



# fusion

ONE MEMBERSHIP, THREE CLUBHOUSES, THREE DISTINCT EXPERIENCES

MARCH-APRIL 2016 ISSUE

## ARE YOU GAME FOR A PERFECT BOWL?

You can be our next \$10,000 winner. Find out more on page 04.

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CNY Festive Deals  
and Prizes Galore!

12

A Celebration of Colour  
Dinner & Dance 2015

16

Champions  
of the Public  
Service  
STAR Games  
2015



Civil Service Club

# ORDINARY MEMBERSHIP PROMOTION

(For Public Officers)

Receive a  
**\$10 CSC voucher**  
when you apply  
online!

(See details below)

5-Year  
Ordinary  
Membership  
\$360\*



ASUS ZenWatch 2  
(WI501Q)

- Wellness
  - Smart Assistant
- RRP \$229



Promo code:  
ASUS\*\*

OR

Polar A360  
Fitness Tracker

- Wrist-based heart rate
- RRP \$299



Promo code:  
POLAR\*\*

OR

2 Nights Stay  
at Changi Resort

- (Single Suite – Off Peak)\*\*\*
- RRP \$296



Promo code: CRN2N\*\*

3-Year  
Ordinary  
Membership  
\$216\*



Huawei TalkBand B2

- Talking
  - Tracking
  - Smart Living
- RRP \$239



Promo code:  
HUAWEI\*\*

OR

Fitbit Charge HR

- Heart Rate
  - Activity Tracker
  - Sleep Wristband
- RRP \$218



Promo code:  
FITBIT\*\*

OR

1 Night Stay  
at Changi Resort

- (Single Suite – Off Peak)\*\*\*
- RRP \$148



Promo code: CRN1N\*\*

2-Year  
Ordinary  
Membership  
\$144\*



Exclusive 24"  
Pure Polycarbonate  
CSC Luggage

- with Luggage Tag
- RRP \$80.00



Promo code:  
LUGGAGE\*\*

Picture for illustration purpose only.

1-Year  
Ordinary  
Membership  
\$72\*



CSC Club Voucher \$30



Picture for illustration purpose only. While stocks last.

\*Not applicable for public officers who sign up via monthly salary deduction of membership fees.

Terms and conditions apply.

\*\*While stocks last.

\*\*\*Rooms apply to off peak period and subject to availability.

#To enjoy a \$10 Club Voucher, please sign up online [https://www.csc.sg/membership/membership\\_signup.aspx](https://www.csc.sg/membership/membership_signup.aspx)

 <http://www.csc.sg>

 63915 604 / 6514 6396



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fusion

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CHAMPIONS OF  
THE PUBLIC  
SERVICE STAR  
GAMES 2015  
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### Club CSC @ Tessensohn

60 Tessensohn Road,  
Singapore 217664  
Tel: 6294 8933

### Club CSC @ Changi

2 Netheravon Road,  
Singapore 508503  
Tel: 6709 4709

### Club CSC @ Bukit Batok

91 Bukit Batok West Ave 2,  
Singapore 659206  
Tel: 6513 7480

## Corporate Services

### Membership Matters

Tel: 6391 5627  
(Winnie Lee)  
Tel: 6391 5615  
(Ricky Ng)  
membership@csc.sg

### Sports Activities

Tel: 6391 5619  
(Samantha Fok)

### Social Activities

Tel: 6391 5613  
(Samantha Chin)  
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(Onn Hai Ming)  
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(Kua Gek Cheng)  
Tel: 6391 5641  
(Vanessa Choo)  
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(Serene Cho)  
events@csc.sg

For details on  
CSC's tenants at the  
3 Clubhouses, kindly refer  
to our website at  
<http://www.csc.sg>



<http://www.csc.sg>



Civil Service Club



[feedback@csc.sg](mailto:feedback@csc.sg)

# Dear members,

## Financial Year (FY) 15/16

As the financial year for 15/16 draws to a close in end March 2016, the Management of the Club takes stock of its report card for the year. The salient points that I wish to share are as follows:



**Financial Performance:** As a Club, we have continued to perform well. The net financial surpluses for FY 15/16 have decreased with the increased in the depreciation cost arising from the upgrading of Changi Clubhouse. In fact, the financial surpluses, inclusive of depreciation, have surpassed the past 6 years' performance! This is important for the Club to build up its reserves for its future major upgrading.

**Information Technology (IT):** We have continually upgraded our facilities to add value to our members and have enhanced our IT services to improve our productivity. This has enabled our members' ease and convenience in browsing and booking our facilities. We enhanced the security process of members booking the Club's facilities by introducing a password for them to use. We have also recently created an E-booking portal for public officers to book the chalets. We assisted members with the ease of updating of their personal particulars through E-update. The microsite created for each Clubhouse provides more detailed information of the Clubhouses, which also includes a Google virtual tour of the Clubhouse facilities.

**Sports:** More sporting activities, such as Frisbee, Floorball and Duathlon, were introduced. The introduction of the 21 km run in our Run by the Bay 2015 was very well-supported by the runners. Our members and

public officers enjoyed Healthy Lifestyle Walk at new venues such as Pulau Ubin, Sentosa Island and Coney Island.

**Social Activities:** Members and public officers were enthusiastic about new social activities such as the SG50 Celebrations, Movie Treats, Jigsaw Puzzle Competition, Mass Outdoor Zumba workout and Treasure Hunt.

**Childcare Centre:** A childcare centre was set up at Bukit Batok Clubhouse to cater to the needs of our members and public officers staying in the western and north western sector of Singapore. Clubhouse facilities are offered to the childcare centre so that the children can have a holistic education where academic learning is balanced with activities such as swimming lessons, music and dance. The centre aims to give parents quality time over the weekends to bond with their children. Refer to page 25 for details.

### Chalet and Villa Facilities:

We operationalised the chalet facilities to provide members a new dimension of enjoyment while using our facilities. For example, rain will no longer dampen the experience of those staying in the chalets and villas once the permanent shelters are built. This is scheduled to be completed over the next few months.

**Perfect Game Bowlers:** For the first time, the Club has 5 bowlers achieving the coveted perfect game of 300 during sanctioned bowling events. Two bowlers from Planet and Westwood Bowl walked away with the perfect game prize of \$5,000 each and 1 bowler from Resort Bowl collected a cheque of \$10,000. Congratulations to Roger Tan, Benson Lau, Chua Yun Cong, Ryan Lin and Nicholas Lum for achieving the perfect game. The details are in page 04.



**External Survey:** The outcome of the external survey conducted in September/October 2015 affirmed that our members enjoyed the improvements to the Club's facilities and truly had positive experiences at

each Club visit. On behalf of the Club, I would like to thank you for all your support!

## The Way Forward

The Club will embark on a sustainable budget to build up its reserves over the next few years. It will continue to upgrade and improve the Club's facilities annually, investing in IT to improve the outreach of the Club to our members and public officers and enhance the productivity of the Club to service the members more efficiently. It will explore and harness renewal energy to trim cost and make the Club more eco-friendly. More mass participation sports events will be organised such as cycling, a night run and beach activities. The frequency of the Healthy Lifestyle Run/Walk will be increased to offer more opportunities for members and public officers to keep physically fit and healthy. We will continue to source for new and more interesting social activities that meet the needs of our members and public officers. The Club will continue to solicit our members' feedback through internal and external surveys on how we can improve their experience when visiting the Club and enjoy the facilities and activities organised by the Club. Most importantly, the Club will continue to remain relevant to public service where the public officers can bond and spend quality time with their families and friends.



FESTIVE  
DEALS AND  
PRIZES  
GALORE!

### Activities Over the Past Two Months

Over the past 2 months, the Club was a hive of activities with the Countdown party and the pre and post Lunar New Year events. We saw full participation in our Countdown Party and everyone walked away with a prize and a door gift. The luckiest one, Mr Wong Thim Chiew walked away with a pair of return air tickets to London. Congratulations Mr Wong, have a pleasant trip to London



CSC WALK  
@ PUNGGOL  
PROMENADE/  
CONEY ISLAND



The Club will continue to remain relevant to public service where the public officers can bond and spend quality time with their families and friends.



**Charlie Ng**  
General Manager, CSC

with your spouse! The Lunar New Year Bazaar, which was held at Tessensohn Clubhouse was very well patronised by the members, public officers and their friends. More than 800 goodie bags were snapped up by noon. Participants were treated to complimentary goodies such as dragon's beard candy, popcorns, candy floss and ice cream. The store holders experienced an increase in sales as more participants purchased the traditional goodies in preparation for the Lunar New Year. The fringe activities, such as cooking demonstration on traditional Lunar New Year dishes, fengshui talk, singing performance and the grand lucky draw, were very popular. Congratulations to Mdm Ong Sock Tee for winning the grand prize of \$8,888. The Lohei dinner saw a record turnout of 470 participants. They had a good time enjoying the sumptuous food, the stage performances and stage games. The luckier ones walked away with lucky draw prizes. Thank you for the tremendous support to our Lunar New Year activities.

#### **CSC @ Bukit Batok**

The Westwood Bowl restrooms will be upgraded to meet the changing needs and expectations of our members and bowlers. We plan to have the upgrading done between April and May 2016 together with the restrooms at level 3 of Block A. Adequate signage will be posted to minimise members' inconvenience.

#### **CSC @ Tessensohn**

The renovation of the auditorium, function rooms and the level 4 restrooms will commence from mid-March to mid-May 2016. The functions rooms will be renovated to meet the varying needs of the social activities conducted there. The acoustics of all the rooms will be improved and the audio visual aids upgraded. The restrooms, especially for the ladies, will have more cubicles and wash basins to minimise waiting time. A nursing room for the mothers will be created for them to nurse their children in a more conducive environment.

that you would like the Club to organise for our members and public officers. Also, your feedback on those activities that we are organising is essential for us to further improve our services and enhance your experience at the Club.

#### **Information Technology (IT):**

**Main Website:** With the microsite in all the Clubhouses operational by early March 2016, the Club will upgrade the main website to make it more interactive for users and mobile-friendly. Members and public officers who wish to know about social activities, membership promotion and Club-level events can browse through the main website. There will be icon buttons for members and public officers to easily link to the Clubhouse microsite and booking portal. The microsite addresses are [cscchangi.sg](http://cscchangi.sg), [cscbukitbatok.sg](http://cscbukitbatok.sg) and [cscessensohn.sg](http://cscessensohn.sg). The main website is [csc.sg](http://csc.sg). Do visit these websites and provide us with your feedback.



#### **Social Activities**

**Movie Treats:** The value-for-money tickets for the Kung Fu Panda 3 are being snapped up fast by our members. It will be screened at Lido Cinema on 14 and 16 March 2016. The Club will continue to source for movie blockbusters to offer to our members, especially during the school holidays.

#### **Children's**

##### **Swimming Meet:**

The CSC Children's Swimming Meet held at Tessensohn Clubhouse on 2 April 2016 saw an increase in participation by members' and public officers' children between the ages of 7 and 14.



**Wine & Dine:** Our ever popular quarterly Wine & Dine Dinner will be held at Tessensohn Qian Xi Restaurant on 8 April 2016. Please book early as they sell out fast.

Beside the above mentioned social activities, we have lined up many interesting social activities for our members and public officers to participate. Do let us know if you come across any interesting social activities

**CSC Mobile Applications:** The CSC mobile applications will be upgraded by end March 2016. It will have faster access, more user-friendliness and direct links to all the facilities and activities within the Club. Members and public officers can browse and book the facilities and activities that they wish to participate in from the convenience of their mobile devices.

**E-Membership:** The membership renewal can also be done through the E-Renewal Application. This application will be ready for use in end March 2016. By end April 2016, Public Officers can use the E-Membership enhancement application, which is linked to the Club Management system, to sign up as new members. This integrated on-line system will reduce the processing time for their application from a few weeks to less than a week.

I would like to sincerely wish all our members good health and a happy Easter! To all the mothers, I would like to extend the warmest wishes, on behalf of all of us at the Club, a Happy Mother's Day!!!

#### **Looking Ahead: The Upcoming Two Months CSC @ Changi**

The construction of the BBQ pit shelters will commence between late February and March 2016. The construction of the villa shelters will commence from April to early May 2016. We apologise for the inconvenience caused and will reassure our members that once the shelters are built, they need not have to worry that their grand BBQ party will be hampered by the weather.

We have introduced free yoga classes in the morning for people staying in the chalets and are exploring dinner at the nearby kelong for them to dine in a different setting.

HUAT AH!  
CELEBRATING  
LUNAR NEW  
YEAR AT CSC



Win up to \$10,000 at CSC!



Bowl a perfect 300 score at any of our three bowling centres at our Bukit Batok, Changi or Tessensohn clubhouses during any league competition in 2016. Each bowling centre offers \$10,000 which will be divided among its perfect scorers. Find out more at [www.csc.sg/bowling.htm](http://www.csc.sg/bowling.htm).

# BOWLED TO PERFECTION

Ever bowled a perfect game? Five members and guests have at CSC's three bowling centres in 2015. On 16 February, Roger Tan, Benson Lau, Chua Yun Cong and Ryan Lin were presented with cheques of \$5,000 each, while Nicholas Lum walked away with \$10,000 as Resort Bowl's only perfect scorer for the year. We spoke to four of them about bowling a 300 game.



**NAME:** Benson Lau

**AGE:** 32

**FAVOURITE PLACE TO BOWL:**  
Planet Bowl  
(Tessensohn Clubhouse)



**NAME:** Nicholas Lum

**AGE:** 31

**FAVOURITE PLACE TO BOWL:**  
Resort Bowl  
(Changi Clubhouse)



**NAME:** Ryan Lin

**AGE:** 28

**FAVOURITE PLACE TO BOWL:**  
Westwood Bowl  
(Bukit Batok Clubhouse)



**NAME:** Chua Yun Cong

**AGE:** 23

**FAVOURITE PLACE TO BOWL:**  
Westwood Bowl  
(Bukit Batok Clubhouse)

"I started bowling when I was in primary school but I stopped during my army days. Later I was asked to join the team at Tessensohn. That's how I got back to bowling. I've actually bowled a perfect game five or six times, but this is the first time it is official. It was also at Tessensohn that I reconnected with a friend who is now my wife. She's already spent my prize money!"

"This is my first perfect game ever. I've been a CSC member since I joined Singapore Customs in 2009. The Changi Clubhouse is near my home and I'm part of the league which makes it easier to get to know the lanes there. Even then, I was nervous when I realised I was approaching a perfect game. The biggest pressure was the last shot. I'll be ordering pizza for the counter staff to celebrate!"

"I think my score was a combination of luck and form. I've been bowling at the Bukit Batok Clubhouse since my student days, because then it had the cheapest rate. The Clubhouse is very nice and it has a conducive environment for bowling. The lanes are well maintained and lane faults are rectified quickly by the staff who are very friendly."

"I was very surprised by my win. My father also got his first perfect game this year, so it's a double celebration in our family. I'm part of the league at the Bukit Batok Clubhouse, so I go there quite often especially if there's a competition. I like the alley there. It's comfortable and calm. I might go to Taiwan for a bowling tournament with my prize money, but I'll have to finish my exams first!"



# A fitter YOU!

What do Piloxing, U-Jam Fitness and Boogie Bounce have in common? These are the upbeat trendy fitness classes CSC have lined up for its members. Let's hear what our instructors have to say of their respective fitness programmes.

## Piloxing

A fitness trainer for five years, Charlotte has been teaching at Tessensohn CSC for four years. She enjoys seeing people from all walks of life coming to her various classes, working towards a healthier lifestyle.



Piloxing is a non-stop cardio fusion which uniquely blends the power, speed and agility of boxing with exhilarating dance moves and targeted sculpting and flexibility of pilates to burn maximum calories, build lean muscles, and increase stamina. This new programme will benefit the members looking for both a cardio-based workout and at the same time increasing their flexibility in an hour of workout compared to attending two different classes.

*Piloxing is conducted currently at CSC @ Tessensohn on every Thursday at 8pm to 9pm.*



## U-Jam Fitness

U-Jam Fitness is an athletic dance fitness programme coupled with urban flavour. Participants will enjoy the programme, which incorporates fresh and funky moves!



"It has been a great experience with the participants at CSC. It makes me feel great and happy that I can be a form of encouragements and inspiration to participates to keep fit and have a healthy lifestyle. U-Jam Fitness, gives a good fitness workout with a different flavour," shared instructor Su Yi.

*U-Jam Fitness will commence on 7 April at CSC @ Bukit Batok on every Thursday at 8pm to 9pm.*

## Boogie Bounce

The Boogie Bounce Xtreme (BBX) is a complete exercise programme on a mini trampoline, with a safety bar, choreographed to chart topping inspiring music which includes an extremely effective cardio section, and a really powerful bums, tums and thighs section too!



"I love the feeling of bouncing, of being suspended in the air of the amazing cardio element without sacrificing my joints! Boogie Bounce is able to burn calories; eradicates your stress; increases heart and lung strength, improves the immune system and has a low impact of the joints," shared Felicia instructor for Boogie Bounce.

*Boogie Bounce is on every Monday at 7pm and 8pm at CSC @ Bukit Batok. Please refer to page 37 for more details.*

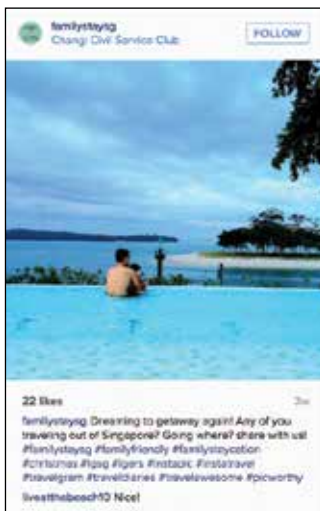


For more enquiries on the above programmes, please contact Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)



# Share your #CSCMOMENTS

At CSC it is all about creating the special moments and memories with your family, friends and colleagues. Share these special moments at our unique CSC Clubhouses with us by using **#cscmoments** on your social media posts! You can also write in to us at **feedback@csc.sg** to tell us your stories. Each selected entry stands to win a \$20 club voucher.



## Rest and Relaxation

Indulge in a leisurely swim or a cool refreshing dip in the swimming pools at CSC.

photo credit: familystaysg



## Sporting Events

Get your adrenaline pumping at the CSC Signature Sports and Events.

photo credit: joslyn07



## Fun Times

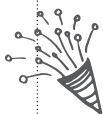
Gather your family, friends or colleagues for a friendly match of bowling and hours of fun at Bowling Centres.

photo credit: kampungchangi



## Social Activities

Take part in the annual CSC Children's Swimming Meet. Competitive swimming promotes fitness and can help children to learn lifelong concepts such as good sportsmanship.



## Special Moments

Celebrate your child's next birthday at CSC. Create memories of fun and laughter whilst bonding with family and friends at these special occasions.

photo credit: khai\_ambik\_gambar

## Something for Everyone

From chalets, karaoke, to BBQ, the Civil Service clubhouses have an array of facilities catered for everyone.

photo credit: montanaky





CSC MOVIE TREAT

# KUNG FU PANDA 3 (IN 2D)

**Session 1\***

**Date:** Monday, 14 Mar '16

**Venue:** Shaw Lido

**Session 2\***

**Date:** Wednesday, 16 Mar '16

**Venue:** Shaw Lido

**Fees:** Member \$24\* for 2 pairs of tickets

(\*For CSC Main Card Holders only)

Fee includes 4 movie tickets and 2 regular popcorn combos

**Public Officer:** \$8.50 per ticket

**Guest:** \$10 per ticket

*\*Evening screening, time to be confirmed*

Po, the Kung Fu Panda, is back! Join Po as he reunites with his biological panda father and they travel to the secret panda paradise, where they meet new and lovable new panda characters. Po finds that he doesn't seem to fit in but he meets Mei Mei, who has been promised to him in an arranged marriage! The supernatural villain Kai is causing trouble all over China,

though, so Po has to go back to fighting evil. Watch how he transforms this village of clumsy, fun-loving pandas into the ultimate band of Kung Fu Pandas!

