

LONGITUDE

A PUBLICATION OF
ONE°15 MARINA
SENTOSA COVE
SINGAPORE



FAMILY MATTERS

China, a destination for everyone, restaurants keeping family flavours alive, the world beneath our waters

+

People living with purpose and intention

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Some seasons invite us to slow down and look a little closer at the things that matter the most. The months of May and June always carry that feeling—school holidays, travel plans, and thoughtful reflections on the people and places that shape our lives.

Sure enough, with Mother's Day and Father's Day around the corner, this issue of *Longitude* turns its spotlight on family. In *Fine Food* (page 24), we explore local restaurants shaped by culinary legacies and traditions passed from one generation to the next. At the Club, these ideas come alive through shared experiences and meaningful moments, often centred at the table—especially at Latitude Restaurant & Terrace, where our Mother's Day and Father's Day brunches have become beloved traditions for Members. More details in *Club Perks* (page 32 onwards).

We are proud to share that the Club has attained Mid-Tier recognition under the Farm-to-Table Recognition Programme by the Singapore Food Agency—an advancement from our previous Base Tier. This reflects our continued commitment to supporting local producers through the use of locally sourced eggs, and we look forward to building on this journey.

We have also curated a series of experiences. From the delicate artistry of a Pearl Appreciation Workshop to the storytelling possibilities behind the lens at *Leica Moments: Father & Child*, it's all about bonding and making memories.

Family life at the Club extends beyond people alone. Increasingly, pets are becoming part of the experiences we share together, and the *Pets Day Out* and *Fur-tastic Island Adventure* events reflect just how much joy our four-legged companions bring to everyday life. The school holidays bring a different kind of energy to the marina. From the Annual ONE°15 Swim Meet to our multi-activity camps and tennis programmes, the upcoming holiday calendar has been designed to give children the opportunity to stay active, explore new interests and build confidence in a supportive environment. *RSVP* (page 38 onwards) to those that catch your fancy.

In *Lush Escapes* (page 12), we spotlight China, which is rapidly emerging as a compelling destination for travellers seeking a variety—from vibrant cities and cultural landmarks to breathtaking landscapes and family-friendly experiences. Travel for us is interconnected with the ocean, and in honour of World Oceans Day, *Fun Facts* (page 9) takes a deeper look at some of the most extraordinary underwater ecosystems.

On that note, April at the Club was all about this shared love for life on the water with the Singapore Yachting Festival (SYF) 2026—bringing enthusiasts,



SHARED JOURNEYS

industry leaders and newcomers to one platform. More than a showcase of beautiful vessels, SYF is a reminder of how deeply maritime culture is woven into the rhythm of our island nation.

Our profile feature of Member Daire O'Reilly (page 18) is an ode to this aspect. Recently elected President of the SB20 Singapore Class, Daire shares about his love for the water, appreciation for Singapore's sailing scene and outlines his long-term aspirations for the SB20 Class.

This issue is all about movement and moving ahead. That's exactly the message Dr Elton Ong (page 22) brings as he lays down the bare facts about the vicious cycle of sedentary lifestyles and chronic disease.

On another important note, we now have a new *Recipe* section (page 29) that invites Members to contribute their favourite recipes.

We hope these stories spark inspiration. Whether you are planning your next voyage, exploring wellness perspectives or taking a moment to enjoy the company around you, ultimately, the most meaningful journeys are the ones we share with our loved ones.

Nick McLaughlin
General Manager

ULTIMATELY,
THE MOST
MEANINGFUL
JOURNEYS
ARE THE ONES
WE SHARE
WITH OUR
LOVED ONES.



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5pm – 12am (Fri & Sat)
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(Actual View) For Sale — #06-15 at The Residences at W Singapore Sentosa Cove



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Great Escape

THE MODERN WANDERER'S GUIDE TO EFFORTLESS ELEGANCE—VERSATILE ESSENTIALS THAT MOVE SEAMLESSLY THROUGH DESTINATIONS AND LOOK BREATHTAKING IN EVERY PHOTOGRAPH.

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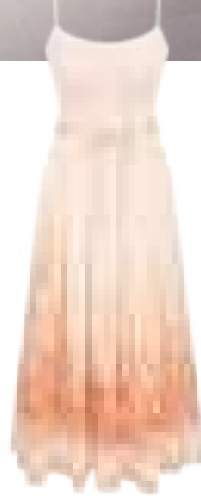


Pucker Up

Hermès' Rouge Brillant Silky lipstick offers buildable intensity, allowing colour to merge seamlessly with emotion. From a subtle smile to unrestrained laughter, lips

become a canvas for expressing a full spectrum of feelings. Available in 14 shades, the lipsticks are made with natural plant oils and butters. Designed for the fashion-forward woman, the Rouge Brillant Silky can be carried in a two-tone accessory that clips on to the belt of a woman on the move.

Hermès is available at #01-02A Liat Towers and hermes.com



New Romantics

Australian fashion label Zimmermann's latest collection is a love letter to freedom and rebellious adventure, drawing inspiration from classic pirate lore *Treasure Island*. Contrasts drive the collection—fluid fabrics pair with sharp tailoring, and romance with structure. The result is dramatic yet effortless, capturing a modern spirit rooted in freedom, playfulness and rebellion. For the globetrotter, these pieces offer theatrical flair—voluminous sleeves and maritime prints that catch the wind beautifully for the camera but remain grounded for a day of exploration. It's romantic, strong and a little extravagant, ensuring that even your most



“off-the-grid” moments feel like a modern-day fashion editorial. **Zimmermann is available at #02-45/46/47 Paragon Shopping Centre and zimmermann.com**



Fancy Feet

Named after the location of McQueen's historic London atelier, the EC1 sneaker is the definitive footwear for the urban explorer. Made in Italy, yet rooted in a retro-inspired aesthetic, these round-toe sneakers combine richly textured suede with technical nylon and a classic gum sole, embodying a modernist energy. They are designed for the modern man and woman who demand an innate ease without sacrificing their edge. Whether navigating cobblestone streets or dashing to a late-night dinner, these sneakers offer a soft, tactile style that balances heritage with high-octane fashion. Available in a versatile palette of denim blue, beige and classic black, they form the functional, high-fashion foundation every travel suitcase needs. **McQueen is available at #01-09 ION Orchard and alexandermcqueen.com**



Perfect Timing

This season, Tiffany & Co. honours its distinguished watchmaking heritage with a tribute to the 160th anniversary of the Tiffany Timing Watch—one of America's first stopwatches, introduced in 1866. The House celebrates this milestone with a breathtaking contemporary reinterpretation: the Tiffany Timer. Cased in polished platinum and limited to just 60 pieces worldwide, the 40mm timepiece is a rare fusion of avant-garde creativity and mechanical precision. For the discerning traveller, the details are the destination—from the shimmering diamond baguette indices to the whimsical surprise hidden within. Peer through the sapphire caseback to find a miniature 18k gold version of the iconic Bird on a Rock, perched elegantly on the winding rotor of the customised El Primero movement. With a beautiful Tiffany Blue lacquered dial, this watch is a signature balance of timelessness and playfulness, ensuring you're always on time, yet always full of joy and whimsy. **Tiffany & Co. is available at #02-05/06 Ngee Ann City S.C. and tiffany.sg**



7



Light Packer

If you're someone who values intentionality over excess, In Good Company offers a masterclass in soft tailoring. Their ready-to-wear pieces are defined by clean lines and elevated materials that feel as light as a coastal breeze. These aren't just garments; they are everyday silhouettes reimagined with a tactile depth that moves with you. Whether you're exploring a trail by the beach or at a five-star restaurant, these pieces will anchor your travel wardrobe with timelessness, proving that you can carry very little and still command a room. **In Good Company is available at #B1-06 ION Orchard and ingoodcompany.asia**

WHAT'S ON

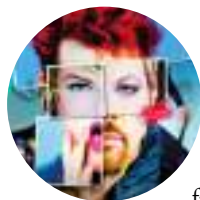
in May and Jun

Thee Sacred Souls

Experience the timeless pull of modern soul as San Diego trio Thee Sacred Souls bring their heartfelt grooves to Singapore. Known for silky vocals, warm analogue textures, and emotionally rich songwriting that channels '60s and '70s sweet soul with a modern glide, their sound is intimate, groove-forward and deeply felt. Expect a soul-stirring, slow-burn set built for listeners who like their music heartfelt and timeless. **Price: From \$138, 26 May 2026, Capitol Theatre, sistic.com.sg/events/thee0526**

**Charlie and the Chocolate Factory**

Get your golden ticket ready—a sugar-dusted stage spectacle is landing in Singapore as a first in Southeast Asia. Inspired by Roald Dahl's beloved classic, this award-winning musical promises a swirl of iconic songs, bold new numbers and eye-popping visuals. Expect pure imagination, mischievous twists, and theatrical magic for all ages—a feel-good, family-friendly night out that you'll want to book early. **Price: From \$88, 19 May to 14 June 2026, Sands Theatre, Marina Bay Sands, sistic.com.sg/events/catcf0626**

**Eddie Izzard – The Remix Tour Live**

British stand-up comedian, actor and activist Eddie Izzard revisits and refreshes favourite moments from his 35-year stand-up career. Expect sharp wit, surreal turns and delightfully odd storytelling, drawn from classic routines and cult characters, now reworked with new twists and spontaneous energy. A smart, offbeat comic ride that works just as well for longtime fans as it does for first-timers. **Price: From \$108, 30 May 2026, The Theatre at Mediacorp, sistic.com.sg/events/ei1225**

**Girls Girls Girls**

Get ready for a myth-busting, soul-affirming tapestry of life as a queer woman. Presented by Wild Rice, this verbatim theatre production is built from real interviews across Singapore's queer women community, from younger voices to elders. Honest, warm and deeply personal, it explores identity, visibility, chosen family, and belonging in a conservative society. Timed with Pride Month, it's intimate, eye-opening and—in many ways—long overdue. **Price: From \$40, 11 to 27 June 2026, The Ngee Ann Kongsi Theatre @ Wild Rice, Funan, sistic.com.sg/events/girls0626**

Professor Brian Cox Emergence World Tour

Physicist and broadcaster Brian Cox blends cosmology, biology, history, and philosophy to show how complexity emerges—from snowflakes to galaxies. Part lecture, part spectacle, it's a visually rich journey through the Universe, delivered through thoughtful storytelling, and in his signature accessible and engaging style. **Price: From \$105, 10 June 2026, The Star Theatre, The Star Performing Arts Centre, sistic.com.sg/events/brian0626**



**Information of events correct at the time of printing*



1

Many of the ocean's deepest ecosystems run **without sunlight**. Some organisms create energy from chemicals such as **hydrogen sulphide** from hydrothermal vents instead of light—redefining what life needs to **survive**.

2

Corals are generally considered **immobile** organisms, but not all species stay put. Some **mushroom corals** can slowly “walk” across the seabed, inching away from sediment or low light to find a better spot to **thrive**.

3 **THE OCEAN HAS A KIND OF LIVING MEMORY. BECAUSE SOUND TRAVELS FASTER AND FARTHER UNDERWATER THAN IN AIR, WHALES AND DOLPHINS CAN “CHAT” ACROSS VAST DISTANCES—SOME EVEN PASSING DOWN TRAVEL ROUTES AND SIGNATURE SONGS FROM ONE GENERATION TO THE NEXT.**



5

The ocean houses species that are older than dinosaurs. The **Greenland shark** can live over **250 years**, moving slowly through icy Arctic waters, making it one of the **longest-living vertebrates** on Earth.

