

# W

## Sep/ Oct 2020



WARREN  
GOLF & COUNTRY CLUB

## WARREN TIDINGS

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# WARREN TIDINGS - SEP / OCT



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Management Committee	Green	Sports	Club Management
President : Charles Teo Vice-President : Jimmy Chan Captain : G. Chandran Vice-Captain : Bryan Ong Honorary Secretary : Victor Bay Honorary Treasurer : Wendy Chia Green Convenor : William Ong House Convenor : Tan Bak Choon Social Convenor : Jaclyn Ng Sports Convenor : Desmond Liew Marcom Convenor : Annie Yeo	Chairman : William Ong Members : Bryan Ong Harry Lee Ex-Officio : G. Chandran	Chairman : Desmond Liew Members : Eric Ong Moses Yeo James Leow Jason Lin Howie Soh Koh Kim Tian Ang Chee Peng Ex-Officio : Jimmy Chan	General Manager: Jinder Aujla gmo@warren.org.sg Financial Controller: Peter Kwok peter_kwok@warren.org.sg Senior Operations & F&B Manager: Desmond Cheng desmond_cheng@warren.org.sg Senior Facilities Manager: Gan Soo Chuan soochuan_gan@warren.org.sg Senior Marcom & Membership Manager: Elgin Ong elgin_ong@warren.org.sg Senior Golf Course Superintendent: Raja Patchamutho raja_patchamutho@warren.org.sg Golf Manager: Henry Thang henry_thang@warren.org.sg Human Capital & Development Manager: Tony Sim tony_sim@warren.org.sg Sports Manager: Stanley Cornelius stanley@warren.org.sg
Membership & Constitution	Establishment	Marketing Communications	
Chairman : Jimmy Chan Members : Charles Teo G. Chandran Victor Bay Ex-Officio : Wendy Chia	Chairman : Victor Bay Members : G. Chandran Jaclyn Ng Ex-Officios : Charles Teo Wendy Chia Jimmy Chan	Chairman : Annie Yeo Members : Eileen Lui Sharon Tay Amy Teo Ex-Officios : Charles Teo Victor Bay	
Golf	Finance	Disciplinary	
Chairman : G. Chandran Members : Catherine Kwek Bryan Ong William Ong Ex-Officio : Charles Teo	Chairman : Wendy Chia Members : Gillian Cheok Felicia Chng Ex-Officio : Jimmy Chan	Chairman : Jimmy Chan Members : Desmond Liew Annie Yeo Tay Swee Yee Fok Mun Cheong Michael Kwan	
Driving Range & Handicapping	House	Ladies	
Chairman : Bryan Ong Members : Catherine Kwek Airin Yacup Ivan Lim Tan Kee Long Ex-Officio : G. Chandran	Chairman : Tan Bak Choon Members : Chai Choon Peow Esther Kan Ex-Officio : Wendy Chia	Lady Captain : Catherine Kwek Lady Vice-Captain : Kina Huang Members : Mah Li Lian Judy Hong Katherine Kua Ex-Officio : G. Chandran	
	Social		
	Chairman : Jaclyn Ng Members : Judy Hong Susan Tan Hor Swee Fun Lilian Wan Ex-Officio : Charles Teo		

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[www.warren.org.sg](http://www.warren.org.sg)



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# MESSAGE FROM THE HONORARY TREASURER

Wendy Chia

Dear fellow members of WGCC

Firstly, I would like to thank the Management Committee for co-opting me as the Honorary Treasurer. I have been a member with the Club since 2000. As a certified Accountant, I hope to lend my professional expertise in accounting for and bolstering the finance operations of the Club.

The onset of the first three months of 2020 brought about strong utilisation in the golfing segment which saw an increase of \$712.1k compared to the previous year \$494.6k and F&B facilities segment increase \$134.8k compared to the previous year \$102.5k. Activities at the Club were planned for a bustling year ahead before the first cases of the novel coronavirus surfaced in late January.

When it was declared the COVID-19 pandemic crisis in March, the COVID Taskforce Committee acted swiftly to close facilities within the Club including the Jackpot Room, Water Hazard Lounge and T Bar followed by cessation of all operations at the Club during the circuit breaker period starting from 7 April which was extended to 18 June. Revenue was severely affected and the Club incurred additional expenditure for safety measures such as the temperature tentage and the increased frequency of sanitisation with disinfectants for Club properties etc. to minimise the risk of viral transmission. These were necessary expenses incurred due to unforeseen circumstances, which were not budgeted for 2020.

