

FREESTYLE

QUARTERLY MAGAZINE JAN - MAR 2024



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HAPPY
LUNAR
NEW YEAR

COMMITTEE & MANAGEMENT REPRESENTATIVES

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Dr Chua Thian Poh

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VICE PRESIDENT (GENERAL)

Mr Peter Liew

VICE PRESIDENT (FINANCE)

Mr Jonathan Kuah

CAPTAIN

Mr John Chew

VICE CAPTAIN

Mr Dick Lee

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Mr Goh Peng Koon
Mr Chia T-Jian
Mr Steven Tan
Mr Gerard Ng
Mr Eugene Ng
Mr Peter See
Ms Christine Koh
Mr Edmund Tan
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Mr Johnson Ong
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Mr Johnson Ong

SPORTS & GAMES CHAIRMAN

Mr John Chew

TENDER CHAIRMAN

Mr Goh Peng Koon

VISION 2050 CHAIRMAN

Mr Foo Choon Yeow

HEADS OF DEPARTMENT

GENERAL MANAGER

Helena Goh
ext. 669
gmo@chineseswimmingclub.org.sg

HEAD OF FINANCE

Chong Mei Yee
ext. 684
MeiYee_Chong@chineseswimmingclub.org.sg

HEAD OF FOOD & BEVERAGE

Victor Yong
ext. 696
Victor_Yong@chineseswimmingclub.org.sg

HEAD OF HUMAN RESOURCES & ADMINISTRATION

Linda Loke
ext. 663
Linda_Loke@chineseswimmingclub.org.sg

HEAD OF INFORMATION TECHNOLOGY

Ethan Han
ext. 702
Ethan_Han@chineseswimmingclub.org.sg

HEAD OF MEMBERSHIP RELATIONS & SALES

Grace Chan
ext. 650
Grace_Chan@chineseswimmingclub.org.sg

HEAD OF PROPERTY

Steed Ong
ext. 678
Steed_Ong@chineseswimmingclub.org.sg

HEAD OF SPORTS & LIFESTYLE

Linda Tan
ext. 679
Linda_Tan@chineseswimmingclub.org.sg



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

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

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

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

MCI (P) 058/08/2023

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A MESSAGE FROM THE

VICE-PRESIDENT (FINANCE)

I hope this message finds you in good health and spirits as we usher in the year of the wooden dragon, the most powerful and auspicious symbol in the Chinese zodiac. May this majestic creature bring you strength, good fortune, and courage to scale new heights.

The Club had a bountiful year in sporting achievements in 2023, achieving podium finishes in local and international competitions. Our Swim Team was awarded overall champion at both the 36th Junior Inter-Club Swimming overall champion, and the H.R.H Princess Maha Chakri Sirindhorn's Cup held at the prestigious Royal Bangkok Sports Club. At the same time, the Water Polo Under 16 Team clinched the 2nd Kuching Invitational Water Polo Cup. You can read more about their remarkable achievements in the ensuing pages.

Following the successful renewal of the land lease recently, the Vision 2050 team has been assembled to chart the next phase of growth for the Club. The intention is to earmark a portion of the net cash reserves (post payment of the land lease) of approximately S\$23 million for the refurbishment and uplifting of the facilities and services as we continue our journey of creating a home away from home for our members. The plan will be comprehensive and inclusive, incorporating short-term low-hanging fruits and long-term initiatives which includes technology upgrade for optimizing operations as well as the resources required for the next lease renewal. We will share the plans with members at the next Annual General Meeting (AGM) once the plans are finalized.

Meanwhile, our co-working space, Work@CSC, has gained healthy traction with members and achieved full occupancy. To cater for the strong demand, we will be adding an additional room as well as dedicated work desks.

A series of activities also await members as Chinese New Year approaches. Please mark your calendars for February as we celebrate the New Year with a special lunch buffet at the Man Zhu Cafe. Do also join us for the annual Spring Festival celebration which will feature captivating activities such as the traditional Lion and Dragon Dance, creating a vibrant atmosphere for you and your family to welcome the new year with joy and enthusiasm.

During the March holidays, keep your children busy and entertained with our fun sports camps and lifestyle workshops featured in the subsequent sections. Join our sports training programmes from pickleball to table tennis and forge new friendships and create memories with like-minded members.

As we look forward to the new year ahead, we are cognisant of the headwinds ahead. The global economy is likely to exhibit slower growth amidst slower global economic growth given the sustained high interest rates environment and the ongoing conflicts disrupting supplies and commodity prices. Notwithstanding, the Management Committee will continue to exercise financial prudence to ensure the club's sustainability over the long run.

Thank you for being an integral part of the Chinese Swimming Club family. May 2024 be a year filled with laughter, abundant blessings, and the continued growth of our cherished community. We wish everyone a prosperous and joyous Chinese New Year! Huat ar!

Warmest regards,

Jonathan Kuah
Vice-President (Finance)

Lunar New Year Closure

Please be informed that the Club will be closed on **Friday, 9 February 2024** and **Saturday, 10 February 2024** for Lunar New Year. Operations will resume on the second day of the Lunar New Year, **Sunday, 11 February 2024**.

From all of us at Chinese Swimming Club, we would like to wish all our members a Happy Lunar New Year!

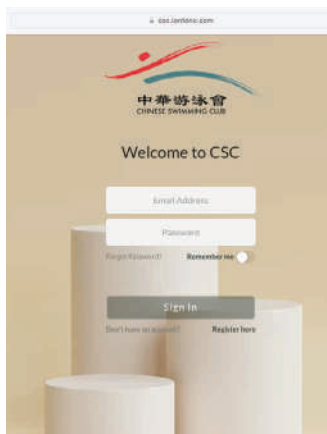


Collection of Ang Bao Packets

Members can collect two ang bao packets from our reception from Friday, 22 January 2024 onwards. Ang bao packets are available on a first-come, first-served basis. While stocks last!

Dress Code at F&B Outlets

Please be informed that our F&B outlets have a dress code policy in place. Visitors who are wearing wet, sweaty, smelly, or soiled clothing, such as singlets, swimwear, or swimming towel/robe, and those who are not wearing any footwear, will not be allowed to enter the premises. The staff or Manager on duty reserves the right to refuse service to any member or their guest who is not dressed appropriately. We appreciate your cooperation and look forward to your continued patronage at our F&B outlets.



Booking of Facilities Online

The booking of facilities can be made online using the link below:

<https://csc.iontone.com/#/login>

Bookings made via phone calls will still be available on a first-come, first-served basis, subject to slot availability.

Rates (per game)		
	Peak	Normal
Ordinary/Associate/ Term Member/Sports (Adult)	\$3.30	\$2.50
Junior/Junior Term Member	\$2.50	\$2.00
Members' Guest*	\$5.00	\$3.60
Social Member	\$5.50	\$4.00

Bowling Game Fee Revision



Please be informed that there will be a revision in bowling fees due to a recent increase in taxes. The last fee adjustment was in January 2016. We appreciate your understanding and continued support as we strive to maintain the quality of our facilities and services.

*Rates do not include General Guest Fee which is payable upon entry to the Club.

