

JAN - MAR 2026

FREESTYLE



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HAPPY
CHINESE NEW YEAR

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

"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.

A MESSAGE FROM THE
VICE-CAPTAIN



Dear Members,

The year 2025 has come and gone in the blink of an eye. 2026 is now upon us.

Each passing year allows the club to celebrate the sporting successes of our outstanding athletes, acknowledge the excellent service provided by the club's hardworking management and staff, and recognise the exciting events and activities organised by the various Committees and subcommittees, to meet our members' diverse needs.

The Spring Festival

Once again, our traditional Spring Festival — celebrating the Lunar New Year — is packed with lots of good stuff. From lion and dragon dance performances to photo opportunities and Mandarin orange giveaways, plus snack stations that are guaranteed to wow every child (and their parents, I'm sure!), there is something for everyone. As always.

The Spring Festival is not the only Chinese New Year (CNY) activity — but it is the climax of the club's month-long Lunar New Year celebration that is packed with activities.

First off: **Ang bao** distribution will start on 2 February. Please collect your ang baos before they run out.

And if you are looking to buy CNY goodies for your home, do check out the club's **CNY goodies galore** at Man Zhu Café: Florentine Mixed Almond Cookies, Kueh Bangkit, Cashew Nut Cookies, Pineapple Tarts and Love Letters. No pre-orders are required; just turn up and buy.

Man Zhu Café has curated a one-day-only (22 February 2026) **Auspicious Abundance Buffet** for members to celebrate CNY together with their family members and friends. Blink and you'd miss it!

And to sustain the festive spirit, Man Zhu Café is presenting a **Bountiful Blessings Buffet** for the month of February. Do drop by any Friday during February for a scrumptious CNY buffet.

No Chinese New Year celebration is complete without a rousing toss for good health and wealth: You may buy our **Salmon Yusheng** from Man Zhu Café to celebrate CNY and do your lo hei with family members and friends.

Sweeten February at Mingle@Amber with the auspicious **Hong Yun Dang Tou** (鸿运当头) drink and our vibrant **Pineapple Bliss** cake, perfect festive treats for sipping, gifting and indulgence.

For those of you who are planning to raise a toast or two to the Year of the Horse, please refer to page 14 for 3Bars' whisky promotions, which give you plenty to cheer about.

And if you are new to Singapore, or are unfamiliar with the Chinese New Year customs, please read about the dos and don'ts related to the CNY [page 11], so that you can celebrate the festivities meaningfully.

The Singapore National Age Group (SNAG) Championships (Juniors and Seniors)

Last year, the club achieved a grand slam for swimming when we won:

- SAQ Club Challenge Cup in the Juniors (6th consecutive year) and Seniors (4th consecutive year) sections at the Singapore National Age Group Championships (SNAG)
- SAQ Challenge Trophy for the first time, and was overall club champion, in the 20th Singapore National Swimming Championships (SNSC)
- The overall championship title at the 38th Junior Inter-Club (JIC) Swimming Age Group Championships

Therefore, we are excited about the club's prospects at this year's SNAG competition, which takes place from 13 – 15 March 2026 (Juniors), 17 – 22 March 2026 (Seniors). Our swimmers have not rested on their laurels and have continued to train hard and long. Hence, I am most optimistic about what our hardworking swimmers can achieve in this year's edition of SNAG.

Recreation Complex (RC) Upgrading

I can go on and on about why I believe 2026 will be another great "looking back" year for the club, but I will end my message with one more piece of great news: The schedule for upgrading the recreation complex has been revised to accommodate the ongoing work-in-progress adjustments and changes. As of now, please note:

- The RC passenger lift is closed from 1 December until early 2Q26 to facilitate the installation of a brand-new lift.
- Scheduling for the installation of the wheelchair and platform lifts at the RC entrance has started and will be finished by 2Q26.
- Work on the Fun Pool is ongoing and expected to be completed by end January 2026, barring unforeseen delays.
- All said, we can all look forward to enjoying a newly renovated recreation complex in the second half of 2026.

So, there you have it. These are the reasons for an upbeat and positive outlook for the club in 2026. If you are still unconvinced — watch this space!

On behalf of the club, I wish you a great Year of the Horse and Gong Xi Fa Cai!

Chia T-Jian
Vice-Captain
Chinese Swimming Club

Mr Volker Muck's (First Term Member) Visit to Chinese Swimming Club

We are delighted to welcome back Mr Volker Mucks, who joined the club as our very first term member in 2007. Drawn by our stellar swimming training programme that suited his son, Thomas, who was in the A1 Swim Team, Mr Mucks made the club his family's sporting home during their stay in Singapore from October 2007 to June 2009. During his recent visit on 28 November 2025, while vacationing in Singapore, he shared fond memories of the club and swimming coaching excellence.

Welcome back to Singapore and our club! What are some of your fondest memories of your family's time with the club?

Every Friday, we would gather for dinner at Man Zhu Café, where I had the opportunity to meet and chat with fellow swimming parents. It was always a warm and enjoyable experience.

How did the club's swimming programme support Thomas during his time in the A1 swim team?

The club's swimming programme was vital to Thomas's development on the A1 swim team, with structured training, strong technical focus and experienced coaches who helped him improve steadily and confidently.

What is a favourite place in the club?

Man Zhu Café. Back in the days, there was an elderly waitress who was truly lovely. When she served us, she often started small talk, which we found very welcoming and pleasant.



What would you say to expatriates or international families considering joining the club today?

When I first arrived in Singapore, I had no connections with the sports community or locals. However, enrolling my son in the club's swimming programme made connecting with people simple and enjoyable. We loved the experience.

If you are an international individual seeking a vibrant community and exceptional sports facilities, our term membership is the perfect way to make the club your home away from home. The membership offers flexibility and full access to club privileges. It is open to anyone 21 years and above who is not a Singaporean or Permanent Resident.

Email: membership@chineseswimmingclub.org.sg to enquire about our term membership today.

Amendments to Club's Bye-Laws

Please be informed that with effect from **1 October 2025**, the Club's Bye-Laws for under Basketball will be amended as follows:

General Article 1

The court may be booked for a minimum period of one hour and no part thereof between 7.00am and 10.00pm. Fees are chargeable for use of the court on an hourly basis.

Article 2

The Basketball Court may not be booked by any individual member for more than two hours of play at any one time and not more than twice in any 7-day period. Penalty fee applies for cancellation (after 12 noon) one day before the actual booking or no-show.

Off peak

Monday to Friday: 7.00am to 6.00pm
\$4.36 per hour

Peak

Monday to Friday: 6.00pm to 10.00pm
Saturday /Sunday/Public Holiday : 7.00am to 10.00pm
\$6.54 per hour



Guests Article 16

Each Principal Member, Term Member, Nominee, Spouse Member, Spouse Term Member, Junior Member or Junior Term Member (who is at least 15 years of age as of such member's last birthday) may invite up to a maximum of 5 playing guests at any one time into the Club, in accordance with these Bye-Laws. Any invited guest of a Member shall only be allowed to use the Club's sports facilities no more than once per week, unless otherwise authorised by the Management Committee.

Chinese New Year (CNY) Club 2026 Operating Hours

The club will be closed on **Monday and Tuesday, 16 and 17 February 2026 (eve of CNY and day 1)**. Operations will resume on the second day of Chinese New Year, **Wednesday, 18 February 2026**. On behalf of everyone at Chinese Swimming Club, we extend our wishes for a prosperous Year of the Horse to all our members!



Collection of Ang Bao Packets

The Chinese Swimming Club ang baos are now ready for you to collect at the Arrival Pavilion reception starting from **2 February**. Each member can collect a maximum of two packets of ang baos (six per pack, strictly no proxy is allowed), while stocks last. We hope you enjoy your gift!

Project Progress Update: Upgrading of Recreation Complex (RC) & Fun Pool

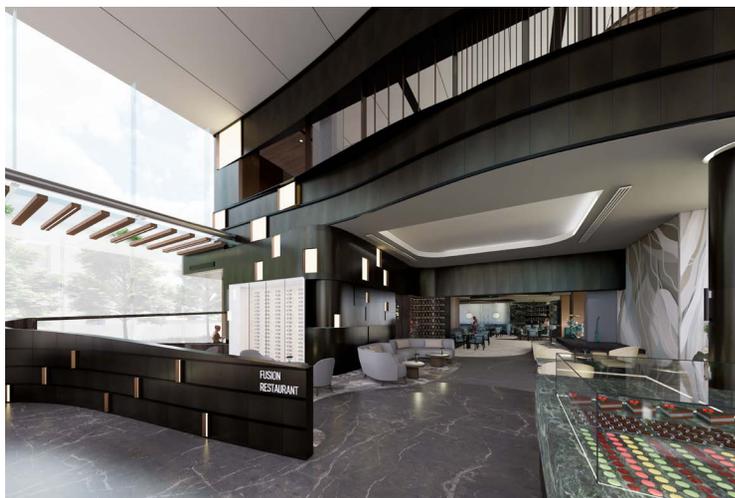
As part of the Club's ongoing commitment to keep members informed, we are pleased to share the latest updates on the upgrading works at the Recreation Complex (RC) and Fun Pool.

The RC passenger lift has been closed since 1 December to facilitate the installation of a brand-new lift, with completion expected by early 2Q 2026. In addition, scheduling for the installation of the wheelchair and platform lifts at the RC entrance is underway and is also targeted for completion by 2Q 2026. Meanwhile, works on the Fun Pool are progressing well and are on track to be completed by end January 2026, barring unforeseen delays.

Redefined Spaces, Elevated Experiences

Once completed, the upgraded RC will welcome members into a world of refined comfort and contemporary elegance. Upon arrival, members will be greeted by a stylish lobby lounge, dressed in a sophisticated palette of matte copper, charcoal grey and black. It is complemented by a modern deli bar offering decadent patisserie and desserts. The space is ideal for unwinding after a long day or holding casual business meetings.

The new restaurant offers a thoughtfully curated fusion menu that delights the palate. A dedicated wine and whisky



display, paired with live band performances, creates the perfect ambience for memorable evenings filled with rock, soul and classic favourites.

Moving to the second floor, members will discover a pillarless multi-function room, the first in Singapore social clubs to feature a dynamic LED floor that injects energy and excitement into any occasion. This versatile space caters to sports such as pickleball, as well as corporate events and celebrations.

