



Editor's Note

By the time you receive and read this editorial, the first month of 2007 would already have come and gone! It's amazing how quickly time passes when we're all busy keeping things up and running in our homes and at our jobs. I pray that this will be a wonderful year for all of you, no matter what you have set out to accomplish in the months to come!

Now we all receive magazines and newsletters of one kind or another throughout the year. Most of these are read and then either thrown away or stashed away somewhere. But if there were one issue of YWLInk you ought to keep handy and readily accessible for the next several months, it would be this one! And here's why:

This issue highlights all kinds of information about the programmes, events, and services that the YWCA provides, including a schedule of these activities so you'll always be "in the know" about what's happening "on the hill". So whether you enjoy the occasional get-together with friends over a meal or cup of coffee, or need to organize a retreat for a church or committee you are involved in, this issue can serve as a guide for who to contact and what services are offered that might just meet your planning needs.

Are you looking for a way to spend a fruitful lunch hour? Check out the Joy Talks that have been scheduled. Keeping your eyes open for an ongoing activity to be involved in? We've got various fellowships and Bible studies catering to a variety of interest groups to choose from! Needing some support to stay on target with your 2007 fitness goals? Then take a closer look at the different fitness and exercise programmes/courses that you can sign up for! And with the Lunar New Year just around the corner, our folks at F&B have put together some amazing menus for your festive dining pleasure!

This issue also contains highlights from the various programmes and events that have recently taken place. You'll be excited and deeply encouraged to read about a helpful Fall Prevention Workshop that was organized, and Christmas activities that blessed the community through gift-giving to the elderly.

I noticed something about all the programmes and activities highlighted in this issue of YWLInk that brought a big smile to my face. They all had something in common – every one of them was about GIVING! It could have been something as helpful as teaching

Christmas Groceries Gift

Everyday is a good day for giving, but it is during the holiday season, especially Christmas, that the act of giving takes on special meaning.

In response to YWCA's appeal for donation of groceries for the elderly and children under the Meals-on-Wheels programme, L'oreal Pte Ltd, as well as parents of the children from the YWCA Singapore Child Care Centres, generously donated a variety of items such as rice, salt, sugar, crackers, cereals, canned food and Tiger Balm ointment.

On 19 and 20 December 2006, a group of volunteers and staff of YWCA delivered the packed groceries to the beneficiaries. The volunteers were delighted to be given the opportunity to bring about joy and smiles on the faces of the beneficiaries as they happily received the groceries.

On behalf of the YWCA, we would like to thank L'oreal Pte Ltd and the parents of our children from all our Childcare Centres for their kind generosity. Their acts of kindness brought smiles to the faces of all our beneficiaries!

the elderly how to prevent and avoid dangerous falls, or something as simple as distributing groceries to the needy. All these activities involved the giving of services or valued items; more than that, these activities demonstrated the very heartbeat of why the YWCA exists – to find ways and means through which we can give of ourselves as a blessing to friends, loved ones, and the community at large.

I pray that this will be your heartbeat as well this year. I hope that you will actively look for ways to get involved and to stay connected through our programmes and services. And I am confident that as you give of yourself to those around you, 2007 will be a wonderful year to remember!

Joyfully serving Him,
Janet Tan

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forget the former things; do not dwell on the past. See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the desert and streams in the wasteland. (Isaiah 43:18-19)

Fort Canning Lodge

6 Fort Canning Lodge
Singapore 179494
www.ywcafcldodge.org.sg



Introduction

An oasis amid the lush historical district

Welcome to Fort Canning Lodge.

Owned and managed by the YWCA of Singapore, Fort Canning Lodge is nestled in the beautiful surroundings of Fort Canning Park, one of the greenest part of Singapore. It is strategically located close to Singapore's premier shopping and entertainment hub, Orchard Road; and within short walking distance from the Dhoby Ghaut MRT station, museums and cultural centers. Coupled with its comprehensive services and facilities, the Lodge is ideal for both leisure tourists and corporate clients.

Services & Facilities

Fort Canning Lodge offers a range of services and facilities that cater to our guests' recreational as well as business needs such as:

- 100 covered car park bays
- 175 guest rooms
- Long-term accommodation arrangements
- Meeting and banquet facilities
- Outdoor swimming pool
- Tennis court
- Gift shop
- Safe deposit boxes
- 24-hour security
- High speed broadband internet access in all guest rooms
- High speed wireless internet access in the lobby, coffee house and all meeting and function rooms, and many other services.

