



Club *Spirit*

JUNE • JULY 2024

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Dear Fellow Members,

Four years have flown by and it is time for me to say goodbye. My second term of serving the General Committee ("GC") will end after the coming AGM on 30 June 2024. As laid down in the Club's Constitution, a period of two consecutive terms (i.e. four years) is the maximum a President may serve; as such, this will be my last message to you via Club Spirit magazine.

For the mid-year school holidays (25 May – 23 June), besides the regular ongoing activities, the Club has come up with something new for the children – "School Holiday Camp", meant for those aged 7 to 15 years old. The three-day fun-filled outdoor summer holiday camp will include Tennis, Swimming, and discovering Pickleball. So, sign up your loved ones soon so as not to miss out on the fun!

There are several promotions and events in the upcoming weeks, including the Father's Day Specials at Atrium Café and Garden Grill. Do also look out for the Garden Grill set menus for June and July – Swiss-French and All American respectively. Dancers, don't forget to update your calendars for the Raya Dance Party at Club22 on 17 June.

Hari Raya Haji is the Great Day of Sacrifice for Muslims. This year, it falls on 17 June. It is celebrated to mark the Muslim pilgrimage known as the haj. I would like to wish our Members of the Islamic faith, and their loved ones, Selamat Hari Raya Haji!

I would like to encourage eligible Members to attend the 2024 AGM. A new GC shall be formed, whether or not the positions are contested. Voting is required too on the Constitutional amendments to transfer excess funds in the Working Cashflow to the Financial Reserve, so that the GC and Management can continue the Club's improvement works.

At the time of writing, the Club has just completed the Financial Year 2023/24 audit and we are financially healthy. However, as we can all attest, prices of goods and services have skyrocketed over the last two years. This is an area of ongoing challenge and the new GC and the Management Team must work jointly to balance the operating budget and rein in the drastic surge in operating costs.

I would like to take this opportunity to thank the supportive and hardworking Members of the GC. The GC and Management have done their best to improve various aspects of the Club including facilities and Members' experience. We trust you have noticed the expanded Gym, the newly renovated changing rooms in the Palm Wing, the integrated Crossroads and Dart Lounge, the new study room, the newly painted façade, the new F&B ordering system, etc. There are more projects in the pipeline to further improve the Club.

Equally, I would like to thank YOU – the Members, many of whom have come up to me to share your ideas. Many a time you were the ones who provided the motivation. I urge you to give your continued support to the new team, however it might be comprised.

The journey these four years has been challenging but rewarding, and I thank you for the privilege to have been your president. Goodbye and see you all around!

Best wishes,
Koh Jin Kit
 President, SGCC



DATE:
30 June 2024

TIME:
1pm

VENUE:
**Kensington
Ballroom**

DRESS CODE:
Smart Casual

67TH ANNUAL GENERAL MEETING

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

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



Checkmate: TCA Junior Chess Open Championship

29 March 2024



On 29 March which fell on Good Friday, 180 budding Gary Kasparovs displayed their prowess at SGCC's TCA Junior Chess Open Championship. The competition was divided into different age categories: open, under 8, under 10 and under 12. Brows furrowed, the young players put up an intense competition, which resulted in prizes being presented to the top 15 players in the various categories. Morgan Chen came in tops in the open category, Shaun Yeo was the winner in the under 8 category, Faith Yeo clinched the title in the under 10 category and Gabriel Ang was the winner in the under 12 category. After the prize presentation, the young Turks were further rewarded with ice cream and a scintillating magic show.

Whisky & Wine Fair

27 & 28 April 2024



The Main Lobby of The Club was transformed into a haven for *bon vivants* during the Whisky & Wine Fair held on 27 and 28 April, from 12pm until 8pm. Members and guests were treated to an exquisite experience of refined wine and whisky tastings while perusing an extensive selection of exceptional wines from around the world.

Over five meticulously curated booths showcased a diverse array of alcohol brands, offering guests a journey through the realms of flavour and sophistication. Beyond the tasting experiences, the fair also presented an enticing opportunity for patrons to procure their favourite spirits and wines at attractive prices. Whether seeking to expand their collection or discover a new favourite, guests were immersed in an atmosphere of conviviality and discovery, making the Whisky & Wine Fair a highlight on The Club's calendar.

Join us at the next Whisky & Wine Fair! Keep a lookout in our publicity channels for announcements. We will continue to celebrate the artistry and allure of fine spirits and wines, promising another unforgettable experience for aficionados and novices alike.

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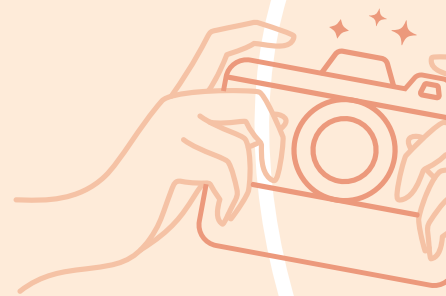
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Snapshots

Here are photos and snippets of Club events that took place from **April to May 2024**.



Artadi Wine Workshop (23 April 2024)



Speaker sharing insights on selecting wines.



Participants listened with rapt attention as the trainer dispensed information about Artadi wines.

Harmony In Sound (4 May 2024)



The sounds of the Tibetan Singing Bowls provided a serene escape for Members.



Participants immersing themselves in a sound bath session.



Lee Buan Buan, Jack
Grand Member

Ng Lian Kee Andy
Grand Member

Suprakash Gangadharan
Grand Member

Teo Eng Khoon, Alan
Grand Member

Loh Ser Kiat
Grand Member

Lim Eng Ho @ Lim Eng Hoe
Grand Member

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Ordinary Member

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Ordinary Member

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Ordinary Member

Lim Seow Lark
Ordinary Member

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Ordinary Member

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Ordinary Member

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Ordinary Member

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Ordinary Member

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Ordinary Member

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Ordinary Member

*Bastide Emmanuel
Andre Bernard*
Term Member

Couteau Antoine Jerome
Term Member

Chew Kok Chor
Term Member

Kelleway Simon James
Term Member

Siah Siew Lian (Xie Xiulian)
Term Member

Teyseyre Jerome
Term Member

Hong Keo Vilaysack
Term Member

*Andrew Michael
Wong Voon Kiat*
Term Member

Deeds for Dad

Father's Day ideas to help you get closer to your old man.



When Mother's Day draws near, many people scramble to pamper the woman who cleaned their scraped knees and wiped away their tears when they were children. The day is often jam-packed with flowers, jewellery, breakfasts-in-bed, and spa treatments.

But when it comes time to honour their fathers, many seem a lot more chill about it or even ignore it altogether.

Could it be that there are so many options that are pleasing to women, but those for the strong, silent and masculine type appear to be much more limited?

If it is ideas you need to experience a more meaningful Father's Day with Dad, read on!

Prepare his Family Tree

This will require a bit of investment in time and effort, but doing it could be an enlightening experience for those involved — most likely you, your siblings, or your older offspring.

Starting with Dad (and his siblings, if he is not an only child) at the bottom, build up his family tree back in time as best as you can. There are now software that can help you do this, such as Ancestry FamilyTreeBuilder. But if Dad is old school, it would be better to present it as a physical, hard-copy chart that could — who knows? — become an heirloom!

And if Dad was actually born in another country, why not take him on a holiday back to his hometown? Not only can Dad reminisce about his early years, the rest of the family can see where he came from and, hopefully, understand him a lot better.



Present dad with his family tree.



Organise a wine-tasting session.



Get the family to put together a concert.

Accompany him on an Activity He Enjoys

In order to better appreciate Dad, why not spend time with him doing something that he takes pleasure in. It could be a cherished hobby or a role he is proud to take on.

For example, if he loves drinking wine, purchase a few bottles from vineyards he is not familiar with and have a wine tasting session at home. Don't forget to buy some cheese and fruit for the full experience! If he fancies himself a master chef, then select a complex recipe from his favourite celebrity chef and get busy in the kitchen with him.

