



Club *Spirit*

JUNE • JULY 2022

Celebrating Father's Day

Get active with dad
on 19 June – Pg 6

Visiting Lombardy

This region of Italy
offers visitors a
range of engaging
experiences – Pg 18

Game of Kings

Chess is a game
of strategy that
has a long history
– Pg 22

A festive graphic for Father's Day. It features a large blue gift box with a gold ribbon bow, a striped ball, a pair of gold-rimmed glasses, and a brown mustache. The text "Happy Father's Day!" is written in a gold, cursive font on a white background. The background is light blue with confetti, hearts, and other gift boxes.

Happy
Father's
Day!

CONTENTS

JUNE • JULY 2022



MESSAGE

- 1 President's Message

CLUB NEWS

- 2 Members' Talk: 'Taking Care of Your Neck and Back' by Dr James Tan
- 3 65th Annual General Meeting
- 4 Welcome List

FOOD & BEVERAGE

- 8 Italy's Lombard Cuisine
- 9 All-American Cuisine
- 10 Father's Day Celebration
- 12 Father's Day Family Feast
- 13 Wines from Margaret River Wine Pairing Dinner
- 16 Sevenhill (South Australia) Wine Pairing Dinner
- 17 Banquet Meeting & Seminar Packages

CALENDAR OF EVENTS

- 20 June 2022
- 21 July 2022

SPORTS & RECREATION

- 24 SGCC Internal Swim Meet 2022
- 25 • 8 Balls Pool Invitation
 - Squash Friendly with Singapore Polytechnic
 - One Day Squash
- 26 • Mahjong Competition 2022
 - Bridge Sparkling Diamond
 - Bowler of the Year
 - Junior Bowling Championship 2022
- 27 • SGCC Family Walk 2022
 - Free Gym Orientation
 - 20th TCA Anniversary Junior Invitational Chess Championship 2022
 - Rapid Chess
- 28 • SGCC Tennis Open 2022
 - One Day Tennis
 - Upcoming Darts Events
- 30 S&R regular classes

LIFESTYLE

- 38 • DIY Coaster-Making Workshop
 - Embroidery Art (Basic)
 - Floral Arrangement Workshop
- 40 • Rainbow Sandland Workshop
 - Ukulele Workshop (Beginners)
 - Line Dance

FEATURES

- 6 Celebrating Father's Day
 - Join dad in an enjoyable activity apart from eating!
- 18 Visiting Lombardy
 - Immerse yourself in the cuisine, architecture and art of this part of Italy
- 22 Game of Kings
 - It's your move to learn more about chess
- 36 Latest Trends in Yoga
 - Yoga combined with other forms of exercises are gaining popularity

PATRONS

Mr Leon Perera
Ms Sylvia Lim
Mrs Lim Hwee Hua
Mr George Yeo

TRUSTEES

Mr Pao Kiew Tee
Mr Thomas Tan
Mr Leslie Yeo

GENERAL COMMITTEE

Mr Koh Jin Kit
President
Mr Mathivanan Krishnan
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
PBM BBM
Mr Balbir Singh
Ms Chua Lay Pheng Elena
Mr Goh Kong Yong
Dr Tan Chok Jueh Edmond
PBM
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
Mr Edwin Lee
Squash
Mr Derrick Kua
Swimming
Mr Steven Lee
Tennis
Mr Emrys Phua
Billiards
Mr Dhanvinder Singh
Golf

EDITORIAL COMMITTEE

Mr See Kim Xiang Xavier
Ms Joanne Ng
Ms Angel Goh

PUBLISHING AGENT

ThinkFarm Pte Ltd
Contributor: Sunuja Naidu

PRINTING

Mainland Press Pte Ltd

Club Spirit is a bi-monthly publication of Serangoon Gardens Country Club
22 Kensington Park Road
Singapore 557271
Tel: 6286 8888
Fax: 6398 5355
www.sgcc.com.sg



@sgcc1955



@SGCC1955

MCI (P) 003/02/2022. All rights reserved. Copyright.

No article may be reprinted in part or in full without the permission of the publishers. The information published in this magazine is correct at the time of printing. The views and opinions expressed in the magazine are not necessarily that of the Club's. The Club accepts no responsibility for the quality of the goods and services advertised. While information stated is considered to be true and correct at the date of publication, changes in circumstance after the time of publication may impact the accuracy of the information. The information may change without prior notice and the Club is not in any way liable for the accuracy of any information printed or in any way interpreted and used by the user.

By attending events organised by the Club held within the Club's premises or at off-site locations, you consent to photography, audio / video recording and its / their release, publication, exhibition or reproduction in articles featuring events organised by the Club, in marketing & promotional collaterals for the Club (videos, publications, websites, social media platforms, etc), and in archival materials for future reference.



Dear Fellow Members,

We have come to the middle of 2022. I am glad that the movement and social gathering restrictions are easing, and the change will be in time for the June school holidays (28 May – 26 June). Many families will be looking forward to having some great times together. The holidays are great for catching up with friends, taking part in some leisure activities, and having good food at the Club.

Besides the regular activities, the Club has arranged for some new activities, including DIY Coaster-Making Workshop and Rainbow Sandland Workshop, for the children. There will also be Japanese Don and Udon food promotions, in addition to a brand-new menu at Atrium Café that comes with Thai and Peranakan dishes. Please come and enjoy!

June is also the month when the Club holds its Annual General Meeting (AGM) on the last Sunday of the month. This year, the AGM will fall on 26 June 2022. On this day, the term of the current GC Team will end.

I would like to take this opportunity to thank you for supporting the Club during very difficult times over the past 1 and $\frac{3}{4}$ years. Within the constraints of the pandemic, the GC had worked towards the vision of "Our Club, Our Extended Home" closely with the Management Team. Jointly, we have improved various aspects of the Club, including operating budget, facilities, hygiene and food quality.

We have also put in special efforts to improve employees' morale and Members' experience in the Club because they are integral to the SGCC family. I hope the Club will continue to do more for Members and staff in the post-pandemic future.

I would like to wish one and all a great 'summer' holiday! Looking forward to seeing you at the Club.

Best wishes,

Koh Jin Kit
President

Taking Care of Your Neck and Back

by Dr James Tan
9 April 2022



MR Chairman,
Mr Xavier See,
addressing the audience.

Our Members' Talk returned after a hiatus due to a surge in COVID-19 cases towards the end of last year. The topic of the first talk — held on 9 April 2022 — was "Taking Care of Your Neck and Back" by Dr James Tan.

Before the talk commenced, Membership Relations Chairman, Mr Xavier See, gave a short welcome speech. Dr James Tan, a neurosurgeon from Gleneagles Hospital, then took over the mic and dived deep into the topic with much gusto and finesse.

This was followed by a segment on neck and back exercises demonstrated by our in-house

Personal Trainer, Miss Gina Lee. All attendees gamely followed the exercises that Gina demonstrated on stage, together with two volunteers picked from the audience. The event concluded with Mr See thanking everyone for their support and attendance.

We hope all who attended the talk and demonstration enjoyed themselves, and found it fun, informative and useful. We look forward to seeing everyone again at the next talk!

Look out for details of our next talk in our electronic direct mailers (EDM) sent to you via email and on notice boards around the Club. If you have not been receiving our EDMs, please drop us an email at feedback@sgcc.com.sg.

(Left) Dr James Tan imparting useful information to Members.

(Below) Gina Lee and two volunteers showing how to correctly perform neck and back exercises.





65TH

ANNUAL GENERAL MEETING

Voting Principal Members
are invited to attend the
Annual General Meeting.
Details as follows:

DATE: **26 June 2022**

TIME: **1pm**

VENUE: **Kensington Ballroom**

DRESS CODE: **Smart Attire**

- ▶▶ The AGM Notice and Agenda will be sent to you via post to your registered address with the Club.



Looi Chin Fatt
Grand Member

Lam Kar Man Grace
Ordinary Member

Ang Wei Qi Denise Mae
Ordinary Member

Lee Chay Kiat
Grand Member

Liao Zhenjie, Nicholas
Ordinary Member

Beh Chen Kim
Ordinary Member

Tan Catherine
Grand Member

Looi Tzu Pei Jason
Ordinary Member

Heng Hui Ngor
Ordinary Member

Chan Guan Sin Benjamin
Ordinary Member

Neoh Peng Hwee
Ordinary Member

Lee Jian Xing Jason
Ordinary Member

Chin Yuh Bin
Ordinary Member

Nanthakumar S/O Karuppiah
Ordinary Member

Lui Kiam Tee
Ordinary Member

Chin Shuyan Sharon
Ordinary Member

Ong Kah Hui
Ordinary Member

Teh Tiew Fah
Ordinary Member

Kwan Wei Jie Xavier
Ordinary Member

Phaljinder Singh
Ordinary Member

Sidhartha Alexander Basu
Term Member

Kuek Ju Huat
Ordinary Member

Tan Kok Seng
Ordinary Member

Hu Guodong
Term Member

Liu Shunhong
Ordinary Member

Tan Huat Chye
Ordinary Member

Koh Chern Loong Jansen
Term Member

Low Wee Guan
Ordinary Member

Tan Qingrui Eddie
Ordinary Member

Samath Khem
Term Member

Get up & Dance!



Do you enjoy great music while you work out?
Love the challenge of moving in sync with others?
Then **line dancing** is for you!

SGCC has 3 ongoing classes that cater to different levels of line dancing skill.