Life Line

IN CELEBRATION OF WORLD OCEANS DAY, WE EXPLORE FASCINATING FACTS ABOUT THE OCEAN AND THE LIFE FORMS WITHIN.

9



4

Seagrass meadows are climate powerhouses. Covering **less than 0.2%** of the ocean floor, they can store **up to 10%** of the **ocean's carbon**—making them one of nature's most efficient carbon sinks.



World Oceans Day, observed on 8 June, was recognised by the United Nations in 2008 to drive awareness and action on ocean conservation, pollution, climate change and plastic waste reduction.



LUXE LIFE

LIFE BY DESIGN

Where luxe travel meets heritage experiences, people charting their life course with discipline and vivid perspective and families that cook.

Emperor Qin Shi Huang's Terracotta Army, Xi'an.



LAND OF THE DRAGON

A GLIMPSE INTO CHINA,
A HOLIDAY DESTINATION WHERE
ANCIENT TRADITIONS MEET
FUTURISTIC EXPERIENCES.

TEXT BEATRICE BOWERS



China is firmly back on the global travel radar. In the first three quarters of 2025 alone, inbound tourism doubled, signalling a steady reclamation of the country's place among the world's most visited destinations.

As a nation where imperial capitals, futuristic skylines, colourful regional cuisines and otherworldly landscapes coexist, China has plenty to offer every type of traveller. From historic Xi'an to futuristic Shanghai, here are five cities that prove why the Land of the Dragon should be your next vacation.

BEIJING

Few cities wear their history as visibly as Beijing. The capital is home to some of China's most iconic landmarks, such as the Forbidden City and Temple of Heaven, and sections of the Great Wall that snake across rugged hills just beyond the metropole's borders. Yet, Beijing today is far from a static museum of imperial dynasties past. Travellers are sure to be wowed by the ways the city carefully balances its past with the hyper-connected, future-forward tempo of China's great cities.

Recent years have seen a thoughtful revival of hutongs, the city's historic alleyways. Once at risk of disappearing, many have been restored into cultural enclaves that preserve traditional courtyard architecture. Areas like Shichahai and Dashilan are now ideal for wandering through time—the latter, for example, houses silk tailors who served royal courts, the city's oldest cinema and antique tea rooms along its colourful streets.

Adding to the contrast is Beijing's hyper-efficient transport network. The city's ever-expanding subway system and sleek high-speed rail links make navigating the city and taking short trips out a seamless experience. Gubei Water Town is a popular day trip just an hour and a half away. A storybook escape of stone bridges and canal-lined streets, the town is characterised by restored Ming- and Qing-era architecture set against the dramatic backdrop of the Simatai section of the Great Wall.



PLAY

The Chang An Club (changan-club.com) offers a polished retreat in the heart of the capital city. Housed within the Beijing Tower Building, this city club pairs a multitude of dining options with rooftop indoor tennis courts, a fully equipped gym, a swimming pool and spa facilities.



From left to right: Sights from the Forbidden City; skyscrapers around the historic Xinkailu Hutong; The Palace Museum.





CHENGDU

Chengdu's reputation as a foodie paradise is both well-earned and fiercely protected. The city's eateries deliver a masterclass in Sichuan cuisine's bold, layered flavours, with numbing peppercorns and fiery dried chillies stealing the spotlight in many of its most iconic dishes.

Feast your way through Sichuanese staples like mapo tofu, best enjoyed at long-standing institutions such as the Michelin-recognised Chen Mapo Tofu in Qingyang District; Sichuan hotpot, where local favourites like Shu JiuXiang and Huangcheng Laoma draw nightly crowds for their richly spiced beef tallow broths; and dan dan noodles, a deceptively simple dish easily found at humble neighbourhood noodle stalls and bustling food districts like Jinli Ancient Street.

Beyond the food, Chengdu's appeal lies in experiences found nowhere else in China. The city is home to the Chengdu Research Base of Giant Panda Breeding, where visitors can observe the country's most beloved national treasure in an environment dedicated to conservation and research. Just beyond the city, the Leshan Giant Buddha is a sight to behold—carved into a cliff face overlooking the confluence of three rivers, the 71m-tall stone statue has been the largest of its kind in the world since the Tang dynasty.

PLAY

Get a front-row seat to centuries-old tradition at Shufengya Yun, Chengdu's famed opera house, where performers bring Sichuan opera to life through dramatic face-changing acts and fire-breathing stunts.





Clockwise from top left: Chengdu Research Base of Giant Panda Breeding; Chengdu Financial City Twin Towers; Shanghainese sweet and sour pork; along the Bund, Casa Dolce&Gabbana at Zhangyuan; the Chengdu-Yibin Expressway sour-spicy tofu pudding; Sichuan skewers.

SHANGHAI

Shanghai is often the first city that comes to mind when people imagine modern China, and with good reason. Its iconic skyline, defined by architectural marvels like the Shanghai Tower and Oriental Pearl TV Tower, reflects the city's forward-looking spirit. At the same time, the Bund offers a nostalgic counterpoint with its colonial-era facades lining the Huangpu River.

Beyond the postcard views, Shanghai thrives as a lifestyle destination. Former industrial zones and historic shikumen neighbourhoods have been reimagined into vibrant cultural districts. Xintiandi is one such example—located just south of Huaihai Zhong Lu, this lively quarter preserves the stone-framed gateways and grey-brick facades of 19th-century shikumen residences. Divided into the North and South Blocks, the former's heritage buildings house upscale dining and global brands. The glass-fronted South Block leans contemporary, with fashion stores, cinemas, and lifestyle concepts within.

Shanghai's fine-dining scene is equally dynamic, with world-famous chefs like Stefan Stiller and Umberto Bombana making their mark there. The former's Taian Table, for example, is one of the few three Michelin-starred restaurants in the city, earning its stripes through its 12-course menu of German-Asian fusion fare.



PLAY

Escape the bustle of downtown Shanghai at the Shanghai Racquet Club & Apartments (src.com.cn/wzsy), a Mediterranean-style residential enclave near Hongqiao. The community's expansive clubhouse offers year-round tennis and racquet sports, as well as family-friendly amenities.





ZHANGJIAJIE

Zhangjiajie is China's best-kept natural playground for anyone who feels most alive surrounded by untamed beauty. The UNESCO-listed destination is best known for the Wulingyuan Scenic Area, where more than 3,000 pillar-like formations pierce the sky, sculpting a skyline unlike anywhere else in the world.

Many will recognise them as the real-life inspiration behind the floating "Hallelujah Mountains" in James Cameron's *Avatar*. Shaped over millions of years by wind and water erosion, these towering quartz-sandstone spires rise dramatically above dense forests. Pack a pair of sturdy hiking boots and embark on your choice of trail, each with a different difficulty and view. The early morning is best for photographs, as the heavy mist makes for an otherworldly atmosphere.

If your definition of a holiday excludes working for a good view, the Scenic Area is well-equipped with cable cars and lifts that bring you to panoramic lookout points with minimal effort. Among them is the glass Bailong Elevator, which whisks visitors up a sheer cliff face in under two minutes.



STAY

To fully experience the breadth of Zhangjiajie's dramatic landscapes, base yourself near the national parks for at least a few days. Wulingyuan Village is more convenient, though lodgings are rustic. In contrast, downtown Zhangjiajie features a selection of upscale hotels with plush comforts.



Clockwise from top left: The Tianmen Mountain Road in Zhangjiajie; Xi'an's Muslim Quarter; Emperor Qinshihuang's Mausoleum Site; the peaks of Wulingyuan Scenic Area; Fenghuang Old Town.





XI'AN

As the eastern terminus of the ancient Silk Road, Xi'an carries its history with quiet grandeur. Once known as Chang'an, it served as the capital for 13 dynasties, and remnants of that imperial legacy remain etched across the city. For one, the mighty Ming-era City Wall still encircles the old town. Most famously, Xi'an remains the home to Emperor Qin Shi Huang's Terracotta Army, a subterranean legion of ceramic soldiers, chariots and horses crafted to protect China's first emperor in the afterlife.

Home to one of China's oldest Muslim communities, the lively Muslim Quarter is a glimpse into the cultural crosscurrents shaped by the Silk Road trade. Spend time wandering and feasting your way through the quarter's lively lanes, where many small stalls hawk halal Xi'anese fare, such as hand-pulled biang biang noodles, cumin-dusted lamb skewers, and roujiamo, dubbed China's answer to the burger. Nearby, the Great Mosque stands as a striking blend of Islamic faith and traditional Chinese architecture.

Once the sun sets, head to Grand Tang Dynasty Ever Bright City. This sprawling pedestrian boulevard is a tribute to the Tang dynasty, coming alive each evening with glowing lantern displays and larger-than-life sculptures inspired by the Tang era. Costumed performers reenact scenes from imperial court life, as pop-up stalls and themed storefronts add to the spectacle. 📺

PLAY

Visiting Xi'an likely means you'll fly into Beijing first. Kickstart your trip at the Beijing American Club, which counts itself as one of China's most prestigious members-only destinations since its opening in 1999.





TRUE COURSE

FROM IRELAND'S ICY WATERS TO SINGAPORE'S SB20 SCENE, DAIRE O'REILLY BRINGS DISCIPLINE, PERSPECTIVE AND QUIET HUMOUR TO THE HELM—BALANCING COMPETITION, COMMUNITY AND FAMILY LIFE.

TEXT SANDHYA MAHADEVAN PHOTOGRAPHY BENNY LOH
ART DIRECTION CHARLENE LEE

It's an unusually hot morning on Sentosa Island when the crew arrive at the Club for their shoot with Member Daire O'Reilly—who was recently elected President of the SB20 Singapore Class.

"Not many people know this, but I have always found public speaking a bit daunting—and things like this interview," he says, as the team sets up against the marina backdrop.

The smile, however, comes on easily and he slips into the moment without fuss. It could be the fact that his partner Lena is by his side—their easy camaraderie unmistakable as it is endearing. The presence of water also lends to the avid sailor's calm persona.

EARLY CURRENTS

Born in the small fishing village of Howth in Dublin, Ireland, water has always been part of Daire's life. Sailing came early—he started at nine, and by 11, he was competing in his first national event—and he won. By 12, he was competing with the Irish national sailing team, progressing through different boat classes until he left for university. He was also a member of Ireland's Junior Olympics team and later coached the Irish national under-15 team for a couple of years.

But his first win remains especially close to his heart. "I've had many successes over the years, but that was the first truly significant event of my life," says Daire. "It gave me my first real experience of competition—of putting in the time and effort and coming away with a measure of success. That feeling became a driving force, not just in sailing, but in my work and everything else I do," he adds.



Still, sailing was never meant to be a career. Daire went on to study law, only to realise it wasn't quite the right fit. Today, he is Vice President, Marketing & Head of APAC at aircraft leasing company AviLease, owned by PIF, the sovereign wealth fund of Saudi Arabia. The pivot towards aviation began during his solicitor training in Ireland, when he spent six to nine months on rotation in aviation finance—"and I found myself gravitating toward aircraft financing and leasing rather than the legal track."

That path eventually brought him to Singapore 14 years ago, where he built a home with Lena and their two daughters, Annabelle, 10, and Betty, 5.

