

# WEEKLY SPORTS ACTIVITIES



## JULY / AUGUST 2022

### MONDAYS

- **Billiards & Snooker:** Section Socials, 3pm – 9.30pm, Billiards Room / Men's Bar
- **Cricket:** SCC Cricket Academy @ Dempsey, 5pm – 7pm (Term 2: 9 May – 13 Aug)
- **Football:** 5.30pm – 7pm, SCC Legends, Padang
- **Hockey:** 5.45pm – 7pm, Padang
- **Squash:** Ladies Club Night, 5pm – 9.30pm, Squash Courts
- **Tennis:** Tennis Academy (High Performance, By Invitation), Ages 10+, 5pm – 6.30pm, MPC
- **Tennis Adult Drills:** Beginners / Intermediate, 6.30pm – 8pm, MPC / Tennis Courts



### TUESDAYS

- **Bowls:** Social Bowls, 3pm – 7pm, Bowling Green
- **Cricket:** SCC Senior Training @ Padang, 6pm – 8.30pm
- **Football:** SCC Football Junior Programme @ Dempsey, 5.30pm – 6.30pm (Term 2: 10 May – 26 Jul)
- **Football:** NFL, WNFL and SCC Tigers, 7pm – 9pm, Padang
- **Hockey:** The Hockey SCchool (Hockey Junior Programme), 5.30pm – 6.30pm, Padang (Term 2: 12 Apr – 5 Jul)
- **Squash:** Men's Club Night, 5pm – 9.30pm, Squash Courts
- **Tennis:** Tennis Junior  
4pm – 5pm, Red Ball, Ages 5 – 7, MPC  
5pm – 6pm, Orange Ball, Ages 8 – 10, MPC  
5pm – 6pm, Green Ball, Ages 10+, MPC
- **Tennis Adult Drills:** Beginners / Intermediate, 6.30pm – 8pm, MPC
- **Tennis Cardio:** 6.30pm – 8pm, MPC
- **Tennis Men's A/B/C Training:** 7pm – 9pm, Tennis Courts



### WEDNESDAYS

- **Billiards & Snooker:** Section Socials, 3pm – 9.30pm, Billiards Room / Men's Bar
- **Cricket:** SCC Cricket Academy @ Padang & Nets, 5pm – 9pm (Term 2: 9 May – 13 Aug)
- **Football:** 5.30pm – 7pm, SCC Thirds, Padang
- **Hockey:** 5.45pm – 7pm, Padang
- **Netball:** 7pm – 9pm, MPC
- **Rugby:** 7pm – 9pm, Padang
- **Squash:** Ladies Club Night, 5pm – 9.30pm, Squash Courts
- **Tennis Pre Academy:** (By Invitation), Ages 8+, 4pm – 5.30pm, MPC
- **Tennis Men's D Training:** 5pm – 9pm, Tennis Court
- **Tennis Ladies A Training:** 7pm – 9pm, Tennis Court



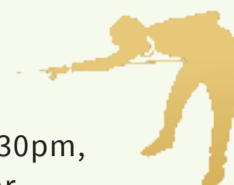
### THURSDAYS

- **Bowls:** Social Bowls, 3pm – 7pm, Bowling Green
- **Cricket:** SCC Senior Training @ Padang, 5.30pm – 8pm
- **Football:** SCC Lions @ Padang, 5.30pm – 7pm
- **Football:** NFL, WNFL and SCC Tigers, 7pm – 9pm, Padang
- **Rugby Academy:** 5.30pm – 7pm, Dempsey (Term 3: 27 Aug – 11 Dec)
- **Squash:** Men's Club Night, 5pm – 9.30pm, Squash Courts
- **Tennis:** Tennis Junior  
4pm – 5pm, Red Ball, Ages 5 – 7, MPC  
5pm – 6pm, Orange Ball, Ages 8 – 10, MPC  
5pm – 6pm, Green Ball, Ages 10+, MPC  
5pm – 6.30pm, Tennis Academy (High Performance, By Invitation), Ages 10+, 5pm – 6.30pm, MPC
- **Tennis Men's A/B/C Training:** 7pm – 9pm, Tennis Court



### FRIDAYS

- **Billiards & Snooker:** Section Socials, 3pm – 9.30pm, Billiards Room / Men's Bar
- **Bowls:** Social Bowls, 7pm – 9pm, Bowling Green
- **Cricket:** SCC Cricket Academy @ Dempsey, 5pm – 7pm (Term 2: 9 May – 13 Aug)
- **Cricket SCC Lions Training:** 5pm – 7.30pm, SCC Padang (Centre Wicket), Cricket Nets
- **Football:** 5.30pm – 7pm, SCC Padangtiques, Padang
- **Hockey Last Friday of the Month:** 5pm – 7pm (unless otherwise informed), Padang
- **Squash:** Back to Friday Socials, 5pm – 9.30pm, Squash Courts (every 2<sup>nd</sup> & 4<sup>th</sup> Friday of the month)
- **Tennis Cardio:** 8am – 9.30am, MPC
- **Tennis Adult Drills (Intermediate):** 8am – 10.30am, MPC
- **Tennis Junior Pre Academy:** (By Invitation), Ages 8+, 4pm – 5.30pm, MPC
- **Tennis Friday Socials / Last Friday of the Month Makan Kechil:** 5pm – 9pm, Tennis Courts



### SATURDAYS

- **Bowls:** Social Bowls / Section Matches / Competitions, 3pm – 7pm, Bowling Green
- **SCC Cricket Academy:** Padang & Nets, 8am – 1.30pm (Term 2: 9 May – 13 Aug)
- **Cricket League / Friendly matches:** 8am – 12.30pm & 1pm to 6pm, SCC Padang
- **Football:** NFL, WNFL and SCC Tigers, 3pm – 7pm, Dempsey
- **Rugby Academy:** 8am – 2.30pm, Dempsey (Term 3: 27 Aug – 11 Dec)
- **Junior Squash:** 1pm – 3pm, Squash Courts
- **Squash Socials / Friendly:** 3pm – 7pm, Squash Courts
- **Tennis:** Tennis Junior, 10pm – 12pm, MPC  
Red Ball, Ages 5 – 7; Orange Ball, Ages 8 – 10; Green Ball, Ages 10+, 4.30pm – 6pm, MPC
- **Tennis Academy:** (High Performance, By Invitation), Ages 10+



### SUNDAYS

- **Bowls:** Social Bowls, 3pm – 7pm, Bowling Green
- **Cricket League / Friendly matches:** 8am – 12.30pm & 1pm to 6pm, SCC Padang
- **Football:** SCC Football Junior Programme, 9am – 11.15am, Padang, (Term 2: 15 May – 31 Jul)
- **Rugby Academy:** SCC Rugby Academy, 8am – 11.30am, Dempsey (Term 3: 27 Aug – 11 Dec)
- **Tennis Junior:** 10am – 11am, Green Ball, Ages 10+, MPC  
10am – 11.30am, Tennis Academy (High Performance, By Invitation), Ages 10+, MPC  
3pm – 5pm, Tennis Academy, MPC



\* Information accurate at the time of print but may be subject to change. For latest updates, please check with [sportsdept@scc.org.sg](mailto:sportsdept@scc.org.sg).