

Highlights

tropicana.com

MAR-APR 2020

EARLY BIRD
PROMO BUY
10 VOUCHERS
FREE 1 BBQ
VOUCHER

Santapan
29
Malam

Selera Muhibbah

OUR "LEGENDARY"
BUFFET IS BACK



CRAZY RICH MEMBERSHIP

MEMBER'S LOYALTY PROGRAMME



Package	Type of Membership	Year 2020 (RM)
Member Loyalty Programme	Golf	55,000
	Single Golf	39,000
	Sports	12,000
	Single Sports	9,000
Upgrade Sports to Golf Membership	Sports to Golf	43,000
Upgrade Single Sports to Single Golf Membership	Sports to Golf	30,000

ATTRACTIVE INCENTIVES FOR NEW MEMBER AND INTRODUCER

GOLF MEMBERSHIP

- Green fee voucher
- Saturday BBQ voucher
- TGCR premium items

SPORTS MEMBERSHIP

- Saturday BBQ voucher
- TGCR premium items

VALUE UP TO
RM6000*

Prices shown above inclusive of 6% service tax
Instalment plan applicable
Mode of Payment : Cash/ Cheque/ Credit Card



TROPICANA GOLF & COUNTRY RESORT BERHAD (203361-T)

Jalan Kelab Tropicana, Tropicana Golf & Country Resort, 47410 Petaling Jaya, Selangor Darul Ehsan, Malaysia
Membership Office : +603 7804 8888 ext 170 / 208 (Elly Kong)



www.tropicana.com



elly.kong@tropicana.com.my



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WHAT'S HAPPENING

GOLF

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GOLF TOURNAMENTS COMING SOON

21st March
MARCH MONTHLY MEDAL

18th April
APRIL MONTHLY MEDAL

**Subject To Change*

MANAGEMENT TEAM

General Manager

FARIZ VICTOR 012 240 6866

Deputy General Manager

V. RAVINDRAN 019 270 0734

Deputy General Manager, Finance

CHONG SOOK YEEN 016 216 2372

Senior Manager, Operations

EZANI BALIA 016 211 3404

Senior Manager, Security

ISMAIL SALEH 016 278 3954

Senior Manager, Food & Beverage

ABD RAZAK OMAR 014 927 0501

Manager, Membership Sales

ELLY KONG 012 257 3113

Manager, Events & Promotion

DINO LASZIDIN 012 800 1677

Manager, Banquet Sales

LIAN YAN WAI 012 299 7815

Executive Chef

ZAIHARI ZAINOL 017 519 6519

Assistant Manager, Golf Operations

MAREN 016 391 6501

CONTACT US

GENERAL INQUIRIES

03 7804 8888

gm@tropicangolf.com

MEMBERSHIP & MARKETING DEPARTMENT

03 7804 8888 Ext 156 / 208

membership1@tropicancorp.com.my

elly.kong@tropicancorp.com.my

FUNCTIONS, SEMINARS & BANQUET DEPARTMENT

Toll Free 1800 88 8128

banquet-sales@tropicancorp.com.my

GOLF DEPARTMENT

03 7804 1531

golf@tropicancorp.com.my

SPORTS DEPARTMENT

03 7804 8888 Ext 218 / 220 / 281

sports@tropicancorp.com.my

F&B DEPARTMENT

03 7804 8888 Ext 102 / 103

fnb@tropicancorp.com.my

CREDIT CONTROL DEPARTMENT

03 7804 8888 Ext 144 / 148 / 152 / 503

creditcontrol@tropicancorp.com.my

EVENTS & PROMOTIONS DEPARTMENT

03 7804 8888 Ext 529 / 531 / 533

events@tropicancorp.com.my



tropicangolf.com

Introducing
FARIZ VICTOR
GENERAL MANAGER

With over 30 years’ experience in the food & beverage, catering and hospitality industry, Fariz brings with him in-depth expertise having been involved in various restaurant concepts from casual to fine dining in Caleo’s Italian Restaurant, TGI Fridays, Melting Pot, Spices Asian Restaurant, Labu Sayong Signature and the award-winning Lafite Restaurant, Shangri-la Hotel KL.

