



HAPPY HOLIDAYS!

Get into the spirit of the season by tucking into set menus available for Christmas and the New Year. Turn to page 32 for more details.



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Start an Interest Group



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In a League of Her Own



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Spotlight Monthly: Squash and Tennis

CLUB DIRECTORY

MAIN RECEPTION

Tel: 6286 8888
Daily: 9am–10pm
www.sgcc.com.sg

FOOD & BEVERAGE OUTLETS

Atrium Café

Tel: 6398 5309 / 5312
Mon–Fri: 11am–3pm; 6pm–10pm
Sat, Sun & PH: 11am–10pm

Bowling Snack Bar

Tel: 6398 5340
Mon–Fri & Eve of PH: 2pm–10pm
Sat, Sun & PH: 11am–10pm

Coffee Deli

Tel: 6398 5312
Mon–Thu & PH: 8am–9pm
Fri–Sun & Eve of PH: 8am–10pm

Club Twenty-Two

Tel: 6398 5386
Temporarily closed till further notice.

Crossroads Lounge

Tel: 6398 5310
Temporarily closed till further notice.

Garden Grill

Tel: 6398 5313
Mon: Closed
Tue–Sun: 12pm–3pm; 6pm–10pm

Swatow Garden

Tel: 6343 1717
Weekdays: 11am–3pm; 6pm–11pm
Weekends, Eve of PH & PH: 9am–3pm; 6pm–11pm

SPORTS & RECREATION FACILITIES

Billiard Room

Tel: 6398 5346
Mon–Sun & PH: 1pm–10pm

Darts Lounge

Mon–Fri: 4pm–10pm
Sat, Sun & PH: 2pm–10pm

Gardens Bowl

Tel: 6398 5340
Mon–Fri & Eve of PH: 2pm–10pm
Sat, Sun & PH: 11am–10pm
Off-peak hours (Mon–Fri & Eve of PH): 2pm–6pm
Peak hours (Mon–Fri & Eve of PH): 6pm–10pm
Peak hours (Sat–Sun & PH): Whole day

Gymnasium

Tel: 6398 5331
Daily (incl. Eve of PH & PH): 7am–10pm
Except during scheduled partial closure for maintenance four times a year, where it opens from 6pm onwards. Refer to www.sgcc.com.sg for partial closure dates.
Off-peak hours (Daily): 10am–5pm
Peak hours (Daily): 5pm–10pm*
*After 5pm, no guests allowed

Swimming Pool / Spa Pools

Daily: 7am–10pm
Closed on the last Wednesday of every month unless otherwise stated.

Water Play Area

Daily: 8am–8pm
Closed on the last Wednesday of every month unless otherwise stated.

Sauna / Steam Bath

Daily: 8.30am–10pm

Squash Courts

Tel: 6398 5331
Daily: 8am–10pm
Off-peak hours (Mon–Fri & Eve of PH): 8am–5pm
Peak hours (Mon–Fri & Eve of PH): 5pm–10pm
Peak hours (Sat–Sun & PH): 8am–10pm

Tennis Courts

Tel: 6398 5340
Daily: 7am–10pm
Off-peak hours (Mon–Fri & Eve of PH): 7am–5pm
Peak hours (Mon–Fri & Eve of PH): 5pm–10pm
Peak hours (Sat–Sun & PH): Whole day
Tennis training night:
Thu 7pm–10pm

Table Tennis

Tel: 6398 5331
Daily: 8am–10pm
Off-peak hours (Mon–Fri & Eve of PH): 8am–5pm
Peak hours (Mon–Fri & Eve of PH): 5pm–10pm
Peak hours (Sat–Sun & PH): 8am–10pm

Mahjong / Cards Rooms

Tel: 6286 8888
Mon–Sun & PH: 11am–10pm

OTHER FACILITIES

Jackpot Room

Tel: 6398 5362
Sun–Mon (incl. Eve of PH & PH): 10am–11pm

Kiddieland

Daily: 9am–10pm

Lat Salon

Tel: 6286 8262, by appointment only
Tue–Sun: 11am–7pm
Mon & PH: Closed

Functions Rooms / Ballroom

For bookings, please call
6398 5381 / 387 / 365
Email: banquetsales@sgcc.com.sg

Male & Female Changing Rooms

Daily: 5.30am–10.30pm

Study Room

Daily: 9am–11pm

The Hangout

Mon–Thu, Sun & PH: 9am–12am
Fri–Sat & Eve of PH: 9am–1am

Cambridge Pre-School

Tel: 6282 8455
Mon–Fri: 7am–7pm
Sat: 7am–2pm
Email: Serangoon@cambridge.school

MANAGEMENT STAFF

General Manager

Farrock Ebrahim 6398 5329
Email: farrock@sgcc.com.sg

Personal Assistant cum

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Casey Chang 6398 5301
Email: casey_chang@sgcc.com.sg

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Email: adrian_chew@sgcc.com.sg

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Email: kenneth_seah@sgcc.com.sg

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Email: sritharan@sgcc.com.sg

Duty Manager

Patrick Tan 9653 9197
Email: patrick_tan@sgcc.com.sg

CLUB ADMINISTRATION

Mon–Fri: 9am–6.30pm

Membership

Tel: 6398 5323 / 383
Email: membership@sgcc.com.sg

Accounts

Tel: 6398 5325 / 358
Email: members_account@sgcc.com.sg

Sports & Recreation

Email: recreation@sgcc.com.sg

Billiards, Darts & Fitness

Steven Goh 6398 5372

Squash, Tennis, Swimming, Golf

Daniel Chong 6398 5351

Cool Water Workout, Swimming

Lessons, Table Tennis, Taijiquan, Chinese Martial Arts, Taekwondo, Aikido, Muay Thai, Judo, Yoga & Fitness Fun
Julia Kong 6398 5352

Bowling, Bridge, Mahjong, Chess & Youth

Zaleha Hanibah 6398 5373

Food & Beverage

fnb_outlets@sgcc.com.sg

Banquet Sales

Tel: 6398 5381 / 387 / 365
Email: banquetsales@sgcc.com.sg

Advertisement Bookings

Daryl Neo 6398 5305
Email: daryl_neo@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

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PATRONS
Ms Sylvia Lim
Mrs Lim Hwee Hua
Mr George Yeo

TRUSTEES
Mr Hendrick Koh
PPA PBM BBM
Mr Anthony Tan
Mr Pao Kiew Tee

GENERAL COMMITTEE
Mr Koh Jin Kit
President
Mr Krishnan Mathivanan
Vice-President
Ms Wong Kwee Keow Emily
Honorary Secretary
Dr Wong Yu Hock Rodney
Honorary Treasurer
Mr Teng Leng Hock
Assistant Honorary Secretary
Mr See Kim Xiang Xavier
Assistant Honorary Treasurer

COMMITTEE MEMBERS
Mr Lam Kuet Keng Steven John
Mr Balbir Singh
Ms Chua Lay Pheng Elena
Mr Goh Kong Yong
Dr Tan Chok Jueh Edmond
Mr Heng Song Kwang
Mr Low Theng Khuan

CONVENORS
Mr Derrick Sim
Bowling
Mr Ronnie Ng
Chess
Mr Elon Tan
Darts
Mr Eddie Ng
Fitness
Ms Carole Ng
Swimming
Mr Edwin Lee
Squash
Mr Steven Lee
Tennis

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PUBLISHING AGENT
ThinkFarm Pte Ltd
Contributor: Sunuja Naidu

PRINTING
Times Printers Pte Ltd

ClubSpirit is a bi-monthly publication of Serangoon Gardens Country Club
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Singapore 557271
Tel: 6286 8888
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Dear Fellow Members,

Christmas and New Year's Day are just around the corner. I would like to wish you and your family a great holiday season and a happy new year. To Members who celebrate Christmas, I would like to wish you and your family a merry and blessed Christmas.

In past years, this season would have been the time when many of us would wind down, spend time with family, catch up with friends and relatives, and even travel overseas for a vacation. This year is an exception, as our movements are restricted due to the COVID-19 pandemic.

In times like this, we are glad to have a family club such as SGCC. It's a safe place with comprehensive facilities and services, as well as a friendly ambience — just the spot to bond with family members, to socialise with friends, to keep fit and healthy, to enjoy good meals, or simply to hang out.

So do come by more often — we look forward to welcoming you to the Club each time! After all, our COVID-19 Task Force and other Sub-Committees are diligently working towards making your every visit to the Club during this festive season safe and enjoyable. I want to take a moment to acknowledge them: the COVID-19 Task Force is led by Dr Edmond Tan, the Security Sub-Committee is led by Joseph Goh, the Maintenance Sub-Committee is led by Ivan Heng, the Food & Beverage Sub-Committee is led by Teng Leng Hock, the Membership Relations Sub-Committee is led by Xavier See, and the Sports & Recreation Sub-Committee is co-led by Low Theng Khuan, Elena Chua and Balbir Singh.

On behalf of the General Committee, Management and Staff, I extend my best wishes to you for a very Merry Christmas and a Happy New Year!

