

SWISS CLUB – HOME FOR ALL NATIONALITIES

SWISS+ CLUB

JANUARY – JUNE 2024



Usher in the Year of the Dragon

Lunar New Year Reunion Dinner

Pavilion Ballroom | 6:30pm – 9:30pm

9 February 2024

\$88 per Adult | \$30 per Child

Look out for more information in the Swiss Club's e-Newsletters.

Nett prices indicated are valid for payment via Swiss Club membership card only. A 20% surcharge will be levied for payment via credit cards.

Lion Dance at the Swiss Club

Sunday, 18 February 2024, 10am,
Commencing outside the Clubhouse.
All are welcome, and attendance is **FREE!**

Celebrate Your Love

Valentine's Day Dinner Under the Stars

**Wednesday, 14 February 2024,
7pm – 10pm
Arbenz**

COMPLIMENTARY
Bottle of
Prosecco or
House Pour
Wine

Romance your partner in the cool of the evening with an exquisite 4-course set dinner.

\$199 per Couple

Look out for more information in the Swiss Club's e-Newsletters.

Nett prices indicated are valid for payment via Swiss Club membership card only. A 20% surcharge will be levied for payment via credit cards.

A Note from the Editor

Dear Members and readers,

Hello, again!

The end of a year always triggers a bout of reflection. What a year it's been. Just when it seemed like we were getting over one global crisis, a new one took its place. The only same response seems to be one of gratitude. I for one feel grateful that I'm living safe and sound in a first-world country, far from the living nightmare of war. I feel grateful for my health, for my friends and family, and for the support of loyal clients and partners like the Swiss Club. The list goes on.

The Swiss Club has had another amazing year. While the record-breaking Oktoberfest was a definite highlight, smaller events like the fun-filled Halloween and 'Back to School' parties yielded unforgettable experiences and lifelong memories – verified by the photographic evidence inside this issue. Your excellent restaurants served up not only world-class dining, but served as the backdrops for many special occasions. Your Club is a magical place – I really cannot think of any other quite like it.

On behalf of the editorial team that brings you this magazine, I would like to say 'thank you' to the Swiss Club management, committee and Members for the honour and the pleasure of working with you.

Soon, 2023 will be history. May 2024 bring you more of everything you love.

Enjoy your magazine, and your Club!

Yours sincerely,

Suzanne

Suzanne Lauridsen
Editor, Swiss Club

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swissclub.org.sg

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Easter Sunday Brunch


Sunday, 31 March 2024
11 am – 2.30 pm
Pavilion Ballroom & Foyer

\$75 per Adult
\$30 per Child (aged 6 to 12)

This beloved annual event includes an indulgent buffet brunch and fun-filled Easter-themed activities for the kids!

Look out for more information in the Swiss Club's e-Newsletters.

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MOTHER'S DAY BRUNCH

Celebrating the Queen of our Hearts

12 May 2024 | 11 am – 2:30 pm
Arbenz



FATHER'S DAY Grill It Yourself BBQ

16 June 2024 | 11 am – 2:30 pm | Pavilion Foyer

LOOK OUT FOR MORE INFORMATION IN THE SWISS CLUB'S E-NEWSLETTERS.

Welcome

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

Name	Type of Membership
Andreas W Keller	Honorary
Claudia & Jacob Bauly	Ordinary
Fabian & Miriam Anja Capaul	Ordinary
Rahel Eckert-Stauber & Theodor Eckert	Ordinary
Yan & Lucie Genhart	Ordinary
Alessia Gisi	Ordinary
Pascal Christian Gisi	Ordinary
Virginia Gisi	Ordinary
Sabry Henni & Estelle Cedille-Henni	Ordinary
Regula Kurzbein & Pierre Kilchenmann	Ordinary
Gregory & Eva Mirabaud	Ordinary
Laurent & Berangere Boidevezi	Ordinary / Associate
Dam Fang How Andreas & Fong Ee Lyn	Ordinary / Associate
Gregor Freimoser & Stephanie Ting-Freimoser	Ordinary / Associate
Robert Rohner & Supatchaya Parapiboon-Rohner	Ordinary / Associate
Marc & Iris Velan	Ordinary / Associate
Selcuk & Deniz Arapoglu	Associate
Nicolas & Pauline Baudonnet	Associate
Thomas Bellamy & Catriona Ramsay	Associate
Emma Bibby & Ramesh Karthigesu	Associate
Matthew & Angela Bowler	Associate
Federico & Gabrielle Chavarria	Associate
Scott Chen & Chen-Sik Yia Ann	Associate
Stephane & Barberine Debar	Associate
Donovan & Antonia Dos Santos	Associate
Anne & Casper Groenbjerg	Associate
Shane Happach & Daniela De Alba Jarquin	Associate
He Jie & Xu Hong Liang	Associate
Margaux Blumenfeld-Kapeller & Thomas Kapeller	Associate
Natalia Vairo & Alejandro Kersman	Associate
Tejas & Moushumi Khara	Associate
Arvind Khattar & Jessica Sganzerla-Khattar	Associate
Kwek Kon Eng	Associate
Lee Sang Eun Justin & Yoo SangMi Anna	Associate
Ravi Mankude & Neha Bakshi	Associate
Sylvain & Jihane Mellanger	Associate
Ravindran Athi Nahappan & Aurelie Zeller	Associate
David & Ashley Pesek	Associate
Philipp Schitter & Ekaterina Kruhlenia-Schitter	Associate
Marina & Christopher Sherer	Associate
Shiv & Ashima Taneja	Associate
Steven Taylor & Ong Chong Ching	Associate
Vidhya Thomas & Jere-Jaymit Singh	Associate
Yeo Isabelle Hui Shan & Lee Minseok	Associate
James & Teresa Addington-Smith	Associate Transferable
Caleb Baker & Joy Koh-Baker	Associate Transferable
James & Rachel Druce	Associate Transferable
Marco Comazzi & Elise Gourdon-Comazzi	Term
Patrick Donze & Donze-Tan Hui Ching Karen	Term
Robert Oates & Emmanuelle Kunigk	Term
Ana Paula Schoch	Term
Thierry Schrimpf	Term
Damien & Sippy Spillane	Term

*Joined between July and November 2023



Choose the path that is best for you.

As the only school in Singapore to offer the choice of A Levels or the IB Diploma in Sixth Form, Tanglin Trust School students can thrive and flourish by studying the programme that most suits them; either the specialist study of three to four subjects or a broad and balanced programme of six subjects.

Our students’ examination results are outstanding, consistently surpassing Singapore and global averages, with 95% of graduates typically receiving their first or second choice university, which are among the best in the world. But that’s not the full story.

Going to school is also about developing a community of lifelong learners, whether it be through sports, the arts, outdoor education or the multitude of other opportunities students embrace. With the support of our dedicated and experienced staff, everyone gets a chance to find their passion, to be part of our dynamic community, and to achieve their personal best.

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



A New Year's Message from the Swiss Ambassador

THE SWISS CLUB IS A PRODUCT OF SWISS CITIZENS WHO HAVE VOLUNTARILY AND PASSIONATELY CONTRIBUTED TO ITS SUCCESS. THEIR DEDICATION OVER 150 YEARS HAS FOSTERED A VIBRANT COMMUNITY THAT NOW WELCOMES OVER FORTY NATIONALITIES AND OFFERS A MYRIAD OF ACTIVITIES FROM SPORTS TO CULINARY DELIGHTS AND CULTURAL EVENTS.



Dear Readers of the Swiss Club Magazine,

Happy New Year!

I hope you all had a delightful holiday season and are entering the New Year with renewed energy and optimism.

The Swiss Club, established in 1871, is more than just a club. It is a venerable institution that holds a dear place in many people's hearts, including us who work at the Swiss Embassy. Like many endeavours in Switzerland, the Swiss Club is a product of the civil engagement of Swiss citizens who have voluntarily and passionately contributed to its success. Their dedication over 150 years has fostered a vibrant community that now welcomes over forty nationalities and offers a myriad of activities from sports to culinary delights and cultural events. We particularly appreciate the tranquil space it provides for relaxation in its lush surroundings, especially after a hectic work day.

All of us at the Embassy cherish our strong ties with the Swiss Club, often choosing it as the venue for our key events. Last year, we hosted various gatherings at the Club including a panel on carbon markets under the Paris Climate Agreement in May, and a reception with the President of the Swiss Parliament, Martin Candinas, in June. A particular highlight was the National Day celebration attended by Foreign Minister Ignazio Cassis. In November, we organised a Swiss Wine Master Class and a walk-around tasting with a selection of over 40 Swiss wines, reflecting the rich and diverse viticultural heritage of our country. We are grateful for the Swiss Club's hospitality, which was integral to the success of these events.

On the way to the Swiss Club, you may have spotted the newly renovated Swiss Embassy building at 1 Swiss Club Link. After 2.5 years of renovation work, we are looking forward to moving back to our renewed premises. The recent renovation was necessary as the old building had reached the end of its lifespan after 35 years in Singapore's tropical climate. The upgrade not only rejuvenates the structure, but also allows for all the staff to work in the same building. By bringing all departments together under one roof, we hope to strengthen our diplomatic presence and to increase operational synergy. We are also excited to be neighbours of the Swiss Club again, with the proximity symbolising the cooperation among Swiss institutions in Singapore.