As Food & Beverage Manager, Fariz oversaw the pre-opening of First World Hotel in Genting Highlands, the largest hotel in the world; managed food & beverage for Hotel Equatorial Bangi and Bangi Golf Resort, Pan Pacific Resort Pangkor; managed the catering and convention operations of Sunway Resort Hotel & Spa; and was involved with the award-winning The Banjaran Hotsprings Retreat, Tambun, from concept-to-construction and pre-opening.

He was Senior Vice President of Khazanah Nasional’s Themed Attractions Resorts and Hotels, managing the pre-opening and operations of the integrated Desaru Coast, Johor Projects, namely One & Only Resort, Anantara Resort, The Datai Desaru, Hard Rock Hotel, Westin Resort and Convention Centre. His stints included Corporate Director of Operations at Berjaya Hotels and Resorts, overseeing properties in Malaysia, the Philippines, the UK and Japan. Fariz was up to task when presented a broader portfolio to monitor all Recreation Centres, One Stop Service Centre, Spa Operations, Yacht and ATR Flight Operations of the group.

In his new role Fariz will be looking into the sustainable management of the resort including continuous improvement of food and beverage, golf and guest services.

“ With over 30 years’ experience in the food & beverage, catering and hospitality industry, Fariz brings with him in-depth expertise having been involved in various restaurant concepts from casual to fine dining ”



Fariz accompanying KDYMM Seri Paduka Baginda Yang Di-Pertuan Agong during His Majesty visit to the club



Selera Muhibbah

EARLY BIRD PROMOTION

15 FEBRUARY 2020 - 20 APRIL 2020

<p>ADULT MON - THURS</p> <p>RM 86⁰⁰ nett NORMAL RM99 nett</p>	<p>ADULT MON - SUN & PH</p> <p>RM 96⁰⁰ nett NORMAL RM112 nett</p>
<p>CHILD MON - THURS</p> <p>RM 43⁰⁰ nett NORMAL RM50 nett</p>	<p>CHILD MON - SUN & PH</p> <p>RM 48⁰⁰ nett NORMAL RM55 nett</p>

Prices shown are for per adult & per child. Vouchers valid from 24 April to 23 May 2020.

EARLY BIRDS BUY 10 VOUCHERS FREE 1 BBQ VOUCHER



PRAYER
ROOMS



FREE
PARKING



GHAZAL
MUSIC



SHUTTLE
SERVICE

RESERVATIONS: 03 7804 8888 ext 103 / 306 / 325

REMEMBERING RAMADAN

The grand ‘Santapan 29 Malam Selera Kampung’ Buffet in 2019 is fondly remembered for its cleverly crafted culinary line-up that catered for 1000 to 2300 club patrons daily during the holy month.

Thanks to our ensemble of talented chefs who curated an assortment of local and foreign flavours - from Ikan Tenggiri Asam Rebus Perantaraan Utara Semenanjung to Japanese favourite Takoyaki and Ika No Atama Teppanyaki – diners were absolutely spoilt for choice.

Manned food stalls with charcoal grills were also available, so guests get to indulge their taste buds – all wonderfully complemented by ‘ghazal’ performances that set the perfect tone for the evening.

TGCR takes pride of the buffet that has been going for 16 years now, and looks forward in continuing to provide a most pleasing setting and feast for families and friends to come together and enjoy a memorable ‘breaking fast’ experience.



The main buffet line was spread across a makeshift sampan



SELERA MUHIBBAH

The “Selera Muhibbah” for 2020 is sure to excite guests with its sumptuous buffet offerings. With special dishes such as Patin Asam Pedas & Patin Tempoyak, Sup Kambing Seekor Setiawan, Gulai Kawah Daging Cincang, Apam Balik with varieties of filling, Nasi Dagang, Tortilla Chicken Wrap and Roti John Cheese to name a few, attendees are sure to be spoiled for choice.

