

LIFESTYLE PROGRAMMES



EXERCISE & LEISURE

PILOXING

EVERY SAT, STARTING 8 JUL 2017 / 2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)
\$154.08 (MEMBER) / \$207.58* (GUEST)
MIN. 6 PAX
8 SESSIONS

POUND FIT (NEW)

Let the cardio jam session take you through a repertoire of twists, stretches and lunges as you drum to the rhythmic beats with the Ripstix.

EVERY SAT, STARTING 8 JUL 2017 / 3.15PM – 4.15PM

ACTIVITY SUITE, SC (L3)
\$154.08 (MEMBER) / \$207.58* (GUEST)
MIN. 6 PAX
8 SESSIONS



MUAY THAI

EVERY THU, STARTING 6 JUL 2017 / 7.00PM – 8.00PM

ACTIVITY SUITE, SC (L3)
\$85.60 (MEMBER) / \$107.00* (GUEST)
MIN. 6 PAX
4 SESSIONS

ADHOC SUNDAY WORKOUT - POUND FIT

SUN, 2 JUL 2017 / 9.30AM – 10.30AM

OUTDOOR AREA BETWEEN GREAT BUBBLE REEF & KOI POND
\$5.35 (MEMBER) / \$10.70* (GUEST)
MIN. 10 PAX

(FEE INCLUDES ONE \$5 F&B VOUCHER + COMPLIMENTARY BOTTLED DRINK. GUEST MUST BE ACCOMPANIED BY MEMBERS WHEN DINING IN THE CLUB)

REBOUNding (NEW)

Bounce your way to fitness on a rebounder. This exercise improves heart and respiratory function, coordination, balance, flexibility with less impact on straining joints and soft tissues due to the elastic element of the rebounder.

Refer a friend to enjoy 2 free sessions for yourself.

ACTIVITY SUITE, SC (L3)
\$267.50 (MEMBER) / \$331.70* (GUEST)
MIN. 10 PAX
10 SESSIONS

TIME SLOT 1

EVERY THU, STARTING 6 JUL 2017 / 8.15PM – 9.15PM

TIME SLOT 2

EVERY SAT, STARTING 8 JUL 2017 / 5.00PM – 6.00PM

TIME SLOT 3

EVERY SUN, STARTING 9 JUL 2017 / 10.00AM – 11.00AM

ZUMBA FITNESS

EVERY MON, STARTING 3 JUL 2017 / 9.00AM – 10.00AM

ACTIVITY SUITE, SC (L3)
\$142.31 (MEMBER) / \$195.81* (GUEST)
MIN. 6 PAX
10 SESSIONS

PILATES BY ANN HO

ACTIVITY SUITE, SC (L3)
\$58.85/MTH (MEMBER) / \$80.25*/MTH (GUEST)

TIME SLOT 1

TIME SLOT 3

EVERY TUE, 9.00AM – 10.00AM **EVERY THU, 9.00AM – 10.00AM**

TIME SLOT 2

TIME SLOT 4

EVERY TUE, 10.15AM – 11.15AM **EVERY THU, 10.15AM – 11.15AM**



DANCE

LINE DANCE (BEGINNERS) (NEW) BY ALVIN LOW

EVERY WED, STARTING 5 JUL 2017 / 2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)
\$85.60 (MEMBER) / \$139.10* (GUEST)
10 SESSIONS

LATIN/BALLROOM DANCE (BEGINNERS)

EVERY MON, STARTING 26 JUN 2017 / 8.30PM – 9.30PM

ACTIVITY SUITE, SC (L3)
\$64.20 (MEMBER) / \$92.02* (GUEST)
8 SESSIONS

CULINARY BY CHEF SHIH ERH

Refer a friend to enjoy 10% discount for yourself.
Menu demonstrated as follows:-

INDIAN CUISINE

1) Vindaloo 2) Chicken Tikka Masala 3) Palak Paneer
4) Express Biryani Rice

SAT, 8 JUL 2017 / 2.30PM – 5.30PM

MULTI-PURPOSE ROOM, SC (L2)
\$56.71 (MEMBER) / \$67.41* (GUEST)
10 PAX

MALAY CUISINE

1) Nasi Lemak 2) Kueh Seri Muka

TUE, 18 JUL 2017 / 7.15PM – 10.15PM

MULTI-PURPOSE ROOM, SC (L2)
\$56.71 (MEMBER) / \$67.41* (GUEST)
10 PAX

YOUTH & FAMILY

JAZZ & TAP COMBO (BEGINNERS)

\$374.50 (MEMBER) / \$428.00* (GUEST)

MIN. 6 PAX

10 SESSIONS

TIME SLOT 1 (9-11 YEARS)

EVERY TUE, STARTING 4 JUL 2017 / 5.30PM – 7.00PM

TIME SLOT 2 (6-8 YEARS)

EVERY WED, STARTING 5 JUL 2017 / 6.00PM – 7.30PM

ACTIVITY SUITE, SC (L3)

TIME SLOT 3 (12-15 YEARS)

EVERY THU, STARTING 6 JUL 2017 / 6.00PM – 7.30PM

MULTI-PURPOSE ROOM, SC (L2)