Should Dad be a DIY kind of guy, set aside time to make repairs around the home and paint a room with him that Mum has been nagging him about. Should he be a volunteer coach of a



If dad is an avid golfer, get him a set of golf clubs.

children's sports group, assist him for one session and his love for kids may rub off on you!

Plan a Scavenger Hunt for him

So you plan to buy Dad a present. Make it something that you are certain he will use or love. For example, if he is still active and sporty, get him equipment he frequently uses (a tennis racket, a golf club, etc); don't get him anything size-related (eg. shoes, T-shirts) unless you know his dimensions for sure! If he is a bookworm, get him a copy of the latest release by his favourite author.

But don't just simply hand him his present. Make him earn it!

Create a scavenger hunt within the home. Get the little ones to draw or write riddles to the next clue and even what the present might be. It will be fun to see Dad,

you and the kids interacting on Father's Day.

Present a Concert to him

Are you, your children, or your siblings musical? Can you all play an instrument or sing, or both? Then you all ought to get together and rehearse a few tunes, then present them on Father's Day to an audience of one — Dad! It doesn't matter that the songs may not be from Dad's heyday — he will appreciate the effort and enjoy the concert regardless.

What if you're not from a musical family? Then check the concert venues in town to see whether there is an artiste playing whom Dad will enjoy. If that doesn't work, YouTube is your best resource for all sorts of concerts, so schedule a performance by Dad's favourite musician and watch it with him.



Cook with dad.



Create a scavenger hunt within the home.



Father's Day Family Feast

Gather the family for a meal at Atrium Cafe to celebrate the head of the family.

14 - 16 June 2024

Operating Hours:

12pm - 3pm / 6pm - 10pm

(Last order: 30 minutes before closing)

Chinese 6-course menu: \$128 (serves 4-5pax)

Price includes GST

Menu Highlights:

Four Treasures Soup

(fish maw, crabmeat, shredded chicken and enoki mushroom)

Scallop and Broccoli with Egg White

Duck Confit with Mushroom Gravy

Sea bass with Tomato Gan Xiang Sauce

Beef Teriyaki Udon

Red Bean Paste with Lotus Seed

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





Father's Day Celebration @ Garden Grill

Treat dad to a hearty repast on his special day!

15-16 June 2024

Operating Hours:

12pm - 3pm/6pm - 10pm

(Last order: 30 minutes before closing)

**\$68 per person
(include 250ml Sapporo Premium Draft)**

Price includes GST

SET MENU

Appetiser

Seafood Appetiser Trio

seared tuna with ponzu chilli, lime & garlic marinated prawn cheese fritter

Soup

Beer Cheese Soup

with bacon and potatoes

Main Course

Surf & Turf

delectable herb-butter lobster (half) and succulent ribeye steak

Dessert

Mini Baked Alaska

FRESHLY BREWED COFFEE OR TEA



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



Swiss-French Recipes

Swiss food is a marriage of several European culinary traditions.

Say 'Bon Appetit' to Swiss-French cuisine at Garden Grill!

June 2024 (except for 15 & 16 June)

Operating hours:

12pm-3pm; 6pm-10pm

(Last order: 45 minutes before closing)

Price:

3-course set menu from \$32 per person

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

4-course set menu from \$36 per person

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

\$2.50 discount for Senior Members aged 55 years and above,
and Students aged 21 years and below

Prices include GST

APPETISER

Swiss Cheese Salad

OR

Beef with Asparagus

OR

Chicken & Mushroom Vol au Vent

SOUP

French Onion Soup

with croutons

OR

Chalet Soup

*an Alpine soup, prepared with spinach,
chicken bouillon, cream and gruyere cheese*

MAIN COURSE

Savoury Pork & Spinach Pasta

OR

Seared Fillet of Salmon

with Lemon Butter Sauce

OR

Lemon Garlic Half Roast Spring Chicken

OR

Pork Loin

with mushroom cream sauce

OR

Ribeye Steak with Savoury Gravy

(Surcharge \$8)

DESSERT

Peach Melba

OR

Swiss Apple Strudel

with vanilla custard

COFFEE or TEA

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



All-American Cuisine

American food is more than burgers and hotdogs.
Savour dishes from different parts of the USA at Garden Grill.

Available throughout the month of July 2024.

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



Price:

3-course set from \$32 per person

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

4-course set from \$36 per person

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

\$2.50 discount for Senior Members aged 55 years old and above, and Students (21 years and below)

Prices include GST

APPETISER

All-American Salad

with parmesan peppercorn dressing

OR

Long Island Ducklings

with fresh garden salad and raspberry vinaigrette

OR

Crabcakes

with horseradish cream

SOUPS

Three Sisters Soup

a delicious harvest soup made with the nourishing trio of corn, squash, and bean

OR

Boston Clam Chowder

MAIN COURSE

Creole Seafood Jambalaya

OR

Pan Fried Catfish Fillet with Cornmeal

OR

American Style Pork Ribs

with barbecue sauce

OR

Chicken Francese

OR

A Steakhouse Classic

(Surcharge \$8)

striploin with creamy peppercorn sauce

Lobster Specialities (500gm)

(Surcharge \$48)

Lobster Americaine

sautéed with fresh tomatoes flamed with Pernod

OR

Grilled Lobster

served with lemon butter sauce

OR

Lobster Mornay

with mushroom and gratinated with cheese

DESSERT

Californian Apple Compote

OR

Panna Cotta

with raspberry sauce

COFFEE or TEA

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

An illustration at the top of the poster features the Singapore flag, a Ferris wheel with a crescent and star, the Singapore skyline including the Esplanade - Theatres on the Bay, and fireworks in the background.

NATIONAL DAY EVE PARTY

ONE PEOPLE, ONE NATION, ONE SINGAPORE

8 AUGUST 2024 (THU) | 7PM – 11PM
KENSINGTON BALLROOM

\$55 MEMBER | \$65 GUEST

**Prices include GST*

Minimum Spending is applicable for this event

HIGHLIGHTS

- ★ Early-bird dance from 6pm
- ★ DJ music
- ★ Cake-cutting
- ★ Live band performance by
“Memory Lane”

- ★ Buffet Dinner
(DIY fruit rojak, laksa, lamb rendang,
chicken rice, live ribeye carving station,
and many more.)
- ★ Come dressed in RED & WHITE!
- ★ Best-dressed contest: Male and Female



Memory Lane

**Ticket Sales: 9115 0417 or
adrian_chew@sgcc.com.sg**



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From **S\$988** Per Table

Serenity

MUSLIM PACKAGE

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Unique wedding decorations on stage
2 changing/prayer room
Solemnisation table & chairs
Complimentary use of projector & basic sound system with 2 mics
Complimentary bottle of sparkling juice for Champagne pouring
...and more!

From **S\$50** Per Pax

Harmony

INDIAN PACKAGE

Sumptuous selection of buffet menu
Free flow of soft drinks, coffee & tea
Corkage fee waived for hard liquor & wines
Unique wedding decorations on stage
Solemnisation table & chairs
Complimentary use of projector & basic sound system with 2 mics
Complimentary 1 beer barrel *
Complimentary house wine *
...and more!

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2 coffee breaks with snacks
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Up to 8 hours' usage
2 coffee breaks with snacks

PACKAGE C Half-day @ \$50 per person

Up to 4 hours' usage
1 coffee break with snacks
Customised lunch

PACKAGE D Half-day @ \$40 per person

Up to 4 hours' usage
1 coffee break with snacks

Prices include GST

PACKAGE INCLUDES

Rental of room
Customisable set-up
Complimentary use of LCD projector and screen
2 cordless microphones
Complimentary wireless broadband access
Writing materials and complimentary use of flipcharts with markers
Complimentary parking
Minimum of 10 people required

OPTIONAL

Team-building activities

(subject to availability and charges):

Bowling games
Karaoke session
Billiard games
Darts

For enquiries and bookings, call **6286 8888** or email to **banquetsales@sgcc.com.sg**

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dine at any of our
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For more details, contact Adrian at 6398 5368
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To the Rescue

Knowing how to give emergency care for a range of situations is a practical skill that can save lives.