SAILING IN SINGAPORE

His move also reignited his sailing life. Through SB20 racing, he made strong inroads into Singapore's sailing community, which he speaks of with genuine respect. "Singapore and sailing have a really interesting relationship. Believe it or not, I think over the last decade Singapore has been the most successful country in the under-15 category—they've won multiple world championships in sailing," he says, dispelling the notion that the sport is underexplored here. Sailing is embedded in school programmes and supported by universities—fitting, he notes, for an island nation.

Daire was elected President of the SB20 Singapore Class right after the World Championships last year in Singapore—the first to be hosted in Asia. "The baton was passed to me to continue building the class," he says, reflecting on the record turnout. He hopes to see Singapore host the World Championships again. Strengthening regional ties is also high on his agenda. "The other big objective is to bring Malaysia and Thailand closer to the Singapore sailing scene and develop a stronger relationship overall—where we go up to them for some events and they come down to us for ours."

Balancing community building with competitive spirit is something he enjoys. "We're competitive on the water, we're friends off the water. The Singapore Class is made up of different personalities, but that's what we try to instil throughout the Class and we have achieved it," he says.

Sailing in Singapore can be demanding, he notes, with strong tides, heavy ship traffic and reef areas that require constant awareness. "It can

feel intimidating for beginners, especially from a safety standpoint. Winning is one aspect of it, but making sure members of the community feel safe, welcome and happy while they're learning is just as important to me," he says. His advice to aspiring young sailors—even those who have never been on the water—is characteristically open and direct, with a touch of cheeky humour: "Give me a call."

GROUNDING AT HOME

Mentoring youngsters and becoming a parent have been some of the biggest turning points in Daire's life. "The biggest evolution is definitely kids—you go from looking after yourself to being responsible for others and looking after them. They are the most important parts of my life," he says with fondness.

Family time remains non-negotiable. Cooking is one way he and Lena unwind together. "I used to cook a lot of European food, but after 14 years in Singapore, and being with Lena—who is Vietnamese—I'm learning Asian cuisines," he says.

Despite a demanding, travel-intensive career and an active sailing calendar, Daire keeps his days grounded in a simple practice. "I try to approach each day with one target—it could be a work target, a sailing target or a personal target—and that sense of accomplishment," he says. "That's what drives me every morning—aside from my five-year-old, who gets me up at half-past five every day." 📧

DAIRE'S TOP 3

MEMORY

I was 13, competing in an under-15 event held over three weekends. I went in with no expectations but ended up qualifying for Ireland's Under-15 Optimist national team. Eight of us—five boys and three girls—were flown to Palma in Mallorca, Spain, for the European Championship. Going from sailing in cold Irish waters to racing there was a real eye-opener, and something I'll never forget.

HAUNT

My favourite restaurant is a family-run Italian place called No Menu on Boon Tat Street. It serves authentic fare—all their ingredients are flown in from Italy. It's not the fanciest spot, but the ambience really makes you feel like you're in Italy.

BOOKS

I read a lot of sports biographies—personalities like Tiger Woods and Muhammad Ali. They really highlight the subtle difference between being good at your discipline and being great at it. I draw inspiration from them in both my work and my sport.



STEADY COURSE

GUIDED BY CURIOSITY, DISCIPLINE AND POSITIVE THINKING, MARINA SUPERVISOR NUR MUHAMMAD MD AMIRAH BALANCES WORK, CHALLENGES, AND FAMILY WITH QUIET CONFIDENCE.

TEXT SANDHYA MAHADEVAN PHOTOGRAPHY BENNY LOH
ART DIRECTION CHARLENE LEE

It's a bright, sun-washed morning and the Club hums with quiet precision. Marina Supervisor Nur Muhammad Md Amirah moves with practised confidence, guiding a tractor-mounted forklift along the pontoons as he coordinates the launch and movement of boats—timed to yacht owners' requests. The superyachts berthed at the marina glint beneath the Singapore sun—a tableau that once felt aspirational, almost cinematic, has since become the cadence of a typical day at work for Muhammad.

He admits he was dumbstruck the first time he stepped into the Club. "I didn't know a place filled with yachts like this existed in Singapore," he recalls. That was nine years ago, when he arrived to interview for the role of a buggy technician—a first encounter with a world that would soon become second nature.

From there to his current role, service as Union Branch Chairman and receiving the Employee of the Year Award 2025, Muhammad's journey has come a long way.

MUSCLE MEMORY

"I have always loved getting my hands dirty. Since I was young, I was more interested in cars and motorbikes," says Muhammad, underscoring how his career ambitions have always been mechanically inclined.



He put that passion into practice at his first job with Tan Chong Motor after graduating in automotive engineering from the Institute of Technical Education (ITE). There, he gained a deep understanding of cars and honed his skills in troubleshooting complex mechanical issues. The learning curve was steep, but rewarding, he shares. In 2017, when a friend alerted him to an opening at ONE°15 Marina Sentosa Cove for a buggy technician, he decided to move on to roles offering broader career opportunities.

At that time, he admits, “I had no knowledge about boats at all.” With guidance from colleagues—and driven by a naturally mechanical mind and a curiosity to learn—he began picking up the fundamentals of marina work, from tying knots to operating a forklift and eventually handling boats. His technical ability and willingness to learn did not go unnoticed—his supervisor recognised his potential and moved him into marina operations. The company supported his development through training courses, equipping him with the skills to operate boats and specialised marina equipment with confidence.

An even greater challenge, however, was his tendency towards seasickness—at one point, “even standing near the pontoon would trigger dizziness and nausea”, he says. But Muhammad was determined not to let it hold him back and forced his body to adapt by spending more time on boats with his peers, learning the job hands-on.

Transitioning from mechanic to supervisor also brought new challenges. “Managing people is harder than the technical side,” Muhammad laughs, quickly adding “without my team, I’m nobody. Over the years, I’ve learnt to respect others, stay calm, and turn mistakes into lessons we can all learn from.”

A typical day at the marina follows a steady rhythm of launching and towing boats, but throw in tight launch schedules, shifting weather and multiple vessels in motion, and things can quickly escalate into demanding situations. “You have to stay alert,” he says. While much of the work runs like clockwork, unexpected requests or operational challenges mean the team must adapt quickly—balancing technical precision with calm problem-solving.

He recalls an incident a few years ago when a Member’s boat capsized. “We all went out straight away,” Muhammad says. Together with his colleagues, they launched two boats to assist with the rescue and tow the vessel back. Strong currents and choppy conditions made the operation difficult, stretching what might have been a straightforward task into nearly three hours. “It was hectic,” he adds. “Moments like these demand focus, teamwork and a willingness to put others’ safety first.”

CALM UNDER PRESSURE

Dealing with tense situations has helped Muhammad uncover hidden strengths within himself. He relates one such involving a dispute between two men—one of whom was a boater. The latter rushed into the marina office begging for help. “My Operations Manager and I went out to see what the commotion was about, and we saw the other man holding what looked like a long comb, but with a very sharp edge—he was brandishing it like a knife,” recalls Muhammad. Drawing on his experience in the Singapore Police Force during his National Service, Muhammad pulled the man aside and calmly appealed to his common sense. “I told him, ‘This is not rational—don’t do something you will regret. Think about your family.’”

The situation eventually de-escalated, although the police had to be called as a precaution. Muhammad’s handling of the incident earned him praise from his colleagues and contributed to his Employee of the Year Award—an annual award issued by the NTUC-affiliated Food, Drinks and Allied Workers Union, and the Singapore Hotel Association that recognises outstanding hotel and hospitality workers.

“It meant a lot to me to be recognised,” he says. “I’m proud of myself. I feel that the work I’ve done has been seen and valued by the company. Professionally, it strengthened the trust between me and the organisation.”

As cool-headed as he is at work, “at home, I’m considered a strict father,” he laughs. Mindful of how much time his two teenage sons and 10-year-old daughter spend on their phones, he sets simple boundaries with a family app, limiting screen time until around 9 or 9.30pm. “After that, they either watch a bit of TV or go to sleep,” he says.

Muhammad credits much of his drive to his mother. “She always told me to work hard, never give up and keep learning,” he says. It’s advice he now passes on to his children. “I tell them the learning doesn’t stop. Every day there’s something new to learn—so just keep going.”

That same mindset shapes his own ambitions. He hopes to learn more about marina management. The next step doesn’t appear to be out of reach, going by the mantra he lives by: “Nothing is impossible. We can get the job done if we focus on it.”

MUHAMMAD'S TOP 3

UNWIND

When I get home, I usually play some games on my phone—mostly strategy games. It’s just a way for me to switch off. Other than that, I relax at home and watch Netflix with my wife.

PASSION

I’ve always loved motorbikes. I used to go on tours with my brother-in-law, but our schedules don’t match anymore since I’m on a roster. I’m a big MotoGP fan and follow all the races, and my favourite place to go is the Sepang International Circuit.

SPORT

I like to play soccer whenever we have the time at work. Colleagues on the same roster get together, book a futsal court, and play. Sometimes we even team up with the boaters.





THE SILENT SURGE

HOW SEDENTARY LIFESTYLES FUEL THE CHRONIC DISEASE CRISIS

TEXT DR ELTON ONG/VIGNE GROUP

In the 21st century, human movement has undergone a radical transformation. While technological advancement has optimised efficiency, it has simultaneously engineered physical activity out of our daily routines. We now operate in an environment defined by “prolonged stillness”—working at desks, commuting in vehicles, and relaxing in front of screens. This shift is not merely a change in habit; it is a global public health crisis. Research now suggests that prolonged sitting raises the risk of cardiovascular disease (CVD) by up to 35 per cent, a danger comparable to smoking.

The path from a sedentary lifestyle to life-threatening emergencies like heart attacks and strokes is a well-documented domino effect. Understanding the link between inactivity, obesity, and diabetes is essential, but the true key to survival lies in early detection and aggressive lifestyle intervention.

THE METABOLIC STAGNATION: FROM STILLNESS TO OBESITY

The human body is biologically designed for frequent movement. When we remain seated for extended periods, muscle activity—particularly in the legs—virtually shuts off. This leads to a cascade of detrimental physiological changes: A reduction in lipoprotein lipase activity (which helps break down fats), impaired lipid metabolism, and a decrease in cardiac output.

This metabolic stagnation is a primary driver of obesity, specifically abdominal or visceral obesity. Excess fat stored around the waistline is not inert; it acts as an active endocrine organ, releasing inflammatory substances and free fatty acids. These substances promote insulin resistance, where the body’s cells fail to respond correctly to insulin, leading to high blood sugar levels. Even a 10 per cent increase in sedentary time has been linked to a 3.1cm increase in waist circumference.

THE DIABETES LINK AND VASCULAR DECAY

Obesity and inactivity are the twin engines of Type 2 Diabetes. When the body can no longer produce enough insulin to overcome resistance, blood glucose rises. Over time, this chronic hyperglycaemia acts as a corrosive force on the cardiovascular system. It damages the delicate lining of the blood vessels (endothelial dysfunction), increases arterial stiffness, and promotes the buildup of fatty deposits—a process known as atherosclerosis.

Individuals with Metabolic Syndrome (MetS)—a cluster of conditions including abdominal obesity,

high blood pressure, high triglycerides, low HDL (good) cholesterol, and high blood sugar—face a significantly higher peril. Having three or more of these factors makes a person two to four times more likely to experience a heart attack or stroke.

