



Club *Spirit*

JUNE • JULY 2023

Happy Father's Day!

SGCC celebrates
our fathers!

66th AGM Announcement

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Dad to the Bone Pop culture's signature fathers

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Savouring the Flavours of the British Isles English gastronomic charms

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on Our Social Media



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Dear Fellow Members,

In a blink of an eye, we are in the middle of 2023 already. The mid-year school holidays (27 May – 25 June) will be upon us soon, and many Members would be looking forward to spending some great times with their families. The holidays will also be a good time for Members to catch up with friends, take part in leisure activities and enjoy the good food at the Club.

Besides the regular on-going activities, the Club has something new for the holidays – “Spark Sports Camp”, meant for children aged 7 to 15. The 3-day fun and creative outdoor school holidays camp will involve rock climbing, tennis, swimming, bowling, squash, gym, Taekwondo and more. So, sign up your loved ones soon so as not to miss out on the fun!

There are several promotions and events in the upcoming weeks including the Father's Day Specials at Atrium Café and Garden Grill, the Glenelly Estate Wine Dinner, T-bone Steak Promotion, among others. Oh, and do also look out for the new a la carte menu at Garden Grill. For our Crossroads Lounge regulars, look out for some band changes. We now have The Goldies (Wednesdays), ETC (Thursdays), and OnèRox (Fridays) gracing the stage on the nights indicated. And especially for the dancers, please note the Raya Dance Party at Club 22 on 29 June.

Meanwhile, Vesak Day falls on 2 June. It is the day when Buddhists commemorate the birth, enlightenment and death of Buddha. Celebrating Vesak Day also means bringing happiness to the less fortunate. I would like to wish our Buddhist Members a peaceful and meaningful day of observance.

Hari Raya Haji is the Great Day of Sacrifice for Muslims. This year, it falls on 29 June. It is celebrated to mark the Muslim pilgrimage known as the “Hajj”. I would like to wish our Members and their loved ones of Islamic faith “Selamat Hari Raya Haji”!

In line with tradition, the Club holds its Annual General Meeting (AGM) on the last Sunday of June. This year, the AGM will be held on 25 June. There will be no election during this AGM. However, eligible Members are still welcome to attend.

I would like to take this opportunity to thank fellow Members for their support of the Club during the past year. The GC and Management have improved various aspects of the Club including facilities and Members' experience and will continue to do so.

As we know, inflation has skyrocketed in the past 12 months. The GC and the Management Team must jointly work on balancing the operating budget to tackle the drastic surge in manpower costs and electricity tariff. The Minimum-Spending (Min-spend) scheme was introduced in April 2023 in a staggered fashion.

By the end of June, all Members would have been included in the Min-spend scheme. It is a fair and necessary scheme to improve the Club's operating income and vibrancy. Many Members have since expressed their support for the scheme to me, even as a few have voiced their concerns about it.

The current GC team has 12 more months to go before the end of its term. We will continue to work hard to serve the best interests of the Club. We look forward to your continued participation and support.

Lastly, I would like to wish you all a “Happy Summer Vacation”.

Best wishes,
Koh Jin Kit
 President



▶▶ 66TH ANNUAL GENERAL MEETING

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

DATE:

▶▶ 25 June 2023

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.



Ang Poh Lae

Ordinary Member

Christian Charles Eber

Ordinary Member

Hong Weilun Texas

Ordinary Member

Kwok Melissa Marianne

Ordinary Member

Ng Hock Joo Benjamin

Ordinary Member

Seth Paramjyoti Prakash

Ordinary Member

Tan Buan Hung

Ordinary Member

Allan Tan Hock Huat

Ordinary Member

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Ordinary Member

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Ordinary Member

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Kochukrishnan

Ordinary Member

Tang Zhong Ning

Ordinary Member

Yeo Rulin

Ordinary Member

Vivekananda s/o

Ganesamoorthy

Ordinary Member

Lee Wee Liam

Ordinary Member

Kenneth Teo Wei Yang

Ordinary Member

Choun Ray Han

Ordinary Member

Quack Muay Kia @

Quek Mui Gik

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Charles Druard

Term Member

Bruno Forissier

Term Member

Lionel Francois Jublot

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Term Member

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Geophin George

Term Member

Shawn Ee Ker Chian

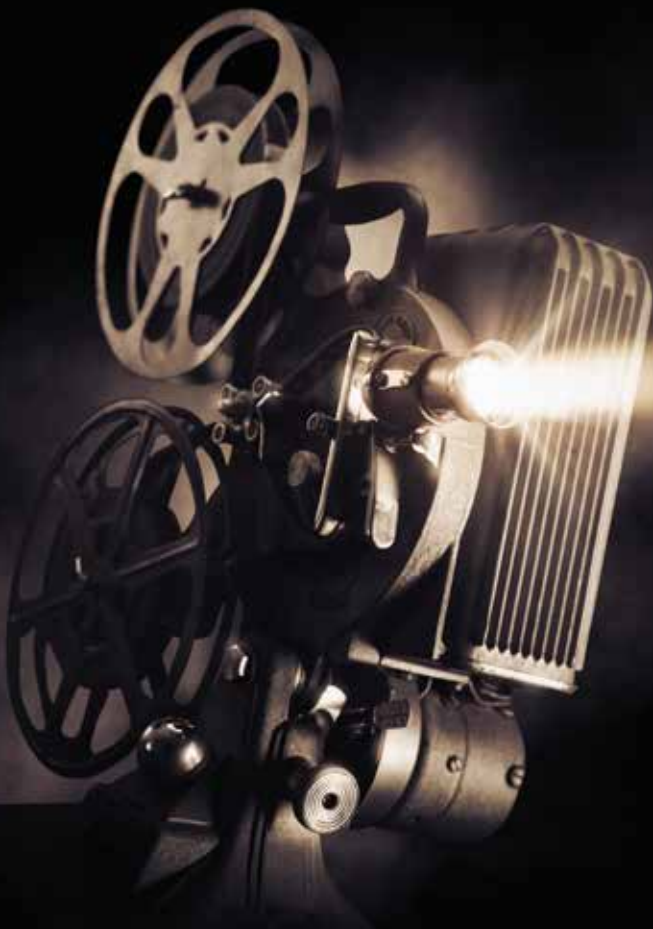
Term Member

Koh Chong Hin

Term Member

Brett Lees

Term Member



These Fathers Are Dad to the Bone!

They don't call it Pop Culture without the Pops, from animation to live action, no story is complete without a dad or a father figure. We sieve through a slew of famous screen dads through time to arrive at just which ones have made the most impact through the years!

The realm of pop culture is rife with many sorts of father figures. Some have made such an impact that they have shaped entire zeitgeists while others remain as cult icons that will never go out of style even long after the last dad joke has fallen flat. While many of them may not be shown to be as capable as their wives, but many times they are no less loving of their children. In fact, it is evident that there is a classic trope of the bumbling dad whose roles in shows are to be that of a punchline even though this trend is slowly being turned around with modern writing.

That said, we have scoured the annals of pop culture-dom and came up with this list of dads who, despite being products of fiction, have a pretty real grip on our collective memories and have their unique lessons to impart.



Darth Vader (Star Wars)

Let's be honest, no decent pop culture dad list is going to be complete without the mention of the dad who started it all. The name of Darth Vader still elicits nods of recognition that are no less fervent than the gasps heard in cinemas the world over in 1979 when the character dropped the F-bomb (we meant "Father" of course) and changed cinematic history forever.

When not committing interstellar genocide, Vader not only makes wearing black cool, he also reminds us that your kids might be the death of you, they are nevertheless the new hope.