**With the voices of:** Jack Black, Dustin Hoffman, David Cross, James Hong, Angelina Jolie, Seth Rogen

**How to participate:**

- Payment options for CSC members:
  - 1) Register and process the payment online at: <http://www.civilserviceclub.com/cscems/>
  - 2) Pay at our Clubhouse Front Office. (Operating Hours: 9am – 8.30pm)
- Seats will be allocated on a first-come first-served basis at the time of payment.
- Please note that your tickets may be arranged in different rows and individual seat. Tickets are not exchangeable or refundable.
- Screening time to be confirmed by cinema nearer to date.
- Tickets will be issued by CSC staff on the event day at the cinema.
- This Movie Treat is subsidised by Civil Service Club. Tickets are available while stocks last.



For more enquiries, please contact Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

Let's have fun with the hotdog eating contest  
and the cleanest eating contest.

# EAT & WIN

**EVERYONE GETS A FREE HOTDOG!**  
(While stocks last, limited to 1 hotdog per person)

The eating competition will be split into 2 different categories:



**Hotdog Eating Contest**

- a. Participants will be given a certain amount of time, to eat as many hotdogs with buns as they can.
- b. The one who eats the most win.



**Cleanest Eating Contest**

- a. Participants will be given various kinds of food.
- b. They are to eat the food items under certain conditions within a given time.
- c. When the time ends, the one with the cleanest plates/bowl will win.

**Cash prizes plus items up to \$500 will be given to 1 winner from each category.**

**Additional cash prize plus items up to \$300 will be given to contestant with the most supporters that he/she brings.**

**Date:** Saturday, 28 May '16

**Time:** 12pm – 2pm (Registration at 11am)

**Fees:** Member \$10, Public Officer \$15, Member's Guest \$20  
(For each competition)

**Venue:** Club CSC @ Tessensohn

**Contact:** Hai Ming at 6391 5607 or [onnhaiming@csc.sg](mailto:onnhaiming@csc.sg)

**Register By:** 14 May '16

*\*Minimum 20 contestants per category.*

*All food items will be Halal Certified.*

# WINE & DINE

Enjoy the pairing of food with a selection of 5 bottles of wine per table. There is also entertainment, fun games and a lucky draw.



**INDULGE IN THE 8-COURSE SPREAD FEATURING:**

5 Kind Cold Dish Combination, Crab Meat Fish Maw Soup, Crispy Roasted Chicken, Creamy Butter Prawn, Steamed Sea Bass with Bean Crumb, Fried Mixed Vegetables, Fried Rice in Lotus Leaf and Longan Bean Curd Jelly

**Member  
\$380 per table**

**Public Officer  
\$430 per table**

**Guest \$450 per table**

*(Includes 5 bottles of wine)*

**Date:** Friday, 8 Apr '16

**Time:** 7pm – 9.30pm

**Venue:** Qian Xi (Farrer Park)

Restaurant, Club CSC @ Tessensohn

**Contact:** Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

**Register By:** 28 Mar '16

Join us for a

## Mother's Day Lunch

Sunday, 8 May '16

The bond with our mothers are special. Her love is unconditional. Pamper your mother with a **complimentary Silky Strawberry Hand treatment** sponsored by TOUCHE® Elite before celebrating lunch with her at CSC. To top it off, a lucky draw will be held alongside a flurry of entertaining programmes. So make a date with us now!

**Mother's Day Lunch**

Expect delectable mainstays such as Double Boiled Chicken Soup with 3 treasures, Stewed Pork Trotter, Fried Prawn with Pumpkin Sauce and Nonya Style Steamed Sea Bass. The lunch will be capped off with a refreshing Red Bean Paste with Lotus Seed.

**Time:** 12pm – 3pm

**Venue:** Qian Xi (Farrer Park) Restaurant, Club CSC @ Tessensohn

**Register By:** 30 April '16

**Complimentary Silky Strawberry Hand Treatment**

Enjoy a free Silky Strawberry Hand Treatment worth \$60, sponsored by TOUCHE® Elite. This includes a nourishing, Vitamin E-enriched hand treatment that eases tired hands, moisturise the skin and relieves mild joint ache effectively.

**Time:** 10am – 11.45am

**Register By:** 1 May '16

*\*Pre-registration is required. Email mother's name and contact to Vanessa. Availability is based on first-come, first-served basis. Slots are limited, for mother's only.*

**For the above:**

**Contact:** Vanessa at 6391 5641 or  
vanessachoo@csc.sg

**Member \$338 per table**  
Public Officer \$368 per table  
Member's Guest \$378 per table

**EVERY MOTHER  
RECEIVES A  
GOODIE BAG!**





# CSC SWIMMING MEET 2016



Splash your way to victory!  
Swimming is a good workout, offering both individual and team experience. Participate in the CSC Swimming Meet 2016! Let your child test their mettle against their peers and be the next budding Tao Li or Joseph Schooling.



| NO | EVENT     | BREASTSTROKE | CATEGORIES        |
|----|-----------|--------------|-------------------|
| B1 | 50 Meters | Girls        | 7 - 9 years old   |
| B2 | 50 Meters | Girls        | 10 - 12 years old |
| B3 | 50 Meters | Girls        | 13 - 14 years old |
| B4 | 50 Meters | Boys         | 7 - 9 years old   |
| B5 | 50 Meters | Boys         | 10 - 12 years old |
| B6 | 50 Meters | Boys         | 13 - 14 years old |

| NO | EVENT     | FREESTYLE | CATEGORIES        |
|----|-----------|-----------|-------------------|
| F1 | 50 Meters | Girls     | 7 - 9 years old   |
| F2 | 50 Meters | Girls     | 10 - 12 years old |
| F3 | 50 Meters | Girls     | 13 - 14 years old |
| F4 | 50 Meters | Boys      | 7 - 9 years old   |
| F5 | 50 Meters | Boys      | 10 - 12 years old |
| F6 | 50 Meters | Boys      | 13 - 14 years old |

#### Rules and Regulations:

- Participants must report at 7.30am at Tessensohn Clubhouse Pool on 2 April '16.
- Participants are to bring along their Student EZ-Link card for identification purposes.
- Medals will be awarded only to the top 3 of each event.
- Minimum 5 participants for each event to begin. Participants are to obey all the rules and regulations set by the organiser.
- Categories are determined by age as of 2 April '16.

**Date:** Saturday, 2 Apr '16

**Time:** 7.45am – 9am

**Venue:** Club CSC @ Tessensohn

**Fee:** Member's Child \$8, Public Officer's Child \$10, Members' Guest's Child \$12. (To register, fill in and submit the application form with indemnity which can be found in this month's newsletter)

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register By:** 15 Mar '16

#### I wish to register my child for the following swimming event/s:

**Breaststroke Events:** B1 / B2 / B3 / B4 / B5 / B6 (Please Circle only one event for Breaststroke Events)

**Free Style Events:** F1 / F2 / F3 / F4 / F5 / F6 (Please Circle only one event for Freestyle Events)

**Name of Child:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Gender:** \*Male/Female

**Date of Birth:** \_\_\_\_\_

**Name of Parent:** \_\_\_\_\_ (\*Member/Public Officer/Guest) **NRIC/Membership No:** \_\_\_\_\_

**Address:** \_\_\_\_\_ S ( )

**Telephone:** \_\_\_\_\_ (O) \_\_\_\_\_ (H) \_\_\_\_\_ (HP)

**Email:** \_\_\_\_\_

#### Indemnity

I agree that I will not hold the Civil Service Club (CSC) and their appointed staff or officials responsible for any mishaps, injuries or loss of life that may occur in the course of, or as a result of participating in the above activity; and I will indemnify the CSC and their staff or officials against any actions, proceedings, liabilities, claims, damages and expenses by any party howsoever arising out of or in connection with the above activity.

\_\_\_\_\_  
Name & Signature of Parent

*\*Delete as appropriate.*

\_\_\_\_\_  
Date



# CNY Festive Deals and PRIZES GALORE!

On 23 January, the Civil Service Club at Tessensohn Road flung open its doors, welcoming both its members and the public for the Chinese New Year Bazaar 2016.



Kicking off the lucky draw with a bang

Stall after stall packed the Diamond Ballroom presenting a spread of New Year goodies, beauty accessories, household products, wine, aroma therapy products and other offerings, as the God of Fortune shook hands and wished everyone a prosperous New Year. Adding to the festive atmosphere, the familiar sound of cymbals and drums rang throughout the building as the dragon and lion dancers made their way around the club.

Beyond the tempting deals, the event showcased a variety of activities from an energetic Zumba session to a feng shui talk to a colouring contest that saw young

children studiously drawing and colouring their best to win.

Another popular draw was Chef Lisa's cooking class. Emphasising healthy yet delicious cooking, the Hong Kong chef whipped up three delectable dishes – chicken soup, the traditional nian gao and a vegetarian dish – while letting participants have a taste of each to their delight.

Throughout the event, hourly lucky draws and a sure-win lucky spin were held, giving visitors a chance to walk away with some very attractive prizes including abalone, Fragrance bak kwa, OTO back massagers

“I came last year but had to leave early. When I heard of this year's Bazaar, I blocked the date so I can enjoy it fully. I will definitely be here for the next one!”

- Jane Yeo

and hampers when a minimum of \$18 was spent at the Bazaar.

Still the most exciting draw of all was the Member's Festive Draw. Crowds formed at

A young participant winning a carton of MARIGOLD 100% juice sponsored by MARIGOLD





## event highlights



all three Civil Service Clubs for a chance to win cash prizes ranging from \$888 to the top prize of \$8,888. Despite not winning the first prize, second place winner, Lim Yoke Leng, was still a very happy man. "Of course, I'm happy," he said, "I've come every year for the last five years. This is the first time I've won!". Given the host of enticing deals and exciting activities, it is little wonder that over 1,500 members and the public descended on the club to join in the festivities. Said, Jane Yeo, who won an OTO Massage Cushion at the Sure-Win Lucky Spin, "I came last year but had to leave early. When I heard of this year's Bazaar, I blocked the date so I can enjoy it fully. I will definitely be here for the next one!".



- 01 With the array of items offered by the stalls, our visitors are spoiled with choices.
- 02 Vibrant dragon and lion dances adding to the festivities
- 03 Chef Lisa demonstrating healthy yet tasty cooking to a captive audience
- 04 Talented young visitors were rewarded for displaying their artistic skills
- 05 Trying their luck at Sure-Win Lucky Spin where a variety of prizes such as OTO Massage Cushions, bak kwa, abalone and fish maw were up for grabs
- 06 Prizes abounded at the Chinese New Year Bazaar, with the top prize of \$8,888 for the Member's Festive Draw



# A Celebration of Colour

## DINNER & DANCE 2015

Excited chatter filled the air as guests arrived at Orchard Hotel's ballroom on New Year's Eve for the Civil Service Club's D&D.

True to the theme of Dining in Colours, many showed up in their colourful best, adding to the array of colours that decked the venue. Queues formed as guests stood patiently in line for the pre-dinner activities which ranged from caricatures on mugs to photos with macaws. "I should have come earlier," exclaimed Ms Lim Sok Geok who managed to get sparkling rose and butterfly crystal tattoos.

Inside the ballroom, guests sportingly donned neon-coloured hats, egged on by MC Eddie Singh, as they awaited the arrival of the Guest-of-Honour. The moment Eddie made the announcement, Mr Peter Ong,

Head of the Civil Service and President of the Civil Service Club entered the ballroom to the thunderous beats of the Taiko drummers. Cheers erupted from the crowd as the drummers ended their performance.

Cheers and laughter became familiar sounds throughout the evening as a variety of performers took to the stage. The Thousand Hand Bodhisattva dance troupe mesmerised the guests with their perfectly coordinated movements and shiny yellow costumes. The crowd also got a taste of The Sensational Stefano, Singapore's very own ventriloquist cum

magician who surprised them with magic tricks and a vanishing act – all seemingly done by his puppet.

The event also hosted the presentation of the Public Service Star Games Awards, where the top four finalists from Division 1 and 2 received their trophies from Mr Peter Ong. Representing the Ministry of Education in their fourth consecutive win was Mr Tay Lay Hian. "We actively look for younger staff to join so we have a bigger talent pool. The tournament provides a platform for talented people to display their skills and have work-life balance," he said.





## event highlights

- 01 All set to welcome the New Year with confetti poppers in hand
- 02 Guests joining in the games on stage led by an entertaining MC
- 03 Personalised caricature mugs - just one of the many popular pre-event activities
- 04 The Thousand Hand Bodhisattva dance enthralling the crowd with well-timed movements
- 05 Cheers, laughter and excitement – all part of a very colourful evening
- 06 Enjoying the last moments of 2015



“

“It’s a good opportunity to get together as friends and not discuss work. It brings us together as a family. When I came last year, I won the first prize in the lucky draw – two SIA tickets to Paris!”

- Nantha Kumahrie

Amidst all the thrilling games and performances, the highlight of the New Year’s Eve event was, of course, the countdown. Guests took to the dance floor to party down the last minutes of 2015. As



midnight approached, a live broadcast of the National Countdown flashed on the LED wall as the crowd counted down with the nation. The first second of 2016 was greeted by deafening screams and a dazzling shower of confetti.

But the night was not yet over. No D&D would be complete without a lucky draw and this year’s top prize was a pair of plane tickets to London. Last year’s winner, Ms Nantha Kumahrie, was once again in the running. “Last year I won first prize. If luck touches me again, maybe I’ll win.” But it was not to be. Still, Ms Nantha was delighted with the event’s programme. “Of course I’m coming again next year!”

### Thank you to our Dinner and Dance Sponsors:

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# HUAT AH!

## Celebrating Lunar New Year at CSC

With Ren Ri (or birthday of man) and Valentine's Day both falling on a Sunday, CSC seized the golden opportunity to celebrate the Lunar New Year with members and their friends.

On 14 February, the Qian Xi Restaurant at Club CSC @ Tessensohn filled with excited chatter as guests dressed in their best and reddest streamed in for the CNY Lohei Dinner.

Shouts of "Huat ah!" boomed across the room as some 500 guests tossed abalone yu sheng egged on by a humourous MC who chanted a series of well wishes. Besides a sumptuous eight-course dinner, guests also were treated to an exciting evening with fun games, live singing, an interactive magic show and a cute God of Fortune who wished everyone a prosperous New Year.

Drawing much laughter was the best dressed contest. Six well-groomed men and ladies gamely entertained the crowd with their dancing skills. Eventually, Rosie Kwan, a member for over 30 years, was named the winner among the ladies after wowing the audience with her dance moves. "I've been coming for the Club's Chinese New Year events every year since they started it. But this

is the first time I've been called on stage. It was fun! My four grandsons are here too. They come with me every year!"

The top prize of the lucky draw was a Columbia men's watch worth \$500 which went to Colin Ang. "This is my first time at a CSC event and I won! I've never won anything at such events before!"

With so much going on, it's no surprise that the response to the event was overwhelming. Our advice? Be sure to register early for next year's event!

- 01 Tossing abalone yu sheng for a year of good fortune
- 02 The God of Fortune making his rounds
- 03 Winner of the ladies' best dressed award, Rosie Kwan, strutting her stuff on stage
- 04 A participant gamely showing off his dance skills for the men's best dressed award
- 05 Our top prize winner, Colin Ang, receiving the \$500 men's Columbia watch from our Exco member, Mr Tan Boon Huat
- 06 Prizes for the lucky draw waiting to be won



### A great time with friends...

Among the mostly Chinese guests were Fernando Gonzalez and his wife Ingrid. "This is the first time we are attending a Chinese New Year celebration, and we are learning a lot about the customs, like the meaning behind the different ingredients in the yu sheng."

The couple were invited by CSC member Susanna Lim. "The Club makes it very convenient for me to organise outings for my social group. There's good food and a good programme. Our first outing was the D&D on New Year's Eve. We all enjoyed it so we came again for this one."

### ...and family

With the captivating programme, long-time member Koh Mee Tiang could hardly peel her eyes away from the stage. "I came with my husband for last year's event and we enjoyed it. So this year, I booked a table so the whole family could come."

Her daughter-in-law, Reena Ng, was glad she came. "It's a very good time for everyone to get together and have family bonding. There's plenty of games and entertainment. My daughter is enjoying the event too!" she said, as two-year-old Hazel nodded in agreement.





# CSC WALK @ PUNGGOL PROMENADE/ CONEY ISLAND

Close to 150 participants from various government agencies took part in the CSC Walk to the newly opened Coney Island on 29 January 2016. Rain gave way to fine weather just before the commencement of the event. After a mass warm-up exercise in a sheltered futsal court, participants were all ready to go. The walk was flagged off by Guest-of-Honour Mr Lau Chee Chong, CSC Honorary Treasurer.

Starting at the Punggol East Promenade Riverside Walk, participants passed by the Lorong Halus Wetlands, Serangoon dam before making a turn at the midway of Coney Island and headed back to the starting point. All in all, they covered a distance of about 5.7 km. Many took the opportunity to take pictures with their

fellow colleagues at the scenic entrance of Coney Island. All participants received a fun pack after completing the walk. A lucky draw was held after the walk and three lucky participants walked away with cash prizes. Ten other participants received consolation prizes.

"Being a fan of trail running and finding the event interesting led me to participate in the walk. I think we should all learn to take time off and appreciate what nature can offer. It is a good form of de-stress from our usual office routine," shared one of the participants, Frederick Kwan.



01 Participants from MUIS



02 Mass warm-up before the walk

03 Nice scenery for group shot!

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# Champions of the PUBLIC SERVICE STAR GAMES 2015

At the Civil Service Club's Annual Dinner and Dance 2015 held at the Orchard Hotel on 31 December 2015, Guest-of-Honour Mr Peter Ong presented awards to the top four organisations of Division I and II in the Public Service STAR Games 2015.

 Aimed at promoting a healthy lifestyle among public officers, the STAR Games were keenly competed by close to 40 government agencies. Points won from the games were aggregated at the end of the year to determine the overall position of the agencies.

According to Ahmad Shah Bin Abdul Ghani, Sports & Recreation Officer of Ministry of Education Sports & Recreation Club (MESRC), staff from its headquarter and schools actively participated in many events under the Public Service STAR Games. They get to bond and network with staff from other agencies as well as foster camaraderie with them. MOE plans to recruit more players to inject new blood into the team as part of the sustainability plan for the future STAR Games.

As for Republic Polytechnic (RP), the agency participated in 23 events for STAR Games 2015 and is heartened to see over a hundred RP staff participating in games which include Badminton, Tennis, Table-Tennis, Swimming, Beach Volleyball, Golf, and CSC Duathlon.