Guest Rooms

Fort Canning Lodge offers standard rooms with pool and park views, deluxe rooms, and family suites. All our 175 rooms on 13 floors are non-smoking, with maximum privacy and enhanced security, furnished with rich, wood-tone furniture, and fitted with modern room amenities:

- High speed broadband internet access
- Electronic key and access to all guest floors and rooms
- Attached bathroom
- In-room fridge
- Safety devices for heat and smoke detection

Meetings & Banquets

The Fort Canning Lodge combines strategic location and beautiful surroundings to offer our guests the ideal place to hold their conferences, seminars, meetings, functions and banquets, whether business or social.

We have:

- 9 private function rooms, spread over Levels 2 and 3.
- An exhibition hall (Multi Purpose Hall), at the lobby level, with a capacity to accommodate up to eight standard booths
- The Sophia Cooke Ballroom, on Level 2, can accommodate up to 500 people

Our rooms can also be configured in a number of flexible arrangements to suit your individual requirements. And for your convenience, bookings come with comprehensive facilities such as TV, VCR, LCD projectors, sound system and microphones, etc.

Food & Beverage

Coffee House

Open daily, 7:00am – 9:00pm

Lobby Level

The Coffee House serves a wide selection of local, Chinese and Western dishes, which could whet any appetite. Its 150-persons seating capacity includes alfresco dining, overlooking a cosy courtyard.

At Fort Canning Lodge, we understand your needs in organizing successful functions. Let our dedicated and experienced staff create the perfect experience that allows you and your team to relax while we care for the details and ensure all your needs are fulfilled. We will make your special event a memorable success.

For meetings & banquets enquiries or reservations, please email banquetsales@ywcafcldodge.org.sg or call:

- Jonathan Tay @ 6335 8050/ 9751 3371
- Shalynna @ 6335 8091/ 9667 9891
- Catherine Lim @ 6335 8003
- Yogytha @ 6335 8018/ 9752 2638

Fall Prevention Workshop

The elderly are more vulnerable to falls and this can lead to serious injury. On 25 November 2006, the YWCA National Office organized a Volunteers and Caregivers Training Workshop to help raise awareness of the risk of falls and also to provide more information on prevention and care services.

More than 20 people attended the workshop at YWCA Outram Centre, which consisted of elderly from the YWCA Adult Day Centre and their family members, as well as members of the public.

During the workshop, guest speaker Mr Poon Kok Keong, a qualified physiotherapist, presented the information on how to identify environment and physical factors that put elderly at a high risk for falls. He also conducted an assessment for the elderly who were present at the workshop to assess their risk for falls and suggested ways to prevent fall.

At the end of the session, everyone benefited greatly from the useful and informative workshop.



Recipes from the Heart WANTED

The YWCA will be publishing 'Recipes from the Heart' a special YWCA cookbook project to celebrate YWCA's heritage and to raise funds for her worthy causes.

We are looking for **tried & tested** recipes to include in our YWCA cookbook.

It doesn't have to be a fancy or a Michelin Star recipe. It can be a **personal or family favourite...** a recipe **full of flavours and history...** handed down through the generations in your family.

If you have a recipe to share with us please send it in to Ms Shirley Wong at the National Office, 234 Outram Road Singapore 149051 **before 28 February 2007.**

Young Women's Christian Association KARAOKE TEA SESSION

a chance to dress up and sing
a chance to meet others with same interests
a chance to treat yourself to a buffet tea and raise funds for the less fortunate!

19 May 2007, Saturday
2:30 - 6.00 PM
Sophia Cooke Ballroom,
YWCA Fort Canning Lodge (Level 2)
6 Fort Canning Road

— Tea will be provided. —

Entry Tickets are priced at \$10 each.
Or preferably, take up a YWCA pledge card and raise over \$40 for a complimentary ticket.

To participate, please fill in the registration form and send it to YWCA National Office, 234 Outram Road, S(149051)

For enquiries and participation forms, please contact Ms Shirley Wong at 6223 1227.

All proceeds will go to the YWCA Meals-on-Wheels for Children & YWCA Community Services.