Mufasa (The Lion King)

Hands up those who have shed a tear after witnessing the untimely passing of Mufasa in one of the most dramatic animated death scenes not seen since Optimus Prime died in front of millions of kids in 1986. The majestic ruler of the Pride Lands in Disney's The Lion King remains one dad who not only had one of the best manes but also a calm, gravelly voice that would bring even the most wayward of cubs in line. Uncompromisingly strict yet loving, one of Mufasa's most memorable lines is a reminder to us to face a death of a parent stoically as like the

stars in the sky, they would always watch out for us.

Oh, and did we also mention that Mufasa and Darth Vader were voiced by the same actor? Surely nothing is ever by chance. James Earl Jones is the dad voice for life.



Homer Simpson (The Simpsons)

The dad who had launched a thousand memes while lounging on his couch in nothing but his white briefs, Homer is the quintessential spokesperson of the deadbeat dad.

Despite the character playing to the trope of the obtuse, bumbling patriarch who has kids getting under his skin and absolutely hates his day job and his horrible boss, Homer is not without his redeeming moments.

One particular episode had him explaining why no photos of Maggie, the baby of the family, exist in the album. The heart-tugging climax of the tale came when the viewer realised that Homer, who had earlier begged for his previous job in order to feed his family, had taken Maggie's photos and plastered them over the notice that his boss had mockingly put up that read, "Don't forget, you are here forever". With the use of the photos, Homer blocked out parts of the message for it to read instead as "Do It for Her".

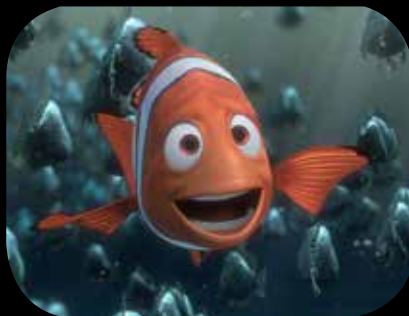
I'm not crying, you are crying.

Marlin (Finding Nemo)

How many of you honestly never knew or remembered that the dad of Nemo, the famous animated clownfish, actually had a name? Talk about living under your son's shadow?

That aside, Marlin makes our list simply because he teaches us that a father's love and heart for their children transcends not just size but also distance. This tenacious little fish would swim across oceans, facing up to dangerous marine denizens like sharks and gulls just to find his missing son; all these while managing a friend suffering from short-term memory.

We certainly applaud him for his patience and long-suffering.



Bryan Mills (Taken)

Speaking of finding missing kids, who else can come to mind as fast as Bryan "I will find you and I will kill you" Mills from Taken? This dad with a special set of skills played perfectly by Liam Neeson is one tough, no-nonsense dad who singlehandedly dismantles an Eastern European human trafficking syndicate in order to locate his kidnapped daughter.

Unfortunately for Mills, his family does have a knack for getting abducted as the movie will spawn two other sequels, each time seeing the titular hero risking life

and limb to rescue his kin. For his tenacity, Mills would...take a spot on our list of top dads.



Tan Ah Teck (Under One Roof)

Back when local dramas had little competition from the streaming services, one local TV family was pretty much the talk of the town. We are talking about the Tan family of Under One Roof, a household whose patriarch is one such Tan Ah Teck who managed to make being a dad to three children of wildly different characters seem like a light-hearted affair.

So ingrained was the character in the psyche of an entire generation in Singapore that those who have watched the series when it aired in the 1990s would instinctively sit up in rapt attention whenever they hear "Let me tell you a story...". Call it a Pavlovian response but local telly would never have quite a character like Ah Teck grace the screens and dominate so much of local comedic pop culture in the years to follow.





Father's Day Family Feast

A family meal to remember.

Available on 17 & 18 June 2023

Operating Hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

6-course Set Menu at \$108 (serves up to 5 diners)

Price includes GST

MENU HIGHLIGHTS

Crab and Corn Chowder with Chicken

Crispy Fried Sea Bass with Thai Basil Sweet Chilli

Grilled New Zealand Lamb Chop with Mint Sauce

Braised Broccoli with Black Mushroom in Oyster Sauce

Stir Fried Seafood Udon

Red Bean Puree with Sago

For more details, call 6398 5309 or

email fnb_outlets@sgcc.com.sg





Father's Day Celebration @ Garden Grill

Treat Dad to a mouthwatering spread!

Available on 17 & 18 June 2023

Operating Hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

\$60 per person

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

Prices include GST

SET MENU

TRIO APPETISER

**Pan-seared Tuna with Yuzu Dressing,
Chicken Roulette and Scallop Benedict**

SOUP

**Baked Potato and Leek Soup
with Bacon and Sour Cream**

MAIN COURSE

Herb-roasted Half Lobster and Steak

DESSERT

Cappuccinomisu

FRESHLY BREWED COFFEE OR TEA

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

Savouring the Flavours of the British Isles

When one thinks of European cuisine, it is not farfetched to say that Italian or French fare would be top of mind. But do you know that the British Isles is also home to a bevy of hearty, homely dishes that possess a gastronomic charm of their own?

The British Isles is an area that spans more than 315,000km² and includes more than 6,000 islands big and small, most uninhabited. Most would no doubt be familiar with the larger members of the archipelago, namely, Great Britain and Ireland, that are both surrounded by numerous other smaller islands such as the Isle of Man and the Shetland Islands.

Even though the region may be fragmented geographically, the indigenous culinary culture remains consistent with its spread of wholesome and filling dishes that mostly revolve around recipes that require baking, stewing and roasting.

Ask a man on the street to name a particular menu item that is quintessentially English and you will likely get Fish and Chips as the answer. As true as that may be, the foods of the British Isles are definitely more than just that! Come on down

with us as we go on a foodie tour of notable English eats and their probable origins!

Laverbread

Some English dishes are some of the most quirkily named food around. One such example is the Laverbread. Contrary to its name, there is no bread in the dish at all! Instead, it is

made wholly from a kind of seaweed called Laver.

To prepare Laverbread, seaweed is pureed or minced before being fried and served as part of a Welsh breakfast. It is believed the dish originated as a form of a survival food of the Vikings. If you are looking for a unique local delight in the British Isles, you could do no wrong with trying the Laverbread.

Bangers and Mash

For the uninitiated, the dish comprises of sausages and mashed potatoes (hence the "mash" bit) covered with a generous serving of onion gravy. Originally a culinary creation of the working class, the dish has been gentrified over the years with gourmet sausages



Laverbread



Bangers and Mash

and mash made from other kinds of root vegetables such as carrots.

The term "bangers" is simply an English slang for sausage. The moniker has its roots in World War II when sausages produced then would be filled with cheap ingredients that go ballistic in the frying pan due to their skins being unable to stand up to the cooking! While sausages now are safer, the dish is definitely still a bomb.

Black Pudding

Remember when we said that English food has some of the strangest naming conventions? Here is another one. A Black Pudding is not a pudding as most people would understand it. It is not even sweet!

In fact, a Black Pudding is simply kind of sausage made from pork or beef blood, animal fats and cereals such as oatmeal as filler. It is a key part of an English breakfast plate and is quite an ancient dish, appearing in Roman recipes from as far back as the 4th century AD!

Expectedly, due to its ingredients, this local dish is one of those foods that draws quite a polarizing response—you will either love it or hate it.



Black Pudding

Bubble and Squeak

Labelled as one of the "best peasant dishes in the world" by food writer Howard Hillman, Bubble and Squeak probably rivals the classic Fish and Chips for its Englishness. The dish is named literally from the noises emitted by the patties of chopped vegetables (typically cabbage) and mashed potato as they get fried into a crispy, golden brown.

Referenced from as early as the 1700s, beef was originally part of the recipe until World War II made the meat hard to come by and was replaced by mashed potato instead. Bubble and Squeak remains a standard British housewife go-to as they would prepare the dish from the leftovers of a Sunday Roast, making it one of the most classic English comfort foods around.