"Focusing on building a cohesive One-RP team spirit and having fun rather than just striving to win is more meaningful and puts less pressure on staff as they are able to enjoy the sport more. By training together this inculcates a



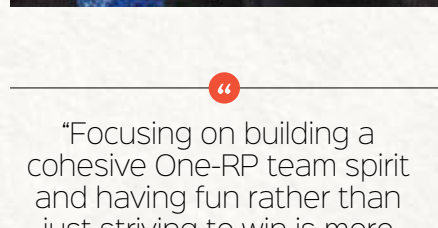
01 Mr Tay Lay Hian of Ministry of Education receiving the Public Service STAR Games Division I Challenge Trophy from Guest-of-Honour Mr Peter Ong

02 Mr Koh Chee Keat of Republic Polytechnic receiving the Public Service STAR Games Division II Challenge Trophy from Guest-of-Honour Mr Peter Ong

03 Ms Teoh Zsin Woon of Ministry of Health receiving the 4th Position award from Guest-of-Honour Mr Peter Ong

sense of teamwork among our staff, allowing them to maximise their performance both during the game and at work. RP staff members are keen supporters of the Public Service STAR Games. They look forward to meeting with colleagues from various departments to participate in the games."

"We are very happy and honoured to receive 1st place for Division II for the third year running, and are grateful to our colleagues for their participation and continued support in the various games. We want to continue encouraging our colleagues to participate in the CSC games for a healthier lifestyle, have fun with one another in the spirit of teamwork



"Focusing on building a cohesive One-RP team spirit and having fun rather than just striving to win is more meaningful and puts less pressure on staff as they are able to enjoy the sport more."

- Ms Pearl Chong, Assistant Manager, Office of Human Resource

and bonding, and enjoy the opportunity to connect with other participating teams during the games," concluded Ms Pearl Chong, Republic Polytechnic.



Staff from Ministry of Home Affairs having a good time!

## RESULTS

### Top Four Agency in Division I

Champion: Ministry of Education  
2nd Position: Ministry of Home Affairs  
3rd Position: Ministry of Defence  
4th Position: Ministry of Health

### Top Four Agency in Division II

Champion: Republic Polytechnic  
2nd Position: JTC Corporation  
3rd Position: Civil Service College  
4th Position: Ministry of Manpower





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### Be a CSC member now!

- Sign up online at [https://www.csc.sg/membership/membership\\_signup.aspx](https://www.csc.sg/membership/membership_signup.aspx)
- Visit our front offices at Tessensohn, Bukit Batok or Changi Clubhouse



## What are the benefits?



1

Immediate parents, spouse and children (between 3 and 21 years old) can sign up as supplementary members with no subscription fees. Only a one-time \$10 card fee applies.

2

Free access to swimming pool at our clubhouses.

3

Members' rate for booking of facilities and social activities (i.e. fitness classes, children's programmes and personal development etc.)

4

Subsidised members' events like Movie Treats, Wine and Dine, Dinner and Dance, Festive and Sports Events.

5

Free Passion card (not applicable to complimentary membership) to link you to hundreds of lifestyle merchants and partners.

# CSC AEROBIC FIESTA

Sixty-five officers from various government agencies, turned up for the CSC Aerobics Fiesta challenge held at the Tessensohn Clubhouse on Wednesday, 23 December 2015.

They went through a tiresome 3-hour aerobic workout which included Combat-Fit, Zumba and KpopX.

They punched and kicked their way to fitness in Combat-Fit and danced to the tune of the latest and trendiest fun Korean music in KpopX. With Zumba, there was a mixture of low-intensity and high-intensity moves for an interval-style.

"I exercise regularly so I signed up for CSC Aerobic Fiesta with my colleague. The enthusiasm of the instructors has to be the highlight of the event. It is certainly a good de-stress from work," shared Jocelyn Xu.

"This is my first time trying out the K-Pop exercise. I had a fun time and enjoyed

exercising to the K-pop music and dance movement. I am also delighted to be one of the lucky draw winners," concluded Farizan Kasim.

At the end, a participant was rewarded for having the best endurance and another rewarded for turning up in the best costume. Three lucky participants also walked away with lucky draw prizes.



Zumba



01



02

01 Yoga breathing for cooling down  
02 Front kick for Combat-Fit

## CSC Runners with HEARTS OF GOLD

A group of 11 CSC members together with 20 volunteers from the Star of Love, participated in the distribution of groceries to 60 less fortunate families in Tanjong Balai, Indonesia from 12 to 13 December 2015.

The group had a simple breakfast before we boarded on their local school buses to head towards our destination for the distribution. Each of these families received a 20kg bag of rice and basic necessities such as instant noodles, sugar, cooking oil and biscuits. After half a day of hard work under the hot sun, we were rewarded with a sumptuous seafood lunch and freshly plucked coconuts.

As Christmas is nearing, we held a Christmas Party for 30 teenagers from the Asrama Children's Home. These teens are from the remote islands nearby and have been sent to the home as their families are unable to care for them due to hardship and other difficulties.

"Looking at the happy faces of the under privileged villagers after receiving the groceries from us, we are more than contented."

- See Hiong (Vice-Chairman)

In addition to the 30 teens from the home, we also invited 10 underprivileged families to attend the party. They were treated with a buffet dinner and entertaining programmes were performed by the Children's Home. We continued to spread the festive spirit of giving

by presenting the children with gifts of soft toys and sweets. The joy on their faces upon receiving our gifts was a heartwarming sight.

The next day, we visited the local market to get a better understanding of the local culture and their daily life. We even brought back with us some local products before we were due to head home at noon. This trip, was a meaningful and insightful experience for all of us.

01 The Running Club Chairman Paul Chan and CSC members Michelle and Anna (extreme left and right) distribute food items to an underprivileged family.

02 CSC Runners distribute Christmas gifts to the teens from the Children's Home.



# SPORTS NEWS

“Build up your weaknesses until they become your strong points.” – Knute Rockne  
You never know the outcomes of the games till the final whistle is blown. Indeed our players showed their fighting spirit and team bonding in the Public Service STAR Games.

## MINISTRY OF EDUCATION WINS MIXED FLOORBALL CHAMPIONSHIP

12 DECEMBER 2015



A total of 12 teams from seven government agencies competed in the Public Service 3-on-3 Mixed Floorball Carnival held at the Republic Polytechnic on Saturday, 12 December 2015.

In the preliminary rounds, teams were drawn into groups and played a round-robin format. The top teams from each group proceeded to the semi-finals and finals. It was a repeat of last year's final when the teams from Ministry of Education and Republic Polytechnic again qualified for the final. With skilful play and co-ordination, the MOE eventually won the match.

“The highlight of the tournament for us was in the semi-finals. We were complacent in defending and allowed the opponents to score four goals against us. Fortunately, we had a constructive team talk at half time that allowed us to increase our slim lead to eventually win the game,” shared MOE's team captain Mr Sim How Chong.

“It was great seeing staff from the different government agencies interacting and strengthening their relationships through these having healthy and fun competitions” concluded Mr Sim.



### RESULTS

|                |                               |
|----------------|-------------------------------|
| Champion:      | Ministry of Education         |
| 1st Runner-Up: | Republic Polytechnic          |
| 2nd Runner-Up: | Land Transport Authority      |
| 3rd Runner-Up: | Housing and Development Board |



## MINISTRY OF DEFENCE CLINCHES MIXED NETBALL CHAMPIONSHIP

16 JANUARY 2016



On 16 January 2016, 22 teams from 12 government agencies congregated at the MOE (Evans Road) Sports Hall to compete in the Public Service Mixed Netball Carnival. The fun and yet competitive event saw female and male players compete alongside each other as a team.

Teams were drawn into four groups and compete in a round robin format. The top two teams qualified for the knockout quarter-finals and semi-finals. In the semi-finals, Ministry of Education team defeated Inland Revenue Authority of Singapore



team to qualify for the final while Ministry of Defence defeated Ministry of the Environment and Water Resources to book the other final slot. In a surprise upset, the Ministry of Defence team defeated the Ministry of Education team to clinch the championship title.

“With the dedication of the coaches, captains and managers, our trainings locally and internationally finally paid off. We knew we had come too far to give it up. It was awesome to see the efforts and fighting spirit of every player for every game; till the end of whistle blow,”

concluded Lin Xinhong, captain of Mindef team.

Guest-of-Honour and CSC Executive Committee Member Mr Tan Kok Kwang presented prizes to the winning teams.

### RESULTS

|                |   |
|----------------|---|
| Champion:      | Ministry of Defence                         |
| 1st Runner-Up: | Ministry of Education                       |
| 2nd Runner-Up: | Inland Revenue Authority of Singapore       |
| 3rd Runner-Up: | Ministry of Environment and Water Resources |



# CIVIL SERVICE CLUB CYCLING CLUB NEWS

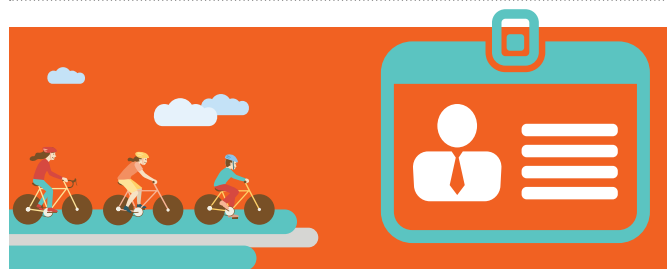


## 2nd Annual General Meeting

The 2nd Annual General Meeting will be held on Saturday, 19 March 2016 at 10.30am at the Seminar Room, CSC Changi. Light refreshments will be served after the meeting.

If you have not received the notice of meeting or have yet to reply, please contact our Hon. Secretary, Sandra Loke, at 9682 2270.

Please ensure that your annual subscription for the current year is fully paid up or you will not be able to attend the meeting. Those who have yet to renew your membership should do so before the meeting or pay up at the Main Reception, CSC Changi on the day of the meeting.



## Membership Renewal

If your membership has expired on 31 December 2015 and you have not renewed it, you will not be able to participate in any of our activities or enjoy the privileges extended to members.

You can renew your membership at either Tessensohn or Changi clubhouse during operation hours. The \$24 annual subscription applies, irrespective of the month you decide to renew your membership. Come and enjoy the exciting activities we have planned for you in 2016.

## Bike Aid

The CSC Cycling Club is offering members the opportunity to do a good deed and help less privileged children to own and experience the joy of cycling. This is an initiative of the Club to share our passion with others less fortunate.



Participate in this charitable project by donating your old bike or find someone who has one to give away. The Club will organise workshops to help you re-condition the bike before donating it to someone who will make full use of it.



Alternatively you could make a cash donation to buy a new bike. You will only need to contribute 50% of the cost of the bicycle and CSC will match your donation by another 50%. Each bicycle is estimated to cost about \$70.00 and your donation will be only \$35.00 for a brand new bicycle for their use. You will be invited to join us to personally present the bike to the lucky beneficiary when we organise a trip for this purpose. Limited to 20 bicycles, this is on a first-come, first-served basis for members only.

Register your interest with Robert Tan at [budtan.chelagi@gmail.com](mailto:budtan.chelagi@gmail.com)

## 2016 Calendar of Activities



|                        |  |
|------------------------|--|
| <b>March 12 to 13</b>  | Johore / Kukup (2 days)  |
| <b>March 19</b>        | Annual General Meeting   |
| <b>July 9 to 16</b>    | Riau Islands (8 days)  |
| <b>Apr 30 to May 2</b> | Cameron Highlands (3 days)   |
| <b>Jun 25 to 26</b>    | Members' Social Weekend (cycling, swimming, BBQ and overnight stay in Changi Villa sponsored by CSC) |
| <b>July/August</b>     | Bhutan June (9 days - tentative)   |
| <b>Aug 6</b>           | 9 Frasers Hill (4 days)  |
| <b>Oct 22 to 28</b>    | Japan / Hoikkado (7 days)  |
| <b>Nov</b>             | Taiwan (Dates to be confirmed )  |
| <b>Dec 17 to 18</b>    | Johore / Tg Piai (2 days)  |

Local rides will continue on a fortnightly basis on the second Saturday of each month. Night rides will be held on the eve of each public holiday. Join the CSC Cycling Club's WhatsApps chat group to be kept updated of these events.





## The Road to Heaven – Cycling up to Wu Ling

By Toh Shihua

Standing at 3,275 m above sea level, Wu Ling is the highest point in Taiwan that is accessible by paved roads. Coupled with the majestic scenery along the way and at the summit, the climb up to Wu Ling is a popular one amongst both Taiwanese and foreign cyclists.

On 21 November 2015, we set off along the valley towards the east. There was a slight drizzle and the gradient started to pick up as we cycled further. We stopped for a break at Wu She.



We reached Qing Jing for a well-deserved rest after cycling 30 km and ascending approximately 1,250 m.

On the second day, we set off from Qing Jing. We had to use our small chain ring and biggest rear cassette right from the beginning. The distances between riders became more spread out as each one of us settled into our own rhythm. At this point, it is just me, my bike, the road and the beautiful scenery.

We reached the toughest part of the climb, which is the ascent leading to Kun Yang, the final rest point before Wu Ling. By this point, the slopes were in excess of 10%, and required us to put in maximum effort just to continue inching forward. The higher



altitude also made us breathe harder to get more oxygen into our body. The picturesque peaks of He Huan Shan came into view with the clear blue sky as the backdrop. We had to stop and rest more frequently, but crank by crank, we made it up this road to heaven.

Passing Kun Yang, we made a final push towards the summit at Wu Ling which was finally

within sight with about 2 km to go. The toughest part was over and we finally crested the summit at around 11.15am. We were greeted with spectacular views of the surrounding mountains and valleys. Wu Ling has certainly lived up to its name as a challenging but rewarding climb. This trip has certainly been a dream come true and many thanks to CSC Cycling Club for organising it!



## Riau Island Ride

This ride originally scheduled for 19 to 25 January has been postponed to 9 to 16 July. Registration is now open on a first-come, first-served basis. Members will of course be given priority over guests.

The ride will take you to the neighbouring southern islands of Indonesia. The highlight is casual cycling to explore the rustic fishing villages and farmland of our neighbours in the Riau Islands.

As most of the islands are not well developed and with very small population, there will not be very long and hard cycling.

Members who wish to volunteer as tour leader will be given a subsidy of up to \$100.00 to cover part of their personal expenses. Tour leader need not be familiar with the itinerary as there will be a guide who will take care of the group.

For more information on the duties of the tour leader, please contact Robin. If you wish to volunteer, please indicate your interest when registering for the ride. More details on the ride will be available at a later date, to those who register.



**Cost:** \$30.00 per day (approx.)

**Meeting Point/Departure:**

Tanah Merah Ferry Terminal  
**Return:** Tanah Merah Ferry Terminal

**Maximum Pax:** 12

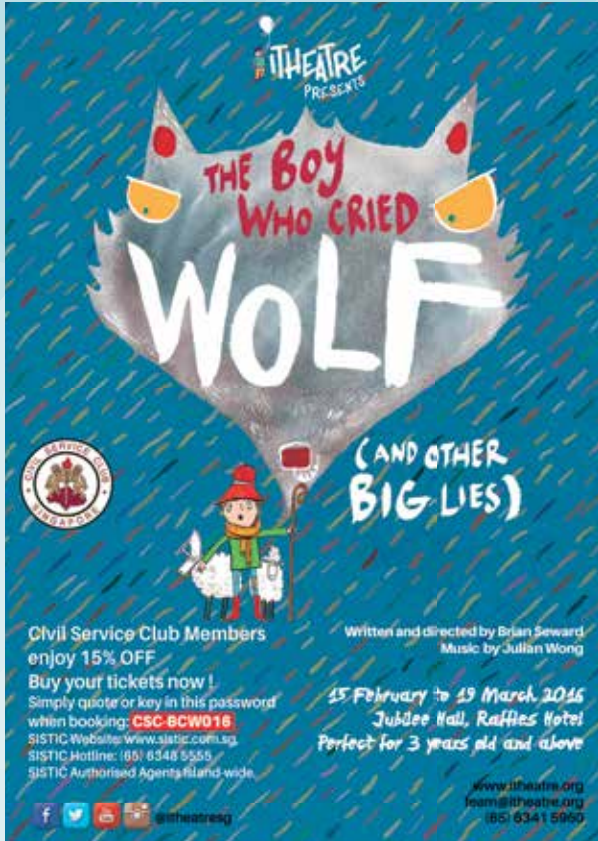
**Registration:** Robin Tan at  
tanls06@yahoo.com.sg or  
WhatsApp at 9721 1124

**Closing Date:** 14 March '16



## CSC MEMBERS' **Perks**

Being a CSC member sure pays off! Just flash your CSC card to enjoy these privileges. Check out the great deals in store for you!



**THE BOY WHO CRIED WOLF**  
(AND OTHER BIG LIES)

Civil Service Club Members enjoy 15% OFF  
Buy your tickets now!  
Simply quote or key in this password when booking: **CSC-BCW016**  
SISTIC Website: [www.sistic.com.sg](http://www.sistic.com.sg)  
SISTIC Hotline: (65) 6348 5555  
SISTIC Authorised Agents island-wide

Written and directed by Brian Seward  
Music by Julian Wong

15 February to 19 March 2016  
Jubilee Hall, Raffles Hotel  
Perfect for 3 years old and above

[www.theatre.org](http://www.theatre.org)  
[team@theatre.org](mailto:team@theatre.org)  
(65) 6341 5900

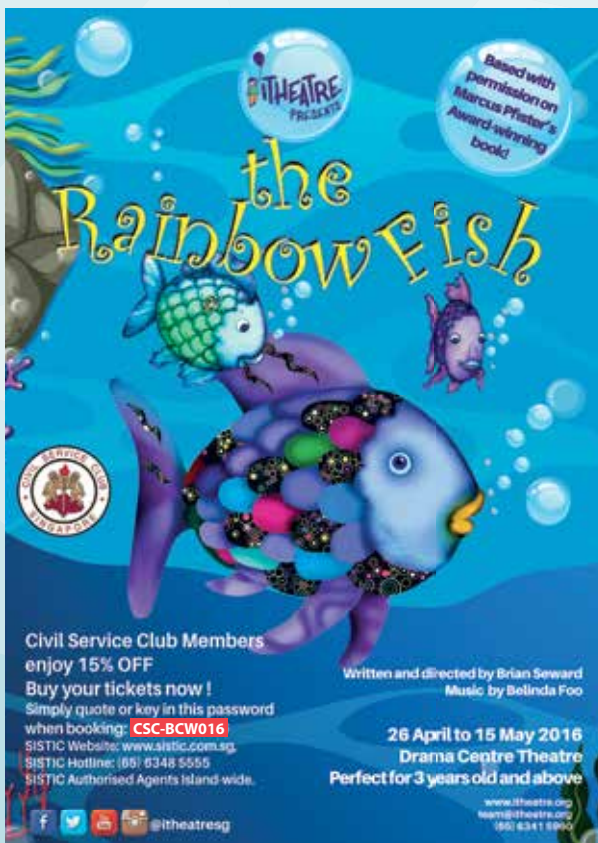
[f](https://www.facebook.com/theatreorg) [t](https://twitter.com/theatreorg) [y](https://www.youtube.com/channel/UCqW016) [i](https://www.instagram.com/theatreorg) @theatreorg



**SPECIAL 10% DISCOUNT FOR CSC MEMBERS**  
Available for Preview Nights on 27 & 28 April 2016.  
Book your tickets via SISTIC now with **PROMO CODE: CSCXSRT**

**SHAKESPEARE IN THE PARK**  
**ROMEO & JULIET**  
A TALE OF SWEET FORBIDDEN LOVE

FROM 27 APR 2016 | FORT CANNING PARK | [WWW.SISTIC.COM.SG](http://WWW.SISTIC.COM.SG)



**the Rainbow Fish**

Civil Service Club Members enjoy 15% OFF  
Buy your tickets now!  
Simply quote or key in this password when booking: **CSC-BCW016**  
SISTIC Website: [www.sistic.com.sg](http://www.sistic.com.sg)  
SISTIC Hotline: (65) 6348 5555  
SISTIC Authorised Agents island-wide

Written and directed by Brian Seward  
Music by Belinda Foo

26 April to 15 May 2016  
Drama Centre Theatre  
Perfect for 3 years old and above

[www.theatre.org](http://www.theatre.org)  
[team@theatre.org](mailto:team@theatre.org)  
(65) 6341 5900

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**HANUMAN**  
THE SUPERHERO MONKEY

**SPECIAL 10% DISCOUNT FOR CSC MEMBERS**  
Available for the show on Saturday, 2 April 11am and 2pm.  
Book your tickets via SISTIC now with **PROMO CODE: SRTXCSC**

**LITTLE COMPANY**



## clubhouse



Visit CSC @ Changi, a fantastic waterfront that is away from the bustle of the city. Open to the public, indulge in the spread of delicious food and have fun with the sporting activities with your family and friends.



