

LIFESTYLE PROGRAMMES



EXERCISE & LEISURE

MUAY THAI

EVERY THU, COMMENCING 17 MAY 2018 / 7.10PM – 8.10PM

ACTIVITY SUITE, SC (L3)
\$171.20 (MEMBER) / \$222.56* (GUEST)
MIN. 6 PAX / 8 SESSIONS

BARRE (NEW)

1. EVERY THU, COMMENCING 10 MAY 2018 / 8.15PM – 9.15PM
2. EVERY WED, COMMENCING 23 MAY 2018 / 10.15AM – 11.15AM
3. EVERY SAT, COMMENCING 26 MAY 2018 / 3.15PM – 4.15PM

ACTIVITY SUITE, SC (L3)
\$171.20 (MEMBER) / \$222.56* (GUEST)
MIN. 6 PAX / 8 SESSIONS

TOTAL BODY CONDITIONING

EVERY THU, COMMENCING 10 MAY 2018 / 8.00PM – 9.00PM

MULTI-PURPOSE ROOM, SC (L2)
\$128.40 (MEMBER) / \$171.20* (GUEST)
MIN. 7 PAX / 8 SESSIONS

KPOP X FITNESS

KpopX Fitness is a fun and easy fitness dance workout that requires mostly arms & leg movements accompanied by Kpop hit songs in 50 min session. The lite version has less cardio impact compare to the normal version.

1. EVERY TUE, COMMENCING 8 MAY 2018 / 7.10PM – 8.00PM
2. EVERY FRI, COMMENCING 11 MAY 2018 / 9.00AM – 9.50AM (LITE)

MULTI-PURPOSE ROOM, SC (L2)
\$107.00 (MEMBER) / \$141.24* (GUEST)
MIN. 6 PAX / 8 SESSIONS

CULINARY

Refer a friend to enjoy 5% discount for yourself!

SICHUAN CUISINES (DEMO)

Chef Shih Erh will be demonstrating the following recipes: Spicy Dried Chilli Chicken, Mapo Tofu, Hot & Sour Noodle Soup and Spicy Brinjal.

SAT, 21 APR 2018 / 9.00AM – 12.00NN

MULTI-PURPOSE ROOM, SC (L2)
\$56.71 (MEMBER) / \$67.41* (GUEST)
MIN. 8 PAX

MOTHER'S DAY CULINARY SPECIAL!

Award winner-Passion Executive Chef-Roy Tan and Master Chef of Fu Lin Men restaurant-Alex Yeung will demonstrate Champagne Pork with Lychee, Special Sauce Minced Pork on Crispy Tofu and Wasabi Peeled Prawn on Ruby. Sign up early as seats are limited.

SAT, 12 MAY 2018 / 2.30PM – 5.30PM

FU LIN MEN RESTAURANT, AP (L3)
\$58.85 (MEMBER) / \$69.55* (GUEST)
MIN. 10 PAX

PARTY

“AGOAGO” TEA DANCE PARTY

Light refreshment and drinks will be provided.

TUE, 1 MAY 2018 / 2.00PM – 6.00PM

ACTIVITY SUITE, SC (L3)
\$12.00 NETT (MEMBER) / \$18.00 NETT* (GUEST)

LINE DANCE PARTY

Led by Ms Belinda Yeo. Light buffet and drinks will be provided.

SAT, 5 MAY 2018 / 7.00PM – 11.00PM

ACTIVITY SUITE, SC (L3)
\$12.00 NETT (MEMBER) / \$18.00 NETT* (GUEST)

Please obtain a separate registration form from the Front Office, Sports Reception or CSC website. Registration will close upon maximum capacity or closing date, whichever that first occurs.

YOUTH & FAMILY

CHILDREN'S BALLET

EVERY SAT, COMMENCING 5 MAY 2018

BEGINNERS I (FOR 3 TO 4 YEAR OLD) / 9.00AM - 10.00AM

\$119.84 (MEMBER) / \$162.64* (GUEST)

MULTI-PURPOSE ROOM, SC (L2)

BEGINNERS II (FOR 5 TO 6 YEAR OLD) / 10.00AM - 11.00AM

\$162.64 (MEMBER) / \$205.44* (GUEST)

MULTI-PURPOSE ROOM, SC (L2)

GRADE 1 / 8.00AM - 9.00AM

\$222.56 (MEMBER) / \$265.36* (GUEST)

MULTI-PURPOSE ROOM, SC (L2)

GRADE 3 / 11.00AM - 12.00PM

\$239.68 (MEMBER) / \$282.48* (GUEST)

MULTI-PURPOSE ROOM, SC (L2)

BEGINNERS POINTE-WORK / 12.30PM - 1.15PM

\$239.68 (MEMBER) / \$282.48* (GUEST)

ACTIVITY SUITE, SC (L3)

Please obtain a separate registration form from the Front Office, Sports Reception or CSC website.

