

SWISS CLUB – HOME FOR ALL NATIONALITIES

SWISS CLUB

JULY - DECEMBER 2023





SWISS NATIONAL DAY

AT THE SWISS CLUB
SATURDAY
5 AUG 2023
6PM
THE LAWN

Join us for this unforgettable annual celebration of all things Swiss. All are welcome – Swiss and Non-Swiss, Members and the Public.

Featuring

- Apero on the Lawn, Courtesy of the Swiss Embassy
- Broadcast of Swiss President's Address to the Swiss Abroad
- Traditional Alpenhorn Performance
- Lavish Buffet and Live Stations with Raclette and Swiss Specialty Dishes
- Live Music and Dancing
- Lucky Draw

Visit www.swissclub.org.sg for registration details.

\$85
per Adult

\$30
per Child
(5 - 12 years old)

FREE
for Children
Under 5

Swiss Club, Singapore •



Home for All Nationalities

Be a part of the Swiss Club family

Discover the Perfect Blend of Swiss Hospitality and Southeast Asian Charm at Swiss Club Singapore



Savour Swiss Gastronomy

Delight in the flavors of Switzerland right here in Singapore. From mouthwatering raclette and hearty Rosti to delectable Swiss pastries, indulge in a culinary journey that will transport you back to the enchanting Swiss Alps.



Embrace an Active Lifestyle

Stay active and enjoy our various sports facilities. Join friendly sporting competitions, challenge yourself in fitness classes, or simply unwind by taking a dip in our swimming pool.



Experience Diversity and Join the Fun!

Join us for a range of exciting events and activities designed to cater to diverse interests. From cultural festivals to family-friendly outings, there's always something happening at the Swiss Club.

Swiss National Day Promotion

Special offer for Swiss Compatriots

Are you a Swiss National longing for a taste of home while immersing yourself in the vibrant culture of Southeast Asia? Look no further than the Swiss Club, where we bring you the best of both worlds. Our exclusive Club offers a unique blend of Swiss hospitality and Southeast Asian charm, creating a haven for like-minded individuals and their families.

Join us for an unforgettable experience that combines culinary delights, captivating events, thrilling activities, and more!

Limited time offer!

For a limited time only, all successful sign-ups will receive a **Complimentary Solis 5 in 1 Table Grill** courtesy of our friends at Solis!



To celebrate the founding of the Swiss Club in Singapore back in 1871, we are delighted to extend a great offer of **\$1871** off your lifetime Membership fees, exclusively available for Swiss Nationals.

This promotion is open to single and family (double or mixed nationalities) Membership tiers. A minimum of 1 Swiss National is required per Membership application.

This promotion is valid from 5th June to 30th September 2023.

\$1871 off Membership Fees

+ Complimentary Solis 5 in 1 Table Grill

(Capped at \$1871 per membership application)

JOIN US IN THE Great Swiss Escape

Don't miss out on this incredible opportunity to feel right at home while experiencing the wonders of Southeast Asia. Visit our website, contact our Membership team, or drop by our Club to learn more about this limited-time offer and all the fantastic benefits that await you at the Swiss Club, Home for All Nationalities.



Experience the best of Southeast Asia, yet feel right at home.

Let's Connect

Phone

+65 6591 9420

Website

www.swissclub.org.sg

Email

membership@swissclub.org.sg



A Note from the Editor

Dear Members and readers,

Hooray, we're midway through the year!

I say 'hooray' because 2023 was tipped to be a challenging one. With 'bad news' headlines constantly reminding us that all is not well everywhere in the world, we are very, very fortunate to be relatively untouched by adverse geo-political factors and natural disasters in Singapore. Sure, families may be feeling the pain of the rising cost of living, but where else in the world can you cross the country for a few dollars in a modern air-conditioned train? Or buy breakfast, prepared in sanitary surroundings, for a couple of dollars? Honestly, only in Singapore.

We have so many reasons to celebrate. And if you're a Member of the Swiss Club, you have so many occasions to celebrate!

There's Swiss National Day for starters. It's an unofficial dual birthday celebration for both Switzerland and Singapore – two small but very impressive little nations. Then there's the epic Oktoberfest, which needs no introduction, another ever-popular pool party, and the year-end celebrations of Christmas and New Year's Eve.

Indeed, we have plenty of reasons to party. Don't hold back. Join in and have fun!

Yours sincerely,

Suzanne Lauridsen
Editor, Swiss Club

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Welcome

PLEASE JOIN US IN EXTENDING A WARM WELCOME TO OUR NEW SWISS CLUB MEMBERS*.

Name	Type of Membership
Victor & Claudia Aerni	Ordinary
Lena Blattmann	Ordinary
Serena Lattuada-Kaelin & Daniel Kaelin	Ordinary
Marc Leuthard & Mayva Escalona-Leuthard	Ordinary
Paul A & Sabrina Lutz	Ordinary
Alexander Floersheim & Ge Qin	Ordinary / Associate
Thalia Keller & Nathaniel McLay	Ordinary / Associate
Tam Chun Him & Tam-Shin Ji Hae	Ordinary / Associate
David Biller & Bridget Randolph-Biller	Associate
Avijit & Claire Choudhury	Associate
Francesca & Tom Clough	Associate
Giuliano Esposito & Ashley Keohan	Associate
Alexandra & Jonathan Fancher	Associate
Stephen & Edwina Fenn	Associate
Brent Ferguson & Ferguson-Yang Xiuying	Associate
Sara Franzese & Enrico Gavazzone	Associate
Glen Gordon & Melanie Lim-Gordon	Associate
Ansgar & Anja Graw	Associate
Brandon Alexis Hollihan & Lesley Corinne Unger	Associate
Julia & Oliver Isbell	Associate
Ulf & Trisnia Jansson	Associate
Barnaby Joll & Ashley Wallace	Associate
Kim Jong Min & Kang Young Hwa	Associate
Koh Shihao & Maryanne Romero Chew	Associate
David Huyett Lake & Lake-Seki Kanako	Associate
Nadege Mariani	Associate
Eric & Isabelle Morin	Associate
Nicola Suzanne & Joel Gordon Pallister	Associate
Adrien & Hermine Pierson	Associate
Heinz Marc & Alice Pochert	Associate
Aimeric & Aurelie Ramadier	Associate
Olivier Roqueplo & Natalia Obolensky-Roqueplo	Associate
Jerome Rouch-Sirech	Associate
Elisa Sabbion & Akshay Garg	Associate
Thomas Sattes & Sattes-Liang Yuechang	Associate
Chiara Scaglia & Johannes Konrad Roth	Associate
Adrian Lewis Smit & Kelly Anne Dunn-Smit	Associate
Ioannis Stefanou & Cristina Vara Canton-Stefanou	Associate
Rowan James Te Kloot & Andrea Woolcock-Te Kloot	Associate
Kevin & Mariette Thulliez	Associate
Jonathan Walbridge & Claire Hopkins	Associate
Vera & Jan Weiser	Associate
Richard & Lucie Wolstenholme	Associate
Wong Soong Kuan & Shirley Koh Sway Eng	Associate
Carlos Zancajo & Carolina Susaeta	Associate
Zheng Jinghong & Xi Xiang	Associate
Damien Ferte	Associate Transferable
Arne Jeroschewski & Joy Albert	Associate Transferable
Lu Su-Li Julie & Lee Alex Nicholas	Associate Transferable
Kimberley & Christopher Seacombe	Associate Transferable
Justin Thomas & Rachael Harding-Thomas	Associate Transferable
Lisa Rigoli & Randal Phillips	Term

*Joined between January and June 2023

A Message from the Committee

Dear Swiss Club Members,

WE WISH TO EXTEND OUR HEARTFELT THANKS TO EVERY SINGLE ONE OF YOU FOR YOUR UNWAVERING SUPPORT, INVALUABLE FEEDBACK, AND ENDURING COMMITMENT TO OUR SWISS CLUB FAMILY THROUGHOUT THE PAST YEARS.



We hope this message finds you well and enjoying quality time with friends and family. Whether you have been taking advantage of the recent opportunities to travel or have opted to stay close to home, we trust that you are embracing the possibilities and joy that each new day brings.

As we navigate our way further into 2023, it presents an ideal moment to pause, reflect and appreciate the milestones we achieved together in the past year. It's also a time to look ahead with optimism and anticipation to the wealth of new opportunities and, undoubtedly, challenges that the future holds for us.

We wish to extend our heartfelt thanks to every single one of you for your unwavering support, invaluable feedback, and enduring commitment to our Swiss Club family throughout the past years. We take immense pride in the successful resumption of our cherished annual events like the Swiss Club Summerfest, Swiss National Day celebration, and Oktoberfest.

Last year marked a significant milestone in our continuous endeavour to enhance our Club's facilities. We were thrilled to share with you the successful completion of the Pavilion's renovations. This extensive refurbishment project resulted

in a state-of-the-art gym and studio, a rejuvenated outdoor fitness area, and various function rooms capable of hosting a multitude of events. With their modern ambience and brand new equipment, we hope these upgraded facilities continue to offer you an enriched experience for years to come.

The first half of 2023 was an eventful one, thanks to the tireless efforts of our Management team. Our traditional lion dance ushered in the Chinese New Year, followed by a memorable Valentine's Day dinner under the stars, a joyous Easter Brunch, and heartwarming Mother's Day and Father's Day celebrations. A round of applause and heartfelt thanks to the entire team for their ongoing commitment to making Club life vibrant and engaging.

We eagerly look forward to creating more unforgettable experiences together in the second half of 2023 and beyond. Until then, see you at the Swiss Club!

D. Schacher

Dominic Schacher
(on behalf of the Swiss Club Committee)
Treasurer, Swiss Club

Swiss Club – Home for all Nationalities

A Message from the General Manager

FOR THOSE MEMBERS WHO REMAIN IN SUNNY SINGAPORE, THERE IS NO SHORTAGE OF MEANINGFUL WAYS TO SPEND YOUR TIME AT THE CLUB. THANKS TO THE TIRELESS EFFORTS OF OUR DILIGENT AND INVENTIVE EVENTS TEAM, OUR CALENDAR OF ACTIVITIES IS BRIMMING WITH FUN THINGS TO DO FOR GROWNUPS, KIDS, AND THE WHOLE FAMILY.



Dear Members,

Now that travel is in full swing again, no doubt many of you will have returned home for the European summer. I trust that you are reconnecting with loved ones and sharing stories of happy days in Singapore. We look forward to welcoming you back to the Swiss Club upon your return.

For those Members who remain in sunny Singapore, there is no shortage of meaningful ways to spend your time at the Club. Thanks to the tireless efforts of our diligent and inventive Events team, our calendar of activities is brimming with fun things to do for grownups, kids, and the whole family. Our friendly social quiz nights are as much about the banter as the quizzes, and our movie nights under the stars and glamping on the Lawn are fantastic bonding experiences for families. There are also plenty of workshops and summer sports camps to keep the kids occupied during the school holidays. Sign them up now and you'll never need to hear those two words that every parent dreads – "I'm bored". Not a chance at the Swiss Club!