Front Reception, Blk B



Poolside, Blk D



Level 3, Recreational Blk



Level 4, Recreational Blk

Feast  
& Indulge  
with our  
dining options

OPEN TO PUBLIC!



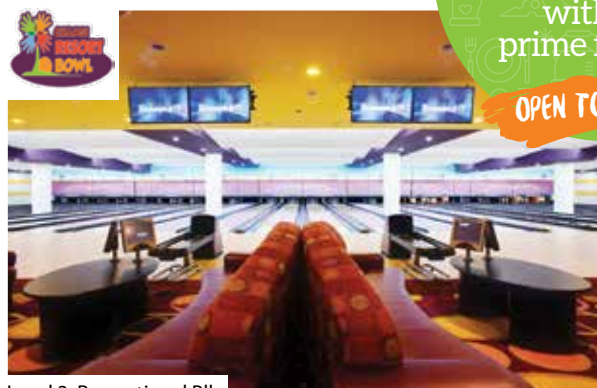
Level 1, Carpark



Level 4, Recreational Blk

Relax  
& Enjoy  
with our  
prime facilities

OPEN TO PUBLIC!



Level 3, Recreational Blk



Level 4, Recreational Blk



## TESSENSOHN CLUBHOUSE

# Facilities in the Heart of the City



Alfresco By the Pool



Pool Terrace



Auditorium



Planet Bowl



Function Room



Seminar Room



Dance Studio



Cooking and Baking Studio

### Looking for a place to host a private or corporate gathering?

We are in the ideal location to meet your requirements for high-quality yet affordable training, meeting, sports and recreational space. There is so much to do and so much to explore. Excitement is just brimming!

Talk to us about your needs, and let us see how we can assist.

### Please contact us for a no-obligation viewing of our facilities:

Jacqueline Tang at 6391 5605 or [jacquelinetang@csc.sg](mailto:jacquelinetang@csc.sg)  
Shamira at 6391 5623 or [shamirajohari@csc.sg](mailto:shamirajohari@csc.sg)

*PS: In accordance with MOF guidelines, Public Service Organisations do not need to go through the procurement route when engaging Civil Service Club to provide services and the rental of facilities. You may access the data from the Government Intranet under MOF Procurement Portal and Vital Travel Portal.*



## GYMNASIUM @ TESSENSOHN

Promotion: 1 March to 31 April 2016

**50% OFF**  
for CSC members

|           | Usual price | Promotion Price |
|-----------|-------------|-----------------|
| 6 months  | \$498       | <b>\$249</b>    |
| 12 months | \$698       | <b>\$349</b>    |

*Not applicable with any other promotions. Terms and conditions apply.*

**First 10 early bird will get  
2 sessions personal training for free!**  
(USUAL PRICE \$170)

**20% OFF**  
for Public officers/Member's guests

|           | Usual price | Promotion Price |
|-----------|-------------|-----------------|
| 6 months  | \$498       | <b>\$398.40</b> |
| 12 months | \$698       | <b>\$558.40</b> |



**Khus Fitness Pte Ltd**  
Contact: 6292 7132 / 8612 0581  
Email: [info@khusfitness.com](mailto:info@khusfitness.com)



# Upgraded Children's Playroom @ Bukit Batok Clubhouse

We have rejuvenated and refreshed the Children's Playroom at Bukit Batok Clubhouse to improve its ambience and comfort for members' children and visitors. The flooring has been changed, new play equipment and new wallpaper have been installed, adding new vibrancy to the playroom.



## Developing Your Child to Full Potential

Modern Montessori International Pre-School Centre (MMI) located at Club CSC @ Bukit Batok is for children ranging from 18 months - 6 years 11 months.

"The MMI's comprehensive curriculum is tailor-made by highly qualified early childhood professionals to meet children's learning needs. The curriculum provides the children with a holistic and academic development, hence preparing the children for their primary school years ahead," shared Mr Siew K.L, Director of Brilliant Kids Learning Cove (a Franchisee of Modern Montessori International Group).

MMI @ Club CSC has big spacious classrooms with natural lightings amidst a nature setting. There are eco toilets, Sharp Plasmacluster air purifiers, Diamond Water filtration system, cute rainbaths for children, pool plays/swimming lessons and beautiful club facilities.

**\*Exclusive discount for Club members only.**



**Modern Montessori International Group**  
Pre-School Centre/Childcare Centre  
Operated by Brilliant Kids Learning Cove

91 Bukit Batok West Ave 2, #02-02 Block B  
Civil Service Club @ Bukit Batok, Singapore 659206  
For enquiries, please contact 6316 6606 or brilliantkids.csc@gmail.com





## HOW TO GROW ORGANIC VEGETABLES AT HOME

Want to learn the practical tips on growing healthy vegetables? Vegetables such as cucumber, chinese cabbage, ladies fingers, kang kong and spinach can be harvested in 6-10 weeks. Each participant will bring home 2 pots of young vegetables and a set of Vegetables-Growing Starter & Care kit (Worth \$25).



**Date:** Sunday, 24 Apr '16  
**Time:** 2.30pm – 5pm  
**Fees:** Member \$48, Public Officer \$53, Member's Guest \$58  
**Venue:** Club CSC @ Tessensohn  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg  
**Register By:** 18 Apr '16

## TERRARIUM WORKSHOP

Have you considered creating a beautiful miniature garden in a bottle as a gift for your love ones or your home? It is also great for enthusiasts with no 'green fingers'.

Our instructor, Ms Florence Chan, an avid gardener has been demonstrating her skills at public events. Her love for gardening has extended to community gardens in collaboration with NParks.



You will bring home your own garden in a bottle after the workshop. All materials, including the bottle will be provided. Have a lovely session creating your very own garden.

**Date:** Saturday, 23 Apr '16  
**Time:** 1pm – 3pm  
**Fees:** Member \$40, Public Officer \$45, Member's Guest \$50 (1 Pair Per Terrarium: Member \$60, Public Officer \$65, Member's Guest \$70)  
**Venue:** CSC @ Tessensohn  
**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg  
**Register By:** 16 Apr '16

## CREATE A SCRAPBOOK ALBUM FOR MUMMY

Learn the different types of scrapbook technique to form a 6 pages 6" x 6" mini album. In this session, there will be hands on cutting, painting and pasting. Present this special gift to your mother.



**Date:** Saturday, 7 May '16  
**Time:** 11am – 1pm  
**Venue:** Yew Tee  
**Fees:** Member \$40, Public Officer \$45, Member's Guest \$48  
**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg (inclusive of all materials)  
**Register By:** 30 Apr '16

## 'SPRING SWEETNESS' FONDANT CUPCAKE DECORATING

(Workshop for Parent & Child\*)

Welcome Spring with lots of sweetness! You will have fun learning the basic techniques of managing rolled fondant (aka sweet edible 'play dough') to create irresistibly cute 3D fondant bears, fondant birds and spring flowers to decorate your cupcakes. Bring home your sweet surprises and share them with your loved ones!

This creative hands-on workshop is suitable as a bonding activity for kids and parents.



\*Cupcakes will be provided for decoration.

**Date:** Saturday, 23 Apr '16  
**Time:** 10am – 12pm  
**Fees:** Member \$70, Public Officer \$75, Member's Guest \$80 (per pair) (Children aged 6 to 14 years old)  
**Venue:** CSC @ Tessensohn  
**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg  
**Register By:** 16 Apr '16

## FRUIT ENZYMES WORKSHOP

Want to know how to make your own nourishing fruity enzyme drinks? Drinking the fruit enzyme will boost the body immune system, promote healthy digestion, and detoxify and revitalise the body cells.

**Date:** Sunday, 8 May '16  
**Time:** 2.30pm – 5pm  
**Fees:** Member \$48, Public Officer \$53, Member's Guest \$58  
**Venue:** Club CSC @ Tessensohn  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg  
**Register By:** 30 Apr '16





## MAKEOVER & PHOTOGRAPHY SESSION FOR MOM

Surprise your mom with a makeover and tell her how beautiful she is again. Let the team of professional photographers, image stylists and digital artists bring out only the best in your mom!

### For individual package, you will receive:

- 1 x Natural Makeup and Hairstyling
- 2 x Own Outfits
- 20 x Face and Half Body Shots for selection
- 2 x 4R Photo Prints
- 4 x 2R Photo Reprints
- Free Eyebrow Shaping



**Date:** Redemption in the month of May '16

**Time:** By appointment only

**Fees:** Member \$50, Public Officer \$60, Member's Guest \$70 (1 person package)

### For couple package, you will receive:

(Include Mom and Dad photo)

- 1 x Natural Makeup and Hairstyling
- 2 x Own Outfits
- 30 x Face and Half Body Shots for selection
- 4 x 4R Photo Prints
- 8 x 2R Photo Reprints
- Free Eyebrow Shaping



**Date:** Redemption in the month of May '16

**Time:** By appointment only

**Fees:** Member \$88, Public Officer \$98, Member's Guest \$108 (for couple package)

### For all the above packages

**Venue:** The MakeOver Inc at Concorde Hotel

**Contact:** Vanessa at 6391 5641 or email [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)

**Register By:** 31 May '16

## BASIC HAIR CUTTING WORKSHOP

Learn the basic techniques of hair cutting with theory and practical lessons. You will learn how to analyse the different hair types and hair nutrition, use different treatments for hair and different hairstyles to match individual facial features.

**Date:** Saturday, 2 Apr '16

**Time:** 10am – 12pm

**Fees:** Member \$25, Public Officer \$28, Member's Guest \$30

**Venue:** Club CSC @ Tessensohn

**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 27 Mar '16



## HANDS-ON MAKE-UP WORKSHOP



Pamper yourself and your mother in this hands-on and interactive session and bring out a beautiful you! Use the correct colours and make-up techniques to enhance your overall look. You will learn useful make-up techniques and understand your own colour that suits your skin tone.

**Date:** Saturday, 30 Apr '16

**Time:** 9am – 12pm

**Fees:** Member \$40 pair, Public Officer \$45 pair, Member's Guest \$48 pair (For mother and daughter pair)

**Venue:** Club CSC @ Tessensohn

**Contact:** Serene Cho @ 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 20 Apr '16

## AUTHENTIC TCM GUA SHA WORKSHOP BY TOUCHE™



Learn simple therapeutic tips to de-stress. Stimulate your blood flow and let your body heal with Gua Sha in this interactive session.



There will also be an interesting demonstration on Gua Sha techniques for face, acupuncture points and meridian lines. Enjoy a complimentary Silky Strawberry Hand Treatment.

**Date:** Saturday, 16 Apr '16

**Time:** 10.30am – 12pm

**Fees:** Member \$10, Public Officer \$12, Member's Guest \$15 (Fees include a free lunch and gift!)

**Venue:** Club CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or [vanessachoo@csc.sg](mailto:vanessachoo@csc.sg)

**Register By:** 10 Apr '16

## PRINCESS HAIR BRAIDING WORKSHOP



Doll up your little princess with cute, trendy hair braids styles for any occasion. Whether its school or a party, your kids can have beautiful hair braids all done by you at home. You will learn 2 hair braiding styles from the professional hair stylist.



**Date:** Saturday, 7 May '16

**Time:** 11am – 12.30pm

**Venue:** Club CSC @ Tessensohn

**Fees:** Member \$22, Public Officer \$25, Member's Guest \$29 (For mother and daughter)

**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 2 May '16



## CHINESE CALLIGRAPHY CLASS

Chinese calligraphy is an art unique to Asian culture. By controlling the concentration of ink, the thickness and absorptivity of the paper, and the flexibility of the brush, you are able to produce an infinite variety of styles and forms.

Come and share the joy of appreciating Chinese calligraphy with instructor Wong Joon Tai.

### Course Outline:

- The Chinese calligraphy as a unique form of Chinese Arts: the philosophy, Chinese characters, etc.
- The appreciation of Chinese calligraphy.
- The Practice of Chinese calligraphy: sitting postures, brush movements.
- Demonstrations on Chinese calligraphy writing.

**Date:** 10 Thursdays, 23 Jun – 25 Aug '16

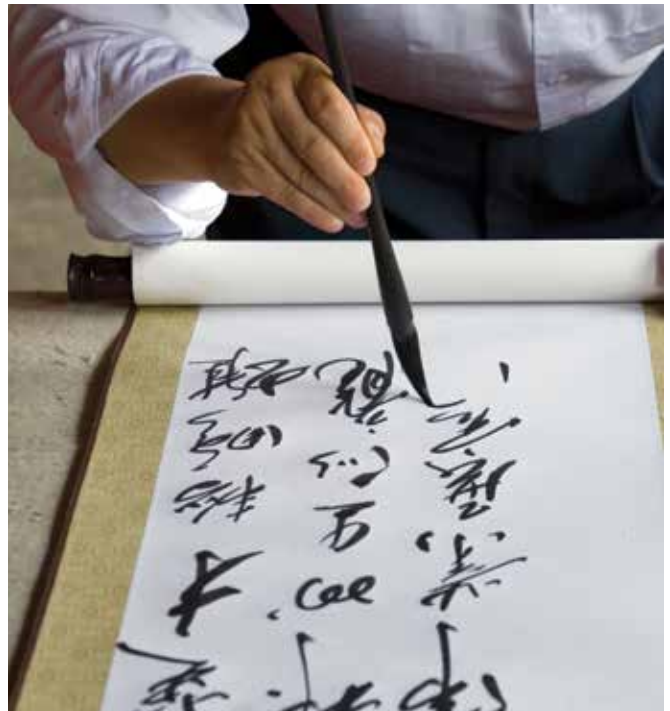
**Time:** 7pm – 8.30pm

**Fees:** Member \$155\*, Public Officer \$165\*, Member's Guest \$175\*  
(\*Fee exclude \$25 materials cost to be paid to Instructor)

**Venue:** CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg

**Register By:** 15 June '16



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you'll love**  
Deals you can't resist



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**2 Nights**  
Malacca or  
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(Wed)

Fr **\$245**  
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Tioman – Redang Cruise (Sun)

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Gemini**  
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**2 Nights**  
Malacca or  
Kuala Lumpur Cruise  
(Wed)

Fr **\$336**  
per person

**2 Nights**  
High Seas Cruise (Fri)

Fr **\$426**  
per person

**3 Nights**  
Penang – Kuala Lumpur  
or Penang – Langkawi or  
Tioman – Redang Cruise (Sun)

Fr **\$597**  
per person

Fares shown above are based on twin-share and exclude taxes from \$58-\$102 per person. Bookings must be made by 31 Mar 2016. Other terms and conditions apply.



**CALL OUR APPOINTED AGENTS  
OR STAR CRUISES AT 6808 2288**

**Sales Office:** 9 Penang Road, #11-08 Park Mall, Singapore 238459  
**Business Hours:** Mon – Fri, 10am – 7pm, Sat, 10am – 5pm (Closed on Sun & P.H.) **Email:** sg.sales@starcruises.com **www.starcruises.com**



## RETIRE A MILLIONAIRE – THE STRESS-FREE WAY!

Ever wonder how to retire a millionaire in a stress free way? In this workshop you will learn about the effective retirement planning strategies and how to grow your wealth.



### Course Outline:

#### Effective Retirement Planning Strategies

- Introduction to retirement planning
- Leveraging on the Supplementary Retirement Scheme
- CPF Minimum Sum Scheme
- Annuities – to buy or not to buy?
- How to protect your retirement nest egg

#### Growing your Wealth

- Common pitfalls to avoid in growing your retirement nest egg
- Practical investment tips
- Maximising returns from strategic asset allocation
- Using the technique of “Dollar Cost Averaging” to invest during volatile market conditions
- Important considerations to note before one invests for retirement

**Date:** Saturday, 16 Apr '16

**Time:** 2pm – 4pm

**Fees:** Member \$5, Public Officer \$8, Member's Guest \$10

**Venue:** CSC @ Tessensohn

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register By:** 11 Apr '16

## BE PHYSICALLY FINANCIALLY FIT



Your physical health and your financial health are arguably the most important factors affecting your well-being, security, and quality of life of you and your family.

Learn from Mr Caden Chia who has been in the Financial Advisory Practice for more than a decade. He will share with you how life insurance can also be more than a safety net. Depending on the type of life insurance, it can also be the foundation for a sound financial strategy.

**Date:** Saturday, 9 Apr '16

**Time:** 10am – 12pm

**Fees:** Member \$5, Public Officer \$8, Member's Guest \$10

**Venue:** CSC @ Tessensohn

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register By:** 2 Apr '16



## LEARNING ABOUT LASTING POWER OF ATTORNEY (LPA)

Mental capacity may desert you following an accident, illness (coma, dementia) or old age. It can happen to anyone. Have you appointed someone you trust most to handle and take charge of your property and affairs and personal welfare when you lose your mental capacity and cannot look after yourself? Decide for yourself while you can, failing which you may cause much pain and suffering to yourself and your loved ones.

### Course Outline:

- Who is eligible to make an LPA?
- Legal terms used in LPA
- The difference between a Will and an LPA
- The process of making an LPA?
- How much it cost to make an LPA?



**Date:** Saturday, 16 Apr '16

**Time:** 11am – 12.30pm

**Fees:** Member \$5, Public Officer \$10, Member's Guest \$12

**Venue:** Club CSC @ Bukit Batok

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

**Register By:** 8 Apr '16

## PLAN YOUR WILL

Leave a legacy of love with a well-planned estate for posterity.



### Course Outline:

- Be aware of the 9 rules of distribution and the price to pay when no Will is in place
- Plan, preserve and distribute your assets to your loved ones effortlessly
- Ensure that your estate remains liquid, has surplus and is easily distributed
- Accelerate transfer of your wealth to your loved ones
- Protect your wealth from potential creditors

**Date:** Saturday, 2 Apr '16

**Time:** 11am – 12.30pm

**Fees:** Member \$5, Public Officer \$10, Member's Guest \$12

**Venue:** Club CSC @ Bukit Batok

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

**Register By:** 28 Mar '16





## TEFAL FOODIE TREATS FOR YOU

Embark on these exciting culinary cooking adventures with Chef Lisa Leong.

### **Chef's Choice Menu**

Learn to cook like an expert and enjoy these wholesome dishes with your family.

**Gourmet Mayo Fried Rice**  
**Chinese Marrow in Duo Duck**  
**Rice Powder Biscotti**

**Date:** Saturday, 23 Apr '16

**Time:** 2pm – 5pm

**Register By:** 15 Apr '16

### **Gourmet Sensation**

Make your kitchen the source of some stunning creations with the following dishes.

