



Club *Spirit*

JUNE • JULY 2025

Happy Father's Day

A Day for Dads

Years of effort made Father's Day official

Pg 8

Father's Day Special

Celebrate Dad with our dedicated set menus

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Junior Bowling Championship 2025

Pins Up! Junior bowlers take the lanes

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*I love you
dad!*



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JUNE • JULY 2025



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SPORTS & RECREATION

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Dear Members,

The next two months bring an exciting line-up of activities at the Club, and I encourage you to mark your calendars.

In June, *The Flavours of Morocco* takes over Garden Grill, offering a delightful taste of North African cuisine. On 14 and 15 June, we will celebrate Father's Day with a curated \$55 w/GST menu that includes a glass of sparkling wine. Over at Atrium Café, enjoy a 5-course Father's Day Family Feast from 13–15 June, priced at \$108 w/GST for 4 to 5 persons.

As we move into July, we turn up the flavour with an *All-American Cuisine* series. Weekly lounge entertainment continues strong. At Crossroads from 8pm, 玩得Fun (WTF) returns on Wednesdays, and Friends & Strangers keep Fridays lively. At Club Twenty-Two, Locomotion plays every Saturday in June starting at 8pm, while Sound Sensation takes over *Music Monday* in July (alternate Mondays from 9 June).

To revitalise Mondays at Crossroads Lounge, we are introducing live bands from June to August to boost sales and bring vibrant energy alongside our popular midweek and weekend line-up. Enjoy evergreen hits with Terry & Robyn and crowd favourites with O.K Ready!

Sundays in July will also be packed with music: Memory Lane headlines the *Sunday Tea Dance* on 6 July, followed by Leonard & The Country Riders on 20 July for a *Country Line Dance*. Close out the month with our Beyond Tribute Night featuring Alex & The X-Side Men on 26 July, 7pm–10.30pm.

Families can look forward to *Chinese Gong Fu for Children* every Friday from 4pm–5pm for ages 7–14, and adults can join our new *Mat Pilates* classes on Tuesdays at 5pm and Saturdays at 9.30am — both classes will be held at the Aerobics Studio and require minimum sign-ups.

Young bowlers can test their skills at the Junior Bowling Championship 2025 on 21 June. Only 20 spots are available, so register early before the 13 June deadline.

We're also thrilled to present two major upcoming highlights: our National Day Carnival on 9 August, running from 10am–8pm, with games, fun and family activities to celebrate Singapore's 60th birthday; and our SGCC 70th Anniversary Gala Dinner on 10 October — an unforgettable night featuring back-to-back entertainment from Uberjam and Alex & The X-Side Men, performing live from 6pm–midnight.

In keeping with tradition, the Club will hold its Annual General Meeting (AGM) on 29 June. While there will be no election this year, we encourage all eligible members to attend in support of our shared commitment to transparency and progress.

Thank you for staying engaged with our Club, and for your continued support. We look forward to seeing you at these exciting events as we come together in the true spirit of community— 'Celebrating Our Legacy, Embracing the Future'.

Warm regards,

Mathivanan Krishnan

President, Serangoon Gardens Country Club



Voting Principal Members
are invited to attend the Annual
General Meeting.

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

68th

Annual General Meeting



Date: 29 June 2025



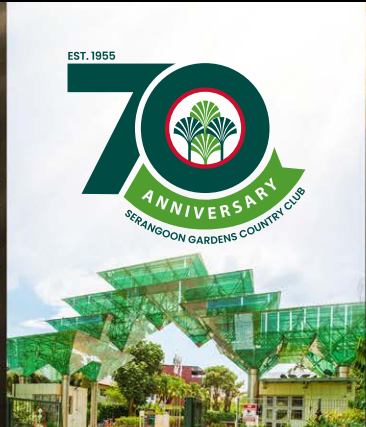
Time: 1pm



Venue: Kensington Ballroom



Dress Code: Smart Casual



CELEBRATING OUR LEGACY, EMBRACING THE FUTURE

70TH ANNIVERSARY GALA DINNER

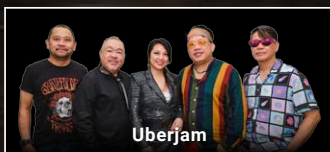
10 OCTOBER 2025 . 6PM – 12AM

KENSINGTON BALLROOM . \$128 (MEMBER) | \$138 (GUEST)

Highlights:



Alex And The X-Side Men



Uberjam

- ★ Dress code: retro & vintage chic
- ★ 7-course chinese dinner
- ★ Lucky draw prizes

- ★ 2 x Complimentary wines per table (1 red & 1 white)

In collaboration with:



Price includes GST



Scan QR Code
For Registration

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



For Enquiries : membership@sgcc.com.sg
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Dance Extravaganza with Alex & The X-Side Men

29 March 2025



This was truly a night to remember, uniting music lovers and dance enthusiasts in an electrifying evening at the Kensington Ballroom.

The band delivered a dynamic, high-energy performance that had guests rising

to their feet from the very first note of a string of crowd-favourite hits. The evening was made even more enjoyable with light snacks and drinks included in the admission, while our bundle deals proved to be a hit, bringing groups of friends together to celebrate in style. There was much



joy in the air, and the ballroom was bursting with laughter, cheers and infectious rhythms.

A standout moment of the evening was when Alex performed a medley of Cantonese hits. This really energised the room, and caused members and guests alike to stand up, wave their hands, and dance together in unison. It was a heartwarming and unforgettable sight that truly showcased the power of music to connect people.

From start to finish, the event captured the vibrant spirit and camaraderie that SGCC is proud to celebrate. Many thanks to everyone who joined us. We look forward to creating more magical moments with you soon!





Mother's Day Celebration

9 May 2025



SGCC's Mother's Day celebration for 2025 was themed 'Music for Memory'. Held in the Kensington Ballroom, it was a heartwarming evening that was indeed filled with wonderful music. Members, families and friends across generations arrived with great anticipation to celebrate the remarkable women in their lives.

The highlight of the night was a spectacular live music showcase that took everyone on a nostalgic journey through the various musical eras. Talented local artistes delivered soulful renditions of timeless classics from the 1960s–80s, featuring everything from the romantic crooning of Frank Sinatra to the rock 'n' roll flair of Elvis Presley. Their powerful vocals and stage presence had the audience captivated, with many guests singing along, swaying in rhythm and, most notably, dancing their hearts out.

Whether it was line dancing, social dancing, or simply moving to the music with friends and loved ones, the dance floor was alive throughout night. It was truly gratifying to see members and guests radiating joy with every step.