Fundraising For President's Challenge 2023

Chinese Swimming Club's staff and the various committees came together to support the President's Challenge 2023 by raising funds. One of the fundraising events was the flea market organised by the staff that offered an eclectic array of second-hand items, as well as food and snacks. The staff's sales skills were impressive as they used their persuasive charm to encourage purchases from their colleagues. The Sports and Games as well as the Lifestyle Committees contributed to the President's Challenge through various sports and dance events. In total, \$20,000 was raised and the staff's enthusiasm and dedication made this fundraising campaign a successful one!



Hawaiian Luau New Members' Party

What a tiki-tastic event it was on the Wednesday, 8 November 2023! Man Zhu Alfresco transformed into a tropical paradise for our new members. The Hawaiian theme party was a roaring success, complete with vibrant decorations, live music, sumptuous food, refreshing drinks, and a whole lot of fun! Our new members mingled and met our Management Committee members and staff. Laughter filled the air as new friendships were forged. Mahalo to all the new members who joined us this evening. We look forward to many more exciting events that bring our Club community together!



Staff Appreciation Night 2023

It was a captivating evening at the Staff Appreciation Night 2023 on 20 November 2023. Held at the S.E.A. Aquarium, the staff and Management Committee members dressed in an "Under the Sea" theme, creating an enchanting and exciting atmosphere. The emcee facilitated games, including a "Best Dressed Pair" contest, where participants did a catwalk and danced. Adding an element of surprise was a lucky draw, which brought an air of anticipation and excitement to the dinner. The pinnacle of the event arrived when our Club President, Mr Victor Chia and Vice-Captain, Mr Dick Lee pieced the last two puzzles to reveal a magnificent image of the nine-dragon wall, which had once been an integral part of the Club's facade.

Throughout the night, laughter, joy and camaraderie echoed in every corner of the room. The staff truly had a memorable time, relishing the opportunity for them to bond with their colleagues outside of work.



Recognising Excellence

In recognition of our staff's exceptional dedication and commitment, we extend our heartfelt congratulations to them for their well-deserved awards. Their unwavering service truly embodies the Club's values and excellence.

Long Service Award

5 Years Service Award

Chong Mei Yee, Head of Finance (Finance)

10 Years Service Award

Chong Wee Mian, Technician (Property)

Stanley Tew, Captain (F&B)

Chong Zhengda, Senior Cook (F&B)

20 Years Service Award

Roslinda Bte Diran, Accounts Assistant (Finance)

Tan Chee Hin, Senior Sous Chef (F&B)

Neo Ah Siew, Jackpot Facilitator (Finance)

Yiu Kok Cheong, Executive Chef (F&B)

Staff Award

Most Supportive Employee Award 2023

(Back of the House)

Wong Teck Yong, Senior Butcher (F&B)

Mong Chai Lin, Membership Services Executive
(Membership Relations & Sales)

Go the Extra Mile Employee Award 2023

(Front of the House)

Kenny Chong, Assistant Outlet Manager (F&B)

2023 Excellent Service Award

Star Award

Lim Lian Tee, Junior Duty Manager (Member Relations & Sales)

Gold Award

Wong Xeng Hau, Captain (F&B)

Silver Award

Monogaram Blaise Joanita Nee Francisco, Receptionist (S&L)

Ng Chye Moi, Receptionist (S&L)

Teo Hong Chay, Junior Executive (F&B)

Cinema Alfresco x Mid-Autumn Festival

A big thank you to everyone who attended the Cinema Alfresco x Mid-Autumn Festival event on Saturday, 23 September 2023. Families enjoyed a mesmerising guzheng performance, mooncakes tasting, and scratch art. In the evening, they gathered by the pool under the starlit sky and watched the movie, Minions: The Rise of Gru!



Highland Park Whisky Dinner Buffet

Our members and guests attended a guided one-day-only whisky-tasting and dining experience, featuring the Highland Park 15-Year-Old Viking Heart on Monday, 28 August 2023. They were treated to a spread of sumptuous food such as the Roasted Angus Beef Striploin and Mentaiko Torched Prawn. Cheers to an unforgettable sensory experience!



Oktoberfest 2023

Oktoberfest 2023 was a lively celebration filled with delicious food and traditional Bavarian music. The aroma of sizzling pork knuckles and pretzels wafted through the air as our members and guests gathered at Man Zhu Café on 27 October 2023. The crowd clinked their beer mugs in cheerful toasts, and the oompah band, the Swiss Alpine Lions played lively tunes that had everyone dancing and singing along. Laughter and merriment filled the atmosphere as people of all ages joined in the fun, making it a memorable and enjoyable evening for all. Prost to Oktoberfest 2023!



Halloween Movie Marathon



Thank you to everyone who joined us at our Halloween Movie Marathon on 28 October 2023.

We would like to give a special shoutout to all who showed up in their spooktacular costumes. You looked hauntingly fabulous! We hope you had a blast and can't wait to see you at our next event!



Christmas Light-Up 2023

Chinese Swimming Club was filled with the warmth of the holiday spirit as the annual Christmas Light-Up unfolded, transforming the Club into a magical wonderland. The event, held on 24 November 2023 was officiated by Club President, Mr Victor Chia and Lifestyle Chairman, Mr Gerard Ng, who jointly ignited the festive spirit that would resonate throughout the holiday season. The harp and violin duo delivered a mesmerising performance that captivated our members. Adding to the allure of the festivities was Santa Claus distributing sweet treats and spreading cheer and goodwill. It was a night of merriment and music that left an indelible mark on the hearts of all who attended.



A Prosperous Reunion

Usher in the Year of the Dragon with your loved ones and tuck into hearty Chinese delicacies at Man Zhu Café! Keep your children entertained with our exciting activities too!



Lunar New Year Brunch Buffet

Sunday, 18 February 2024

11.30am – 2.30pm

Man Zhu Café

\$48.80 (Adult) | \$22.80 (Child: 6 – 12 years old)

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

Reservations are highly recommended.

Salmon Or Jellyfish Prosperity Yusheng

\$47.80 (small) | \$57.80 (large)

Available for dine-in/takeaway from

11 February – 24 February 2024

For reservations, orders and enquiries,
please contact **Man Zhu Café at 6885 0230.**

Not available from 2.30pm to 6pm. Takeaway orders will incur an additional \$2 fee. All prices are inclusive of 9% GST. Images are for illustration purposes only.



Mingle @ AMBER

February Promotion

Mandarin Orange
\$7.20

Lunar Bliss
\$7.50

Dutch Colony
Kamala Uwu Manggarai (Indonesia)
Single Origin

Tasting notes: Mango, Banana, Blueberry, Cacao Nibs

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



3 THREE BARS
WINE • BEER • SAKÉ

The world's most awarded Single Malt Scotch Whisky.

Glenfiddich Limited Edition CNY Gift Packs

Glenfiddich 12
\$138.00

Glenfiddich 18
\$188.00

*Prices are inclusive of 9% GST.





Spring Festival 2024

Come celebrate the Lunar New Year with the Chinese Swimming Club at the Spring Festival 2024! Enjoy a variety of entertaining activities and performances, including a Lion and Dragon Dance. Bring your family along for a fun-filled afternoon!