**Royal Rice Brewed**  
**Crispy Century Egg**  
**Luxurious Sampan Dumplings**

**Date:** Sunday, 8 May '16

**Time:** 2pm – 5pm

**Register By:** 2 May '16



### **HK Street Treats**

Prepare these Hong Kong street favourites and impress your guests with your newfound skills.

**Rainbow Mallow Pudding**  
**Fruity Rice Smoothie**  
**Smoke Brandy Belly Strips**

**Date:** Friday, 10 Jun '16

**Time:** 7pm – 9.30pm

**Register By:** 3 Jun '16



### **For all the above courses:**

**Fees:** Member \$18, Public Officer 22, Member's Guest \$25

**Venue:** Club CSC @ Tessensohn

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



## CSC CHEF'S WELLNESS FEAST WORKSHOPS

Let Chef Lisa Leong take you on the road of health and wellness in these cooking workshops.

### **Workshop Entrées**

#### **Bread maker Choice Menu**

Liven up your kitchen with this sweet to spicy to savoury combination.

- Macau potato tea cake
- Fruity bawal hitam with spicy sauce
- Hockchew You Piah (oyster cake)

**Date:** Saturday, 3 Apr '16

**Time:** 2pm – 5pm

**Register By:** 28 Mar '16

### **Gourmet Sensation**

Impress your family and friends with international cuisine right in your home!

- Roman pizza special
- Saucy mongolian prawn supreme
- Ah po fan shu dan

**Date:** Friday, 6 May '16

**Time:** 7pm – 9.30pm

**Register By:** 28 Apr '16



### **HK Gourmet Treats**

Try your hand at these Hong Kong favourites and bring your cooking skills up to the next level.

- Golden taro crème dessert
- HK typhoon crab penne
- Pearl couscous san bei squid

**Date:** Sunday, 12 Jun '16

**Time:** 2pm – 5pm

**Register By:** 6 Jun '16

### **For all the above courses:**

**Fees:** Member \$18, Public Officer \$22, Member's Guest \$25

**Venue:** Club CSC @ Tessensohn

**Contact:** Gek Cheng at 63915624 or kuagekcheng@csc.sg



*In Collaboration Partners:*

**Roman**  
making quality homes







## HANDS-ON BAKING WITH CHEF AMY

Master the art of making the delicious nyonya kuehs and desserts.

### STEAMED TALAM UBI

Onde Onde, the nyonya version is soft without being too heavy. Encased with Gula Melaka and rolled in fresh coconut, this is an interesting combination of steamed grated tapioca at the bottom with coconut milk layer above.

**Date:** Sunday, 10 Apr '16

**Fees:** Member \$55, Public Officer \$60, Member's Guest \$65

**Register By:** 4 Apr '16

### Nyonya Chicken Dumpling

Savor the vegetarian dumplings packed with a variety of high-protein beans, mushrooms. Learn the basic techniques to wrap your dumplings, fry the rice and filling.

**Date:** Sunday, 17 Apr '16

**Fees:** Member \$60, Public Officer \$65, Member's Guest \$70

**Register By:** 11 Apr '16

### Passionfruit Macarons

Use improved techniques to prepare passionfruit macarons without having to use liquid egg whites. Prepare passion mango custard with salted caramel buttercream as the fillings.

**Date:** Sunday, 24 Apr '16

**Fees:** Member \$55, Public Officer \$60, Member's Guest \$65

**Register By:** 18 Apr '16

### Hi Fiber Pau

Introducing different root vegetable like pumpkin, sweet potatoes and yam into pau dough is certainly going to escalate its nutritional value. Fill up the pau with a sweet and salty chicken char-xiu filling. Join us for an exciting and interactive hands-on workshop as each group gets the opportunity to knead a different dough.

**Date:** Sunday, 8 May '16

**Fees:** Member \$50, Public Officer \$55, Member's Guest \$60

**Register By:** 3 May '16

### For all the above courses:

**Venue:** Club CSC @ Tessensohn

**Time:** 2pm – 5pm

**Contact:** Gek Cheng at 6391 5624  
or kuagekcheng@csc.sg



## SEMI-HANDS ON BAKING WITH CHEF VALERIE KONG

Let Chef Valerie Kong show you how to bake your way to a delicious time with your friends and loved ones.

### Flower Butter Cookies

Enjoy a cosy afternoon with these flower butter cookies which come in coffee flavour and vanilla flavour crisp. They are simply delicious and melt in the mouth.

**Date:** Saturday, 16 Apr '16

**Time:** 10am – 1pm

**Fees:** Member \$45, Public Officer \$50, Member's Guest \$55

**Venue:** Club CSC @ Tessensohn

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

**Register By:** 8 Apr '16



## CHEK JAWA BOARDWALK EXPLORER TOUR

Join us for an adventurous tour to discover and learn about Chek Jawa's six ecosystems and the diverse array of animals and species that inhabit these unique habitats. Explore the plant and marine life, learn interesting facts of faunas and floras and the importance of mangroves.



**Date:** Sunday, 13 Mar or 20 Mar or 24 Apr or 29 May '16

**Time:** 8.15am – 11.15am

**Fees:** Member \$16, Public Officer \$22, Member's Guest \$25

Suitable for children aged 3 and above. (Fee includes a licensed nature guide and to Chek Jawa. Participants have to pay \$6 for 2-way boat ride.)

**Venue:** Changi Point Ferry Terminal  
**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 1 week before event date (Pre-registration is required. Limited seats per departure)

## MELT & POUR PROCESS SOAP MAKING

Experience both fun and creativity in creating your own soap. In this workshop you will learn the Melt and Pour method which is one of the safer and simpler techniques.

**Date:** Saturday, 19 Mar '16

**Time:** 11am – 12.30pm

**Fees:** Member \$40, Public Officer \$42, Member's Guest \$48 (All materials provided)

**Venue:** Yew Tee

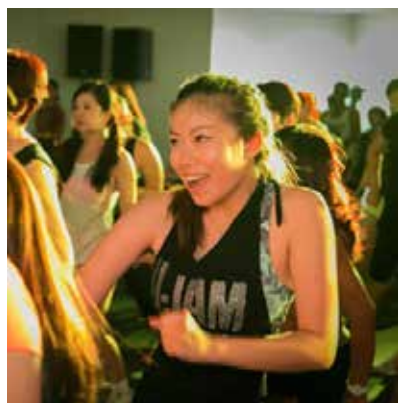
**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 13 Mar '16



## U-JAM FUN FITNESS

U-Jam Fitness is an athletic dance fitness programme coupled with urban flavour. Join us for an addictive cardio workout that fuses the hottest music with unique and fun choreography that will make you move, sweat and get funky!



**Date:** 4 Thursdays, 7 – 28 Apr '16 or 5 – 26 May '16

**Time:** 8pm – 9pm

**Fees:** Member \$50, Public Officer \$55, Member's Guest \$58 (For 4 lessons)

**Venue:** Club CSC @ Bukit Batok

**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 30 Mar '16 or 1 May '16

## CREEPY BROWN TREK



Embark on the trail at Bukit Brown which will transport you into a world you barely knew existed. Trek trails up and down the hills and weave your way through cemetery stones. Keep an eye out for the variety of wildlife that have made a home in this little oasis of green.

**Date:** Saturday, 26 Mar '16

**Time:** 3.30pm – 6.30pm

**Fees:** Member \$15, Public Officer \$18, Member's Guest \$20

**Venue:** Meet at Botanic Garden MRT

**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 13 Mar '16

## MAKING SCENTED POTPOURRI FOR AROMATHERAPY AND ART OF DEEP BREATHING

Do you suffer from pressure, stress and never been able to unwind properly? Potpourri is a mixture of dried, naturally fragrant plant material, used to provide a gentle natural scent. Come and learn to make your own scented potpourri and breathing techniques for better sleep and health!



### Highlight:

Each participant will receive one goodie bag worth \$19 comprising of a booklet on 50 uses of oil. Each participant will get to bring home your own scented potpourri made from fresh flowers in a beautiful pouch.

**Date:** Saturday, 7 May '16

**Time:** 2pm – 4pm

**Venue:** Club CSC @ Tessensohn

**Fees:** Member \$30, Public Officer \$35, Member's Guest \$38

**Contact:** Serene Cho at 6391 5620 or [serenecho@csc.sg](mailto:serenecho@csc.sg)

**Register By:** 30 Apr '16





## TENNIS BY JUSTIN

The coach, Justin Murphy is an accredited Australian Tennis professional with over 15 years coaching experience throughout Australia, Asia and the Middle East.

\*Age indicated is only a recommendation; all categories are open for all ages.

**Fees for 4 lessons:** Member \$110, Public Officer \$115 Member's Guest \$120

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register By:** 1 week before lesson begins

**Private Lessons:** Private lessons are available on request, consult coach for more details.



### CSC @ Tessensohn

| Activity               | Age               | Time        | Date (Apr)  | Date (May)  |
|------------------------|-------------------|-------------|---|---|
| Mini Tennis Programmes |                   |             |   |   |
| Mini Red               | 4 – 7 years old   | 4pm – 5pm   | 4 Tuesdays,<br>or 4 Fridays,<br>1 Apr – 26 Apr'16 | 4 Tuesdays, or 4 Fridays,<br>29 Apr – 27 May'16<br>(No lesson on eve or PH) |
| Mini Orange            | 7 – 9 years old   | 5pm – 6pm   |   |   |
| Mini Green             | 9 – 11 years old  | 6pm – 7pm   |   |   |
| Junior Programmes      |                   |             |   |   |
| Beginner               | 12 – 17 years old | 10am – 11am | 4 Sundays,<br>3 Apr – 24 Apr 16                   | 4 Sundays,<br>8 May – 29 May 16   |
| Adult Programmes       |                   |             |   |   |
| Beginner               | 18+ years old     | 8am – 9am   | 4 Sundays<br>3 Apr – 24 Apr'16                    | 4 Sundays<br>8 May – 29 May'16  |
| Intermediate           | 18+ years old     | 9am – 10am  | 4 Sundays<br>3 Apr – 24 Apr'16                    | 4 Sundays<br>8 May – 29 May'16  |

### CSC @ Changi

| Activity               | Age               | Time        | Date (Apr)                                      | Date (May)   |
|------------------------|-------------------|-------------|---|--|
| Mini Tennis Programmes |                   |             |   |  |
| Mini Red               | 4 – 7 years old   | 4pm – 5pm   | 4 Saturdays,<br>or 4 Sundays,<br>2 – 24 Apr '16 | 4 Saturdays,<br>or 4 Sundays,<br>7 May – 4 Jun '16<br>(No lesson on eve or PH) |
| Mini Orange            | 7 – 9 years old   | 5pm – 6pm   |   |  |
| Mini Green             | 9 – 12 years old  | 6pm – 7pm   |   |  |
| Junior Programmes      |                   |             |   |  |
| Beginner               | 12 – 17 years old | 10am – 11am | 4 Saturdays,<br>2 – 23 Apr '16                  | 4 Saturdays,<br>7 May – 4 Jun '16<br>(No lesson on eve or PH)                  |
| Adult Programmes       |                   |             |   |  |
| Beginner               | 18+ years old     | 8am – 9am   | 4 Saturdays,<br>2 – 23 Apr '16                  | 4 Saturdays,<br>7 May – 4 Jun '16<br>(No lesson on eve or PH)                  |
| Intermediate           | 18+ years old     | 9am – 10am  |   |  |

## INLINE SKATING FOR BEGINNERS

Improve the health, fitness, mental through inline skating. Have fun learning how to inline skate with your friends and family.

Participants are required to bring your own socks and water and arrive 15 minutes before the lesson. Insect repellent is recommended for classes held at East Coast Park.

### Weekday Group Class

**Date:** 4 Thursdays, 7 – 28 Apr '16

**Time:** 7.30pm – 8.30pm

**Venue:** Choa Chu Kang Park

**Date:** 4 Fridays, 1 – 22 Apr '16

**Time:** 7.30pm – 8.30pm

**Venue:** Pinnacle@Duxton

### Weekend Group Class

**Days:** 4 Saturdays, 2 – 23 Apr '16

**Time:** 3.30pm – 4.30pm

**Fees:** Member's Child \$68,

Public Officer's Child \$78,

Member's Guest Child \$80

Fee excludes rental of skating gear, elbow, wrist and knee shields

**Venue:** East Coast Park Car Park F1

**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg

**Register By:** 30 Mar '16

(The lessons are suitable for both adults and children aged 4 and above)



## KARAOKE SINGING CLASS

Unleash your singing talent. Learn how to sing your vowels from Ms Ivy Wee. Discover more about phonetic dictions, tempos and breathing exercises.

**Date:** 10 Wednesdays, 8 Jun – 17 Aug '16

(No lesson on PH)



### 中文+福建歌唱班招生

(吴美香老师指导)

吴美香老师拥有专业声乐教育证书,她有多年的教学经验,目前在吴家班歌唱学院任职。她将教导学员如何应用歌唱的13种基本功夫和技巧及汉语拼音和福建拼音来诠释不同曲风的歌曲。

**课程内容:**

学唱一首歌,歌唱基本功夫练习以及一对一雕歌(学员可自由选择歌曲)

**日期:** 10堂课,每逢星期三, 8 Jun – 17 Aug '16 (公共假日休息)

**Time:** 7.30pm – 9.30pm

**Fees:** Member \$150, Public Officer \$180, Member's Guest \$185

**Venue:** Club CSC @ Tessensohn

**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg

**Register By:** 31 May '16



## INTRODUCTION TO SAKE

The taste of Sake depends on achieving a balance between acidity and sweetness.

### In this session you will learn the following:

- Learn how sake is made
- Differentiate the different grades of sake
- Discover the different types and styles of sake
- Learn how to read sake labels
- Learn the health benefits of sake
- Pairing of different sakes with food

### Taste the following types of sake:

1 x Junmai (entry premium grade)

1 x Honjozo (entry premium grade)

1 x Ginjo (Mid Range)

1 x Daiginjo (High End)

1 x Junmai Daiginjo (High End)

**Date:** Saturday, 9 Apr '16

**Time:** 11am – 1pm

**Fees:** Member \$50, Public Officer \$60, Member's Guest \$70

**Register By:** 1 Apr '16

## WARM VS COLD SAKE TASTING

A lot of people ask why drink sake hot or cold? In this session, you will learn about the myth and tradition of the temperature of drinking sake. Try the four different grades of sake at different temperatures!

### Taste the following sake:

- Futsu-shu
- Honjozo
- Junmai
- Ginjo
- Daiginjo

**Date:** Saturday, 26 Mar '16

**Time:** 11am – 1pm

**Fees:** Member \$50, Public Officer \$60, Member's Guest \$70

**Register By:** 20 Mar '16

### For the above classes:

**Venue:** Kallang Avenue

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg



## INTRODUCTION TO GOLF

Golf is a uniquely engaging sport. Golfers are challenged to use every part of themselves – muscles and minds, in an integrated way. For the beginner golf programme, you will learn more about golf, how to develop good swing patterns, tee shots using woods, putting fundamentals and bunker play.

**Date:** 5 Saturdays, 19 Mar – 16 Apr '16

(One weekday on-course training, date to be arranged)

**Time:** 8.30am – 10am or 12.30pm – 2pm

**Fees:** Member \$250, Public Officer \$260, Member's Guest 270

(Fees exclude the use of golf ball and green fee but include cost of Proficiency Certificate)

**Venue:** Honshin Golf Academy,

Mandai Executive Golf Range

Level 2, Upper Seletar Reservoir

Mandai Road Track 7,

Singapore 779384

**Contact:** Hai Ming at 6391 5607

or onnhaiming@csc.sg

**Register By:** 12 Mar '16





## FUN TENNIS

Enjoy the game of tennis. Come and pick up tennis basics, then have fun on the court with your family and friends! Get your foundation right and learn the important skills of footwork, coordination, court sense and even tactics.

### Fun Tennis Schedule for CSC @ Tessensohn

| Programmes      | Time                             | Price   | Day   |
|-----------------|----------------------------------|---|---|
| Beginners       |                                  |   |   |
| Adult (Part 1)  | 10.00am – 11.30am                | Member: \$150<br>Public Officer: \$160                          | 6 Saturdays,<br>9 Apr – 28 May'16<br>(No lesson on eve or PH) |
| Junior (Part 1) | 4pm – 5.30pm                     | Member's Guest: \$165   |   |
| Intermediate    |                                  |   |   |
| Adult (Part 1)  | 8.30am – 10am<br>Or 5.30pm – 7pm | Member: \$175<br>Public Officer: \$185<br>Member's Guest: \$190 | 6 Saturdays,<br>9 Apr – 28 May'16<br>(No lesson on eve or PH) |
| Advance         |                                  |   |   |
| Junior (Part 1) | 4pm – 5.30pm                     | Member: \$200<br>Public Officer: \$210<br>Member's Guest: \$215 | 6 Sundays,<br>10 Apr – 22 May'16<br>(No lesson on PH)         |

### Fun Tennis Schedule for CSC @ Bukit Batok

| Programmes      | Time           | Price   | Day   |
|-----------------|----------------|---|---|
| Beginners       |                |   |   |
| Adult (Part 1)  | 4pm – 5.30pm   | Member: \$150<br>Public Officer: \$160<br>Member's Guest: \$165 | 6 Saturdays,<br>9 Apr – 28 May'16<br>(No lesson on eve or PH) |
| Intermediate    |                |   |   |
| Adult (Part 1)  | 5.30pm – 7pm   | Member: \$175<br>Public Officer: \$185<br>Member's Guest: \$190 | 6 Sundays,<br>10 Apr – 22 May'16<br>(No lesson on PH)         |
| Junior (Part 1) | 10am – 11.30am |   |   |
| Advance         |                |   |   |
| Adult (part 1)  | 5.30pm – 7pm   | Member: \$200<br>Public Officer: \$210<br>Member's Guest: \$215 | 6 Saturdays,<br>9 Apr – 28 May'16<br>(No lesson on eve or PH) |

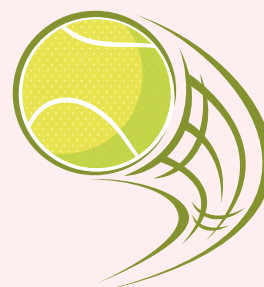
- Completion of beginners (Part 1) will proceed to beginners (Part 2) before continuing to intermediate. (The same procedure also applies for intermediate to advance)
- Private group classes are available with a minimum of 4 pax. Kindly consult coach on date and timings.

#### For all the above courses:

For Junior courses: Kids should be 7 – 12 years old

**Register By:** 1 week before lesson

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg



## BOLLYAEROBIX

Bollyaerobix is a form of dance fitness that incorporates the hottest hits of Bollywood in its routine. Burn up to 500-1000 calories in the hour long class which focuses on core, cardio and strength training.

**Dates:** 4 Saturdays, 9 – 30 Apr '16

**Dates:** 4 Saturdays, 7 – 28 May '16

**Time:** 3pm – 4pm

**Fees:** Member \$50, Public Officer \$60, Member's Guest \$65

**Venue:** CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg

**Register By:** 1 week before class

## HYDRORIDER AQUABIKE FITNESS

Are you ready to take your bike session to the next level? Do you want to do it in a unique and safe manner is stress free on your joints and muscles? Experience Hydrorider AquaBike, an exercise routine that allows you to pedal while immersed in the water. The water density, buoyancy and hydrostatic pressure will create new challenges. You can shape your legs and get rid of cellulite, achieve your weight loss goals as well as improve your cardiovascular system and blood circulation.