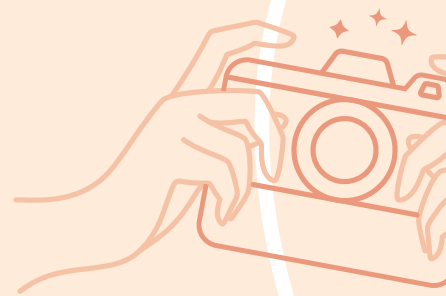
The elegant ambience of the ballroom, paired with light refreshments and heartfelt moments, made the evening extra special. It wasn't just a tribute to mothers — it was also a celebration of music, love and community.

Many thanks to Asiaeuro Wines & Spirits Singapore for the beautiful Mother's Day surprise — every lady lit up upon receiving a rose that night! Much appreciation also to everyone who joined us for this magical evening. We hope you left with joyful hearts, cherished memories, and songs that will stay with you long after the night ended. Here's to more meaningful celebrations ahead!



Snapshots

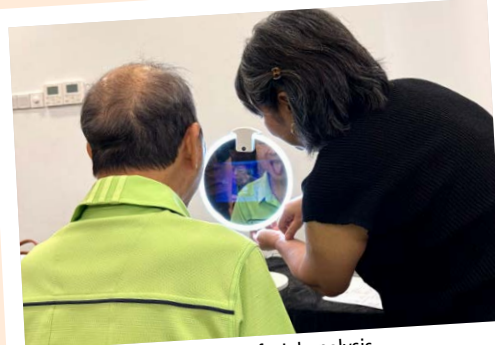
Here are photos and snippets of Club events that took place in **April 2025**.



TCM Talk 5 April 2025



TCM facial scans offered personalised wellness insights and traditional diagnostics



one-on-one facial analysis



Participants listening intently at our TCM Talk session

Californian Wine Masterclass 8 April 2025



The speaker sharing his insights of Californian vineyards



Sipping and learning at our Californian Wine Masterclass



Kong Chong Jee
Ordinary Member

Lee Geok Huay
Ordinary Member

Li Weiqi Andrew
Ordinary Member

Lu Yifan
Ordinary Member

Lim Lin Angie
Ordinary Member

Neo Meng Hwee
Ordinary Member

Ryan Phua Wen Wei
Ordinary Member

Peh Peng Ming
Ordinary Member

Bobby Sng Aik Tiong
Ordinary Member

Sitoh Li-Ling
Ordinary Member

Tan Wee Yan, Wilson
Ordinary Member

Toh Wee Kee
Ordinary Member

Gerald Lindsay Teo Qinji
Ordinary Member

Tay Joo Thong
Ordinary Member

Tan Yong Han Randall
Justin
Ordinary Member

Woo Hin Leong Rayner
Ordinary Member

Sek Gek Cher
Ordinary Member

Tjandranegara Agnes
Ordinary Member

Te Zong Xiang Aaron
Ordinary Member

Yeo Hua Qiang Michael
Francis
Ordinary Member

Chen Lijun
Term Member

Chia Quee Khee
Term Member

Dufourcq Gabriel Denys
Marie Jean
Term Member

Huang Yalan
Term Member

Join-Lambert Benoit
Term Member

Jean-Benoit Louis
Papillon
Term Member

Laurent Olivier Pinna
Term Member

Pierre De Foulhiac
De Padirac
Term Member

Rakotomalala Marc
Harifidy
Term Member

Ramirez Ramirez Eva
Maria
Term 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.



A Day for Dads

The origin story of Father's Day contains a decades-long slog to make it a public holiday in the country where it was first celebrated.



In Singapore, we celebrate it every third Sunday in June, but do you know how Father's Day came to be? The irony is that the day was conceived and proposed by a woman who was inspired to do so after hearing a sermon on Mother's Day.

Dedicated to dads

Sonora Smart Dodd had always admired her father, a Civil War veteran named William Jackson Smart, for single-handedly raising her and her five siblings after the death of her mother. After listening to a Mother's Day sermon,

she felt strongly that dedicated fathers like William deserve a day of their own to be honoured and celebrated for their contributions to family life.

Sonora started to lobby for a Father's Day in 1909 among the churches where she lived — Spokane, Washington, USA — and proposed that it be held on 5 June, as that was William's birthday. However, the pastors delayed it till the third Sunday in June so that they'd have time to prepare their sermons. The first Father's Day thus took place on 19 June 1910, in Spokane, supported by the local YMCA and churches.

Leading a revival

When Sonora moved away to Chicago for her studies, the celebration dwindled in popularity and was largely forgotten. It was not till Sonora returned to Spokane in the 1930s that she campaigned for Father's Day to be celebrated again — this time on a national level.

While Sonora had the support of commercial entities that dealt in masculine-oriented products such as neckties, hats, pipes and tobacco, she had her detractors: People who



Former US President, Lyndon B Johnson



Former US President, Richard Nixon

viewed Father's Day as unnecessary, irrelevant, too commercial, or an attempt to mimic the success of Mother's Day. However, their efforts paid off and, by the mid-1980s, the Father's Day Council (founded by the New York Associated Men's Wear Retailers to consolidate and systematise the commercial promotion of Father's Day) declared, "Father's Day has become a second Christmas for all the men's gift-oriented industries."

Proclaiming a national holiday

On the legislative front, a bill to establish Father's Day as a national holiday in the USA was presented to Congress in 1913. In 1916, President Woodrow Wilson gave a speech in Spokane during a Father's Day celebration and had intended to sign the bill, but was thwarted by Congress. In 1924, President Calvin Coolidge made Father's Day a national event

to "establish more intimate relations between fathers and their children and to impress upon fathers the full measure of their obligations", but stopped short of proclaiming it a national holiday. The tide turned in 1966, when President Lyndon B Johnson issued a presidential proclamation that designated the third Sunday in June as Father's Day. But it was only on 24 April 1972 that President Richard Nixon finally signed it into law.

After six decades, Sonora's lifelong dedication to establish an official day for dads was finally achieved. In contrast, Mother's Day became an official holiday in the USA just six years after it was first celebrated!

Differing dates

Singapore is one of many countries that follow the USA, celebrating Father's Day on the third Sunday in June. While many families here

observe the day, it is sadly not a public holiday.

However, there are numerous countries that observe Father's Day on a different date, such as:

Thailand

Father's Day falls on 5 December, coinciding with the birthday of the late and beloved King Bhumibol, who is considered the father of the nation, reflecting a deep reverence for the monarchy. On this public holiday, Thais traditionally give their fathers and grandfathers a canna flower, considered a masculine bloom.