Yours faithfully,

Koh Jin Kit

President

Serangoon Gardens Country Club

A warm welcome to:

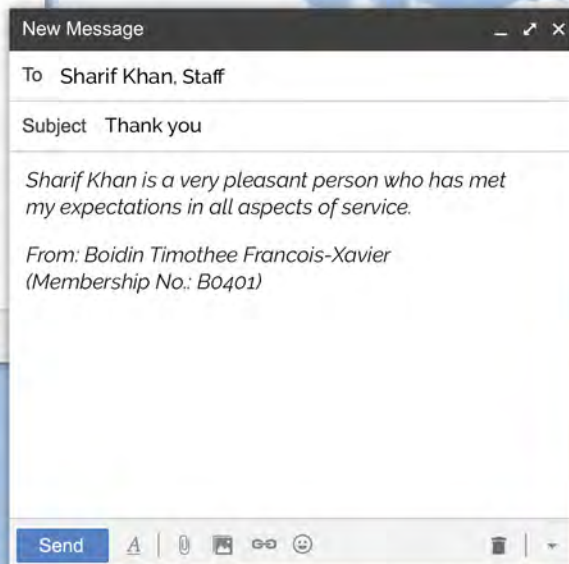
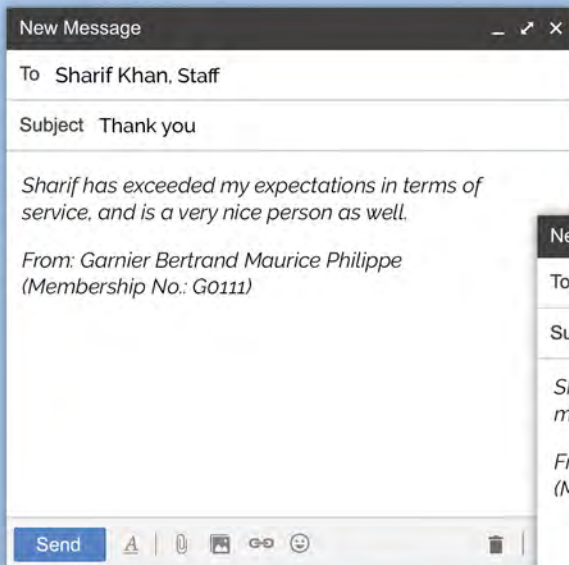
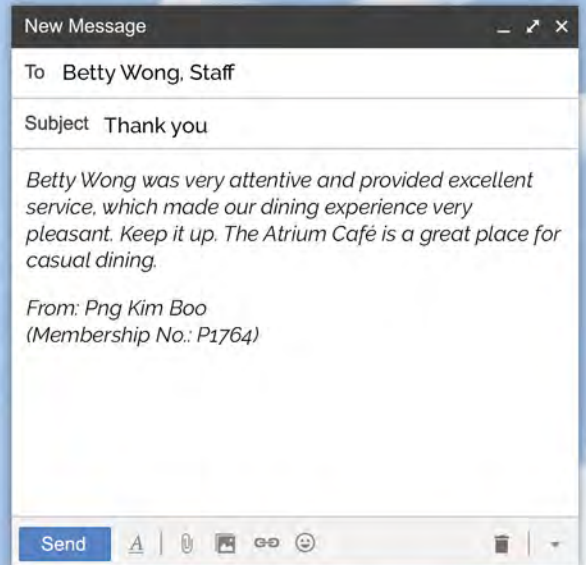
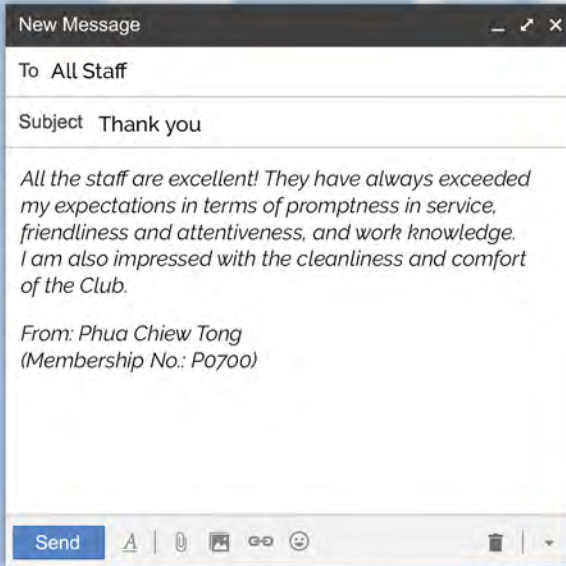
Chan Peng Wah Richard	Grand Member	Lee Cheng Kit, Desmond	Ordinary Member
Goh Wee Wee Anthony	Grand Member	Lam On Ming, Raymond	Ordinary Member
Ho Yau Leong, Nicholas	Grand Member	Jonathan Lim Mingci	Ordinary Member
Koh Sim Hock	Grand Member	Grace Aveline Martin	Ordinary Member
Leong Sik Hoong Mark	Grand Member	Maxence Alain Mely	Ordinary Member
Lim You Tung Tony	Grand Member	Ng Yao Hwee	Ordinary Member
Tay Ah Soon	Grand Member	Neo Chin Wee, David	Ordinary Member
Tham Yew Kee	Grand Member	Ong Jun Quan	Ordinary Member
Ow Wai Yin	Grand Member	(Wang Junquan)	
Ang Pong Leng, Sally	Ordinary Member	Ong Zhongshan, Nigel	Ordinary Member
Bird Amanda Nicole	Ordinary Member	Toh Jie Hao, Julius	Ordinary Member
Doan Quoc Chinh	Ordinary Member	Thong Chong May, Melvin	Ordinary Member
Chua Cheng Chye	Ordinary Member	Teo E-Shen	Ordinary Member
Chua Kok Cheong	Ordinary Member	Tan Yang Jie	Ordinary Member
Chua Wee Leung, Alex	Ordinary Member	Teh Pek Cheong, Mabel	Ordinary Member
Chong Fu Jian, Joseph	Ordinary Member	Teo Soi Joo	Ordinary Member
Deromedi Jean_Marc	Ordinary Member	Yong Chor Chuan	Ordinary Member
David Bernard Joachim	Ordinary Member	Chan Hwee Hoon	Ordinary Member
Di Menza Benoit	Ordinary Member	Chua Lee Kiang	Ordinary Member
Lim - Foo Boon Ching	Ordinary Member	Kuay Wei Shen	Ordinary Member
Glass Leslie Gerald	Ordinary Member	Koh Hoe Guan	Ordinary Member
Tony Kam Boon Hoe	Ordinary Member	Kum Cheng Liu, Kris	Ordinary Member
Ko Sheng Wei	Ordinary Member	Ryan Leong Wei Ren	Ordinary Member
Koh Jie Ying	Ordinary Member	Quek Joyna	Ordinary Member
Kong Ming Han, Mervyn	Ordinary Member	Quek Jung Hua, Shaun	Ordinary Member
Kiruparan Mahathevan	Ordinary Member	Quek Lilian	Ordinary Member
Khoo Kean Tiong	Ordinary Member	Sin Lye Kuen	Ordinary Member
Kelvin Lim Hock Seng	Ordinary Member	Toh Yen Ching	Ordinary Member
Liow Thiam Bock	Ordinary Member	Denis Jolivet Vincent Alain	Term Member
Lam Siu Mun	Ordinary Member	Marie-Charlotte Eliane	Term Member
Loh Yew Hui, Royston	Ordinary Member	Dominique Nanterm	
Lim Kong Guan, Fabian	Ordinary Member	Mark Wenzel	Term Member

A fond farewell to:

Chow Koon Wai, Douglas	Non Transferable Ordinary Member	Low Wai Fong, Sherine	Ordinary Member
Ang Boon Teck, Sam	Ordinary Member	Tay See Ying	Ordinary Member
Chua Hwee Luan	Ordinary Member	Yeo Siew Buay	Ordinary Member
Lee Pei-En, Mylene	Ordinary Member	Nicolas Florent Bech	Term Member
Lim Guek Kim, Jacinta	Ordinary Member	Audrey Bickel Ep Carlino	Term Member
Rebufat	Ordinary Member	Dechosal Nicolas	Term Member
Soh Dolly @ Dolly Soh Joo Li	Ordinary Member	Duminil Isaline Marie Pascale	Term Member
To Yi Fong	Ordinary Member	Samuel James Leonard	Term Member
Tan Yang Hong	Ordinary Member	Gay Olivier Jean Louis	Term Member
Tay Thiam Yew	Ordinary Member	Denis Gawlik	Term Member
Wan Yew Cheng	Ordinary Member	Pincemaille Ep	Term Member
Han Shihui Nicole	Ordinary Member	Tocquet Odile	
		Zoe Anne Vanderhoeven	Term Member

Our Gems

We are pleased to share that Members have complimented SGCC staff for going the extra mile.





New Message

To Kemi, Staff

Subject Thank you

Kemi provided me with a very positive experience. She was friendly and helpful throughout the whole Membership application, and answered all my questions.

From: Lee Jing Wenn Bertram (Membership No.: L0905)

Send

New Message

To Shylla, Staff

Subject Thank you

She has always been a very friendly and helpful staff, and is worthy of the Club.

From: Toh Hon Hung, Daniel (Membership No.: C6957)

Send

New Message

To Ravi & Betty, Staff

Subject Thank you

Ravi was attentive and Betty was prompt in her service.

From: Seah Bee Lee (Membership No.: 0045X)

Send

New Message

To All staff @ Atrium Cafe

Subject Thank you

The staff at Atrium Cafe are great!

From: Ong Chek Kai (Membership No.: O2453)

Send



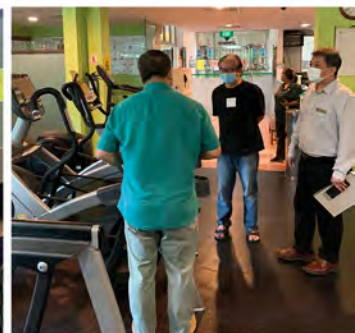
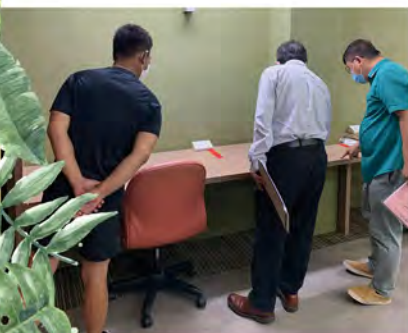
DISINFECTING OF SGCC PREMISES

As part of the SG Clean initiative, the Facilities, Maintenance and Safety team conducted the coronavirus prevention plan from 6–8 October, when the entire Club premises were thoroughly disinfected.