Looking ahead, we are eagerly preparing for the Swiss Weeks 2024, scheduled for May. As we gear up for the 3rd edition, we are devising big plans to ensure it's a memorable festivity that represents Swiss culture, innovation, and our enduring partnership with Singapore. Keep an eye out for more information about the Swiss Weeks to be unveiled in March.

With the Lunar New Year celebrations just around the corner, I wish you all the best for the Year of the Dragon. May this upcoming year bring prosperity and happiness to you and your families, and many memorable experiences at the Swiss Club.

With warm greetings,

F. Grütter

Frank Grütter
Ambassador of Switzerland

WE CAN ALL LOOK FORWARD TO AN EXCITING 2024 CLUB YEAR. BESIDES THE KEY EVENTS, OKTOBERFEST, SWISS NATIONAL DAY AND SUMMERFEST, OUR TEAM IS PLANNING A WIDE RANGE OF NEW EVENTS.



Dear Swiss Club Members,

As we say goodbye to 2023 – a year filled with an abundance of memorable moments – it's a perfect time for reflection on the experiences and challenges of the past year and, of course, the eager anticipation of what the new year will bring.

The Club year 2023 was, literally, a very eventful year. The team has organised a record number of events, with the fully sold-out Oktoberfest being the highlight again. This year's Swiss National Day was another fantastic event, with our foreign minister, Ignazio Cassis, addressing over 500 guests, mostly dressed in traditional red and white.

Besides the many other events organised by the Club, we have had a lot of extraordinary private events, from birthday parties to corporate events and even several weddings. I trust that we all agree that the management team and all the employees have done an exceptional job.

A Message from the President

The Club achieved a healthy financial result despite the challenges caused by inflation. Whilst we do not maximise for profit, achieving positive results is our stated objective, as this allows us to invest continuously in the Club.

One area in which we struggle is keeping our Swiss Member numbers up. Whilst we are a Club for all nationalities, today only one in seven Members is a Swiss. Being the Swiss Club, we certainly want to maintain some 'Swissness', and what better way to achieve that than by having more Swiss Members. So please ask your fellow Swiss who are not yet members to join our beautiful Club.

CLUB ETIQUETTE

The Club is here for us to enjoy ourselves, utilise the fantastic facilities, savour the tasty food, appreciate the warm-hearted service, and have a good time in the company of others. The Club does not have a thick rule book but applies common principles of fairness and respect towards everyone. The great thing is that the large majority of Members apply such principles, while only a small group does, at times, not display the best manners. We encourage our employees and you, our Members, to speak up when you observe breaches of etiquette. So, please do – and we promise we will take action.

CLUB MANAGEMENT AND COMMITTEE ROLES

We have embarked on a journey to continuously professionalise the management of the Club. One key element of this is lean governance, with the management team being fully responsible for the daily business, while the committee focuses on governance, strategy and expert support where required.

STRATEGY

As I mentioned, this time of the year is an excellent opportunity to look forward. We have also been doing that at the Club, where we recently defined our strategic focus on five key pillars.

- **Overall Club Experience** to ensure that we maintain and grow our offering for a broad group of Members and form a culture of openness and respect.

- **Lean and Effective Governance** to provide the foundation for effective management and a vision for the future.
- **Sustainable Financials** to secure the long-term viability of the Club.
- **Corporate Responsibility** by being a good partner to all stakeholders and neighbours.
- **Optimise the Use and Protect our Land** to ensure that the beautiful environment can be preserved for generations to come.

I will talk more about strategic focus in one of our newsletters in the new year.

EXCITING 2024

We can all look forward to an exciting 2024 Club Year. Besides the key events, Oktoberfest, Swiss National Day and Summerfest, our team is planning a wide range of new events. Whether sports, social activities or culinary experiences, I am sure all of you will find something exciting to attend.

I would like to express our heartfelt gratitude to you, our valued Members, for your unwavering support throughout the year. A big thank you goes to the management and the team for their dedication and enthusiasm, and we genuinely appreciate your continued commitment to our Club. Last but not least, to my colleagues on the committee, a heartfelt thank you for your support of the Club.

On behalf of the management team, all our employees, and my fellow committee members, I extend warm wishes to you and your loved ones for a joyful holiday season and a prosperous, healthy, and happy New Year.

Yours sincerely,

T. von Rueti

Thomas von Rueti
(on behalf of the Swiss Club Committee)
President, Swiss Club

Swiss Club – Home for all Nationalities

A Message from the General Manager

BE SURE TO SAMPLE ALL THE OFFERINGS OF OUR STELLAR F&B CREW. FROM THE MULTICULTURAL MONTHLY F&B SPECIALS TO OUR SWISS Z'MORGEN AND WINE DINNERS, YOU CAN TRAVEL AROUND THE WORLD WITH YOUR TASTEBUDS WITHOUT EVER LEAVING THE SWISS CLUB.



Dear Members,

As I write this message, the Year of the Rabbit is drawing to a close and we're just a whisker away from welcoming the mighty Wood Dragon. It seems that the Rabbit hopped in and out of our lives in a flash. Forgive the cliché, but honestly – where has the year gone?

The Club was a whirlwind of activity in 2023, which perhaps partly explains why time has flown. We partied like we'd survived a pandemic – because we had. The success of the Oktoberfest proved beyond all doubt that you were thirsting for a party. And what a party it was, breaking all records in terms of numbers and revenue. Plans are already in the pipeline for 2024. Suffice to say – get excited.

Thanks largely to the imagination and motivation of your indefatigable events team, we have a packed calendar of enticing events in the year ahead. You can welcome the Dragon at our Chinese New Year Reunion Dinner and Lion Dance. You can be transported back to boogie wonderland at our adults' 70s-themed party. And you can make magical memories with the whole family at our legendary Easter Brunch and Mother's Day Brunch, and at our first-ever combined Summerfest and pool party. What a feast of fun!

Speaking of feasting, be sure to sample all the offerings of our stellar F&B crew. From the multicultural monthly F&B specials to our Swiss Z'morgen and wine dinners, you can travel around the world with your tastebuds without ever leaving the Swiss Club.

In 2023, we also welcomed two new social groups – mums and babies' playdates, and social bikers. For expats, common interests are a great way to forge friendships that can outlive postings abroad. Here at the Swiss Club, we often welcome many old Members passing through Singapore. Many of them stay at The Guesthouse, and hold their reunions at our excellent restaurants. (Perhaps that's something to think about in the future?)

On a practical note, please remember to swap your Swiss Club Membership cards for the new-generation RFID cards by 1 March 2024. To prevent misuse and optimise security, please keep yours on your person at all times.

Here's to a terrific 2024!

Yours sincerely,

A. Lim

Aaron Lim
General Manager, Swiss Club

Swiss Club – Home for all Nationalities

All Caught UP

LEARN WHAT'S NEW – AND THE RIGHT THINGS TO DO – AT THE SWISS CLUB.

GST INCREASES

In accordance with the Government's Budget 2022, the GST rate was increased from 7% to 8% with effect from 1 Jan 2023 (first rate change); and will be increased from 8% to 9% with effect from 1 Jan 2024 (second rate change). Please note that prices for F&B and all other activities within the Club may be adjusted to reflect these GST increases. Thank you in advance for your kind understanding.

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.

RESTRICTED ACCESS FOR GUESTS ON WEEKENDS

Out of fairness to all Members, please note that non-F&B Club facilities are not open to your guests (non-Members) on weekends. However, you are welcome to host them at our restaurants on both weekdays and weekends.

HAVE A BALL WITH PÉTANQUE

Our Pétanque Boules arena is now available for rental. Book or enquire about availability at the Guesthouse Reception from 9.30am to 7.30pm daily.

CHANGE OF CAR DECALS

To facilitate Club security and avoid delays on entry, please remember to change your car decal to a 2024 decal by the end of March 2024, to facilitate Club security and avoid delays on entry.

CHANGE OF MEMBERSHIP CARDS

Please swap your current Swiss Club Membership Card for one of our new RFID Membership Cards, in the first quarter of 2024. Look out for more details in the Club's e-Newsletters.

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 10.45pm)
Sat, Sun & PH: 10am – 11pm (Last beverage order 10.45pm)
Dinner reservations only Dress code: Casual

PERGOLA

(Last food order 9.30pm)

Mon – Thu:
8am – 10pm (Last beverage order 9.45pm)
Fri, Sat & Eve of PH:
8am – 10pm (Last beverage order 9.45pm)
Sun: 8am – 10pm (Last beverage order 9.45pm)
Breakfast daily: 8am – 11am
Dinner reservations only
Dress code: Casual (no bath towels)

Opening Hours

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)

DINING RESERVATIONS

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

BANQUET RESERVATIONS

E banquet@swissclub.org.sg
T 6591 9430 / 6591 9427

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

Club Premises

Daily: 7am – 12mn

The Guesthouse/Reception

Daily: 9am – 8pm

Room Reservations:
E recept@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.