As part of the Singapore government's Resilience & Solidarity Supplementary Budgets for 2020, the Club received business support through the Jobs Support Scheme for wage subsidies and Foreign Worker Levy waivers and rebates as well as property tax rebate, recompensing for the loss of revenue due to the imposition of the Club's closure during the circuit breaker and the Club managed to retain all employees. As of the 1<sup>st</sup> half of 2020, our operating surplus before lease liabilities was \$948.3k compared to the previous year \$432.5k, thanks to the government aid.

Not forgetting our members and operators who were also affected by the Club's closure, in appreciation of the support shown by members, the Club issued i) spending credits for use on food & beverages, golf and sports; ii) golf and sports locker fee waivers; iii) minimum spending levy waivers, and, iv) licence fee waiver for the Club's operators to keep them stay afloat.

To build up Club revenue after the gradual lifting of the circuit breaker, in Phase 1, the Club resumed F&B takeaway operations on 28 May. The Club resumed full business operations in Phase 2 of the circuit breaker period on 20 June, dine-in at the Club's food & beverage outlets was allowed along with the resumption of golf and sports facilities, limited to members only. On 4 July, the Jackpot Room was reopened. However, despite the reopening of Club facilities, utilisation rates have fallen due to limitation on the number of members and guests in the facilities at any one time, in compliance with safe distancing measures.

Consequently, due to safety measures that were still in place, the Club had to cancel all events, F&B gatherings, wedding banquets and social activities until further notice. The Annual General Meeting scheduled in May had to be postponed. During the AGM, the Club seeks to obtain members' approval for the auditor's report and audited financial statements for the financial year ended 31 December 2019, Club Budget for 2020 and also the appointment of auditor for this financial year ending 31 December 2020. These decisions are deferred until the AGM which will be held on 11 September.

Staff who are able to telecommute for work have to continue to do so, as imposed by the government. Finance tasks like sending out statements of accounts to members were slightly delayed because of the staggered work shifts. We seek members' kind understanding in this matter. For the past one year, together with my Sub-Committee members, we share best practices with the Finance team for improvements in several work processes eg. reviewed fees for project tenders, shortened debt recovery process, revised members' credit limit threshold, implemented Data & Cyber Security Protection Insurance to safeguard the Club, and launched an e-payment system for vendors, staff and members' refunds.

While the pandemic crisis is likely to extend to 2021, we remain optimistic that with safety measures and the cooperation of our members, there will be gradual recovery and that we may achieve normalcy for the Club's operations when a higher number of members and their guests are allowed to utilise the Club's facilities at any given time, thereby broadening revenue streams for the Club.

In the interim, the Club will continue to be prudent in spending to reduce costs whenever possible. The Club is aware that these may impact the cash flow of the Club and would endeavour to maintain minimal adverse effect on cash flow.

Once again, we would like to thank our members for their unwavering support in these unprecedented times of crisis. United, we stand a better chance of overcoming the challenges ahead!





Jinder Aujla

## GM SPEAKS...

It has been more than two months since the Club re-opened upon the commencement of Phase 2.

The COVID-19 situation in Singapore and worldwide has inevitably impacted many aspects of our daily lives, including having to adhere to strict safe management rules everywhere, adapting to wearing a mask the moment we step out of our home and changing the ways we used to interact with one another both socially and at workplaces.

With safe management measures in place at the Club, part of which limits social gatherings and interactions, we know many members miss the times when everyone was free to socialise with one another. While COVID-19 has no doubt posed challenges to our operations, our priority remains to provide a safe environment for members as they continue to enjoy the use of the Club's facilities. As we face this challenging time together, we will do our very best to serve members while at the same time, also ensure the safety of our staff. Members in general have been very cooperative towards the safety measures and we are truly appreciative of their understanding.

However, there have been cases whereby members have been caught deliberately flouting safe management rules despite reminders by the staff. Members are urged to play their part in complying with the safe management measures, rules and regulations at the Club. Masks are to be worn wherever possible which includes at the F&B outlets before and after eating or drinking. We would also like to stress that diners are not to table-hop and mingle amongst tables. Members flouting the safe management rules will be subject to disciplinary action by the Club. Not only will these members be putting the health and safety of other members and staff at risk, their actions may also cause the facility/F&B outlet or the entire Club to be closed by the authorities.

Please wear a mask at all times where possible, observe social distancing and do not visit the Club if you are unwell. Thank you for being socially responsible.

Members would have received notification via email and post on the Club's Annual General Meeting (AGM) this year which will be held virtually on 11 September. The AGM which is usually held in May has to be deferred this year due to COVID-19 and even with the deferment, it is still not possible for the Club to hold an onsite meeting due to the restriction on large group gatherings. Please note that pre-registration for the e-AGM will be required. Voting will be carried out online and members may also send us any questions you may have prior to the e-AGM. Pre-registration has already commenced from 21 August so members who wish to observe and listen to the proceedings of the e-AGM are reminded to go to the e-AGM portal at <https://agm.conveneagm.org/wgccagm2020> to register if you have not done so. Kindly note that registration closes on 9 September but proxy voting and submission of questions will close on 1 September. The "live" webcast of the e-AGM will be accessible through the e-AGM portal at 7.00pm on 11 September. Registered members are urged to log in to the portal before 7.00 pm so that they can join the webcast promptly at 7.00pm.