COVID-19 TASK FORCE INSPECTION

SGCC's COVID-19 Task Force held a site inspection on 7 October 2020. The task force is headed by Dr Edmond Tan Chok Jueh and General Committee Members Mr Teng Leng Hock and Mr Heng Song Kwang. Joining the inspection were Member Mr Bob Mong and Acting General Manager Mr Adrian Chew.





CHINESE NEW YEAR RED PACKETS



With Chinese New Year just around the corner, it's time to get started on the yearly tradition of giving and receiving red packets, or *ang pow*, for the little ones!

The Club's *ang pow* design for 2021 features the Chinese characters 花开富贵, which means, "When flowers bloom, prosperity follows." Available in a pack of 10, you can look forward to receiving your *ang pow* together with your November 2020 Statement of Account.



SGCC STAFF CHINESE NEW YEAR *ANG POW* FUND CONTRIBUTION

We encourage all Members to give recognition to our staff and contribute a token of appreciation for their services rendered during the year towards the Staff *Ang Pow* Fund. Details of the voluntary contribution have been sent to Members via mail together with the November 2020 Statement of Account.





CANCELLATION OF SGCC'S COUNTDOWN TO 2021



It is with the heaviest of hearts that we have decided to cancel SGCC'S Countdown To 2021 New Year's Eve Party due to COVID-19 restrictions placed by the Singapore Government. Nonetheless, we thank you from the bottom of our hearts for always making SGCC's Countdown Parties a rousing success all these years. Let's look forward to an even better New Year's Eve celebration to usher in 2022!



CLUB OPENS ON FIRST DAY OF CHINESE NEW YEAR



We are pleased to announce that, after due consideration, the Club will remain open on the first day of Chinese New Year, 12 February 2021 (Friday). Club operating hours on this date will follow normal Public Holiday* (PH) operating hours.

Traditionally, SGCC is closed on the eve and first day of CNY. For 2021, we have made an exception. This decision was made as the Club is aware that many Members will not be travelling during the 2021 CNY period due to travel restrictions imposed arising from the COVID-19 situation.

The Club is mindful of these unprecedented times, and we hope to serve Members as best as possible.

DATES	REMARKS
Eve of CNY: 11 February 2021, Thursday	Entire Club is closed. Garden Grill and Lobby remain open for CNY Eve reunion dinner from 6pm.
First day of CNY: 12 February 2021, Friday	Club is open based on Public Holiday* (PH) operating hours.
Second day of CNY: 13 February 2021, Saturday	
Third day of CNY: 14 February 2021, Sunday	Club resumes normal operations.

* Please refer to PH operating hours in the Club Directory (located behind the front cover of ClubSpirit).

YOUTH SAVINGS SCHEME

AN EXCLUSIVE OFFER JUST FOR KIDS OF SGCC MEMBERS

Start your kids saving early for an Ordinary Membership of their own when they reach 21yo at just **\$83/mth*** (across 120 months) and an upfront of **\$2,880 (inc. GST)**.

* Child Members will not be entitled to Ordinary Membership privileges, terms & conditions until they reach the age of 21. Ord Membership Subscription fees apply upon reaching 21yo.



For ages 12 to 26

Contact the Membership Relations Dept at 6398 5323 or email Membership@sgcc.com.sg for more details



SGCC INTEREST GROUPS: WE NEED YOUR SUGGESTIONS AND PARTICIPATION!

SGCC is looking at growing our Interest Groups.

We would like to hear from members their suggestions for Interest Groups. The Interest Group can be on anything you are passionate about — from Flower Arrangement and Arts & Craft, to Cooking, Reading and Singing, to Dancing or Wine & Dine. We welcome all suggestions!

If you have a group of fellow Members who share the same interest, drop us an email. As long as we have a minimum of 10 Members for an Interest Group, we can start! Send your suggestions and names of fellow Members who are keen to start the groups with you to: mrevents@sgcc.com.sg.

Don't forget to include your full name and membership number!

DRINKS PROMOTION: CARLSBERG DRAFT

Is beer your preferred choice of drink? Then Atrium Café's value-for-money promotion should prove irresistible! The promotion ends on 31 December 2020.

Half Pint
@ \$2 w/GST

One Pint
@ \$4 w/GST

One Jug
@ \$12 w/GST

Call **Atrium Café** at **6398 5309**



DIALOGUE SESSIONS WITH MEMBERS

Are you a Member of the Swimming or Fitness fraternity at SGCC? Do you have strong ideas of what your interest group should aim for that you would like to share with other Members? We will be holding dialogue sessions at the Casuarina Room/ Darts Lounge. Step forward to give your thoughts. We are eager to hear from you. Reserve a spot early, as only **six persons** are allowed in each session.



FITNESS DIALOGUE SESSION	SWIMMING DIALOGUE SESSION
17 December 2020, Thursday @ 7pm	12 December 2020, Saturday @ 10am
Venue: Casuarina Room	Venue: Darts Lounge
Closing date: 11 December 2020, Friday	Closing date: 7 December 2020, Monday
Contact: Daniel Chong at recreation@sgcc.com.sg or 6398 5351	Contact: Daniel Chong at recreation@sgcc.com.sg or 6398 5351



POST-EVENT COVERAGE OF HALLOWEEN

On 31 October, the Club scaled down its annual Halloween experience for our Junior Gems Members due to the COVID-19 pandemic.

Packets of candies were distributed outside Casuarina Room to eager little witches, ghosts and 'Rey Skywalker'. After collecting their candies, the happy kids proceeded into the room to take snapshots at the spooky Instagram booth specially prepared by the Membership Relations (MR) department.

Although there were no other activities involved due to the Safe Management Measures, both the children and their parents enjoyed themselves posing at the booth, making this year's Halloween memorable even though it may not be as eventful as past celebrations.



SENIOR MEMBERS' TALK SERIES: TALK #1



On Saturday, 7 November 2020, the first instalment of a new series, *Senior Members' Talk*, kicked off with a slight twist. Due to the COVID-19 Safe Management Measures, we could only allow 50 members to attend. Safe-distancing measures were put in place, and everyone had their masks on.

The topic, 'Mind Your Back, Joint and Muscle Dysfunction', was given by Dr Serene Ng (MChiro, UK) and was well received by Members. She shared her knowledge on managing pain through postural correction, movement, and non-invasive methods of management through chiropractic and TCM.

After the event, the members gave positive feedback, and added that they were already looking forward to the next talk in the series.



9 BALLS POOL TOURNAMENT



A total of 12 players headed to the Billiards Room on Saturday, 19 September 2020, to compete in the 9 Balls Pool Tournament.

The game was conducted in a best-of-three-rounds format. Simon Yang emerged as champion, with Vincent Zhuang the runner up.



WORLD SQUASH DAY

SGCC's squash fraternity celebrated World Squash Day on Saturday, 10 October 2020. The 32 participants were divided into three teams: Dolphin, Killer Whale and Sea Lion. Following an intense match, Killer Whale – true to its name – emerged as champions. The following are the detailed results:



Champions: Killer Whale	Runners-up: Dolphin	2nd Runners-up: Sea Lion
Edward Chia	Yann Frederic Courqueux	Shirley Chou
Stephen Chan	Molly Chua	Mathieu Debrand
Daryl Khoo	Allan Chang	Vinny Vinh-Duc Nguyen
Kenneth Lim	Jean-Phillipe Filhol	Raj Nadarajapathi D
Eugene Lee	Jason Lee	Chris Pua
Edwin Lee	Kenneth Low	Ken Pua
Jeanette Ng	Mikael Lee	Dennis Tan
Tio Hong Tjoen	Jack Lim	Raymond Tan
Roy Tan	Joseph Liew	Michelle Yee
	Edward Lee	Wenru



E-CLUBSPIRIT MAGAZINE IS HERE!

SGCC is going Green! That means our ClubSpirit has gone digital, all Members automatically receive the e-copy sent to your registered email addresses.

eClubSpirit subscribers will receive EXCLUSIVE Perks !!!

e.g. 10% disc. off total bill at Atrium Cafe, or 1 complimentary bowling game at Gardens Bowl

We encourage all Members to update your email address with our Membership Relations Team.

Should you wish to opt-out of receiving the electronic version of ClubSpirit, kindly fill up the form at: <http://bit.ly/csoptout> or scan the QR code



SCAN ME

Members who have already indicated your preference in receiving hardcopy of the magazine need not re-submit.

*Kindly note that by sending us the requested details, you agree to our Club's standard PDPA policies for collection of your personal data in regards to the above exercise.

In a League of Her Own

SGCC Member Arielle Tay discloses how the Club has played a role in the good results she has achieved in the sport of bowling.

Competitive bowling runs in Arielle Tay's family. Both she and her younger sister, Arianne, are in the National Training Squad, while her 10-year-old brother, Aldric, represents his school in the sport.

Indeed, bowling was the reason Arielle's family joined SGCC in 2014, as the Club was near to their home and her parents were looking for an accessible bowling alley. While in primary school, she would train in the Club often — as many as seven times a week — and credits regular practice under the wing of SGCC's bowling coach, John Liaw, for improving her game.