Perhaps some of you are hosting visitors from overseas. Do bring your guests to the Swiss Club, and give them a taste of Swiss hospitality Singapore-style.

Our signature Swiss National Day event is coming up on Saturday, 5 August. In many ways it is a dual celebration of the birthdays of both Singapore and Switzerland, which fall so close together at the beginning of August. Everyone is welcome – Members, public, Swiss and people of all nationalities and ages. There will be plenty of music, food, drink, and even a bonfire and lampion parade. Come and make merry with us.

Though it seems that we were taking down the big tent just yesterday, we are already planning this year's Oktoberfest from 27 September to 1 October. Hurry and secure your tables, as tickets are selling fast. The beauty of word-of-mouth is that we barely need to promote this now-iconic event. Not long after, our popular pool party returns on 26 November. Don't miss it!

Though Christmas may seem far away when this issue first reaches you, we all know how time flies. Please come and witness our Christmas Light-Up – it always sparks joy in young and old alike. And if you're not entertaining at home or flying home, do consider hosting your Christmas gatherings at the Club. With its unique blend of old-world grandeur and modern comforts, it is a beautiful setting for celebrations large and small.

As always, thank you for your support of the Swiss Club. Your smiling faces and positive feedback make my job, and the jobs of my colleagues, so much more rewarding.

Yours sincerely,

A. Lim

Aaron Lim
General Manager, Swiss Club

Swiss Club – Home for all Nationalities

Seeds of ideas and attitudes, once taken root, can last a lifetime.

Starting from Nursery, Tanglin creates an environment where children's natural curiosity can grow and flourish into a lifelong love of learning.

Children thrive in our exciting learning landscape – one that has been cultivated through years of careful planning and the dedication of Tanglin's exceptional Nursery team. Classrooms, outdoor areas and the inspirational curriculum are designed to capture children's imagination, nurture their inquisitive minds and create a magical hive of activity.

High levels of engagement lead to high levels of attainment as our children embark on their extraordinary journey through one of Singapore's most established international schools.

Tanglin is the first school in Asia to achieve the Curiosity Approach™ Accreditation.

Find out more at www.tts.edu.sg and discover why Tanglin was named International School of the Year 2023.

 GENERATIONS
of EXCELLENCE


TANGLIN TRUST
SCHOOL
EST. 1925



CPE Reg. No. 196100114C (7/6/2023 - 6/6/2029)

All Caught UP

GET UP TO SPEED WITH THE LATEST DEVELOPMENTS AT THE SWISS CLUB.

DRIVE CAREFULLY

Please be mindful of fellow Members, especially young children, when driving on Swiss Club grounds. All drivers are strongly encouraged to reverse-park in the marked parking spaces.

GO SLOWER DURING SCHOOL DROP-OFF AND PICK-UP TIMES

For the safety of our neighbouring schools' students, please reduce your vehicles' speed during drop-off and pick-up times, in the early morning and mid-afternoon on schooldays.



REFURBISHMENT OF GUESTHOUSE ROOMS

Our Guesthouse rooms are currently undergoing progressive refurbishment. We apologise for any inconvenience caused.

PARTIALLY CLOSED

RECIPROCAL AGREEMENT WITH BRITISH CLUB (PADEL AND SQUASH)

Effective from 5 June 2023, Swiss Club Members are permitted to use the squash facilities at the British Club for a fee of \$10.50 nett per hour (to be paid via credit card only) at the following times:

Monday, Tuesday, Thursday and Friday
12pm – 4pm & 8pm – 10pm
(excluding Public Holidays)

In addition, you are welcome to dine in at the British Club's Scores Sports Bar & Restaurant prior and after your squash sessions (payment is via credit card only with a 5% administration fee).

To book a squash court, please contact the British Club's pro shop prior to your visit to obtain security access and make a soft booking. Upon arrival, proceed to the pro shop to make payment and confirm your booking.

For enquiries and bookings, call the British Club's pro shop at +65 6410 1173 or email sports@britishclub.org.sg.

RESTRICTED ACCESS FOR GUESTS ON WEEKENDS

Please note that Guests (non-Members) are not permitted to use Swiss Club facilities on weekends and Public Holidays, except for dining at Arbenz when accompanied by a Member. Please register your Guests on arrival at all times.



Opening Hours

Dining Outlets

JUNGLE COVE

(Last food order 9.30pm)

Mon – Thu:
11.30am – 10pm (Last beverage order 9.30pm)

Fri: 11.30am – 11pm (Last beverage order 9.45pm)

Sat, Sun & PH: 10am – 11pm (Last beverage order 9.45pm)

Dinner reservations only Dress code: Casual

PERGOLA

(Last food order 9.30pm)

Mon – Thu:
8am – 11pm (Last beverage order 10.30pm)

Fri, Sat & Eve of PH:
8am – 11pm (Last beverage order 10.30pm)

Sun: 8am – 10.30pm (Last beverage order 10pm)

Breakfast daily: 8am – 11am

Dinner reservations only
Dress code: Casual (no bath towels)

ARBENZ RESTAURANT

Mon & Tue: Closed

Wed – Sun:
11.30am – 3pm (Last food order 2.15pm) &
6pm – 11pm (Last food order 9.30pm,
last beverage order 10.45pm)

Lunch and dinner reservations are recommended

Dress code (lunch): Smart casual
(smart shorts, no slippers and singlets)

ARBENZ LOUNGE TERRACE

(Drinks only, no dining)

Mon & Tue: Closed

Wed – Sun:
11.30am – 3pm & 5.30pm – 11pm
(Last beverage order 10.45pm)

Dress code (lunch and dinner): Smart casual
(no shorts, slippers and singlets)

Club Premises

Daily: 7am – 12mn

The Guesthouse/Reception

Daily: 9am – 8pm

Room Reservations:

E receipt@swissclub.org.sg
T 6591 9420

Sports Facilities

Daily

Tennis/Padel Court	7am – 11pm
Football Field	7am – 11pm*
Gym	6am – 11pm
Multicourt	7am – 11pm*
Leisure Pool	7am – 10pm

Mon – Fri

Lap Pool	6pm – 10pm
Sports Hall**	Only available for exclusive bookings.

Please approach Reception for more information.

Weekends, Public and Chatsworth School Holidays

Lap Pool	7am – 10pm
Sports Hall**	Only available for exclusive bookings.

Please approach Reception for more information.

DINING RESERVATIONS

W www.swissclub.org.sg/restaurants
T 6591 9420 F 6591 9452

For restaurant reservations, please call 6591 9420, from 10am – 7pm.
After office hours, please call 6591 9431.

BANQUET RESERVATIONS

E ida.isnin@swissclub.org.sg
T 6591 9430

Outlet opening hours are subject to changes. *Can be booked for exclusive usage. **Fees apply for usage of Sports Hall.



Annual General Meeting

18TH SEPTEMBER 2023 | 6PM
PAVILION BALLROOM

LOOK OUT FOR MORE INFO IN OUR E-NEWSLETTER.

Happy Haunting!

Saturday, 28 October 2023, 6pm – 9pm, Pavilion Ballroom and Foyer

Celebrate Halloween at the Swiss Club
– or be haunted by regret!

Come in Kooky Costume and tuck in to a Fiendish Feast fit for the pickiest vampires. Join the Pumpkin Hunt and enter the Haunted House if you dare. Poke the Pinata and DIY Trick or Treat Bag.



Look out for more details in the Swiss Club e-newsletter.

On the Menu

July to December 2023



JULY

5 – 16 July

PROMOTION

Pasta Fantastica!
 Premium Pasta Dishes

10 – 16 July

The Best of Swiss Food

21 – 23 July

Sizzling Hot Plate Inferno

26 July

Ladies' Luncheon

26 July

Menu Changes



AUGUST

2 – 13 August

PROMOTION

A Showcase of Shrimps

8 – 13 August

Singapore National Day

21 – 27 August

Indian Chat Street Snacks

27 August

Sumptuous Seafood Brunch

30 August

Ladies' Luncheon



SEPTEMBER

4 – 10 September

PROMOTION

Fondue Fixation

8 September

An Evening of Swiss Bliss
 – Tischgrill, Raclette,
 Swiss Wines, Swiss Music
 and Jass Cards!

4 – 17 September

Magic Mussels

18 – 24 September

Tandoori Delicacies

20 September

Ladies' Luncheon



OCTOBER

7 – 8 October

PROMOTION

Steak-Out!
 – BBQ Steaks

15 October

Champagne Semi-Brunch

16 – 24 October

Mussels in a Pot!

19 October

Guest Chef

25 October

Ladies' Luncheon

25 – 29 October

Tartare Treats





NOVEMBER

3 November

PROMOTION

Tapas, Tipples and Tango **XA**
– Dine, Wine & Dance!

10 – 12 November

Celebr'eat Deepavali! **XP JC**

19 November

Mouthwatering Roast Brunch **XA**

15 – 26 November

The Joy of Japanese **XA**

20 – 26 November

Irresistible Rösti **XP JC**

24 November

An Evening of Swiss Bliss **XA**
– Tischgrill, Raclette,
Swiss Wines, Swiss Music
and Jass Cards!

29 November

Ladies' Luncheon **XA**



DECEMBER

PROMOTION

1 – 25 December

In the Mood for Jolly Good Food **XP JC**

13 – 24 December

The Taste of Christmas **XA**



ON THE WINE LIST




Scan for more info about our monthly wine promotions.



*Image for illustration purposes only.

- XA** Arbenz
- AT** Arbenz Lounge Terrace
- XP** Pergola
- JC** Jungle Cove
- L** Lawn
- XP** Poolside
- RL** Rifle Lounge
- PV** Pavilion

All events and promotions are subject to changes or cancellation due to unforeseen circumstances. Additional terms and conditions apply. Please check the Club's e-newsletter for further details and updates.



NOV 8PM TO 18 2AM PAVILION BALLROOM

\$40 PER PAX
INCLUSIVE OF ONE COMPLIMENTARY DRINK

BACK TO SCHOOL DANCE PARTY

18 YEARS OLD & ABOVE ONLY
LOOK OUT FOR MORE INFO IN OUR E-NEWSLETTER



BLU CURRENT

Chef's Choice

ETHICALLY FARMED FOR BETTER TASTE

We are committed to create quality aquaculture produce out of Singapore complementing nature with technology, offering better tasting premium fish that are sustainably grown in filtered clean ocean water.

No growth hormones · Clean ocean water · Large swimming spaces · Oxygen rich water · GMO free feed



sat.com.sg



Magic Memories

WE TAKE A TRIP DOWN MEMORY LANE AS WE REVISIT SOME OF THE EVENTS, LARGE AND SMALL, THAT HAVE TAKEN PLACE OVER THE LAST SIX MONTHS. THANK YOU FOR BEING A PART OF THEM!



