



Club *Spirit*

AUGUST • SEPTEMBER 2025



Happy National Day

Same Same But Different

Celebrate local flavours with a fun twist!

Pg 14

National Day Specials

Sedap deals on local faves all August

Pg 18

70th Anniversary Sports Fiesta

Get your game on with a line-up of adrenaline-pumping events

Pg 28

CONTENTS

AUGUST • SEPTEMBER 2025



24

MESSAGE

- 1 **President's Message**

CLUB NEWS

- 2 **SGCC Sponsorship Kit 2025**
5 **70th Anniversary Gala Dinner**
6 **SGCC 68th AGM**
8 **New Members' Gathering**
9 **Kensington Ballroom Refurbishment and New Look**
10 **Snapshots**
12 **Welcome List**

FOOD & BEVERAGE

- 13 **Book a Chef**
16 **Asian Fusion Cuisine**
17 **70th Anniversary Wine Promotion**
18 **Celebrate National Day with Local Favourites**
19 **70th Anniversary Whisky Promotion**
20 **Bavarian Fare**
21 **Dinner & Dance Package 2025/2026**

FEATURE

- 14 **Same Same but Different**
Celebrate local flavours in unconventional ways this National Day

CALENDAR OF EVENTS

- 22 **August 2025**
23 **September 2025**

SPORTS & RECREATION

- 24 • **62nd National Primary Schools Swimming Championships**
• **Bridging Medicine and Athletics: Insights on Sports Injuries with Dr Toon**
• **Swimmers' Get-together Session**
25 • **55th Singapore National Age Group 2025**
26 • **Glow Squad Sports Camp 2025**
• **2025 French National Day Squash**
27 • **Pickleball Social Play!**
• **55th Singapore International Open 2025**
28 **Upcoming Events**
29 **S&R Regular Classes**

LIFESTYLE

- 41 • **Line Dance**
• **Beer Brewery Tour**
42 • **Balloon Sculpting Workshop**
• **Art Jamming for Little Artists**
43 **Make Your Own: Shakshuka**

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Dear Members,

When I look back on the 68th AGM, I am heartened to see a continued sense of community and shared interest among you. Your participation, feedback and support help guide the Club's progress, and contribute to keeping it a welcoming place for members of all ages.

On behalf of the General Committee, I extend my sincere appreciation to all who attended and supported this year's meeting. We remain committed to strengthening engagement, encouraging inclusivity, and building on what we have achieved as we work together toward a vibrant and sustainable future for our Club.

August promises to be an exhilarating month at the Club! Indulge in a delectable Asian Fusion dining experience at the Garden Grill, and immerse yourself in the vibrant atmosphere as live music lights up the Club. Do not miss two special evenings at Club Twenty-Two: on 2 August, dance the night away with the EZ4U Band; on 9 August, celebrate our nation's independence at our National Day Dance Party featuring Memory Lane. These two events are going to be packed with great food, music and energy — you will not want to miss them!

As we approach Singapore's 60th National Day on 9 August, let us come together to celebrate our nation's unity and progress. This occasion serves as a reminder of our shared heritage, and the collective spirit that binds us all. For those who are joining us for the National Day Carnival on 9 August, I look forward to joining you at the Club's Main Lobby, which will be overflowing with activities. Highlights include a cake-cutting ceremony, live band, indoor bouncy castle, water obstacle, food stations, and many more!

Looking ahead to September, the excitement continues with hearty Bavarian fare at Garden Grill, live music every week at the Crossroads Lounge, and our popular Saturday Night Live sessions featuring DJ Dennis Goh. Plus, mark your calendars for 6 September and gear up for the PINPULSE Sports Fiesta at Gardens Bowl, part of the Club's 70th Anniversary celebrations. Bring along your friends and family for a colourful day of games, laughter and community spirit.

You are invited to Serangoon Gardens Country Club's grandest event yet: the 70th Anniversary Gala Dinner! Join us on 10 October 2025 at the Kensington Ballroom for an unforgettable evening of legacy, laughter and lasting memories. Come dressed in your finest Retro & Vintage Chic attire to enjoy a night of nostalgia, camaraderie and festivity, with electrifying live performances by Uberjam as well as Alex and The X-Side Men. You also stand a chance to walk away with exciting lucky draw prizes!

Let us come together in the true spirit of SGCC — *Celebrating Our Legacy, Embracing the Future.*

Warm regards,

Mathivanan Krishnan

President, Serangoon Gardens Country Club



SPONSORSHIP KIT

★ 2025 ★

Serangoon Gardens Country Club is a tranquil haven in Singapore, offering top-tier sports, dining, and leisure facilities for more than 6,000 members and their families.



NATIONALITY

Singaporean: 93.6% French: 1.8%
Malaysian: 2.1% Australian: 0.5%

GENDER



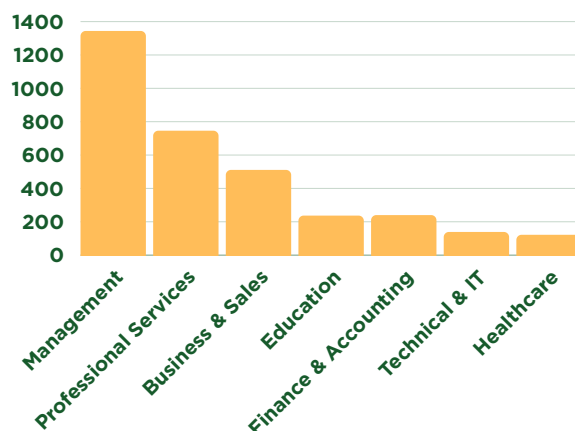
Male: 69.45% Female: 30.55%

MARITAL STATUS



Married: 79.92% Single: 20.08%

PROFESSION



Partner with Serangoon Gardens Country Club to showcase your brand, engage our close-knit community, and be part of unforgettable member experiences.