Arielle also attended the Centre of Excellence (COE) programme. This is a Singapore Bowling Federation initiative — SGCC's Gardens Bowl is one of the numerous centres involved — to train youths in a structured format to get them good enough to enter the National Development Squad. With her natural talent as well as the coaching she received, it was no surprise when Arielle qualified for this squad.

Getting started

Arielle was just nine years old when she started bowling. Driven by curiosity, the-then CHIJ Lady of Good Counsel student chose bowling as her co-curricular activity as she was interested to know more about the game. Before long, she was hooked, and started bowling competitively.

"I love the thrill of competing," gushes Arielle, who is now in the National Training Squad, which is one tier above the National Development Squad. Competitions, she admits, can be "extremely nerve-wracking", but the 17-year-old Anglo-Chinese Junior College student feels that the stress is worth it. "I am always able to learn something through the competition experience to improve my game," she reveals.

An unexpected win

Among the competitions Arielle has taken part in, the

one that left an indelible impression on her was the 2019 Asian Bowling Championships in Hong Kong, where she topped the doubles category.

"My teammate and I bowled a 299 pinfall and a 255 pinfall game respectively during the last game of the doubles event. That was extremely memorable as, during that game, we were just having fun, bowling and cheering each other on. There was stress and excitement, but these feelings were necessary as they pushed us beyond our limits and allowed us to bowl even better than expected," she recalls.

Arielle is a firm believer in the saying, "Practice makes perfect", particularly when it comes to bowling. "Unlike tennis or football, bowlers can't attack the opponents. The only way we can win is to train hard to improve our technical and tactical skills," she explains.

There is also an intellectual element to the sport that non-bowlers may not be aware of. "Bowling involves a lot of studying," Arielle shares. "It's a very technical sport, and there are many components that affect your score, such as oiling pattern, coverstock of the ball, and lane surface. Thus, we have to be well equipped with knowledge of these things in order to adjust and adapt during competitions."

The road to success

The journey to fame is undoubtedly paved with discipline and hard work. Before COVID-19 and the implementation of the Circuit Breaker, Arielle would train four to five times a week for two hours at a time. Most of these training sessions were held at Singapore Bowling@Temasek Club, although she frequents the bowling alley at SGCC whenever she can. These days, she practises only thrice a week, as competitions have been curtailed this year due to the pandemic.

For many people dedicated to sports, the quest for excellence requires a certain amount of sacrifice — and



so it is with Arielle. "Being a competitive bowler can eat into family and personal time," she admits. "As a JC student with a heavy workload, I have to juggle my study schedule with training and travelling. When my friends decide to go out after school or during the weekends, I sometimes can't join them as I either have training, or I need to catch up on my schoolwork. As I reach home late on some days, I also can't spend time with the family or have dinner with them."

But having set her sights on representing Singapore on the world stage, Arielle accepts these acts of renunciation as par for the course. "Representing Singapore in the world championships is almost every local bowler's dream," she states. And it is one that may well come true for this determined young lady.

"Unlike tennis or football, bowlers can't attack the opponents. The only way we can win is to train hard to improve our technical and tactical skills."



SPOTLIGHT MONTHLY

This is an initiative by Serangoon Gardens Country Club to feature some of the less-known facilities and activities/sports available to all Members.



DECEMBER 2020: FREE SQUASH CLINIC



Interested to learn how to play squash or to take your game to the next level? You're in luck! We've organised a one-hour clinic just for you. Sign up and pick up the basics of this racquet game as well as the correct techniques to hone your skills.

VENUE: Squash Court

MAXIMUM: 4 participants

DATE / TIME: 16 December 2020, Wednesday / 11am

CLOSING DATE FOR REGISTRATION:
9 December 2020, Wednesday

CONTACT: Daniel Chong at 6838 5351 or
recreation@sgcc.com.sg

JANUARY 2021: FREE TENNIS COACHING



New to tennis or keen to improve your swing? Join us for a one-hour clinic, where our elite tennis coach will guide you in the fundamentals of the game in a fun and enjoyable way.

VENUE: Tennis Court

MINIMUM / MAXIMUM: 3 / 5 participants

DATE / TIME: 10 January 2021, Sunday / 9am

CLOSING DATE FOR REGISTRATION:
3 January 2021, Sunday

CONTACT: Daniel Chong at 6838 5351 or
recreation@sgcc.com.sg

Come join Junior Gems



Junior Gems
Birthday
Surprises

Exclusive
Junior Gems
Activities

**Is your child aged between 4 to 12 years old?
Come join Junior Gems, and be treated to a world of fun activities and perks!**

For an annual membership fee* of \$26.75 w/GST, your child can enjoy the following perks worth \$32:

- Welcome gift of a Smoothie and Waffle with Single Scoop Ice Cream
- Birthday treat of a Single Scoop Ice Cream
 - One free workshop
- Invitations to exclusive Junior Gems activities and parties
- Complimentary entry to the annual Junior Gems Anniversary Party
...and much more surprises!

* Membership is automatically renewed each year till your child reaches 12 years of age.



JOIN NOW
Contact Jean Lee at:

6398 5383
jean_lee@sgcc.com.sg



COMPETITIONS



BRIDGE HONG BAO 2021

Bridge enthusiasts are invited to join this year's Hong Bao Game. Winners stand to walk away with attractive prizes.

DATE	
16 February 2021, Tuesday	
TIME	VENUE
9am onwards	Casuarina Room
FEE	
\$21.40* w/GST (Member)	\$28.00* w/GST (Guest)
* Fee includes lunch	
MIN	CLOSING DATE
16 participants	1 February 2021, Monday



BOWLING HONG BAO

Celebrate the Lunar New Year with fellow bowlers. See how many strikes you can hit in this Best-of-6 Games format.

DATE	VENUE
21 February 2021, Sunday	Gardens Bowl
CHECK-IN	ROLL-OFF
10am	10.15am
FEE	ELIGIBILITY
\$25.68 w/GST (Members)	21 years old and above
MIN / MAX	CLOSING DATE
20 / 30 participants	7 February 2021, Sunday

CONTACT

Zaleha Hanibah at 6398 5340 or recreation@sgcc.com.sg

TENNIS JUNIOR CHAMPIONSHIP

It's time to wield your racquet like a warrior for one weekend in order for you to be crowned SGCC's junior champion in tennis.

DATE	
19-20 December 2020, Saturday-Sunday	
TIME	VENUE
8am-6pm	Tennis Courts
FEE	CLOSING DATE
\$10.70 w/GST (Member)	6 December 2020, Sunday



SQUASH HONG BAO

Time to display your facility with a squash racquet. Sign up today! Spouses and guests are welcome.

DATE	TIME	
20 February 2021, Saturday	3pm onwards	
VENUE	CLOSING DATE	
Squash Courts	7 February 2021, Sunday	
FEE		
\$13 w/GST (Member)	\$18 w/GST (Spouse)	\$25 w/GST (Guest)



CONTACT

Daniel Chong at 6398 5351 or recreation@sgcc.com.sg



DARTS HONG BAO

If darts is your game, come challenge yourself against fellow Members in this friendly competition.

DATE	TIME
20 February 2021, Saturday	2pm onwards
VENUE	FEE
Darts Lounge	\$10.70* w/GST (Member) * Fee includes buffet dinner
MIN / MAX	CLOSING DATE
16 / 24 participants	6 February 2021, Saturday
CONTACT	
Steven Goh at 6398 5372 or recreation@sgcc.com.sg	

CLASSES




















DECEMBER SWIM STROKE CAMP

Taking place every Tuesday and Wednesday in December, this series of two-day camps is for people who are keen to improve their swimming stroke technique. Participants need to have Swimsafer 2 or equivalent qualification.

TIME	CAMP 2
9.30am-11.30am Report at 9am for registration, group allocation, stretching and warm-up	Date: 8-9 December 2020 Closing Date: 2 December 2020, Wednesday
VENUE	CAMP 3
Swimming Pool	Date: 15-16 December 2020 Closing Date: 9 December 2020, Wednesday
FEE	CAMP 4
\$53.50 w/GST (Member) \$74.90 w/GST (Guest)	Date: 22-23 December 2020 Closing Date: 16 December 2020, Wednesday
CAMP 1	CONTACT
Date: 1-2 December 2020 Closing Date: 25 November 2020, Wednesday	Daniel Chong at 6398 5351 or recreation@sgcc.com.sg

DECEMBER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	<p>1</p> <p>December Swim Stroke Camp Swimming Pool 9.30am</p> <p>Year-end Festive Fare in True Yuletide Spirit Garden Grill 12pm & 6pm (whole month except 24, 25 & 31 Dec)</p> <p>Where to Throw Your Year-end Party Garden Grill 12pm & 6pm (whole month except 24, 25, 30 & 31 Dec)</p>  	<p>2</p> <p>December Swim Stroke Camp Swimming Pool 9.30am</p> 	3	4	5	6
7	<p>8</p> <p>December Swim Stroke Camp Swimming Pool 9.30am</p> 	<p>9</p> <p>December Swim Stroke Camp Swimming Pool 9.30am</p> 	10	11	<p>12</p> <p>Snow Globe Craft Workshop Casuarina Room 10.30am</p> 	13
14	<p>15</p> <p>December Swim Stroke Camp Swimming Pool 9.30am</p> 	<p>16</p> <p>December Swim Stroke Camp Swimming Pool 9.30am</p> 	<p>17</p> <p>Social Etiquette for Kids Casuarina Room 2pm</p> 	<p>18</p> <p>Social Etiquette for Kids Casuarina Room 2pm</p> 	<p>19</p> <p>Tennis Junior Championships Tennis Courts 8am</p>  <p>Social Etiquette for Kids Casuarina Room 2pm</p>	<p>20</p> <p>Tennis Junior Championships Tennis Courts 8am</p> <p>Last Day for Christmas Festive Goodies Order Garden Grill</p> 
21	<p>22</p> <p>December Swim Stroke Camp Swimming Pool 9.30am</p> 	<p>23</p> <p>December Swim Stroke Camp Swimming Pool 9.30am</p> 	<p>24</p> <p>Christmas Eve Set Menu Garden Grill 12pm, 5pm & 7.30pm</p> 	<p>25 Christmas Day</p> <p>Christmas Day Set Menu Garden Grill 12pm & 6pm</p> 	26	27
28	29	30	31			

With recent updates regarding COVID-19 preventative restrictions, events listed here may be subject to change.

JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 New Year's Day New Year's Day Set Menu Garden Grill 12pm & 6pm 	2 Tasty & Healthy Mediterranean Recipes Garden Grill 12pm & 6pm (whole month) 	3
4	5	6	7	8	9	10
11 Sale of Chinese New Year Festive Delicacies Atrium Cafe (till 26 Feb) 	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

With recent updates regarding COVID-19 preventative restrictions, events listed here may be subject to change.



JUDO FOR KIDS

DAY / TIME	VENUE
Thursdays: 4.30pm-5.30pm	Aerobics Studio
ELIGIBILITY	MIN / MAX
5 years old and above	6 / 20 participants
FEE	
\$89.88 w/GST per month (Member)	\$100.58 w/GST per month (Guest)

Note: Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month

ABOUT THE TRAINER

Md Azfar Ali possesses a second dan black belt, and trained to be a judo coach at the Kodokan Judo Institute in Japan under the ASEAN-Jita Kyoei Programme. Azfar, who has been coaching for several years, believes in focusing on fundamental skills development, and strives to make learning the sport an enjoyable and enriching experience for learners of all ages.

AIKIDO

DAY / TIME	
Saturdays: 4.30pm-5.30pm	
VENUE	
Aerobics Studio	
ELIGIBILITY	MIN / MAX
6 years old and above	6 / 20 participants
FEE	
\$56.18 w/GST per month (Member)	\$66.88 w/GST per month (Guest)

Note: Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month



ABOUT THE TRAINER

George Chang Koon Chua is President and Chief Instructor of the Ueshiba Aikido Association. Officially recognised by Aikido World Headquarters in Japan (Japan Aikido HQ), he is a qualified aikido instructor, and the only seventh dan holder in Singapore. He is the Head Instructor of the Teaching and Grading Committee, and is authorised to conduct grading examinations of aikido students. He has taught this form of martial arts in community centres, country clubs and other organisations in Singapore.



MUAY THAI

DAY / TIME	
Saturdays, Sundays: 9am-10.30am	
VENUE	
Aerobics Studio	
ELIGIBILITY	MIN / MAX
6 years old and above	6 / 20 participants
FEE	
\$112.35* w/GST (Member)	\$123.05* w/GST (Guest)

* Unlimited sessions

CONTACT

Julia Kong at 6398 5352 or recreation@sgcc.com.sg



TAEKWONDO

CLASS

Beginner / Intermediate*; Intermediate / Advanced**

DAY / TIME

Fridays: *6.15pm-7pm (for ages 4 and above);
**7pm-8pm (for ages 6 and above)

FEE

\$85.60 w/GST
(Member)

\$96.30 w/GST
(Guest)

CLASS

Advanced

DAY / TIME

Fridays: 8pm-9pm

FEE

\$85.60 w/GST
(Member)

\$96.30 w/GST
(Guest)

CLASS

Intermediate / Advanced (Sparring & Self-Defence)

DAY / TIME

Sundays: 5.30pm-6.45pm

FEE

\$101.65 w/GST
(Member)

\$112.35 w/GST
(Guest)

VENUE

Aerobics Studio

MIN / MAX

6 / 20 participants

Note: Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month

ABOUT THE TRAINER

Patrick Tan has more than 37 years of taekwondo coaching experience, including teaching stints in the armed forces, international schools, commercial gyms, private clubs, and other organisations. Equipped with a National Coaching Accreditation Programme (NCAP) Level 3 certification from Sport Singapore, he is also a Singapore Taekwondo Federation (STF) seventh-degree black belt, a STF-certified instructor (Poomsae and Kyorugi), a Kukkiwon-certified instructor, and a STF referee (Poomsae and Kyorugi). Under his training, some of our Members have become champions in their respective categories in both National Kyorugi Championship and Inter-School Kyorugi Championship.

TAIJIQUAN (BEGINNER)

Taijiquan is an excellent exercise for keeping fit and healthy. Its movements are gentle and slow; it focuses more on developing the mind rather than the body. It is believed that prolonged practice can help one cultivate a gentle and amiable character. The class will cover 37 Yang-Shi Taijiquan and Taiji broadsword and sword techniques.

DAY / TIME

Sundays: 8am-9am

VENUE

Car Park Area (Palm Wing)

FEE

\$146.06 w/GST for 12 sessions
(Member)

\$168.53 w/GST for 12 sessions
(Guest)



ABOUT THE TRAINER

Lee Teck Chye is a qualified PA trainer who is registered under the Singapore Wushu Dragon & Lion Dance Federation as a taiji coach (level: intermediate) and has been teaching in various community clubs.

CHINESE MARTIAL ARTS

Learn a variety of Chinese martial arts — such as Taiji, Xingyi boxing and Bagua Palms — under Master Ngiam Tong Kheng.

DAY / TIME

Sundays:
2.15pm-3.45pm

VENUE

Aerobics Studio

FEE

\$101.12 w/GST
(Member)

\$117.97 w/GST
(Guest)



ABOUT THE TRAINER

Master Ngiam Tong Kheng has more than 50 years of experience imparting his knowledge of various Chinese martial arts. He holds a World Tradition Martial Arts Union ninth dan and is an international wushu judge (International Wushu Federation).

CONTACT

Julia Kong at 6398 5352 or recreation@sgcc.com.sg



LEARN-TO-SWIM PROGRAMME

Run by Quattor Swim School, this programme is structured according to the SwimSafer criteria. Students will be trained and taught according to the requirements for different levels.

DAY / TIME

Mondays, Fridays: 3.45pm-4.30pm; 4.30pm-5.15pm;
5.15pm-6pm
Tuesdays, Thursdays: 3.45pm-4.30pm; 4.30pm-5.15pm;
5.15pm-6pm; 6pm-6.45pm
Saturdays: 9am-9.45am; 9.45am-10.30am;
10.30am-11.15am
Sundays: 8.15am-9am; 9am-9.45am; 9.45am-10.30am;
10.30am-11.15am

Note: Free assessment will be conducted for new students (applies to fresh beginners) to place them in the appropriate session; there will be a 5-minute transition between each class

FEE: 1 SESSION / WEEK

\$67.41 w/GST (Member)	\$78.65 w/GST (Guest) Weekday	\$89.88 w/GST (Guest) Weekend
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FEE: 2 SESSIONS / WEEK

\$89.88 w/GST (Member)
\$112.35 w/GST (Guest) Both sessions on weekday
\$123.59 w/GST (Guest) 1 session on weekday & 1 session on weekend
\$134.82 w/GST (Guest) Both sessions on weekend

Note: The above fees (does not apply to guests) will be pro-rated in the event of public holidays or if there is a fifth week in the month.



SWIMMING DEVELOPMENT PROGRAMME

Run by Quattor Swim School, this programme caters to swimmers who wish to improve their competitive swimming knowledge and skills. It focuses on boosting stamina as well as the efficiency of a swimmer's stroke technique. This programme is a step up from the SwimSafer requirements as swimmers will be trained to progress to a competitive level.

DAY / TIME

Mondays, Wednesdays, Fridays: 6pm-7.15pm
Saturdays, Sundays: 10.30am-11.45am

FEE: 2 SESSIONS / WEEK

\$107 w/GST (Member)
Additional \$21.40 w/GST per Guest

FEE: UNLIMITED SESSIONS / WEEK

\$116.28 w/GST (Member)
Additional \$21.40 w/GST per Guest

CONTACT

Julia Kong at 6398 5352 or recreation@sgcc.com.sg



WATERBABIES (PRIVATE COACHING)

Allow your babies to experience the joys of being in the water with this course. This is a one-on-one session for children between six to 42 months old. Each child is to be accompanied by a parent.

VENUE

Swimming pool

FEE

\$134.82 w/GST for 4 sessions @ 15mins per session

Note: Additional guest charges of \$5.32 w/GST per weekday and \$8.56 w/GST per weekend.



ABOUT THE TRAINER

Barbara Lina Lei has been coaching multi-sensory swimming programmes for children since 1999.



COOL WATER WORKOUT

Hate feeling all hot and sticky while exercising? Then aquatic exercise and therapy is for you. To achieve a zero-impact workout, participants of this class run, walk, twist or bend while suspended in the deeper end of the swimming pool. This is suitable for people of all fitness levels. Cool Water Workout is the coolest way to keep fit!

DAY / TIME

Mondays: 8.30am-9.30am
Tuesdays: 7pm-8pm
Thursdays: 8.30am-9.30am

ELIGIBILITY

16 years old and above

FEE: 1 SESSION / WEEK

\$67.41* w/GST once a week
per month (Member)

\$84.26* w/GST once a week
per month (Guest)

FEE: 2 SESSIONS / WEEK

\$112.35* w/GST twice a week
per month (Member)

\$129.20* w/GST twice a week
per month (Guest)

* Price not inclusive of a personal wet belt, which must be purchased for the class

ABOUT THE TRAINER

Pamela Sashai holds a Physical Fitness Specialist Certificate majoring in Aerobics Dancing, and a Professional Certificate in Deep Water Workout from Columbia Southern University. She has taught aerobics, aqua aerobics, and Deep Water Workout in country clubs, private organisations, and condominiums.

