

# LIFESTYLE PROGRAMMES



## EXERCISE & LEISURE

### 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 compared to the normal version.

**1. TUE, COMMENCING 12 JUN 2018 / 7.10PM – 8.00PM**

**2. FRI, COMMENCING 15 JUN 2018 / 9.00AM – 9.50AM (LITE)**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 6 PAX / 8 SESSIONS

### BODY BAND BALANCE

**EVERY WED, COMMENCING 13 JUN 2018 / 9.00AM – 10.00AM**

ACTIVITY SUITE, SC (L3)

\$149.80 (MEMBER) / \$224.70\* (GUEST)

MIN. 10 PAX / 12 SESSIONS

### BARRE

**1. THU, COMMENCING 5 JUL 2018 / 8.15PM – 9.15PM**

**2. WED, COMMENCING 18 JUL 2018 / 10.15AM – 11.15AM**

**3. SAT, COMMENCING 21 JUL 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 26 JUL 2018 / 8.00PM – 9.00PM**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 7 PAX / 8 SESSIONS

## CULINARY

Refer a friend to enjoy 5% discount for yourself!

### CHOCOLATE LOAVES (HANDS-ON)

Make 2 bread loaves, from mixing to kneading to shaping to baking! Learn to knead and shape 2 types of loaves, one machine-knead and one hand-knead by yourself. This is a hands-on workshop and you will bring home 2 loaves of bread. Please bring containers!

**FRI, 15 JUN 2018 / 1.00PM – 5.00PM**

MULTIPURPOSE ROOM, SC (L2)

\$101.65 (MEMBER) / \$112.35\* (GUEST)

MIN. 5 PAX

### ASIAN NOODLE MEAL (DEMO)

Learn the secrets of making delicious Asian noodles from Chef Shih Erh as she demonstrates the following menu: Japanese Yaki Udon with Teriyaki Chicken, Vietnamese Grilled Pork Noodle and Thai Spicy Seafood Glass Noodle. Sign up fast due to limited slots!

**SUN, 29 JUL 2018 / 9.15AM – 12.15PM**

MULTIPURPOSE ROOM, SC (L2)

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

MIN. 8 PAX

## YOUTH & FAMILY

### DESIGN & CODE A FATHER'S DAY E-CARD FROM SCRATCH

**WED, 13 JUN 2018 / 10.00AM- 12.00PM**

MULTIPURPOSE ROOM, SC (L2)

FEE (WITHOUT LAPTOP RENTAL): \$61.14 (KIDZ CLUB MEMBER) /

\$64.89 (CHILD MEMBER) / \$68.63\*(GUEST)

FEE (WITH LAPTOP RENTAL): \$82.54 (KIDZ CLUB MEMBER) /

\$86.29 (CHILD MEMBER) / \$90.03\*(GUEST)

7-12 YEARS OLD / MIN. 10 PAX

### 2018 JUNE SPORTS & LEISURE CAMP

**TUE, 19 JUNE 2018 TO FRI, 22 JUNE 2018**

**9.00AM – 1.00PM DAILY**

\$250.00 (KIDZ CLUB MEMBER)

\$310.00 (CHILD MEMBER)

\$360.00\*(CHILD GUEST)

6-12 YEARS OLD

### CHINESE KARAOKE SINGING BY SUFAYE

**EVERY MON, COMMENCING 30 JUL 2018 / 8.15PM – 10.15PM**

MULTIPURPOSE ROOM, SC (L2)

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

MIN. 10 PAX / 8 SESSIONS

## DANCE

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

**EVERY FRI, COMMENCING 13 JUL 2018 / 8.45PM – 9.45PM**

MULTIPURPOSE ROOM, SC (L2)

**EVERY MON, COMMENCING 30 JUL 2018 / 8.30PM – 9.30PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 4 PAX / 8 SESSIONS

### LINE DANCE (INTERMEDIATE) BY ALVIN LOW

**EVERY WED, COMMENCING 18 JUL 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 29 JUL 2018**

**1.30PM – 3.00PM (BEGINNERS)**

**3.00PM – 4.30PM (INTERMEDIATE)**

**4.30PM – 6.00PM (ADVANCED)**

MULTIPURPOSE ROOM, SC (L2)

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

MIN. 10 PAX / 10 SESSIONS

## PARTY

### RED & WHITE DANCE PARTY

Come express your love for Singapore with your passion for dancing. Light buffet dinner and drinks will be provided.

**SAT, 28 JUL 2018 / 7.00PM – 11.45PM**

ACTIVITY SUITE, SC (L3)

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

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

## FLEX GYM

### FUNCTIONAL INTERVAL TRAINING (F.I.T) - \*NEW\*

The class will utilise strength and conditioning tools to help you achieve solid functional movements for a full body workout.