Saturday, 17 February 2024
5.00pm – 6.00pm

Arrival Pavilion Lobby



Red Packets Lantern Workshop

Learn to make lanterns using red packets in this guided workshop. All materials will be provided.

Sunday, 21 January 2024
2.00pm – 5.00pm

Lattice Suite, RC (L3)
\$5.45 (Member) | \$16.35 (Guest)
14 years & above
Min. 5 pax

Fees for the above lantern workshop are inclusive of 9% GST.

SCAN TO REGISTER



How to "Lo Hei" Like a Pro

"Lo Hei" is a Cantonese phrase that means "toss up a good fortune". It is a quintessential part of the annual Lunar New Year celebrations in Singapore and Malaysia. During this festive occasion, families and friends come together to toss the "yusheng" platter (a mix of raw fish and vegetables) as high as possible while shouting auspicious phrases, wishing for good luck, prosperity and good health.

Here's a step-by-step guide on the Chinese phrases to say when adding in the ingredients to your yusheng so that we can lohei with confidence during the 15 days of the Lunar New Year.

Add raw fish

年年有余 (Nian Nian You Yu)

"May you experience abundance throughout the year!"

Throw in bits of pomelo

大吉大利 (Da Ji Da Li)

"May you have great luck and prosperity!"

Sprinkle pepper and

cinnamon powder

招财进宝 (Zhao Cai Jin Bao)

"May the wealth be incoming!"

Pour oil in circles over

the ingredients

一本万利 (Yi Ben Wan Li)

"May you make a thousand-fold profit from your investment!"

Add shredded carrots

鸿运当头 (Hong Yun Dang Tou)

"Good luck is approaching!"

Add shredded green radish

青春常在 (Qing Chun Chang Zai)

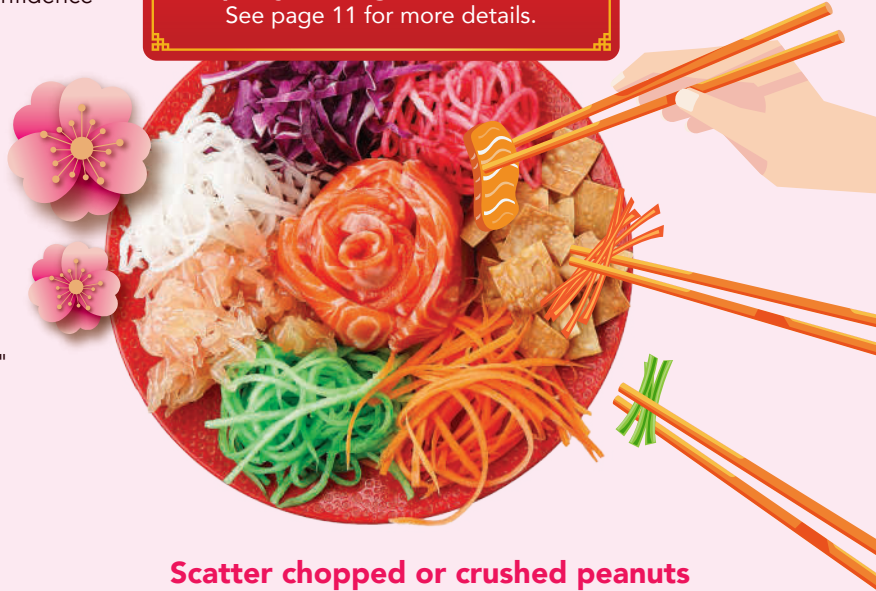
"Stay young forever!"

Add shredded white radish

步步高升 (Bu Bu Gao Sheng)

"Prosperity in business and promotion at work!"

Purchase our **Salmon or Jellyfish Prosperity Yusheng at Man Zhu Café!**
See page 11 for more details.



Scatter chopped or crushed peanuts

金银满屋 (Jin Yin Man Wu)

"May your house be completely filled with gold and silver!"

Sprinkle sesame seeds

生意兴隆 (Sheng Yi Xing Long)

"May your business prosper!"

Scatter crackers

遍地黄金 (Bian Di Huang Jin)

"May your floor be abundant and overflowing with gold and wealth!"

Pour plum sauce

甜甜蜜蜜 (Tian Tian Mi Mi)

"May your life be sweet and filled with loving relationships!"

**Toss the yusheng! The higher,
the better the year ahead. Huat ah!**

SPORTS

SWIMMING

SWIMSAFER 1

Tuesday – Friday, 12 to 15 March 2024

10.30am – 12noon

Competition Pool, SC

\$228.90 (Members only)

For Bronze, Silver and Gold

Eligibility: CSC Learn to Swim Orange and above

BASKETBALL

CSC-LJE SPORTS MARCH 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 due to limited slots!

Monday to Wednesday, 11 to 13 March 2024

Basketball Court, SC (Rooftop)

\$280.13 (Member) | \$295.39 (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 MARCH HOLIDAY SQUASH CAMP

Suitable for Level 1 & 2, beginner participants.

You will learn:

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

Monday to Wednesday, 11 to 13 March 2024

10.00am – 12.00noon

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 fees are for 3 training days.

Registration will close upon reaching maximum capacity.

March Holiday Activities



TABLE TENNIS

CSC-LJW MARCH 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.

Monday to Thursday, 11 to 14 March 2024

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

Table Tennis Room, SC (L3)

\$209.28 (Member) | \$313.92 (Guest)

The above fee is for 4 training days.

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

LIFESTYLE (YOUTH & KIDS)

DIY CREAM GLUE PENCIL CASE

Tuesday, 12 March 2023

2.00pm to 4.00pm

Multipurpose Room, SC (L2)

\$28.34 (member) | \$42.51 (Guest)

7 years & above

Min. 5 pax

Materials will be provided

Deadline for registration: 28 February

Wushu Camp

Monday & Tuesday, 11 & 12 March 2024

5.00pm – 7.00pm

Lattice Suite, RC (L3)

\$163.50 (Member) | \$185.30 (Guest)

5 – 12 years old

Min. 5 pax

All prices are inclusive of 9% GST. Please visit our website, call **6885 0671/6885 0654/6885 0672** or email sports@chineseswimmingclub.org.sg/lifestyle@chineseswimmingclub.org.sg/Team_SwimCSC@chineseswimmingclub.org.sg for more information or to sign up.



January Promotion



Tangy Mango
\$6.50



**La Pomme
"Apple"**
\$7.20



Dutch Colony

Kamala Uwu Manggarai (Indonesia)
Single Origin

Tasting notes: Mango, Banana,
Blueberry, Cacao Nibs

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



January Whisky Promotion

Chivas 12

\$128 per bottle

\$240 for 2 bottles

Chivas 18

\$158 per bottle

Chivas Royal Salute

\$218 per bottle



Prices are inclusive of 9% GST.



March Promotion



Teochew Porridge Buffet

1, 8, 15, 22 March 2024,
6pm – 9pm

\$22.80
(Adult)

\$10.80
(Child, 6 – 12 years old)

Prices are inclusive of 9% GST. The limited à la carte menu will be available during the buffet from 6pm – 9pm. Images are for illustration purposes only.



