

LIFESTYLE PROGRAMMES

**EXERCISE & LEISURE****PILOXING**

EVERY SAT, COMMENCING 11 AUG 2018 / 2.00PM – 3.00PM
ACTIVITY SUITE, SC (L3) / \$154.08 (MEMBER) / \$207.58* (GUEST)
MIN. 6 PAX / 8 SESSIONS

HYDROFIT

Join us for a trial Hydrofit exercise at a special promo rate of \$16.05 per person. Promotion valid for August 2018 only. For more information on schedule, please obtain a separate registration form from the Front Office, Sports Reception or CSC website.

BARRE

1. SAT, COMMENCING 1 SEP 2018 / 3.15PM – 4.15PM
2. THU, COMMENCING 6 SEP 2018 / 8.15PM – 9.15PM
3. WED, COMMENCING 12 SEP 2018 / 10.15AM – 11.15AM
ACTIVITY SUITE, SC (L3) / \$171.20 (MEMBER) / \$222.56* (GUEST)
MIN. 6 PAX / 8 SESSIONS

KPOP X FITNESS (LITE)

EVERY FRI, COMMENCING 14 SEP 2018 / 9.00AM – 9.50AM
MULTI-PURPOSE ROOM, SC (L2) / \$107.00 (MEMBER) / \$141.24* (GUEST)
MIN. 6 PAX / 8 SESSIONS

MUAY THAI

EVERY THU, COMMENCING 27 SEP 2018 / 7.10PM – 8.10PM
ACTIVITY SUITE, SC (L3) / \$171.20 (MEMBER) / \$222.56* (GUEST)
MIN. 6 PAX / 8 SESSIONS

CHINESE BRUSH PAINTING

EVERY THU / 10.00AM – 12.00PM
MULTI-PURPOSE ROOM, SC (L2)
MONTHLY FEE: \$123.05 (MEMBER) / \$155.15* (GUEST)
MIN. 6 PAX

YANG STYLE TAIJI QUAN (NEW BEGINNER CLASS)

EVERY WED, COMMENCING 5 SEP 2018 / 8.00PM – 9.30PM
ACTIVITY SUITE, SC (L3)
MONTHLY FEE: \$26.75 (MEMBER) / \$56.75* (GUEST)
MIN. 6 PAX

TEMPOFIT – * NEW *

TEMPOfit is a fun and interactive buddy pairing workout. Primarily focusing on body weight exercises and equipment could be added for more intensity workout. You can register alone or in pairs. Those register in pairs will get 10% discount for the first 8 sessions.

INTRODUCTORY TRIAL

TUE, 28 AUG 2018, 7.15PM – 8.15PM
\$5.35 (MEMBER) / \$10.70* (GUEST)

ACTUAL CLASS COMMENCEMENT SCHEDULES

1. EVERY TUE, COMMENCING 11 SEP 2018, 7.15PM – 8.15PM
2. EVERY FRI, COMMENCING 14 SEP 2018, 10.15AM – 11.15AM
3. EVERY SUN, COMMENCING 16 SEP 2018, 11.30AM – 12.30PM
ACTIVITY SUITE, SC (3) / MULTIPURPOSE ROOM, SC (L2)
\$119.84 (MEMBER) / \$171.20* (GUEST)
MIN. 6 PAX / 8 SESSIONS

CULINARY

Refer a friend to enjoy 5% discount for yourself!

TRADITIONAL KUEH (DEMO CUM SAMPLING)

Join us as Chef Shih Erh demonstrates and shares her tips on making the Ang Ku Kueh (Red Tortoise Cake) and Kim Kuei Kueh (Steam Pumpkin Cake).
SUN, 19 AUG 2018 / 9.15AM – 12.15PM
MULTI-PURPOSE ROOM, SC (L2)
\$56.71 (MEMBER) / \$67.41* (GUEST)
MIN. 8 PAX

PULLED APART ROSE BOUQUET CUPCAKE (HANDS-ON)

Learn to make trendy and delicious Rose Bouquet cupcakes that can be pulled apart and assembled to form images. Each adult can either attend alone or bring 1 child along. Register early as slots are limited!