Taiwan

While not an official holiday, Father's Day is widely observed on 8 August. In Mandarin, '8' is pronounced as "bā" and sounds similar to the character for 'dad' ("bà"). And since August is the eighth month of the year, locals call it "bā-bā holiday", a pun for 'dad's holiday' (the character for 'dad' is often repeated when spoken).

Australia

Father's Day falls on the first Sunday of September, which is around early spring Down Under. This allows families to enjoy the outdoors with picnics or barbecues. Schools often encourage and help children to prepare gifts and cards, thus promoting the importance of family.





The Flavours of Morocco

A Journey Through Traditional Recipes

**Indulge in traditional Moroccan recipes, brought to life
with bold flavours and aromatic spices**

Available throughout the month of June 2025 (except on 14 & 15 June)

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)

** Price includes GST*

SET MENU

APPETISER

Tomato Chickpea Salad

With bell pepper, tomatoes, carrot,
onion and sliced almonds

OR

Moroccan Chicken Cigars

With chilli yogurt

OR

Zaalouk

Moroccan eggplant dip with
toasted bread

SOUP

Creamy Carrot Soup

With walnut crush

OR

Harira Soup

A hearty tomato-based Moroccan soup
made with legumes like lentils and
chickpeas, fresh herbs, and warm spices

MAIN COURSE

Casablanca Seafood Stew

With mussels, prawns, squid & fish

OR

Pan-seared Salmon

Poached in spicy paprika sauce

OR

Moroccan Chicken Skewers

With herby lemon olive vinaigrette

OR

Lamb Tagine

Slow-cooked lamb stew with spicy mixed
sauce and cauliflower couscous

OR

Middle Eastern Steak Pitas

(surcharge \$10)

Pan-seared ribeye steak with Moroccan
spice and served with pita bread

DESSERT

Orange Cream Brulee

With cinnamon almond

OR

Moroccan Lemon Cake

With vanilla glaze

Coffee OR Tea

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



All-American Cuisine

Savour the bold, hearty flavours of classic American favourites

Available throughout the month of July 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)

* Price includes GST

SET MENU

APPETISER

American Potato Salad

With crispy bacon
OR

Bacon-wrapped Brussels Sprout

Served with honey garlic mayo
OR

Zucchini Slippers

Stuffed with sausage, bell
peppers, onion and mozzarella
cheese

SOUP

Bacon Cheddar Potato Soup

OR

Seafood File Gumbo

MAIN COURSE

Herb-crusted Baked Barramundi

With lemon cream sauce
OR

Creole Seafood Jambalaya

OR

Sticky Barbecue Pork Ribs

Served with butter corn
OR

Buttermilk Fried Chicken

Served with garlic aioli
OR

Pan-seared Ribeye Steak

(surcharge \$10)
Served with garlic herb butter

DESSERT

Chocolate Brownie
with vanilla ice cream
OR

Yogurt & Fruit Parfait

COFFEE OR TEA



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



Father's Day Celebration @ Garden Grill

**Celebrate Dad with a delicious spread and
unforgettable family moments**

14 & 15 June 2025

Operating Hours:

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price

\$55* per person

(include a glass
of sparkling
wine)

** Price includes GST*

Set Menu

APPETISER

**Prosciutto & Figs,
Crispy Scallop,
Bacon-Wrapped
Brussels Sprout**

SOUP

German Beef Goulash

MAIN COURSE

Gruyere Baked Halibut

Leek fondue with
romesco sauce

or

Confit of Duck Leg

Creamy puree, broccolini
& shallot cassis sauce

DESSERT

**Chilled Mango Sago
with Pomelo**

**FRESHLY BREWED
COFFEE OR TEA**

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



Father's Day Family Feast

Come on down and treat all dads to a well-deserved celebration!

13-15 June 2025

Operating Hours:

12pm-3pm; 6pm-10pm

(Last order: 30 minutes before closing)

Price

Chinese 5-course Menu: \$108* (serves 4-5pax)

** Price includes GST*

Set Menu

Herbal Chicken Soup with White Fungus

Crispy-fried Sea Bass with Superior Soy Sauce

Scallop and Broccoli with Conpoy Sauce

Crab Meat Fried Rice

Yam Paste with Cream Corn



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



ALL-IN-ONE

CELEBRATE IN STYLE AT CLUB TWENTY-TWO!

Looking for the perfect event venue? Club Twenty-Two has you covered! From weddings to corporate events and birthday parties, we offer everything you need for an unforgettable celebration.



Birthday Parties



Weddings



Private Events



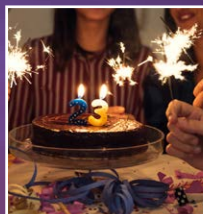
Kitty Parties



High-Tea Events



Corporate Events



Book now and enjoy special rates for events held in July!

For more information, please call 6286 8888 or 9017 9913



For Enquiries : banquetsales@sgcc.com.sg
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PAST EVENTS



The Tennis Holiday Camp focused on improving skills, developing techniques, and fostering a love for tennis.

TENNIS HOLIDAY CAMP

17–19 March 2025

Tennis Courts

Taking place over two periods of three consecutive days in November last year, the Tennis Holiday Camp was an exciting and engaging time for 10 young players. The camp focused on improving skills, developing techniques, and fostering a love for tennis in an immersive yet fun and supportive environment.



Young ones showing off their precocious tennis skills.

TENNIS JUNIOR CHAMPIONSHIP

16 March 2025

Tennis Courts

This edition of the Tennis Junior Championship was a great success! Not only did many new players sign up for the competition, but numerous games went down to the wire and could not be called till the very last point — this occurred across all categories, from 8 & Under (which kick-started the event) to 12 & Under, and 16 & Under. The young players showed incredible talent and sportsmanship! Here are the results:

	8 & Under	12 & Under	16 & Under
Main			
Champion	Anastasia Ng	Raphaël Join-Lambert	Wu Joye
Runner-up	Georgia Koh	Charlotte Lee	Timothy Lee
2nd Runners-up	Zachary Neo & Ellie Ng	Renae Chua & Koh Wen Yu	Clarysse Wong & Victoria
Plate			
Champion	Bosco Guarch		
Runner-up	Shannon Chew		
2nd Runners-up	Gregory Chia & Mia		

SGCC SMASH & DASH TENNIS TOURNAMENT
22 March 2025
Tennis Courts



Participants had to get used to the rapid-paced Fast 4 format.

The finalists.



Participants socialised over food and drinks after the competition.