VENUE: Club 22

'HIGH' BEGINNERS

Every Wed: 2.30pm–4.00pm

FEE: \$47.35

(Member)

\$60.19

(Guest)

INTERMEDIATE

Every Tue: 2.00pm–4.00pm

ADVANCED

Every Mon: 4.00pm–6.00pm

FEE: \$63.13

(Member)

\$75.97

(Guest)

** Prices include GST, and is for a set of four lessons.*

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

Celebrating Father's Day

Treat dad to an enjoyable activity that may well become a family tradition.

This year, Father's Day falls on 19 June. You must be wondering how best to express your appreciation for the head of the family. While you could present dad with a card or a gift, why not add pizzazz to your plans by spending quality time with him instead? Whether you have a few hours or an entire day, these Father's Day ideas will help you forge some cherished memories.



Serve him breakfast

Whip up blueberry pancakes, waffles with bacon, or local favourites such as *nasi lemak* or chicken rice and surprise dad when he wakes up. Or order the dishes from his preferred eatery instead. Either way, dad will be chuffed.



Cook something adventurous

If dad finds joy in watching cooking shows by Jamie Oliver or Gordon Ramsay, pick some of their more unusual recipes and prepare a meal together. Choose dishes you wouldn't usually go for. Tackling a complex recipe may be challenging, but the memories created will be worth the effort.



Have a picnic

Pack dad's favourite snacks and drinks into a picnic basket or cooler, take a mat, then head out to one of our many parks. For more privacy, have the picnic in your very own garden instead. The fresh air and tasty bites will liven up the mood, and have dad reminiscing about the good old days.



Visit a museum or two

With a range of museums on different topics to choose from, this outing should cater to varied interests. What's more, it will be an educational experience for the whole family. Check which ones are open and make a day of it.



Organise a treasure hunt

Plant clues around the house leading up to dad's present. Involve the children and get them to draw pictures that reveal the next clue or what his present may be. Dad will surely enjoy being Sherlock Holmes for a day.



Plant something together

If dad has a green thumb, join him in his place of pride and tend to his plants together. Or accompany him to the nursery to buy seeds and cuttings, and plant them when you get home. If his garden is blooming, you may even be able to harvest some vegetables or herbs to cobble up a meal.



Trace his family roots

Take a walk down memory lane by flipping through photo albums and school memorabilia. Then trace your father's family tree to gain a deeper understanding of your past. Even if you think you are well versed in your family history, you may find yourself unearthing stories you've never heard of.



Break a sweat

Skip the gym and hit the park connector or go for a jog along the beach. If the weather doesn't cooperate, let dad select a virtual

workout you can both do in the living room. Dad will thank you for being his fitness companion, even if it's only for a day.



Game on

Dust off your well-loved board games such as Monopoly and Scrabble, or choose ones involving a little more strategy like poker or Risk. If dad has a predilection for trivia and brain teasers, you can host a family trivia night. It'll be a chance for the family to put aside their mobile phones and have interesting conversations instead.



Go birdwatching

Sungei Buloh Wetland Reserve, Labrador Nature Reserve and Bukit Timah Nature Reserve are some good places for birdwatching in Singapore. Make a list of the number of birds you spot, and try identifying them. You'll be glad to have spent a day out with dad in nature together.



Plan a bike ride

Explore some of cycling trails and routes in Singapore. You'll get to see the sights and exercise at the same time. It'll work up an appetite for that special Father's Day meal, too.



Go fishing

If dad is an avid angler, take him fishing. You may be lucky enough to catch dinner. Bring the children along so they can learn a few tricks while enjoying the fresh air.



Take a hike

If dad is outdoorsy, going on a nature-filled walk is a no-brainer. You'll find many beautiful trails in places such as MacRitchie Reservoir, Thomson Nature Park and Chestnut Nature Park. Have fun plotting your escape.

Besides these suggestions, take dad out for a meal at Garden Grill and Atrium Cafe, each of which has a Father's Day promotion. Turn to pages 10 and 12 for more details!



Italy's Lombard Cuisine

Available throughout the month of June 2022
(except 18, 19 & 29 June 2022)

Operating hours

Daily: 12pm-3pm; 6pm-10pm (Last order: 45 minutes before closing)

Price

3-course set from \$25 per person

(appetiser or soup, main course,
dessert with coffee or tea)

4-course set from \$30 per person

(appetiser, soup, main course,
dessert with coffee or tea)

\$2.50 discount for Senior Members age
55 years old and above, and Students
aged 21 years and below

Prices include GST

For more details, call 6398 5313 or
email fnb_outlets@sgcc.com.sg

SET MENU

APPETISER

Carpaccio De Salmone

Salmon carpaccio
OR

Polenta Alla Griglia

Grilled polenta with gorgonzola
OR

Zuppa Di Cozze

Mussels casserole with olive oil, garlic,
white wine, parsley and crushed black pepper

SOUP

Zuppa Di Porcini

Wild mushroom soup with dried porcini
OR

Vellutata Di Zucchini

Cream of fresh courgette

MAIN COURSE

Sogliole Al Limone

Pan-fried sole fillet with capers and
lemon-butter
OR

Petti Di Pollo Alla Milanese

Pan-fried chicken fillet with ham and cheese,
served with herbed tomato sauce
OR

Scaloppine Alla Bolognese

Veal escalope pan-sealed with
mozzarella cheese and ham, and
grilled with grated parmigiana
OR

Bistecca Pizzola

Sirloin steak topped with tomato,
capers and anchovies (Surcharge \$8)
OR

Osso Buco Gremolata

Braised veal shank with garlic,
parsley and lemon zest (Surcharge \$8)

DESSERT

Torta Di Mele

A moist, chunky apple cake
with citrus flavour
OR

Tiramisu

Meaning "pick me up" in Italian,
this dish is prepared with
mascarpone, eggs, sponge,
coffee, liqueur and cocoa

COFFEE OR TEA



All-American Cuisine

Available throughout the month of July 2022
(except 27 July 2022)

Operating hours

Daily: 12pm-3pm; 6pm-10pm (Last order: 45 minutes before closing)

Price

3-course set from \$25 per person
(appetiser or soup, main course,
dessert with coffee or tea)

4-course set from \$30 per person
(appetiser, soup, main course,
dessert with coffee or tea)

\$2.50 discount for Senior Members aged 55 years old and above,
and Students aged 21 years and below

Prices include GST

SET MENU

APPETISER

Beet, Orange & Avocado Salad

OR

Santa Barbara Bloody Mary Oyster Shooter
with Tomato Salsa (2 shots per serving)

OR

Turnip Flapjacks

Savory turnip cake of the Great Plains

SOUP

Creole-Cajun Smoked Chicken Soup

OR

Cream of Pumpkin with Bacon Bits

MAIN COURSE

Impossible Meatball Pasta and Red Tomato Sauce

OR

Pan-fried Catfish Fillet in Cornmeal
Accompanied by apple slaw

OR

Oven-baked Barbecue Pork Ribs

OR

Roasted Monterey Chicken Pockets
filled with Monterey Jack cheese and ham
on potatoes sautéed with fresh rosemary

OR

T-bone Steak with Mushroom Ragout
French legacy in Louisiana state
(Surcharge \$25)

DESSERT

Oregon Pears Poached in Red Wine
OR

Sticky Date Pudding topped
with Vanilla Ice Cream
served with butterscotch sauce



Oven-baked Barbecue
Pork Ribs

For more details, call 6398 5313 or email fnb_outlets@sgcc.com.sg

COFFEE OR TEA



Father's Day Celebration

Impress Dad on Father's Day!

Saturday & Sunday, 18 & 19 June 2022

Operating hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

\$68 per person

Price includes GST

SET MENU

APPETISER

Pan-seared Foie Gras

with grapefruit-Chardonnay Sauce
and Apple Purée

SOUP

Tomato & White Bean Soup

with Croutons

MAIN COURSE

Mediterranean Seafood Stew

filled with Prawn, Fish, Scallop and
Mussel with Garlic Bread

OR

Braised Oxtail Stew

with Mashed Potato

DESSERT

Chocolate Lava Cake

with Vanilla Ice Cream and Berry Coulis

FRESHLY BREWED COFFEE OR TEA

For more details, call 6398 5313 or
email fnb_outlets@sgcc.com.sg



Mediterranean
Seafood Stew

Start Strumming

with our ukulele classes!



Are you
keen to pick
up a musical
instrument?

Then you
should learn
how to play
the **ukulele**!

SGCC has ongoing
ukulele basic classes.

VENUE: Club 22

BEGINNERS
Every Friday

FEE: **\$136.96*** | **\$158.36***
(Member) | (Guest)

**Price includes GST and is for
a set of 8 lessons*

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

Atrium



Father's Day Family Feast

Friday-Sunday, 17-19 June 2022

Operating hours

12pm-3pm; 6pm-10pm

(Last order: 30 minutes before closing)

Price

\$138 (serves 4-5 persons)

Price includes GST

CHINESE SIX-COURSE MENU

Egg Drop Soup

with Chicken, Mushroom and Crabmeat

Crispy-fried Sea Bass

with Homemade Thai Chilli Sauce

Steamed Chicken

with Light Soy Sauce and Sesame Oil

Braised Pork

with Ginger

Stir-fried Prawn and Broccoli

Served with Steamed Fragrant Rice

Chilled Mango Pudding

For more details, call 6398 5309 or
email fnb_outlets@sgcc.com.sg



Wines from Margaret River Wine Pairing Dinner

For June's wine pairing dinner, our Chef de Cuisine Simon Ng has specially conceived a five-course dinner to be matched with acclaimed varietals from Margaret River, a renowned wine region of Western Australia.

