

# LIFESTYLE PROGRAMMES



## SPRING FESTIVAL 2018

Usher in the year of the Dog with Lion & Dragon Dance performance and traditional snacks.

**SAT, 24 FEB 2018 / 4.30PM – 6.00PM**

ARRIVAL PAVILION ENTRANCE, BESIDE BEGINNERS POOL

## EXERCISE & LEISURE

### MUAY THAI

**EVERY THU, STARTING 8 MAR 2018 / 7.00PM – 8.00PM**

ACTIVITY SUITE, SC (L3)

\$171.20 (MEMBER) / \$222.56\* (GUEST)

MIN. 6 PAX

8 SESSIONS

### BARRE (NEW)

Barre exercise is a low impact workout that combines the body sculpting from ballet & core training postures from pilates.

INTRODUCTORY TRIAL @ \$5.35 PER MEMBER AND \$10.70 PER GUEST

**THU, 18 JAN 2018 / 8.15PM – 9.15PM**

ACTUAL CLASS COMMENCEMENT SCHEDULES

DATE/TIME:

**1. WED, STARTING 24 JAN 2018 / 10.15AM – 11.15AM**

**2. THU, STARTING 25 JAN 2018 / 8.15PM – 9.15PM**

**3. SAT, STARTING 3 FEB 2018 / 3.15PM – 4.15PM**

**4. SUN, STARTING 4 FEB 2018 / 11.00AM – 12.00NN**

ACTIVITY SUITE, SC (L3)

FEES: \$171.20 (MEMBER) / \$222.56\* (GUEST)

MIN. 6 PAX

8 SESSIONS

### PILOXING

**EVERY SAT, STARTING 10 FEB 2018 / 2.00PM – 3.00PM**

ACTIVITY SUITE, SC (L3)

\$154.08 (MEMBER) / \$207.58\* (GUEST)

MIN. 6 PAX

8 SESSIONS

### POUND FIT

**EVERY SUN, STARTING 3 FEB 2018 / 9.30AM – 10.30AM**

ACTIVITY SUITE, SC (L3)

\$154.08 (MEMBER) / \$207.58\* (GUEST)

MIN. 6 PAX

8 SESSIONS

## TALK

### HEALTH & WEALTH SEMINAR

Focus on Management of Hip & Knee Arthritis and Retirement Planning. Light dinner will be provided.

**TUE, 23 JAN 2018 / 7.15PM – 10.15PM**

MULTI-PURPOSE ROOM, SC (L2)

\$10.70 (MEMBER) / \$16.05\* (GUEST)

MIN. 10 PAX

## PARTY

### LOHEI DANCE PARTY

Let's toss in the Year of Dog with Lohei & dance to your heart content.

**SAT, 24 FEB 2018 / 7.00PM – 11.45PM**

ACTIVITY SUITE, SC (L3)

\$28.00 (MEMBER) / \$40.00\* (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.*

## DANCE

### LATIN / BALLROOM (FOR ALL LEVELS) BY PETER WONG

**EVERY MON, STARTING 22 JAN 2018 / 8.30PM – 9.30PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 4 PAX

8 SESSIONS

### LINE DANCE (BEGINNERS) BY ALVIN LOW

**EVERY WED, STARTING 24 JAN 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, STARTING 4 FEB 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

## CULINARY

Refer a friend to enjoy 10% discount for yourself.

### SICHUAN CUISINES (DEMO)

Learn Sichuan cuisines with Chef Shih Erh who will demonstrate Spicy Dried Chilli Chicken, Mapo Tofu, Hot & Sour Noodle Soup and Spicy Brinjal.

**SUN, 21 JAN 2018 / 9.00AM – 12.00NN**

MULTI-PURPOSE ROOM, SC (L2)

\$56.71 (MEMBER) / \$67.41\* (GUEST)

MIN. 8 PAX

## YOUTH & FAMILY

### 2018 LUNAR NEW YEAR – RUBBER STAMP WORKSHOP

Learn to hand carve 3 rubber stamps to embellish all your Ang Baos! Materials included.

**SUN, 28 JAN 2018 / 10.00AM – 12.00NN**

MULTI-PURPOSE ROOM, SC (L2)

\$58.09 (MEMBER) / \$68.79\* (GUEST)

CLOSING DATE: WED, 17 JAN 2018

MIN. 10 PAX

MIN 13 YEARS & ABOVE

### CHINESE KARAOKE SINGING BY SUFAYE

**EVERY MON, STARTING 12 FEB 2018 / 8.15PM – 10.15PM**

MULTIPURPOSE ROOM, SC (L2)

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

MIN. 10 PAX

8 SESSIONS

### SLIME MAKING WORKSHOP

Have fun molding your glittery and fluffy slime and keep in your personalised bottle.