This was an exciting, action-packed event that brought together tennis enthusiasts for a day of intense competition and camaraderie. Participants had to get used to the rapid-paced Fast 4 format, which ensured that every match was quick and thrilling. But players had to stop showcasing their skills and resilience when the heavens suddenly opened. However, the spirit of the participants remained undampened — after a short delay, the competition resumed with renewed energy. The day was not just about tennis, as participants walked off the courts to enjoy a fun-filled time of food, drinks and socialising. Here are the results:

Champions
Runners-up

Leon Qiu & Lisa Liew
Clement Chng & Sarah Xue

50TH INTER-TEAM BOWLING MIXED LEAGUE
23 October 2024–26 March 2025

After a long and intense period of competition that lasted 20 weeks, 30 people turned up for prize presentation. We wish to acknowledge the team captains, whose contributions were vital to the success of the league. They are:

Captain	Team Name
Catherine Chua	Bowling Buddies
Xavier Boutin	Voilah
Finn Wong	Pin Pals
Lucy Tan	Aurora
Derrick Sim	Break Free
Marcus Loh	Bowling 4 Life

Here are the results:

	Team Name
Champion	Break Free
Runner-up	Voilah
2nd Runner-up	Aurora



Champion



Runner-up



2nd Runner-up

50th Inter-Team Trios Bowling League: Season Wrap-up

The 50th Inter-Team Trios Bowling League officially ended on 5 April 2025 after 20 exciting weeks of fun and friendly competition. Throughout the season, apart from the serious matter of actually bowling, members enjoyed each other's company and shared lots of laughter and conversation. Kudos to the team captains, who worked hard every week to coordinate with their bowlers — your dedication kept the league running smoothly! It has been a great experience for everyone, especially the newcomers, who appreciate the warm team spirit. We are all looking forward to the next league.

TCA JUNIOR CHESS OPEN CHAMPIONSHIP 2025

18 April 2025

Kensington Ballroom

This event attracted an amazing number of participants: a total of 130 across the different categories! Despite this large number of competitors, the event ran smoothly, and everyone had a great time, especially with the addition of ice cream treats and and a magic show. We hope to see all of you again next year. A big "thank you!" to our S&R Chairman for graciously presenting the prizes to all the winners.

Some of the 130 participants, who were grouped into four categories.



	Open Category	Under 8 Category	Under 10 Category	Under 12 Category
Champion	Liu Muzhao	Ng Yuval	Jonathan Koh	Zhang Zixuan
Runner-up	Javier Teo	Edison Tay Yi Zhe	Andrew Ng	Chua Zhuijun Dason
2nd Runners-up	Wang Yunlei	Clayton Trevor Pratama	Chong Yan Ci	Lim Zi Yang Percy

44TH SINGAPORE SWIMMING PROFICIENCY AWARDS

22-23 February 2025

Singapore Sports School



For 20 swimmers from SGCC, the Singapore Sports School provided the perfect backdrop for a day filled with competition and camaraderie.

This event featured a total of 63 individual entries, 20 of whom were from SGCC. Held at the Singapore Sports School, the venue provided the perfect backdrop for a day filled with competition and camaraderie. The atmosphere was lively, with cheers of support resonating throughout the pool area as participants showcased their skill and determination. Each swimmer demonstrated remarkable talent, and the sense of teamwork was palpable, as peers encouraged one another during their races. After a day of thrilling competition, all swimmers were awarded certificates and badges, the reward for their hard work and achievements. The smiles on their faces reflected the joy and pride of their accomplishments, making the event memorable for everyone involved.



55TH SINGAPORE NATIONAL AGE GROUP 2025

14-16 (Juniors) & 18-23 (Seniors) March 2025

OCBC Aquatics

The recent Singapore National Age Group Swimming Championships, held at the OCBC Aquatics Centre, saw impressive performances from both junior and senior swimmers. The event showcased the hard work of the athletes as they competed fiercely in individual and relay events.

Junior Team Review: The SGCC junior team, made up of 13 swimmers, participated in 31 individual entries and five relay teams. Their collective effort resulted in three silver medals and one bronze medal, making it a highly successful outing for the team. The members exhibited exceptional skill, teamwork and determination, contributing to their strong overall performance. The relay teams displayed remarkable coordination, which undoubtedly helped to bring home multiple medals.

Senior Team Review: The SGCC senior team, made up of six swimmers, participated in 18 individual events and one relay team. While their focus was more on individual events compared to the juniors, the seniors showed remarkable teamwork and collaboration, especially in their lone relay event. Their competitive spirit was also very much alive.

Medal Winners:	1. Li, XiangZhi	2. Tang, Shao Jie
	3. Lee, Hyun Ang Argus	4. Gong, Haolin

UPCOMING EVENTS

JUNIOR BOWLING CHAMPIONSHIP 2025

Youth bowlers, assemble! The Junior Bowling Championships will be held in June, and we want you to sign up. All the details are below. Key the dates into your smart phone's calendar function, and do sign up before the closing date of 13 June.

Date: 21 June 2025, Saturday

Venue: Gardens Bowl

Category: Category A (13 Years & Above)

Check-in Time: 12pm

Roll-off Time: 12.15pm

Format: Best of 8 games

Category B (12 Years & Below)

Check-in Time: 10am

Roll-off Time: 10.15am

Format: Best of 6 games

Handicap: Category A (13 Years & Above)

- National Youth (Boys & Girls) – 0 Handicap
- SGCC Youth (Boys) – 0 Handicap
- SGCC Youth (Girls) – 5 Handicap
- Boys (Non-member of National Youth & SGCC Youth squad (applicable to Feeder squad)) – 5 Handicap
- Girls (Non-member of National Youth & SGCC Youth squad (applicable to Feeder squad)) – 10 Handicap



Handicap: Category B (12 Years & Below)

- SGCC Youth Feeder squad (Boys & Girls) – 5 Handicap
- Non-member of SGCC Youth Bowling Team (Boys & Girls) – 10 Handicap

Eligibility: Both categories are open to boys and girls, ages as at 1 January 2025. Squads will be combined if either category has fewer than 20 participants with the earlier timing.

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

Min/Max: 15/20 participants

Closing Date: 13 June 2025 (Friday)

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

2025 FRENCH NATIONAL DAY SQUASH

Fancy yourself pretty nifty with a squash racquet? Then sign up to show your stuff in this tournament, which features both singles and doubles formats. What's more, there's a dinner thereafter at Crossroads restaurant, where you can make friends with your competitors on court!