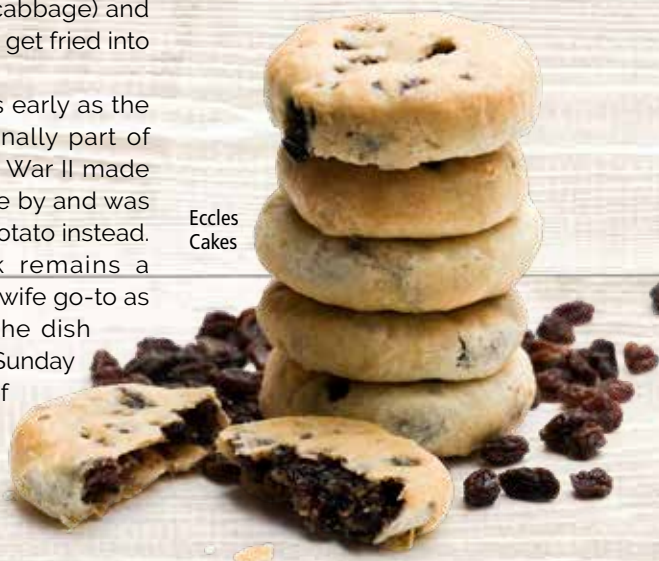
Bubble and Squeak

Eccles Cakes

A sweet treat so decadent it was once considered by the Puritans as a sin to consume, the Eccles Cake certainly lives up to its infamous name and we will soon find out why.

A typical Eccles Cake is a small, round pie filled with currants mixed with sugared citrus peels alongside spices such as cinnamon, nutmeg, allspice and cloves. And it does not stop there, the fillings are then encased with a sweet, flaky pastry skin that is then topped with sugar! No wonder the snack was deemed sinful to eat as it must have gotten the masses quite hooked (think Bubble Tea).

The cake was first baked in the town of Eccles in Lancashire in 1793 and goes very well with the most English of beverages—a piping hot cup of tea.



Eccles Cakes

Have we piqued your interest in trying out some English fare? Whet your appetite this June as the tastes of the British Isles come to SGCC only for the month of June! Check out the full menu at Garden Grill or call 6398 5313 to find out more!



Come Taste the Best of the British Isles Recipes

Delicious dishes from coast to coast.

June 2023 (except 17th & 18th)

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

Price

3-course set menu from \$28 per person
(appetiser or soup, main course, dessert with coffee or tea)

4-course set menu from \$33 per person
(appetiser, soup, main course, dessert with coffee or tea)

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

Prices include GST

APPETISER

Potato Scones with Smoked Salmon
OR
Warm Halloumi Salad
with Fine Bean, Cherry Tomato and Capers
OR
Sausage Roll

SOUP

Trio of Mushroom Soup
OR
Broccoli, Leek and Potato Soup

MAIN COURSE

Classic British Fish and Chips
with Vinegar and Mushy Peas
OR
Teesside Chicken Parmo
with Roasted Potato and Mesclun
OR
British Shepherd's Pie with Tender Ground Beef,
Hand-whipped Mashed Potatoes and Fresh Local Greens
OR
Banger and Mash with Onion Gravy
OR
Beef Ribeye Steak with Yorkshire Pudding
with Red Wine Sauce (\$8 surcharge)

DESSERT

Waterloo Bridge Café English Trifle
OR
Sticky Toffee Pudding with Salted Caramel Sauce

COFFEE OR TEA

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

Eat, Drink, Earn

Be rewarded when you
dine at any of our
F&B outlets



Accumulate spending of more than
\$500 within a month at any of
our F&B outlets and receive a
SGCC F&B voucher in
gratitude for your support.

**Terms and conditions apply*

Every block of \$500 spent in a month
entitles you to a **\$20 F&B** credit value.

Promotion Period: 1 April 2023 - 31 March 2024

For more details, contact Adrian at 6398 5368
or email fnb@sgcc.com.sg





Banquet Meeting Packages

Make your next meeting a fruitful one with us!

Package A (Full-day 8 hours) @ \$65 per person

2 coffee breaks with snacks
Customised 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
Customised lunch

Package D (Half-day 4 hours) @ \$40 per person

1 coffee break with snacks

Packages require a minimum of 10 attendees and above

Packages include

- Meeting/Seminar venue
 - Choice of set-up
- Complimentary use of LCD projector and screen
 - 2 cordless microphones
- Complimentary wireless broadband access
 - Flipcharts with markers
- Complimentary car parking

Optional items

Team-building activities
(subject to availability and charges):

- Bowling games
- Karaoke session
- Billiard games
- Darts

Price includes GST



For more details, call Banquet
Sales at 6398 5387 today!



All-American Cuisine

A Gastronomic Party in the USA!

July 2023

Operating Hours

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

**3-course set menu
from \$28 per person**

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

**4-course set menu
from \$33 per person**

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

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

Prices include GST

APPETISER

**Awesome Bacon-wrapped Brussels Sprouts
with Honey Garlic Mayo**

OR

Sweet Potato Deviled Eggs

OR

American Potato Salad with Bacon Bits

SOUP

Classic Clam Chowder with Croutons

OR

Creamy Roasted Tomato Basil Soup

MAIN COURSE

Penne alla Vodka

OR

**Pecan-crusted Baked Sole
with Roasted Red Skin Potato**

OR

**Sticky Barbeque Pork Ribs
with Honey Butter Corn**

OR

**Half Rotisserie Chicken
with Garlic Gravy**

OR

**400g T-bone Steak (\$25 surcharge)
with Herb Garlic Butter**

DESSERT

**Double Fudge Brownie
with Vanilla Ice-Cream**

OR

Healthy Berry Yoghurt Granola Parfait

COFFEE OR TEA

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



BE A TERM MEMBER OF Serangoon Gardens Country Club



2-storey Gym with
an overlooking view.

\$2,592
(1 YEAR)

\$4,536
(2 YEARS)

All prices include GST.
Open to locals and foreigners.

Sign up as a Member and enjoy:

- Welcome gift of \$200 spending credits.
- Full access to Club facilities.
- Olympic-size swimming pool.
- Two-storey Gym with personal training programmes.
- Dining privileges at our Members-only Club restaurants.
- Discounted rates for private events and function room bookings.
- Near International French School and a stone's throw away from your home if you are a resident of Serangoon Garden.



Olympic-size swimming pool.

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

CHINESE WEDDING DINNER PACKAGE 2023

The perfect venue for your perfect wedding!

Eat, Drink & be Merry

- 8-course Chinese Cuisine
- Free flow of soft drinks
- Free flow of Chinese Tea throughout wedding banquet
- One complimentary beer barrel
- One complimentary bottle of house wine per confirmed tables
- One bottle of sparkling wine for champagne pouring
- Corkage waived for all duty-paid hard liquor and wines
- Wedding cake for cake-cutting ceremony
- Complimentary food tasting for up to 10 persons from Monday to Thursday

Memories for Family & Friends

- Unique selection of wedding favours for your guests
- Complimentary use of LCD projector and screens
- Elaborative decorations on stage and elegant stands along the aisle
- Specially designed guest signature book and token box
- Specially designed wedding invitation cards base on 70% of confirmed attendance (excludes printing)
- Complimentary packing coupons based on 20% confirmed attendance
- Reservation of 2 VIP parking lots
- Complimentary day-use room

Dreams Come True (for 35 tables and above)

- Free flow of beer for 4 hours
- Complimentary 2-way shuttle service from nearest MRT to club
- Artisanal Dessert Bar
- \$200 SGCC dining vouchers

Mon - Thur: \$988 per table (10pax)

Fri, Sat, Sun, eve of PH & PH: \$1088 per table (10pax)

Prices include GST

FOR ENQUIRIES • 6286 8888 or 6398 5387 • banquetsales@sgcc.com.sg





Scaling to the Top!

Rock climbing might just be the perfect teaching tool for children to realise that while being at the top feels great, the process and journey in getting there are much more important.