Every day will be a wonderful surprise with our menu being on rotation. There will be new selections and new sets of tastes to enjoy at both the buffet line as well as the stalls that will be set up at The Palm Coffee House, Twenty7 Restaurant, all the way to Golfers Lounge and even the Ballroom.

There is, of course, more to a meal than the food itself; ambiance plays a substantial role in creating that memorable dining experience, and so special care has been taken to provide diners with that ideal setting through a suitably festive décor and the Hari Raya mood enhanced with the accompaniment of a ‘ghazal’ band.

Additionally, like the year before, shuttle services will be on hand to aid accessibility across the club and ‘surau’ with an ‘imam’ for Muslim guests to perform their ‘terawih’ prayers.

Please contact us at 03-7804 8888 ext 103 / 306 / 325 to purchase the vouchers and grab the early bird offer.



WE CATER TO EXPECTATIONS

FOOD TRUCK

Any celebration, any location,
we'll make it *special* and *delicious*.

Book with us and create your own menu



03-7804 8888 ext 306/103

TROPICANA GOLF AND COUNTRY RESORT BERHAD (203361-T)
Jalan Kelab Tropicana, 47410 Petaling Jaya, Selangor Darul Ehsan, Malaysia

www.tropicana.com @ events@tropicana.com [f](https://www.facebook.com/tropicana) [i](https://www.instagram.com/tropicana) [tropicana](https://www.tropicana.com) | [tropicana.eats](https://www.tropicana.com)

LIVELY LIONS AND NEW YEAR BLESSINGS



Tan Sri Dato Danny Tan, with son - Mr Din Tan (left) and friend Dato' Sri Lee Say Liang (right)



Puan Sri Ivy Tan, with daughter-in-law - Datin Lee Kyung Bin (middle) and friend Datin Sri Lim Siew Swan (left); together with all the roses in the family

An acrobatic troupe from the Shaolin GC Showtime Academy put on a boisterous lion dance performance on the evening of February 8 at the Spanish Courtyard, followed by a walkabout around the club grounds showering everyone present with Chinese New Year blessings.

The performance in itself was as energetic and stunning as one would expect as the academy is home to numerous wushu athletes who are gold-medallists. Along with blessings of prosperity and good health, the Fook Lok Shou also presented general manager Fariz Victor with the 'prosperity platter'.



Serving up Fortune, Mr Fariz receiving the Prosperity Platter with a colourful entourage



RED ROSES AND ROMANCE

Love was certainly in the air on February 14 as Valentine's Day celebration saw lovey-dovey couples enjoying a scrumptious five-course dinner at the VIP room of Twenty7 Restaurant. With love songs filling the air, complementing the romantic setting, the couples savoured some fine dishes such as Smoked Duck Arancini and Beef Tagliata, along with Gianduja Cake, whilst enjoying the complimentary glass of Belstar Cuvée Rosé.



GENERAL NOTICE



The fallen trees that were obstructing Jalan Tropicana Utama on February 26 due to the frequent thunderstorms over the past week have been cut and cleared by TGCR security.

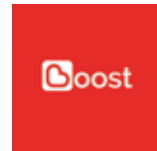
In the event of any similar incidents please inform **MBPJ Hotline 03-79542020** as soon as safely possible.

NOTICE ON E-PAYMENT

To All Members and Guests:
The following counters and outlets are now accepting payment via e-wallets*

- | | |
|------------------|------------------|
| 1. Reception | 5. Coffee House |
| 2. Golf Counter | 6. Bowling Café |
| 3. Sport Counter | 7. Poolside Café |
| 4. 27 Restaurant | 8. Gin Shui Tei |

*Please note that only these e-wallets are applicable:



VOLUNTARY TEMPERATURE SCREENING AT CLUB CHECKPOINTS

Dear Valued Members and Guests,
In light of the COVID-19 outbreak, please be advised that you should avoid coming to the Club if you are feeling unwell.