Date: 21 June 2025, Saturday

Time: 2pm–6pm (game); 6.30pm–10pm (dinner)

Venue: Squash Courts & Crossroads

Fee: Squash & Dinner \$25 (Member) | \$35 (Guest)
Dinner only \$20 (Member) | \$30 (Guest)

Format: Players divided into 3 teams
Best of 3 games
Singles and doubles available

Max: 30 participants (game);
40 participants (dinner)



Sponsored by:

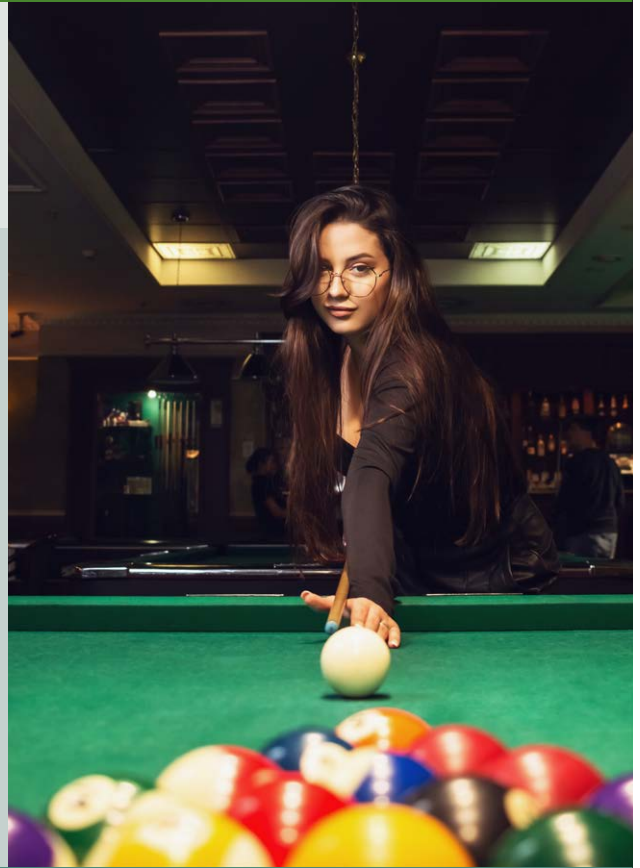


Jia Jun at 6398 5351 or Jiajun_ong@sgcc.com.sg

GARDEN 8 BALL CLASH

Join us on 28 June 2025 for an exciting day of pool action in the Billiard Room. From friendly competition to fierce finals, we've got the ultimate knockout format ready for all skill levels! Entries are limited, so book your slot now!

- Date:** 28 June 2025, Saturday
Time: 2pm
Venue: Billiard Room
Fee: \$10* (Early Bird promotion till 1 June 2025) | \$15* (Members) | \$20* (Guest)
**Price includes GST*
Handicap: Knockout format
Race to 2 (Best of 3),
Finals: Race to 3 (Best of 5)
No Loser's Pool
Tournament-type handicap system for less experienced players
Online draw for players
Eligibility: 12 years old and above
Min/Max: 10/15 participants
Closing Date: 13 June 2025, Friday



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

GLOW SQUAD SPORTS CAMP 2025












































It's all about the kids at this camp. They'll enjoy three action-packed days in June, with activities such as Laser Tag, a Magic Workshop, and a Zumba Dance Class. In addition to the high-energy fun, they'll also learn about teamwork and exercise their creativity. Spots are limited and go quite quickly, so sign up your little ones today!


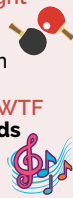






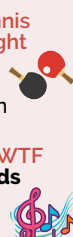








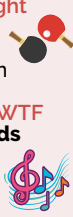





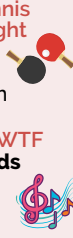








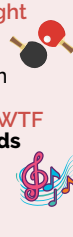

- Date:** 2-4 June 2025, Monday-Wednesday
Time: 9am-5pm
Venue: SGCC
Fee: \$196.20* (JG Member) | \$218* (Member) | \$239.80* (Guest)
**Price includes GST, daily lunch and tea breaks over the 3 days. Applicable for Minimum Spending.*
Eligibility: 7-14 years old
Max: 40 participants

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

JUNE 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30 O.K Ready! Crossroads Lounge 8pm 						1 The Flavours of Morocco – A Journey Through Traditional Recipes Garden Grill 12pm–3pm / 6pm–10pm (whole month except 14 & 15 June) 
2 O.K Ready! Crossroads Lounge 8pm 	3 Squash Social Night Squash Courts 6pm–9pm 	4 Table Tennis Social Night Squash Court 4 2pm–4pm 玩得 Fun WTF Crossroads Lounge 8pm 	5 Squash Social Night Squash Courts 5pm–8pm 	6 Friends & Strangers Crossroads Lounge From 8pm	7 HARI RAYA HAJI Locomotion Club 22 8pm  Weekend BBQ Beer Garden 5.30pm–9pm	8
9 Music Monday with Sound Sensation Club 22 12.45pm–3.45pm  Terry & Robyn Crossroads Lounge 8pm 	10 Squash Social Night Squash Courts 6pm–9pm 	11 Table Tennis Social Night Squash Court 4 2pm–4pm 玩得 Fun WTF Crossroads Lounge 8pm 	12 Squash Social Night Squash Courts 5pm–8pm 	13 Father's Day Family Feast Atrium Cafe 12pm–3pm / 6pm–10pm  Friends & Strangers Crossroads Lounge From 8pm  Tennis Social Night Tennis Courts 8pm–10pm 	14 Father's Day Celebration Garden Grill 12pm–3pm / 6pm–10pm  Father's Day Family Feast Atrium Cafe 12pm–3pm / 6pm–10pm  Locomotion Club 22 8pm  Weekend BBQ Beer Garden 5.30pm–9pm  Estate Planning Session (WILL/LPA) Casuarina Room 10am 	15 Father's Day Celebration Garden Grill 12pm–3pm / 6pm–10pm  Father's Day Family Feast Atrium Cafe 12pm–3pm / 6pm–10pm 
16 O.K Ready! Crossroads Lounge 8pm 	17 Squash Social Night Squash Courts 6pm–9pm 	18 Table Tennis Social Night Squash Court 4 2pm–4pm 玩得 Fun WTF Crossroads Lounge 8pm 	19 Squash Social Night Squash Courts 5pm–8pm 	20 Friends & Strangers Crossroads Lounge From 8pm 	21 Junior Bowling Championship Gardens Bowl 10am & 12pm  2025 French National Day Squash Squash court & Crossroad From 2pm  Locomotion Club 22 8pm  Weekend BBQ Beer Garden 5.30pm–9pm 	22
23 Music Monday with Sound Sensation Club 22 12.45pm–3.45pm  Terry & Robyn Crossroads Lounge 8pm 	24 Squash Social Night Squash Courts 6pm–9pm 	25 Table Tennis Social Night Squash Court 4 2pm–4pm 玩得 Fun WTF Crossroads Lounge 8pm  Yakult Factory Tour 8.15am–12pm 	26 Squash Social Night Squash Courts 5pm–8pm 	27 Friends & Strangers Crossroads Lounge From 8pm  Tennis Social Night Tennis Courts 8pm–10pm 	28 Locomotion Club 22 8pm  Weekend BBQ Beer Garden 5.30pm–9pm 	29 68th AGM Kensington Ballroom 1pm