CASH SPONSORSHIPS

★ DIAMOND ★

\$5,000 AND ABOVE

- Logo/Name Recognition on Event Board/Poster
- 1x Social Media Post on SGCC's IG & FB
- 1x Digital display at Clubhouse Entrance for 4 weeks
- 1x Event booth space on event day
- 1x Banner/Poster display during event period.
- 1x Full Page (Full Colour) feature in SGCC's ClubSpirit magazine
- 1x Main Clubhouse Entrance Banner display for 4 weeks

★ PLATINUM ★

\$2,000 TO \$4,999

- Logo/ Name Recognition on Event Board/Poster
- 1x Social Media Post on SGCC's IG & FB
- 1x Digital display at Clubhouse Entrance for 4 weeks
- 1x Event booth space on event day
- 1x Banner/Poster display during event period.
- 1x Website Bottom Page Banner display for 4 weeks

★ GOLD ★

\$1,000 TO \$1,999

- Logo/Name Recognition on Event Board/Poster
- 1x Social Media Post on SGCC's IG & FB



IN-KIND SPONSORSHIPS

★ SILVER ★

\$2,000 AND ABOVE

- Logo/Name Recognition on Event Board/Poster
- 1x Social Media Post on SGCC's IG & FB
- 1x Digital display at Clubhouse Entrance for 4 weeks
- 1x Event booth space on event day
- 1x Banner/Poster display during event period.

★ BRONZE ★

\$500 TO \$1,999

- Logo/ Name Recognition on Event Board/Poster
- 1x Social Media Post on SGCC's IG & FB

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Gala Dinner

Celebrating Our Legacy, Embracing the Future

10.10.25 | 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)



Scan QR Code
For Registration

In collaboration with:



THE
GLENLIVET



Price includes GST

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



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

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SGCC 68th AGM 29 June 2025

The 68th Annual General Meeting (AGM) was held on 29 June at the Kensington Ballroom. Registration commenced at 11.30am, with members arriving punctually to sign in before enjoying a delicious buffet thoughtfully prepared by the Food & Beverage team. The registration process was conducted smoothly and efficiently.

At 1pm, with the required quorum of 100 members successfully met, the General Committee officially called the meeting to order, marking the start of the AGM proceedings.

Club President Mr Mathivanan Krishnan opened the session with a warm message to members, followed by an update on the Club's recent refurbishment achievements. These included the upgraded Coffee Deli serving area, improvements to the outdoor BBQ area, replacement of the swimming pool filtration system, renovation of the Garden Grill toilet facilities, and a refreshed Kiddieland play area. These enhancements reflect the Club's ongoing commitment to elevating the member experience and maintaining a welcoming, family-friendly environment.





The Any Other Business (AOB) segment of the meeting saw engaged and thoughtful participation from members, with a broad range of topics discussed — including financial matters, suggestions for enhancing Club facilities, and important concerns regarding changes to outlet operational hours, new charges, and programming for seniors. The General Committee sincerely acknowledges and values the feedback shared. These matters will be further revisited and addressed at the upcoming Townhall session, which is scheduled to take place within the next three months.

The meeting concluded at 5pm, having comprehensively covered the full agenda. We would like to express our heartfelt thanks to all members who took the time to attend and contribute. Your voices are vital to the continued growth and vibrancy of our Club. This year's AGM provided a meaningful platform to strengthen communication between the General Committee and our wider membership, fostering deeper understanding and encouraging diverse perspectives. We remain committed to reflecting on your input and working together to shape a more inclusive, responsive and forward-looking SGCC community.



New Members' Gathering

5 July 2025



The New Members' Gathering on 5 July was a vibrant celebration of community, connection and Club spirit, made even livelier with a festive Hawaiian theme at Serangoon Gardens Country Club's Beer Garden and Crossroads Lounge. The venue came alive with colourful tropical décor and island-inspired accents, creating a warm, inviting atmosphere that instantly transported guests to a lush tropical escape.

Members turned up in full island style — leis, floral shirts, and other breezy outfits filled the room with colour and cheer. This enthusiastic embrace of the theme added to the immersive experience, and set the tone for an evening filled with laughter, camaraderie and celebration.

The gathering provided the ideal setting for new members to feel welcome and included, with a cosy, intimate layout that encouraged easy conversations and meaningful connections. Laughter and friendly

chatter echoed throughout the evening as guests indulged in a mouthwatering barbecue spread, featuring sizzling grilled meats, fresh seafood, and timeless sides — all perfectly complemented by refreshing tropical beverages that kept spirits high.

To spark interaction and bring everyone together, interactive icebreaker games were woven into the evening's programme. These lighthearted moments drew plenty of smiles and helped foster new friendships, reinforcing the Club's commitment to a welcoming and inclusive environment. Many members shared that they truly appreciated the opportunity to engage with fellow new members, committee representatives, and Club staff — creating meaningful bonds and a strong sense of belonging from the outset.

The highlight of the evening was a live performance by Derrick and Tallin, whose soulful vocals and dynamic energy had guests tapping, swaying and singing along to familiar favourites. Members also expressed how much they enjoyed the vibrant atmosphere, upbeat music, delectable food and drinks, and fun-filled games — all of which contributed to a truly memorable night.

With delicious food, engaging activities and memorable entertainment, the New Members' Gathering was more than just an event — it was a warm, spirited welcome to our newest members, and a beautiful reflection of the community spirit that defines Serangoon Gardens Country Club.