As always, stay safe everyone.

## ONLINE GOLF BOOKING FOR WEEKDAY SLOTS

**With effect from 7 September 2020**, online golf booking for all weekday slots of the following week may be made at 10.00am **every Monday** during golf course maintenance day (unless otherwise stated) i.e. members may make booking at 10.00am on Monday for the following week's weekday slots.

For example:

Booking Date	Booking Day	Booking Time	Available Weekdays for Booking
7 September 2020	Monday	10.00am	15 September to 18 September 2020 AM & PM  <i>Note: 14 September is not available for play as it is a full-day maintenance day</i>

1. In order not to overload the system, the online booking day for weekends/PH remains unchanged on every Wednesday at 4.00pm.
2. **The booker is required to play in the flight.** Failing which, the member is subject to a penalty fee.
3. Cancellation must be made 48 hours prior to the booked tee time.
4. All booking procedures continue to apply.

## HOLE-IN-ONE ACHIEVERS

Date of Achievement	Hole No.	Name
20/06/2020	14	Woo Siew Wah Wilson
05/07/2020	11	G. Chandran
02/08/2020	16	Hao Shuo
07/08/2020	16	Lee Yi Cheng Michael
08/08/2020	14	Fok Mun Cheong
10/08/2020	7	Patricia Yeow Pin Feng
13/08/2020	11	Yao Jingying



## NOTICE OF VIRTUAL ANNUAL GENERAL MEETING (E-AGM) 2020

In view of the pandemic and the prevailing Phase 2 safe distancing measures, the Club is unable to hold an onsite Annual General Meeting this year. Pursuant to COVID-19 (Temporary Measures) (Alternative Arrangements for Meetings for Registered Societies) Order 2020 (as amended from time to time), the Annual General Meeting this year will be held via a virtual platform. For more information on this Temporary Act, you may visit the Registry of Societies' website at <https://www.ros.mha.gov.sg>.

Notice is hereby given that the Club's Annual General Meeting ("e-AGM") 2020 will be held by way of electronic means on:

Day/Date:	<b>Friday 11 September</b>
Time:	<b>7.00pm SGT</b>
Venue:	<b>Virtual Platform at <a href="https://agm.conveneagm.org/wgccagm2020">https://agm.conveneagm.org/wgccagm2020</a></b>

Members may only attend the Annual General Meeting by observing and listening to the proceedings of the meeting via a "live" webcast. The Club has engaged service provider, Azeus Convene, to facilitate the e-AGM process.

### **AGENDA OF THE E-AGM**

1. To confirm the minutes of the Annual General Meeting of 3 May 2019
2. To receive the President's Report (please refer to Annual Report 2019)
3. To receive the Captain's Report (please refer to Annual Report 2019)
4. To receive the Honorary Treasurer's Report, approve the Auditor's Report and Audited Financial Statements for the financial year ended 31 December 2019 and adopt the Club Budget for Year 2020 (please refer to Annual Report 2019)
5. To appoint auditors for the financial year ending 31 December 2020
6. To transact any business raised by any member who has given 10 clear days written notice to the Honorary Secretary of an intention to raise such business

### **DOCUMENTS**

Please click on the links below to view the documents relating to the e-AGM:

1. [Annual Report for 2019](#)
2. [Minutes of the AGM held on 3 May 2019](#)

### **PRE-REGISTRATION FOR E-AGM**

Members who wish to participate in the e-AGM are required to pre-register to create an account at the e-AGM portal. Using the account created, members will be able, upon authentication of the status of such member, to:

- submit a proxy form appointing the Chairman of the meeting to vote on his/her behalf (for Eligible Members only);
- submit questions relating to the minutes of AGM 2019, Annual Report 2019, Audited Financial Statements for the financial year ended 2019, Club Budget 2020 and appointment of auditors for the financial year ending 31 December 2020; and
- access the "live" webcast of the e-AGM proceedings on 11 September 2020 at 7.00pm SGT.

Please note that **only Principal Members** may register and participate in the e-AGM.

Deadline for Pre-registration: **9 September 2020, 5.00pm SGT**

**QUESTIONS SUBMISSION**

Members may submit questions to the Club via the e-AGM portal only.

The questions will be addressed by the Management Committee prior to, or at, the e-AGM.