SAT, 15 SEP 2018 / 2.00PM – 4.30PM
MULTI-PURPOSE ROOM, SC (L2)
\$101.65 (MEMBER) / \$112.35* (GUEST)
CHILD AGE 11 YEARS OLD & BELOW / MIN. 6 PAX

YOUTH & FAMILY**CHINESE KARAOKE SINGING BY SUFAYE**

EVERY MON, COMMENCING 8 OCT 2018 / 8.15PM – 10.15PM

MULTIPURPOSE ROOM, SC (L2)
\$160.50 (MEMBER) / \$196.88* (GUEST)
MIN. 10 PAX / 8 SESSIONS

Note: There will be additional material fees to be paid directly to instructor during the first lesson.

CROCHET WORKSHOP - CACTUS

SUN, 26 AUG 2018 / 9.00AM – 12.00PM

MULTI-PURPOSE ROOM, SC (L2)
\$85.60 (CSC MEMBER) / \$90.95* (GUEST)
13 YEARS OLD & ABOVE / MIN. 5 PAX
CLOSING DATE: MON, 13 AUG 2018

Note: A set of basic crochet toolkit and all materials will be provided. You may not finish the crochet within the time frame during the session.

CHILDREN'S BALLET

EVERY SAT, COMMENCING 13 OCT 2018 / 8 SESSIONS

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

MULTI-PURPOSE ROOM, SC (L2) / \$119.84 (MEMBER) / \$162.64* (GUEST)

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

MULTI-PURPOSE ROOM, SC (L2) / \$162.64 (MEMBER) / \$205.44* (GUEST)

GRADE 1 / 8.00AM - 9.00AM

MULTI-PURPOSE ROOM, SC (L2) / \$222.56 (MEMBER) / \$265.36* (GUEST)

GRADE 3 / 11.00AM - 12.00PM

MULTI-PURPOSE ROOM, SC (L2) / \$239.68 (MEMBER) / \$282.48* (GUEST)

BEGINNERS POINTE-WORK / 12.30PM - 1.15PM

ACTIVITY SUITE, SC (L3) / \$239.68 (MEMBER) / \$282.48* (GUEST)

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

DANCE**LATIN / BALLROOM (FOR ALL LEVELS) BY PETER WONG**

EVERY FRI, COMMENCING 21 SEP 2018 / 8.45PM – 9.45PM

MULTIPURPOSE ROOM, SC (L2)
\$80.25 (MEMBER) / \$105.93* (GUEST)
MIN. 4 PAX / 8 SESSIONS

BOUNCE DANCEFIT *NEW*

5 street dances and cardio workout in 1 class? Channel all your strength into this brand new energy pumping dance fitness class with addictive music now!

SAT, COMMENCING 18 AUG 2018 / 4.45PM – 5.45PM

ACTIVITY SUITE, SC (L3) / \$85.60 (MEMBER) / \$107.00* (GUEST)
13 YEARS & ABOVE / MIN. 6PAX

PARTY**PERANAKAN TEA DANCE PARTY**

Invite all dancers to dress up as baba and nyonya to our party. Light buffet refreshment and drinks will be provided.

WED, 22 AUG 2018 / 2.00PM – 6.00PM

ACTIVITY SUITE, SC (L3) / \$14NETT (MEMBER) / \$20NETT* (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.

SEPTEMBER HOLIDAYS**CAJON INTRODUCTORY WORKSHOP**

MON, 3 SEP 2018 / 10.00AM – 12.00PM

ACTIVITY SUITE, SC (L3)
\$85.60 (KIDZ CLUB MEMBER) / \$90.95 (MEMBER) / \$96.30* (GUEST)
10 YEARS OLD & ABOVE / MIN. 6 PAX / CLOSING DATE: WED, 22 AUG 2018
Note: Fees are inclusive of rental of Cajon.

“CHEFZ-MA-TAZZ” – TASTER WORKSHOP

Designed by Dance Theatre Arts to show kids how much fun cooking can be through child's play - singing, acting and dancing and making music.