March Promotion



SUNDAY, 31 MARCH 2024
11.30AM – 2.30PM

ADULT
\$48.80

CHILD
(6 – 12 YEARS OLD)

\$22.80

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



March Promotion

Taylor's Treats

*Pumpkin
Spice Latte*

Hot: \$7.00

Cold: \$7.50



*Chai Spiced
Sugar Cookies*

\$3.00

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



March & April Whisky Promotion



**Johnnie Walker
& Sons XR21**

**1 bottle
\$188**

**2 bottles
\$360**

Prices are inclusive of 9% GST.

Enjoy Meaningful Performance Opportunities



DANCESPORT LESSONS FOR KIDS 3 TO 12!

\$30 per Class
\$270 for 12 Classes

Slots for our School Holiday Program NOW OPEN!




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福臨門 Fu Lin Men
Cantonese Dining

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

甲辰年农历新年
2024 Chinese New Year

CSC Members
10% OFF
all CNY Menu
except CNY's Eve
T&C apply

花開富貴套餐
Great Prospect Set
\$868** for 8-10 persons

風生水起 三文魚撈起
Salmon Lo Hei

大展鴻圖 紅燒竹筍海味翅
可以換成竹筍海味魚翅羹
Shark Fin Soup with Sea Treasures and Bamboo Fungus
other option: replace shark fin soup with fish maw soup

代代平安 鮑魚花菇福袋時蔬
Abalone, Shitake Mushroom, Lucky Dumpling and Seasonal Green

花開富貴 花雕上湯灼蝦
Poached Prawn in Superior Chinese Wine Broth

年年有餘 油浸笋壳
Crispy Marble Goby with Premium Soy Sauce

鴻運當頭 當紅炸子雞
Crispy Fried Chicken

好運連年 柴魚櫻花蝦燜伊面
Braised Ee Fu Noodle with Bonito Flake and Sakura Shrimp

笑口常開 紅蓮桃膠
Peach Resin Dessert

此套餐在年三十当天暫停供應
This set is not available on the day of CNY's Eve.

金銀滿屋套餐
Full of Treasures Set
\$988** for 8-10 persons

風生水起 三文魚撈起
Salmon Lo Hei

大展鴻圖 紅燒竹筍海味翅
可以換成竹筍海味魚翅羹
Shark Fin Soup with Sea Treasures and Bamboo Fungus
other option: replace shark fin soup with fish maw soup

代代平安 鮑魚花菇福袋時蔬
Abalone, Shitake Mushroom, Lucky Dumpling and Seasonal Green

金銀滿屋 金箔脆蝦球
Deshelled Prawn with Golden Corn Flake

年年有餘 清蒸星斑
Steamed Star Garoupa with Premium Soy Sauce

鴻運當頭 當紅炸子雞
Crispy Fried Chicken

盆滿鉢滿 飄香荷葉飯
Flavoured Rice with Delicacies in Lotus Leaf Wrap

笑口常開 紅蓮桃膠
Peach Resin Dessert

more CNY set menu and takeaway options available on our website www.fulinmen.com.sg

19
CHINESE SWIMMING CLUB



The 19th Asian Games Hangzhou

Our incredible athletes represented our nation with immense talent and spirit at the 19th Asian Games Hangzhou. We couldn't be prouder of them and their hard work, passion and dedication. Not forgetting the coaches who worked tirelessly behind the scenes, pushing the athletes to their full potential.

A special shoutout to Mikkell, who swam a superb time of 47.25 for the anchor leg of the 4×100m Freestyle Relay which brought Team Singapore to within 0.5s of Team Japan. His swim was the second-fastest split of the entire relay. Congrats Mikkell!

Swimming



Mikkell Lee

50m Butterfly
(Finals, 7th place)

☆ 4x100m Freestyle Relay
(Finals, 4th place)

4x100m Medley Relay

Christie Chue

50m Breaststroke
100m Breaststroke
200m Breaststroke
4x100m Freestyle

4x200m Freestyle Relay
(Finals, 7th place)

Faith Khoo

50m Backstroke
🕒 100m Backstroke
🕒 200m Backstroke

4x200m Freestyle Relay
(Finals, 7th place)

Nur Marina Chan

4x100m Freestyle Relay
(Finals, 4th place)

4x100m Mixed

Medley Relay

Chan Zi Yi

4x200m Freestyle Relay
(Finals, 7th place)

☆ National Record

🕒 Personal Best



Badminton



Loh Kean Yew
Men's Singles



Cayden Loh
5th place: Men's Water Polo

Swimming

Futures III 2023 (SCM)

20 swimmers from Chinese Swimming Club participated in the Futures III 2023 (SCM) from 5 to 7 September 2023. With their determination and skills, the swimmers showcased their aquatic prowess as they navigated the lanes.

Stroke Clinic

Our Swimming Stroke Clinic, which began on 16 October 2023, provided a dynamic learning environment for 54 swimmers who were eager to refine their techniques with the guidance of a coach. The focus of the clinic was to enhance stroke precision and the participants delved into specialised training to seamlessly execute strokes during competitions. The clinic is scheduled to last for three months and will end in December 2023.

39th Singapore Swimming Proficiency Award (SSPA)

It was a bittersweet moment at the Toa Payoh Swimming Complex on 28 and 29 October 2023 as it hosted its last swimming event, the 39th Singapore Swimming Proficiency Award (SSPA) which drew 184 Chinese Swimming Club swimmers. The pool, a hub of aquatic prowess, bid farewell on 31 October 2023. The swimming complex's closure marked the end of a vibrant community that had embraced it over the years.

CSC Gives Back: Basic Water Safety Programme for The HUT

In a heartwarming initiative to give back to the community, the CSC Swim Team conducted a basic water safety programme for youths aged 11 – 16 from The HUT, a centre for underprivileged children on 7 November to 14 December 2023. Our SwimSafer certified coaches, Sunny and Kenny, with the help from our swimmer, volunteered their time and expertise to educate the youths on fundamental water safety skills. The collaboration between the CSC Swim Team and The HUT exemplifies the power of community engagement and showcases how our swimmer and coaches can make a positive impact beyond their competitive pursuits. Well done team!



36th Junior Inter-Club Swimming Championships 2023

We are thrilled that Chinese Swimming Club secured the coveted title of overall champion at the 36th Junior Inter-Club Swimming Championships 2023! The event, held at Singapore Swimming Club on 11 November 2023 also witnessed a remarkable feat as our swimmers shattered three meet records, showcasing their exceptional prowess in their respective events. We would also like to thank our 55 swimmers, parents, coaches and admin team for their hard work and commitment to sporting achievements.