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

On the Menu

January to June 2024



JANUARY	PROMOTION
3 – 7 January	Pasta la Vista PA
8 – 14 January	Tandoori Treats PP JC
22 – 28 January	Pizza Fantastica! PP JC
26 January	Ladies Who Lunch PA (Ladies' Luncheon)
28 January	Oysters Ahoy! PA (Oyster Luncheon)

FEBRUARY	PROMOTION
7 – 11 February	Huat a Feast! PA (Chinese New Year Specials)
8 – 18 February	The Dragon's Feast PP JC (Chinese New Year Specials)
9 February	Chinese New Year Reunion Dinner PV
17 February	Snake Bread & Sausage Grilling XL EXCLUSIVE F&B EVENT
18 February	Swiss Z'morgen PA EXCLUSIVE F&B EVENT
23 February	Ladies Who Lunch PA (Ladies' Luncheon)
23 – 28 February	Chicken Rice Revival PP JC



PA Arbenz AT Arbenz Lounge Terrace PP Pergola JC Jungle Cove XL Lawn PP 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-Newsletters for further details and updates.

PARTY FOR HAS-BEEN TEENS...

REWIND TO THE GROOVY 70'S

4 May 2024
8pm – 2am
Pavilion Ballroom

\$40 per entry
(for party-goers aged 18 and above)
includes alcoholic welcome drink

Live DJ and dance floor

Dare you sit in the notorious barber chair?

Bring on the big hair and flares for the best-dressed contest!

23 August 2024
7pm – 11pm
Pavilion Ballroom

PARTY FOR TEENS...

GET YOUR GAME FACE ON!

\$25 per entry (for party-goers aged 13 to 17 years old)
includes free-flow soft drinks

Arcade-inspired game booths

Live DJ and dance floor

Take on the TikTok Challenge and stand to win prizes worth up to \$250!

Look out for more information in the Swiss Club's e-Newsletters.

The Swiss Club
Saturday, 1 June 2024
10am – 3pm
Leisure Pool

\$10* per Person
(Aged 12 and above)

*Redeemable for F&B coupon on entry

Dive into a wild, wet day of delicious eats and treats, ice-cold craft beer and wine, a fabulous flea market, live entertainment, and fun and games galore!

Summerfest x Pool Party









Look out for more information in the Swiss Club's e-Newsletters.



MARCH	PROMOTION
8 March	An Evening in Switzerland  
8 – 12 March	A Week in Spain 
11 – 17 March	Seafood Sensations  
15 March	French Wine Blind Tasting Class  
22 – 24 March	Tandoori Fish Festival  
25 – 31 March	Let's Eat Lasagna!  
29 March	Ladies Who Lunch  <i>(Ladies' Luncheon)</i>
31 March	Easter Eggs-travaganza!  <i>(Easter Sunday Brunch)</i>













APRIL	PROMOTION
5 April	New Kitchen Rules!  
10 – 14 April	Breaking the Fast  
14 April	Oysters Ahoy!  <i>(Oyster Luncheon)</i>
15 – 21 April	Just Desserts  
17 – 21 April	Viva Mexicana! 
25 April	Wine & Dine in Switzerland  
26 April	Ladies Who Lunch  <i>(Ladies' Luncheon)</i>



 Arbenz  Arbenz Lounge Terrace  Pergola  Jungle Cove  Lawn  Poolside  Rifle Lounge  Pavilion

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MAY	PROMOTION
1 – 31 May	Wonders of White Asparagus   
3 May	Dine, Wine, Dance!  
12 May	Mother's Day Brunch 
17 May	New World Wine Blind Tasting Class  
22 – 26 May	Hola Tapas! 
24 May	An Evening in Switzerland  
31 May	Ladies Who Lunch  <i>(Ladies' Luncheon)</i>

JUNE	PROMOTION
3 – 9 June	Eating Japlish!   <i>(Japanese Fusion)</i>
11 – 16 June	Danish Delights   <i>(Open-faced Sandwiches)</i>
16 June	Oysters Ahoy!  <i>(Oyster Luncheon)</i>
19 – 23 June	Dishing Up Down Under  <i>(New Australian Cuisine)</i>
28 June	Ladies Who Lunch  <i>(Ladies' Luncheon)</i>



 Arbenz  Arbenz Lounge Terrace  Pergola  Jungle Cove  Lawn  Poolside  Rifle Lounge  Pavilion

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CALENDAR OF EVENTS JANUARY TO JUNE 2024

SCAN TO VIEW
ONLINE CALENDAR



JANUARY

1 Mon – 15 Mon Glamping 	12 Fri Kids' Workshop – DIY Sand Art Making
13 Sat Movie Night – The Secret Life of Pets 	26 Fri Social Quiz Night

FEBRUARY

3 Sat Baking with Chef – Handmade Pizza 	9 Fri Kids' Workshop – DIY Chinese New Year Craft Making CNY Reunion Dinner 	10 Sat Movie Night – The Monkey King 	14 Wed Valentine's Day Dinner
17 Sat Snake Bread & Sausage Grilling 	18 Sun Lion Dance 	23 Fri Social Quiz Night 	

MARCH

1 Fri Visit to Norqain Watch Shop 	8 Fri Financial Literacy Talk for Members Kids' Workshop – DIY Dreamcatcher 	9 Sat Movie Night – Peter Rabbit 2
29 Fri Social Quiz Night 	31 Sun Easter Brunch & Kids' Workshop 	

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

APRIL

7 Sun Pool Party 	12 Fri Kids' Wrkshop – DIY Marble Painting 	13 Sat Movie Night – Nanny McPhee & The Big Bang
26 Fri Social Quiz Night 	27 Sat Visit to Ang Mo Kio Fire Station 	

MAY

4 Sat Adults' Theme Party – Groovy 70s 	10 Fri Kids' Workshop – DIY Flower Craft Pot Making 	11 Sat Baking with Chef – Yoghurt Parfait Movie Night – Vivo
12 Sun Mother's Day & Mini Kids' Workshop 	25 Sat Beach Cleaning 	31 Fri Social Quiz Night

JUNE

1 Sat – 30 Sun Glamping Starts 	1 Sat Summerfest & Pool Party 	14 Fri Kids' Workshop – Art Jam
15 Sat Movie Night – The Son of Big Foot 	16 Sun Father's Day & Mini Kids' Workshop 	

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

A Sensational Swiss National Day

OUR SECOND POST-PANDEMIC SWISS NATIONAL DAY CELEBRATION WAS AN EPIC EVENT WITH MORE THAN 500 GUESTS. MEMBERS, NON-MEMBERS, SWISS NATIONALS, SINGAPOREANS, SWISSOPHILES, FOODIES AND FUN-LOVERS OF ALL NATIONALITIES – IT WAS AN INCLUSIVE AND JOYOUS CELEBRATION OF ALL THINGS SWISS!

THE TRADITION CONTINUES

This year's celebration followed the successful template of Swiss National Days past. In his welcome speech, our Club President Thomas von Rueti recapped the long tradition of celebrating Swiss National Day in Singapore.

"The Swiss Club Members and friends have celebrated Swiss National Day in Singapore since 1871. There were a few years they couldn't celebrate because of war, and recently because of the pandemic, but otherwise there was always a good party somewhere in Singapore... We will continue this tradition of celebrating the Swiss National Day at our Club!" declared Thomas. And he wasn't wrong.

APERÓ, ALPENHORN, ANTHEM AND...

The event kicked off with refreshing apero on the Lawn, generously sponsored by the Swiss Embassy, a traditional solo alpenhorn performance by the legendary Swiss musician Marcel, the singing of the Swiss national anthem – this year in German, with a rendition in French promised for next year – and charming traditional tunes performed live by the Swiss Alpine Lions.

An eloquent multi-lingual speech by visiting Federal Councillor Ignazio stirred a range of emotions, including pride and gratitude, in the hearts of all present. (See Page 20 for excerpts from his speech.) It was a happy coincidence that his visit to Singapore coincided with our patriotic party at the Swiss Club. Singapore was the second stop on an official trip that encompassed four countries – Indonesia, Singapore, Australia and New Zealand.

The evening was a celebration of all things Swiss including its cuisine, and a credit to the hardworking and talented F&B team. A sumptuous buffet spread included a mouthwatering array of Swiss specialties like mushroom risotto, farmer's meatloaf,

cervelat and veal sausages, alongside international favourites such as seafood skewers, charcuterie and salads.

Raclette – chunks of slowly melted, oozing cheese, scraped and drizzled over boiled potatoes, cornichons and other accompaniments – once again proved a crowd favourite, with queues forming at the live stations.



LUCKY DRAW AND LAMPIONS

This year's lucky draw boasted an attractive array of prizes including luxury stays in Bali and Bintan, pampering skincare, sustainable household products and tickets for the thrilling Skyline Luge (a must-do when in Singapore).

The traditional lantern parade commenced at 8.30pm. As you can see from the photos, the kids' eyes were lit up with excitement along with the reflections from the dancing flames of the big bonfire.

Congratulations to all involved in pulling off yet another amazing party. And belated happy 175th and 58th birthdays to Switzerland and Singapore respectively!





A TALE OF TWO COUNTRIES

Excerpts from a Bilingual Speech by Federal Councillor Ignazio Cassis

"Nine years ago, we had a wonderful dinner on the terrace of this delightful fairytale house, and we enjoyed it very much..."