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 All-American Cuisine Garden Grill 12pm-3pm; 6pm-9pm (whole month)  Squash Social Night Squash Courts 6pm-8pm	2 Table Tennis Social Night Squash Court 4 2pm-4pm 玩得 Fun WTF Crossroads Lounge 8pm 	3 Squash Social Night Squash Courts 5pm-8pm 	4 Friends & Strangers Crossroads Lounge 8pm 	5 Member's Band Night, Wild Ginger Club 22 8pm 	6 Sunday Tea Dance with Memory Lane Club 22 2pm 
7 Terry & Robyn Crossroads Lounge 8pm 	8 Squash Social Night Squash Courts 5pm-8pm 	9 Table Tennis Social Night Squash Court 4 2pm-4pm 玩得 Fun WTF Crossroads Lounge 8pm 	10 Squash Social Night Squash Courts 5pm-8pm 	11 Tennis Social Night Tennis Courts 8pm  Friends & Strangers Crossroads Lounge 8pm 	12 Soap Making Workshop Casuarina Room 10.30am-12.30pm  Member's Band Night, Plus Factor Club 22 8pm 	13
14 Music Monday with Sound Sensation Club 22 12.45pm-3.45pm  O.K Ready! Crossroads Lounge 8pm 	15 Squash Social Night Squash Courts 6pm-8pm 	16 Table Tennis Social Night Squash Court 4 2pm-4pm 玩得 Fun WTF Crossroads Lounge 8pm 	17 Squash Social Night Squash Courts 5pm-8pm 	18 Friends & Strangers Crossroads Lounge 8pm 	19	20 Country Line Dance with Leonard & The Country Riders Club 22 2pm 
21 Terry & Robyn Crossroads Lounge 8pm 	22 Squash Social Night Squash Courts 6pm - 8pm 	23 Table Tennis Social Night Squash Court 4 2pm-4pm 玩得 Fun WTF Crossroads Lounge 8pm 	24 Squash Social Night Squash Courts 5pm-8pm 	25 Friends & Strangers Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm 	26 Beyond Tribute Night with Alex & The X-Side Men Club 22 7pm  Smiles for All Ages: Dental Health Across the Lifespan Casuarina Room 10am - 12pm 	27
28 Music Monday with Sound Sensation Club 22 12.45pm-3.45pm  O.K Ready! Crossroads Lounge 8pm 	29 Squash Social Night Squash Courts 6pm-8pm 	30 Table Tennis Social Night Squash Court 4 2pm-4pm 玩得 Fun WTF Crossroads Lounge 8pm 	31 Squash Social Night Squash Courts 5pm-8pm 			

CLASSES

CHINESE GONG FU FOR CHILDREN



Immerse your child in the power, wisdom and cultural richness of traditional Chinese gongfu. It's a type of martial art that nurtures strength, focus, flexibility, confidence and discipline.

About the Trainer

An elected Extraordinary Master of the World for two consecutive years, Master Jennifer Lee is the 22nd generation lineage holder of the Zi Wu Men traditional of neigong. Zi Wu Men Gong Fu has a 900-year-old history. With an entry in the Singapore Book of Records, Master Lee is a versatile teacher with over 35 years of international teaching experience and is highly sought-after for her modern approach to ancient health techniques.

Day: Fridays
Time: 4pm–5pm
Venue: Aerobics Studio
Fee: \$87.20* (Member) | \$109* (Guest)
Min: 10 participants
(Open to children aged 7–14 years old)

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

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

MAT PILATES

Move better, feel stronger — from the mat up. Mat Pilates may look simple, but don't be fooled — it's a powerhouse for your core, posture and total body awareness. No machines are needed; it's just you, your mat, and the magic of mindful movement. This course:

- is perfect for beginners
- builds strength and stability
- improves posture, mobility and focus
- is functional, and will help you move with ease in everyday life

About the Trainer

Joanne Tay began her Pilates journey 15 years ago, seeking balance amidst the demands of her active, sporty lifestyle. What she found was a practice that was both calming and powerful — one that strengthened her core, lengthened her muscles, and grounded her mind.

Her connection to Pilates deepened through personal adversity. After suffering two back injuries and undergoing two knee surgeries for ACL and meniscus reconstruction, Pilates became more than just a form of exercise — it became a path to healing. Through mindful movement and breath, Jo experienced firsthand the body's remarkable ability to recover, grow stronger, and transform.

Day/Time: Tuesdays, 5pm–6pm
Saturdays, 9.30am–10.30am
Venue: Aerobics Studio
Fee: \$130.80* (Member) | \$142.25* (Guest)
Min: 7 participants

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



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

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

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

** Price includes GST.*

Jie Kai at 6398 5353 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: \$68.67* (Member) | \$91.56* (Guest)

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

** Price includes GST.*



Jie Kai at 6398 5353 or 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)
Min: 6 participants

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

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)

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

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)

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

* Price includes GST.

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)

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

* Price includes GST.

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)

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

* Price includes GST.

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

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

* Price includes GST.

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)

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

* Price includes GST

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

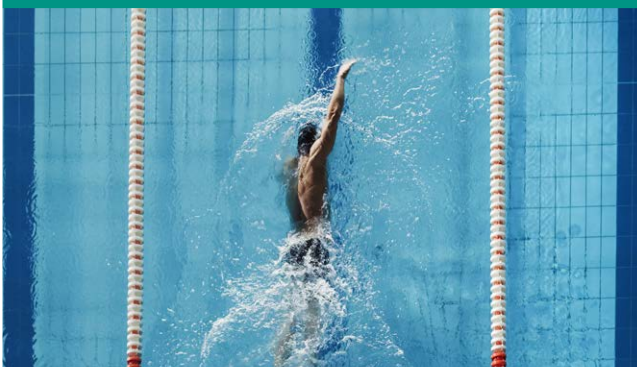
Fee: **2 Sessions/Week**

\$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).

Lesson fees are not subject to be prorated in the event of public holidays or if there is a fifth week in the month.

