



# Club *Spirit*

APRIL • MAY 2025

## Happy Mother's Day

### **Mother's Day Specials**

Indulge your mum to our special set menus

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### **Modern Motherhood**

Motherhood has evolved a lot in the digital age

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### **TCA Junior Chess Open Championship 2025**

Duel with young chess prodigies!

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on Our Social Media



@SGCC1955

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Mr George Yeo

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Mr Thomas Tan  
Mr Leslie Yeo

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Vice President  
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Honorary Treasurer  
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## 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  
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# A Warm Welcome at the New Members' Gathering 11 January 2025

Despite the rainy weather, the Pool & Grill New Members' Gathering at Serangoon Gardens Country Club was a fantastic success. Originally planned for the Beer Garden, the event was moved indoors, but that didn't dampen the spirits of our members, who showed up in great numbers to celebrate this special New Members' Gathering.

We are incredibly grateful to everyone who took time out of their day to join us despite the rain. The cosy indoor setup created an intimate and welcoming atmosphere where both new and long-time members mingled over a mouthwatering barbecue feast. The sizzling grilled meats, seafood, and classic sides were just as delicious indoors, paired with refreshing drinks that kept the conversations flowing.

To ensure our new members felt at home, the evening featured engaging icebreaker activities that sparked laughter and fostered new friendships. The live music performance enhanced the vibrant ambience, making the night unforgettable.

A heartfelt thank you to our sponsors, Pablo Bleu and Unisoln, for their generous support in making this gathering possible. Most importantly, thank you to our members for embracing the change in plans and making the event a warm and joyful occasion. We look forward to more exciting gatherings in the months ahead!



# A Joyous Chinese New Year Celebration at Serangoon Gardens Country Club

## 30 January 2025

Serangoon Gardens Country Club came alive with vibrant festivities as members and their families gathered to celebrate the Year of the Snake. The Chinese New Year Celebration, held at the Main Lobby, was a joyous occasion filled with tradition, cultural performances, and warm reunions.

The highlight of the event was the mesmerising Lion and Dragon Dance performance, which captivated the crowd with its energetic moves and rhythmic drumbeats. The lions, with their bold colours and expressive movements, brought an air of prosperity and good fortune, while the dragon's graceful undulations symbolised strength and unity. Children watched in awe while adults took the opportunity to capture these magical moments with their loved ones.

The atmosphere was further enhanced by festive decorations, with red lanterns and golden accents creating an auspicious setting. Guests indulged in traditional treats, exchanging wishes and blessings for the year ahead. The sense of togetherness and joy was palpable, reinforcing the spirit of renewal and prosperity that Chinese New Year embodies.



As we usher in CNY 2025, Serangoon Gardens Country Club remains committed to bringing our members meaningful and memorable celebrations. Thank you to everyone who joined us in making this Chinese New Year celebration a remarkable success. May the Year of the Snake bring health, happiness, and prosperity to all!



# The Ultimate ABBA Tribute: ABBA-CADABRA 14 February 2025



Valentine's Day at Serangoon Gardens Country Club was spectacular as members and guests gathered for an unforgettable evening with ABBA-CADABRA, the ultimate ABBA tribute band. The Kensington

Ballroom was filled with dazzling lights, timeless tunes, and an electrifying atmosphere, making it a night to remember.

Guests enjoyed a sumptuous six-course Chinese dinner, setting the stage for an evening of music and celebration. As soon as ABBA-CADABRA took the stage, the crowd was transported back to the glitz and glamour of the '70s. With flawless harmonies, vibrant costumes, and energetic choreography, the band had the audience singing along to iconic hits like Dancing Queen, Mamma Mia, and Waterloo.

The night continued with Disco Fever, keeping the dance floor alive with classic beats. From start to finish, the energy in the room was contagious, with members swaying, clapping, and dancing the night away. The event was a true celebration of love, music, and nostalgia, proving that ABBA's legacy continues to bring people together.

A heartfelt thank you to everyone who joined us for this special Valentine's celebration. We look forward to bringing you more spectacular events in the months to come!



# SGCC Staff Appreciation Night: A Mystic Masquerade to Remember 24 February 2025

Serangoon Gardens Country Club hosted an unforgettable Mystic Masquerade Dinner & Dance, bringing together all staff for an evening of celebration, recognition, and fun.

The evening kicked off with a lively photobooth session, where we captured memories in our dazzling masks. Following a warm welcome by our General Manager, Mark James, and President, Mathivanan Krishnan, the energy soared with an engaging icebreaker game of guessing the songs before attendees indulged in a sumptuous dinner.

A key highlight of the evening was the Long Service Award presentation, where dedicated employees were honoured for their years of commitment. The room

erupted in cheers during the Mystic Challenge, where the best-dressed male and female contestants took the spotlight.

The excitement continued with the



Mystic Draw, featuring 21 lucky winners, culminating in the grand prize announcement. The night wrapped up on a high note with mass dancing, group toasts, and a final round of lucky draw winners.

SGCC extends a heartfelt thank you to all staff for their dedication and hard work. This night was for you, and we look forward to celebrating together again next year!



# Gym Updates

## New Vending Machine Now Available!

Great news! A brand new vending machine has been installed at Gym Level 1, right beside the gym entrance. Stocked with your favourite snacks and drinks — perfect for refuelling after a workout! Make sure to check it out next time you're at the gym!



## Say Goodbye to Disposable Wipes, Hello to Spray Sanitisers!

In our ongoing effort to create a more sustainable gym environment, we will be phasing out disposable wipes. Going forward, we'll be providing spray sanitisers for all your equipment wipe-down needs. It's a simple change that's big on impact — helping you and the planet stay clean and green!



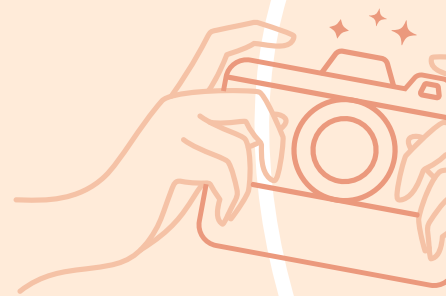
## Step Up Your Workout with Our Brand-New Treadmill!

We've just added a sleek, new treadmill to our gym — perfect for elevating your cardio sessions! Whether you're training for a race or just looking to mix up your routine, this state-of-the-art machine is ready to help you crush your fitness goals. Come take it for a spin!



# Snapshots

Here are photos and snippets of Club events that took place from **January to March 2025**.



## Pineapple Tarts Workshop

4 Jan 2025



Granny bonding with granddaughter!



Imparting the art of baking pineapple tarts



Mother & son's completed product

## Estate Planning

8 Mar 2025



Answering questions from the floor



Going through the intricacies

## Eyes in Focus Seminar

1 Mar 2025



Overwhelming attendance for the eye seminar



Conducting eye check for the attendee





## ROYCE DENTAL GROUP

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IN THE HEART OF SERANGOON

### Our Services

Royce Dental Group takes a multidisciplinary approach, offering a wide range of dental treatments and specialized procedures for our patients. We strive to be a **one-stop dental center** for the community.

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- Wisdom Tooth Extraction
- Root Canal Treatment
- Invisalign Treatment
- Braces Treatment
- Teeth Whitening
- Dentures
- Dental Implants
- Dental Veneers
- Kids Dentistry



### Our Dentists

We are a team of friendly and approachable providers offering comprehensive dental services. With years of experience in both private and public healthcare, our dentists are here to provide quality care for all patients.

### Our Locations

With **46 clinics islandwide**, Royce Dental Group continues to expand to better serve our patients.

**Royce Dental Centre – Serangoon Garden** is part of this commitment, bringing quality dental care closer to the community.