The experience is complete on the third floor, with a family-friendly karaoke lounge featuring seven cosy private rooms and a quality sound system designed to make every celebration unforgettable.

Should you have any questions regarding the upgrading works, please contact us at feedback@chineseswimmingclub.org.sg. Thank you for your continued support and understanding as we work towards delivering an enhanced club experience for all members.

OUR SUSTAINABILITY JOURNEY

In our previous sustainability issue, we covered the topic of **Carbon Tax**. In this issue, we are adding two topics: **Solar Panels** and **Food Waste Management**. As usual, the topics are featured in our regular email newsletters and at the **Sustainability Corner** at the Arrival Pavilion. Please look out for them!



SOLAR PANELS

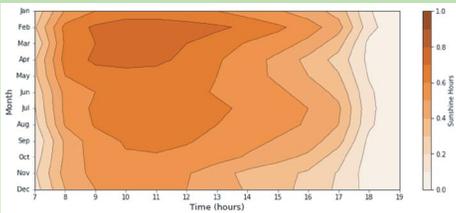


What are Solar Panels?

- Converts sunlight into electricity via the photovoltaic effect.
- Provides a clean energy source for the Club's buildings and facilities.

Why It Matters to Our Club Members

- Lowers our electricity bill and lessen our carbon footprint.
- Savings can be reinvested to enhance Club facilities and member services.
- Reinforces the Club's commitment to sustainability.



How Solar Panels Impact Chinese Swimming Club

- Actively exploring solar panel installation.
- Aims to reduce the Club's carbon footprint significantly.
- Helps manage and lower long-term operating costs.
- Contributes to ensuring the Club remains financially robust for the future.

- Singapore gets 4.5 - 5.8 hours of Peak Sun Hours daily.
- February and March have the most sun.

- Singapore's solar deployment has grown significantly: from 0.4 MWp in 2008 to 1.6 GWp in Q1 2025.

FOOD WASTE MANAGEMENT



Food Waste Management is the organised process of handling and reducing edible food that is thrown away.

Did You Know?

- Our food waste accounted for **784,000** tons or **12%** of total Singapore waste in 2024.



How to Prevent and Reduce Food Waste

When Dining Out

- Ask for less rice/noodles if you can't finish the food
- Bring a reusable container to share any leftovers



When at Home

- Cook a meal using leftovers
- Cater for 10-15% less for parties
- Store excess food properly to avoid food wastage

Our Initiatives for a Sustainable Club

- Actively conducting vegetable sourcing trials (e.g. milk cabbage) and evaluating valorisation methods to convert our food waste into higher-value products.
- Evaluating the merits of valorisation and other dewatering solutions to reduce the water content of the food waste removed from our premises.
- The Club also launched the "Bring Your Own Container" initiative in August this year.



WE WANT TO HEAR FROM YOU

Simply scan the QR code to share your thoughts with us. Together, we can build a greener future for the club.



Mid-Autumn Festival

Chinese Swimming Club welcomed members and families on 27 September for a warm and festive Mid-Autumn Festival celebration.

Highlights included a Lantern-Making Station where members crafted colourful DIY lanterns, enjoyed a playful "Pin the Tail" game station, and visited a mooncake & tea-tasting booth for traditional flavours and cultural insights. Children were entertained by Explorer Joe's Puppet Show, which was full of humour and interactive fun.

The evening ended with a lantern trail to East Coast Park and back, ending with a lantern riddle segment that engaged families in a traditional, educational activity.

The event perfectly blended culture, creativity, and community spirit, leaving participants with lasting memories of this cherished festival.



Oktoberfest 2025

The Oktoberfest celebration on 10 October united families and friends for a lively evening of great food, music and festive cheer. Guests enjoyed a hearty German buffet, refreshing beers, and upbeat live music that kept the energy high. With laughter, dancing and a warm atmosphere, it was a truly memorable night enjoyed by all.



Hibiki Night

The Hibiki Night held on 22 October at Fu Lin Men was a delightful evening for all who attended. The event brought members together for a night of fine drinks, great company and cheerful conversation. The atmosphere was lively and friendly, with members mingling and sharing laughter throughout the night.



Halloween Party

Our Halloween Party on 24 October was a frightful success. It was great to see everyone dressed up and bring their Halloween spirit to life! From eerie games and candy galore to face painting, cosmic bowling, and our best-dressed competition, it was truly a night filled with laughter, thrills, and Halloween magic. Thank you to everyone who joined us for the fun. Your support goes towards the President's Challenge! Until next year... stay spooky!





Christmas Light-Up

Chinese Swimming Club welcomed members and their families on 14 November for its annual Christmas Light-Up, an evening filled with festive cheer and meaningful giving. The club grounds were transformed into a cosy holiday fair, complete with twinkling lights, cheerful music and activity booths designed for fun and fundraising.

Families enjoyed making snow globes, creating personalised globes with mini festive figurines, and sparkling "lights." The evening also featured a popcorn booth and carnival-style game stations, including "Santa Snowball" and "Holiday Knock-Down Can," adding lively entertainment for children and adults alike.



Proceeds from these activities were donated to the President's Challenge, reinforcing the club's commitment to community support during the season of giving.

The highlight of the night was the Christmas Light-Up ceremony, officiated by Club President Mr Victor Chia, Lifestyle chairperson Mr Gerard Ng, and General Manager Ms Helena Goh.

As the countdown ended, the club's façade and surrounding areas were illuminated with warm festive lights, officially welcoming the Christmas season.

It was a joyful evening that combined celebration, community bonding and charitable giving.



Start the Year Right: Your Ultimate Guide to Chinese New Year

Chinese New Year in Singapore is a lively blend of tradition, family and festive spirit. As homes fill with the aroma of pineapple tarts and the sounds of lohei, many ancient customs continue to influence how we welcome Chinese New Year.

Here are some key Chinese New Year customs, along with the dos and don'ts, to help you celebrate meaningfully and with good fortune.



1. Spring Cleaning Before the New Year

✓ Thoroughly clean your home and dispose of unwanted items during spring cleaning before Chinese New Year to sweep away misfortune and invite good luck.

✗ Dispose of trash on the first day; otherwise, you may be "sweeping away" your luck.

2. Dress in Bright, Auspicious Colours

✓ Wear red for prosperity and joy and put on new clothes to symbolise a fresh start.

✗ Wear black or white – these colours are traditionally associated with mourning.

3. Settle All Debt

✓ Start the year on a fresh slate by clearing all debts before Chinese New Year.

✗ Begin a new year with unpaid debts, as it signifies a poor year for wealth.

4. Giving (and Receiving) Red Packets

✓ Give red packets (ang baos) to unmarried younger relatives, children, or service staff as a gesture of goodwill and make sure the notes inside are crisp and new.

✗ Open an ang bao in front of the giver – it is considered impolite.

✗ Give odd-numbered amounts, as odd numbers are considered unlucky.

5. Reunion Dinner Etiquette

✓ Attend your family reunion dinner on the eve of Chinese New Year – it's the most important meal of the year.

✗ Skip the gathering – it is a major family tradition.

✓ Serve and eat dishes like fish, prawns, and dumplings for abundance, happiness, and wealth.

6. Yusheng "Lohei" Customs

✓ Toss yusheng high for better fortune – the higher the toss, the better the luck!

✗ Mix or eat quietly – this is meant to be loud, joyful and messy.

✓ Recite auspicious phrases during the toss.

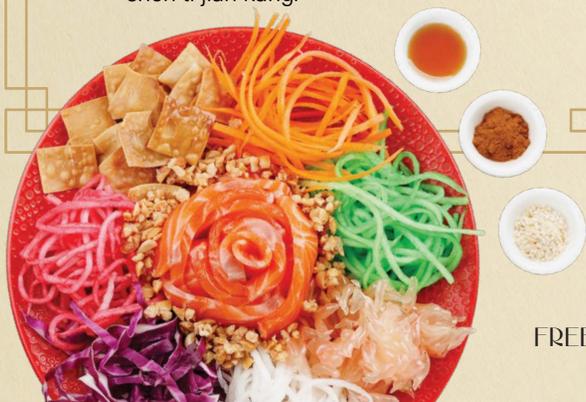
7. Watch Your Words and Avoid Unlucky Actions

✓ Wish everyone happiness, prosperity and good health – use phrases like gong xi fa cai and shen ti jian kang.

✗ Mention anything unlucky (death, illness, foul language, losing money).

✗ Break things and use sharp objects – they symbolise bad luck.

✗ Wash your hair and clothes on the first day of the Chinese New Year, as these actions wash away the entire year's luck.



Chinese New Year 2026 F&B Outlets Operating Hours

OUTLETS	DATES	OPERATING HOURS
MAN ZHU CAFÉ	Sunday, 15 February Monday & Tuesday 16 & 17 February Wednesday, 18 February	8:30am – 9pm (Last order is 30 minutes before closing) Closed 11:30am – 9:30pm (Last order is 30 minutes before closing)
3BARS	Sunday, 15 February Monday & Tuesday, 16 & 17 February Wednesday, 18 February	2pm – 11pm Closed 12 noon – 3pm, 6pm – 11pm
MINGLE@AMBER	Sunday, 15 February Monday & Tuesday, 16 & 17 February Wednesday, 18 February	8am – 8pm Closed 8am – 8pm

Celebrate Chinese New Year with Festive Feasts at Man Zhu Café



Ring in the Chinese New Year with the sumptuous **Auspicious Abundance buffet** at Man Zhu Café! Indulge in an irresistible spread featuring roasted pork, roasted duck, steamed fish, and baked garlic prawns with vermicelli—alongside a host of festive favourites that will delight the whole family. It is the perfect way to gather and celebrate abundance.

Keep the celebrations going with the **Bountiful Blessings buffet**, available every Friday throughout the festive month of February. Look forward to a delicious lineup of well-loved Chinese New Year dishes, comforting classics, and fresh flavours that will make every weekend feel like a reunion feast.



Auspicious Abundance (\$48.80 adults, \$22.80 child). On 22 February, from 11.30am – 2.30pm. No à la carte menu during buffet period. For reservations or enquiries, please call 6885 0230 or email manzhu@chineseswimmingclub.org.sg.

Bountiful Blessings (\$34.80 adults, \$15.80 child). Every Friday in February from 6pm – 9pm. A limited à la carte menu only will be available during the buffet period.