"The federal constitution of 1848 transformed Switzerland – the old Switzerland, into the modern Switzerland, from a confederation to a federal state with a central constitution, together with 26 constitutions of each and every canton... From the four corners of Switzerland and the world, we have all been contributing to the common identity and the national cohesion... We are so different, but we have been together during 175 years without any war, without any heavy conflict. This spirit of 1848 lays the foundation stone for modern, liberal Switzerland, a model from which other nations have drawn inspiration, starting with Singapore!"

"As you may know, after having independence forced upon it, Singapore's founding father Lee Kuan Yew studied various models of small countries surrounded by large neighbours to, and I quote, "observe the methods used to ensure their survival". They wanted to survive, like we wanted to survive."

"Three of these communities were deeply inspiring – one is Israel, one is Finland and the third is Switzerland, of course. Today, given the scale of our exchanges, our capacity for innovation and our regional importance, I can say that inspiration is mutual, and I am delighted that this tremendous momentum is carrying our two nations forward."



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Beer, Cheer, and a Record-breaking Year!

THIS YEAR'S OKTOBERFEST SPANNED FOUR NIGHTS AND ONE DAY FROM WEDNESDAY, 27 SEPTEMBER TO SUNDAY, 1 OCTOBER 2023. IT DREW THE HIGHEST-EVER NUMBER OF REVELLERS – 12,467 TO BE EXACT, AND OVER 600 MORE THAN LAST YEAR'S TURNOUT. RECORDS TOPPLED AS THE REVELLERS TIPPLED, AND A FANTASTIC TIME WAS HAD BY ALL.

BARRELS OF BEER, MOUNTAINS OF FOOD

In keeping with the Oktoberfest tradition of eating and drinking like there's no tomorrow, everyone brought an appetite. A phenomenal 240 to 300 kilograms of roast ox were consumed every night from Wednesday to Saturday, along with mountains of sausages, pork knuckles, roast chicken, beef goulash, spaetzle, salads and more. And to top it all off – a lavish lineup of traditional and contemporary desserts including apple strudel, blackforest cake, plum cake and assorted petit fours.

The drinking was impressive to say the least. The tireless staff kept rolling out the barrels of Erdinger beer – the holy trinity of lager, weissbier and dunkel. And, a surprise spike in wine sales saw a 20% increase compared to last year.

This year's merchandise sales also exceeded all previous records. Many guests who were pressed for time and/or inspiration picked up a novelty T-shirt, printed with images of lederhosen and dirndls, as an instant costume.



A BIG BRASS BAND – AND BON JOVI!

We were proud to once again welcome the award-winning 10-piece brass band Musikkapelle Partenkirchin, back to perform at the Swiss Club Oktoberfest for the 23rd time. (That must be some kind of record in itself.) The big hearty sound of these veteran musicians never gets old. And the guests couldn't get enough of their diverse repertoire, which segues between Bavarian folk songs and rock anthems. The tent shook with thousands of feet pounding the dance floor, and the energy in the air was electrifying.

This year, we welcomed a special guest artist – 'Jon Bon Jovi' aka tribute artist Jason Morey. His raunchy renditions of 'Livin' On a Prayer' and 'You Give Love a Bad Name' drove the crowd wild.





SPREADING THE CHEER

On Sunday, 24 September, we opened our hearts and our doors to the less privileged members of our society. At this year's Oktoberfest charity event, graced by Guest of Honour Mr Reto Laderach, 1st Secretary, Consul, Embassy of Switzerland, we hosted guests from Ray of Hope, Rainbow Centre, 6th Sense, and HCSA.

It was a privilege to extend our Swiss-Singaporean brand of hospitality to financially challenged families, children and adults with disabilities and their care-givers, and ex-offenders and their families. The smiles and the laughs repaid our efforts many times over.

At 11.20am, 17 Harley Davidson motorcycles and their owners, proud members of Harley Owners SG, rocked up with a throaty chorus of revving engines. The tough-looking guys wore their big hearts on the sleeves of their leather jackets, happily posing with the awe-struck kids.



As if that wasn't magic enough, the guests were treated to a magic show and a performance by the Swiss Alpine Lions, an authentic band of Swiss musicians that performs without fail every year at our Swiss National Day celebration.

Everyone tucked in to a halal feast that included mini schnitzel chicken burgers, pasta aglio olio, chicken bratwurst, roast chicken, beef stew, cherry almond tart and blackforest gateau.

ANOTHER OKTOBERFEST IS OVER...

Congratulation and thanks go to all who contributed to the resounding, record-breaking success of this year's Oktoberfest. Rest assured that planning for the next one has already begun.

Two words of advice: book early!



Happy H(a)unting!

CLOSE TO 150 REVELLERS OF ALL AGES ROCKED UP IN HAIR-RAISING COSTUMES TO THIS YEAR'S SPOOK-TACULAR HALLOWEEN CELEBRATIONS ON SATURDAY, 27 OCTOBER 2023. THEY KICKED OFF WITH CAPTIVATING DANCE PERFORMANCES, AND CULMINATED IN A FRANTIC CANDY AND PUMPKIN HUNT AND A PAIR OF PIÑATAS.

DAZZLING DANCERS AND INTREPID THRILL-SEEKERS

The crowd was treated to a pair of performances by our young Members in collaboration with DanceSing Academy. Bravo to the Bright Stars and the Shining Stars – all thirteen young ladies and one brave young man – who wowed the audience with their moves.

When the doors to the haunted house were flung open at 6.45pm, long queues immediately started forming. The screams could be heard for miles around – loud enough to wake the dead!



KOOKY COSTUMES

Kudos to the good sports, staff and guests, who came dressed in costume. Among the Swiss Club management and staff, we spotted three little pigs, Aaron the flighty flamingo, Riza the loony unicorn, 'IT' the clown aka Adrian, and not one but two Wednesday lookalikes from the Addams Family.

Standout costumes among the guests included a brilliant bat, multiple mummies, a wicked witch, an entire feline family of cats, a pirate, an alien, a dinosaur, a blood-soaked nurse and surgeon (stay away from their hospital!), an astronaut, a vampire, several wizards, a shark, a samurai, a jailbird and a red-suited character from the hit Spanish series Money Heist. Really, there were too many exemplary ensembles to list. Suffice to say thank you to everyone who made the effort to dress up and get into the 'spirit' of the occasion.

A WICKED FEED AND FRANTIC ANTICS

A themed feast was served and attacked with the kind of gusto vampires exhibit for fresh blood. Savoury treats such as Monster Eyeball Pasta, Devilish Eggs and Vampire Steak (aka Australia Grass-fed Ribeye) was followed by sweet treats like Tombstone Chocolate and Cream Mousse and Witches' Fingers Cookies.

After dinner, the devil had no time to find work for idle hands. A DIY trick or treat bag-making workshop kept the youngsters busy for a spell. The frenzied finale took place in the Indoor Sports Hall, when little ones were unleashed and sent on a hunt for hidden candy and mini pumpkin baskets filled with treats.

Finally, after vigorous pulling and bashing, a pair of pinatas disgorged their guts – one for the little ones and one for the older kids. A mad scramble ensued, and nobody went home empty-handed.

And a hellishly good time was had by all.



Class Act

OUR ADULTS' BACK-TO-SCHOOL PARTY ON 18 NOVEMBER WAS A HILARIOUS, RIOTOUS AFFAIR. A TOTAL OF 65 'NAUGHTY' BOYS AND GIRLS ATTENDED CLASS AND PARTIED WAY PAST THEIR BEDTIMES.



SCHOOL FROLIC

A deejay kept the 'kids' busting out their moves on the dance floor, and a photobooth did a roaring trade till 11pm (just as well – things got messy from that point on). Finger food and bar snacks kept energy levels peaking throughout the night till the wee small hours.



Fun and games included the nostalgic childhood game of 'falling sticks', and the notorious dentist's chair from which shots of Tequila and Jagermeister were dispensed.

A spirited dance-off yielded the ultimate winners of our Best Dressed contest. Congratulations to Camille Jeannin and Kevin Bogardus. Your 'uniforms' were inspired, and unforgettable.

Remember, folks – knowledge is no burden to carry, but regrets weight heavily upon us. Be sure to attend our next adults' themed party at the Swiss Club!



It's Beginning to Look a Lot Like Christmas...

OUR HISTORIC CLUBHOUSE WAS FESTOONED WITH LIGHTS ON SATURDAY, 2 DECEMBER. IT WAS THE ANNUAL SWISS CLUB CHRISTMAS LIGHT-UP, OF COURSE!

LIGHTS TWINKLING, SNOW FALLING...

A steady stream of merry Members gathered by the Roundabout to witness the Light-Up, which illuminated the Club grounds at approximately 7.10pm. They sipped and supped on mulled wine (for the grownups), cranberry juice and Christmas cookies.

Then, when the snow machine cranked up, the kids' eyes outshone the lights!



A SPOT OF CHRISTMAS SHOPPING

On the day of the Christmas Light-Up, the Swiss Club organised a cosy Christmas Fair in the Rifle Lounge, where a dozen curated vendors showcased and sold their wares from 11am to 8pm. It was a great opportunity to get a head-start on Christmas gift shopping, and a refreshing alternative to the usual retail experience.



