

Signature



RAFFLES TOWN CLUB MEMBERS' MAGAZINE

JULY - AUGUST 2020

HAPPY BIRTHDAY

Singapore!





RAFFLES TOWN CLUB
SINGAPORE

DIRECTORY

FOOD & BEVERAGE OUTLETS

THE CAFÉ & TERRACE 6357 3332 / 333
Mon – Sun: 7.00am – 10.00pm (*Last order at 9.30pm*)

THE CHINESE RESTAURANT 6357 3338 / 339
Mon – Sun: 11.30am – 3.00pm (*Last order 2.30pm*)
6.30pm – 10.00pm (*Last order 9.30pm*)
Closed on Mon (Excluding Eve of PH & PH)

MIYABI JAPANESE RESTAURANT 6357 3335
Mon – Sun: 11.30am – 3.00pm (*Last order 2.30pm*)
6.30pm – 10.00pm (*Last order 9.30pm*)
Closed on Wed (Excluding Eve of PH & PH)

THE DINING ROOM & 6357 3337
THE CELLAR & HUMIDOR
Closed till further notice

THE BAR 6357 3336
Closed till further notice

THE LOUNGE 6357 3334
Mon – Sun: 11.00am – 10.00pm (*Last order 9.30pm*)

GENERAL FACILITIES

MAIN LINE (24 hours) 6323 2323

FRONT OFFICE / ROOM RESERVATIONS 6357 3502 / 504

MEMBERSHIP ADMINISTRATION / 6358 0012
BILLING ENQUIRIES Fax: 6358 1171

MEMBER RELATIONS & MARKETING 6357 3322 / 323

CATERING SALES 6357 3325 / 326 / 388

GENERAL ENQUIRIES:

Catering Sales: catering@rtc.com.sg

Sports & Recreation: snr@rtc.com.sg

Membership: membership@rtc.com.sg

Room Reservations: roomresvn@rtc.com.sg

Member Relations: member_relations@rtc.com.sg

OTHER FACILITIES

THE THEATRE 6357 3325 / 326

THE BILLIARD ROOM 6357 3336
Closed till further notice

THE CARD ROOMS 6357 3336
Closed till further notice.

BODY CONTOURS 6251 2063 / 7086
Mon – Fri: 11.00am – 8.30pm (*Last appointment at 7.30pm*)
Sat & Sun: 10.00am – 6.00pm (*Last appointment at 4.00pm*)
Closed on PH

CAR GROOMING SERVICES 6357 3479
Daily: 11.00am – 7.00pm
Closed on Wed

MINDCHAMPS PRESCHOOL 8809 3816
Mon – Fri: 7.00am – 7.00pm, Sat & Sun: 9.00am – 6.00pm

SPORTS & RECREATION

THE BOWLING ALLEY & 6357 3330 / 331
VIDEO GAMES ARCADE
Closed till further notice

THE GYM 6357 3566 / 567
Daily: 7.00am to 10.00pm

SQUASH & TENNIS COURTS 6357 3566 / 567
Daily: 7.00am – 10.00pm
(*Last booking at 9.00pm*)

SWIMMING & WADING POOLS 6357 3566 / 567
Daily: 7.00am – 9.00pm

STEAM & SAUNA 6357 3487
(Male & Female Changing Rooms)
Daily: 7.00am to 10.00pm

TOWEL COUNTER 6357 3487
(Mezzanine Level)
Daily: 7.00am to 10.00pm

SPORTS & RECREATION COUNTER 6357 3566 / 567
Daily: 7.00am to 10.00pm (*Last booking at 9.00pm*)

Due to COVID-19, the Club may cancel or postpone events without prior notice. All prices are inclusive of GST, unless otherwise stated. All promotional images used are for illustration only. Pre-registration for classes and activities is a must. Classes will commence only if the minimum number of participants have been met. Cancellation or no show past the closing date of registration will be charged full fees.

1 Plymouth Avenue Singapore 297753

Tel: 6323 2323 • Fax: 6337 6116

www.rafflestownclub.com.sg

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DOING OUR PART

In view of the COVID-19 outbreak, Raffles Town Club has taken several precautionary measures for the safety and well-being of our members, visitors and staff. Let's do our part to stay healthy! Our precautionary measures include:

- SafeEntry Registration and health/travel declaration for all members, guests and staff
- Conducting temperature screening for all members, guests and staff
- Provision of hand sanitisers
- Increased frequency in cleaning and disinfecting common areas and back of the house
- Conducting thorough cleaning and disinfecting each restaurant on closure day
- Takeaway menu made available for safe distancing
- Ensuring safe distancing at the Sports and Recreation facilities, between tables at all F&B outlets, and between tables in the common areas.

The Club has completed several upgrading works during the closure of the gym and changing room, so as to enhance our members' experience at the Sports and Recreation facilities. Upgrading works include:

- Repaired and re-varnished floor board in the Harmony Room
- Re-painted walls and ceiling of The Gym
- Re-painted the paintable dumbbell and rack
- Re-upholstered gym exercise equipment seats
- Replaced filters of all air-conditioning units located at The Gym
- Replaced upholstery of the sofas and chairs at the common rest area outside the Male and Female changing rooms
- Re-painted walls and upgraded ceiling light fittings at the common rest area outside the Male and Female changing rooms
- Re-varnished benches in the Male and Female changing rooms
- Replaced all scoring board displays at The Bowling Alley

With the above precautionary measures and upgrading efforts implemented to give our members and visitors a safe and comfortable environment, we look forward to seeing you at the Club soon!



PRECAUTIONARY

MEASURES

PRECAUTIONARY



OUR MESSAGE

Dear Valued Members,

As we enter Phase 2 of the Singapore's reopening, our F&B outlets are now open for dining in! Each dining group can have up to five persons seated together. Most of our sports and recreational facilities and classes have resumed too! It will be Singapore's 55th birthday soon. Let's celebrate with one of Singaporean's favourite pastimes – eating! Take a look at the mouthwatering meals our F&B outlets have prepared for you (Page 8)!

Discover more about tea and learn the right way to appreciate tea at our tea appreciation and sampling session. If you prefer beer over tea, visit and tour the Tiger Beer brewery to gain insights on the iconic beer with buffet dinner and beer sampling included (Page 10)!

We are excited to disclose that your Mid-Autumn festival celebrations will be illuminated with Raffles Town Club's 2020 mooncake flavours. Join us at the launch and sample our mooncakes (Page 5)!

The recent months have been challenging for all due to the COVID-19 outbreak. For the safety and well-being of our members, visitors and staff, the Club has taken precautionary measures. We have also taken the opportunity to conduct upgrading works during the gym closure so that members will be able to enjoy Sports and Recreation facilities in a more comfortable environment (Page 1).

With the lined-up of sumptuous meals and events, we look forward to seeing you in the club! Meanwhile, let's do our part to stay healthy!

From The Management

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A festive background for Singapore's 55th National Day. At the top is a large red banner with the white crescent and star of the Singapore flag. Below it, several red balloons with the flag's emblem float among colorful streamers and confetti. The central text 'Singapore is 55!' is set against a white background with faint architectural sketches of Singaporean landmarks. At the bottom, a red silhouette of the Singapore skyline is visible, including the Esplanade - Theatres on the Bay, the Marina Bay Sands, and the Singapore Flyer.

Singapore is 55!

Singapore turns 55 this year. Let's celebrate our nation's birthday with one of Singaporean's favourite pastimes – eating! Check out our mouthwatering meals and promotions at our signature restaurants.