Voluntary temperature screenings will be implemented at a number of areas in the Club. When visiting the Club, please proceed to any of the following Checkpoints for temperature screening before using the Club facilities.

- Main Wing Reception
- Driving Range
- Golf Registration Counter
- Sports Registration Counter
- Caddie Counter
- Sports Changing Room
- Golf Starter Huts
- Bowling Centre
- Golf Changing Room



Fever (37.5C and above)	Advised to seek medical attention or to stay indoors at home.
Fever (37.5 C and above) and display other respiratory symptoms (for example Cough, Runny Nose, Sore Throat or Shortness of Breath)	Advised to seek immediate medical attention at the nearest hospital.

Thank you for your co-operation and understanding, we apologise for any inconvenience caused.

The Management
18th February 2020

每消费满RM250, 送出三笼点心。

Every RM250 spend FREE 3 Dim Sum.

(燕麦南瓜球, 香脆腐皮卷以及芋丝菜香卷)

(Golden Pumpkin with Salted Egg, Crispy Beancurd Roll with Prawn, and Taro & Vege Spring Rolls)

香脆腐皮卷
Crispy Beancurd
Roll with Prawn

燕麦南瓜球
Golden Pumpkin
with Salted Egg

芋丝菜香卷
Taro & Vege
Spring Rolls

每消费满RM350, 送出芭提雅脆皮烧鸡 (一只) 或 一品海味煲。

Every RM350 spend free Pattaya Crispy Chicken (Full) or Imperial Claypot Seafood Treasurer.

芭提雅脆皮烧鸡 (一只)
Pattaya Crispy Chicken (Full)

或
一品海味煲 (一份)
Imperial Claypot
Seafood Treasurer
(1-portion)

图片展示只供示范用途而已. 价格另加10%服务费及6%服务税. 需符合条件与规则.

Pictures shown are for illustration purpose only. All prices exclude 10% service charge & 6% service tax. Terms & conditions apply.

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JOM BERBUKA!

Selera Muhibbah

CELEBRATION OF JOYOUS RAMADHAN IFTAR

Gather your family and friends for a
sumptuous feast of 2020

Let *Tropicana Catering* give you
a joyous iftar and a great celebration

Early Bird Specials

BY 20TH APRIL 2020

RAMADHAN 1
RM 49⁰⁰_{nett}
NORMAL RM49++

RAMADHAN 2
RM 69⁰⁰_{nett}
NORMAL RM69++

RAMADHAN 3
RM 89⁰⁰_{nett}
NORMAL RM89++



FOOD TRUCK Services Available

- Minimum guaranteed of 200pax
- Selected food only
- Location and space must be permitted
- Terms & Conditions Apply

TROPICANA CATERING SERVICES

Jalan Kelab Tropicana, 47410 Petaling Jaya, Selangor Darul Ehsan, Malaysia

Toll Free Line: 1 800 88 8128

banquet-sales@tropicanaCorp.com.my

NEW YEAR, NEW TROPHY

Teeing off on the fairways on January 14, a total of 128 golfers celebrated the arrival of 2020 with the New Year Trophy. The rousing morning event saw eager golfers showing off their mettle whilst enjoying fun on-course camaraderie.

Winning first place in the Men's gross category was Francois Steynberg with a score of 72, while William Cheah came in second with a score of 77, trailed closely by third-placed Selvam Subramaniam with a score of 78.

Meanwhile in the nett category, SP Maniam claimed top spot with a score of 67. Fakhru Hamdi and Andy Goh, who both scored 68, settled for second and third places respectively.

Over in the Ladies gross category, Loma Steynberg claimed first place with a score of 80, followed by Mychelle Tai in second with a score of 84 and Irene Teng in third with a score of 86. In the nett category, it was Kaashvini Sasi Kumar who won first place with a score of 71, while Jana Kaiser trailed behind in second with a score of 72, followed by Pauline Ngui in third with a score of 73.

The Senior gross category saw Dato' Sahrudin in first place with a score of 77.



