

LIFESTYLE PROGRAMMES



EXERCISE & LEISURE

MUAY THAI

EVERY THU, COMMENCING 15 MAR 2018 / 7.00PM – 8.00PM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

BARRE (NEW)

Barre exercises combines the body sculpting benefits of ballet with the core training properties of Pilates. It is a low impact strength based exercise that targets the whole body including the legs, arms, torso and buttock.

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

SAT, 17 MAR 2018 / 3.15PM – 4.15PM

ACTUAL CLASS COMMENCEMENT SCHEDULE

DATE/TIME:

1. THU, COMMENCING 22 MAR 2018 / 8.15PM – 9.15PM

2. SAT, COMMENCING 24 MAR 2018 / 3.15PM – 4.15PM

3. WED, COMMENCING 28 MAR 2018 / 10.15AM – 11.15AM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

TOTAL BODY CONDITIONING

EVERY THU, COMMENCING 15 MAR 2018 / 8.00PM – 9.00PM

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 7 PAX / 8 SESSIONS

BODY BAND BALANCE

EVERY WED, COMMENCING 14 MAR 2018 / 9.00AM – 10.00AM

ACTIVITY SUITE, SC (L3)

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

MIN. 10 PAX / 12 SESSIONS

CULINARY

Refer a friend to enjoy 5% discount for yourself!

3D JELLY FLOWER ART (HANDS-ON)

Learn all the tricks from Chef Nan Ong to create these gorgeous floral jelly pieces of art, from cooking the jelly, to creating the flowers to the finishing touches. Not only a pleasure to look at but even more a treat to savour and share! You will bring home 2 Jelly Cakes and a 13-pc starter kit!

SAT, 31 MAR 2018 / 9.00AM – 1.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$144.45 (MEMBER) / \$155.15* (GUEST), MIN. 5 PAX

SICHUAN CUISINES (DEMO)

Add a twist to your Lunar New Year delicacies by learning Sichuan cuisines. 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

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.

FREE TRIAL (LIMITED TO 1 FREE TRIAL PER MEMBER/GUEST)

TUE, 27 MAR 2018 / 7.00AM – 8.00AM

TUE, 10 APR 2018 / 7.00AM – 8.00AM

ACTUAL CLASS COMMENCEMENT SCHEDULE

TUES, 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

YOUTH & FAMILY

2018 MARCH SPORTS & DANCE CAMP

WED, 14 MAR 2018 / 10.00AM – 5.00PM

\$95.00 (KIDZ CLUB MEMBER) /

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

AGE: 5 -12 YEARS OLD

SINGAPORE SIGN LANGUAGE COURSE (LEVEL 1) (NEW)

EVERY TUE, COMMENCING 20 MAR 2018 / 7.00PM – 9.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$224.70 (MEMBER) / \$254.70*(GUEST)

AGE: 16 YEARS OLD & ABOVE / MIN. 10 PAX / 12 SESSIONS

WATERCOLOUR SKETCHING INTRODUCTORY WORKSHOP (NEW)

This hands-on workshop introduces you to the foundation of drawing, using various mediums to understand art fundamentals.

3 INDOOR SESSIONS

SAT, COMMENCING 24 MAR 2018 / 7.00PM – 9.30PM

MULTI-PURPOSE ROOM, SC (L2)

1 OUTDOOR SESSION

TO BE COORDINATED AND ADVISED AFTER COMMENCEMENT

MARCH SPECIAL (SIGN UP BETWEEN 1 MAR AND 18 MAR 2018):

\$117.70 (MEMBER) / \$139.10* (GUEST)

USUAL FEE: \$251.45 (MEMBER) / \$272.85*(GUEST)

AGE: 13 YEARS OLD & ABOVE / MIN. 6 PAX / 4 SESSIONS

Materials are not included and will be advised upon registration.

PARTY

“AGOAGO” TEA DANCE PARTY

It's AGOGO time! Come twist and shake your stress away.

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

Line up for the Line Dance Party led by our instructor, 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.

DANCE

LATIN / BALLROOM (FOR ALL LEVELS) BY PETER WONG

EVERY MON, COMMENCING 2 APR 2018 / 8.30PM – 9.30PM

ACTIVITY SUITE, SC (L3)

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

MIN. 4 PAX / 8 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

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

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 (Mar'18 - May'18) - Please tick or indicate preferred time slot accordingly

- | | |
|--|--|
| <input type="checkbox"/> TOTAL BODY CONDITIONING
Every Thu, starting 15 Mar'18, 8.00pm – 9.00pm | <input type="checkbox"/> 3D JELLY FLOWER ART (HANDS-ON)
Sat, 31 Mar'18, 9.00am – 1.00pm |
| <input type="checkbox"/> 2018 MARCH SPORTS & DANCE CAMP
Wed, 14 Mar'18, 10.00am – 5.00pm | <input type="checkbox"/> LATIN/BALLROOM (FOR ALL LEVELS)
Every Mon, starting 2 Apr'18, 8.30pm – 9.30pm |
| <input type="checkbox"/> BODY BAND BALANCE
Every Wed, starting 14 Mar'18, 9.00am – 10.00am | <input type="checkbox"/> SICHUAN CUISINES (DEMO)
Sat, 21 Apr'18, 9.00am – 12.00nn |
| <input type="checkbox"/> MUAY THAI
Every Thu, starting 15 Mar'18, 7.00pm – 8.00pm | <input type="checkbox"/> LINE DANCE BY BELINDA YEO
Every Sun, starting 6 May 18
1.30pm – 3.00pm (Beginners)
3.00pm – 4.30pm (Intermediate)
4.30pm – 6.00pm (Advance) |
| <input type="checkbox"/> BARRE – TRIAL
Sat, 17 Mar'18, 3.15pm – 4.15pm | <input type="checkbox"/> LINE DANCE (BEGINNERS)
Every Wed, starting 25 Apr'18, 2.00pm – 3.30pm |
| <input type="checkbox"/> BARRE – ACTUAL COMMENCEMENT
<input type="checkbox"/> Every Thu, starting 22 Mar'18, 8.15pm – 9.15pm
<input type="checkbox"/> Every Sat, starting 24 Mar'18, 3.15pm – 4.15pm
<input type="checkbox"/> Every Wed, starting 28 Mar'18, 10.15am – 11.15am | <input type="checkbox"/> FUNCTIONAL INTERVAL TRAINING - TRIAL
<input type="checkbox"/> Tue, 27 Mar'18, 7.00am – 8.00am
<input type="checkbox"/> Tue, 10 Apr'18, 7.00am – 8.00am |
| <input type="checkbox"/> SINGAPORE SIGN LANGUAGE COURSE (LEVEL 1)
* NEW *
Every Tue, starting 20 Mar'18, 7.00pm – 9.00pm | <input type="checkbox"/> FUNCTIONAL INTERVAL TRAINING – ACTUAL COMMENCEMENT
Every Tue, starting 24 Apr'18, 7.00am – 8.00am |
| <input type="checkbox"/> WATERCOLOUR SKETCHING INTRODUCTORY WORKSHOP * NEW *
Every Sat, starting 24 Mar'18, 7.00pm – 9.30pm | |

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 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: \$ _____