CONTACT

Julia Kong at 6398 5352 or recreation@sgcc.com.sg

BOWLING COACHING

FEE

Group Coaching:

\$45.80 w/GST (Member) \$57.25 w/GST (Guest)

Private coaching (to arrange with instructor):

\$78.65 w/GST (Member) \$89.88 w/GST (Guest)
Individual (1.5hrs) Individual (1.5hrs)

\$62.97 w/GST (Member) \$74.42 w/GST (Guest)
2 Students (1.5hrs) 2 Students (1.5hrs)

MIN / MAX

3 / 8 participants

VENUE

Gardens Bowl

ABOUT THE TRAINERS

Samuel Ho is a qualified bowling instructor with more than 20 years' experience, which includes being a resident coach for SGCC and Singapore Swimming Club. He is a registered coach with the Singapore Sports Council and the Singapore Bowling Federation. Peter Chng has been the club's resident coach since 2009 and has conducted training in various schools, including Maris Stella Primary and Secondary schools, ACS (Barker Road) and Nanyang Girls' High School. He has 10 years of experience and is a registered coach with the Singapore Bowling Federation.



JUNIOR BOWLING CLASSES



DAY / TIME

Fridays: 4.45pm-5.45pm
Sundays: 4pm-5pm

VENUE

Aerobics Room

MIN

5 participants (5-10 years)

FEE

\$385.20 w/GST
per month
(Member)

\$428.00 w/GST
per month
(Guest)

\$374.50 w/GST
per month
(Junior Gems Members)

Note: Charges are for a cycle of four lessons a month. There will be an additional charge if there are five lessons in a month.

ABOUT THE TRAINER

Vanessa Fung was a national athlete and participated in numerous international competitions between 2000 and 2012: she was third runner-up in the Women's Masters category at the 2005 World Games, held in Duisburg, Germany; second runner-up in the Women's category in the 2001 AVIVA Asian Bowling Tour, Grand Slam Finals; and second runner-up in the Women's category at the 2009 Asian Bowler of the Year. Away from competitions, she created a bowling programme targeted at children from as young as five years old. A SBF-certified instructor (Level 2), she has worked with SGCC Members for the past three years, and has thus fostered a good working relationship with the Club. We are confident that her invaluable experience will continue to add value to SGCC Members and the Club.

CONTACT

Zaleha Hanibah at 6398 5373 or recreation@sgcc.com.sg

JOIN THE SGCC GOLF SECTION

The SGCC Golf Section is open to all SGCC members who enjoy golfing. For a monthly fee of \$8 w/GST, SGCC Golf Section members will enjoy the following benefits:

- Exclusive golf souvenirs, gifts and goodies periodically
- Subsidised rates for golfing events (Golf Monthly Medal, SGCC Golf Section Annual Tournament, and local or overseas golf trips)
- Eligible for Monthly Medals and Champion of Champions Tournament
- Invitation to attend Golf Section Year-End Party for a token fee
- Spouse of Golf Section members will only pay half of the monthly contribution if they also sign up as a section member
- Receive updates on upcoming golfing events



CONTACT

If you are interested, kindly obtain a form from the Sports & Recreation Department. We hope to see you soon.

HATHA YOGA

Hatha yoga is a branch of yoga that teaches poses and breathing exercises that bring peace and calm to the body and mind. It's an excellent way to de-stress while cultivating balance and flexibility.

DAY / TIME

Mondays: 7.30pm-8.30pm; 8.45pm-9.45pm
Saturdays: 3.15pm-4.15pm

VENUE

Aerobics Studio

MIN / MAX

6 / 30 participants

FEE

\$67.41 w/GST (Member)

\$78.11 w/GST (Guest)

Note: Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

ABOUT THE TRAINER

A full-time, freelance yoga instructor and personal trainer at several clubs, companies and community centres, Michael Choong holds an International Diploma in Ashtanga Yoga. He is also certified in Therapeutic Healing Yoga, and has attended the Sivananda Yoga Teacher Training Course.



VINYASA FLOW YOGA

Soothe your bodily tensions while improving flexibility and physical strength — sign up for classes in Vinyasa Flow Yoga today!

DAY / TIME

Thursdays:
7.30am-8.30am; 9am-10am

VENUE

Aerobics Studio

ELIGIBILITY

6 years old and above

MIN / MAX

6 / 30 participants

FEE

\$67.41 w/GST (Member)

\$78.11 w/GST (Guest)

Note: Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month

ABOUT THE TRAINER

Dawn Wong has been practising yoga for more than six years. She has teaching certifications in Pregnancy Yoga and Vinyasa Yoga. She believes it is important to have a fun and safe practice, and encourages students not to be too hard on themselves on the mat. Her teaching emphasises proper alignment to build a strong foundation.

CONTACT

Julia Kong at 6398 5352 or recreation@sgcc.com.sg

JOIN THE SGCC BILLIARDS SECTION!

All levels are welcome. For a minimum monthly subscription of \$5, you are entitled to the following:

- Participate in tournaments organised by SGCC
 - Snooker Open Championship
 - Snooker President Cup
 - Snooker Convenor Cup
 - 8 Ball Pool Tournament
 - 8 Ball Blind Doubles Pool Tournament
 - 9 Ball Pool Tournament
- Represent SGCC in invitational events (friendly matches with other clubs, tournaments organised by Cuesports Singapore)
- Souvenir from the section
- Billiards Section gatherings
- Coaching from our experts



CONTACT

If you are interested, kindly obtain a form from the Sports & Recreation Department. We hope to see you soon.



FITNESS FUN PROGRAMMES

Maintain an active lifestyle while having fun with our wide range of fitness programmes.

POWERSTRETCH™

Tuesdays: 7.45pm-8.45pm
 Wednesdays: 10am-11am; 11.30am-12.30pm;
 7.45pm-8.45pm
 Fridays: 10am-11am
 Saturdays: 1.45pm-2.45pm

ABTSOLUTE SCULPT

Fridays: 11.30am-12.30pm

HIP HOP FITNESS

Mondays: 10am-11am

LYRICAL JAZZ

Saturdays: 12pm-1pm

STREET JAZZ

Thursdays: 7.45pm-8.45pm

DYNAMIC SCULPT

Mondays: 11.30am-12.30pm

VENUE

Aerobics Studio

FEE: 1 SESSION / WEEK

\$61.79 w/GST (Member)

FEE: 2 SESSIONS / WEEK

\$84.26 w/GST (Member)

FEE: 3 SESSIONS / WEEK

\$101.12 w/GST (Member)

FEE: 4 SESSIONS / WEEK

\$117.97 w/GST (Member)

Note: An additional monthly charge of \$21.40 w/GST will be imposed for guests.

FEE: AD HOC / TRIAL SESSION (PINK FORM)

\$21.40 w/GST per session
(Member)

\$26.75 w/GST per session
(Guest)

Note: Applicable for monthly registered students to use for CLASSES THAT ARE FULLY SUBSCRIBED (as per monthly schedule posted on the noticeboard).

FEE: INCENTIVE AD HOC FOR NON-FULLY SUBSCRIBED CLASSES (WHITE FORM)

\$10.70 w/GST per session
(Member)

\$16.05 w/GST per session
(Guest)

Note: Applicable for classes that are not fully subscribed (as per monthly schedule posted on the notice board) and for current monthly registered students and guests. Each guest under Incentive Ad Hoc must be billed to the respective member who signed her/him for the monthly class.

CONTACT

Julia Kong at 6398 5352 or recreation@sgcc.com.sg



TABLE TENNIS (PRIVATE COACHING)

Hone your skills in this fast-paced sport through private coaching.

VENUE

Squash Court 4

FEE: INDIVIDUAL LESSON

\$44.94 w/GST per hour (Member)

FEE: GROUP LESSON (2 PAX)

\$56.18 w/GST per hour Group Lesson

Note: Additional \$10 w/GST per guest. Fees do not include court bookings.

ABOUT THE TRAINER

Registered with the National Coaching Accreditation Programme (NCAP Level 1), Nicholas Chee has been playing the game since 1977, and has given personal and group coaching for kids and adults since 2000.

CONTACT

Julia Kong at 6398 5352 or recreation@sgcc.com.sg

ADULT GROUP COACHING TENNIS PROGRAMME BY ACES TENNIS

CLASS

Beginner

DAY / TIME

Saturdays: 3.30pm-5pm

CLASS

Intermediate

DAY / TIME

Mondays: 7pm-8.30pm;
8.30pm-10pm

CLASS

Ladies' Intermediate

DAY / TIME

Fridays: 8am-9.30am

VENUE

Tennis Courts

FEE

\$148.30 w/GST
(Member)

\$165.15 w/GST
(Guest)

Note: Fees are for a cycle of four lessons in a month. There will be additional charges if there are five weeks of lessons in a month.



SQUASH (PRIVATE TRAINING)

Whether you are a beginner or someone who would like to get back into the game, private coaching sessions will definitely help you work towards achieving your best.

FEE: INDIVIDUAL LESSON

\$85.60 w/GST per hour (Member)

FEE: GROUP LESSON (2-4 PAX PER GROUP)

\$128.40 w/GST

Note: Additional \$16.05 w/GST per hour per guest. Fees do not include court bookings.

ABOUT THE TRAINER

Allan Chang is a certified squash coach with more than 20 years of experience.

CONTACT

Daniel Chong at 6398 5351 or recreation@sgcc.com.sg

Menu Available for Dine-In or Takeaway

Year-End Festive Fare in True Yuletide Spirit

Celebrate Christmas with a lip-smacking meal at the Garden Grill.