DOWNSTREAM DEVASTATION: HEART ATTACK AND STROKE

The “downstream” complications of this cycle are often sudden and catastrophic:

- **Heart Attack:** Atherosclerosis narrows the coronary arteries. If a plaque ruptures, it can completely block blood flow to the heart muscle, causing permanent damage or death.
- **Stroke:** Damage to the small blood vessels in the brain or the formation of clots can lead to a stroke. Chronic MetS has been shown to nearly triple the risk of stroke compared to those without the syndrome.
- **Heart Failure:** Prolonged hypertension and obesity-associated changes in cardiac function can lead to “cardiomyopathy of obesity,” eventually resulting in heart failure.

CRITICAL ADVISORIES FOR PREVENTION AND MANAGEMENT

The transition from a sedentary lifestyle to chronic illness is modifiable and often reversible through deliberate action.

Physical Activity:

- **Move More, Sit Less:** The World Health Organization (WHO) and American Heart Association (AHA) emphasise that “some movement is better than none”.
- **The 150-Minute Rule:** Adults should aim for at least 150 minutes of moderate-intensity aerobic activity (like brisk walking or swimming) or 75 minutes of vigorous activity per week.
- **Break Up Stillness:** For those with desk-bound jobs, breaking up sitting time with brief periods of standing or walking is crucial. Even modest increases in activity can result in significant decreases in coronary heart disease risk.
- **Strength Training:** Incorporate muscle-strengthening activities at least two days per week to improve metabolism and bone health.

NUTRITIONAL SAFEGUARDS

Diet is a fundamental weapon against metabolic decay.

- **Adopt Proven Patterns:** The DASH (Dietary Approaches to Stop Hypertension) and Mediterranean diets are strongly recommended. These emphasise fruits, vegetables, whole grains, lean proteins (fish and poultry), and healthy fats like olive oil.

NEW 2025 SCREENING STANDARDS

UPDATED MEDICAL GUIDELINES EMPHASIZE EARLIER INTERVENTION:

BLOOD PRESSURE
Normal is now defined as <120/80 mm Hg. Anything higher is categorised as elevated or hypertensive, requiring immediate lifestyle changes and potential medication.

BLOOD GLUCOSE
A fasting glucose of ≥ 100 mg/dL is a warning sign of prediabetes.

CHOLESTEROL:
Monitoring non-HDL cholesterol is now often preferred as it can be measured without fasting and accurately reflects cardiovascular risk.

KIDNEY HEALTH
New 2025 guidelines recommend a urine albumin-to-creatinine ratio test for all patients with high blood pressure to assess early kidney damage.

Based on the latest BP guidelines from the American Heart Association and blood glucose guidelines from the American Diabetes Association.

- **Reduce “The Big Three”:** Actively limit intake of sodium (salt), added sugars (especially sugary drinks), and saturated/trans fats. Reducing sodium to less than 2,300mg (ideally 1,500mg) per day can significantly lower blood pressure.
- **Weight Management:** Even a modest weight loss of 5 to 10 per cent can dramatically improve blood pressure, cholesterol levels, and glucose control.

ESSENTIAL LIFESTYLE MODIFICATIONS

- **Tobacco Cessation:** Smoking is a primary driver of preventable death and damages blood vessels directly. Quitting is the single most powerful step for heart health.
- **Sleep Hygiene:** Adults need 7 to 9 hours of quality sleep. Poor sleep is linked to increased stress hormones, which can worsen metabolic syndrome.
- **Stress Management:** Chronic stress contributes to unhealthy behaviours like overeating. Techniques such as mindfulness, yoga, and meditation have been shown to lower blood pressure and improve psychological well-being.

THE POWER OF EARLY DETECTION

The most tragic aspect of chronic cardiovascular disease is that it is often silent until a major event occurs. Early detection through regular screening is the only way to identify risk before it becomes an emergency.

RECLAIMING YOUR HEALTH

A sedentary lifestyle is not a life sentence, but it is a significant risk factor that requires active management. The biological mechanisms linking inactivity to heart attack and stroke—*inflammation, insulin resistance, and atherosclerosis*—are powerful, yet they are also sensitive to change.

By prioritising movement, adhering to heart-healthy nutritional patterns and insisting on regular medical screenings, you can interrupt the cycle of chronic disease. Early detection provides the window of opportunity needed to transition from a MetS-chronic state to a MetS-free state, effectively safeguarding your heart, brain and future. 📦

Dr Elton Ong is a primary care physician trained in family medicine and occupational health, with extensive experience in clinical practice and healthcare leadership. He has been a Designated Workplace Doctor with Singapore’s Ministry of Manpower since 2012 and a Doctor of Medicine with the Ministry of Health since 2005.



FAMILY TABLES

FROM HERITAGE NASI PADANG TO MODERN INDONESIAN FARE, THESE FAMILY-RUN RESTAURANTS KEEP CULINARY TRADITIONS ALIVE WHILE THE NEXT GENERATION STEPS FORWARD TO SHAPE THE FUTURE.

TEXT SANDHYA MAHADEVAN



When you look at any place with a rich culinary heritage, food traditions are often kept alive not in cookbooks, but within families. Recipes are shared at the stove, techniques picked up by watching a parent or grandparent cook, and flavours remembered as much as they are measured. In many kitchens, cooking becomes a kind of inheritance—where shared taste, closely guarded secrets and a deep respect for tradition quietly pass from one generation to the next.

In Asia, that spirit of continuity is especially easy to see, and in Singapore—where foodies will travel the length and breadth of the island to savour a cherished dish—even more so. Yet it is changing—much of the city's traditional food culture was built by a generation of cooks now ageing, and a new wave of contemporary cafés, global cuisines and modern dining concepts is slowly reshaping the landscape.

Against this shifting backdrop, a handful of establishments remain firmly in family hands, with children and grandchildren stepping in to carry the story forward, inheriting not just the recipes but the rhythms of the kitchen, the relationships with diners, and the legacy that keeps people coming back.



THREE. BY GARAMIKA

Run by three young sisters, **THREE. by Garamika** brings a youthful energy to Indonesian dining while staying rooted in family. Founded by Gabby, Rachel and Mika while they were still in university preparing for corporate careers, the restaurant began as conversations around the family dining table before evolving into months of recipe testing—and eventually, a full-fledged restaurant.

The restaurant is inspired by recipes from their mother and grandmother, and those early ideas slowly took shape in the kitchen. “The rest of the menu emerged from passion, curiosity and relentless testing,” says Gabby.

The name reflects both their partnership and their heritage. “**THREE.**” honours the sisters who built the restaurant together, while “**Garamika**” blends their names and nods to “**garam**”, the Bahasa Indonesia word for salt.

Although first-generation restaurateurs, family traditions run through the kitchen. Their broths and signature Traditional Oxtail Soup (Sup Buntut) draw inspiration from their mother’s and grandmother’s cooking. “Slow-simmered and layered with natural ingredients and spices, it reflects patience, heritage and generosity,” they share.

New dishes are often introduced as seasonal specials first, and only earn a permanent place on the menu if they resonate with guests—as the now-popular beef rendang did. Since Rachel, the restaurant’s Head Chef, graduated from university in 2024, the menu has also expanded to include more side dishes and Indonesian-inspired drinks.

“We believe in doing simple things properly,” they say. “Time is the real ingredient.” Today, the sisters remain hands-on, managing everything from operations to marketing. Their guiding values—integrity, resilience and unity—continue to shape a restaurant built as much on family as it is on flavour.



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HOT TIP

When cooking a spice paste, don’t rush the oil separation stage. Keep the heat low and let it cook until the colour deepens and the aroma changes—that’s when the flavour truly develops.





BRITISH HAINAN

Frederick Phua founded British Hainan to honour the culinary traditions passed down from his father and earlier generations of Hainanese cooks who served in British homes, shaping a unique culinary tradition of their own. Every dish tells a story that stretches back to the '60s, of a distinctive style blending British techniques with the warmth and depth of the Asian palate—the name itself reflects that dual identity.

Today, the next generation has stepped in not only to safeguard those recipes, but also to ensure the restaurant continues to evolve with the times while remaining true to its roots. “The core heritage dishes remain protected. However, we stay attuned to contemporary tastes and market needs,” says Phua. The latter, Phua says, are refinements imbued through customer interaction, discussion, and careful experimentation.

In the kitchen, patience remains the defining ingredient. Classic dishes such as the restaurant’s signature Oxtail Stew are prepared using traditional slow-cooking methods, often simmered for six to eight hours to extract maximum flavour. This slow-stewing method is part of British Hainan’s identity, says Phua. “Time is a key ingredient in our kitchen. Even without relying on high-tech shortcuts, we are able to replicate traditional depth of flavour because we respect process and patience.”

More than just a restaurant, British Hainan remains, even today, a place where heritage, hospitality and home-style cooking come together at the table.



HOT TIP

Avoid using a pressure cooker for bone-based stews if you want maximum depth and nutrition. Instead, allow the dish to simmer gently for several hours. Slow cooking enables collagen and minerals to extract naturally, resulting in richer flavour and better nourishment.



5 SENSES CAFE & RESTAURANT

At 5 Senses Cafe & Restaurant, the story begins with the father and continues with the son. Founded by Raymond Foo, the restaurant reflects his vision of a welcoming dining space where families could gather around comforting flavours rooted in Hainanese heritage.

Today, his son Shaun Foo carries that vision forward. Having grown up watching his father build a name in Singapore's coffee industry, stepping into the business felt almost inevitable. "Joining the restaurant felt less like a decision and more like a calling," he shares. What began as his father's dream has evolved into a shared family legacy, guided by values of respect, empathy and inclusivity.

The name "5 Senses" reflects the philosophy behind the restaurant: that dining should be a full sensory experience. "Every meal should delight sight, smell, taste, touch, and even sound," Foo (Shaun) explains. "Food should nourish both body and memory—every dish is an opportunity to reconnect across generations."

The menu balances tradition with thoughtful evolution. Classic favourites remain, while inclusive additions—such as softer-textured dishes for seniors—ensure grandparents, parents and children can comfortably share the same meal.

One dish that captures the restaurant's spirit is its Signature Seafood Mee Goreng. Rooted in Indian-Malay tradition and elevated with the family's chilli rumpah, inspired by the bold flavours of Singapore's chilli crab, it reflects the cultural influences that shape the city's food identity.

Coffee remains central to the story. Raymond Foo—known in the industry as "The Coffeeman"—began his career as a coffee equipment engineer before founding Brewers' Coffee. His deep understanding of roasting and blending continues to shape how the restaurant approaches flavour today: precise, intuitive and grounded in craft.



TOP TIP

Taste as you go and trust your senses—flavour, aroma and texture should guide you more than recipes alone. Cooking is as much about instinct as technique.

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SABAR MENANTI

At Sabar Menanti, tradition is not just preserved—it is lived every day in the kitchen. Founded in the '40s by Madam Ros and her husband, the restaurant began with humble beginnings, serving nasi padang dishes rooted in cherished Minangkabau family recipes. Over time, their children grew up helping in the kitchen and on the floor, naturally stepping into the business and carrying forward the family's culinary heritage. Today, the restaurant is run by third-generation owner Iszhar Tambunan, who continues to uphold the traditions passed down through the family.

The restaurant's name reflects the values that have sustained it for decades. "Sabar" means patience, a quality that defines both the cooking and the hospitality here. Guests are treated like family, and the aim has always been to create a space where diners feel at home.