Kensington Ballroom Refurbishment and New Look

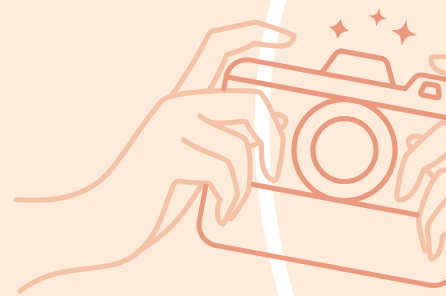
We are excited to announce that, after undergoing major refurbishment, the Kensington Ballroom has been transformed into a modern and sophisticated venue that better meets the evolving needs of our clients.

The newly upgraded space boasts a brighter, more inviting atmosphere, with fresh carpeting, new paint, updated lighting, fixtures, and state-of-the-art AV equipment. There's a reason why the Kensington Ballroom has been a popular venue for a wide range of iconic events: it's been — and continues to be — a versatile space that can be configured for a variety of setups suitable for both small and large gatherings, ranging from 50 to 500 guests. Whether it's for lectures, banquets, conferences or other events, the newly renovated Kensington Ballroom is ready to host your next special occasion.



Snapshots

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



Californian Wine Dinner

16 May 2025



Guests enjoying fine wine and dinner.



Wine expert sharing insights on Californian vintages.



Sweet treats to round off the evening.

Magic Workshop

31 May 2025



A magical time for the little ones.



Close-up tricks left both kids and adults in awe.



Learning the magic behind the tricks.



Kids trying out the magic tricks.

Glenfiddich Masterclass

24 June 2025



Learning all about Glenfiddich.



A special Glenfiddich showcase.



Tasty bites to pair with the fine whisky.



Showcasing the best of Glenfiddich.

Yakult Factory Tour

25 June 2025



Learning how our favourite drink is made.



Fully engaged at the Yakult learning session.



Excited faces on the way to the Yakult factory.



A fun and educational day for the whole family.



Hee Chee Meng

Ordinary Member

Huang Shaohua Pamela

Ordinary Member

Koh Zhi Peng

Ordinary Member

Koh Keng Swee Kelvin

Ordinary Member

Sherry Ann Maniam

Ordinary Member

Ong Hock Seng

James

Ordinary Member

Peh Hwee Leng

Ordinary Member

Su Kally

Ordinary Member

Scheller Thibault

Jean Dominique

Ordinary Member

Sassoon Molly Ann

Ordinary Member

Teh Hsiao Wei

Ordinary Member

Tan Heok Hua

Ordinary Member

Thanjit Kaur Sekhon

Ordinary Member

Tan Han Kiat

Ordinary Member

Jonathan

Wong Chee Meng

Ordinary Member

Bessy Chang Bao Feng

Ordinary Member

Fong Jin Wen

Ordinary Member

Lily Koh (Lily Xu)

Ordinary Member

Lee Seng Thiam Edward

Ordinary Member

Andrea Evangeline

Lim Peiling

Ordinary Member

Ryan Sen Rajagopal

Ordinary Member

Veronica Tan Siew Eng

Ordinary Member

Chow Chung Ming Daniel

Term Member

Devoisselle Romain Jean-Charles

Term Member

Stephanus Junaedy

Term Member

Petit Olivier Claude

Term Member

Olivier Benjamin

Alexandre Pison

Term Member

Oliver Rae Thompson

Term Member

Chan Lai Yin Joan

Term Member

Hanna John Vincent

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.



BOOK A CHEF

For a Very Special Dining Experience

**Planning a special
get-together with
family and friends?**

*min 4 pax for customised menu
*\$300 and above
*3 weeks advance notice

Talk to us at Garden
Grill and our Chef
will curate a menu
that would satisfy
your palate and that
of your guests.



Scan for Chef's
selection.



Garden Grill opens daily:
Weekdays: 12pm - 3pm | 6pm - 10pm
Weekends/PH: 8.30am - 3pm

Let us work the magic for you!
Call Garden Grill at 6398 5313.

Same Same but Different



With National Day around the corner, it's time to embrace our beloved food culture again. But, instead of enjoying your favourites the traditional way, why not try these dishes in unconventional formats?

Some traditional local desserts have been adapted into ice cream flavours and Western-style cakes.

Local desserts as cake

In its original form, ondeh ondeh are little, bite-sized balls of pandan-flavoured rice flour that contain gooey gula melaka, and are covered in grated coconut. But the dish has, for some years now, been re-interpreted by bakeries here as an actual, Western-style cake. Typically, the structure is formed by layers of pandan-flavoured sponge cake and gula melaka filling. The whole outer

portion is then covered by pandan cream followed by a dusting of grated coconut.

Other desserts that have been cake-ified include orh nee, kaya, putu piring, and pulut hitam. We've also seen swiss rolls filled with kaya instead of the usual fruit jams.

Ice cream with localised flavours

Another way that ondeh ondeh is being re-interpreted is in ice cream

form. The main flavour is the pandan/coconut mix of the original rice flour covering, with mochi bits thrown in to replicate the signature chewiness of the original form.

Other local desserts that have been given the ice cream treatment include kaya toast and pulut hitam.

Kaya is already eaten as a smooth paste, usually spread on thin slices of toast, so transitioning into an ice cream format is not such a huge



Potato crisps in CNY-themed flavours such as Bak Kwa are now available in NTUC FairPrice supermarkets.



Photo credit: Old Seng Choon

Old Seng Choon offers cookies in savoury flavours such as Bak Kut Teh and Cereal Prawn.

departure from the norm. As for the 'toast', some brands throw in crunchy salted crumble to replicate the texture.

Pulut hitam is a thick porridge of black glutinous rice, usually eaten warm with a large dollop of coconut cream. So having this dessert in an ice cream form would be a refreshing change in our hot and humid weather.