ASIA PACIFIC BREWERIES (APB) TOUR
17 MARCH 2023



WELCOME BACK POOL PARTY
15 JANUARY 2023



AFTER-SCHOOL KIDS' WORKSHOP – RESIN COASTERS
10 MARCH 2023



KAYAKING TRIP
25 MARCH 2023



ALEXANDRA FIRE STATION VISIT
15 APRIL 2023



BAKING WITH CHEF WORKSHOP – BENTO CAKE
12 FEBRUARY 2023



SNAKE BREAD AND SAUSAGE GRILLING
12 MARCH 2023



AFTER-SCHOOL KIDS' WORKSHOP – PAINT BY NUMBERS
7 APRIL 2023



Showers of Blessings

WET WEATHER DID NOTHING TO DAMPEN THE SPIRITS OF THE SPORTING SWISS CLUB MEMBERS WHO BRAVED THE RAIN TO WITNESS THE ANNUAL LION DANCE THAT USHERED IN THE YEAR OF THE RABBIT ON SUNDAY, 29 JANUARY 2023.



PLUCKY KIDS AND LUCKY NUMBERS

The lion dance commenced in front of the main Clubhouse just after 10.30am. A healthy crowd huddled on the porch and under umbrellas to behold the spectacle. Many fearless youngsters ignored the rain to get up close and personal with the frisky and friendly lion!

In accordance with tradition, the lion leaped high to catch, munch and spit out the leafy green 'cai' that was hung over the Club's main entrance. Our leonine guest then dextrously spelled out four lucky numbers in orange segments:

8852



A COMPREHENSIVE CLUB TOUR

Accompanied by the colourful commotion of clashing cymbals and banging drums, the lion dance proceeded to the Club's co-working space and our GM's office before visiting all of our restaurants. The procession then continued to the poolside area

and down to the Pavilion, gym and function rooms, before finally concluding at the Guesthouse and staff pantry.

A big 'thank you' to all who turned up to take part in this annual event. May good luck follow you all of your days!



A FEAST OF TOGETHERNESS

On Saturday, 21 January 2023, 57 guests from 14 families attended the Swiss Club's annual Chinese New Year Reunion Dinner, held this year in the Pavilion Ballroom.



The feast kicked off with the communal dish of yu sheng with salmon sashimi, and continued with a sumptuous steamboat buffet. A luscious fruit platter and ice cream ended the event on a sweet note.

A Celebration of Love



ON THE EVENING OF TUESDAY, 14 FEBRUARY 2023, THE SWISS CLUB HOSTED A ROMANTIC VALENTINE'S DAY DINNER AT ARBENZ, FROM 7PM TILL LATE.



BEAUTIFUL PEOPLE, FABULOUS FOOD

Kudos to the 13 well-dressed couples who attended the dinner to celebrate their love for each other – and indulge their love of good food.

After having their palates tickled by an amuse bouche, the diners tucked into their choice of either a creamy fig burrantina with compressed spiced persimmon, heirloom cherry tomato, passionfruit balsamic vinaigrette; or caribinero



prawns with saffron potato, coral sauce, bisque and slow roasted parsley oil.

Next came the delicious dilemma of picking a main course – Westholme wagyu MBS 7+ short ribs; yellow tail amberjack with purple cauliflower sea urchin, emulsified crab verge and pescaviar avruga; or the vegetarian option of portobello and potato gratina, red cabbage, winter yuzu rouille and pistachio dust.



The sweet finale – Valrhona chocolate opera gateau with berries mascarpone; or raspberry and lychee parfait, strawberry pearls and tuile.



BOUQUETS AND COMPLIMENTS

Guests wined and dined the night away with a complimentary bottle of Prosecco or house pour wine, and each of the ladies was presented with a long-stemmed rose.

Compliments to the chef and his team for a stellar performance. And thanks go to the generous sponsors of the ladies' goody bags, respected Swiss skincare brand Skincode.

Above all, we thank those Members who chose to spend their Valentine's Day evening with us. It was lovely.

A Marvellous, Miscellaneous Mish-Mash

FOLLOWING THE RESOUNDING SUCCESS OF LAST YEAR'S RETRO PARTY, THE SWISS CLUB THREW ANOTHER THEMED PARTY ON SATURDAY, 4 MARCH 2023, FROM 8PM TILL LATE AT THE PAVILION AND ADJOINING FUNCTION ROOMS. THE THEME OF THE EVENING: MISMATCHED!



DIVERGENT DÉCOR AND MIXED-UP MUSIC

Everything about the evening was mismatched. The decidedly makeshift décor had hints of Halloween, remnants of Chinese New Year, leftovers from Christmas, and all sorts of random baubles.

The music, too, was more confusion than fusion. A mixed playlist zigzagged wildly between genres from Mandopop and K-pop to Thai and techno, with a dash of retro thrown in. The common denominator – every song was irresistibly dance-worthy.



CLASHING COSTUMES AND ODD BODS

The good-natured guests went all out to dress to the theme – in the extreme. Daring dudes paired sweatpants with business shirts and ties, Hawaiian shirts with retro wigs, boxer shorts with beanies... The ladies looked smashing in clashing polka dots and prints, yoga pants paired with power-suit blazers, and basically any combo that broke the rules of tasteful dressing.

The photos speak.



THAT BARBER'S CHAIR...

The infamous barber's chair, which debuted at the Retro party, made a comeback at the Mismatched party. Tequila shots and Jägermeister shots were dispensed to the brave and the reckless.

As any party-goer will confirm, this eclectic event was full-on FUN!

A shout-out to the hardworking team who made it happen, and a round of applause to the Members who made it great.



An Eggs-ellent Easter Brunch

TEN FAMILIES TOTALLING 69 GUESTS JOINED US FOR OUR ANNUAL EASTER BRUNCH. IT SPANNED ARBENZ AND THE RIFLE LOUNGE, AND SPILLED OUT INTO THE GARDEN AREA OUTSIDE PERGOLA.

FOOD, GLORIOUS FOOD

A lavish brunch was served from 11am, commencing with house-baked hot cross buns served with cinnamon salted butter. Indulgent appetisers included truffle cream of broccoli and asparagus soup, Irish oysters served Kilpatrick-style, and a Greek Easter salad with quail eggs. Mains posed delicious dilemmas – from sustainable barramundi in a white wine cream sauce to herb-marinated Australian rack of lamb and beef ribeye cooked to order at a live station.

Delightful desserts included Easter carrot cake, pistachio pineapple passionfruit shooters, and a pretty pastel parade of macarons, patisserie and Easter cupcakes.



EGG PAINTING AND HUNTING

Easter egg painting kept the kids occupied and entertained in the garden area outside Pergola, from 12 noon to 2pm. Two Easter egg hunts, one for kids aged 6 and below, and the other for those aged 7 and above, unleashed a frenzy of competitiveness. Suffice to say, nobody went home empty-handed and every little chocoholic got their fill.

Thanks to all who joined in the Easter fun and feasting!



Their Ship Came In

ON 20 APRIL 2023, 70 OF OUR GOLD CARD MEMBERS AND SELECTED STAFF CLIMBED ABOARD THE ROYAL ALBATROSS, A MAJESTIC LUXURY TALL SHIP, AND SET SAIL FROM SENTOSA FOR A 3-HOUR EVENING CRUISE FROM 6PM TO 9PM.

A FLOATING PARTY

A DJ kept the music playing, and a fully equipped kitchen and bar kept the food and drinks flowing throughout the evening. Fresh salads and appetisers were followed by an array of superb grilled meats, chicken and seafood. Desserts spanned the gamut of a seasonal fruit platter to decadent chocolate berry tarts, classic crème brulee and Nonya pastries.

The evening delivered golden memories for our Gold Card Members. We salute the efforts of the crew and staff who made it happen, and take this opportunity to sincerely thank our Gold Card Members for their unwavering support of the Swiss Club.



A Happy, Happening Mother's Day!

THIS YEAR'S MOTHER'S DAY SEMI-BRUNCH ON 14 MAY WAS ATTENDED BY OVER 100 GUESTS HAILING FROM 23 FAMILIES. THE KIDS WERE KEPT OCCUPIED AND ENTERTAINED BY WORKSHOPS, AND EVERYONE GOT TO TUCK IN TO A VERITABLE FEAST OF DELICIOUS FOOD.



SHARING PLATTERS AND MOUTHWATERING MAINS

Served from 11am to 2.30pm, the sumptuous semi-brunch consisted of sharing appetisers and desserts, with a choice of individual main courses.

Standout appetisers included a burrata salad with pomegranate, heirloom tomatoes and a herbed balsamic dressing; and tuna and salmon sashimi with white soy and wasabi. Mouthwatering mains included roasted Cajun French chicken breast with Pommery mustard, potato puree, broccolini and poulet jus; and Australian Angus sirloin with truffle potato puree, garlic colewort and stout-madeira jus.

Nobody left hungry!

HANDMADE CARDS AND PRETTY POSIES

The popular flower arrangement workshop was conducted by the Swiss Club Events team, while the Chocolate Dates and Sound Bath workshops were collaborations between the Swiss Club and Mindful Camp.

As the photos confirm, it was the happiest of celebrations, and many magic memories were made. Thanks to all who attended and made it special.



DIY BBQ for Dads

ON THE RAINY AFTERNOON OF SUNDAY, 18 JUNE, FOUR FAMILIES GATHERED UNDER THE COVER OF THE PAVILION FOYER TO CELEBRATE FATHER'S DAY. DADS ENJOYED A COMPLIMENTARY BEER, MUMS ENJOYED A DAY OFF COOKING, AND THE KIDS ENJOYED TENDING THE GRILL.



THRILL OF THE GRILL

In keeping with the hands-on theme of DIY BBQ, each family was allocated an eco-friendly portable barbecue and a mountain of delicious produce to cook. The menu consisted of ribeye steaks, chicken satays, veal sausages, prawn skewers, baked potatoes, grilled zucchini and corn on the cob. Salad greens, condiments and assorted sauces were assembled on a mini-buffet counter.

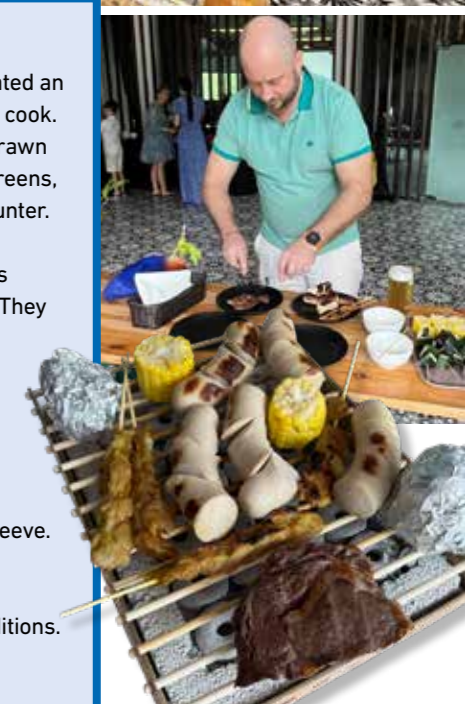
Everyone got in on the action, kids and grownups alike. The junior chefs handled the tongs with care under the supervision of mums and dads. They grilled the goods to perfection!

The hearty meal was followed by the sweet finale of ice cream from Jungle Cove.

ART WITH HEART

All the kids joined a workshop to design their dad a customised beer sleeve. As you can see from the photos, they did a brilliant job.

