



Club *Spirit*

APRIL • MAY 2026

Beyond Bunnies

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Mother's Day Dining Deals

Special menus have been planned for Mum

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SGCC Goes Rail Corridor (North)

Enjoy the sunshine and fresh air

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*Happy
Easter!*



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Print & Print Pte Ltd
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Tel: 6286 8888
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www.sgcc.com.sg

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Dear Members,

As we step into the vibrant months of April and May, I am delighted to share an exciting lineup of activities and experiences prepared for our SGCC community. These months promise a wonderful blend of culinary discoveries, lively entertainment, and engaging sporting activities that continue to bring our members together in the spirit of camaraderie and enjoyment.

Our Food & Beverage team has curated two unique culinary showcases at Garden Grill. Throughout April, members can savour the rich flavours of French Caribbean Cuisine, followed by Traditional Romanian Cuisine in May (except 9 & 10 May).

Complementing these dining experiences is an energetic entertainment calendar. At Crossroads, Playback band will take the stage every Wednesday from 8pm, while Monty Crew will perform live every Friday from 8.45pm to midnight. Over at Club 22, beginning at 8pm, members can enjoy Memory Lane on Saturday in April and Saturday Night Live with EZ4U in May. Club 22 will also host relaxing Music Monday on 13 April and 11 May at 12.45pm.

In conjunction with the Labour Day (1 May) public holiday, we'll be throwing the Labour Day Tea Dance at Club 22 at 2pm. It will be a delightful afternoon for members to gather, enjoy music and dancing, and spend time with fellow members. We also celebrate the special women in our lives with a Mother's Day Weekend Special Set Menu at Atrium Café from 8 to 10 May, while Garden Grill will present a dedicated Mother's Day Special Set Menu on 9 & 10 May.

Beyond dining and entertainment, our Sports & Recreation calendar remains equally vibrant. On 25 April, members are invited to participate in the SGCC Walk along the scenic Rail Corridor. This 8km walk is a great opportunity to stay active while enjoying nature with fellow members. We also look forward to the Bowling Youth Inter-Club Selection Roll-off on 8 May, where our young bowlers aged 9 to 18 will compete for the opportunity to represent the Club. Meanwhile, April marks the Bowlers of the Year Qualifying Round, offering bowlers a chance to showcase their skills and competitive spirit.

Our community spaces will continue to buzz with regular activities. Darts Room Social Night, which takes place every Thursday from 7pm to 9pm, welcomes both beginners and seasoned players to enjoy friendly games and build connections within the MOB@SGCC community. Members who enjoy racquet games may wish to take up padel, which has characteristics of tennis and squash, and join the growing SGCC Padel Interest Group.

I warmly encourage all members and their families to take part in these activities and make the most of the experiences the Club has planned. Your participation is what makes SGCC a vibrant and welcoming community. I look forward to seeing many of you around the Club in the coming months.

Warm regards,

Mathivanan Krishnan

President, Serangoon Gardens Country Club

Galloping into the Year of the Horse

18 February 2026



Serangoon Gardens Country Club ushered in the Chinese New Year (CNY) with a lively Club-wide celebration on 18 February 2026, the second day of the season. Members and their families gathered at the Main Lobby from 12pm to 2pm to welcome the Year of the Horse, filling the colourfully decked out Club with an air of excitement.

The celebration was marked by an exhilarating Lion and Dragon Dance performance, a cherished CNY tradition symbolising prosperity, strength and good fortune for the year ahead. The rhythmic beat of the drums reverberated through the lobby as the vibrant lions and majestic dragon made their energetic entrance, instantly drawing a crowd of members eager to witness the spectacle.

With impressive agility and lively choreography, the performers brought the lions and dragon to life, captivating onlookers of all ages. The spirited performance created an electrifying atmosphere as members gathered around to watch the lions leap, bow and interact playfully with the crowd, spreading joy and blessings throughout the space.

The lions then made their way throughout SGCC, stopping by various outlets and facilities to offer





blessings for prosperity, success and good fortune in the year ahead. Staff and members alike welcomed the lions enthusiastically — with cameras at hand — as the performers brought their vibrant energy to different corners of the Club, creating moments of celebration throughout the afternoon.

These symbolic blessings are an important part of CNY customs, and are believed to bring positive energy and ward off misfortune.

Adding to the celebratory atmosphere, oranges were distributed to members, a meaningful gesture traditionally associated with good luck, abundance and prosperity. The simple yet thoughtful gesture added to the spirit of generosity and joy that defines the CNY season.

The event provided a wonderful opportunity for members to come together, exchange festive greetings, and enjoy the vibrant traditions of CNY in a warm and welcoming setting. Families, friends and fellow members shared in the excitement of the performances, creating a lively and communal atmosphere throughout the Club.

Celebrations like these reflect SGCC's commitment to fostering a strong sense of community while honouring cultural traditions that bring members together. As the sound of the drums faded and the festivities came to a close, the Club was left with a sense of joy and optimism for the year ahead.

SGCC wishes all members a prosperous, healthy and joyful Year of the Horse, and looks forward to many more memorable celebrations shared together at the Club.



Gathered in Good Fortune: A Night to Remember 23 February 2026

The Lohei Dinner & Dance 2026, held on 23 February 2026 at the Kensington Ballroom, was a resounding success, with the event fully booked ahead of the evening. One of the highlights of the Club's social calendar, the D&D was a night when members and guests gathered for a vibrant night of celebration.

In welcoming the Year of the Horse, the evening carried a deeper significance of unity, vitality and shared journeys. Families, friends and fellow members came together to celebrate the Lunar New Year, honouring cherished traditions in a place they call home.

A meaningful part of the evening was the Lohei tradition, where members gathered around colourful platters of yusheng, tossing the salad high while exchanging auspicious wishes for prosperity and success. The lively cheers and laughter that filled the ballroom reflected the warmth of togetherness across generations.

The evening began with an early-bird dance segment from 6pm, setting the tone for a lively night ahead. Guests then enjoyed a sumptuous eight-course Chinese dinner, complete with festive touches such as mandarin oranges and free flow of soft drinks.