Conducted by Flex Gym Trainer, Irwan.

**ACTUAL CLASS COMMENCING TUE, 3 JUL 2018 / 7.45AM– 8.45AM**

SPORTS GYM, SC (L3)

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

\$256.80 (GUEST)

13 YEARS OLD & ABOVE / MIN. 6 PAX / 8 SESSIONS

## TALK

### CHOOSE WHILE YOU CAN: LASTING POWER OF ATTORNEY

Get a peace of mind by appointing a trusted person to be your proxy decision-maker when you become mentally incapacitated. In this seminar, we will address:

1. What does being an attorney means?

An introduction to having a Lasting Power of Attorney

2. What are the legal obligations of an attorney?

Understand how the Mental Capacity Act defines your role.

3. Importance of having a Will and Lasting Power of Attorney

Understand the difference between a Will and Lasting Power of Attorney and how it correlates.

4. What is Advance Care Planning?

Objective of Advance Care Planning and why everyone should have it done

**TUE, 17 JUL 2018 / 7.00PM – 9.00PM**

MULTIPURPOSE ROOM, SC (L2)

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

MIN. 20 PAX. LIGHT DINNER WILL BE PROVIDED.

# 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 (Jun'18 - July'18) - Please tick or indicate preferred time slot accordingly

- |   |  |
|---|--|
| <input type="checkbox"/> <b>KPOP X FITNESS</b><br><input type="checkbox"/> Every Tue, starting 12 Jun'18, 7.10pm – 8.00pm<br><input type="checkbox"/> Every Fri, starting 15 Jun'18, 9.00am – 9.50am  | <input type="checkbox"/> <b>LATIN / BALLROOM (FOR ALL LEVELS)</b><br><input type="checkbox"/> Every Fri, starting 13 Jul'18, 8.45pm – 9.45pm<br><input type="checkbox"/> Every Mon, starting 30 Jul'18, 8.30pm – 9.30pm  |
| <input type="checkbox"/> <b>BODY BAND BALANCE</b><br>Every Wed, starting 13 Jun'18, 9.00am – 10.00am  | <input type="checkbox"/> <b>CHOOSE, WHILE YOU CAN:<br/>LASTING POWER OF ATTORNEY</b><br>Tue, 17 Jul'18, 7.00pm – 9.00pm  |
| <input type="checkbox"/> <b>DESIGN &amp; CODE A FATHER'S DAY E-CARD FROM SCRATCH</b><br>Wed, 13 June'18, 10.00am – 12.00pm  | <input type="checkbox"/> <b>LINE DANCE (INTERMEDIATE)</b><br>Every Wed, starting 18 Jul'18, 2.00pm – 3.30pm  |
| <input type="checkbox"/> <b>CHOCOLATE LOAVES (HANDS-ON)</b><br>Fri, 15 June'18, 1.00pm – 5.00pm   | <input type="checkbox"/> <b>TOTAL BODY CONDITIONING</b><br>Every Thu, starting 26 Jul'18, 8.00pm – 9.00pm  |
| <input type="checkbox"/> <b>2018 JUNE SPORTS &amp; LEISURE CAMP</b><br>Tue – Fri, 19 June – 22 June'18, 9.00am – 1.00pm daily   | <input type="checkbox"/> <b>ASIAN NOODLE MEAL (DEMO)</b><br>Sun, 29 Jul'18, 9.15am – 12.15pm   |
| <input type="checkbox"/> <b>FUNCTIONAL INTERVAL TRAINING<br/>– Actual Commencement</b><br>Every Tue, starting 3 Jul'18, 7.45am – 8.45am   | <input type="checkbox"/> <b>LINE DANCE by Belinda Yeo</b><br>Every Sun, starting 29 Jul'18<br><input type="checkbox"/> 1.30pm – 3.00pm (Beginners)<br><input type="checkbox"/> 3.00pm – 4.30pm (Intermediate)<br><input type="checkbox"/> 4.30pm – 6.00pm (Advanced) |
| <input type="checkbox"/> <b>BARRE</b><br><input type="checkbox"/> Every Thu, starting 5 Jul'18, 8.15pm – 9.15pm<br><input type="checkbox"/> Every Wed, starting 18 Jul'18, 10.15am – 11.15am<br><input type="checkbox"/> Every Sat, starting 21 Jul'18, 3.15pm – 4.15pm | <input type="checkbox"/> <b>CHINESE KARAOKE SINGING</b><br>Every Mon, starting 30 Jul'18, 8.15pm – 10.15pm   |

## 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	<input type="text"/>	Date	<input 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, Talk, Exercise & Leisure, contact Wendy** Tel: 6885 0654 Email: Wendy\_Tan@chineseswimmingclub.org.sg  
**Dance, Party, Youth & Family, Flex Gym, 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: \$ _____
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