* Price includes GST.

Julia Kong at 6398 5352 or 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.

Scan the QR code for the schedule of the three programmes



Julia Kong at 6398 5352 or 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)

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

** Price includes GST.*

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)

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

** Price includes GST*

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: Saturdays, 7am–8am
Venue: Aerobics Studio
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

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

An elected Extraordinary Master of the World for two consecutive years, Master Jennifer Lee is the 22nd generation lineage holder of the Zi Wu Men traditional of neigong. Zi Wu Men Gong Fu has a 900-year-old history. With an entry in the *Singapore Book of Records*, Master Lee is a versatile teacher with over 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: Thursdays, 4.30pm–5.30pm
Venue: Club 22
Fee: \$74.12* (Member) | \$85.57* (Guest)

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

* Price includes GST.

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

ZI WU MEN GONGFU



About the Trainer

An elected Extraordinary Master of the World for two consecutive years, Master Jennifer Lee is the 22nd generation lineage holder of the Zi Wu Men traditional of neigong. Zi Wu Men Gong Fu has a 900-year-old history. With an entry in the *Singapore Book of Records*, Master Lee is a versatile teacher with over 35 years of international teaching experience and is highly sought-after for her modern approach to ancient health techniques.

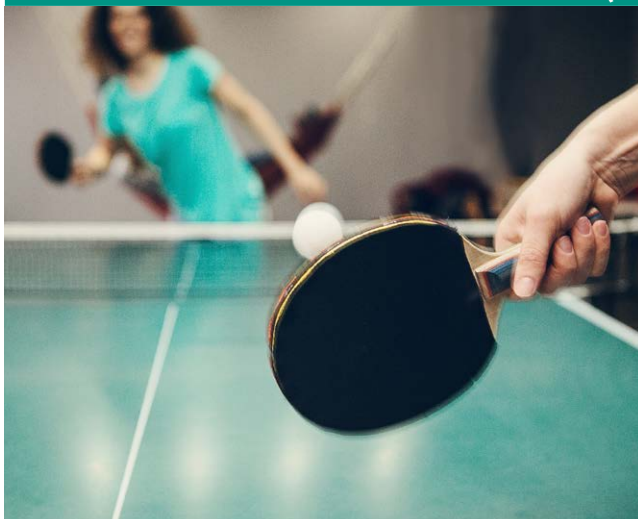
Day/Time: Wednesdays, 4.30pm–5.30pm
Venue: Club 22
Fee: \$74.12* (Member) | \$85.57* (Guest)

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

* Price includes GST.

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

TABLE TENNIS (PRIVATE COACHING)



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

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

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

** Price includes GST.*

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.

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

* Price includes GST

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

TENNIS COACHING PROGRAMME



Want 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

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

JUNIOR GROUP COACHING PROGRAMME

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

* Price includes GST

Min 3 students to start

Ashley Toh at 6398 5327 or 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.



For Enquiries : recreation@sgcc.com.sg
22 Kensington Park Road, Singapore 557271

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
1 Session	\$80.12	\$93.20	\$106.80
5 Sessions**	\$343.35	\$408.75	\$457.68
10 Sessions***	\$629.48	\$760.28	\$839.09

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.



For Enquiries : recreation@sgcc.com.sg
22 Kensington Park Road, Singapore 557271

www.sgcc.com.sg
Follow us on SGCC1955



Keep your Head above Water

Whether you choose to make a splash in a man-made or natural body of water, here are tips that just might save you from drowning.

According to the United Nations (UN), about 236,000 people across the world drown each year. It's one of the leading causes of death globally for children and young people aged one to 24 years; it's also the third-leading cause of unintentional injury death, accounting for 7% of all injury-related deaths.

Such staggering statistics make drowning a major health problem worldwide, and it's no wonder that the UN created World Drowning Prevention Day, which falls on 25 July,

to raise awareness of water safety.

The UN urges all stakeholders to advocate for the widespread use of proven measures such as:

- installing barriers controlling access to water
- providing safe places away from water such as crèches for pre-school children with capable childcare
- teaching swimming, water safety, and safe rescue skills
- training bystanders in safe rescue and resuscitation

- setting and enforcing safe boating, shipping and ferry regulations
- improving flood risk management

How can you be more conscious about water safety?

You have to understand and accept that drowning is a danger that can strike suddenly, without warning. Unlike what you often see in movies, there's rarely any rough splashing or frantic shouting from victims, who can even include strong swimmers. But victims are, more often than not,

rules, information and instructions, so read and obey them — they're for your safety and protection.

In and around the pool

Never run on the pool deck, as it can get slippery, since it's almost always wet. If there are steps that gently lead into the pool, use them to get in and out; if not, consider using one of the step ladders, especially if the pool ledge is too rough or slippery. If you wish to jump in, make sure the immediate area is clear of other users. Never dive in at the shallow end of the pool — there should be a 'No Diving' sign somewhere nearby; in open waters, such signs are often found where there are submerged rocks or other potentially dangerous items.

Avoid roughhousing — you could lose consciousness from knocking your head against rocks or the pool wall, and that can lead to drowning.

Be wary of suction hazards such as drains and skimmers, which can be strong enough to hold onto fingers, toes, arms, legs, torsos and hair (tie it up or wear a swim cap) — you'll drown if you're not strong enough to free yourself and take a breath.

Invite a buddy along

Needless to say, swim only when there's a lifeguard around. However, even with a lifeguard present, it's wise to have a buddy accompany you. The two of you can look out for each other and alert the lifeguard — whose attention may be spread thin — should anything untoward happen.



Avoid drowsiness-causing substances

Prior to and during your time in the water, refrain from consuming anything that could cause drowsiness. This includes alcohol and medications. Being drowsy and confused increases the risk of drowning by impairing judgement, reducing coordination, and delaying reaction time.

Learn to swim

This is a no-brainer, and should be non-negotiable! And it's so much more than being able to execute the perfect butterfly stroke or front crawl. There are survival skills involved, too, such as floating to rest if you're tired, treading water, and finding a safe way to exit the pool. With these skills, one gains confidence in the water, is less likely to panic when something challenging occurs, and can thus react properly to reach safety.

Check out all the water-based activities available in the club — refer to the Sports & Recreation section, which starts on page 22.