As seating is limited, reservations are required.

Wednesday, 29 June 2022

Time

7pm

Price

\$108 (Member) | \$118 (Guest)

Prices include GST

For more details and to
reserve a seat, call 6398 5313 or
email fnb_outlets@sgcc.com.sg



Wine Speaker
Dr Peter Pratten
Founder, Capel Vale

SET MENU

COLD APPETISER

**Scallop Ceviche with
Kiwi-Mango Relish**

Paired with Capel Vale Regional
Sauvignon Blanc 2019

SOUP

**Caramelised Roast
Pumpkin Soup**

Paired with Capel Vale Regional
Chardonnay

HOT APPETISER

**Crab Cakes with
Celeriac Remoulade**

Paired with Capel Vale Regional
Cabernet Sauvignon

INTERMEZZO

Lemon Sorbet

MAIN COURSE

**Lamb Rack with
Blistered Snap Peas**

Paired with Capel Vale Whispering
Hill Shiraz 2018

DESSERT

Pavlovas

COFFEE OR TEA

BORN ON THE NORTH COAST OF IRELAND

We couldn't make our whiskey anywhere but here.

Our water, drawn from the River Bush, flows over beds of basalt rock.

@thefirstpour



AWARD WINNING SINGLE MALT WHISKEYS

Between 1983 and 2001, Bushmills launched three single malt whiskeys – aged 10 years, 16 years, and 21 years.

Regularly, these Bushmills single malt whiskeys are three of the most awarded whiskeys of any type (bourbon, scotch or Irish).

BUSHMILLS IS THE WORLD'S OLDEST LICENSED WHISKEY DISTILLERY

Along the north coast of Ireland, where arctic storms rage against the jagged cliffs and where the crisp waters of the River Bush cut through volcanic rock, generations have passed down an ancient distilling tradition.



SMOOTH AND MELLOW

For over 400 years, Bushmills have carried on an ancient whiskey tradition. Generations have passed down a handcrafted art, triple-distilling their "smooth and mellow" whiskeys.

Made, matured, and bottled on-site. Bushmills is the only distillery to do this in Ireland.



@thefirstpour



DR PETER PRATTEN

Capel Vale is a pioneer in WA with vines planted in 1974. The initial winery was built on the Stirling Estate in Capel in 1979 followed shortly thereafter with the first vintage made by Dr Peter Pratten in 1980.

CAPEL VALE WINERY

Capel Vale was the first winery in Western Australia (WA) to own and establish vineyards in the cool climate regions of Margaret River, Mount Barker and Geographe. As a result, Capel Vale now produces wines of definitive regional flavour and varietal expression with a focus on balance, complexity and elegant fruit flavours.



While suiting a variety of tastes, these individual wines reflect a winemaking philosophy of wines with balance, complexity and elegant fruit flavours that gives rise to wines demonstrating distinctive regional essence of these finest 3 cool climate wine regions.



Sevenhill (South Australia) Wine Pairing Dinner

This is a limited-seating engagement,
and reservations are required.

Wednesday, 24 August 2022

Time

7pm

Price

\$108 (Member) | \$118 (Guest)

Prices include GST



SET MENU

WELCOME DRINK

Sevenhill Sparkling Riesling 2019

FIRST COURSE

Searred Hokkaido Scallop and Whipped Green Pea
Pairing: White Wine: Sevenhill Inigo Riesling 2021

SECOND COURSE

Watercress Soup with Potato Rosti and Poached Egg
Pairing: White Wine: Sevenhill Inigo Pinot Gris 2021

THIRD COURSE

Chicken Risotto

Pairing: Red Wine: Sevenhill Inigo Shiraz 2019

FOURTH COURSE

Charred Short Ribs, Potato Mash, Portobello Mushroom and Jus
Pairing: Red Wine: Sevenhill St. Ignatius 2018
(Limited Release)

FIFTH COURSE

Classic Banana Split

COFFEE OR TEA

For more details
and to reserve a seat,
call 6398 5313 or
email fnb_outlets@sgcc.com.sg

Banquet Meeting & Seminar Packages

**10% discount for SGCC Members
(promotion ends on 30 November 2022)**

PACKAGE A

(Full-day 8 hours)

@ \$65 per person

**2 coffee breaks with snacks
1 Bento lunch**

PACKAGE B

(Full-day 8 hours)

@ \$55 per person

2 coffee breaks with snacks

PACKAGE C

(Half-day 4 hours)

@ \$50 per person

**1 coffee break with snacks
1 Bento lunch**

PACKAGE D

(Half-day 4 hours)

@ \$40 per person

1 coffee break with snacks

Packages include

Meeting/Seminar venues
Choice of set-ups
Usage of LCD projector and screen
2 cordless microphones
Complimentary Wireless Broadband Access
Flipcharts with markers
Meeting stationery
Ice water and mint sweets

Minimum size: 10 persons

Prices include GST

For more details, call Banquet Sales
at 6398 5387



Visiting Lombardy

From foodies to art lovers, Italy's Lombardy region offers an abundance of experiences for travellers

The Lombardy region of Italy stretches from Switzerland in the north to Emilio Romagna in the south. Milan — world-renowned as a centre for art, fashion, design and finance — is its capital. Pavia, Cremona, Brescia, Bergamo, and Mantua are its other major cities. Lombardy also encompasses several of Italy's well-known bodies of water: Lake Garda, Lake Como and Lake Maggiore. While picturesque natural attractions and high-end fashion are a large part of the region's identity, it also draws tourists for its cuisine, art and architecture.

Cuisine

Lombard cuisine is influenced by the climate, available ingredients, and the tastes and preparation

methods of the many generations that have populated the region. Some of the richest and most decadent Italian dishes hail from this part of the country.

As Lombardy's Po Valley is covered by large swathes of paddy fields cultivating short-grain arborio rice, risotto is unsurprisingly the region's staple fare. Alpine pastures in this part of the country also produce flavourful mountain cheeses, such as Bitto and Storta Ribelle. Being close to the Alps, Lombardian dishes tend to be heartier and heavy on butter, meat and polenta — compared to Southern Italian cuisine — to help



Bresaola

If this article whets your appetite, turn to page 8 to view the set menu for 'Italy's Lombard Cuisine', a promotion taking place at Garden Grill in the month of June 2022!



locals withstand the cold. Here, you'll find stuffed pastas like *casoncei* (ravioli stuffed with sausage meat) and *tortelli alla zucca* (ravioli filled with pumpkin), as well as cured meats like *bresaola* and goose salami. Other popular diet-busting specialties are *veal Milanese*, a fried breaded cutlet, and *vitello tonnato*, thin slices of cold veal covered with tuna mayonnaise.

From *bresaola* to *risotto alla Milanese*, Lombardy indeed boasts a rich gastronomic heritage. On top of that, this wealthy region is home to 60 Michelin-starred restaurants, so gourmands are well catered for.

Architecture

Lombardy is known for both its Renaissance and unique Gothic architecture. Two buildings that stand out are Certosa di Pavia and Duomo di Milano.

A Carthusian monastery that took more than 200 years to build, Certosa di Pavia features both Renaissance and Gothic elements. Its main entrance has Corinthian columns and cornices, indicative of Renaissance influence; the interior of the church is Gothic in style, with soaring vaults and a transept with a painted



Capella Colleoni

dome. You can also view a fabulous collection of art here, including *Crucifixion* by Bergognone.

A fine example of Lombard Gothic architecture, Duomo di Milano is famous for its medieval spires, impressive façade, grand bronze doors and the Madonnina golden statue at the top, which dominates Milan's skyline. Equally striking are the cathedral's beautiful stained glass windows depicting scenes from the Bible.

Other striking buildings in the region are the Duomo di Monza, a gorgeous Renaissance cathedral, and Capella Colleoni, a Renaissance chapel with an octagonal dome and a fine marble façade.



Pinacoteca di Brera

Art

If you are an art lover, Lombardy's many museums and galleries are sure to thrill. Among the must-visits in Milan are Pinacoteca di Brera and Sforza Castle.

Pinacoteca di Brera houses a gallery, a college, the national library, an observatory, and the botanical gardens. In the art gallery, you will find a priceless collection of paintings by masters like Raphael, Bellini, Bramantino, Rubens, Rembrandt and Tiepolo. Modern artists like Modigliani are also represented, as are talented Lombardy artists.

Within Sforza Castle are an art gallery, an archaeological museum, libraries and archives. A wall painting by Leonardo da Vinci can be found on the ground floor of the museum. The art gallery houses masterpieces by Correggio, Tintoretto and Canaletto. The most important work in the castle, however, is the *Pieta Rondanini*, Michelangelo's last sculpture, unfinished due to his death.






















You will also want to include in your itinerary Santa Maria delle Grazie — a church and Dominican convent that dates back to the 15th century — to see Leonardo da Vinci's arguably most famous painting, *The Last Supper*. Truly, the region is a powerhouse of artistic treasures.

Boasting delectable cuisine, great art, and architectural marvels, it is easy to see why Lombardy regularly attracts thousands of visitors from around the world.