Performing the Heimlich Manoeuvre.

Heimlich Manoeuvre

The Heimlich Manoeuvre is a technique employed to dislodge foreign objects trapped in the throat of someone choking. It should only be used on a person who is conscious. It can be done on both adults and children, although it should be modified for those younger than five years or weigh less than 20kg.

But before applying the technique, ask if the person is in trouble and

According to the American Academy of CPR and First Aid, more than 2.2 million people around the world die every year from a workplace injury, incident, or illness. That figure includes around 650 people dying from what should have been non-fatal injuries at home.

These numbers could arguably be reduced if more people acquired first aid skills. This is because the time taken for first responders to arrive on the scene of an incident varies greatly. Should the ambulance be delayed, the person experiencing a medical emergency will have a poorer health outcome. However, if a bystander knows some first aid techniques, he can render immediate assistance to that person and perhaps alleviate his pain, shorten his recovery time, or even save his life.

Here are some essential first aid techniques that may prove handy around the Club. In all cases, get someone to call for emergency services even while you are rendering first aid.

allow him to attempt to free the foreign object on his own. Providing a beverage may also help wash away the lodged object, especially if it is digestible.

Steps:

- Stand behind the person choking and put your arms around his abdomen.
- Make a fist with one hand and hold your other hand tightly over it.
- Place the thumb of your fist below his ribcage and about two inches above his belly button.
- Sharply and quickly thrust your hands five times inward and upward into his abdomen.
- Repeat until the object is dislodged from his throat or if he becomes unconscious.
- If he becomes unconscious, apply cardiopulmonary resuscitation [see next first aid technique].

Modified steps:

(for children younger than five years or weigh less than 20kg)

- Kneel behind the child to get down to their level.
- Use less forceful thrusts than for adults.

Cardiopulmonary Resuscitation

Cardiopulmonary resuscitation (CPR) is an emergency lifesaving procedure performed on someone when his heart stops beating or when he stops breathing. It combines rescue breathing (mouth-to-mouth) and chest compressions to temporarily pump enough blood to the brain of the person in trouble until specialised treatment is available.



Chest compressions alone could save a life.

If you are uncomfortable performing rescue breathing, chest compressions alone may save a life. CPR can be tiring; if you need a break, ask someone else to take over without disrupting the compression for too long.

Checks:

- **A** = Airways: Place the person in a neutral position (eg on his back). Gently tilt his head back and lift his chin. Open his airways (nose, mouth and throat) and check that they are clear. Remove any blockage (eg. vomit, blood, food or loose teeth). Don't spend too much time doing this as CPR should be your focus.
- **B** = Breathing: Is he breathing normally? If so, gently roll him onto his side (recovery position). If he is not breathing or breathing

abnormally (eg. grunting, gasping for air), you will need to apply CPR on him.

- **C** = CPR: This consists of two techniques — 30 chest compressions and two mouth-to-mouth breaths.

Chest compression steps:

- Place the heel of one hand on the lower half of his breastbone (in the middle of his chest).
- Place your other hand on top of your bottom hand and grasp your wrist. Alternatively, interlock your fingers. Do what feels comfortable.
- Keep your arms straight and press down on his chest by one third of their chest depth. Then release the pressure. This counts as one compression.
- To keep chest compressions at an effective rhythm, do it to the beat of 'Staying Alive' by the Bee Gees, 'Row, Row, Row Your Boat', or 'Baby Shark'.

Mouth-to-mouth breathing steps:

- If the person is not breathing normally, lay him on his back on a firm surface.
- Open his airway by tilting his head back and lifting his chin.
- Close his nostrils with your finger and thumb.
- Put your mouth over his mouth and blow (ensure no leaking).
- Give two full breaths to the person.
- Check his chest is rising and falling. If this is not happening, tilt his head back, pinch his nostrils tightly and seal your mouth to his.
- If his chest is still not rising, check his airway for any obstruction.
- If you cannot get air into his lungs, go back to chest compressions, which may help shift an obstruction.
- Continue to give 30 chest compressions, followed by two breaths (30:2). Aim for five sets of 30:2 in about two minutes.
- Keep going until:
 - the person becomes responsive (they may begin to move, breathe normally, cough or

talk), after which put them in the recovery position (on their side).

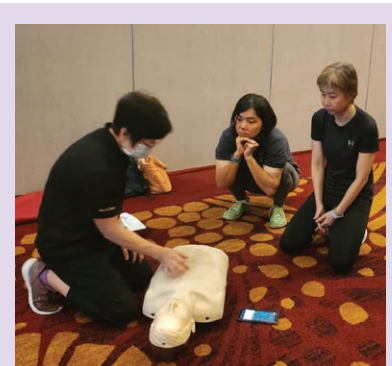
- the first responders arrive and take over.

Severe Bleeding

This happens if a large vein or artery (eg. the jugular vein in the neck) is injured. Bleeding doesn't stop even when you apply pressure to the wound. The injured person can lose a lot of blood — it can be life-threatening.

Steps:

- Have the person lie down.
- If there is a piece of clean cloth nearby, press it firmly on the wound. If there isn't, use his hand or yours to press on the wound, keeping the edges of the wound together.
- If the wound is on his arm or leg, keep it raised to reduce blood flow to the injured area.
- If blood leaks through the cloth or hand, continue to press firmly until the ambulance arrives.



SGCC staff attending the Annual First Aid and CPR Course on 7 May 2024 to enhance their emergency response skills.

PAST EVENTS

S&R CHAIRMAN CUP GOLF TOURNAMENT

Fifty golfers gathered at the Seletar Country Club for the S&R Chairman Cup Golf Tournament held on 5 April. Despite the sweltering weather, the golfers had an enjoyable game. Prizes were given away and a lucky draw held during dinner at Seletar Tavern. Liow Hock Lye emerged the champion, Leow Pee Lip was the first runner up while Neo Kim Seah was the second runner up. The nearest to pin golfer at Hole #2 was Teh Kwi Huat and Hole #13 was Victor Sim.



A group shot on the green.



The golfers enjoyed dinner and drinks after the match.



Mr Pao (left) and Mr Victor Sim.



Mr Pao and Mr Teh Kwi Huat.



Mr Leow Pee Lip (middle) received a prize from Mr Pao, and Golf Convenor Mr Aaron Lim (right).



Mr Liow Hock Lye (second right) with his trophy.

INAUGURAL #SGCCGOES HIKING EVENT

The fine weather on 23 March, Saturday, provided the perfect backdrop for a day spent in nature for the 15 Members who took part in the Southern Ridges Walk. Besides enjoying the greenery, the moderately challenging route encompassing slopes and hills also provided participants with a good workout.



A group photo before the hike.



Going on the forest walk.



The participants were well equipped to beat the heat.



The hikers also enjoyed panoramic vistas from the architecturally striking bridge.

8 BALL POOL FAMILY DOUBLES



Mr Francis Tan, Ms Cecilia Woo and Mr Emrys Phua.



Mr Victor Heng and Ms Hazel Skading with Mr Emrys Phua.



The winning pair, Emrys and Allan Phua.



Participants of the friendly game.

Saturday, 9 March, saw eight players gathered at the Billiard Room for a friendly game of billiards. Besides being enjoyable, the game also allowed for bonding between family members. Congratulations to champions Emrys and Allan Phua!

TENNIS JUNIOR CHAMPIONSHIP

Thirty-four talented junior players displayed their prowess in the Tennis Junior Championship held on 17 March. The tournament saw players aged eight to 14 competing under different age categories. After a hard-won fight, the following players emerged winners. Congratulations to our winners!