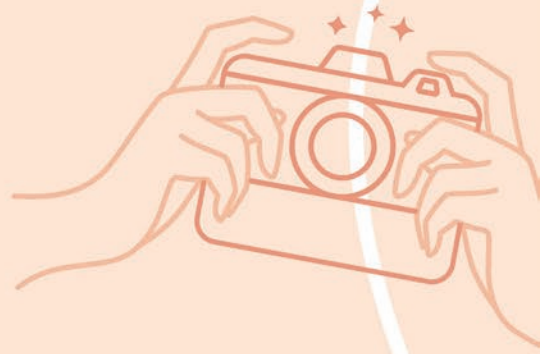
A lineup of electrifying live performances kept the energy high, with many guests taking to the dance floor late into the evening. The mood was further elevated through a collaboration with The Macallan, adding a premium touch to the experience.

The Club extends its appreciation to all who attended and made the evening a truly memorable celebration of tradition, community and togetherness.



Snapshots

Here are photos and snippets of Club events that took place in **February 2026**.



Whisky Fair 7-8 Feb 2026



Bottles of premium products awaiting tasting by members.



Also available were beautifully crafted and packaged mahjong sets.





Goh Buan Long Jeffrey
Nominee

Tan Soon Hock Ric
Ordinary Member

Aw Jia Ming Eugene
Ordinary Member

Wu Junyong Kester
Ordinary Member

Chee Xiang Wan Kenny
Ordinary Member

Klarice Wu Junli
Ordinary Member

Cheong Kai Tjieh Augustine
Ordinary Member

Chia Chern Wen Marc
Ordinary Member

Chow Wei Teng Beatrice
Ordinary Member

Eddy Goh Lian Hua
Ordinary Member

Ding Xinli
Ordinary Member

Ng Hung Meng Raymond
Ordinary Member

Ho Siyun Michelle
Ordinary Member

Pan Jia-Cheng Jason Timothy
Ordinary Member

Loh Tee Boon
Ordinary Member

Berguignat Jean Baptiste
Term Member

Lee Wei Jian
Ordinary Member

Gourlay David Yves Marie
Term Member

Tock Mei Ching
Ordinary Member

Tan Chin Yang Leonard
Ordinary Member

Loic Francois Gregoire
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.

The Perfect Venue For Your Perfect Wedding

WESTERN WEDDING PACKAGE

2025/2026

PACKAGE INCLUDES

- ✿ 4-course Western menu by our culinary team
- ✿ Free flow of soft drinks
- ✿ One complimentary beer barrel
- ✿ Complimentary bottle of house wine per table
- ✿ Champagne fountain with a bottle of champagne
- ✿ Corkage waived for all duty-paid liquor and wines
- ✿ Decorative wedding cake for cake-cutting ceremony and wedding favours for guests
- ✿ Complimentary use of LCD projectors and screens and sound system
- ✿ Elegant stage décor and aisle stands provided
- ✿ Specially designed guest signature book and token box
- ✿ Invitation cards for up to 70% of your confirmed attendance (*printing not included*)*
- ✿ Complimentary parking coupons based on 20% of confirmed attendance
- ✿ Reservation of 2 VIP parking lots
- ✿ Complimentary day-use bridal room