**Book your appointment with us today**

☎ 6980 3210    ✉ serangoon@roycedental.com.sg    🌐 roycedental.com.sg

📍 78 Serangoon Garden Way, #01-00 Garden Estate, Singapore 555974



Contact us via WhatsApp



*Tok Yu Ting Jessica*  
Nominee

*Ramesh S/O Arumugam*  
Ordinary Member

*Mark Song Zhiqiang*  
Ordinary Member

*Katherine Lee Tian*  
Nominee

*Chua Yong Kwai*  
Ordinary Member

*Kirk Zuo Li*  
Ordinary Member

*Ko Sheng Jie Jansen*  
Ordinary Member

*Goh Tze Liang Jeremy*  
Ordinary Member

*Lam Cheng Han*  
Ordinary Member

*Neo Guo Cheng*  
Ordinary Member

*Khiew Kian Lam*  
Ordinary Member

*Ryan Oh Tian Guan*  
Ordinary Member

*Mauro David Saucó*  
Ordinary Member

*Angel Low Yen Yen*  
Ordinary Member

*Rexley Oh Jun Hong*  
Ordinary Member

*David Siao*  
Ordinary Member

*Victor Tng Hian Huat*  
Ordinary Member

*Eunice Oh Yu Ning*  
Ordinary Member

*Yu Ka Yan*  
Ordinary Member

*Chantal Aw Kai Xin*  
Ordinary Member

*Duburiez Dimitri*  
Term Member

*Ong Choon Hong*  
Ordinary Member

*Sean Hue Kai Xun*  
Ordinary Member

*Sara-Jean Osman*  
Term Member

*Tan Cher Cheng Ronnie*  
Ordinary Member

*Yeow Ming Zheng Mark*  
Ordinary Member

## We Seek Members' Cooperation

We seek Members' cooperation in presenting or scanning their membership cards when requested by our security officers at various stations within the Club. This is to ensure the security and proper use of Club facilities by authorised individuals only. Clause 11f of the Bye-Laws states that the membership card must be produced without demand upon entry into the Club premises, when using Club facilities, and when requested by an authorised staff member of the Club.



## Californian Cuisine

Come April, we will head to California, the original home of fast-food chains, drive-thru restaurants, and Dungeness crabs, where Mediterranean, Latin American, and Oriental culinary influences meet.

**Available throughout the month of April 2025**

Operating Hours

**12pm-3pm; 6pm-10pm**

(Last order: 45 minutes before closing)

**Price**

**3-course set from \$35\* per person**

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

**4-course set from \$40\* per person**

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

*\* Prices include GST*

### SET MENU

#### APPETISER

California Cobb Salad

OR

Smoked Salmon and Cream  
Cheese Dill on Toast

OR

Crab Newburg Vol-au-vent

#### SOUP

Fish Soup

OR

Crab and Corn Chowder

#### MAIN COURSE

Spaghetti Vongole

OR

Pan Seared Yellow Tail with  
Wasabi Cream Sauce

OR

Baja Grilled Half Spring Chicken

OR

BBQ Baby Back Pork Ribs

OR

California Santa Maria-style  
Rib-Eye

(surcharge \$10)

#### DESSERT

Hot Fudge Sundae

OR

Chocolate Torte

Coffee OR Tea

For more details, call 6398 5313 or email [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg)



# Kiwi Seafood & Meat Month

Available throughout the month of May 2025 (except 10 & 11 May)

Operating Hours

**12pm-3pm; 6pm-10pm**

(Last order: 45 minutes before closing)

## Price

**3-course set from  
\$35\* per person**

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

**4-course set from  
\$40\* per person**

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

\*Prices include GST

## SET MENU

### APPETISER

**Prawn Cocktail**

Served with avocado mayo  
and lemon  
OR

**Kiwi Mandarin Spinach Salad**

With creamy avocado dressing  
OR

**Ham & Cheese Croquette**

Deep-fried till crisp golden brown,  
served with chive mayo

### SOUP

**Cognac Flavoured Shrimp Bisque**

OR

**Green Shell Mussel Chowder**

## MAIN COURSE

**Salmon Steak Meuniere**

OR

**Honey Mustard Half Roast Chicken**

OR

**Breaded Escalope of Pork**

OR

**Grilled Canterbury Lamb Chops  
with Portobello**

OR

**Rib-Eye of Beef Forestiere**

(surcharge \$10)

## DESSERT

**Summer Berry Trifle**

OR

**Chocolate Fudge**

With assorted berries

COFFEE OR TEA



For more details, call 6398 5313 or email [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg)



## Mother's Day Special Set Menu

Saturday, 10 & Sunday, 11 May 2025

Operating Hours:

**12pm-3pm; 6pm-10pm**

(Last order: 45 minutes before closing)

**Price**  
**\$58\* per person**

This includes  
a glass of  
sparkling wine

The monthly set  
and a la carte  
menu will not be  
available

*\* Price includes GST*

### Set Menu

#### APPETISER

##### Appetiser Trio

Scallop, prawn and  
cheese fritter

#### SOUP

##### Carrot Soup

With crab meat

#### ENTREE

##### Seared Halibut Fillet

With anchovies,  
capers and garlic

or

##### Char-grilled Wagyu

##### Hanger Steak Chimichurri

#### DESSERT

##### Manjari Dark Chocolate

##### Mousse with Cherry

#### FRESHLY BREWED

#### COFFEE OR TEA

For more details, call **6398 5313** or email [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg)



# *Mother's Day Weekend Special Set Menu*

**Friday, 9 to Sunday, 11 May 2025**

**Operating Hours:**

**Lunch: 11 am-2.30pm**

**Dinner: 6pm-9.30pm**

**Price**

**\$138\* (Serves 3-5 persons)**

*\* Price includes GST*

## **Set Menu**

**Scallop and Corn Chowder**

**Deep-fried Soon Hock with Superior Soya Sauce**

**'Kung Pao' Chicken**

**Braised Spinach with Abalone**

**Ee Fu Noodle with Yellow Chives and Shimeji Mushroom**

**Peach Gum with Ginkgo Nuts and Snow Fungus**

For more details, call 6398 5309 or email [fnb\\_outlets@sgcc.com.sg](mailto:fnb_outlets@sgcc.com.sg)



# MOTHER'S DAY

## *Celebration*

**MUSIC FOR MEMORY**  
**GREATEST HITS OF THE 60'S, 70'S & 80'S**

Enjoy performances by local artistes and dance to iconic hits from Frank Sinatra, Dean Martin, Louis Armstrong, Elvis Presley, Cliff Richard, and more!

**9 MAY 2025 | 7PM - 10.30PM | KENSINGTON BALLROOM**

**Ticket Price:**

**Member: \$88 | Guest: \$98**

*Prices include a 7-course dinner and GST.*

*In collaboration with:*



EST. 1820  
**OLD PULTENEY**  
SINGLE MALT SCOTCH WHISKY

**For more information, please contact Adrian at 9115 0417.**



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**THINK OUTSIDE  
THE FIREPLACE**

**LIVE ORIGINAL**

ENJOY THE GLENLIVET RESPONSIBLY





# Modern Motherhood: Thriving in a Digitally Connected World

In the digital age, motherhood has evolved dramatically, presenting both unprecedented opportunities and unique challenges. From accessing a wealth of information to navigating privacy concerns, discover how mothers can flourish by embracing digital literacy, balanced technology use, and advocacy for support.



**M**otherhood has always been a transformative journey, but the digital age has reshaped it in ways unimaginable just decades ago. Technology has become an integral part of parenting, providing tools that make life more convenient and connected. However, these advancements bring their own set of challenges, from information overload to privacy concerns. As mothers navigate this new landscape, they must strike a delicate balance between leveraging the benefits of technology and mitigating its risks.

## Opportunities for mothers in the digital age

The digital era has opened doors to opportunities once out of reach for mothers. These advancements have empowered women to redefine motherhood in more inclusive and flexible ways.

- **Access to information:** The Internet provides instant access to parenting advice, medical guidance, and educational resources. From pregnancy apps to child-rearing blogs, mothers can find answers to almost any question

at their fingertips. Mobile health (mHealth) apps have revolutionised maternal healthcare by offering remote consultations and health-tracking tools.

- **Community support:** Digital platforms have created virtual villages where mothers can connect with others facing similar challenges. Online forums and social media groups provide emotional support and practical advice.
- **Convenience:** Apps for grocery delivery, meal planning, and household management save time



and reduce stress for busy moms. These tools allow mothers to focus more on their families while managing their responsibilities efficiently.

- **Flexible work arrangements:** Remote work and freelance platforms have enabled mothers to balance careers with parenting more effectively. Flexible schedules allow them to stay present for their children while maintaining financial independence.
- **Memory documentation:** Smartphones and social media make it easy for mothers to document and share precious moments with loved ones. Digital photo albums ensure memories are preserved for future generations.

### Challenges of motherhood in the digital era

While technology offers convenience and connection, it also introduces new complexities that mothers must navigate carefully.

- **Information overload:** The abundance of parenting advice online can be overwhelming, leaving mothers unsure which sources to trust. Conflicting opinions on topics like sleep training or nutrition can lead to self-doubt and decision fatigue.
- **Comparison culture:** Social media often showcases idealised versions of motherhood, fostering unrealistic

expectations. This 'highlight reel' effect can lead to inadequacy and guilt among mothers who compare themselves to others.