No Chinese New Year celebration is complete without a hearty toss for prosperity—our Salmon Yusheng is now available for your joyous lohei! Fresh, vibrant, and full of symbolism, it is the ultimate centrepiece for ushering in good fortune and blessings.

Salmon Yusheng (\$47.80 small, \$57.80 large).
Available for dine-in or takeaway at Man Zhu Café starting 18 February at 6pm, daily from 19 February to 3 March, during lunch (until 2:30pm) and dinner from 6pm. Takeaway orders are subject to an additional \$2 charge. All prices include GST.

For preorders, please call 6885 0230 or email manzhu@chineseswimmingclub.org.sg.



Planning gatherings at home? Bring the festivities to your table with our **Chinese New Year goodies**, perfect for gifting or enjoying with loved ones. From the all-time favourite Florentine mixed almonds to the quintessential pineapple tarts, each treat is crafted to perfection. Because you deserve nothing but the best to usher in the new year.



Chinese New Year Goodies. From 26 January. While stocks last. Available in-store. Preorders are not required. All prices include GST.

- Mixed Nuts Florentine Cookies - \$29.80
- Kueh Bangkit - \$22.80
- Cashew Nut Cookies - \$23.80
- Love Letters - \$27.80
- Pineapple Balls - \$28.80
- Pineapple Tarts - \$28.80



Festive Treats at Mingle @Amber - February Specials

This February, sweeten your celebrations at Mingle@Amber with the refreshing **Hong Yun Dang Tou (鸿运当头)** drink—a delightful blend of strawberry purée, milk, yoghurt, vanilla and fresh strawberries, beautifully finished with dried rose petals and whipped cream. It's a sip of sweetness and auspicious cheer in every cup.

Complete your festive indulgence with our **Pineapple Bliss**, a delicate, vibrant cake that brings together bright tropical flavours in a smooth, elegant creation—perfect for afternoon treats or gifting.



Hong Yun Dang Tou (鸿运当头)
(\$6.40 member, \$8 non-member),
Pineapple Bliss (\$6.08 member, \$7.60 non-member). Available in February.



Raise a Toast to the Chinese New Year at 3Bars

Start the year on a refined note with our **Glenfiddich whiskies**—exclusively available as our January promotion. Celebrate timeless craftsmanship and rich, expressive flavours.

In February, discover the elegance of our **Goalong Single Malt Whisky Dream Edition** and **Goalong Single Malt Whisky**, a duo that promises depth and character and heralds a smooth celebration ahead.

Also in February, enjoy the distinguished **Glenlivet 15 and 18 Years Old**, perfect for whisky lovers looking to elevate their festive gatherings with premium pours.



Glenfiddich 12 Year Old Sherry Cask Finish (\$128), Glenfiddich & Aston Martin Formula One™ Team 16 Year Old Limited Edition (\$198), Glenfiddich 22 Year Old Gran Cortes (\$480).
Available in January.



Goalong Single Malt Whisky Dream Edition (\$128 per bottle), Goalong Single Malt Whisky Small Batch (\$138 per bottle).
Available in February.

Glenlivet 15 Years (\$168), Glenlivet 18 Years (\$228).
Available in February.





Complimentary
for all members
Guest fee applies

SPRING FESTIVAL

Saturday, 21 February 2026

4.30pm – 6pm

Arrival Pavilion, Lobby

Programme

- Lion and dragon dance performance
- Photo opportunity with mascot
- Mandarin oranges giveaway (while stocks last)
- Snacks stations
- Chopstick Calligraphy (\$7 per set, inclusive of wooden chopsticks and silk sleeve)

Programme is subject to changes.



Follow our social media pages (@chineseswimmingclub) or visit our website for more updates <https://www.chineseswimmingclub.org.sg>.

Man Zhu Café - January Promotions



Kick off the New Year with a feast at our **New Year's International Buffet Brunch** at Man Zhu Café. Indulge in crowd favourites like Salted Egg Yolk Squid Rings, Honey Baked Ham with Pineapple Sauce, Baked Salmon Almond Florentine, and a refreshing Mango Panna Cotta to end your meal on a sweet note. Start 2026 right with a vibrant spread perfect for family gatherings and celebratory get-togethers.



New Year's International Buffet Brunch (\$44.80 adults, \$18.80 child).

On 1 January 2026, from 11.30am – 2.30pm. No à la carte menu during buffet period. For reservations or enquiries, please call 6885 0230 or email manzhu@chineseswimmingclub.org.sg.

From Monday to Thursday evenings, savour our **Chef's Speciality: Kway Chap Set**. Comforting, hearty, and rich in traditional flavours, it's the perfect weekday dinner to warm your evenings.

Every Friday evening, look forward to our popular **Teochew Porridge Buffet**, featuring a comforting selection of classic dishes and homely flavours that bring a nostalgic touch to your weekend wind-down.



Chef's Speciality: Kway Chap Set (\$14.90).
January, from Mondays to Thursdays, 6pm – 9pm.



Teochew Porridge Dinner (\$24.80 adult, \$12.80 child). Every Friday in January, from 6pm – 9pm. A limited à la carte menu only will be available during the buffet period.



Summer Season (\$6.40 member, \$8 non-member), Chrysanthemum Cocoa Nibs (\$6.08 member, \$7.60 non-member).

Mingle@Amber - January Promotions

Refresh your senses with **Summer Season**, a tropical fusion of passionfruit syrup, orange syrup, pineapple ring, and water, garnished with a bright slice of orange. Light, fruity, and uplifting, it's the perfect pick-me-up to brighten your day.

Pair your drink with **Chrysanthemum Cocoa Nibs**, a delicate blend of floral fragrance and chocolatey crunch—a delightful treat for tea time.

Coffee lovers can look forward to our **Suzuki Espresso Blend**, available in January and February. Sourced from Africa, South Africa, and Asia, this distinctive blend offers tasting notes of stewed fruits, caramel, and brown sugar, promising a smooth and satisfying cup.



Man Zhu Café – February Promotions

Make your weekday dinners extra special with our February **Chef Specialty: Country Braised Angus Beef Cheek**. Slow-braised to fork-tender perfection and infused with deep, rustic flavours, this comforting dish is an ideal indulgence from Monday to Thursday.

Chef's Specialty: Country Braised Angus Beef Cheek (\$28.80). Available in February, from Mondays to Thursdays, 6pm – 9pm.



Man Zhu Café – March Promotions

Every Friday evening in March, gather your family and friends for our **Steamboat Buffet**, complete with flavourful chicken and fiery mala soup bases. Fresh ingredients, cosy vibes, and fun around the pot—your perfect start to the weekend.

Enjoy our Chef Specialty: **Satay Bee Hoon**, a rich and aromatic dish served from Monday to Thursday evenings. Featuring creamy peanut gravy and classic ingredients, it's a local favourite elevated with our chef's special touch.



Steamboat Buffet (\$26.80 adult, \$12.80 child).
Every Friday in March, from 6pm – 9pm.



Chef's Specialty: Satay Bee Hoon (\$13). Available in March, from Mondays to Thursdays, 6pm – 9pm.

Mingle@Amber - March Promotions

Indulge in the perfect balance of nutty and chocolatey with **Chocoty Nut**, made with hazelnut syrup, chocolate powder, milk, vanilla powder, and topped with almonds and whipped cream. A delightful treat for all ages.

Try our **Salted Sakura Mochi Cake**, a soft and lightly salted floral creation that pairs beautifully with your favourite beverage.



Chocoty Nut (\$6.40 member, \$8 non-member),
Salted Sakura Mochi Cake
(\$6.08 member, \$7.60 non-member).



This March, savour the **Mega Choc Blend (Naked Espresso)** featuring tasting notes of caramel, dark chocolate, and almond—a must-try for coffee enthusiasts craving depth and richness.



3Bars - March Promotion

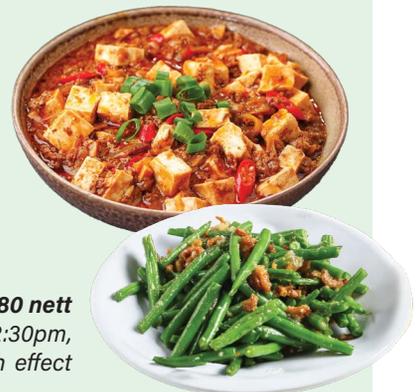
Raise a glass at 3Bars with our March highlight: **Glendronach 12 and 15 Years Old**. Known for their rich sherry cask character, these exceptional whiskies offer warm, robust flavours perfect for a relaxing evening or a celebratory toast.

Glendronach 12 (\$148 per bottle), **Glendronach 15**
(\$248 per bottle). Available in March.

Mini Oriental Buffet, Big Flavours



Enjoy our delicious **Mini Oriental Buffet** for just \$10.80 nett, including a choice of tea or coffee for lunch, or \$12.80 nett with our dessert of the day for dinner. Indulge in favourites such as curry chicken, French beans with dried shrimp, mapo tofu, and more. Don't miss out—come and get your hearty meal today at 3Bars.



Mini Oriental Buffet (\$10.80 nett for lunch, \$12.80 nett for dinner). Available on Mon - Wed: 12 noon - 2:30pm, Thur: Closed, Wed, Fri & Sat: 6pm - 9pm (with effect from 1 November 2025).



Make the Most of the March School Holidays at Chinese Swimming Club!

This March, keep your children active, engaged, and excited with our specially curated holiday programmes at the club. From energising sports camps to programmes that sharpen your children's minds, there's something for every child to enjoy. Join us for a March holiday packed with fun, learning and adventure!

CSC-D&J BADMINTON ACADEMY BEGINNERS CAMP

Calling all young shuttlers! Join us for an exciting five-day badminton holiday camp designed just for beginners. Perfect for your child to pick up new skills, make friends and stay active!

You will learn:

- Basic badminton skills and techniques
- Footwork and drills
- Friendly matches and games

Monday – Friday, 16 – 20 March 2026

8am – 10am

Badminton Hall, SC (L2)

\$179.85 (Member) | \$250.70 (Guest)

Min 6 participants to commence; Max 36 participants

Registration closes Friday, 6 March 2026



CSC-LJE SPORTS MARCH HOLIDAY BASKETBALL CAMP

Get ready for extra court time during the holidays! Keep the momentum going during the school break! Join Coach B for three days of fun, focused basketball training — featuring skill challenges, mini-games, and teamwork exercises designed to elevate young players' abilities.