4-COURSE

WESTERN SET MENU

\$128 per person

**This package requires a minimum of 100 people*

Prawn & Mango Salad

OR

**Smoked Salmon Roll
with Cream Cheese**

**Chicken Consommé
Quails Egg and Vegetables Julienne**

OR

**Veloute of Trio Mushroom
Double Cream**

**Gruyere Baked Halibut
Leek Fondue with Romesco Sauce**

OR

**Grilled Moroccan Chicken Skewer
Pita Bread and Tomato Salsa**

OR

**Beef Wellington
with Classic Red Wine Sauce**

OR

**Lobster Thermidor
(surcharge \$50)**

Orange Jivara Chocolate Mousse

OR

Crunchy Hazelnut Feuilletine

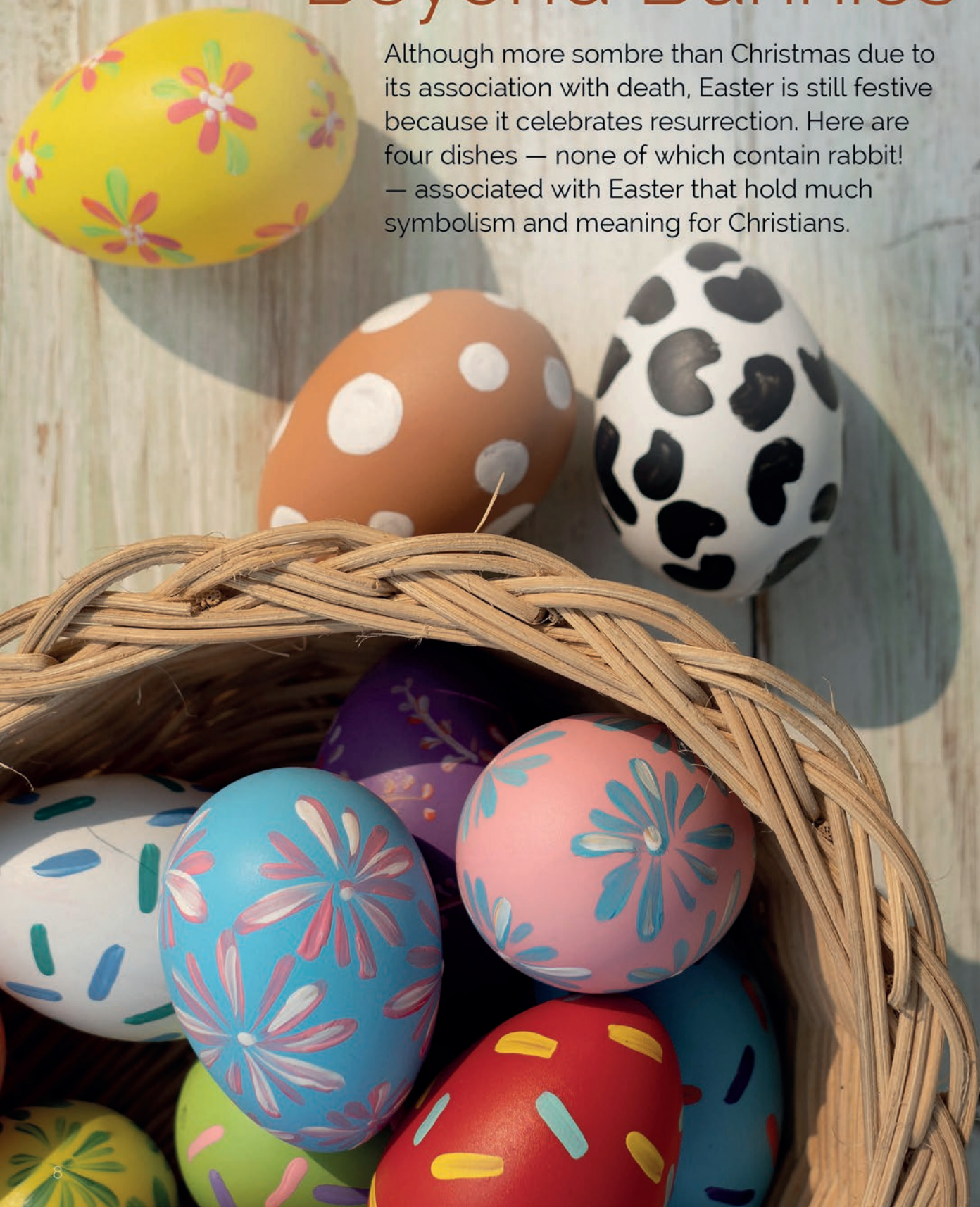
Coffee or Tea

Price includes GST.

For more enquiries, please contact 6286 8888 or 6398 5387

Beyond Bunnies

Although more sombre than Christmas due to its association with death, Easter is still festive because it celebrates resurrection. Here are four dishes — none of which contain rabbit! — associated with Easter that hold much symbolism and meaning for Christians.





Hot Cross Buns

Highly recognisable because of the cross on the top (traditionally made of flour paste; more likely icing or fondant these days), these buns have a strong association with Easter. And it's not just about the cross, a symbol of Christ's crucifixion. To Christians, bread symbolises life, which Christ promised his followers he will provide abundantly. In addition to dried fruit and candied peel, the dough also contains spices, a reminder of those used to embalm Christ's body after he was brought down from the cross.

These buns can be traced all the way back to the Saxons in 5th-century England, who baked them to honour their goddess Eostre, from whose name 'Easter' is derived. For the Saxons, the cross divided the bun into four sections, representing the quarters of the moon. Today, these buns are eaten on Good Friday to mark the end of Lent.

Lamb

As Christ is often referred to as the Lamb of God, it's not surprising that lamb has a strong link with Easter. In the northern hemisphere, Easter occurs in spring, when lamb is plentiful, so perhaps this strong link is due to the convenient sourcing



of food. But symbolism also plays a significant role — lamb and spring signify new life, and serving the meat aligns with the message of Christ's resurrection at Easter.

Eggs

In many cultures, eggs are associated with life and birth, and it's no different with Christians. Since Easter is about the resurrection of Christ, eggs are an important part of the season, from food to decorations and props to games and activities. In fact, egg-giving at Easter has a long history.

Since the Middle Ages, across most of Europe, people have painted and decorated eggs to celebrate Easter. In the early 1800s, after engineers

got the hang of making egg-shaped moulds for setting chocolate, French and German manufacturers rode on this egg-decorating trend and created chocolate eggs wrapped in bright paper.

In 1873, J S Fry & Sons was the first company to introduce chocolate eggs to the UK; Cadbury's followed suit two years later. Chocolate eggs really took off in the 20th century, when milk chocolate (which is sweeter than dark chocolate) became more widely available. These days, the UK consumes over 80 million chocolate Easter eggs annually.



Simnel Cakes

These fruit cakes, deeply rooted in British culture, have spread to other parts of the Commonwealth due to colonisation. They date back to medieval times, and were traditionally made for Laetare Sunday, the fourth Sunday and midpoint of Lent. Laetare Sunday is also known as Refreshment Sunday because some restrictions on food consumption are eased on that day. These days, the cake is eaten to mark the end of the Lenten fast.

The fruitcake base is typically topped with a layer of marzipan. But the most interesting feature, though, is the 11 marzipan balls sitting on the marzipan layer, representing the apostles of Christ. But weren't there 12 apostles? Yes, but Judas, who infamously betrayed Christ for 30 pieces of silver, is left out of the count.



French Caribbean Recipes

Imagine French culinary techniques used on the exotic produce and flavours of the Caribbean region. Is your mouth watering yet?

1-30 April 2026

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

Caribbean Salad

with pineapple, mandarin & dried cranberry, drizzled with honey-lime dressing
OR

Shrimp Ceviche

cooked shrimp, red onion, tomato, jalapeño, cucumber & cilantro, accompanied with tortilla chips
OR

Accras de Morue

crispy salted fish fritters

SOUP

Jamaican Chicken Soup

OR

Classic French Carrot Soup

MAIN COURSE

Shrimp Rasta Pasta

creamy pasta tossed with jerk spice, shrimp & bell pepper
OR

Pescado à la Criolla

pan-seared sea bass with Creole sauce
OR

Roasted Jerk Chicken

roasted spring chicken with rubbed jerk spice, served with red chimichurri & lime wedge
OR

Haitian Pork Griot

served with pickled cabbage & roasted potato
OR

Queue de Boeuf aux Carottes (surcharge \$10)

French-style braised oxtail

DESSERT

Blanc Manger Coco
coconut milk pudding with vanilla & lime
OR

French Caribbean Banana Flambe
OR

Seasonal Crème Brûlée

Coffee OR Tea

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





Traditional Romanian Cuisine

Throughout the month of May, Garden Grill will be serving traditional dishes from Romania. This is a rare, can't-miss opportunity to taste the cuisine of this Eastern European country.