THE CAFÉ & TERRACE

(Tel: 6357 3332/333)

National Day Set Menu

\$55 w/GST for 4 persons

Available on 8 & 9 August 2020.

Catch the National Day cake cutting ceremony during Lunch & Dinner on 9 August 2020!

MIYABI JAPANESE

RESTAURANT (Tel: 6357 3335)

National Day Set Menu

\$55 w/GST for 2 persons

Available for Lunch & Dinner
on 8 & 9 August 2020.

THE CHINESE RESTAURANT

(Tel: 6357 3338/339)

National Day Set Menu

\$55 w/GST for 2 persons

Available for Lunch & Dinner
on 8 & 9 August 2020.

Flames of Delish

Looking forward to adding some spark to your dining experience? Let our Teppanyaki chef give you flames and smoky flavours to your meal. Date a friend or two and catch up over a delicious Teppanyaki dinner while sipping whisky.

Teppanyaki & Whisky Pairing Dinner

Date : Friday, 28 August 2020

Time : Commence at 7.00pm sharp

Venue : Miyabi Japanese Restaurant

Price : \$68 w/GST per person

Please drink responsibly.

Limited to 20 seats only.

This event requires a minimum number of participants to commence.

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

Sweet Disclosure

Illuminate your Mid-autumn festival celebrations with Raffles Town Club's prestigious mooncakes. Join us as we disclose our freshly handcrafted mooncakes for your sampling pleasure - the perfect choice as treats for your loved ones or as corporate gifts.

MOONCAKE LAUNCH

TIME:
11.00AM



DATE:
SUNDAY

9 August
2020

VENUE:
THE PRIVATE
LOUNGE



Sampling
SESSION!

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

For enquiries, please call **The Chinese Restaurant** at **6357 3338 / 339**.

THE CORPORATE'S CHOICE

Impress your seminar attendees with Raffles Town Club's Meeting and Seminar Package, as we deliver customised business meeting experiences. We have safe distancing measures in place so that you can host your meetings and seminars with a peace of mind. Speak to our Event Specialist to find out more!

SEMINAR PACKAGES

Full-Day Seminar with Lunch & 2 Coffee Breaks	\$75++ per person
Full-Day Seminar with Lunch & 1 Coffee Break	\$70++ per person
Half-Day Seminar with Lunch & 1 Coffee Break	\$60++ per person
Half-Day Seminar with Lunch	\$55++ per person
Half-Day Seminar with 1 Coffee Break	\$45++ per person



The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

Prices are subject to 10% service charge and prevailing government taxes. Terms & conditions apply. For enquiries, please call the **Catering Sales** at **6357 3325 / 326 / 388** or email **catering@rtc.com.sg**.

Find the Link

Tried cooking your favourite dish but something seems missing? Join our cooking demonstrations and learn from our knowledgeable chefs from the Miyabi Japanese Restaurant and The Café & Terrace. You may discover the missing link in your recipe!

Cooking Demonstration by	Miyabi Japanese Restaurant (Tel: 6357 3335)	The Café & Terrace (Tel: 6357 3332 / 333)
Dish	<ul style="list-style-type: none">• California Maki• Miso Soup	<ul style="list-style-type: none">• Seafood Mee Goreng• Malay style Sambal BBQ Stingray
Date	Sunday, 26 July 2020	Sunday, 30 August 2020
Time	3.00pm to 5.00pm	
Venue	The Bar	

Each member is allowed to bring one accompanying guest only.
Please bring your own stationary. Limited to 10 seats.
These events require a minimum of 8 participants to commence.

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

For enquiries and registration, please call the respective outlets.

COCOA COCOON

Are you in love with the sweet and rich taste of chocolate? Immerse yourself and let the cocoa aroma surround you with the Cake of the Month in July and August - Chocolate Cake!

Chocolate Cake
\$38 w/GST



Relax and Heal

Connect your body and mind through yoga and achieve better body and mental wellness. Doing yoga whilst concentrating on your breathing will not only help you gain strength but also flexibility. It will help you relax and feel better from the inside out.

Yoga

Instructor : Tony Luah

Time : Tuesday, 10.45am to 11.45am
Friday, 10.00am to 11.00am
Sunday, 4.30pm to 5.30pm

Price : Member **\$160.50** w/GST
Guest **\$181.90** w/GST

Venue : Aerobics Room



Find Strength Within

Strengthen your muscles, particularly core muscles, while training your arms and legs with pilates. A series of low-impact exercises, performed on a mat, uses gravity and your body weight as resistance to tone your body, improve your posture, coordination and balance.

Pilates - Mat Work

Instructor : Agnes Yoong

Time : Tuesday, 7.30pm to 8.30pm

Price : Member **\$185.11** w/GST
Guest **\$206.51** w/GST

Venue : Harmony Room

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

For enquiries, please call **Sports and Recreation Department** at **6357 3566 / 567** or email **snr@rtc.com.sg**.



SWING TO FITNESS

Grab the kettlebell and swing the calories away! Cardio sessions with kettlebell will give you a full body workout, strengthen muscles, and build your endurance while burning fats. The intense and fast-paced movements will get you to your workout goals real soon!



CARDIO KB

Instructor: Berry Ahmad

Time: Saturday, 1.30pm to 2.30pm

Price: Member **\$90.95** w/GST | Guest **\$112.35** w/GST

Venue: Aerobics Room



BE PROACTIVE WITH PREHAB

Work your core muscles and improve flexibility along with a prehab programme. Prehab by training and prepare your body by strengthening targeted areas, reducing the likelihood of an injury. Let's get proactive and prehab!



CORE, FLEXIBILITY & PREHAB

Instructor: Jag

Time: Friday, 6.30pm to 7.30pm

Price: Member **\$128.40** w/GST

Guest **\$149.80** w/GST

Venue: Aerobics Room

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

For enquiries, please call **Sports and Recreation Department** at **6357 3566 / 567** or email **snr@rtc.com.sg**.



SIP IT RIGHT!

Love sipping a cup of tea? Did you know that tea is widely appreciated across the globe? Some countries even have tea ceremonies as part of their culture. Discover more about tea. Learn how to brew it and appreciate its flavours in one session!

Tea Appreciation & Sampling

Date: Friday, 31 July 2020

Time: 2.00pm to 3.00pm

Venue: The Private Lounge

Price: **\$18** w/GST per person

Limited to 20 seats only.

This event requires a minimum number of participants to commence.

THE ICONIC TIGER

Make a trip to the Tiger Beer brewery and get insights into how its over 80 years of beer brewing history has gain fans from around the world. And get to sample freshly brewed iconic Tiger Beer straight from the beer tap at the Tiger Tavern!

Tiger Brewery Tour

Date: Wednesday, 26 August 2020

Time: 6.30pm to 10.00pm

Price: Member **\$22** w/GST

Guest **\$28** w/GST

Please drink responsibly.

This event requires a minimum number of participants to commence.

Itinerary & Highlights



Limited Seats
REGISTER NOW!
Closing Date:
1 August 2020



The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

For enquiries, please call **The Lounge** at **6357 3334**.



CLAY POT RICE WITH CHINESE SAUSAGE



\$28 w/GST
Available from 1 to 15 July.

DEEP-FRIED SEA BASS WITH CHEF'S SPECIAL SAUCE

\$9.90 w/GST
Available from 16 to 31 July.



LUNCH DIM SUM



Available for Lunch daily.

PAN-FRIED GIANT TIGER PRAWN IN SUPERIOR SOYA SAUCE

\$10 w/GST
Available from 1 to 15 August.