Monday – Wednesday, 16 – 18 March 2026

8am – 10am

Basketball Court, SC (Rooftop)

\$280.13 (Member) | \$295.39 (Non-Member)

6–12 years old

Beginners

The above fee is for three training days. Registration will close once capacity is reached.

Dates are tentative and subject to confirmation.



CSC-ULTIMATE SQUASHER MARCH HOLIDAY SQUASH CAMP

Make this school break a smashing success! Join our March Holiday Squash Camp for young squash enthusiasts.

You will learn:

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

Monday – Wednesday, 16 – 18 March 2026

10am – 12 noon

Squash Courts, SC (L3)

\$211.57 (Member) | \$239.69 (Non-Member)

6–15 years old

Suitable for levels 1 & 2 beginners

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

The above fee is for three training days.

Registration will close once capacity is reached.

MARCH HOLIDAY PROGRAMMES



CSC-LJW March Holiday Table Tennis Camp

This intensive four-day camp offers focused training sessions that combine technical drills, footwork exercises, and match-play simulations. The perfect opportunity for young players to gain deeper tactical insights and experience the competitive pace of structured training — all under the guidance of our world-class coaches. Register now and join us for a fun-filled table tennis holiday experience!

Monday – Thursday, 16 – 19 March 2026

12:30pm – 2:30pm

Table Tennis Room, SC (L3)

\$209.28 (Member) | \$313.92 (Non-Member)

4–14 years old

The above fee is for four training days.

Registration will close once capacity is reached.



CODING WORKSHOP

Is your child new to coding? Take the first step into the world of coding. Our beginner-friendly workshop introduces young learners to the exciting world of programming through fun, hands-on activities. Kids will learn basic coding concepts, solve problems creatively, and even build simple projects—all in an encouraging and playful environment.

7–9 Years Old

Saturday, 14 March 2026

2pm – 4pm

Lattice Suite, RC (L3)

\$50 (Member) | \$55 (Guest)

Min. 10 pax

10–12 Years Old

Saturday, 14 March 2026

4pm – 6pm

Lattice Suite, RC (L3)

\$55 (Member) | \$60 (Guest)

Min. 10 pax



MARCH HOLIDAY CHESS CAMP

Immerse your child in the world of strategy, critical thinking, and fun with our holiday chess 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 – Thursday, 16 – 19 March 2026

9am – 11am

Lattice Suite, RC (L3)

\$327.00 (Member) | \$343.35 (Guest)

5–12 years old

Min. 6 pax

Intermediate

Monday – Thursday, 16 – 19 March 2026

11am – 1pm

Lattice Suite, RC (L3)

\$327.00 (Member) | \$343.35 (Guest)

5–12 years old

Min. 6 pax

SELF-DEFENCE CAMP

This camp offers an energetic blend of hands-on practice, expert guidance, and essential safety knowledge, equipping participants with practical skills to stay safe and confident in real-life situations.

Participants will learn fundamental techniques, including basic strikes, escapes from holds, and defensive manoeuvres, while building confidence through effective, easy-to-apply self-defence skills.

Friday, 20 March 2026

1pm – 3pm

Lattice Suite, RC (L3)

\$109 (Member), \$163.50 (Guest)

5–16 years old

Min. 5 pax



All prices include 9% GST. Activities are subject to change. Registration for the activities will close when the maximum capacity is reached. For more information or to sign up, please visit our website, call **6885 0671/6885 0654**, or email sports@chineseswimmingclub.org.sg or lifestyle@chineseswimmingclub.org.sg.

SWIMMING

3rd Southeast Asian Open Water Swimming Championships 2025

The stage was set in Pattaya, Thailand, from 12 – 14 September, as our swimmers took on the open water with unwavering strength, endurance, and determination. Battling waves and distance, they delivered outstanding performances that made the club proud! Congratulations to all swimmers for your remarkable achievements in challenging open-water conditions!



Johann Loh, Kate Ona, Kobe Low (left to right)

Bronze	Kate Ona	Women's 16–17	10km Open Water	2:29:49.06
Bronze	Kobe Lee & Johann Mikail Loh	Mixed 17 & Under	4x1500m Freestyle Relay	1:21:54.75

Men's 16–17 10km Open Water Results	Johann Mikail Loh	2:31:27.70
	Kobe Low	2:40:03.51



World Aquatics Swimming World Cup 2025

Congratulations to Mikkel Lee for setting a new Men's 100m Freestyle national record (SCM) at the World Aquatics Swimming World Cup 2025 in Westmont, Illinois (USA) from 17 – 19 October with an incredible time of 47.44!

This remarkable swim breaks the previous national record of 48.05, set by Joseph Schooling in 2019. Well done, Mikkel!

3rd Asian Youth Games

What an incredible journey it has been for our swimmers representing Team Singapore at the 3rd Asian Youth Games in Bahrain, from 27 – 30 October! Their grit, determination, and exceptional performances on the international stage have made the club proud.

Team Singapore secured two gold, three silver and two bronze medals in total – with Tedd and Reagan contributing one gold and two silver to the nation's tally.

A fantastic effort by our swimmers and coach for their outstanding achievements and remarkable resilience on the international stage!



Gold (Broke the meet record twice in one day)	Tedd Windsor Chan	Boys' 50m Backstroke	25.79
Silver	Tedd Windsor Chan	Boys' 50m Freestyle	23.39 (New PB)
Silver	Reagan Cheng	Boys' 200m Individual Medley	2:06.66



CSC Short Course Meet 2025

It was a great day of racing at the Chinese Swimming Club Short Course Meet 2025 on 30 August, featuring 20 events and 111 athletes giving their all in the pool.

Well done to all swimmers for their performances!

1st CSC Distance Swim Meet 2025



It was a day filled with endurance, teamwork and community spirit as our swimmers went the extra mile in the pool for a meaningful cause — all while cheering one another on at our very first Chinese Swimming Club Distance Swim Meet on 11 October!

With six events and 105 athletes, the inaugural meet highlighted the determination, resilience and strong camaraderie that define the CSC family. We are proud to share that nett proceeds raised from the event was donated to the President's Challenge.

A big thank-you to all swimmers, parents, coaches and the admin team for making this debut meet such a tremendous success. We can't wait to see you all again next year!

CSC Masters Invitational 2025 – Leg 2



What a fantastic day of friendship, fun, and fast swims at the Chinese Swimming Club Masters Invitational 2025 – Leg 2 on 12 October.

With 22 events, the Masters swimmers once again proved that it's not just about the medals — it's about staying active, building connections, and celebrating a shared passion for swimming.

A heartfelt thank-you to all swimmers, technical officials and volunteers for making this event both meaningful and memorable.

CSC Swim Kick Challenge 2025 – Series 2

Swimmers from our development programme, Little Fish, and pre-competitive squads took to the pool and gave their best at the Chinese Swimming Club Swim Kick Challenge 2025 on 1 November.

The day's highlight – the 50m Parent & Child Relay – brought everyone together in a heartwarming display of family, fun and togetherness, ending the event on a truly special note.

A big thank you to all participants, coaches, and supporters whose enthusiasm made the day so memorable.



Singapore National Swimming Championships (Short Course Metres) 2025



Our seniors gave their all in the pool, showcasing grit, speed, and the true spirit of teamwork throughout the meet on 7 – 9 November.

A huge congratulation to all swimmers for your performances and incredible camaraderie – we absolutely loved the relays! We are super proud of each of you.

CSC Come Swim & Conquer 2025 – Series 2

What a fantastic weekend on 21 & 22 November with 242 swimmers and 803 entries! Chinese Swimming Club Come Swim & Conquer 2025 – Series 2 was the last swimming event for 2025 organised by the club. Thanks to all the swimmers, parents, coaches, volunteers, and Singapore Aquatics officials for ensuring the event's success.



38th Junior Inter-Club Swimming Championships 2025



Our junior swimmers proudly represented the club at the 38th Junior Inter-Club Swimming Championships 2025, held at Singapore Sports School on 16 November. Chinese Swimming Club emerged as Overall Champions for their third consecutive year — a testament to the hard work, dedication, and team spirit of our young athletes.

Congratulations to all our juniors for their outstanding performances and for bringing glory to Chinese Swimming Club!

Emery Gao	Boys' 8 & Under	50m Breaststroke, 50m Butterfly
Jamiel Loh	Boys' 10 Years Old	50m Butterfly
Quah Yi Hong	Boys' 11 Years Old	50m Freestyle



Swimming Celebratory Get-Together 2025



A total of 103 swimmers attended the Celebratory Get Together on 17 November. The event celebrates the achievements of the swimmers who participated in the following events:

- 55th Singapore National Age Group (SNAG) Swimming Championships (Junior) 2025
- 55th Singapore National Age Group (SNAG) Swimming Championships (Senior) 2025
- 20th Singapore National Swimming Championships 2025
- 11th Singapore National Swimming Championships 2025 (SCM)
- 38th Junior Inter-Club Swimming Championships 2025

Awards were presented to swimmers who achieved top three overall placings, recognising their dedication, resilience, and exceptional performances throughout the season.

This gathering also marked the conclusion of a remarkable competition season for the club's swim team — one highlighted by an unprecedented milestone. Chinese Swimming Club is now the first club in Singapore to secure all four major titles in the same year. This is a testament to the hard work, teamwork, and unwavering support of our swimmers, coaches, and families.

A special thank-you to our management committee and swimming subcommittees — your support made this historic year possible.

We Did It! Chinese Swimming Club Sweeps All Four Major Swimming Titles!



OVERALL CLUB CHAMPION

We haven't just won titles—we've made history and set a new benchmark for excellence in Singapore swimming.

Well done, champions!

55th Singapore National Age Group (SNAG) Swimming Championships 2025



Juniors



6 consecutive years in a row

Seniors



4 consecutive years in a row



20th Singapore National Swimming Championships (SNSC)

First-ever overall champion title

38th Junior Inter-Club Swimming Championships 2025

3 consecutive years in a row **20** wins since 1985



BADMINTON

CSC-D&J Badminton Academy Mini Competition for Beginners



A total of 32 young shuttlers from CSC-D&J and D&J Academy enjoyed a fun-filled three-hour mini competition on 2 November. It was a great opportunity for the budding players to gain match experience and showcase their skills. Congratulations to our club's academy players for their sterling performances!



BASKETBALL

CSC-LJE Sports September Holiday Basketball Camp

The September holiday basketball camp, held from 8 to 10 September, concluded successfully under the expert guidance of Coach B.

