



Club Spirit

AUGUST • SEPTEMBER 2026

Happy
Mid-Autumn
Festival!



69th Annual General Meeting

Setting the tone and direction of SGCC for the near future

Pg 2

Spilling the Tea on Chinese Tea

If you can't tell an oolong from a pu-erh, this guide is for you

Pg 10

Make Your Own: Pu-erh Poached Pear

This delicate and soothing dessert pairs beautifully with Chinese tea

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AUGUST • SEPTEMBER 2026



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Mr Teng Leng Hock
Vice President
Mr Goh Kong Yong
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Mr Ivan Heng Song Kwang
Honorary Treasurer
Mr Charles Chan
Assistant Honorary Secretary
Mr Xavier See
Assistant Honorary Treasurer
Ms Emily Wong
Committee Member
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Committee Member
Mr Kevin Huang
Committee Member
Mr Nicholas Sim
Committee Member
Mr Tan Eyren
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Committee Member
Mr Sean Ang
Committee Member

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Dear Members,

It is with immense pride and humility that I write to you for the first time as President of Serangoon Gardens Country Club. I am deeply grateful for the trust and confidence you have placed in my team and me as we begin our term of office for 2026–2028.

I would like to express our heartfelt gratitude to outgoing President, Mr Mathivanan Krishnan, for his steadfast leadership during the 2024–2026 term. Mathin led with integrity, dedication and a genuine passion for our Club. Under his stewardship, SGCC continued to grow from strength to strength; for that, we owe him our sincerest appreciation.

My gratitude also extends to every outgoing General Committee member. Their tireless voluntary service and unwavering commitment have laid a strong foundation upon which we will continue to build.

I am honoured to serve alongside our newly elected General Committee members. United by our vision of SGCC Forward, we are committed to preserving the traditions and strengths that define our Club while embracing fresh ideas and meaningful improvements that will shape its future.

On 9 August, Singapore will celebrate its 61st National Day with a magnificent parade at the National Stadium — a proud and stirring occasion that reminds us of how far our nation has come.

Here at SGCC, we will mark this special milestone with our annual National Day Dinner & Dance at the Kensington Ballroom. I warmly invite you to join us for an evening of fellowship, celebration and community spirit as we commemorate our nation's birthday together.

One of our key upcoming initiatives is the transformation of the current Jackpot area into a vibrant, inclusive, multi-purpose social space designed to serve members of all ages and interests. We envision a welcoming environment where members can gather, connect and enjoy new lifestyle and recreational experiences. More details will be shared in the coming months, and I look forward to hearing your ideas and feedback at our upcoming Members' Town Hall.

As we embark on this new chapter, my team and I are committed to listening attentively, planning strategically, and delivering meaningfully for every member.

SGCC is more than just a country club — it's a place where friendships are forged, families create lasting memories, and generations come together in a true sense of belonging.

On behalf of the General Committee, I wish you and your families good health, happiness and prosperity. I look forward to meeting many of you around the Club in the months ahead as we continue moving SGCC Forward, together.

Yours sincerely,

Gerade Gomez

President, Serangoon Gardens Country Club



SGCC 69th Annual General Meeting

28 June 2026



The 69th Annual General Meeting (AGM) was held on 28 June 2026 in the Kensington Ballroom. Registration commenced at 11am, with members arriving promptly to sign in before enjoying a buffet thoughtfully prepared by the Food & Beverage team. The registration process was conducted smoothly and efficiently.

At 1pm, the General Committee announced a 30-minute delay in the commencement of the AGM in accordance with Clause 37.3(b) of the Constitution, which requires a minimum quorum of 100 attendees or one-tenth of the Club's voting members to be present. By

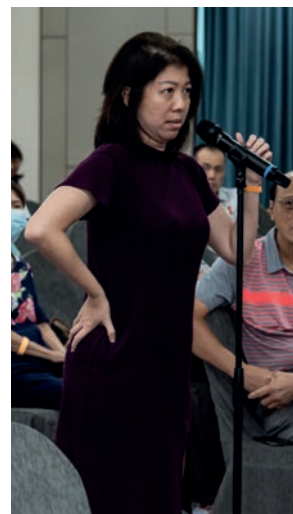
1.30pm, 94 members had assembled, falling short of the required quorum. In accordance with Clause 37.3(a) of the Constitution, the General Committee proceeded with the meeting.

Club President Mr Mathivanan Krishnan opened the session with his address to members, followed by updates on the Club's performance, ongoing initiatives, and future plans. The presentation provided members with an overview of the Club's progress over the past year, and reaffirmed the General Committee's commitment to enhancing the overall member experience.





Throughout the meeting, several members raised questions, suggestions and matters of concern relating to various aspects of Club operations. While some of these were brought up during the course of the AGM rather than during the Any Other Business (AOB) segment, the General Committee acknowledged the feedback and assured members that the matters raised had been recorded for further review and follow-up where appropriate.