8U Main: Ian Josh Loh (1st) Aaron Chua (2nd) Riley & Bosco (Joint 3rd)

8U Plate: Arjun (1st) Scott Subramaniam (2nd) Rory Chia & Alexavier Ng (Joint 3rd)

10U Main: Anne Chan (1st) Kyan Lee (2nd) Charlotte Lee & Ian Josh Loh (joint 3rd)

10U Plate: Ellie Ong (1st) Rita (2nd) Renae Chua & Selene Ong (Joint 3rd)

12U Main: Shaun Joel Loh (1st) Kevin Ng (2nd) Timothy Lee & Tristan Rommell Ng (Joint 3rd)

12U Plate: Victoria Lim (1st) Anne Chan (2nd) Alaina Crystal Ng & Adrien Dupoizat (Joint 3rd)

14U Main: Shaun Joel Loh (1st) Kiersten Lim (2nd) Kyra Lee & Daniel Beh (Joint 3rd)

14U Plate: Malcolm Chia (1st), Clarysse Wong (2nd)



Newly minted tennis champs.



Players in the under-8 age category.



The young players reaping the rewards of their hard work.



Players of various age groups took part in the competition.

DARTS FRIENDLY WITH SINGAPORE CRICKET CLUB (SCC)

SGCC Darts Fraternity invited darters from SCC for a friendly match on Sunday, March 2024. Fifteen SCC darters competed against 15 of their counterparts from SGCC. The darters mingled with fellow players and had an enjoyable evening. SGCC came up tops with a 4-3 win.



Posing for a group shot.



The match gave darters an opportunity to mingle.

LOOKING FOR A CLUB MEMBERSHIP?

☎ 6286 8888

✉ membership@sgcc.com.sg













































**We can match you
with our Sellers!**

***T&Cs apply.**

22 Kensington Park Rd, Singapore 557271

JUNE 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|--|--|---|--|--|
| | | | | | 1 Locomotion Club 22 8pm  Swiss-French Recipes Garden Grill Throughout the month except 15&16 12pm - 3pm/ 6pm-10pm  Will Writing & Estate Planning Talk Casuarina Room 10am-11am  | 2 |
| 3 Music Monday Club 22 12.45pm  | 4 Squash Social Night Squash Courts 5pm - 8pm  | 5 Itslawlepop Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm  | 6 Squash Social Night Squash Courts 5pm - 8pm  | 7 Friends & Strangers Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm  | 8 Locomotion Club 22 8pm  | 9 |
| 10 | 11 Squash Social Night Squash Courts 5pm - 8pm  | 12 Itslawlepop Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm  | 13 Squash Social Night Squash Courts 5pm - 8pm  | 14 Friends & Strangers Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm  Father's Day Family Feast Atrium Cafe 12pm - 3pm/ 6pm - 10pm  | 15 Locomotion Club 22 8pm  Father's Day Celebration Garden Grill 12pm - 3pm/ 6pm - 10pm  Father's Day Family Feast Atrium Cafe 12pm - 3pm/ 6pm - 10pm  Gemstone Bracelet Making Workshop Casuarina Room 10:30am-12:30pm  | 16 Father's Day Celebration Garden Grill 12pm - 3pm/ 6pm - 10pm  Father's Day Family Feast Atrium Cafe 12pm - 3pm/ 6pm - 10pm  |
| 17 HARI RAYA HAJI Raya Tea Dance Club22 2pm - 5pm  | 18 Squash Social Night Squash Courts 5pm - 8pm  | 19 Itslawlepop Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm  | 20 Squash Social Night Squash Courts 5pm - 8pm  | 21 Friends & Strangers Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm  | 22 Locomotion Club 22 8pm  Junior Bowling Championship Gardens Bowl 10am & 12pm  | 23 |
| 24 | 25 Squash Social Night Squash Courts 5pm - 8pm  | 26 Itslawlepop Crossroads Lounge 8pm  Table Tennis Social Night Squash Court 4 2pm - 4pm  | 27 Squash Social Night Squash Courts 5pm - 8pm  | 28 Friends & Strangers Crossroads Lounge 8pm  Tennis Social Night Tennis Courts 8pm  | 29 Locomotion Club 22 8pm  Age Group Swim Meet Swimming Pool 9am  | 30 Annual General Meeting Kensington Ballroom 1pm  |

JULY 2024

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|---|---|---|--|-----------|
| 1 All-American Cuisine Garden Grill Throughout the month 12pm-3pm:  6pm - 10pm | 2 Squash Social Night Squash Courts 5pm - 8pm  | 3 Itslawleepop Crossroads Lounge  8pm Table Tennis Social Night Squash Court 4  2pm - 4pm | 4 Squash Social Night Squash Courts 5pm - 8pm  | 5 The M.O.B.B Crossroads Lounge  8pm | 6 DJ Music Club 22  8pm Dot Mandala Workshop Casuarina Room  10.30am | 7 |
| 8 | 9 Squash Social Night Squash Courts 5pm - 8pm  | 10 Itslawleepop Crossroads Lounge  8pm Table Tennis Social Night Squash Court 4  | 11 Squash Social Night Squash Courts 5pm - 8pm  | 12 Tennis Social Night Tennis Courts  8pm The M.O.B.B Crossroads Lounge  8pm | 13 DJ Music Club 22  8pm | 14 |
| 15 Music Monday Club 22  12.45pm | 16 Squash Social Night Squash Courts 5pm - 8pm  | 17 Itslawleepop Crossroads Lounge  8pm Table Tennis Social Night Squash Court 4  | 18 Squash Social Night Squash Courts 5pm - 8pm  | 19 The M.O.B.B Crossroads Lounge  8pm Cheese Masterclass  Casuarina Room 7.30pm - 9pm XR21 Dinner Kensington Ballroom  7pm | 20 DJ Music Club 22  8pm | 21 |
| 22 | 23 Squash Social Night Squash Courts 5pm - 8pm  | 24 Itslawleepop Crossroads Lounge  8pm Table Tennis Social Night Squash Court 4  | 25 Squash Social Night Squash Courts 5pm - 8pm  | 26 The M.O.B.B Crossroads Lounge  8pm Tennis Social Night Tennis Courts  8pm | 27 DJ Music Club 22  8pm | 28 |
| 29 Music Monday Club 22  12.45pm | 30 Squash Social Night Squash Courts 5pm - 8pm  | 31 Itslawleepop Crossroads Lounge  8pm Table Tennis Social Night Squash Court 4  | | | | |

Mind your exercise

While everyone knows that physical exercise is beneficial for the body, not many realise that it also helps strengthen the mind.



Exercise makes me feel good!" It's probably safe to say that you've heard that sentence bandied about — and not necessarily by muscular Adonises and toned Venuses! Before you dismiss this declaration as something overenthusiastic fitness freaks might say to justify their expensive gym memberships, there is a growing body of evidence that shows the positive effects of physical activity on mental health.

In numerous studies, exercise was shown to enhance mood and self-esteem while decreasing stress, which aggravates mental and physical diseases. So what happens to the body that leads to this frame of mind when exercise is involved?



Physical exercise not only builds muscles, it also enhances mood and self-esteem.



Practising yoga can benefit those who suffer from anxiety and depression.

Hormones and Neurochemicals

Firstly, when exercising, the body secretes a higher amount of two classes of neurochemicals, opioids and endocannabinoids, which are linked to pleasure, anxiolytic (anxiety-reducing) effects, sleepiness, and reduced pain sensitivity.

Secondly, regular physical activity makes the hypothalamus-pituitary-adrenal (HPA) axis function more effectively, lowering cortisol secretion and restoring the balance of leptin and ghrelin. When one is chronically stressed, the HPA axis shows increased activity, which plays a key role in the origin of depression.

Cortisol is released in the body when one is stressed — hence its nickname, 'stress hormone'. Its secretion signals the liver to loosen its store of glucose so that there is an easily accessible reserve of energy should you need it to resolve whatever is causing the stress. In small amounts, cortisol boosts immunity by limiting inflammation. However, if you are constantly stressed, you will have consistently high levels of cortisol, which can lead to inflammation and a compromised immune system.