That philosophy comes alive most clearly in the food. The kitchen stays true to time-honoured techniques—fresh ingredients, carefully balanced spices and slow cooking that allows flavours to develop naturally. The restaurant's beef rendang captures this spirit best: simmered for hours in coconut milk and aromatic spices until rich, tender and deeply flavourful. It's a dish that reflects the patience, heritage and craftsmanship at the heart of Sabar Menanti.

While the menu has evolved slightly over the years to suit local tastes, the core dishes remain unchanged, ensuring the flavours first introduced by the founders continue to define the restaurant today. 📍



TOP TIP

If you want the flavours from spices to be strong, you need to smash them into powder form so the taste and smell will be well distributed. In a restaurant, food quality is essential and will ensure repeat customers while ambience is necessary for people to eat in a comfortable setting.





CORDYCEPS FLOWER & FISH MAW CHICKEN SOUP

Prep time: 5 mins **Cook time:** 3 hours **Serves:** 1 person

Ingredients:

- 10g cordyceps flower (dried)
- 15g fish maw
- 1/2 black chicken
- 4 red dates
- 6 goji berries
- 250ml water

Cooking Method:

- Place all ingredients into a soup pot.
- Add 250 ml of water, bring to a gentle boil and then reduce to low heat.
- Slow simmer for 3 hours.
- Add a pinch of salt before serving.

This recipe is presented by Chef Fong Chee Kwong, Sous Chef at Latitude Restaurant & Terrace. It is a meaningful way to honour our parents this Mother's and Father's Day. A deeply restorative dish, Cordyceps Flower & Fish Maw Chicken Soup is rich in collagen and traditional tonics that gently nourish the body, strengthen immunity, and promote skin vitality.

SHARE YOUR RECIPE

Have a recipe worth sharing? To be featured in this section, email your favourites, along with a high resolution image of the recipe, your photograph and a short bio to marketing.sc@one15marina.com



CLUB BUZZ

MEMBERS ONLY

The definitive list of all that's happening in and around ONE°15 Marina Sentosa Cove.

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Mother's and Father's Day brunches, Happy Hour fun, fitness and wellness for all, and cosy staycations.

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Exciting events and interactive workshops to RSVP to.



SPECIALS IN MAY & JUN

LATITUDE RESTAURANT & TERRACE

Mother's Day Brunch Buffet

10 May 2026

11.30am to 3pm

Honour the important women in your life this Mother's Day with an exquisite brunch experience, featuring a delightful spread of delicacies and a relaxing atmosphere designed to celebrate the love, care and dedication that mothers bring to our lives. Get creative and elevate the family brunch affair with our complimentary Mother & Child activities such as card-making, flower wrapping, and cupcake decoration. Mothers enjoy 50% off with a minimum of two paying adults.

PRICE:

\$78+ (Adult)

\$39+ (Child, aged 3 to 11 years)

Top-up \$38+ for free-flow house wine, rosé & champagne

Duck Confit Showcase

1 to 31 May 2026

11am onwards

Slow-cooked to perfection, our Duck Confit Showcase features tender duck leg presented in three different tantalising options: Duck Confit with Truffle Mash, Duck Confit Pappardelle, and Asian-Inspired Duck Confit Rice Bowl, each carefully crafted for a rich and satisfying dining experience.

PRICE: \$38+ per set (includes a choice of Soup of the Day or garden salad, served with a glass of soft drink)

Margarita Mondays

1 to 31 May 2026

Mondays, 3pm to 7pm

Kickstart your week and chase the Monday blues away with our special Margarita deals featuring six different flavours, from a refreshing Cucumber Margarita to a bold, spicy one for those who love an extra kick.

PRICE:

\$12+ (U.P. \$18+)



Father's Day Brunch Buffet

21 June 2026

11.30am to 3pm

Celebrate Father's Day with great food, great drinks and even better company. In appreciation of our everyday superheroes, all fathers will receive a special gift that day. Create more unforgettable memories as father and child bond over complimentary creative craft works. Fathers enjoy 50% off with a minimum of two paying adults.

PRICE:

\$78+ (Adult)

\$39+ (Child, aged 3 to 11 years)

Top-up \$20+ for free-flow

Whisky Highball

Basil Gnocchi with Cherry Tomatoes & Parmesan

1 to 30 June 2026

11am onwards

Delight your taste buds with our artisanal potato gnocchi, tossed in aromatic fresh basil pesto, and finished with cherry tomatoes and a touch of parmesan.

PRICE: \$24+ per portion

Alfresco Pet-Friendly Sundays

Treat yourself to a slow, indulgent Sunday, savouring coffee and the company of your beloved furry friends in a relaxed, outdoor setting. Members are welcome to bring up to two furry pals for a cosy dine-in experience.

PRICE: Complimentary frothy puppuccinos and free-flow pet treats

For orders and reservations: Latitude Restaurant & Terrace: Call 6305 6982, WhatsApp 9144 7124 or email latitude.sc@one15marina.com.

WOK*15 Kitchen: Call 6305 6998, WhatsApp 8500 1015 or email

wok15.sc@one15marina.com. Boaters Bar: WhatsApp 9849 0115 or email

boatersbar.sc@one15marina.com. All prices are nett unless otherwise stated.



WOK°15 KITCHEN

Mother's Day:

50% Off All Buffets

5 to 10 May 2026

Lunch & Dinner

Every celebration is an occasion for indulgence! Celebrate Mother's Day with our sumptuous buffet, featuring a variety of dishes to satisfy every craving, while mums enjoy 50% off*. Mothers will also receive a complimentary Double-boiled Bird's Nest (worth \$58).

PRICE:

From \$58+ (Adult)

\$29+ (Child, aged 3 to 11 years)

***With a minimum of two**

paying adults.

Chef's Surprise Pick

1 to 30 June 2026

Lunch & Dinner

Love unboxing a surprise?

Enjoy the thrill with our Chef's Surprise Pick. With a minimum spend of \$100 on à la carte dishes, choose from five specially curated options designed to delight your palate. Limited sets available daily, with one redemption per table per visit.

PRICE: \$9.90+ per portion

Father's Day:

50% Off All Buffets

16 to 21 June 2026

Lunch & Dinner

Celebrate the extraordinary men in your life with a buffet fit for a king. From exquisite Cantonese mains to decadent desserts, indulge in a boundless feast of flavours. In honour of fathers, Dad enjoys 50% off* and receives a complimentary Braised 3-head Abalone (worth \$58) on us.

PRICE: From \$58+ (Adult)

\$29+ (Child, aged 3 to 11 years)

***With a minimum of two**

paying adults.

Weekend Canton Dim Sum & Brunch Buffet

Fridays to Sundays

11am to 2.30pm

From traditional Cantonese dim sum such as Wok-fried Radish Cake in XO Sauce and Steamed Prawn Dumpling, to hearty seafood feast featuring Hong Kong-style Deep-fried Sea Bass and Braised Abalone in Superior Oyster Sauce, our Weekend Canton Dim Sum & Brunch Buffet offers an exceptional combination of variety, premium ingredients and signature flavours. Enjoy half a Peking duck complimentary for every four paying guests!

PRICE: \$58+ (Adult)

\$29+ (Child, aged 3 to 11 years)

Top-up \$38+ for

free-flow champagne

À La Carte Buffet Dinner

Tuesdays to Sundays

6pm to 9pm

Featuring signature dishes such as Typhoon-style Crispy Squid, Stir-fried Pork Belly with Asparagus in Laoganma Chilli Sauce as well as premium seafood offerings, our À La Carte Buffet Dinner is the perfect place for families and friends to gather and feast together. Enjoy a complimentary half Peking duck for every four paying guests. Each table also receives a complimentary choice of refreshing flower tea.

PRICE:

Tuesdays to Fridays:

\$58+ (Adult)

\$29+ (Child, aged 3 to 11 years)

Saturdays & Sundays:

\$68+ (Adult)

\$34+ (Child, aged 3 to 11 years)

Bring Your Own Bottle

Valid till 31 December 2026

Tuesdays to Fridays

Lunch & Dinner

Not all good things come with a price tag. Savour award-winning Cantonese cuisine at WOK°15 Kitchen and enjoy complimentary corkage on us.

PRICE: Complimentary

BOATERS BAR

Ladies' Night

Wednesdays, for ladies only

Unwind in style with your girlfriends while keeping your wallet happy with our 1-for-1 Sips & Sparkles cocktail promotion. That's not all! Groups of six or more ladies will receive a complimentary bottle of wine—no minimum spend required! Book at least one day in advance to enjoy this offer.

PRICE: 1-for-1 Sips &

Sparkles cocktails

Pets Social Night

Thursdays, from 5pm

Let your cute furry ones join in the fun with our curated selection of healthy, vet-approved snacks and lactose-free milk at the Free-Flow Pet Treat Bar and Puppuccino Station while you indulge in 1-for-1 cocktails during our Yappy Hour (5pm to 8pm). From Pawgaritas, to Tail-Chaser Spritzes, there's nothing a good cocktail can't fix! And don't forget to capture all those fun moments at our "Pet of the Week" photo zone!

PRICE: Complimentary

puppuccinos and free-flow

pet treats



Thank DJ It's Friday #TDIF

Fridays, from 7pm

Immerse yourself to the beats of Latin tech house, UK garage, deep house, and more as our resident spinner @samiki_dj turns the floating bar into your new favourite dance floor.

PRICE: \$16+ (U.P. \$20+)

Valid for smoky-themed cocktails only.

First Drink Free -

Drink. Relax. Repeat

Fridays

Exclusively for Members, kick-start your weekend in style with a complimentary half-pint of beer at Boaters Bar as you cheer to TGIF!

PRICE: Complimentary (U.P. \$12+)

Valid for the first half-pint only.

Trivia Night

31 May & 28 June 2026

Bring your sharpest crew and settle in for an evening of quick-fire trivia, spirited competition, and easy entertainment—led by the ever-witty Quizmaster Colin. Time to see who really comes out on top.

PRICE: Complimentary



FITNESS

After Dark Training

May to June 2026

Mondays to Sundays,
from 7pm onwards

Engage a personal trainer and take a step closer to your health and fitness goals this year. It's never too late to start. Enjoy three complimentary Recovery Room sessions (worth \$150) when you book our After Dark Training Pack.

PRICE: \$545 for 5 personal training sessions + 3 recovery room sessions

Personal Training for Kids

Ongoing

Swap screen time for gym time and help your kids stay active through engaging, age-appropriate workouts led by expert personal trainers. As they progress, your little ones will gain better overall fitness, and develop lifelong healthy exercise habits.

PRICE: \$872 for 10 sessions
All sessions are up to 60 minutes.

Personal Training

Ongoing

Strengthen your core muscles and enhance your overall posture with CrossCore® routines! With its patented pulley system, CrossCore® targets essential muscles through dynamic, rotational movements to enhance body awareness and motor skills, preparing your body to move more efficiently and safely.

PRICE: \$709 for 10 sessions
\$1,090 for 20 sessions
\$1,472 for 30 sessions
All sessions are up to 30 minutes.

\$1,090 for 10 sessions
\$1,962 for 20 sessions
\$2,616 for 30 sessions
All sessions are up to 60 minutes.

Power Plate

Ongoing

Whether your goal is to lose weight, gain muscle or simply improve overall health, Power Plate workouts are designed to add an extra edge to your regular exercises. Using vibration plates, your body is challenged to work harder to maintain stability, enhancing your range of motion while building strength and flexibility.