Participants enjoyed an enriching experience that emphasised skill development, teamwork and sportsmanship, leaving them inspired and better equipped for future games. It was a rewarding and fun-filled camp for all involved!



BILLIARDS & SNOOKER

Aloysius Yapp's Achievements

Aloysius Yapp delivered an outstanding performance as part of Team Asia, securing a commanding 11–3 victory over Team Rest of the World at the 2nd Reyes Cup. Held in Manila from 16 to 19 October, the annual nine-ball tournament is named in honour of Filipino Hall of Famer Efrén "Bata" Reyes.

Adding to his remarkable achievements, Aloysius also clinched the International Nine-Ball Open in Florida, USA, from 14 to 23 November—marking his third consecutive title.

Congratulations to Aloysius for proudly flying the Singapore flag and making the club immensely proud!

BOWLING

Bowling Section Gathering cum Fun Bowl



More than just balls and pins, our bowling section hosted a gathering and a fun bowl night on 18 August, filled with enjoyment, mingling, and great conversations.

Bowling Section Monthly Medal



13 September Winners

15 September Winners

The bowling section's monthly medal took place on 13 September and 15 November, bringing our members together once again for a fun and exciting pinfall showdown at the lanes. Congratulations to all the winners for clinching the top titles!

Position	Open
1 st	Mildred Lim
2 nd	Jaden Chua
3 rd	John Loh

Position	Open	Classified
1 st	Bryan Lee	Jaden Chua
2 nd	Benedict Chew	Julian Tan
3 rd	Gerard Ng	Ethan Sim

28th Adult Inter-Club Bowling Mixed League Hosting Night

It was a strike to remember. We ended the 28th Adult Inter-Club Bowling Mixed League on an absolute high!

After hosting our exciting week on 11 September, the prestigious league wrapped up in style at Orchid Country Club — featuring top talents from NSRCC, Orchid Country Club, Seletar Country Club, Serangoon Gardens Country Club, Singapore Recreation Club, Singapore Swimming Club and Chinese Swimming Club.

A big congratulations to Bryan Lee and Ong She-Na for their stellar performances, clinching the Men's Master Champion and Women's Master First Runner-up titles respectively. What a fantastic finish — well done, team!





National Day Game winning pair in action (Francis Pavri in yellow shirt, Chia Chee Liong seated opposite Francis Pavri)

CONTRACT BRIDGE

Contract Bridge National Day Game

The bridge section celebrated National Day a little early with the Contract Bridge National Day Game held on 2 August. It was a delightful afternoon filled with strategic play, friendly competition and strong community spirit as members came together to enjoy their shared passion for the game. A big thank-you to all participants for making this event a wonderful success!

Champion	Chia Chee Liong & Francis Pavri
Runner-up	Chiang Woon Seng & Tan Kit Peng
2nd Runner-up	Lim Boon Eng & Tham Beng Keong

GOLF

CSC Annual Golf Championship 2025

The CSC Annual Golf Championship took place on 4 September at Warren Golf & Country Club, where our golfers braved drizzle and challenging conditions with unwavering passion and determination. The afternoon consisted of focused driving, precise chipping and steady putting. Congratulations to all our winners and participants for making this year's championship a tremendous success. Rain or shine, our golfers always rise to the occasion!

Mr Benjamin Ng successfully defended his overall champion title for the third consecutive year!

Position	A Division	B Division
1 st	Lim Tien Ho	Chua Soon Chiang
2 nd	Kevin Phua	Kenny Tan
3 rd	Allan Kwek	Jow Jeng Jong



Winners of AGC 2025 with CSC EXCO Members. Kenny Tan, Jow Jeng Jong, Kevin Phua, Lim Tien Ho, Chua Soon Chiang, Victor Chia, Benjamin Ng, Victor Chia, Peter Liew, Dick Lee, Allan Kwek (left to right)



A Division winner, Steven Tan (right), with golf convenor, Mustafa Lim

CSC Golf October Medal @ Ponderosa

The golf section headed across the causeway to our home away from home — Ponderosa Golf & Country Club, for the October Medal on 14 October. It was a fantastic day marked by smooth swings, friendly banter and plenty of laughter both on and off the course. Congratulations to all our winners and participants for making this another memorable outing. Here's to more great shots, good company and many enjoyable rounds ahead!

Position	A Division	B Division
1 st	Mr Steven Tan	Mr Choo Siew Chiang
2 nd	Mr Allan Kwek	Mr Ong Thye Pheng
3 rd	Nil	Mr Victor Chia

PICKLEBALL | Lion City League

The inaugural Lion City League, featuring 14 teams from nine clubs, had a smashing start on 14 October. Chinese Swimming Club fielded two teams, and as of print, Team 1 and Team 2 are placed 2nd and 4th in Groups A and B, respectively, after four exciting rounds. Both teams have shown strong performances and are all geared up to finish the league on a high!



SQUASH | CSC-Japanese Squash Team Friendly Match

After an eight-year hiatus, the Chinese Swimming Club-Japanese Squash Team Friendly Match made a much-anticipated return on 29 August. Our squash section members thoroughly enjoyed reconnecting with old friends and sharing the court once again in a spirit of friendly competition. A special thank-you goes to Ushiogi-san for leading the visiting team and helping to make this reunion a memorable event. Here's to continuing this wonderful tradition of international friendship and sportsmanship!



TABLE TENNIS | CSC x SG60 Annual In-House Table Tennis Tournament 2025

Smashes, spins, and spectacular rallies! The CSC x SG60 Annual In-House Table Tennis Tournament 2025, held from 30 and 31 August, delivered a weekend full of thrilling matches, strong teamwork, and true sportsmanship.

Participants showcased their skills and passion at the table, creating an exciting and competitive atmosphere for all. Congratulations to everyone who helped make the tournament a fun and memorable celebration of table tennis at the club!





CSC-LJW Table Tennis September Holiday Training Camp

The CSC-LJW Table Tennis September Holiday Training Camp, held from 8 to 11 September, concluded successfully, providing young athletes with an unforgettable opportunity to learn from top professionals. Participants gained valuable insights, tips, and inspiration from Head Coach Li Wan Xiang and Li Jiawei. The camp was not only a chance to improve technical skills but also to foster passion, discipline, and sportsmanship — qualities that will benefit these young athletes both on and off the table.

CSC President's Challenge Charity Invitational Table Tennis Championship 2025

The CSC President's Challenge Charity Invitational Table Tennis Championship 2025 was held on 26 October, bringing together passionate players and supportive partners for a meaningful cause.

A heartfelt thank-you to Team 933, AiTTF, and Sunsports Club, for their generous contributions towards the President's Challenge. Through the collective efforts of all participants and supporters, a total of \$1,600.00 was raised for the President's Challenge. Thank you to everyone who helped make this event both impactful and enjoyable. Your sportsmanship and generosity embody the true spirit of giving.



Section Member's Achievements

We are proud to celebrate Krystal Huang of the table tennis section for her remarkable international performance:

- 2nd runner-up at the WTT Youth Contender Fremont 2025 (22–25 September, USA)
- Semi-finalist (Joint 3rd place) at the WTT Youth Contender Perth 2025 – Under-11 Girls Singles (8 – 11 October, Australia)
- 3rd place at the WTT Youth Contender Senec 2025 – Under-11 Girls Singles (3 – 9 November, Slovakia)

Congratulations, Krystal, on your outstanding achievements!

Tennis Junior Series 2025 - Series 3

The courts at Chinese Swimming Club came alive from 23 to 24 August as our young tennis talents took to the court for series 3 of the Tennis Junior Series 2025.

Players across the U10, U12, and U16 categories showcased impressive skill, unwavering determination, and commendable sportsmanship. From hard-fought rallies to confident serves, the competition highlighted the remarkable growth and enthusiasm of our junior players.

Congratulations to all participants for their spirited performances, and we look forward to seeing their continued progress in the upcoming series.



U16 Champion: Aiden Lim

Placing Age Group	U10	U12	U16
Champion	James Seah	Paxton Lim	Aiden Lim
Runner-up	Nathanel Tham	Natasha Lin	Isaac Soh
2nd Runner-up	Ang Hao Yi	Tristan Ng	Renee Liu
3rd Runner-up	Chloe Lim	Therese Stella Dason	Evan Khoo

Tennis Friendly with NUSS



Group photo of CSC and NUSS Tennis Team

On 9 September 2025, Chinese Swimming Club had the pleasure of welcoming the National University of Singapore Society (NUSS) to the club for a friendly match.

More than just a competition, the event was a meaningful celebration of the strong company and enduring friendship shared between the two clubs. It also served as an excellent warm-up ahead of the STA Inter-Club Doubles League 2025 and allowed players to hone their teamwork and competitive rhythm.

We look forward to continuing this wonderful tradition of sportsmanship, fellowship, and friendly rivalry for many years to come.

STA Inter-Club Doubles League 2025

Chinese Swimming Club is proud to celebrate the thrilling victory by our men's tennis team, who emerged champions of the STA Inter-Club Doubles League 2025, held from 4 September to 12 October!

The finals against the ONE Tennis team were marked by fierce competition — in a nail-biting finish, the team saved two championship points before clinching the title 2-1, sealing an unforgettable triumph.

A heartfelt thank-you goes out to all 111 members of the club's tennis community for your incredible support and unwavering presence throughout the season. Your cheers made all the difference. We also extend our deepest appreciation to our close partner, Sportsmatch Marketing Pte Ltd, for their generous sponsorship of the team's apparel.



CSC Team C members. Bernard Keh, Marcus Chee, Mark Lai (C), Julian Tan, James Quek, Jeremy Yang, Wang Yi-feng.



CSC Tennis Doubles Open 2025

After our men's team's success in the STA Inter-Club Doubles League that ended in October, Chinese Swimming Club hosted the CSC Tennis Doubles Open 2025 on 1 November, which displayed exciting rallies, teamwork, and sportsmanship.

After a full day of intense and high-energy matches, congratulations go to Mark Lai & Julian Tan for clinching the CSC Tennis Doubles Open 2025 title! Kudos to all participants for displaying passion, camaraderie, and the true spirit of the game. We look forward to many more thrilling matches and another fantastic year of tennis ahead!

WATER POLO ActiveSG Cup Season 3



Our U10, U12, and U15 teams made us proud by winning gold and silver at the Season 3 ActiveSG Cup, from 8 to 11 September. Their excellent performance — one gold and two silvers — didn't end there. A big shoutout to Jaeden Song (U10) and Delvin Lee (U15) for their outstanding efforts, earning them the prestigious Overall ActiveSG Cup MVP titles!