The meeting concluded after all agenda items were presented. We sincerely thank all members who attended and participated in this year's AGM. The AGM continues to serve as an important platform for open dialogue between members and the General Committee, and we appreciate the valuable feedback shared. Together, we remain committed to building a stronger, more responsive and vibrant SGCC community.

New General Committee 2026/2028

President	Mr Gerade Gomez
Vice President	Mr Teng Leng Hock
Honorary Secretary	Mr Goh Kong Yong
Honorary Treasurer	Mr Ivan Heng Song Kwang
Assistant Honorary Secretary	Mr Charles Chan
Assistant Honorary Treasurer	Mr Xavier See
Committee Member	Ms Emily Wong
Committee Member	Mr Balbir Singh
Committee Member	Mr Kevin Huang
Committee Member	Mr Nicholas Sim
Committee Member	Mr Tan Eyren
Committee Member	Mr Reymund Wan
Committee Member	Mr Sean Ang



New Members' Gathering

16 May 2026

On 16 May 2026, Serangoon Gardens Country Club welcomed its newest members at the New Members' Gathering held at Club Twenty-Two. The afternoon provided a wonderful opportunity for new members to connect with fellow members, meet Club leaders, and experience the warm hospitality that lies at the heart of the SGCC community.

The gathering commenced with an address by SGCC President, Mr Mathivanan Krishnan, who warmly welcomed members to the Club and shared his thoughts on the importance of community and active participation in Club life. Guests were also introduced to SGCC's facilities, programmes and upcoming events, offering a glimpse into the vibrant calendar of activities available throughout the year.

Members then enjoyed a sumptuous buffet lunch while being entertained by live performances from O.K. Ready, whose lively music created a cheerful and relaxed atmosphere throughout the afternoon. The programme also featured interactive games, with attractive prizes adding an element of fun and friendly competition to the occasion.

Beyond food and entertainment, members were treated to a selection of lifestyle experiences. Guests enjoyed complimentary head and shoulder massages by Atos Wellness Group, providing a moment of relaxation amidst the festivities, while the Diffuser Bar Experience by LunaLab allowed members to create personalised scents that made for unique keepsakes from the event.

One other highlight of the gathering was the networking and mingling session, where conversations flowed naturally and new friendships formed. The welcoming atmosphere made it easy for members to get acquainted and discover the many opportunities available within the Club.

The New Members' Gathering was more than just an introduction to SGCC — it was a celebration of community, connection and new beginnings. We are delighted to welcome our newest members and look forward to seeing them create many memorable experiences at the Club in the years to come.

Once again, welcome to the SGCC family — glad to have you with us!





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- **GOURMET DINING** WITH UNLIMITED CHOICE OF BEVERAGE, FINE WINES AND PREMIUM SPIRITS

**SPECIAL DEPARTURE
9 NOVEMBER 2026**

Scan for more info



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Discovering the World of Yakult

11 June 2026

Health-conscious members came together on 11 June 2026 for an engaging visit to the Yakult Factory, where they enjoyed an exclusive behind-the-scenes peek into the making of the iconic probiotic drink loved by generations of Singaporeans.

The morning began with an insightful presentation and documentary that traced Yakult's origins and highlighted the science behind probiotics. Members gained a deeper appreciation of how a tiny bottle can play a role in supporting gut health and overall well-being.

One of the most anticipated moments of the tour was a visit to the Yakult Gallery, where members got to explore the brand's rich history and learned about the meticulous processes involved in producing millions of bottles

each day. The Q&A session that followed sparked lively discussions, with members eagerly posing questions and exchanging thoughts on health, nutrition and wellness.

Beyond the educational aspect, the outing provided a wonderful opportunity for members to mingle and connect over shared interests. There was plenty of excitement as members sampled Yakult products and received a pack of Yakult Gold to take home.

Combining learning, wellness and fellowship, the Yakult Factory Tour proved to be a refreshing and rewarding outing. It was yet another example of how SGCC continues to create meaningful experiences that bring members together while introducing them to something new and inspiring.



Snapshots

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



Stem Cell Talk

4 Jul 2026



The audience paying close attention to the presentation.

World Cup Screening

11 Jun – 19 Jul 2026



Fire up the big screen and let the games begin!



Some attended the watch party all kitted out and ready to play.



Dr Lim Kah Meng spoke on how stem cells affect longevity and health.



Matchday smiles.



Gunawan Wijaya

Ordinary Member

Wang Jianhai

Ordinary Member

Ivan Goh Yiau Meng

Ordinary Member

Chan Chai Kew

Ordinary Member

Lim Wei Yang

Ordinary Member

Chua Hui Ying Shannon

Ordinary Member

Loh Guo Jie Brandon

Ordinary Member

Ethel Wong Siew Tin

Ordinary Member

Preamnut Townamchai

Ordinary Member

Lim Meng Inn

Ordinary Member

Seah Liak Kow William

Ordinary Member

Oisin Shiva Shen Li Doran

Ordinary Member

Shawna Lam Jia Min

Ordinary Member

Tan Kein Shuen

Ordinary Member

Teo Ming Huai

Ordinary Member

Chew Wee Foong

Term Member

Thia Chuanzhi Malcolm

Ordinary Member

Liu Guojie

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.