Everything is now a crisp flavour...

Potato crisps no longer just come in 'barbecue', 'sour cream and onion', or 'hot and spicy', not in Singapore, anyway!

Early this year, NTUC FairPrice launched three CNY-flavoured crisps: Bak Kwa, Yusheng with Plum Sauce, and Tomato Hotpot. Considering the prices of the real things during that festive period, these products are pocket-friendly ways to satisfy those cravings!

But F.EAST (Flavours of the East) is way ahead, having launched its Hainanese Chicken Rice and

Singapore Laksa potato crisps back in 2017. As almost every country around the region has its own recipe of the Hainanese Chicken Rice, the crisp flavour is based on the Singapore version, with strong hints of ginger and sesame oil. Similarly, the flavour of the Laksa crisps is based on the local version of the noodle dish, which is served in a fiery, coconut-based broth. F.EAST now offers two other flavours: Egg Prata with Fish Curry, and Beef Rendang. Beef rendang originates from the Minangkabau region of Indonesia, and has been voted No. 1 in the World's 50 Most Delicious Foods in online polls organised by CNN in 2011 and 2017. As for the other flavour of crisp, the spiciness of the curry is balanced by the mildness of the egg flavour.

...or a cookie flavour

Do you like cereal prawn, bak kut teh, or satay? Well, you can now enjoy the

flavour of these dishes in the form of bite-sized cookies from Old Seng Choon, which aims to preserve the traditions of Singapore's rich culinary heritage in a fast-moving environment.

The Cereal Prawn cookies come in an intoxicating mix of fragrances of curry leaves and Nestum cereal. The Bak Kut Teh cookies are infused with herbs and spices, particularly white pepper; just like the real deal, prepare some tea to have with these cookies. To those who prefer their satay on a stick, we say give these Satay cookies a try. It probably reminds you more of the dipping sauce, with its flavours of peanut, cumin and chilli.

Earlier, we talked about a potato crisp in Laksa flavour. There is a cookie version that, called Shrimp Laksa cookies, produced by The Cookie Museum. This brand also produces cookies flavoured in probably the most Singaporean dish of all, Chilli Crab!



Photo credit: F.EAST

The crisp flavour that started the localisation trend in savoury snacks was arguably Hainanese Chicken Rice by F.EAST.



photo credit: The Cookie Museum

Cookie Museum's Shrimp Laksa and Chilli Crab cookies.



Asian Fusion Cuisine

Asian fusion cuisine is an exciting blend of culinary traditions from across Asia. Combining ingredients and cooking techniques from countries like China, Japan, Thailand and more, it offers dishes that feel familiar and comforting, yet are often refreshing with innovative twists.

Available throughout the month of August 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

Karaage Chicken

with mesclun salad & goma dressing
OR

Prawn Som Tam

Thai-style mango salad with prawn
OR

Crispy Stuffed Tofu

with minced pork & served with chilli aioli

SOUP

Snow Pear Chicken Soup

slow-cooked chicken soup with snow pear
& white fungus
OR

Sichuan Hot & Sour Soup

with black fungus, black mushroom
& tofu

MAIN COURSE

Laksa Spaghetti

sautéed prawns, fried tofu &
laksa sauce tossed with spaghetti
OR

Pan-seared Teriyaki Salmon

served with potato mash & vegetables
OR

Oriental Braised Pork Belly

served with rice & vegetables
OR

Nam Yu Fried Chicken

deep-fried marinated chicken leg with
fermented tofu
OR

Vietnamese Steak & Egg (Bò Né)

(surcharge \$10)
pan-seared marinated rib-eye steak
with fried egg, tomatoes, onion, pickled
vegetables & baguette

DESSERT

Longan Soy Milk Pudding

OR

Grass Jelly Ice Cream

with mango, sago & milk

Coffee OR Tea

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

EST. 1955



[STARTING 8 MAY]

CHEERS TO 70 YEARS

To celebrate Serangoon Gardens Country Club's 70th Anniversary this year, we are proud to present a commemorative wine from Domaine Labruyère to mark this milestone.

Coeur de Terroirs – Heart of the Land

Domaine Labruyère is a family-owned winery that has been producing wines in the Moulin-à-Vent appellation of Beaujolais since 1850. Since 2008, Edouard Labruyère, the seventh generation, has been at the helm, continuing the tradition with the same passion, devotion, and dedication.

Tasting Notes:

Coeur de Terroirs is a medium-bodied wine with a complex profile, complemented by subtle notes of spice and ripe blackberry fruit. It opens smoothly on the palate, followed by a gentle tannic structure that lingers on the finish, adding depth and elegance.

Grape Variety: 100% Gamay

Alcohol Content: 14%

\$70 / BOTTLE

Available for purchase at Garden Grill

Buy 6 bottles and get a limited-edition pair of SGCC-engraved Glencairn whisky glasses.

Price includes GST.



For Enquiries : +65 6398 5313
22 Kensington Park Road, Singapore 557271

www.sgcc.com.sg
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Celebrate National Day with Local Favourites

In honour of Singapore's birthday, we are offering sedap prices on a small range of local favourites all through August.

Available throughout the month of August 2025

Operating Hours:

Monday-Thursday:

11am-3pm; 6pm-9pm

Friday-Sunday & Public

Holiday: 11am-3pm;

6pm-10pm

(Last order: 30 minutes
before closing)

LOCAL FAVOURITES

1-15 August 2025

Nasi Biryani Ayam **\$10.90***

Ayam Penyet **\$10.90***

Prawn Mee **\$10.90***

16-31 August 2025

Curry Ayam with Prata (2 nos) **\$10.90***

Nasi Goreng Kampung (Seafood) **\$10.90***

Bak Kut Teh **\$13.90***

** Price includes GST*



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

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WHISKY PROMOTION

June till November 2025



Glenlivet 15 YO
2 BOTTLES - \$330

Chivas 18 YO
2 BOTTLES - \$255

*Glenlivet 15 YO &
Chivas 18 YO (Bundle)*
\$290



*Purchase any 2 bottles to receive
a complimentary whisky glass.
While stock last

Price includes GST.