Category winners of the New Year Trophy

Coming in second was Richard Yee with a score of 80, followed closely by Chan Sin Long in third with 81. Peter Pang took first place in the nett category with a score of 66, while Edmund Sik trailed closely behind for runner-up honours having scored 67, and Jeffrey Low settled for third place with 70.

A huge 'thank you' goes out to event sponsors Ingress Auto, Srixon, Thai Odyssey and MST Golf, and to Babakagu and Ethiopian Airlines for their sponsorship of the Hole-in-One prizes, though as there was no Hole-in-One winner, the latter were given away as a Lucky Draw Grand Prize to Seppo Hyvonen.

FEBRUARY FORTUNE

Played on the morning of February 22 in Stableford format, the Ang Pow Medal – promising good fortune with prizes and lucky draws – saw a total of 139 golfers teeing off on the East Course.

Winners of the Men's categories were Adrian Yap (Category A, score 42), Paul Ting (Category B, score 41) and Bernd Kaiser (Category C, score 38). In the Ladies category, it was Pauline Ngui who clinched first place, winning with a score of 42, while Richard Yee topped the Seniors category with a score of 40.

During the prize-giving lunch, golfers were delighted to find a food truck, adding even more variety to the already scrumptious buffet spread that was provided. Event sponsors were Ingress Auto, Srixon, Thai Odyssey and MST Golf, while Babakagu sponsored the hole-in-one turned Grand Lucky Draw prize, the Babakagu Geo Recliner Armchair (worth RM9,900), won by Christine Lawder.



GREAT THINGS IN TWOS

The Federation of Malaysia Merchandisers – or FMM for short – had recently held the 2nd FMM Selangor & Kuala Lumpur Golf, with the event showing an outpouring of support. A grand total of 128 golfers took on the fairways of East Course 1 and 2 on the afternoon of February 23, employing the S36 Stableford format.



FUN TIMES AT THE RANGE

20 junior golfers had an absolute blast at the fun-filled Golf Fair that took place on the afternoon of January 4. From sending golf balls flying at the driving range to the putting clinics, all of it built up to the exciting Putting and Shout Out contests that had the juniors making full use of everything they had learnt in the day.



A ROYAL GAME



The afternoon of January 12 saw a most distinguished personage present on the fairways for the Pertandingan Golf Persahabatan. KDYMM Seri Paduka Baginda Yang Di-Pertuan Agong Al-Sultan Abdullah Ri'ayatuddin Al-Mustafa Billal Shah Ibni Almarhum Sultan Haji Ahmad Shah Al-Musta'in Billah, along with a handful of selected guests participated in the friendly golf tournament.

Following a light buffet lunch, His Majesty and the other participants teed off on the East Course, taking it on with much zeal as they showed off their golfing aptitude.

The event concluded with the golfers being treated to a delightful high-tea as they mingled with high spirits. All in all the Pertandingan Golf Persahabatan turned out to be a truly memorable day spent that proved to be a truly royal occasion.



TOP GLOVE HOLDS CHINESE NEW YEAR OPEN HOUSE AT TROPICANA

The world's leading glove manufacturer, Top Glove Sdn Bhd, celebrated Chinese New Year with an Open House Dinner at the Grand Ballroom on February 9.

Hosted by founder Tan Sri Dr Lim Wee Chai and his wife Puan Sri Tong Siew Bee, the grand occasion saw around 700 guests enjoy an extensive and creative series of vegetarian dishes. Adding ambience to the Open House was an acrobatic and eye-catching Lion Dance performance, as well as the presence of the God of Prosperity who went around bestowing blessings on all present.



NEW YEAR WEDDING CELEBRATION

A hearty congratulations to happy couple Karthigeyan and Thiruselvi, who tied the knot on January 27. The morning ceremony, which saw about 200 attendees, was followed by a lunch hosting 700 family members, friends and well-wishers – both held at the Grand Ballroom.