Community Fund

At the Swiss Club, we ardently believe in the transformative power of collective action and the profound significance of giving back to society. Through this collaboration, our commitment echoes loudly – to effect a meaningful change and impart a positive influence on the lives of those facing challenges. Together, we aspire to construct a society that embraces inclusivity and compassion, forging a path towards a brighter future for all.

We rally your support to contribute generously, and 100% of your contribution will go towards Cerebral Palsy School and St. Andrew's Autism School, through Community Chest.

Scan to Donate



Make a difference in their lives today!

In Support Of



It's Santa!

ON SUNDAY, 10 DECEMBER, OVER 110 MEMBERS AND THEIR CHILDREN WELCOMED THE JOLLY OLD MAN IN RED TO THE PAVILION. IT WAS A MAGICAL DAY OF SONG AND DANCE, FUN COOKING AND BAKING, MAGICAL MEMORY-MAKING, AND LOTS OF EXCELLENT EATING.



MAGIC OF MUSIC

The day kicked off with a trio of performances by Swiss Club children, under the supervision of our valued partner DanSing Academy. First up, the youngsters, aged 4 to 6 years old, staged a delightful dance performance. They were then joined by the older children, aged 7 to 10 years old, in another dazzling dance segment. A delightful song and dance performance of 'Snowman', originally by Sia, formed the fabulous finale to the programme.

CONGRATS, KIDS!

After the applause died down, Santa arrived with a flurry of ho-ho-hos, amid a chorus of wows from his wide-eyed fans, just before midday. We're pleased to share that all 46 of the kids present made it to the 'Nice' list. Each received a few minutes of precious conversation with Santa along with a thoughtful gift. (He always seems to know exactly what's on every child's wish list.)



COOK, BAKE, EAT

From 12.30pm, young and old alike were invited to join in Gingerbread House Making and Grittibänz (Sweet Bread Men) Baking activities. We spied several aspiring architects, intent on constructing breathtaking gingerbread houses, and many budding bakers.



Of course, all that excitement burns a lot of energy. Our kitchen crew laid out a fine festive spread including Honey Baked Ham and Apple Sauce and Baked Barramundi. The Smoked Salmon with Beetroot Aioli (such a pretty dish!) was a hit with the grownups, while the kids gravitated to reliable favourites like Chicken Nuggets and Baked Carbonara. Christmas cupcakes, cookies and pudding, along with a healthy fresh fruit platter, completed the feast.

A TRADITION CONTINUES

Thank you to all who came to welcome Santa to the Swiss Club, and helped us uphold a beloved tradition. May all your Christmas wishes come true.



A Spectacular Year of Tennis

AS THE CURTAINS DRAW ON ANOTHER EVENTFUL YEAR, IT HAS BEEN NOTHING SHORT OF SPECTACULAR. WE WILL REMEMBER 2023 AS A YEAR OF REMARKABLE GROWTH FOR THE VIBRANT TENNIS COMMUNITY WITHIN OUR CLUB.



Our Beta-Division secured a laudable second position in the league. Their achievement confirmed their tenacity and the collective effort they've poured into their performances, making them formidable contenders in every match they've played.

On top of that, the extraordinary efforts of our D-Division on the courts culminated in a remarkable victory. Not only did they win the league, they also earned a well-deserved promotion to the C-Division for the upcoming season. They've shown us that with perseverance and teamwork, any milestone is within reach.

Well done, ladies!

YOUTHFUL TRIUMPHS

The heartbeat of our tennis community, the JTTL U14 juniors made a big impact on the recent season. With their effort and hard work, they clinched the coveted first place, demonstrating not just their skills but also their relentless spirit and passion for the game. A big round of applause for their incredible achievement, and here's to the continued success of the Swiss Club Junior Team in their future endeavours.

Keep up the fantastic work, and enjoy the well-deserved glory!

WITS LADIES SHINE

As they showcased their skills and determination on the courts, the WITS Ladies have been the pride of our Club this year. Their consistent effort and hard work have produced results and this has been a stellar season for our team!



A WEEKEND OF MIXED DOUBLES

One of the highlights of our year was the exhilarating Mixed Doubles Tournament, a celebration of skill, spirit, and sportsmanship. With over 20 teams competing over a thrilling weekend, the courts were filled with the sounds of fierce competition and hearty cheers from supporters. The tournament not only showcased the talents within our community but also everyone's shared love for the game.

Let us put our hands together to congratulate our winners and runners-up as follows.

OPEN CATEGORY

1st Place: Federico Chavarria/Gabby Chavarria
Runners-up: Theresa Tayabali/Laurent Lassalvy

INTERMEDIATE CATEGORY

1st Place: Paola Bianchi/Matteo Fantacchiotti
Runners-up: Vera Weiser/Jan Weiser

LOOKING AHEAD

As we bid farewell to 2023, the memories of this year's tennis triumphs will remain in our minds and hearts. We eagerly await a new year, brimming with anticipation for more exciting matches, growth, and renewed enthusiasm on the courts. The spirit of tennis beats strongly within us, driving us to strive for even greater accomplishments in the year to come.

It's been a year of victories, growth, and cherished moments, and we are ready to embrace the challenges and successes that await us in the promising year ahead. Cheers to a fantastic year of tennis, and here's to an even more exhilarating journey on the courts in 2024.

40XV wishes you a wonderful holiday with your loved ones!

INTERESTED IN PLAYING TENNIS AT THE SWISS CLUB?

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

Article and photos courtesy of Asher Ng, Tennis Director, 40XV

Dive into the Good Vibes

IT HAS BEEN A SMOOTH, ENJOYABLE AND EXCITING YEAR FOR AQUADUCKS AT THE SWISS CLUB. AS ALWAYS, OUR COACHES HAVE WORKED HARD TO PROVIDE MEMBERS WITH THE BEST AVAILABLE LESSONS AND HIGHLY EFFECTIVE TRAINING AT THE BEAUTIFUL SWISS CLUB.

FIERCE COMPETITION FROM THE SWISS SHARKS

The Swiss Sharks represented in all the Interclub championships, with some great results. Well done, Swiss Sharks!

THE YEAR AHEAD

We look forward to diving right in to 2024. In addition to our ongoing swimming lessons and swim training, there will be morning swim camps during all school holidays, for children aged 5 years and above. Bi-annually, we will also host swimming competitions for both junior swimmers (5 to 8 years old) and senior swimmers (9 to 16 years old). Swimming lessons and training are available at the Swiss Club for all ages. Why not get the whole family involved? It's a refreshing way to get fit and bond with your loved ones over a healthy common interest. Our lessons are available seven days a week, Mondays to Sundays. So, we can accommodate all schedules!

ADULTS' STROKE CORRECTION/TRAINING

Every Tuesday at 7.15pm we hold hour-long training sessions for adults. Suitable for both serious swimmers and casual swimmers who would like to correct or perfect their strokes, everyone is welcome.

FREE TRIAL LESSONS

If you're interested in a free trial lesson, please email your age and current swimming level/skills along with your preferred day and time to swiss@aquaducks.com.sg. We will provide you with several available slots for your selection.

Book your free trial now!



If you're interested in a free trial lesson, please email your age and current swimming level/skills along with your preferred day and time to swiss@aquaducks.com.sg. We will provide you with several available slots for your selection.

MAKE-UP LESSONS

If you miss your lesson due to bad weather, sickness or travel, please email us to schedule a make-up lesson. We would like to ensure that you receive all the lessons you paid for.

ADVANCE CANCELLATION

If you are taking a vacation or travelling for any reason whatsoever and would like to cancel a lesson, please remember to fill up the Cancellation Form five days before the start of the affected month. Please note that only cancellations received via the Cancellation Form on the Swiss Club website are accepted (verbal notice will not be deemed as notice of cancellation).

To ensure optimal availability for other Members, and to avoid your account being charged when you are not active in the swimming programme, please cancel on time to avoid the full month's fee being charged (non-refundable).

SET GOALS AND SMASH THEM

In closing, thank you for a fulfilling and thrilling year of swimming. A win for one is a win for all. We look forward to another goal-smashing year of greatness in the pool.

INTERESTED IN SWIMMING LESSONS OR TRAINING AT THE SWISS CLUB?

Please contact aquaDucks at:

E swiss@aquaducks.com.sg

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



Strength in Numbers: Group Fitness Classes

ACTIVEFITNESS

AT ACTIVE FITNESS, WE BELIEVE IN A HOLISTIC APPROACH TO HEALTH AND FITNESS. IN ADDITION TO PERSONAL TRAINING, WE PROVIDE A VARIETY OF CLASSES THROUGH THE WEEK THAT WILL KEEP YOU FIT AND ACTIVE.



Active Fitness's Signature Class

STRONGER (STRENGTH AND HIIT):
MONDAY, 7PM, THURSDAY, 7.30AM &
FRIDAY, 8.15AM (45 MINS)
Previously known as 'bootcamp', this circuit-style training uses bodyweight and a variety of strength training equipment such as dumbbells, kettlebells, battle ropes and weighted balls. It packs a punch and is suitable for everyone!



ZUMBA: MONDAY, 8.30AM (45 MINS)

What better way to burn calories than with music and dancing? If you have happy feet and love high-energy music from Latin to pop, you'll definitely love Zumba. Come join our dance party and enjoy a great aerobic workout!