JUNE 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1 Italy's Lombard Cuisine Garden Grill 12pm; 6pm (Whole month except 18,19, 29 Jun) 'High' Beginners Line Dance Club 22 2.30pm	2	3 Ukulele Workshop (Beginners) Club 22 1.30pm	4	5
6 Advanced Line Dance Club 22 4pm SGCC Tennis Open 2022: Men's/Ladies' Singles Tennis Courts 7pm (daily till 19 Jun)	7 Intermediate Line Dance Club 22 2pm Bridge Sparkling Diamond Casuarina Room 9am	8 'High' Beginners Line Dance Club 22 2.30pm	9	10 Ukulele Workshop (Beginners) Club 22 1.30pm	11 Rainbow Sandland Workshop Casuarina Room 10.30am One Day Tennis: Men's Doubles Tennis Courts 8am	12
13 Advanced Line Dance Club 22 4pm	14 Intermediate Line Dance Club 22 2pm	15 'High' Beginners Line Dance Club 22 2.30pm	16	17 Father's Day Family Feast Atrium Café 12pm; 6pm Ukulele Workshop (Beginners) Club 22 1.30pm	18 Father's Day Celebration Garden Grill 12pm; 6pm Father's Day Family Feast Atrium Café 12pm; 6pm DIY Coaster-Making Workshop Casuarina Room 10.30am One Day Tennis: Mixed Doubles Tennis Courts 8am Junior Bowling Championship Gardens Bowl 10am	19 Rapid Chess Casuarina Room 12pm Father's Day Celebration Garden Grill 12pm; 6pm Father's Day Family Feast Atrium Café 12pm; 6pm Free Gym Orientation for New Members Gymnasium 11am; 6.15pm
20 Advanced Line Dance Club 22 4pm SGCC Tennis Open 2022: Men's/Ladies' Doubles Tennis Courts 7pm (daily till 3 Jul)	21 Intermediate Line Dance Club 22 2pm	22 'High' Beginners Line Dance Club 22 2.30pm	23	24 Ukulele Workshop (Beginners) Club 22 1.30pm	25	26 65th AGM Kensington Ballroom 1pm
27 Advanced Line Dance Club 22 4pm	28 Intermediate Line Dance Club 22 2pm	29 'High' Beginners Line Dance Club 22 2.30pm 'Wines from Margaret River' Wine Pairing Dinner Garden Grill 7pm	30			

JULY 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				1 All-American Cuisine Garden Grill 12pm; 6pm (Whole month except 27 Jul) Ukulele Workshop (Beginners) Club 22 1.30pm 	2 	3
4 Advanced Line Dance Club 22 4pm SGCC Tennis Open 2022: Men's/Ladies' Masters Tennis Courts 7pm (daily till 17 Jul) 	5 Intermediate Line Dance Club 22 2pm 	6 'High' Beginners Line Dance Club 22 2.30pm 	7	8 Ukulele Workshop (Beginners) Club 22 1.30pm 	9	10
11 Advanced Line Dance Club 22 4pm 	12 Intermediate Line Dance Club 22 2pm 	13 'High' Beginners Line Dance Club 22 2.30pm 	14	15 Ukulele Workshop (Beginners) Club 22 1.30pm 	16 Embroidery Art (Basic) Casuarina Room 10.30am 	17 Mahjong Competition Kensington Ballroom 12pm 
18 Advanced Line Dance Club 22 4pm SGCC Tennis Open 2022: Mixed Doubles Tennis Courts 7pm (daily till 31 Jul) 	19 Intermediate Line Dance Club 22 2pm 	20 'High' Beginners Line Dance Club 22 2.30pm 	21	22 Ukulele Workshop (Beginners) Club 22 1.30pm 	23 Floral Arrangement Workshop Casuarina Room 10.30am 	24
25 Advanced Line Dance Club 22 4pm 	26 Intermediate Line Dance Club 22 2pm 	27 'High' Beginners Line Dance Club 22 2.30pm 	28	29 Ukulele Workshop (Beginners) Club 22 1.30pm 	30	31

Game of Kings

Despite being a game of antiquity, chess has risen in popularity, spurred by the success of *The Queen's Gambit*. Find out more about the evolution of the game and its star players.

The *Queen's Gambit*, a 2020 mini-series, follows the rise of orphaned chess prodigy Beth Harmon as she takes on the male-dominated chess world of the 1950s and 1960s. It was Netflix's biggest limited scripted series, with 60 million households streaming the show. The show won 11 Emmys and took home Golden Globes for Best Limited Series and Best Actress. It led to a boom in the sale of chess sets and a rise in online chess players and streamers. On social media and gaming platforms, chess has become a hot topic.

Origins of chess

Arguably the oldest game still played today, chess is thought to have its roots in seventh-century India, in a game called *chaturanga*. The game has two key features found in all later chess variants: different pieces had different values, and victory was based on one piece, the king of modern chess.

Historians say the game evolved into *shatranj*, a two-player game popular in northern India, Pakistan, Afghanistan, and the southern parts of Central Asia. *Shatranj* resembled *chaturanga* but for the fact that it had an additional piece — a counsellor — which had nothing to do with any troop formation. A game of *shatranj*



Chaturanga

could be won either by eliminating all of an opponent's pieces (barring the king) or by ensuring the capture of the king.

The game spread to the east, north and west, taking on different characteristics. A form of *shatranj* made its way to Europe via Persia, the Byzantine Empire, and the expanding Arabian empire. The oldest recorded game, found in a 10th-century manuscript, was played between a Baghdad historian, believed to be a favourite of three successive caliphs, and a pupil.

Chess in Europe

In Europe, the game became associated with the nobility and aristocracy. European players introduced changes to it, such as the checkered boards, and altered the names of the pieces — knights, bishop, rooks — to reflect European medieval figures.

By the 19th century, the game

had grown in popularity. The first international chess tournament was held in London in 1851. It led to the development of modern timekeeping games, speed chess variations, and sealed moves. The first World Chess Championship was held in 1886. Austrian (later American) player Wilhelm Steinitz became the first official world chess champion.

In the 20th century, the World Chess Federation (Fédération Internationale des Échecs, or FIDE) standardised the rules of chess and international competitions. The early part of the century also saw the development of chess theory, which introduced new styles of play.

Famous chess moves

The Queen's Gambit This is one of the oldest known openings in chess.



The Queen's Gambit





The idea behind it is this: White tries to exchange his wing pawn for a centre pawn. If this is done, then White proceeds to dominate the centre with his King pawn. Mentioned in the 1490 Latin text, the *Gottingen manuscript*, it has been a main move in many chess grandmasters' opening strategies.

The English Opening Named for English player Howard Staunton, this is a flank opening, meaning that White starts off by pushing his c-pawn instead of the typical d- or e-pawns.

Ruy Lopez Named for 16th-century Spanish priest Ruy Lopez de Segura, the play — whereby White's third move attacks the knight — has been used by almost all top players.

The grandmasters

Two of the most well-known chess grandmasters are Bobby Fischer and Garry Kasparov. Both were child prodigies who reached the heights of the game at a young

Photo courtesy of Fotograaf Onbekend / Anefo



Bobby Fischer



Garry Kasparov

age. Fischer was 15 when he became grandmaster in 1958, while Kasparov — at 22 — became the youngest official world champion in the history of the game when he defeated Anatoly Karpov in 1985.

Fischer also won recognition for being the first American-born player to become world champion when he defeated Boris Spassky of the then Soviet Union. This was at the height of the Cold War, and the Soviets had had a monopoly on the title since 1948. Fame turned to notoriety due to Fischer's eccentricities. Soon after being crowned world champion, he became a recluse and refused to defend his title against Karpov

in 1975. When the shock of the 9/11 incident was still palpable among US residents, he expressed virulent anti-American and anti-Jewish sentiments, shocking millions.

By comparison, Soviet-born Kasparov has ruffled fewer feathers in his career — if one overlooks the disparaging remarks he made against female chess players, and the time he broke with FIDE to create the rival Professional Chess Association. Since retiring from chess, he has made a foray into politics, was briefly imprisoned, and fled to the US. Now a political commentator and global human rights activist, he recently came into the spotlight for his condemnation of Russia's invasion of Ukraine.

Excited to
pick up this game?
Sign up for our course,
Chess Lessons for All Levels.
Turn to page 31 for
more details.



PAST EVENTS

**SGCC INTERNAL SWIM MEET 2022**

Fifty-five swimmers gathered at SGCC swimming pool for the first swim meet held after a two-year break. Taking place on 10 April 2022, the competition started at 12.30pm with the first heat of the 50m freestyle event. Thankfully, the heats finished at 2.30pm, just as it started to rain.





8 BALLS POOL INVITATION

On 19 March 2022, we held the 8 Balls Pool Invitation in the Billiards Room. There were a total of 15 entries. The aim of this event was to encourage beginners to interact with seasoned players. The results are as follows:
4th placing: Allan Phua
3rd placing: Richard Lau
2nd placing: Peter Lee
Champion: Terence Lim

SQUASH FRIENDLY WITH SINGAPORE POLYTECHNIC

The Club squash fraternity took on players from the Singapore Polytechnic in a friendly clash that took place on 23 April 2022. The first match took place at 3pm. After a satisfying match, players from both teams bonded over dinner at the Casuarina Room.



