# fusion

ONE MEMBERSHIP, THREE CLUBHOUSES, THREE DISTINCT EXPERIENCES

MAY-JUNE 2016 ISSUE

# FAMILY BONDING TIME AT CSC!

Find out more on page 04.

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Beyond Games and Trophies

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Run By The Bay

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Civil Service Club Mobile App2



Public Officers can now book their chalets online @ www.cscchangi.sg

#### **DEAR PUBLIC OFFICERS**

## Flash your Staff Pass at Civil Service Club to enjoy Members' Rates for Changi Chalets!

In conjunction with Public Service Week 2016, all public officers can book the facilities at Tessensohn, Bukit Batok and Changi clubhouses at members' rates for the entire month of May.



- FREE ACCESS TO ALL SWIMMING POOLS
- ENJOY MEMBERS' RATES FOR:
- ✓ Chalets at CSC Changi
- ✓ Club facilities like function rooms, bowling, BBQ facilities and auditorium

For more information, please contact 6391 5604 / 6514 6396 or email to membership@csc.sg

Valid for stay period: 1st May to 31st May 2016. Book your stay today at www.cscchangi.sg

Simply flash your staff pass at our front offices anytime between 1 May and 31 May to receive a temporary membership card. This card will grant you free access to our swimming pools and enjoy members' rates when you book our facilities.

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#### CSC @ Tessensohn

60 Tessensohn Road, Singapore 217664 Tel: 6294 8933

#### CSC @ Changi

2 Netheravon Road, Singapore 508503 Tel: 6709 4709

#### **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) Tel: 6391 5607 (Onn Hai Ming) Tel: 6391 5624 (Kua Gek Cheng) Tel: 6391 5641 (Vanessa Choo) Tel: 6391 5620 (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











# Dear members.

## Financial Year (FY) 16/17

The Club ushers in FY 16/17 with renewed drive and determination to work towards the



Club's Vision to make Civil Service Club the Club of Choice for Public Officers. We want public officers to be proud that they have a modern social club, with good facilities, a myriad of activities, friendly staff and which offer a great experience. Plans are in place to systematically upgrade the Club facilities over the next few years. We aim to make the Club more eco-friendly by harnessing renewable energy, improve the reach to our public officers with improved IT applications and social media platforms and most importantly continue to add value to our membership. To this end, the Club is continually exploring new social and sporting activities to engage the diverse needs of our members and public officers.

#### **Activities Over the Past Two Months**

The social and sporting activities that we rolled out over the last 2 months were successfully organised and supported by our members and public officers. The March school holiday children's programmes were well received and the movie treat, Kung Fu Panda, was fully subscribed.

We held the International Women's Day Zumba workout in Tessensohn and Bukit Batok Clubhouse on the 8 March 2016 and saw a turnout of about 150 participants sweating with a smile. A Children's Swimming Meet was organised at Tessensohn Clubhouse in conjunction with the PS Swimming Meet on 2 April 2016. A total of 58 young swimmers braved the water to put up a good showing.

As part of our CSR programme, the Club visited the Kwong Wai Shu Hospital on the 15 March 2016 and spent one invaluable afternoon interacting with the residents of the hospital. The Club roped in our favourite MC, Lay Cheng, to entertain them with song, dance and party games. We were very comforted to see their happy faces and will continue to make time for such community efforts as a Club. Every resident was also given a goody bag.



In the Public Service (PS) Star Games, MINDEF emerged champion in both the PS Badminton and Swimming Championship while MEWR was a dark horse that came in champion in the PS 3-6-9 Bowling Competition. In the PS Chess Competition and the 3 on 3 Basketball Championship, MOH and MHA, respectively, came in champion. A Healthy Lifestyle Walk (HLSW) was organised for the first time at Chinese Garden on 29 March 2016. Despite the far distance from town, about 200 public officers participated in the walk. This is the second time that the walk is organised in a new venue. The Club will continue to source for new venue for the HLSW so that participants appreciate the lush diversity of Singapore's greenery.

#### Website

We have been pleased to note that the number of hits and revisits on the new main website and microsites have increased. This indicates to us that the revamped main website and new microsites are more informative and user friendly. In particular, the Changi Clubhouse microsite, csc@ changi.sg, experienced the highest number of hits. It will be further enhanced with new features and updated photos of the facilities, with a Google virtual tour feature installed.

## The Upcoming Two Months CSC @ Changi

**Shelters:** The construction of the shelters at the BBQ pits and the villas has been completed. Members can enjoy a hassle free BBQ event come rain or shine. Each BBQ pit is equipped with a smoke extractor device to suck out excess smoke and sheltered by a double glazed tempered glass to shield the BBQ food from the rain. We encourage those who have had their past BBQ events hampered by the weather to try out these

revamped BBQ pits. The new shelters at the villas provide more sheltered space for outdoor functions with better lighting and ventilation. An outdoor patio at the second floor of the villas has also been built for occupants to enjoy the night scenery and cooling sea breeze. The villas are now open for booking and we thank our members and public officers for their patience.



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

**Toilet Facilities:** The toilet facilities at the Westwood Bowl, Blk B – Level 3 and the Seminar Rooms will be upgraded. The space will be reorganised to cater for more toilet cubicles and wash basins, especially for the ladies' toilets. A Nursing room will be built at Blk B – Level 3 and the Westwood Bowl to convenience nursing mothers. The handicapped toilet will be placed nearer to the bowling cafeteria. The upgrading work will commence in May 2016 but will be done consecutively over the next few months to minimise any inconvenience to members and quests.

**Swimming Pool:** The Clubhouse is calling a tender to construct shelters along the side of the swimming pool to provide swimmers accessible shelter during inclement weather.

**(** 

The Club is continually exploring new social and sporting activities to engage the diverse needs of our members and public officers.

The Clubhouse is also sourcing for a café outlet, beside the swimming pool complex, to offer swimmers drinks or snacks after a good swim.

#### **CSC** @ Tessensohn

**Auditorium:** The auditorium is now fully renovated and ready for use. It has a new look and feel, with audio and visual aids and lighting that can create a variety of enhanced moods. The air-conditioning system is new using the VRV Aircon system instead of the old air-cooled chiller system to cut down on the consumption of electricity. Four TV consoles have been added to the front of the stage which can be used for reference by speaker or karaoke singer. In the near future, a big LED screen will be installed on one side of the outer wall of the auditorium to screen activities in the auditorium or to feature promotions.



**Function Rooms:** The renovation of the function rooms and the external wall at level 4 together with the toilet facilities will be completed on the 3<sup>rd</sup> week of May 2016. The upgraded function rooms with improved acoustics will provide an enhanced experience for the members and public officers attending the various social events organised by the Club.



#### **Social Activities**

Movie Treats: Two blockbuster movies will be screened at Lido Cinema in May 2016, namely Captain America on 4 May and X-Men on 23 May. Although Captain America will be screened during the secondary school examination period, the response to this show is very encouraging. The Club has also booked Finding Dory at Lido Cinema on 23 June 2016. This show will be very popular among children and a great opportunity for parents to bond with their children. All these shows are good value for money as they are subsidised by the Club.



#### Mother's And Father's

**Day Lunch:** This is the time of the year where children express their filial piety to the ones closest to them. The Mother's Day lunch celebration will be held at Tessensohn Clubhouse Oian XI Restaurant on 8 May 2016. Mothers will be pampered with a hand massage, entertainment, lucky draw, goody bag and an 8 course sit down lunch. This will be a good chance to try the delicious food dished out by Qian Xi Restaurant's new executive chef. The Father's Day lunch will be held at the same venue on 19 June 2016 and each table will be given 2 complimentary bottles of wine to the fathers. There will be a goody bag for the fathers, entertainment and lucky draw prizes to be won. So do come forward to book a table and celebrate these occasions.

**Hot Dog Eating Contest:** This is the first time that the Club is organising an eating contest. It will be held at Tessensohn Clubhouse on 28 May 2016. The details are on page 8. So for all those out there who love eating and a challenge, do register for this contest.



**Charlie Ng** General Manager, CSC

#### Children's Activities -

June Holiday: There are about 40 activities lined up just for the children during the June School Holidays. They range from cooking classes, to adventure camps, sports and martial arts activities. We also have 100 social activities planned for the adults. For those who are not travelling, you can spend a meaningful June Holiday in Singapore and partake in the social activities that we have arranged for you and your family.

#### Sports

PS Sports & Family Day: This is held at the Gardens By The Bay (Bay East) on the 7 May from 8 am to 1 pm. It promises to be a day of fun both on land and in the water. There are activities for everyone with stage performances by magician and singers, roving baskers, games booths, food stalls, telematches, amazing race for family to bond, dragon boat race, kayaking, healthy lifestyle walk of about 4.5 km and a 40 km bicycle ride from Changi Clubhouse to Bay East. There is even a lucky draw for all attendees. All these activities are free for members and public officers. If you are attending, please park your car at the National stadium or take an MRT to National Stadium and exit from B. 40 seater buses will be available to ferry participants at regular intervals to and from the venue.

## Sun Down Marathon:

The Club has partnered the organiser of the Sun Down Marathon to



include a category for public officers in all the events ranging from 10, 21 to 42 Km. There is also a 5km fun run. The venue is at F1 pit on 28 May 2016, from 8 pm onwards. The participation fee for public officers in this Run will be partially subsidised by the Club. So far, 150 public officers have signed up for this event. If you are interested, please visit either our website, the sports micro site or speak to your Ministry's SLO to register for this event. This is another new mass running event that the Club is promoting.

Once again to all the mamas and papas "A Happy Mother's and Father's Day" and to all readers have a great June holiday!

# In Celebration of



At CSC, we're all about family and fun. And with three clubhouses, there are three distinct experiences for everyone!



#### CSC @ CHANGI

Nestled in a tranquil corner of Changi, this seaside resort is the perfect waterfront retreat for a family staycation, complete with premium accommodation, swimming pools, cafes, family-friendly restaurants and a five-storey sports complex that houses activities for all ages. Our Family Suite offers spacious rooms and a fully equipped kitchen, while the Deluxe Single Suite houses a king-size bed, a swing chair and can easily fit a baby cot should you need one.

To find out more, lease email changi@csc.sg





#### CSC @ TESSENSOHN

Conveniently located near the city centre, this urban clubhouse is a popular spot for social activities and workshops that cater to the kids, the young at heart and families. It also houses a fully equipped cooking studio that is the perfect spot for demonstrations and classes.

To find out more, please email tessensohn@csc.sg



#### CSC @ BUKIT BATOK

Known for its rustic tropical vibe and lush greenery, the clubhouse is a favourite among families with young children especially with attractions that include an indoor playground, a wave pool, slide tower, lazy river and cosy treehouses for BBQs. The clubhouse also features a recently upgraded children's playroom with new play equipment, flooring and wallpaper all adding to the vibrancy of the kid-friendly space.

To find out more, please email bukitbatok@csc.sg



We celebrate the little moments and the big ones too. In early May, we rolled out special deals for mum for Mother's Day. Find out more in the March - April 2016 issue of *Fusion* on pages 26 and 27. With Father's Day and the June holidays just around the corner, we didn't forget dad and the kids.

Pampering Dad: Give the Man a Tiger! Head off for a tour of Asia Pacific Breweries on 18 June where you and dad will discover more about Singapore's iconic beer and enjoy free-flow Tiger. Then on 19 June, dine with dad and savour a tasty menu at Qian Xi (Farrer Park) Restaurant at CSC@Tessonsohn. Find out more about both events on page 5.





**Entertaining the Kids:** From bento workshops and cupcake classes to Lego and robotics sessions, June is packed with fun, exciting programmes that will keep young ones well entertained all month long. Check out pages 26 to 34 for more details.

With so much in store, we'll keep you and your family entertained!

#### what's happening



When was the last time you had lunch with your dad? It's not too late to appreciate your dad! Celebrate this Father's day with a special treat at CSC.



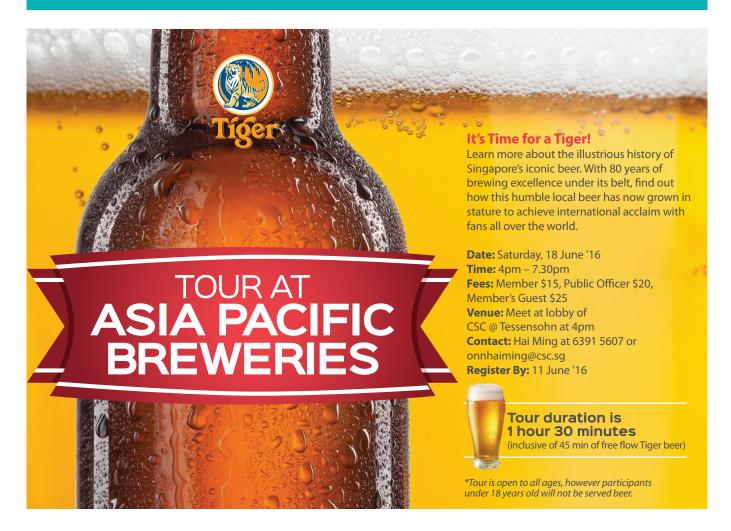
Enjoy a sumptuous lunch that begins with Cold Dish Combination, Crab Meat Fish Maw Soup, Crispy Roasted Chicken, Fried Prawn with Wasabi Sauce, Teochew Style Steamed Sea Bass, Braised Mushroom with Baby Kai Lan, Seafood Fried Hong Kong Noodle & Cheng Teng. Member \$300 per table Public Officer \$350 per table Member's Guest \$360 per table



**Date:** Sunday, 19 Jun '16 **Time:** 12pm – 3pm

**Venue:** Qian Xi (Farrer Park) Restaurant, CSC @ Tessensohn **Contact:** Gek Cheng at 6391 5624 or kuagekcheng@csc.sg

Register By: 8 Jun '16





Join in this fun event to discover the wonders and specialties of each race. Teams will be engaged in different cultural games and gain new experiences through understanding of the other races.

End the day with tea break and a hearty group sharing!

#### **Multi-Racial Bonus**

Teams with members of different races will get bonus points!

Two different races: 10 bonus points

Three different races: 20 bonus points

You can be the lucky winner to win an <mark>iphone 6</mark> when you participate!

Fees: Member \$35, Public Officer \$40, Member's Guest \$45 (team of four)

Register By: 15 July '16

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





**FREE** 

for all!









# International day of 🗳

Yoga is a 5,000-year-old physical and mental practice, which aims to transform both body and mind, discovering the sense of oneness with you, the world and the nature.

June 21st is Summer Solstice and the longest day of the year. This day holds a special significance to many parts of the world which makes its a perfect choice for International Day of Yoga. Join us for a free yoga session conducted by professional yoga masters from Vyasa Yoga and G Yoga to rejuvenate your body and mind.

Date: Tuesday, 21 Jun'16

Time: 7pm - 8pm

Venues: CSC @ Bukit Batok, CSC @ Changi,

CSC @ Tessensohn

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

Register By: 30 May '16

\*Participants are to bring your own yoga mats

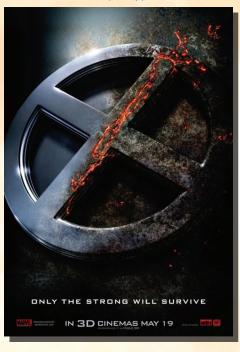
# ★ CSC PRESENTS

# MOVIE TREATS

## X-MEN: APOCALYPSE

(IN 2D)

Worshipped as a god since the dawn of time, the original mutant En Sabah Nur becomes immortal. Unimpressed with the state of the world, he gathers a new Four Horsemen to cleanse the world of the weak and lead it. It's up to the surviving First Class of X-Men and new recruits, led by Raven (Jennifer Lawrence) and Professor X (James McAvoy), to save mankind from Apocalypse.



Monday, 23 May '16 6pm (TBC) Shaw Lido

# FINDING DORY



With help from Nemo and Marlin, forgetful blue tang Dory takes off on a life-changing adventure across the ocean to California's prestigious Marine Life Institute, a rehabilitation centre and aquarium to reunite with her mum and dad.



Thursday, 23 Jun '16 7pm (TBC) Shaw Lido



#### For more enquiries, please contact Serene Cho at 6391 5620 or serenecho@csc.sg

#### FEES:

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Member \$10\* for 1 pair of movie tickets (\*For CSC Main Card Holders only) Fee includes 2 movie tickets

## Member \$6.00 per ticket, Public Officer/Guest \$8.50 per ticket

- Each CSC main card holder is entitled to 1 pair of movie tickets (2 tickets). CSC main card holder can purchase 1 additional ticket at \$6, subsequent tickets can be purchased at \$8.50 each.
- Supplementary card holder can purchase 1 ticket at \$6.00 each, subsequent tickets at \$8.50 each.
- For non-member, you can purchase the ticket at \$8.50 each.

#### **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 firstserved 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.

#### what's happening



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 and gifts up to \$500 will be given to 1 winner from each category.

Additional cash prizes and 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: CSC @ Tessensohn

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

Register By: 14 May '16

\*Minimum 20 contestants per category.
All food items are Halal Certified.



# 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!









"Sports also fosters teamwork among colleagues within each ministry, and they get to meet people from other ministries. This way, they see how the whole civil service comes together to serve the Singapore community."

- Mr Tan Boon Huat Chairman, Board of Games









- 01 Mr Tan Boon Huat encouraging a healthy lifestyle in the public service through sports
- 02 Mr Tan Boon Huat presenting award to Sports Liaison Officer Alexandria Wong
- 03 Board of Games Member Mr James Kwek (right) presenting award to Sports Liaison Officer Mr Tay Lay Hian
- 04 Board of Games Member Mr Addy Suhairi Selamat (right) presenting award to a Sports Liaison Officer
- 05 CSC's GM, Mr Charlie Ng (left), was there to celebrate the occasion
- 06 A thumbs up to good health!
- 07 Tucking into a sumptiuous spread
- 08 See you at the next games!

# BEYOND GAMES AND TROPHIES

The Public Service STAR Games Awards Presentation Ceremony

On the evening of 30 March 2016, the Ruby Room at Tessensohn Clubhouse was packed to the brim as over 70 Sports Liaison Officers (SLOs) and CSC Sports Convenors took to the stage to receive recognition awards for their efforts in facilitating the success of last year's Public Service STAR Games.



The event also noted the achievements of the organisations that came in fifth to 10th positions in Divisions I and II – with the top four awards having been given out at the CSC Dinner & Dance 2015 held on 31December last year.

Almost 40 government agencies took part in the STAR Games, participating in over 37 events ranging from swimming and beach volleyball to golf and sepaktakraw. Getting everything and everyone ready was no mean feat. The SLOs, in particular, had to publicise coming events at their respective organisations, collate entries, distribute cash prizes to the winners, coordinate and take charge of their teams for competition and other tasks - all on top of their regular work. "I enjoy what I do. It's not tough. We have very good teams and good support from the commanders," said Alexandria Wong from the Ministry of Defence, which clinched third place last year.