SPINNING: SATURDAY, 11AM (45 MINS)

A popular combination of cardiovascular and strength training, spinning has grown in popularity over the years. With the right mix of resistance, choreography and music, it's sure to get your heart pumping and your energy levels peaking.



MAT PILATES: WEDNESDAY, 8AM & SATURDAY, 10AM (45 MINS)

Pilates consist of strengthening and lengthening of the muscles, primarily targeting the core. Through a series of bodyweight exercises and the use of equipment, it helps to promote stability, flexibility and strength.

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

SAVE *the* DATES



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Yoga and Mental Health

IN A FAST-PACED WORLD WHERE STRESS AND ANXIETY ARE COMMONPLACE, THE ANCIENT PRACTICE OF YOGA EMERGES AS A BEACON OF HOLISTIC WELL-BEING. IT IS A POWERFUL TOOL FOR ENHANCING BOTH PHYSICAL AND MENTAL HEALTH.



BENEFITS BACKED BY SCIENCE

Many scientific studies suggest that regular yoga practice may alleviate symptoms of depression and anxiety disorders by releasing endorphins during physical activity. Coupled with the meditative nature of yoga, it can improve mood and a sense of overall well-being.

The philosophy of yoga encourages acceptance of the present moment, and develops the ability to navigate life's challenges with composure and resilience.

COMMENCE YOUR YOGA JOURNEY

Yoga Classes are conducted thrice a week at the Swiss Club by Ruchica Patni and Anand Goyal, who have been sharing the joys and benefits of yoga with people of all ages and fitness levels for over a decade. Yin Yoga Classes are held on Tuesdays at 7.45pm, and Hatha Yoga Classes are held on Fridays at 8am, and on Saturdays at 9am.

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



MIND-BODY HARMONY

At its core, yoga is a mind-body practice that originated in ancient India. The physical postures, known as asanas, are just one facet of this comprehensive system. The integration of breath control, meditation, and ethical principles distinguishes yoga as a holistic approach to wellness.

One of the key benefits of yoga for mental health lies in its ability to reduce stress. Mindful breathing via pranayama helps activate the body's relaxation response, lowering cortisol levels and promoting a sense of calm. Asanas, combined

with deliberate breathing, encourage practitioners to be present in the moment, fostering mindfulness – an essential component in managing stress and anxiety.

Yoga provides a unique platform for self-reflection. The meditative aspects of the practice allow individuals to explore their thoughts and emotions without judgement. This self-awareness can be transformative, helping individuals develop a greater understanding of their mental and emotional patterns.



Song and Dance – All Together Now!

DANSING ACADEMY IS DELIGHTED TO OFFER PERFORMING ARTS CLASSES AT THE SWISS CLUB, FOR CHILDREN AGED FROM FOUR TO 10 YEARS OLD. THE CLASSES ARE DESIGNED TO TEACH CHILDREN HOW TO SING AND DANCE SIMULTANEOUSLY!

BUILDING CONFIDENCE

During the fun and lively classes, students steadily build their confidence in public situations. This helps them shine 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 as they build a diverse repertoire of songs across many genres. They also get to practise microphone and voice recording techniques, solo and in groups.

MASTERING MOVEMENT

While learning to master their voices, children develop an awareness of human

movement. They learn dance technique, gain flexibility, and hone their ability to follow choreography instructions.

Performances are staged regularly throughout the year, during which children get to showcase their blossoming talents and wow their audiences of family and friends.

LOVING THE ARTS

Besides building their confidence, Performing Arts classes can help children develop a sense of rhythm, musicality, pitch, projection, song interpretation and overall coordination.

Once your kids discover the joy of song and dance, they will always have a productive outlet for their emotions and energy. They

will find their own 'happy place', be it on stage or just singing in the shower, and experience the sense of belonging and achievement that comes from coming together with their peers and creating something bigger than themselves!

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

The Joy of Dance

DANCE IS JOYFUL. DANCE IS CATHARTIC AND THERAPEUTIC. DANCE IS A WAY OF EXPRESSING, DEFINING, AND AFFIRMING ONE'S IDENTITY. IN 2023, ALL OF US IN THE CHAMELEO KIDZ TEAM WERE OVERJOYED TO HAVE SO MANY SWISS CLUB KIDS JOIN US!

EDUCATION, DEDICATION, RECREATION

In our classes, we strive for a good balance of learning new things, practising moves, and having fun. Here's a progress report of sorts...

WHAT WE HAVE BEEN LEARNING FOR JAZZ

- Holding balance in a pirouette position (flat)
- Bringing one knee up while bending the other (slow single count)
- Kick and travel forward (step and plie > sweep leg > kick and straighten > working leg down)
- Sauté jumps
- Skips + hands by the side and claps
- Knee bops + hands by the side and claps

WHAT WE HAVE BEEN LEARNING FOR HIP HOP

- Basic techniques
- Basic down bounce + variations
- Front and back rock + variations
- Smurf
- Gucci
- Kick ball change + arms variation
- Box step



BENEFITS ABOUND

The elements of dance are interconnected; at times, it's hard to separate one from the other. Mastering each element can create transferable benefits that can be applied to many areas of life.

For example, social skills develop through interactions with dance classmates. Positive reinforcement from teachers lead to leaps of self-confidence. The ability to explore and express emotions, rather than burying feelings, has immensely positive psychological benefits, including closer personal connections and an openness to asking for help when it's needed.

Through dance, kids learn how to express their emotions and watch how their peers perform, which allows them to identify emotions in others so they can become more empathetic.



SCHEDULE OF DANCE CLASSES

Venue: Dance studio beside the gym

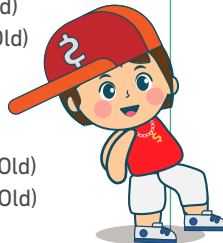
Hip Hop

Every Friday
4pm - 5pm (4 - 6 Years Old)
5pm - 6pm (7 - 12 Years Old)

Jazz

Every Sunday
10am - 11am (4 - 6 Years Old)
1am - 12pm (7 - 12 Years Old)

Introduce your child to the joy of dance.
Enrol them in a trial class today for just \$15!



INTERESTED IN ENROLLING YOUR CHILD IN DANCE CLASSES?

Please contact Gerald Chia,
Founder of Chameleo Kidz, at:

T 8833 2669
E info@chameleokidz.com

Article and photos courtesy of Gerald Chia,
Founder of Chameleo Kidz

EQE SUV

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EQE 300 SUV Electric Art – Energy consumption: 18.9 kWh/100 km; VES band: A1.

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Mercedes-Benz Center, 301 Alexandra Road, Singapore 159968. Mon - Sat: 8:30 am - 7pm, Sun & PH: 10 am - 6 pm.



A New Era for the Swiss Embassy: Celebrating Modernisation and a Growing Diplomatic Presence

THE SWISS EMBASSY IN SINGAPORE IS EXCITED TO ANNOUNCE A LANDMARK MOMENT IN ITS HISTORY. AFTER A COMPREHENSIVE RENOVATION SPANNING TWO AND A HALF YEARS, WE ARE READY TO EMBRACE A NEW ERA IN OUR DIPLOMATIC PRESENCE IN SINGAPORE.



MOVING WITH THE TIMES, GROWING WITH THE TEAM

Rewinding the clock, the previous embassy building had weathered Singapore's tropical climate for more than 35 years. Recognising the need for modernisation, the Swiss government embarked on a transformative journey to refurbish

its diplomatic premises to align with contemporary standards and integrate various sustainability measures.

The embassy, situated on an 8,000-square-metre site acquired from the Swiss Club in 1983 on a 99-year lease, has evolved significantly.

The original structure, comprising a ground floor of around 500 square metres and a basement, was initially intended for 10 workstations. However, as our operations expanded, we adapted the space, even utilising the basement, to accommodate our growing team.

EMBODIMENT OF TRANSPARENCY

Today, we stand on the brink of a new chapter. The renovated embassy now features a modern structure with glass walls, providing up to 30 contemporary workstations and versatile multifunctional spaces. A notable feature is the expanded rectangular roof, sheltering the office spaces, but also a new separate conference room and a spacious entrance area. This redesign enhances functionality and also symbolises our dedication to openness and transparency.

COMMITMENT TO SUSTAINABILITY

Prioritising sustainability, the renovation introduces eco-friendly elements aimed at minimising energy consumption and environmental impact. While incorporating advanced technologies and efficient practices, we followed the guidelines of Singapore's 'Green Mark' standards, aligning as closely as possible with these benchmarks to ensure quality and suit local conditions.

This renovation represents the commitment of the Swiss government to improving its diplomatic facilities in Singapore, enhancing bilateral relations and bringing together the diplomatic and consular services with the offices of the Swiss Business Hub, Switzerland Tourism, and the defence attaché, all under one roof.

We encourage the Swiss Club community to stay engaged with us through our social media channels for updates on our moving process and insights into the unique design and architecture of our new embassy. Further details will also be available on our website.