“The path of the righteous is like the first gleam of dawn, shining ever brighter till the full light of day. (Proverbs 4:18)”

HR Announcements

Welcome New Staff

The YWCA is pleased to welcome new staff joining the team. We welcome Chen Yue as Full Time Preschool Art Teacher and Han Shin Hui as Coordinator (Youth/Children) at National Office, Chu Yanan as Full Time Teacher at West Coast CDC, Yvonne Koo Huey Woen as Full Time Teacher Aide at Bishan CDC, Gan Sok Cheng as Part Time Attendant and Bernard Kweh as Part Time Driver at ADC/MOW and Amarendran Shanika as Health Attendant at ADC.

At Fort Canning Lodge, we welcome Chew Sew Eng (Public Area Attendant), Linda Leong (Housekeeping Clerk) in Housekeeping Department and Hamid Bin Wan Mohd (House Officer) in Security Department.

BE INVOLVED! Yes, that means you!

Life Time of Memories

- If you have any mementos from the YWCA's past, we would appreciate very much if you would share them with us.

Volunteers Needed for our Community Services!

Join us as **VOLUNTEERS** and make a difference in the lives of the needy in our community!

- **Meals-on-Wheels for Children** – we need volunteers who have cars and are willing to deliver free nutritious dinners from the Outram Centre to the beneficiaries living 5km around the YWCA Outram Centre
- **Meals-on-Wheels for Elderly** – we need volunteers who have cars and are willing to deliver free nutritious lunch from the Outram Centre to frail elderly living 5km around the YWCA Outram Centre
- **Adult Day Centre** – we need volunteers to help organise appropriate activities for the elderly, eg. Group games, handicrafts etc. Alternatively, you can involve your entire family to “buddy” an elderly in group outings! A great way for family bonding and exposing your young ones to volunteerism!
- **Thrift Shop** – we need volunteers to run the shop for us: sell, unpack donations, price and organise the goods. You can come with a companion or work along.

To BE INVOLVED or to find out more about our courses, please contact: Ms Karen Chay • Ms Rena Lee • Ms Shirley Wong • Ms Alice Wong @ YWCA National Office • Tel: 6223 1227 • 254 Outram Road S(169051)

YWCA Directory

National Office

254 Outram Road S'pore 169051
Tel : 62231227 • admin@ywca.org.sg

Fort Canning Lodge

6 Fort Canning Road S'pore 179494 • Tel : 63384222
Banquet Enquiries & Reservations: banquet@ywcafcldodge.org.sg
Guest Room Enquiries: salesmktg@ywcafcldodge.org.sg
Guest Room Reservations: reservations@ywcafcldodge.org.sg

Adult Day Care

254 Outram Road S'pore 169051
Tel : 62234888 • adultdaycare@ywca.org.sg

Educational Support Unit

254 Outram Road S'pore 169051
Tel : 62214335 • esunit@ywca.org.sg

Outram Kindergarten

254 Outram Road S'pore 169051
Tel : 62234556 • outramkn@ywca.org.sg

Child Development Centres

Ang Mo Kio

Blk 513 Ang Mo Kio Ave 8 #01-2776 S'pore 560513
Tel : 64561087 • angmokiocdc@ywca.org.sg

Bedok

Blk 24 New Upper Changi Road #01-608 S'pore 461024
Tel : 64480683 • bedokcdc@ywca.org.sg

Bishan

Blk 185 Bishan St 13 #01-323 S'pore 570185
Tel : 62589040 • bishancdc@ywca.org.sg

Bukit Gombak

Blk 531 Bukit Batok St 51 #01-136 S'pore 650531
Tel : 65671545 • bukitgombakcdc@ywca.org.sg

Jurong East

Blk 324 Jurong East St 31 #01-130/136 S'pore 600324
Tel : 65610009 • jurongcdc@ywca.org.sg

Marine Drive

Blk 66 Marine Drive #01-202 S'pore 440066
Tel : 63441942 • marinedrivecdc@ywca.org.sg

McNair

7 McNair Road S'pore 328516
Tel : 62997510 • mcnaircdc@ywca.org.sg

Outram

254 Outram Road S'pore 169051
Tel : 62234556 • outramcdc@ywca.org.sg

Pasir Ris

Blk 214 Pasir Ris St 21 #01-256 S'pore 510214
Tel : 65826784 • pasirriscdc@ywca.org.sg

West Coast

Blk 510 West Coast Drive #01-315 S'pore 120510
Tel : 67788326 • westcoastcdc@ywca.org.sg

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Articles express the opinions of the authors, and do not necessarily reflect the opinions or policies of the Young Women's Christian Association of Singapore.