As you are reading this, school is probably out and the holidays are back! This would mean that the kids are back at home and parents have to figure out how to plan for activities that would expend their boundless energy and prevent the children from engaging in too much screen time. While most parents would opt for activities such as playing at indoor playgrounds, trips to the zoo or the museums, taking a hike up the Treetop Walk at MacRitchie Reservoir or even a fun day at the beach, many other alternatives that were previously niche activities are now getting more accessible and popular.

One such option for getting kids to have fun and yet be adequately challenged is indoor rock climbing—a sport that involves scaling a wall dotted

with various colour-coded hand and footholds to allow climbers to plot their paths and denote challenge level. The goal is simple, reach the top of the wall without falling off. The tricky bit is figuring out how which ramps up the challenge factor that has kept both young and adult fans of the sport hooked and coming back for more.

With the recent trend of children being at risk of becoming more sedentary and reliant on various digital media to be entertained, there is a renewed interest in trying to get the young ones to work at becoming more active for their continued physical and mental well-being. Rock climbing, therefore, offers much benefits to children in that direction. Here are three good reasons why it might be good... to hit the wall.

Developing a keen sense of bodily coordination

One of the many perks of rock climbing is helping children develop and train their sense of proprioception, or the ability of the body to detect its position in space. For instance, you might not think much about it but being proprioceptive will mean that you are able to perform actions such as touching your nose with your eyes closed.

This particular sense is important to growing children as it enables them to perform some tasks or actions simultaneously without having to stop and think on each one separately, such as running and bouncing a basketball or dribbling a football.

Rock climbing is therefore, one of the many activities that not only allows

children to be more proprioceptive but also have fun while at it! Imagine having to manage scaling a rock wall, keeping a firm grip while thinking of the next hand or foothold to grab or step on in order to progress!

Celebrating small victories and developing resilience

Rock climbing is not the easiest of physical activities. It will challenge young climbers literally every step of the way and demand that they keep their focus or risk falling off.

The sport also encourages children and parents to celebrate every little progress that is made on the way to the top. The first climbs may not be successful but as the child is made to remember their past triumphs and concentrate on making lesser mistakes in their next climb, it will serve to strengthen their resilience and desire to succeed. Useful life skills to have as they grow up!

Developing vital communication skills

As part of the activity, it is often very necessary to maintain an effective and clear channel of communication between the climber and the belayer below. A belayer is a person who controls the safety rope connected to the climber and ensures that it is slack enough for the climber to proceed, but always ready to make the rope taut to break any falls so that the climber descends slowly.

Kids engaging with rock climbing must therefore be able to not just be clear with what assistance they would need at any one time, but also be able to take in instructions from the trainer or belayer in order to make the climb smooth. Being able to listen and act on instructions while honing the ability to be precise are the bedrock of solid communication skills that would put a growing child in good stead.

Rock Climbing Essentials

Gear is everything in rock climbing. Make sure your child is kitted out before heading off to conquer the rock wall. Here are some essential tools for the sport.

Harness

Child harnesses come in three different forms: sit-in, full-body or separate. Each of these come with their sets of pros and cons. Do try them on your kids to see which one fits them best in terms of sizing and comfort.

Harnesses are vital as they ensure the child is properly protected against bad falls.

Climbing Shoes

Besides protecting little feet, shoes made for rock climbing affords the young climber a superior grip and allows them to perform challenging manoeuvres while ascending. Newer climbers should go with climbing shoes with a flat surface and less toe-curl.

Chalk Bag and chalk

Chalk is rubbed on the hands of climbers to improve grip. Get all creative with a personalised chalk bag that would make the climbing experience all the more memorable for your child. Don't worry about the type of climbing chalk to use though we recommend using chalk balls.

Climbing chalk is also non-toxic so parents need not worry about accidental ingestion.

Climbing Helmet

Self-explanatory but do look for helmets that are not too heavy, are breathable and easily cleaned.

Durable climbing wear

Never allow your child to climb in shorts. Look for climbing apparel that have the following descriptions such as "ripstop", "quick-dry" and "friction-resistant".

Rock Climbing Terms

Don't be caught stone cold when you hear these being uttered during a typical rock climbing session. Impress your kids with these common jargon that rock climbers use.

Anchors:

The chains that climbers clip their rope and personal anchor system into at the top of a climbing route.

Belay:

The rope system that stops a climber's fall. It includes the rope, anchors, belay device and the belayer.

Bolts:

Metal bolts drilled into the rock wall to aid climbs.

Crack:

A fissure in a rock wall, typically used for hand- and footholds while climbing.

Harness:

A webbing belt and leg-loop system that attaches a climber to a rope. Full-body harnesses are used for children.





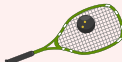

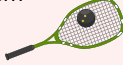







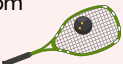







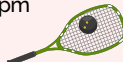










Mantel:

A climbing move in which downward pressure is applied with the hands to a ledge, lifting the body high enough to get the feet on that same ledge.























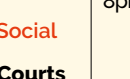



Smear:

A climbing technique in which the sole of the shoe, combined with the feet, provides traction to move upward.

JUNE 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		 1 The Best of British Isles Recipes Garden Grill 12pm/6pm Squash Social Night Squash Courts 5pm Tristan & Yunrui Crossroads Lounge 8pm	2 VESAK DAY OnéRox Crossroads Lounge 8pm 	3 Locomotion Club 22 8pm  Back2Basic Crossroads Lounge 8pm	4	
5 Advanced Line Dance Club 22 4pm 	6 Squash Social Night Squash Courts 5pm 	7 Table Tennis Social Practice Squash Court 4 2pm  The Goldies Crossroads Lounge 8pm	8 Squash Social Night Squash Courts 5pm  ETC Crossroads Lounge 8pm	9 Social Dance Class Club 22 2.30pm  OnéRox Crossroads Lounge 8pm Tennis Social Night Tennis Courts 8pm 	10 Junior Bowling Championship Gardens Bowl 10am  DIY Unicorn Lamp Casuarina Room 10.30am AVR Crossroads Lounge 8pm Locomotion Club 22 8pm	11
12 Spark Sports Camp (12-14 June) Sports & Recreation 9am Advanced Line Dance Club 22 4pm 	13 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm 	14 Table Tennis Social Practice Squash Court 4 2pm  High Beginners Line Dance Club 22 2.30pm The Goldies Crossroads Lounge 8pm	15 Basic/Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm  Tristan & Ruoyuan Crossroads Lounge 8pm	16 Social Dance Class Club 22 2.30pm  OnéRox Crossroads Lounge 8pm 	17  Father's Day Set Menu Garden Grill 12pm/6pm Father's Day Family Feast Atrium Café 12pm/6pm Popfloss Crossroads Lounge 8pm Locomotion Club 22 8pm 	18  Father's Day Set Menu Garden Grill 12pm/6pm Father's Day Family Feast Atrium Café 12pm/6pm Rapid Chess Competition Casuarina Room 12pm 
19 Advanced Line Dance Club 22 4pm 	20 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	21 Table Tennis Social Practice Squash Court 4 2pm High Beginners Line Dance Club 22 2.30pm The Goldies Crossroads Lounge 8pm	22 Basic/Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm  ETC Crossroads Lounge 8pm	23 Social Dance Class Club 22 2.30pm  OnéRox Crossroads Lounge 8pm Tennis Social Night Tennis Courts 8pm 	24  Dreamcatcher Workshop Casuarina Room 10.30am  AVR Crossroads Lounge 8pm Locomotion Club 22 8pm 	25
26 Advanced Line Dance Club 22 4pm 	27 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	28 Table Tennis Social Practice Squash Court 4 2pm The Goldies Crossroads Lounge 8pm	29 HARI RAYA HAJI Squash Social Night Squash Courts 5pm  Tristan & Ruoyuan Crossroads Lounge 8pm	30 		