### Evening Full Sessions (Circuit Training)

**Time:** 7.30pm – 8.30pm

**Date:** 4 Tuesdays, 15 Mar – 5 Apr '16

**Date:** 4 Tuesdays, 12 Apr – 3 May '16

### For the above courses:

**Fees:** Member \$100, Public Officer \$110, Member's Guest \$120

**Venue:** Club CSC @ Tessensohn

**Contact:** Vanessa Choo at 6391 5641 or vanessachoo@csc.sg

**Register:** 1 week before class

(Please bring your own aqua shoes)



## AQUA ZUMBA

Get fit with a splash. Aqua Zumba blends the Zumba philosophy with water resistance, with a low-impact, high-energy aquatic exercise to the fitness routine. Water creates natural resistance, which means every step is more challenging and helps to tone your muscles.

**Date:** 4 Thursdays, 24 Mar – 7 Apr '16

or 4 Thursdays, 14 Apr – 5 May '16

**Time:** 7.45pm – 8.45pm

**Fees:** Member \$50, Public Officer \$60, Member's Guests \$65

**Venue:** CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg

**Register:** 1 week before class

## AQUA AEROBICS IN THE MORNING

Aqua is a cardio and conditioning, pool based workout that gets muscles working against the resistance of the water; elevates the heart rate and burns calories.

Come join this fun aqua fitness class by Anthea, a certified Aquatic Fitness Instructor.

**Date:** 12 Wednesdays, 6 Apr – 22 Jun '16 (Exclude PH)

**Time:** 8am – 9am

**Fees:** Member \$80, Public Officer \$90, Member's Guest \$100

**Venue:** Club CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg

**Register By:** 1 April '16

## ZUMBA & PILOXING BY KAT

Get on the groovy moves and achieve your fitness goal through Zumba Fitness and Piloxing instructor Kat.

### Piloxing

**Date:** 4 Saturdays, 2 – 23 Apr '16

**Time:** 9am – 10am

**Fees:** Member \$50, Public Officer \$55, Member's Guest \$58

**Venue:** Club CSC @ Tessensohn

**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg

**Register By:** 27 Mar '16



### Zumba Workout

**Date:** 4 Saturdays, 2 – 23 Apr '16

**Time:** 11.30am – 12.30pm

**Fees:** Member \$50, Public Officer \$55, Member's Guest \$58

**Venue:** Club CSC @ Changi

**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg

**Register By:** 27 Mar '16



## PILOXING WITH CHARLOTTE

Join us for a non-stop cardio fusion of standing Pilates, boxing and dance that will transform to a sleek, sexy and powerful you! This programme uniquely blends the power, speed, and agility of boxing with exhilarating dance moves and targeted sculpting and flexibility of Pilates to burn maximum calories, build lean muscles, and increase stamina.

**Date:** 4 Thursdays, 3 – 24 Mar '16

or 7 – 28 Apr '16

**Time:** 7pm – 8pm

**Fees:** Member \$50, Public Officer \$55, Member's Guest \$58

**Venue:** Club CSC @ Tessensohn

**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg

**Register By:** 1 Mar '16 or 30 Mar '16





## NATURAL WILD HONEY WORKSHOP BY YUMMI HOUSE

Immerse in the fun learning about honey and its usage. In this workshop, you will know more about honey. Learn more about the benefits of honey and obtain some honey tips. Every participant will receive a free A Class honey.



**Date:** Saturday, 30 Apr '16  
**Time:** 10am – 11.30am  
**Venue:** Club CSC @ Tessensohn  
**Fees:** Member \$10, Public Officer \$12, Member's Guest \$15  
**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg  
**Register By:** 23 Apr '16

## KPOP X FITNESS

Get into shape the fun way! Revel in this fun aerobic workout as you jam to and match the rhythm of the most popular K-pop tunes.



### Course Outline:

- Sweating it out to 14 K-pop songs in an hour
- Executing simplified K-pop dance moves with a combination of cardio and body toning exercises
- Burning up to 500 calories.

**Date:** 8 Saturday, 23 Apr – 18 Jun '16 (Exclude 21 May)  
**Time:** 12.10pm – 1pm  
**Fees:** Member \$100, Public Officer \$110, Member's Guest \$115  
**Venue:** Club CSC @ Bukit Batok  
**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg  
**Register By:** 17 Apr '16

## STRONGER KNEES AND JOINTS

Learn the important four areas to have better knee and joint functions. Participants will learn the meridian exercise and therapy techniques, daily routines and food remedy for stronger knee and better joint.



**Date:** 4 Fridays, 8 – 29 Apr '16  
**Time:** 7.30pm – 8.45pm  
**Fees:** Member \$70, Public Officer \$75, Member's Guest \$80  
**Register By:** 1 Apr '16

### Autopilot Slimming Program

Enjoy a personalised Autopilot Slimming Program specifically for you. Unleash your inner potential for sustainable result through mind-body-emotion techniques and energise your meridian system.

**Date:** 3 Saturdays, 16 Apr – 30 Apr '16  
**Time:** 10am – 12pm  
**Fees:** Member \$125, Public Officer \$130, Member's Guest \$135  
**Register By:** 8 Apr '16

### For the above courses:

**Venue:** Club CSC @ Tessensohn  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

## BOOGIE BOUNCE PILATES

20 mins of light cardio on a mini trampoline where you will groove and bounce to the music, followed by 40 mins of muscle toning Pilates workout. This is a less intense session.  
**Time:** 7pm – 8pm

## BOOGIE BOUNCE XTREME

Boogie to the beat of music in this cardio workout on a mini trampoline with a safety bar. Feel your every muscle working in intervals of jumping, bouncing and stomping.  
**Time:** 8pm – 9pm

### For the above courses:

**Date:** 4 Mondays, 4 – 25 Apr '16 or 9 – 30 May '16  
**Venue:** Club CSC @ Bukit Batok  
**Fees:** Member \$80, Public Officer \$85, Member's Guest \$90 (For 4 lessons)  
**Contact:** Serene Cho at 63915620 or serenecho@csc.sg  
**Register By:** 30 Mar '16 or 1 May '16



## MUAY THAI

Muay Thai, a traditional form of boxing allows you to learn self-defense while boosting your fitness. You will learn original Muay Thai techniques and the appropriate use of Thai boxing equipment to ensure a fun and injury-free experience!

### Adult Beginner Class

**Date:** 10 Saturdays, 14 May – 6 Aug '16 (exclude 21, 28 May and 4 Jun)  
**Time:** 11am – 12pm

### Adult Intermediate Class

**Date:** 10 Thursdays, 12 May – 28 Jul '16 (except 26 May and 2 Jun '16)  
**Time:** 7 – 8pm

**Date:** 10 Saturdays, 14 May – 6 Aug '16 (exclude 21, 28 May and 4 Jun)  
**Time:** 9am – 10am

### For the above courses:

**Fees:** Member \$125, Public Officer \$135, Member's Guest \$145  
**Venue:** Club CSC @ Bukit Batok  
**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg  
**Register By:** 9 May '16



## QIGONG

Health is important. Qigong will optimise healthy functions of the liver and gall bladder, strengthen joints, ligaments and muscles, dizziness, tired eyes and fatigue.

### LESSON 1: MEDITATION

Learn the breathing & mind-will techniques to feel the flow of the Healing Qi

### LESSON 2: MOBILE QIGONG – THE LIVER-GALL BLADDER REGIMEN

Learn to combine breathing, mind-will and physical movements to activate and restore the natural healing Qi power into the Liver and Gall Bladder

### LESSON 3: MEDITATION & LIVER-GALL BLADDER REGIMEN

Revise the practices to fully feel the energy qi enters into a state of flow

**Date:** 3 Thursdays, 31 Mar – 14 Apr '16

**Time:** 7.30pm – 9.30pm

**Fees:** Member \$60, Public Officer \$65, Member's Guest \$70

**Venue:** CSC @ Tessensohn

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register By:** 24 Mar '16



## JUDO FOR ADULTS

Judo is a sport where you throw the opponent off balance to bring him to the ground. A joint lock or choke is used to force an opponent into submission. When you learn Judo, you will develop your physical health and mental health! The class is conducted by a professional trainer from THE DOJO.

**Date:** 4 Sundays, 6 – 27 Mar '16

**Time:** 11.30am – 12.30pm

**Register By:** 1 March 16

**Date:** 4 Sundays, 3 – 24 Apr '16

**Time:** 11.30am – 12.30pm

**Register By:** 27 Mar '16

**Date:** 4 Sundays, 8 – 29 May '16

**Time:** 11.30am – 12.30pm

**Register By:** 24 April '16

### For the above classes:

**Fees:** Member \$100,

Public Officer \$110,

Member's Guest \$120

**Venue:** Club CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641

or vanessachoo@csc.sg



## TRADITIONAL CHINESE ACUPRESSURE MASSAGE

Master the use of traditional acupressure massage techniques in this hands-on session. You will learn the principles of TCM acupuncture points and how to massage the head, face, nose and ear.

### Module A (Trial introduction)

Practice Head and Face massage daily to reduce stress, cold and other congestions in the body. Learn the techniques to help you maintain good health and beautiful skin.

**Date:** Saturday, 16 Apr '16

**Fees:** Member \$5, Public Officer \$8, Member's Guest \$10

### Module B

Massaging acupoints on the nose will bring you instant relief of nose irritations. Learn the correct techniques for the nose to alleviate your nose problems.

**Date:** Saturday, 23 Apr '16

### Module C

Ear massage is widely used microsystems in TCM. Microsystems use Bio-holographic therapy to treat the conditions of the body systems and internal organs.

**Date:** Saturday, 14 May '16



### Module D

Eye Massage: improve vision and gain better eyesight.

**Date:** Saturday, 28 May '16

### Module E

Head Massage combines the Traditional Chinese Medicine (TCM) acupuncture points and the modern knowledge of the cortex of the cerebrum. The techniques are used to stimulate the brain and help to solve the problem areas of the head as well as to treat the diseases of the internal organs and the body.

**Date:** Saturday, 4 Jun '16

\*All modules are standalone, i.e not required to complete Module B to attend Module C

**Time for all modules:** 10am – 12pm

**Fees for each modules B, C, D, E:** Member \$25, Public Officer \$28, Member's Guest \$30

**Venue for all modules:** CSC @ Tessensohn

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

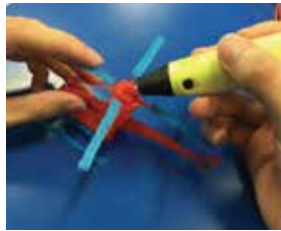
**Register By:** 1 week before each session





## BUILD A 3D MODEL WITH 3D PEN

Learn to create a uniquely 3D model of your own with the use of the 3D pen. Master the art of using 3D pen under the guidance of the trainer. After the workshop, you could bring home your master piece and show off to your friends and family.



**Date:** Friday, 18 Mar '16

**Time:** 2pm – 6pm

**Fees:** Member's Child \$45, Public Officer's Child \$50, Member's Guest Child \$55  
(Children aged 8 to 14 years old)

**Venue:** Club CSC @ Bukit Batok

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg

## CHINESE CALLIGRAPHY FOR KIDS

Children will learn the structure of Kaishu. Participants will learn the correct brush handling and writing techniques to have a better understanding of the art of Chinese calligraphy. Learn from instructor Tan Chye Thiam who will instill knowledge of the basic skills and techniques in Chinese calligraphy to the class.



**Date:** 8 Sundays, 29 May – 10 Jul '16

**Time:** 1pm – 2.30pm

**Fees:** Member's Child \$90, Public Officer's Child \$100, Member's Guest's Child \$110  
(Children aged 7 to 11 years old)

**Venue:** CSC @ Tessensohn

(\*Fee exclude \$25 materials cost to be paid to Instructor)

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg

**Register By:** 1 April '16

## TRIPLE TREAT SPORTS

Have an interactive adventure and head down for the Triple Treat Sports of fun with tennis, basketball and soccer.

**Date:** Friday – Sunday, 18 Mar – 20 Mar '16

**Time:** 9am – 12pm

**Fees:** Member's Child \$220, Public Officer's Child \$230, Member's Guest Child \$240  
(Children aged 6 to 12 years old)

**Venue:** CSC @ Tessensohn

**Contact:** Hai Ming at 63915607 or onnhaiming@csc.sg

**Register By:** 11 Mar '16



## CREATIVE CONFIDENCE WORKSHOP

For our children to thrive in this new economy, let's rethink our education system. Children need to be able to create innovative breakthroughs by integrating ideas from diverse fields to meet complex human needs.

### Your child will learn:

- Be comfortable in expressing their opinions
- Discover opportunities that everyone cannot see
- Not being overly sensitive to criticism but seeing it as an opportunity instead
- View failure as a gift
- Uncover possibilities, surfacing latent issues and finding unexpected problems
- Inspire kids by using curiosity, empathy and play to solve difficult problems

**Date:** Saturday, 26 Mar '16

**Time:** 9am – 1pm

**Fees:** Member's Child \$60, Public Officer's Child \$70, Member's Guest Child \$75  
(Children aged 7 to 10 years old)

**Venue:** Club CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg

**Register By:** 20 March '16



## BOWLING FOR KIDS

Master the art of bowling from instructor David Wong. Your child will learn about bowling terms, basic bowling techniques, bowling and lane etiquette, selecting a suitable bowling ball, keeping score as well as the equipment and attire needed to enjoy this sport in a safe, fun way.

**Date:** Monday and Tuesday, 14 and 15 Mar '16

**Time:** 10am – 12pm

**Venue:** Westwood Bowl @ CSC Bukit Batok

**Date:** Monday and Tuesday, 14 and 15 Mar '16

**Time:** 10am – 12pm

**Venue:** Resort Bowl @ CSC Changi

**Date:** Wednesday and Thursday, 16 and 17 Mar '16

**Time:** 10am – 12pm

**Venue:** Planet Bowl @ CSC Tessensohn

### For the above courses:

**Fees:** Member's Child \$65, Public Officer's Child \$70, Member's Guest's Child \$75  
(Fee includes use of house balls, lane fees and shoes rental)  
(Children aged 8 to 12 years old)

**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg

**Register By:** 6 Mar '16



## JUDO FOR CHILDREN

Learning Judo will help your kid improve his hand-eye coordination and motor skills. Participants will learn how to break a fall, and prevent injuries caused by accidental falling!

### Children Beginner Class

(7 – 12 years old)

**Date:** 4 Sundays, 6 – 27 Mar '16

**Time:** 9.30am – 10.15am

**Register By:** 1 March '16

**Date:** 4 Sundays, 3 – 24 Apr '16

**Time:** 9.30am – 10.15am

**Register By:** 27 March '16

**Date:** 4 Sundays, 8 – 29 May '16

**Time:** 9.30am – 10.15am

**Register By:** 24 Apr '16

### For the above classes:

**Fees:** Member \$100, Public Officer \$110, Member's Guest \$120

**Venue:** Club CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg



## ROBOTICS : INVASION OF THE MARTIAN ROBOTS

How can we prevent the Martian robots from attacking the planet? Come and join us for a session of fun robot building and programming with the new Lego EV3 Robotics set!

Students will learn the mechanics and software tool to program their robots. They will be working in teams to work on problem solving, robot design and debugging the robot.

**Date:** Saturday, 12 Mar '16

**Time:** 9.30am – 1pm

**Fees:** Member \$55, Public Officer \$58, Member's Guest \$60

**Venue:** CSC @ Bukit Batok

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register By:** 5 Mar '16

\*Robots cannot be brought back due to high costs of materials.

\*For children aged 7 – 10 years old



## KIDS CAN BAKE

Have fun and enjoy bonding time with you children. These workshops are for children aged 3 to 11 years of age. Parent, you may pair with your child for the workshops in the schedule.

### Easter Basket Cupcakes

**Date:** Saturday, 12 Mar '16

**Time:** 1.30pm – 3.30pm

**Register By:** 7 Mar '16



### Surprise Centre Cookies

**Date:** Saturday, 26 Mar '16

**Time:** 4pm – 6pm

**Register By:** 21 Mar '16



### Rainbow Swiss Roll

**Date:** Sunday, 10 Apr '16

**Time:** 10.30am – 12.30pm

**Register By:** 4 Apr '16



### Confetti Sandwich Cookies

**Date:** Saturday, 23 Apr '16

**Time:** 4pm – 6pm

**Register By:** 15 Apr '16



### For the above courses:

**Fees:** Member \$65, Public Officer \$70,

Member's Guest \$75

(1 Parent and 1 Child)

**Venue:** City Square Mall #07-08

**Contact:** Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

## 'SWEET EASTER' FONDANT CUPCAKE DECORATING FOR KIDS

Soak in the Easter Fun by creating your very own lovely Easter Cupcakes. Have fun learning the basic techniques of managing rolled fondant (aka sweet edible 'play dough') to create irresistibly cute fondant hatching chick, fondant bunnies and spring flowers to decorate your cupcakes.



In this hands-on fun workshop, kids will exercise their creativity, and enhance their motor skills through kneading, rolling and moulding the rolled fondant into sweet surprises for their loved ones.

\*Cupcakes will be provided for decoration.

**Date:** Saturday, 26 Mar '16

**Time:** 10am – 12pm

**Fees:** Member's Child \$52, Public Officer's Child \$57,

Member's Guest Child \$62

(Children aged 7 to 12 years old)

**Venue:** CSC @ Tessensohn

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register By:** 19 Mar '16



## LEARN TO PLAY UKULELE

Learn how to strum chords, sing and play with the Ukelele. It is the second easiest instrument to learn, play and sing. Mr Fahmy, music instructor more than 10 years, has been playing and performing more than 20 years. You will be taught the tuning of the Ukelele, how to read notes and eventually play solo pieces on the instrument.

### Beginners Level @ Tessensohn

**Date:** 6 Mondays, 4 Apr – 16 May '16 (Except 2 May '16)

**Venue:** CSC @ Tessensohn

**Register By:** 28 Mar '16

### Beginners Level @ Bukit Batok

**Date:** 6 Tuesdays, 5 Apr – 10 May '16

**Venue:** CSC @ Bukit Batok

**Register By:** 28 Mar '16

### For the above courses:

**Fees:** Member \$100,

Public Officer \$110,

Member's Guest \$113

(Students have to purchase their own ukulele)

**Time:** 7pm – 8.30pm

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



## LEARN TO PLAY VIOLIN

Playing the violin is fun and enjoyable. A member of the string family, the violin is portable and easy to be carried around. Learn from instructor Mr Leong Gah Chiong, on how to handle the violin, bowing techniques, postures and note reading.



### Violin Course (Beginners) @ Tessensohn

**Date:** 10 Mondays, 4 Apr – 13 Jun '16 (Except 2 May '16)

**Time:** 7pm – 8pm

**Place:** Club CSC @ Tessensohn

**Fees:** Member \$155, Public Officer \$165, Member's Guest \$170 (Fee includes materials and instrument is provided).

### Violin Course (Advance) @ Tessensohn

**Date:** 10 Mondays, 4 Apr – 13 Jun '16 (Except 2 May '16)

**Time:** 7pm – 8pm

**Venue:** Club CSC @ Tessensohn

**Fees:** Member \$185, Public Officer \$195, Member's Guest \$200 (Fee includes materials and instrument is provided).

**Register By:** 28 Mar '16

### Violin Course (Beginners) @ Bukit Batok

**Date:** 10 Wednesdays, 6 Apr – 8 Jun '16

**Time:** 7.30pm – 8.30pm

**Fees:** Member \$155, Public Officer \$165, Member's Guest \$170 (Fee includes materials and instrument is provided)

**Venue:** Club CSC @ Bukit Batok

**Register By:** 30 Mar '16

### For the above courses:

**Contact:** Gek Cheng at 6391 5624 or email : kuagekcheng@csc.sg

## PLAY THE KEYBOARD

Bring colours to your music with the keyboard. You will be provided with full ensemble of different rhythm accompaniments with just a touch on the keyboard. In this course, you will be taught the basic of note and chords reading. Learn to play a wide array of songs ranging from classical, pop, rock from instructor Titus Chia. Titus has been teaching piano, keyboard and organ for the past five years.