With exceptional teamwork, determination, and true sportsmanship, this triple victory marks yet another shining milestone on our journey of excellence.



Pesta Sukan

Our U10, U12, and U14 CSC Water Polo teams showed true grit, skill, and teamwork to earn bronze medals at Pesta Sukan, which was held at Our Tampines Hub (OTH) from 13 to 20 September. Our players demonstrated determination and team spirit to face the tough competition and proved that hard work truly pays off. A huge congratulation to the team!

SWIMMING

At Chinese Swimming Club, we are proud to offer one of the most comprehensive and well-rounded swimming programmes in Singapore. From a child's very first splash to the competitive podium, our curriculum is thoughtfully designed to guide every swimmer through each stage with confidence, skill and joy.

Our expert team of coaches — many with national and international experience — bring tailored coaching methods to ensure every swimmer receives quality instruction that matches their abilities and aspirations.

SWIM PROGRAMMES

Water Babies

Water Babies is designed to introduce young children to the joy of swimming through play with their parent(s). Parental involvement in the pool is compulsory.

Learn-to-Swim

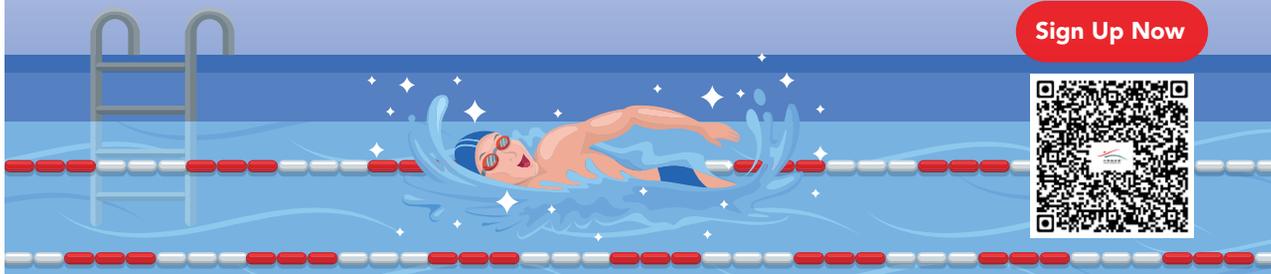
Give your child the gift of confidence in the water! Our Learn-to-Swim Programme is designed for kids aged four and above, to help them build essential swimming skills in a safe, fun and supportive environment.

Development

Following on from Learn-to-Swim, the Development Programme focuses on building technique and stamina. This will allow migration into the competitive environment, starting with in-house competitions.

Competitive

Our Competitive Programme continues the swimmer's journey from Junior to Senior levels. Our seven competitive squads (C2 to HPT) compete successfully at local, national and international swimming meets.



[Sign Up Now](#)



BADMINTON

CSC-D&J Badminton Academy

Elevate Your Game

Experience a top-class badminton programme at CSC-D&J Badminton Academy, where passion meets excellence. Open to all skill levels - from beginners to competitive - our academy provides structured training to help players master the fundamentals, develop skills, and enjoy the sport.

Learn from the Best

Our dedicated coaches are certified under the National Registry of Coaches (NROC) and the Ministry of Education (MOE). As accomplished players and respected figures in Singapore's badminton community, they bring expertise and experience to every training session.

Join us and take your badminton journey to the next level at CSC-D&J Badminton Academy!

Monday - Wednesday & Friday

3pm - 5pm

Thursday, 4pm - 6pm

Saturday, 8am - 10am,

10am - 12noon

Sunday, 1pm - 3pm

Badminton Hall, SC (L2)

Eligibility: 6 to 16 years old

Frequency	Member	Non-Member
Once/Week (4 sessions)	\$163.50	\$218.00
Twice/Week (4 sessions)	\$294.30	\$392.40
Thrice/Week (4 sessions)	\$441.45	\$588.60

The training fee will be charged accordingly if there are additional training days in the month.



BASKETBALL



CSC-LJE Sports Junior Basketball Training

Coach B, who leads the CSC-LJE Sports Basketball Programme, is a former professional basketball player and a former member of the Singapore national team. The programme is for young players aged 6 to 14, with a focus on developing solid basketball fundamentals and fostering a love for the game. Training sessions emphasise core skills such as ball handling, footwork, shooting techniques, and physical conditioning to establish a strong foundation.

Training Schedule

Thursdays, 5pm – 6:15pm (6 – 11 years old)
Saturdays, 8am – 9:15am (6 – 10 years old)
Saturdays, 9:30am – 10:45am (11 – 14 years old)
Sundays, 8am – 9:15am (6 – 10 years old)
Sundays, 9:30am – 10:45am (11 – 14 years old)

\$125.35 (Member) | \$201.65 (Non-Members)
 Juniors (6 to 14 years old)

The above fees are based on four sessions a month. If there is a lesson in the fifth week of the month, an additional fee will be charged. Non-members are required to pay a refundable one-month deposit.

BOWLING

CSC Bowling Learn-to-Play Programme

New Bowler

Saturday, 10:15am – 11:15am
or 1pm – 2pm or 2pm – 3pm
12 Lanes Bowling Alley, SC

\$130.80 (Member) | \$174.40 (Non-Member)

Development Bowler

(For trainees with bowling background)
Saturday, 1pm – 2:30pm or 3pm – 4:30pm
12 Lanes Bowling Alley, SC

\$152.60 (Member) | \$196.20 (Non-Member)

The above fees are based on four sessions a month. They include lane fees and shoe rental.

GOLF

Golf Calendar 2026

Date(s)	Event	Location
14 – 21 January	CSC Danang & Nhatrang Golf Trip	Danang & Nhatrang, Vietnam
February	SSC-CSC Golf Bilateral and Angbao Medal	TBA
March	Golf Trip	Guangzhou & Foshan, China
April	Medal @ Bintan	Bintan, Indonesia
May	Golf Trip	Perth, Australia

The event dates may be subject to change and serve as a guide.

SQUASH



CSC-Ultimate Squasher Junior Squash Programme

Designed for both juniors and adults who are eager to develop strong squash fundamentals, the CSC Squash Development Programme focuses on essential skill-building, game understanding, and overall physical fitness. The programme is proudly led by World Squash Federation Certified Coaches, ensuring quality instruction for every participant.

Training Schedule

Mondays, 4pm – 5pm (L1)
Wednesdays, 3:30pm – 5pm (L2), 5pm – 6pm (L1)
Thursday, 4:30pm – 6pm (L2-3)
Friday, 3:30pm – 5pm (L2), 5:30pm – 6:30pm (L1)
Squash Courts, SC (L3)

\$331.36 (Member) | \$374.96 (Non-Member)
 1-hour training session per week
 \$479.04 (Member) | \$562.44 (Non-Member)
 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

Sundays, 3pm – 4:30pm or 4:30pm – 6pm
Squash Courts, SC (L3)

\$553.72 per pair (Members)
 \$627.84 per pair (Non-Members)
 1.5-hour training session per week
 20 years old and above

Min. 2 pax, 8 lessons per term



TABLE TENNIS

CSC-LJW Table Tennis Academy

The CSC-LJW Table Tennis Academy is dedicated to developing technical excellence and competitive skill among young table tennis players. Designed for children aged 4 to 14 years old, the programme offers a structured pathway through Beginner, Intermediate, and Advanced levels — ensuring progressive development for every player.

Under the expert guidance of Olympic silver medallist Li Jiawei (李佳薇) and veteran coach Li Wanxiang (李万祥), participants receive world-class training that emphasises both fundamental mastery and tactical understanding of the game. He has coached a few of the world's top table tennis players, including Li Jiawei, Guo Yan, and Zhang Xueling.

Each session is designed to strengthen:

- Stroke techniques – forehand, backhand, push, and topspin control
- Footwork and agility – improving balance, speed, and reaction time
- Serve and return strategies – developing accuracy, spin variation, and placement
- Game awareness and mental focus – fostering discipline, resilience, and tactical decision-making

Contact Jasmine Tan at **6885 0673** or jasmine_tan@chineseswimmingclub.org.sg for more information.



Table Tennis Adult Group Training

Led by resident coach Kelvin, our adult training programme caters to players of all levels. Beginners will learn the rules and fundamentals of table tennis, while experienced players can further refine their skills and basic game techniques.

Join us to improve your game in a friendly and supportive environment!

Fridays, 9am – 10:30am, 10:30am – 12noon
Table Tennis Room, SC (L3)

\$163.50 per month (Member)
 \$196.20 per month (Non-Members)

Min. 3 pax; Max. 6 pax

The above fees are based on four sessions a month. If there is a lesson in the fifth week of the month, an additional fee will be charged. Non-members are required to pay a refundable one-month deposit.



MINI BADMINTON

Introduce your toddlers to the world of badminton at Chinese Swimming Club! Our brand-new class offers a fun and structured way for little ones to learn and play.

- Strong emphasis on the fundamentals of badminton
- Hand-eye coordination
- Balanced development in stamina, speed and strength
- Personalised learning in small groups
 –ensuring every toddler receives focused guidance to support their individual progress

For enquiries, please contact **Lam Jick Sern** at jicksern_lam@chineseswimmingclub.org.sg or **6885 0675**

Badminton training for children aged 3 to 5 years old

Trial lesson at only \$20

Spots are limited. Secure yours today!



TAEKWONDO

TAEKWONDO JUNIOR TRAINING PROGRAMME

More than just a martial art, taekwondo teaches valuable life skills.

Through structured training, your child will:

- Learn practical self-defence techniques
- Develop mental strength and ethical discipline
- Build self-confidence that extends beyond the training mat

Classes are led by Coach Nordon Lim, a highly respected instructor with over 40 years of coaching experience. As a member of the Singapore Taekwondo Federation Board of Examiners, Coach Lim brings unparalleled expertise, ensuring that every student trains under safe, certified, and professional guidance.