JULY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31 					1 All-American Cuisine Garden Grill 12pm/6pm  Stroke of Gratitude Sharing Session Casuarina Room 10am Memory Lane Club 22 8pm  AVR Crossroads Lounge 8pm	2
3 Advanced Line Dance Club 22 4pm 	4 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	5 Table Tennis Social Practice Squash Court 4 2pm High Beginners Line Dance Club 22 2.30pm The Goldies Crossroads Lounge 8pm	6 Basic/Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm  Tristan & Yunrui Crossroads Lounge 8pm	7 OnéRox Crossroads Lounge 8pm 	8 #SGCCGoes Hiking Tree Top Walk 8am  Memory Lane Club 22 8pm  AVR Crossroads Lounge 8pm	9
10 Advanced Line Dance Club 22 4pm 	11 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	12 Table Tennis Social Practice Squash Court 4 2pm High Beginners Line Dance Club 22 2.30pm The Goldies Crossroads Lounge 8pm	13 Basic/Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm  ETC Crossroads Lounge 8pm	14 OnéRox Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm 	15 Memory Lane Club 22 8pm  AVR Crossroads Lounge 8pm	16 Mahjong Competition Kensington Ballroom 12pm 
17 Advanced Line Dance Club 22 4pm 	18 Intermediate Line Dance Club 22 2pm  Squash Social Night Squash Courts 5pm 	19 Table Tennis Social Practice Squash Court 4 2pm High Beginners Line Dance Club 22 2.30pm The Goldies Crossroads Lounge 8pm	20 Basic/Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm  Tristan & Ruoyuan Crossroads Lounge 8pm	21 OnéRox Crossroads Lounge 8pm 	22 Memory Lane Club 22 8pm  AVR Crossroads Lounge 8pm	23
24 Advanced Line Dance Club 22 4pm 	25 Intermediate Line Dance Club 22 2pm Squash Social Night Squash Courts 5pm 	26 Table Tennis Social Practice Squash Court 4 2pm High Beginners Line Dance Club 22 2.30pm The Goldies Crossroads Lounge 8pm	27 Basic/Beginners Line Dance Club 22 2.30pm Squash Social Night Squash Courts 5pm  ETC Crossroads Lounge 8pm	28 OnéRox Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm 	29 Tummy Trim Workshop Casuarina Room 10am Back2Basic Crossroads Lounge 8pm Memory Lane Club 22 8pm 	30 Age Group Swim Meet 2023 Swimming Pool 1pm 

PAST EVENTS

SGCC TENNIS JUNIOR CHAMPIONSHIP

39 talented young tennis players aged between 8 to 14 got together at the tennis courts on 12 March to see who came up tops in the SGCC Tennis Junior Championship! The competition was indeed fierce and the close results reflect the proximity in skills that these young players possessed. Congratulations to all of our winners!



Lucas Zheng, champion of 8U (Red) categories with Coach Eddy.



Ian Loh, champion of 8U (Orange) categories with Coach Naing.



Titus Lin, champion of 10U (Division A) with Coach Soe.



Julius Peter Barnes Kai, champion of 10U (Division B) with Coach Soe.



Coach Soe given some advise to the participants.

8 YEARS OLD AND BELOW (RED)

Champion	Lucas Zheng
Runner-up	Trevor Choy
Plate Champion	Collin Philippsen
Plate Runner-up	Goh Zi Le

8 YEARS OLD AND BELOW (ORANGE)

Champion	Ian Josh Loh
Runner-up	Ethan Yap

10 YEARS OLD AND BELOW (DIVISION A)

Champion	Titus Lin
Runner-up	Soh Chen Feng
Plate Champion	Shaun Loh
Plate Runner-up	Anne Chan

10 YEARS OLD AND BELOW (DIVISION B)

Champion	Julius Peter Barnes Kai
Runner-up	Ethan Yap
Plate Champion	Lance Lim
Plate Runner-up	Oliver Choy

12 YEARS OLD AND BELOW

Champion	Jarod Chow
Runner-up	Kingsley Lin
Plate Champion	Malcolm Chia
Plate Runner-up	Koen Chua

14 YEARS OLD AND BELOW

Champion	Fabian Koh
Runner-up	Kingsley Lin
Plate Champion	Brigitte Chia
Plate Runner-up	Camelia Wong

UPCOMING EVENTS

SGCC JUNIOR BOWLING CHAMPIONSHIP 2023

The SGCC Junior Bowling Championship is back this year. Do you think your child has what it takes to take down the event? Register today to enter and have your junior bowler prove their mettle against the rest of the club's talented youngsters!



Date/Day: 10 June 2023, Saturday
Venue: Gardens Bowl

Categories: **Category A** (13 Yrs & Above) *
Check-in Time: 12pm
Roll-off Time: 12.15pm
Format: Best of eight games

Category B (12 Yrs & Below)*
Check-in Time: 10am
Roll-off Time: 10.15am
Format: Best of six games

**Both categories are open to boys and girls, ages as at 1 January 2023*

Format: Handicaps will be as follows:
Category A (13 yrs & Above)
 • National Youth (Boys & Girls)
 – 0 Handicap
 • SGCC Youth (Boys) – 5 Handicap
 • SGCC Youth (Girls) – 10 Handicap
 • Boys (Non-member of National Youth and SGCC Youth squad (applicable to Feeder squad) – 10 Handicap
 • Girls (Non-member of National Youth and SGCC Youth squad (applicable to Feeder squad) – 20 Handicap

Category B (12 yrs & Below)
 • SGCC Youth Feeder Squad (Boys and Girls) (10 Handicap)
 • Non member of SGCC Youth Bowling Team (Boys and Girls) (15 Handicap)

Fee: Category A \$32.40* | Category B \$25.92*
**Price includes GST*

Min/Max: 20/30 participants
Closing Date: 2 June 2023, Friday

Zaleha at 6398 5373 or zaleha@sgcc.com.sg

SGCC MAHJONG COMPETITION 2023

Think you got what it takes to be the SGCC Mahjong Champion of 2023? Come on down and prove it against some of the toughest competition that SGCC has to offer! Entry fees include lunch.



Date/Day: 16 July 2023, Sunday
Time: 12pm onwards
Venue: Kensington Ballroom
Fee: \$16.20*

**Price includes GST*

Format: Three rounds
Closing Date: 2 July 2023, Sunday

Zaleha at 6398 5373 or zaleha@sgcc.com.sg

BOWLER OF THE YEAR 2023

Those up for a challenge can now take part in the Bowler of the Year Qualifying Round. This quarter, put your skills to the test on the NAG 2023 48ft oiling pattern. Don't miss the opportunity to qualify and advance to the Finals held later in December!



Date/Day: Ongoing daily till 30 June 2023, Friday
Time: 2pm onwards (Mon-Fri & Eve of PH) | 11am onwards (Sat, Sun & PH)

Venue: Gardens Bowl
Oiling Pattern: NAG 2023 48ft
Format: 1 attempt (3 games)
Fee: \$12.61*

**Price includes GST, for Members only*

Zaleha at 6398 5373 or zaleha@sgcc.com.sg

RAPID CHESS COMPETITION

Calling all SGCC Chess enthusiasts! Come join us in Rapid Chess and share the joys of the hobby with fellow chess fanatics.



Date/Day: 18 June 2023, Sunday
Time: 12pm–6pm
Venue: Casuarina Room
Fee: \$10.80* (Member) | \$21.60* (Guest)
**Price includes GST*

Closing Date: 4 June 2023, Sunday

Zaleha at 6398 5373 or zaleha@sgcc.com.sg

AGE GROUP SWIM MEET 2023

It is time to make waves, take names and smash records at the Age Group Swim Meet 2023. Check out the details below if you wish to be a part of the competition!