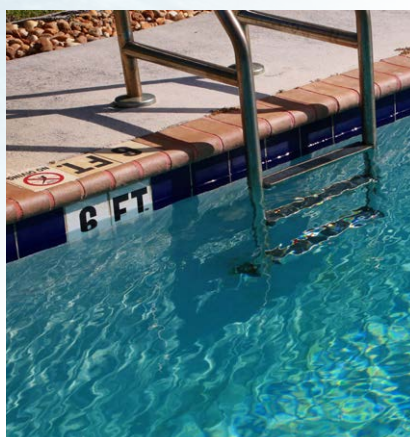


children and inexperienced swimmers; they should, whenever they're in the water, stay within arm's reach of an adult who's a strong swimmer.

Here's some advice that you should consider:

Obey the signs

Signs around bodies of water, including the swimming pool, contain



Know your abilities

Swim only where you feel comfortable; don't swim farther or deeper than what you can manage, and it's safer to be conservative in the estimation of your prowess. In open waters, there should be flags demarcating the safe zone for swimming. Do note that cold water may weaken your abilities.

Soap-making Workshop

Looking for a fun and creative way to unwind while learning a new skill? Join our Soap-making Workshop and craft your very own luxurious, all-natural soaps! In this hands-on session, you'll learn:

- The basics of soap-making
- How to use natural ingredients for skin-friendly bars
- How to customise your soap with scents, colours and textures

Whether you're a beginner or a DIY enthusiast, this workshop is perfect for anyone who loves handmade products. Plus, you get to take home your beautifully crafted soaps that are perfect for personal use or gifting.



Date: 12 July 2025, Saturday

Time: 10.30pm–12.30pm

Venue: Casuarina Room

Fee: \$38.15* (Junior Gems)
includes 1 parent and 1 child (below 12 years old)

\$41.42* (Member) | \$42.51* (Guest)

**Price includes GST. Applicable for Minimum Spending.*

Min: 8 participants

Closing Date: 3 July 2025, Thursday

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

Grit & Antifragility: Toughening Your Kids for the Future

Calling all parents! If you fear that your kids, especially teenagers, are growing up to be part of the strawberry generation, then sign them up for this event. Led by Ryan Nicholas Leong, a youth coach accredited by the Ministry of Education, this talk will help your children be gritty and resilient even in the face of very tough situations. Not only will they hear inspiring tales of grit, but they'll also get to create personal vision boards of goals to slay.

About the trainer:

Ryan Nicholas Leong's credentials

- Top Youth Coach of the Year award
- MOE-registered trainer
- Certified paracounsellor (WSQ)
- Digital parenting trainer (google.org)
- Gen A.I. consultant (Samsung)
- Childhood cancer survivor
- Top in cohort academic achiever



Date: 23 August 2025, Saturday

Time: 10am–11am

Venue: Casuarina Room

Fee: Free

(Light refreshments will be served.)

Max: 30 participants

Closing Date: 15 August 2025, Friday

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

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OPEN TO
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★ NATIONAL DAY ★ CARNIVAL

**9 AUGUST
2025
10AM - 8PM
MAIN LOBBY**

HIGHLIGHTS

CARICATURE ★ SHOULDER MASSAGE STATION
LIVE BANDS ★ WATER OBSTACLE BOUNCY CASTLE
ICE CREAM CART AND MANY MORE

Free National Day Fun Packs (while stocks last)



Email: membership@sgcc.com.sg
22 Kensington Park Road, Singapore 557271

www.sgcc.com.sg
Follow us on    SGCC1955

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.*

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

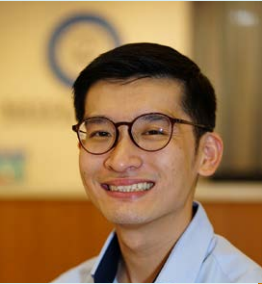
Smiles for All Ages: Dental Health Across the Lifespan



No matter your age, a healthy smile is always important! From teething toddlers to aging adults, each stage of life brings unique dental needs. Early habits, regular checkups and age-appropriate care are key to preventing dental issues and promoting lifelong oral health. Join our experienced dentists for an educational talk, as we highlight tips and insights to help you and your loved ones maintain bright, healthy smiles - at every age. Because great dental care is truly a lifetime investment!

Lead Speaker:

Supporting Speaker:



Dr Hendra Pick
Dental Surgeon
BDS (Singapore)



Dr Claire Ho
Dental Surgeon
BDS (Adelaide)

Date: 26 July 2025, Saturday
Time: 10am - 12pm
Venue: Casuarina Room
Closing date: 14 July 2025, Monday

Welcome gifts & light refreshments provided!

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



Chocolate Mousse with Sea Salt & Olive Oil

Whether you're a chocoholic or just looking for a reason to treat yourself, there's no better occasion than World Chocolate Day (7 July) to savour the ultimate chocolate experience — a luxurious mousse delicately finished with a drizzle of olive oil and a touch of sea salt.

Ingredients (Serves 2):

- ✓ 200g dark chocolate (at least 70%), chopped
- ✓ 3 large eggs, separated
- ✓ 30g sugar
- ✓ ½ tsp vanilla extract
- ✓ Pinch of salt
- ✓ Flaky sea salt & good quality olive oil (for garnish)

Instructions:

1. Melt chocolate in a heatproof bowl over simmering water, then cool slightly.
2. In a separate bowl, whisk egg yolks with vanilla and sugar until thick.
3. Gently mix the yolks into the chocolate.
4. In another bowl, beat egg whites with a pinch of salt until stiff peaks form. Fold into the chocolate mixture in batches.
5. Spoon into glasses and chill for at least 2 hours.
6. Before serving, drizzle with olive oil and sprinkle with flaky sea salt.





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

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–Thu: 11am–3pm; 6pm–9pm
Fri–Sun, Eve of PH & PH: 11am–3pm;
6–10pm

Coffee Deli

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

Club Twenty-Two

Tel: 6398 5386
Sun–Thu & PH: 5pm–12am
Fri, Sat & Eve of PH: 5pm–1am

Crossroads Lounge

Tel: 6398 5310
Sun–Thu & PH: 5pm–12am
Fri, Sat & Eve of PH: 5pm–1am

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*
*No guests are allowed from 10am–5pm

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 / 331
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 & 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 & 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 & 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 & Recreation

Email: recreation@sgcc.com.sg

Billiards & Fitness

Jie Kai 6398 5353

Squash & Swimming

Jia Jun 6398 5351

Tennis, Golf & Darts

Ashley Toh 6398 5327

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

Mandy Wong 6398 5374
Email: mandy_wong@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg



**EXCLUSIVE
PROMOTION!**

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\$13,888

GET \$3,000 F&B
SPENDING CREDITS
(USUAL: \$1,500)

BE A MEMBER OF

**SERANGOON GARDENS
COUNTRY CLUB** ★

All prices include GST. Terms and conditions apply.

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