Tuesdays & Sundays
Multipurpose Room, Sports Complex (Level 2)

Poom/Dan: \$49.05

Colour Belt: \$65.40

Fees include 9% GST.
5 years and above
Members only

**FREE TRIAL
AVAILABLE**



Belt	Day	Time
Foundation White F1 F2 F3 / White	Tuesday	4.45pm to 5.45pm
Foundation White F1 F2 F3 / White	Sunday	1pm to 2pm
Yellow	Sunday	2pm to 3pm
Green	Sunday	3pm to 4pm
Blue	Sunday	3pm to 4pm
Brown	Sunday	4pm to 5pm
Poom / Black	Sunday	5pm to 6pm

WATER POLO



Learn-to-Play Water Polo Programme

Saturdays, 6:15pm – 7:30pm
Beginners' Pool, SC (L1)

\$87.20 per month (Member)
\$130.80 per month (Non-Member)
6 to 12 years old

Participants must be able to swim Freestyle & Breaststroke properly for 2 x 25m laps independently and be able to tread water for at least one continuous minute.



Junior Water Polo Training Programme

Mondays, Wednesdays & Saturdays
6:15pm – 8.15pm
Fridays, 7.30pm – 9.30pm
Water Polo Pool, SC (L1)

\$163.50 per month (Member)
\$327.00 per month (Non-Member)
7 years old and above

Participants must be able to swim all four strokes properly for 4 x 50m laps continuously, tread water for at least 1.5 minutes continuously, and have basic ball sense.

All prices include 9% GST. Activities are subject to change. Registration for the activities will close when the maximum capacity is reached. For more information or to sign up, please visit our website, call **6885 0671**, or email **sports@chineseswimmingclub.org.sg**.

Holiday Chess Camp



Chinese Swimming Club successfully conducted its holiday chess camp from 8 to 11 September, offering an enriching and engaging experience for members between 5 to 12 years old. The four-day programme was divided into beginner and intermediate levels to better support participants' learning needs. Both groups enjoyed hands-on practice through friendly matches that encouraged the application of new concepts.

Social Dance – Mid-Autumn Festive Party



Chinese Swimming Club hosted a vibrant Mid-Autumn Social Dance Party on 4 October, bringing members together for an enjoyable evening of celebration and camaraderie. Members enjoyed a varied lineup of dances, which created plenty of opportunities to mingle, reconnect, and share in the festive Mid-Autumn atmosphere.



Living with Eczema Health Talk

Associate Professor Derrick Chen-Wee Aw, Dermatologist and Physician at Sengkang General Hospital, delivered an insightful and informative session to our members on 25 October, offering a clearer understanding of eczema, its common triggers and practical strategies to manage the condition and achieve healthier skin. Participants appreciated the opportunity to learn from an experienced specialist and gained valuable and practical knowledge.

This session marks part one of our three-part health talk series, organised in partnership with Sengkang General Hospital. Members can look forward to more engaging and educational sessions in the coming months — stay tuned for the next instalment!

Lasting Power of Attorney: Securing Your Future with Confidence

On 21 November, our talk on the Lasting Power of Attorney (LPA) provided members with a clear understanding of how an LPA empowers individuals to plan and protect their interests. Participants learned how appointing trusted decision-makers ensures peace of mind and confidence in managing future personal welfare and financial matters.



EVERGREEN

Digital Literacy Workshops



The digital literacy workshops aim to equip senior citizens in Singapore with fundamental digital skills and understanding, enabling them to navigate the digital world confidently and with ease.

6 February: Identify & ACT against Common Scams
6 March: Staying Safe and Smart in the Age of Generative AI

10am - 12:30pm (1.5hrs + 1hr Q&A)
Multipurpose Room, SC (L2)

\$5 per workshop (Includes refreshments)
 Instructors will also provide a guidebook for members to keep
 40 years old and above
 Min. 20 pax to start

LINE DANCE

Beginner

Sundays, 12noon - 1pm
Lattice Suite, RC (L3)

\$76.30 (Member) | \$130.80 (Guest)
 10 sessions
 Min. 10 pax

Beginner Intermediate

Tuesdays, 12:30pm - 1:45pm
Multipurpose Room, SC (L2)

\$89.93 (Member) | \$122.63 (Guest)
 10 sessions
 Min. 10 pax

Beginner Advanced (with line dance background)

Tuesdays, 1:45pm - 3:15pm
Multipurpose Room, SC (L2)

\$106.28 (Member) | \$138.98 (Guest)
 10 sessions
 Min. 10 pax

Sundays, 1pm - 2:30pm
Lattice Suite, RC (L3)

\$106.28 (Member) | \$160.78 (Guest)
 10 sessions
 Min. 10 pax



SOLO LATIN DANCE FOR LADIES

Wednesdays
12:30pm - 1:30pm
Multipurpose Room, SC (L2)

\$109.00 (Member)
 \$135.16 (Guest)
 8 sessions
 Min. 8 pax



SOCIAL DANCE NIGHTS

Sundays, 11 & 25 January
7pm - 10:30pm
Multipurpose Room, SC (L2)

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

Slots are limited to the social dance nights. Confirmation is on a first-come, first-served basis. Dates are subject to change. Register online at our website.



CHINESE CALLIGRAPHY

Join us in the centuries-old practice of Chinese calligraphy! An interest group for seniors.

Mondays, 9am - 11am
Multipurpose Room, SC (L2)

\$16.35 per month (Member)
 \$32.70 per month (Guest)

CHINESE BRUSH PAINTING

Discover the timeless art of Chinese Brush Painting, where beauty lies not in exact likeness but in expressing the subject's inner spirit. Guided by graceful brushstrokes, this traditional art form combines technique, imagination, and mindfulness, inviting you to capture nature's essence and emotions on paper with elegance and depth.

Thursdays, 11am - 1pm
Multipurpose Room, SC (L2)

\$179.85 per month (Member)
 \$212.55 per month (Guest)

The above fees are for four lessons per month.

URBAN GARDENING

Calling all nature-loving members! Whether you're passionate about growing your favourite plants and vegetables, or simply enjoy reconnecting with nature, our Urban Gardening Interest Group is the perfect place for you.

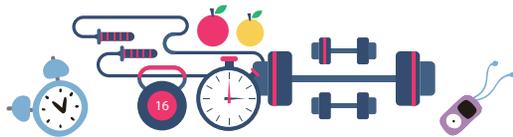
Discover the joy of nurturing greenery, share tips and experiences, and cultivate lasting friendships with fellow green thumbs in our community. No prior experience needed – just bring your enthusiasm and love for nature!

Mondays, 9.30am
CSC Gardening Corner

EXERCISE

Get Fit & Have Fun!

Join our monthly exercise classes. Whether you want to stretch, flow or groove, we've got something for everyone. These are some of the featured exercise classes that we offer. Scan to find out more.



Exercise Schedule

Monday

6:45pm – 7:45pm

Pilates by Ong Beng Hwee

Tuesday

8pm – 9pm

Pilates by Ong Beng Hwee

7pm – 8pm

Pilates by Ong Beng Hwee

Wednesday

7:30pm – 8:30pm

Yang Style Taiji Quan by Ng Beng Chian (Beginners)

7:30pm – 8:30pm

Jumping Fitness (Beginners)

8:30pm – 9:30pm

Yang Style Taiji Quan by Ng Beng Chian (Advanced)

Thursday

9:30am – 10:30am

Pilates With Props by Ann Ho

8pm – 9pm

Dynamic Barre Fusion by Ming

Friday

9am – 10am

Dynamic Barre Fusion by Ming

11am – 12 noon

Jumping Fitness (Gold)

Saturday

9am – 10am

Pilates by Ong Beng Hwee

Sunday

8:15am – 9:15am

Taiji Qigong by Leslie Wong

BESPOKE

Flow into Fortune: Your 2026 Feng Shui & Astrology Insights

This session will allow members to:

- Discover the key themes and opportunities of 2026
- Gain clarity on career, wealth, and relationship outlooks
- Learn simple, practical tips to enhance flow and fortune in the new year



Speaker: Kenneth Wong
(Joey Yap Pte Ltd)

Saturday, 10 January
11am – 12 noon
Lattice Suite, RC (L3)

\$5.45 (Member) | \$10.90 (Guest)

Light refreshments provided

Min. 20 pax

Registration closes on Saturday, 3 January.

Email lifestyle@chineseswimmingclub.org.sg to sign up.



Health Talk Series with Sengkang General Hospital Communicating with Teenagers

Join us for an engaging, practical session designed to improve everyday conversations with teens. This workshop provides parents, caregivers, and educators with proven techniques to build trust, reduce conflicts, and foster open dialogue in a supportive, real-world setting.

Thursday, 22 January
3:30pm – 5pm
Lattice Suite, RC (L3)

\$13.08 (Member) | \$18.53 (Guest)

Min. 20 pax

Registration closes on Thursday, 8 January.

KIDS & TEENS



Wushu Class for Beginners

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.

Saturdays, 7pm - 8:30pm
Multipurpose Room, SC (L2)
Sundays, 9:30am - 11am
Lattice Suite, RC (L3)

\$163.50 (Member) | \$218.00 (Guest)
4 sessions
5 - 12 years old
Min. 5 pax per class



Abacus & Mathematics Class

Spark your child's enthusiasm for numbers and give them a head start in mathematics through our fun and engaging Abacus & Mathematics classes. By using holistic teaching methods and hands-on learning, your child will cultivate essential skills beyond the classroom.

Give your child the confidence and skills to excel. Enroll them today!

Benefits of the Programme

- Builds a Strong Mathematical Foundation
- Enhances Mental Calculation Skills
- Improves Concentration
- Increases Creativity

Wednesday, 5pm - 6:30pm
Lattice Suite, RC (L3)

\$152.60 (Member) | \$174.40 (Guest)
4 sessions
An additional \$49.05 registration fee applies.
4 - 14 years old
Min. 5 pax, Max. 8 pax



International Chess Class

Is your child ready to embark on an exciting journey into the world of chess? Our beginners' chess workshop is the perfect starting point!

In this workshop, your child will learn basic chess rules and strategies. Our expert instructor, Buenaventura "Bong" Mendieta Villamayor will guide your child in learning the essential skills while having fun.

Term 1
6, 13, 20 & 27 January
3, 10, 24 February
3 & 10 March
(9 sessions only due to CNY)

\$389.38 (Member) | \$422.00 (Guest)
8 sessions
4 - 12 years old
Min. 10 pax

Children's Dance Class

Designed for young learners, these dance lessons introduce the basics of dance in a fun, nurturing, and age-appropriate setting, helping children develop coordination, confidence, and creativity. Through guided activities, children build physical skills, social interaction, and a love for movement in a supportive environment.