All information correct at time of printing.

What's On

Joy Talk – Lunchtime Fellowship

Date : 29 Jan 2007 (Mon) – Rev Nga Mee Hee
(Christalite Methodist Church)
26 Feb 2007 (Mon) – Rev Joel Yong
(Bedok Methodist Church)
26 March 2007 (Mon) – Elder Goh Ewe Kheng
(Church of Singapore)
Time : 12.20pm – 1.30pm
Venue : YWCA Fort Canning Lodge, Quiet Room (Level 2)
Fee : FOC

Bible Study (For Ladies)

Date : Every 1st and 3rd Wednesday
Time : 6.30pm – 8.00pm
Venue : YWCA Outram Centre
Fee : FOC

Volunteer's Lounge

Date : Daily, except Sundays
Time : Mon - Fri 9.00am - 5.00pm,
Sat 9.00am - 1.00pm
Venue : YWCA Outram Centre
Fee : FOC (Coffee/Tea provided)

Golden Y Fellowship

Date : Every Monday
Time : 10.30am - 1.00pm
Venue : YWCA Outram Centre
Fee : \$4 (Home-Cooked Lunch)

Line Dancing – Senior Citizens

(4 Lessons Per Module)
Date : Every Friday
Time : 10.30am – 12.00pm
Venue : YWCA Outram Centre, Dance Studio
Fee : \$27 (Member); \$32 (Non-Member)

Swimming For Ladies - Beginners

(8 Sessions Per Module)
Date : Every Tuesday
Time : 6.45pm - 7.30pm
Venue : YWCA Fort Canning Lodge,
Swimming Pool (Level 3)
Fee : \$120 (Member); \$140 (Non-Member)

Aqua Aerobics Classes (8 Sessions Per Module)

Date : Every Monday
Time : 6.45pm - 7.45pm
Venue : YWCA Fort Canning Lodge,
Swimming Pool (Level 3)
Fee : \$78 (Member); \$88 (Non-Member)
*Min 7 pax to commence lesson

Salsacise – NEW! (8 Sessions Per Module)

Date : Every Thursday
Time : 6.45pm - 7.45pm
Venue : YWCA Outram Centre, Dance Studio
Fee : \$110 (Member); \$130 (Non-Member)
*Min 10 pax to commence lesson

Groove to Fitness – NEW! (8 Sessions Per Module)

Date : Every Friday
Time : 7.00pm – 8.00pm
Venue : YWCA Outram Centre, Dance Studio
Fee : \$120 (Member); \$140 (Non-Member)
*Min 10 pax to commence lesson

Infant & Pre-School Aquatics/ Children's Swimming Program

(4 Sessions Per Module)
Date : Every Saturday
Time : 2.00pm - 2.45pm (Infant/ Pre-school Aquatics)
or 2.45pm - 3.30pm (Children's Swim Program)
Venue : YWCA Fort Canning Lodge,
Swimming Pool (Level 3)
Fee : \$81 (Member); \$94 (Non-Member)

YWCA Body Rolling- NEW! (8 Sessions Per Module)

Date : Every Saturday
Time : 5.00pm – 6.00pm
Venue : YWCA Outram Centre, Dance Studio
Fee : \$105 (Member); \$125 (Non-Member)
*Min 7 pax to commence lesson

Chinese New Year Celebration Lunch

Date : 1 March 2007 (Thur)
Time : 12.00pm – 2.00pm
Venue : Tai Seng Restaurant,
101 Upper Cross Street, #03-32
People's Park Centre (Opp. Chinatown Point)
Fee : \$28 (Member); \$32 (Non-Member)

Dear children, let us not love with words or
tongue but with actions and in truth ...

(1 John 3: 18-29)

F&B Promotions @ FCL

1. Daily Asian Buffet Lunch & Dinner Promotions

Available Daily (Monday to Sunday) @ the Coffee House from 12.00 pm to 2.30 pm and 6.00pm to 8.30pm
Lunch priced @ \$13.00++ per adult & \$10.00++ per child (from 7-12 years old) • Dinner priced @ \$16.00++ per adult & \$13.00++ per child (from 7-12 years old)

So invite your friends along for a truly value for money meal and enjoyable time together.