Indeed, the SLOs' contributions go beyond trophies and medals to making sports a way of life among their colleagues.
Guest-of-Honour and CSC Chairman,
Board of Games, Mr Tan Boon Huat,
commented, "The aim of the STAR Games is to encourage officers to adopt a healthy



lifestyle and keep active. They don't need to compete, just enjoy the sport. Sports also fosters teamwork among colleagues within each ministry, and they get to meet people from other ministries. This way, they see how the whole civil service comes together to serve the Singapore community."

Emphasising on fun seems to have paid off for the Ministry of Education (MOE). Champion of Division I, MOE focuses on building team spirit. Said Tay Lay Hian, MOE's SLO, "I enjoy it when the participants tell me they're having a good time. Being the champion ministry is just a bonus." Mr Tay, together with the SLOs of the top five agencies in Division I and II, received recognition awards for their contributions at the event.

Not forgotten at the Ceremony were the three CSC Games Convenors for golf, football and sepaktakraw. While the SLOs take care of things at their organisations, the Games Convenors organise their respective games and make sure everything runs according to plan. All three are well-versed



with their sport. Abdul Sarip Bin Naharawi, for example, has spent the last 25 years as the CSC Games Convenor for sepaktakraw. True to the spirit of the STAR Games, he said, "I am happy and proud that I have served for 25 years. I've made many friends in the process, both officials and players."

#### Congratulations to the 2015 STAR Games top 10 agencies!

#### **DIVISION I**

- 1 Ministry of Education
- 2 Ministry of Home Affairs
- 3 Ministry of Defence
- 4 Ministry of Health
- 5 Housing and Development Board
- **6** Sport Singapore
- 7 Ministry of the Environment and Water Resources
- 8 Land Transport Authority
- 9 Ministry of National Development
- **10** Ngee Ann Polytechnic

#### **DIVISION II**

- 1 Republic Polytechnic
- 2 JTC Corporation
- 3 Civil Service College
- 4 Ministry of Manpower
- 5 Temasek Polytechnic
- 6 Ministry of Social and Family Development
- 7 Central Provident Fund Board
- 8 Building and Construction Authority of Singapore
- 9 Maritime and Port Authority of Singapore
- **10** Ministry of Culture, Community and Youth



## CSC WALK @ CHINESE GARDENS

Over 150 public officers from various government agencies took part in a 5 km walk at the Jurong Lake Park and Chinese Gardens in the afternoon on 29 March 2016.

The walk was well supported by participants from the People's Association (PA) who came in numbers, some donning their distinctive orange-coloured t-shirt.

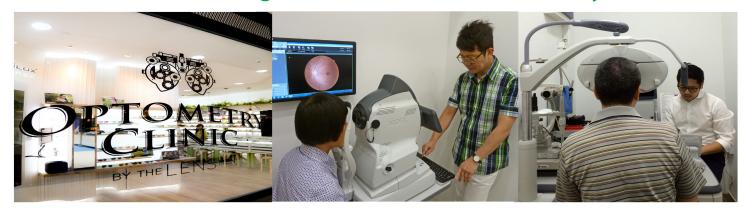
Aimed at promoting a healthy lifestyle, the event started off with an aerobics workout to warm everyone up before embarking for the walk. Guest-of-Honour Ms Janet Fong, CSC Executive Committee member, then flagged off the event. The start and end



point was at Jurong Lake Central Pavilion. It was an enjoyable walk with participants taking the time to bond with one another. At the end of the walk, participants received fun packs and took part in a lucky draw. Three lucky winners walked away with cash prizes.

"I was very surprised and happy as this is the first time that I have won the lucky draw. Together with my colleagues, this CSC Walk is a relief from our busy work schedules. It is also a good opportunity to visit these places of interest and maintain a healthy lifestyle," commented Mr Colia Liau, from PA.

# Do You or Your Family Have Glaucoma, Cataracts, Infections or Macular Degeneration Undetected In Your Eyes?



## Only a comprehensive eye examination can tell!

All Civil Service Club members and immediate family get a <u>FREE</u> complete eye health assessment to check for diseases and abnormalities, conducted by highly qualified optometrists at The Lens Men.

Any eye conditions detected will be professionally referred to a trusted specialist for further diagnosis and treatment.

The Lens Men is located at Parkway Parade #B1-76A/77 and #B1-99/100 (optometry clinic). Just walk in or call 6348 0439/6348 6670 for instant appointments.

See clubhouse posters for details on why yearly eye exams are crucial for overall health and contact lens wear, and to check out your membership prices for contact lenses, prescription spectacles and sunglasses.



#### **EVENTS**

- 21KM (OPEN/PUBLIC SERVICE)
- 21KM EKIDEN (OPEN/PUBLIC SERVICE)
- 10KM (OPEN/PUBLIC SERVICE)
- **5KM FUN RUN**

#### **RUNNERS' ENTITLEMENTS**

- Run By The Bay Singlet
- Run By The Bay Finisher's T-shirt (For 21KM & Ekiden Participants)
- Finisher's Medal
- Towel
- Shoe Bag
- Race Bib
- Sponsored Items













#### 10 LUCKY DRAW PRIZES TO BE WON

1st: JVC Luxury Sound System

JVC Multi Component Speaker System 2nd:

3rd: Sanyo Camcorder Sanyo Dual Camera 4th:

5th: **Denon Multimedia Headphones Compressport Running Shorts** 6th: **Compressport Quads** 7th: **Compressport Calf Sleeves** 8th: **Compressport Arm Sleeves** 9th: **Compressport Pro-Racing Socks** 10th:

#### PRIZES FOR COMPETITIVE RUNNERS

#### **OPEN CATEGORY**

| POSITION | 21KM MEN / WOMEN | 10KM MEN / WOMEN |
|----------|------------------|------------------|
| 1        | \$500            | \$300            |
| 2        | \$400            | \$250            |
| 3        | \$300            | \$200            |
| 4        | \$200            | \$150            |
| 5        | \$100            | \$75             |

#### **PUBLIC SERVICE CATEGORY**

| POSITION | 21KM MEN / WOMEN | 10KM MEN / MEN'S SENIOR /<br>MEN'S ACTIVE AGERS /<br>WOMEN / WOMEN'S SENIOR |  |
|----------|------------------|---|--|
| 1        | \$200            | \$150   |  |
| 2        | \$150            | \$100   |  |
| 3        | \$100            | \$75  |  |
| 4 - 5    | <b>\$7</b> 5     | \$50  |  |

#### 21KM EKIDEN (TEAM OF 3 RUNNERS)

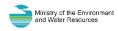
| POSITION | OPEN CATEGORY<br>(MEN / WOMEN) | PUBLIC SERVICE CATEGORY<br>(MEN / WOMEN) |
|----------|--------------------------------|--|
| 1        | \$350                          | \$350                                    |
| 2        | \$300                          | \$300                                    |
| 3        | \$250                          | \$250                                    |
| 4        | \$200                          | \$200                                    |

## **REGISTER NOW AT WWW.CSCRUN.COM**

In Support of Sports Promotion

Supported By













Official Apparel

Official Coach Coached

Venue Partners

Official Heart Rate Watch

Official Laundry Liquid Detergent



dan



**COMPRESPORT** 











# **SPORTS NEWS**

"Nothing is impossible in this world if you just put your mind to it and maintain a positive attitude." - Lou Holtz Overcoming challenging moments together as a team is how our players display their unity and camaraderie in the Public Service STAR Games.

# MEWR EMERGES CHAMPIONS IN 3-6-9 COMPETITION

13 TO 27 FEBRUARY 2016

A total of 91 teams from 26 government agencies participated in the Public Service 3-6-9 Bowling Competition held at the Changi Resort Bowl, CSC @ Changi from 13 to 27 February 2016.

This year, Ministry of the Environment and Water Resources (MEWR) fielded 8 teams in the competition. Team members made the effort to attend centralised weekly trainings held on weekends, months before the competition. Their effort paid off as the agency emerged champion in the Men's Active Agers category and also clichéd the 1st and 2nd runner-up positions in the Women and Men's categories respectively. With the points scored, MEWR went on to win the Overall Championship title.

"The win for Men's Active Agers had definitely spurred the younger bowlers participating in the Women's and Men's events to secure a standing in the top four for their category" shared Ms Adeliza Abdul Mutalib, team manager from MEWR.

"We are really excited and happy to have clinched the overall championship. The Public Service 3-6-9 Bowling Competition 2016 is a good start for the MEWR family for the year of 2016," concluded Adeliza.

Guest-of-Honour and CSC Executive Committee member Mr Goh Kok Wee presented prizes to the winning teams.



#### **RESULTS**

Women's Category

Champion: Housing & Development Board

Women

1st Runner-Up: Ministry of the Environment and

Water Resources (NEA W)

2nd Runner-Up: Ministry of Health (TTSH W) 3rd Runner-Up: Ministry of Education (W2)

Men's Active Agers

Champion: Ministry of the Environment and Water Resources (NEA W)

1st Runner-Up: Housing & Development

Board (AA)

2nd Runner-Up: Ngee Ann Polytechnic (AA 1) 3rd Runner-Up: Ministry of Education (AA)

Men's Category

Champion: Ministry of Education (3) 1st Runner-Up: Ministry of Defence

2nd Runner-Up: Ministry of the Environment and

Water Resources (NEA 1)

3rd Runner-Up: Ministry of Health (Singhealth H)

**Mixed Category** 

Champion: Ministry of Home Affairs 1 (SPF 1) 1st Runner-Up: Ministry of Home Affairs 2 (SPF 2) 2nd Runner-Up: Ministry of Health (NUH Mixed 1) 3rd Runner-Up: Ministry of Education (Mixed 4)

**Overall Position** 

Overall Position

Overall Ministry of the Environment

Champion: and Water Resources

Joint 1st Housing & Development Board

Runner-Up: Ministry of Education

3rd Runner-Up: Ministry of Health

#### MINDEF SWIMS TO CHAMPIONSHIP VICTORY

2 APRIL 2016

On 2 April 2016, close to 200 swimmers from 17 government agencies met at the CSC @ Tessensohn for the Public Service Swimming Meet 2016.

Medals from a total of 38 individual and relay events were up for grab. Whilst the



competition was intense, there was much camaraderie among the different teams as they cheered and encouraged their teammates. The relay events created the most hype as teams swam to win glory for their agencies. At the end of the Meet, Ministry of Defence performed exceptionally well by not just winning the top position in the Men's Category, but also the Women's Category title, a position dominated by Ministry of Education.

"This year has been very challenging for our MINDEF team with many of the relay events having an extremely close fight between the winning and losing teams", shared Mr Kenny Sia from MINDEF.

Despite heavy work commitments, the team came together for a few centralised trainings a month before the event. During these sessions, the team concentrated on relay changeover and focused on gaining a strong start.

"We are looking forward to compete again next year. My advice to fellow swimmers

#### **RESULTS**

Women's Category

Champion: Ministry of Defence 1st Runner-Up: Ministry of Education 2nd Runner-Up: Sport Singapore 3rd Runner-Up: People's Association

Men's Category

Champion: Ministry of Defence 1st Runner-Up: Sport Singapore 2nd Runner-Up: Ministry of Education 3rd Runner-Up: Ministry of Home Affairs

**Overall Position** 

Champion: Ministry of Defence
Joint 1st Ministry of Education
Runner-Up: Sport Singapore
Joint 3rd People's Association
Runner-Up: Ministry of Home Affairs

is: you can lose a match but don't let it affect you and lose the race", concluded Kenny

Guest-of-Honour Mr Phua Boon Leng, CSC Executive Committee Member presented prizes to the winning teams.



#### 22 FEBRUARY TO 21 MARCH 2016

A total of 58 teams from 25 government agencies took part in Public Service Badminton Tournament held between 22 February to 21 March 2016 at CSC @ Tessensohn.

The tournament comprises four categories, namely the Men's Open, Men's Active Agers, Men's Senior and Women's Open. Spectators at the finals on 21 March 2016 were treated to some very exciting matches. In the Men's Open category, Ministry of Health edged out the National University of Singapore team in an exciting and nail-biting finals that lasted for more than two hours which ended with a final score of 2-1. This is the first time all the 4 categories in the tournament were won by different agencies.

"This is the 15th time MINDEF has been the Champion and seven times in a row. Champions are not made overnight. Our players have talent and the correct mind-set to deliver results. We created a legacy for MINDEF in the Public Service Badminton Tournament that will leave a lasting impact", concluded MAJ (Ret) Victor Sim from MINDEF.

Guest-of-Honour Mr James Kwek, CSC Executive Committee Member, presented prizes to the winning team.



#### RESULTS

#### Women's Open

Champion: Ministry of Education
1st Runner-Up: Ministry of Defence
2nd Runner-Up: Ministry of Health
3rd Runner-Up: Housing & Development Board

#### **Men's Active Agers**

Champion: Ministry of Defence
1st Runner-Up: Housing & Development Board
2nd Runner-Up: Land Transport Authority
3rd Runner-Up: Ministry of Home Affairs

#### Men's Senior

Champion: Ministry of Home Affair
1st Runner-Up: National University of Singapore
2nd Runner-Up: Ministry of Defence
3rd Runner-Up: Ministry Of Education

#### Men's Open

Champion: Ministry of Health
1st Runner-Up: National University of Singapore
2nd Runner-Up: Ministry Of Defence (1)
3rd Runner-Up: Inland Revenue Authority of
Singapore

#### **Overall Position**

1st Position: Ministry of Defence
2nd Position: Ministry of Health
Joint 3rd Ministry of Home Affairs
Position: Ministry of Education

#### MHA CLINCHES OVERALL CHAMPIONSHIP

#### 12 AND 19 FEBRUARY 2016

Over two weekends of 12 and 19 February 2016, 45 men's and 15 women's team from various government agencies met at the Clementi Sports Hall for the Public Service 3-on-3 Basketball Tournament.

Teams were drawn into groups for the preliminary matches. Within the groups, they played a round-robin format. The top teams then proceeded to play in the knockout stages.

Ministry of Education (MOE) and Ministry of Home Affairs (MHA), both powerhouses in the game, gualified for the finals. However,



there were surprises in the Men's category, when the Sport Singapore team defeated MOE in the semi final to qualify for the final. The team then created an upset by defeating MHA to emerge champion.

In the end, MHA was declared overall champions based on points won from both categories. "Being overall champions of the competition, we strongly felt that with determination and hard work, nothing is impossible", concluded Mr Richard Tan from MHA.

#### **RESULTS**

#### Women's Open

Champion: Ministry of Education (2)
1st Runner-Up: Ministry of Home Affairs (1)
2nd Runner-Up: Ministry of Education (3)
3rd Runner-Up: Ministry of Health

#### Men's Open

Champion: Sport Singapore
1st Runner-Up: Ministry of Home Affairs (1)
2nd Runner-Up: Ministry of Home Affairs (2)
3rd Runner-Up: Ministry of Education (3)

#### **Overall Position**

Champion: Ministry of Home Affairs 1st Runner-Up: Ministry of Education 2nd Runner-Up: Sport Singapore

#### MOH CLINCHES CHAMPIONSHIPS FOR CHESS COMPETITION

#### 12 MARCH 2016

The Public Service Chess Competition which was held at CSC @ Tessensohn on 12 March 2016 saw a participation of 12 teams from eight government agencies.

Similar to previous years, the main contenders for the championship title are the teams from Ministry of Health (MOH) and Ministry of Education (MOE). After five rounds of intense competition with teams pitting against different opponents, MOH took home the champion title with the highest points scored.

"The top two teams every year were MOH (1) and MOE (1), and not surprising, they met in round three. Our previous matches were closely fought and usually ended in a 2-2 draw. This year, we beat our strong rival with 3.5-0.5. The margin was unexpected. In the next round, we easily beat NTU 4-0 and only needed half a point in the fifth round to clinch the title," shared Mr Alvin Ong, team manager for MOH.

"On hindsight, I think our weekly preparation two months before the tournament built up our team's confidence and sharpness. More importantly, we have built up camaraderie over the past 16 years," concluded Alvin.

Guest-of-Honour Mr Charlie Ng, CSC General Manager, presented prizes to the winning teams.

#### **RESULTS**

Champion: Ministry of Health
1st Runner-Up: Ministry of Education
2nd Runner-Up: Housing &

Development Board

3rd Runner-Up: Judiciary







# Our First Term in Office

Our Management Committee is now serving our second term in office. The year was filled with many local and overseas



rides to places such as Kukup, Johor Lamar, Sedili, Desaru. We also ventured beyond the causeway to Batam, Bintan and Taiwan.

The incumbent Management Committee members have another year to serve before their term ends. A general election will be held to elect a new committee. We hope that new members will come forward to take the club further with more exciting events for our members.

### **Cycling Dilemma**

With the advent of the cycling craze, many have gotten on the bandwagon to share their views on this topic which they think needs to be addressed. Of late, there have been several comments in our local press and on social media expressing concerns about the behaviour of cyclists on roads, park connectors and pedestrian walkways. Some have expressed their views that bicycle owners should be paying road tax and have insurance coverage. Others has suggested that cyclists should be barred from cycling on the pavements as that is inconsiderate and irresponsible, causing incoveniences to pedestrians.

We at CSC Cycling will ensure that all members will act responsibly while on the roads. We believe to never expect anyone to give you that 1.5m of clearance space. Always remember that

YOU DON'T HAVE RIGHT OF WAY, UNLESS SOMEONE GIVES IT TO YOU'. So, please do RIDE RESPONSIBLY AND SAFELY.



#### LKY Rememberence Ride

During the mourning period last March, CSC Cycling members joined thousands of Singaporeans and our foreign friends in paying tribute to Our Founding Father, the Late Mr Lee Kuan Yew. "A Ride In Not So Many Words" was the name we had bestowed for the ride.

This year, CSC Cycling members again mounted our bicycles in his memory on 26 March and visited the site at Parliament House. CSC Cycling plans to mount bicycles every year to remember and honour Mr Lee for giving us what we enjoy today.



#### Lim Tiang Heng

His appearance at every breakfast gathering before our fortnightly rides are sure to bring cheers to everyone as their 'roti prata' and 'teh tarik' that morning would have already been paind for by our Hon. Treasurer, Tiang Heng. Unfortunately, you would not see him picking up the tab the next time as he has decided to step down from his post to spend more time with his family on weekends. It is with much regret that we have had to accept and respect his decision to resign from the Management Committee as his family takes priority.

He has however promised to continue to cycle with his wife, Pauline on our fortnightly rides as according to them, "these rides give us the much needed exercise, and best of all we enjoy the company of like-minded and friendly



CSC cyclists". In the absence of a Hon. Treasurer, our Management Committee has made an interim adjustment to ensure that the duties of the Hon. Treasure are covered so that members' breakfasts during the fortnightly rides are paid for. Our Hon. Secretary, Sandra Loke will stand in as Hon. Treasurer and her Hon. Secretary role will be covered by Robert Tan our Chairman, until we can find someone to take up the vacant post. We are open to have members volunteer or nominate suitable candidates for this vacancy.