LONDON DUCK PROMOTION



\$50 w/GST each
Available from
16 to 31 August.

**SPECIAL
PRICE**

A LA CARTE BUFFET DINNER

\$46 w/GST per person
\$30 w/GST per person for every group of 4 persons
Available from Monday to Thursday.
1st seating: 5.30pm to 7.30pm
2nd seating: 8.00pm to 10.00pm

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

For enquiries, please call **The Chinese Restaurant** at **6357 3338 / 339**.

CREATE YOUR OWN MENU



\$40 w/GST

Available for Lunch & Dinner, on Monday to Friday, from 1 to 31 July.



HAZUKI SET

\$40 w/GST

Available on Monday to Friday, from 16 to 31 August.



LOBSTER RAMEN TEISHOKU

\$35 w/GST

Available from 1 to 15 August.

TEPPANYAKI WEEKEND PROMOTION



\$38 w/GST per person

Available in July & August.

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

For enquiries, please call **Miyabi Japanese Restaurant** at **6357 3335**.

JULY WEEKLY SPECIAL



Crayfish Soup Noodle

\$13.90 w/GST

- Week 1 - Herbal Chicken Soup
- Week 2 - Ayam Pongteh Set
- Week 3 - Bak Kut Teh served with Rice & Condiments
- Week 4 - Crayfish Soup Noodle

\$24.90 w/GST for 2 persons

Week 5 - Nasi Ambeng

Available from 12 noon to 9.00pm, Monday to Thursday in July, except Public Holiday.
Includes a cup of coffee or tea.

AUGUST WEEKLY SPECIAL

\$13.90 w/GST

- Week 1 - Clay Pot Pork Rib with Bitter Gourd served with Rice
- Week 2 - Breaded Chicken Chop
- Week 3 - Hot Plate Fried Chilli Prawn with Onion & Tomato served with Rice

\$24.90 w/GST for 2 persons

Week 4 - Nasi Ambeng

Available from 12 noon to 9.00pm, Monday to Thursday in August, except Public Holiday.
Includes a cup of coffee or tea.



Breaded Chicken Chop

CRAB PROMOTION



\$28 w/GST per crab

\$38 w/GST for 2 crabs

- Stir-fried with Chilli
- Stir-fried with Black Pepper
- Crab Porridge or Bee Hoon

Available in July & August.

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

For enquiries, please call **The Café & Terrace** at **6357 3332 / 333**.

BALVENIE WHISKY



12 Years

Single bottle | **\$168 w/GST**

Twin bottles | **\$228 w/GST**

14 Years

Single bottle | **\$188 w/GST**

Twin bottles | **\$288 w/GST**

Whisky Social Night

Date: Last Friday of Every Month

Time: 7.00pm to 11.00pm

Venue: The Lounge

Complimentary snacks at 9.00pm.

COCKTAIL OF THE MONTH

July

Ice Blue Fizz

\$7 w/GST

*Crème De Menthe, Blue Curacao,
Cream, Lemonade*

August

Midori Martini

\$7 w/GST

Midori Liqueur, Vodka



Ice Blue Fizz

Midori Martini

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

For enquiries, please call **The Lounge** at 6357 3334.

2020 RAFFLES ROYALTY



The Raffles Royalty programme offers exclusive privileges crafted specially for you. Simply flash your membership card and a world of lifestyle privileges will be right in the palm of your hands.



Enjoy exclusive offers for all education and business magazine subscriptions. Promo code **RTC18**.

www.2read2learn.com/rafflestownclub

For enquiries, please call **6841 6128** or email support@2read2learn.com



Receive 2 Complimentary Premium-range 100% Cotton Shirts with purchase of any Zegna suits or 1 Complimentary Shirts for VBC 150 suits. Promo code **RTC2019**.

www.3eighth.co

For enquiries, please call **8768 8577** or email enquiry@3eighth.co



Pay **\$38 Nett** for customised facial or full body massage. Valid for first-timers or customers who have not visited for the last 12 months.

For enquiries, please call **Body Contour** at **6841 1141**



Enjoy **95% off** Caregiver Training Program for eligible Sg Citizen and PR. Promo code **RTC95**.

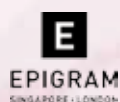
www.caregiverasia.com

For enquiries, please call **6258 6683** or email enquiry@caregiverasia.com



Exclusive New to Bank welcome rewards up to **\$900** cash with Citigold and **\$6,000** cash with Citigold Private Client relationship.

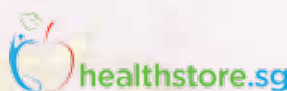
For enquiries, please email citigold.referral@citi.com



Enjoy **15% off** all books storewide. Promo code **RTC15**.

www.epigrambooks.sg

For enquiries, please call **6292 4456** or email hello@epigram.sg



Enjoy **15% off** regular priced items. Promo code **RTC15**.

www.healthstore.sg

For enquiries, please email cs@healthstore.sg



Golf by the beautiful South China Sea with exclusive rate from **\$570++**.

www.lagunagolfbintan.com

For enquiries, please call **+62 (0) 770 693 188** or email golf@lagunabintan.com



Enjoy **10% off** when you make any class booking. Promo code **RTC**.

www.medlinkservices.com

For enquiries, please call **6909 3202** or email admin@medlinkservices.com



Visit Raffles Medical for health screening, dental and GP services.

www.rafflesmedical.com

For enquiries, please call **6311 2222**.

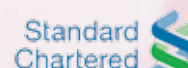
Terms and conditions apply.



Enjoy **15% off** products when spend over \$30. Promo code **RB15RTC**.

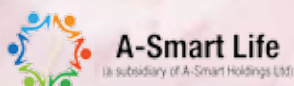
www.rough-beauty.com

For enquiries, please email hello@rough-beauty.com



Exclusive welcome rewards up to **\$7,000** with SCB Priority relationship segment.

For enquiries, please email jasmine.poh@sc.com



Pay **\$119 Nett** and enjoy exclusive savings up to **70% off** a Google Home purchase and enjoy free delivery for orders above \$500.

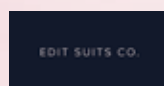
For enquiries, please call **6880 2835** or email asmartlife@a-smart.sg



Enjoy **15% off** regular priced tickets for Singapore's #1 Real Escape Room (min of 4 pax). Promo code **RTC15**.

www.trapped.sg

For enquiries, please call **6636 9722** or email enquiry@trapped.sg



Enjoy up to **30% off** perfectly made-to-measure garments with modern cut and high-quality European fabrics at off-the-peg prices.

www.editsuits.com

For enquiries, please call **3158 3926** or email care_sg@editsuits.com

Terms and conditions by partner companies apply and are subject to change without prior notice. Raffles Town Club is not liable for promotions offered by partner companies. For more information, please contact each partner respectively. The promotions are valid till 31 Aug 2020.



Why being a preschool teacher is so rewarding

Being a preschool teacher may not be easy, but it is definitely a journey filled with lots of memorable encounters with young children. The teachers from MindChamps PreSchool @ Raffles Town Club share the ups and downs of their day with us.

MindChamps®
preschool

Q: Share with us your thoughts about being an early childhood educator.

A: Being in early childhood education takes hard work, planning, networking and initiative, amongst other factors. Is it hard? Yes. But is it worth it? Yes, without a doubt!

Q: How do you get preschoolers to learn things in a new way?

A: It is extremely important to me that I sit down with the children to tell them that something new is coming our way. Pre-empting them and explaining new things to them are two very different things, but both are vital to make children unimpeded to changes.