- **Screen time concerns:** Managing children's screen time is a top concern for many mothers. Excessive exposure to screens can impact children's mental health, physical well-being, and academic performance.
- **Privacy risks:** Sharing family moments online raises questions about data security and children's digital footprints. Mothers must navigate the fine line between sharing memories and protecting their family's privacy.
- **Work-life boundaries:** The rise of remote work blurs the boundaries between professional responsibilities and family life. Mothers often struggle to maintain a healthy balance while working from home.

### Navigating motherhood in the digital age

To thrive as a mother in this era, it is essential to approach technology with mindfulness and intentionality.

- **Embracing digital literacy:** Digital literacy equips mothers with the skills to use technology effectively while protecting themselves and their families online. Learning to identify credible sources helps combat

misinformation. Understanding cybersecurity basics safeguards personal data from potential breaches, and programmes like digital literacy workshops empower women with practical knowledge tailored to their needs.

- **Practising balanced tech use:** Setting boundaries around screen time for parents and children ensures that technology enhances rather than detracts from family life. Designating tech-free zones or hours encourages quality interactions without distractions, and using parental controls helps manage children's exposure to inappropriate content. Parents can model healthy tech habits by prioritising face-to-face communication over virtual interactions whenever possible.
- **Advocating for support systems:** Mothers should advocate for policies that support work-life balance, such as flexible working hours or parental leave. Employers can play a role by creating family-friendly workplace environments that accommodate their unique needs. Building local networks, both online and offline, can provide additional layers of support for challenges like childcare or career transitions.

### Redefining motherhood today

Motherhood in the digital age is both empowering and challenging, a duality that requires careful navigation. By embracing digital literacy, practising balanced technology use, and advocating for supportive systems, mothers can harness the benefits of technology while mitigating its risks.

As we move forward into an increasingly connected world, it is crucial to remember that technology should serve as a tool, not a replacement, for authentic human connection and mindful parenting. By striking this balance, mothers can redefine what it means to thrive in the modern era while cherishing the timeless joys of motherhood.

# PAST EVENTS

## BRIDGE ANG BAO



A group photo for posterity before tossing the yusheng

On 4 February 2025, we hosted a wonderful Bridge Ang Bao gathering with our Bridge players. It was a delightful event filled with delicious food, including a prosperous and tasty *lo hei*, and everyone enjoyed playing several rounds of games together. As a nod to the Chinese New Year, all the players received oranges for luck, which added to the festive mood. Everyone was in high spirits, sharing laughs and creating memorable moments. It was a fun and joyful gathering that brought everyone closer together!

## LUNAR NEW YEAR SQUASH CHALLENGE



Great camaraderie before the games

was lively, featuring karaoke sessions where everyone sang their hearts out. Players mingled, savoured their food, and chatted with each other, making it a memorable evening for all. During the meal, we honoured the top three teams – champion Team Dragon, 1st runner-up Team Rooster, and 2nd runner-up Team Snake – presenting them with awards and capturing the moment with group photos. It was truly a fun and engaging event, leaving everyone looking forward to the next one!

At 3pm on 8 February 2025, players gathered at the squash court to prepare and warm up for the event. It wasn't just adults participating; young players also joined in the fun. After an intense round of play, everyone enjoyed a delightful buffet in Ballroom 2. Before the feast began, they celebrated with a traditional *lo hei* to usher in good fortune.

The event was filled with laughter and excitement as participants enjoyed themselves. The atmosphere



Champion Team



1st Runner-up Team



2nd Runner-up Team

## CHINESE NEW YEAR DARTS CHALLENGE

On 15 February 2025, the Chinese New Year Darts Challenge was successfully held at Crossroad Lounge, bringing together 20 enthusiastic participants for a competitive and fun-filled evening. The tournament followed a Doubles Best of 3 (BO3) format, with matches structured as follows:

- Set 1: Single In, Double Out 501
- Set 2: Doubles In, Double Out 301
- Rubber Set: Doubles In, Double Out 501

The event adopted a Group Stage Round Robin system, ensuring that all teams had multiple chances to showcase their skills. The night saw thrilling matches, with players demonstrating precision and teamwork in their quest for victory. After an intense competition, the results were as follows:

### Main Event Winners



**Main Champion:**  
William Ng &  
Liesje Yap



**Main Runner-Up:**  
Randie Yap  
& Richard Lim

**Main Joint 3rd Place:**  
Eddy  
Edwards &  
Kathleen  
Chong /  
Philip Lum  
& Matthias  
Lee

### Plate Event Winners

**Plate  
Champion:**  
Yoong Fah  
Kong & Tan  
Chong Kooi

**Plate  
Runner-  
Up:** Chan  
Man &  
Irene

**Plate Joint 3rd  
Place:** John Ow &  
Brown Anthony  
Pereira / Ramel  
Ang & Philip Chow

A prize presentation ceremony was held after dinner. The event was a great success, fostering camaraderie and sportsmanship among the participants. We look forward to seeing everyone again at our next darts challenge!



## SGCC GOES TO PULAU UBIN

On 22 February 2025, a beautiful day at Pulau Ubin, 33 adventurous members embarked on an unforgettable hike that brought together participants ranging from as young as 10 to as seasoned as 83 years old. The group took a 6.5-kilometre route, winding through the island's picturesque landscapes and nature trails.

For some, the hike was a light stroll, while for others, it presented a more challenging journey. However, despite the varying levels of difficulty, everyone shared a common goal — creating lasting memories along the way. The laughter, camaraderie, and stories exchanged throughout the hike were what truly made this event special.





































After the hike, the group gathered at Changi Village Hawker Centre for a well-deserved lunch. The bustling hawker centre offered a variety of delicious local dishes, providing the perfect opportunity to relax, refuel, and bond further over good food and conversation.

The beauty of the island, combined with the spirit of the group, made the day a resounding success. Whether it was the breathtaking views, the challenge of the walk, or the post-hike meal, the event highlighted the importance of togetherness, no matter the age or fitness level.




































As the day drew to a close, it wasn't the distance or the challenge that defined the experience, but the bonds formed and the shared memories that will be cherished for years.



APRIL 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
	<p><b>1</b></p> <p>Californian Cuisine <b>Garden Grill</b> 12pm-3pm; 6pm-9pm (whole month)</p> <p>Bowler of the Year (Qualifying Round) <b>Gardens Bowl</b> 1 Apr-Jun 2pm-10pm (Mon-Fri), 11am-10pm (Sat, Sun, PH)</p> <p>Squash Social Night <b>Squash Courts</b> 6pm-9pm</p> 	<p><b>2</b></p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm-4pm</p> <p>玩得Fun WTF <b>Crossroads Lounge</b> 8pm</p>  	<p><b>3</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>4</b></p> <p>Friends &amp; Strangers <b>Crossroads Lounge</b> from 8.45pm</p> 	<p><b>5</b></p> <p>Locomotion <b>Club 22</b> 8pm</p>  <p>TCM Talk <b>Casuarina Room</b> 10am</p> 		
<p><b>7</b></p> <p>Music Monday with Sound Sensation <b>Club22</b> 12.45pm-3.45pm</p> 	<p><b>8</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-9pm</p>  <p>Californian Wine Masterclass <b>Casuarina Room</b> 7pm</p> 	<p><b>9</b></p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm-4pm</p> <p>玩得Fun WTF <b>Crossroads Lounge</b> 8pm</p>  	<p><b>10</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>11</b></p> <p>Tennis Social Night <b>Tennis Court 1</b> 8pm-10pm</p>  <p>Friends &amp; Strangers <b>Crossroads Lounge</b> from 8.45pm</p> 	<p><b>12</b></p> <p>Locomotion <b>Club 22</b> 8pm</p>  <p>Easter Chocolate Egg Workshop <b>Club 22</b> 10.30am-12.30pm</p>		
	<p><b>15</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-9pm</p> 	<p><b>16</b></p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm-4pm</p> <p>玩得Fun WTF <b>Crossroads Lounge</b> 8pm</p>  	<p><b>17</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>18 GOOD FRIDAY</b></p> <p>TCA Junior Chess Open Championship <b>Kensington</b> 8am-6pm</p>  <p>Friends &amp; Strangers <b>Crossroads Lounge</b> from 8.45pm</p> 	<p><b>19</b></p> <p>Locomotion <b>Club 22</b> 8pm</p> 		
<p><b>21</b></p> <p>Music Monday with Sound Sensation <b>Club22</b> 12.45pm-3.45pm</p> 	<p><b>22</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-9pm</p> 	<p><b>23</b></p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm-4pm</p> <p>玩得Fun WTF <b>Crossroads Lounge</b> 8pm</p>   <p>51st Inter-Team Bowling Mixed League <b>Gardens Bowl</b> Every Wed (20 weeks) from 8pm</p> 	<p><b>24</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>25</b></p> <p>Tennis Social Night <b>Tennis Court 1</b> 8pm-10pm</p>  <p>Friends &amp; Strangers <b>Crossroads Lounge</b> from 8.45pm</p> 	<p><b>26</b></p> <p>Locomotion <b>Club 22</b> 8pm</p>  <p>Parent &amp; Child Bonding Art Session <b>Casuarina Room</b> 11am-1pm</p> 		
	<p><b>29</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-9pm</p> 	<p><b>30</b></p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm-4pm</p> <p>玩得Fun WTF <b>Crossroads Lounge</b> 8pm</p>  					