Events that broke the Meet Record

Boys 11 Years Old Medley Relay

Nigel Low, Jaedon Rei Teo, Alistair Ho, Jayden Tham

Girls 12 Years Old Freestyle Relay

Teoh Ning Ern, Sonia Viren Shah,
Kimberly Ann Hartono, Chen Yue Jia

Girls 12 Years Old Medley Relay

Sarah Sim, Chen Yue Jia, Birdie Gan, Teoh Ning Ern



22nd RBSC Invitational 2023

The 22nd RBSC Invitational 2023 held in Bangkok on 18 and 19 November 2023 witnessed the participation of our 58 talented young swimmers aged 7 to 16 years old. The highlight of the competition was CSC Swim Team's triumphant victory of the H.R.H Princess Maha Chakri Sirindhorn's Cup! Congratulations to all the swimmers for your determination and commitment to representing our Club! In addition to the good news, we have also obtained 10 Most Valuable Player (MVP) awards.

A big shoutout to all parents who have supported the swimmers and extended help to our coaches and admin team at the meet.

7 Years and Under

Girls: Bronze – Shanice Tan

Boys: Gold – Nathaniel Liew

8 – 9 Years Old

Boys: Gold – Raiyan Loh

10 – 11 Years Old

Girls:

Gold – Adelaide Laokullavanich

Silver – Adele Ng

Bronze – Isabella Lim

Boys:

Silver – Nigel Low

12 – 13 Years Old

Girls: Silver – Chen Yue Jia

14 – 15 Years Old

Boys: Gold – Mikail Loh

16 Years & Over

Boys: Silver – Choo Liang Rong



10th Singapore National Swimming Championships (SCM)

The 10th Singapore National Swimming Championships (SCM) marked the end of the year's local swimming calendar. Kudos to our outstanding 46 swimmers for their remarkable achievements, showcasing exceptional skills and dedication. A heartfelt congratulations to all participants, whose collective efforts made this local swimming meet a resounding success! Here's to another year of excellence in the pool!

50m Breaststroke (Men)

Bronze – Jadon Yoong

200m Breaststroke (Men)

Silver – Reagan Cheng

400m Medley Relay (Men)

Bronze – Julian Lee,
Benjamin Tan, Reagan
Cheng, Joshua Yeo

50m Butterfly (Women)

Silver – Nur Marina Chan

100m Breaststroke (Women)

Bronze – Amanda Ng

100m Butterfly (Women)

Bronze – Nur Marina Chan

800m Freestyle (Women)

Bronze – Kate Ona

1500m Freestyle (Women)

Silver – Kate Ona

100m Individual Medley (IM) (Women)

Silver – Nur Marina Chan

200m Freestyle Relay (Women)

Bronze – Nur Marina Chan,
Chan Zi Yi, Jeriel Lee, Loy Min Min

200m Medley Relay (Women)

Silver – Chan Zi Yi, Amanda Ng,
Bonnie Yeo, Nur Marina Chan

400m Medley Relay (Women)

Gold – Chan Zi Yi, Jeriel Lee,
Amanda Ng, Bonnie Yeo

Mixed 400m Medley Relay

Silver – Nur Marina Chan, Chan Zi Yi,
Benjamin Tan, Reagan Cheng



Swim Kick Challenge Series 4

On 25 November 2023, a total of 31 pre-competitive swimmers and Learn-to-Swim Green and Orange swimmers participated in the Swim Kick Challenge Series 4. This event provided a platform for our young swimmers to showcase their swimming abilities in a friendly and competitive environment, featuring a range of events and a parent-child relay.



Artistic Swimming

ASPIRE Assessment 6

9 artistic swimmers participated in the ASPIRE Assessment 6 on 18 November 2023 at Our Tampines Hub. Focused on fundamental skills, this assessment empowers participants to progress, celebrating their dedication and growth. Congratulations to all for their commendable achievements!

Badminton

SSC-JK Tech Badminton Individual Masters Doubles Championship

The SSC-JK Tech Badminton Individual Masters Doubles Championship was buzzing with energy, with our players clinching their well-deserved medals on 27 October to 5 November 2023. The court echoed with intense rallies as they displayed exceptional skills and teamwork. Congratulations to the following members for their podium finish!

1st: Joseph Sng & Tan Koon Meng: Men's Doubles 120

1st: Joseph Sng & Partner: Mixed Doubles 120

2nd: Allan Kwek & Partner: Men's Doubles 120 Plate

3rd: Allan Kwek & Jerry Wee: Men's Doubles 130



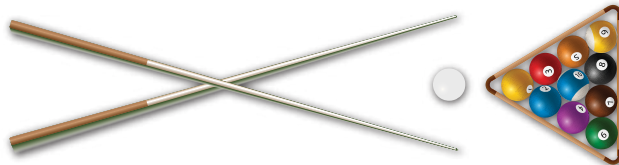
Basketball

CSC-LJE Sports Junior Basketball September Holiday Camp

The September holiday camp was exciting and energetic for the junior participants. During the three days from 4 to 6 September 2023, they were immersed in skill-building drills and were also taught values like sportsmanship and teamwork. The children not only improved their basketball skills, but also forged long-lasting friendships and memories.



Billiards & Snooker



Billiards & Snooker National Day Gathering & Wee Aik Koon 6 Reds Snooker Challenge

Chinese Swimming Club hosted Changi Beach Club, Cuesports Development, and Singapore Cricket Club for the Billiards & Snooker National Day Gathering & Wee Aik Koon 6 Reds Snooker Challenge on 9 August 2023. The teams clashed in a spirited 6-red ball snooker challenge, followed by a post-game gathering celebrating National Day.



Aloysius Yapp's Achievements

Congratulations Aloysius Yapp on your remarkable victories in the international nine and ten-ball competitions against top players! Your wins not only inspire but also showcase your incredible talent. Here's to your continued success and dominance in the sport!

RESULTS

2nd Position:

USA Predator Pro Tour Michigan 10-Ball Open (20 – 23 September 2023)

3rd Position:

Matchroom WNT US 9-Ball Open USA Atlantis City (25 – 30 September 2023)

9th Position:

Matchroom WNT Hanoi 9-Ball Open (10 – 15 October 2023)

3rd Position:

USA International 10-Ball Open (30 October – 1 November 2023)

Champion:

Battle of the Bull 9-Ball, USA Virginia (23 – 29 October 2023)

Champion:

International 9-Ball Open, USA Virginia (30 October – 4 November 2023)

3rd Position:

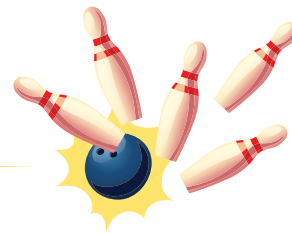
Pro Billiard Series Puerto Rico Open (7 – 10 November 2023)



Photo Credit: azbilliards



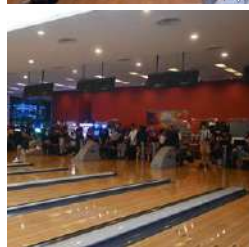
Photo Credit: azbilliards



Bowling

CSC Charity Bowl for President's Challenge

Our Bowling section members and friends banded together on Saturday, 16 September 2023 evening to do their bit for the less fortunate as part of the Club's collective effort to raise funds for the President's Challenge. The Bowling Sub-Committee raised \$1,988 with support from 44 bowlers. Thank you for your generous donations!