# Bintan - Batam Advisory

Bintan and Batam are popular destinations among Singapore cyclists for cycling events and for those seeking for long distance and challenging rides. Bintan is noted for its very hilly climbs, popularly known as the "King of the Mountain", while Batam is famous for its six bridges along the Barelang Highway.



Recently, many cyclists including some of our members has encountered unpleasant experiences with custom officials at both locations. In the interest of everyone in the cycling community, CSC Cycling has sought the assistance of the Singapore Cycling Federation to liaise with their counterparts in Bintan and Batam to address our concerns.

The Indonesian Cycling Federation based in Batam has clarified that there will be no tax imposed on bicycles, on the account that they are used by the cyclists for participation of an event or for touring the islands and are not for sale. This was further confirmed by a Member of Parliament in Bintan, who has responded to a blogpost in regards to the matter. We are relieved to hear of this and will work with the Indonesian Cycling Federation to assist us whenever we organise a trip these locations.

We would like to advise visitors that the law in both Bintan and Batam requires all payments and purchases there are to be made in Indonesian Rupiahs and not Singapore Dollars. We advise against the use of Singapore dollars in all transactions, regardless of the amount. A number of Singaporeans have been caught by plainclothes officers who lay waiting to arrest unsuspecting visitors. Do always carry more than adequate currencies so as not to be caught in any awkward situation.

We would also want to remind cyclists that weekend and public holiday trips to these islands can often be rough in view of golfers and the holiday crowd. Ensure that you have pre-booked your ferry tickets, including the \$10 luggage fee for your bicycles to avoid disappointment as there will be limited storage space for luggages, especially bicycles.

If you plan to cycle in Batam or Bintan, it is better to go in a large groups as it is safer. Why not consider joining in our events? Organised by our Convener, Robin Tan, he will take care of all logistics and a support vehicle will be available to escort you through the way.





#### Car Free Sunday

This is surely sweet music to the ears of every cyclist. Imagine riding on the roads of Singapore without speeding vehicles, toxic fumes, traffic lights, crossings pedestrian and overhead bridges. This was made possible with LTA, URA and the other government agencies for the very first Car Free Sunday on 28 February 2016.

Without hesitation, Richard, our Local Ride Convener rounded more than 40 members and their guests to cycle from CSC Changi to the Central Business District to sayour this occasion and they also participated in the many activities that were held. The day was well spent as it was our cyclist's dream to have the roads in the city all to themselves. The response from other cycling groups, joggers, walkers, skaters, and fun-loving fitness enthusiasts will surely ecnourage the authorities to have this as an on-going event. CSC Cycling will definitely be there again and with an even larger force. Come join us for another car free cycling in the city next month.





#### Trip to Kukup,

12 - 13 March 2016

10 cyclist from CSC Cycling took to our bicycles and pushed through a 100 km ride to arrive at Kukup, Pontian, a favoured destination for a day-trip by many Singaporeans known for its affordable fresh seafood, street-side shopping and the famous crystal jelly (菜燕糕).

The highlight of the trip was our visit to Pulau Kukup Johor National Park, one of the largest inhabited mangroves in the world. Egrets perched on mangrove trees greeted us as we arrived and soon, we were exploring the swamp up close. Watch carefully and you will be able to spot tiny organisms such as mudskippers, hermit crabs and others alike. Volcanoliked mounds on the swamp floor had everyone wondering about the nocturnal mud lobsters living inside, but we will have to wait till nightfall to see them surface. At the end of



the boardwalk stands a six-storey watchtower where we sought shelter from the passing showers while admiring the excellent overview of the mangrove site.

With a common passion for riding, the chance to enjoy great company and fun together with yummy foods, CSC Cycling has organised rides that brings us to many places. Don't miss out to join us on the next ride!

#### clubhouse



3T-RUN (Time-Trial-Training Run) is a series of runs (10km or 21km) in various locations in Singapore ranging from Parks to trails. The real competition you have is yourself. No frills, No expensive participation fee. Your timing will be recorded with a professional timing system and recorded online

We will rank you against others who run in this series. At the end of the month, you will be able to see your own improvements and also your progress against other runners.

Prizes for the most improved (monthly) and the top male and female runner at the end of the run series.

#### **Runners Package:**

- · Individual Sports Timing with timing chip (chip to be returned)
- · Monthly prize for most improve run time
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- F-Cert
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- · Bag Storage

Interested parties please contact us at johnc@swimbikerun,com.sg or call at 9643 2045.

www.facebook.com/TheFacilitySG/







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-Justin, 108kg >82kg Featured on Men's Health!







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after

#### clubhouse



Whether you are looking for an afternoon respite or a quick bite, immerse yourself in the exclusive charm of Meyer House and Hornbill Café as we embark on a unique culinary experience with you.

# A colonial gem in Changi

Tucked away from the hustle and bustle of the city, Meyer House Restaurant and Bar sits along the scenic coastline of Changi. Its colonial heritage dates back to 1927 where the establishment was first built by Manasseh Meyer, and is part of the Changi Civil Service Club today. Meyer House Restaurant and Bar has now added its own personal touch while preserving the bungalow's unique charm.





Delight your senses and give your palate a treat with our Asian-Western dishes such as tantalizing Codfish Burger, Spicy Scallop and Prawn Pasta or Assam Fish Pizza. The beverage menu also features classic cocktails, as well as original creations for the more adventurous.

Start your evening or end it with a night cap and a good conversation at our alfresco decked patio overlooking the beach, while enjoying the cool breeze as the sun sets. As an ideal waterfront venue, Meyer House Restaurant and Bar aims to create a lifestyle experience for guests.

# The Poolside Cafe



HORNBILL
The Poolside Cafe

Named after the species of birds that grace the trees around the clubhouse, Hornbill the Poolside Café is

perfect for unwinding at the Far East with a scenic view overlooking the Changi Coast. Offering an ideal chill out session amidst a casual ambiance, Hornbill features an extensive selection of local and western delights where guests can indulge at affordable prices. Dishes ranging from salads and wraps to pasta and local favourites such as Fried Mee Siam with Shrimp, will appeal to diners from all walks



of life. Their all day brunch menu also features classic items like Eggs Benedict, Berries and Banana Pancake and Jumbo Breakfast.



#### **Auditorium & Function Rooms**

The ideal place for a vast variety of functions, work presentations, seminars, karaoke competitions and musical performances. Fully fitted with an upgraded AV and lighting system, acoustics, flooring, seats and a functional auditorium stage. Modern and user friendly.

<u>Please contact us for any enquiries and bookings:</u>
Jacqueline Tang at 6391 5605 or jacquelinetang@csc.sg
Shamira at 6391 5623 or shamirajohari@csc.sg



#### **Restrooms & Nursing Room @ Level 4**

The facilities will be enhanced with additional wash basins and one more cubicle will be created for the female restroom. The floor and wall tiles together with all the sanitary fixtures will be changed. A nursing room will also be created to support families with young children when attending functions.





#### clubhouse



#### **ADVERTISE WITH US!**

## **Media Rate Card**

Fusion is the official bi-monthly magazine of the Civil Service Club (CSC).

The CSC has a membership of 53,000 and is still growing. With One membership, members have access to Three Clubhouses which give Three Distinct experiences. CSC boasts an array of modern facilities that cater to the needs of every event. It runs the widest range of social and sports activities offered by a social club.

CSC is definitely the preferred club not just for public officers but also the general public.

Fusion has a circulation of 29,000. Majority of readers are below 49 years old and married. If you would like to reach out to them, don't miss this chance to advertise with us today!

Call Doris at 6514 3630 or email marcomms@csc.sg for more details.



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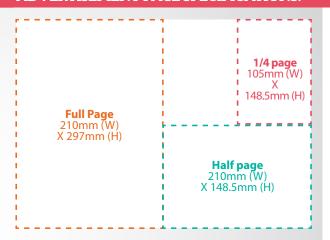
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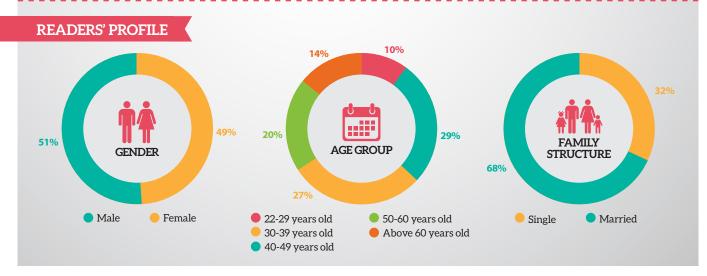
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Civil Service Club 🙆







#### Car Maintenance Talk

- What to do when there is an accident?
- How to protect your car against fraudulent claims?
- How do you lodge insurance claims?
- Car Maintenance Tips

Sharing by Mr Eric Cheong, Owner of BH AUTO SERVICES PTE LTD and veteran insurance people from Tokio Marine

Date: Saturday, 25 June'16 Time: 2.00pm - 4.00pm

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: 10 June'16

\*Note: Organiser reserve the right to change the topic or speakers due to exigency

#### **Authorised Workshop For:**









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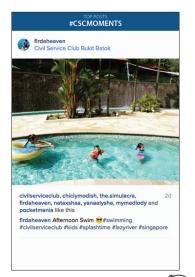
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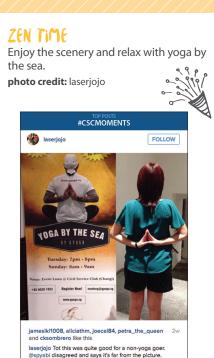
At CSC it is all about creating the special moments and memories with your family, friends and colleagues. Share these special moments at our unique CSC Clubhouses with us by using #cscmoments on your social media posts! You can also write in to us at feedback@csc.sg to tell us your stories. Each selected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



#### (HILL IT OFF

Take an afternoon swim at the gorgeous pools in any of our CSC clubhouses to beat the raising temperatures!

photo credit: firdaheaven





#### TEAM BONDING

Swim and have fun at our pools at CSC clubhouses. Exercise and chill with your friends and family.

photo credit: viktiara

#### STAY FIT

Grab a few of your family members or friends for a good workout in a friendly game of badminton at CSC.





#### TONE IT UP

Calling gym fanatics! Work up a sweat and build those muscles at CSC. Train only with the best!

photo credit: elite\_fitness\_golds\_gym



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(for children between 6 to 12 vrs old)

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- \* Fluoride Therapy (if applicable)

#### **SURGI-SMILE PACKAGE \$880**

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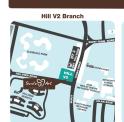
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#### **KUNGFU PANDA BENTO**

Bond with your kids in this two hour fun packed workshop where your kids will learn how to:

Make three different types of sushi which include Panda Onigiri, Piggy Egg and Flower Ham.

Date: Sunday, 19 Jun '16 Fees: Member \$60.

Public Officer \$65, Member's Guest \$70 (Fee for 1 parent/1child) (Fee for additional child: \$30 per child)

Register By: 13 Jun '16



#### **CHOCOLATE INDULGENCE**

Come join in the fun with Chef Trish as she shares healthy chocolate recipes which will indulge you and your little ones. You will learn to make Chocolate Cupcakes with dark chocolate frosting and double chocolate chips cookies

Date: Saturday, 11 Jun '16 Fees: Member \$70, Public Officer \$75, Member's Guest \$80 (Fee for 1 parent/1 child) (Fee for additional child: \$35per child)

#### For above courses:

Time: 2pm - 4pm Venue: CSC @ Tessensohn Contact: Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg Register By: 6 Jun '16

#### **'KAWAII BUNNY BUNS' MAKING** FOR KIDS

Surprise your loved ones with your very own adorable rosy bunny buns! Have fun learning how to make dough from scratch. Transform the plain dough into cute, irresistible bunny buns that can truly melt one's heart.

Date: Saturday, 11 Jun '16 **Time:** 10am – 1pm

Fees: Member \$50, Public Officer \$55, Member's Guest \$60 (For children aged 7 – 12 years) Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sg **Register By:** 4 Jun '16



#### KIDS CAN BAKE (PARENT & CHILD PAIR)

Have fun baking with your child and go home with these delicious treats.

#### Mother's Day Pizza of Love

Date: Saturday, 14 May '16 Time: 1.30pm - 3.30pm Register By: 9 May '16

#### **Banana Caramel Cupcakes**

Date: Sunday, 22 May '16 Time: 4pm – 6pm Register By: 16 May '16

#### **Mini Lady Bug Cake**

Date: Thursday, 2 Jun '16 Time: 4pm - 6pm Register By: 27 May '16

#### **Zebra Stripe Cookies**

Date: Sunday, 12 Jun '16 **Time:** 1.30pm – 3.30pm Register By: 5 Jun '16



#### **Honey Bee Cupcakes**

Date: Tuesday, 14 Jun '16 **Time:** 1.30pm – 3pm Register By: 7 Jun '16

#### **Panda Cupcakes**

Date: Saturday, 25 Jun 16 Time: 4pm – 6pm Register By: 17 Jun 16

For the above courses: Fees: Member \$65, Public Officer \$75, Member's Guest \$78 (Fee for 1 parent/1child) Fee for additional child: Member \$35, Public Officer \$38, Member's Guest \$40 Venue: City Square Mall #07-08 Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg











#### MARTIAN ROBOTIC WORKSHOP

Come and join us for a session of fun robot building and programming with the new Lego EV3 Robotics set! Learn to construct and program the robot to complete missions. You will be working in teams to work on problem solving, robot design and debugging the robot.

Date: Thursday, 9 Jun '16
Time: 10am – 1.30pm
Fees: Member's Child \$58,
Public Officer's Child \$63,
Member's Guest's Child \$68
(For children aged 7 – 12 years)
Venue: CSC @ Tessensohn
Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 2 Jun '16



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

#### WELLNESS WITH ESSENTIAL OIL -HEALTHY CHILD, ROBUST BRAINS!

Learn the use of different essential oil to develop your healthy child and robust brain and create better family bonding time with them. The touch therapy will not only promote physiological healing, it also increases human bonding when quality time is spent together.

#### **Course Outline:**

- Learn how to use different oil for different purposes
- Experience hands-on how different types of essential oil work in different ways with our bodies
- Understand how essential oil are able to effect and stimulate our pineal glands and limbic system

Date: Saturday, 11 Jun '16

Time: 2pm – 4pm

**Fees:** Member's Child \$20, Public Officer's Child \$25, Member's Guest's Child \$30

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg

Register By: 29 May '16
Redeemable for \$15 wor

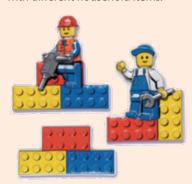
Redeemable for \$15 worth of gift. Stand a chance to win a free Dewdrop Diffuser (worth \$136) during the lucky

draw session.



#### KRAZY LEGO CONTRAPTIONS

Love your LEGO Bricks? How about building some crazy contraptions with it and put them to test? Learn simple mechanical concepts and put your creativity into action. Children will get to build their contraptions hands-on with different household items.



Date: Friday, 10 Jun '16
Time: 10am – 12.30pm
Fees: Member's Child \$40,
Public Officer's Child \$45,
Member's Guest's Child \$50
Venue: CSC @ Tessensohn
(For children aged 5 – 7 years)
Contact: Hai Ming at 6391 5607 or onnhaiming@csc.sq

Register By: 3 Jun '16



#### UNLEASH YOUR CHILD POTENTIAL & CREATIVITY

With numerous enrichment programmes in the market, some children suffer from depression and anxiety due to high parental expectations on them. By going through the Biometric Profiling System, you will have a better understanding of your child's brain capacity. Parents can decide which enrichment programme is best for their child in either strengthening the child's strengths (academics) or overcoming his/her weaknesses.



#### Package include:

- Full biometric report with pre-session of 10 min to scan fingerprints for generating report
- 2 hours group workshop for parents and child to analyse profile report and set an action plan to develop child brain and creativity (min. 10 children)

**Date:** Saturday, 11 Jun '16 **Time:** 10am – 12pm

Fees: Member \$50, Public Officer \$55,

Member's Guest \$58

Fee includes a basic personal

biometric report

(For students aged 7 – 19 years)

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 2 Jun '16

#### LITTLE LEGO ENGINEERS

Create an ancient battle scene with Lego built weapons! Train your child's creativity and motor skills as they build a project theme with Lego bricks. Let your child have fun while training his/her spatial recognition skills and put their imagination to play.

**Date:** Friday, 17 Jun '16 **Time:** 10am – 12.30pm

**Fees:** Member's Child \$40, Public Officer's Child \$45, Member's Guest's Child \$50

(For children aged 5 – 7 years) **Venue:** CSC @ Bukit Batok **Contact:** Hai Ming at 6391 5607 or onnhaiming@csc.sg

Register By: 10 Jun '16



#### **HUMAN DIGESTIVE** SYSTEM DISCOVERY

Through a viewpoint of food being consumed, children will learn about the process of food digestion. Have a fascinating discovery of the different functions of organs that composes the human digestive system. Your child will also experience the events that happen in their body after having a meal through hands-on activities.

Date: Monday, 6 Jun '16 **Time:** 2.30pm – 5.30pm

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

Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg Register By: 1 Jun '16

#### SECRETS OF HUMAN SKELETAL SYSTEM

Be a little Osteologist for a day! Through various fun activities, children will learn about the importance of the skeleton, the different types of bones, bones composition, joints and more. Your child will also have the chance to experience creating his own skeleton.

Date: Friday, 10 Jun '16 Time: 9.30am - 12.30pm Fees: Member's Child \$55, Public Officer's Child \$60, Member's Guest's Child \$65 Venue: CSC @ Tessensohn Contact: Vanessa at

6391 5641 or vanessachoo@csc.sq

Register By: 4 Jun 2016

#### **YOUNG SCIENTIST -**THE MAGIC WIZARD

Children are Natural Scientist, experts at figuring out how the world works. Using science concepts to perform MAGIC, we can help your child develop and maintain the creativity and curiosity that makes the world such an exciting place to explore.

Date: Thursday, 9 Jun '16 **Time:** 9.30am – 12.30pm Fees: Member's Child \$55, Public Officer's Child \$60. Member's Guest's Child \$65 Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg Register By: 4 Jun '16

#### YOUNG SCIENTIST - LEARNING SCIENCE WITH AIRPLANES & WINDS

Get airborne with the Fabulous Ring plane, Super glider etc. These are just some of the wild and wonderful projects in this course. Understand, then use the science concepts and principles to design your very own aircraft. Make one for duration, distance or even speed. Share your new inventions! This course provides an excellent introduction to practical applications and experimenting – a vital and exciting part of the scientists' work.

Date: Friday, 17 Jun '16 **Time:** 2.30pm – 5.30pm

Fees: Member's Child \$55, Public Officer's Child \$60,

Member's Guest's Child \$65 Venue: CSC @ Tessensohn

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sq

Register By: 10 Jun '16

#### THE LITTLE CELL BIOLOGIST

Cell Biology – a subject that has always been deemed too difficult for the young. This is no longer true! We bring to you this specially tailored course for young children. They can start venturing into the intrigues and wonders of cell biology today!