Parents of the groom are Dato' Balasingam & Datin Kokilam



GREAT FOOD AND FUN AT IFCA MSC'S ANNUAL BASH

IFCA MSC Berhad staged its annual dinner at Ballrooms 1 and 1 on January 17, attended by around 200 employees of the leading property solutions provider.

The scrumptious menu included smoked salmon yee sang and double bile dried scallop soup, to name but a few dishes. Following the superb meal, many guests took to the dance floor while enjoying drinks at a specially set up cocktail bar.



HEALTHCARE GROUP HOLDS AGM AT TROPICANA

Fast-growing healthcare group TMC Life Sciences Berhad – made up of Thompson Hospital Kota Damansara, TMC Fertility, TMC Care Pharmacy and Thomson TCM – held their 17th Annual General Meeting at Tropicana on February 20.

The AGM was staged at Ballroom 1 and was attended by about 100 shareholders, who enjoyed a variety of buffet style snacks in between discussing business matters.

TMC LIFE SCIENCES BERHAD (624409-A)
17th Annual General Meeting
20 February 2020

THOMSON HOSPITAL | TMC FERTILITY | TMC CARE PHARMACY | THOMSON TCM



DEALERS ROUND-UP

Athletics and sporting goods company Li-Ning's Malaysian branch recently held a dealers meeting and trade show at the Greens 1 as well as the club's Badminton Court on February 17-19.

Along with yet-to-be-released product previews, the Li-Ning team also held an interaction session as well as a badminton session with shuttlers from the Malaysian Commonwealth team, namely Tan Boon Heong, Woon Khe Wei and Iskandar Zulkarnain Zainuddin, who made a special appearance at the event.



Malay & Indian Wedding Promo

MENU & HALL

MYR22, 800nett
300 pax

MYR37, 800nett
500 pax

MYR52, 800nett
700 pax

MYR75, 800nett
*1, 000 pax

PACKAGE INCLUDED:

- **Complimentary** 4 Dome arrangements
- Bridal Dressing Room for your convenience
- Beautifully Decorated Ceremonial Wedding Cake
- **FREE** Food Tasting for 10 Persons (After Deposit)
- Usage of LCD Projector with Screen
- Usage of 7 LED TV and 6 Smart TV (Grand Ballroom)
- Basic Sound System & Lighting
- Wide Range of Linen to complement the theme
- **FREE** Two (2) VIP Parking Space for Bridal Car
- **FREE** Parking for all Guests Car
- Buggy Shuttle Service Provided (500 pax and above)

MENU, HALL & DECOR

MYR32, 800nett
300 pax

MYR47, 800nett
500 pax

MYR62, 800nett
700 pax

MYR85, 800nett
*1, 000 pax

PACKAGE INCLUDED:

- Main Stage Décor based on Wedding Theme
- Entrance Drapes Décor to Grace the Occasion
- Eight (8) Pedestal along the aisle
- Centerpiece for VIP Table & All Guest Tables
- Complimentary 5 Dome arrangements
- 50 Crystal Chiavari Chairs for Dome Tables
- Complimentary 1 Main Dish for Bridal Table
- Stylishly Designed Wedding Guest Book
- Usage of LED Screen (P4) size 4m (H) x 8m (W)
- Live Feed (1 Man Manning + 1 Camera Man)

 **MYR1,000**
UPGRADE TO DOME
*NOT APPLICABLE TO 1,000 PAX

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+603 7804 8888 (ext 517, 202) or email salesmarketing@tropicancorp.com.my

PRE-WEDDING PARTY TO GO

Celebrating the upcoming nuptial of their son with friends, neighbours and family, Jeremy and Patricia Teh held a pre-wedding dinner and luncheon at their residence.

Making great use of TGCR's outdoor catering service, the dinner for 80 and luncheon for 50 took place on February 21-22, with our food truck making an appearance at the dinner.



NEIGHBOURLY AFFAIR

In the spirit of neighbourly fellowship, the Tropicana Residents Association held a dinner party on the evening of February 23. The get-together, which took place at Ballroom 3, saw an impressive turn-out of 250 residents.