Date/Day: 30 July 2023, Sunday
Time: 1pm–5pm
Venue: Swimming Pool
Fee: **SGCC Member**
 \$10.80* for first two individual events
 \$5.40* for subsequent events up to max 5 individual events
Guest
 \$16.20* for first two individual events
 \$8.64* for subsequent events up to max 5 individual events
**Price includes GST*

Closing Date: 16 July 2023, Sunday

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

TABLE TENNIS SOCIAL PRACTICE

Whether you are a beginner, casual player or seasoned pro, all are invited to the SGCC Table Tennis Social Practice where you are bound to meet players of appropriate skill levels while also offering opportunities to improve your own skills.



Day: Every Wednesday
Time: 2pm–4pm
Venue: Squash Court 4
Fee: Free for SGCC Members
 (Event open to Members only)

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

SQUASH SOCIAL NIGHT

Come on down and enjoy an evening of casual Squash with fellow SGCC Squash players. No bookings are required. Just show up and play!



Day: Every Tuesday and Thursday
Time: 5pm–8pm
Venue: Squash Courts
 (Please sign in at the gym counter before proceeding with your games)
Fee: Free for SGCC Members

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

#SGCCGOES

The Sports and Recreation team are planning programmes and activities outside the Club's premises under the #SGCCGoes. Some exciting activities that are in the pipeline that we can share with you are as follows!

#SGCCGOES HIKING

- Tree Top Walk at MacRitchie
- Visiting the Rail Corridor
- Trekking Bukit Timah Nature Reserve
- A Romp at Labrador Park



#SGCCGOES CYCLING

- Marina Basin/Barrage
- East Coast Park
- Pasir Ris Park to Coney Island



#SGCCGOES TREE CLIMBING

- Tree Top Adventure



Besides these one-off activities, we are also exploring the following programmes

#SGCCGOES CLIMBING **#SGCCGOES SAILING** **#SGCCGOES DIVING**

More information will be released soon. Watch this space!

TENNIS SOCIAL NIGHT



For two evenings in June and July, adult SGCC Members are invited to head on down to the Tennis Courts and have some casual Tennis games with other Members! All skill levels are welcome!

Date/Day: 9 and 23 June / 14 and 28 July 2023
Time: 8pm–10pm
Venue: Tennis Courts
Fee: Free for SGCC Members

Taufiq Sa'ad at 6398 5340 or recreation@sgcc.com.sg

CLASSES

SGCC LEARN TO BOWL PROGRAM



Catering to young children 7-12 who are aspiring bowlers, the SGCC Learn to Bowl program will be a perfect platform for them to further develop their potential, get selected as part of SGCC Youth Bowling team or even be a good channel for Direct School Admission based on the sport!

Date/Day Every Friday
Time 7.30pm–8.30pm
Venue Gardens Bowl
Fee \$86.40*
Min/Max 10/15 participants

**Fees quoted are for 4 sessions per month and includes GST*

Closing Date 4 June 2023, Sunday

Zaleha at 6398 5373 or zaleha@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
 \$46.22 (Member) | \$57.78 (Guest)
Private Coaching
(to arrange with instructor)
 \$79.38 (Member for Individual, 1.5hrs)
 \$90.72 (Guest for Individual, 1.5hrs)
 \$63.56 (Member for 2 Students, 1.5hrs)
 \$75.11 (Guest for 2 Students, 1.5hrs)

Prices include GST.

Zaleha Hanibah at 6398 5373 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: \$45.36* (Member, per hour) |
 \$56.70* (2 pax per group, per hour)
Additional \$10.80* per guest, per hour

** Price includes GST but not court bookings.*

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

AIKIDO

Aikido is a martial way, a discipline and an exceptional way to train the body, mind and spirit. It inculcates the correct attitude of respect, sincerity and modesty and puts them as essential qualities vital to one's learning process and character development.



About the Trainer

Mr Simon Lee is a 5th Dan Yudansha of Aikikai Foundation Aikido Work Headquarters, Japan and a PA approved trainer in Tanglin CC and Cairnhill CC in Singapore. He has more than 40 years of experience in Aikido training and practice. The Aikido Lessons and instructions in SGCC are supported by Aikido Singapore.

Day/Time: Every Saturday, 4.30pm–5.30pm

Venue: Aerobics Studio

Fee: \$56.70* (Member) | \$68.04* (Guest)

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

Contact Julia Kong at 6398 5352 for more information.

FUSION MOBILITY

This is a low- to moderate-intensity class for people of all levels of fitness. The neuromuscular effects will improve fitness, physical strength, stability, mobility and injury prevention. Resistance bands will be required.

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: Mondays, 10am–11am

Venue: Aerobics Studio

Fee: \$86.40* (Member) | \$109.08* (Guest)

* Price includes GST and are for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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

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 Trainer

Clare Tay has more than 20 years' 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: \$68.04* (Member) | \$90.72* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.



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

TENNIS COACHING PROGRAMME



Wanting to pick up Tennis but feel intimidated by all the options outside? Why not join the SGCC Tennis Coaching Programme specially tailored for all skill levels and ages? The Programme is open to all Members and Guests alike and are priced competitively. Come on down and check it out yourself!

ADULT GROUP COACHING PROGRAMME

Class:	Beginner
Day/Time:	Tuesdays, 9pm–10pm
Fee:	\$109.73* (Member) \$131.33* (Guest)
Class:	Intermediate
Day/Time:	Mondays, 7pm– 8.30pm and 8.30pm–10pm
Fee:	\$164.59* (Member) \$186.19* (Guest)
Class:	Ladies' Intermediate
Day/Time:	Fridays, 8am–9.30am
Fee:	\$164.59* (Member) \$186.19* (Guest)
Class:	Club Men/Women
Day/Time:	Wednesdays, 7.30pm–9pm
Fee:	\$164.59* (Member) \$186.19* (Guest)

Prices include GST and are for 4 sessions per month.

JUNIOR GROUP COACHING PROGRAMME

Class:	Red Ball (for kids 4 to 6 new to tennis)
Day/Time:	Mondays, 4.30pm–5.30pm Fridays, 5pm–6pm
Fee:	\$109.73* (Member) \$131.33* (Guest)
Class:	Orange Ball (for kids 5 to 7 promoted from Red Ball)
Day/Time:	Wednesdays, 4.30pm–6pm
Fee:	\$164.59* (Member) \$186.19* (Guest)
Class:	Green Ball (for kids promoted from Orange Ball)
Day/Time:	Wednesdays, 4.30pm–6pm
Fee:	\$164.59* (Member) \$186.19* (Guest)
Class:	Junior 1 (Lower Intermediate)
Day/Time:	Wednesdays, 6pm–7.30pm
Fee:	\$164.59* (Member) \$186.19* (Guest)
Class:	Junior 2 (Intermediate)
Day/Time:	Mondays, 5.30pm–7pm
Fee:	\$164.59* (Member) \$186.19* (Guest)
Class:	Junior 3 (High Intermediate)
Day/Time:	Tuesdays, 4.30pm–6pm and 7.30pm–9pm Thursdays, 6pm–7.30pm
Fee:	\$164.59* (Member) \$186.19* (Guest)
Class:	Junior (Advanced)
Day/Time:	Saturdays, 10am–11.30am and 11.30am–1pm
Fee:	\$164.59 (Member) \$186.19 (Guest)

** Price includes GST and are for 4 sessions per month.*

Min: 3 participants

Taufiq Sa'ad at 6398 5340 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, 7.30am–8.30am
Venue:	Car Park Area (Palm Wing)
Min:	6 participants
Fee:	\$147.42* (Member) \$170.10* (Guest)

** Price includes GST and is for a set of 12 sessions.*

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:	\$86.40 (Member, per hour)
	\$129.60 (2–4 pax per group, per hour)
	Additional \$16.20 per guest, per hour

Prices include GST but do not include court bookings.

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

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: \$68.04* (Member) | \$79.38* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 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: \$68.04* (Member) | \$90.72* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 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.