TAP (BEGINNERS)

EVERY TUE, STARTING 4 JUL 2017 / 7.15PM – 8.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$321.00 (MEMBER) / \$374.50* (GUEST)

16 YEARS AND ABOVE

MIN. 6 PAX

10 SESSIONS

(RATES FOR TAP AVAILABLE FOR 9 YEARS AND ABOVE.
PLEASE CALL TO ENQUIRE)

UPCOMING LIFESTYLE ACTIVITY REGISTRATION FORM

Name

Email

Membership No

Contact No

Name of Attendees

 (Member/Guest) (Member/Guest)

I hereby give my acknowledgement and consent to the Chinese Swimming Club to use my personal data for the aforesaid purposes. I understand and agree to the use of any visuals and video footage of my participation for future marketing purposes of Chinese Swimming Club.

LIFESTYLE ACTIVITIES (Jun /Jul'17)– Please tick or indicate preferred time slot accordingly

LATIN/BALLROOM (BEGINNERS)
Every Mon, starting 26 Jun'17, 8.30pm – 9.30pm

LATIN/BALLROOM (INTERMEDIATE)
Every Fri, starting 14 Jul'17, 8.45pm – 9.45pm

ADHOC SUNDAY WORKOUT- POUNDFIT
Sun, 2 Jul'17, 9.30am – 10.30am

ZUMBA FITNESS
Every Mon, starting 3 Jul'17, 9.00am – 10.00am

JAZZ & TAP COMBO (BEGINNERS)
1. Every Tue, starting 4 Jul'17, 5.30pm – 7.00pm
2. Every Wed, starting 5 Jul'17, 6.00pm – 7.30pm
3. Every Thu, starting 6 Jul'17, 6.00pm – 7.30pm

TAP (BEGINNERS)
Every Tue, starting 4 Jul'17, 7.15pm – 8.15pm

LINE DANCE (BEGINNERS) *NEW*
Every Wed, starting 5 Jul'17, 2.00pm – 3.00pm

MUAY THAI
Every Thu, starting 6 Jul'17, 7.00pm – 8.00pm

REBOUNDING
1. Every Thu, starting 6 Jul, 8.15pm – 9.15pm
2. Every Sat. starting 8 Jul, 5.00pm – 6.00pm
3. Every Sun, starting 9 Jul, 10.00am-11.00am

PILOXING
Every Sat, starting 8 Jul'17, 2.00pm – 3.00pm

POUND FIT
Every Sat, starting 8 Jul'17, 3.15pm – 4.15pm

INDIAN CUISINE
Sat, 8 Jul'17, 2.30pm – 5.30pm

MALAY CUISINE
Tue, 18 Jul'17, 7.15pm – 10.15pm

PILATES by Ann Ho
1. Every Tue, 9.00am – 10.00am
2. Every Tue, 10.15am – 11.15am
3. Every Thu, 9.00am – 10.00am
4. Every Thu, 10.15am – 11.15am

TERMS AND CONDITIONS

1. The Club reserves the right to cancel the activity due to poor response.
2. Upon registration of all activities, withdrawal is only allowed 7 days prior to commencement of activity.
- * 3. For existing participants, withdrawal received by the Club on or before the 15th of the month will be processed within the month. Charges for the activity will cease in the following month. Withdrawal received by the Club after the 15th of the month will be processed in the following month. Charges for the activity will be debited accordingly in the following month and ceased thereafter.
4. There will be no refund of course fee (partial or full) once the activities have commenced.
5. There will be no refund of course fee (partial or full) for lesson that falls on Club closure days i.e. eve of Chinese New Year (CNY), 1st day of CNY and Staff Dinner & Dance.
6. Please note that for activities with limited vacancies, registration will close upon maximum capacity or closing date, whichever occurs first.

INDEMNITY

I/We hereby agree that I/We will not hold Chinese Swimming Club, their appointed staff or officials responsible in any way for any mishaps, injuries or loss of life or for loss or damage to any property howsoever arising out of or in the course of or in connection with the above activities which I/We have opted to take part in; and I/We shall indemnify Chinese Swimming Club and their appointed staff and officials from and against any actions, proceedings, liabilities, claims, damages, cost and expenses which may be brought by or asserted against Chinese Swimming Club and their appointed staff and officials by any person in connection with the above activities and which has been caused whether directly or indirectly, by any act or omission on my/our part.

I/We have read and understood the terms and conditions stipulated above and I/We hereby agree to abide by and be bound by such terms and conditions and the Constitution and Bye-Laws of the Chinese Swimming Club.

Member's Signature

Date

(Note: Absence from activities does not indicate withdrawal unless the official LIFESTYLE WITHDRAWAL FORM is received in good time*)

For enquiries on:

Dance, Culinary, Youth & Family, Exercise & Leisure: 6885 0654 or Wendy.Tan@chineseswimmingclub.org.sg

(Registration forms may be submitted via fax to 6346 5685 or at the Front Office/Sports Reception)

FOR OFFICIAL USE

Date Received: _____ Effective Date: _____ Officer-in-charge: _____ Billing Amount: \$ _____