Available throughout December 2020 (except 24, 25 & 31 December)

Operating Hours:

Monday: Closed | **Tuesday-Sunday:** 12pm-3pm; 6pm-10pm
(Last order: 45 minutes before closing)

Price:

3-course set meal from \$20.12 w/GST per person
(appetiser or soup, main course, dessert with coffee or tea)

4-course set meal from \$25.47 w/GST per person
(appetiser, soup, main course, dessert with coffee or tea)

\$2.68 w/GST discount for Senior Members (aged 55 and above) and Students

APPETISER

Tower of Avocado & Shrimp

with Flying Fish Roe, Spicy Pink Mayo and Mini Mesclun
or

Home-cured Salmon

accompanied by Mustard Dill Sauce and Petit Salad
or

Chicken, Bacon & Pistachio Terrine

with Beurre Blanc

SOUP

Puree of Pumpkin

garnished with Nutmeg and Snipped Chives
or

New England Clam Chowder

an all-time favourite

MAIN COURSE

Turkey Meat Sauce Pasta

Linguini, Pomodoro Sauce
or

Pan-seared Sole Fillet

with Scallion Sauce
or

Russian Seafood Casserole

topped with melted Cheese and Mini Salad
tossed in Balsamic Vinaigrette
or

Turkey Rollatini

stuffed with Zucchini
or

Grilled Striploin of Beef***

with Red Wine reduction

DESSERT

Classic Chocolate Mousse

with Marshmallow
or

Old-fashioned Pumpkin Pie

topped with Fresh Cream

COFFEE or TEA



Turkey Rollatini stuffed with Zucchini



Classic Chocolate Mousse

Surcharges for Garden Grill

Items indicated with single, double and triple asterisks are subject to the following surcharges:

- * \$4.28 w/GST
- ** \$8.56 w/GST
- *** \$12.84 w/GST

Tasty & Healthy Mediterranean Recipes

Relish dishes that are scrumptiously satisfying without being sinful.

Menu Available
for Dine-In or
Takeaway

Available throughout January 2021 (except 1 January)

Operating Hours:

Monday: Closed | Tuesday-Sunday: 12pm-3pm; 6pm-10pm
(Last order: 45 minutes before closing)

Price:

3-course set meal from \$20.12 w/GST per person
(appetiser or soup, main course, dessert with coffee or tea)

4-course set meal from \$25.47 w/GST per person
(appetiser, soup, main course, dessert with coffee or tea)

\$2.68 w/GST discount for Senior Members (aged 55 and above) and Students



Penne with Salmon in
Vodka Cream

APPETISER

Marinated Prawn on Grilled Vegetable Salad

topped with Shaved Parmesan
or

Chilled Parma Ham

with Melon and Mini Green
or

Baked Eggplant Melanzane



SOUP

Tuscany Mixed Pea Soup

or

Seafood Bouillabaisse

MAIN COURSE

Penne with Salmon in Vodka Cream

or

Barramundi wrapped with Bacon

on Basil and Pine Nut Sauce

or

Roasted Chicken Breast

stuffed with Prosciutto Ham and Mozzarella

or

Greek Moussaka

or

Braised Shank of Veal**

served with Mashed Potatoes



Classic
Homemade Tiramisu

DESSERT

French Open-faced Apple Tart

topped with Vanilla Ice Cream
or

Classic Homemade Tiramisu

COFFEE or TEA

Surcharges for Garden Grill

Items indicated with
single, double and triple
asterisks are subject to
the following surcharges:
* \$4.28 w/GST
** \$8.56 w/GST
*** \$12.84 w/GST



Menu Available
for Dine-In or
Takeaway

**GARDEN
GRILL**
6398 5313

Christmas Eve/Day Set Menu

Look forward to a delightful Christmas feast at the Garden Grill.

Thursday, 24 December 2020

3-course set lunch

Time: 12pm-3pm

Price: \$38 w/GST per person

4-course set dinner

First seating: 5pm-7pm

Price: \$50* w/GST per person

Second seating: 7.30pm-10.30pm

Price: \$60* w/GST per person

* Includes a glass of sparkling wine.

Friday, 25 December 2020

3-course set lunch

Time: 12pm-3pm

Price: \$38 w/GST per person

4-course set dinner

Time: 6pm-10pm

Price: \$48 w/GST per person

APPETISER

Chilled Prawn on Avocado Salsa

SOUP

Roasted Tomato and Red Pepper Soup
topped with Basil Crème Fraiche

MAIN COURSE

Fresh Supreme of Salmon
with a Pistachio Crust on a Creamy Prawn Bisque
or

Chargrilled Angus Beef Ribeye
with Winter Vegetables and Red Wine Jus

DESSERT

Strawberry Mirror Mousse

COFFEE or TEA

Menu Available
for Dine-In or
Takeaway

GARDEN
GRILL
6398 5313

Where to Throw Your Year-End Dinner

As we approach the festive season,
plan your annual get-togethers or catch-up sessions early to
have your fill of delectable delights at the Garden Grill!

Available till 30 December 2020
(except 24 & 25 December)

Operating Hours:

Monday: Closed | **Tuesday-Sunday:** 12pm-3pm; 6pm-10pm
(Last order: 45 minutes before closing)

Price:

4-course set meal from \$35 w/GST per person (minimum of 5 persons)
Complimentary bottle of house wine for every 5 diners.
The regular monthly themed and a la carte menu are also available.

SET MENU A
@ \$35 w/GST per person

APPETISER
Shrimp Cup
with Chunky Avocado Salsa

SOUP
Forest Mushroom Soup
with Truffle Oil

MAIN COURSE
Grilled Barramundi
with Spinach, Bacon, Potato Mash & Citrus Dressing
or
Roast Turkey Breast
stuffed with Sausage Stuffing,
Seasonal Vegetables, Potatoes & Giblet Gravy

DESSERT
Hazelnut Feuilletine & Mixed Berries Compote
with Vanilla Ice Cream

FRESHLY BREWED COFFEE
or
SELECTION OF ENGLISH TEAS

SET MENU B
@ \$45 w/GST per person

APPETISER
Prosciutto & Melon Salad
with Balsamic Vinaigrette

SOUP
Roasted Butternut Pumpkin Soup
with Pine Nuts

MAIN COURSE
Pan-seared Atlantic Salmon
on a bed of Basil Cream Pesto Fettuccine
or
Riverlands Angus Rib-eye
topped with Sautéed Mushrooms &
Melted Blue Cheese Sauce

DESSERT
Baked Pumpkin Pie
with Old-fashioned Vanilla Ice Cream

FRESHLY BREWED COFFEE
or
SELECTION OF ENGLISH TEAS

Contact Garden Grill at 6398 5313 for more information.
Advance reservation of at least three days is required.

Menu Available for Dine-In or Takeaway

New Year's Eve/Day Set Menu

Ring in the New Year and celebrate its first day with a scrumptious set meal at Garden Grill.

Thursday, 31 December 2020

LUNCH (3-COURSE)

Time: 12pm-3pm

Price: \$45 w/GST per person

DINNER (4-COURSE)

First seating: 5pm-7pm

Price: \$55* w/GST per person

Second seating: 7.30pm-10.30pm

Price: \$65* w/GST per person

* Includes a glass of sparkling wine

Friday, 1 January 2021

LUNCH (3-COURSE)

Time: 12pm-3pm

Price: \$38 w/GST per person

DINNER (4-COURSE)

Time: 6pm-10pm

Price: \$48 w/GST per person

MENU

APPETISER

Prawn, Mango and Pomegranate Salad

SOUP

Manhattan Clam Chowder

MAIN COURSE

Fillet of Atlantic Cod with Yuzu Dressing served with Wasabi Mash and Seasonal Vegetables or

Herb-rubbed New Zealand Tenderloin with Seared Vegetables and Chef's Special Sauce

DESSERT

Coffee Chocolate Parfait

COFFEE or TEA



Herb-Rubbed New Zealand Tenderloin



Coffee Chocolate Parfait

Chinese New Year Feasts

The Club is usually closed on the first day of Chinese New Year, but 2021 is an exception. Take advantage of this rare occasion and reserve a table on either the first or second day of the Year of the Ox. Available for lunch and dinner at \$52 w/GST per person.

CNY Day 1: 12 February 2021

APPETISER

Prosperity Smoked Salmon Yu Sheng

SOUP

Chicken Consomme
with Prawn Dumpling and Black Mushroom

MAIN COURSE

Pistachio-crusted Atlantic Salmon
with Salted Egg Sauce
or
Grilled Ribeye
with Bearnaise Sauce

DESSERT

Pineapple Turnover Cake

COFFEE or TEA

CNY Day 2: 13 February 2021

APPETISER

Chicken Jerky Salad

SOUP

Yellow Curry Pumpkin Soup

MAIN COURSE

Miso-glazed Sea Bass
with Dashi Broth
or
Red Wine, Balsamic and Rosemary Lamb Shank

DESSERT

Coconut Milk Sago
with Mango Puree

COFFEE or TEA

Only available for Takeaway

Takeaway Christmas Festive Goodies

Choose from a delicious array of Christmas roasts, savoury delights, and sweets, featuring Smoked Roasted Turkey with Chestnut Stuffing, Turkey Gravy and Cranberry Sauce, 13-spice NZ Angus Rib-eye, Honey Baked Ham and Festive Pumpkin Pie - perfect for your festive home parties and year-end office celebrations!