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: Fridays, 11am–12pm

Venue: Aerobics Studio

Fee: \$68.04* (Member) | \$90.72* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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

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 burn efficiently all day.

About the Trainer

Having conducted group exercise classes for more 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: Wednesdays, 7.30pm–8.30pm

Thursdays, 10.30am–11.30am

Venue: Aerobics Studio

Fee: \$86.40* (Member) | \$109.08* (Guest)

* Price includes GST and are for 4 lessons in a month; there will be additional charges if there are 5 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: \$68.04* (Member) | \$90.72* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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: \$73.44* (Member) | \$84.78* (Guest)

* Price includes GST and is 4 lessons in a month; there will be additional charges if there are 5 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: \$172.80* (Member) | \$184.14* (Guest)

* Price includes 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 prerequisites are required to attend intensive training.

Day/Time: TBC
Min: 10 participants
Fee: \$140.40* (Member) | \$151.74* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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.

**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.

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: \$86.40* (Member) | \$97.20* (Guest)

Advanced

Day/Time: Fridays, 8pm–9pm
Fee: \$86.40* (Member) | \$97.20* (Guest)

Intermediate/Advanced (Sparring & Self-Defence)

Day/Time: Sundays, 5.30pm–6.30pm
Fee: \$102.60* (Member) | \$113.40* (Guest)

* Price includes GST and is for 4 lessons in a month; there will be additional charges if there are 5 lessons in a month.

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: Mon & Fri: 4pm–5pm, 5pm–6pm
Tue & Thu: 4pm–5pm, 5pm–6pm, 6pm–7pm
Sat: 9am–10am, 10am–11am, 11am–12pm, 3.30pm–4.30pm, 4.30pm–5.30pm
Sun: 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**
\$68.04* (Member) | \$79.38* (Guest) Weekday |
\$90.72* (Guest) Weekend
2 Sessions/Week
\$90.72* (Member) |
\$113.40* (Guest; both sessions on weekdays) |
\$124.74* (Guest; 1 session on weekday &
1 session on weekend) |
\$136.08* (Guest; both sessions on weekend)

* Price includes GST and is for 4 lessons a month; there will be additional charges if there are 5 lessons in a month.

Registration fee for new sign-up/re-registration at \$30.28 per pax (includes starter bundle of one pair of goggles, one kickboard, and one swimming cap).

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 Sahai 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**
\$68.04* (Member; once a week per month) |
\$85.05* (Guest; once a week per month)
2 Sessions/Week
\$113.40* (Member; twice a week per month) |
\$130.41* (Guest; twice a week per month)

* Price includes 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 and 42 months old. Each child is to be accompanied by a parent.

Venue: Swimming Pool
Fee: \$136.08* for four sessions @ 15 minutes per session
Additional guest charges:
\$5.40* per session (weekday)
\$8.64* per session (weekend)

* Price 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



You Are What You Eat!

Not all food is created equal. Some are simply denser in nutrients pound for pound as compared to their contemporaries and yet still manage to taste great!

Let's face it. The COVID-19 pandemic over the past three years has changed how we value physical well-being and maintaining our bodies so that we stay in the pink of health.

Going hand in hand with the notion of staying healthy is the value of getting the right nutrition and as such, there has been a renewed interest as well in the exploration of 'superfoods'. Even though the label is not a novel one, many of these 'superfoods' have once again, come into the spotlight due to the global health situation.

To get things grounded, there is no such thing as a 'superfood'—the term itself being one that was coined by the health and wellness industry as a marketing hook. That said, there is no denying that there are certain foods that contain a higher

level of nutrition that will put us in good stead if we include them in our daily diets.

Here are a few nutrient-dense foods which you can consider

adding to your menu the next time you roll down the supermarket aisles. And you might be surprised, all of them are easier to find than you think.

Salmon

Salmon and other fish of its biological makeup, commonly known as "fatty fishes", are a rich source of Omega-3 fatty acids. Some examples of fatty fishes include mackerels, sardines and tuna. Omega-3 fatty acids are a kind of polyunsaturated fat (the good kind of fat) that have anti-inflammatory properties, help cells thrive and promote positive cardiovascular health. Our bodies cannot produce enough of Omega-3 fatty acids needed for proper survival and thus, it is important to look for it in the food we consume.

Besides, Omega-3 fatty acids, salmon (especially wild ones) are filled to the gills with other nutrients such as magnesium and potassium that are great in maintaining blood pressure.





Seaweed

The fact that the humble seaweed is one of the most nutrient-dense food around is testament to the fact that looks can indeed lie. Edible species of the

marine grass (seaweed being a collective term) can even be more nutritious than their terrestrial cousins. Seaweed that is typically consumed are rich in calcium and iron amongst other vitamins and minerals.

However, one the main reasons why seaweed is seen as a power food is that it is absolutely packed with iodine. Iodine is an integral mineral in ensuring optimal thyroid health. A functional thyroid goes a long way in maintaining a balanced metabolic rate in the body while ensuring that the cardiovascular, digestive and nervous systems work smoothly.

Nuts

Collectively, nuts and seeds pack a one-two punch in being a rich source of plant protein and consequently being a viable contributor to weight loss since protein induces satiety. With their sheer varieties, different nuts also provide varied benefits. Almonds, for instance, are great for heart and bone health while cashews can give our immunity a boost.

Walnuts, in particular, are lauded for their antioxidant content, which plays an important role in the lowering of the risks in developing certain kinds of cancer. The brain-shaped nut is also an excellent alternative source of plant-based Omega-3 acid.



Kimchi

Perhaps nothing is more emblematic of a culture than a cultured food that is kimchi. The Korean culinary creation commonly uses the leaves of the Napa Cabbage as its main ingredient which are then salted and fermented. Kimchi can also be made from other greens such as radishes and cucumbers.

As it is made via a fermentation process that encourages the growth of a probiotic called Lactobacillus, this gives kimchi its signature sourness. The presence of the probiotic also makes the dish exceptional in promoting good gastrointestinal health and by extension, a healthy immune system. It is also believed that due to the high level of probiotics within kimchi, it possesses anti-inflammatory properties that is invaluable in staving off chronic inflammation that is associated with numerous illnesses.



Potatoes

While being a coach potato is bad, the actual tuber itself is anything but. In fact, while we know that potatoes are absolutely delicious no matter how it is prepared, be it fried, baked or boiled, not many are aware that the potato actually contains a little of almost every nutrient the body needs such as potassium, copper, iron and manganese as well as vitamin C and most B vitamins.

Potatoes are also very filling and therefore, increases satiety which contributes to weight loss over time. There are also accounts that potatoes are a good source of resistant starch that makes for a healthy gut thus impacting one's digestive system positively.



Yorkshire Pudding

Nothing is more English than a well-done Yorkshire Pudding. Contrary to its name, the dish is not a dessert. Instead, it is a savoury treat that is guaranteed to round up a good English dining experience. This easy Yorkshire Pudding recipe takes about 40 minutes to prepare and serves up to 12 people.

Ingredients

- ✓ 3 eggs
- ✓ 1 cup of milk (a 325ml or 11 ounces cup)
- ✓ 1 cup of all-purpose flour (a 325ml or 11 ounces cup)
- ✓ 2 tablespoons of butter

Directions

- Pre-heat the oven to 190 degrees.
- Beat eggs and milk together in a medium bowl.
- Stir in flour.
- Divide butter evenly into the cups of a 12-cup muffin tin, about 1/2 teaspoon per cup.
- Place the muffin tin in the pre-heated oven until butter has melted and is sizzling hot, up 2 to 3 minutes. Remove from oven, and distribute batter evenly among each cup.
- Return to the oven and bake for 5 minutes. Reduce the heat to 175 degrees and bake until puffed and golden about 25 minutes more.
- Serve as-is or with filling of your choice.