* Menu is subjected to changes on daily basis

10% discount for all YWCA members

The above discount is not valid with any other promotions or discounts

2. Set Lunch @ The Coffee House

Available on weekdays (Monday to Friday) excluding public holidays, @ the Coffee House for Lunch from 12.00 pm to 2.30 pm @ \$7.90++ per person

MONDAY — Hainanese Pork Chop • TUESDAY — Chicken Maryland • WEDNESDAY — Lamb Chop with Mint Sauce • THURSDAY — Spaghetti Marinara • FRIDAY — Breaded Fish Fillet with Tartar Sauce

The above sets are served with soup and dessert of the day and choice of coffee or tea

10% discount for all YWCA members

The above discount is not valid with any other promotions or discounts

3. Chef's Recommendation

Available daily (Monday to Sunday) @ the Coffee House from 12.00 pm to 8.30 pm

Not available from 12th February – 4th March 2007

a. Thai Pamelto Salad	\$4.50++
b. Stir Fried Kailan With Black Mushroom Served with rice	\$6.00++
c. Ee Fu Noodles With Chives	\$5.50++
d. Seafood Mui Fan	\$6.50++
e. Stir Fried Beef Fillet With Black Bean Sauce Served with rice	\$6.50++
f. Sweet & Sour Prawns Serve with rice	\$7.00++

10% discount for all YWCA members

The above discount is not valid with any other promotions or discounts

4. Lunar New Year Set Meal

Available @ the Coffee House for lunch & dinner (12.00 pm to 2.30 pm & 6.00 pm to 8.30 pm) from 12th February – 4th March 2007 @ \$16.80++ per pax (minimum 4 pax)

MENU

Salmon Yu Sheng
Superior Broth with Crabmeat & Mushroom
Stir Fried Prawn & Pacific Clam with Celery
Deep Fried Crispy Chicken
Seafood Fried Rice
Cream of Red bean with Lotus Seed

• Discount not applicable

5. Lunar New Year Yu Sheng Promotion

Available from 12th February – 4th March 2007 @ the Coffee House from 12.00pm to 8.30pm

Ikan Parang "Yu Sheng" (Small – 4 to 6 pax)	\$29.80++
Ikan Parang "Yu Sheng" (Large – 6 to 10 pax)	\$39.80++
Salmon "Yu Sheng" (Small – 4 to 6 pax)	\$29.80++
Salmon "Yu Sheng" (Large – 6 to 10 pax)	\$39.80++
East West "Yu Sheng" (Small – 4 to 6 pax) (Combination of Ikan Parang & Salmon)	\$33.80++
East West "Yu Sheng" (Large – 6 to 10 pax) (Combination of Ikan Parang & Salmon)	\$43.80++

10% for all YWCA members

For take-away, the 10% service charge will be waived.

6. Afternoon Tea Set

Available daily (Monday to Sunday) @ the Coffee House from 2.30pm to 5.00pm

a. CAKE OF THE DAY Served with coffee or tea	\$4.00++
b. KAYA TOAST Served with coffee or tea	\$4.00++

10% discount for all YWCA members

The above discount is not valid with any other promotions or discounts

7. Reunion & Lunar New Year Celebration Lunch / Dinner

Available from 12th February – 4th March 2007 @ the Coffee House & Banquet

Reservations is compulsory, please contact the banquet sales team

10% discount for Board and YWCA members and FCL & NOF staff

MENU I

12th February – 4th March 2007
S\$398.00++ PER TABLE OF 10 PERSONS

Prosperity Yu Sheng with Salmon & Ikan Parang
万众齐捞起
Shark's Fin Soup with Crabmeat & Conpoy
好运大展翅
Traditional Roast Chicken with Crackers
金凤鸣新春
Sauteed Prawn with Broccoli
嘻哈笑盈盈
Steamed Garoupa Hong Kong Style
扬帆风畅顺
Braised Black Mushroom & Dried Oyster with Vegetables
开心接财宝
Glutinous Rice with Assorted Wax Meat in Lotus Leaf
黄金满屋盘
Red Bean Paste with White Bulb
鸿运赐贵子

MENU II

12th February – 4th March 2007
S\$328.00++ PER TABLE OF 10 PERSONS

Yu Sheng with Salmon
万众迎春
Braised Shark's Fin Soup with Shredded Chicken
好运展翅
Traditional Roast Chicken with Garlic sauce
起迎新岁
Steamed Prawn with Chinese Wine
嘻哈大笑
Deep-fried Seabass in Superior Soya Sauce
一帆风顺
Braised Broccoli with Sea Cucumber & Black Moss
心想事成
Braised Ee Fu Noodles with Golden Mushroom
金粒丝串
Red Bean Paste with Lotus Seeds
喜庆团圆

The below packages are inclusive of:

- Mandarin oranges
- Free flow of soft drinks & Chinese tea
- Complimentary use of private function room for 30 pax & above
- 20% complimentary car park coupon based on confirmed guests for 30 pax & above
- Price is subjected to 10% service charge & 5% GST

OUTRAM INFANT AND CHILD DEVELOPMENT CENTRE

Hello, we hope that everyone is healthy and happy as we start our journey into the New Year.