The cosy gathering was a great success despite adverse weather conditions. The skies may not have been blue, but the mood was sunny bright!





Fun in the Sun

THIS YEAR'S SUMMERFEST TOOK PLACE ON THE FOOTBALL FIELD, UNDER BLUE SKIES WITHOUT A DROP OF RAIN IN SIGHT. THE NOW-ANNUAL CARNIVAL WAS ATTENDED BY A CROWD OF OVER 250 KIDS AND KIDS-AT-HEART.



HIP-HIP-HARLEY!

A surprise highlight was a cavalcade of 31 Harley Davidson owners from 'HOG' (Harley Owners Group, Singapore chapter), led by none other than our 'dark horse' GM, Aaron. The leather-clad bikers turned out to be a friendly bunch of guys (and one gal in tow riding pillion) who happily entertained requests for photo-taking.



EATS AND TREATS

The hot ticket on the menu was the delectable Hawaiian Chicken Hot Dog, served with Pineapple and Capsicum Relish and Spicy Mayo. An ice cream cart and ice-cold beer went down a treat as temperatures hovered in the mid-30s.



A SPOT OF BROWSING AND SHOPPING

At the far end of the football field, a handful of Members set up shop to pass on their household items and toys in good condition. Junior shopkeepers Charlie and George Henderson manned the 'New Candy' stall selling 'Gumi yums', a fantastic new confectionery from New Zealand that comes with a surprise toy in every packet. The young entrepreneurs did a fantastic job interacting with customers and handling the transactions.

Another standout stall was Nicnac by Demaik'. Self-taught artist Maaike, originally from the Netherlands, shared her wonderful whimsical wares adorned with photos of iconic Singaporean landmarks.



GAMES GALORE AND A TELEMATCH, TOO!

Physical game stations Nerf Gun Target, Ball Toss, Plinko Challenge and Falling Stick Arcade offered kids a chance to try their hand at good old-fashioned carnival games.

The ever-popular Dunk Tank was a smash hit – make that a splash hit. Our GM Aaron and our Sports and Recreation Manager Elvis enjoyed a good dunking thanks to the well-aimed throws of some very determined kids.

Just after midday, the Telematch pitted family teams against each other in a thrilling contest of speed and coordination. It involved the dizzying challenge of running around a pole five times, then picking up a tennis ball and throwing it in a box. Kudos to the families who competed, and congratulations to the Family Clinch for clinching first place!





THE BEST SUMMERFEST EVER

At the end of a hot but happy day, the Summerfest of 2023 was declared the best ever. The bar has been raised. Can't wait for Summerfest 2024!







CALENDAR OF EVENTS JULY TO DECEMBER 2023







JULY

<p>1 Jun – 15 Jul</p> <p>Glamping</p> 	<p>8</p> <p>Kids' DIY Bath Bomb Workshop</p> 	<p>28</p> <p>Social Quiz Night</p> 
	<p>Movie Night: Alice in Wonderland</p> 	

OCTOBER

<p>13</p> <p>After-School Kids' Soap-Making Workshop</p> 	<p>14</p> <p>Movie Night: Hotel Transylvania 2</p> 	<p>27</p> <p>Social Quiz Night</p> 	<p>28</p> <p>Halloween Night</p> 
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AUGUST

<p>5</p> <p>Swiss National Day Celebration</p> 	<p>12</p> <p>Movie Night: Ratatouille</p> 	<p>DIY Terrarium Workshop</p> 	<p>20</p> <p>Welcome Back Pool Party</p> 	<p>25</p> <p>Social Quiz Night</p> 	<p>26</p> <p>Visit to Kallang Fire Station</p> 
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NOVEMBER

<p>11</p> <p>Kids' Balloon Sculpting Workshop</p> 	<p>15 Nov – 15 Jan</p> <p>Glamping</p> 	<p>18</p> <p>Back to School Adults' Party</p> 	<p>24</p> <p>Social Quiz Night</p> 	<p>26</p> <p>Pool Party</p> 
<p>Movie Night: Hotel Transylvania 3</p> 				

DECEMBER

<p>2</p> <p>Christmas Flea Market</p> 	<p>Christmas Light-Up</p> 	<p>9</p> <p>Movie Night: Arthur Christmas</p> 	<p>Kids' DIY Christmas Globe Ball Workshop</p> 
<p>10</p> <p>Meet Santa and Gingerbread Making</p> 	<p>25</p> <p>Christmas Brunch</p> 	<p>31</p> <p>New Year's Eve Pool Party and Countdown</p> 	

A Summer of Love, Laughter and Tennis

WITH A HOST OF TENNIS EVENTS AND SOME EXCITING DEVELOPMENTS, WE HAVE MUCH TO LOOK FORWARD TO THIS SUMMER. HERE ARE SOME OF THE HIGHLIGHTS OF OUR THRIVING TENNIS SCENE AT THE SWISS CLUB.



CONNECT WITH FELLOW TENNIS ENTHUSIASTS AT OUR APERO TENNIS SOCIALS

Our regular Apero Tennis Social on Wednesday evenings has seen an increasing number of participants, fostering a wonderful sense of camaraderie and friendly competition. It is heartening to see our Members come together to enjoy the sport they love. Do join us!

CONGRATULATIONS TO PLAYERS IN OUR ADULT OPEN AND INTERMEDIATE TOURNAMENTS

In May, we witnessed the culmination of talent and dedication during our Adult Open and Intermediate Tournaments. Participants showcased their skills, grit and determination on the court, captivating spectators with thrilling matches.

Congratulations to the following winners and runner-ups:

- Men's Open: Robert Wagner and Stefano Pollina
- Men's Intermediate: Nicolas Bevington and Ben Lazarus
- Women's Open: Tracy Forster and Hiroko Wiese, and Renee Kok and Nadege Mariani
- Women's Intermediate: Thayna Schlatter and Sandra Kuchler, and Lizzie Winckeland and Amanda Roblee

CONGRATULATIONS TO PLAYERS IN OUR JUNIOR TOURNAMENT

Our young tennis prodigies did not lag behind in making their mark on the tennis stage. The Junior Tournament held in May brought together aspiring young players who exhibited remarkable talent,



technique, and sportsmanship. Congratulations to the following winners, as well as the runner-ups and everyone who participated:

- U18 A: Edoardo Pollina and Jungbin Cha
- U14 A: Francesco Pollina and Paul Kuchler
- U14 B: Quaid Roblee and Emily Foelmli
- U12: Benedikt Jaeger and Oscar Bevington
- U10: Reid Roblee and Jovana Magni

CONGRATULATIONS TO OUR WOMEN'S TEAMS

Our women's D, Beta, and A Level teams showcased exceptional talent in the recent WITS competition. We are thrilled to announce that our A team finished an impressive second in the league!

WELL DONE, JUNIOR LEAGUE PLAYERS

Our young tennis stars have been making waves in the Junior Team Tennis League. We proudly acknowledge the participation of our U10, U12, and U14 teams in this prestigious competition, and it is with great pride that we announce that our U14 team's exceptional performance saw them finishing second in Singapore.

WELCOME BACK, APERO PADEL SOCIALS

Adding to the excitement for the next season, we are delighted to announce the return of the Apero Padel Social on Wednesday nights. Padel enthusiasts can once again revel in friendly matches while promoting the growth of this exciting sport.



NEW ROLES FOR JUAN AND ASHER

We would like to take a moment to express our deepest gratitude to Juan Ortiz for his exceptional performance as the Club's Director of Tennis. Juan's unwavering dedication, expertise, and passion for the sport have greatly enriched our tennis community. We wish Juan all the best in his new role as the Director of Adult Tennis.

In addition, we extend our warmest congratulations to Asher on his well-deserved promotion to the esteemed position of Club Director of Tennis, from his previous role as the Director of Junior Tennis. Asher's exceptional leadership, commitment, and deep understanding of the sport have been instrumental in shaping our junior programme into a resounding success.

COME OUT AND PLAY

As we bid farewell to the season and embrace the joys of summer, we encourage all Members to make the most of the beautiful weather and the Club's excellent tennis facilities. All group classes will resume on 14 August 2023.

Here's to a fantastic summer of tennis, filled with love, laughter, spirited matches and many memorable moments!

INTERESTED IN PLAYING TENNIS AT THE SWISS CLUB?

- E swissclub@forty-fifteen.com
- W fortyfifteen.net

Article and photos courtesy of Juan Ortiz, Director of Adult Tennis, 40XV

Meet the aquaDucks Team



AS WE EMBARK ON A NEW SCHOOL YEAR, WE TAKE THIS OPPORTUNITY TO INTRODUCE YOU TO OUR BRILLIANT COACHES. LET'S HEAR A FEW WORDS FROM EACH OF THEM.

Coach Anna

“ aquaDucks is like an extended family and it is an honour to be part of the team. I have had the privilege to work with children for the past 10 years. As a former aquaDucks student and competitive swimmer, I can ensure that children are getting top quality swimming lessons and training. Teaching and training swimming is a passion of mine. I feel grateful to be able to pass on the knowledge with a fun learning approach.



Coach Danny

“ My passion is teaching swimming with the aim that students will love it as much as I do, and be successful in their swimming goals.



Coach Andrii (Competitive Coach)

“ I was an elite swimmer and now, as a coach, I want to share my experience and knowledge with children. I look forward to teaching them the best swimming techniques in all strokes in a fun and exciting manner so that they can swim at their full potential!

Andrii's titles include:

- World Junior Champion
- World Junior Record Holder (50 Fly)
- World Champion Finalist (2017)



Coach Dasmin

“ To have the opportunity to instill a lifelong survival skill to children whilst putting a smile on their faces is a feeling like no other, which is why I chose to be a swimming coach!



CONGRATULATIONS, SWISS SHARKS

Please join us in congratulating the Swiss Sharks who achieved their personal bests and a bunch of medals at the recent inter-club championships held on 21 May 2023 at Singapore Island Country Club. We also salute the dedicated swimmers who trained for triathlons. We are super-proud of you!

SUMMER SWIM CAMPS

Keep an eye out for our upcoming summer camps at the Swiss Club. Held during the school holidays, they are suitable for youngsters aged 5 to 14 years old.

CLASSES FOR THE WHOLE FAMILY

Check out our inclusive list of classes:

Babies and Toddlers	6 – 30 months old
Preschool	3 – 4 years old
Learn to Swim	5 – 8 years onwards
Stroke Development	8 years onwards
Competitive	8 years onwards
Adults Stroke Development	
Adults Masters Training	

We look forward to seeing you in the pool!

INTERESTED IN SWIMMING LESSONS OR TRAINING AT THE SWISS CLUB?

Please contact aquaDucks at:

E swiss@aquaducks.com.sg

Article and photos courtesy of Koen Verhoef, Founder and Managing Director, aquaDucks

A Christmas Bright and Beautiful... Christmas Light-Up at the Swiss Club

Saturday, 2 December 2023, 7pm – 9pm
The Roundabout

Come and behold the beloved annual tradition of the Swiss Club Christmas Light-Up. Frolic in the 'snow' from our trusty snow machine, enjoy Christmas cookies, and get in the mood for the most wonderful time of the year.