ONE DAY SQUASH

The One Day Squash event saw 27 players enthusiastically taking to the squash courts on 19 March 2022. They were divided into three teams; each participant was matched with two players, one from each of the other two teams. The games started at 3pm, and ended with dinner at the Casuarina Room. The team members and results are as follows:

Champion Team	Runner-up Team	2nd Runner-up Team
Edward Lee	Raymond Tan	Jean-Phillipe Filhol
Adel	Gillian	Wei Jie
Allan Chang	Daryl Khoo	Woffles Wu
Eugene Lee	Dennis Tan	Jason Lee
Shirley Chou	Molly Chua	Edward Chia
Tio Hong Tjoen	Ken Pua	Chris Pua
Joseph Liew	Stephen Chan	Ryan McDonough
Yiwen	Simon Sim	Peter Lim
	Pieter Carel Le Roux	



UPCOMING EVENTS

MAHJONG COMPETITION 2022

Gather your mahjong pals and sign up for this competition, which follows a three-round format. Play your best hand and you may just walk away with the trophy!



Date: 17 July 2022, Sunday
Time: 12pm onwards
Venue: Kensington Ballroom
Min/Max: 40/88 participants
Fee: \$16.05 *Price includes GST and lunch.*
Closing Date: 1 July 2022, Friday

Zaleha at 6398 5389 or email recreation@sgcc.com.sg

BRIDGE SPARKLING DIAMOND

Calling all Bridge enthusiasts! Join us for this event and have fun playing against fellow Members.

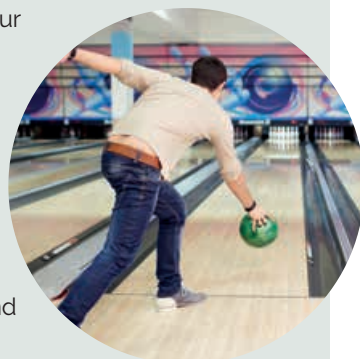


Date: 7 June 2022, Tuesday
Time: 9am onwards
Venue: Casuarina Room
Min/Max: 12/16 participants
Fee: \$10.70 (Member) | \$15 (Guest)
Prices include GST and lunch.

Zaleha at 6398 5389/340 or recreation@sgcc.com.sg

BOWLER OF THE YEAR

Here is a chance to test your bowling skills and win that coveted trophy. There are three qualifying rounds before the final competition. The oiling pattern for each of the qualifying rounds is respectively as follows: Big Ben, USBC Queens, and PWBA Regional Arlington.



Date:
1st qualifying round: 20 April–30 June 2022
2nd qualifying round: 1 July–30 September 2022
3rd qualifying round: 1 October–15 December 2022
Final: 17–18 December 2022
Venue: Gardens Bowl

JUNIOR BOWLING CHAMPIONSHIP 2022

This competition is open to two different age groups: Boys and Girls Category A (aged 13 and above), and Boys and Girls Category B (aged 12 and under). The competition will be in a best-of-eight-games format for Category A, and best-of-six-games format for Category B. All ages are calculated as at 1 January 2022. Squads will be combined if either category has fewer than 20 participants. Handicaps will be given as follows:

Category A

- National Youth (Boys & Girls): 0 handicap
- SGCC Youth (Boys): 5 handicap
- SGCC Youth (Girls): 10 handicap
- Boys (Non-members of National Youth & SGCC Youth Squad) (applicable to Feeder Squad): 10 handicap
- Girls (Non-member of National Youth & SGCC Youth Squad) (applicable to Feeder Squad): 20 handicap

Category B

- SGCC Youth Feeder Squad (Boys & Girls): 10 handicap
- Non-member of SGCC Youth Bowling Team (Boys & Girls): 15 handicap

Date: 18 June 2022, Saturday
Time: Category A: Check-in Time: 12pm
 Roll-off Time: 12.15pm

Fee: \$32 *Price includes GST*
Time: Category B: Check-in Time: 10am
 Roll-off Time: 10.15am

Fee: \$25 *Price includes GST*
Venue: Gardens Bowl
Closing Date: 11 June 2022, Sunday

Zaleha at 6398 5389/340 or recreation@sgcc.com.sg

SGCC FAMILY WALK 2022



Rope in members of your family and join us for a morning jaunt around Serangoon Gardens Estate. We promise you a walk that's filled with fun and fitness.

Date: 7 August 2022, Sunday
Time: 7.30am–10am (Registration starts at 6.45am)
Venue: SGCC
Min/Max: 100 / 300 participants
Fee: \$5.35 (Member) | \$10.70 (Guest)
Prices include GST, and entitles each participant to an SGCC Family Walk T-shirt and a goodie bag after the walk.

Closing Date: 1 July 2022, Friday

Gina Lee at 6398 5331 or recreation@sgcc.com.sg

FREE GYM ORIENTATION

This orientation will touch on the basics of how to operate some of the more popular cardiovascular equipment, strength training machines, and the free weights zone. You will also be given an overview of the Club gymnasium policies and Bye-Laws. As gym-goers' safety and comfort are paramount, basic tips will be dispensed on how to stay safe when doing resistance training. You will also get pointers on your diet to help you more effectively achieve your fitness goals.



Date: 19 June 2022, Sunday
Time: Morning session: 11am
 Evening session: 6.15pm
Fee: Complimentary for Members
Min: 2 participants
Closing Date: 13 June 2022, Monday

Gina Lee at 6398 5331 or recreation@sgcc.com.sg



20TH TCA ANNIVERSARY JUNIOR INVITATIONAL CHESS CHAMPIONSHIP 2022

More than 200 participants from chess clubs, schools, and other chess fraternities in Singapore are expected in this event, held in honour of Mr Tay Cheong Ann, a founding member of the Club chess fraternity. It will be played in a seven-round format, with a time limit of 25 minutes per game for each player. While the tournament will be held behind closed doors, the public will be allowed into the hall.

Date: 18 September 2022, Sunday
Time: 8am–6pm
Venue: Kensington Ballroom
Fee: \$10.70 (Member, All Categories) | \$50 (Guest, Under 8, 10, 12 categories) | \$60 (Guest, Open Category) | } *Prices include GST and lunch.*
Closing Date: 27 August 2022, Saturday

RAPID CHESS

Avid chess players are invited to show off their most strategic moves in this competition. Who knows — you may well be the next Garry Kasparov or Bobby Fischer!

Date: 19 June 2022, Sunday
Time: 12pm–3pm
Venue: Casuarina Room
Min/Max: 10/20 participants
Fee: \$10.70 (Member) | \$20 (Guest)
Prices include GST.
Closing Date: 12 June 2022, Sunday

Contact: Zaleha at 6398 5389/340 or recreation@sgcc.com.sg

SGCC TENNIS OPEN 2022

Aspiring to become the next Serena Williams or Rafael Nadal? Then you should sign up for this competition. The categories available are Men's and Ladies' Singles and Doubles, Masters, as well as Mixed Doubles.



Date: Men's/Ladies' Singles: 6–19 June 2022
Men's/Ladies' Doubles: 20 June–3 July 2022
Men's/Ladies' Masters (45 years old & above): 4–17 July 2022
Mixed Doubles (55 years old & above): 18–31 July 2022
Time: 7pm onwards
Venue: Tennis Courts
Fee: \$10.70 (per Member, per category)
Price includes GST
Closing Date: Men's/Ladies' Doubles: 5 June 2022, Sunday
Men's/Ladies' Masters: 19 June 2022, Sunday
Mixed Doubles: 3 July 2022, Sunday

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

ONE DAY TENNIS

Attention, all tennis enthusiasts! We have several competitions coming up in June and November for you to show off your prowess with the racket. Do sign up for them!



Date: Ladies' Doubles: 4 June 2022, Saturday
Men's Doubles: 11 June 2022, Saturday
Mixed Doubles: 18 June 2022, Saturday
Ladies' Doubles: 5 November 2022, Saturday
Men's Doubles: 12 November 2022, Saturday
Mixed Doubles: 19 November 2022, Saturday
Time: 8am–12pm
Venue: Tennis Courts
Fee: \$10.70 (per Member, per category)
Price includes GST
Closing Date: One week before each event

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

UPCOMING DARTS EVENTS

**CALLING ALL DARTS ENTHUSIASTS!
LOOK OUT FOR MORE DETAILS
COMING YOUR WAY!**



June 2022: Darts Ladder

September 2022: Darts SC Shield

December 2022: Christmas Darts Challenge

February 2023: Hong Bao Darts

Steven Goh at 6398 5372 or recreation@sgcc.com.sg



BE A TERM MEMBER OF Serangoon Gardens Country Club



\$2,568 | **\$4,494**
(1 YEAR) | (2 YEARS)

OPEN TO LOCALS AND FOREIGNERS

You will enjoy:

- Welcome gift of \$200 spending credits
- Full access to club facilities
- Olympic-size pool
- Dining privileges at our members-only Club restaurants
- Fully equipped gym with personal training programmes
- Discounted rates for private event and function bookings
- A stone's throw away from your home if you are a resident of Serangoon Garden

Join with
another friend
and get additional
spending credits!



For more information, please contact us at 6286 8888 | membership@sgcc.com.sg

*6-month Term Membership is available without the \$200 spending credits.

* Terms & conditions apply.

CLASSES

AIKIDO



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.

Day/Time: Sundays: 4.30pm-5.30pm

Venue: Aerobics Studio

Eligibility: 6 years old and above

Fee: \$56.18 (Member) | \$67.14 (Guest)

Prices include GST and are for four lessons in a month; there will be additional charges if there are five lessons in a month.

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

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.



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

Day/Time: Sundays: 8am-9am

Venue: Car Park Area (Palm Wing)

Min: 6 participants

Fee: \$146.06 (Member) | \$168.53 (Guest)

Prices include GST and are for a set of 12 sessions.