**SUN, 11 MAR 2018 / 10.00AM – 11.30AM**

MULTI-PURPOSE ROOM, SC (L2)

\$42.80 (KIDZ CLUB MEMBER) / \$44.94 (CHILD MEMBER)

\$48.15\* (GUEST)

MIN. 8 PAX

4-12 YEARS OLD

*All materials will be provided. No borax will be used. If your child has played with slime and was allergic to it, we do advise caution.*

### 2018 MARCH SPORTS & DANCE CAMP

Dance to popular Kpop song and pick up new sports in this 1 day camp!

**WED, 14 MAR 2018 / 10.00AM – 5.00PM**

\$95.00 (KIDZ CLUB MEMBER) /

\$110.00 (EARLY BIRD SPECIAL FOR CHILD MEMBER & CHILD GUEST)

\$120.00 (CHILD MEMBER) / \$140.00\* (CHILD GUEST)

CLOSING DATE (FOR EARLY BIRD SPECIAL – CHILD MEMBER &

CHILD GUEST): **MON, 5 FEB 2018**

CLOSING DATE (FOR KIDZ CLUB MEMBER, CHILD MEMBER & CHILD

GUEST): **WED, 28 FEB 2018**

AGE: 5 -12 YEARS OLD

*Limited seats to ensure quality trainings. Please sign up fast!*

All above published rates are inclusive of 7% GST. \*Price includes Club's guest fee.

Information is correct at the time of print. The Club reserves the right to cancel the above activities without prior notice due to unforeseen circumstances.

# 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. 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 (Jan'18 - Mar'18) - Please tick or indicate preferred time slot accordingly

- |   |   |
|---|---|
| <input type="checkbox"/> <b>BARRE – TRIAL LESSON</b><br>Thu, 18 Jan'18, 8.15pm – 9.15pm   | <input type="checkbox"/> <b>POUND FIT</b><br>Every Sun, starting 3 Feb'18, 9.30am – 10.30am   |
| <input type="checkbox"/> <b>BARRE – ACTUAL COMMENCEMENT</b><br><input type="checkbox"/> Every Wed, starting 24 Jan'18, 10.15am – 11.15am<br><input type="checkbox"/> Every Thu, starting 25 Jan'18, 8.15pm – 9.15pm<br><input type="checkbox"/> Every Sat, starting 3 Feb'18, 3.15pm – 4.15pm<br><input type="checkbox"/> Every Sun, starting 4 Feb'18, 11.00am – 12.00nn | <input type="checkbox"/> <b>LINE DANCE BY BELINDA YEO</b><br><input type="checkbox"/> Every Sun, starting 4 Feb'18, 1.30pm – 3.00pm (Beginners)<br><input type="checkbox"/> Every Sun, starting 4 Feb'18, 3.00pm – 4.30pm (Intermediate)<br><input type="checkbox"/> Every Sun, starting 4 Feb'18, 4.30pm – 6.00pm (Advanced) |
| <input type="checkbox"/> <b>SICHUAN CUISINE (DEMO)</b><br>Sun, 21 Jan'18, 9.00am – 12.00nn  | <input type="checkbox"/> <b>PILOXING</b><br>Every Sat, starting 10 Feb'18, 2.00pm – 3.00pm  |
| <input type="checkbox"/> <b>LATIN/BALLROOM (FOR ALL LEVELS)</b><br>Every Mon, starting 22 Jan'18, 8.30pm – 9.30pm   | <input type="checkbox"/> <b>CHINESE KARAOKE SINGING – BY SUFAYE</b><br>Every Mon, starting 12 Feb'18, 8.15pm – 10.15pm  |
| <input type="checkbox"/> <b>HEALTH &amp; WEALTH SEMINAR</b><br>Tue, 23 Jan'18, 7.15pm – 10.15pm   | <input type="checkbox"/> <b>SLIME MAKING WORKSHOP</b><br>Sun, 11 Mar'18, 10.00am – 11.30am  |
| <input type="checkbox"/> <b>LINE DANCE (BEGINNERS)</b><br>Every Wed, starting 24 Jan' 18, 2.00pm – 3.30pm   | <input type="checkbox"/> <b>2018 MARCH SPORTS &amp; DANCE CAMP</b><br>Wed, 14 Mar'18, 10.00am – 5.00pm  |
| <input type="checkbox"/> <b>2018 LUNAR NEW YEAR – RUBBER STAMP WORKSHOP</b><br>Sun, 28 Jan'18, 10.00am – 12.00nn  | <input type="checkbox"/> <b>MUAY THAI</b><br>Every Thu, starting 8 Mar'18, 7.00pm – 8.00pm  |

## 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 15<sup>th</sup> 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 15<sup>th</sup> 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), 1<sup>st</sup> 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:

**Talk, Culinary, Exercise & Leisure, contact Wendy** ☎ 6885 0654 ✉ Wendy\_Tan@chineseswimmingclub.org.sg

**Party, Dance, Youth & Family, 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: \$ \_\_\_\_\_