Q: Does teaching make you more creative and/or more patient?

A: Yes, it does! It makes you reflect a lot on your teaching techniques and reactions. Many times, after I lost my cool with the children, it made me feel so upset with myself. I know I am only human, but these experiences help me to be more patient and understanding, and to try out other methodologies when dealing with a similar scenario next time.

Q: 你是否秉持一颗童心来教育学前儿童?如何办到?

A: 我带着一颗充满欢喜的童心与幼儿相处,时时保持童趣,站在幼儿的角度观察,理解幼儿的想法。幼儿更容易与我亲近,接纳老师为他们中的一份子,更愿意把真实的想法告诉我。师幼之间就自然会建立良好的互信关系。当然你会发现带着童心与幼儿打成一片是最好的方法呢!

Q: 如何运用有趣的方式来教授严肃的课题?

A: 一个很好的例子就是《气候变化》。

首先,我会拟定课程计划来观察与记录幼儿的学习与发展历程。通过观察的范围,如幼儿的兴趣(幼儿喜欢谈论什么)、技巧与能力(什么事情具有挑战性)、学习方式(观察实物有什么反应)、口语应用(幼儿能用华语表达自己的想法吗)等。

接下来,我必需将知识进行浅显易懂的转化 - 我以音乐律动“天气的表情”引起幼儿的兴趣!当我发现幼儿对“龙卷风现象”很感兴趣的时候,我便通过视频让幼儿理解龙卷风的由来。然后我在教学内容里会加入“有趣的龙卷风实验”。再通过创意游戏“龙卷风太强了”让幼儿分组讨论后制作环保龙卷风教具和发表意见。



Faiznur Rosli,
English teacher with
13 years' experience



Lim Shii Luh
Senior Chinese teacher
with 15 years' experience

Car Grooming

@RTC Basement 3
11 am To 7 pm (Close On Wednesday)
For more information and appointment,
please call **Anthony** at **6357 3479**
or **9479 3668**.

Terms & Conditions

- Additional charge of \$20 for large vehicles between 1600cc to 1999cc, \$30 for vehicles of 2000cc & above and \$50 for vehicles above 2500cc. - Luxury Sedans, Hatchbacks, Sports Cars, MPVs, SUVs and Jeeps, will apply.
- Additional charges are applicable if vehicle requires additional services and treatments on top of what is offered in the respective service packages.
- By appointment only.
- Not transferrable to another car.
- Package A to E: Additional \$90 for leather Protection (\$120 for seven seaters) (Seat cleaning and leather conditioning, 4 doors conditioning and cockpit conditioning)
- RTC is not liable for any product, service or transaction between its members and OSCBC.

PACKAGE A - \$138

Car wash and clean, polish & wax, all windows clean, rims clean, tyre dressing and wheel buffing.

PACKAGE B - \$148

Car wash and clean, standard polishing, standard waxing (polymer resins), interior vacuum (including boot), all windows clean, rims clean, tyre dressing and wheel buffing.

PACKAGE C - \$188

Car wash and clean, standard polishing, standard waxing (carnuaba wax), hi-gloss application, interior vacuum (including boot), all windows clean, rims clean, tyre dressing and wheel buffing, cleaning door panels and edges.

PACKAGE D - \$208

Car wash and clean, standard polish system, sealant coating, hi-gloss application, interior vacuum (including boot), all windows clean, rims clean, tyre dressing and wheel buffing, dashboard waxing, cleaning door panels and edges.

PACKAGE E - FR. \$338

(9H Glass/HD Crystal/HD Diamond Coat) Wash & Clay Session, window de-stain, pre-stage for refine paint works, restoration of paint works, compounding polish, application of 9H Glass/HD Crystal/HD Diamond, engine detailing (engine bay cleaning), door shut cleaning & detailing, rim brake dust removal, tyre gloss, interior vacuum and dashboard waxing.

**Flash your RTC membership card
and enjoy \$30 off on Package A-E.**





THE CLOCK is Ticking

Do you constantly find yourself chasing time? In the 21st century, this is a daily norm for everyone. Here are some tips on how you can stay organised and be more productive during the day.

Start Your Day Right!

As simple as it sounds, start your day right by making your bed when you wake up. You will feel accomplished after completing your first task of the day, giving you motivation to fulfil more tasks for the rest of the day.

Get a head start by preparing your outfit and packing your bag the night before. This will save you time in the morning without having to spend time to select an outfit, or to find and pack the things you need.

Next on your checklist will be to write your to-do list. Sort out the tasks needed to be done for the day or the upcoming week or two. Do not be an overachiever and ensure that your workload is reasonable. If the task is not that urgent and can be postponed, delegate another time for it.

You can use either a digital or physical schedule planner to

keep track of deadlines so you will not overlook them. Keeping a digital schedule is convenient, however, studies have shown that writing down your thoughts is more effective for you to remember them. So why not carry a pen and a small notebook on the go to jot down any ideas or thoughts?

Declutter and Stay Focused!

Clutter in your work space creates distractions and makes you feel anxious, resulting in stress. Decluttering your work space twice a week will make your area feel more organised and you will be more focused when working.

After clearing up your work space, it is important to clear your mind too. Pen down your thoughts and declutter your mind! Doing this will allow you to be more focused on your task on hand instead of getting distracted by your thoughts.

It is important to find your momentum and minimise distractions. Put away your mobile gadgets and work in a quiet environment for maximum concentration. Only attend to emergency texts and calls if needed. With the ideas still fresh in mind, you will feel motivated to complete the task.



Take Breaks and Refuel!

Taking regular breaks throughout the day are very important. Refuel and refresh yourself by getting a drink or taking your meal, these will take your mind off the task on hand for a while. Prolonged attention on a single task actually hinders performance. Break time will allow you to focus better, strengthen motivation and ensure that you do not overwork yourself. Remember that you are not a machine that operates 24/7.

Everybody is gifted with 24 hours a day. There's never enough time to do all the things you want. With better time management and focus, you will be more productive and get work done more efficiently and effectively.





10 FOOD FOR BETTER IMMUNITY

Let's take a look at ten familiar food that we should include in our diet to supercharge our immune system and keep us in the pink of health!

● SPINACH

Spinach is packed with nutrients and is known as a “super food.” One such nutrient is folate, which helps our body produce new cells and repair DNA. It is also high in vitamin A, vitamin C, fibre, magnesium and iron. To get the most benefits, lightly cook it to preserve its nutrients. ▼



● MISO

Miso, a traditional Japanese seasoning made of fermented soya beans, has probiotics - the “good” bacteria that will benefit gastrointestinal health, giving the immune system a lift. They can help fight conditions like irritable bowel syndrome, food allergies and infectious diarrhea. ▼



● LOW-FAT YOGHURT

Low-fat yoghurt provides protein, calcium, vitamin B2, B12 and D. It is also rich in probiotics that will boost immune functions, help in digestion, detoxification and may reduce the severity of colds. Look for labels that say “live and active cultures”.



● SWEET POTATO

Sweet potato has beta-carotene, which turns into vitamin A in our body, wiping out free radicals. It also provides vitamin C. These help improve the immune system and may even improve the aging process, in other words, it is great for our skin!



● BROCCOLI

Broccoli is supercharged with antioxidants, fibre, minerals, vitamins A, Bs, C and E. You'll get plenty of nutrients that protect your body and help the immune system running in top form. The key to keeping its nutrients intact is to cook it as little as possible, or, not at all.

