

# LIFESTYLE PROGRAMMES



## EXERCISE & LEISURE

### 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

### HATHA YOGA

**EVERY TUE / 8.00PM – 9.15PM**

MULTI-PURPOSE ROOM, SC (L2)

MONTHLY FEE: \$42.80 (MEMBER) / \$64.20\* (GUEST)

MIN. 6 PAX

### GENTLE YOGA (BEGINNERS)

**EVERY FRI / 9.00AM – 10.00AM**

ACTIVITY SUITE, SC (L3)

MONTHLY FEE: \$42.80 (MEMBER) / \$64.20\* (GUEST)

MIN. 6 PAX

### KPOP X FITNESS (LITE)

**EVERY FRI, STARTING 8 FEB 2019 / 9.00AM – 9.50AM**

MULTI-PURPOSE ROOM, SC (L2)

\$107.00 (MEMBER) / \$141.24\* (GUEST)

MIN. 6 PAX / 8 SESSIONS

### BARRE

**1. SAT, STARTING 9 FEB 2019 / 3.15PM – 4.15PM**

**2. WED, STARTING 13 FEB 2019 / 10.15AM – 11.15AM**

**3. THU, STARTING 14 FEB 2019 / 8.15PM – 9.15PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

### MUAY THAI

**EVERY THU, STARTING 14 FEB 2019 / 7.10PM – 8.10PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

### TOTAL BODY CONDITIONING

**EVERY THU, STARTING 14 FEB 2019 / 8.00PM – 9.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$128.40 (MEMBER) / \$171.20\* (GUEST)

MIN. 7 PAX / 8 SESSIONS

### TABATA \*NEW\*

*Tabata is a form of high intensity interval training designed to get your heart rate up in that anaerobic zone for a short period of time. Tabata helps to burn fats, improve endurance and speed, and aid weight loss.*

**EVERY SUN, STARTING 3 MAR 2019 / 11.00AM – 12.00PM**

ACTIVITY SUITE, SC (L3)

\$133.75 (MEMBER) / \$176.55\* (GUEST)

MIN. 7 PAX / 8 SESSIONS

## YOUTH & FAMILY

### PEPPA PIG MACARON MAKING WORKSHOP

**(1 PARENT + 1 CHILD)**

*Ooi Ooi Ooi! Bake 6 cute Peppa Pig macarons filled with chocolate ganache to celebrate the upcoming Year of The Pig!*

**SUN, 13 JAN 2019 / 9.30AM – 11.30AM**

MULTI-PURPOSE ROOM, SC (L2)

\$80.25 (KIDZCLUB MEMBER) / \$85.60 (MEMBER) / \$90.95\* (GUEST)

CHILD AGE: 4 - 12 YEARS OLD / MIN. 5 PAIRS

### “CHEFZ-MA-TAZZ” – TASTER WORKSHOP

*Designed by Dance Theatre Arts this workshop will teach kids how much fun cooking can be through child's play - singing, acting and dancing and making music.*

**TUE, 19 MAR 2019 / 2.00PM – 4.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$49.93 (KIDZCLUB MEMBER) / \$54.92 (MEMBER) / \$59.92\* (GUEST)

CHILD AGE: 6 -12 YEARS OLD / MIN. 8 PAX

CLOSING DATE: FRI, 8 MAR 2019

## MARCH HOLIDAYS SPORTS & LEISURE CAMP

**WED, 20 MAR 2019 / 10.00AM – 5.00PM**

CSC SPORTS COMPLEX

\$130.00 (MEMBER), \$150.00 (GUEST)

(REGISTER BY MON, 11 FEB 2019 TO GET \$20 OFF!)

KIDZCLUB MEMBER \$95.00 (NO FURTHER DISCOUNT)

(INCL. 3 ACTIVITIES, LUNCH AND 1 TEA BREAK)

AGE: 6 - 12 YEARS OLD / CLOSING DATE: TUE, 5 MAR 2019

*Limited seats to ensure quality trainings so book your seat now!*

## DANCE

### LINE DANCE (INTERMEDIATE) BY ALVIN LOW

**EVERY WED, STARTING 9 JAN 2019 / 2.00PM – 3.30PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 10 PAX / 10 SESSIONS

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

**EVERY FRI, STARTING 18 JAN 2019 / 8.45PM – 9.45PM**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 4 PAX / 8 SESSIONS

### SOCIAL DANCE (BEGINNERS) BY ALVIN LOW

**EVERY WED, STARTING 23 JAN 2019 / 3.30PM – 4.30PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

### BOUNCE DANCEFIT

**EVERY SAT, STARTING 23 FEB 2019 / 4.30PM – 5.30PM**

ACTIVITY SUITE, SC (L3)

\$85.60 (MEMBER) / \$107.00\* (GUEST)

MIN. 6 PAX / 4 SESSIONS

### LINE DANCE BY BELINDA YEO

**EVERY SUN, STARTING 3 MAR 2019**

**1.30PM – 3.00PM (HIGHER BEGINNERS)**

**3.00PM – 4.30PM (ADVANCED)**

**4.30PM – 6.00PM (HIGHER INTERMEDIATE)**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 10 PAX / 10 SESSIONS

## PARTY

### LOHEI DANCE PARTY

*Usher in the Year of Pig and toss up New Year blessings with a round of Lohei with us!*