WED, 5 SEP 2018 / 2.00PM – 4.00PM

RECREATION ROOM, SC (L3)
\$50.83 (KIDZ CLUB MEMBER) / \$53.50 (MEMBER) / \$58.85* (GUEST)
6 - 12 YEARS / MIN. 8 PAX / CLOSING DATE: FRI, 24 AUG 2018

UPCOMING LIFESTYLE ACTIVITY REGISTRATION FORM

Name	<input type="text"/>	Email	<input type="text"/>
Membership No.	<input type="text"/>	Contact No.	<input type="text"/>
Name of Attendees	<input type="text"/> (Member/Guest)		
	<input type="text"/> (Member/Guest)		

I hereby give my acknowledgement and consent to the Chinese Swimming Club to use my personal data for the aforesaid purposes.

LIFESTYLE ACTIVITIES (Aug'18 - Oct'18) - Please tick or indicate preferred time slot accordingly

- | | |
|--|--|
| <input type="checkbox"/> PILOXING
Every Sat, starting 11 Aug'18, 2.00pm – 3.00pm | <input type="checkbox"/> YANG STYLE TAIJI QUAN (NEW BEGINNER CLASS)
Every Wed, starting 5 Sep'18, 8.00pm – 9.30pm |
| <input type="checkbox"/> BOUNCE DANCEFIT
Every Sat, starting 18 Aug'18, 4.45pm – 5.45pm | <input type="checkbox"/> TEMPOFIIT - ACTUAL COMMENCEMENT
<input type="checkbox"/> Every Tue, starting 11 Sep 2018, 7.15pm – 8.15pm
<input type="checkbox"/> Every Fri, starting 14 Sep 2018, 10.15am – 11.15am
<input type="checkbox"/> Every Sun, starting 16 Sep 2018, 11.30am – 12.30pm |
| <input type="checkbox"/> TRADITIONAL KUEH (DEMO CUM SAMPLING)
Sun, 19 Aug'18, 9.15am – 12.15pm | <input type="checkbox"/> KPOP X FITNESS (LITE)
Every Fri, starting 14 Sep'18, 9.00am – 9.50am |
| <input type="checkbox"/> CROCHET WORKSHOP - CACTUS
Sun, 26 Aug'18, 9.00am – 12.00pm | <input type="checkbox"/> PULLED APART ROSE BOUQUET CUPCAKE (HANDS-ON)
Sat, 15 Sep'18, 2.00pm – 4.30pm |
| <input type="checkbox"/> TEMPOFIIT - TRIAL CLASS
Tue, 28 Aug'18, 7.15pm – 8.15pm | <input type="checkbox"/> LATIN / BALLROOM (FOR ALL LEVELS)
Every Fri, starting 21 Sep'18, 8.45pm – 9.45pm |
| <input type="checkbox"/> BARRE
<input type="checkbox"/> Every Sat, starting 1 Sep'18, 3.15pm – 4.15pm
<input type="checkbox"/> Every Thu, starting 6 Sep'18, 8.15pm – 9.15pm
<input type="checkbox"/> Every Wed, starting 12 Sep'18, 10.15am – 11.15am | <input type="checkbox"/> MUAY THAI
Every Thu, starting 27 Sep'18, 7.10pm – 8.10pm |
| <input type="checkbox"/> CAJON INTRODUCTORY WORKSHOP
Mon, 3 Sep'18, 10.00am – 12.00pm | <input type="checkbox"/> CHINESE KARAOKE SINGING
Every Mon, starting 8 Oct'18, 8.15pm – 10.15pm |
| <input type="checkbox"/> “CHEFZ-MA-TAZZ” – TASTER WORKSHOP
Wed, 5 Sep'18, 2.00pm – 4.00pm | <input type="checkbox"/> CHINESE BRUSH PAINTING
Every Thu, 10.00am – 12.00pm |

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 Date

(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 Tel: 6885 0654 Email: Wendy_Tan@chineseswimmingclub.org.sg

Dance, Dance Party, Youth & Family, September Holidays, contact Wan Ling Tel: 6885 0653 Email: 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: \$ _____