● GINGER

Ginger is a good source of antioxidants. It may help decrease inflammation, which can help reduce a sore throat and other inflammatory illnesses. This knobby root can ease nausea and may possess cholesterol-lowering properties.



7 ● GARLIC

Garlic, a kitchen staple does more than giving flavour to food. It has antibacterial, antiviral and antifungal properties. Garlic is also rich in antioxidants. It may also help lower blood pressure and slow down hardening of the arteries. Raw garlic can help beat skin infections.



● BUTTON MUSHROOMS

Button mushrooms are high in selenium and B vitamins like riboflavin and niacin. These minerals and vitamins are needed to help the immune system to work in its best condition - as one is more likely to get a more severe flu when low on selenium.

● TEA

Tea contains antioxidants called polyphenols and flavonoids. These antioxidants seek out cell-damaging free radicals and destroy them. Caffeinated and decaffeinated tea work equally well. Drinking green tea in particular, favourably affects blood lipids, increasing good HDL cholesterol and decreasing LDL bad cholesterol, triglycerides and total cholesterol.

● WATERMELON

Refreshing watermelon has potassium, vitamin A and vitamin C. When it's ripe, it has an antioxidant called glutathione, which helps strengthen the immune system so it can fight infection. Eat the red pulpy flesh near the rind to get the most glutathione from the watermelon.



YOUR GATEWAY TO OVERSEAS OPULENCE

Since its establishment, Raffles Town Club has been expanding its network of Reciprocal Clubs to bring high level services to its members even when they are not in Singapore. With a Reciprocal Club programme amongst the finest and prestigious Clubs throughout the world such as the famous Lansdowne Club in London to the very exclusive The Pacific Club in Hong Kong, members are warmly welcomed and get to enjoy the benefits on the accommodations and facilities that these Clubs have to offer. Be it for sports, business or pleasure, members have a wide variety of Private, Golf and Country Clubs to choose from.

To enjoy the perks at any of the affiliated clubs, simply contact our Member Relations Officers at **6357 3322 / 323** or email them at member_relations@rtc.com.sg for a Letter of Introduction.

List of Affiliated Clubs

ASIA

Cambodia - Cambodian Country Club

Street 2004 Group 6 Toeuk Thla
District Russey Keao
Phnom Penh, Kingdom of Cambodia
Tel: (855 023) 885 591/2 or (855 023) 883 861/2
Fax: (855 023) 885 592
Website: www.cambodian-country-club.com
E-mail: info@cambodian-country-club.com

China - Embassy Club Shanghai

1500 Central Huai Hai Road
Shanghai 200031
Tel: (86 21) 6437 9800
Fax: (86 21) 3401 0814
Website: www.embassyclub.com.cn
Email: info@embassyclub.com.cn

China - Beijing Riviera Country Club

No. 1 Xiang Jiang Bei Road
Chao Yang District
Beijing 100103
Tel: (86 10) 8450 6688
Fax: (86 10) 8450 6999
Website: www.bjriviera.com
Email: club@bjriviera.com

China - Capital Club

50/F Capital Mansion
No. 6 Xin Yuan Nan Road
Chao Yang District
Beijing 100004
Tel: (86 10) 8486 2225
Fax: (86 10) 8486 3331
Website: www.thecapitalclub.com
Email: member@thecapitalclub.com

China - Han Yuan Resort & Yacht Club

No. 99 Shigong Road
Xi-Shan Island Jiangsu Province
People's Republic of China 215111
Tel: (86 512) 6637 8888
Fax: (86 512) 8888 7777
Website: www.clubhanyuan.com
Email: info@ceduna-worldclubs.com

China - Placid Rivers Club

233 Pu Xin Nan Li
Lu Cheng Zhen
Tongzhou District
Beijing - PRC
101117
Tel: (86 10) 8957 6888
Fax: (86 10) 8957 6999
Website: www.phg.asia/prc/
Email: info@ceduna-worldclubs.com

China - Shanghai Racquet Club & Apartments

Lane 555, Jinfeng Road,
Hua Cao Town
Minhang District
Shanghai 201107
Tel: (86 21) 2201 0000/0888
Fax: (86 21) 2201 0808
Website: www.src.com.cn
Email: service@src.com.cn

China - Shanghai Town & Country Club

46 Luding Road,
Shanghai 200062
Tel: (86 21) 8025 8666
Website: www.ddi-tcc.com
Email: info@ddileisure.com

Hong Kong - Discovery Bay Marina Club Limited

Discovery Bay
Lantau Island
Tel: (85 2) 2987 9591
Fax: (85 2) 2987 7669
Website: www.dbmarinaclub.com
Email: dbmc-reception@dbmc.hk

Hong Kong - The Pacific Club

Canton Road, Tsim Sha Tsui
Kowloon
Tel: (85 2) 2118 1828
Fax: (85 2) 2118 0208
Website: www.pacificclub.com.hk
Email: info@pacificclub.com.hk

India - BLVD Club

Embassy Boulevard, Bangalore-
Hyderabad Highway
Hunasamaranahalli Post, Near
Yelahanka Air Force Station
Bangalore North, Bengaluru
Karnataka 562157
Tel: (91 80) 3066 6666
Website: www.blvdclub.in
Email: membership@blvdclub.in

India - Calcutta Club

241 Acarya J.C. Bose Road
Kolkata 700020
West Bengal
Tel: (91 33) 2223 6030/6031
Fax: (91 33) 2223 3258
Website: www.calcuttaclub.in
Email: ccclub@vsnl.net

India - Golden Swan Country Club

Off Pokhran Road No. 1
Yeoor Hills
Thane 400 602
Mumbai
Tel: (91 22) 2585 4078
Fax: (91 22) 2585 5980
Website: www.goldenswan.com
Email: countryclub@goldenswan.com

Indonesia - Aryaduta Country Club

401 Bulevar Jend. Sudirman
Lippo Village 1300,
Tangerang 15811
Banten
Tel: (62 21) 546 0101 ext. 7830/7032
Fax: (62 21) 546 0139
Website: www.aryaduta.com
Email: membership@aryaduta.com

Japan - Tokyo American Club

2-1-2 Azabudai
Minato-ku, Tokyo 106-8649
Tel: (81 3) 4588 0670 / 734
Fax: (81 3) 4588 0703
Website: www.tokyoamericanclub.org
Email: tac@tac-club.org
For accommodation –
Email: guest.relations@tac-club.org

Korea - The Seoul Club

208 Junggu
Jangchungdong 2ga
Seoul 100-856
Tel: (82 2)2238 7666
Website: www.seoulclub.org
Email: reservation@seoulclub.org

Malaysia - The Raintree Club

Lot 1002 Jalan Wickham
Off Jalan Ampang Hillir
Kuala Lumpur 55000
Tel: (60 3) 4257 9066
Fax: (60 3) 4257 8880
Website: www.raintree.com.my
Email: admin@raintree.com.my

Philippines - The Palms Country Club

1410 Laguna Heights Drive
Filinvest City, Alabang
Muntinlupa
Tel: (63 2) 771 7171
Fax: (63 2) 771 4861/4864
Website: www.thepalmsclub.com
Email: membership@thepalmsclub.com

Philippines - The Rockwell Club

Amorsolo Square, 23 Amorsolo Drive
Rockwell Center, Makati City
Tel: (63 2) 897 8310
Fax: (63 2) 897 8372
Website: www.therockwellclub.com
Email: club@rockwell.com.ph