As they mingled cheerily with each other whilst enjoying a wide variety of Chinese-style dishes, guests were also serenaded with a few songs over the course of the dinner by performers from Aesthetic Music – making the evening a memorable affair.



March

AMBROCIANS



LAKSA JOHOR IKAN TENGGIRI
M: RM21.00 | NM: RM26.50



**NYONYA CHICKEN PONGTEH WITH
POTATOES AND BLACK BEAN PASTE**
M: RM23.00 | NM: RM29.00



**AGLIO OLIO CHICKEN
JALAPENO PASTA**
M: RM26.00 | NM: RM32.50



**BAKED SPRING CHICKEN SERVED WITH
COLD SALAD AND PERI PERI SAUCE**
M: RM28.00 | NM: RM35.00

April

SAVOURIES



SZECHUAN SPICY CRISPY SPRING CHICKEN
M : RM22.50 | NM : RM28.00



BREADED CHICKEN BOWL
M : RM24.00 | NM : RM30.00



GULAI IKAN TENGGIRI
M : RM25.00 | NM : RM31.50



SHRIMP SCAMPI PASTA
M : RM55.00 | NM : RM69.00



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Q1 2020



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SWIMMING SAFETY FOR CHILDREN

By **ERIKA PERES, Swimming Instructor** (AUSTSWIM Licenced and ASCA Level 2 Certified)

When your child is in the pool enjoying a good swimming session, it is important for you as a parent to pay full attention to your child in the water. To provide context, I would like to share an incident that happened a few weeks ago;

I took my kids for a swimming session at a club a few weeks back. Being a swimming teacher, it is really easy for me to put on my swimming suit and play the role of an instructor as well as a companion to my kids in the water.

While I was swimming, my elder son called to me, saying, "Mommy, mommy, I think that girl needs some help!" When I turned around to look in the direction he was pointing, I saw a little girl of four or five years of age struggling at the other end of the pool.

My son was the first one to reach her and as he had been trained, used his legs to push her to the wall she could hold on to. Even in this ongoing chaos, it took the father of the child a few minutes to turn his attention from the phone in his hand to what was happening to his daughter.

As a swimming instructor as well as a parent, I think it is important to remind parents about the safety measures in the pool that should be considered before a child goes swimming. So please keep in mind the following points while taking your child for a swim.

ASSESS THE AREA

Before you take your children swimming, it is extremely important to conduct a risk assessment of the pool. This is not a complicated task.

First, check the depth of the pool. Are you and your kids comfortable with this depth? And in the event something happens, would you or your kids be able to get help or exit easily?

Second is whether the pool has a helping aide or lifeguard present for the children. If you are not swimming with your child, you need to



make sure that the pool or the clubhouse has a properly trained lifeguard.

Personally as a swimming instructor, I highly recommend that the parents be in the water with the children as that is the best way to ensure that your children are safe.

In case you are not able to be in the pool with your child, make sure there are no interruptions or distractions outside the pool for you. To put it simply, you need to be fully focussed on your children and keep an eye on them when they are in the water, regardless of the presence of a lifeguard.

USE THE RIGHT EQUIPMENT

Another thing to be careful about is the use of floats when you are letting your child in the pool and there is no lifeguard or trainer available.

For instance, neck floats are certainly not a good idea for young children. This is because toddlers' heads are typically heavy in relation to their bodies; they usually can't easily turn them

to the side or lift them out of the water and if the child is turned over and is upside down, they won't be able to come back up on their own.

BE PREPARED

Finally, I would recommend learning CPR (cardiopulmonary resuscitation), and if possible, taking up a course on the lifesaving technique. In the event that CPR is necessary, knowing how to perform it correctly will give you the seconds needed to save a person's life.

All recommendations aside, remember to take your time and enjoy this activity with your kids. Feel free to use the exercises that I have discussed in my previous article and remember, learning to swim is one of the best ways to protect children against drowning. Swimming with your children is not only a great way to bond with them but also the best way to keep them safe.