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

TAEKWONDO



Learn this Korean form of martial art, which has a strong emphasis on a variety of kicks. Classes are available for a range of skill levels.

Venue: Aerobics Studio

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 (Member) | \$96.30 (Guest)

Advanced

Day/Time: Fridays: 8pm-9pm

Fee: \$85.60 (Member) | \$96.30 (Guest)

Intermediate/Advanced (Sparring & Self-Defence)

Day/Time: Sundays: 5.30pm-6.30pm

Fee: \$101.65 (Member) | \$112.35 (Guest)

Prices include GST and 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.

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

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.



About the Trainer

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

Fee: \$85.60 (Member, per hour)

\$128.40 (2-4 pax per group, per hour)

Additional \$16 per guest, per hour

Prices include GST but do not include court bookings.

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

CHESS LESSONS FOR ALL LEVELS



About the Trainer

Tan Poh Heng has been an avid chess player since 1967, and has competed locally and overseas (Malaysia, Dubai). His FIDE rating is currently 2139. A certified chess instructor and member of the Singapore Chess Federation, he started coaching in 2010 for individuals as well as schools. He is well versed in arbitering and organising chess tournaments.

Day/Time: Saturdays: 1pm–2.30pm
Venue: Casuarina Room
Min: 5 participants
Eligibility: 6 years old and above; adults are welcome
Fee: \$107.00 (Member) | \$128.40 (Guest)

Prices include GST and are for four lessons a month; there will be additional charges if there are five lessons in a month.

Zaleha Hanibah at 6398 5389 or recreation@sgcc.com.sg

TABLE TENNIS (PRIVATE COACHING)

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



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.

Venue: Squash Court 4
Fee: \$44.94 (Member, per hour)
 \$56.18 (2 pax per group, per hour)
 Additional \$10.70 per guest, per hour

Prices include GST but do not include court bookings.

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

BOWLING COACHING



About the Trainer

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.

Min/Max: 3/8 participants
Venue: Gardens Bowl
Fee: **Group Coaching**
 \$45.80 (Member) | \$57.25 (Guest)
Private Coaching (to arrange with instructor)
 \$78.65 (Member for Individual, 1.5hrs)
 \$89.88 (Guest for Individual, 1.5hrs)
 \$62.97 (Member for 2 Students, 1.5hrs)
 \$74.42 (Guest for 2 Students, 1.5hrs)

Prices include GST

BIO BOWLING

Run by Bio Bowling Academy, Bio Bowling classes will focus on helping children to improve their bowling skills. Simulator bowling lanes and pins will be used in the coaching sessions.

About the Trainers

Bio Bowling Academy was established in 2012 and supported by a team of experienced coaches. It has been offering training programmes to both primary and secondary schools. Ms Vanessa Fung joined the academy in 2017. Before working in Singapore, she was a private bowling instructor in Hong Kong for 10 years. A national athlete for 12 years, she came in third at the Women's Masters in the 2005 World Games in Duisburg, Germany, and was second runner-up at the AVIVA Asian Bowling Tour, Grand Slam Finals 2001. She was also second runner-up at the Asian Bowler of the Year 2009 competition. Having pioneered a bowling programme targeted at children from the age of five, she is well placed to conduct training programmes for budding young talents. An SBF Level 2-certified instructor with SGCC for the past three years, she has fostered good relationships with both Members and staff.

Day/Time: Fridays: 4.45pm–5.45pm
 Sundays: 4pm–5pm
Min: 5 participants
Fee: \$385.20 (Member) | \$438.00 (Guest)
 \$374.50 (JuniorGems Member)

Prices include GST.

Zaleha Hanibah at 6398 5389 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.



Registration fee for new sign-up/re-registration at \$30 per pax (includes starter bundle of one pair of goggles, one kickboard, and one swimming cap).

Day/Time: **Mondays, Fridays:** 4pm–5pm; 5pm–6pm
Tuesdays, Thursdays: 4pm–5pm; 5pm–6pm; 6pm–7pm
Saturdays: 9am–10am; 10am–11am; 11am–12pm; 3.30pm–4.30pm; 4.30pm–5.30pm
Sundays: 8.15am–9.15am; 9.15am–10.15am; 10.15am–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 (Member) |
\$78.65 (Guest) Weekday or Weekend
2 Sessions/Week
\$89.88 (Member) |
\$112.35 (Guest; both sessions on weekdays) |
\$123.59 (Guest; 1 session on weekday & 1 session on weekend) |
\$134.82 (Guest; both sessions on weekend)

Prices include GST. The above fees (exclude guest fee payable) will be pro-rated in the event of public holidays or if there is a fifth week in the month.

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

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!

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.



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 (Member; once a week per month) |
\$84.26 (Guest; once a week per month)
2 Sessions/Week
\$112.35 (Member; twice a week per month) |
\$129.20 (Guest; twice a week per month)

Prices include GST but not a personal wet belt, which must be purchased for the class.

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** for four sessions @ 15 minutes per session
Additional guest charges:
\$5.35 per session (weekday);
\$8.56 per session (weekend)

Prices includes GST.

About the Trainer

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



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

SENSORY FITNESS

A fun, sensory journey through the sense of sight, smell, touch and sound in a studio filled with the therapeutic smell of essential oils and soothing music. You will be guided by the experienced instructor in practising self-care lymphatic drainage and deep-breathing techniques to attain a holistic approach to the well-being of one's body, mind and soul.



About the Trainer

Barbara Lina Lei is a veteran swimming coach and fitness enthusiast. She also holds an ITEC Level 3 Diploma in Aromatherapy with Merit.

Day/Time: Tuesdays: 10am–11am
Venue: Aerobics Studio
Min: 6 participants
Fee: \$67.41 (Member)

Price includes GST and aromatic materials for four lessons. Charges are for four lessons in a month; there will be additional charges if there are five lessons in a month.

STREET JAZZ

Street Jazz mixes old jazz dance styles with elements of what is trending in the dance world today. Despite the use of old-school jazz music, these moves will make you feel young again. And because the moves require lines and a strong physique, they can help you to keep fit.

About the Trainers

Sheerainno Seah has more than 20 years of experience in the entertainment and arts industry. She is a long-time choreographer and instructor for all kinds of dance genres. She fused her background in jazz and Chinese cultural dance, and threw in some street-style moves, to create Street Jazz. Clare Tay, too, has more than 20 years of experience as a dancer, instructor and choreographer. While she has received training in contemporary dance, jazz, ballet, hip hop and street jazz, she still actively attends workshops and classes in Singapore and overseas.

Day/Time: Thursdays: 7.45pm–8.45pm
Venue: Aerobics Studio
Fee: \$67.41 (Member)

Price includes GST and is for four lessons in a month; there will be additional charges if there are five lessons in a month.

ABTSOLUTESCULPT

ABTSoluteSCULPT is a HIIT (High Intensity Interval Training) class that also focuses on toning the lower body (hips, thighs and abdominals). Note that participants are required to purchase a small pair of cotton hand towels or gliding discs.

Day/Time: Fridays: 11.30am–12.30pm
Venue: Aerobics Studio
Fee: \$67.41 (Member)

Price includes GST and is for four lessons in a month; there will be additional charges if there are five lessons in a month.

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

DYNAMICSCULPT

DynamicSCULPT focuses on rehabilitative (increasing range of motion) and controlled 'time under tension' strength-building movements using instructor-approved resistance and loop bands, which participants are required to purchase.

About the Trainer

James Shaw has been in the fitness industry since 1982, teaching group exercises as well as giving personal training. He has taught in various countries, including Singapore, Thailand and the USA.

Day/Time: Mondays: 11.30am–12.30pm
Venue: Aerobics Studio
Fee: \$67.41 (Member)

Price includes GST and is for four lessons in a month; there will be additional charges if there are five lessons in a month.

POWERSTRETCH® BY DERRICK EE

Look forward to fluid moves and deep stretching of major core muscles, inspired by the warm-up routines of professional contemporary dancers.

About the Trainer

Derrick Ee has been an aerobics instructor with the Club since 2000. A talented dancer and choreographer, he also has more than two decades of experience as a dance and fitness instructor.

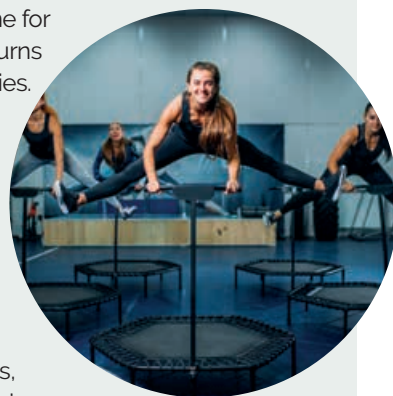
Day/Time: Wednesdays: 10am–11am
Venue: Aerobics Studio
Fee: \$67.41 (Member)

Price includes GST and is for four lessons in a month; there will be additional charges if there are five lessons in a month.

BOUNCESCULPT

Bouncing on a trampoline for 50 minutes reportedly burns between 400–600 calories.

The G-force created by bouncing builds muscle and burns fat quickly. Every part of the body is firmed up. Since the trampoline absorbs most of the impact, the joints benefit, too. The classes tone the muscles, encourage lymphatic drainage, improve balance, and strengthen the bones. Best of all, the atmosphere and endorphin rush are addictive.



Day/Time: Wednesdays: 11.30am–12.30pm
 Saturdays: 12pm–1pm
Venue: Club 22
Min: 6 participants
Fee: \$72.76 (Member)

Price includes GST and is for four lessons in a month; there will be additional charges if there are five lessons in a month.