Household Hacks for Modern Living



It is a common perception that dads are not as handy around the house as mothers. We shall challenge that thinking with some of these nifty home hacks that elevate papa's standing in the house.

Mother's may typically get the lion's share of the credit when it comes to household maintenance, but dads can also get some needed cred by contributing solutions to some common domestic challenges.

Right on time for Father's Day, here are some handy hacks for our fellow dads out there that will get your family members to sit up and take notice!

1 Never lose that remote!

Like duct tape, Velcro strips are always the answer. Simply stick a strip behind the remote and fix it at a accessible spot. You will never lose that remote again.



2 Keeping those shed tools rust-free and sharp

Fill a planter box with builder's sand (not beach sand, don't be cheap), and plant the tools in it handle up. This will not only prevent them from rusting, but the abrasive texture of the sand will keep the tools sharp.



3 Making shoes smell fresh

A real simple way to keep those kicks smelling like you just bought them is by inserting a dry tea bag inside each shoe for about an hour, not only will them keep the shoes smelling good, but it will also suck up any moisture in them. We recommend using sachets of black tea for this purpose.



4 Be a master in whitewashing

Kids making their white shoes dirty with their running through the dirt in school? There is no need to buy expensive whitening solutions. Try whipping out some good old toothpaste and a trusty old toothbrush and get it on.



5 A sure-fire battery lifespan test

Can't tell if those batteries have any juice left? Simply drop them negative side down on a hard surface, and see if there is any bounce. Fresh batteries have a layer of gel on their negative ends that will cause it to fall with a thud, whereas a dead one will do a little bounce.



6 Vaseline for that leather couch

A budget way in maintaining that leather couch is grabbing a tube of Vaseline. Cheap and easy to get, all you need is a teaspoon of it to rub it into the leather furniture so the leather stays soft and supple.



7 Ensuring those patties stay juicy on the grill

Trying to make sure that piece of beef stays juicy during the next family BBQ gathering? Just press a piece of ice (surely you bought a big bag of those to the party) on the patty while grilling and you are set.



UPCOMING EVENTS

Stroke of Gratitude: A Sharing Session

Mr Aanandha Sharurajah, a stroke survivor, will be sharing about his personal journey of healing and bouncing back from his stroke attack. Come find out his story on overcoming adversities and challenges on his route to recovery, and how you can apply and adapt his experiences onto our personal lives.

Date: 1 July 2023, Saturday

Time: 10am–11am

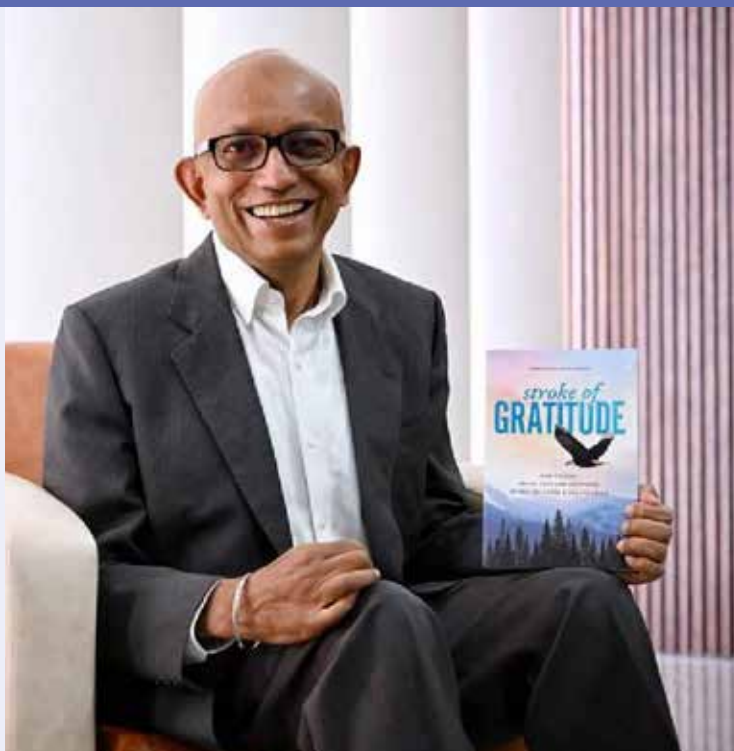
Venue: Casuarina Room

Fee: Free entry. Registration is needed, please scan the QR code to register.



Min: 10 participants to start

Closing Date: 26 June 2023, Monday



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

Tummy Trim Workshop

Dreaming about that summer bikini body? Then come get the tips from ATOS Wellness on how to get that toned and trim tummy. This 2-hour session will give you the insight on how you can achieve a contoured waist, a tight midriff and a flat belly! A goody bag worth \$30 will be given to all participants as well as a \$12 voucher will be provided to redeem your purchase at the workshop.

Date: 29 July 2023, Saturday

Time: 10am–11.30am

Venue: Casuarina Room

Fee: \$19.44* (Member) |
\$21.60* (Guest)

* Prices include GST.

Min: 15 participants

Closing Date: 19 July 2023, Wednesday



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

Social Dance



Social Dancing is a dance genre for social settings and functions. It spans over a spectrum of styles from Rock and Roll, Salsa to Square Rumba. Get in step with other dance aficionados as you learn new moves from instructor, Dennis Ng, a specialist in Social Dances and an experienced dance coach since 2007!

Date: Starts 9 June 2023, every Friday

Time: 2.30pm–3.30pm

Venue: Club 22

Fee: \$64.80* (Member) | \$79.92* (Guest)

* Price includes GST

Min: 8 participants

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 steps at our dance sessions.

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

Venue: Club 22

Fee: Mondays & Tuesdays (4 lessons)
\$63.72* (Member) | \$76.68* (Guest)
Wednesdays & Thursdays (4 lessons)
\$47.79* (Member) | \$60.75* (Guest)

*Price includes GST and is for 4 lessons

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

Make Your Own Dreamcatcher

Native Americans believe that a dreamcatcher can help to filter dreams and protect us from nightmares when we sleep. All dreamcatchers comprise of the hoop, web and a dangling material at the bottom of the hoop, usually feathers. Now you too, can learn the art of making these cultural items!

Date: 24 June 2023, Saturday

Time: 10.30am–12.30pm

Venue: Clover Room

Fee: \$58.32* (Junior Gems) |
\$60.48* (Member) |
\$62.64* (Guest)

**Price includes GST*

Min: 6 participants to start

Closing Date: 14 June 2023,
Wednesday



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



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, 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
\$27* per annum!

**Price includes GST
(auto-renewal of membership
till 12 years old)*



Scan and register membership through QR code* or via the link <https://bit.ly/JGmem>.

For enquiries, please contact Jean Lee at 6398 5383 or email to 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

SPORTS & RECREATION FACILITIES

Billiards Room

Tel: 6398 5346
Daily: 1pm–10pm

Darts (Crossroads Lounge)

Mon–Thu, Sun & PH: 10am–12am
Fri, Sat & Eve of PH: 10am–1am

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 1pm 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

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

Lily Loh 6398 5358
Email: lily_loh@sgcc.com.sg

Human Resource Manager

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

Marketing & Communications Manager

Angeline Lim 6398 5320
Email: angeline_lim@sgcc.com.sg

Membership Relations Manager

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

Sports & Recreation Manager

Vincent Lee 6398 5372
Email: vincent_lee@sgcc.com.sg

Security Operations Manager

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

Facilities, Maintenance & Safety Manager

Jack Koh 6398 5311
Email: jack_koh@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

Vincent Lee 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

Angeline Lim 6398 5320
Email: angeline_lim@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

LOOKING FOR A CLUB MEMBERSHIP?

☎ 6286 8888

✉ membership@sgcc.com.sg



**We can match you
with our Sellers!**

**T&Cs apply.*

22 Kensington Park Rd, Singapore 557271