Sign up today and let your child discover the joy of dance.



Find Out More

All prices include 9% GST. Activities are subject to change. Registration for the activities will close when the maximum capacity is reached. Please visit our website, call **6885 0654** or email lifestyle@chineseswimmingclub.org.sg for more information or to sign up.

Bring Your Own Container

DESSERT IS ON US!

Do your part for the planet at Man Zhu Café!

- Bring your own reusable container
- Spend a minimum of \$15
- Receive a complimentary dessert of the day!



\$0.30 will be charged for each takeaway container.

For hygiene and quality reasons, please only bring reusable containers for takeaway food. Single-use, disposable containers are not permitted.



**Small efforts make a big difference.
Let's reduce single-use packaging together!**



丙午年农历新年 2026 Chinese New Year



Fu Lin Men
CANTONESE DINING

Tel: +65 6282 0810

Level 3, 21 Amber Road
Chinese Swimming Club
Singapore 439870

外卖精选 Takeaway Special

金銀满屋套餐 Full of Treasures Set \$998** for 10 persons

- 风生水起 三文鱼捞起
Salmon Lo Hei
- 大展鸿图 红烧海味翅
Shark Fin Soup with Sea Treasures
- 代代平安 鲍鱼花菇福袋时蔬
Abalone, Shiitake Mushrooms,
Lucky Dumplings and
Seasonal Greens
- 金银满屋 金箔脆虾球
Deshelled Prawns with
Golden Corn Flakes
- 年年有余 清蒸星斑
Steamed Star Garoupa
with Premium Soy Sauce
- 鸿运当头 当红炸子鸡
Crispy Fried Chicken
- 盆满钵满 飘香荷叶饭
Flavoured Rice with Delicacies
in Lotus Leaf Wrap
- 笑口常开 红莲桃胶
Peach Resin Dessert

CSC Members enjoy 10% OFF
except CNY's Eve, Day 1, Day 2

贺年外賣套餐 Takeaway Combo ADVANCE ORDER REQUIRED

\$638+
for 10 pax

聚宝盆菜 (单点) Treasure Pot (à la carte order) ADVANCE ORDER REQUIRED

\$498+
for 10 pax

贺年三文鱼捞起 CNY Salmon Lo Hei

medium - \$58+
large - \$88+



SCAN THE QR CODE



FOR MORE MENUS

- * All prices are subject to 10% service charge (for dine-in) and prevailing GST.
- * This promotion is not valid in tandem with any other member's privileges, discounts, promotions, special offers, vouchers, and/or coupons.
- * All photos are meant for reference only.

CONTACT US

CLUB MAIN LINE

6345 1221 or 6885 0688

GENERAL FEEDBACK

feedback@
chineseswimmingclub.org.sg

PUBLICATION TEAM

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Graphic Designer

Maung Phyo Win Zaw

Graphic Designer

The photos featured in Freestyle are taken by Aloysius Yapp, Chinese Swimming Club, Ponderosa Golf & Country Club and Singapore Aquatics.

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

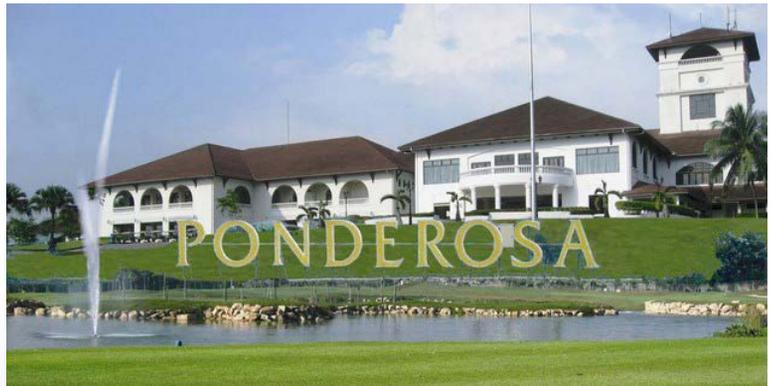
NETWORK LOFT

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

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.



OPERATING HOURS

ARRIVAL PAVILION

FRONT OFFICE RECEPTION

Daily 8:30am – 10pm

MINGLE@AMBER

Daily 8am – 8pm

LE 乐 PLAYROOM

Mon Closed

Tue-Sun 9am – 9pm

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

SPORTS COMPLEX

SPORTS RECEPTION

Daily 7am – 10pm

3BARS

Relocated to the Activity Suite, Sports Complex (Level 3) due to upgrading works from 4 July 2025.

Mon-Wed 12 noon – 11pm

Thu Closed

Fri-Sun 2pm – 11pm

If the eve of PH or PH falls on a

Thu 2pm – 11pm

Band Performing Nights

Snapshots

Wed 8pm – 10:30pm

Sat 8:30pm – 11pm

Puzzle Band

Fri 8:30pm – 11pm

KARAOKE ROOM

Relocated to a common room at the Sports Complex (Level 3) due to upgrading works from 4 July.

Mon-Wed, Fri-Sun 2.30pm – 10.30pm

Thu Closed

If the eve of PH or PH falls on a

Thu 2.30pm – 10.30pm

No private booking

Only common room for walk-in members

Max. 6 pax

MAN ZHU CAFÉ

Mon-Thu

12 noon – 9:30pm

Fri & Eve of PH & PH

11:30am – 9:30pm

Sat & Sun

8:30am – 9:30pm

(Last order is 30 minutes before closing)

12 LANES BOWLING ALLEY

Mon-Thu 12 noon – 11pm

Fri & Eve of PH 12 noon – 1am

Sat & PH 10am – 1am

Sun 10am – 11pm

BEGINNERS' POOL

Daily 7am – 9pm

(Pool Closure for Swim Training)

Tue-Fri 3:30pm – 7pm

Sat 8:45am – 12:10pm & 3pm – 7:30pm

Sun 8:45am – 12:10pm & 3pm – 6pm

COMPETITION POOL

Daily 6am – 9pm

(Pool Closure for Swim Training)

Mon - Thu 5:30am – 7:45am

6:30am – 11am (School holidays only)

Mon-Fri 3:30pm – 8pm

Tue-Thu 8pm – 9.30pm (4 lanes)

Sat 6:30am – 12:30pm, 3:30pm – 7:45pm

7:30pm – 8:30pm (4 lanes)

Sun 6:30am – 12:30pm

GREAT BUBBLE REEF (FUN POOL)

Closed for upgrading works

BADMINTON COURTS (+)

Daily 7am – 10pm

Peak Period

Mon-Fri 6pm – 10pm

Sat, Sun & PH Whole Day

(Court Closure For Club Team Training)

Mon & Fri 6pm – 10pm

(4-7 Courts)

(Court Closure For Junior Training)

Mon-Fri (except Thu)

3pm – 5pm (6 Courts)

Tue 6pm – 9pm (3 Courts)

Wed 6pm – 8pm (3 Courts)

Thu 4pm – 6pm (6 Courts)

& 7pm – 9pm (3 Courts)

Sat 8am – 2pm (3-5 Courts)

& 6pm – 9pm (4 Courts)

Sun 12 noon – 5pm (3-7 Courts)

& 7pm – 9pm (3 Courts)

BASKETBALL COURT (+)

Daily 7am – 10pm

(Closure for Tennis Junior Programme)

Fri 5pm – 8pm

(Closure for Junior Training Programme)

Thu 5pm – 7pm

Sat 8am – 11am

Sun 8am – 11am

(Closure for Pickleball Section Training)

Mon 5:30pm – 10pm

Tue 7am – 10am

Wed 7pm – 10pm

Thu 7am – 10am

BILLIARDS & SNOOKER LOUNGE (+)

Mon-Thu, Sat, Sun, Eve of PH & PH

2pm – 10pm

Fri 2pm – 11pm

(Closure for Section Training)

Fri 6pm – 11pm

FLEX GYM

Mon-Fri 6:30am – 10pm

Sat & Sun 7am – 9pm

PH 7am – 8pm

SQUASH COURTS (+)

Daily 7am – 10pm

(Closure For Section Training, All Courts)

Mon 6pm – 10pm

Wed & Fri 7pm – 10pm

(Closure For Training Programmes)

Mon 4pm – 5pm (Court 1)

Wed 3pm – 5pm (Court 1)

Thu 4pm – 6pm (Courts 1 & 2)

Fri 3pm – 5pm (Court 1)

TABLE TENNIS ROOM (+)

Daily 7am – 10pm

(Closure For Section Training)

Mon 5pm – 7pm (2 Tables)

7pm – 10pm (4 Tables)

Tue 6pm – 10pm (4 Tables)

Thu 6pm – 10pm (4 Tables)

Fri 4pm – 5pm (1 Table)

5pm – 10pm (4 Tables)

(Closure for CSC-LJW Training)

Mon 3pm – 5pm (4 Tables)

Tue 3pm – 6pm (4 Tables)

Wed 3pm – 7pm (4 Tables)

Thu 3pm – 6pm (4 Tables)

Sat 12noon – 5pm (4 Tables)

Sun 9am – 4pm (4 Tables)

TENNIS COURTS (+)

Daily 7am – 10pm

(Closure For Section Training)

Mon 5pm – 8pm (2 Courts)

Wed 5pm – 8pm (3 Courts)

Sat 3pm – 8pm (3 Courts)

(Closure for Tennis Social Night)

Mon 8pm – 10pm (1 Court)

Wed 7pm – 10pm (1 Court)

(Closure for Junior Training)

Thu 4pm – 8pm (1 Court)

Fri 4pm – 9pm (2-3 Courts)

Sat 8am – 12 noon (1-2 Courts)

Sun 3pm – 8pm (2-3 Courts)

RECREATION COMPLEX

SWIMMING POOL

Daily 6am – 9pm

(Closed for Swim Training)

Mon 3:45pm – 4:45pm (Lanes 5 to 8)

GAMES & RECREATION ROOM

Mon-Thu & Sun 1pm – 9pm

Fri, Sat & Eve of PH 1pm – 10pm

JOY LUCK COVE

Daily 10am – 11pm

NETWORK LOFT

Mon-Fri & Eve of PH

8am – 12 midnight

Sat, Sun & PH

8am – 11pm

Mon-Sat (excluding PH)

9am – 6pm

(Manned Hours)

Closures for trainings are subject to change. +Bookings can be made online or at the Sports Desk up to 7 days in advance on a first-come, first-served basis.



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

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