Bowling Section Bi-Monthly Medal

On 24 September and 26 November 2023, Bowling Section Bi-Monthly Medal competitions were held where bowlers displayed their skills and competed for victory. The alleys resounded with cheers and strikes, creating an unforgettable experience for all the participants. The bowling competition featured friendly rivalry, camaraderie, and memorable moments, a thrilling experience for enthusiasts. Congratulations to the winners!



24 September 2023 Winners

Classified

1st: Joseph Soong
2nd: Han Sah Lee
3rd: Jack Lim

Open

1st: Bryan Lee
2nd: Felix Lee
3rd: Tan Kayne Jin

26 November 2023 Winners

Classified

1st: Joseph Sng
2nd: Mildred Lim
3rd: Jack Lim

Open

1st: Tan Kayne Jin
2nd: Bryan Lee
3rd: Robin Teo

26th Inter-Club Bowling Mixed League 2023

The 26th Adult Inter-Club Bowling Mixed League 2023 resumed with a bang after a 3-year break due to the pandemic. After 21 gruelling weeks of competition, our Club emerged as the champion at the Victory Dinner hosted by NSRCC on 30 September! Congratulations to the participants for their achievements.



Men's Masters Champion:

Jonah Goh
(middle)

Men's Masters 1st Runners-up:

Gerard Ng
(left)

Ladies' Masters 1st Runners-up:

Ong She-Na
(right)

CSC Halloween Fun Bowl

It was a spooktacular night of bowling where everyone came dressed in their favourite Halloween costumes at the Annual Chinese Swimming Club Halloween Fun Bowl on 28 October 2023.

Trick or strike, it was a night of chillingly good time where everyone bowled to the eerie beats of Halloween tunes, and enjoyed fang-tastic snacks and drinks!

Bowling, fun, and friends - what more could you ask for on a Halloween night?





Golf

CSC 29th Annual Golf Championship

Chinese Swimming Club's 29th Annual Golf Championships 2023, held at the Keppel Club @ Sime was a memorable event for all golf enthusiasts who participated. The tournament which was held on 22 September 2023 saw players from various skill levels compete against each other. To mark the end of the tournament, a dinner was organised at the Tee Top Restaurant with a prize presentation where winners were awarded trophies. As a bonus, a lucky draw was held which added more excitement to the event. Thank you everyone for your participation and we look forward to seeing you at our future golf events!



Overall Champion:
Benjamin Ng

A Division:
1st: Lim Ang Hock
2nd: Allan Kwek
3rd: Lee Chiwi

B Division:
1st: Gilbert Soong
2nd: Steven Chia
3rd: Christine Koh

Haikou Golf Trip

The Golf Section embarked on its second overseas trip to Haikou, China from 24 to 28 October 2023. They enjoyed the beautiful golf course and the company of their fellow members, making the trip an unforgettable experience.



Pickleball



CSC-SICC Pickleball Friendly

We had an exhilarating evening of pickleball as Chinese Swimming Club and Singapore Island Country Club (SICC) faced off in a friendly match. Hosted for the first time by Chinese Swimming Club, the team managed to play 33 games in just 3 hours, showing their incredible skills and determination during the games. Congratulations to all the players for the outstanding games! Let's keep the pickleball spirit alive and look forward to more matches in future.



CSC Inter-Club Pickleball President's Challenge 2023

12 teams and 100 players gathered together for the CSC Inter-Club Pickleball President's Challenge 2023 on 28 October 2023. The event was filled with high energy and enthusiasm as the players engaged in some great rallies. What made the event more rewarding and meaningful was raising funds for the President's Challenge. It was heartwarming to see the pickleball community come together for a good cause!

Congratulations to the following winners!

Novice+ Team Challenge Category

- 1st:** Chinese Swimming Club
- 2nd:** Singapore Island Country Club
- 3rd:** Singapore Cricket Club
- 4th:** Tanglin Club

Intermediate Team Challenge

- 1st:** Singapore Island Country Club Team 1
- 2nd:** Heritage Club
- 3rd:** Chinese Swimming Club Team 1
- 4th:** Chinese Swimming Club Team 2
- 5th:** National University of Singapore Society
- 6th:** Singapore Cricket Club
- 7th:** Singapore Island Country Club Team 2
- 8th:** Tanglin Club



Squash

ONCOCARE 2023 SGSquash Junior Circuit 3



We would like to celebrate our triumphant squash junior members for their outstanding skills and sportsmanship at the ONCOCARE 2023 SGSquash Junior Circuit 3, held on 6 to 10 September 2023 at the ActiveSG Kallang Squash Centre. Cheers to their success and the bright future ahead in the world of squash!



4th: Girls U15 Taliah Cheong (left)
7th: Girls U15 Kelihla Cheong (right)



4th: Girls U11
Gwendolyn Lim (left)

CSC-Ultimate Squasher September Holiday Squash Camp

Our junior participants had a smashing good time at the CSC-Ultimate Squasher September Holiday Squash Camp held on 4 to 6 September 2023. The camp offered individualised coaching, training for motor skills, and instruction on forehand technique, speed, and agility. The junior players not only left the camp with improved squash skills, but also with fond memories of a fun sporting experience.



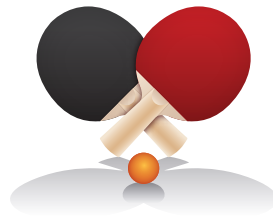


Table Tennis

CSC-LJW September Holiday Table Tennis Camp

On 4 to 7 September 2023, the CSC-LJW September Holiday Table Tennis Camp saw young talents improve their skills and form lasting bonds. The camp focused on teaching proper swing techniques, including forehand and backhand strokes and grip. It provided an immersive experience for budding players. Our experienced coaches guided participants to embrace the game, encouraging teamwork and sportsmanship.



Dr Ng Eng Hen Cup – STTA Table Tennis Championships 2023

Congratulations Kris Teo and Seth Han for their outstanding performance in the Dr. Ng Eng Hen Cup – STTA Table Tennis Championships 2023 held on 3 to 10 September at Toa Payoh Central Community Club. They exhibited exceptional talent, with their fast-paced rallies and strategic moves.

Joint 3rd Position: Women's Singles (Kris Teo) **Joint 3rd Position:** Men's Singles (Seth Han)



Bukit Batok CSN Open Table Tennis 2023

In the exhilarating Bukit Batok CSN Open Table Tennis 2023 competition held on 16 & 17 September 2023, the fiercely contested battle witnessed Chinese Swimming Club's remarkable performance, clinching joint 3rd place. With precision and agility, the Club's players showcased their mastery of the sport, leaving spectators in awe. Congratulations to team CSC!



VTTCS International Team Championship 2023

Chinese Swimming Club's Table Tennis sent 12 teams to participate in the VTTCS International Team Table Tennis Competition on 30 September and 1 October 2023 and 15 to 16 October 2023. It was a triumphant moment for the teams as they managed to clinch one championship title and three third places. Their success reflects the dedication and talent within the Club, setting a high standard for excellence in the sport. Congratulations to our outstanding table tennis teams for their remarkable achievements!