Admission is
FREE!



Santa Claus
is Coming to
the Swiss Club...

\$50 per Adult
\$30 per Child

Meet Santa!

Sunday, 10 December 2023, 11am – 3pm, Pavilion Ballroom



Bring along the kids to meet Santa make some priceless memories. Enjoy a kid-friendly brunch, try your hand at gingerbread making and Grittibänz baking, and have a jolly good time.



Look out for more details in the **Swiss Club e-newsletter**.

Master the Deadlift

WHEN PERFORMED CORRECTLY, THE CONVENTIONAL DEADLIFT IS ONE OF THE BEST EXERCISES FOR STRENGTHENING THE POSTERIOR CHAIN – HAMSTRINGS, GLUTES, LOWER BACK AND UPPER BACK. SAMUEL, ONE OF THE PROFESSIONAL PERSONAL TRAINERS AT ACTIVE FITNESS, SHOWS YOU HOW IT'S DONE.

GET THE SETUP SORTED

For this exercise, you need to use bumper plates instead of regular weight plates. What's the difference? Unlike regular weight plates, bumper plates have a uniform diameter regardless of their weight. This ensures a consistent height of the bar from the floor, which helps ensure that you are in the correct position.

You will also need to use the lifting platform for this exercise. The plywood of the platform will absorb the impact of the lift and the rubber mats on the sides will prevent the weights from rolling away.



STEP 1

Start by putting the desired weight plates on the bar. Step forward towards the bar and assume a stance that's shoulder-width apart or slightly narrower. If you look down, the bar should be cutting through the midline of your foot.



STEP 3

Exhale as you pull the bar off the floor. Ensure that the bar stays close to your body throughout the exercise, to prevent unnecessary strain on your lower back. Stand up straight to complete the lift. Once completed, rest the bar back onto the floor before performing the next repetition.



STEP 2

Bend forward and grip the bar. Place your hands just outside of your legs, as holding a grip too wide may cause discomfort on your wrist. Before you lift the bar off the floor, it is important to keep your chest up. This will ensure that your back is straight. At this point, also make sure that your core is braced and your hamstrings are engaged.



NAIL THE TECHNIQUE

Whether you are looking to strengthen your back or gain overall strength, the deadlift is definitely an exercise that you should add to your routine. Ask any one of our friendly personal trainers to help you nail the proper technique.

INTERESTED IN PERSONAL TRAINING OR GROUP FITNESS CLASSES AT THE SWISS CLUB?

M 9026 3452
E getactive@activefitness.com.sg

Article and photos courtesy of Timothy Felix, Founder and Chief Trainer, Active Fitness



Learn Football from the Professionals

THE COACHING TEAM AT COSMO UNITED FOOTBALL ACADEMY (CUFA), SINGAPORE'S LEADING FOOTBALL ACADEMY, INCLUDES MANY ACTIVE AND FORMER S-LEAGUE AS WELL AS NATIONAL TEAM PLAYERS. IT'S AN OPPORTUNITY FOR YOUR KIDS TO LEARN FROM THE BEST.

KICK-START THEIR LOVE OF THE BEAUTIFUL GAME

Are you hoping to ignite a lifelong passion for football in your little ones? Is your little one already a fan, and wants to improve their skills in the beautiful game?

Either way, CUFA can help equip your kids with the mental and physical fitness of a true sportsman. Pride and humility, teamwork, discipline and commitment are transferable skills that will stand them in good stead their whole lives long.

SATURDAY MORNING TRAINING AND SUMMER HOLIDAY CAMPS

CUFA offers regular Saturday morning training in the spectacular setting of the Swiss Club, from 10.30am to 12pm, for



players aged from 4 to 10 years old. In addition, CUFA offers half-day and full-day camps at the Swiss Club indoor hall and outdoor pitch, commencing 19 June 2023.

Register your child for a camp at: <https://cufa.com.sg/cufa-camps/>

INTERESTED IN FINDING OUT MORE ABOUT FOOTBALL TRAINING OR CAMPS?

E olliver@cufa.com.sg
T 9821 3869
W cufa.com.sg

Article courtesy of Coach Olliver Marx, CUFA



A Very Good Year for Vivo Kids

VIVO KIDS HAD AN EXCEPTIONAL START TO 2023. DURING THE FIRST QUARTER OF THE YEAR, WE SUCCESSFULLY INTRODUCED OUR WELL-LOVED, MULTI-SPORT PROGRAMME TO 10 NEW LOCAL AND INTERNATIONAL SCHOOLS – AND TOOK IT ALL THE WAY TO VIETNAM!

VIVO KIDS IN VIETNAM

In March, our founder, Vivian Eng, embarked on a trip to Hanoi to conduct a captivating demonstration physical education (PE) class for the students at Vinschool. The Vietnamese children had an absolute blast. Consequently, the Vinschool Vietnam team will be incorporating the Vivo Kids programme into their school's Physical Education curriculum in the upcoming school year.

Later this year, our founder will be returning to Hanoi to train the Vietnam team. We are thrilled to announce that the Vivo Kids Multi-sport programme will be offered in over 15 Vinschool Kindergartens, benefiting more than 500 children through this exciting initiative.

A CULTURE OF CONTINUOUS IMPROVEMENT

Despite expanding our business regionally, we will never rest on our laurels. Our dedicated coaches have been engaging in intensive brainstorming sessions to generate fresh ideas for enhancing our programmes. Drawing upon their extensive backgrounds in athletic training across various individual sports, and their valuable teaching experience in preschools, they are actively working towards elevating our offerings. Always, the aim is to foster kids' physical, social, emotional and cognitive growth, for life.

"CAMPOSAUR" RETURNS!

This is the time of the year when our team is tirelessly preparing for the approaching holiday season. Our highly popular Vivo Kids multi-activity "Camposaur" will

be hosted at no less than four different locations during the school holidays!

This action-packed camp offers a diverse range of activities including Multi-sport, Robotics, Arts and Crafts, Simple Cookery, and Team Building Games. It has been tailored for children aged 3 to 10 years old.

We encourage you to register now and secure a spot for your child in our fun-filled holiday camp!

INTERESTED IN OUR "CAMPOSAUR" HOLIDAY CAMP OR OTHER VIVO KIDS OFFERINGS?

Please contact:

WhatsApp 8806 2534
E admin@vivokinetics.com

Article courtesy of Vivian Eng, Vivo Kids



Sing, Dance, Shine!

DANSING ACADEMY HAS RECENTLY LAUNCHED PERFORMING ARTS CLASSES AT THE SWISS CLUB, FOR CHILDREN AGED FROM 4 TO 10 YEARS OLD. THE CLASSES ARE DESIGNED TO TEACH CHILDREN THE INTRICATE ART OF SINGING AND DANCING SIMULTANEOUSLY, WHILE EQUIPPING THEM WITH VALUABLE SKILL SETS FOR SUCCESSFUL LIVING.



FINDING THEIR VOICES

During the fun and lively classes, students steadily build their confidence in public situations. This of course can be applied to performances and presentations in the classroom, and ultimately in the workplace. They also gain an understanding of voice projection, coordination skills and general posture, as well as the importance of teamwork.

In addition, children are taught accurate diction and singing technique, while learning a diverse repertoire of songs

across many genres. In solo and group sessions, they practise microphone and voice recording techniques.

MOVING THEIR BODIES

While learning to master their voices, children also develop an awareness of human movement. They learn dance technique, gain flexibility and learn to follow choreography while working towards performances that are staged regularly throughout the year.

FOSTERING A LOVE OF THE ARTS

Besides building their confidence, Performing Arts classes will see your kids build their sense of rhythm, musicality, pitch, projection, song interpretation and overall coordination. Above all, they will cultivate a deep appreciation for the arts

that will see them singing and dancing their way through life!

INTERESTED IN A FREE TRIAL PERFORMING ARTS CLASS?

To find out more, please contact or visit:

E fiona@dansingacademy.com
W www.dansingacademy.com
IG Dansingacademy.sg

Article courtesy of Fiona Obrist, DanSing Academy

Breathe



BREATH IS MORE THAN JUST A PHYSIOLOGICAL PROCESS. IT IS THE LIFE FORCE, CONNECTING THE MIND, BODY, AND SPIRIT. LET US EXPLORE THE CONCEPT OF BREATH AS THE LIFE FORCE BASED ON YOGIC PRINCIPLES.



down and deepening your breath, you can activate the parasympathetic nervous system, triggering the relaxation response. This helps reduce stress, anxiety, and other negative emotions, and helps foster mindfulness.

UNIVERSAL ENERGY

The life force is known as "Prana". Prana is not merely the breath itself but the vital energy that permeates the entire universe. By understanding and harnessing the power of Prana through breath control, it is possible to attain physical, mental and spiritual well-being.

Breath is intimately connected to the mind. The quality of our breath often reflects our mental and emotional states. For example, when we are stressed or anxious, our breath tends to become shallow and rapid. Conversely, when we are calm and relaxed, our breath becomes deep and slow. Hence, by utilising breath control techniques one can bring balance and harmony to the mind.

BREATH CONTROL

One of the fundamental practices in yoga is pranayama, which translates to "extension of breath" or "breath control". Through pranayama, you can learn to regulate and deepen your breath, channeling Prana throughout your body. This practice involves various breathing techniques, such as alternate nostril breathing, deep belly breathing, and breath retention.

Pranayama can help cultivate a calm and focused state of mind. By slowing

BREATH AND YOGA

The breath also plays a crucial role in the practice of asanas, or yoga postures. When performing yoga poses, you are encouraged to synchronise your movements with your breath, creating a flowing and meditative practice. The breath acts as a guide, helping you maintain focus, balance, and stability. Each inhalation and exhalation becomes an opportunity to deepen the pose, release tension, and connect with the body on a deeper level.

Prana is said to flow through channels called "nadis". Blockages or imbalances in these nadis can lead to physical and mental ailments. Prayanama and other yogic practices can purify and strengthen the nadis and ensure a smooth and harmonious flow of Prana. This balanced energy flow enhances overall vitality, promotes healing, and supports spiritual growth.