PRICE: \$600 for 10 sessions
\$1,090 for 20 sessions
\$1,472 for 30 sessions
All sessions are up to 30 minutes.

Buddy Training Special

Ongoing

Grab a workout buddy and turn your solo fitness journey into a shared adventure as you celebrate the small victories together and work towards your fitness goals together, keeping one another in check along the way.

PRICE: \$1,308 for 10 sessions
\$2,398 for 20 sessions
\$3,270 for 30 sessions

Including Power Plate:

\$1,417 for 10 sessions
\$2,616 for 20 sessions
\$3,597 for 30 sessions
All sessions are up to 60 minutes.

Boxing

Ongoing

Punch your way to a healthier body with this fun and energising full-body workout! It is the perfect fusion of offence and defence, pushing both body and mind beyond what conventional workouts can offer as it torches calories, boosts your cardiovascular health, and tones muscles all in one session.

PRICE:
\$1,308 for 10 sessions
\$2,180 for 20 sessions
\$2,834 for 30 sessions
All sessions are up to 60 minutes.

Recovery Room

Ongoing, 9am to 9pm*

Equipped with an infrared sauna and ice bath, the Recovery Room is a sanctuary for post-workout recovery and holistic wellness. Alternate between the two to soothe sore muscles, improve blood circulation, and accelerate recovery. Book your session through the ONE¹⁵ Marina mobile app.

PRICE:
\$50 per session
\$200 for 5 sessions
\$350 for 10 sessions
\$600 for 20 sessions
All sessions are for 55 minutes.
***Last session at 8pm.**

Judo Class

Saturdays

2pm to 2.45pm (aged 4 – 5)
3pm to 4pm (aged 6 – 12)
4.30pm to 5pm (aged 13 and above)

Learn practical self-defence skills and improve your agility and coordination with Sensei Paula Del Pilar Bujan. Judo also cultivates vital life skills such as discipline and emotional resilience, while nurturing a deep sense of respect and self-confidence beyond the mat.

PRICE:
\$82 per class (Member)
\$93 per class (Member's guest)
\$273 per 4 classes (Member),
\$311 for 4 classes (Member's guest)

Yoga Nidra

Sundays

5pm to 6pm

Improve sleep quality and overall well-being with this powerful, guided meditation that encourages deep relaxation of the body, mind, and emotions. Through gentle guidance and visualisation, you will learn to release physical tension and anxiety, quiet mental chatter, and regain emotional balance. Suitable for all levels.

PRICE:
\$30 (Member)
\$40 (Member's guest)
First Trial: \$25

Gentle Yoga

Sunset Yoga:

Tuesdays, 6.30pm to 7.30pm

Yoga Flow Vinyasa:

Wednesdays, 10am to 11am

Thursday, 7pm to 8pm

Align and rejuvenate your body with Sunset Yoga on Tuesdays, combining mindful breathing and meditation. On Wednesdays and Thursdays, join Yoga Vinyasa at the ONE Fitness Centre, Studio, flowing in harmony with your breathing to foster a deep connection between the mind and body.

PRICE: \$30 (Member)
\$40 (Member's guest)
First Trial: \$25



Pilates Matwork

Mondays, 10am to 11am

Improve mobility and sculpt your core with Pilate exercises designed to strengthening and lengthening your muscles for improved flexibility and a powerful, toned physique.

PRICE: \$30 (Member)

\$40 (Member's guest)

First Trial: \$25

Low Intensity Workout

Fridays, 10am to 11am

Designed for beginners, seniors as well as individuals with limited mobility or balance concerns, this low-impact, full-body workout combines simple seated and optional standing movements using a chair for added stability. Enhance your balance, flexibility and strength while moving at your pace, and feel stronger with each session.

PRICE: \$16 (Member)

\$22 (Member's guest)

Zumba

Saturdays, 9.30am to 10.30am

Zumba fuses Latin and international rhythms with dynamic dance moves in a high-energy workout

With interval training that alternates between fast and slow beats, each 60-minute session can help you burn up to 599 calories while boosting cardiovascular endurance.

PRICE: \$20 (Member)

\$30 (Member's guest)

First Trial: \$15



Pre/Postnatal Pilates

Mondays, 11am – 12pm

Led by certified instructor and designed to support your body's transformation throughout pregnancy and postpartum, our Pre/Postnatal Group Class* combines tailored exercises, breathwork, and pelvic floor awareness to build strength, mobility, and overall well-being. All fitness levels welcome — medical clearance required for high-risk pregnancies, recent C-sections, or pre-existing conditions.

PRICE: \$30 (Member)

\$40 (Member's guest)

First Trial: \$25

**Prenatal: Generally suitable from the second trimester onward. First-trimester participation is subject to prior experience, current pregnancy condition and doctor's approval. Postnatal: Recommended after 6 weeks postpartum— or 8–10 weeks after a C-section— and a postnatal check-up with medical clearance.*

Sound Bath & Meditation

Mondays, 7pm to 8pm

Step into a haven of inner peace, and let tranquillity embrace you as you learn to fully relax the mind and body, restoring balance to your nervous system. Each guided session begins with gentle meditation, followed by a soothing sound bath of crystal bowls, chimes, and healing instruments. This class is ideal for anyone seeking better sleep quality, emotional clarity, or simply a mindful break from life's hustle.

PRICE: \$30 (Member)

\$40 (Member's guest)

First Trial: \$25

BoxFit

Wednesdays, 6.30pm to 7.15pm

Punch up your fitness level and burn up to 900 calories in this high-octane boxing workout, with fat-burning effects lasting up to 48 hours post-workout. Led by certified trainers, you will perform jabs, hooks and uppercuts in style while building reflexes, flexibility and coordination. Gloves are provided.

PRICE: \$40 (Member)

\$50 (Member's guest)

Sculpt360

Thursdays & Fridays

10am to 11am

Engage multiple muscle groups simultaneously in this high-energy, full-body conditioning class that combines dumbbells with dynamic, functional movements. Designed to challenge yet welcome every fitness level, each session weaves together strength training, endurance work, and targeted muscle activation to deliver a well-rounded workout.

PRICE: \$16 (Member)

\$22 (Member's guest)

First Trial: \$10

Jumping@ Fitness Trampoline

Saturdays, 11am to 12pm

Sundays, 3pm to 4pm

Bounce to the pulse of upbeat music in this high-intensity, low-impact trampoline class that burns up to 700 calories in a single session! That's nearly twice as effective as jogging and yet gentle on the joints. Suitable for all fitness levels, adults and children aged 12 and above.

PRICE: \$22 (Member)

\$28 (Member's guest)

6 sessions: \$96 (Member)

\$108 (Non-Member)

Valid for 2 months (Shareable)

For more information on recreation programmes, contact the Recreation department at 6305 6980 or recreation.sc@one15marina.com. All prices are nett unless otherwise stated.



AQUA

AquaFIT

Tuesdays, 8.30am to 9.20am
Thursdays, 9.30am to 10.20am

Stay active while escaping the heat with our AquaFIT group fitness class. Led by Yvonne Swim School's Head Coach, this low-impact class is perfect for those dealing with joint pain, in recovery or seeking a safer way to stay active.

**PRICE: \$40 (Member)
\$50 (Member's guest)**
Each session is for 50 minutes.

Hydrotherapy

By appointment only.

A therapeutic treatment that harnesses the properties of water to alleviate chronic pain, enhance mobility and support rehabilitation after injuries, surgeries, strokes, or strenuous exercise. Suitable for individuals managing chronic conditions such as diabetes, low back pain, stroke, and osteoarthritis.

PRICE:
**\$86 (45 minutes)
\$109 (60 minutes)**

Kids' Swim Squad Group Lessons

Tuesdays, 5.30pm
Saturdays, 8.45am

Designed for children of all ages and skill levels, these structured group lessons are conducted in a safe environment to facilitate progressive learning for the young ones as they build up their confidence and competence in water.

PRICE:
\$120 for 4 lessons
All lessons are 45 minutes.

Babies & Toddlers Group Swimming Lessons (6 months to 3 years old)

Tuesdays, 4pm
Thursdays, 4.30pm
Saturdays, 9.30am

From learning basic strokes to gaining water confidence, our interactive, fun-filled group lessons are designed to help the young ones enjoy every moment in the water and develop essential swimming skills.

PRICE:
\$120 for 4 lessons
All lessons are for 30 minutes.

Private Swimming Lessons

Tuesdays, 4pm
Thursdays, 4.30pm
Saturdays, 9.30am

From beginners mastering the fundamentals to advanced swimmers honing their techniques, progress at your own pace with customised training from a dedicated private coach.

PRICE:
Private Lesson
For 1 Swimmer:
\$70 (Beginner; 30-minute lesson)
\$80 (Intermediate; 45-minute lesson)
\$90 (Advanced; 60-minute lesson)

Semi-Private Lesson:
For 2 Swimmers:
\$45 per person (Beginner; 30-minute lesson)
\$50 per person (Intermediate; 45-minute lesson)
\$55 per person (Advanced; 60-minute lesson)

Intro to Tennis Group Lessons

Wednesdays, 7am to 8.30am
Fridays, 7pm to 8.30pm

A beginner-friendly class that covers the fundamentals of tennis, this group session offers you the chance to learn essential skills, practise basic strokes, and gain confidence on the court in a supportive, fun environment.

PRICE: \$71 per player

Private Tennis Lessons

Ongoing

Hone your tennis skills with customised lessons structured to refine your serve, footwork and techniques. With focused, one-on-one attention from your personal coach, you will experience swift progress, gaining both technical skills and strategic insights.

Head Coach:
\$109 for 1 player
\$60 per player for 2 players

Associate Director of Tennis:
\$131 for 1 player
\$71 per player for 2 players

Director of Tennis:
\$142 for 1 player
\$77 per player for 2 players

Group Lessons:
\$50 per player for 4 to 6 players

Junior Tennis Group Lessons

Ongoing

Learning is more fun when it's shared. Through group lessons that encourage play and participation, children stay motivated while building confidence and key technical skills. Each session is creative, engaging and designed to make learning fun. Suitable for children aged 3 to 14 years.

PRICE: \$220 for 10 sessions (Mini Red Ball)
\$390 for 10 sessions (Red, Orange, Green, Yellow Ball)



TENNIS

Cardio Tennis Drills Group Lessons

Intermediate/Advanced
Mondays, 8am to 9.30am
Fridays, 7.30am to 9am (Intermediate);

Mondays, 6.30pm to 8pm, 8pm to 9.30pm (Advanced)

Move with greater confidence and accuracy across the court with structured practice exercises that enhance timing, hand-eye coordination, and precise racquet-handling.

PRICE: \$71 per player

For gym-related training, book an appointment with our personal trainers directly or email to gym.sc@one15marina.com.

For more information on recreation programmes, contact the Recreation department at 6305 6980 or recreation.sc@one15marina.com. All prices are nett unless otherwise stated.

PICKLEBALL

Junior Pickleball Group Lessons

Tuesdays, 6pm to 7pm

Designed for children aged 7 to 12, our pickleball junior programme is a fun, engaging way for young players to learn basic strokes while developing essential tactics and strategy on the court. They will also gain a better understanding of the importance of good sportsmanship and teamwork.

PRICE: \$44 (Member)

\$55 (Member's guest)

Adult Pickleball Group Lessons

Sundays, 11am to 12pm

Suitable for players of all ages and skill levels, these group sessions are conducted in a supportive environment where you can learn and unlock your potential with confidence. Through guided drills and gameplay, you will enhance your skills while enjoying a fun, low-impact workout that boosts fitness, agility and coordination.