Deadline for Questions Submission: **1 September 2020, 5.00pm SGT**

**PROXY VOTING**

Eligible members may only vote by appointing the Chairman of the meeting as the member's proxy to vote at the meeting by depositing with the Club an instrument of appointment (also known as the "proxy form") by electronic registration via the e-AGM portal. In appointing the Chairman of the meeting as a proxy, a member must give specific instructions with regards to voting, or abstentions from voting, in the form of proxy, failing which the appointment may be treated as invalid.

Proxy Voting will be carried out for the following resolutions:

- 1. To approve the Auditor's Report and Audited Financial Statements for the financial year ended 31 December 2019**
- 2. To adopt the Club Budget for Year 2020**
- 3. To appoint auditors for the financial year ending 31 December 2020**

For the purpose of counting votes at General Meetings, seven votes from Social Transferable or three votes from Lady Transferable Members shall be equivalent to one vote from an Ordinary (Men), Golfing Transferable or Corporate Member.

The Proxy Voting results will be announced during the "live" webcast of the e-AGM.

Deadline for Proxy Voting: **1 September 2020, 5.00pm SGT**

**REGISTRATION AND USER GUIDE**

The Registration and User Guide may be found below the registration button at the e-AGM portal at <https://agm.conveneagm.org/wgccagm2020>.

**NOTE**

Members are reminded that the e-AGM proceedings are private. Instructions on access to the "live" webcast of the e-AGM proceedings should therefore not be shared with anyone who is not authorised to attend the e-AGM. Recording of the "live" webcast of the e-AGM proceedings in whatever form is also strictly prohibited.

The Club seeks members' patience and understanding during the e-AGM proceedings, in the event of any technical disruptions.

**TECHNICAL SUPPORT**

For optimal experience, it is recommended that members use the following browser versions:

Chrome version 74 and above

Safari 12.1.2 and above

Microsoft Edge Chromium 80 and Above

Members requiring technical support may contact Azeus Convene by Email: [support@conveneagm.com](mailto:support@conveneagm.com), Tel: 800 852 3335 (toll free) or via their live chat at <https://www.azeusconvene.com/convene-eagm/support>.

Please contact the Membership Department at [membership@warren.org.sg](mailto:membership@warren.org.sg) if you have any enquiries regarding the e-AGM.

## NEW CLUB GREEN CONVENOR

Please be informed that Mr Bruce Dann has resigned and relinquished his position as Green Convenor of the Club to return to his hometown. We would like to thank him for his past contribution to the Club and his role in overseeing the Green Sub-Committee.

Mr Ong Chin Kwang William (GO5181-00) has been co-opted as the Club's Green Convenor for Term 2019-2021 with effect from 1 August 2020.

We look forward to members' support in Mr William Ong's role as Green Convenor.

## Staff Matters

### "ACE"-ING THE CUSTOMER EXPERIENCE

In January 2020, all staff of the Club attended a three-hour workshop on customer service to be equipped with the skills and knowledge of delivering the "ACE" experience to all our members and guests.

In this programme, the staff learnt to "A"nticipate the unspoken needs of the customer, maintain our "C"onsistent service standards as well as to "E"ngage the customer at every given opportunity.

We are happy and proud that one of our Housekeeping staff has unequivocally demonstrated this, "ACE"ing the customer experience during the course of his duty.

On 8 July 2020, a member unknowingly left his Rolex watch in the Golf Changing Room after his game. Upon realising that, he immediately contacted the Club attendant at the changing room to inform about this.

Our Senior Club Attendant on duty, Liang Shuqing, also affectionately known as "Ah Liang", quickly responded to the member's need, found the said Rolex watch and had it returned to the member.

The member was thoroughly impressed with Ah Liang's response and integrity, and commended him for his helpfulness and courteous service.

The Club Management is very proud of Ah Liang, who has consistently shown his passion towards delivering the "ACE" experience.



GM Jinder Aujla presenting a token of appreciation to Senior Club Attendant Liang Shuqing

### A warm WELCOME to our new members...

#### Golfing Transferable Members

Mr Bak Zaipeon  
Mr Benat Onatibia Camara  
Mr Carlos Zancajo Toribio  
Mr Chan See Weng  
Mr Chan Shuan Yuan  
Mr Cho Jounghiee  
Mr Chong Ooi Min  
Mr Claudio Alfonso Lago De Lanzos Bunzl  
Mr Enrique Flores Luque  
Mr Fernandez De Gamboa  
Olabarri Daniel  
Mdm Ho Yee Fong Veronica  
Mr Lam Kum Hon

Mdm Lau Choy Fun  
Mr Lee Sang Jun  
Mr Lee Thomas Hartigan  
Mr Loh Pok Kee  
Mr Marco Bardelli  
Mr Miles Brian Graham  
Mr Ong Kim Hock Victor  
Mr Ow Chong Ee Eddy  
Mr Tan Jian Hao Nigel  
Mr Tan Kim Teck  
Mdm Tan Siu Yuen  
Mr Toy Kok Sin  
Mr Vazquez Guillen Fernandez  
De La Riva Alejandro  
Mdm Yap Yong Cheng