18TH TROPICANA AGE-GROUP SWIMMING COMPETITION 2020

Time/Date

8AM / 5TH April 2020

Entrance Fee

RM28.00nett per participant
Open to TGCR Members only

Categories

Age 9 years old & below
Age 10 - 12 years old
Age 13 - 15 years old
Age 16 to 17 years old

Format

Free Style
Breast Stroke 50m
Butterfly 50m
Backstroke 100m

Entry forms are available
at Sports Registration Counter.



Closing Date

30TH March 2020

Late entries will not be entertained

Tel : +603 7804 8888 ext 220



FUNCTION AREAS

Ground Floor

- 3 Greens I
- 23 Greens III
- 25 Poolside Terrace

1st Floor

- 5 Greens II
- 8 Ballroom I
- 9 Ballroom II
- 10 Ballroom III

OUTLETS

- 1 Pro Shop
- 2 De Manshop
- 4 Twenty 7 Restaurant
- 6 Spring Garden Chinese Restaurant
- 7 The Palm Coffee House
- 11 Gin Shui Tei Japanese Restaurant
- 12 Kindyland Tropicana
- 14 The Green House Florist
- 15 Alam Convenient Store
- 16 Tropicana Clinic
- 17 Eco Hair Salon
- 18 Havana Lounge & Havana Cozy
- 20 QingHeGu Korean Traditional Restaurant
- 21 J Italian Restaurant
- 22 Thai Odyssey Spa & Massage
- 24 Bowling Alley



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LG, Main Wing
Tel: 03 7886 9168
Open Daily: 12pm - 3pm
 6.30pm - 10.30pm



HAVANA LOUNGE & HAVANA COZY

LG, Palms Wing
Tel: 03 7804 8888 ext 514
Mon - Thurs: 5pm - 1am
Fri - Sat: 5pm - 2am
Closed on Sunday



J ITALIAN RESTAURANT

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 6pm - 11pm
Fri - Sun: 11am - 1am



**QINGHEGU KOREAN
TRADITIONAL RESTAURANT**

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 6pm - 10pm
Weekends & PH: 11.30am - 10pm



POOLSIDE CAFE

LG, Sports Wing
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Closed on Mondays
Tues - Fri: 4pm - 7pm
Sat, Sun & PH: 8am - 7pm



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CHINESE RESTAURANT**

GF, Main Wing
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Mon - Sat: 11.30am - 2.30pm
 6.30pm - 10.30pm
Sun & PH: 10.30am - 2.30pm
 6.30pm - 10.30pm



THE PALM COFFEE HOUSE

GF, Main Wing
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Weekdays: 11.30am - 3pm
 6pm - 10.30pm
Weekends & PH: 11am - 10.30pm



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ALAM GENERAL STORE

GF, Walkway
Tel: 03 7804 3095
Open Daily: 10.45am - 9pm



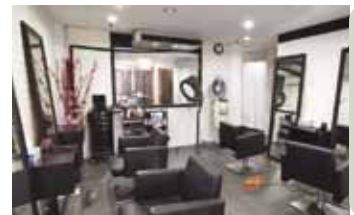
DE MANSHP

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 012 331 8063
(Call for appointment)
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Tues - Sun: 7am - 11pm



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Sunday: 10.30am - 6pm



KINDYLAND TROPICANA

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 017 314 6754
Closed on weekends & PH
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THE GREEN HOUSE FLORIST

GF, Walkway
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 012 370 7303
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Mon - Fri: 9am - 6pm
Sat: 9am - 5pm



THAI ODYSSEY

Sports Wing Entrance
Tel: 03 7803 1233
Open Daily: 10am - 10pm



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NEW PROCEDURES

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APPLICATION PROCEDURES:

GOLFING MEMBERS please obtain your Introduction Letter and Reciprocal Card from the Golf Department at least seven (7) days in advance.

Phone: **+603 7804 8888 ext 200/204** or email to golf@tropicancorp.com.my



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