**SAT, 16 FEB 2019 / 7.00PM – 11.45PM**

ACTIVITY SUITE, SC (L3)

\$18 NETT (MEMBER – CHILD 12 YEARS & BELOW) /

\$28 NETT (MEMBER) / \$38 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.*

## LIFESTYLE

### SPRING FESTIVAL 2019

*Usher in the year of the pig in the annual Spring Festival celebration with Lion & Dragon dance, traditional snacks giveaway and other interesting performances.*

**SAT, 16 FEB 2019 / 4.30PM – 6.00PM**

ARRIVAL PAVILION ENTRANCE, BESIDES BEGINNERS' POOL

## CULINARY

*Refer a friend to enjoy 5% discount for yourself!*

### JAPANESE COTTON CHEESE CAKE (HANDS-ON)

*Learn to make aromatic, cottony soft and fluffy Japanese cheesecake from Le-Cordon Bleu trained chef, Nan Ong. All participants will get to bring home their self-made cheese cake. Sign up early as limited slots are available.*

**SUN, 24 FEB 2019 / 9.00AM – 12.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$112.35 (MEMBER) / \$123.05\* (GUEST) / MIN. 5 PAX

# 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 (Jan'19 - Mar'19) - Please tick or indicate preferred time slot accordingly

- |   |   |
|---|---|
| <input type="checkbox"/> <b>LINE DANCE (INTERMEDIATE) BY ALVIN LOW</b><br>Every Wed, starting 9 Jan'19, 2.00pm – 3.30pm   | <input type="checkbox"/> <b>JAPANESE COTTON CHEESE CAKE (HANDS-ON)</b><br>Sun, 24 Feb'19, 9.00am – 12.00pm  |
| <input type="checkbox"/> <b>PEPPA PIG MACARON MAKING WORKSHOP (1 PARENT + 1 CHILD)</b><br>Sun, 13 Jan'19, 9.30am – 11.30am  | <input type="checkbox"/> <b>TABATA *NEW*</b><br>Every Sun, starting 3 Mar'19, 11.00am – 12.00pm   |
| <input type="checkbox"/> <b>LATIN / BALLROOM DANCE (FOR ALL LEVELS) BY PETER WONG</b><br>Every Fri, starting 18 Jan'19, 8.45pm – 9.45pm   | <input type="checkbox"/> <b>LINE DANCE BY BELINDA YEO</b><br>Every Sun, starting 3 Mar'19<br><input type="checkbox"/> 1.30pm – 3.00pm (Higher Beginners)<br><input type="checkbox"/> 3.00pm – 4.30pm (Advanced)<br><input type="checkbox"/> 4.30pm – 6.00pm (Higher Intermediate) |
| <input type="checkbox"/> <b>SOCIAL DANCE (BEGINNERS) BY ALVIN LOW</b><br>Every Wed, starting 23 Jan'19, 3.30pm – 4.30pm   | <input type="checkbox"/> <b>“CHEFZ-MA-TAZZ” – TASTER WORKSHOP</b><br>Tue, 19 Mar'19, 2.00pm – 4.00pm  |
| <input type="checkbox"/> <b>KPOP X FITNESS (LITE)</b><br>Every Fri, starting 8 Feb'19, 9.00am – 9.50am  | <input type="checkbox"/> <b>MARCH HOLIDAYS SPORTS &amp; LEISURE CAMP</b><br>Wed, 20 Mar'19, 10.00am – 5.00pm  |
| <input type="checkbox"/> <b>BARRE</b><br><input type="checkbox"/> Every Sat, starting 9 Feb'19, 3.15pm – 4.15pm<br><input type="checkbox"/> Every Wed, starting 13 Feb'19, 10.15am – 11.15am<br><input type="checkbox"/> Every Thu, starting 14 Feb'19, 8.15pm – 9.15pm | <input type="checkbox"/> <b>HATHA YOGA</b><br>Every Tue, 8.00pm – 9.15pm  |
| <input type="checkbox"/> <b>MUAY THAI</b><br>Every Thu, starting 14 Feb'19, 7.10pm – 8.10pm   | <input type="checkbox"/> <b>CHINESE BRUSH PAINTING</b><br>Every Thu, 10.00am – 12.00pm  |
| <input type="checkbox"/> <b>TOTAL BODY CONDITIONING</b><br>Every Thu, starting 14 Feb'19, 8.00pm – 9.00pm   | <input type="checkbox"/> <b>GENTLE YOGA (BEGINNERS)</b><br>Every Fri, 9.00am – 10.00am  |
| <input type="checkbox"/> <b>BOUNCE DANCEFIT</b><br>Every Sat, starting 23 Feb'19, 4.30pm – 5.30pm   |   |

## 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.
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, Lifestyle, contact Wendy** Tel: 6885 0654 Email: Wendy\_Tan@chineseswimmingclub.org.sg

**Dance & Party, contact Wan Ling** Tel: 6885 0653 Email: Wanling\_Tan@chineseswimmingclub.org.sg

**Youth & Family, contact Jick Sern** Tel: 6885 0675 Email: Jicksern\_Lam@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: \$ \_\_\_\_\_