Date: Tuesday, 21 Jun '16 **Time:** 9.30am – 12.30pm Fees: Member's Child \$55. Public Officer's Child \$60. Member's Guest's Child \$65 Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg Register By: 1 Jun 2016





#### JUNIOR FUN IN ENGINEERING

Want to be an engineer for the day? Have fun in the various practical experiments you will learn from this workshop. There will also be an introduction to Electronic Blocks components, Clean and Green System and 3D Printing.

Date: Friday, 17 Jun '16 Time: 1pm – 5pm

Fees: Member's Child \$45, Public Officer's Child \$50,

Member's Guest's Child \$55 (For children aged 7 – 10 years) Venue: CSC @ Bukit Batok

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

Register By: 5 Jun '16



#### SEMAKAU LANDFILL FUN TOUR

Embark on a trip to Semakau Landfill where you will discover and experience what it takes to develop innovative, creative and economical methods to deal with the daily waste we produced. In land scarce Singapore proper waste management is not only crucial to the environment but to the quality of life for the population.

Date: Saturday, 4 Jun '16

**Time:** 8.45am

Fees: Member's Child \$40, Public Officer's Child \$45, Member's Guest's Child \$50 Venue: Meet at CSC @

Tessensohn main lobby Register By: 25 May '16





#### For details and itinerary:

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



# GARDENIA AND ANIMAL RESORT TOUR

Enjoy a fun filled day trip this June holidays! Feed the little squirrels and rabbits at the animal resort. Embark on a learning journey to know more about the history of Lingzhi with food sampling. Visit the Gardenia factory to see how the famous Gardenia breads are made.

**Date:** 15 Jun '16 **Time:** 9.15am – 4.30pm

**Fees:** Member \$20, Public Officer \$25, Member's Guest \$30 (inclusive of tour

and feed at animal resort) **Venue:** Assembly at 9am at CSC @ Tessensohn lobby

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 8 Jun '16

\*Time for lunch will be provided at participant's own expense.



#### JURASSIC BRICK LAND

Are you ready for the adventure of a lifetime? Put on your hiking boots and camouflage. Embark on an adventure in Jurassic Brick Land! Campers will build a world that comes to life with gentle Brontosaurus, ferocious Velociraptor, terrifying T.Rex, and more. Come learn, build and play at Jurassic Brick Land camp!

**Date:** Saturday, 11 Jun '16 **Time:** 9.30am – 12.30pm

Fees: Member's Child \$160, Public Officer's Child \$170,

Member's Guest's Child \$180 (For children aged 7 – 12 years) **Venue:** CSC @ Tessensohn **Contact:** Vanessa at 6391 5641 or

vanessachoo@csc.sg **Register By:** 3 Jun '16



## FUN SURVIVAL EDUCATION AT 'LAST KAMPONG IN SINGAPORE'

Make your child a survivor and increase his confidence level. This programme aims to instil self-discipline and teach children the importance of environmental awareness and teamwork. Your child will develop lifelong skills such as map and compass reading. He will also learn how to filter water from sea water and cook his own food.

Date: Friday, 10 Jun or 17 Jun '16

Time: 8.30am - 4.30pm

**Fees:** Member's Child \$90, Public Officer's Child \$100, Member's Guest's Child \$110, Member Family Package (1 adult and 1 child) \$125, Public Officer Family Package \$135, Guest Family Package \$145

Venue: 8.30am at Changi Point Ferry Terminal

(For children aged 7 – 12 years) **Register By:** 1 Jun or 10 Jun '16

| Programme Activities                                 | Time              |
|--|-------------------|
| Meeting @ Changi Jetty to Ubin                       | 8.30am – 9.30am   |
| Learning of compass & map learning skills            | 9.30am – 10.00am  |
| Introduction of self & team members                  | 10.00am – 10.30am |
| Survival Course Begins!                              |                   |
| Water Filtration                                     | 10.30am – 10.45am |
| Learning to Set Fire traditionally                   | 10.45am – 11.00am |
| Teamwork [Cook in the wild]                          | 11.00am – 11.45am |
| Life Motivation through survival skills              | 11.45am – 12.00pm |
| Lunch time   | 12.00pm – 1.00pm  |
| Tour & Learn about Pulau Ubin<br>(Trip to Chek Jawa) | 1.00pm – 3.00pm   |
| Basic First Aid Lesson                               | 3.00pm – 4.00pm   |
| Back to "Sunny Island"                               | 4.00pm – 4.30pm   |

For details and itinerary:

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



#### TRIPLE TREAT SPORTS

Bored of what sports to play during the June holidays? Why not try multiple sports at once! Come down for the triple treats sports during this June holidays for Tennis, Badminton and Table tennis!

Date: Wednesday – Friday, 1 Jun – 3 Jun '16

**Time:** 9am – 11am

**Fees:** Members' Child \$180, Public Officer's Child \$190, Member's Guest's Child \$200 **Venue:** CSC @ Tessensohn (For children aged 6 – 12 years) **Contact:** Hai Ming at 6391 5607 or

onnhaiming@csc.sg Register By: 25 May '16

#### **BOWLING FOR KIDS**

What better way to get a child started on bowling than this course? Your child will learn about bowling terms, basic bowling techniques, as well as the equipment and attire needed to enjoy this sport in a safe, fun way. Other topics include bowling and lane etiquette, selecting a suitable bowling ball and keeping score.

**Date:** Monday and Tuesday, 13 Jun and 14 Jun '16 **Time:** 10am – 12pm

Venue: Westwood Bowl @ CSC

**Bukit Batok** 

Date: Monday and Tuesday, 13 Jun

and 14 Jun '16 **Time:** 10am – 12pm

Venue: Resort Bowl @ CSC Changi

**Date:** Wednesday and Thursday, 15 Jun and 16 Jun '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.

(For children aged 8 – 12 years) **Contact:** Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 6 Jun '16



#### JUDO FOR CHILDREN

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

#### **Children Beginner Class**

7 – 12 years old

**Date:** 4 Sundays, 5 Jun – 26 Jun '16

**Time:** 9.30am – 10.15am

Date: 4 Sundays, 3 Jul - 24 Jul '16

**Time:** 9.30am – 10.15 am

#### For the above classes:

Fees: Member's Child \$100, Public Officer's Child \$110, Member's Guest's Child \$120 Venue: CSC @ Tessensohn

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

Register By: 1 week before class

#### KIDDY YOGA WORKSHOP

Introduce your little ones to yoga in a simple, structured and uniquely effective program that helps kids calm themselves and feel happy. Your kids will learn the basic postures and concepts of yoga in a fun and supportive environment.

Date: Sunday, 12 Jun '16

**Time:** 9am – 12pm

Fees: Member's Child \$25\*, Public Officer's Child

\$30\*, Member's Guest's Child \$35\*

(\*One parent is allowed to accompany the child and every child will receive a goodie bag. This

event is for children age 6 – 12 years)

Venue: CSC @ Changi

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 30 May '16



#### INLINE SKATING FOR BEGINNERS

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

#### **Weekday Group Class**

**Date:** 4 Thursdays, 2 Jun – 23 Jun '16 **Time:** 6.30pm – 7.30pm

**Venue:** Choa Chu Kang Park

**Date:** 4 Fridays, 3 Jun – 24 Jun '16 **Time:** 6.30pm – 7.30pm or 8pm – 9pm

Venue: Pinnacle@Duxton

#### **Weekend Group Class**

**Date:** 4 Saturdays, 4 Jun – 25 Jun '16 **Time:** 3.30pm – 4.30pm or 5pm – 6pm **Venue:** East Coast Park Car Park F1



#### For the above classes:

Fees: Member's Child \$68, Public Officer's Child \$78, Member's Guest's Child \$80 Fee excludes rental of skating gear, elbow, wrist and knee shields Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg Register By: 31 May '16

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

\*Participants are recommended to arrive at the lesson venue 15 minutes prior the lesson time to gear up. Participants are required to bring your own socks, water and insect repellent.

#### TRIAL HAND-BUILDING

This is an introduction to basic hand-building techniques to create organic and angular forms. You will create unique organic and angular forms such as bowls and plates.





#### **Course Outline:**

- Introduction to use of tools- pinching technique
- Introduction to creative coiling technique
- Introduction to slabwork technique

Date: 1 Saturday, 4, 11 or

18 Jun '16

**Time:** 2.30pm – 4.30pm **Fees:** Member's Child \$58, Public Officer's Child \$65, Member's Guest's Child \$70 (For children aged 10 years

and above)

Venue: Near MacPherson

**MRT** 

Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg Register By: 1 week before class

#### HOLIDAY FUN CRAFTS FOR KIDS

If your kids love digging into art and craft projects, sign them up for some crafting fun this June holiday! Develop your child's creative craftsmanship, self-expression, motor skills and learn mathematical concepts in a fun way. Have fun with card & corner bookmark making, scrapbooking and melt & pour soap making.

**Date:** Thursday, 16 Jun'16 **Time:** 9.00am – 5.00pm

Fees: Member's Child \$86, Public Officer's Child \$88,

Member's Guest's Child \$90

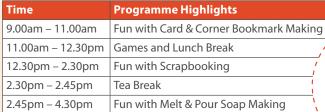
Fee includes 1 lunch, 1 tea break and all required

craft materials

(For children aged 7 – 12 years) **Venue:** CSC @ Bukit Batok

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

Register By: 9 Jun '16





FOR EARLY BIRDS!
Participants who sign
up before 1 Jun'16
will receive one
free animal hand
puppet kit.

#### WU FANG CAMP FOR KIDS

Learn Basic level Modern Wushu in just four days and receive certification from the world Wushu champion and icon Vincent Ng! Attain flexibility, balance, strength and agility from Wushu. No prior experience or training is required to join this camp. The trainers are Wushu competitive elites who are SEA Games gold medallists.

Students will learn about the 5 pillars of Wushu and have fun activities designed to train teamwork and bonding in addition to the training.

Date: Monday - Thursday, 20 Jun - 23 Jun '16

Time: 7am – 7pm (daily)

Fees: Member's Child \$525, Public Officer's Child \$550,

Member's Guest's Child \$580 (inclusive of breakfast, lunch, dinner) (For children aged 6 – 12 years)

Venue: CSC @ Tessensohn

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

Register By: 6 Jun '16



#### JUSTIN'S TENNIS SUMMER CAMP

If you want your child to improve their tennis skills, how about sending them to one of our Tennis Camps? They will have fun, make memories, and come home with more confidence in their tennis abilities than ever before. Learn from our expert Australian coaches with years of playing and coaching experience.

Date: Monday, Wednesday and Friday, 6, 8, 10 Jun or 20, 22, 24 Jun '16

Time: 9am - 12pm

(Each day includes 30 mins of

supervised free time in the swimming pool

to help cool off for the day) Fees: Member's Child \$200,

Public Officer's Child \$210,

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg

Register By: 1 week before each session





**SPACES** AVAILABLE, **SIGNUP** NOW!

#### **WING CHUN BOOT CAMP** FOR CHILDREN

Take part in the three days Wing Chun Fun Camp. Your child will learn Wing Chun through play, interactive drills and fun exercise! Learn to tackle tasks like basic co-ordination skills to Wing Chun forms, stamina training, techniques and have lots fun.

Date: Monday - Wednesday, 20 Jun – 22 Jun '16

**Time:** 9am – 12pm

Fees: Member's Child \$90, Public Officer's Child \$100,

Member's Guest's Child \$120 (For children aged 8 – 14 years)

Venue: CSC @ Tessensohn Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg Register By: 13 Jun '16

#### 3D ADVENTURE CAMP

Embark on an adventure of a lifetime. Build up your confidence and bond with fellow campers. Visit Kidszania Singapore, with the latest Edutainment facilities and learn about the different occupations. Brace yourself for an exciting amazing race at Changi Point. Have fun with BBQ and self-cook dinner. Participate in night games, craft work and know your fellow campers better.

Date: Tuesday - Thursday, 14 Jun - 16 Jun '16

Time: 9.30am - 5pm

Fees: Member's Child \$360, Public Officer's Child,

Member's Guest's Child \$370 **Venue:** Meet at CSC @ Tessensohn

Register By: 2 Jun '16

#### For details and itinerary:

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

| 3 3 3                               |   |  |   |
|-------------------------------------|---|--|---|
| Time/Day                            | Tuesday, 14 Jun '16   | Wednesday, 15 Jun '16  | Thursday, 16 Jun '16  |
| 9am                                 | Attendance taking.  | Morning exercise –<br>Self-make breakfast                          | Morning exercise.   |
|                                     | Area cleaning.  |  | Self-make breakfast<br>Area cleaning.                         |
| Morning activities<br>9.30am – 12pm | Ice-breakers games –<br>Get to know each other.                                 | Proceed for Kidszania<br>Singapore!                                | Area cleaning check out.<br>Preparation for finale challenge. |
|                                     | Solve the riddle and complete the race!   | Newest edutainment facilities in Singapore!                        |   |
| Lunch                               | V 16 (  |  |   |
| 11.30pm – 12.30pm                   | Yummy! Consist of assortment  | Yummy! Consist of assortment of meat, vegetables and rice          |   |
| 2pm – 4pm                           | Transfer to forest adventure  – Challenge rope course and learn to be a monkey! | Kidszania Singapore –<br>Learn about the different<br>occupations! | Amazing race – Finale challenge<br>at Changi Beach Park!      |
| 4.30pm                              | in to recent  |  | Back to Civil Service Club.                                   |
| 6pm                                 |   |  | Thanks and see you again!                                     |
| Night activities                    | Night games –<br>Solo walk! Confidence<br>building.                             | Night games – Hide and<br>seek. Where are you?<br>Craft work.      |   |
| 6pm – 8pm Area cleaning.            |   |  |   |
|                                     | Dream Time.   | Night Snacks & Debrief.  |   |

PUB TOUR: DISCOVER THE SOURCE OF CLEAN WATER IN SINGAPORE

Embark on a learning trail to know more about Singapore's sustainable water supply management. At the NEWater Visitor Centre learn about the history of water sites in Singapore. Visit the Rain Garden Workshop to build your own mini rain garden. Find out more about the benefits of the miracle Lingzhi herb.

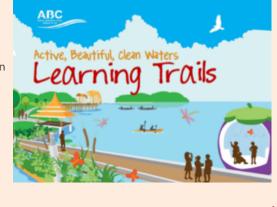
**Date:** 22 Jun '16 **Time:** 9am – 4.30pm

Fees: Member \$17, Public Officer \$22, Member's Guest \$25

**Venue:** Meet 9am at CSC @ Tessensohn lobby

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

Register By: 15 Jun '16



## PAPER QUILLING ART WORKSHOP

Quilling art can turn any ordinary subject into an outstanding and creatively designed art. Add intricate details to your artwork by shaping the paper strips into various quilling shapes such as Marquis, Teardrop, Curved Square and many other scrolls.

#### **Course Outline:**

- Learn more about quilling shapes and how to put them together to form intricate designs
- Create Quilling Art designs of floral, tree, insect or bird on templates provided
- Bring home an unique Quilling artwork in A4. The artwork will be packed in plastic pocket with adhesive seal

**Date:** Saturday, 13 Jun '16 **Time:** 10am – 12pm

**Fees:** Member's Child \$40, Public Officer's Child \$45, Member's Guest's Child \$50

**Venue:** CSC @ Tessensohn **Contact:** Vanessa at 6391 5641 or

vanessachoo@csc.sg **Register By:** 7 Jun '16



#### **POTTERY PAINTING**

Painting pottery is great for decorating keepsakes for special occasions. Your child will learn about design and function. All fired works are food safe, scratch-proof and finished with a high gloss.

Date: 1 Saturday, 4, 11 or 18 Jun '16

Time: 10am – 11.30am
Fees: Member's Child \$15,
Public Officer's Child \$20,
Member's Guest's Child \$25
Venue: Goodman Ceramic Studio
Contact: Vanessa at 6391
5641 or vanessachoo@csc.sg

**Register By:** 1 week before class

#### MAKE A CLAY MUG

Learn how to transform a pre-formed cylindrical clay shape into a creative and yet functional mug. Style a mug that expresses your personality and taste. This is a great way to experience clay and be able to make a unique and yet usable mug.

Date: 1 Saturday, 4, 11 or 18 Jun '16

**Time:** 10am – 12pm

Fees: Member's Child \$55, Public Officer's Child \$60,

Member's Guest's Child \$65

Venue: Goodman Ceramic Studio

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

Register By: 1 week before class



#### HAVE FUN WITH WIRE SCULPTING

Wire Sculpting is a creative art form that uses brass, copper and aluminum wires. You can make sculptures of animals, trees, objects and even human portraits. Use wires of different thickness to give your sculpture the dimension and intricate details.

Date: Monday, 20 Jun '16 Time: 10am – 12pm

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

Venue: CSC @ Tessensohn

For details:

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

Register By: 10 Jun '16







#### **CANVAS PAINTING**

Work with acrylic paints to create paintings of various art styles such as impressionism, realism and cubism. Get inspired by artists' works and incorporate your favorite style into the painting. Add in mixed media and/or modeling paste to create textures and dimension to your paintings.



#### **Curriculum includes:**

- **Drawing and Composition**
- **Tones and Values**
- Color Mixtures
- **Acrylic Painting Techniques**
- Blending
- **Textures**
- Highlights and Shadows
- Artists' Styles

Date: 2 lessons in May or Jun '16

Time: Saturday 4pm – 6pm, Sunday 4.30pm – 6.30pm,

Wednesday, Thursday, Friday 11am – 1pm (choose either timing) Fees: Member \$80, Public Officer \$90, Member's Guest \$100

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

Venue: River Valley Road

#### WATERCOLOR PAINTING

Use watercolors to create dreamy-effects of sceneries and animals. You can get various tones of color by adding different amount of water to the paint. Learn techniques such as gradated wash, flat wash, variegated wash, dry brush to create textures and dimensions on your artworks.



#### **Curriculum includes:**

- **Drawing and Composition**
- **Tones and Values**
- **Color Mixtures**
- Watercolor Techniques
- Blending
- **Textures**
- Highlights and Shadows
- Artists' Styles

Date: 2 lessons in May or Jun '16

Time: Saturday 4pm – 6pm, Sunday 4.30pm – 6.30pm, Wednesday, Thursday, Friday 11am – 1pm (choose either time) Fees: Member \$80, Public Officer \$90, Member's Guest \$100

Venue: River Valley Road

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

Register By: 18 Jun '16



Register By: 18 Jun '16



#### **BEGINNER BASIC SKINCARE** AND MAKEUP

Learn from beauty consultant Winnie Tay on how to maintain good skin with basic skincare regime and create a long lasting makeup look with easy makeup techniques.