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Article courtesy of Embassy of Switzerland in Singapore and photos courtesy of Berrel Kräutler Architekten



Passionate about Learning



Dear Readers of the Swiss Club Magazine,

We did not choose our school motto of the year at random. In fact, “Passionate about Learning” represents the core of what our school is all about. We do not just teach children how to read, write and do math or simply reproduce content. We awaken their curiosity, promote their independence and, above all, encourage them to think critically. Our Swiss curriculum, which has competence-orientation as its highest maxim, lays the foundation for this and enables us to respond to the individual needs of the children.

Our students are on a fantastic journey of growing and learning, and every day is a new chapter in their very own storybook. Learning happens everywhere. On the playground, when children discover how fast they can run or how high they can swing. In the kitchen, when they help mix ingredients and prepare delicious snacks. But also, when they ask questions, such as how do birds fly or why the colour of the sky changes in the evening? If you are passionate about learning, you want to find answers and ask why.

Learning is like a superpower that helps us to understand, imagine, and dream big. It helps children become a superhero in their own story. Those who are passionate about learning realise that education is not limited to classrooms or formal institutions. It is a lifelong journey that goes beyond graduation ceremonies and academic honours. A passion for learning drives innovation, pushes the boundaries of what is known, and inspires breakthroughs that impact the future.

In our dynamic global landscape, where technological advancements are redefining the way we work and live, cultivating a mindset of constant learning is not only beneficial, but essential.

I am delighted that Swiss families and families from all around the world are entrusting their children to us for this first part of their adventure trip called learning. Let's all go on this journey of discovery together!

Sincerely,

R. Eckert-Stauber

Rahel Eckert-Stauber
Principal Director



“Passionate about Learning” represents the core of what our school is all about. We do not just teach children how to read, write and do math or simply reproduce content. We awaken their curiosity, promote their independence and, above all, encourage them to think critically.

Passionate About Floorball

ON THE REMARKABLE MORNING OF 28 NOVEMBER 2023, WE HAD THE HONOR OF WELCOMING THE SWISS WOMEN'S NATIONAL FLOORBALL TEAM TO OUR SCHOOL. THESE PROFESSIONAL ATHLETES GENEROUSLY SHARED THEIR PASSION FOR THEIR SPORT WITH OUR STUDENTS, ALONG WITH EXPERT TIPS AND TRICKS.

PLAYING WITH PROFESSIONALS

The national athletes and coaches led an engaging trial training session, working closely with 20 of our enthusiastic students. This unique opportunity allowed our students to learn the basic techniques of floorball directly from the amazing professional athletes. Going beyond the fundamentals, the athletes generously shared some expert tricks, enriching the experience for our students.

The highlight of the visit was the lively exchange during three exciting games where athletes and students worked together, showcased their newly acquired skills, and played together in a harmonious blend of teamwork and embodied the true spirit of sportsmanship.

AUTOGRAPHS, PHOTOGRAPHS AND MEMORIES

In a kind gesture marking their visit, the athletes offered autographed cards, leaving a lasting impact on our school community. The morning was filled with the spirit of sportsmanship, fair play, and a vibrant emotion that will be remembered for years to come.

This gathering was more than just a sporting event; it stood as a testament to the unifying power of sport and the bonds it creates. Our school is grateful for the opportunity to be part of this unforgettable experience, where the passion for floorball burned brighter than ever.



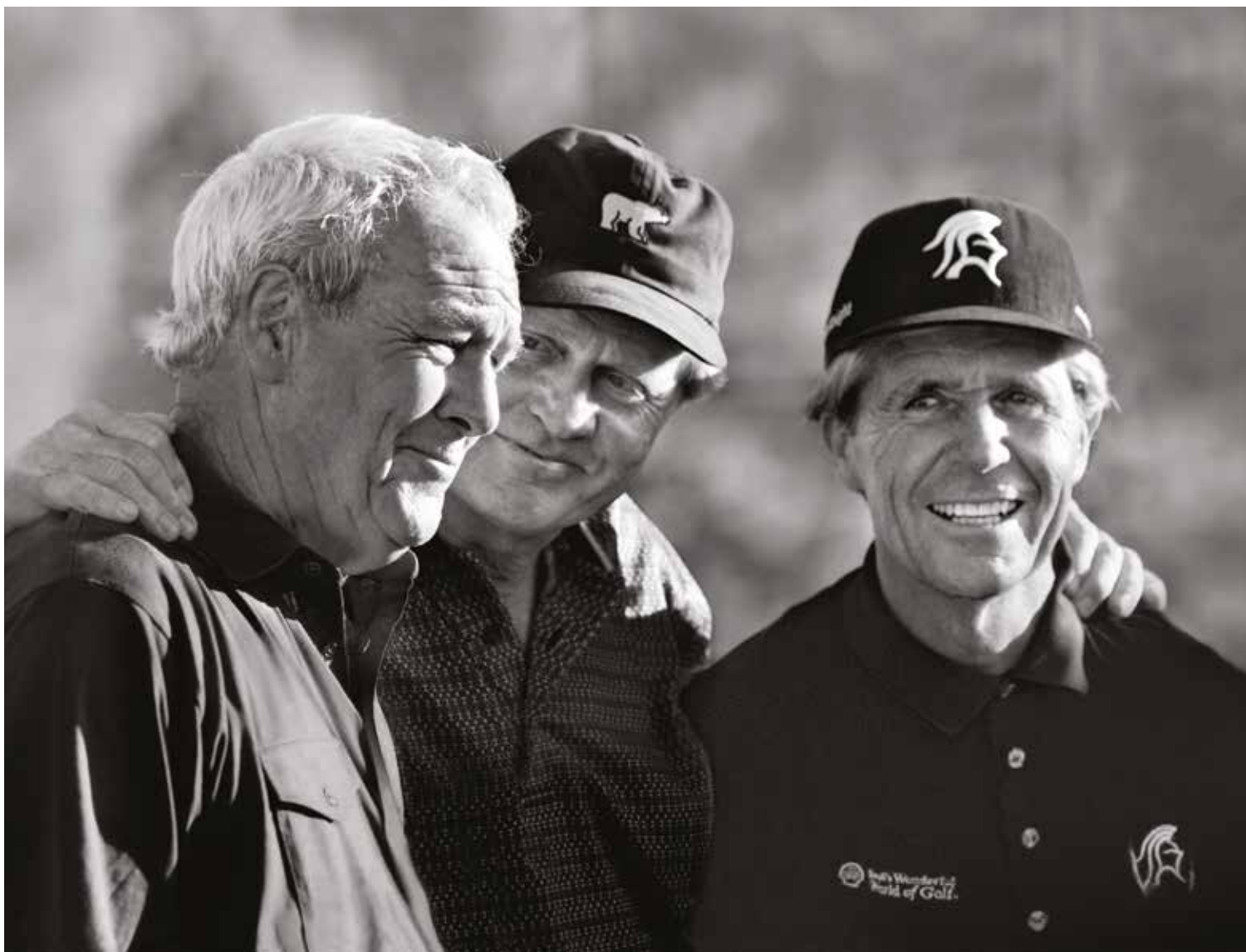
INTERESTED IN A PERSONALISED CHAT AND SCHOOL TOUR?

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

Article courtesy of Giulia Bellini, Marketing and Communications Executive, SSiS; photos courtesy of SSiS

Rolex and The Big Three

FOR MORE THAN 50 YEARS, ROLEX HAS PARTNERED THE FINEST PLAYERS OF EVERY ERA, BEGINNING WITH ARNOLD PALMER AND HIS FELLOW MEMBERS OF THE BIG THREE, NAMELY JACK NICKLAUS AND GARY PLAYER. LET'S TAKE A STROLL DOWN THE FAIRWAY OF GOLFING HISTORY AND FIND OUT HOW THIS GLORIOUS GOLFING TRINITY DEFINED THE MODERN GAME.



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

THE GREATS OF THE MODERN GAME
Rolex Testimonee Arnold Palmer quickly established himself as the first great of the modern game, a man who went on to secure seven Major titles and, in the process, introduce golf to generations of new enthusiasts.

Rolex's special relationship with golf started in 1967 with Palmer, joined by Rolex Testimonees Jack Nicklaus and Gary Player. The Big Three were legends of the game who changed the face of golf forever. For the best part of two decades, this towering

trio challenged each other with sublime skill and tireless endeavour wherever they played. Player secured nine Major wins while Nicklaus's haul of 18 is unsurpassed.



What comes to mind with Arnold and Jack is that we wanted to win so badly," recalls Player. "But at the same time, when one of us won, the other two would put out their hand and say 'well done, you beat me today but I'll get you tomorrow'.

A RESPECTFUL RIVALRY AND AN ENDURING ALLIANCE

To term the three of them rivals is to understate their relationship. While always fierce competitors on the fairways, the trio's bond was characterised by mutual admiration, support and respect. They formed an unspoken, natural partnership to promote the values of golf to a wider and growing public. For them, victory achieved through proper means was fundamental. These men were the embodiment of fair play, as Nicklaus demonstrated at the 1969 Ryder Cup, when he conceded a putt to tie the competition. This noble sporting gesture marked the invention of the concession, a trait that remains to this day one of the most admired in sport.

"What comes to mind with Arnold and Jack is that we wanted to win so badly," recalls Player. "But at the same time, when one of us won, the other two would put out their hand and say 'well done, you beat me today but I'll get you tomorrow'."



