

Group Training)

Fri 9.00am – 11.00am (3 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 Tennis Social Night)

Wed 7.00pm – 10.00pm (1 Court)

(Closure for Junior Training)

Thu 4.00pm – 8.00pm (1 Court)

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:** 8.30pm – 10.30pm

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

JUNE HOLIDAYS
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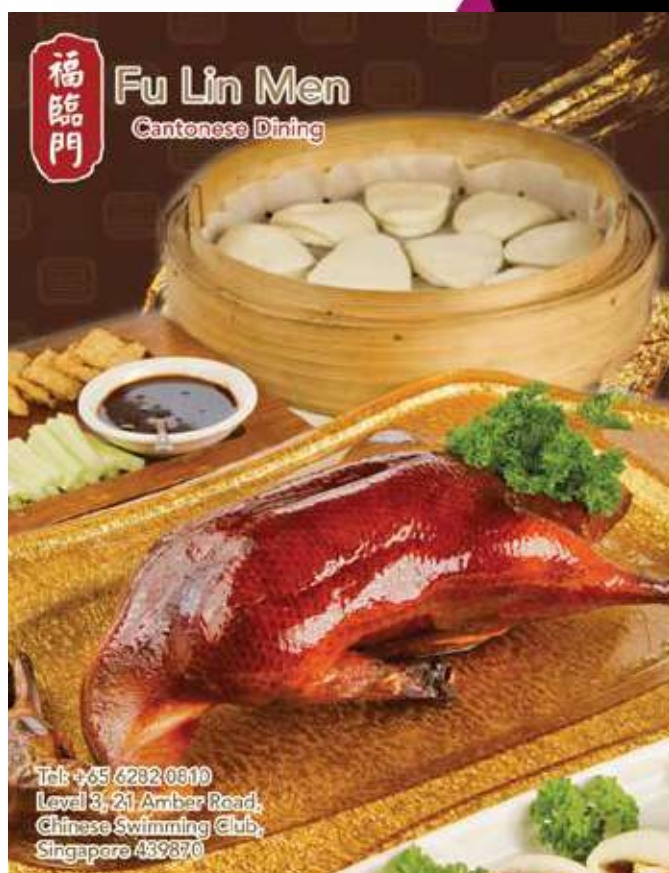
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 Sweat and Sour Pork in Yam Ring

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 Poached Prawn with Hua Diao,
 Angelica and Wolfberry

鮑魚花菇扒時蔬
 Braised Abalone and Shitake Mushroom
 with Seasonal Green

鴨絲燉伊府面
 Braised Ee Fu Noodle with Duck Meat

楊枝甘露
 Chilled Mango Cream with Pomelo and Sago

* ONLY AVAILABLE ON WEEKDAYS



CHINESE SWIMMING CLUB

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Tel: 6345 1221/6885 0688

Fax: 6345 7134

www.chineseswimmingclub.org.sg



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