BEGIN YOUR PRANAYAMA AND YOGA JOURNEY

Embark on your Pranayama and Yoga journey to total wellness with the Swiss

Club Singapore and Yoga Library. Yoga classes are currently conducted thrice weekly, led by experienced instructors Ruchica Patni and Ananad Goyal, on:

Wednesdays at 7.30pm
Fridays at 8am
Saturdays at 8.45am

Scan to join the Swiss Club
Yoga Group on WhatsApp

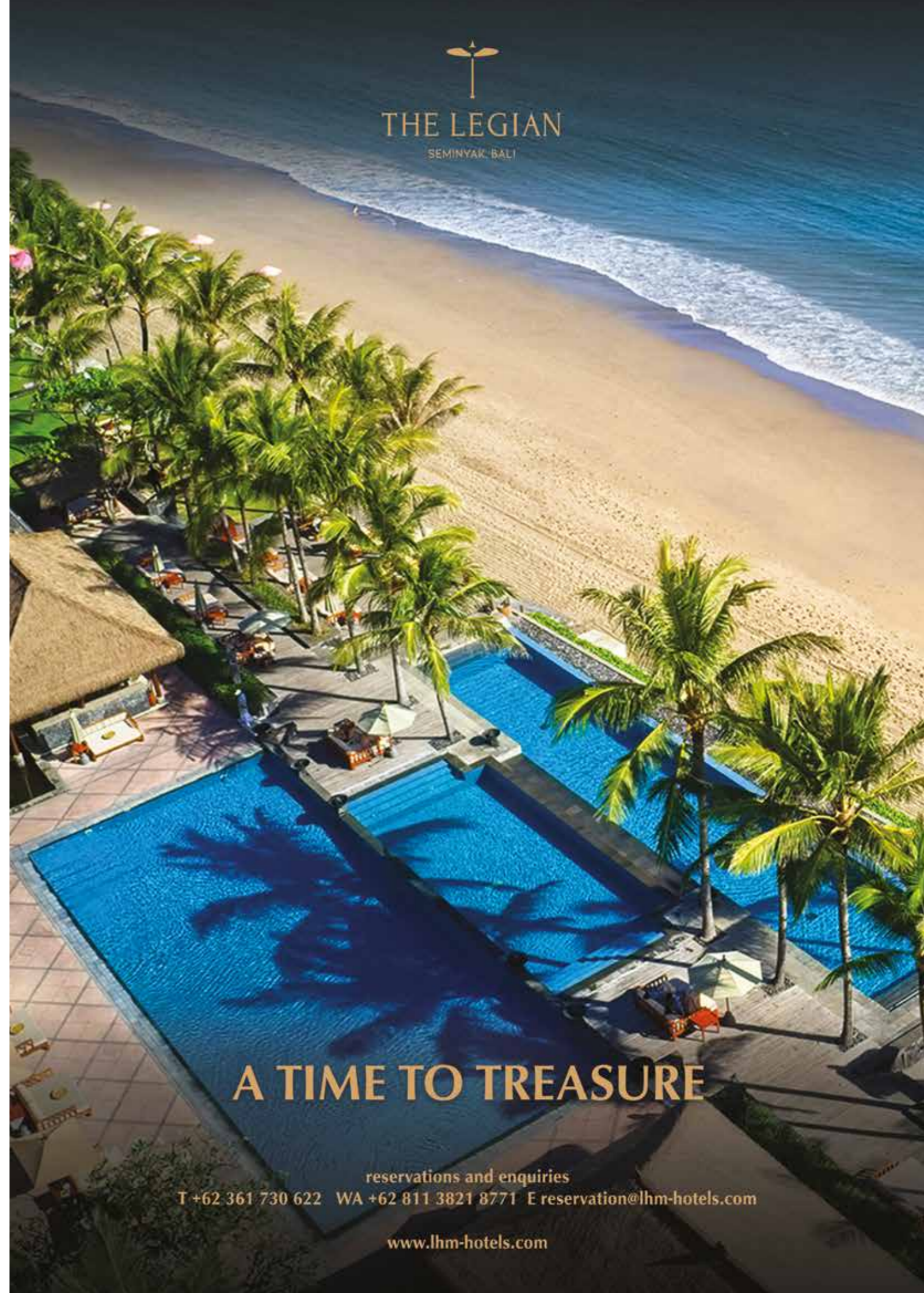


INTERESTED IN JOINING YOGA
SESSIONS AT THE SWISS CLUB?

Please contact Ruchica Patni,
Co-founder, Yoga Library, at:

M 9711 5599
E rp@yogalibrary.com.sg

Article courtesy of Ruchica Patni, Co-founder,
Yoga Library



THE LEGIAN
SEMINYAK, BALI

A TIME TO TREASURE

reservations and enquiries
T +62 361 730 622 WA +62 811 3821 8771 E reservation@lhm-hotels.com

www.lhm-hotels.com

Spotlight on the Academic Presence of Switzerland in Singapore

WE SHINE A LIGHT ON THE STRONG TIES IN EDUCATION, RESEARCH AND INNOVATION BETWEEN THE TWO NATIONS.



Singapore-ETH Centre Inauguration with then ETH president Prof. Ralf Eichler, Permanent Secretary for National Research and Development Ms. Yong Ying-I, Swiss Federal Councillor Alain Berset and Environment Minister (current Foreign Minister) Dr. Vivian Balakrishnan, in March 2012

SINGAPORE: A SWISS HIGHER EDUCATION HUB

Did you know that there are no less than four Swiss higher education institutions present in Singapore? They are: the Singapore-ETH Centre (SEC), the St. Gallen Institute of Management Asia (SGI-HSG), the EHL Campus (Singapore), and the IMD Lausanne. No other city outside of Switzerland hosts as many Swiss higher education institutions!

Singapore's former Education Minister and current Minister for Health, Ong Ye Kung, an alumni of the IMD in Lausanne, once explained it as follows: "Switzerland and Singapore are small nations, tapping on the wider region and the world to earn a living, and placing great emphasis on developing our people. While the objective is the same, our approaches and policies towards education and talent

development are different due to our respective unique historical and cultural circumstances. This makes for rich mutual learning".¹

SINGAPORE-ETH CENTRE

The oldest and largest testament to Swiss-Singaporean cooperation is the Singapore-ETH Centre. Since 2010, the research cooperation has continuously grown and now supports over 300 researchers. The centre aims to tackle the most pressing challenges of our times in the areas of urban sustainability, resilience and health. Established by the Swiss Federal Institute of Technology (ETH) and Singapore's National Research Foundation (NRF) as part of the NRF's CREATE campus, it is the only research centre operated by the ETH outside of Switzerland.

“Switzerland and Singapore are small nations, tapping on the wider region and the world to earn a living, and placing great emphasis on developing our people. While the objective is the same, our approaches and policies towards education and talent development are different due to our respective unique historical and cultural circumstances. This makes for rich mutual learning.”

Ong Ye Kung
Singapore's former Education Minister
and current Minister for Health

“Nothing truly valuable can be achieved except by the unselfish cooperation of many individuals.”

Albert Einstein
One of ETH's most famous alumni

Singapore-ETH Centre is a shining example of the scientific collaboration between Singapore and Switzerland, it is only one of the many ways in which Switzerland and Singapore are working together to help realise their people's potential.

PARTNERS IN VOCATIONAL EDUCATION AND TRAINING

One area of collaboration which has been on the rise in recent years is vocational education and training (VET). In 2016, the then President of the Swiss Confederation, Johann Schneider-Ammann, visited Singapore to discuss new avenues for cooperation. Singapore had just launched its SkillsFuture program the year before, to provide training subsidies and other incentives to encourage individuals to upgrade their skills and knowledge. In the course of developing this new initiative, Switzerland's dual education system was identified and referenced as a model.²

As part of this programme, the Nanyang Polytechnic (NYP) found a trusted partner in the Swiss Federal University for Vocational Education and Training (SFUVET) to establish the National Centre of Excellence for Workplace Learning (NACE). Since then, the Swiss Embassy has regularly participated in the 'Workplace Learning Champion Series', led by Nanyang Polytechnic. In its most recent iteration, NYP jointly organised an event with the Swiss Chamber of Commerce in Singapore to discuss insights on transforming workplaces to places of learning through digitalisation.



Singapore-ETH Centre Depicted: Swiss Federal Councillor Alain Berset and Environment Minister (Current Foreign Minister) Dr. Vivian Balakrishnan at the Singapore-ETH Centre Inauguration 2012

WELCOMING POSTGRADUATE STUDENTS

Further testament to the lively exchanges in the educational sphere are the numerous delegations going back and forth between Switzerland and Singapore. This year, we are welcoming postgraduate students from programmes offered by the Zurich University of Applied Sciences (ZHAW), the University of Applied Sciences and Arts Northwestern Switzerland (FHNW), the University of Applied Science in Business Administration Zurich (HWZ), the Lucerne University of Applied Sciences and Arts (HSLU), and the University of St. Gallen (HSG).

These visits facilitate the knowledge transfer and create networks and friendships between our two nations. Particular fields of interest include food and health tech, as well as the fin-tech and banking sector.

In addition, six established alumni chapters of Switzerland's major universities are present in Singapore, further strengthening the close ties between our two countries. We are planning on bringing these chapters together at an alumni event later this year – please check our Embassy newsletter for more information.

TOGETHER WE PROSPER

Education, research and innovation are an important part of our activities at the Embassy and fall under the purview of our Science Counselor Joël Henri Brunner. As such, he is part of the global Swissnex network by the State Secretariat for Education, Research and Innovation (SERI). To receive the latest news about Swiss education and innovation activities around the world, do subscribe to the Swissnex newsletter.³

In the spirit of the close collaboration between our two countries, we leave you with a quote by one of ETH's most famous alumni, Albert Einstein: "Nothing truly valuable can be achieved except by the unselfish cooperation of many individuals."

¹@Singapore-ETH Centre
²https://www.swissinfo.ch/eng/society/from-singapore-to-switzerland_vp-et-18--swiss-vocational-training-as-a-model-for-others/44123310
³https://swissnex.us12.list-manage.com/subscribe?u=54db2418e5b7046b2e8d04d30&id=aa86cb7d90&mc_cid=eefd9cea9d&mc_eid=3c0ed49df7

Article courtesy of Swiss Embassy in Singapore
 Photos courtesy of Singapore-ETH Centre

We Welcome Our New Principal

THE SWISS SCHOOL IN SINGAPORE IS DELIGHTED TO WELCOME MS RAHEL ECKERT-STAUBER AS ITS NEW PRINCIPAL FROM AUGUST 2023. WE HAD THE PLEASURE OF GETTING TO KNOW OUR NEW LEADER IN THIS SHORT, INFORMAL INTERVIEW.



It is an honour to have you at our school. Could you please briefly introduce yourself?

A.

With pleasure. I am originally from Chur, in the Swiss Alps, but I lived for many years in Solothurn, in the Swiss Midlands.

Before moving to Singapore, I was working as a lecturer at the Swiss Federal University for Vocational Education and Training, where I trained teachers in the subject of "Language and Communication". Prior to that, I was the vice principal of a large vocational school in Solothurn for a long time. I led around 30 teachers and participated in various cantonal and national committees. I taught German, French, general education and sports for many years in various classes at lower secondary level and at vocational schools. In addition to my work as a teacher, lecturer and principal, I have also written several teaching materials for German lessons over the past 15 years. Another publication on German didactics will be published this summer. Besides education in all its facets, writing is my second passion. Between 1996 and 2003, I worked as a journalist and editor for various Swiss media companies.

When you are not working, how do you spend your free time?

A.

I am very adventurous and love to travel and discover new cultures. Therefore, I will definitely be exploring Singapore. Apart from that, I like to participate in sports such as jogging. However, I don't know yet whether I will be jogging in Singapore because of the heat. But I definitely won't get bored (laughs).

What was your initial reaction when you secured this position in Singapore?

A.