1-31 May 2026 (except 9 & 10 May 2026)

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

Sarmale (Cabbage Roll)

minced pork, rice & onion wrapped in pickled cabbage, served with sour cream

OR

Cascaval Pane

deep-fried mozzarella cheese

OR

Zacusca (Vegetable Spread)

savoury roasted vegetables spread on fresh crusty bread

SOUP

Ciorba (Sour Soup)

traditional meat & vegetable soup known for its distinctively tangy flavour

OR

Ciobra de Fasole cu Afumature

Hearty bean soup flavoured with smoky chunks of pork and a rich savoury broth

MAIN COURSE

Tarragon Chicken Pasta

with grated parmesan

OR

Fried Fish Fillet with Polenta & Garlic Sauce

crispy golden fried catfish, served with a rich garlic sauce and accompanied by warm polenta

OR

Cotlet de Porc

charcoal-grilled pork chop served with caramelised onions, rosemary potatoes, and a creamy garlic sauce

OR

Ciulama

tender chicken and mushroom in a creamy white roux sauce

OR

Tocanita de Vita cu Cartofi (surcharge \$10)

beef stew with potatoes (the Romanian version of beef bourguignon)

DESSERT

Papanasi

baked with sour cream and cheese in the dough, served with cream & jam

OR

Placinta cu Branza

curd cheese and golden raisin pie

OR

Seasonal Crème Brûlée

Coffee OR Tea

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



Mother's Day Special Set Menu

She's nurtured and cared for you since the day you were born. Do something nice for Mum and treat her to this special meal.

9 (Saturday) & 10 (Sunday) May 2026

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

Price

\$55* per person

(includes a glass of sparkling wine)

* Price includes GST

Due to this promotion, the breakfast, monthly set, and a la carte menus will not be available on 9 & 10 May 2026.

SET MENU

APPETISER

Trio of Appetisers

scallop chawanmushi with yuzu glaze,
bacon-wrapped asparagus, smoked salmon crostini

SOUP

Asparagus Velouté

served with fresh dill & cheese croutons

MAIN COURSE

Miso Sesame-glazed Greenland Halibut Fillet

served with spinach, shimeji mushroom, dashi
OR

Filet Mignon

served with caramel onion, sweet potato puree, red wine jus

DESSERT

Basque Burnt Cheese Cake

yuzu curd, almond crumb

FRESHLY BREWED COFFEE OR TEA

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





Mother's Day Weekend Special Set Menu

If Mum prefers Asian food, then this promotion should check all her boxes.

**8 (Friday) -10 (Sunday)
May 2026**

**Operating Hours:
Lunch: 11am-2.30pm
Dinner: 6pm-9.30pm**

**Price
\$138* (Serves 3-5 persons)**
**Price includes GST*

SET MENU

Braised Seafood Treasures Soup

Cereal Chicken

Crispy Fried Marble Goby with Superior Soy Sauce

Braised Abalone with Broccoli in Oyster Sauce

Empress Seafood Fried Rice

Hot Sweetened Yam Paste with Ginkgo Nuts

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

The Fabfour

AUSTRALIA'S PREMIER TRIBUTE BAND



Price includes
6-course Chinese
dinner & GST

RELIVE THE GOLDEN ERA OF THE BEATLES
FEATURING BELOVED HITS FROM THE 60s

Note-perfect renditions * Iconic costumes & instruments * Classics from every Beatles era

24 JULY 2026 * FRIDAY

7PM DINNER / 8PM SHOWTIME / 10.30PM END OF SHOW

Get your tickets now!

EARLY BIRD TICKETS (31 MAY 2026): \$78 | \$88
AFTER EARLY BIRD TICKETS: \$88 | \$98

For more information, please contact Adrian at 9115 0417

PAST EVENTS

BOWLER OF THE YEAR

Held at Gardens Bowl on 10 and 11 January 2026, this competition attracted 30 participants. The results are as follows:

Position	Men's Category	Ladies' Category
Winner	Darryl Kwek	Tan Hui Xian
Runner-up	Tan Zhi Qiang	Dr Valerie Teo
2nd runner-up	Tay Hui Chiang	
3rd runner-up		Alexis Kwong



Winner Darryl Kwek.



Runner-up
Tan Zhi Qiang.



2nd runner-up
Tay Hui Chiang.



Winner Tan Hui Xian.



Runner-up
Dr Valerie Teo.



3rd runner-up
Alexis Wong.



Men's Category competitors.



Ladies' Category competitors.

SWIM SERIES 2026

Successfully held across two weekends — 16–18 January and 6–8 February — at the OCBC Aquatics Centre, this event brought together a total of 48 swimmers for an exciting and memorable competition.

Our swimmers demonstrated great enthusiasm, determination and sportsmanship in every race. The event provided a wonderful platform for participants to challenge themselves, gain valuable race experience, and bond as a team.

Beyond the competitive spirit, the atmosphere was filled with energy and camaraderie, with swimmers supporting one another and celebrating each milestone achieved in the pool. Most importantly, everyone had a great time, making the Swim Series not only a competitive success, but also a fun and meaningful experience for all involved.

Congratulations to all swimmers for their effort and commitment, and thanks to the coaches, parents and supporters who contributed towards making this event a success.



Swimmers eagerly awaiting for their respective events to begin.



Family and friends showing support for our swimmers.

ANG BAO BOWL

On 28 February 2026, 15 of our bowlers took to the lanes at Gardens Bowl for this friendly competition. This could be why, despite the bowlers giving their level best for the six-game format, the event was filled with plenty of laughter and banter.

To make the event extra festive, each participant was presented with an ang bao full of vouchers for free games, F&B establishments, and FairPrice supermarkets, as well as Toto tickets.

After the final pin fell, the bowlers were treated to a delicious lunch, where everyone had a chance to relax, bond and celebrate a wonderful day together. It was truly a joyful and memorable experience for all!



Participants in both categories were all smiles for this friendly competition.

Position	Men's Category	Ladies' Category
Winner	Lee How Wang	Lily Leow
Runner-up	Ken Tan	Celine Estrada
2nd runner-up	Finn Wong	



Winner Lee How Wang.



Winner Lily Leow.

ANG BAO DARTS CHALLENGE

Held at Crossroads Lounge on 28 February 2026, this competition, in the 501 SIDO B03 format, saw 24 participants. Divided into teams, they competed in Captains' Singles, Men's Singles, Ladies' Singles, Couples' Doubles & Doubles, with five games per match. Things kicked off at 3pm and went on till about 7pm, when everyone did the Lohei ritual to celebrate Chinese New Year. The results are as follows:

Position	Team Name
Winner	Team William
Runner-up	Team Francis
2nd runner-up	Team Wyman
3rd runner-up	Team Randie



Winner Team William.