For Enquiries : +65 6398 5310
22 Kensington Park Road, Singapore 557271

www.sgcc.com.sg
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Bavarian Fare

Because Bavaria is home to the world-famous Oktoberfest,
it has a hearty and robust range of food that pairs well with its beers.

Available throughout the month of September 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

German Potato & Beetroot Salad

eggs, bacon & mayonnaise
OR

Bavarian Wurst Salad

cheese, ham & gherkins
OR

Bacon-wrapped Sausage

maple syrup

SOUP

Sauerkraut Soup

pork sausage, onion,
carrot & cabbage
OR

German Onion Soup

caramelised onion with beef stock

MAIN COURSE

Seared Sole Fillet

mustard cream sauce
OR

Jaeger Schnitzel

deep-fried breaded boneless
chicken leg, served with pickled
cabbage & mushroom sauce
OR

German Veal Bratwurst

seared veal sausage with
sauerkraut & garlic sauce
OR

Roast Pork Knuckle

with sauerkraut
OR

Slow-cooked Bavarian-style Beef Cheek

(surcharge \$10)
red wine sauce & pommes puree

DESSERT

German Black Forest Cake

layers of moist chocolate cake,
whipped cream & cherries
OR

Apple Strudel with Vanilla Ice Cream

sweet, spiced apples & raisins
in a flaky crust

COFFEE OR TEA

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

DINNER & DANCE PACKAGE 2025 / 2026

Host an unforgettable evening at Serangoon Gardens Country Club in the newly refurbished Kensington Ballroom, featuring elegant round-table seating for up to 400 guests. Perfect for Dinner & Dance events, this refined venue offers customizable banquet menus and full-service support to make your celebration truly memorable.

Signature Buffet Menu
from \$98 per person

Chinese Set Menu
*from \$1088 per table
(10 persons)*

BOOK NOW & ENJOY EXCLUSIVE PERKS WORTH MORE THAN \$1300

- Free flow of soft drinks and coffee/tea or Chinese tea
- 1 Lucky Draw Prize (Set dinner for 4 persons at Garden Grill)
- Complimentary car passes for up to 20 confirmed guests
- Special beer barrel rate at \$500 per barrel (U.P. \$700)
- Special house wine rate at \$22 per bottle (U.P. \$40)

EARLY BIRD PROMOTION





































- 1 Complimentary bottle of house wine per confirmed table
- 1 Complimentary barrel of draft beer (for bookings of 30 tables or more)
(Confirmation of event 6 months prior to event date)

Terms & Conditions apply: Valid for new bookings only | Min. attendance of 150 persons and maximum is 400 persons |
The Management reserves the right to amend packages and perks without prior notice | Prices are subject to prevailing government taxes.

AUGUST 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|--|---|--|--|---|---|
| | | | | 1 Asian Fusion Cuisine Garden Grill 12pm-3pm & 6pm-10pm (whole month) Celebrate National Day with Local Favourites Atrium Café 12pm-3pm & 6pm-9/10pm (whole month) Friends & Strangers Crossroads Lounge From 8pm | 2 Whisky & Wine Fair Main Lobby 11am-7pm Saturday Night with EZ4U Club 22 8pm | 3 Whisky & Wine Fair Main Lobby 11am-7pm |
| 4 Terry & Robyn Crossroads Lounge From 8pm | 5 Squash Social Night Squash Courts 6pm-9pm Australian & New Zealand Wine Dinner Garden Grill 7pm | 6 Table Tennis Social Night Squash Court 4 2pm-4pm 玩得 Fun WTF Crossroads Lounge 8pm Bowling In-House League Gardens Bowl 7pm-10pm | 7 Squash Social Night Squash Courts 5pm-8pm | 8 Friends & Strangers Crossroads Lounge From 8pm Tennis Social Night Tennis Courts 8pm | 9 NATIONAL DAY National Day Carnival Main Lobby 10am-8pm National Day Dance Party Club 22 6pm-10.30pm | 10 |
| 11 Music Monday Club 22 12.45pm O.K Ready! Crossroads Lounge From 8pm | 12 Squash Social Night Squash Courts 6pm-9pm | 13 Table Tennis Social Night Squash Court 4 2pm-4pm 玩得 Fun WTF Crossroads Lounge 8pm Bowling In-House League Gardens Bowl 7pm-10pm | 14 Squash Social Night Squash Courts 5pm-8pm | 15 Friends & Strangers Crossroads Lounge From 8pm 70th Anniversary Golf Challenge Indah Puri and Southlinks Country Club, Batam Whole Day | 16 Saturday Night Live with DJ Dennis Goh Club 22 7.30pm-10.30pm 70th Anniversary Golf Challenge Indah Puri and Southlinks Country Club, Batam Whole Day | 17 |
| 18 Terry & Robyn Crossroads Lounge From 8pm | 19 Squash Social Night Squash Courts 6pm-9pm | 20 Table Tennis Social Night Squash Court 4 2pm-4pm 玩得 Fun WTF Crossroads Lounge 8pm Bowling In-House League Gardens Bowl 7pm-10pm | 21 Squash Social Night Squash Courts 5pm-8pm Adult Bowling Interclub Garden Bowl 7pm-10pm | 22 Friends & Strangers Crossroads Lounge From 8pm Tennis Social Night Tennis Courts 8pm | 23 Grit & Antifragility: Toughening Your Kids for the Future Casuarina Room 10am-11am Saturday Night Live with DJ Dennis Goh Club 22 7.30pm-10.30pm 70th Anniversary Iron Battle Challenge Palm Wing Building Carpark 8am-12pm | 24 |
| 25 Music Monday Club 22 12.45pm O.K Ready! Crossroads Lounge From 8pm | 26 Squash Social Night Squash Courts 6pm-9pm | 27 Table Tennis Social Night Squash Court 4 2pm-4pm 玩得 Fun WTF Crossroads Lounge 8pm Bowling In-House League Gardens Bowl 7pm-10pm | 28 Squash Social Night Squash Courts 5pm-8pm | 29 Friends & Strangers Crossroads Lounge From 8pm | 30 Saturday Night with EZ4U Club 22 8pm 70th Anniversary Squash Event Squash Courts 10am-6pm 70th Anniversary 1-Day Tennis Tournament Tennis Courts 2pm-9pm | 31 |