Rolex Testimonee Arnold Palmer, The Open, 1962

SHARING THE LOVE – AND THE GLORY – OF GOLF

The gentlemanly intent at the heart of their rivalry was given magnificent expression in the 2003 Presidents Cup™ in Fancourt, South Africa. When the match between the USA and the International teams finished in a tie,

a playoff ensued in the rapidly fading light. After three holes the two sides remained level. Rather than extend the contest into an extra day, the two team captains agreed, in an unprecedented move, that the trophy would be shared that year. Their names? Nicklaus and Player.

10 Questions

WITH THE CADERAS FAMILY

WE PUT 10 QUESTIONS TO DANIEL AND SABRINA CADERAS, PARENTS TO ADORABLE TWIN BOYS, SWISS CLUB MEMBERS SINCE 2022, AND TRUE CITIZENS OF THE WORLD.



#1. WHEN AND WHY DID YOUR FAMILY COME TO SINGAPORE?

“We relocated to Singapore from Hong Kong in September 2022 after living there for a bit over 7 years. We enjoyed living and working abroad and truly embraced Hong Kong, but at some point, we wanted to explore another new place in the region.

#2. HOW DO YOU ENJOY LIVING HERE?

“We enjoy the wide range of activities and exciting places the city has to offer, especially for families. We had a good understanding of Singapore from our holidays and work trips, and we always imagined living here one day. But the international and diverse atmosphere that we were always impressed with has made it even easier for us to settle in and feel more at home than expected.

#3. WHERE WAS ‘HOME’ PREVIOUSLY?

“We are originally from Zurich, Switzerland, while our kids were born in Hong Kong, which has become kind of a second home for us.

#4. TELL US A LITTLE ABOUT YOURSELVES.

“Dad Daniel, 40, works in finance. Mum Sabrina, ‘21 forever,’ has worked in the healthcare sector for the past 15 years. Jayden and Taylor, 4½-year-old twins, love going to Kindergarten at the Swiss School in Singapore.

#5. WHAT ARE YOUR INTERESTS AND HOBBIES?

“We love travelling and exploring new destinations. We enjoy the outdoors whenever possible, participate in various sports, and are passionate about cooking (and eating).

#6. WHY DID YOU CHOOSE TO JOIN THE SWISS CLUB IN PARTICULAR?

“We were looking to meet new people, make friends, and network. Additionally, we were attracted to the variety of social events that the club offers. Moreover, the Swiss Club’s sport and leisure facilities are amazing, and we were excited to have access to them.

#7. HOW OFTEN DO YOU VISIT THE SWISS CLUB, AND WHAT DO YOU LIKE TO DO HERE?

“We visit the Swiss Club frequently as our kids go to school next door, and we live nearby. We utilise various facilities, depending on the occasion. It could be for a playdate for the kids, enjoying a nice meal or a drink, or cooling down by the pool on a hot weekend.

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

“The Swiss Club is a place that makes us feel at home, with its attention to the little things that create a sense of ‘coming home while living abroad’. We enjoy the diverse and multicultural blend of friendly and sociable Club Members who make it easy to connect with others. And, of course, the hardworking, dedicated, and friendly staff, who are the backbone of the Club, are truly appreciated.

#9. WHAT DO YOU LIKE TO EAT MOST AT THE SWISS CLUB?

“Jayden – the ‘older’ twin – is a huge fan of the hot dog. Taylor – the ‘younger’ twin – says the Pasta with Tomato Sauce is ‘the best in the world’. Both boys crave the cookies that come with Mummy’s or Daddy’s coffee. Sabrina’s favourite is the Chicken Wrap, and Daniel cannot get enough of the ‘Palak Paneer’!

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

“Be open-minded and embrace the mix of people with different backgrounds. Singapore has a vibrant multicultural scene, and it’s a great opportunity to connect with people from various cultures. Explore all of Singapore, as despite being a small country, it has so much to offer. Enjoy your time in Singapore and make the most of your experience at the Swiss Club!

THANK YOU, SABRINA, DANIEL, TAYLOR AND JAYDEN. IT HAS BEEN A PLEASURE GETTING TO KNOW YOU A LITTLE BETTER!



Meet a Staffer

Trained in Switzerland, Destined for the Swiss Club

MARCUS POA JIE YONG, OUR FRIENDLY MEMBER RELATIONS EXECUTIVE, STUDIED HOSPITALITY FOR 6 MONTHS IN SWITZERLAND. IT'S FITTING THAT HE LANDED HIS FIRST FULL-TIME JOB AT THE SWISS CLUB, WHERE HE'S WORKED SINCE MID-2020.



I got to experience the Swiss Club Oktoberfest for the first time in 2022, and I was able to see first-hand how much preparation is needed to run it.

Marcus Poa Jie Yong

MAN OF MANY ROLES

As a Member Relations Executive, Marcus's wide-ranging responsibilities include answering general enquiries, taking care of the Guesthouse guests, organising membership tours, and handling membership applications.

When asked what he enjoys most about his job, Marcus immediately cited the friendliness of both Members and staff. (We couldn't help but thinking that his own friendly disposition brings out the best in those he encounters.)

CAREER HIGHLIGHTS

Marcus singles out his first Oktoberfest as a career high.

"I got to experience the Swiss Club Oktoberfest for the first time in 2022, and I was able to see first-hand how much preparation is needed to run it. Having seen everyone enjoying themselves at the event, I now understand why everyone says that the Oktoberfest at the Swiss Club is one of the best in the world."

MARCUS RECOMMENDS...

When it comes to dining at the Club, Marcus strongly recommends the cheese fondue, in view of the fact that it is hard to find authentic versions of the dish outside of Switzerland. He also gives five stars to the Swiss Club Burger!

A PERSONAL MESSAGE

Marcus urges all Members to take advantage of the Guesthouse, conveniently located on the premises of the Swiss Club.

"Do visit the Guesthouse for a quick staycation. Should you have guests over, put them up in the Guesthouse and they will be able to enjoy all the facilities of the beautiful Swiss Club!"

Thank you, Marcus. We'll be seeing you at the Club and at the Guesthouse!

...brewed with passion.



ERDINGER *Weissbier*
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Programme of Sports Activities for January to June 2024



TENNIS

MEMBERS' OPEN PLAY
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.

APERO TENNIS MIXED SOCIAL
Thu 7pm – 8.30pm

MIXED CARDIO TRAINING
Tue & Thu 10am – 11.30am

Please contact Asher Ng at
E swissclub@forty-fifteen.com
T 6591 9438

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

APERO SOCIAL PADEL
Wed 7pm – 8.30pm
(first-come, first-served basis)

Please contact Asher Ng 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

YIN YOGA CLASSES
Tue 7.45pm – 8.45pm

HATHA FLOW YOGA
Fri 8am – 9am

HATHA YOGA
Sat 9am – 10am

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

PROFESSIONAL FITNESS SERVICES STRONGER
Mon 7pm – 7.45pm
Thu 7.30am – 8.15am
Fri 8.15am – 9.15am
(Outside Gym)

PILATES
Wed 8am – 9am
Sat 10am – 11am
(Gym Studio)

ZUMBA
Mon 8.30am – 9.30am
(Gym Studio)

SPINNING
Sat 11am – 12pm
(Gym Studio)
(Note: Pre-register to secure a bike for class)

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



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://dancingacademy.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 Asher Ng 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

GOT A SUGGESTION?

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

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



ROLEX AND NATIONAL GEOGRAPHIC
PERPETUAL PLANET AMAZON EXPEDITION



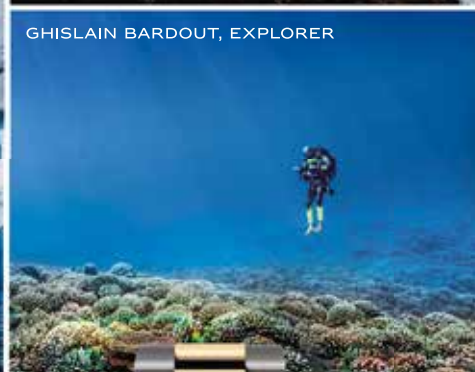
DAWA YANGZUM SHERPA,
INTERNATIONAL MOUNTAIN GUIDE



FRANCESCO SAURO, EXPLORER



CRISTIAN DONOSO, EXPLORER



GHISLAIN BARDOUT, EXPLORER

WHAT DO THEY SEEK?

Explorers, adventurers, scientists. Men and women who always broadened the horizons, for all humankind to share. Rolex was at their side when they reached the deepest point in the oceans, the highest summits of the Earth, the deepest jungles and both poles. But now that we know, more than ever, that our world has its limits, why do they continue to venture out there, again and again? Certainly not for kudos, accolades, or an ephemeral record. What they truly seek is to understand more intimately how complex and delicate our planet is, to document its change and how together, we can affect it for the better. So as long as they need it, we will be at their side. Because today, the real discovery is not so much about finding new lands. It's about looking with new eyes at the marvels of our planet, rekindling our sense of wonder, and acting to preserve our pale blue dot in the universe...

Doing our very best for a Perpetual Planet.

#Perpetual



OYSTER PERPETUAL SUBMARINER DATE