#### **Course Outline**

- How to analyse your skin type
- How to achieve healthy skin and reduce blackheads
- Understand basic beauty regime
- Makeup techniques on creating long natural makeup look

Date: 18 Jun '16 Time: 2pm - 4pm

\$10, Member's Guest \$12 Venue: CSC @ Tessensohn Contact: Hai Ming at 6391 5607



#### **HOW TO AGE GRACEFULLY** BY DR CINDY YANG

Join Dr Cindy Yang, founder of Dr Cindy's Medical Aesthetics Clinic (DCMA) in this enriching session and get insights to the factors that lead to skin aging and how to counter them with practical tips and various treatments.

Participants will get the opportunity to clarify their beauty concerns with the Doctor, and go home with a \$80 credit letter from DCMA each, to enjoy the many luxurious treatments available to complete your skin care regime.

Date: Wednesday, 25 May 2016

Time: 7pm - 8pm

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

Venue: CSC @ Bukit Batok

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

Register By: 18 May '16

#### **600 FINANCE**

#### **INVESTING FOR BEGINNERS**

Have you always wanted to buy your first stock, but do not know how to start? Come join us for an enriching seminar whereby our UOB Kay Hian Investor Centre dealers will share with you the benefits of investing in shares and how to add the right stocks into your portfolio to meet your investment objectives.

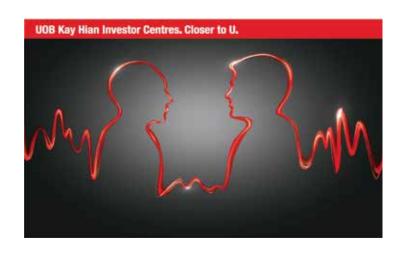
Date: Saturday, 18 Jun '16 Time: 1pm - 3pm

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

Venue: CSC @ Tessensohn

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

Register By: 10 Jun '16







#### HANDS-ON BAKING WITH HARRY

Chef Harry is back for his delectable series of cooking and baking workshops.

#### **Laminated Dough**

These are great French delights that are usually eaten for breakfast.

Danish Pastry with different designs

Date: Saturday, 28 May '16

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

Register By: 20 May '16

#### **Chocolate Delight**

Chocolate Lava Cake – Warm & oozing runny chocolate goodness that best accompany a scoop of frozen vanilla ice cream.

Hazelnut Lava Cake - Friends will love the aroma of these hazelnut as it oozes out from the cake.

**Chocolate Brownies** – Fudgy, intensely chocolaty, dry on top and melty in the middle, these brownies are just about the classic that people love in a brownie.

Chocolate Orange Muffin – The orange flavor lends a touch of distinction to the ever delightful chocolaty taste.

Date: Saturday, 4 Jun '16

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

Register By: 28 May '16

#### **Nonya Favourites**

- **Pulut Panggang**
- Sago Melaka Lapis
- Kueh Sarlat

Date: Saturday, 11 Jun '16

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

Register By: 3 Jun '16

#### **Nonya Favourites**

- Kueh Ambon (honeycomb cake)
- Kueh Dadar
- Apom Berkuah with banana sauce

Date: Saturday, 16 Jun '16

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

Register By: 8 Jul '16

#### **All about Chiffon**

- Earl Grey Chiffon
- Orange Chiffon Cake

Gula Melaka Chiffon Cake

Date: Saturday, 25 Jun '16 Fees: Member \$55, Public Officer \$60, Member's Guest \$65

Register By: 17 Jun '16

#### **Flatbreads**

Pizza – 2 different recipes will be taught, American Pizza and Japanese Pizza.

Naan – Don't have a tandoor to make naan! No problem. We will teach you how to use a home oven to bake great naan.

Pita – Also known as 'Pocket Bread', make this and serve your sandwiches differently to impress your guests.

Date: Saturday, 2 Jul '16

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

Register By: 27 Jun '16

#### For above courses:

Venue: CSC @ Tessensohn

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









#### **BAKING BY CHEF VALERIE KONG**

Let Chef Valerie Kong shows you how to bake your way to a delicious time with your family and friends.

#### **Strawberry Shortcake and Coffee Walnut Sponge Cake**

Melt the hearts of both young and old with the delicious strawberry shortcake and coffee walnut sponge cake. Perfect for tea time.

**Date:** Saturday, 28 May '16 **Register By:** 20 May '16

#### **Chiffon Delight**

Host your friends for an afternoon tea comprising of pandan chiffon and orange chiffon cake.

Date: Saturday, 18 Jun '16 Register By: 10 Jun '16

#### For all the above courses:

**Time:** 10am – 1pm

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

Venue: CSC @ Tessensohn

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







#### HANDS-ON BAKING BY CHEF AMY

Let Chef Amy show you how to prepare some delicious desserts and kueh to share with your family and friends.

#### **Asian Steamed Cakes**

Learn how to make steamed brown sugar sponge cake that is soft. Taste steamed Chiffon Cake served upside with topping of fresh coconut shreds.

**Date:** Sunday, 29 May '16 **Fees:** Member \$45, Public Officer \$50, Member's Guest \$55 **Register By:** 23 May '16

#### **Auspicious Kueh**

Ang Ku Kueh commonly seen in baby shower is filled with salty bean paste. Learn the steps from cooking, filling to making the dough, wrapping and steaming to perfection.

**Date:** Sunday, 5 Jun '16 **Fees:** Member \$45, Public Officer \$50, Member's Guest \$55 **Register By:** 31 May '16



#### **Popular Bakery Breads**

Understand the importance of shaping bread dough to ensure the success of multigrain bread packed with loads of nutrients. Make salted butter roll from lean dough out of poolish starter, encased with butter and sprinkled with sea salt.

**Date:** Sunday, 12 Jun '16 **Fees:** Member \$55, Public Officer \$60, Member's Guest \$65 **Register By:** 6 Jun '16



A favourite with the young and old generations. This feathery-light chocolate sponge cake has chocolate custard cooked to perfection for swirling.

Each participant will bring home 1/4 pc of a 7" cake.

Date: Sunday, 26 Jun '16

Fees: Member \$65, Public Officer \$70, Member's Guest \$75

Register By: 20 Jun '16





For above courses:

Time: 2pm – 5pm Venue: CSC @ Tessensohn Contact: Gek Cheng at 6391 5624 or kuagekcheng@csc.sg





#### WORKSHOP WITH CHEF LISA

Let Chef Lisa Leong share with you in the following workshops.





#### **Mother's Day Treats 4U**

Treat your mother with these dishes made with love and gratitude.

- Hammy Egg Quiche
- Fiery Grilled Pepper Wings
- Herby Bird's Brewed

Date: Friday, 13 May '16 **Time:** 7pm – 9.30pm Register By: 6 May '16



#### **Father's Day FOOD Treats**

Surprise your father with the following home cooked dishes.

- Smoked Herbs Pork Belly
- Gourmet Fried Rice HK
- Soupa Minestrones

Date: Friday, 17 Jun '16 **Time:** 7pm – 9.30pm Register By: 10 Jun '16



#### **Raya Food Delights**

From sweet to savoury, soak in this festive season with a taste of Raya Food.

- Sate RAYA Indo
- Carrot Nutmeg Cake
- Oregano Soda Lime Cocktail

Date: Friday, 8 Jul '16 **Time:** 7pm – 9.30pm Register By: 1 Jul '16



#### **Chef's National Day Menu**

Enjoy local delights with your family and friends with these new and interesting dishes.

- National Day Jell-O Special
- Chicken Rendang
- Egg Crepe Popiah

Date: Saturday, 6 Aug '16 Time: 2pm - 5pm Register By: 30 Jul '16



#### **Teacher's Day Entrees**

Impress your teachers with your global recipes and show them your appreciation.

- Bacon wrapped "Cordon Bleu"
- Rosemary Jelly Delights
- Chocolatze Ginger Loaf Cake

Date: Sunday, 4 Sep '16 Time: 2pm – 5pm Register By: 28 Aug '16



#### **Deepavali Treats**

Surprise your Hindu friends with your global recipes.

- Grilled Cajun Curry Shrimps
- Paprika Buttermilk Chicken
- Fruitty Thyme Tea

Date: Friday, 21 Oct '16 **Time:** 7pm – 9.30pm Register By: 14 Oct '16



#### For all the above courses:

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

Venue: CSC @ Tessensohn

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

#### TEA APPRECIATION WORKSHOP

Few have experienced the ambience and the highly therapeutic effects of the traditional art of Chinese tea making in an authentic Chinese teahouse.



At our Tea Workshops, you will learn about:

- Recognition of different types of tea leaves in the market
- Chinese Tea Culture
- Brewing the perfect cup of tea
- Tea and health

We will serve 4 different types of premium tea:

- Yinzhen Baihao (White tea)
- Lung Ching (Green tea)
- Beauty of the East (Oolong tea)
- Jasmine Pearls (Flower tea)

Date: Saturday, 28 May '16

Time: 11am - 1pm Fees: Member \$35. Public Officer \$40, Member's Guest \$45 (Tim Sum is provided)

Venue: 78 Tanjong Pagar Road,

Singapore 088499

Contact: Gek Cheng at 6391 5624 or

kuagekcheng@csc.sg

Register By: 22 May '16



### BEGINNER ANGLER'S COURSE

The Beginner Angler's Course at Lazarus Island will introduce fishing to participants interested in trying out fishing or searching for a new hobby. Students will learn both the basic theory and practical aspects of fishing. Upon completion of the course, you will be able to use a fishing setup confidently and know how to handle a fish that is caught.



#### **Course includes:**

- Ferry transfer to and from Lazarus Island
- Beginner Angler's course
- · handbook and starter kit
- Fishing equipment and usage of accessories
- · Light refreshments

Date: Saturday, 25 Jun '16 Time: 8.30am – 5.30pm (Ferry shall depart at 9.00am) Students are advised to arrive 30 minutes before the boat departure time. Please be punctual) Fees: Member \$85, Public Officer \$90, Member's Guest \$95 (Min age 5 years old)

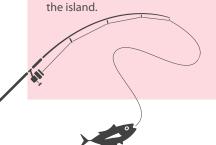
**Venue:** Place of embarkation is Marina South Pier, course will be at Lazarus Island

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 18 Jun '16

\*5 – 12 year old must be accompanied by at least an adult who is also taking the course.

\*No lunch is provided, please prepare lunch before leaving for the island



#### LEATHER MAKING

In this workshop, you will learn basic leather cutting skills. Head down to the next party with this slim and functional holder for your bills and cards. Bring customisation to the next level by debossing your name or initials on it.

Date: Sunday, 15 May '16

Time: 2pm - 5pm

Fees: Member \$68, Public Officer \$73,

Member's Guest \$78

Venue: Holland Village Atelier @ 44 Jalan Merah Saga, #01-54, Singapore 278116

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

Register By: 8 May '16



In this workshop, learn the basic skills and techniques of handling leather. You can pick colours of your choice with matching components and bring home a unique piece of handmade product. Make it more personal with your initials stamped and complete this cardholder with a piece of leather strip to serve as strap or lanyard.

**Date:** Sunday, 12 Jun '16 **Time:** 2pm – 5pm

Fees: Member \$68, Public Officer \$73,

Member's Guest \$78

**Venue:** Holland Village Atelier @ 44 Jalan Merah Saga, #01-54,

Singapore 278116

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 5 Jun '16



#### EXPERIENCE THE SINGAPORE POOLS STORY

Want to know what goes on behind the scene of Singapore's only legal lottery and sports betting operator-Singapore Pools?

Find out the chances you have at winning the lottery and where the money goes each time you place a bet. You will even get a chance to view the live draw in process. If you are lucky, you may be selected to initiate the draw process!

**Date:** Thursday, 9 Jun '16 **Time:** 4.30pm – 6.45pm

Fees: Member \$3, Public Officer \$4, Member's Guest \$5 (minimum age 18)

Venue: Meet at SG Pools Lobby at 4.15pm,

Singapore Pools HQ, 210 Middle Road, #01-01

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

Register By: 2 Jun '16



#### THE CHEK JAWA BOARDWALK ADVENTURE

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. Get up close and see fiddler crabs and monitor lizards in action. Learn interesting facts of some faunas and floras and the importance of mangroves.

Date: Sunday, 12 Jun, 26 Jun or 17 Jul'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 land transport to and fro Chek Jawa.

Participants have to prepare \$6 for 2-way boat ride)

**Venue:** Changi Point Ferry Terminal

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

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



#### **FUN TENNIS**

Enjoy the game of tennis. 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.

| Programmes           | Time  | Days*                               | Price  |  |  |  |
|----------------------|---|-------------------------------------|--|--|--|--|
|                      | Beginr  | ners                                |  |  |  |  |
| Adult @ Tessensohn   |   |                                     |  |  |  |  |
| Junior @ Tessensohn  | 18 lun = 23 lul 16  |                                     | Public Officer: \$160                          |  |  |  |
| Adult @ Bukit Batok  | 4pm – 5.30pm  |                                     | Member's Guest: \$165                          |  |  |  |
| Intermediate         |   |                                     |  |  |  |  |
| Adult @ Tessensohn   | 8.30am – 10am<br>or<br>5.30pm – 7pm 6 Saturdays,<br>18 Jun – 23 Jul '16 |                                     | Members: \$175 Public Officer: \$185           |  |  |  |
| Adult @ Bukit Batok  | 5.30pm – 7pm  | 6 Sundays,                          | Member's Guest: \$190                          |  |  |  |
| Junior @ Bukit Batok | 10am – 11.30am  | 19 Jun – 24 Jul '16                 |  |  |  |  |
| Advance              |   |                                     |  |  |  |  |
| Junior @ Tessensohn  | r @ Tessensohn 4pm – 5.30pm 6 Sundays,<br>19 Jun – 24 Jul '16           |                                     | Members: \$200                                 |  |  |  |
| Adult @ Bukit Batok  | 5.30pm – 7pm  | 6 Saturdays,<br>18 Jun – 23 Jul '16 | Public Officer: \$210<br>Member's Guest: \$215 |  |  |  |

<sup>\*</sup>No lesson on eve or Public Holidays

Private group classes are available with a minimum of 4 pax. Kindly consult coach on date and timings.





#### SUCCESS WITH FLOWERING PLANTS

Want to know more about growing flowering plants. In this workshop you will have hands-on opportunity for re-potting flowering plants, propagating plants and making a professional flower hamper.

#### **Course Outline:**

- Suitable Flowers for our Hot Climate
- Fall in Love with Fragrance Flowers
- Suitable Flowers for Hampers
- Practical Tips to Green Fingers
- Non-Toxic Gardening Methods
- How to induce plants to have more Flowers
- How to time your plants so as to bloom all vear round

**Date:** Sunday, 15 May '16 **Time:** 10am – 12.30pm

Fees: Member \$58, Public Officer \$63, Member's Guest \$68

Register By: 9 May '16



#### **GROWING BEAUTIFUL ORCHIDS**

Learn practical tips to start growing healthy orchids in home environment (suitable for Landed Properties & HDB flats). Each participant will bring home \$25 worth of Orchids and Fertilizers, everything you need to start growing Orchids confidently.

**Date:** Sunday, 29 May '16 **Time:** 10am – 12.30pm

Fees: Member \$48, Public Officer \$53,

Member's Guest \$58 **Register By:** 23 May '16



### MAKE YOUR OWN DESIGNER NATURAL SOAPS & SHAMPOOS

Impress your family and friends with your personalised soaps and shampoos. Receive a free soap-making starter kit.

#### **Course Outline:**

- Learn how to make attractive natural bar soap
- Making specialty transparent soap
- Making Your Own Herbal All-Natural Shampoo
- Fun Gift-Makings

**Date:** Sunday, 26 Jun '16 **Time:** 2.30pm – 5pm

Fees: Member \$58, Public Officer \$63,

Member's Guest \$68 **Register By:** 20 Jun '16

#### For above courses: Venue: CSC @ Tessensohn

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



### CREATE YOUR OWN FRAGRANCE

Create calming, lovely aromas with the use of essential oils to make every day a special one for you and your family. Essential oils also have incredible health benefits. Join this workshop and learn how essential oils can influence your mind and emotions.

#### **Course Outline:**

- · Essential oils and the mind
- How to use essential oils for the mind
- Use fragrance for positive mood

Date: Saturday, 28 May '16

Time: 2pm – 4pm

Fees: Member \$10, Public Officer \$12,

Member's Guest \$15 **Venue:** CSC@ Tessensohn **Contact:** Vanessa at 6391 5641 or

vanessachoo@csc.sg **Register By:** 20 May '16

# CREATE YOUR OWN NATURAL SKIN CARE AND BEAUTY PRODUCTS

Use natural, homemade skincare products to achieve healthy and supple skin. These skincare and beauty products make great gifts as well.

#### **Course Outline:**

- Wrinkles and the aging skin
- Cleansers
- · Facial scrubs
- Face masks
- Face oils
- Problem areas: the face, eyes, lips and neck
- Teeth and gums
- Practical session: create your own product!

**Date:** Saturday, 2 Jul '16 **Time:** 2pm – 4pm

Fees: Member \$10, Public Officer \$12,

Member's Guest \$15 **Venue:** CSC @ Bukit Batok **Contact:** Vanessa at 6391 5641 or

vanessachoo@csc.sg **Register By:** 25 Jun '16







#### KARAOKE SINGING CLASSES

Take your singing talent to the next level. Learn how to sing your vowels and discover more about phonetic dictions, tempos and breathing exercises. Ms Ivy Wee and Ms Teriesa Goh are qualified vocal instructors from Wu Jia Ban Vocal Training School.

#### English Karaoke Singing Class (Conducted by Ms Ivy Wee)

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种基本功法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, 歌唱基本功法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)

Date: 10 Wednesdays, 8 Jun – 17 Aug '16 (No lesson on PH)

**Time:** 7.30pm – 9.30pm

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

Venue: CSC @ Tessensohn

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

Register By: 30 May '16







#### FLOWER ARRANGEMENT

Do you have a passion for flowers and a knack for design? Let your masterpiece beautify your workplace and your home.

#### Flower Bouquet using Crepe Paper Workshop

A bouquet with roses, baby's breathe and foliage, wrapped with soft curvy crepe paper gives an elegant, sweet and charming impression. This is ideal as a gift for birthdays, anniversary or party.

Materials used: 12 stalks of roses, baby's breathe, foliage, crepe paper and ribbons

\*Pearl can be purchased separately from teacher (optional)

Date: Saturday, 28 May '16 Time: 1pm - 3pm

Fees: Member \$45, Public Officer \$50,

Member's Guest \$55 Register By: 20 May '16



#### Table Basket Arrangement (Double Triangle Design)

Make a floral basket arrangement with 12 roses, white orchids phoenix and foliage to impress your loved ones and friends the next time you attend a party, event or even house visiting.

Date: Saturday, 18 Jun '16

Time: 1pm – 3pm

Fees: Member \$58, Public Officer \$65,

Member's Guest \$70 Register By: 25 Jun '16



This informal bouquet is suitable as a gift to a helpful friend, for a-thought-for-the-day, or a simple party to bring smiles to the recipient.