SEPTEMBER 2025

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|--|
| 1 Bavarian Fare Garden Grill 12pm-3pm & 6pm-10pm (whole month)  | 2 Squash Social Night Squash Courts 6pm-9pm  | 3 Table Tennis Social Night Squash Court 4 2pm-4pm  玩得 Fun WTF Crossroads Lounge 8pm  Bowling In-House League Gardens Bowl 7pm-10pm  | 4 Squash Social Night Squash Courts 5pm-8pm  | 5 Friends & Strangers Crossroads Lounge From 8pm  | 6 Balloon Sculpting Workshop Casuarina Room 1.30pm-3pm Saturday Night Live with DJ Dennis Goh Club 22 7.30pm-10.30pm  70th Anniversary Pinpulse Gardens Bowl 11am-7pm  | 7 |
| 8 Music Monday Club 22 12.45pm  | 9 Squash Social Night Squash Courts 6pm-9pm  | 10 Table Tennis Social Night Squash Court 4 2pm-4pm  玩得 Fun WTF Crossroads Lounge 8pm  Bowling In-House League Gardens Bowl 7pm-10pm  | 11 Squash Social Night Squash Courts 5pm-8pm  | 12 Friends & Strangers Crossroads Lounge From 8pm  Tennis Social Night Tennis Courts 8pm  | 13 Saturday Night Live with DJ Dennis Goh Club 22 7.30pm-10.30pm  | 14 |
| 15 | 16 Squash Social Night Squash Courts 6pm-9pm  | 17 Table Tennis Social Night Squash Court 4 2pm-4pm  玩得 Fun WTF Crossroads Lounge 8pm  Bowling In-House League Gardens Bowl 7pm-10pm  | 18 Squash Social Night Squash Courts 5pm-8pm  | 19 Friends & Strangers Crossroads Lounge From 8pm  | 20 Saturday Night Live with DJ Dennis Goh Club 22 7.30pm-10.30pm  | 21 |
| 22 Music Monday Club 22 12.45pm  | 23 Squash Social Night Squash Courts 6pm-9pm  | 24 Table Tennis Social Night Squash Court 4 2pm-4pm  玩得 Fun WTF Crossroads Lounge 8pm  Bowling In-House League Gardens Bowl 7pm-10pm  | 25 Squash Social Night Squash Courts 5pm-8pm  | 26 Beer Brewery Tour LeVel33 (assemble at SGCC main lobby) 2pm-5.30pm  Friends & Strangers Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm  | 27 Saturday Night Live with DJ Dennis Goh Club 22 7.30pm-10.30pm  | 28 70th Anniversary Kids Swim Showdown Swimming Pool 9am-1pm |
| 29 | 30 Squash Social Night Squash Courts 6pm-9pm  | | | | | |

PAST EVENTS



62ND NATIONAL PRIMARY SCHOOLS SWIMMING CHAMPIONSHIPS

14–17 April 2025

OCBC Aquatics Centre

Going purely by the haul of individual medals, our swimmers were twice as successful at this year's championships (12 medals) than at last year's (6 medals). Congratulations to the following swimmers:

Dana Wee (4 medals)

Gemma Lily Barnes (3 medals)

Tang Shaojie (2 medals)

Li Xiangzhi (1 medal)

Aerin Low (1 medal)

Argus Lee (1 medal)



Attendees in rapt attention.

BRIDGING MEDICINE AND ATHLETICS: INSIGHTS ON SPORTS INJURIES WITH DR TOON

30 May 2025

Kensington Ballroom 2

Attendees of this talk gained valuable insights into the prevention and management of sports injuries. It was led by Dr Toon, who not only has medical training, but has been involved in CrossFit for more than a decade. He was thus able to share his experiences from the therapist's as well as the athlete's viewpoints. Many stayed on after the session to enjoy light refreshments and to have further discussions with the good doctor.



Dr Toon making a point during his talk.



Some people registering for the event.

SWIMMERS' GET-TOGETHER SESSION

30 May 2025

Kensington Ballroom 2



Tang Si Yuan has qualified for the 47th SEA Age Aquatics Championship.

Jointly hosted by SGCC and Quattor Swim School, this was an occasion for the swimming fraternity within the Club, and those interested to join it, to socialise, get to know the school, and the direction it intends to take for the near future. It was also

the perfect time to announce that Tang Si Yuan has qualified for the 47th SEA Age Aquatics Championship. Congratulations — we know you're going to do SGCC proud representing Singapore.



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 dedication and hard work of athletes as they competed fiercely in individual and relay events.

Total Medal Count: SGCC swimmers brought home a total of seven medals – four silver, two bronze, and one bronze in a relay event, marking a commendable achievement for the Club.