Non-slip socks must be worn for each lesson.

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

HAPPY NEIGONG

Neigong refers to the cultivation of deep internal *qi* (energy). Regular practice can result in a dynamic transformation in one's health. Members can sign up for the foundation, intensive or private one-to-one training.

**About the Trainer**

An elected Extraordinary Master of the World for two consecutive years, Master Jennifer Lee is the 21st generation lineage holder of the Zi Wu Men tradition of *neigong*. Zi Wu Men Gongfu has a 900-year-old history. With an entry in the *Singapore Book of Records*, Master Lee is a versatile teacher with more than 35 years of international teaching experience, and is highly sought-after for her modern approach to ancient health techniques.

Foundation Training (1-hour sessions)

The sessions will work on 'opening' the joints, regulating the breath, and getting the general *qi* flowing. Participants will learn to realign the structure of their body and master basic postures and moves while improving their motor skills. They will also learn the precise and intense stretching of the tendons and muscles coupled with breathing techniques.

Day/Time: Wednesdays: 4.30pm–5.30pm
Thursdays: 4.30pm–5.30pm
Fee: \$72.76 (Member) | \$84.00 (Guest)

Prices include GST and are for four lessons in a month; there will be additional charges if there are five lessons in a month.

Private One-to-One Training

Private one-to-one training can be arranged for those who have disabilities or are wheelchair-bound.

Day/Time: TBC
Fee: \$171.20 (Member) | \$182.44 (Guest)

Prices include GST and is on a per hour basis.

Intensive Training (2-hour sessions)

The training will include *Daoyin* methods in addition to the above. *Daoyin* is mainly floor and seated work that develops strength and flexibility. Structural and motor skills as well as breathing techniques are worked on at a higher level. No pre-requisite is required to attend intensive training.

Day/Time: TBC
Min: 10 participants
Fee: \$139.10 (Member) | \$150.34 (Guest)

Prices include GST and are for four lessons in a month; there will be additional charges if there are five lessons in a month.

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

VINYASA FLOW YOGA

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

**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.

Day/Time: Thursdays: 9am–10am
Venue: Aerobics Studio
Eligibility: 6 years old and above
Fee: \$67.41 (Member) | \$78.65 (Guest)

Prices include GST and are for four lessons in a month; there will be additional charges if there are five lessons in a month.

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.

About the Trainer

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

Day/Time: Mondays: 7.30pm–8.30pm
Saturdays: 3pm–4pm
Venue: Aerobics Studio
Fee: \$67.41 (Member) | \$78.65 (Guest)

Prices include GST and are for four lessons in a month; there will be additional charges if there are five lessons in a month.

CARDIO LAB

This class provides the perfect combination of cardio intervals and muscle-specific toning. It also maintains your heart rate at optimal levels for maximum results. On top of that, it will improve your body's metabolic rate, enabling it to burn calories efficiently all day.

About the Trainer

Having conducted group exercise classes for more than two decades, Shirley Tan is passionate about teaching and enjoys interacting with her students. She also teaches Athletic Conditioning, HIIT, Cardio Strength, Fusion Mobility and Total Body Conditioning.

Day/Time: Tuesdays: 7.30pm–8.30pm
Venue: Aerobics Studio
Min: 6 participants
Fee: \$85.60 (Member)

Price includes GST and is for four lessons in a month; there will be additional charges if there are five lessons in a month.

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

FREE

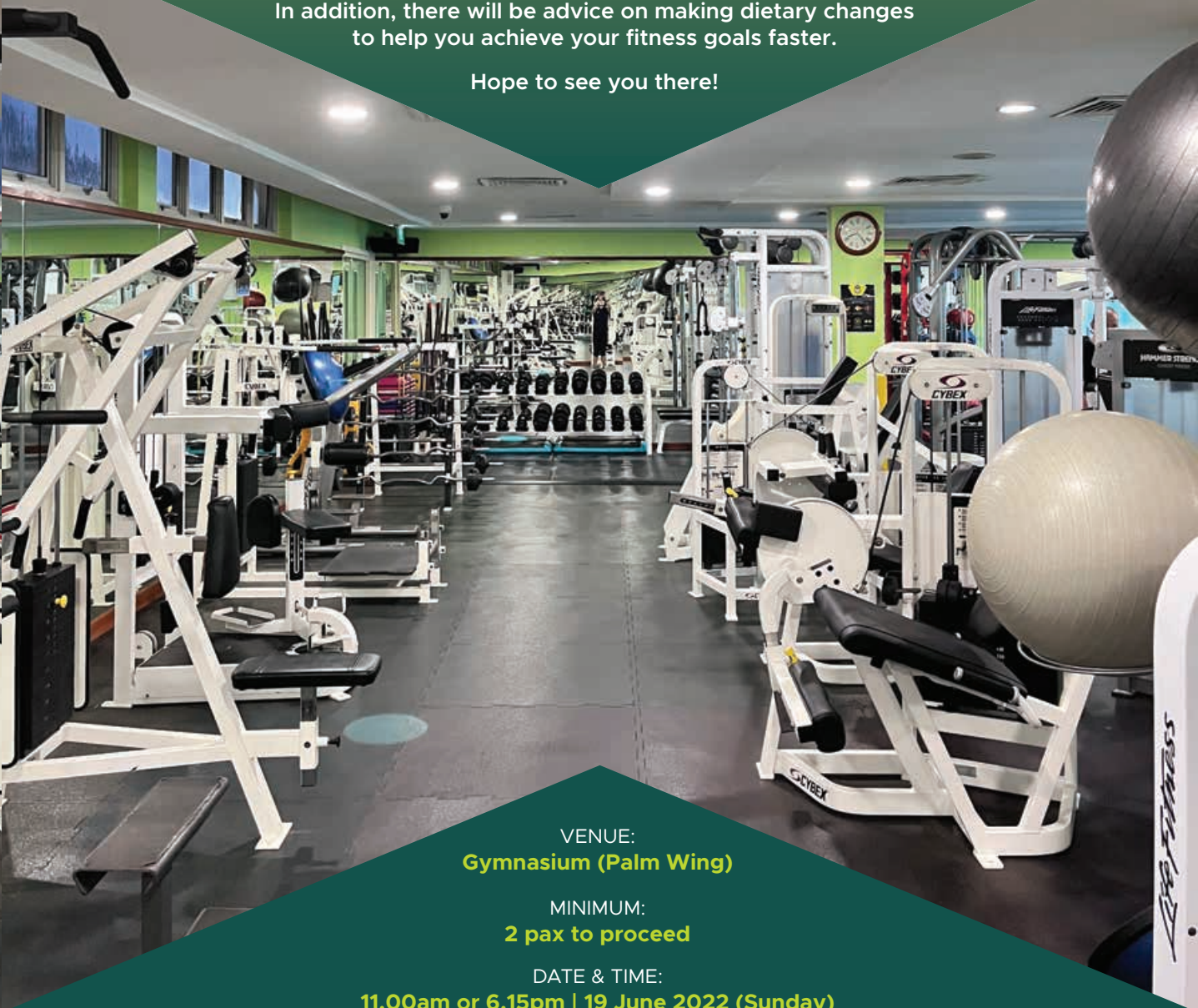
GYM ORIENTATION



This 45-minute orientation will cover basic information on how to operate some of the more popular cardiovascular equipment, strength training machines, and the free weights zone. You will also be given an overview of the Club gymnasium policies & Bye-Laws.

Your safety and comfort are paramount, hence this session also offers basic tips on how to stay safe when performing resistance training. In addition, there will be advice on making dietary changes to help you achieve your fitness goals faster.

Hope to see you there!



VENUE:
Gymnasium (Palm Wing)

MINIMUM:
2 pax to proceed

DATE & TIME:
11.00am or 6.15pm | 19 June 2022 (Sunday)

CLOSING DATE FOR REGISTRATION:
13 June 2022 (Monday)

Contact Gina Lee at 6398 5331 or recreation@sgcc.com.sg

Latest Trends in Yoga

Yoga is a practice that goes back thousands of years. While the traditional forms are still followed, new hybrids have sprung up to cater to busy, active modern-day practitioners who crave novelty in their exercise routines.

International Yoga Day has been celebrated annually on 21 June since 2015, following its inception in the United Nations General Assembly in 2014. It aims to raise awareness of the many benefits of practising yoga. The draft resolution establishing the day was proposed by India and endorsed by a record 175 member states. The resolution notes "the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health".

The proposal was first introduced by Prime Minister Narendra Modi in his address during the opening of the 69th session of the General Assembly, in which he said, "Yoga is an invaluable gift from our ancient tradition. Yoga embodies unity of mind and body, thought and action... a holistic approach [that] is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature."

A number of health and wellness trends have attracted fitness enthusiasts through the years. Yoga is one of the few that has endured. From being therapeutic and aiding weight loss to enabling athletes to

achieve mind-body balance, yoga's merits have been acknowledged globally. An interesting twist is how, in recent times, several contemporary fitness workouts have melded with this ancient practice to boost its appeal.

HIIT Yoga

High Intensity Interval Training (HIIT) has been trending for the last few years for a good reason: there is evidence that it can help burn fat and build muscle. HIIT yoga incorporates the benefits of this cardio workout with a full body stretch. It is structured with elements of pilates, kickboxing, power workout, and yoga poses. High-intensity movements combined with recovery periods of yoga help rev up the metabolism and keep the body burning calories throughout the day. This version is recommended for fitness enthusiasts who are up for a challenge.