Ghrelin and leptin are two of the many hormones that control your appetite and feeling of satiety. Leptin decreases your appetite, while ghrelin increases it. This is why they play a big role in regulating your body weight.



Exercise can help lower anxiety in children.

Positive Effect on the Mind

A review of scientific papers that studied the effects of physical activity on a range of mental issues will easily yield encouraging results:

- Practising yoga can benefit those who suffer from anxiety and depression.
- Increased physical activity can diminish some psychotic symptoms.
- Exercise and yoga can reduce cravings among substance abusers when other forms of therapy are not feasible or acceptable.
- Both short- and long-term exercise were found to have a favourable effect on sleep quality.
- Physical activity and exercise have been shown to improve depressive

symptoms and overall mood in people of all ages. Exercise has been implicated in lowering depressive and anxious symptoms in children and adolescents.

Getting started when you have mental issues

- Start small
- Schedule it when your energy is highest
- Do things you enjoy
- Be comfortable
- Reward yourself
- Make it a social occasion

UPCOMING EVENTS

SQUASH SOCIAL NIGHT



Come on down and enjoy an evening of casual squash with fellow SGCC squash players. No bookings are required. Just show up and play!

Day/Time: Every Tuesday, 6pm–8pm; and Thursday, 5pm–8pm

Venue: Squash Courts
(Please sign in at the gym counter before proceeding with your games)

Fee: Free for SGCC Members

Daniel Chong at 6398 5351 or recreation@sgcc.com.sg

AGE GROUP SWIM MEET

Join us for our annual Age Group Swim Meet! Whether you're racing for a personal best or cheering from the sidelines, it's bound to be a day of fun and friendly competition. All age groups are welcome!

Date/Day: 29 June 2024, Saturday

Time: 9am

Venue: Swimming Pool

Fee: \$10.90* (Member)
\$16.35* (Guest)

**Price includes GST and is applicable per event for the first three individual events. No fee will be imposed from the 4th individual events onwards.*



Daniel Chong at 6398 5351 or recreation@sgcc.com.sg

TENNIS SOCIAL NIGHT



Keen to swing a tennis racket? On selected selected Friday nights in June and July, Members are welcome to play, whatever their skill level.

Date: 14 & 28 June / 12 & 26 July
Time: 8pm–10pm
Venue: Tennis Courts
Fee: Free for SGCC Members

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

BOWLER OF THE YEAR 2024



Those up for a challenge can now take part in the Bowler of the Year Qualifying Round. This quarter, put your skills to the test on the NAG 2024 48ft oiling pattern. Don't miss the opportunity to qualify and advance to the Finals held later in December!

Date/Day: **Qualifying Round:**
 1st Oiling: 1 April to 30 June 2024
 2nd Oiling: 1 July to 30 September 2024
 3rd Oiling: 1 October to 30 November 2024
Final Date:*
 Ladies: 7 December 2024
 Men: 8 December 2024
**subject to change*

Time: **2pm onwards** (Mon-Fri & Eve of PH)
11am onwards (Sat, Sun & PH)

Venue: **Gardens Bowl**

Format: **1 attempt (3 games)**

Fee: **\$15***
**Price includes GST, for Members only*

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

JUNIOR BOWLING CHAMPIONSHIP 2024



The SGCC Junior Bowling Championship is back this year. Do you think your child has what it takes to take down the event? Register today to enter and have your junior bowler prove their mettle against the rest of the Club's talented young Members!

Date: **22 June 2024, Saturday**
Venue: **Gardens Bowl**
Format: **Category A (13 Yrs & Above) ***
 Check-in Time: 12pm
 Roll-off Time: 12.15pm
 Format: Best of eight games
Category B (12 Yrs & Below)*
 Check-in Time: 10am
 Roll-off Time: 10.15am
 Format: Best of six games

*Both categories are open to boys and girls, ages as at 1 January 2024. Squads will be combined if either category has less than 20 participants with the earlier timing.

Format: Handicaps will be as follows:
Category A (13 yrs & Above)
 • National Youth (Boys & Girls) – 0 Handicap
 • SGCC Youth (Boys) – 5 Handicap
 • SGCC Youth (Girls) – 10 Handicap
 • Boys (Non-member of National Youth and SGCC Youth squad (applicable to Feeder squad)) – 10 Handicap
 • Girls (Non-member of National Youth and SGCC Youth squad (applicable to Feeder squad)) – 20 Handicap
Category B (12 yrs & Below)
 • SGCC Youth Feeder Squad (Boys and Girls) (10 Handicap)
 • Non-member of SGCC Youth Bowling Team (Boys and Girls) (15 Handicap)
** Subject to change*

Fee: **Category A \$32.70* | Category B \$26.16***
** Price includes GST, for Members only*

Min/Max: **20/30 participants**
Closing Date: **7 June 2024, Friday**

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

TABLE TENNIS SOCIAL PRACTICE



Whether you are a beginner, casual player or seasoned pro, all are invited to the SGCC Table Tennis Social Practice where you are bound to meet players of appropriate skill levels while also getting opportunities to improve your own skills.

Day: Every Wednesday
Time: 2pm–4pm
Venue: Squash Court 4
Fee: Free for SGCC Members
 (Event open to Members only)

Daniel Chong at 6398 5351 or recreation@sgcc.com.sg

CLASSES

K-POP DANCE CLASS FOR BEGINNERS



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

About the Trainer

Clare Tay has more than 20 years' experience as a dancer, instructor and choreographer. While she has received training in contemporary dance, jazz, ballet, hip hop, and street jazz, she keeps herself abreast of the latest moves by attending workshops and classes in Singapore and overseas.

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

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

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: Sundays, 7.30am–8.30am
Venue: Car Park Area (Palm Wing)
Min: 6 participants
Fee: \$148.79* (Member) | \$171.68* (Guest)

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



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

ZI WU MEN GONG FU



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

About the Trainer

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

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

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

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

TENNIS COACHING PROGRAMME



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

ADULT GROUP COACHING PROGRAMME

Class: Beginner
Day/Time: Tuesdays, 9pm–10pm
Fee: \$110.75* (Member) | \$132.55* (Guest)

Class: Intermediate
Day/Time: Mondays, 7pm–8.30pm and 8.30pm–10pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Ladies' Intermediate
Day/Time: Fridays, 8am–9.30am
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Club Men/Women
Day/Time: Wednesdays, 7.30pm–9pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

JUNIOR GROUP COACHING PROGRAMME

Class: Red Ball
Day/Time: Mondays, 4.30pm–5.30pm
Fee: \$110.75* (Member) | \$132.55* (Guest)

Class: Orange Ball
Day/Time: Wednesdays, 4.30pm–6pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Green Ball
Day/Time: Wednesdays, 4.30pm–6pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Junior 1 (Lower Intermediate)
Day/Time: Wednesdays, 6pm–7.30pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Junior 2 (Intermediate)
Day/Time: Mondays, 5.30pm–7pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Junior 3 (High Intermediate)
Day/Time: Tuesdays, 4.30pm–6pm and 7.30pm–9pm
Fee: \$166.11* (Member) | \$187.91* (Guest)

Class: Junior (Advanced)
Day/Time: Saturdays, 10am–11.30am and 11.30am–1pm
Fee: \$166.11 (Member) | \$187.91 (Guest)

*Price includes GST

Min 3 students to start

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

TAEKWONDO

Learn this Korean form of martial art, which has a strong emphasis on a variety of kicks. Classes are available for a range of skill levels.



About the Trainer

Patrick Tan has more than 37 years of taekwondo coaching experience, including teaching stints in the armed forces, international schools, commercial gyms, private clubs, and other organisations. Equipped with a National Coaching Accreditation Programme (NCAP) Level 3 certification from Sport Singapore, he is also a Singapore Taekwondo Federation (STF) seventh-degree black belt, a STF-certified instructor (Poomsae and Kyorugi), a Kukkiwon-certified instructor, and a STF referee (Poomsae and Kyorugi). Under his training, some of our Members have become champions in their respective categories in both National Kyorugi Championship and Inter-school Kyorugi Championship.