Materials used: 3 stalk roses, 3 gerberas, fillers, foliage,

floral wrapper, mesh and ribbon

Date: Saturday, 2 Jul '16 Time: 1pm - 3pm

Fees: Member \$28, Public Officer \$35, Member's Guest \$40

Register By: 25 Jun '16

#### For above courses:

Venue: Tanjong Pagar

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





#### **HANDS-ON SCENTED** POTPOURRI AND HOMEMADE BODY **POWDER**

Do you suffer from too much pressure, stress and never being able to unwind properly? How about learning to make your own Scented Potpourri and body powder! Potpourri is a mixture of dried, naturally fragrant plant material, used to provide a gentle natural scent. Our instructor will teach you how to dry the plants and make your own body powder from plants.

Date: Saturday, 16 Jul '16 Time: 2pm - 4pm

Fees: Member \$35, Public Officer \$40. Member's Guest \$45 Venue: CSC @ Tessensohn Contact: Serene Cho at 6391 5620

or serenecho@csc.sq Register By: 10 Jul '16

#### **Highlight:**

Each participant will receive a booklet on 50 uses of oil and will bring home a small portion of your own creations.



#### HYDRORIDER AQUABIKE FITNESS

Ready to take your bike session to the next level? Hydrorider AquaBike is 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. Please bring your own aqua shoes.

#### **Evening Full Sessions (Circuit Training)**

**Time:** 7.30pm – 8.30pm **Date:** 4 Tuesdays,

10 May – 31 May '16 or 7Jun – 28 Jun '16, 4 Thursdays, 12 May – 2 Jun '16 or

9 Jun - 30 Jun '16

#### For the above courses:

Fees: Member \$100, Public Officer \$110,

Member's Guest \$120 **Venue:** CSC @ Tessensohn

Contact: Vanessa Choo at 6391 5641 or

vanessachoo@csc.sg

Register By: 1 week before class



### PILOXING WITH CHARLOTTE

Pilox your way to a non-stop cardio fusion of standing Pilates, boxing and dance that will push for a sleek, sexy, 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.

#### June classes:

Date: 4 Wednesdays, 1 Jun - 22 Jun '16

**Time:** 8pm – 9pm

Fees: Member \$50, Public Officer \$55,

Member's Guest \$58

#### **July classes:**

Date: 3 Wednesdays, 13 Jul – 27 Jul '16

**Fees:** Member \$37.50 Public Officer \$41.25 Member's Guest \$43.50

#### For the above courses:

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg

Register By: 30 May '16 or 29 Jun '16



#### BREATHE EASIER -MANAGING YOUR ASTHMA WORKSHOP

What triggers asthma attacks and how can you manage your asthma effectively. Asthma is a chronic disease which means it can't be cured BUT it can be managed. Speaker Jas Gill will share tips on how to manage your airway inflammation and monitor your asthma cycle in an effective way.



#### **Workshop Outline:**

- What is asthma
- Asthma symptoms and triggers
- Managing asthma
- Avoiding asthma emergencies
- Q&A

**Date:** Saturday, 11 Jun '16 **Time:** 11am – 12pm

**Fees:** Member \$5. Public Officer \$8.

Member's Guest \$10 **Venue:** CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg
Register By: 2 Jun '16

#### **VERAFLOW FITNESS**

Dance, stretch and feel energised and uplifted with Veraflow fitness. Find your true flow in body and mind as you stretch and strengthen your body to the music. Be the first to try out this new workout with our instructor Charlotte, a certified VeraFlow instructor in Singapore.



Date: 3 Wednesdays, 8 – 29 Jun '16

or 13 – 27 Jul '16 **Time:** 7pm – 8pm

Fees: Member \$37.50, Public Officer \$41.25,

Member's Guest \$43.50 **Venue:** CSC @ Tessensohn

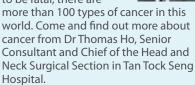
Contact: Serene Cho at 6391 5620 or

serenecho@csc.sq

Register By: 30 May '16 or 27 Jul '16

### KNOWING CANCER

Cancer is one of the top diseases that can prove to be fatal, there are



Date: Saturday, 25 Jun '16

**Time:** 10am – 11am

Fees: Member \$3, Public Officer \$4,

Member's Guest \$5

Venue: CSC @ Tessensohn

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 18 Jun '16



#### **KPOP X FITNESS**

Jam to and match the rhythm of the most popular K-pop tunes to this fun aerobic workout.

#### During these sessions, you will enjoy:

- 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
- Burning up to 500 calories. Get into shape the fun way!

Date: 8 Saturdays, 2 Jul - 20 Aug '16

**Time:** 12.10pm – 1pm Venue: CSC @ Bukit Batok

Fees: Member \$100, Public Officer \$110,

Member's Guest \$115 Register By: 25 Jun '16

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



#### **BOOGIE BOUNCE PILATES**

For those who prefer a less intense cardio session we have the workout for you. Boogie Bounce Pilates comprise of 20 mins of light cardio on a mini trampoline where you will bounce and jump to the chart-topping music, followed by 40 mins of Pilates workout.

**Date:** 4 Mondays, 6 – 27 Jun '16 or 4 – 25 Jul '16

Time: 7pm - 8pm

#### **BOOGIE BOUNCE FITNESS**

Boogie to the beat of music in this cardio workout on a mini trampoline with a safety bar. Feel every muscle of your body working in intervals of jumping, bouncing and stomping.

Date: 4 Wednesdays, 1 - 22 Jun '16 or 13 Jul – 3 Aug '16 (No lesson on PH)

Time: 7pm – 8pm or

Date: 8 Mondays, 6 - 27 Jun '16 or 4 - 25 Jul '16

Time: 8pm – 9pm Venue: CSC @ Bukit Batok

Fees: Member \$80, Public Officer \$85, Member's Guest \$90 Contact: Serene Cho at 63915620 or serenecho@csc.sq

Register By: 25 May '16

Contact: Serene Cho at 63915620 or serenecho@csc.sg

Register By: 25 May '16

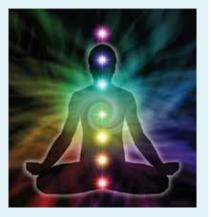


#### **ENERGY HEALING**

Energy Psychology laser-focuses the principles from energy healing onto psychological issues. You change your neurochemistry and you change your mind, your mood, and your behavior.

#### **Course Content:**

- History of energy therapies
- The different types of energy therapy
- The basis of energy therapy
- **Energy exercises**
- Muscle testing
- **Energy tapping**



Date: Saturday, 2 Jul '16 Time: 2pm - 4pm

Fees: Member's Child \$35, Public Officer's Child \$38, Member's Guest's Child \$40 Venue: CSC @ Tessensohn Contact: Serene Cho at 6391 5620

or serenecho@csc.sq Register By: 26 Jun '16

### MUAY THAI YOUR WAY TO FITNESS

How about learning some self-defense moves while boosting your fitness? Muay Thai, a traditional form of boxing, is your answer. Learn the original Muay Thai techniques and the appropriate use of Thai boxing equipment from instructor Thien Wen Han.



#### **Adult Beginner Class**

**Date:** 10 Saturdays, 30 Jul – 1 Oct '16

**Time:** 11am – 12pm

#### **Adult Intermediate Class**

Date: 10 Thursdays, 28 Jul - 29 Sep '16

Time: 7pm - 8pm

Date: 10 Saturdays, 30 Jul - 1 Oct '16

**Time:** 9am – 10am

#### For the above courses:

Venue: CSC @ Bukit Batok

Fees: Member \$125, Public Officer \$135, Member's Guest \$145

Register By: 15 Jul '16

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



#### SWIMMING LESSONS WITH MARCUS CHEAH

Swim with the gracefulness of a merman or mermaid! With Marcus Cheah, ex-national swimmer and Founder of The Swim Society, you will gain water confidence and learn swimming styles like butterfly stroke in no time.

#### **Programme Information:**

- Curriculum is taught in a term of 10 30-minute sessions
- Each class needs to have a minimum of three students to commence
- A proficiency assessment will be conducted prior to the first session
- All four strokes, along with water safety, will be taught at all levels
- Equipment is provided; only goggles are required for the lesson

| Learn to swim<br>with Marcus Cheah | Dates   | Time  | Fees (Group Lessons)   | Fees ( Private Lessons)  |  |  |
|------------------------------------|---|---|--|--|--|--|
| Jul 2016 term                      |   |   |  |  |  |  |
| Kids<br>Adults                     | 10 lessons, once every<br>week from 4 Jul –<br>5 Sep '16 week.<br>Mon/Sat | 8am – 11am<br>3pm – 7pm<br>30 minutes per lesson.<br>*Choose any preferred<br>time from AM/PM<br>timeslot | Member \$330<br>Public Officer \$430<br>Member's Guest \$450 | 45 minutes per lesson.<br>Member \$900<br>Public Officer \$950<br>Member's Guest \$970 |  |  |

Venue: CSC @ Tessensohn

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg for payment or Marcus at marcus@theswimsociety.com for schedule and timeslot

Register By: 28 Jun '16

Visit www.theswimsociety.com/schedule for more information on the schedule and terms and conditions.

#### SWIMMING LESSONS WITH GERALD WEE

Learn to swim and gain water confidence with our coach Gerald Wee. There are 3 levels of swim programme over 12 weeks to cater to the different levels of water confidence and swim capability.

#### **Course Outline**

- One term of twelve 45min sessions
- Minimum number of students to commence: 4 students
- Proficiency assessment conducted prior to first session
- Taught at levels 2 and 3 all strokes and water safety

Students will need to use their own goggles and float boards for the lesson.



| Learn to swim<br>with Gerald Wee | Dates  | Time   | Fees   |
|----------------------------------|--|--|--|
| Kids / Adults                    | 12 lessons<br>Once a week on Friday from<br>20 May – 5 Aug '16 | 8.30am – 9.15am<br>9.45am – 10.30am<br>11.00am – 11.45am<br>choose any preferred time slot | Member \$300<br>Public Officer \$380<br>Member's Guest \$400 |

Venue: CSC @ Changi

**Contact:** Vanessa at 6391 5641 or vanessachoo@csc.sg for payment or John at johnc@swimbikerun.com.sg for schedule and time slot

Register By: 10 May '16



#### **ZUMBA FITNESS @ CSC**

Zumba Fitness incorporates basic Latin dance moves with resistance exercises. Zumba dance also includes floor work, circuit training in some sessions and a good mixture of effective aerobic moves. You can burn a lot of calories while having fun!

#### **Zumba Dance @ CSC Bukit Batok**

Join us at this fun and exciting Zumba dance course! Enjoy the upbeat music and fun moves to bring your fitness workout to the next level!

|        | Tuesday           |                    |                  | Thursday          |                    |          | Friday            |                    |
|--------|-------------------|--------------------|------------------|-------------------|--------------------|----------|-------------------|--------------------|
| (f) AF | Instructo         | r: Haynia          | Instructor: Suyi |                   | Instructor: Suyi   |          | Instructo         | r: Wendy           |
| 200    | No. of<br>Classes | Date               |                  | No. of<br>Classes | Date               | 0        | No. of<br>Classes | Date               |
|        | 4                 | 7 Jun – 28 Jun '16 |                  | 4                 | 2 Jun – 23 Jun '16 | A.A.     | 4                 | 3 Jun – 24 Jun '16 |
|        | 4                 | 5 Jul – 26 Jul '16 |                  | 4                 | 7 Jul – 28 Jul '16 | COVE     | 4                 | 1 Jul – 22 Jul '16 |
| AFXX 9 | 7pm – 8pm 7       |                    | 7pm – 8p         | m                 |                    | 7.30pm – | 8.30pm            |                    |

#### **Dance with Charlotte @ CSC Tessensohn**

Charlotte Mizuki is a living example of how zumba has helped her lose 18kg in a year! She is a qualified group aerobics instructor as well as zumba fitness instructor, so join in and learn from her!

|       | Tuesday               |                    | Thursday          |                    |
|-------|-----------------------|--------------------|-------------------|--------------------|
| -     | Instructor: Charlotte |                    |                   |                    |
| 3     | No. of<br>Classes     | Date               | No. of<br>Classes | Date               |
| No.   | 4                     | 7 Jun – 28 Jun '16 | 4                 | 2 Jun – 23 Jun '16 |
| ILDY. | 4                     | 5 Jul – 26 Jul '16 | 4                 | 7 Jul – 28 Jul '16 |
| N     | 7pm – 8pm             |                    | 7pm – 8pm         |                    |

#### For above courses:

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

Register By: 30 May '16

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

or 28 Jun '16

#### **ATHLETICS WORKSHOPS**

#### **Be a Faster Runner**

Improve your running technique by learning from the coaches of FWCC. Learn about movement patterns and drills that will help you run better and faster. Come in your sports attire.

**Date:** Saturday, 18 Jun '16 **Time:** 10am – 12pm

#### **Sport Development in Kids**

Should kids be training as hard as adults? What activities are suitable for them to ensure that they have proper physical development? See what the coaches at FWCC in this workshop have to say on the issue.

**Date:** Saturday, 25 Jun '16 **Time:** 10am – 11.30am

#### Rehabilitation with Movement Mechanics Physiotherapy

Learn about common injuries and how to prevent them with the physiotherapists at Movement Mechanics Physiotherapy. Don't let injury prevent you from daily activities – get some advice and help!

**Date:** Saturday, 9 Jul '16 **Time:** 10am – 12pm

#### **Bike Fitting**

Are you an avid cyclist or just like to pedal in the park? Either way, find out what adjustments you should make to your bike to get the best fit for comfort and efficiency!

**Date:** Saturday, 23 Jul '16 **Time:** 10am – 11.30am

Fees: Member \$10, Public Officer \$15, Member's Guest \$20

(per workshop)

Venue: CSC @ Tessensohn

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

Register By: 1 week before each session



#### **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.

\*No lesson on eve or Public Holidays

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.



| Activity               | Age**             | Time        | Date (Jun)*                                   |   | Date (Jul)*                                    |   |
|------------------------|-------------------|-------------|---|---|--|---|
| Mini Tennis Programmes |                   |             |   |   |  |   |
| Mini Red               | 4 – 7 years old   | 4pm – 5pm   | Tessensohn                                    | Changi                                      | Tessensohn                                     | Changi  |
| Mini Orange            | 7 – 9 years old   | 5pm – 6pm   | 4 Tuesdays,<br>or 4 Fridays,                  |   | 4 Tuesdays,<br>or 4 Fridays,                   | 4 Saturdays,<br>or 4 Sundays,<br>2 Jul – 24 Jul '16 |
| Mini Green             | 9 – 11 years old  | 6pm – 7pm   | 3 Jun – 28 Jun '16                            | 4 Jun – 26 Jun '16                          | 1 Jul – 26 Jul '16                             |   |
|                        | Junior Programmes |             |   |   |  |   |
| Beginner               | 12 – 17 years old | 10am – 11am | Tessensohn<br>4 Sundays,<br>5 Jun – 26 Jun'16 | Changi<br>4 Saturdays,<br>4 Jun – 25 Jun'16 | Tessensohn<br>4 Sundays,<br>3 Jul – 24 Jul '16 | Changi<br>4 Saturdays,<br>2 Jul – 23 Jul '16        |
| Adult Programmes       |                   |             |   |   |  |   |
| Beginner               | 18+ years old     | 8am – 9am   | Tessensohn                                    | Changi                                      | Tessensohn                                     | Changi  |
| Intermediate           | 18+ years old     | 9am – 10am  | 4 Sundays,<br>5 Jun – 26 Jun '16              | 4 Saturdays,<br>4 Jun – 25 Jun '16          | 4 Sundays,<br>3 Jul – 24 Jul '16               | 4 Saturdays,<br>2 Jul – 23 Jul '16                  |

#### YOGA CLASSES BY G YOGA



Take some time off to relax and rejuvenate your body. These yoga sessions are slow-paced with some simple breathing exercises and meditation. Enhance the harmonisation of your body, mind and soul in a tranquil setting. Relax your mind and rejuvenate your body with Yoga Master G from Yoga. Master G is a certified yoga instructor dedicated to working with children and adults. Master G has conducted classes in Australia, India, Indonesia, Malaysia and Singapore. He is famous for pushing the mental and physical limits to explore and gain new experiences in yoga and meditation which helps his students realised their potential to benefit themselves.

Date: 8 Saturdays, 11 Jun - 30 Jul '16

Time: 6pm – 7pm Venue: CSC @ Changi

Date: 8 Tuesdays, 14 Jun – 2 Aug '16

Time: 7pm – 8pm Venue: CSC @ Changi

**Date:** 8 Fridays, 17 Jun – 5 Aug '16

Time: 7pm – 8pm Venue: CSC @ Bukit Batok

**Fees:** Member \$100, Public Officer \$130, Member's Guest \$140

(for 8 lessons)

Contact: Serene Cho at 63915620 or

serenecho@csc.sg **Register By:** 26 May '16

\*Yoga mats will be provided



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

#### JUDO FOR ADULTS

Judo is a modern martial art.
The sport throws 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 receive
Judo training, you not only develop
your physical health and also your
mental health!



**Date:** 4 Sundays, 5 Jun – 26 Jun '16 **Time:** 11.30am – 12.30pm

**Date:** 4 Sundays, 3 Jul – 24 Jul '16 **Time:** 11.30am – 12.30pm

#### For the above classes:

Fees: Member \$100, Public Officer \$110, Member's Guest \$120 Venue: CSC @ Tessensohn Contact: Vanessa at 6391 5641 or

vanessachoo@csc.sg

Register By: 1 week before class

#### HOW TO LIVE LONG AND STAY HEALTHY NATURALLY

Discover the way for a healthier lifestyle. In Traditional Chinese Medicine, follow the natural way of life – a form of preventive remedy is able to protect you from illnesses.



**Date:** Saturday, 18 Jun '16 **Time:** 2pm – 4pm

Fees: Member \$25, Public Officer \$28,

Member's Guest \$30 Venue: CSC @ Tessensohn Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 11 Jun '16

### DIY REFLEXOLOGY WORKSHOP

Many of today's illnesses can be attributed to stress and tension, manifesting in conditions such as back ache, headaches, insomnia and constipation. Participants will learn how to identify the reflex zones and referral areas and apply pressure to the right points on hands and feet to relief pain and discomfort without using drugs.

**Date:** Saturday, 18 Jun '16 **Time:** 2pm – 4pm

Fees: Member's Child \$35, Public Officer's Child \$38, Member's Guest's Child \$40 Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 12 Jun '16



#### **U-JAM FUN FITNESS**

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, 2 Jun – 23 Jun '16

or 7 Jul – 28 Jul '16 **Time:** 8pm – 9pm

Venue: CSC @ Bukit Batok

Fee: Member \$50, Public Officer \$55,

Member's Guest \$58

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg

**Register By:** 25 May '16 or 30 Jun '16



### TRADITIONAL CHINESE QIGONG

Health is important. Learn how to health care your HEART & KIDNEYS to avoid ailments like pains in the heart, back of ear, neck and shoulder blade; palpitation, insomnia, stiff forearm, dim eyesight, difficulty in hearing and other aliments.