#### Corporate Members (Re-nomination)

Mr Akihito Oyama

#### Term Members

Mr Gary John Hall

#### Lady Transferable Members

Ms Chan Poh Guat Lynn  
Ms Sim Hwee Tiang  
Ms Ong Swee Lian

#### Social Transferable Members

Mr Ajay Mishra  
Mr Ang Peng Hong  
Mr Berkhof Bernardus Petrus  
Mr Beuzelin Louis Philippe  
Marie Joseph Tugdual

Mr Chan Fook Leong  
Mr Chan Zhuo Yang  
Mr Chua Wei Zheng Norman  
Mr Dino Civitarese  
Mr Flant Gomes De Andrade  
Jose Miguel  
Mr John Baltazar Ricarte  
Mr Koh Weng Kwin  
Mr Lothar Oskar Emil Juenger  
Mr Ng Wing Han Herman  
Mr Whyte David Francis  
Mr Wong Kah Hon  
Mr Wong Kin Chong Michael  
Ms Yong Pey Ruh

### ... and a fond FAREWELL to these members for their past support

#### Golfing Transferable Members

Mr Aris Sunarko  
Ms Aureore Levard  
Mr Cheng Tai Chien  
Mr Colin Simpson  
Mr Dann Bruce Peter Morley  
Mr Edwin Sunarko  
Mr Ho Boon Hian  
Dr Ho Chee Keong  
Mr Howard Trevor Usher  
Mr Lim Hwong Jit  
Mr Lim Keng Peng  
Mr Lin Rong Tsy  
Mr Looy Nee Phong Steven  
Mr Moray Alexander Smith

Mr Ong Chong Hoo  
Mr Peh Choo Hai  
Mr Soh Eng Siong  
Mr Stewart Duncan Maclean  
Mr Susilo Gani Tandjung  
@Gan I Fung  
Mr Tan Aik Khee  
Mr Tay Thiam Song  
Mr Toh Seh Kiong Edward  
Mr Wang Bing  
Mr Yeoh Jeok Thean  
Mr Yeoh Sin Min Melvyn

#### Lady Transferable Members

Ms Go Theng Theng

Ms Kristiansen Akiko  
Ms Tay Soo Ling

#### Social Transferable Members

Mr Teh Kwee Seng  
Mr Chee Hong Beng  
Mr Chew Koon Kwang  
Mr Choo Leh Soon  
Mr Chua Chee Seng  
Mr Chua Kok Cheng  
Mr Goh Lay Teck  
Mr Kwek Yi Xian  
Mr Lim Kok Heong Terence  
Mr Lim Thian Huat  
Mdm Loh Mee Yee  
Mr Low Timothy

Mr M G R Maran S/O Paramanathan  
Ms Ng Siow Leng  
Ms Ng Sock Eng  
Mr Poh Soon Fong  
Mr Rico Alido Gonzales  
Mr Soh Chin Yong  
Mr Tan Kok Kwang  
Mr Toh Jiun Ching  
Mr Wang Fang  
Mr Wu Zhaoqing  
Mr Yeo Wei Meng  
Ms Zhang Xiaohui

## Complying with Safe Management Measures at the Club

The Club would like to thank members who have been very understanding and compliant with the safety measures at the Club.

However, from time to time, a handful of members have been spotted flouting the safe management rules, in particular at the F&B outlets. As such, we would like to remind members on the following:

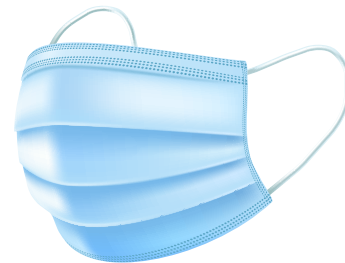
- **The maximum seating per table is 5 pax**
- **Diners are not to table-hop or mingle with others from another table**
- **Masks are to be worn before and after eating or drinking**
- **Keep a safe distance between individuals and groups**

We do understand that most of the times, violation of safety rules is not intentional. However, there were instances where members deliberately flouted the rules and chose to ignore reminders from staff. **The Club will definitely not condone such irresponsible behaviour as not only are these members compromising the health and safety of fellow members and staff, they may also cause the Club to be fined and/or shut down. Members caught flouting the safe management rules will be subject to disciplinary action by the Club.**