Venue: Aerobics Studio

Beginner/Intermediate*; Intermediate/Advanced^

Day/Time: Fridays, #6.15pm–7pm (for ages 4 and above);
 ^7pm–8pm (for ages 6 and above)

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

Advanced

Day/Time: Fridays, 8pm–9pm
Fee: \$87.20* (Member) | \$98.10* (Guest)

Intermediate/Advanced (Sparring & Self-Defence)

Day/Time: Sundays, 5.30pm–6.30pm
Fee: \$103.55* (Member) | \$114.45* (Guest)

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

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

HATHA YOGA



Hatha yoga is a branch of yoga that teaches poses and breathing exercises that bring peace and calm to the body and mind. It's an excellent way to de-stress while cultivating balance and flexibility.

About the Trainer

Michael Choong is a full-time, freelance yoga instructor and personal trainer at several clubs, companies and community centres. Besides holding an International Diploma in Ashtanga Yoga, he is also certified in Therapeutic Healing Yoga, and has attended the Sivananda Yoga Teacher Training Course.

Day/Time: Mondays, 7.30pm–8.30pm
Saturdays, 3pm–4pm
Venue: Aerobics Studio
Fee: \$68.67* (Member) | \$80.12* (Guest)

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

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

DYNAMICSCULPT

DynamicSCULPT focuses on rehabilitative (increasing range of motion) and controlled 'time under tension' strength-building movements using instructor-approved resistance and loop bands, which participants are required to purchase.

About the Trainer

James Shaw has been in the fitness industry since 1982, teaching group exercises as well as providing personal training. He has taught in various countries, including Singapore, Thailand and the USA.

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

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

ABTSOLUTESCULPT

ABTsoluteSCULPT is a HIIT (High-Intensity Interval Training) class that also focuses on toning the lower body (hips, thighs and abdominals). Note that participants are required to purchase a small pair of cotton hand towels or gliding discs.

About the Trainer

James Shaw has been in the fitness industry since 1982, teaching group exercises as well as offering personal training. He has taught in various countries, including Singapore, Thailand and the USA.

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

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

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

CARDIO LAB

This class provides the perfect combination of cardio intervals and muscle-specific toning. It also maintains your heart rate at optimal levels for maximum results. On top of that, it will improve your body's metabolic rate, enabling it to burn calories efficiently all day.

About the Trainer

Having conducted group exercise classes for more than two decades, Shirley Tan is passionate about teaching and enjoys interacting with her students. She also teaches Athletic Conditioning, HIIT, Cardio Strength, Fusion Mobility and Total Body Conditioning.

Day/Time: Wednesdays, 7.30pm–8.30pm
Venue: Aerobics Studio
Fee: \$87.20* (Member) | \$110.09* (Guest)

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

POWERSTRETCH® BY DERRICK EE

Look forward to fluid moves and deep stretching of major core muscles, inspired by the warm-up routines of professional contemporary dancers.

About the Trainer

Derrick Ee has been an aerobics instructor with the Club since 2000. A talented dancer and choreographer, he also has more than two decades of experience as a dance and fitness instructor.

Day/Time: Wednesdays, 10am–11am
Venue: Aerobics Studio
Fee: \$95.92* (Member) | \$118.81* (Guest)

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

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

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

HAPPY NEIGONG

Neigong refers to the cultivation of deep internal *qi* (energy). Regular practice can result in a dynamic transformation in one's health.

About the Trainer

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

**Foundation Training
(1-hour sessions)**

The sessions will work on 'opening' the joints, regulating the breath, and getting the general *qi* flowing. Participants will learn to realign the structure of their body and master basic postures and moves while improving their motor skills. They will also learn the precise and intense stretching of the tendons and muscles coupled with breathing techniques.

Day/Time: Thursdays, 4.30pm–5.30pm

Fee: **\$74.12*** (Member) | **\$85.57*** (Guest)

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

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

BOWLING COACHING



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

About the Trainer

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 Hanibah at 6398 5373 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*

Daniel Chong at 6398 5351 or recreation@sgcc.com.sg

COOL WATER WORKOUT



Dislike feeling all hot and sticky while exercising? Then aquatic exercise and therapy is for you. To achieve a zero-impact workout, participants of this class run, walk, twist or bend while suspended in the deeper end of the swimming pool. This is suitable for people of all fitness levels. Cool Water Workout is the coolest way to keep fit!

About the Trainer

Pamela Sahai holds a Physical Fitness Specialist Certificate majoring in Aerobics Dancing, and a Professional Certificate in Deep Water Workout from Columbia Southern University. She has taught aerobics, aqua aerobics, and Deep Water Workout in country clubs, private organisations, and condominiums.

Day/Time: Mondays, 8.30am-9.30am
 Tuesdays, 7pm-8pm
 Thursdays, 8.30am-9.30am

Eligibility: 16 years and above

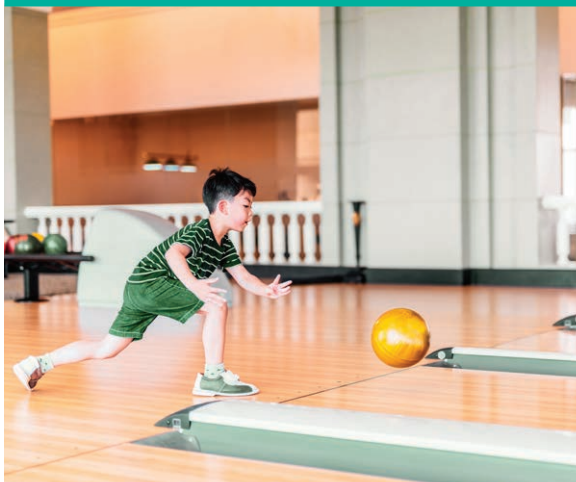
Venue: Swimming Pool

Fee: **1 Session/Week**
\$68.67* (Member; once a week per month) |
\$85.84* (Guest; once a week per month)
2 Sessions/Week
\$114.45* (Member; twice a week per month) |
\$131.62* (Guest; twice a week per month)

**Price includes GST but not a personal wet belt, which must be purchased for the class*

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

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: 10/15 participants

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

Zaleha at 6398 5373 or zaleha@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.

Fee: **2 Sessions/Week**
\$109.00* (Member) | **\$130.80*** (Guest)
Unlimited Sessions
\$130.80* (Member) | **\$152.60*** (Guest)

Venue: Swimming Pool

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).

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

Scan the QR code for the schedule

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.

Fee: **1 Session/Week**
\$76.30* (Member) | **\$98.10*** (Guest)
2 Sessions/Week
\$98.10* (Member) | **\$141.70*** (Guest)

Venue: Swimming Pool



Daniel Chong at 6398 5351 or recreation@sgcc.com.sg | Julia Kong at 6398 5352 or recreation@sgcc.com.sg

WATERBABIES (PRIVATE COACHING)



Allow your babies to experience the joy of being in the water with this course. This is a one-on-one session for children between six and 42 months old.

Venue: Swimming Pool
Fee: **\$137.34*** for four sessions @ 15 minutes per session
Additional guest charges:
\$5.45* per session (weekday)
\$8.72* per session (weekend)

*Price includes GST

About the Trainer

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

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

AIKIDO



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

About the Trainer

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

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

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

Julia Kong at 6398 5352 for more information

STRONGER TOGETHER GROUP CIRCUIT TRAINING

Working out with a buddy can really boost motivation and accountability. Stronger Together Group Circuit Training is a fantastic way to challenge yourself and push your limits while enjoying the camaraderie of others. Let's get stronger together!