PRICE: \$50 (Member)

\$65 (Member's guest)

Private Pickleball Lessons

Ongoing

Receive one-on-one attention from experienced coaches with personalised lessons to refine your strokes, improve accuracy, and elevate your overall performance. Suitable for families and kids.

PRICE: \$142 for 1 player

\$175 for 2 players

\$197 for 3 players

\$218 for 4 players

All sessions are for 60 minutes.

\$213 for 1 player

\$256 for 2 players

\$296 for 3 players

\$327 for 4 players

All sessions are for 90 minutes.



SAILING

Powered Pleasure Craft Driving

License (PPCDL) Course

Saturdays and Sundays,

9am to 5pm

Pilot a powerboat with confidence and master essential navigation skills at sea in this comprehensive, hands-on course. Upon completion, you will receive a Certificate of Attendance which is mandatory for the PPCDL test conducted by Singapore Maritime Academy.

PRICES:

\$306 per trainee (Member)

\$382 per trainee (Member's guest)

15% off Member price (Member's birthday month)

DIVING

Discover Scuba

Ongoing

Get a comprehensive overview of the fundamentals of scuba diving with White Manta Diving, covering essential safety protocols, basic diving skills and techniques to plunge safely and confidently. Suitable for participants aged 10 and above. Lesson is conducted at ONE¹⁵ Marina – P berth.

PRICE: \$135 (Member)

\$162 (Member's guest)

Diving Refresher Course

Ongoing

Already certified as a diver but need a refresher? Revisit essential diving skills like mask work, buoyancy, and finning in this refresher course designed to help you regain control and confidence underwater.

PRICE: \$340 (Member)

\$399 (Member's guest)

OTHERS

Lock in a Deal: 3 Months on Us

Valid till 31 December 2026

Renting a locker for the first time?

Enjoy an exclusive offer of three additional months for free when you pay upfront for a year. That means you get 15 months of storage for the price of 12.

PRICE:

\$120 (Small; U.P. \$150)

\$240 (Medium; U.P. \$300)

\$360 (Large; U.P. \$450)

ACCOMMODATION

1N Family Functation:

Kids Stay and Dine Free

Valid till 31 December 2026

Enjoy a luxurious staycation at ONE¹⁵ Marina with this family-friendly deal where kids get to dine for free from the Children's Menu at the beautifully renovated Latitude Restaurant & Terrace. Make it even more memorable with complimentary board games for endless family bonding moments.

PRICE: \$419+ for Hillview

room only

Stay 3, Pay 2

Valid till 31 December 2026

Sundays to Thursdays

Elevate your staycation into a luxurious escape when you extend your getaway with an additional night on us! Pamper yourself with a well-deserved retreat unwinding in the comfort of our spacious Hillview room or soaking in the serene sights from the stunning Marina View room.

PRICE: \$540+ (Hillview)

\$585+ (Marina View)

for Hillview and Marina View

rooms only

To book your stay, contact Front Office at 6305 6988 or frontdesk.sc@one15marina.com with your preferred dates of stay. For more information on recreation programmes, contact the Recreation department at 6305 6980 or recreation.sc@one15marina.com. To enquire about our catering packages, contact the Catering Sales Department at 6305 6990 or catering.sc@one15marina.com. To book your yacht charter, contact ONE¹⁵ Charters Luxury Yachting at 6305 9676 or sales@one15luxuryyachting.com. All prices are nett unless otherwise stated.

A Waterfront Family Retreat

1 May to 30 June 2026

Sundays to Thursdays

Enjoy exclusive holiday rates and indulge in an unforgettable family retreat at ONE¹⁵ Marina, where relaxation meets the sea.

PRICE: \$385+ (U.P. \$591+)

for Marina Family Room only

**Not applicable for eve of public holidays, public holidays and blackout dates as determined by the Club, and is subject to availability.*

YACHT CHARTERING

A Yacht Escape for Mum & Dad

1 May to 30 June 2026

Treat your folks to a leisurely escape on board a luxurious yacht. Book a charter of four hours or more and receive a \$20 WOK¹⁵ voucher (with a minimum spend of \$100), along with a complimentary bottle of Prosecco served on board. Perfect for creating unforgettable moments on water with your loved ones.

PRICE: 10% service charge waived

Minimum 4-hour charter applies.

CATERING

Exclusive Members' Privilege

Make your next event truly memorable at the Club. From the elegant Constellation Ballroom to the stunning NOVA Room and sleek Bar Nebula, a breathtaking marina view provides the perfect backdrop for every occasion. Members can enjoy a 10% service charge waiver on all catering packages. An additional 15% off applies for corporate meeting packages.





PEARL APPRECIATION WORKSHOP

Date: Saturday, 9 May 2026
Time: 11am to 12.30pm
Venue: WOK°15 Kitchen
Price: \$38 (Member)
 \$50 (Member's guest)

Discover Ise-Shima, the birthplace of cultured pearls, and explore the heritage, craftsmanship, and innovation that shaped the pearl industry. Over dim sum and prosecco, learn how pearls are formed, graded, and styled for modern life, then join an optional guided DIY session to create your own personalised pearl phone strap*. *RSVP by 4 May to membership. sc@one15marina.com*
 *Additional charges apply for the DIY pearl phone strap session.



FUR-TASTIC ISLAND ADVENTURE

Date: Saturday, 16 May 2026
Time: 10am to 2pm
Venue: Lagarus Island
Price: \$58 (Member)
 \$70 (Member's guest)
 *One complimentary pet entry for every two persons.
 + \$10 for an additional pet

Bring your furry friends for a day of adventure and fun on Lagarus Island. Enjoy beach walks, agility games and a pet treasure hunt, while treats like puppuccinos and dog biscuits keep tails wagging. A perfect outing for pets and owners to connect and play together. *RSVP by 4 May to membership. sc@one15marina.com*
 *Registration starts at 9.30am





**WINE OF THE WORLD
EXPLORATION SERIES –
SPAIN**

Date: Friday, 22 May 2026
Time: 7pm to 9pm
Venue: Bar Nebula
Price: \$58 (Member)
 \$70 (Guest)

The third edition of this series takes your taste buds on a journey through Spain's vibrant wine regions, shaped by sun-drenched vineyards and centuries of tradition. Discover the stories and craftsmanship behind each pour, and enjoy a sensory evening to sip, savour and learn. *RSVP by 11 May to membership.sc@one15marina.com*
 *Registration starts at 6.30pm



ON SAIL: AFTER DARK

Date: Saturday, 16 May 2026
Time: 4pm to 9pm
Venue: Lagarus Island
Price: By Own Yacht:
 \$38 (Member)
 \$48 (Member's guest)

By Shared Yacht Charter:
 \$98 (Member)
 \$120 (Member's guest)

Experience Lagarus Island like never before as the evening transforms into a vibrant night of music, dance, and community. Enjoy lively beats, refreshing drinks, and the ultimate night-time escape under the stars. *RSVP by 4 May to cr.sc@one15marina.com*



**JUNIOR TENNIS
TOURNAMENT**

Date: Saturday & Sunday,
 23 & 24 May 2026
Time: 8am to 6pm
Venue: Tennis Court
Price: \$30 (Member)

Young players! Get ready to take to the courts for a friendly yet competitive Junior Tennis Tournament featuring boys' and girls' singles categories for under-10 and under-16 players. Matches will follow a round-robin format, with trophies and medals awarded to top finishers. All participants will receive a medal in recognition of their effort and sportsmanship. *RSVP by 4 May 2026 to recreation.sc@one15marina.com*

All prices are nett unless otherwise stated.





5-DAY MULTI-ACTIVITY CAMP

Date: Monday to Friday,
1 to 5 June 2026
Time: 9am to 3pm
Venue: ONE*15 Marina
Sentosa Cove
Price: \$599 (Member)
\$720 (Member's guest)

Keep young minds active during the school holidays with a five-day camp designed for children aged 6 to 12. From sports and creative arts to team games and outdoor challenges, the programme encourages exploration, movement, and teamwork in a lively marina setting. Camp conducted by ProActiv Sports. *RSVP by 22 May to recreation.sc@one15marina.com*



LEICA MOMENTS: FATHER & CHILD

Date: Saturday, 20 June 2026
Time: 9am to 12pm
Venue: innerCove
Price: \$118 (1 Member & 1 Child)

Celebrate Father's Day with a meaningful parent-child experience at this Leica Akademie workshop. Discover the art of storytelling through smartphone photography with expert guidance from Bernard Teo, while enjoying quality bonding time. Participants will also have the opportunity to try a selection of Leica cameras and the Lux Grip. *RSVP by 8 June to membership.sc@one15marina.com*



TENNIS CAMP

Date: Mondays to Fridays, 1 to 5,
8 to 12 June; 6 to 10, 13 to 17,
20 to 24, 27 to 31 July 2026
Time: 8am to 10am (5 to 9 years)
10am to 12pm (10 to 12 years)
Venue: Tennis Court
Price: \$310 (Member)
\$390 (Member's guest)

Young players can build confidence on the court at this structured Tennis Camp led by Oloaso Tennis Academy. Participants will develop key skills including strokes, footwork and basic strategy through guided coaching and practice sessions, ending with a friendly mini tournament. Each child will receive a certificate upon completion. *RSVP one week before event to recreation.sc@one15marina.com*



All prices are nett unless otherwise stated.



PICKLEBALL SOCIAL NIGHT

Date: Thursdays

Time: 7pm to 9pm

Venue: Pickleball Court

Price: Complimentary (Members)

Get set for another social event, but this time at the Pickleball Court for a casual weekly gathering for players who enjoy the fast-growing sport. Whether you are new to the game or a regular on the court, the evening offers friendly matches and an easygoing atmosphere to connect, play and improve your skills. No coaches involved—it's an event organised by Members for Members. *RSVP* to recreation.sc@one15marina.com



TENNIS SOCIAL NIGHT

Date: Wednesdays

Time: 7pm to 9pm

Venue: Tennis Court

Price: Complimentary (Members)

Enjoy a relaxed evening on the court at Tennis Social Night, where Members of all skill levels can gather for friendly doubles matches. Designed as a casual, community-driven session, it's a social event organised for Members by Members. Look forward to an opportunity to stay active, meet fellow players and enjoy the game in an informal setting—remember to bring your own tennis racquets, balls and water bottle. *RSVP* to recreation.sc@one15marina.com





Tennis Singles Tournament - Men's Singles

On 10 January, one of the Club's signature tennis events concluded at the Tennis Court. Defending champion Rob Hands once again lifted the trophy, securing a convincing 6–0, 6–1 victory over Giang Pham and continuing his winning streak since 2022. While the scoreline reflected Rob's experience and consistency on court, Giang showed strong determination and great sportsmanship throughout the match. The enthusiastic support from fellow Members added to the lively atmosphere, underscoring the Club's growing appetite for more such sporting events.

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Pickleball Social Night

The Club's first Pickleball Social session of the year kicked off on 16 January at the Pickleball Court, drawing a strong turnout of Members across all skill levels. The courts were alive with friendly rallies, plenty of laughter and an easy, social energy that set the tone for the year ahead. Members rotated partners, welcomed new players and cheered one another on, creating a relaxed and inclusive atmosphere throughout the session. It was a fantastic start to the pickleball calendar, and we look forward to seeing even more Members on the courts at the upcoming sessions.