DINNER & DANCE PACKAGE

2026 / 2027

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.

Spilling the Tea on Chinese Tea

Did you know that all varieties of Chinese tea come from the same plant, *Camellia sinensis*? It's the way they are processed — such as withering, oxidation, rolling and drying — that imparts unique flavours, aromas and health profiles.



Green Tea

Process After picking, tea leaves are quickly heated — either by pan-firing or steaming — to deactivate oxidative enzymes. They are then rolled and dried. This preserves the colour and freshness of the leaves.

Flavour profile Grassy, vegetal, sometimes nutty or slightly sweet depending on origin and cultivar. Famous examples include Longjing (Dragon Well) and Biluochun.

Health benefits This variety is rich in catechins, particularly EGCG, which are antioxidants associated with cardiovascular support and metabolic health. It also contains moderate amounts of caffeine and L-theanine, which promote alertness without overstimulation.

Complementary foods Serve it with delicate foods such as steamed fish, tofu dishes, sushi, light salads, and mildly seasoned vegetables. Strong or spicy foods tend to overwhelm its subtle flavour.



White Tea

Process This is the least processed variety. The harvest, usually consisting of young buds and first leaves, is withered and air-dried without rolling or fixation, allowing natural enzymatic activity but minimal oxidation.

Flavour profile Delicate and soft, with notes of honey, melon, dried flowers, and a gentle sweetness. Typically lighter and more subtle than green tea. Famous examples include Baihaoyinzhen (Silver Needle).

Health benefits This variety contains high levels of antioxidants and polyphenols, which can support skin health and immune function.

Complementary foods It's often enjoyed as a contemplative tea rather than a meal accompaniment, but you could pair it with light foods such as fruit, lightly sweet pastries, steamed dumplings, or mild cheeses.



Yellow Tea

Process This variety is rare and historically highly valued. Its processing is similar to green tea, but with an additional step of sealed yellowing; after fixation, the damp leaves are gently wrapped or covered, allowing slight oxidation and enzymatic transformation.

Flavour profile This extra step reduces the sharpness, producing instead a smoother, mellower taste compared to green tea. The flavour is soft, slightly sweet, and less grassy, with a rounded mouthfeel — bridging that of white and green teas. Famous examples include Mengdinghuangya.

Health benefits This variety is thought to be gentle on the stomach due to its reduced astringency. While scientific studies are limited, it shares many antioxidant properties with green tea.

Complementary foods Serve it with light soups, steamed buns, congee, and subtle desserts such as almond jelly or sponge cakes.



Oolong Tea

Process This variety occupies the spectrum between green and black teas. After picking, the leaves are withered, then partially oxidised through controlled bruising and resting. The oxidation is halted by heating, followed by rolling and drying. The level of oxidation can range from 10% to 80%, resulting in a wide variety of flavour profiles.

Flavour profile Light oolongs (eg Tieguanyin) boast of white floral notes (eg lily, orchid), while darker oolongs (eg Dahongpao) offer roasted notes with some smokiness.

Health benefits This variety is often associated with digestion support and metabolism due to its combination of caffeine and polyphenols.

Complementary foods Lighter oolongs pair well with seafood and light poultry dishes; darker oolongs complement roasted meats, grilled vegetables, and even chocolate desserts.

Black/Red Tea

Process The leaves of this variety are fully oxidised: they've been allowed to undergo complete enzymatic oxidation after rolling. This process turns them dark brown or black, resulting in a richer, more robust flavour.

Flavour profile Malty, fruity, sometimes chocolatey or smoky depending on origin. Famous black teas include Keemun and Dianhong.

Health benefits This variety contains potent antioxidants called theaflavins and thearubigins. It also has flavonoids and polyphenols, which can protect cardiovascular and gut health respectively.

Complementary foods Pair it with hearty foods such as roasted meats, breakfast foods, strong cheeses, and baked goods like scones or butter cookies.

Did you know? In China, this variety is called "red tea" because of the colour of the brew. Western tea traders call it "black tea" because of the colour of the dry tea leaves.

Dark Tea (Pu-erh)

Process Pu-erh tea represents a unique category of post-fermented tea. After initial processing similar to green tea, the leaves undergo microbial fermentation and aging (years or even decades!). There are two main types: raw (sheng) and ripe (shou), with the latter undergoing accelerated fermentation.

Flavour profile Pu-erh has an earthy, woody, sometimes smoky or musty flavour that becomes smoother and richer with age, and lacks astringency. High-quality, aged Pu-erh can develop notes of dried fruit, dark chocolate, and medicinal herbs.