Day/Time: TBC
Venue: Gymnasium
Fee: Member

First 5 trial lessons: \$60 (one-time only)
 10 lessons (validity 2 months): \$350
 20 lessons (validity 4 months): \$590
 40 lessons (validity 6 months): \$750

Guest

First 5 trial lessons: \$81.80 (one-time only)
 10 lessons (validity 2 months): \$371.80
 20 lessons (validity 4 months): \$611.80
 40 lessons (validity 6 months): \$771.80

Daniel Chong at 6398 5351 or recreation@sgcc.com.sg

STREET JAZZ

Street Jazz mixes old jazz dance styles with elements of what is trending in the dance world today. Despite the use of old-school jazz music, these moves will make you feel young again. And because the moves require lines and a strong physique, they can help you to keep fit.

About the Trainer

Clare Tay has more than 20 years' experience as a dancer, instructor and choreographer. While she has received training in contemporary dance, jazz, ballet, hip hop, and street jazz, she still actively attends workshops and classes in Singapore and overseas.

Day/Time: Thursdays, 7.45pm–8.45pm
Venue: Aerobics Studio
Fee: \$68.67* (Member) | \$91.56* (Guest)

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



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



To SGCC gym instructor Victor Kwa, looking fit is a way of showing clients that he not only talks the talk, but walks the walk, too.

Getting hired as a fitness/personal trainer two years ago in SGCC was a homecoming of sorts for 41-year-old Victor Kwa. Since his parents were then Members, it was in the Club's gym that he first trained as a teenager.

"I have fond memories of gym instructor Johari. All of us called him 'Jo'," Victor recalls. "He's one of the nicest guys I know. He was the first person who mentored me, and was very generous in sharing his knowledge with me." Victor adds that those interactions with Jo more than two decades ago played a big role in his decision to work in the fitness industry. Another factor in his decision was passion. "As clichéd as this sounds, it just felt like the right path for me, even at a young age."

It was not surprising that Victor would follow his passion, as that was something his parents had encouraged him to pursue throughout his life. "My parents advised me to work on something



Victor having fun with clients after a training session.

that I was genuinely keen on doing and not just for the sake of financial comfort," he shares.

But even after his first stint as a personal trainer in California Fitness, how did Victor know this was the right career path for him? He reveals

that, after his first few trial sessions went smoothly, he realised that he was able to communicate well with clients, and had developed genuine interest in their well-being. "When these clients decided to continue engaging me for personal training



Victor demonstrating the dumbbell curl.



Victor guiding a client to perform a deadlift.

sessions, my confidence grew, and I felt certain that this career was going to work out," he says.

Victor believes that, as someone in the business of fitness, he should not only have the knowledge to safely train someone to be fit, but he needs to look the part as well. "While looking fit is most certainly not the only indicator that defines a reliable trainer, it shows your potential clients that you — at the very least — have the discipline to stay fit," he advises. "It also motivates clients and gives your advice more credibility." He stresses that looking fit



Victor posing in the SGCC gym with some regulars.

"While looking fit is most certainly not the only indicator that defines a reliable trainer, it shows your potential clients that you — at the very least — have the discipline to stay fit."

alone is not enough to be a personal trainer. Emotional intelligence, work ethic, and ability to connect with clients are equally important factors — "maybe even more," he quips.

In order to stay ahead of the competition, Victor continually goes for courses to broaden his knowledge of the human body, and is certified in Injury Rehab and Functional Training. He opines that getting qualified in these areas is advantageous to a personal trainer. "Not only do these certifications allow me to service the sector of the population with special needs, they also benefit my general clients (who are trying to gain muscle/strength or lose body fat) as it minimises the risk of injury," he says.

After 16 years in the fitness industry, what keeps Victor motivated to go on as a trainer? He cites "being able to work with different clients" and "feeling the satisfaction when they break through their own limits and continue to progress towards their fitness goals" as major factors — "the flexibility and creative freedom is nice, too." As such, he has no plans to transition into something less strenuous. "I'm still feeling good at 40+, and still have a lot more in me to stay and evolve in the fitness industry."

Speedy stroke victim

Victor Kwa recalls one of his most memorable clients.

"While I was with California Fitness, I was asked to train an elderly male stroke patient who had difficulty walking. Being a new fitness trainer, I was quite uncertain at first, as he was the most challenging client I had faced to date.

But, because of his patience, effort and consistency, we managed to see fantastic results in his overall fitness and functionality after only one year of training.

He said to me: 'Before training with you, I was always the slowest among my friends due to my stroke. They always had to slow their pace so that I could catch up whenever we hung out together. But after training with you, my friends and family no longer need to wait for me — I can actually walk faster than some of them!'

That's one of the prouder moments in my career, and his words of gratitude have stuck with me to this day."

Cheese Masterclass



Whether you're a cheese lover or simply curious, here's your chance to learn more about various cheeses and how to pair them with wine.

| | | |
|--------------------------------------|--|---|
| Date: 19 July 2024, Friday | Venue: Casuarina Room | Min: 9 participants |
| Time: 7.30pm – 9pm | Fee: \$65.40 *(Member) \$70.85* (Member's guest) <small>*Price includes GST</small> | Closing Date: 10 July 2024, Wednesday |

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

Talk on Mental Health



Join us for an insightful talk on depression, the most prevalent mental health concern in Singapore. Together, let's delve into the signs, symptoms, and risk factors of depression, empowering individuals to embark on their journey toward recovery. Let's come together to shed light on this important topic and foster a supportive community for mental health awareness. Your participation could make a significant difference in someone's life. Let's unlock hope together!

| | |
|--------------|-------------------------|
| Date: | 3 August 2024, Saturday |
| Time: | 10am to 11am |
| Fee: | Free for Members |
| Min: | 30 participants |

Free door gifts for attendees!

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

Line Dance

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

Day/Time:

Advanced Line Dance:

Mondays, 4pm – 6pm
(ongoing)

Intermediate Line Dance:

Tuesdays, 2pm – 4pm
(ongoing)

High Beginners:

Wednesdays,
2.30pm – 4pm
(ongoing)

Basic/Beginners:

Thursdays,
2.30pm – 4pm (new)

Venue:

Club 22

Fee:

Mondays & Tuesdays

\$64.31* (Member)

\$77.39* (Guest)

Wednesdays & Thursdays

\$48.23* (Member)

\$61.31* (Guest)

**Price includes GST and is for 4 lessons*



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

Social Dance



Social dance is a dance genre for social settings and functions. It spans a spectrum of styles from rock and roll, salsa to square rhumba. Get in step with other dance aficionados as you learn new moves from instructor Dennis Ng, a specialist in the genre and an experienced dance coach who has been teaching dance since 2007.

Date:

Every Friday

Time:

2.30pm – 3.30pm

Venue:

Club 22

Fee:

\$65.40* (Member)

\$80.66* (Guest)

**Price includes GST and is for 4 lessons*

Closing date: Ongoing

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

Dot Mandala Workshop



The original meaning of mandala is “circle”. Mandalas are meant to represent fullness, helping us understand what exists beyond the world we inhabit. Dot mandalas make extensive use of coloured dots to create a mandala. Come join our workshop and explore this meditative art.

Date: 6 July 2024, Saturday
Time: 10.30am – 1pm
Venue: Casuarina Room (opposite membership office)
Fee: \$59.95* (Junior Gems)
includes 1 parent and 1 child (7 to 12 yrs old)
\$62.13* (Member)
\$64.31* (Guest)
*Price includes GST
Applicable for Minimum Spending*

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

Tomato Focaccia Making Workshop



Italian focaccia bread is a fantastic gateway to the world of breadmaking. The workshop uses a recipe that simplifies the dough making process. We'll take you through it step-by-step, so that it's easy to understand. We promise you'll be amazed at the results!