### Keyboard Course (Beginners)

**Date:** 10 Wednesdays, 6 Apr – 8 Jun '16

**Time:** 7pm – 8pm

**Fees:** Member \$165, Public Officer \$175, Member's Guest \$180 (Fee includes materials and instrument is provided)

**Venue:** CSC @ Tessensohn

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

**Register By:** 30 Mar '16

### Keyboard Course (Beginners) @ BB

**Date:** 10 Mondays, 4 Apr – 13 Jun '16 (Except 2 May '16)

**Time:** 7pm – 8pm

**Fees:** Member \$165, Public Officer \$175, Member's Guest \$180 (Fee includes materials and instrument is provided)

**Venue:** CSC @ Bukit Batok

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

**Register By:** 28 Mar '16

## MASTER THE ERHU

The two-stringed Erhu is one of the most popular Chinese instruments and is easy to pick up. You will be able to play a tune within minutes.

Learn from instructor, Mr Pang Chin Soon, who has a diploma in Erhu and more than 20 years of experience playing this instrument. (Minimum class size : 6 participants)

Participants need to bring along their own erhu.

**Date:** 10 Wednesdays, 20 Apr – 22 Jun '16

**Time:** 7.15pm – 8.15pm (Session 1)

8.15pm – 9.15pm (Session 2)

**Fees:** Member \$175, Public Officer \$188, Member's Guest \$192

**Venue:** Club CSC @ Tessensohn

**Contact:** Gek Cheng at 6391 5624

or kuagekcheng@csc.sg

**Register By:** 13 Apr '16



## SELF IMPROVEMENT

### BASIC MALAY LANGUAGE COURSE

Learn the basics of the Malay language from Instructor Ms Sharifah Narimah. Emphasis will be given to simple Malay grammar, conversation and vocabulary building. Upon completion of Malay language, students will be able to converse about everyday situations in the Malay language, be able to construct sentences and acquire the knowledge of language structures.

**Date:** 8 Thursdays, 17 Mar – 12 May '16

**Time:** 7pm – 9.30pm

(No lesson on Eve of PH)

**Fees:** Member \$160, Public Officer \$170, Member's Guest \$180

(Fees exclude additional \$12 of teaching materials to be paid directly to instructor)

**Venue:** CSC @ Tessensohn

**Contact:** Hai Ming at 63915607 or onnhaiming@csc.sg

**Register By:** 10 Mar '16

### BASIC FRENCH

Learn Basic French through reading, listening, speaking and writing from instructor Freddie. He has a Bachelor (Hons) and a Master degree (Hons) in French.

You will pick up useful language skills for travel or work in French-speaking countries. The course gives you a strong foundation for the International DELF Diploma awarded by the French Ministry of Education. Preparatory courses for the DELF exams are conducted at CSC.

#### Trial / Lesson 1 @ Tessensohn

This trial is for those who want to know more about the language before registering for the course.

**Date:** Friday 29 Apr '16

**Time:** 7.15pm – 8.45pm

**Fees:** Member \$5, Public Officer \$8, Member's Guest \$10

**Register By:** 22 Apr '16

#### French Beginner Course Lesson 2-7 @ Tessensohn

**Date:** 6 Fridays, 6 May '16 – 17 Jun '16  
(No lesson on eve of PH)

**Time:** 7.15pm – 9.15pm

**Fees:** Member \$160, Public Officer \$170, Member's Guest \$180

**Venue:** CSC @ Tessensohn

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register By:** 29 Apr '16

### NEURO LINGUISTIC PROGRAMMING WORKSHOPS

Neuro Linguistic Programming (NLP) can help you create significant changes and realise the transformation you aim to achieve by digging deep and tapping into your mind and reprogram how it thinks.

#### Unlock the Wealth Genius in You!

Come and discover the eight different Wealth Geniuses with us today. Learn the strategies of building your wealth. Take the fast track in living your financial dreams.



**Date:** Saturday, 12 Mar '16

**Time:** 2pm – 3.30pm

**Fees:** Member \$10, Public Officer \$12, Member's Guest \$15

**Venue:** Club CSC @ Tessensohn

**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg

**Register By:** 6 Mar '16

#### NLP in Public Speaking

Imagine speaking with irresistible influence like Jack Ma, Barack Obama or Steve Jobs to get whatever you want? In this workshop discover how NLP can to maximise your influence on stage; learn what the 3 critical elements of persuasion are and master at least 5 magical language patterns to present with impact.

**Date:** Saturday, 19 Mar '16

**Time:** 2pm – 3.30pm

**Fees:** Member \$10, Public Officer \$12, Member's Guest \$15

**Venue:** Club CSC @ Tessensohn

**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg

**Register By:** 10 Mar '16

### IMPROVE YOUR DIALECT

Want to communicate with your elders as well as kinsmen by speaking dialects? Dialects are languages that are becoming extinct in Singapore. It is up to you to preserve them!

#### Conversational Hokkien For Beginners

**Date:** 4 Tuesdays, 5 – 26 Apr '16

#### Conversational Cantonese For Beginners

**Date:** 4 Fridays, 1 – 22 Apr '16

#### For the above courses:

**Time:** 7.30pm – 9pm

**Venue:** Club CSC @ Tessensohn

**Fees:** Member \$45, Public Officer \$55, Member's Guest \$60

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register By:** 1 week before start date

### MANAGING BOOK DESIGN AND PRODUCTION

Are you aware of how to go about managing a book design and production phases efficiently and effectively? This course is for all print buyers in organisations to be equipped with the correct working knowledge.

There is a session to create an awareness that print buyer must be properly equipped before handling any scale of project.

**Date:** Saturday, 16 Apr '16

**Time:** 10am – 12pm

**Venue:** Club CSC @ Tessensohn

**Fees:** Member \$40, Public Officer \$45, Member's Guest \$48

**Contact:** Serene Cho at 6391 5620 or serenecho@csc.sg

**Register By:** 30 Mar '16



## SELF IMPROVEMENT

### POWER UP YOUR PERSONAL DEVELOPMENT SERIES

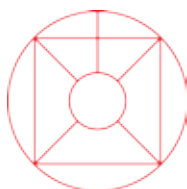
Master Max is an international Fengshui Master with a BSc (Hon) in Life Sciences. He has attained the level of Advanced Life Destiny Forecaster under China Zhou Yi Association. Join Master Max as he conducts the following course.

#### The YiShu of Body Language

Understand the different forms of body language and their meanings. Learn about posturing, handshakes, eye movements, mirroring, differences among genders. Learn to use body language to strengthen your negotiations.

**Date:** Saturday, 26 Mar '16

**Register By:** 19 Mar '16



#### The YiShu of Face Reading- Relationships

Face reading is an art form that is similar to body language and micro-expressions. This skill helps you to manage people based on understanding their personality. This allows you to forge better and meaningful relationships.

**Date:** Saturday, 2 Apr '16

**Register By:** 26 Mar '16



#### How Your Date Of Birth Defines you

Based on Science and statistics, Numerology is used to analyze your characters and personalities. Gain an insight to your life's direction and chart your path to your success and happiness.

**Date:** Saturday, 30 Apr '16

**Register By:** 23 Apr '16

#### Fengshui Your Way To Wealth

Fengshui is a science that has been passed down through centuries. It has been perceived to be complicated and need years of knowledge to practice. Learn simple and practical approach to improve your personal Fengshui and shorten your journey towards wealth and happiness.



**Date:** Saturday, 7 May '16

**Register By:** 30 Apr '16

**Time:** 9am – 12pm

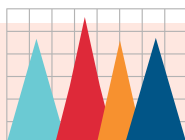
**Fees:** Member \$38, Public Officer \$42, Member's Guest \$45

**Venue:** CSC @ Tessensohn

**Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

**Register By:** 10 Mar '16

### IT COURSES



#### Pivot Table Proficiency (Excel 2010)

Pivot table is an efficient Excel tool for handling massive data. It can summarise, analyse, explore and present your data in meaningful ways. Participants will learn the various scenarios on how a pivot table can be used to help users go beyond the basic usage. In this course you will also learn how to create formulas in a pivot table as well as creating pivot charts.

**Date:** Saturdays, 5 and 12 Mar '16 or 9 and 16 Apr '16

**Time:** 9.30am – 12.30pm

**Fees:** Member \$150, Public Officer \$160, Member's Guest \$170

**Min Class Size:** 6 pax

#### Analysing and Summarising Information using (Excel 2010)

This workshop enables you to use Excel Table to analyse information in a database and list out the information according to the criteria required. This course will also teach you how to use the Subtotal function to summarise the data base on different group.

**Date:** Saturday, 16 Apr '16

**Time:** 9.30am – 12.30pm

**Fees:** Member \$75, Public Officer \$85, Member's Guest \$95

**Min Class Size:** 6 pax

#### Creating a Professional Brochure using Word

In this workshop you will learn to create a professional looking brochure using Microsoft Word. You can promote your events, food brochure or marketing flyer with ease.

**Date:** Saturday, 12 Mar '16 or 23 Apr '16

**Time:** 9.30am – 12.30pm

**Fees:** Member \$75, Public Officer \$85, Member's Guest \$95

**Min Class Size:** 6 pax

#### Video Editing for Beginners

Want to turn ordinary photos or home shot movies into an entertaining movie? Learn the know how to identify, arrange and put together your photos and movies equipped with music and effects that will impress your audience at work or at home.

**Date:** Saturdays, 12 and 19 Mar '16 or 16 and 23 Apr '16

**Time:** 9.30am – 12.30pm

**Fees:** Member \$150, Public Officer \$160, Member's Guest \$170

**Min Class Size:** 6 pax

#### For the above classes:

SDF Grant or SkillsFuture Credit will not be permissible

**Venue:** 1 Coleman Street #07-11 The Adelphi

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg

**Register By:** 1 week before start date

## 1 DAY DURIAN TOUR

|                                 | Adult | Child |
|---------------------------------|-------|-------|
| CSC Member                      | S\$75 | S\$65 |
| Public Officer / Member's Guest | S\$85 | S\$75 |

Head down to the durian plantation at the Tangkat or Pagor Durian to enjoy your durian buffet. Then have an enjoyable time shopping. Lunch and dinner is provided.



**Date:** Saturday, 25 Jun '16  
**Time:** Assemble at 6.45am at Club CSC @ Tessensohn  
**Register By:** 16 Jun '16  
**Tour By:** Amazing Explorer Pte Ltd

### For details and itinerary:

**Contact:** Kua Gek Cheng @ 6391 5624 or email kuagekcheng@csc.sg

## PREMIUM DURIAN SPECIAL

| DESCRIPTION               | CSC Member (PER PAX) | Public Officer/Guest (PER PAX) |
|---------------------------|----------------------|--------------------------------|
| ADULT                     | S\$105               | S\$110                         |
| *CHILD (4-11 YRS OLD)     | S\$88                | S\$93                          |
| **CHILD (BELOW 3 YRS OLD) | FOC                  | FOC                            |

\*Child Age: 4 – 11 years old

\*\*Infant – below 3 years old — FOC with no seats in coach



Calling all Durian lovers. Head straight to JB to enjoy the "Premium grade durian with MAO SHAN & GOLDEN PHOENIX or D24 only". Light snacks with refreshment (1 fresh coconut per pax) will also be served. Enjoy shopping at AEON Tebrau. Have a sumptuous dinner at Pekin Restaurant with Suckling Piglet.

**Date:** Saturday or Sunday, End Jun – Early July '16 (only on weekend except PH of Sin & M'sia)  
**Time:** 6.15am, Meet at designated pick-up point.  
**Register By:** First-come, first-served basis  
**Tour By:** iSmart Leisure Services



### For details and itinerary:

Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

## 2D1N KUKUP KELONG TRIP

|                | Adult W Bed | Child W Bed |
|----------------|-------------|-------------|
| Member         | S\$140      | S\$120      |
| Public Officer | S\$150      | S\$130      |
| Member's Guest | S\$155      | S\$135      |

Yearning for a short break? Join us for this trip. We will make stops at Pontain and Pekan Nanas town before heading down to Kukup Kelong. Visit the fish farm and pineapple farm. Enjoy the day at the Kukup resort and be treated to a BBQ dinner.

**Date:** Saturday to Sunday, 11 – 12 Jun '16  
**Time:** Assemble at 6.30am at Club CSC @ Tessensohn  
**Register By:** 2 Jun '16  
**Tour By:** Amazing Explorer Pte Ltd

### For details and itinerary:

**Contact:** Kua Gek Cheng @ 6391 5624 or email kuagekcheng@csc.sg

## 3D TIOMAN

| Hotel – Tioman Paya Beach                 | Single          | Twin Sharing Superior Chalet | Child with Bed | Child No Bed |
|---|-----------------|------------------------------|----------------|--------------|
| Member(per pax)                           | S\$338.00       | S\$248.00                    | S\$228.00      | S\$188.00    |
| Public Officer / Member's Guest (per pax) | S\$348 / S\$358 | S\$258 / \$268               | S\$238.00      | S\$198.00    |

Tioman is one of the world's most beautiful islands. It is surrounded by numerous white coral reefs, making it a haven for scuba divers from around the region. Enjoy a two night stay @ Paya Beach Resort. Immerse in a full day snorkeling at Renggis Island / Coral Island and Marine Park with beach activities.

**Date:** Saturday – Monday, 23 – 25 Apr '16  
**Time:** Assemble at 6am @ Club CSC @ Tessensohn  
**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg  
**Register By:** 11 Apr '16  
**Tour By:** Amazing Explorer Pte Ltd

### For details and itinerary:

**Contact:** Kua Gek Cheng @ 6391 5624 or email kuagekcheng@csc.sg





## 5DAY HATYAI / PENANG / TOUR

|   | Single    | Twin / Triple | Child w Bed | Child No Bed |
|---|-----------|---------------|-------------|--------------|
| Member (per pax)                          | S\$570.00 | S\$480.00     | S\$420.00   | S\$370.00    |
| Public Officer / Member's Guest (per pax) | S\$580.00 | S\$490.00     | S\$430.00   | S\$380.00    |

Coach to Penang before reaching Hatyai. Visit Samila Beach, where you will see the Golden Mermaid statue, which has been the symbol of Songkhla. It is believed that touching the statue will bring good fortune for relationship. Visit Khor Nan Kah and enjoy city tour in Penang. All meals are provided.

**Date:** Saturday to Wednesday, 4 – 8 Jun '16

**Time:** Assemble at 6am at Club CSC @ Tessensohn

**Register By:** 19 May '16

**Tour By:** Amazing Explorer Pte Ltd

**For details and itinerary:**

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



## 2D MALACCA GETAWAY

| DESCRIPTION           | CSC MEMBERS (PER PAX) | PUBLIC OFFICER / MEMBER'S GUEST (PER PAX) |
|-----------------------|-----------------------|---|
| Adult – Twin / Triple | S\$199                | S\$209                                    |
| Adult – Single        | S\$256                | S\$266                                    |
| Child – with Bed      | S\$166                | S\$176                                    |
| Child – no Bed        | S\$148                | S\$158                                    |

\*Child Age: 4 – 11 years old

\*\*Infant – below years old — FOC with no seats in coach

Take a break from your hectic schedule and visit Malacca. Shop at the various shopping malls and Jonker Street Night Market. Visit Charlie Baba Kueh Factory, Hang Li Poh's Well, Dutch Square and enjoy the Malaka River Cruise.

**Date:** Saturday – Sunday, 28 – 29 May '16

**Time:** Assemble at 6.15am at Lavender MRT or 6.30am at Woodlands MRT

**Register By:** First-come, first-served basis

**Tour By:** iSmart Leisure Services

**For details and itinerary:**

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



## 2D LABOUR DAY @ BATAM

| Description                 | CSC Member (Per Pax) | Public Officer / Member's Guest (Per Pax) |
|-----------------------------|----------------------|---|
| Adult – Twin / Triple       | S\$188               | S\$198                                    |
| Adult – Single              | S\$222               | S\$232                                    |
| Child – Twin (3-11 yrs old) | S\$178               | S\$188                                    |
| Child – No Bed              | S\$158               | S\$168                                    |
| Infant(below 2yrs old)      | S\$70                | S\$70                                     |

Embark on a short getaway to Batam. Visit Nagoya Town, Nogoya Hill Mall and BCS Mall. Enjoy your Batam shopping tour.

**Date:** Saturday – Sunday, 30 Apr – 1 May '16

**Time:** Assemble by 8am at HarbourFront Centre

**Register By:** First-come, first served basis

**Tour By:** iSmart Leisure Services

**For details & itinerary:**

**Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg



## 3D2N KUANTAN TOUR

|                | Twin / Triple | Single | Child W Bed | Child No Bed |
|----------------|---------------|--------|-------------|--------------|
| Member         | S\$275        | S\$365 | S\$255      | S\$200       |
| Public Officer | S\$285        | S\$375 | S\$265      | S\$210       |
| Member's Guest | S\$290        | S\$380 | S\$270      | S\$215       |

Embark on a holiday getaway to visit the capital of Pahang-Kuantan. On this tour, you will visit Lake Chini, the country's second largest natural lake and Charas Cave which is well known for an impressive stone sculpture of the "Sleeping Buddha". Visit the Cherating Turtle Sanctuary to learn more about this marine species. Enjoy the evening stroll and the sea breeze at Teluk Cempedak beach with your loved ones.