Runner-up Team Francis.



3rd runner-up Team Randie.



2nd runner-up Team Wyman.



Participants doing the Lohei ritual after the competition.



A total of 24 participants took the challenge.

ANG BAO SQUASH 2026

To celebrate Chinese New Year, 24 players gathered on 22 February 2026 for a smashing good time on the SGCC squash courts. They served up prosperity, rallied for good fortune, and proved that the championship spirit can still emerge even though World Squash Federation rules don't necessarily apply.

The celebration ended with a joyful reunion dinner. Wishing everyone a year filled with smashing success, good health, and rallies that never hit the tin!



Players posing before competition began.



Dinner afterwards included steam boat and Lohei.



Winning team.



Runner-up team.



2nd runner-up team.

ANG BAO BRIDGE

This event, held on 10 February 2026 at Gardens Bowl, was a truly heartwarming and joyful occasion that saw 30 members and guests turning up for not only a card game, but also to celebrate Chinese New Year.

The festive spirit came alive during the lively Lohei ritual, when everyone gathered around the dining table to toss the yu sheng high and shout auspicious wishes for prosperity, happiness and good health in the year ahead. Besides the raw fish salad, there was a spread of other delicious dishes.

Of course, no celebration would be complete without a game of bridge. Members and guests had a fantastic time playing friendly rounds,

strengthening bonds and sharing plenty of smiles across the tables.

Our sincere appreciation to our Bridge Coordinator, Ms Pauline Ng, for her hard work and dedication in organising this wonderful event. Her efforts truly made the celebration smooth, meaningful and enjoyable for everyone. It was, indeed, a beautiful way to welcome Chinese New Year with friendship, festive cheer, and, of course, bridge.

Position	Bridge Pairs
Winners	Henry Goh & Ng Kong
Runners-up	Raja & Mary Lim
2nd runners-up	Nirmala & Loh Lye Meng



Winning pair
Henry Goh & Ng Kong.



Runner-up pair
Raja & Mary Lim.



2nd runner-up pair
Nirmala & Loh Lye Meng.



All the card sharks taking part in Ang Bao Bridge smiling for the camera before pairing off.

UPCOMING EVENTS

SGCC GOES RAIL CORRIDOR (NORTH)

This is a great way to meet your daily requirement of 10,000 steps, so sign up for this big walk through the northern portion of the Rail Corridor. A bus will bring you to the starting point at Kranji War Memorial, from which you will make your way on foot to the end point, Rail Mall.

Date: 25 April 2026, Saturday
Time: 7.30am at SGCC (Report)
 7.45am (Departure)
Fee: \$10.90*
 (Member without T-shirt) |
 \$33.79*
 (Member with T-shirt) |
 \$16.35*
 (Guest without T-shirt) |
 \$39.24* (Guest with T-shirt)
 *Price includes GST
Min/Max: 14/40 participants
Closing date: 7 April 2026, Tuesday

SGCC GOES
RAIL CORRIDOR (NORTH) 25 APRIL 2026, SATURDAY
MEETING TIME: 7.30 AM at SGCC
 Scan For Details & Sign-Up
ENTRY FEE:
 With T-shirt: \$33.79 (Member), \$39.24 (Guest)
 Without T-shirt: \$10.90 (Member), \$16.35 (Guest)
 • An 8 km walk featuring varied terrain and uneven ground
 • Please bring your own water bottle

Ashley Toh at 6398 5327 or recreation@sgcc.com.sg

BOWLER OF THE YEAR (QUALIFYING ROUND)



Registration for the qualifying round starts on 1 April 2026 (2pm–10pm Mon–Fri; 11am–10pm Sat, Sun & PH), subject to the availability of lanes at Gardens Bowl. You're advised to call Gardens Bowl at 69385340 on the day you intend to take part to check on availability. The format will be three games per attempt, but you'll have unlimited tries to obtain your best attempt for the duration of the qualifying round, which ends in December 2026.

Dates: 1 April–June 2026 (Oiling Pattern 1)
 1 July–September 2026 (Oiling Pattern 2)
 1 October–December 2026 (Oiling Pattern 3)
Venue: Gardens Bowl
Fee: \$13.63* / attempt
 *Price includes GST
Min/Max: 30/60 participants

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

BOWLING YOUTH INTER-CLUB SELECTION ROLL-OFF



Day:	Fridays (from 8 May 2026)
Time:	7pm (Check-in); 7.15pm (Roll-off)
Venue:	Gardens Bowl
Fee:	Free for SGCC members
Eligibility:	9–18 years old
Min/Max:	15/30 participants
Closing Date:	24 April 2026, Friday

We are looking for new talents for the SGCC Youth Inter-Club Team. If you're a youth bowler aged between 9 and 18 years, we'd love for you to try out. If you have your own personal bowling equipment and aspire to become a competitive player, this is the opportunity for you. The format will be Best-of-3-Games, but we're looking at more than just the score — attitude and coachability are more important. Selected bowlers will

- represent SGCC in external competitions and events
- receive structured training and development
- be groomed to proudly represent SGCC at higher levels

We are looking for dedicated, disciplined and passionate youth bowlers who are ready to commit to training and competition. If you're ready to challenge yourself and take your bowling to the next level, come and be part of the SGCC Youth Inter-Club Team.

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

MOB@SGCC

Formed by members passionate about the sport of darts, MOB@SGCC brings together players committed to competitive excellence and team camaraderie, and represents Serangoon Gardens Country Club in the Darts Association of Singapore (DAS) Division 2 Darts League, regularly facing strong challenges from clubs and venues across Singapore.

Besides training regularly, MOB@SGCC supports the development of new players, and fosters a welcoming environment for members who share an interest in the game. With a balance of experienced players and rising talents, the team continues to build momentum season after season.

You can watch the team in action every Tuesday, starting at 8pm, when they play the league on home ground. Do come down to the Darts Room to show your support and cheer them on as they represent SGCC.