My initial reaction was simply overwhelming joy, coupled with excitement! My family and I have always been fascinated by Singapore. We have been here several times, mostly on stopovers, and have always been impressed by the city, especially its multiculturalism. I have always been interested in Swiss schools around the world. I am a curious person and like to take on new challenges. I see the new position as a great challenge that not only affects me, but my entire family. My husband and my younger daughter have accompanied me to Singapore. The older one is currently studying at the University of Geneva and will of course come to visit us. The younger one will join the IB class at the United World College (UWCSEA).

As you know, Singapore is famous for its diverse food culture. Do you have a particular favourite Asian dish? Or is there a dish that you would like to try soon?

A.

I really like Asian food, but unfortunately, I cannot name a favourite dish yet. That's why I'm looking forward to discovering new dishes. At home, we also try to recreate many different dishes from all over the world. But, of course, they are a bit Swiss-influenced. Therefore, I am very excited to immerse myself in Singapore's authentic regional and local cuisine.

As an educator, do you follow a particular philosophy?

A.

I believe in the concept of holistic education. In childhood, countless cognitive, social and emotional learning processes take place side by side, and simultaneously. This requires a stimulating environment. It needs appreciation, recognition, the opportunity for social contacts and, above all, an atmosphere of trust so that children can grow up and learn well. Educational opportunities are always life opportunities. We should be aware of this. Based on this, I would like to shape school. A good mix of a learning atmosphere that is conducive to learning, sufficient motivation and pedagogical know-how enables high-quality teaching in which all children are supported as well as possible. The same applies to us adults: we too can work best when we are motivated, when our working environment is right, and when we know why we do what we do. School and work life are not that different.

What are you looking forward to the most in your role as the new principal of SSiS?

A.

I love working with people. Therefore, I am greatly looking forward to working with all those involved in the school. Being the first woman to lead SSiS into the future, together with the whole team, is an honour for me. I am also looking forward to sharing my ideas of what constitutes a good school and good teaching, which I have touched on just briefly. I am very fortunate to come to an already very good school with high quality standards, and I am incredibly excited about the multiculturalism in the school itself, especially in view of the languages that are lived, learned and spoken here. My main objective is to use and strengthen this resource of diversity optimally so that the school as a whole continues to thrive and the children can learn and develop in an environment conducive to learning.

What do you particularly like about being an educator?

A.

The diversity. In a school environment, you deal with so many different people: children, teachers, parents, and staff. As a teacher and education leader, you have the opportunity to make a real difference. It is crucial what, and more importantly how we teach. This can be decisive in determining whether children can develop properly and develop a good attitude towards learning. We accompany them on the first part of their lifelong learning journey. To constructively shape this stage of their journey is, in my view, the most wonderful task imaginable.

THANK YOU

We thank Ms Rahel Eckert-Stauber for taking the time to chat, and look forward to introducing her to the delights of Asia. Please join us in making her feel welcome at the Swiss School in Singapore!

INTERESTED IN A PERSONALISED CHAT AND SCHOOL TOUR?

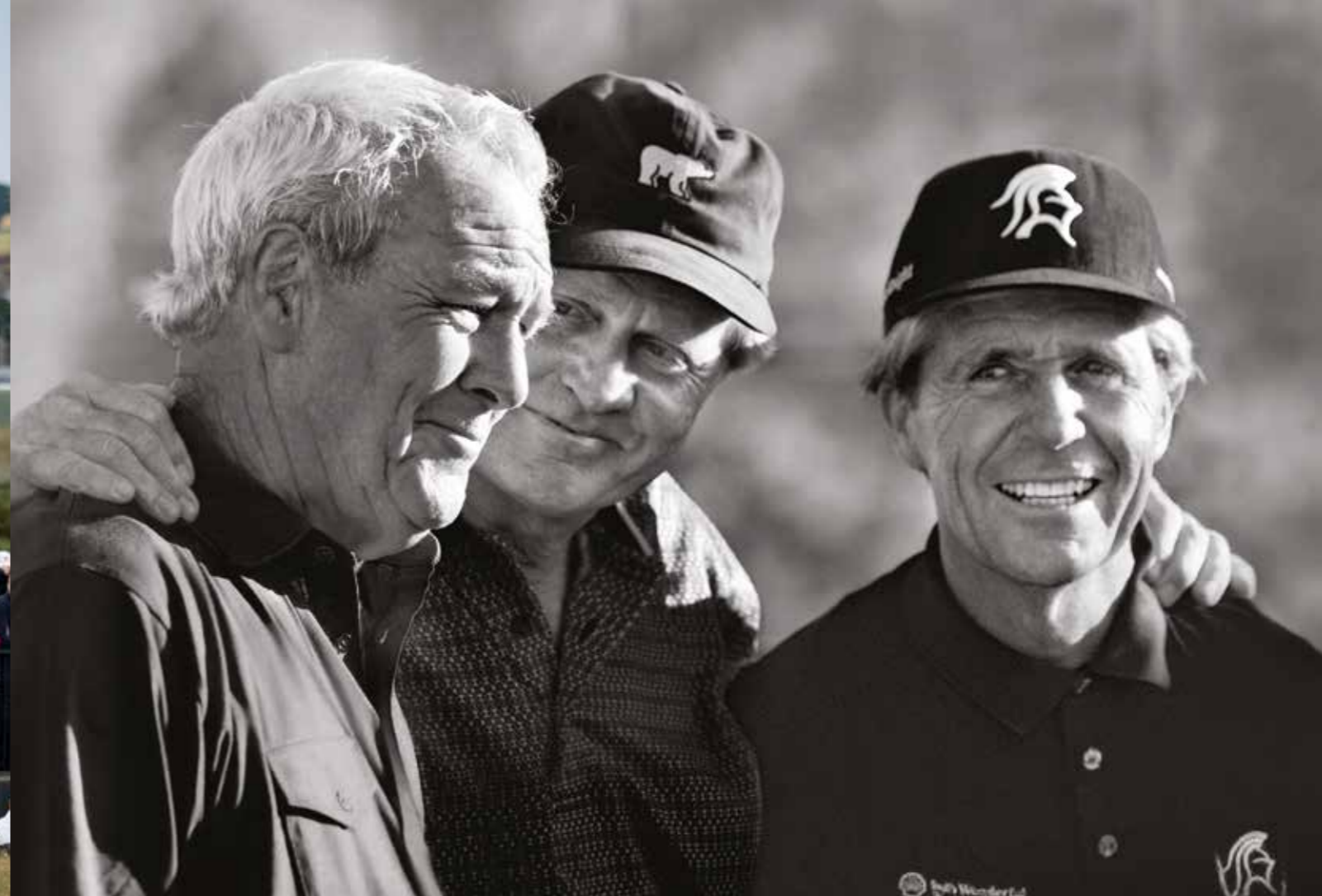
T 6468 2117
E info@swiss-school.edu.sg

Article courtesy of Rahel Eckert-Stauber, Principle, and Prisca Reitz, Marketing & Communications Representative, SSiS

Photos courtesy of Kate Mitchell, The Little Ones Photography



Rolex testimonee Scottie Scheffler playing a shot during the final round of the 150th Open



The Big Three, Rolex testimonees Gary Player, Arnold Palmer and Jack Nicklaus

Rolex and Golf

A Quest for Perpetual Excellence

ROLEX HAS CULTIVATED AN ENDURING RELATIONSHIP WITH GOLF FOR MORE THAN 50 YEARS.

It began in 1967, with Arnold Palmer, joined by Jack Nicklaus and Gary Player. Known as The Big Three, these legendary players changed the face of golf forever, and their partnership with Rolex marked the beginning of a relationship with the sport that was based on a common commitment to continuous improvement and unwavering precision.

Since then, the affiliation between Rolex and golf has grown into one with a global reach. In addition to its sponsorship and patronage of the world's most prestigious professional tours, Rolex is the Official Timekeeper of golf's main tours: the PGA TOUR® in North America, the DP World Tour and the Asian Tour.

<p>1967 Rolex's enduring relationship with golf was sealed by a pioneering handshake with Arnold Palmer, who became the brand's first golf Testimonee, joined by Jack Nicklaus and Gary Player – The Big Three</p>	<p>1980 Rolex becomes a partner of the USGA, the U.S. Open and the LPGA</p>	<p>1981 Rolex becomes the Open's first Official Timekeeper</p>	<p>1986 Rolex becomes Official Timekeeper of the American Junior Golf Association</p>	<p>1994 Rolex becomes Official Timekeeper of the Solheim Cup</p>	<p>1995 Rolex becomes a partner of The Ryder Cup European Team</p>	<p>1997 Rolex becomes Official Timekeeper of the DP World Tour</p>	<p>1999 Rolex's relationship with the Masters Tournament begins</p>	<p>2000 Rolex establishes a partnership with The Evian Masters (now the Amundi Evian Championship)</p>	<p>2003 Rolex expands its support for The Open by becoming a Patron</p>
<p>2004 Rolex partners with the Rules of Golf</p>	<p>2005 Rolex becomes Official Timekeeper of the Presidents Cup™</p>	<p>2006 Rolex becomes founding sponsor of the Rolex Women's World Golf Rankings</p>	<p>2007 Rolex becomes Official Timekeeper of the PGA TOUR® and the World Golf Championships</p>	<p>2011 Rolex becomes Official Timekeeper of the Asian Tour</p>	<p>2012 Rolex becomes the founding partner of the World Amateur Golf Ranking® and Presenting Sponsor of the Senior Open Championship</p>	<p>2017 The Rolex Series is launched in partnership with the DP World Tour</p>	<p>2021 Rolex becomes the Official Timekeeper and Official Partner of the PGA of America, the PGA Championship as well as Worldwide Partner of The Ryder Cup</p>	<p>2022 Rolex celebrates over 40 years as the Official Timekeeper of The Open, the sport's original title and one of the four men's Majors, as the tournament celebrates its 150th anniversary</p>	

10 Questions

WITH THE FAMILY TAM

WE GOT TO KNOW ABOUT THE DELIGHTFUL FAMILY TAM BY CHATTING TO CHUN-HIM. TURNS OUT THEY ARE ALMOST AS DIVERSE AND MULTI-CULTURAL AS SINGAPORE!



#1. WHAT BROUGHT YOU TO SINGAPORE?

“We have been living in Singapore for ten years now, thanks to a relocation opportunity from my former employer.

#2. WHAT DO YOU ADMIRE MOST ABOUT LIVING IN SINGAPORE?

“Singapore is a cosmopolitan city. People living in Singapore have different backgrounds and cultures and speak different languages, but still everyone is so open-minded and respectful towards each other. This is really admirable and makes it one of the best places to live in for young families like ourselves.

#3. WHERE WAS ‘HOME’ PREVIOUSLY?

“Before moving to Singapore, the two of us lived in Hong Kong for a few years. Prior to Hong Kong, my wife lived in Seoul and I lived in Zurich.

#4. PLEASE TELL US A LITTLE ABOUT EACH OF YOUR FAMILY MEMBERS?

“Our family is almost as diverse as Singapore. I am Chun-Him, Swiss-born and raised in Zurich, with Asian roots. I work in the financial industry.

My wife Ji Hae is from South Korea and takes great care of our two children Evelyn and Benjamin. Both of our children attend the Swiss School, which they love very much.



#5. WHAT ARE YOUR PERSONAL INTERESTS OUTSIDE OF WORK?