Health benefits This variety is traditionally believed to aid digestion, especially after heavy meals, and may help regulate lipid metabolism, though effects vary depending on preparation and individual response.

Complementary foods Pu-erh pairs excellently with rich, oily foods such as roast duck, pork belly, dim sum, and fried dishes, as it helps cleanse the palate and balance heaviness.



Asian Fusion Cuisine

This blend of ingredients, culinary traditions, and cooking techniques from across Asia creates dishes that seem familiar yet refreshing, with innovative twists.

1-31 August 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

Asian Chicken Slaw
with cabbage, carrot,
edamame and peanut,
served with
ginger-peanut sauce
OR

**Vietnamese Prawn
Spring Roll**
served with
nuoc cham sauce
OR

**Deep-fried
Chive Dumpling**
served with
sweet chilli sauce

SOUP

Chinese-style Beef Soup
with carrot & daikon
OR

Curried Pumpkin Soup
with croutons

MAIN COURSE

Wafu Carbonara Udon
chewy udon tossed with bonito
cream sauce & bacon
OR

Marmite Chicken
pan-seared marinated
chicken leg, served with
marmite sauce
OR

Honey-Garlic Pork Chop
deep-fried pork loin,
served with honey-garlic dip
OR

Unadon
Japanese unagi rice,
served with teriyaki sauce
& pickled daikon
OR

**Thai Basil Steak
(surcharge \$10)**
pan-seared ribeye steak,
served with basil-chilli sauce

DESSERT

Coconut Sago Pudding
with mango
OR

Matcha Ice Cream
with red bean
OR

Seasonal Crème Brulee

Coffee OR Tea

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



Native American Recipes

Savour the chance to indulge in the foods of the indigenous peoples of North America.

1-30 September 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

Succotash

*sweet & savoury vegetable salad, with
corn kernel, zucchini, white bean & bacon*
OR

Kachumber Salad

*tomatoes, cucumber, onion & pomegranate,
tossed with herb dressing*
OR

Crispy Corn Fritter

served with mini salad & sour cream

SOUP

Three Sisters Stew

*butternut squash, zucchini, corn,
tomatoes & beans cooked in chicken broth*
OR

Corn & Butternut Squash Chowder

served with croutons

MAIN COURSE

Navajo Tacos

*with ground beef, lettuce, tomatoes & grated cheddar,
served with fried bread & sour cream*
OR

Spicy-sweet Glazed Salmon

*pan-seared marinated salmon fillet,
served with kiwi salsa*
OR

Roasted Pepita Chicken

*baked spring chicken,
served with pumpkin seed pesto*
OR

Native American-style Ribs

*oven-baked native rub pork ribs,
served with roasted squash*
OR

Navajo Lamb Stew

(surcharge \$10)

served with roasted squash & fried bread

DESSERT

Blueberry Slump

with vanilla ice cream
OR

Pumpkin Pudding

served with toasted pecan nut
OR

Seasonal Crème Brûlée

Coffee OR Tea

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

NATIONAL DAY *Dinner & Dance*

Hosted by

Fei Fei

Live performance by

3EO+Plus

Live performance by

Esther & Sammin

- Early dance floor access from 6pm
- Buffet dinner featuring local delights
- National Day cake cutting

Come dressed in your best red and white
to celebrate the occasion! **



Saturday 8 August 2026



7pm to 11pm



Kensington Ballroom, Level 2



\$52 (Member) | \$62 (Guest)

*Price includes GST

** with guest singers from both bands **

To register, contact adrian at adrian_chew@sgcc.com.sg or 91150417.

GET READY FOR Oktoberfest 2026!

Don your dancing shoes and join us for a festive Oktoberfest celebration filled with great food, music and company.

Live Entertainment by

Uberjam



FRIDAY
9 OCTOBER 2026



7PM - 11PM
(Early Bird Dance from 6pm)



**KENSINGTON
BALLROOM**



EARLY BIRD (Before 14 September 2026)
MEMBER: \$60 | GUEST: \$70
AFTER EARLY BIRD
MEMBER: \$70 | GUEST: \$80

HIGHLIGHTS

All prices are inclusive of GST and include one glass of Paulaner Beer.



Early Bird Dance
from 6pm



Buffet dinner
featuring German
delights



Live Entertainment
by Uberjam



Paulaner Beer
on Offer

SALADS

German Potato Salad
Crispy Garden Salad
Creamy Pasta Salad

SOUP

German Leek &
Potato Soup

SIDES

Bacon Sauerkraut
Creamy Mashed Potatoes

HOT DISHES

Searched Sole Fillet with
Creamy Mustard Dill Sauce
Lemon Thyme Roast Chicken

Grilled Veal Bratwurst with
Garlic Gravy and Mild
German Mustard

Bavarian Hunter's Beef Stew

Carving Station –
Roast Pork Knuckle

DESSERTS

Symphony of Fruits
Black Forest Gateau with
Raspberry Compote and
Whipped Cream

Warm Apple Strudel
with Cinnamon Custard

Custard Bread Pudding
with Raspberry Sauce

In Collaboration With:



JOHNNIE WALKER

THE
SINGLETON.