MAY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			<p><b>1</b> LABOUR DAY</p> <p>Kiwi Seafood &amp; Meat Month <b>Garden Grill</b> 12pm-3pm; 6pm-10pm (whole month except 10 &amp; 11 May)</p> 	<p><b>2</b></p> <p>Friends &amp; Strangers <b>Crossroads Lounge</b> from 8pm</p> 	<p><b>3</b></p> <p>Functional Screening <b>Kensington Ballroom 2</b> 9am-1pm</p> <p>Locomotion <b>Club 22</b> 8pm</p>  	<p><b>4</b></p>
<p><b>5</b></p>	<p><b>6</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-9pm</p> 	<p><b>7</b></p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm-4pm</p> <p>玩得Fun WTF <b>Crossroads Lounge</b> 8pm</p>  	<p><b>8</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>9</b></p> <p>Mother's Day Weekend Special Set Menu <b>Atrium Café</b> 11am-2.30pm; 6pm-9.30pm</p> <p>Mother's Day Celebration: Music for Memory, Greatest Hits of the 60s, 70s &amp; 80s <b>Kensington Ballroom</b> 7pm-10.30pm</p> <p>Friends &amp; Strangers <b>Crossroads Lounge</b> from 8pm</p>   	<p><b>10</b></p> <p>Mother's Day Weekend Special Set Menu <b>Atrium Café</b> 11am-2.30pm; 6pm-9.30pm</p> <p>Mother's Day Special Set Menu <b>Garden Grill</b> 12pm-3pm; 6pm-10pm</p>  <p>Locomotion <b>Club 22</b> 8pm</p> 	<p><b>11</b></p> <p>Mother's Day Weekend Special Set Menu <b>Atrium Café</b> 11am-2.30pm; 6pm-9.30pm</p> <p>Mother's Day Special Set Menu <b>Garden Grill</b> 12pm-3pm; 6pm-10pm</p> 
<p><b>12</b> VESAK DAY</p> <p>Music Monday with Sound Sensation <b>Club 22</b> 12.45pm-3.45pm</p> 	<p><b>13</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-9pm</p> 	<p><b>14</b></p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm-4pm</p> <p>玩得Fun WTF <b>Crossroads Lounge</b> 8pm</p>  	<p><b>15</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>16</b></p> <p>Friends &amp; Strangers <b>Crossroads Lounge</b> from 8pm</p> <p>Californian Wine Dinner <b>Garden Grill</b> 7pm</p>  	<p><b>17</b></p> <p>Locomotion <b>Club 22</b> 8pm</p> 	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-9pm</p> 	<p><b>21</b></p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm-4pm</p> <p>玩得Fun WTF <b>Crossroads Lounge</b> 8pm</p>  	<p><b>22</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>23</b></p> <p>Friends &amp; Strangers <b>Crossroads Lounge</b> from 8pm</p> <p>Tennis Social Night <b>Tennis Court 1</b> 8pm-10pm</p>  	<p><b>24</b></p> <p>Locomotion <b>Club 22</b> 8pm</p> 	<p><b>25</b></p>
<p><b>26</b></p> <p>Music Monday with Sound Sensation <b>Club 22</b> 12.45pm-3.45pm</p> 	<p><b>27</b></p> <p>Squash Social Night <b>Squash Courts</b> 6pm-9pm</p> 	<p><b>28</b></p> <p>Table Tennis Social Practice <b>Squash Court 4</b> 2pm-4pm</p> <p>玩得Fun WTF <b>Crossroads Lounge</b> 8pm</p>  	<p><b>29</b></p> <p>Squash Social Night <b>Squash Courts</b> 5pm-8pm</p> 	<p><b>30</b></p>	<p><b>31</b></p> <p>Magical Workshop <b>Casuarina Room</b> 1.30pm-3pm</p> 	

# UPCOMING EVENTS

## 51ST INTER-TEAM BOWLING MIXED LEAGUE

Join us for a fun bowling event every Wednesday night! This is a great opportunity for bowlers of all skill levels to meet new people and enjoy the game together. We're excited to announce a special weekly event where you'll get to know other bowlers with different bowling styles and have fun while competing.

<b>Date:</b>	From 23 April 2025, every Wednesday (20 weeks)
<b>Time:</b>	7.45pm roll-off, 8pm start
<b>Venue:</b>	Gardens Bowl
<b>Fee:</b>	\$16.35* per week (Member) *Price includes GST
<b>Teams:</b>	There will be a total of 6 Team Captains, all of whom are volunteering to lead the teams.
<b>Team Selection:</b>	The remaining bowlers will be placed into teams based on their averages through a blind draw. You won't know your team or your captain until after the captains' meeting.



<b>Team Captain Contact:</b>	Once the captains' meeting is held, your captain will contact you directly to confirm your participation and your team.
<b>Format:</b>	4 games per bowler each week
<b>Min/Max:</b>	36/60 participants

## BOWLER OF THE YEAR (QUALIFYING ROUND)

Registration of qualifying will be accepted at the Gardens Bowl starting from 1 April 2025. Entries will be accepted subject to the availability of lanes. Bowlers will have unlimited tries to obtain their best attempt during the qualifiers from 1 April 2025 till December 2025.

Bowler is advised to call the bowling centre at 6938 5340 on the actual day to check on available lanes for the MQ before heading to the alley.

<b>Date:</b>	1 April-June 2025
<b>Time:</b>	2pm-10pm (Mon-Fri), 11am-10pm (Sat, Sun & PH)
<b>Venue:</b>	Gardens Bowl
<b>Fee:</b>	\$13.63* per attempt (Member) *Price includes GST
<b>Format:</b>	3 games per attempt
<b>Min/Max:</b>	30/60

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

## TCA JUNIOR CHESS OPEN CHAMPIONSHIP 2025

Get ready to duel with other chess proponents for all young chess prodigies!



<b>Date:</b>	18 April 2025, Friday
<b>Time:</b>	8am-6pm
<b>Venue:</b>	Kensington Ballroom

<b>Fee:</b>	\$16.35* all categories (Member) \$60* open category (Guest) \$50* under 8, 10, 12 (Guest) *Prices include GST and lunch
<b>Format:</b>	7 rounds
<b>Min/Max:</b>	150/240
<b>Categories:</b>	Open – born 2007 and later Under 12 – born 2013 and 2014 Under 10 – born 2015 and 2016 Under 8 – born 2017 and later
<b>Closing date:</b>	13 April 2025, Sunday

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

# CLASSES

## K-POP DANCE CLASS FOR BEGINNERS



This beginners dance class is based on popular K-pop tunes. Simple dance choreography will be taught each week to a K-pop song. Come join in the fun!

### 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 keeps herself abreast of the latest moves by attending workshops and classes in Singapore and overseas.

**Day:** Saturdays  
**Time:** 11am–12pm  
**Venue:** Aerobics Studio  
**Fee:** \$68.67\* (Member) | \$91.56\* (Guest)  
Eligible for Members aged 18 years and above

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

Jie Kai at 6398 5353 or [recreation@sgcc.com.sg](mailto: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:** \$68.67\* (Member) | \$91.56\* (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



Jie Kai at 6398 5353 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)



## ZUMBA GOLD



Ready to have a blast while staying fit? Join our Zumba Gold class, a dance fitness experience crafted for older adults and beginners, led by instructor Miko! Enjoy easy-to-follow routines set to infectious beats, boosting your cardiovascular health, flexibility, and coordination—all in a vibrant, supportive atmosphere. Just bring your energy!

**Day:** Fridays  
**Time:** 10am–11am  
**Venue:** Aerobics Studio  
**Fee:** \$92.65\* (Member) | \$115.54\* (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.*

**Min:** 6 participants

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

## ZUMBA FITNESS



Looking to break a sweat while having fun? Let Instructor Eve Tan guide you through an energetic Zumba class with interval training for a total-body workout. It incorporates elements of salsa, merengue, reggae, and other dance styles, along with aerobic exercises to promote cardiovascular health.