CHINESE KARAOKE SINGING BY SUFAYE

EVERY MON, COMMENCING 14 MAY 2018 / 8.15PM – 10.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (MEMBER) / \$196.88* (GUEST)

MIN. 10 PAX / 8 SESSIONS

TSUM TSUM CLAY MAKING

MON, 28 MAY 2018 / 2.00PM – 4.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$46.01 (KIDZ CLUB MEMBER) / \$48.15 (CHILD MEMBER) /

\$50.29*(CHILD GUEST)

AGE: 5-12 YEARS OLD / MIN.10 PAX

DANCE

LATIN / BALLROOM (FOR ALL LEVELS) BY PETER WONG

EVERY FRI, COMMENCING 4 MAY 2018 / 8.45PM – 9.45PM

MULTI-PURPOSE ROOM, SC (L2)

\$80.25 (MEMBER) / \$105.93* (GUEST)

MIN. 4 PAX / 8 SESSIONS

LINE DANCE (BEGINNERS) BY ALVIN LOW

EVERY WED, COMMENCING 25 APR 2018 / 2.00PM – 3.30PM

ACTIVITY SUITE, SC (L3)

\$85.60 (MEMBER) / \$139.10*(GUEST)

MIN. 6 PAX / 10 SESSIONS

LINE DANCE BY BELINDA YEO

EVERY SUN, COMMENCING 6 MAY 2018 / 1.30PM – 3.00PM

(BEGINNERS) / 3.00PM – 4.30PM (INTERMEDIATE) /

4.30PM – 6.00PM (ADVANCED)

MULTI-PURPOSE ROOM, SC (L2)

\$85.60 (MEMBER) / \$139.10*(GUEST)

MIN. 10 PAX / 10 SESSIONS

FLEX GYM

FUNCTIONAL INTERVAL TRAINING (F.I.T.) (NEW)

Utilising strength and conditioning tools for a full body workout. Conducted by Flex Gym Trainer, Irwan.

FREE TRIAL

TUE, 10 APR 2018 / 7.00AM – 8.00AM

SPORTS GYM, SC (L3)

ACTUAL CLASS COMMENCEMENT SCHEDULE

EVERY TUE, COMMENCING 24 APR 2018 / 7.00AM – 8.00AM

SPORTS GYM, SC (L3)

\$171.20 (FLEX GYM MEMBER) / \$214.00 (CSC MEMBER)

\$256.80* (GUEST)

AGE: 13 YEARS OLD & ABOVE

MIN. 6 PAX / 8 SESSIONS

UPCOMING LIFESTYLE ACTIVITY REGISTRATION FORM

Name <input style="width: 95%;" type="text"/>	Email <input style="width: 95%;" type="text"/>
Membership No. <input style="width: 95%;" type="text"/>	Contact No. <input style="width: 95%;" type="text"/>
Name of Attendees <input style="width: 95%;" type="text"/> (Member/Guest)	
<input style="width: 95%;" type="text"/> (Member/Guest)	

LIFESTYLE ACTIVITIES (Apr'18 - May'18) - Please tick or indicate preferred time slot accordingly

- | | |
|---|--|
| <input type="checkbox"/> FUNCTIONAL INTERVAL TRAINING - TRIAL
Tue, 10 Apr'18, 7.00am – 8.00am | <input type="checkbox"/> CHINESE KARAOKE SINGING
Every Mon, starting 14 May'18, 8.15pm – 10.15pm |
| <input type="checkbox"/> FUNCTIONAL INTERVAL TRAINING – ACTUAL COMMENCEMENT
Every Tue, starting 24 Apr'18, 7.00am – 8.00am | <input type="checkbox"/> KPOP X FITNESS
<input type="checkbox"/> Every Tue, starting 8 May'18, 7.10pm – 8.00pm
<input type="checkbox"/> Every Fri, starting 11 May'18, 9.00am – 9.50am |
| <input type="checkbox"/> SICHUAN CUISINES (DEMO)
Sat, 21 Apr'18, 9.00am – 12.00nn | <input type="checkbox"/> TOTAL BODY CONDITIONING
Every Thu, starting 10 May'18, 8.00pm – 9.00pm |
| <input type="checkbox"/> LINE DANCE (BEGINNERS)
Every Wed, starting 25 Apr'18, 2.00pm – 3.30pm | <input type="checkbox"/> BARRE
<input type="checkbox"/> Every Thu, starting 10 May'18, 8.15pm – 9.15pm
<input type="checkbox"/> Every Wed, starting 23 May'18, 10.15am – 11.15am
<input type="checkbox"/> Every Sat, starting 26 May'18, 3.15pm – 4.15pm |
| <input type="checkbox"/> LATIN / BALLROOM (FOR ALL LEVELS)
Every Fri, starting 4 May'18, 8.45pm – 9.45pm | <input type="checkbox"/> MOTHER'S DAY CULINARY SPECIAL!
Sat, 12 May'18, 2.30pm – 5.30pm |
| <input type="checkbox"/> LINE DANCE BY BELINDA YEO
Every Sun, starting 6 May'18
<input type="checkbox"/> 1.30pm – 3.00pm (Beginners)
<input type="checkbox"/> 3.00pm – 4.30pm (Intermediate)
<input type="checkbox"/> 4.30pm – 6.00pm (Advanced) | <input type="checkbox"/> MUAY THAI
Every Thu, starting 17 May'18, 7.10pm – 8.10pm |
| | <input type="checkbox"/> TSUM TSUM CLAY MAKING
Mon, 28 May'18, 2.00pm – 4.00pm |

TERMS AND CONDITIONS

1. The Club reserves the right to cancel the activity due to poor response.
2. Upon registration of 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 lessons that fall 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.
7. Photography and videos may be taken for use in our archival and publicity material.

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 <input style="width: 95%;" type="text"/>	Date <input style="width: 95%;" type="text"/>
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(Note: Absence from activities does not indicate withdrawal unless the official LIFESTYLE WITHDRAWAL FORM is received in good time*.)
For enquiries on:

Culinary, Exercise & Leisure, contact Wendy ☎ 6885 0654 ✉ Wendy_Tan@chineseswimmingclub.org.sg

Party, Dance, Youth & Family, Flex Gym contact Wan Ling ☎ 6885 0653 ✉ Wanling_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: _____ Office-in-charge: _____ Billing Amount: \$ _____