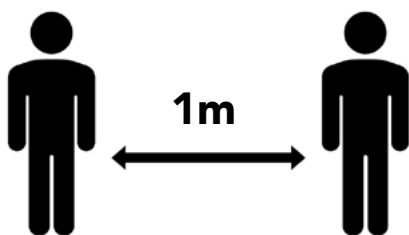
### General Reminders



**SafeEntry Check-In/Out –  
Check in/out when entering/  
leaving the Club and at  
facilities that require  
you to do so**



**Mask should be worn at  
all times where possible**



**Keep a safe distance of at  
least 1m from one another**



**Gathering of more than  
5 persons anywhere in the  
Club is not permitted**

**Stay safe and be socially responsible.**

## Strengthen your core with these 4 moves!

"With the ongoing pandemic, many of us are still trying our best to stay home as much as possible. However, staying at home too much does cause boredom and may then lead us to binge on unhealthy food that causes our tummy to... GROW!

So, hit up these 4 moves at the comfort of your home. Not only do they strengthen your core, they tone it up as well! And oh, don't waste all your efforts by piling back those unhealthy calories after your workout!

Remember, **YOU ARE WHAT YOU EAT!**"

~ Trainer Khai

### 1) Plank



Keep spine in neutral position with ears, shoulders and hips in alignment. Make sure elbows are lined up directly under shoulders. Hold pose for 10-20 seconds.

### 2) Crunches



Support your head with your hands (avoid pulling on neck). Curl upper body off the floor, head, shoulders and ribcage. Slowly return to starting position.

### 3) Bicycle Crunches



Lie on the floor faced up with hands behind head and both knees curled to chest. Keeping low back grounded to the floor, extend right leg forward while rotating right shoulder towards left knee, then switch sides.

### 4) Lying Static Leg Raise



Lay down with your back and legs flat on the floor. Keep legs straight and lift them about 45 degrees angle from the floor and hold them there. Continue to hold this position for the desired amount of time and then rest.

Recommended timing and sets - **30 Secs for 3 - 4 Sets**

## Tips to Improve Your Swimming Performance!

### Dryland Training

Dryland training (often referred to as **Strength and Conditioning**) is an activity done on land with the intended purpose of increasing strength, flexibility and overall physical mobility. This includes a number of different movements and exercises ranging from beginner to advanced skill level. Some exercises that are commonly performed include push-ups, sit-ups, squats etc.

#### Why Dryland Training is Important

Incorporating dryland training into your workout routine is important for three main reasons:

- **Prevents Injury:** Corrects muscle imbalances and weak core strength
- **Increases Stroke Rate:** Allows you to take more strokes in less time with more power
- **Improves Distance per Stroke:** More power application per stroke allows you to swim further with less effort

**The goal of any dryland programme for swimmers is to become stronger and more explosive in the water while decreasing your risk of injury.**

### Dynamic Stretches

Whether you swim every day or once per week, experts agree that a dynamic warm-up prepares your body for peak output! Below is a brief overview of a dynamic warmup routine that activates your entire body. This type of warmup is best done **before** a dryland workout or swim workout.

- **Arm Circles:** Small Forward, Small Reverse, Medium Forward, Medium Reverse, Large Forward, Large Reverse
- **Swinging Arms:** Targets triceps and opens chest
- **Legs:** Butt kicks and swinging legs – targets hamstrings
- **Core:** Plank, T-Rotation, alternating arm/leg raises



Note: Images are taken from the Club's photo records.

## 5 Great Badminton Exercises to do at Home (No Equipment required)



### 1. Playing against the Wall

All you need is your racket, a wall (without anything on it) and a shuttlecock.

Find a space and a wall in your home. Simply play a backhand serve towards the wall. You'll find that the shuttle bounces off the wall and returns to you just as if someone else is driving or jabbing at you!

It's a great wrist exercise and a way to play some badminton at home.

### 2. Push-Ups

When you don't have access to weights, a great body-weight exercise is push-up. Push-ups allow you to work different parts of your upper body, depending on where you place your hands/arms. To work your chests more, try the wide grip push-up.



### 3. Squats

Air squats and squat jumps are just as effective at working out your legs.



#### 4. Core Work

A strong core is essential for badminton as it allows you to be more stable on court. Some great core exercises include:

##### Crunches



##### Flutter Kicks



##### Planks



##### Heel Taps



#### 5. Skipping

Skipping using a skipping rope is a great cardio exercise at home. It also works the calves and forearms, and both these muscles are used during a game of badminton. Strong forearms allow you to execute your shots with more power and also makes deceptive shots a lot easier. Strong calves will improve your explosiveness and endurance on court.