Taiwan - The American Club

47 Pei An Road,
Taipei 10462, Taiwan, ROC
Tel: (88 62) 2885 8260
Fax: (88 62) 2885 8055
Website: www.americanclub.org.tw
Email: accmsd@americanclub.org.tw

Thailand - The British Club Bangkok
189 Suriwongse Road
Bangrak
Bangkok 10500
Tel: (66 0) 2234 0247
Fax: (66 0) 2235 1560
Website: www.britishclubbangkok.org
Email: info@britishclubbangkok.org

OCEANIA

Australia - Athenaeum Club
87 Collins Street
Melbourne, Victoria 3000
Tel: (61 3) 9654 3200
Fax: (61 3) 9650 3756
Website: www.athenaeumclub.com.au
Email: concierge@athenaeumclub.com.au

Australia - The Newcastle Club
40 Newcomen Street
Newcastle NSW 2300
Tel: (61 2) 4929 1224
Fax: (61 2) 4929 6302
Website: www.newcastleclub.com.au
Email: reception@newcastleclub.com.au

**Australia - United Service Club
Queensland**
183 Wickham Terrace
Brisbane, Queensland 4000
Tel: (61 7) 3831 4433
Fax: (61 7) 3832 6307
Website: www.unitedserviceclub.com.au
Email: membership@unitedserviceclub.com.au

**New Zealand - The Canterbury
Club Inc.**
129 Cambridge Terrace
Christchurch 8013
Tel: (64 3) 365 0353
Fax: (64 3) 365 0354
Website: www.canterburyclub.co.nz
Email: admin@canterburyclub.co.nz

New Zealand - The Christchurch Club
154 Worcester Street
Christchurch Central
Christchurch, 8011
New Zealand
Tel: (64 3) 366 9461
Fax: (64 3) 366 9460
Website: www.christchurchclub.co.nz
Email: reception@christchurchclub.co.nz

New Zealand - The Northern Club
19 Princes Street, PO Box 4291
Auckland 1140, New Zealand
Tel: (64 9) 379 4755
Fax: (64 9) 302 0909
Website: www.northernclub.co.nz
Email: reservations@northernclub.co.nz

New Zealand - The Wellington Club
Level 4, 88 The Terrace
Wellington 6011
Tel: (64 4) 472 0348
Fax: (64 4) 472 2475
Website: www.wellingtonclub.co.nz
Email: info@wellingtonclub.co.nz

MIDDLE EAST

UAE - Capital Club Dubai
DIFC Sheik Syed Road
Gate Village Building 3
Dubai, United Arab Emirates
Tel: (9714) 364 01111
Fax: (9714) 363 7259
Website: www.capitalclubdubai.com
Email: info@capitalclubdubai.com

EUROPE

England - City University Club
42 Crutched Friars,
London EC3N 2AP
Tel: (020) 7863 6680
Website: www.cityuniversityclub.co.uk
Email: secretary@cityuniversityclub.co.uk

England - The Lansdowne Club
9 Fitzmaurice Place
London W1J 5JD
Tel: (44 207) 629 7200
Fax: (44 207) 629 0846
Website: www.lansdowneclub.com
Email: receptiondesk@lansdowneclub.com

**England - The Royal Society of
Medicine**
1 Wimpole Street
London W1G 0AE
Tel: (44 207) 290 2991
Fax: (44 207) 290 2992
Website: www.rsm.ac.uk
Email: membership@rsm.ac.uk
For accommodation –
Email: chandos.house@rsm.ac.uk

**England - The St James's Hotel
& Club**
7-8 Park Place, St James
London SW1A 1LP
Tel: (44 207) 316 1600
Fax: (44 207) 316 1602
Website: www.stjamesshotelandclub.com
Email: reservations@stjamesshotelandclub.com

France - Saint James Club
5 Place du Chancelier Adenauer
75116 Paris
Tel: (33 1) 4405 8181
Fax: (33 1) 4405 8182
Website: www.saintjamesclub.com
Email: club@saintjamesclub.com

Scotland - The Royal Scots Club
29-31 Abercromby Place
Edinburgh EH3 6QE
Tel: (44 131) 556 4270
Fax: (44 131) 558 3769
Website: www.royalscotclub.com
Email: info@royalscotclub.com

AMERICA

Canada - The Hamilton Club
6 Main Street East
Hamilton
Ontario L8N 1E8
Tel: (1 905) 522 4675
Fax: (1 905) 546 5022
Website: www.thehamiltonclub.com
Email: info@thehamiltonclub.com

Canada - The National Club
303 Bay Street
Toronto, ON
Canada M5H 2R1
Tel: (1 416) 364 3247
Fax: (1 416) 364 5666
Website: www.thenationalclub.com
Email: morari@thenationalclub.com

**Canada - The Union Club of British
Columbia**
805 Gordon Street
Victoria, BC, V8W 1Z6
Tel: (1 250) 384 1151
Fax: (1 250) 384 0538
Toll Free: 1-800-808-2218
Website: www.unionclub.com
Email: info@unionclub.com

USA - Capitol Hill Club

300 First Street, SE Washington
D.C. 20003
Tel: (1 202) 484 4590
Fax: (1 202) 479 9110
Website: www.capitolhillclub.org
Email: reservations@capitolhillclub.org

USA - The Cornell Club

6 East 44th Street
NY 10017
New York
Tel: (1 212) 986 0300
Fax: (1 212) 986 9543
Website: www.cornellclubnyc.com
Email: a.cruz@cornellclubnyc.com

USA - The Georgian Club

100 Galleria Parkway
Suite 1700
Atlanta, Georgia 30339
Tel: (1 770) 952 6000
Fax: (1 770) 9330605
Website: www.georgianclub.com
Email: info@georgianclub.com

USA - Princeton Club of New York

15 West 43rd Street
New York, NY 10036
Tel: (1 212) 596 1240
Fax: (1 212) 596 1351
Website: www.princetonclub.com
Email: membership@princetonclub.com

USA - The University Club of St. Paul

420 Summit Avenue, Saint Paul
Minnesota 55102
Tel: (1 651) 222 1751
Fax: (1 651) 290 7170
Website: www.universityclubofstpaul.com
Email: receptionists@universityclubofstpaul.com

AFRICA

South Africa - Inanda Club

1 Forrest Road, Inanda, Sandton
South Africa
Tel: (27 11) 884 1414
Fax: (27 11) 884 2918
Website: www.inandaclub.co.za
Email: info@inandaclub.co.za

GOLF AFFILIATION

China - Dali Stone Mountain Club

Northwest of Ancient city, Dali,
Yunnan Province, PRC
Tel: (86 872) 266 7078
Fax: (86 871) 266 7086

Indonesia - Southlinks Country Club

Jl. Gajah Mada 9km
Skr Sel Ladi Sekupang
Batam
Tel: (62 778) 324 128/168
Fax: (62 778) 323 288
Singapore Office:
Tel: (65) 6278 7079
Fax: (65) 6270 0029
Website: www.southlinksgolf.com
Email: sales@southlinksgolf.com

Malaysia - Tiara Melaka Golf & Country Club

Jalan Gapam, Bukit Katil
Melaka 75760
Tel: (60 6) 231 1111/2366
Fax: (60 6) 231 4122
Website: www.lion.com.my/
WebOper/Property/
TiaraMelaka.nsf/home
Email: tmgcc1@gmail.com



FEATURED AFFILIATED CLUB ST JAMES'S HOTEL & CLUB



Conveniently located by Green Park in the heart of Mayfair and tucked away in a quiet cul-de-sac, St James's Hotel and Club is moments away from Buckingham Palace, the Burlington Arcade, Bond Street, The Royal Academy of Arts, and close to theatres and nightlife of the West End.