**Day:** Fridays  
**Time:** 5.30pm–6.30pm  
**Venue:** Club 22  
**Fee:** \$92.65\* (Member) | \$115.54\* (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 providing 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:** \$68.67\* (Member) | \$91.56\* (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 offering personal training. He has taught in various countries, including Singapore, Thailand and the USA.

**Day/Time:** Fridays, 11.30am–12.30pm  
**Venue:** Aerobics Studio  
**Fee:** \$68.67\* (Member) | \$91.56\* (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

Jie Kai at 6398 5353  
 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 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:** Wednesdays, 7.30pm–8.30pm  
**Venue:** Aerobics Studio  
**Fee:** \$87.20\* (Member) | \$110.09\* (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:** Saturdays, 1pm–2pm  
**Venue:** Aerobics Studio  
**Fee:** \$95.92\* (Member) | \$118.81\* (Guest)  
**Min:** 8 pax to start

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

Jie Kai at 6398 5353  
 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:** \$68.67\* (Member) | \$80.12\* (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*

Jie Kai at 6398 5353 or recreation@sgcc.com.sg

**COOL WATER WORKOUT**



Dislike 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 and above  
**Venue:** Swimming Pool  
**Fee:** **1 Session/Week**  
\$68.67\* (Member; once a week per month) |  
\$85.84\* (Guest; once a week per month)  
**2 Sessions/Week**  
\$114.45\* (Member; twice a week per month) |  
\$131.62\* (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:** \$137.34\*  
for four sessions @ 15 minutes per session  
**Additional guest charges:**  
\$5.45\* per session (weekday)  
\$8.72\* 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

## DEVELOPMENT TRAINING PROGRAMME



Bridging the gap between the Learn-To-Swim Pathway and the Competitive Swim Pathway is the Development Swim Pathway, with a focus on enhancing stroke efficiency, stamina, and the introduction of competitive swimming elements.

**Venue:** Swimming Pool

**Fee:** 2 Sessions/Week

\$109.00\* (Member) | \$130.80\* (Guest)

**Unlimited Sessions**

\$130.80\* (Member) | \$152.60\* (Guest)

## COMPETITIVE & JUNIOR COMPETITIVE TRAINING PROGRAMME



The Competitive Swim Pathway caters for experienced swimmers seeking to compete at a national level competition.

**Venue:** Swimming Pool

**Fee:** Unlimited Sessions

\$130.80\* (Member only)

Registration fee for new sign-up/re-registration at \$21.80\* per pax and starter pack fee at \$43.60\* per pack (includes starter bundle of one pair of goggles, one kickboard, and one swimming cap).

Note: Lesson fees are NOT subject to be prorated in the event of public holidays if there is a fifth week in the month

\* Price includes GST and subject to changes

Julia Kong at 6398 5352 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

## LEARN-TO-SWIM PROGRAMME

Run by Quattor Swim School, this programme is geared towards learning the four major swim styles (butterfly, backstroke, breaststroke, freestyle), with emphasis on stroke efficiency and overall swimming ability.

Note: Free assessment will be conducted for new students (applies to fresh beginners) to place them in the appropriate session.

**Venue:** Swimming Pool

**Fee:** 1 Session/Week

\$76.30\* (Member) | \$98.10\* (Guest)

2 Sessions/Week

\$98.10\* (Member) | \$141.70\* (Guest)



Registration fee for new sign-up/re-registration at \$21.80\* per pax and starter pack fee at \$43.60\* per pack (includes starter bundle of one pair of goggles, one kickboard, and one swimming cap).

\* It is for 4 lessons a month; there will be additional charges if there are 5 lessons in a month

\* Price includes GST and subject to changes

Scan the QR code for the schedule of the three programmes



Julia Kong at 6398 5352 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

## MASTERS SWIMMING PROGRAMME

Our Masters Swimming Programme will cater to all adults above the age of 21, with all standards of ability. We will have our Learner, Intermediate and Competitive Ready levels that swimmers will be upgraded accordingly.

**Venue:** Swimming Pool

**Fee:** **1 Session/week**  
\$87.20\* (Member) | \$109.00\* (Guest)

**2 Sessions/week**  
\$141.70\* (Member) | \$174.40\* (Guest)

*Lessons (exclude guest fee payable) are subject to prorate in the event of public holidays or if there are fifth week in the month.*

*\* Price includes GST and subject to changes*



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

## AIKIDO



Aikido is a martial way, a discipline and an educational process that trains the body, mind and spirit. It teaches respect, sincerity and modesty as essential qualities that can develop and enhance one's character. Aikido espouses attacking and defensive moves that flow seamlessly while prioritising non-confrontation. The class is suitable for all levels of expertise.

**About the Trainer**

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 practices. The Aikido lessons and instructions offered in SGCC are supported by Aikido Singapore.

**Day/Time:** Saturdays, 4.30pm–5.30pm  
**Venue:** Aerobics Studio  
**Fee:** \$57.23\* (Member) | \$68.68\* (Guest)

*\* Price include GST and is for 4 lessons in a month; there will be additional charges if there are five lessons in a month*

Jie Kai at 6398 5353 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:** \$87.20\* (Member) | \$98.10\* (Guest)  
**Advanced**  
**Day/Time:** Fridays, 8pm–9pm  
**Fee:** \$87.20\* (Member) | \$98.10\* (Guest)  
**Intermediate/Advanced (Sparring & Self-Defence)**  
**Day/Time:** Sundays, 5.30pm–6.30pm  
**Fee:** \$103.55\* (Member) | \$114.45\* (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*

Jie Kai at 6398 5353 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:** \$148.79\* (Member) | \$171.68\* (Guest)

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

Julia Kong at 6398 5352 or [recreation@sgcc.com.sg](mailto: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.

### About the Trainer

Shifu Li Yuhua, the 22nd Generation Lineage Holder of Zi Wu Men Gongfu began her martial arts journey under her great-grandfather's tutelage. She has won numerous awards, including a 7th-degree black belt from the International San Shou Dao Association. Recognised as one of the 100 Extraordinary Masters of the World in 2009 and 2010, she received the Distinguished Contribution to the Advancement of Martial Arts award in 2013.



### 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:** Thursdays, 4.30pm–5.30pm  
**Venue:** Club22  
**Fee:** \$74.12\* (Member) | \$85.57\* (Guest)

\* Price includes GST and is 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](mailto:recreation@sgcc.com.sg)

## ZI WU MEN GONGFU



Zi Wu Men Gongfu is a traditional Chinese martial art with a 900-year history. A holistic practice, it not only improves physical fitness and motor skills, but also builds strength, flexibility and endurance while promoting mental focus and concentration.

### About the Trainer

Shifu Li Yuhua, the 22nd Generation Lineage Holder of Zi Wu Men Gongfu began her martial arts journey under her great-grandfather's tutelage. She has won numerous awards, including a 7th-degree black belt from the International San Shou Dao Association. Recognised as one of the 100 Extraordinary Masters of the World in 2009 and 2010, she received the Distinguished Contribution to the Advancement of Martial Arts award in 2013.

**Day/Time:** Wednesdays, 4.30pm–5.30pm  
**Venue:** Club 22  
**Fee:** \$74.12\* (Member) | \$85.57\* (Guest)

\* Price includes GST and is 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](mailto: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:** \$45.78\* (Member, per hour) | \$57.23\* (2 pax per group, per hour)  
**Additional \$10.90\* per guest, per hour**

*\* Price includes GST but not court bookings*

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

**SQUASH (PRIVATE COACHING)**



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

**About the Trainer**

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

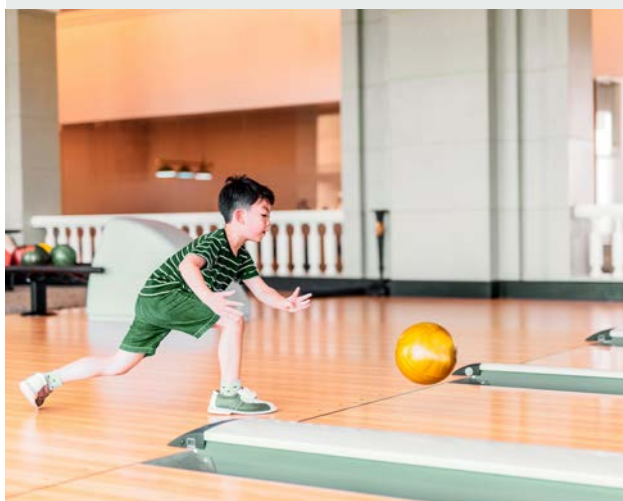
**Fee:** \$87.20\* (Member, per hour) | \$130.80\* (2-4 pax per group, per hour)  
**Additional \$16.35\* per guest per hour**

*\* Price includes GST but not court bookings*

Jia Jun at 6398 5351 or recreation@sgcc.com.sg

**LEARN TO BOWL PROGRAMME**

Catering to aspiring bowlers aged 7-12, the SGCC Learn to Bowl programme is the perfect platform for them to 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!