Members' Social Night

WOK[®]15 Kitchen set the stage for the January edition of the Club's Members' Social Night on 16 January. The evening opened with a welcome address by General Manager Nick McLaughlin, who shared updates on the Club's latest developments and upcoming events. It was a lively gathering, with pioneer and new Members alike connecting over Chinese canapés and free-flow beverages, in an atmosphere of easy conversation and camaraderie.



Zumba

On 17 January, the studio at ONE Fitness Centre took on a different kind of energy for the Club's first-ever Zumba class. The lively turnout of Members ready to move included first-timers and seasoned dancers alike. Set to upbeat music and easy-to-follow routines, the high-energy session brought plenty of smiles and positive vibes to the studio. Instructor Ariyal's infectious enthusiasm kept the energy flowing. It was a fantastic start to the programme, with many more Zumba sessions to come.



Mahjong & Mingle

On 24 January, Members gathered at Bar Nebula for the very first Mahjong & Mingle session, which combined learning with social time. The afternoon began with a theory segment introducing the fundamentals of the game, giving participants a solid grounding before moving into play. A luscious dim sum buffet and tea punctuated the programme, offering a relaxed moment to mingle before the hands-on session began. As tiles clicked and strategies formed, Members applied what they had learnt while sharing plenty of laughter along the way. The session sparked strong interest, with several Members already eager to organise future games—and even the beginnings of a Mahjong interest group.



Wine of the World Exploration Series - France

Bar Nebula set the scene on 29 January for an elegant evening with a champagne reception featuring Baignet-Jouette Cuvée Jouette Extra-Brut. The tasting, titled “Anatomy of Burgundy – A Journey Through Terroir & Structure”, offered Members an immersive exploration of Burgundy’s unique landscapes and winemaking character. Sommelier Arthur Chang guided guests through a curated selection of three white and three red wines, highlighting the region’s distinctive “organs”—from the mineral finesse of Chablis, to the depth of Mercurey, the heart of Gevrey-Chambertin, and the precision of Vougeot. The evening offered both education and indulgence, leaving Members with a deeper appreciation of one of the world’s most celebrated wine regions. The next edition of the Wine of the World Exploration Series on 21 May is all about Spanish pours. Details in RSVP (pg 39).



SB20 Fun Race

On 7 February, Singapore’s boating scene came alive with the Members-only SB20 Fun Race, held in partnership with the SB20 Association. Participants kicked off the day by learning the basics of sailing before testing their skills on an exhilarating joy ride around the island. Setting sail from the Club, Members actively manoeuvred the sails under the expert guidance of their skippers, with smiles and laughter reflecting the excitement on the water. The day ended at the Boaters Bar with a lively after-sail gathering, where Members came together to share stories, celebrate the adventure and round off the experience on a high note.





Members' CNY Dinner 2026

The Constellation Ballroom set the stage for the Club's Lunar New Year Celebration on 10 February, immersing Members in a festive and elegant atmosphere from the moment they arrived. Guests were welcomed by an LED-lit lion dance and the God of Fortune mascot into the foyer animated by cultural activities—from chopstick and bookmark calligraphy to traditional keychain crafting. Inside the ballroom, an indulgent eight-course Prosperous Menu ushered in the Lunar New Year. General Manager Nick McLaughlin officially opened the evening with a welcome address, sharing updates on the Club's latest developments. The evening unfolded with lively games, a lucky draw and the much-anticipated Mr & Mrs ONE°15 Marina segment, with winners receiving attractive prizes, before culminating in the grand draw—a luxurious four-hour yacht charter for 20 guests. Laughter and animated conversations filled the ballroom, rounding off an evening marked by joy, connection, and new friendships.



ONE°15 CNY Spring Festival Welcome with High Pole Lion Dance

On 22 February, the Club welcomed Members to vibrant Lunar New Year performances across the Club. The festivities began with lively percussion, as a horse mascot, the God of Wealth, and three lions—two pink and one striking orange—brought traditional lion dance moves to life. General Manager Nick McLaughlin and the HODs of individual departments joined the Cai Qing ritual, “plucking the greens” from the orange lion to usher in prosperity, followed by a photo session with Members. The celebration continued outside Latitude Restaurant & Terrace with a thrilling high-pole acrobatic performance, a modern festive finale, and an interactive inflatable horse that delighted the crowd. Close-up lion interactions, especially for families with children, drew cheers and applause, making it a lively and memorable event.



EVENTS CALENDAR



MAY-DEC 2026

MAY

- 1 ONE°15 Swim Meet
- 8 New Members' Night
- 9 Pearl Appreciation Workshop
- 16 Fur-tastic Island Adventure
- 16 ON SAIL: After Dark
- 21 Wine of the World Exploration Series - Spain
- 23-24 Tennis Junior Tournament

JUNE

- 13 Father's Day by Leica
- 20 Pets Day Out
- 21 Anchored in Love: A Wedding Showcase by the Marina

JULY

- 2 Durian Fiesta
- 11 Sundown Pool Party
- 17 Members' Social Night
- 23 Members' Sunset Sail
- 30 Wine of the World Exploration Series - US

AUGUST

- 9 ON SAIL: National Day Edition
- 9 National Day Brunch & Pool Party

SEPTEMBER

- 1 Tennis Singles Tournament
- 12 19th Anniversary
- 24 Wine of the World Exploration Series - Australia

OCTOBER

- 10 Sundown Pool Party
- 23 Members' Social Night
- 24 ON SAIL
- TBA Oktoberfest

NOVEMBER

- 5 Members' Sunset Sail
- 19 New Members' Night
- 21 Pickleball Tournament
- 26 Wine of the World Exploration Series - China
- 29 Swim & Run
- TBA Christmas ONEderland with Boat Light Parade

DECEMBER

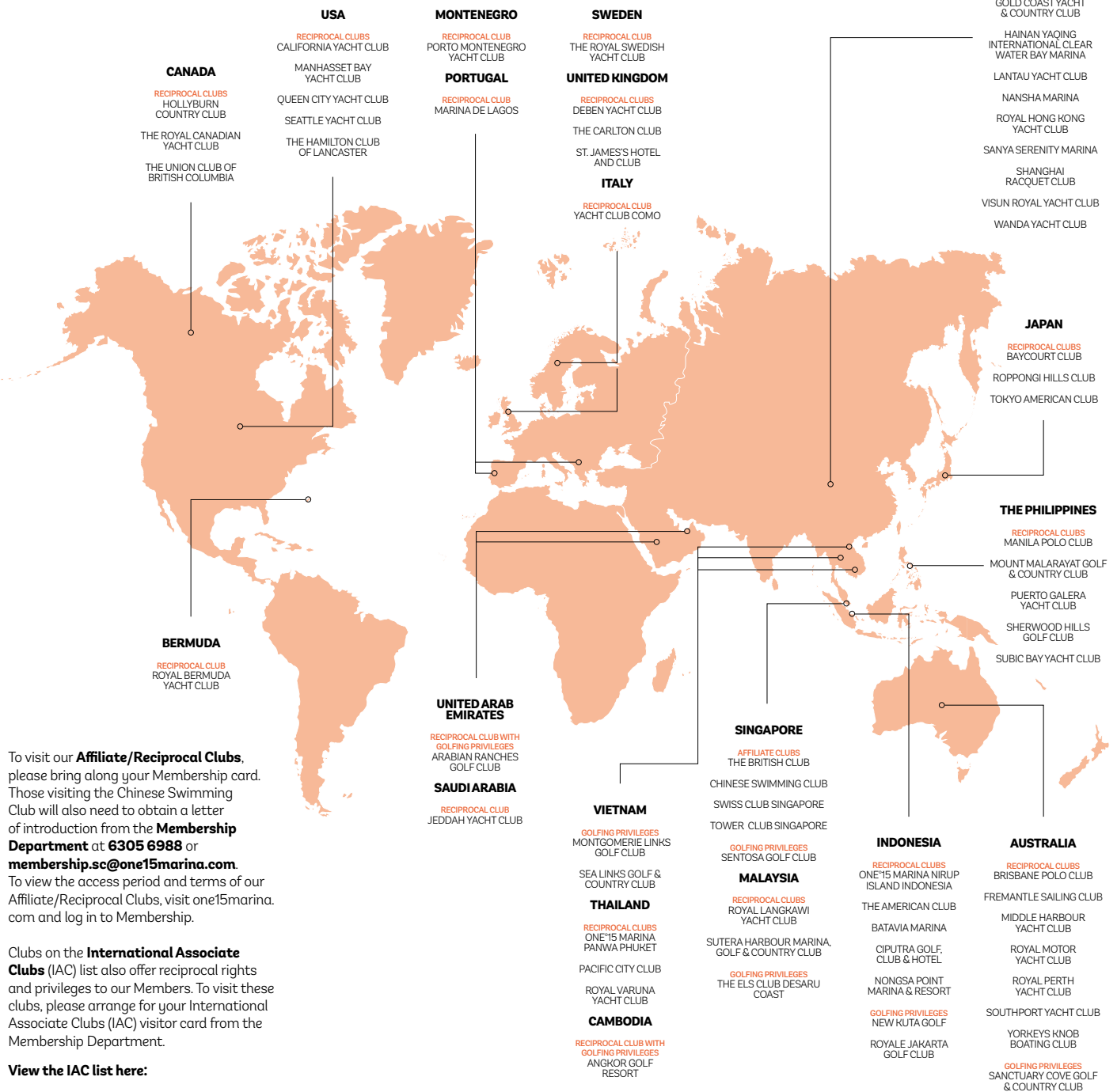
- 31 Countdown Party



All events and promotions are subject to change or cancellation due to unforeseen circumstances. For timely updates, please refer to the Club's event calendar at one15marina.com/memberships/events/

THE WORLD AT YOUR FINGERTIPS

As a Member of ONE°15 Marina Sentosa Cove, your privileges extend beyond our premises. The Club has partnered with a top-tier selection of the world's best marinas, yacht, golf and city clubs to enable our Members to access their facilities.



To visit our **Affiliate/Reciprocal Clubs**, please bring along your Membership card. Those visiting the Chinese Swimming Club will also need to obtain a letter of introduction from the **Membership Department at 6305 6988** or membership.sc@one15marina.com. To view the access period and terms of our Affiliate/Reciprocal Clubs, visit one15marina.com and log in to Membership.

Clubs on the **International Associate Clubs (IAC)** list also offer reciprocal rights and privileges to our Members. To visit these clubs, please arrange for your International Associate Clubs (IAC) visitor card from the Membership Department.

View the IAC list here:





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SINGAPORE YACHTING FESTIVAL

Singapore Yachting Festival 2026 Sets a New Benchmark

Singapore Yachting Festival 2026 wrapped on a high, delivering four days of vibrant energy, refined experiences and standout moments across the showground.

From an impressive line-up of yachts and boating services to curated wellness journeys and purposeful conversations across networking lounges, this year's edition brought the region's yachting community together in a dynamic, forward-looking way.

New highlights added fresh dimension. The Spotlight Zone featured keynotes on finance, real estate and design, alongside masterclasses in whisky, wines and more. On water, the Experiential Zone invited visitors to enjoy water toys and boat rides, while families explored hands-on activities aboard the historic vessel Vega.

Catch the highlights on our social channels via the QR code.

We look ahead to the next edition as the festival continues to evolve, with more to be revealed.

SCAN FOR SYF HIGHLIGHTS
bit.ly/SYFHighlights26