This five-star boutique hotel combines

contemporary chic and Victorian elegance, and is known for its beautifully furnished and superbly comfortable bedrooms, some with private balconies. The Penthouse, with its private 50-square-metre rooftop terrace, offers a superb view of the London skyline and can only be reached by a private lift. Four different private function rooms are available to members and their guests for conferences and events.

It all started in 1857 when English aristocrat Earl Granville and Marchese d'Azeglio, a Sardinian minister, decided to found a new club in St. James's Street intended as a London base for travelling diplomats. As well as an international clientele, it attracted important members of the British upper classes such as Lord Randolph Churchill and luminaries such as Baron Ferdinand de Rothschild. As the club's membership swelled, it changed premises multiple times until ultimately finding its current home at

the wonderful Victorian building at 7–8 Park Place. The club became well known as a place for good food, good wine and the best parties, usually hosted by someone from the film world.

The club committee was chaired by Sir John Mills and members included Liza Minelli, Dudley Moore, Peter Townshend, Sir Michael Caine, Sir Sean Connery, Tim Rice, Michael Parkinson and Lord Attenborough. And with visits by Sir Elton John as well as Tom Selleck and Christopher Reeve, it is not surprising that St. James's Club became known as one of London's most popular clubs.

St. James's Hotel and Club continues the tradition established by their predecessors and today's celebrities are no less impressed, with Samuel L. Jackson, Luke Wilson, Alice Cooper, Elle Macpherson, Dita Von Teese, Colin Salmon, Damian Lewis, Michael Bolton and Claire Sweeney having visited the hotel and club recently.

For more information, visit www.stjameshotelandclub.com or call +44 207 316 1600



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SPORTS & RECREATION CLASSES LIST

	AEROBICS	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON	MOVEMENT, FLEXIBILITY & CORE (Jag) 	6:15pm – 7:15pm	Aerobics Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
	ZUMBA (AR)	7:30pm – 9:00pm	Aerobics Room	\$181.90 (8 weeks)	\$203.30 (8 weeks)
TUE	ZUMBA FITNESS (BV)	9:30am – 10:30am	Aerobics Room	\$149.80 (8 weeks)*	\$171.20 (8 weeks)
	LATIN AEROBICS (JE) 	12:00pm – 1:00pm	Aerobics Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
	STRETCH & CORE (JE) 	1:00pm – 2:00pm	Aerobics Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
WED	STRETCH & CORE (JE)	1:00pm – 2:00pm	Aerobics Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
THU	ZUMBA (LO) 	9:00am – 10:00am	Aerobics Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
	JAZZERCISE (MT)	10:00am – 11:00am	Aerobics Room	\$155.15 (8 weeks)	\$176.55 (8 weeks)
	ZUMBA FITNESS (AR)	7:30pm – 9:00pm	Aerobics Room	\$181.90 (8 weeks)	\$203.30 (8 weeks)
FRI	CORE, FLEXIBILITY & PREHAB (Jag) 	6:30pm – 7:30pm	Aerobics Room	\$128.40 (8 weeks)	\$149.80 (8 weeks)
SAT	CARDIO KB (BA)	1:30pm – 2:30pm	Aerobics Room	\$ 90.95 (9 weeks)	\$112.35 (9 weeks)
	ZUMBA FITNESS (JA)	3:00pm – 4:30pm	Aerobics Room	\$181.90 (8 weeks)	\$203.30 (8 weeks)
SUN	LATIN AEROBICS (JE) 	9:30am – 10:30am	Harmony Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)
	MOVEMENT, FLEXIBILITY & CORE (Jag) 	4:00pm – 5:00pm	Harmony Room	\$145.00 (8 weeks)	\$160.00 (8 weeks)

	PILATES	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	PILATES-MAT WORK (AY)	7:30pm – 8:30pm	Harmony Room	\$185.11 (8 weeks)*	\$206.51 (8 weeks)*

	YOGA	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	YOGA (TL)	10:45am – 11:45am	Aerobics Room	\$160.50 (10 weeks)	\$181.90 (10 weeks)
WED	YOGA (KC)	7:00pm – 8:30pm	Aerobics Room	\$214.00 (10 weeks)	\$235.40 (10 weeks)
FRI	YOGA (TL)	10:00am – 11:00am	Aerobics Room	\$160.50 (10 weeks)	\$181.90 (10 weeks)
SUN	YOGA (TL)	4:30pm – 5:30pm	Aerobics Room	\$160.50 (10 weeks)	\$181.90 (10 weeks)

	CHINESE BRUSH PAINTING	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	CHINESE BRUSH PAINTING (YSG)	9:30am – 11:30am	Harmony Room	\$192.60 (4 weeks)	\$214.00 (4 weeks)

	MULTI-SPORTS	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
WED	MULTI-SPORTS (SHA)	5:00pm – 6:00pm	Aerobics Room	\$192.60 (10 weeks)	\$214.00 (10 weeks)

	OIL PAINTING	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
TUE	OIL PAINTING (LTS)	2:00pm – 5:00pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
WED	OIL PAINTING (LTS)	9:00am – 12:00pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
	OIL PAINTING (LTS)	9:30am – 12:30pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
FRI	OIL PAINTING (LTS)	1:30pm – 4:30pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
	OIL PAINTING (LTS)	1:30pm – 4:30pm	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)
SAT	OIL PAINTING (LTS)	8:30am – 11:30am	Harmony Room	\$155.15 (4 weeks)	\$176.55 (4 weeks)

	DANCE	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON	LATINO JAM (Den)	9:30am – 11:00am	Aerobics Room	\$171.20 (8 weeks)	\$192.60 (8 weeks)
	BELLY DANCE (NS) ★	10:30am – 11:30am	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
	BELLY DANCE (NS) ★★	11:30am – 1:00pm	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
WED	LATINO JAM (Den)	9:30am – 11:00am	Aerobics Room	\$171.20 (8 weeks)	\$192.60 (8 weeks)
	BELLY DANCE (NS)	7:00pm – 8:00pm	Harmony Room	\$246.10 (8 weeks)	\$267.50 (8 weeks)
	BELLY DANCE (NS)	8:00pm – 9:30pm	Harmony Room	\$246.10 (8 weeks)	\$267.50 (8 weeks)
THU	BELLY DANCE FOR MOM & BABY (NS)	10:30am – 11:30am	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
	BELLY DANCE FOR MOM & BABY (NS)	11:30am – 1:00pm	Harmony Room	\$246.10 (10 hrs)	\$267.50 (10 hrs)
SUN	BELLY DANCE (NS)	10:30am – 11:30am	Harmony Room	\$246.10 (8 weeks)	\$267.50 (8 weeks)
	BELLY DANCE (NS)	11:30am – 1:00pm	Harmony Room	\$246.10 (8 weeks)	\$267.50 (8 weeks)

	MARTIAL ARTS (ADULTS)	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON	TAIQUAN (NTK) ★★	9:00pm – 10:15pm	Aerobics room	\$112.35 (4 weeks)	\$133.75 (4 weeks)
THU	TAIQUAN (NTK) ★★	8:30pm – 9:30pm	Harmony Room	\$74.90 (4 weeks)	\$96.30 (4 weeks)
SAT	XINGYI QUAN (SZF)	8:30am – 9:45am	Aerobics Room	\$374.50 (10 weeks)	\$395.90 (10 weeks)
SUN	TAIQUAN (NTK) ★★	5:00pm – 6:00pm	Harmony Room	\$74.90 (4 weeks)	\$96.30 (4 weeks)