**Day:** Fridays  
**Time:** 7.30pm-9pm  
**Venue:** Gardens Bowl  
**Fee:** Learn to Bowl: \$87.20\* (4 sessions)  
**Pre-performance Level: \$130.80\*** (4 sessions)  
**Performance Level: \$174.40\*** (4 sessions)

**Min/Max:** 5/10 participants

*\* Price includes GST and is for 4 sessions per month*

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

## BOWLING COACHING

Pick up bowling skills or improve your game through group or private coaching.



### About the Trainers

Samuel Ho is a qualified bowling instructor with more than 20 years' experience, which includes being a resident coach for SGCC and Singapore Swimming Club. He is a registered coach with the Singapore Sports Council and the Singapore Bowling Federation.

Peter Chng has been the Club's resident coach since 2009 and has conducted training in various schools, including Maris Stella Primary and Secondary schools, ACS (Barker Road) and Nanyang Girls' High School. He has 10 years of experience and is a registered coach with the Singapore Bowling Federation.

<b>Min/Max:</b>	3/8 participants
<b>Venue:</b>	Gardens Bowl
<b>Fee:</b>	<p><b>Group Coaching</b>  <b>\$46.65*</b> (Member)   <b>\$58.32*</b> (Guest)</p> <p><b>Private Coaching                      (to arrange with instructor)</b>  <b>\$80.12*</b> (Member for Individual, 1.5hrs)  <b>\$91.56*</b> (Guest for Individual, 1.5hrs)  <b>\$64.15*</b> (Member for 2 Students, 1.5hrs)  <b>\$75.81*</b> (Guest for 2 Students, 1.5hrs)</p> <p><i>*Price includes GST</i></p>

Zaleha at 6398 5373 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)

## TENNIS COACHING PROGRAMME



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

### ADULT GROUP COACHING PROGRAMME

<b>Class:</b>	Beginner
<b>Day/Time:</b>	Tuesdays, 9pm–10pm
<b>Fee:</b>	<b>\$174.40*</b> (Member)   <b>\$196.20*</b> (Guest)
<b>Class:</b>	Intermediate
<b>Day/Time:</b>	Mondays, 7pm–8.30pm and 8.30pm–10pm
<b>Fee:</b>	<b>\$196.20*</b> (Member)   <b>\$218*</b> (Guest)
<b>Class:</b>	Club Men/Women
<b>Day/Time:</b>	Wednesdays, 7.30pm–9pm
<b>Fee:</b>	<b>\$196.20*</b> (Member)   <b>\$218*</b> (Guest)

### JUNIOR GROUP COACHING PROGRAMME

<b>Class:</b>	Red Ball
<b>Day/Time:</b>	Mondays, 4.30pm–5.30pm Fridays, 5pm–6pm
<b>Fee:</b>	<b>\$130.80*</b> (Member)   <b>\$152.60*</b> (Guest)
<b>Class:</b>	Orange Ball
<b>Day/Time:</b>	Wednesdays, 4.30pm–6pm
<b>Fee:</b>	<b>\$196.20*</b> (Member)   <b>\$218*</b> (Guest)
<b>Class:</b>	Green Ball
<b>Day/Time:</b>	Wednesdays, 4.30pm–6pm
<b>Fee:</b>	<b>\$196.20*</b> (Member)   <b>\$218*</b> (Guest)
<b>Class:</b>	Junior 1 (Lower Intermediate)
<b>Day/Time:</b>	Wednesdays, 6pm–7.30pm
<b>Fee:</b>	<b>\$196.20*</b> (Member)   <b>\$218*</b> (Guest)
<b>Class:</b>	Junior 2 (Intermediate)
<b>Day/Time:</b>	Mondays, 5.30pm–7pm
<b>Fee:</b>	<b>\$196.20*</b> (Member)   <b>\$218*</b> (Guest)
<b>Class:</b>	Junior 3 (High Intermediate)
<b>Day/Time:</b>	Tuesdays, 4.30pm–6pm and 7.30pm–9pm Thursdays, 6pm–7.30pm
<b>Fee:</b>	<b>\$196.20*</b> (Member)   <b>\$218*</b> (Guest)
<b>Class:</b>	Junior (Advanced)
<b>Day/Time:</b>	Saturdays, 10am–12pm
<b>Fee:</b>	<b>\$218*</b> (Member)   <b>\$239.80*</b> (Guest)

*\*Price includes GST*

**Min** 3 students to start

Ashley Toh at 6398 5327 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)





# POOL COACHING

## With Alan

Dive into our Pool Coaching sessions for a fun and immersive way to master the game! Perfectly tailored for beginners and hobbyists, these sessions combine learning with enjoyment to elevate your skills.

### BILLIARD ROOM



#### GROUP CLASS (3:1)

*Consist of 4 lessons*

**Members: \$120 /pax**

**Guest: \$130 /pax**

**Duration: 2 hours**

*Beginner and Intermediate only*

#### PRIVATE LESSONS (1:1)

**Members: \$50 /pax**

**Guest: \$60 /pax**

**Duration: 2 hour**

Prices include GST

For more information, please contact Jie Kai at 6398 5353 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg).



For Enquiries: [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)  
22 Kensington Park Road, Singapore 557271

[www.sgcc.com.sg](http://www.sgcc.com.sg)  
Follow us on    SGCC1955

# Meet Our SGCC TRAINERS

**Jay Huang**

Freelance Personal Trainer

**Shah**

Freelance Personal Trainer

**Victor Kwa**

Freelance Personal Trainer

**Shirley Tan**

Full Time Personal Trainer

**Gina Lee**

Full Time Personal Trainer



Scan For More Details

Training Package	Member	Guest	Buddy 2:1
<b>1 Session</b>	<b>\$80.12</b>	<b>\$93.20</b>	<b>\$106.80</b>
<b>5 Sessions**</b>	<b>\$343.35</b>	<b>\$408.75</b>	<b>\$457.68</b>
<b>10 Sessions***</b>	<b>\$629.48</b>	<b>\$760.28</b>	<b>\$839.09</b>

\*\*5 sessions are valid for 2 months, \*\*\*10 sessions are valid for 3 months upon the first session.

Buddy session MUST be done in a pair. Additional guest fee will be imposed if the buddy is NOT a member of SGCC.

The fees quoted are inclusive of 9% GST.

For more information, please contact Gina at 6398 5331 or [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg).



For Enquiries : [recreation@sgcc.com.sg](mailto:recreation@sgcc.com.sg)  
22 Kensington Park Road, Singapore 557271

[www.sgcc.com.sg](http://www.sgcc.com.sg)  
Follow us on SGCC1955



Fruit and vegetables for a healthier body, and drinking enough plain water in a day

# Small Steps, Big Gains: Transform Your Health Today

Transform your life with practical, actionable tips for better physical and mental health. From balanced eating and enjoyable exercise to mastering sleep hygiene, discover how small changes can lead to a healthier, happier you.

In today's fast-paced world, maintaining good health often takes a backseat to work deadlines, social commitments, and other daily demands. However, the age-old adage "health is wealth" holds more truth than ever. A healthy body and mind are the foundation of a fulfilling life. The good news is that achieving better health doesn't require drastic changes — it's about making simple, sustainable lifestyle adjustments.

### Balanced Nutrition: Fueling your body right

A healthy diet is the cornerstone of good health. It provides the energy needed for daily activities and supports the immune system, brain function, and overall well-being.

#### Key tips for a balanced diet:

1. **Follow the "5-a-day" rule:** Aim to consume at least five portions of fruits and vegetables daily. These are rich in essential vitamins, minerals, and fibre

that keep your body functioning optimally.

2. **Choose whole grains over refined carbs:** Swap white bread, rice, and pasta for whole grain options like quinoa, brown rice, or whole wheat bread. Whole grains are packed with nutrients and help maintain energy levels throughout the day.
3. **Incorporate lean proteins:** Add lean proteins such as beans, fish, eggs, or tofu. These help build muscle and repair tissues while keeping you full longer.
4. **Hydrate well:** Drink at least 6-8 glasses of water daily to stay hydrated and support bodily functions like digestion and circulation.
5. **Plan:** Meal prepping can save time and reduce the temptation of unhealthy choices. Dedicate time each week to plan meals that align with your dietary goals.