Available for pre-order from
1-20 December 2020

EARLY-BIRD PROMOTION:

order by 10 December 2020 and enjoy 10% off all takeaways

Call Garden Grill at 6398 5313 or email fnb@sgcc.com.sg



SAVOURIES	WEIGHT	PRICE W/GST
CHRISTMAS ROASTS		
Smoked Roast Turkey with Chestnut Stuffing, Turkey Gravy & Cranberry Sauce	approx. 5kg before roasting	\$118
Honey-baked Ham (Crosscuts) with Pineapple Sauce	2kg	\$52
BBQ Roasted Pork Loin Ribs	approx. 1kg	\$52
31-spice NZ Angus Rib-eye	2.5kg before roasting	\$108
SIDES		
Cream of Pumpkin and Butternut Squash Soup	3-4 servings	\$20
Forest Mushroom Soup	3-4 servings	\$20
German Potato Salad	3-4 servings	\$12
Caesar Salad	3-4 servings	\$18
Normandy Salad	3-4 servings	\$18
CAKES		
Pistachio Crème Brulee	1kg	\$30
Chocolate Pudding with Molten Chocolate	1kg	\$30
Festive Pumpkin Pie	1kg	\$42
JOYFUL CHRISTMAS PARTY PACK (for 6 persons):		\$158
<input type="checkbox"/> Smoked Roasted Turkey with Chestnut Stuffing, Turkey Gravy & Cranberry Sauce		
<input type="checkbox"/> Seasonal Medley of Vegetables		
<input type="checkbox"/> German Potato Salad		
<input type="checkbox"/> Cream of Pumpkin & Butternut or Forest Mushroom Soup		

Menu Available
for Dine-In or
Takeaway

Chinese New Year Festive Delicacies

The Year of the Ox is about to charge into our lives.
Welcome it with auspicious delicacies from Atrium Cafe.

ATRIUM
CAFE
6398 5309

From 11 January-26 February 2021
(Available for both dine-in and takeaway)

Salmon Yu Sheng

Price for 4-6 persons: \$38 w/GST
Price for 8-10 persons: \$62 w/GST

Abalone & Salmon Yu Sheng

Price for 4-6 persons: \$68 w/GST
Price for 8-10 persons: \$108 w/GST

Vegetarian Yu Sheng

Price for 4-6 persons: \$32 w/GST
Price for 8-10 persons: \$52 w/GST

Prosperity Pen Cai

Price: \$268 w/GST (3 working days' notice required)

Braised Pork Knuckle with Fa Cai and Dried Oyster (1kg)

Price for 6-8 persons: \$78 w/GST
(3 working days' notice required)



Chinese New Year's Eve Reunion Dinner Menu

Usher in the Lunar New Year at the Main Lobby or Atrium Cafe
with artfully curated dishes that are sure to please your taste buds.

Thursday, 11 February 2021, 6.30pm

Price

\$588 w/GST (serves 5 pax)
Complimentary: Mandarin oranges and free flow of Chinese tea

MENU

Prosperity Smoked Salmon Yu Sheng

Braised Fish Maw Broth with Conpoy, Crabmeat and Black Mushrooms

Steamed Garoupa with Chef's Special Sauce

Crispy Roast Chicken

Sautéed Abalone with Broccoli and Chinese Mushrooms

Steamed Fragrant Rice with Waxed Meat in Lotus Leaf

Chilled Sea Coconut with Red Dates

Contact **Adrian Chew** at **9115 0417**



GARDEN GRILL
6398 5313

Menu Available for Dine-In or Takeaway

Chinese New Year's Eve Reunion Dinner

Welcome the Lunar New Year with family and friends at the Garden Grill, with specially chosen dishes that will linger on your mind long into the Year of the Ox.

Thursday, 11 February 2021

Operating Hours:
From 6pm onwards

Prices:
\$65 w/GST per person
\$75 w/GST per person for Lobster Thermidor*
as main course

MENU

APPETISER

Prosperity Smoked Salmon Yu Sheng

SOUP

Veloute of Winter Melon
with Prawn Dumpling

MAIN COURSE

Pan-seared Cod
with Ginger Soy Sauce
or
Free-range Premium Black Angus Rib-Eye
with Béarnaise Sauce
or
Lobster Thermidor*

DESSERT

Matcha Ice Cream
with Mashed Sweetened Red Bean

BREWED COFFEE or TEA



Menu Available
for Dine-In or
Takeaway

GARDEN
GRILL
6398 5313

Celebrate your Love in style this Valentine's Day

Treat your special someone to a romantic meal at Garden Grill.

Sunday, 14 February 2021

Operating Hours:

12pm-3pm; 6pm-10pm

Price:

Lunch: \$58* w/GST per person

Dinner: \$68* w/GST per person

*Prices include a glass of prosecco for each diner.



APPETISER

Seafood Platter to Share

assortment of Fresh Oysters, Ocean Prawns and Smoked Salmon with Condiments

SOUP

Tomato-Saffron Broth

with Medley of Seafood

MAIN COURSE

Seared Citrus-scented Atlantic Salmon

served with Summer Vegetables with Noilly Prat Dressing
or

Chargrilled Angus Beef Tenderloin with Duck Foie Gras

served with Gratinated Potato, Vegetables and Madeira Sauce

DESSERT

Panna Cotta

with Berry Sauce

**BREWED COFFEE or FLAVOURED TEA
MIGNARDISE**

Beverage Promotion Bundle Deals

Check out our value-for-money liquor promotions,
which end on 31 December 2020.



**Casa Donoso Evolucion:
Reserva Cabernet Sauvignon & Reserva Chardonnay**
\$28.00 w/GST per bottle

Glenlivet 12YO
\$108 w/GST per bottle

Glenlivet 15YO
\$138 w/GST per bottle

Glenlivet 18YO
\$188 w/GST per bottle

Johnnie Walker Black Label & Chivas Regal 12YO
\$78 w/GST per bottle for a minimum of 2 bottles
\$88 w/GST per bottle





SNOW GLOBE CRAFT WORKSHOP

This workshop hopes to inspire the whole family to get involved in DIY Christmas craft. Participants will be provided with a glass jar, a Christmas figurine, baby oil, and assorted ornaments to decorate their own snow globe. What better way to celebrate Christmas than with the joy of your own creation!

DATE	TIME	
12 December 2020, Saturday	10.30am-12.30pm	
VENUE		
Casuarina Room		
MIN		
6 participants		
CLOSING DATE		
2 December 2020, Wednesday		
FEE		
\$30 w/o GST (Junior Gems)	\$33 w/o GST (Member)	\$38 w/o GST (Guest)

SOCIAL ETIQUETTE FOR KIDS

This three-day workshop will teach children 12 years and below how to be at their best behaviour in social settings. Among the things they will learn are:

- How to make friendly introductions.
- Words to use and words to lose.
- How to set the table correctly.
- Table manners.
- Restaurant-dining etiquette.
- Good habits and first impressions, good posture, and positive body language.
- Conversational skills, giving and receiving compliments.
- Party, sleepover and playdate etiquette.

DATE	TIME	
17-19 December (Thursday-Saturday)	2pm-4pm	
VENUE		
Casuarina Room		
MIN		
5 participants per class		
CLOSING DATE		
9 December 2020, Wednesday		
FEE		
\$188* w/o GST (Junior Gems)	\$195* w/o GST (Member)	\$200* w/o GST (Guest)

* Prices are for 3 days' lessons, 2 hours each session



CONTACT

Jean Lee at 6398 5383 or jean_lee@sgcc.com.sg



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\$30 MEMBERS VOUCHER

- Valid only with a minimum spending of \$100 before GST & service charge.
- Not valid on eve of PH, PH and festive days.
- Flash this voucher to enjoy the benefits of this voucher.
- Valid for redemption only for one voucher per bill.
- Only for dine-in customers.
- Not valid with other promotions, offers & discounts, CNY promotions
- Voucher is not exchangeable for cash.
- The Management reserves the right to change or amend the terms without prior notice
- Valid till 31 January 2021



Swatow Toa Payoh
181 Lorong 4 Toa Payoh
#02-602
Singapore 310181
Tel: 6363 1717



Swatow Garden (OPEN TO PUBLIC)
Serangoon Country Club
22 Kensington Park Road
Heliconia Wing, Singapore 557271
Tel: 6343 1717

www.swatow.com.sg

Flash this physical voucher to enjoy the benefits of this voucher!

TraceTogether

Download the contact tracing app¹ to enable quicker detection and mitigate the spread of COVID-19.



Help contact tracers link cases and notify you quickly if you had possible exposure to confirmed COVID-19 cases



Let's do our part and stop the spread so that we can resume our normal lives



The earlier we are alerted and able to take action, the better we protect ourselves and our loved ones



TraceTogether, safer together



For more details, visit tracetgether.gov.sg



Download the app and enable Bluetooth®.

The Bluetooth data stored on your phone after 25 days is auto-deleted.

TraceTogether, safer together
¹Your TraceTogether mobile app Bluetooth data is stored securely on your phone. It will only be shared with MOH if you test positive for COVID-19, and solely used for the purpose of contact tracing. Data stored on your phone after 25 days is automatically deleted



SOLEMNIZATION PACKAGE

\$65 W/GST PER PERSON

Gather your family and friends for an intimate wedding celebration

THE PACKAGE INCLUDES

- *Decorative ROM table with fresh flower centerpiece*
 - *Decorative floral pedestal stands*
 - *Fresh flower petals*
- *Champagne fountain with a bottle of sparkling wine*
 - *Choice of Western, Halal or Indian Cuisine*
 - *Unique wedding favours*
- *Usage of the sound and PA system, including LCD projector and motorized screen*
 - *VIP parking lot*
- *Complimentary free flow of soft drinks, coffee and tea*
- *Complimentary parking up to 20% of your confirmed guest*

Applicable for 50pax only

Contact the Banquet Sales Department

6286 8888 or 6398 5387

banquetsales@sgcc.com.sg