For more information, please contact Balan at 9017 9913 or dhanabalan@sgcc.com.sg.

★ SATURDAY ★ NIGHT *Live* — WITH — *Memory Lane*



CLUB TWENTY-TWO

★ SATURDAY ★
15 AUGUST 2026

🎵 3 SETS OF LIVE MUSIC 🎵
8PM - 8.45PM | 9PM - 9.45PM | 10PM - 10.45PM

FEE:
\$25
(GUEST)



INCLUSIVE OF
1 STANDARD DRINK

Price is inclusive of GST.

PAST EVENTS

TENNIS JUNIOR HOLIDAY CAMP JUNE 2026 EDITION

Held from 9–11 June 2026, this event brought together 13 young players for three mornings of tennis (Beginner sessions 8am–9.30am; Intermediate sessions 9.30am–11am). The camp delivered two excellent days of coaching, games and match play. Unfortunately, rain washed out the final day's Intermediate session. Despite that very wet interruption, the children left with new skills, great memories, and plenty of smiles from the first two days of camp.



SGCC's junior tennis players are ready for some serious training

TENNIS JUNIOR CHAMPIONSHIP

This event, held on 14 June 2026, saw 46 young tennis enthusiasts taking part, all eager to show how well they can wield a racquet. The results are as follows:

Category	Champion	Runner-up	Joint third
8 Years & Under	Liu Xian	Autumn Chung	Catelynn Philippsen, Charles Chan
10 Years & Under (Division A)	Chng Yi Rui	Noah Alexander Wong	Huang Sha, Jordan Noel Chow
10 Years & Under (Division B)	Gweneth Lim	Isaac Nazemi	Addrianna Hong, Huang Yan
12 Years & Under	Ian Josh Loh	Huang Zheng	Balthazar, Yi Kai
14 Years & Under	Ian Josh Loh	Shaun Joel Loh	Timothy, Hector
16 Years & Under	Kingsley	Edgar	Timothy, Titus



8 Years & Under
Champion, Liu Xian



10 Years & Under
(Division A) Champion,
Chng Yi Rui



10 Years & Under
(Division B) Champion,
Gweneth Lim



12 Years & Under
Champion,
Ian Josh Loh



14 Years & Under
Champion,
Ian Josh Loh



16 Years & Under
Champion, Kingsley



8 Years & Under
Runner-up, Autumn Chung



10 Years & Under
(Division A) Runner-up,
Noah Alexander Wong



10 Years & Under
(Division B) Runner-up,
Isaac Nazemi



12 Years & Under
Runner-up,
Huang Zheng



14 Years & Under
Runner-up,
Shaun Joel Loh



16 Years & Under
Runner-up, Edgar

ACTION EXPLORER CAMP

Held within club premises from 2–4 June 2026, the Action Explorers Camp provided 32 children with opportunities to build confidence, teamwork, discipline, and resilience through a combination of sports, creative activities, and interactive workshops, while fostering a love for learning and an active lifestyle.



Action Explorers Camp participants receiving certificates, alongside the S&R team and General Manager, Mr Mark James

SQUASH FRIENDLY GAME WITH HONG KONG CRICKET CLUB

On the afternoon of 24 May 2026, SGCC had the pleasure of hosting The Hong Kong Cricket Club's squash team to a friendly match filled with great rallies, team spirit, and plenty of good energy. Beyond the matches played by a total of 30 people, it was a wonderful opportunity for both teams to connect, share the love of the sport, and enjoy a barbecue lunch together after the game. Thank you, HKCC, for making the trip and for the lovely sporting exchange. We look forward to hosting more friendly games and club collaborations in the future!



Exchange of appreciation plaque



A group photo of both teams on the court



Game on!



HKCC X SGCC



Both teams in the viewing gallery

SWIMMERS' GET-TOGETHER

Our swimming fraternity and their family got together on 29 May 2026 — and no one had to get wet! Held at Club 22, it was an opportunity for a total of 70 people to socialise without the pressure of training or competition.



The SGCC swimming fraternity know how to let their hair down away from the pool

UPCOMING EVENTS

37TH AGE GROUP SWIM MEET



This competition is open to all age groups and ability levels. Take this opportunity to compete against other swim schools and see where you stand.