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



SGCC's Junior Team comprised 13 members, who took part in 31 individual entries and five relay teams. Its Senior Team comprised six members, who took part in 18 individual events and one relay team.



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.



GLOW SQUAD SPORTS CAMP 2025**2-4 June 2025****Ballroom**

The camp participants taking a break from a host of exciting activities.

From 2-4 June, the Sports & Recreation Team brought the heat with our Glow Squad Sports Camp 2025 — and it was nothing short of electrifying!

Over the course of three vibrant days, 40 enthusiastic participants took part in a series of action-packed activities designed to inspire, challenge and connect. Each day focused on a meaningful core value, brought to life through engaging games and team experiences:

Day 1 – Teamwork & Confidence

Day 2 – Self-discovery & Respect

Day 3 – Gratitude

The camp was a celebration of movement, growth and glowing positivity. Thanks to everyone who showed up with energy, courage and spirit — you truly made the camp unforgettable!

2025 FRENCH NATIONAL DAY SQUASH**21 June 2025****SGCC Squash Court / Crossroads Lounge**

On June 21, 2025, we hosted the first edition of the French National Day Squash Event, bringing together over 30 enthusiastic players for a friendly team competition.

The *crème de la crème* of the French squash community took the lead to celebrate their National Day, albeit a bit early since it officially falls on the 14 July. The event coincided with World Music Day, a celebration that originated in France in 1982 as *Fête de la Musique*.

After the games, participants enjoyed a delicious and typically French *pastis*, followed by a more locally inspired menu. Thanks to our sponsors, LePetitDepot.com and Pernod Ricard. The evening culminated in a splendid *farandole* of French desserts, generously sponsored by Renaud.

Special thanks to S&R Chairman and Honorary Treasurer Gerade Gomez, the Squash Convenor JP Filhol, and the organising committee members Julien, Lionel, Mac, Renaud and Thierry for their collective efforts. Your support and dedication were instrumental in making this event memorable for all involved. It was a fantastic occasion that fostered community spirit and sportsmanship among squash enthusiasts.



PICKLEBALL SOCIAL PLAY!

9 May 2025

10 Tebing Lane

On 9 May 2025, 20 enthusiastic members came together for an exciting session of Pickleball Social Play! The event was filled with laughter, friendly rallies, and light competition — perfect for both newcomers and seasoned players. With everyone embracing the spirit of the game, the session offered a great mix of fitness, fun and social connection. Here's to more pickleball moments ahead.



They're ready to make a racket with their rackets!

55TH SINGAPORE INTERNATIONAL OPEN 2025

30 May–13 June 2025



Boys' Youth Division: John Faragalla



Women's Graded Division: Claire Faragalla



Boys' Youth Division: Olivier Khoo

Our Club bowlers did extremely well at the 55th Singapore International Open 2025, a major event in the Singapore bowling calendar. The results are as follows:

Boys' Under-18 Division

Champion:
Zachary Kwong

Girls' Under-12 Division

6th Position:
Bella Chua
20th Position:
Adele Chua

Men's Open Division

9th Position:
John Faragalla
16th Position:
Shaun Kingston Lau

Women's Open

Champion:
Arianne Tay

Boys' Youth Division

3rd Position:
John Faragalla
5th Position:
Olivier Khoo

Mixed Senior Division

15th Position:
Samuel Ho

Women's Graded Division

8th Position:
Claire Faragalla

May this strong showing attract more Members to join the bowling fraternity of the Club.



Women's Open: Arianne Tay



Girls' Under-12 Division: Adele Chua



Girls' Under-12 Division: Bella Chua



Boys' Under-18 Division: Zachary Kwong

UPCOMING EVENTS

70TH ANNIVERSARY SPORTS FIESTA PINPULSE EVENT

Join us for two hours of unlimited bowling for just \$70 per lane (up to five people per lane). This is our special deal to celebrating our 70th anniversary! And calling all kids — do you know how much a bowling pin weighs? Purchase a pin for only \$2, and we'll supply all the paint. Once you've painted your pin, you can take it home as a keepsake. Don't miss out — come for the bowling, stay for the creativity! All price are subject to GST.

| | |
|----------------------|--|
| Date: | 6 September 2025, Saturday |
| Time: | 11am–7pm |
| Venue: | Gardens Bowl |
| Fee: | \$70.00* per lane for 2 hours (max. 5 pax per lane) \$2.00* per pin — purchase and paint a bowling pin! <i>*Price includes GST</i> |
| Closing Date: | 22 August 2025, Friday |



Zaleha at 6398 5373 or zaleha@sgc c.com.sg

70TH ANNIVERSARY SPORTS FIESTA SQUASH EVENT



To commemorate our 70th anniversary, we are excited to announce a special squash event featuring coaching sessions and fun challenges for all SGCC members and guests. Participants can enjoy 30–45 minutes of squash coaching, followed by seven exciting challenges designed to celebrate our 70th year with a collective achievement goal.

| | |
|----------------------|---------------------------------|
| Date: | 30 August 2025, Saturday |
| Time: | 10am–12pm & 2pm–6pm |
| Venue: | Squash Court |
| Fee: | Free |
| Min/Max: | 15/20 participants |
| Closing Date: | 23 August 2025, Saturday |

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

70TH ANNIVERSARY SPORTS FIESTA IRON BATTLE CHALLENGE (FITNESS)

In celebration of our 70th Anniversary, we're turning up the heat with the Iron Battle Challenge — a true test of strength, endurance and determination. Step up and take on five demanding stations: Farmer's Walk, Rope Tyre Pull, Deadlift Challenge, Battling Rope, and Tyre Flip. Whether you're aiming for victory or pushing your personal limits, this milestone event is your chance to prove what you're made of. Are you ready to battle?

| | |
|----------------------|--|
| Date: | 23 August 2025, Saturday |
| Time: | 8am–12pm |
| Venue: | Palm Wing Building Carpark |
| Fee: | \$17.00* (Member) \$20.00 * (Guest) <i>*Price includes GST</i> |
| Eligibility: | 18 years and above |
| Min/Max: | 15/20 participants |
| Closing Date: | 8 August 2025, Friday |



Jie Kai at 6398 5355 or phua_jiekai@sgcc.com.sg

CLASSES

CHINESE GONGFU 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 flexibility, coordination and cardiovascular health — 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 caters to all adults above the age of 21 at all standards of ability, be they Learner-, Intermediate-, or Competitive-Ready. Swimmers who improve 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.*



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

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.