Champion: Mabel Ang and Gloria Belandres (W35)
2nd Runners-Up: Joselito, Bryan, and Emerson (M40),
 Angela and Eve (W35), Manisa and Jalaja (W35)



Henderson-Dawson Invitation Open Team Competition 2023

Congratulations to our Table Tennis team for snagging a joint third place in the Henderson-Dawson Invitation Open Team Competition 2023 held on 8 October 2023. The players displayed awesome showmanship, wowing everyone with their spectacular shots.

Richard Gonzales & Lauro's Visit to CSC Table Tennis Section

The Chinese Swimming Club Table Tennis Section was honoured to welcome the 32nd SEA Games Bronze Medalist, Richard Gonzales alongside National Team Coach, Lauro Paredes Crisostomo from the Philippines to the Club on 16 October 2023. They shared insights into their rigorous training schedules and strategic game approaches. It was an eye-opening experience for our team to be able to engage with them.



President's Challenge Charity Invitational Table Tennis Championship 2023

CSC proudly hosted 9 Clubs for the President's Challenge Charity Invitational Table Tennis Championship 2023 on 28 October 2023, a thrilling showcase of talent and philanthropy. The participants battled it out on the table, uniting for a noble cause. The event not only showcased outstanding sporting prowess but also raised funds to support the President's Challenge, making a positive impact for the community.



Congratulations to the following teams:

- | | |
|----------------------------|-------------------------------|
| 1st: Safra | 5th: 933 |
| 2nd: CSC Hurricane | 6th: AiTTF |
| 3rd: Sunsports Club | 7th: CSC Cyclone |
| 4th: CSC Tornado | 8th: Kingdom PP Sports |
| | 9th: MG Sports Racer |



2nd CSC U9/U12 Table Tennis Tournament 2023

The 2nd CSC U9/U12 Table Tennis Tournament 2023 was a huge success, attracting a record of 222 participants! The 3-day event, from 3 to 5 November 2023 showcased the junior participants' talents competing for the top spot in the four categories.

We would like to thank Sin Ten Sports Trading for their great support in making this event possible!



Under-12 Boys' Singles

1st: Neo Cheng Ming
2nd: Damien Li
Joint 3rd: Kaeden Seow & Tan Ruixiang

Under-12 Girls' Singles

1st: Lee Zi Yi
2nd: Clara Tan
Joint 3rd: Charlyne Lim & Gu Xintian

Under-9 Boys' Singles

1st: He Qingqiu
2nd: Pan Jiaze
Joint 3rd: Gerard Cher & Lu Kaiwen

Under-9 Girls' Singles

1st: Joelle Fok
2nd: Evelyn Rose Gooi
Joint 3rd: Hayley Lim & Lu Jin Xuan





Tennis

CSC Junior Singles 2023 Series 3 and 4

The CSC Junior Singles 2023 Series 3 and 4, held on 26 and 27 August 2023 and 11 to 13 November 2023 respectively showcased the future stars of tennis in thrilling junior singles matches. The Young talents displayed remarkable skills and determination, captivating audiences with intense rallies and strategic plays. These unforgettable moments were a testament to the passion and dedication of the next generation of tennis stars. Congratulations to the winners for their well-deserved win!

CSC Junior Singles 2023 Series 3

**Under 10s
Champion:**

Jonathon Lee
Runner-up:
Joshiah Tjandra

2nd Runner-Up:

Evan Khoo

3rd Runner-Up:

Jake Yap

**Under 14s
Champion:**

Brian Hartono

Runner-up:

Kate Yap

2nd Runner-Up:

Justin Ng

3rd Runner-Up:

Aiden Lim



CSC Junior Singles 2023 Series 4

**Under 10s
Champion:**

Joshiah Tjandra
Runner-up:

Luke Tan

2nd Runner-Up:

Jake Yap

3rd Runner-Up:

Damien Poh

**Under 14s
Champion:**

Brian Hartono

Runner-up:

Cayden Tay

2nd Runner-Up:

Aiden Lim

3rd Runner-Up:

Ella Paglalunan



CSC & Tanglin Club Friendly

Led by Tennis Convenor, Mr Robin Ng, 12 CSC tennis players engaged in a spirited friendly match at Tanglin Club on 19 October 2023. Amidst skillful volleys and friendly banter, the event exemplified the essence of sportsmanship. Tanglin Club's warm hospitality added to the joyous atmosphere, making it a memorable day for all participants. A big thank you to Tanglin Club for being a gracious host!





Water Polo

ActiveSG Water Polo Internal League Season 3

Congratulations on the amazing performances from our Under-12, Under-14 and Under-16 Water Polo trainees for winning the ActiveSG Internal League Season 3 "Trebles" held from 4 to 8 September 2023 at Our Tampines Hub! A big thank you for the unwavering support from the passionate parents and committed coaches.



Photo credits: Calvin and Pedro

2nd Kuching Invitational Water Polo Cup

We are thrilled to announce that Chinese Swimming Club's Boys Under-16 Water Polo team emerged victorious in the 2nd Kuching Invitational Water Polo Cup held on 23 to 26 November 2023, overcoming formidable challenges from Malaysia and Singapore teams! The young water polo players exhibited unwavering resilience, putting up a strong fight that ultimately secured their triumph, marking a memorable chapter in water polo excellence. Well done team!





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.

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.

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)
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.

Golf

Tentative Golf Calendar for 2024

Month	Event	Venue
January	January Medal	Ponderosa Golf & Country Club
February	CSC-SCC Bilateral and Angbao Medal	TBC
May	May Medal	Batam
June	Charity Game	TBC
July	July Medal and Section Gathering	TBC
August	August Medal	Bintan
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's resident coach, Janet and embark on your pickleball journey!

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

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



Coach Janet Lye

Basketball Court, SC (Rooftop)

	Member	Guest
Beginners (2 hours/week – consists of 1.5 hours of coaching & 0.5 hours of play)	\$191.84 (4 lessons per module)	\$218.00 (4 lessons per module)
Intermediate (2 hours/week – consists of 1.5 hours of coaching & 0.5 hours 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.

Wednesdays

3.00pm – 4.30pm (L3), 4.30pm – 6.00pm (L2)

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, 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)

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, SC (L3)

Member: \$553.72 (1.5-hour training session per week)
Guest: \$627.84 (1.5-hour training session per week)
Min. 2 pax
8 lessons per term

Swimming

CSC Swim Kick Challenge Series 1

Saturday, 27 January 2024
Water Polo Pool, SC (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 programme will teach the rules and fundamentals of table tennis to those new to the sport, while veterans will further hone their skills and basic game techniques.

Friday, 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 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!

Tuesdays **NEW**

Belt	Time
White	4.45pm – 5.45pm

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, SC (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, SC (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, SC (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 9% GST. Please visit our website, call **68850671** or email **sports@chineseswimmingclub.org.sg** for more information or to sign up.

Snowskin Mooncake-Making Workshop

A delightful snowskin mooncake-making workshop for children took place on 5 September 2023, immersing young participants in the art of crafting traditional Chinese treats. Guided by an instructor, the children eagerly moulded, filled, and decorated their mooncakes, fostering creativity and cultural appreciation in a fun-filled culinary experience.