Date:	22 August 2026, Saturday
Time:	9am–1.30pm
Venue:	Swimming Pool
Fee:	Per Event: \$10.90* (Members) \$21.80* (Guests) <i>*Price includes GST</i>
Eligibility:	All ages
Closing date:	1 August 2026

Jiajun_ong@sgcc.com.sg or 63985351

AUGUST 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
31					1  National Day Family Fiesta Main Lobby 10am-8pm Asian Fusion Cuisine Garden Grill 12pm-3pm & 6pm-10pm (whole month) S&R Chairman Cup Darts Challenge  Darts Room 2pm-7pm Saturday Night Live with EZ4U Club 22 8pm  Fredo & Jenny Crossroads Lounge  8.45pm	2
3	4 Squash Social Night Squash Courts 6pm-9pm 	5 Amazing4 Crossroads Lounge 8pm 	6 Squash Social Night Squash Courts 5pm-8pm  Darts Social Night Crossroads Lounge, Darts Room  7pm-9pm	7 Tennis Social Tennis Court 1 8am-10am  WMF Band Crossroads Lounge  8.45pm	8 National Day Dinner & Dance Kensington Ballroom 7pm  Fredo & Jenny Crossroads Lounge  8.45pm	9 NATIONAL DAY NDP Tennis Doubles Tennis Court 1 & 2  9am-2pm
10 Holiday Special: Music Monday with Sound Sensation Club 22 2pm 	11 Squash Social Night Squash Courts 6pm-9pm 	12 Amazing4 Crossroads Lounge 8pm 	13 Squash Social Night Squash Courts 5pm-8pm  Darts Social Night Crossroads Lounge, Darts Room  7pm-9pm	14 WMF Band Crossroads Lounge  8.45pm	15  Saturday Night Live with Memory Lane Club 22 8pm  Fredo & Jenny Crossroads Lounge 8.45pm	16
17	18 Squash Social Night Squash Courts 6pm-9pm 	19 Amazing4 Crossroads Lounge 8pm 	20 Squash Social Night Squash Courts 5pm-8pm  Darts Social Night Crossroads Lounge, Darts Room  7pm-9pm	21 WMF Band Crossroads Lounge  8.45pm	22 37th Age Group Swim Meet Swimming Pool 9am  Saturday Night Live with EZ4U Club 22 8pm 	23
24 Music Monday Club 22 12.45pm 	25 Squash Social Night Squash Courts 6pm-9pm  Spanish Wine Pairing Dinner Garden Grill 7pm-10pm 	26 Amazing4 Crossroads Lounge 8pm 	27 Squash Social Night Squash Courts 5pm-8pm  Darts Social Night Crossroads Lounge, Darts Room  7pm-9pm	28 Tennis Social Tennis Court 1 8pm-10pm  WMF Band Crossroads Lounge  8.45pm	29  Paint & Press: DIY Tote Workshop Casuarina Room 2pm-3.30pm Saturday Night Live with EZ4U Club 22 8pm 	30

SEPTEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	1 Native American Recipes Garden Grill 12pm-3pm & 6pm-10pm (whole month) Squash Social Night Squash Courts 6pm-9pm	2 Amazing4 Crossroads Lounge 8pm	3 Squash Social Night Squash Courts 5pm-8pm Darts Social Night Crossroads Lounge, Darts Room 7pm-9pm	4 Tennis Social Tennis Court 1 8am-10am WMF Band Crossroads Lounge 8.45pm	5 Workshop: Move Better, Stay Active Casuarina Room 10am-12pm Saturday Night Live with Memory Lane Club 22 8pm	6
7 Music Monday Club 22 12.45pm	8 Squash Social Night Squash Courts 6pm-9pm	9 Amazing4 Crossroads Lounge 8pm	10 Squash Social Night Squash Courts 5pm-8pm Darts Social Night Crossroads Lounge, Darts Room 7pm-9pm	11 Chocolate Bar Making Workshop 9am-1pm WMF Band Crossroads Lounge 8.45pm	12 Saturday Night Live with Memory Lane Club 22 8pm	13
14	15 Squash Social Night Squash Courts 6pm-9pm	16 Amazing4 Crossroads Lounge 8pm	17 Squash Social Night Squash Courts 5pm-8pm Darts Social Night Crossroads Lounge, Darts Room 7pm-9pm	18 WMF Band Crossroads Lounge 8.45pm	19 Saturday Night Live with Memory Lane Club 22 8pm	20
21 Music Monday Club 22 12.45pm SGCC Golf Game at KL	22 Squash Social Night Squash Courts 6pm-9pm SGCC Golf Game at KL	23 Amazing4 Crossroads Lounge 8pm SGCC Golf Game at KL	24 Squash Social Night Squash Courts 5pm-8pm Darts Social Night Crossroads Lounge, Darts Room 7pm-9pm SGCC Golf Game at KL	25 Tennis Social Tennis Court 1 8pm-10pm WMF Band Crossroads Lounge 8.45pm SGCC Golf Game at KL	26 Saturday Night Live with Memory Lane Club 22 8pm	27
28	29 Squash Social Night Squash Courts 6pm-9pm	30 Amazing4 Crossroads Lounge 8pm				



Small Food Swaps for a Healthier Heart

In honour of World Heart Day, which falls on 29 September, here are some ideas on how to make your favourite local dishes friendlier towards your heart, yet no less tantalising for your taste buds.