For a more relaxed atmosphere, join them every Thursday from 7pm–9pm, when they hold their Social Night in the Darts Room. Everyone — from competitive players to beginners — is welcome to join in, learn the basics, and enjoy a friendly game. Whether you're picking up darts for the first time or looking to sharpen your skills, MOB@SGCC is the place to be.



Days: Thursday (Social Night)
Tuesday (League Matches
- home fixtures)

Times: 7pm–9pm (Social Night)
8pm (League Matches
- home fixtures)

Venue: Darts Room

































SGCC PADEL INTEREST GROUP











































This is an open call to join the SGCC Padel Interest Group. What is padel? It's a fast-growing racquet sport that combines elements of tennis and squash. It's social, easy to pick up, and a lot of fun — especially for beginners. A fun way to get active in padel is to join the SGCC Padel Interest Group. We welcome everyone, whether you're new to the sport or have been playing it for years. With this group, you'll meet new people, enjoy friendly games, and get moving in a fun, social environment. Interested? Scan the QR code and join us! Register your interest now and help the group take off!



APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		<p>1</p> <p>French Caribbean Cuisine Garden Grill 12pm-3pm & 6pm-10pm (whole month)</p> <p>Playback Crossroads Lounge 8pm</p>  	<p>2</p> <p>Squash Social Night Squash Courts 5pm-8pm</p> <p>Darts Social Night Crossroads Lounge, Darts Room 7pm-9pm</p>  	<p>3 GOOD FRIDAY</p> <p>Monty Crew Crossroads Lounge From 8.45pm</p> 	<p>4</p> <p>Memory Lane Club 22 8pm</p> 	5
6	<p>7</p> <p>Squash Social Night Squash Courts 6pm-9pm</p> 	<p>8</p> <p>Playback Crossroads Lounge 8pm</p> 	<p>9</p> <p>Squash Social Night Squash Courts 5pm-8pm</p> <p>Darts Social Night Crossroads Lounge, Darts Room 7pm-9pm</p>  	<p>10</p> <p>Tennis Social Night Tennis Courts 8pm-10pm</p> <p>Monty Crew Crossroads Lounge from 8.45pm</p>  	<p>11</p> <p>Memory Lane Club 22 8pm</p> 	12
<p>13</p> <p>Music Monday Club 22 12.45pm</p> 	<p>14</p> <p>Squash Social Night Squash Courts 6pm-9pm</p> 	<p>15</p> <p>Playback Crossroads Lounge 8pm</p> 	<p>16</p> <p>Squash Social Night Squash Courts 5pm-8pm</p> <p>Darts Social Night Crossroads Lounge, Darts Room 7pm-9pm</p>  	<p>17</p> <p>Monty Crew Crossroads Lounge From 8.45pm</p> 	<p>18</p> <p>Memory Lane Club 22 8pm</p> 	19
20	<p>21</p> <p>Squash Social Night Squash Courts 6pm-9pm</p> 	<p>22</p> <p>Playback Crossroads Lounge 8pm</p> 	<p>23</p> <p>Squash Social Night Squash Courts 5pm-8pm</p> <p>Darts Social Night Crossroads Lounge, Darts Room 7pm-9pm</p>  	<p>24</p> <p>Tennis Social Night Tennis Courts 8pm-10pm</p> <p>Monty Crew Crossroads Lounge From 8.45pm</p>  	<p>25</p> <p>'Behind The Scenes: Your Music Video Journey' Workshop Casuarina Room 10am-12pm</p> <p>Memory Lane Club 22 8pm</p>  	26
27	<p>28</p> <p>Squash Social Night Squash Courts 6pm-9pm</p> 	<p>29</p> <p>Playback Crossroads Lounge 8pm</p> 	<p>30</p> <p>Squash Social Night Squash Courts 5pm-8pm</p> <p>Darts Social Night Crossroads Lounge, Darts Room 7pm-9pm</p>  			

MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<p>1 LABOUR DAY</p> <p>Traditional Romanian Cuisine  Garden Grill 12pm-3pm & 6pm-10pm (whole month except 9 & 10 May)</p> <p>Holiday Special: Labour Day Tea Dance  Club 22 2pm</p> <p>Monty Crew Crossroads Lounge from 8.45pm </p>	<p>2</p> <p>Saturday Night Live with EZ4U  Club 22 8pm </p>	<p>3</p>
<p>4</p>	<p>5</p> <p>Squash Social Night  Squash Courts 6pm-9pm</p>	<p>6</p> <p>Playback Crossroads Lounge  8pm</p>	<p>7</p> <p>Squash Social Night  Squash Courts 5pm-8pm</p> <p>Darts Social Night  Crossroads Lounge, Darts Room 7pm-9pm</p>	<p>8</p> <p>Mother's Day Weekend Special Set Menu  Atrium Café 11am-2.30pm & 6pm-9.30pm</p> <p>Tennis Social Night  Tennis Courts 8pm-10pm</p> <p>Monty Crew Crossroads Lounge from 8.45pm</p>	<p>9</p> <p>Mother's Day Special Set Menu  Garden Grill 12pm-3pm & 6pm-10pm</p> <p>Mother's Day Weekend Special Set Menu  Atrium Café 11am-2.30pm & 6pm-9.30pm</p> <p>Saturday Night Live with EZ4U  Club 22 8pm </p>	<p>10</p> <p>Mother's Day Special Set Menu  Garden Grill 12pm-3pm & 6pm-10pm</p> <p>Mother's Day Weekend Special Set Menu  Atrium Café 11am-2.30pm & 6pm-9.30pm</p>
<p>11</p> <p>Music Monday  Club 22 12.45pm</p>	<p>12</p> <p>Squash Social Night  Squash Courts 6pm-9pm</p>	<p>13</p> <p>Playback Crossroads Lounge  8pm</p>	<p>14</p> <p>Squash Social Night  Squash Courts 5pm-8pm</p> <p>Darts Social Night  Crossroads Lounge, Darts Room 7pm-9pm</p>	<p>15</p> <p>Monty Crew Crossroads Lounge from 8.45pm </p>	<p>16</p> <p>Saturday Night Live with EZ4U  Club 22 8pm </p>	<p>17</p>
<p>18</p>	<p>19</p> <p>Squash Social Night  Squash Courts 6pm-9pm</p>	<p>20</p> <p>Playback Crossroads Lounge  8pm</p>	<p>21</p> <p>Squash Social Night  Squash Courts 5pm-8pm</p> <p>Darts Social Night  Crossroads Lounge, Darts Room 7pm-9pm</p>	<p>22</p> <p>Tennis Social Night  Tennis Courts 8pm-10pm</p> <p>Monty Crew Crossroads Lounge from 8.45pm </p>	<p>23</p> <p>Saturday Night Live with EZ4U  Club 22 8pm </p>	<p>24</p>
<p>25</p>	<p>26</p> <p>Squash Social Night  Squash Courts 6pm-9pm</p>	<p>27 HARI RAYA HAJI</p> <p>Playback Crossroads Lounge  8pm</p>	<p>28</p> <p>Squash Social Night  Squash Courts 5pm-8pm</p> <p>Darts Social Night  Crossroads Lounge, Darts Room 7pm-9pm</p>	<p>29</p> <p>Monty Crew Crossroads Lounge from 8.45pm </p>	<p>30</p> <p>Saturday Night Live with EZ4U  Club 22 8pm </p>	<p>31 VESAK DAY</p>