Wushu Camp

Our little warriors kicked off the September school holidays with a bang at the Wushu Camp for beginners on 4 and 5 September 2023. Watch out world, our future martial champions are here!

Shanghai Night Dance Party

Our members and guests brought the Old Shanghai theme to life on the dance floor on 7 October 2023 at the CSC Dance Shanghai Night Dance Party! They came dressed in their 1920s to 30s style outfits, swinging to the rhythm in style!



Health Talk: Diabetes & Dementia

On 14 October 2023, a health talk was organised for our members and guests, where Abbott and iKare speakers delivered insightful presentations on diabetes and dementia, respectively. The attendees learned about the significance of glucose monitoring, strategies in managing diabetes and discussed dementia care at home. It was a very productive and informative session for everyone who attended.



Dance

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

Fridays, commencing 8 January 2024

Mondays, commencing 12 January 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 20 February 2024

12.45pm – 2.00pm

Activity Suite, SC (L3)

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

Min. 10 pax

Line Dance Beginner Advanced – 10 sessions

Tuesdays, commencing 9 January 2024

2.00pm – 3.30pm

Activity Suite, SC (L3)

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

Min. 10 pax

Sundays, commencing 24 March 2024

1.30pm – 3.00pm

Multipurpose Room, SC (L2)

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

Min. 10 pax

Line Dance Advanced – 10 sessions

Tuesdays, commencing 14 January 2024

3.00pm – 4.30pm

Activity Suite, SC (L2)

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

Min. 10 pax

Solo Latin Dance For Ladies – 8 sessions

Wednesdays, commencing 14 February 2024

3.00pm – 4.00pm

Activity Suite, SC (L3)

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

Min. 8 pax

Dance Parties

Hawaiian Night Dance Party

Saturday, 6 January 2024

7.00pm – 11.00pm

Activity Suite, SC (L3)

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

Chinese Valentine Dance Party

Saturday, 24 February 2024

7.00pm – 11.00pm

Activity Suite, SC (L3)

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

Social Dance Nights

**13, 20 & 27 January, 17 & 24 February,
9, 16 & 23 March 2024**

7.00pm – 10.30pm

Activity Suite, SC (L3)

\$9.81 (Member) | \$18.00 (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>.

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

CARDIO

Zumba Fitness by Erica Hugh

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

Saturdays, 10.30am – 11.45am

Activity Suite, SC (Level 3)

Free Trial

Saturday, 20 January 2024,

10.30am – 11.45am

Please register for the free trial on the CSC web app.



Scan to see the class schedule and the full list of exercise classes.

80s Smash by Michael Kwok **NEW**

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

Wednesdays, 11.30am – 12.20pm,

commencing 31 January 2024

Activity Suite, SC (Level 3)

\$156.96 (Member) for 8 lessons

Min. 5 pax

Free Trial: Wednesday,

24 January 2024, 11.30am – 12.20pm



Sign up for the free trial

Leisure

Chinese Calligraphy

Mondays, 9.00am – 11.00am

Multipurpose Room, SC (L2)

\$16.35 (Member) | \$32.70 (Guest)

Chinese Brush Painting

Thursdays, 10.00am – 12noon

Multipurpose Room, SC (L2)

\$125.35 (Member) | \$158.05 (Guest)

Youth & Kids



Friendship Bracelet Making

Sunday, 25 February 2024

1.00pm – 2.30pm, 2.45pm – 4.15pm

Lattice Suite, RC (L3)

\$27.25 (Member) | \$41.42 (Guest)

Each participant will be given a kit that includes materials to make five bracelets.

Wushu Beginners – 4 Sessions

Sundays, commencing 7 January 2024

9.30am – 10.30am

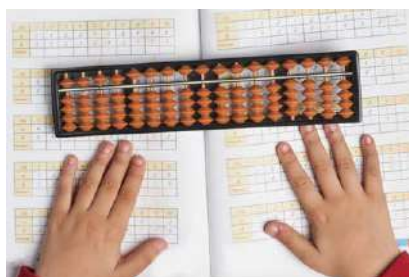
Activity Suite, SC (L3)

Saturdays, commencing 20 January 2024

\$109.00 (Member) | \$163.00 (Guest)

5 – 12 years

Min. 5 pax per class



Abacus & Mathematics – 4 Sessions

Wednesdays, 5:00pm – 6:30pm

Lattice Suite, RC (L3)

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

*Additional \$49.05 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, SC (L2)



Beginners 1 Saturdays 9.15am – 10.15am \$122.08 (Member) \$165.68 (Guest) 3 – 4 years old	Beginners 2 Mondays Saturdays 4.45pm – 5.45pm 8.00am – 9.00am \$165.68 (Member) \$209.28 (Guest) 5 – 6 years old
Primary Beginners Saturdays 10.30am – 11.30am \$165.68 (Member) \$209.28 (Guest) 5 – 6 Years old	Primary Saturdays 11.30am – 12.30pm \$165.68 (Member) \$209.28 (Guest) 5 – 6 years old
Grade 2 Beginners Saturdays 12.45pm – 1.45pm \$244.16 (Member) \$287.76 (Guest)	Grade 2 Saturdays 1.45pm – 2.45pm \$244.16 (Member) \$287.76 (Guest)
Grade 5 Beginners Mondays 2.45pm – 3.45pm \$244.16 (Member) \$287.76 (Guest)	Grade 5 Mondays 4.00pm – 5.00pm \$244.16 (Member) \$287.76 (Guest)
Grade 6 Beginners Fridays 3.00pm – 4.00pm \$244.16 (Member) \$287.76 (Guest)	Grade 5 Fridays 3.45pm – 4.45pm \$244.16 (Member) \$287.76 (Guest)
Grade 6 Beginners Fridays 5.15pm – 6.15pm \$244.16 (Member) \$287.76 (Guest)	Grade 6 Fridays 6.15pm – 7.15pm \$244.16 (Member) \$287.76 (Guest)

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 **68850654** or email **lifestyle@chineseswimmingclub.org.sg** for more information or to sign up.

OPERATING HOURS

ARRIVAL PAVILION

FRONT OFFICE RECEPTION

Daily 8.00am – 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

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

(Close 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 (3 Tables)

Wed 3.00pm – 7.00pm (3 Tables)

Thu 3.00pm – 6.00pm (3 Tables)

Sat 2.00pm – 5.00pm (3 Tables)

Sun 10.00am – 4.00pm (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 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 clubs across the region.

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

This Issue's Reciprocal Club Feature – The Royal Bangkok Sports Club

The Royal Bangkok Sports Club (RBSC) is a prestigious sports club that was established in 1901. This members-only club provides a wide range of sports services and facilities such as badminton, cricket, tennis, an 18-hole golf course, and remarkable food and beverage services. You can also witness thrilling horse racing at RBSC, a must-see activity.

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.



Photo Credit:
Royal Bangkok Sports Club



CHINESE SWIMMING CLUB

21 & 34 Amber Road Singapore 439870

Tel: 6345 1221/6885 0688

Fax: 6345 7134

www.chineseswimmingclub.org.sg



Chinese Swimming Club
chineseswimmingclub