To nourish the heart and strengthen the kidneys and to tone the small intestines and urinary bladder, lessons will include the following:

### LESSON 1: HEALTHCARE MEDITATION

Learn the breathing and mind-will techniques to nurture the healing qi to clear blockages along the heart and kidney qi channels

#### LESSON 2: MOBILE QIGONG: HEART & SMALL INTESTINE / KIDNEYS & URINARY BLADDER

Learn to combine breathing, mindwill and physical movements to activate the life healing qi and blood to flow into the heart & small intestines/kidneys & urinary bladder to repair damaged cells and tissues to self heal chronic ailments. If there are no ailments, the exercise regimen maintains healthy functions of our heart and kidneys.

#### **LESSON 3:**

- Rehearse Lessons 1 & 2 exercises to feel the energy qi enter into a state of flow.
- Self-heal: Learn to focus on aching points during healthcare Meditation & acupoints during Heart & Kidney Mobile Qigong exercises.

**Date:** 3 Thursdays, 2 Jun – 16 Jun '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:** 26 May '16



#### **MUSIC**

#### LEARN TO PLAY UKULELE

Do you know that ukulele is the second easiest instrument to learn, play and sing? Learn from Mr. Fahmy on how to strum chords, sing and play with the ukelele. You will also learn to tune the ukulele read notes and eventually play solo pieces.

#### **Beginners Level @ Tessensohn**

Date: 6 Mondays, 23 May - 27 Jun '16

**Venue:** CSC @ Tessensohn **Register By:** 16 May '16

### Beginners Level @ Bukit Batok

Date: 6 Tuesdays, 17 May -

21 Jun 16

Venue: CSC @ Bukit Batok Register By: 10 May '16



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



Many songs can be played on the keyboard with a few chords. In this course, you will be learn the basic of note and chords reading and play a wide array of songs ranging from classical, pop and rock. Instructor Titus Chia has been teaching piano, keyboard and organ for the past 5 years.

#### **Keyboard Course (Beginners)**

Date: 10 Wednesdays, 22 Jun - 31 Aug '16 (Except 6 Jul '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 63915624 or kuagekcheng@csc.sg

Register By: 15 Jun '16

**Keyboard Course (Beginners) @ BB** 

Date: 10 Mondays, 20 Jun - 22 Aug '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: 13 Jun '16



#### LEARN TO PLAY VIOLIN

Enjoy playing the violin, one of the classic members of the string family. During this course you will learn how to handle the violin, bowing techniques, postures and note reading. Instructor Leong Gah Chiong, has been teaching since 1998 and has a Diploma in Teaching (Violin) under Trinity College London.



#### Violin Course (Beginners) @ Tessensohn

**Date:** 10 Mondays, 27 Jun – 29 Aug '16

Time: 7pm – 8pm

Fees: Member \$155, Public Officer \$165, Member's Guest \$170

(Fee includes materials and instrument is provided)

Venue: CSC @ Tessensohn

#### Violin Course (Advance) @ Tessensohn

**Date:** 10 Mondays, 27 Jun – 29 Aug '16

**Time:** 7.00pm – 8.00pm

Fees: Member \$185, Public Officer \$195, Member's Guest \$200

(Fee includes materials and instrument is provided)

Venue: CSC @ Tessensohn Register By: 20 Jun '16

#### Violin Course (Beginners) @ Bukit Batok

**Date:** 10 Wednesdays, 8 Jun – 17 Aug '16 (Except 6 Jul '16)

Time: 7.30pm - 8.30pm

**Fees:** Member \$155, Public Officer \$165, Member's Guest \$170

(Fee includes materials and instrument is provided)

Venue: CSC @ Bukit Batok

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

Register By: 1 Jun '16

#### MASTER THE ERHU

The Erhu is one of the most popular Chinese instruments. Do you know this two-stringed instrument is easy to pick up and you will be able to play a tune within minutes? You will be taught by instructor Mr Pang Chin Soon, who has a diploma in Erhu and more than 20 years of experience playing this instrument.

A minimum of six participants is needed to begin the class.
Participants need to bring along

their own Erhu.

Date: 10 Wednesdays, 13 Jul -

14 Sep '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: CSC @ Tessensohn

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

Register By: 5 Jul '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 the completion of the course, students are able to construct sentences, acquire the knowledge of language structures and converse about everyday situations in the Malay language.

Date: 8 Thursdays, 19 May - 14 Jul '16

**Time:** 7pm – 9.30pm

Fees: Member \$160, Public Officer \$170,

Member's Guest \$180 **Venue:** CSC @ Tessensohn

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

Contact: Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 12 May '16

#### BASIC FRENCH

Learn Basic French through reading, listening, speaking and writing with instructor Freddie.



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, 24 Jun '16 **Time:** 7.15pm – 8.45pm

Fees: Members \$5, Public Officer \$8,

Member's Guest \$10 **Register By:** 17 Jun '16

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

**Date:** 6 Fridays, 1 Jul – 5 Aug '16 **Time:** 7.15pm – 9.15pm

Fees: Members \$160, Public Officer \$170,

Member's Guest \$180 **Venue:** CSC @ Tessensohn **Contact:** Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 24 Jun '16

### CREATING THE RIGHT IMPRESSION WITH BODY LANGUAGE

Making the first impression doesn't take long at all. It is said between 7-30 seconds is when you make first impressions. Learn to use your body language to your advantage to make a good first impression.

#### **Course Outline:**

a) Understanding Different Types of Body Language

#### b) Learning the Ropes

- Facial expressionBody posture
- Eye contactHand gestures
- c) Application
  - How to build rapport

**Date:** Saturday, 16 Jul '16 **Time:** 10am – 12pm

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

Venue: CSC @ Tessensohn

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

Register By: 10 Jul '16

#### **BRUSH CALLIGRAPHY**

Understand the fundamentals of brush strokes and how to use a brush for calligraphy. With the knowledge of the upper and lower capitals, learn how to form words and create your own artwork. All materials such as brush, small bottle of paint and paper will be provided.

**Date:** Thursday, 23 Jun '16 **Time:** 7pm – 9.30pm

Fees: Member \$140, Public Officer \$150, Member's Guest \$160

Venue: CSC @ Tessensohn

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

Register By: 10 Jun '16

# o Marco

### IMPROVE YOUR DIALECT

Want to learn 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 Wednesdays, 8 Jun - 29 Jun '16

#### Conversational Cantonese For Beginners

Date: 4 Thursdays, 9 Jun - 30 Jun '16

#### For the above courses:

**Time:** 7.30pm – 9pm

Fees: Member \$45, Public Officer \$55,

Member's Guest \$60 **Venue:** CSC @ Tessensohn **Contact:** Hai Ming at 6391 5607 or

onnhaiming@csc.sg

Register By: 1 week before start date

#### DISCOVERING YOUR TALENT, EXCEL IN YOUR LIFE

People usually change their careers mid way not because they have a burning desire to do something else, but they realise the career they genuinely enjoyed at first is no longer right for them. If you are interested in understanding your personal and career development, join us for this workshop to know more about yourself and your needs. Participants will get to scan their fingerprints to generate their basic biometric report. All personal data will be kept highly confidential.

Date: Saturday, 28 May '16

**Time:** 10am – 1pm

Fees: Member \$65, Public Officer \$68,

Member's Guest \$70

(Fee includes a basic personal

biometric report)

Venue: CSC @ Tessensohn

Contact: Serene Cho at 6391 5620 or

serenecho@csc.sg **Register By:** 15 May '16

#### SELF IMPROVEMENT

### PERFORM SPREADSHEET FUNCTIONS (EXCEL 2013)

For Excel 2013, participants will be able to accomplish tasks associated with developing, formatting, modifying and using a spreadsheet. They will also learn to use standard formulas and functions, and demonstrate competence in creating and formatting graphs or charts.

#### On completion of this module each participant will be able to:

- Work with spreadsheets and save them in different file formats
- Choose built-in options such as the Help function within the application to enhance productivity
- Enter data into cells and use good practice in creating lists. Select, sort and copy, move and delete data
- Edit rows and columns in a worksheet. Copy, move, delete and appropriately rename worksheets
- Create mathematical and logical formulas using standard spreadsheet functions. Use good practice in formula creation and recognise error values in formulas
- Adjust spreadsheet page settings and check and correct spreadsheet content before finally printing spreadsheets

Date: Saturday, 11, 18, 25 Jun or 9, 16 and 23 Jul '16

Time: 8.30am - 6pm

**Fees:** \$129.60 (After normal funding), \$81.60 (After MCES) (for Singaporeans and PR only, please email to Vanessa to

find out which funding you are eligible)

**Venue:** Orchard Plaza **Course Duration:** 24 hours

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

Register By: 3 Jun or 1 Jul '16

There is an assessment at the end of the course





### PERFORM WORD PROCESSING FUNCTIONS (WORD 2013)

Word 2013 enables participants to use a word processing application to accomplish everyday tasks associated with creating, formatting and finishing small-sized word processing documents such as letters and other everyday documents.

#### On completion of this module each participant will be able to:

- Work with documents and save them in different file formats
- Create and edit small-sized word processing documents that will be ready to share and distribute
- Apply different formats to documents to enhance them before distribution and recognise
- Good practice in choosing the appropriate formatting options
- Insert tables, images and drawn objects into documents
- Prepare documents for mail merge operations

Date: Saturday, 11, 18, 25 Jun or 9, 16 and 23 Jul '16

**Time:** 8.30am – 6pm

Fees: \$129.60 (After normal funding), \$81.60 (After MCES)

(for Singaporeans and PR only, please email Vanessa to find out which funding you

are eligible)

Venue: Orchard Plaza
Course Duration: 24 hours

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

Register By: 3 Jun or 1 Jul '16

There is an assessment at the end of the course

### BUILDING TOTAL CONFIDENCE & POWER

Learn the confidence-unlocking strategies to achieve what you desire. Confident people stay calm during challenging situations, communicate with strength and possess a self-assured power.

With the correct techniques and tools, you too can trigger high level of confidence in yourself to eliminate all doubts.

**Date:** Saturday, 18 Jun '16 **Time:** 9am – 11am

Fees: Member \$40, Public Officer \$45,

Member's Guest \$50 **Venue:** CSC @ Tessensohn **Contact:** Hai Ming at 6391 5607 or

onnhaiming@csc.sg **Register By:** 11 Jun '16

## PERFORM PRESENTATION FUNCTIONS (POWERPOINT 2013)

In this course participants will learn more about creating, formatting, modifying and preparing presentations using different slide layouts for display and printed distribution.

### On completion of this module each participant will be able to:

- Work with presentations and save them in different file formats
- Choose built-in options such as the Help function within the application to enhance productivity
- Understand different presentation views and when to use them, choose different slide layouts and designs
- Enter, edit and format text in presentations. Recognise good practice in applying unique titles to slides
- Apply animation and transition effects to presentations and check and correct presentation content before finally printing and giving presentations

**Date:** Saturday, 11, 18, 25 Jun or 9, 16 and 23 Jul '16

**Time:** 8.30am – 6pm **Fees:** \$129.60 (After normal funding), \$81.60 (After MCES) The second secon

(for Singaporeans and PR only, please email Vanessa to find out

which funding you are eligible)

Venue: Orchard Plaza Course Duration: 24 hours Contact: Vanessa at 6391 5641 or vanessachoo@csc.sg

Register By: 3 Jun or 1 Jul '16

There is an assessment at the end of the course



#### 3D PREMIUM DURIAN @ PAHANG

Calling all durian lovers.

| DESCRIPTION                         | Member<br>(Per pax) |           | Member's Guest<br>(Per pax) |
|-------------------------------------|---------------------|-----------|-----------------------------|
| Adult (Twin)                        | S\$315.00           | S\$320.00 | S\$325.00                   |
| Adult (Single)                      | S\$398.00           | S\$403.00 | S\$408.00                   |
| Child (with Extra Bed ONLY at KL)** | S\$275.00           | S\$280.00 | S\$285.00                   |
| Child (no Bed)                      | S\$245.00           | S\$250.00 | S\$255.00                   |

Proceed to Raub Tour, the rich town with the best Durians in Malaysia. Then head down to Pahang where you will be treated to premium grade durian of Mao Shan & D24. Enjoy shopping at Berjaya Times Square.

**Date:** Friday – Sunday, 1 Jul – 3 Jul '16

**Time:** 6.30am, Assemble 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



### 2D PORT DICKSON WITH MALACCA TOUR

| DESCRIPTION                     | Members<br>(Per pax) | Public<br>Officer<br>(Per pax) | Member's<br>Guest<br>(Per pax) |
|---------------------------------|----------------------|--------------------------------|--------------------------------|
| Adult – Single                  | S\$278.00            | S\$283.00                      | S\$288.00                      |
| Adult – Twin/<br>Triple sharing | S\$230.00            | S\$235.00                      | S\$240.00                      |
| Child – With Bed                | S\$195.00            | S\$200.00                      | S\$205.00                      |
| Child – No Bed                  | S\$180.00            | S\$185.00                      | S\$190.00                      |

\*Child: 3-11 Years

Visit the sites of Malacca which include Dutch Square and Christ church, a landmark of fine Dutch architecture. Explore Jonker Street night market – a haven for antique collectors and bargain hunters. Set off for Port Dickson tour to Cape Rachardo. Enjoy the panaromic view of the coastline of Sumatra.

Date: Saturday - Sunday, 18 Jun - 19 Jun '16

**Time:** 6.15am – Assemble 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



### 4D PERAK EXPLORATION & PENANG UNESCO TOUR

| DESCRIPTION               | Members<br>(Per pax) | Public<br>Officer<br>(Per pax) | Member's<br>Guest<br>(Pevr pax) |
|---------------------------|----------------------|--------------------------------|---------------------------------|
| Adult – Twin/<br>Triple   | S\$400.00            | S\$405.00                      | S\$410.00                       |
| Adult – Single            | S\$538.00            | S\$543.00                      | S\$548.00                       |
| Child – With<br>Extra Bed | S\$335.00            | S\$340.00                      | S\$345.00                       |
| Child – No Bed            | S\$278.00            | S\$283.00                      | S\$288.00                       |

Embark on an adventure trip to Perak and Penang. Visit Sungkai Hot Spring in Perak where the natural springs have healing properties that will help to heal and detoxify toxic from your body. Ipoh tour to Explore the Old Railway Station which was built in 1935. Be amazed by the sights of Geroge Town UNESCO Heritage Discovery. You will visit the Clock Tower, Goddess of Mercy Temple and Sun Yat Sen Museum. Shop for local products in Penang.

Date: Thursday – Sunday, 9 Jun – 12 Jun '16

**Time:** 6.15am – Assemble 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





<sup>\*</sup>Infant: below 3 years - FOC with No seats in coach



#### 3D2N CAMERON HIGHLANDS TOUR

|                   | Twin/<br>Triple | Single    | Child<br>Wtih<br>Bed | Child<br>With No<br>Bed |
|-------------------|-----------------|-----------|----------------------|-------------------------|
| Member            | S\$270.00       | S\$400.00 | S\$255.00            | S\$200.00               |
| Public Officer    | S\$280.00       | S\$410.00 | S\$265.00            | S\$210.00               |
| Member's<br>Guest | S\$285.00       | S\$415.00 | S\$270.00            | S\$215.00               |

Enjoy a break with this trip to Cameron Highlands. Enjoy visits to the famous Boh Tea plantation and factory, Market Square, Strawberry Farm, Vegetable Farm, Flower Export with market visit and The local Smokehouse where you will be able to view the different types of cactus on show. Take in the sight of more than a hundred varieties of roses at Rose Centre.





**Date:** Saturday – Monday, 18 Jun – 20 Jun '16 **Time:** Assemble at 6.45am at CSC @ Tessensohn

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

Register By: 5 Jun '16

Tour by: Amazing Explorer Pte Ltd

#### FRUIT FARM TOUR

Enjoy a myriad of activities in an idyllic kampong in Pontian, Johor. Visit the pineapple plantation and bee farm. Explore the fruit farm and be treated with a feast of fruits including durians. Have fun with shipping and a sumptuous Korean BBQ dinner.

Date: 11 Jun '16
Time: 7.30am – 7.30pm
(Subject to traffic conditions)
Fees: Member \$85, Public Officer \$90,

Member's Guest \$95 **Venue:** Meet at Outram MRT

Tour By: Capital Travel Services Pte Ltd



#### For details and itinerary:

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

Register By: 28 May '16



#### 3D2N SEKINCHAN PADDY TOUR & KL TOUR

|  | Twin/<br>Triple      | Single               | Child With<br>Bed    | Child With<br>No Bed |
|--|----------------------|----------------------|----------------------|----------------------|
| Member<br>(Per/Pax)                                  | S\$290.00            | \$\$385.00           | S\$265.00            | S\$210.00            |
| Public<br>Officer/<br>Member's<br>Guest<br>(Per/Pax) | \$\$300/<br>\$310.00 | \$\$395/<br>\$405.00 | \$\$275/<br>\$285.00 | \$\$220/<br>\$230.00 |

Join us for an exciting sightseeing tour at Sekinchan, a town known for its paddy fields. Explore the remnants of the Dutch Fort. Along the way you will see silver leaf monkeys. Visit the Melawati Fresh Water Fish Park where you will catch a glimpse of the alligator garfish, walking catfish and giant snakehead. Visit the largest Rice Mill in Sekinchan to learn on the production of rice. Get the rare chance to stand close and feed the eagles. Be immersed in the fireflies tour.

**Date:** Friday – Sunday, 17 Jun – 19 Jun '16 **Time:** Assemble at 6.30am at CSC @ Tessensohn **Register By:** First-come, First-served basis **Tour By:** Amazing Explorer Pte Ltd

#### For details and itinerary:

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

#### 2D MALACCA TOUR

| Hatten<br>Hotel or<br>similar | Twin/<br>Triple        | Single                 | Child With<br>Bed<br>(below 12<br>years old) | Child With<br>No Bed   |
|-------------------------------|------------------------|------------------------|--|------------------------|
| Member                        | S\$160.00              | S\$200.00              | S\$140.00                                    | S\$120.00              |
| Public<br>Officer/<br>Guest   | S\$170.00<br>S\$180.00 | S\$210.00<br>S\$220.00 | S\$150.00<br>S\$160.00                       | S\$130.00<br>S\$140.00 |

Take a break from your hectic schedule and enjoy the charming attractions of Malacca. Visit the Upside down House, shop at at Pahlawan Mall, view the Machap Walk Night Market, and enjoy the Magical Show at Nyonya Village. You will also visit the Baba Charlie Nyonya Kuih and embark on the Heritage Tour along Jonker Street.