CLASSES

K-POP DANCE CLASS FOR BEGINNERS



This beginner-level 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!

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: Saturdays
Time: 11am–12pm
Venue: Aerobics Studio
Fee: \$68.67* (Member) | \$91.56* (Guest)

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

* Price includes GST.

Day: Thursdays
Time: 7.45pm–8.45pm
Venue: Aerobics Studio
Fee: \$68.67* (Member) | \$91.56* (Guest)
Eligibility: 18 years & above

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

* Price includes GST.

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, 7pm–8pm
Saturdays, 9.30am–10.30am

Venue: Aerobics Studio

Fee: \$130.80* (Member) | \$142.25* (Guest)

Minimum: 7 participants

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

* Price includes GST.

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.

About the Trainer

Eve Tan has been a certified Zumba Fitness Instructor since 2015 and is passionate about bringing the energy and fun of Zumba to all ages. From Zumba Kids to Zumba Gold and Zumba Fitness, she has been fortunate to lead and volunteer in classes and events over the years. Helping others experience the joy of movement and the power of community has been a rewarding journey, and she is excited for what's next! Join her as we keep dancing, sweating and smiling together!

Day: Fridays

Time: 5.30pm–6.30pm

Venue: Club 22

Fee: \$92.65* (Member) | \$115.54* (Guest)

* Price 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.

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: Mondays, 11.30am–12.30pm
Venue: Aerobics Studio
Fee: \$68.67* (Member) | \$91.56* (Guest)

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

* Price includes GST.

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

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

* Price includes GST.

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, 7pm–8pm
Venue: Aerobics Studio
Fee: \$87.20* (Member) | \$110.09* (Guest)

* Price 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)

* Price 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

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.

About the Trainer

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

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

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 (including guest fee payable) 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.

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).

* Lesson fees (excluding guest fee payable) are subject to be prorated in the event of public holidays or if there is a fifth week in the month.

* Price includes GST.

Scan the QR code for the schedule of the three programmes



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)

* Lesson fees (excluding guest fee payable) are 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

AIKIDO



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

About the Trainer

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

Day/Time: Saturdays, 4.30pm–5.30pm

Venue: Aerobics Studio

Fee: **\$57.23*** (Member) | **\$68.68*** (Guest)

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

* Price includes GST.

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.

Day: Fridays

Level/Time: **Beginner/Intermediate**
6.15pm–7pm (for ages 4 and above);
Intermediate/Advanced
7pm–8pm (for ages 6 and above)
Advanced
8pm–9pm

Venue: Aerobics Studio

Fee: **\$87.20*** (Member) | **\$98.10*** (Guest)

* Price 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

ZI WU MEN GONGFU



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

GONGFU JAM



Gongfu Jam is a high-energy, music-driven movement class that blends the powerful roots of traditional Chinese gongfu with the rhythmic cardio pulse of modern aerobics and kickboxing. This unique class offers a refreshing alternative to conventional workouts. It combines striking sequences, dynamic footwork, and full-body conditioning with the groove of uplifting beats. It's designed for anyone seeking a fun and invigorating way to build strength, stamina and inner vitality.

Each session features

- powerful gongfu stances and martial drills to build coordination and strength
- cardio- and rhythm-based sequences to boost heart health and burn calories
- music-powered flow to energise the body and uplift the spirit
- mindful breathwork and qi-awareness to restore balance and focus

Whether you're new to movement or already active, Gongfu Jam welcomes all who want to sweat with purpose, move with joy, and train like a warrior. No martial arts background needed. Step into a class that moves your body, sharpens your mind, and awakens your inner fire. Gongfu Jam is more than just fitness; it's a whole new way to feel strong, inspired and unstoppable.

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)

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

* Price includes GST.

Day: Thursdays
Time: 4.30pm–5.30pm
Venue: Club 22
Fee: \$74.12* (Member) | \$85.57* (Guest)
Eligibility: 16 years & above

* Price 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

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
Minimum: 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

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)
Minimum: 10 participants
Eligibility: 7–14 years old

* Price 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

* Price 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 & 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 & 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

Minimum: 3 students to start

Ashley Toh at 6398 5327 or recreation@sgcc.com.sg

DARTS SOCIAL NIGHT



SCAN HERE
TO REGISTER

EVERY THURSDAY

7 TO 9PM // CROSSROADS LOUNGE, DARTS ROOM

OPEN TO ALL SKILL LEVELS - NO EXPERIENCE NEEDED!

For more information, please contact Ashley Toh at 6398 5327 or recreation@sgcc.com.sg.



JOIN THE SGCC **PADEL** INTEREST GROUP

A fast-growing racket sport that combines elements of **tennis and squash**. It's social, easy to pick up, and a lot of fun!
Especially for beginners!

Why join us?