“We like to spend time together as a family and meeting friends. As a young family, we like outdoor activities like swimming, tennis, exploring parks and so on.

#6. WE UNDERSTAND YOU’VE BEEN MEMBERS OF THE SWISS CLUB SINCE DECEMBER 2022. WHY DID YOU CHOOSE TO JOIN THE SWISS CLUB IN PARTICULAR?

“I left Switzerland more than a decade ago and, as time passed, I started to miss home. I believe Swiss Club offers the best of both worlds for our family, allowing us to re-connect with the Swiss community but at the same time accommodating all other communities as well.



#7. HOW OFTEN DO YOU VISIT THE SWISS CLUB, AND WHICH FACILITIES DO YOU USE THE MOST?

“On average, I visit once or twice a week. As a family, we regularly use all facilities. Everyone in our family has their own favourite spot. For example, it’s the tennis court for our daughter, the soccer field and sports hall for our son, the studio for my wife and the gym for myself.



#8. WHAT DO YOU LOVE MOST ABOUT THE SWISS CLUB?

“I can’t pinpoint one specific thing. For us, it is a combination of multiple things. They include the relaxing outdoor environment surrounded by greenery, the staff who are always very friendly and welcoming, the renovated facilities, and also the openness of Club Members.

#9. WHAT ARE YOUR FAVOURITE DISHES SERVED AT THE SWISS CLUB?

“Our children love the pasta and Vietnamese Pho noodles. Ji Hae and I like the Zürcher Geschnetzeltes (Veal Zurich-Style) the most.



#10. DO YOU HAVE SOME ADVICE FOR NEWCOMERS TO SINGAPORE AND THE SWISS CLUB?

“Simply relax and enjoy Singapore and the many facilities, activities and events arranged by the Swiss Club. You will automatically settle down and soon get to know the other Club Members. Everyone is very friendly and approachable!

Meet a Staffer

Sudip and His Second Family

A BARTENDER WITH THE SWISS CLUB'S BANQUET OPERATIONS DEPARTMENT, SUDIP BANDHARI JOINED THE CLUB JUST OVER A YEAR AGO, IN APRIL OF 2022. HE REGARDS THE SWISS CLUB AS HIS SECOND FAMILY.

“The Swiss Club is one of the most kid-friendly Clubs in Singapore, so bring the whole family.”

Sudip Bandhari

RESPONSIBILITIES AT HOME AND AT WORK

Sudip and his wife of five years, Sumika, are parents to a lovely little 3-year-old daughter named Samyra. He previously worked at the Sofitel Sentosa.

At the Swiss Club, Sudip is deeply involved in all of the Club's events, from set-up to execution and tear-down.

“I always look forward to coming to work at the Swiss Club. It is such a happy working environment, and the benefits are great,” he said. “This is the first time I've worked in Banquet Operations, and I've learned so much from my mentor Kamil.”

A PASSION FOR SPORTS AND FITNESS... AND KIMCHI FRIED RICE

Unbeknown to many, Sudip was once a serious bodybuilder. These days, he enjoys playing soccer, running, and working out at the gym. No doubt his lifelong investment in fitness pays off when he's run off his feet at full-on events like Oktoberfest.

When asked to share a dining recommendation at the Swiss Club, Sudip gave two thumbs up to the Kimchi Fried Rice at Pergola. He went on to sing the praises of all the dishes at all the restaurants. “The food is amazing, and it's always served with a smile!”

DEAR MEMBERS...

“The Swiss Club is one of the most kid-friendly Clubs in Singapore, so bring the whole family,” urged Sudip. “We look forward to welcoming you.”



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Cycle & Carriage (Authorised Dealer) – Showroom Enquiries: 6298 1818.
AMG Performance Center Singapore, Level 3, Mercedes-Benz Center, 301 Alexandra Road, Singapore 159968.
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Mercedes-AMG EQE 43 4MATIC – Energy consumption: 20.9 kWh/100 km; VES band: A1.

Programme of Sports Activities for July to December 2023



TENNIS

SOCIAL (MEN'S/LADIES')
Sat 3pm – 6pm (Courts 2, 3 and 4)

LADIES' TEAM TRAINING
Courts 4 and 5

Mon 9am – 11am (WITS Team)
Tue 10am – 12pm (WITS Team)
Fri 8am – 9.30am (STA Team)
10am – 12pm (Ladies' Group Training)

For times and dates, please see the 40XV display at the tennis courts.

APERIO TENNIS MIXED SOCIAL
Thu 7pm – 8.30pm

MIXED CARDIO TRAINING
Tue & Thu 10am – 11.30am

Please contact Juan Ortiz at
E swissclub@forty-fifteen.com
T 6591 9438

PADEL

MEMBERS SOCIAL PADEL
Sat 2pm – 5pm
(first-come, first-served basis)

Please contact Juan Ortiz at
E swissclub@forty-fifteen.com
T 6591 9438

MAHJONG

Wed 7.30pm – 10.30pm
(Board Room One)

Please contact Jill Boschung at
E jillbos@yahoo.com
T 9022 4605

GOLF

GERMAN-SWISS GOLF CLUB
Please contact David Martiny at
E germanswissgolfclub@gmail.com
T 8199 1351

FOOTBALL

SOCIAL FOOTBALL
Mon 8pm – 10pm (Sports Field)

Please email Michael Becker at
michaelbecker2003@gmail.com
to join our mailing list. An email is sent to Swiss Club Members every Friday to get players registered for football on Monday.

GERMAN-SWISS ALL STARS COSMO LEAGUE
Tue 7pm – 9pm (Sports Field)

CASUAL KICK
Tue 9pm – 10.30pm (Sports Field)

Please contact Urs Brutsch at
E Urs.Brutsch@hpwm.sg
(German All Stars)

SWIMMING

ADULTS' TRAINING
Tue 7.15pm
Wed 2pm

Please contact aquaDucks at
E swiss@aquaducks.com.sg or
David at david@aquaducks.com.sg
T 8260 9032 (weather update only)

SOCIAL TREKKING

Times and dates to be advised.

Please contact Samir or Sven at
T 8189 1234 (Samir)
9806 8513 (Sven)

YOGA

HATHA FLOW YOGA
Wed 7pm – 8pm
Fri 8am – 9am

HATHA YOGA
Sat 8.45am – 9.45am

Please contact Ruchica
(Yoga Library Pte Ltd) at
E rp@yogalibrary.com.sg
T 9711 5599 for more details

PROFESSIONAL FITNESS SERVICES

AQUA BIKING
Sat 9am – 9.50am

(Note: Pre-register to secure a bike for class)

INDOOR CYCLING
Sat 11am – 11.45am (Aerobics Studio)

(Note: Pre-register to secure a bike for class)

BOOT CAMP
Mon 6pm – 6.45pm
Thu 8.30am – 9.15am
(Sports Field/Outdoor Multi-Court)

PILATES
Wed 8am – 9am
(Outdoor area near Sports Hall)
Sat 10am – 11am
(Edelweiss Room)

STRONG BY ZUMBA
Mon 8.30am – 9.30am (Aerobics Studio)

SPINNING
Thu 7pm – 8pm (Aerobics Studio)
Sat 11am – 12pm (Aerobics Studio)

TRX SUSPENSION TRAINING
Fri 8.30am – 9.30am
(Outdoor Fitness Corner)

Please contact Jason Stanley
24 hours before class at
E getactive@activefitness.com.sg
T 9026 3452

PERSONAL TRAINING
Please contact Timothy Felix at
E getactive@activefitness.com.sg
T 9191 7475

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All classes are subject to prevailing Safe Management Measures set out by the Government. Please refer to the weekly newsletter or contact the relevant vendors for more information.



FOR CHILDREN

DANCE FOR KIDS

HIP HOP
4 – 6 years old, Fri 4pm – 5pm
7 – 12 years old, Fri 5pm – 6pm

JAZZ

4 – 6 years old, Sun 10am – 11am
7 – 12 years old, Sun 11am – 12pm

Please contact Chameleo Kidz Academy at
E info@chameleokidz.com
T 8833 2669

DRAMA/SINGING CLASSES FOR KIDS

SONG AND DANCE TINY STARS
Preschoolers, Tue 9.30am – 10.30am

BRIGHT STARS

4 – 6 years old, Sat 1pm – 2pm

SHINING STARS

7 – 10 years old, Sat 2pm – 3pm

Free Trial class available
Please contact Fiona Obrist at
W <https://dansingacademy.com/>

FOOTBALL TRAINING FOR KIDS

COSMO UNITED FOOTBALL ACADEMY
Training on Sat 10.30am – 12pm
(Indoor Sports Hall)

Open to all players born between
1 Jan 2012 and 31 Dec 2015

Open to Swiss Club Members
and Non-Members.

Please contact Olliver Marx at
E info@cufa.com.sg
W www.cufa.com.sg
T 9821 3869

JUNIOR TENNIS PROGRAMME

Mon – Fri 4pm – 7.30pm
Sat 8.30am – 12pm
• Parent/child and tiny tots programme
• Junior introductory/
development programme
• Junior intermediate/advanced
programme

For times and dates, please see the
40XV display at the tennis courts.

Please contact Juan Ortiz at
E swissclub@forty-fifteen.com

SWIMMING

**BABIES' AND TODDLERS'
LESSONS (6 – 36 MONTHS)**
Tue – Fri 3pm – 5pm
Sat 8.30am – 12pm

PRESCHOOL SWIMMING LESSONS (3 – 4 YEARS OLD)

Tue – Fri 3pm – 5pm
Sat 8.30am – 12pm

LEARN TO SWIM (5 – 8 YEARS OLD)

Tue – Fri 3pm – 5pm
Sat 8.30am – 12pm

STROKE AND DEVELOPMENT (CD 1 – 4)

Tue – Fri 5pm, 6pm
Sat 8.30am, 9.40am, 2pm, 4.45pm

Please contact aquaDucks at
E swiss@aquaducks.com.sg or
David at david@aquaducks.com.sg
T 8260 9032 (weather update only)

KARATE

KYOKUSHIN
Thu 5pm – 6pm
4 years and above
Parents are welcome to join
class (Aerobics Studio)

Please contact the instructor,
Sensei Lai at
E ekl@caa.columbia.edu
T 9185 0900

PERSONAL TRAINING

Please contact Timothy Felix at
E getactive@activefitness.com.sg
T 9191 7475

TAEKWONDO LESSONS

Sat 9.50am – 11am
Please contact Master Richard at
E coach.tkd.richard@gmail.com

VIVOKIDS MULTI-SPORTS PROGRAMME FOR KIDS

VIVOKIDS MULTI-SPORT
2 – 6 years old, Sat 9am – 10am
(Indoor Hall)
2 – 6 years old, Sun 9am – 10am
(Soccer Field)

Please contact Vivian at
E enquiry@vivokinetics.com

GOT A SUGGESTION?

If you would like to suggest a new activity, please contact Elvis Tan,
Sports & Recreation Manager, at:

E elvis.tan@swissclub.org.sg T 6591 9438



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2023

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7PM TILL LATE

1 OCTOBER 2023
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