## GOLFERS' TERRACE



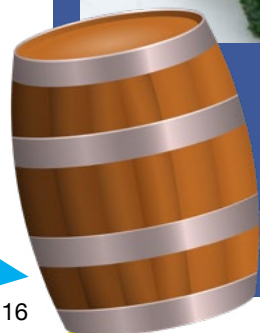
1 - 15 SEPTEMBER

**Nasi Lemak Cake**  
(serves 3 – 4 pax)  
\$36.00+



16 SEPTEMBER  
- 31 OCTOBER

**German Pork Knuckle with Sausage**  
\$58.80+



## BEVERAGE PROMOTIONS

*Available in September & October 2020*

# **Takeaway Bundle Deals at Golfers' Terrace**



**Yamazaki 12 Years  
& Auchentoshan 3 Wood  
(includes 6 Bottles of Singa Soda)  
\$328.00+**



**Chivas 18 Years  
& The Suntory Chita  
(includes 6 Bottles of Singa Soda)  
\$188.00+**



**Yamazaki DR & Hakushu DR  
(includes 6 Bottles of Singa Soda)  
\$320.00+**



**Roku Gin & Haku Vodka  
\$158.00+**

## YAN PALACE @ WARREN



SEPTEMBER PROMOTION

蟲草花炖鸡汤

**Double Boiled Chicken Soup with Cordyceps Flowers**  
**\$16.80+ per pax**

Terms & Conditions:

- Valid for the month of September 2020 from Mondays to Fridays
- Not valid on Saturdays, Sundays, Public Holidays and eve of Public Holidays
- Valid for dine-in only
- Warren members are entitled to 20% discount
- Not valid with other discounts



OCTOBER PROMOTION

鳳凰燒春鸡

**Deep Fried Spring Chicken**  
**\$13.80+**

Terms & Conditions:

- Valid for the month of October 2020 from Mondays to Fridays
- Not valid on Saturdays, Sundays, Public Holidays and eve of Public Holidays
- Valid for dine-in only
- Warren members are entitled to 20% discount
- Not valid with other discounts

GOLF			OPERATION HOURS		CHARGES (inc. Green, Buggy & Admin Fees and GST)		
	Reception	Daily	7.00am - 8.00pm				
		Mon	11.00am - 7.00pm				
	Pro Shop	Tue - Sun	7.00am - 7.00pm				
		* Closed on course maintenance days					
	Driving Range	Mon	12.00pm - 10.30pm	Member	\$4.00 per 40 Balls / \$7.00 per 80 balls		
		Tue - Sat	7.00am - 10.30pm	Guest	\$6.00 per 40 Balls / \$8.00 per 80 balls		
		Sun	7.00am - 8.30pm	Top-up cards can be purchased at the Driving Range. Please contact the Driving Range at Tel: 6586 1263 for more information.			
				\$21.40 for 18 holes per player		\$10.70 for 9 holes per player	
	Buggies			* Rental is on a twin-sharing basis * Full 18-hole buggy fees shall be charged during weekend time sheets			
	Golf Fees (includes Green, Buggy & Admin Fees and GST)		18 Holes	Weekdays (Except Public Holiday)	Guest	AM Session - \$107.00 nett per guest PM Session - \$128.40 nett per guest	
					Social Member	AM Session - \$66.88 nett per social member PM Session - \$77.58 nett per social member	
			18 Holes	Saturday (AM/PM), Sunday (AM Only) & Public Holidays (AM Only)	Visitor	\$187.25 nett per visitor (AM & PM); subject to Management's approval	
					Guest	\$230.00 nett per guest	
					Social Member	\$129.99 nett per social member	
					Visitor	\$240.75 nett per visitor (AM & PM); subject to Management's approval	
			18 Holes	Sunday (PM Only) & Public Holidays (PM Only)	Guest	\$160.50 nett per guest	
Social Member					\$93.63 nett per social member		
9 Holes			Weekdays (After 4.30pm only)	Visitor	\$240.75 nett per visitor (AM & PM); subject to Management's approval		
				Guest	\$64.20 nett per guest		
9 Holes			Weekends & Public Holidays (After 4.30pm only)	Social Member	\$38.79 nett per social member		
				Guest	\$80.25 nett per guest		
				Social Member	\$46.81 nett per social member		