Meet fellow members

Stay Active

Enjoy friendly games



Stay Connected!
Scan to Join Our
WhatsApp Group

For more information, please contact Ashley Toh at 6398 5327 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



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
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Meet Our SGCC TRAINERS

Jay Huang

Freelance
Personal Trainer

Victor Kwa

Freelance
Personal Trainer

Shah

Freelance
Personal Trainer

ZACK

Freelance
Personal Trainer

Shirley Tan

Freelance
Personal Trainer

Gina Lee

Freelance
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 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
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Live DANCE

CLUB TWENTY-TWO

EVERY MONDAY
4PM TO 6PM (ADVANCE)
(2HRS LESSONS)

\$64.31 MEMBER | \$77.39 GUEST

EVERY TUESDAY
2.30PM TO 4PM
(1.5HRS LESSONS)

\$48.23 MEMBER | \$61.31 GUEST

Prices include GST and for 4 lessons.

To register, please contact us at 6398 5383 / 6286 8888, or email Jean at jean_lee@sgcc.com.sg.



📍 SERANGOON GARDENS COUNTRY CLUB CASUARINA ROOM

25/04/26 (SATURDAY) | 10AM-12PM
COMPLIMENTARY BENTO LUNCH | LIMITED SEATING

EVER WONDERED WHAT IT'S LIKE
STARRING IN YOUR OWN MUSIC VIDEO?



GARY TAN
(TALENT DIRECTOR)



JAN LYE
(CO-PRODUCER)



GOH WEI WOON
(PRODUCER)



CLEVE LOW
(DIRECTOR)



JOIN OUR WORKSHOP:
BEHIND THE SCENES (YOUR MUSIC VIDEO JOURNEY)

CLOSING DATE: 10/04/26 (FRIDAY)

To register, please contact us at 6398 5383 / 6286 8888, or email Jean at jean_lee@sgcc.com.sg.



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

www.sgcc.com.sg
Follow us on SGCC1955



YAKULT FACTORY TOUR



Scan For Details
& Sign-Up

Learn about Yakult's background and products through a presentation and documentary video on the benefits of probiotics. We will also get to view the Yakult gallery after watching the video. There will be an open question and answer session after the video.

11 June 2026 (Thu)
8.30am - 12.15pm
(assemble at 8.20am, main lobby)

Closing Date: 4 May 2026 (Mon)

\$21.80 (JG Member)
5 years and above

\$25.07 (Member)

\$26.16 (Guest)

All prices include round-trip transportation from SGCC to the Yakult Factory and back to SGCC, one snack, one bottle of mineral water, and one pack of 10 bottles of Yakult Gold. Please bring along a cooler bag. Prices include 9% GST and are applicable for minimum spending.

To register, please contact us at 6398 5383 / 6286 8888, or email Jean at jean_lee@sgcc.com.sg.

Make
Your Own:

Lemon Ricotta Pancakes

Light, fluffy and beautifully fragrant, these lemon ricotta pancakes are perfect for brunch, Easter gatherings, or a slow weekend breakfast. The ricotta gives them a soft, creamy texture, while fresh lemon zest adds a bright, citrus note.

Ingredients:

- ✓ 1 cup plain flour
- ✓ 1 tbsp sugar
- ✓ 1 tsp baking powder
- ✓ ½ tsp baking soda
- ✓ Pinch of salt
- ✓ ¾ cup ricotta cheese
- ✓ 2 large eggs (separated)
- ✓ ¾ cup milk
- ✓ Zest of 1 lemon
- ✓ 1½ tbsp fresh lemon juice
- ✓ 1 tsp vanilla extract
- ✓ Butter or oil for cooking

Optional toppings:

- ✓ Fresh berries
- ✓ Maple syrup or honey
- ✓ Icing sugar

Instructions:

1. In a bowl, whisk together flour, sugar, salt, baking powder, and baking soda.
2. In another bowl, mix ricotta, egg yolks, milk, lemon zest, lemon juice, and vanilla until smooth.
3. Gradually fold the dry ingredients into the wet mixture until just combined. Do not overmix.
4. In a separate clean bowl, beat the egg whites until soft peaks form. Gently fold into the batter to keep it light and airy.
5. Heat a non-stick pan over medium-low heat and lightly grease with butter or oil.
6. Spoon 2-3 tablespoons of batter per pancake onto the pan. Cook until bubbles form, then flip and cook until golden.
7. Serve warm with berries, maple syrup, and a light dusting of icing sugar.





JUNIOR GEMS



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

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

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

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

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

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



Particulars of Applicant

Name: _____

Date of Birth: _____

Particulars of Applicant's Guardian

Name: _____

Membership Number: _____

Relationship to Applicant: _____

Contacts: mobile _____ email _____

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

SMS mobile email

Signature: _____ Date: _____

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

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–9.30pm
Fri–Sun, Eve of PH & PH: 11am–3pm;
6pm–10pm

Coffee Deli

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

Club Twenty-Two

Tel: 6398 5386
Mon–Thu: 5pm–12am
Fri, Sat & Eve of PH: 4pm–1am
Sun & PH: 4pm–12am

Crossroads Lounge

Tel: 6398 5310
Mon–Thu: 5pm–12am
Fri, Sat & Eve of PH: 4pm–1am
Sun & PH: 4pm–12am

Garden Grill

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

SPORTS & RECREATION FACILITIES**Billiards Room**

Tel: 6398 5346 Daily: 1pm–10pm

Darts (Crossroads Lounge)

Mon–Thu, Sun & PH: 5pm–12am
Fri, Sat & Eve of PH: 5pm–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: 6am–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**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 5337
Email: ivonn_law@sgcc.com.sg

Sports & Recreation Manager

Stanley Cornelius 6398 5372
Email: stanley_cornelius@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

Priscilla Chia 6398 5320
Email: priscilla_chia@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg

Ordinary Membership

\$16,888



FAMILY ACTIVITIES • EXCLUSIVE PERKS



GET **\$3,000** F&B CREDITS (2 YEARS VALIDITY)

YOUR WELCOME BUNDLE:

- Welcome Pack
- Club event tickets for two (+ two guests)
- 70th Anniversary wine*
- Group tennis lessons
- Pool or court time*
- Bowling games
- Personal training sessions*

*While stocks last. T&Cs apply. Price include GST.

Ready to join? Call 6286 8888 or email to membership@sgcc.com.sg