**Date:** Saturday to Monday, 28 – 30 May '16

**Time:** Assemble at 6.15am at Club CSC @ Tessensohn

**Register By:** 10 May '16

**Tour By:** Amazing Explorer Pte Ltd

**For details and itinerary:**

**Contact:** Kua Gek Cheng @ 6391 5624 or email kuagekcheng@csc.sg

## CLUB CSC @ TESSENSOHN

| ACTIVITY  | DATE  | TIME                               | INSTRUCTOR  | FEES:  |                |       | GROUP SIZE       | REGISTER BY | CONTACT                 |
|---|---|------------------------------------|-------------|--------|----------------|-------|------------------|-------------|-------------------------|
|   |   |                                    |             | MEMBER | PUBLIC OFFICER | GUEST |                  |             |                         |
| <b>AQUA AEROBICS (TUE PM)</b>                             | 12 Tuesdays, 29 Mar – 14 Jun '16<br>(No lesson on PH)     | 6.30pm – 7.30pm                    | Ms Antonia  | \$80   | \$90           | \$95  | 18 persons (max) | 20 Mar '16  | Vanessa at 6391 5641    |
| <b>AQUA AEROBICS (SAT)</b>                                | 12 Saturdays, 25 June – 27 Aug '16<br>(No lesson on PH)   | 8am – 9am or 9am – 10am            | Ms Anthea   | \$80   | \$90           | \$95  | 18 persons (max) | 18 Jun '16  | Vanessa at 6391 5641    |
| <b>AQUA AEROBICS (SUN)</b>                                | 12 Sundays, 19 Jun – 4 Sept '16<br>(No lesson on PH)      | 9am – 10am                         | Ms Vikki    | \$80   | \$90           | \$95  | 18 persons (max) | 10 Jun '16  | Vanessa at 6391 5641    |
| <b>AQUA AEROBICS (WED)</b>                                | 12 Wednesdays, 13 April – 29 Jun '16<br>(No lesson on PH) | 6.15pm – 7.15pm or 7.15pm – 8.15pm | Ms Vikki    | \$80   | \$90           | \$95  | 18 persons (max) | 7 Apr '16   | Vanessa at 6391 5641    |
| <b>BEGINNERS BALLROOM WALTZ</b>                           | 10 Tuesday 8 Mar – 10 May '16                             | 8pm – 9pm                          | Mr Wu       | \$70   | \$75           | \$80  | 12 persons (min) | 1 Mar '16   | Gek Cheng at 6391 5624  |
| <b>BEGINNERS SOCIAL DANCE</b>                             | 10 Fridays 11 Mar – 20 Mar '16<br>(except 25 Mar '16)     | 8pm – 9pm                          | Mr Wu       | \$70   | \$75           | \$80  | 12 persons (min) | 12 Mar '16  | Gek Cheng at 6391 5624  |
| <b>BALLROOM TECHNIQUE – SLOW WALTZ</b>                    | 10 Sundays 24 Apr – 3 Jul 16<br>(Except 1 May '16)        | 2pm – 3pm                          | Jacie       | \$70   | \$75           | \$80  | 12 persons (min) | 18 Apr '16  | Gek Cheng at 6391 5624  |
| <b>BALLROOM INTERMEDIATE SOCIAL DANCE – DISCO ROCK</b>    | 10 Sundays 24 Apr – 3 Jul 16<br>(Except 1 May 16)         | 3pm – 4pm                          | Jacie       | \$70   | \$75           | \$80  | 12 persons (min) | 18 Apr '16  | Gek Cheng at 6391 5624  |
| <b>BALLROOM INTERMEDIATE VIENNESE WALTZ (QUICK WALTZ)</b> | 10 Sundays 24 Apr – 3 Jul 16<br>(Except 1 May '16)        | 4pm – 5pm                          | Jacie       | \$70   | \$75           | \$80  | 12 persons (min) | 18 Apr '16  | Gek Cheng at 6391 5624  |
| <b>DEEP AQUA AEROBICS (TUE AM)</b>                        | 10 Tuesdays, 14 Jun – 23 Aug '16<br>(No lesson on PH)     | 8am – 9am                          | Ms Vikki    | \$85   | \$95           | \$100 | 18 persons (max) | 7 Jun '16   | Vanessa at 6391 5641    |
| <b>DEEP AQUA AEROBICS (THU)</b>                           | 10 Thursdays, 31 Mar – 2 Jun '16<br>(No lesson on PH)     | 6.30pm – 7.30pm                    | Ms Anthea   | \$85   | \$95           | \$100 | 18 persons (max) | 25 Mar '16  | Vanessa at 6391 5641    |
| <b>DEEP AQUA AEROBICS (FRI)</b>                           | 10 Fridays, 13 May – 15 Jul '16<br>(No lesson on PH)      | 7pm – 8pm or 8pm – 9pm             | Ms Vikki    | \$85   | \$95           | \$100 | 18 persons (max) | 7 May '16   | Vanessa at 6391 5641    |
| <b>PILATES BY MABELINE</b>                                | 10 Mondays 30 May '16 – 1 Aug '16                         | 7pm – 8pm                          | Ms Mabeline | \$85   | \$95           | \$100 | 12 persons (min) | 25 May '16  | Serene Cho at 6391 5620 |



## CLUB CSC @ TESSENSOHN

| ACTIVITY   | DATE  | TIME  | INSTRUCTOR                               | FEES:  |                |             | GROUP SIZE       | REGISTER BY        | CONTACT               |
|--|---|---|--|--|----------------|-------------|------------------|--------------------|-----------------------|
|  |   |   |  | MEMBER   | PUBLIC OFFICER | GUEST       |                  |                    |                       |
| <b>SWIMMING LESSONS AT TESSENSOHN (CHILDREN)</b>                     | 4 Lessons<br>Mar / Apr '16<br>Choice of Saturday / Sunday                 | Depending on swimming level & age<br>(Instructors will advise)                | Mr Kurusamy / Seng Yung / Derick / Chang | Child \$60   | Child \$70     | Child \$80  | 15 persons       | 15 Mar / 15 Apr'16 | Vanessa at 6391 5641  |
| <b>SWIMMING FOR LADIES (BEGINNER)</b>                                | 10 Mondays<br>4 Apr – 6 Jun '16   | 7pm – 8pm   | Ms Thipa                                 | \$160  | \$180          | \$185       | 12 persons       | 25 Mar '16         | Vanessa at 6391 5641  |
| <b>SWIMMING FOR LADIES (INTERMEDIATE)</b>                            | 10 Mondays<br>4 Apr – 6 Jun '16   | 8pm – 9pm   | Ms Thipa                                 | \$160  | \$180          | \$185       | 12 persons       | 25 Mar '16         | Vanessa at 6391 5641  |
| <b>TRADITIONAL TAEKWON-DO FOR ADULTS (MON) – APR / MAY / JUN '16</b> | 12 Mondays<br>4 Apr – 27 Jun '16<br>(No lessons on eve and PH)            | 8.30pm – 10.30pm  | Singapore TaeKwon-Do Academy             | \$60   | \$70           | \$80        | 10 persons (min) | 28 Mar '16         | Hai Ming at 6391 5607 |
| <b>TRADITIONAL TAEKWON-DO (SAT) – APR / MAY / JUN '16</b>            | 11 Saturdays<br>2 Apr – 25 Jun '16<br>(No lessons on eve and PH)          | 3pm – 4.30pm (Beginner & Coloured Belt) or 4.30pm-6pm (Red & Black Belt only) | Singapore TaeKwon-Do Academy             | \$60   | \$70           | \$80        | 10 persons (min) | 26 Mar '16         | Hai Ming at 6391 5607 |
|  |   |   |  | \$100 parent and child pair<br>\$150 parent and 2 children |                |             |                  |                    |                       |
| <b>WING CHUN KUNG FU, "CHI SAU" THUR – APR</b>                       | 4 Thursdays<br>7 – 28 Apr '16<br>(No lessons on eve and PH)<br>8pm – 10pm | 8pm – 10pm  | Sifu Ken Lau                             | \$90   | \$95           | \$100       | 10 persons (min) | 31 Mar '16         | Hai Ming at 6391 5607 |
| <b>WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – APR</b>           | 4 Saturdays<br>2 – 30 Apr '16<br>(No lessons on eve and PH)               | 9am – 10.30am   | Sifu Ken Lau                             | \$90   | \$95           | \$100       | 10 persons (min) | 26 Mar '16         | Hai Ming at 6391 5607 |
| <b>WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6 – 12 YEARS) – APR</b>    | 4 Saturdays<br>2 – 30 Apr '16<br>(No lessons on eve and PH)               | 10.30am – 11.30am   | Sifu Ken Lau                             | Child \$90   | Child \$95     | Child \$100 | 10 persons (min) | 26 Mar '16         | Hai Ming at 6391 5607 |
| <b>WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) – APR</b>       | 4 Saturdays<br>2 – 30 Apr '16<br>(No lessons on eve and PH)               | 11.30am – 1pm   | Sifu Ken Lau                             | \$90   | \$95           | \$100       | 10 persons (min) | 26 Mar '16         | Hai Ming at 6391 5607 |
| <b>WING CHUN KUNG FU, "CHI SAU" THUR – MAY</b>                       | 4 Thursdays<br>5 – 26 May '16<br>(No lessons on eve and PH)               | 8pm – 10pm  | Sifu Ken Lau                             | \$90   | \$95           | \$100       | 10 persons (min) | 28 Apr '16         | Hai Ming at 6391 5607 |
| <b>WING CHUN KUNG FU, "CHI SAU" (ADULT BEGINNER) – MAY</b>           | 3 Saturdays<br>7 – 28 May '16<br>(No lessons on eve and PH)               | 9am – 10.30am   | Sifu Ken Lau                             | \$90   | \$95           | \$100       | 10 persons (min) | 30 Apr '16         | Hai Ming at 6391 5607 |

## CLUB CSC @ TESSEN SOHN

| ACTIVITY  | DATE  | TIME              | INSTRUCTOR   | FEES:      |                |             | GROUP SIZE       | REGISTER BY | CONTACT                 |
|---|---|-------------------|--------------|------------|----------------|-------------|------------------|-------------|-------------------------|
|   |   |                   |              | MEMBER     | PUBLIC OFFICER | GUEST       |                  |             |                         |
| <b>WING CHUN KUNG FU, "CHI SAU" (CHILDREN 6-12 YEARS) - MAY</b> | 3 Saturdays<br>7 – 28 May '16<br>(No lessons on eve and PH) | 10.30am – 11.30am | Sifu Ken Lau | Child \$90 | Child \$95     | Child \$100 | 10 persons (min) | 30 Apr '16  | Hai Ming at 6391 5607   |
| <b>WING CHUN KUNG FU, "CHI SAU" (ADULT INTERMEDIATE) - MAY</b>  | 3 Saturdays<br>7 – 28 May '16<br>(No lessons on eve and PH) | 11.30am – 1pm     | Sifu Ken Lau | \$90       | \$95           | \$100       | 10 persons (min) | 30 Apr '16  | Hai Ming at 6391 5607   |
| <b>YOGA BY HUAY LIN</b>   | 10 Fridays<br>20 May – 22 Jul '16                           | 7.30pm – 8.30pm   | Ms Huay Lin  | \$75       | \$80           | \$85        | 12 persons (min) | 15 May '16  | Serene Cho at 6391 5620 |
| <b>ZUMBA BY CHARLOTTE</b>                                       | 4 Tuesdays<br>5 – 26 Apr '16                                | 7pm – 8pm         | Ms Charlotte | \$50       | \$55           | \$58        | 12 persons (min) | 29 Mar '16  | Serene Cho at 6391 5620 |
| <b>ZUMBA BY CHARLOTTE</b>                                       | 4 Thursdays<br>7 – 28 Apr '16                               | 7pm – 8pm         | Ms Charlotte | \$50       | \$55           | \$58        | 12 persons (min) | 29 Mar '16  | Serene Cho at 6391 5620 |

## CLUB CSC @ BUKIT BATOK

| ACTIVITY  | DATE   | TIME  | INSTRUCTOR                                 | FEES:  |                |             | GROUP SIZE       | REGISTER BY         | CONTACT               |
|---|--|---|--|--|----------------|-------------|------------------|---------------------|-----------------------|
|   |  |   |  | MEMBER   | PUBLIC OFFICER | GUEST       |                  |                     |                       |
| <b>DEEP AQUA AEROBICS (SAT)</b>                     | 10 Saturdays,<br>30 Apr – 9 Jul '16<br>(No lesson on PH)                   | 8:30am – 9:30am   | Ms Jasmine                                 | \$85   | \$95           | \$100       | 18 persons (max) | 23 Apr '16          | Vanessa at 6391 5641  |
| <b>DEEP AQUA AEROBICS (TUE)</b>                     | 10 Tuesdays,<br>26 Apr – 28 Jun '16<br>(No lesson on PH)                   | 7pm – 8pm   | Ms Anthea                                  | \$85   | \$95           | \$100       | 18 persons (max) | 20 Apr '16          | Vanessa at 6391 5641  |
| <b>AIKIDO (CHILDREN)</b>                            | 12 Sundays<br>15 May – 31 Jul '16<br>(No lessons on eve and PH)            | 9am – 11am  | Mr Steven Goh                              | Child \$120  | Child \$130    | Child \$135 | 20 persons       | 8 May '16           | Hai Ming at 6391 5607 |
| <b>AIKIDO (ADULT)</b>                               | 12 Sundays<br>15 May – 31 Jul '16<br>(No lessons on eve and PH)            | 11am – 12pm   | Mr Steven Goh                              | \$120  | \$130          | \$135       | 20 persons       | 8 May '16           | Hai Ming at 6391 5607 |
| <b>TRADITIONAL TAEKWON-DO – APR / MAY / JUN '16</b> | 12 Saturdays<br>2 Apr – 25 Jun '16<br>(No lessons on eve and PH)           | 3pm – 4.30pm  | Singapore Taekwon-Do Academy               | \$60   | \$70           | \$80        | 10 persons (min) | 26 Mar '16          | Hai Ming at 6391 5607 |
|   |  |   |  | \$100 parent and child pair<br>\$150 parent and 2 children |                |             |                  |                     |                       |
| <b>SWIMMING LESSONS (CHILDREN)</b>                  | 4 Lessons<br>Mar / Apr '16<br>Choice of Weekdays night / Saturday / Sunday | Depending on swimming level & age (Instructors will advise) | Mr Silas / Yusman / Ishaak / Paul / Vishnu | Child \$60   | Child \$70     | Child \$80  | 15 persons       | 15 Mar / 15 Apr '16 | Vanessa at 6391 5641  |
| <b>SWIMMING FOR LADIES</b>                          | 10 Fridays<br>13 May – 15 Jul '16<br>(No lesson on PH)                     | 7.30pm – 8.30pm   | Ms Thipa                                   | \$160  | \$180          | \$185       | 15 persons       | 6 May '16           | Vanessa at 6391 5641  |



## CLUB CSC @ BUKIT BATOK

| ACTIVITY                      | DATE   | TIME            | INSTRUCTOR     | FEES:  |                |       | GROUP SIZE       | REGISTER BY | CONTACT                 |
|-------------------------------|--|-----------------|----------------|--------|----------------|-------|------------------|-------------|-------------------------|
|                               |  |                 |                | MEMBER | PUBLIC OFFICER | GUEST |                  |             |                         |
| <b>PILATES BY AGNES YOONG</b> | 10 Saturdays<br>30 Apr – 9 Jul '16                       | 11am – 12pm     | Ms Agnes Yoong | \$85   | \$95           | \$100 | 12 persons (min) | 25 Apr '16  | Serene Cho at 6391 5620 |
| <b>YOGA BY MEENAL</b>         | 10 Wednesdays<br>23 Mar – 25 May '16                     | 7.30pm – 8.30pm | Ms Meenal      | \$75   | \$80           | \$85  | 12 persons (min) | 16 Mar '16  | Serene Cho at 6391 5620 |
| <b>YOGA THERAPY BY RITA</b>   | 10 Saturdays<br>19 Mar – 28 May '16<br>(No lesson on PH) | 10am – 1am      | Ms Rita        | \$80   | \$85           | \$90  | 12 persons (min) | 12 Mar '16  | Serene Cho at 6391 5620 |
| <b>ZUMBA BY HAYNIA</b>        | 4 Tuesdays<br>5 – 26 Apr '16                             | 7pm – 8pm       | Ms Haynia      | \$50   | \$55           | \$58  | 12 persons (min) | 29 Mar '16  | Serene Cho at 6391 5620 |
| <b>ZUMBA BY SUYI</b>          | 4 Thursdays<br>7 – 28 Apr '16                            | 7pm – 8pm       | Ms Suyi        | \$50   | \$55           | \$58  | 12 persons (min) | 29 Mar '16  | Serene Cho at 6391 5620 |
| <b>ZUMBA BY WENDY</b>         | 4 Fridays<br>1 – 22 Apr '16                              | 7.30pm – 8.30pm | Ms Wendy       | \$50   | \$55           | \$58  | 12 persons (min) | 29 Mar '16  | Serene Cho at 6391 5620 |

## CLUB CSC @ CHANGI

| ACTIVITY                           | DATE  | TIME  | INSTRUCTOR         | FEES:      |                |            | GROUP SIZE       | REGISTER BY         | CONTACT                 |
|------------------------------------|---|---|--------------------|------------|----------------|------------|------------------|---------------------|-------------------------|
|                                    |   |   |                    | MEMBER     | PUBLIC OFFICER | GUEST      |                  |                     |                         |
| <b>HATHA YOGA</b>                  | 10 Fridays,<br>1 Apr – 3 Jun '16                          | 8pm – 9pm   | Ms Linda Loo       | \$95       | \$105          | \$110      | 12 persons (min) | 25 Mar '16          | Serene Cho at 6391 5620 |
| <b>SWIMMING LESSONS (CHILDREN)</b> | 4 Lessons<br>Mar / Apr '16<br>Choice of Saturday / Sunday | Depending on swimming level & age<br>(Instructor will advise) | Mr Chang Mun Chung | Child \$60 | Child \$70     | Child \$80 | 15 persons       | 15 Mar / 15 Apr '16 | Vanessa at 6391 5641    |

## APPLICATION FORM

Name (\*Mr/Mrs/Mdm/Miss): \_\_\_\_\_ CSC Membership No./NRIC No: \_\_\_\_\_  
 Membership Type: \*Ordinary/Supplementary/Retiree/Life/Associate Gender: \*Male/Female  
 Address: \_\_\_\_\_ Singapore ( )  
 Contact No: \_\_\_\_\_ Email: \_\_\_\_\_ Marital Status: \*Single/Married (\*delete where appropriate)  
 I would like to participate in: \_\_\_\_\_ (activity & date) for \_\_\_\_\_ members including myself.  
 Indicate name and membership number if more than one member: \_\_\_\_\_ and ( ) guests.  
 Indicate name(s) of guest(s): \_\_\_\_\_

For more than one activity, please attach sheets separately.

For swimming lessons, please contact the clubhouse at 6391 5605. For badminton section, please contact the sports section at 6391 5619.

### IMPORTANT NOTES

- Registration of activities is based on a first-come-first-served basis.
- All guests must be accompanied by members.
- All fees paid are non-refundable unless the activity is cancelled by the Club. Please contact us if you do not hear from us one week before the activity.
- Applications must be accompanied by full payment. Please send separate cheques for the different activities.
- Crossed cheques are to be made payable to "Civil Service Club" unless otherwise stated.
- Unless otherwise stated, cheques should be sent to: Social Manager, Civil Service Club, 60 Tessensohn Road, Singapore 217664
- The Civil Service Club and its management will be kept fully indemnified against all claims, loss or damage whatsoever to participants arising from any cause in connection with activities organised or participation therein.



Feeling stressed over what to do for  
a corporate cohesion programme?

# LET CSC ORGANISE IT FOR FREE!



**CSC is proud to present complimentary half-day (2pm – 5pm) corporate entourage programmes on the following dates:**

| DATE                 | CLUBHOUSE   | FITNESS       | WORKSHOP  |
|----------------------|-------------|---------------|---|
| Friday, 8 April 2016 | Changi      | Zumba         | The Art of Etiquette Posture for Healthy Joints |
| Friday, 27 May 2016  | Bukit Batok | Boogie Bounce | How To Grow Orchid                              |
| Friday, 17 June 2016 | Tessensohn  | Piloxing      | Cooking Demo                                    |

**Public organisations representatives to email to [membership@csc.sg](mailto:membership@csc.sg) or call 6514 6396 for enquiries.**

#### **Terms & Conditions:**

- Applicable to public sector organisations.
- Minimum 50 participants for each corporate entourage. Participants are to choose one programme.
- Each activity is subjected to a minimum number of participants to start the class.
- Each participant can only participate in one complimentary corporate entourage per year. This is to allow other officers an opportunity to enjoy this privilege.
- CSC reserves the right to amend the activities of the corporate entourage, to reassign a participant to another activity and/or to reject any participant which do not abide by the stated terms & conditions.
- Customised programmes are available.

Non-Public Sector organisations which are looking for a value-added corporate team bonding package can email to [events@csc.sg](mailto:events@csc.sg)