SPORTS	OPERATION HOURS			CHARGES (inc. GST)	
	Reception	Daily	7.30am - 10.00pm		
		Daily	7.30am - 10.30pm		
	Badminton	Mon - Fri	<b>Non-peak Period:</b> 7.30am - 5.30pm	Member	<b>Non-peak Period:</b> \$3.21 per hour
		Mon - Fri	<b>Peak Period:</b> 5.30pm - 10.30pm	Guest	\$4.28 per guest
		Sat, Sun & PH	7.30am - 10.30pm	Member	<b>Peak Period:</b> \$5.35 per hour
				Guest	\$6.42 per guest
	Billiard & Pool	Daily	11.00am - 11.00pm	Member	\$4.28 per hour
				Guest	\$10.70 per guest
	Bowling	Mon - Fri	12.00pm - 10.00pm	<b>Non-peak Period:</b>	
		Sat, Sun & PH	10.00am - 10.00pm	Member	\$1.80 per game
				Guest (Non-member)	\$2.50 per game
		Mon - Fri	<b>Non-peak Period:</b> 12.00pm - 5.00pm	Junior Member	\$1.20 per game
		Mon - Fri	<b>Peak Period:</b> 5.00pm - 10.00pm	Junior Non-member	\$2.00 per game
		Sat, Sun & PH	10.00am - 10.00pm	<b>Peak Period:</b>	
				Member	\$2.80 per game
				Guest (Non-member)	\$3.50 per game
	Gymnasium	Daily	7.30am - 10.00pm	Junior Member	\$1.80 per game
		Mon - Fri	<b>Non-peak Period:</b> 7.30am - 5.00pm	Junior Non-member	\$3.00 per game
		Mon - Fri	<b>Peak Period:</b> 5.00pm to closing time	Shoes Rental	\$1.00 per pair
		Daily	7.30am - 10.30pm	Socks Purchase	\$2.00 per pair
		Mon - Fri	<b>Non-peak Period:</b> 7.30am - 5.30pm	<b>Note: All payments will be made directly to William Woo Bowling Services.</b>	
		Mon - Fri	<b>Peak Period:</b> 5.30pm to closing time	Member	Free
		Sat, Sun & PH	7.30am to closing time	Guest	\$8.56 per entry
				Guest	\$16.05 per entry
	Squash	Daily	7.30am - 10.30pm	<b>Non-peak Period:</b>	
		Mon - Fri	7.30am - 5.30pm	Member	\$2.14 per hour
		Mon - Fri	<b>Peak Period:</b> 5.30pm to closing time	Guest	\$3.21 per guest
		Sat, Sun & PH	7.30am to closing time	Member	<b>Peak Period:</b> \$3.21 per hour
	Swimming	Daily	7.30am - 9.30pm	Guest	\$4.28 per guest
				Member	Free
				Guest:	
				Weekday	\$4.28 per guest
	Table Tennis	Daily	7.30am -10.30pm	Weekend & PH	\$6.42 per guest
		Daily	7.30am - 10.30pm	Member	\$3.21 per hour
	Tennis	Mon - Fri	<b>Non-peak Period:</b> 7.30am - 5.30pm	Guest	\$4.28 per guest
		Mon - Fri	<b>Peak Period:</b> 5.30pm to closing time	<b>Non-peak Period:</b>	
		Sat, Sun & PH	7.30am to closing time	Member	\$3.21 per hour
				Guest	\$5.35 per guest
				Member	<b>Peak Period:</b> \$4.28 per hour

F & B	OPERATION HOURS			DRESS CODE	
	Golfers' Terrace	Daily	7.00am - 10.00pm	Sleeveless shirts (for males only), singlets, towels, bathrobes, swimwear and barefeet are not permitted.	
		Last Order	9.30pm		
	Yan Palace @ Warren	Mon - Sat	11.00am - 3.00pm	Sleeveless shirts (for males only), singlets (for males only), jogging/running shorts, towels, bathrobes, swimwear and barefeet are not permitted.	
		Mon - Sat	6.00pm - 10.00pm		
		Sun & PH	10.00am - 3.00pm		
		Sun & PH	6.00pm - 10.00pm		
		Last Order	2.30pm & 9.45pm		
	Water Hazard	Temporarily Closed until Further Notice		Sleeveless shirts (for males only), singlets (for males only), jogging/running shorts, towels, bathrobes, swimwear, slippers/flip-flops and barefeet are not permitted.	
	T Bar	Temporarily Closed until Further Notice		Towels, bathrobes, swimwear and barefeet are not permitted.	
	Regale @ Warren	Mon	Closed	Swimwear and barefeet are not permitted.	
		Sun - Sat	11.00am - 10.00pm		
		Last Order	9.30pm		
	Starter's Hut	1 <sup>st</sup> & 3 <sup>rd</sup> Mon of each mth	Closed		
		2 <sup>nd</sup> & 4 <sup>th</sup> Mon of each mth	12noon - 6.00pm		
		Tue - Sun	7.00am - 6.00pm (Until last flight crossover)		

OTHERS	OPERATION HOURS			CHARGES (inc. GST)	
	Mahjong/Card (Strictly Members only)	Daily	11.00am - 11.00pm	Table Fee (Weekdays)	\$4.28 per hour before 5.00pm \$5.35 per hour after 5.00pm
				Table Fee (Sat, Sun & PH)	\$5.35 per hour
	Jackpot	Daily	12.00pm - 11.00pm		
	Members' Lounge	Daily	7.30am - 11.00pm		