Meals in Singapore, as with much of Southeast Asia, often revolve around rice, noodles, curries, stir-fries, coconut-based dishes, and savoury condiments. No, we're not saying that you have to give up beloved local favourites and adopt, say, the oft-touted Mediterranean diet.

The aim is to keep the same flavours, but reduce the amount of sodium, saturated fat, and refined carbohydrates, while increasing vegetables, legumes, fish and whole grains.

Carbohydrate

White rice is the staple of many meals here, from chicken rice to nasi lemak to briyani. One way to increase the health quotient of such meals would

be to substitute white for brown, red or black rice. These varieties have much higher fibre content and make you feel fuller for longer than the same amount of white rice. If you can't get used to the texture, mix it with white rice. Similarly, add oats or other whole grains to your rice porridge or congee.

Besides fibre, whole grains contain other nutrients that help support healthy cholesterol, blood pressure, and weight control, all of which matter for cardiovascular health.





Protein

Southeast Asian recipes already use many heart-friendly alternatives to fatty or processed meats. A dish like fried rice or bee hoon can be made healthier by replacing luncheon meat, sausage, or fatty pork with tofu, fish, skinless chicken, or extra vegetables.

In curries or sambal dishes, tempeh is especially useful because it's filling, packed with protein, and works well with local seasonings. Noodle soups such as yong tau foo, pho or fish soup can be improved by choosing more tofu, vegetables, and fish rather than processed fish cakes, fatty meat slices, or fried accompaniments.

These are practical swaps because they preserve the flavour and structure of the meal while reducing saturated fat and processed meat intake.

Coconut milk

Coconut milk is deeply rooted in Southeast Asian cuisine, from laksa and rendang to curries and kuehs.

The richness this liquid imparts is due to its high saturated fat content, which unfortunately raises low-density lipoprotein (LDL, the 'bad' cholesterol).

A practical approach would be to moderate the amount of coconut milk when cooking a dish, and balance it out with more flavourful items. For example, curries can be made with less coconut milk and more stock, tomatoes, or pureed vegetables while still retaining flavour. Likewise, nasi lemak rice can be cooked with lighter coconut milk and served with more cucumber, egg and fruit or vegetables on the side. The dish remains recognisable, but the overall saturated fat load is lower.



A more drastic approach would be to replace coconut milk with cashew cream, silken tofu, unsweetened soy milk, or oat milk. To bring out the original flavour profile, add a pinch of sweetener, such as gula melaka, and a few drops of coconut essence.

Sodium

It's in soy sauce, fish sauce, oyster sauce, shrimp paste, stock cubes, salted fish, etc — all essential flavouring items that are not obvious on a plate or in a bowl, and thus can very easily raise sodium intake. This matters because excess sodium



raises blood pressure, a major risk factor for heart disease and stroke.

Yet, less sodium doesn't mean a bland dish. Southeast Asian cooking already has abundant flavour from garlic, shallots, lemongrass, ginger, galangal, turmeric, chilli, lime, tamarind and fresh herbs such as coriander, mint and Thai basil. So a stir-fry can use less soy sauce if it has more garlic, ginger and chilli; a soup can rely more on herbs and lime rather than extra fish sauce; and sambal can be made with more fresh aromatics and less belacan or salt.

These are realistic kitchen adjustments that reduce sodium without sacrificing taste.

Forget about fad diets; long-term heart health depends on repeated everyday choices: mixing brown rice into white rice, substituting tofu for processed meat, cutting back on coconut milk, seasoning with herbs and spices instead of extra sauce. It doesn't mean abandoning one's favourite cuisine, but making familiar dishes work a little harder for the heart.

CLASSES



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 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.*

Jie Kai at 6398 5353 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, 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

ABTSOLUTESCULPT

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 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.

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)

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.

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)

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 Competition-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: Outdoor carpark area near Palm Wing Building
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

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.

With more than 20 years' experience, Peter Chng has been the Club's resident coach since 2009. He is currently coaching at Singapore Sports School, and has trained teams from other schools, including Maris Stella Primary and Secondary schools, ACS (Barker Road) and Nanyang Girls' High School. He is a registered active coach with the National Registry of Coaches (NROC).