Exercising with friends is good for physical and mental health

**Making healthy eating enjoyable:**

Healthy eating doesn't have to feel restrictive. Experiment with new recipes using fresh ingredients or try international cuisines that emphasise vegetables and lean proteins. Small indulgences are fine — balance is key!

**Exercise: Move more, stress less**

Physical activity is not just about losing weight; it's about feeling good physically and mentally. Regular exercise improves cardiovascular health, boosts mood by releasing endorphins, and enhances sleep quality.

**How much exercise do you need?**

The World Health Organisation recommends adults engage in 150-300 minutes of moderate-intensity aerobic activity per week (e.g., brisk walking or cycling) along with muscle-strengthening exercises twice a week.

**Ways to make exercise fun:**

1. Find activities you enjoy. Whether dancing, swimming, hiking, or yoga, choose activities that make you look forward to moving your body.
2. Join a group fitness class or invite

friends for a walk in the park. Exercising with others can make it more enjoyable and keep you accountable.

3. Incorporate movement into daily life. Take the stairs instead of the lift or bike to work instead of driving whenever possible.

**Staying motivated:**

Track your progress using apps or journals to celebrate milestones like completing a 5km run or mastering a challenging yoga pose. Reward yourself with non-food rewards for consistency — it could be new workout gear or a relaxing massage.

**Sleep Hygiene: Rest well for better health**

Sleep is often overlooked but is just as vital as diet and exercise for overall well-being. Poor sleep can lead to fatigue, reduced immunity, and even mental health issues like anxiety or depression.

What is Sleep Hygiene? Sleep hygiene refers to habits that promote consistent and restful sleep patterns. By improving these habits, you can fall asleep faster, stay asleep longer, and wake up feeling refreshed.

**Top sleep hygiene practices:**

1. Go to bed and wake up at the same time every day, even on weekends, to regulate your internal clock.
2. Keep your bedroom dark, quiet, and cool. Invest in blackout curtains or white noise machines if needed.
3. Avoid caffeine after 2 pm, heavy meals close to bedtime, or screen time an hour before sleeping as these can disrupt your ability to wind down.
4. Establish a calming bedtime routine such as taking a warm bath, meditating, or reading a book.

**The role of daytime habits in sleep quality:**

Daily habits also impact nighttime rest. Getting at least 15 minutes of sunlight exposure in the morning regulates melatonin production, and exercising earlier in the day than close to bedtime for a restful sleep.

**Small changes lead to big results**

Improving your health doesn't mean overhauling your life overnight, it's about taking small but consistent steps toward better habits. Remember that health is not just about physical fitness; it encompasses mental well-being too. By nourishing your body with wholesome foods, staying active in ways you enjoy, and prioritising quality sleep each night, you'll be well on your way to living a healthier, and wealthier life.



Get at least 8 hours of sleep

### Line Dance

Learn basic steps or pick up complex dance routines according to your ability at our dance classes and impress your buddies with your newly acquired steps.



**Day/Time:**

**Advanced Line Dance:**

Mondays, 4pm–6pm (ongoing)

**Intermediate Line Dance:**

Tuesdays, 2.30pm–4pm (ongoing)

**High Beginners:**

Wednesdays, 2.30pm–4pm (ongoing)

**Basic/Beginners:**

Thursdays, 2.30pm–4pm (ongoing)

**Venue:**

**Club Twenty-Two**

**Fee:**

Mondays

**\$64.31\*** (Member) | **\$77.39\*** (Guest)

Tuesdays, Wednesdays & Thursdays

**\$48.23\*** (Member) | **\$61.31\*** (Guest)

*\*Price includes GST and is for 4 lessons per month.*

Contact Jean Lee at 6398 5383 or [jean\\_lee@sgcc.com.sg](mailto:jean_lee@sgcc.com.sg)

### Magical Workshop

Tommy, a renowned close-up magician from Singapore and the best in his field in 2024, began his magical journey at 15, inspired by a mind-reading trick. Over the years, he has won multiple prestigious competitions, captivating audiences with his mesmerising performances.

Join us for an extraordinary workshop where Tommy will amaze you with mind-bending tricks and teach you the secrets to start your own magical journey!



**Date:** 31 May 2025, Saturday

**Time:** 1.30pm-3pm

**Venue:** Casuarina Room

**Fee:**

**\$39.24\*** (Junior Gems) | **\$42.51\*** (Member) | **\$\$\$43.60\*** (Guest)

*\* Price includes GST.*

*Applicable for minimum spending.*

**Closing date:** 23 May 2025, Friday

Contact Jean Lee at 6398 5383 or [jean\\_lee@sgcc.com.sg](mailto:jean_lee@sgcc.com.sg)



# Club Spirit

## Advertising Rate Card 2025

Serangoon Gardens Country Club prides itself as an exclusive sports and recreational club for families located in the heart of Serangoon Gardens. The Club caters to more than 6,000 Members (including Corporate Members) and their families. The Members consist of PMEBS, C-suite level managers, and business owners who live or work around Serangoon Gardens.

Besides in-Club advertising and notices, the bi-monthly Club Spirit magazine is our Members' primary source of information. With a readership of 12,600, the magazine is mailed to every Member. Copies are also readily available around the Club, as well as online (downloadable from our website).

### Member Profile

#### Gender

Male	69.45%
Female	30.55%

#### Age

Above 50	65.6%
31-49	32%
30 & below	2.4%

#### Profession

C-suites	14%
PMETs	48%
Businessmen/Entrepreneurs	13%
Homemakers/Retirees	23%
Others	2%

#### Nationality

Singaporeans & PRs	93.6%
Others	6.4%

### Magazine Advertising Rates (excluding GST)

Full Page (Full Colour)	\$1,500
Half Page (Full Colour)	\$750
Quarter Page (Full Colour)	\$450
Double-Page Spread (Full Colour)	\$2,800
Inside Front Cover (Full Colour)	\$1,800
Inside Back Cover (Full Colour)	\$1,800
Outside Back Cover (Full Colour)	\$2,000
Specific Page	10% top up
Centre Spread	25% top up

### SGCC Member/Agency Discount

10%

If applying agency discount, member discount is not applicable.

## Materials Required

### Format

Print-optimised PDF file with embedded fonts. File should be compliant with ISO PDF/X-1a:2001 standard as defined by ISO 15930-1. Size: 260mm (h) x 190mm (w) with 5mm bleed all around.

### Resolution & Colour

All images must be converted to CMYK, uncompressed, with a minimum resolution of 300dpi.

### Proof

A digital colour proof complete with standard trim and bleed marks be supplied for colour guidance on press check

## In-Club Advertising Rates – Print (excluding GST)

	Placement	Per Insertion Per Month
Noticeboards (A4)	Main Clubhouse	\$500
	Palm Wing	\$400
	Heliconia Wing	\$350
Standees (Standard)		\$500
Banners (Standard)		\$800

- Client to provide artwork and content. Additional design services at \$300/request.
- Maximum of 3 revisions allowed per design.

## Digital Advertising Rates (excluding GST)

Platform	Placement	Per Insertion Per Month
Club EDM (Newsletter)	Top Banner	\$500
	Mid	\$400
	Bottom	\$400
Website	Top Banner	\$1,000
	Bottom Page Banner	\$800
Social Media	Post (Facebook/Instagram/ Telegram)	\$200/month
	Story (Facebook/Instagram)	\$50/story

- Client to provide artwork and content. Additional design services at \$200/request.
- Maximum of 3 revisions allowed per design.

## On-Site Advertising Rates – Print & Digital (excluding GST)

Location	Placement	Per Insertion Per Month
Main Clubhouse	Entrance Banner (14ft x 4ft)	\$2,000
	Carpark Barrier Banner (4ft x 1ft)	\$700 (both barriers)
	Digital Display (Vertical: 1080x1920px)	\$300
	Digital Display (Horizontal: 1920x1080px)	\$500
Palm Wing	Digital Display (Vertical: 1080x1920px)	\$300
Heliconia Wing	Digital Display (Vertical: 1080x1920px)	\$300
	Digital Display (Horizontal: 1920x1080px)	\$400
	Garden Bowl Advertising (Upper Panel: 168x92cm)	\$500/panel
	Garden Bowl Advertising (Lower Panel: 100x25cm)	\$300/panel

- Client to provide artwork and content. Additional design services at \$300/request.
- Maximum of 3 revisions allowed per design.