**Date:** Saturday – Sunday, 11 Jun – 12 Jun '16

Time: Assemble at 7.00am at

CSC @ Tessensohn

**Register By:** First-come, First-served basis **Tour By:** Amazing Explorer Pte Ltd

#### For details and itinerary:

**Contact:** Gek Cheng @ 6391 5624 or

kuagekcheng@csc.sg



### CSC @ TESSENSOHN

| ACTIVITY   | DATE   | TIME  | INSTRUCTOR     | MEMBER | FEES:<br>PUBLIC<br>OFFICER | GUEST | GROUP SIZE          | REGISTER<br>BY | CONTACT                       |
|--|--|---|----------------|--------|----------------------------|-------|---------------------|----------------|-------------------------------|
| AQUA AEROBICS<br>(TUE PM)                              | 12 Tuesdays,<br>5 Jul – 20 Sep '16<br>(No lesson on PH)      | 6.30pm – 7.30pm                             | Ms Antonia     | \$80   | \$90                       | \$95  | 18 persons<br>(max) | 30 Jun '16     | Vanessa<br>at<br>6391 5641    |
| AQUA AEROBICS<br>(SAT)                                 | 12 Saturdays,<br>2 Jul – 3 Sep'16<br>(No lesson on PH)       | 8am – 9am or<br>9am – 10am                  | Ms Anthea      | \$80   | \$90                       | \$95  | 18 persons<br>(max) | 18 Jun '16     | Vanessa<br>at<br>6391 5641    |
| AQUA AEROBICS<br>(SUN)                                 | 12 Sundays,<br>18 Sep – 4 Dec'16<br>(No lesson on PH)        | 9am – 10am                                  | Ms Vikki       | \$80   | \$90                       | \$95  | 18 persons<br>(max) | 10 Jun '16     | Vanessa<br>at<br>6391 5641    |
| AQUA AEROBICS<br>(WED)                                 | 12 Wednesdays,<br>13 Jul – 28 Sep'16<br>(No lesson on PH)    | 6.15pm –<br>7.15pm<br>or 7.15pm –<br>8.15pm | Ms Vikki       | \$80   | \$90                       | \$95  | 18 persons<br>(max) | 7 Apr '16      | Vanessa<br>at<br>6391 5641    |
| BEGINNERS<br>BALLROOM<br>WALTZ                         | 10 Tuesdays<br>12 Jul –<br>20 Sep '16<br>(exclude 9 Aug)     | 8pm – 9pm                                   | Mr Wu          | \$70   | \$75                       | \$80  | 12 persons<br>(min) | 5 Jul '16      | Gek Cheng<br>at<br>6391 5624  |
| BEGINNERS<br>SALSA &<br>BACHATA<br>DANCE               | 10 Fridays<br>15Jul –<br>16 Sep '16                          | 8pm – 9pm                                   | MrWu           | \$70   | \$75                       | \$80  | 12 persons<br>(min) | 8 Jul '16      | Gek Cheng<br>at<br>6391 5624  |
| BALLROOM<br>TECHNIQUE –<br>WALTZ                       | 10 Sundays<br>10 Jul –<br>18 Sep '16                         | 2pm – 3pm                                   | Jacie          | \$70   | \$75                       | \$80  | 12 persons<br>(min) | 4 Jul '16      | Gek Cheng<br>at<br>6391 5624  |
| BALLROOM<br>PASO DOBLE<br>- LATIN<br>AMERICAN<br>DANCE | 10 Sundays<br>10 Jul –<br>18 Sep '16                         | 3pm – 4pm                                   | Jacie          | \$70   | \$75                       | \$80  | 12 persons<br>(min) | 4 Jul '16      | Gek Cheng<br>at<br>6391 5624  |
| BALLROOM<br>VIENNESE<br>WALTZ (QUICK<br>WALTZ)         | 10 Sundays<br>10 Jul –<br>18 Sep '16                         | 4pm – 5pm                                   | Jacie          | \$70   | \$75                       | \$80  | 12 persons<br>(min) | 4 Jul '16      | Gek Cheng<br>at<br>6391 5624  |
| DEEP AQUA<br>AEROBICS<br>(TUE AM)                      | 10 Tuesdays,<br>14 Jun – 23 Jun<br>(No lesson on PH)         | 8am – 9am                                   | Ms Vikki       | \$85   | \$95                       | \$100 | 18 persons<br>(max) | 15 Jun '16     | Vanessa<br>at<br>6391 5641    |
| DEEP AQUA<br>AEROBICS (THU)                            | 10 Thursdays,<br>16 Jun –<br>18 Aug '16<br>(No lesson on PH) | 6.30pm –<br>7.30pm                          | Ms Anthea      | \$85   | \$95                       | \$100 | 18 persons<br>(max) | 10 Jun '16     | Vanessa<br>at<br>6391 5641    |
| DEEP AQUA<br>AEROBICS (FRI)                            | 10 Fridays,<br>29 Jul –<br>30 Sep '16<br>(No lesson on PH)   | 7pm – 8pm or<br>8pm – 9pm                   | Ms Vikki       | \$85   | \$95                       | \$100 | 18 persons<br>(max) | 10 Jul '16     | Vanessa<br>at<br>6391 5641    |
| PILATES BY<br>MABELINE                                 | 10 Mondays<br>30 May '16 –<br>1 Aug '16                      | 7pm – 8pm                                   | Ms<br>Mabeline | \$85   | \$95                       | \$100 | 12 persons<br>(min) | 25 May'16      | Serene Cho<br>at<br>6391 5620 |

### CSC @ TESSENSOHN

| ACTIVITY  | DATE  | TIME  | INSTRUCTOR  |               | FEES:                            |                | GROUP SIZE          | REGISTER<br>BY        | CONTACT                     |
|---|---|---|---|---------------|----------------------------------|----------------|---------------------|-----------------------|-----------------------------|
|   |   |   |   | MEMBER        | PUBLIC<br>OFFICER                | GUEST          |                     |                       |                             |
| SWIMMING<br>LESSONS AT<br>TESSENSOHN<br>(CHILDREN)                        | 4 Lessons<br>May / Jun '16<br>Choice of<br>Saturday<br>/ Sunday                 | Depending on<br>Swimming<br>level & age<br>(Instructors will<br>Advise)                           | Mr<br>Kurusamy /<br>Seng Yung<br>/ Derick/<br>Chang | Child<br>\$60 | Child<br>\$70                    | Child<br>\$80  | 15 persons          | 15 May /<br>15 Jun'16 | Vanessa<br>at<br>6391 5641  |
| SWIMMING<br>FOR LADIES<br>(BEGINNER)                                      | 10 Mondays<br>18 Jul – 26 Sep '16   | 7pm – 8pm   | Ms Thipa  | \$160         | \$180                            | \$185          | 12 persons          | 10 Jul'16             | Vanessa<br>at<br>6391 5641  |
| SWIMMING FOR<br>LADIES<br>(INTERMEDIATE)                                  | 10 Mondays<br>18 Jul – 26 Sep '16   | 8pm – 9pm   | Ms Thipa  | \$160         | \$180                            | \$185          | 12 persons          | 10 Jul'16             | Vanessa<br>at<br>6391 5641  |
| TRADITIONAL<br>TAEKWON-DO<br>FOR ADULTS<br>(MON)- JUL /<br>AUG / SEP'16   | 11 Mondays<br>4 Jul – 26 Sep '16<br>(No lessons on<br>Eve and PH)               | 8.30pm –<br>10.30pm   | Singapore<br>Taekwon-<br>Do<br>Academy              | \$60          | \$70                             | \$80           | 10 persons<br>(min) | 27 Jun'16             | Hai Ming<br>at<br>6391 5607 |
| TRADITIONAL<br>TAEKWON-DO<br>(SAT) – JUL /<br>AUG / SEP'16                | 13 Saturdays<br>2 Jul – 24 Sep'16<br>(No lessons on<br>Eve and PH)              | 3pm – 4.30pm<br>(Beginner &<br>Coloured Belt)<br>or 4.30pm –<br>6pm<br>(Red & Black<br>Belt only) | Singapore<br>Taekwon-<br>Do<br>Academy              |               | \$70<br>rent and c<br>rent and 2 |                | 10 persons          | 25 Jun'16             | Hai Ming<br>at<br>6391 5607 |
| WING CHUN<br>KUNG FU,<br>"CHI SAU"<br>THUR – JUN                          | 5 Thursdays<br>2 Jun – 30 Jun'16<br>(No lessons on<br>Eve and PH)<br>8pm – 10pm | 8pm – 10pm  | Sifu Ken Lau  | \$90          | \$95                             | \$100          | 10 persons          | 26 May<br>'16         | Hai Ming<br>at<br>6391 5607 |
| WING CHUN<br>KUNG FU,"CHI<br>SAU" (ADULT<br>BEGINNER)<br>- JUN            | 4 Saturdays<br>4 Jun – 25 Jun'16<br>(No lessons on<br>Eve and PH)               | 9am – 10.30am   | Sifu Ken Lau  | \$90          | \$95                             | \$100          | 10 persons          | 28 May<br>'16         | Hai Ming<br>at<br>6391 5607 |
| WING CHUN<br>KUNG FU,<br>"CHI SAU"<br>(CHILDREN<br>6 – 12 YEARS)<br>– JUN | 4 Saturdays<br>4 Jun - 25 Jun '16<br>(No lessons on<br>Eve and PH)              | 10.30am –<br>11.30am  | Sifu Ken Lau  | Child<br>\$90 | Child<br>\$95                    | Child<br>\$100 | 10 persons<br>(min) | 28 May<br>'16         | Hai Ming<br>at<br>6391 5607 |
| WING CHUN<br>KUNG FU,"CHI<br>SAU" (ADULT<br>INTERMEDIATE)<br>- JUN        | 4 Saturdays<br>4 Jun – 25 Jun'16<br>(No lessons on<br>Eve and PH)               | 11.30am – 1pm   | Sifu Ken Lau  | \$90          | \$95                             | \$100          | 10 persons<br>(min) | 28 May<br>'16         | Hai Ming<br>at<br>6391 5607 |
| WING CHUN<br>KUNG FU,<br>"CHI SAU"<br>THUR – JUL                          | 3 Thursdays<br>14 – 28 Jul '16<br>(No lessons on<br>Eve and PH)                 | 8pm – 10pm  | Sifu Ken Lau  | \$90          | \$95                             | \$100          | 10 persons<br>(min) | 25 Jun<br>'16         | Hai Ming<br>at<br>6391 5607 |
| WING CHUN<br>KUNG FU,"CHI<br>SAU" (ADULT<br>BEGINNER)<br>– JUL            | 5 Saturdays<br>2 Jul – 30 Jul '16<br>(No lessons on<br>Eve and PH)              | 9am – 10.30am   | Sifu Ken Lau  | \$90          | \$95                             | \$100          | 10 persons<br>(min) | 25 Jun<br>'16         | Hai Ming<br>at<br>6391 5607 |

### CSC @ TESSENSOHN

| ACTIVITY  | DATE   | TIME                 | INSTRUCTOR   |        | FEES:             |       | GROUP SIZE          | REGISTER<br>BY | CONTACT                       |
|---|--|----------------------|--------------|--------|-------------------|-------|---------------------|----------------|-------------------------------|
|   |  |                      |              | MEMBER | PUBLIC<br>OFFICER | GUEST |                     | DI             |                               |
| WING CHUN<br>KUNG FU,"CHI<br>SAU" (CHILDREN<br>6 – 12 YEARS)<br>JUL | 5 Saturdays<br>2 Jul – 30 Jul '16<br>(No lessons on<br>Eve and PH) | 10.30am –<br>11.30am | Sifu Ken Lau | \$90   | \$95              | \$100 | 10 persons<br>(min) | 25 Jun '16     | Hai Ming<br>at<br>6391 5607   |
| WING CHUN<br>KUNG FU,"CHI<br>SAU" (ADULT<br>INTERMEDIATE)<br>– JUL  | 5 Saturdays<br>2 Jul – 30 Jul '16<br>(No lessons on<br>Eve and PH) | 11.30am – 1pm        | Sifu Ken Lau | \$90   | \$95              | \$100 | 10 persons<br>(min) | 25 Jun '16     | Hai Ming<br>at<br>6391 5607   |
| YOGA BY<br>HUAY LIN   | 10 Fridays<br>20 May –<br>22 Jul '16                               | 7.30pm –<br>8.30pm   | Ms Huay Lin  | \$75   | \$80              | \$85  | 12 persons<br>(min) | 15 May'16      | Serene Cho<br>at<br>6391 5620 |

### CSC @ BUKIT BATOK

| ACTIVITY                                       | DATE  | TIME  | INSTRUCTOR   | MEMBER   | FEES:<br>PUBLIC<br>OFFICER | GUEST          | GROUP SIZE          | REGISTER<br>BY         | CONTACT                     |
|--|---|---|--|--|----------------------------|----------------|---------------------|------------------------|-----------------------------|
| DEEP AQUA<br>AEROBICS (SAT)                    | 10 Saturdays,<br>23 Jul – 24 Sep '16<br>(No lesson on PH)                       | 8:30am –<br>9:30am  | Ms Jasmine   | \$85   | \$95                       | \$100          | 18 persons<br>(max) | 15 Jul '16             | Vanessa<br>at<br>6391 5641  |
| DEEP AQUA<br>AEROBICS (TUE)                    | 10 Tuesdays,<br>19 Jul – 20 Sep '16<br>(No lesson on PH)                        | 7pm – 8pm   | Ms Anthea  | \$85   | \$95                       | \$100          | 18 persons<br>(max) | 25 Jun'16              | Vanessa<br>at<br>6391 5641  |
| AIKIDO<br>(CHILDREN)                           | 12 Sundays<br>15 May – 31 Jul'16<br>(No lessons on<br>eve and PH)               | 10am – 11am   | Mr Steven<br>Goh                                       | Child<br>\$120   | Child<br>\$130             | Child<br>\$135 | 20 persons          | 8 May '16              | Hai Ming<br>at<br>6391 5607 |
| AIKIDO (ADULT)                                 | 12 Sundays<br>15 May – 31 Jul'16<br>(No lessons on<br>eve and PH)               | 11am – 12pm   | Mr Steven<br>Goh                                       | \$120  | \$130                      | \$135          | 20 persons          | 8 May '16              | Hai Ming<br>at<br>6391 5607 |
| TRADITIONAL<br>TAEKWON-DO –<br>JUL / AUG / SEP | 13 Saturdays<br>2 Jul – 24 Sep  | Sep   | Singapore taekwon-                                     | \$60   | \$70                       | \$80           | 10 persons<br>(min) | 25 Jun '16             | Hai Ming<br>at              |
| <b>116</b>                                     | (No lessons on eve and PH)  | n Do<br>Academy   |  | \$100 parent and child pair<br>\$150 parent and 2 children |                            |                |                     |                        | 6391 5607                   |
| SWIMMING<br>LESSONS<br>(CHILDREN)              | 4 Lessons May/<br>Jun '16 Choice of<br>Weekdays night<br>/ Saturday /<br>Sunday | Depending<br>on swimming<br>level & age<br>(Instructors will<br>advise) | Mr Silas /<br>Yusman<br>/ Ishaak /<br>Paul<br>/ Vishnu | Child<br>\$60  | Child<br>\$70              | Child<br>\$80  | 15 persons          | 15 May /<br>15 Jun '16 | Vanessa<br>at<br>6391 5641  |
| SWIMMING FOR<br>LADIES                         | 10 Fridays<br>22 Jul – 23 Sep'16<br>(No lesson on PH)                           | 7.30pm –<br>8.30pm  | Ms Thipa   | \$160  | \$180                      | \$185          | 15 persons          | 15 Jul '16             | Vanessa<br>at<br>6391 5641  |

#### **CSC @ BUKIT BATOK**

| ACTIVITY                  | DATE                              | TIME        | INSTRUCTOR |        | FEES:             |       | GROUP SIZE          | REGISTER<br>BY | CONTACT                       |
|---------------------------|-----------------------------------|-------------|------------|--------|-------------------|-------|---------------------|----------------|-------------------------------|
|                           |                                   |             |            | MEMBER | PUBLIC<br>OFFICER | GUEST |                     | DI .           |                               |
|                           |                                   |             |            |        |                   |       |                     |                |                               |
| PILATES BY<br>AGNES YOONG | 10 Saturdays<br>4 Jun – 6 Aug '16 | 11am – 12pm | Ms Agnes   | \$85   | \$95              | \$100 | 12 persons<br>(min) | 28 May '16     | Serene Cho<br>at<br>6391 5620 |

#### **CSC @ CHANGI**

| ACTIVITY                          | DATE  | TIME   | INSTRUCTOR            |               | FEES:             |               | GROUP SIZE        | REGISTER<br>BY        | CONTACT                       |
|-----------------------------------|---|--|-----------------------|---------------|-------------------|---------------|-------------------|-----------------------|-------------------------------|
|                                   |   |  |                       | MEMBER        | PUBLIC<br>OFFICER | GUEST         |                   |                       |                               |
| SWIMMING<br>LESSONS<br>(CHILDREN) | 4 Lessons Mar /<br>Apr '16<br>Choice of<br>Saturday<br>/ Sunday | Depending<br>on swimming<br>level & age<br>(Instructor will<br>advise) | Mr Chang<br>Mun Chung | Child<br>\$60 | Child<br>\$70     | Child<br>\$80 | 15 persons        | 15 Mar /<br>15 Apr'16 | Vanessa<br>at<br>6391 5641    |
| HATHA YOGA                        | 10 Fridays<br>3 Jun – 5 Aug '16                                 | 8pm – 9pm  | Ms Linda<br>Loo       | \$95          | \$105             | \$110         | 12 persons<br>min | 25 May<br>'16         | Serene Cho<br>at<br>6391 5620 |

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

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
- $The {\it Civil Service Club} \ and its management {\it will be kept fully indemnified against all claims, loss or damage what so ever to participants arising from any cause in connection}$ with activities organised or participation therein.

# **Civil Service Club** MEMBERSHIP PROMOTION

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

(See details below)

**Fitbit Blaze Fitness Tracker** and Watch RRP \$318 Promo code: BLAZE\*\*



5-Year Ordinary Membership \$360\*

Polar A360 **Fitness Tracker** RRP \$299

Promo code:



Promo code: CRN2N\*\* 2 Nights Stay at Changi Resort (Single Suite - Off Peak) RRP \$296

2-Year Ordinary Membership \$144\*

**Exclusive** 24" Pure **Polycarbonate CSC** Luggage with Luggage Tag **RRP \$80** Promo code:

Picture for illustration

1-Year **Ordinary** Membership



3-Year Ordinary Membership \$216\*

Huawei **TalkBand B2 RRP \$239** Promo code:





at Changi Resort (Single Suite - Off Peak)

RRP \$148

**Fitbit Charge HR** RRP \$218 Promo code:



http://www.csc.sg

63915 604 / 6514 6396

- \*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