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

Victor Kwa

Freelance
Personal Trainer

Shah

Freelance
Personal Trainer

ZACK

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 sessions 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

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

Beer Brewery Tour

Do You Enjoy Beer?

Why not indulge in a brewery tour at LeVeL33 – the world's highest urban microbrewery?

Experience a premium, behind-the-scenes look at craft beer making in an upscale setting. This exclusive tour is perfect for members who appreciate fine craft beers, gourmet pairings, and a sophisticated ambience.

Tour Includes:

- Guided walkthrough of LeVeL33's microbrewery setup
- Tasting paddle with 0.1L pours of LeVeL33's signature house-brewed beers
- A delicious shared snack platter curated to complement the beers
- Conducted at their scenic terrace with breathtaking views of the Singapore skyline and Marina Bay waterfront

Experience Focus:

LeVeL33 offers a premium experience in an upscale environment, ideal for members who appreciate fine craft beers paired with gourmet snacks in an opulent ambience.



Date: 26 September 2025, Friday

Time: 2pm–6pm

Venue: LeVeL33
(assemble at SGCC main lobby)

Fee:

\$88.15* (Member) | **\$94.69*** (Guest)

** Price includes GST and transportation both ways.*

Min:

15 participants

Closing date: 12 September 2025, Friday

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

Balloon Sculpting Workshop

Perfect for ages five and up, this hands-on session is great for kids and beginners alike. Learn how to twist and shape balloons into adorable animals such as teddy bears, rabbits and dogs — all original designs by Guinness World Record holder Lily Tan!

Date: 6 September 2025, Saturday
Time: 1.30pm–3pm
Venue: Casuarina Room
Fee: \$32.70* (Junior Gems) | \$37.06* (Member) | \$39.24* (Guest)
** Price includes GST. Applicable for Minimum Spending.*
Min: 15 participants
Closing date: 27 August 2025, Wednesday



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

Art Jamming for Little Artists



Let your little ones explore their creativity in this fun, lightly guided, art jamming session — perfect for young, budding artists!

What to expect:

- Verbal guidance from the teacher, including tips and techniques, will be provided to participants
- The teacher will check in three to four times during the session
- All art materials are provided, including a 12x16" canvas
- Each participant will receive a goodie bag

Date: 8 November 2025, Saturday
Time: 2pm–4pm
Venue: Casuarina Room
Fee: \$38.15* (Junior Gems) | \$43.60* (Member) | \$45.78* (Guest)
Children below 9 years old must be accompanied by one parent, and both will be covered under a single fee..
Min: 10 participants
Closing date: 24 October 2025, Friday
RSVP is final — no-shows will be charged to your account. Price includes GST. Applicable for Minimum Spending.

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



Shakshuka

(Middle Eastern Baked Eggs)

A vibrant one-pan dish of poached eggs in spiced tomato and pepper sauce — hearty, healthy, and perfect for sharing.

Ingredients (Serves 2-3):

- ✓ 1 tbsp olive oil
- ✓ 1 small onion, diced
- ✓ 1 red bell pepper, diced
- ✓ 2 garlic cloves, minced
- ✓ 1 tsp paprika
- ✓ ½ tsp ground cumin
- ✓ ¼ tsp chilli flakes (optional)
- ✓ 1 can (400g) chopped tomatoes
- ✓ Salt and black pepper, to taste
- ✓ 3-4 eggs
- ✓ Fresh coriander or parsley, chopped (for garnish)
- ✓ Optional: crumbled feta, toasted bread or pita for serving

Instructions:

1. Heat olive oil in a skillet over medium heat.
2. Add onion and bell pepper; cook until softened (about 5-6 minutes).
3. Stir in garlic, paprika, cumin, and chilli flakes. Cook for another 30 seconds until fragrant.
4. Pour in the chopped tomatoes. Season with salt and pepper. Let the mixture simmer for 10-15 minutes until slightly thickened.
5. Use a spoon to make small wells in the sauce and gently crack an eggs into each one. Cover the pan with a lid and cook for 5-7 minutes, or until the egg whites are set and yolks are still soft (or to your liking).
6. Remove from heat, sprinkle with fresh herbs and feta if using. Serve warm with crusty bread or pita.





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@sccc.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
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

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: 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): 7am–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: 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): 7am–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

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

Golf, Squash & Swimming

Jia Jun 6398 5351

Tennis & Darts

Ashley Toh 6398 5327

Cool Water Workout, Swimming Lessons, Table Tennis, Taijiquan, Taekwondo, Aikido, Mat Pilates, 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 5387 / 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

EST. 1955



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YOUNG ADULTS

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**A SPECIAL PRIVILEGE
FOR CHILDREN OF ORDINARY MEMBERS**

AGES 21 TO 26

**ORDINARY
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\$7,000**

SIGN UP BEFORE 31 AUGUST 2025

Price includes GST. Terms and conditions apply.

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