## Booking Deadline

Two months before publication date  
(for magazine)

## Materials Deadline

First day of month preceding  
publication (for all)

## Advertising Enquiries

Priscilla Chia	Tel: 6398 5305	Email: priscilla_chia@sgcc.com.sg
Mandy Wong	Tel: 6398 5374	Email: mandy_wong@sgcc.com.sg

Make  
Your Own:

# Baked Lemon Herb Salmon

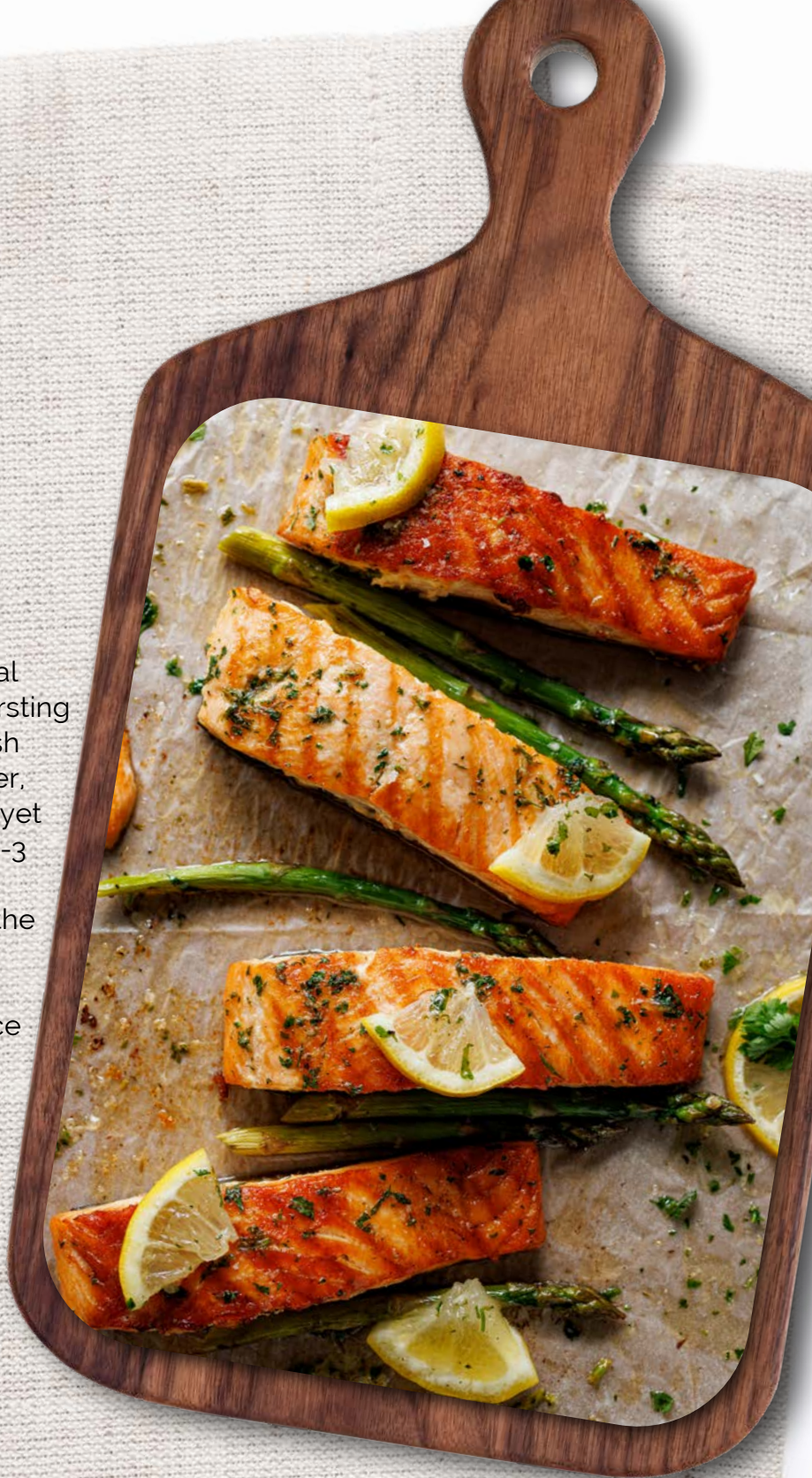
A delicious and nutritious meal that's easy to prepare and bursting with flavour. The blend of fresh herbs, zesty lemon, and tender, flaky salmon results in a light yet satisfying dish. Rich in omega-3 fatty acids, salmon promotes heart and brain health, while the lemon adds a refreshing tang that balances the richness of the fish. Herbs like dill enhance the aroma and add depth to the taste. Baking the salmon helps retain moisture, ensuring a juicy and flavourful bite every time.

## Ingredients (Serves 2):

- ✓ 2 salmon fillets
- ✓ 2 tbsp olive oil
- ✓ 1 lemon (sliced and juiced)
- ✓ 1 tbsp fresh dill (chopped)
- ✓ 1 tsp garlic powder
- ✓ Salt and pepper

## Method:

1. Preheat your oven to 375°F (190°C).
2. Line a baking dish with parchment paper or lightly grease it with olive oil.
3. Place the salmon fillets in the dish, skin-side down.
4. Drizzle with olive oil and lemon juice, then sprinkle with garlic powder, salt, and pepper. Top with fresh dill and lemon slices.
5. Bake for 12-15 minutes until the salmon is cooked through and flakes easily with a fork.
6. Serve with steamed vegetables or a fresh green salad.





# 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, 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  
**\$27.25\*** per annum!  
*\*Price includes GST  
(auto-renewal of membership  
till 12 years old)*

## Particulars of Applicant

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

## Particulars of Applicant's Guardian

Name: \_\_\_\_\_

Membership Number: \_\_\_\_\_

Relationship to Applicant: \_\_\_\_\_

Contacts: mobile \_\_\_\_\_ email \_\_\_\_\_

I wish to be kept updated of Junior Gems events via (tick one of the following boxes)

SMS     mobile     email

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Non-refundable annual membership fee of \$27.25 (includes GST) will be debited in your next Statement of Account. The annual membership fee will be billed to your account subsequently every 12 months until your child turns 12 years old. Any termination of membership must be done in writing at least one calendar month before auto-renewal date. For enquiries, please email [jean\\_lee@sgcc.com.sg](mailto:jean_lee@sgcc.com.sg)

## For official use

Received by: \_\_\_\_\_ Date: \_\_\_\_\_

## 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

## Functions Rooms / Ballroom

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

## Male &amp; Female Changing Rooms

Daily: 6.30am–10.30pm

## Study Room

Daily: 9am–10pm

## TENANTS

## Cambridge Pre-School

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

## Lat Salon

Tel: 9666 4463, by appointment only  
Tue–Sun: 11am–7pm  
Mon & PH: Closed

## Tai Yuan Tsui Hiang Yuan

Tel: 6322 7527  
Mon–Fri: 11am–3pm, 5pm–10pm  
Sat, Sun & PH: 9am–3pm, 6pm–10pm

## WOW (Whisky. Others. Wine.)

Tel: 87850056  
Tue–Sun/PH: 12pm–8pm  
*Closed every Mon (unless it is a PH)*

## MANAGEMENT STAFF

## General Manager

Mark James 6398 5329  
Email: mark\_james@sgcc.com.sg

Personal Assistant cum  
Office Manager (GM's Office)

Casey Chang 6398 5301  
Email: casey\_chang@sgcc.com.sg

## Senior Manager (Food &amp; Beverage)

Adrian Chew 6398 5368  
Email: adrian\_chew@sgcc.com.sg

Membership, Marketing &  
Communications Manager

Ivonn Law 6398 5320  
Email: ivonn\_law@sgcc.com.sg

## Sports &amp; Recreation Manager

Stanley Cornelius 6398 5372  
Email: stanley\_cornelius@sgcc.com.sg

Facilities, Maintenance  
& Safety Manager

Kelvin Ng 6398 5311  
Email: kelvin\_ng@sgcc.com.sg

## Finance Manager

Nicole Lee 6398 5358  
Email: nicole\_lee@sgcc.com.sg

## Human Resource Manager

Lucy Tan 6398 5366  
Email: lucy\_tan@sgcc.com.sg

## Security Operations Manager

Sritharan Lingam 6398 5315  
Email: sritharan@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 &amp; Recreation

Email: recreation@sgcc.com.sg

## Billiards &amp; Fitness

Jie Kai 6398 5353

## Squash &amp; Swimming

Jia Jun 6398 5351

## Tennis, Golf &amp; Darts

Ashley Toh 6398 5340

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 &amp; Beverage

fnb\_outlets@sgcc.com.sg

## Banquet Sales

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

## Advertisement Bookings

Priscilla Chia 6398 5305  
Email: priscilla\_chia@sgcc.com.sg

## Data Protection Officer

Email: dpo@sgcc.com.sg



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