Aerial Yoga

Images of women flying in the air in yoga hammocks have gone viral on the Internet. All poses in aerial yoga are performed in a nylon or silk hammock suspended from the ceiling. Bringing pilates, yoga and cardio under one form, aerial yoga is touted as one of the best exercises for the abs. Research by the American Council of Exercise showed that women who practised this form of yoga for six weeks lost nearly 1kg and 5cm off their waist circumference. You don't have to be an acrobat to do it, as yoga studios typically offer a range of exercises that cater to newbies as well as experienced yogis.

Stand Up Paddleboard (SUP) Yoga

If you're wondering why someone would want to perform yoga on a wobbly paddleboard, you are not alone.

Enthusiasts claim doing yoga on a paddleboard engages muscles that may be neglected during on-land practice.

The challenge of balancing on a paddleboard also forces practitioners to be present and intentional with all their movements.

On top of that, it offers a great way to experience nature and invigorate one's yoga practice.



Roga

Roga caters specifically to runners, and is aimed at improving their running ability, strength, flexibility and endurance. Classes usually include poses that loosen or strengthen areas runners tend to have problems with, such as shins and hamstrings. They may also include breathing techniques and a mindfulness portion to calm the mind and improve focus. Incorporating yoga with running not only enhances physical abilities, but also provides recovery that will give runners the strength and stamina to keep up with their sport as they grow older.



Chroma Yoga

Pioneered by UK-based Nina Ryner in 2017, Chroma Yoga plays on the effects light frequencies can have on our bodies and minds. Each yoga session harnesses the healing properties of colour and light — yellow, for example, can promote a healthy sleep cycle, while blue is said to elevate mood and boost productivity. Accompanying the light therapy in each class are soundtracks designed to promote a more calm, focused and relaxed state of mind by mimicking the frequencies our brains emit in different states of consciousness. Chroma Yoga creates a multi-sensory experience that leave practitioners refreshed after a morning class, or serene and peaceful after an evening one.



Broga

Designed for men, Broga classes tend to be physically challenging. A typical session starts with dynamic yoga stretches to get the blood pumping, followed by the HIIT component — a boot camp-like training session that gets you sweating buckets. As some men and hardcore athletes are less flexible, yoga poses are tweaked so participants do not feel pressured to attain certain standards of flexibility, such as touching their toes. A Broga class's language is more anatomically based, and some studios forgo calming chants for mainstream rock music.



Aqua Yoga

Aqua yoga is a gentle, low-impact practice that takes place in the water, usually in a swimming pool. It is a complete routine that includes *asana* (yoga postures), *pranayama* (yoga breathwork) and meditation (done floating). The wall of the swimming pool and aqua noodles are used to help with balance. Those with muscle and joint problems will find this practice especially suitable, as it relieves soreness and prevents injuries.

Turn to page 34 for more information on our Hatha Yoga and Vinyasa Flow Yoga classes.

DIY Coaster-Making Workshop

DIY coasters are a great place to begin your foray into crafting. Come and learn to fashion your own coaster collection and take home your personal handcrafted pieces.

Date/Day: 18 June 2022, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$16.05 (JuniorGems) | \$19.26 (Member) | \$21.40 (Guest) *Prices include GST.*
Min/Max: 8/12 participants
Closing Date: 10 June 2022, Friday



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

Embroidery Art (Basic)



At this workshop, you will learn simple designs and embroidery techniques to get you started on your own piece. Join us and learn to produce a piece you will be proud to show off. For 12 and above. Adults are welcome.

Date/Day: 16 July 2022, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$58.85 (Member) | \$63.13 (Guest) *Prices include GST.*
Min/Max: 8/10 participants
Closing Date: 8 July 2022, Friday

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

Floral Arrangement Workshop

Have an interest in floral designs? Indulge in your passion — come and join our workshop, where you will learn the Lilac Summers glass vase flower arrangement, which focuses on the use of special rare roses as a centrepiece accompanied by other varieties of blooms.

Date/Day: 23 July 2022, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$72.76 (Member) | \$74.90 (Guest) *Prices include GST.*
Min/Max: 8/10 participants
Closing Date: 15 July 2022, Friday



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



JUNIOR GEMS

**A whole new world of
fun and exciting activities
for the little ones!**



Are you a member of SGCC who has children aged between 4 and 12 years old? Then let them become members of 'Junior Gems' club, a kids club, where they can enjoy special privileges!

SGCC's Junior Gems membership will introduce the little ones to a whole new world of fun and exciting activities! It also gives them opportunities to make new friends, interact in a social environment, and build self-confidence.

As a Junior Gems member, your child gets to enjoy:

- Junior Gems welcome gift
- Bi-monthly Junior Gems newsletter
- Junior Gems birthday surprises
- Subsidised rates for events
- Invitation to exclusive Junior Gems activities
- Junior Gems festive celebrations
- Gifts

All these for

\$26.75 per annum!

**Prices inclusive of GST per annum
(auto-renewal of membership
till 12 years old).*



Application forms are available at the Reception and you can submit the completed form at the Reception or MR Office.

Rainbow Sandland Workshop



Create your own sand art at this workshop. Build a magical world with colourful sand, glitter, playful stickers, and an adorable mini unicorn! This craft activity combines the fun of arts and craft with a unique sensory experience designed to develop fine motor skills and encourage imaginative play. Enrol your child for a screen-free experience that will give him a sense of joy and pride in his own creation.

Date/Day: 11 June 2022, Saturday
Time: 10.30am–12.30pm
Venue: Casuarina Room
Fee: \$26.75 (JuniorGems) | \$29.96 (Member) | \$32.10 (Guest)

Prices include GST.

Min/Max: 8/12 participants
Closing Date: 8 June 2022, Wednesday

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

Ukulele Workshop (Beginners)

Suitable for beginners, the ukulele is cuter and easier to learn than the guitar. The instrument is a song machine that magnetically draws people together to enjoy themselves. The ukulele spirit is contagious – you'll find out for yourself as soon as you master some basics, such as those taught in this class:

- How to properly tune, hold, and strum your ukulele
- Basic ukulele chords
- Basic scales & fingerings
- Diatonic chords in various keys
- Strumming & plucking techniques
- Various plucking patterns
- Single-line melody playing

Day: Every Friday (ongoing)
Time: 1.30pm–3pm
Venue: Club 22
Fee: \$136.96 (Member) for 8 Lessons | \$158.36 (Guest) for 8 Lessons

Prices include GST.



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

Line Dance

Pick up complex line dance routines and impress your buddies with your newly acquired dance steps.



Day/Time: Advanced Line Dance
 Mondays, 4pm–6pm (ongoing)
 Intermediate Line Dance
 Tuesdays, 2pm–4pm (ongoing)
 'High' Beginners
 Wednesdays, 2.30pm–4pm (ongoing)

Venue: Club 22

Fee: Monday & Tuesday Lessons
 \$63.13 (Member) for 4 Lessons | \$75.97 (Guest) for 4 Lessons

Wednesday Lessons
 \$47.35 (Member) for 4 Lessons | \$60.19 (Guest) for 4 Lessons

Prices include GST.

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

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

Coffee Deli

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

Club Twenty-Two

Tel: 6398 5386
Mon–Thu: 4pm–12am
Fri & Eve of PH: 4pm–1am
Sat: 3pm–1am
Sun & PH: 3pm–12am

Crossroads Lounge

Tel: 6398 5310
Mon–Thu: 4pm–12am
Fri & Eve of PH: 4pm–1am
Sat: 3pm–1am
Sun & PH: 3pm–12am

Garden Grill

Tel: 6398 5313
Mon–Fri: 12pm–3pm; 6pm–10pm
Sat, Sun, & PH: 8.30am–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
Daily: 1pm–10pm

Darts Lounge

Mon–Fri & Eve of PH: 2pm–12am
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): 6am–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: 6am–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

Tel: 6286 8888
Mon–Thu, Sun & PH: 11am–12am
Fri, Sat & Eve of PH: 11am–1am

OTHER FACILITIES

Jackpot Room

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

Kiddieland

Daily: 9am–10pm

Lat Salon

Tel: 9666 4463, 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: 6.30am–10.30pm

Study Room

Daily: 9am–10pm

The Hangout

Daily: 9am–10pm

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

Office Manager (GM's Office)

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

Senior Manager (Food & Beverage)

Adrian Chew 6398 5368
Email: adrian_chew@sgcc.com.sg

Finance Manager

Avelyn Tam 6398 5303 / 358
Email: avelyn_tam@sgcc.com.sg

Human Resource Manager

Elleana Ho 6398 5366
Email: elleana_ho@sgcc.com.sg

Membership Relations Manager

Joanne Ng 6398 5337
Email: joanne_ng@sgcc.com.sg

Sports & Recreation Manager

Steven Goh 6398 5372
Email: steven_goh@sgcc.com.sg

Security Operations Manager

Sritharan Lingam 6398 5315
Email: sritharan@sgcc.com.sg

Facilities, Maintenance & Safety Manager

Matthew Lim 6398 5311
Email: matthew_lim@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, Taekwondo, Aikido, Yoga & Fitness Classes

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

Angel Goh 6398 5305
Email: angel_goh@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

BE A MEMBER TODAY!

Join us as an
Ordinary Member!

We can match
you with our list
of Sellers!

*T&C apply.



6286 8888



membership@sgcc.com.sg