We at YWCA OUTRAM INFANT & CHILD DEVELOPMENT CENTRE are looking forward this year to further excel in our services to parents and their children in our care. We are setting a strong foundation in phonics, reading and creative writing to empower the young learners to express themselves confidently and creatively. Our little chefs as young as 4 years' old can try their hand at cooking at weekly cooking lessons. Our Mathematics Programme utilises concrete objects to help your child absorb mathematical concepts easily. As young minds are full of curiosity, the Science lessons are filled with hands on experience.

As part of our Core Programme, the children at our centre are provided with computer lessons and a Pilot Programme, Chinese calligraphy for Kindergarten 2, has rolled out this year. These enrichment programmes will help in developing the interest of the child beyond academic performance.

We also believe that every child is unique in his or her way and should be given opportunities to develop and grow in a mainstream setting. As such we open our doors and hearts to children with special needs to be integrated in our centre's programme.

Being a Christian organisation, our curriculum ensures that daily experiences coupled with moral values taught will nurture the spiritual development of each and every child. That is why our centre emphasises emotional, social and also spiritual development.

Our infant care services are for babies from 2mths to 17mths old. We have three trained infant care teachers with vast experience to care and nurture the babies through the different developmental milestones. Our child teacher ratio is 1 teacher to 4 babies. We have a cosy environment with a gym for the babies to develop their fine & gross motor skills. The aim is to create a home-away-from-home for these little ones where they are loved and encouraged to participate actively in the stimulating environment.

The class size for each student level is kept small for conducive learning. We have a team of trained and experienced teachers who aim to foster a stimulating learning environment where a child's total development is nurtured through interaction with adults, children and appropriate materials.

What you can look forward to in the next few months are excursions, parental involvement programmes, building of good communication between parents and centre through the communication book and other means, so that you can become partners with us in developing a POSITIVE AND LOVING CHILD.

Have a Blessed Year ahead.

Mrs Rosalind Linus
Principal
Outram Infant & CDC

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is — his good, pleasing and perfect will. (Romans 12: 1-2)



Salsacise Workout!

Salsacise is a low impact funky dance workout that combines easy Salsa dance moves and exercises. It is also a fantastic cardiovascular dance exercise, which is great for building heart strength as well as toning of your torso, arms and legs. This workout does not require you to have a dance partner and is suitable for men and women of all ages, weight and fitness levels.



Each lesson will begin with a warm-up session followed by paced tempo movements and then end with a cooling-off session. In fact, Salsacise is so simple to pick up that whether you have dancing experience or you are just a beginner, you will be able to follow through the easy dance steps and sway along to the rhythm of catchy and upbeat Salsa and Latin music. You will burn away fats, have fun and also feel great, all at the same time.

Who says you have to stick to boring exercise routines and workouts in order to stay in shape? So if you like to dance and keep yourself toned, then Salsacise is the class for you!

* Wear comfortable clothes and non-marking soft-soled shoes.

“May God be gracious to us
and bless us and make His
face shine upon us, that
Your ways may be known
on earth, your salvation
among all nations.
(Psalm 67: 1-2)”

Swimming

Swimming can be a total mind-body release and it is arguably the best total-body exercise around. A good swim invariably reduces stress and leaves you feeling energized and healthy. Being able to improve your range of motion and joint health, swimming is an ideal adjunct to any workout programme because it improves aerobic capacity.



Regular swimming also works endurance, muscle strength and cardiovascular fitness. Swimming exercises the upper and lower body and hence it is an effective weight-control exercise. It is a healthy activity that can be continued for a lifetime and the health benefits swimming offers are worthwhile! Guided by our certified instructress, you will be able to pick up swimming strokes in no time. So, hurry! Sign up for our Ladies' Swimming Class today!