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



National Day TENNIS DOUBLES

**COME DRESSED IN RED & WHITE TO
CELEBRATE NATIONAL DAY AT THE COURTS!**

**ROUND
ROBIN**

**WINNER OF
MOST GAMES**

**1ST, 2ND &
3RD PRIZES**

9 AUGUST 2026 | SUNDAY | 9AM TO 2PM



**REGISTER ALONE
TO BE MATCHMADE**

OR

**JOIN WITH
YOUR PARTNER**



**Registration Closes:
3 August 2026, Monday
Only 18 Spots Available**

**\$32.70 (MEMBER)
\$38.15 (GUEST)**

Lunch Provided • Prices include GST



**Scan QR Code
to Register!**



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

Rosalind Choo

Full Time Personal Trainer

Shah

Freelance Personal Trainer

Jay Huang

Freelance
Personal Trainer

Victor Kwa

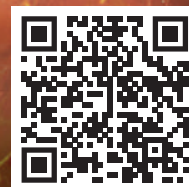
Freelance
Personal Trainer

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

The fees quoted are inclusive of 9% GST.

For more information, please contact Jie Kai at 6398 5353 or recreation@sgcc.com.sg.



Wellness Talk

Move Better, Stay Active

Shoulder & Knee Health for Active Adults

📅 Saturday, 5 September 2026 | 🕒 10am to 12pm

📍 Casuarina Room

Gain practical advice to help you reduce pain, improve mobility, and continue enjoying an active lifestyle with confidence.

What you'll learn



Common causes of shoulder and knee pain



How to prevent sports and exercise injuries



Simple mobility and strengthening tips



When to seek professional help and assessment

Featured Speakers



Lucas

Founder & Lead
Physiotherapist, BeFit



Kaylee

Physiotherapist,
BeFit



Dr. D.C. Toon

Senior Consultant
Orthopaedic Surgeon
HC Orthopaedic Surgery

In collaboration with



HC ORTHOPAEDIC
SURGERY
HEALING & CARE

Registration closes Monday, 21 August 2026.

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

**A \$5 no-show fee will apply to members who have registered but do not attend the session.*



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

www.sgcc.com.sg
Follow us on SGCC1955



Make Your Own Chocolate Bar!

A sweet hands-on workshop for kids

Paint, pour, decorate and pack your very own yummy Mr. Bucket chocolate bars!

WHAT YOU'LL DO

-  Discover chocolate's origin
-  Learn the bean-to-jar journey
-  Differentiate good and bad quality cocoa beans
-  Customise your own chocolate bars
-  Try painting with brightly coloured cocoa butter
-  Experiment with seasonal toppings
-  Bring home 3 chocolate bars designed and made by you!

DETAILS

 **11 September 2026**
(Friday)

 **9am to 1pm**
(Transport pick-up at 9.15am)

 **Mr. Bucket**
13 Dempsey Road, #01-03/04, Singapore 249674

INCLUDES

-  1 hot beverage
-  3 custom single-origin chocolate bars
-  2-way transportation to and from the Club

PRICE

Junior Gem	Member	Guest
\$76.80	\$79.80	\$81.80

*Inclusive of GST.
Minimum spending applicable.*

SCAN TO REGISTER



Registration closes **Friday, 21 August 2026.**

Cancellations made after the registration closing date will be charged in full.



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.

**Make
Your Own:**

Pu-erh Poached Pears

A lighter mid-autumn dessert that pairs beautifully with Chinese tea. Gently simmered in fragrant pu-erh tea with red dates, goji berries and rock sugar, these poached pears are delicately sweet, soothing and elegant enough for a festive gathering.

Ingredients

- ✓ 4 small pears, peeled
- ✓ 2 cups brewed pu-erh tea
- ✓ 4-6 red dates
- ✓ 1 tbsp goji berries
- ✓ 2-3 tbsp rock sugar, to taste
- ✓ 1 small cinnamon stick
- ✓ 1 star anise
- ✓ 2 thin slices ginger
- ✓ Osmanthus flowers, for garnish

Optional

- ✓ A little orange zest
- ✓ A drizzle of honey
- ✓ Extra brewed tea for serving

Instructions

1. Brew the pu-erh tea and pour it into a small saucepan.
2. Add the red dates, rock sugar, cinnamon, star anise and ginger, then bring to a gentle simmer.
3. Add the peeled pears, cover and cook on low heat for 20-25 minutes, turning the pears occasionally until tender.
4. Add the goji berries for the last 5 minutes of cooking.
5. Remove the pears, simmer the poaching liquid a bit longer if you prefer a slightly richer syrup.
6. Serve warm or chilled, spooning over the poaching liquid.
7. Garnish with osmanthus flowers, if desired.





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

Sports & Recreation Manager

Stanley Cornelius 6398 5366
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

Membership, Marketing & Communications Manager

Fabian Tan 6398 5337
Email: fabian_tan@sgcc.com.sg

Facilities, Maintenance & Safety Manager

Calvin Chew 6398 5311
Email: calvin_chew@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

Your Family Club Awaits!

At the heart of family,
wellness and community



Ordinary Membership

\$13,888 w/GST

SIGN-UP BONUS



\$3,000
Spending Credits
(2 years validity)



\$500
Referral Incentive



Wellness



Sports



Community



Dining

Contact **6286 8888** or membership@sgcc.com.sg to find out more.