	MARTIAL ARTS (KIDS)	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
SUN	CHILDREN TAEKWONDO (TT) (5 yrs - 12 yrs old)	9:30am – 11:00am	Aerobics Room	\$64.20 (4 weeks)	\$85.60 (4 weeks)

	TENNIS AND SWIM CAMP	TIME	VENUE	MEMBER'S FEE	GUEST'S FEE
MON - FRI	HALF DAY CAMP (4 yrs - 13 yrs old)	9:00am – 12:00pm	Tennis Court/Pool	\$74.90 (1 day)	\$85.60 (1 day)
				\$374.50 (5 days)	\$417.30 (5 days)
	FULL DAY CAMP (4 yrs - 13 yrs old)	9:00am – 3:00pm	Tennis Court/Pool/ Aerobics Room	\$128.40 (1 day)	\$139.10 (1 day)
				\$642.00 (5 days)	\$695.50 (5 days)

	PERSONAL TRAINER	VENUE	FEE
	30 MINS SESSION (RL & ID)	The Gym	\$428.00 (10 Sessions) \$561.75 (15 Sessions)
	KICK START 45 MINS (RL & ID)	The Gym	\$224.70 (3 Sessions)
	1 HOUR SESSION (RL & ID)	The Gym	\$749.00 (10 Sessions) \$1043.25 (15 Sessions) \$1471.25 (25 Sessions)

AEROBICS	AR - Aaron / BA - Berry Ahmad / BV - Brigid Varghese / JA - Jarren / Jag / JE - Jerry / LO - Lorena / MT - Maegen Teh
PILATES	AY - Agnes Yoong
YOGA	TL - Tony Luah / KC - KC Lam
CHINESE BRUSH PAINTING	YSG - Yap Sin Guan
MULTI-SPORTS	SHA - Shahrin
OIL PAINTING	LTS - Low Tho Seng
DANCE	CH - Cheryl / PC - Pamela Chia / NS - Nadia A Sueoka / Den
MARTIAL ARTS	NTK - Ngiam Tong Kheng / TT - Terence Tan / SZF - Su ZiFang
PERSONAL TRAINER	RL - Ramlee / ID - Indra

★ BEGINNERS ★★ INTERMEDIATE ★★★ ADVANCE *FX CARD

The commencement of the above mentioned activity / promotion will be fully dependent upon the government's latest safe distancing measures.

Classes are subject to change without prior notice. Pre-registration for classes and activities is a must. Classes will commence only if the minimum number of participants has been met. Prices are inclusive of GST, unless otherwise stated.

For more details and enquiries, please call **S&R Department** at **6357 3566 / 567** or email **s&r@rtc.com.sg**.

MOVIE SCREENINGS

AT THE THEATRE

The commencement of the movie screenings will be fully dependent upon the government's latest safe distancing measures. All members and guests to comply with government safe distancing measures.

JUL 2020



ROBIN HOOD (PG-13) 116 MINUTES

Action | Adventure | Thriller

Stars: Taron Egerton, Jamie Foxx, Ben Mendelsohn

A war-hardened Crusader and his Moorish commander mount an audacious revolt against the corrupt English crown.



WONDER (PG) 113 MINUTES

Drama | Family

Stars: Jacob Tremblay, Owen Wilson, Julia Roberts

This movie tells the incredibly inspiring and heartwarming story of August Pullman, a boy with facial differences who enters the fifth grade, attending a mainstream elementary school for the first time.



ALADDIN (PG) 128 MINUTES

Adventure | Family | Fantasy

Stars: Will Smith, Mena Massoud, Naomi Scott

A kind-hearted street urchin and a power-hungry Grand Vizier vie for a magic lamp that has the power to make their deepest wishes come true.



ISLE OF DOGS (PG) 101 MINUTES

Animation | Adventure | Comedy

Stars: Bryan Cranston, Koyu Rankin, Edward Norton

Set in Japan, Isle of Dogs follows a boy's odyssey in search of his lost dog.



THE PURSUIT OF HAPPYNESS (PG) 117 MINUTES

Biography | Drama

Stars: Will Smith, Thandie Newton, Jaden Smith

A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career.

DAY	DATE	TIME	TITLE
Sat	4 Jul	2.30pm	Robin Hood
Sat	4 Jul	8.00pm	Wonder
Sun	5 Jul	2.30pm	Aladdin
Sat	11 Jul	2.30pm	Isle of Dogs
Sat	11 Jul	8.00pm	The Pursuit of Happyness
Sun	12 Jul	2.30pm	Robin Hood
Sat	18 Jul	2.30pm	Wonder
Sat	18 Jul	8.00pm	Aladdin
Sun	19 Jul	2.30pm	Isle of Dogs
Sat	25 Jul	2.30pm	The Pursuit of Happyness
Sat	25 Jul	8.00pm	Robin Hood
Sun	26 Jul	2.30pm	Wonder
Fri	31 Jul	2.30pm	Aladdin

MOVIE SCREENINGS

AT THE THEATRE

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AUG 2020



SHAZAM! (PG) 132 MINUTES

Adventure | Action | Comedy

Stars: Zachary Levi, Mark Strong, Asher Angel

A newly fostered young boy in search of his mother instead finds unexpected super powers and soon gains a powerful enemy.



ALONE IN BERLIN (PG-13) 103 MINUTES

History | War | Drama

Stars: Emma Thompson, Brendan Gleeson, Daniel Brühl

After a Nazi German working class couple loses their son in World War II, they decide to retaliate by secretly leafletting handwritten cards in Berlin denouncing their government.



BREAKTHROUGH (PG) 116 MINUTES

Biography | Drama

Stars: Marcel Ruiz, Topher Grace, Sarah Constible

When her 14-year-old son drowns in a lake, a faithful mother prays for him to come back from the brink of death and be healed.



THE GREATEST SHOWMAN (PG) 105 MINUTES

Musical | Drama | Biography

Stars: Hugh Jackman, Michelle Williams, Zac Efron

Celebrates the birth of show business and tells of a visionary who rose from nothing to create a spectacle that became a worldwide sensation.



DOUBLE TROUBLE 宝岛双雄 (PG-13) 87 MINUTES

Action, Comedy

Stars: Jaycee Chan | Yu Xia | Han Dian Chen

Two security guards - one from Beijing, one from Taipei - are forced to work together to track down a legendary Chinese painting that has been stolen by international art thieves.

DAY	DATE	TIME	TITLE
Sat	1 Aug	2.30pm	Shazam!
Sat	1 Aug	8.00pm	Alone in Berlin
Sun	2 Aug	2.30pm	Breakthrough
Sat	8 Aug	2.30pm	The Greatest Showman
Sat	8 Aug	8.00pm	Double Trouble 宝岛双雄
Sun	9 Aug	2.30pm	Shazam!
Mon	10 Aug	2.30pm	Breakthrough
Sat	15 Aug	2.30pm	Alone in Berlin
Sat	15 Aug	8.00pm	Breakthrough
Sun	16 Aug	2.30pm	The Greatest Showman
Sat	22 Aug	2.30pm	Double Trouble 宝岛双雄
Sat	22 Aug	8.00pm	Shazam!
Sun	23 Aug	2.30pm	Alone in Berlin
Sat	29 Aug	2.30pm	Breakthrough
Sat	29 Aug	8.00pm	The Greatest Showman
Sun	30 Aug	2.30pm	Double Trouble 宝岛双雄