Date: 24 August 2024, Saturday
Time: 10.30am – 12.30pm
Venue: Club 22 (Main lobby 2nd floor)
Fee: \$53.41* (Junior Gems)
\$57.77* (Member)
\$58.86* (Guest)
*Price includes GST
Applicable for Minimum Spending*
Min: 10 participants
Closing date: 7 August 2024, Wednesday

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



Sticky Rice Dumplings (Zongzi)

Rice dumplings or *zongzi* are popularly eaten to celebrate the Dragon Boat Festival, which falls on the fifth day of the fifth lunar month (10 June 2024). The dumplings were reportedly created to commemorate the death of poet Qu Yuan who lived during the Warring States period in the kingdom of Chu.

Ingredients:

- ✓ 2 cups glutinous rice
- ✓ 8-10 dried bamboo leaves, soaked and cleaned
- ✓ kitchen string

Filling:

- ✓ 1/2 cup dried shrimp
- ✓ 1/2 cup Chinese sausage, sliced
- ✓ 1/2 cup dried shiitake mushrooms, soaked and sliced
- ✓ 2 salted duck egg yolks (optional)

Method:

- **Prepare the Rice:** Soak the glutinous rice in water for at least 2 hours, then drain.
- **Prepare the Fillings:**
 - Soak dried shrimp and shiitake mushrooms in warm water until soft. Drain and slice.
 - Slice the Chinese sausage.
 - If using, cut salted duck egg yolks in half.
- **Assemble the Dumplings:**
 - Take two bamboo leaves and overlap them.
 - Fold the leaves into a cone.
 - Fill the cone with a spoonful of rice, add a bit of each filling, then cover with more rice.
 - Fold the leaves over the top to seal the dumpling and tie securely with kitchen string.
- **Cook the Dumplings:**
 - Place the dumplings in a large pot, cover with water, and bring to a boil.
 - Reduce to a simmer and cook for about 2 hours, ensuring they stay submerged (add more water if needed).
- **Serve:** Remove from water, let cool slightly, and enjoy!





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

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

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

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

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



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

Particulars of Applicant

Name: _____

Date of Birth: _____

Particulars of Applicant's Guardian

Name: _____

Membership Number: _____

Relationship to Applicant: _____

Contacts: mobile _____ email _____

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

☐ SMS ☐ mobile ☐ email

Signature: _____ Date: _____

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

For official use

Received by: _____ Date: _____

MAIN RECEPTION

Tel: 6286 8888
Daily: 9am–10pm
www.sgcc.com.sg

FOOD & BEVERAGE OUTLETS

Atrium Café

Tel: 6398 5309 / 5312
Mon–Fri: 11am–3pm; 6pm–10pm
Sat, Sun & PH: 11am–10pm

Coffee Deli

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

Club Twenty-Two

Tel: 6398 5386
Mon–Thu: 4pm–12am
Fri & Eve of PH: 4pm–1am
Sat: 3pm–1am
Sun & PH: 3pm–12am

Crossroads Lounge

Tel: 6398 5310
Mon–Thu: 4pm–12am
Fri & Eve of PH: 4pm–1am
Sat: 3pm–1am
Sun & PH: 3pm–12am

Garden Grill

Tel: 6398 5313
Mon–Fri: 12pm–3pm; 6pm–10pm
Sat, Sun, & PH: 8:30am–3pm; 6pm–10pm

SPORTS & RECREATION FACILITIES

Billiards Room

Tel: 6398 5346
Daily: 1pm–10pm

Darts (Crossroads Lounge)

Mon–Thu, Sun & PH: 10am–12am
Fri, Sat & Eve of PH: 10am–1am

Gardens Bowl

Tel: 6398 5340
Mon–Fri & Eve of PH: 2pm–10pm
Sat, Sun & PH: 11am–10pm
Off-peak hours (Mon–Fri & Eve of PH): 2pm–6pm
Peak hours (Mon–Fri & Eve of PH): 6pm–10pm
Peak hours (Sat–Sun & PH): Whole day

Gymnasium

Tel: 6398 5331
Daily (incl. Eve of PH & PH): 6am–10pm
Except during scheduled partial closure for maintenance four times a year, where it opens from 1pm onwards. Refer to www.sgcc.com.sg for partial closure dates.
Off-peak hours (Daily): 10am–5pm
Peak hours (Daily): 5pm–10pm*
*After 5pm, no guests allowed

Swimming Pool / Spa Pools

Daily: 6am–10pm
Closed on the last Wednesday of every month unless otherwise stated.

Water Play Area

Daily: 8am–8pm
Closed on the last Wednesday of every month unless otherwise stated.

Sauna / Steam Bath

Daily: 8:30am–10pm

Squash Courts

Tel: 6398 5331
Daily: 8am–10pm
Off-peak hours (Mon–Fri & Eve of PH): 8am–5pm
Peak hours (Mon–Fri & Eve of PH): 5pm–10pm
Peak hours (Sat–Sun & PH): 8am–10pm

Tennis Courts

Tel: 6398 5340
Daily: 7am–10pm
Off-peak hours (Mon–Fri & Eve of PH): 7am–5pm
Peak hours (Mon–Fri & Eve of PH): 5pm–10pm
Peak hours (Sat–Sun & PH): Whole day
Tennis training night:
Thu 7pm–10pm

Table Tennis

Tel: 6398 5331
Daily: 8am–10pm
Off-peak hours (Mon–Fri & Eve of PH): 8am–5pm
Peak hours (Mon–Fri & Eve of PH): 5pm–10pm
Peak hours (Sat–Sun & PH): 8am–10pm

Mahjong

Tel: 6286 8888
Mon–Thu, Sun & PH: 11am–12am
Fri, Sat & Eve of PH: 11am–1am

OTHER FACILITIES

Jackpot Room

Tel: 6398 5362
Sun–Mon (incl. Eve of PH & PH): 10am–10pm

Kiddieland

Daily: 9am–10pm

Functions Rooms / Ballroom

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

Male & 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: 7am–2pm
Email: Serangoon@cambridge.school

Lat Salon

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

Tai Yuan Tsui Hiang Yuan

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

WOW (Whisky. Others. Wine.)

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

MANAGEMENT STAFF

General Manager

Farrock Ebrahim 6398 5329
Email: farrock@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

Finance Manager

Nicole Lee 6398 5358
Email: nicole_lee@sgcc.com.sg

Human Resource Manager

Elleana Ho 6398 5366
Email: elleana_ho@sgcc.com.sg

Membership Relations Manager

Joanne Ng 6398 5337
Email: joanne_ng@sgcc.com.sg

Sports & Recreation Manager

Vincent Lee 6398 5372
Email: vincent_lee@sgcc.com.sg

Security Operations Manager

Sritharan Lingam 6398 5315
Email: sritharan@sgcc.com.sg

Facilities, Maintenance

& Safety Manager

Kelvin Ng 6398 5311
Email: kelvin_ng@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

Vincent Lee 6398 5372

Squash & Swimming

Daniel Chong 6398 5351

Tennis, Golf & Darts

Ashley Toh 6398 5340

Cool Water Workout, Swimming Lessons,

Table Tennis, Taijiquan, Taekwondo,

Aikido, Yoga & Fitness Classes

Julia Kong 6398 5352

Bowling, Bridge, Mahjong,

Chess & Youth

Zaleha Hanibah 6398 5373

Food & Beverage

fnb_outlets@sgcc.com.sg

Banquet Sales

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

Advertisement Bookings

Angeline Lim 6398 5337
Email: joanne_ng@sgcc.com.sg

Data Protection Officer

Email: dpo@sgcc.com.sg



BE A TERM MEMBER OF Serangoon Gardens Country Club



\$2,616
(1 YEAR)

\$4,578
(2 YEARS)

All prices include GST.
Open to locals and foreigners.

Sign up as a Member and enjoy:

- Welcome gift of \$200 spending credits.
- Full access to Club facilities.
- Olympic-size swimming pool.
- Two-storey Gym with personal training programmes.
- Dining privileges at our Members-only Club restaurants.
- Discounted rates for private events and function room bookings.
- Near International French School and a stone's throw away from your home if you are a resident of Serangoon Garden.



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