

# LIFESTYLE PROGRAMMES



## EXERCISE & LEISURE

### MUAY THAI

**EVERY THU, COMMENCING 24 MAY 2018 / 7.10PM – 8.10PM**

ACTIVITY SUITE, SC (L3)  
\$171.20 (MEMBER) / \$222.56\* (GUEST)  
MIN. 6 PAX / 8 SESSIONS

### BARRE

**1. EVERY THU, COMMENCING 10 MAY 2018 / 8.15PM – 9.15PM**  
**2. EVERY WED, COMMENCING 23 MAY 2018 / 10.15AM – 11.15AM**  
**3. EVERY SAT, COMMENCING 26 MAY 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 17 MAY 2018 / 8.00PM – 9.00PM**

MULTI-PURPOSE ROOM, SC (L2)  
\$128.40 (MEMBER) / \$171.20\* (GUEST)  
MIN. 7 PAX / 8 SESSIONS

### KPOP X FITNESS (NEW)

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. EVERY TUE, COMMENCING 8 MAY 2018 / 7.10PM – 8.00PM**  
**2. EVERY FRI, COMMENCING 11 MAY 2018 / 9.00AM – 9.50AM (LITE)**

MULTI-PURPOSE ROOM, SC (L2)  
\$107.00 (MEMBER) / \$141.24\* (GUEST)  
MIN. 6 PAX / 8 SESSIONS

## CULINARY

Refer a friend to enjoy 5% discount for yourself!

### MOTHER'S DAY CULINARY SPECIAL! (DEMO CUM MEAL)

Award winner, Passion Executive Chef, Roy Tan and Master Chef of Fu Lin Men restaurant, Alex Yeung will demonstrate Champagne Pork with Lychee, Special Sauce Minced Pork on Crispy Tofu and Wasabi Peeled Prawn on Ruby. Sign up early as seats are limited.

**SAT, 12 MAY 2018 / 2.30PM – 5.30PM**

FU LIN MEN RESTAURANT, AP (L3)  
\$58.85 (MEMBER) / \$69.55\* (GUEST)  
MIN. 10 PAX

### 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**

MULTI-PURPOSE ROOM, SC (L2)  
\$101.65 (MEMBER) / \$112.35\* (GUEST)  
MIN. 5 PAX

## 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 JULY 2018 / 7.00PM – 11.45PM**

ACTIVITY SUITE, SC (L3)  
\$28.00 NETT (MEMBER) / \$38.00 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.*

## YOUTH & FAMILY

### TSUM TSUM CLAY MAKING

**MON, 28 MAY 2018 / 2.00PM – 4.00PM**

MULTI-PURPOSE ROOM, SC (L2)  
\$46.01 (KIDZ CLUB MEMBER) / \$48.15 (CHILD MEMBER)  
\$50.29\* (CHILD GUEST)  
5-12 YEARS OLD / MIN. 10 PAX  
CLOSING DATE: FRI, 18 MAY 2018

### SLIME MAKING WORKSHOP (MAGNETIC & COLOUR CHANGING)

**FRI, 1 JUNE 2018 / 12.00PM – 2.00PM**

MULTI-PURPOSE ROOM, SC (L2)  
\$61.14 (KIDZ CLUB MEMBER) / \$64.89 (CHILD MEMBER)  
\$68.63\* (GUEST)  
6-12 YEARS OLD / MIN. 8 PAX  
CLOSING DATE: TUE, 22 MAY 2018

### MINI CACTUS & TAMAGO BUNNY AMIGURUMI CROCHET WORKSHOP (NEW)

**COMMENCING SUN, 3 JUNE 2018 / 9.00AM – 12.00PM**

MULTI-PURPOSE ROOM, SC (L2)  
\$171.20 (MEMBER) / \$192.60\* (GUEST)  
13 YEARS OLD & ABOVE / MIN. 5PAX / 4 SESSIONS  
CLOSING DATE: WED, 23 MAY 2018

### UNICORN CAKEPOP MAKING (1 PARENT + 1 CHILD)

**TUE, 5 JUNE 2018 / 12.30PM – 2.00PM**

MULTI-PURPOSE ROOM, SC (L2)  
\$62.06 (KIDZ CLUB MEMBER) / \$65.81 (CHILD MEMBER)  
\$69.55\* (GUEST)  
4-12 YEARS OLD / MIN. 5 PAIRS  
CLOSING DATE: THU, 24 MAY 2018

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

**WED, 13 JUNE 2018 / 10.00AM – 12.00PM**

MULTI-PURPOSE 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  
CLOSING DATE: FRI, 1 JUNE 2018

### 2018 JUNE SPORTS & LEISURE CAMP

**TUE, 19 JUNE 2018 TO FRI, 22 JUNE 2018 / 9.00AM – 1.00PM DAILY**

\$250.00 (KIDZ CLUB MEMBER) / \$290.00 (CHILD MEMBER – EARLY BIRD) / \$310.00 (CHILD MEMBER) / \$340.00\* (CHILD GUEST – EARLY BIRD) / \$360.00\* (CHILD GUEST)  
6-12 YEARS OLD / CLOSING DATE (FOR EARLY BIRD - CHILD MEMBER & CHILD GUEST): TUE, 22 MAY 2018  
CLOSING DATE (FOR KIDZ CLUB MEMBER, CHILD MEMBER & CHILD GUEST): TUE, 5 JUNE 2018

### CHILDREN'S BALLET

**EVERY MON, COMMENCING 25 JUNE 2018**

**GRADE 2 / 3.30PM – 4.30PM**

**GRADE 4 / 4.30PM – 5.30PM**

**GRADE 5 / 5.30PM – 6.30PM**

\$239.68 (MEMBER) / \$282.48\* (GUEST)  
ACTIVITY SUITE, SC (L3) / 8 SESSIONS

*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 MON, COMMENCING 4 JUNE 2018 / 8.30PM – 9.30PM**

ACTIVITY SUITE, SC (L3)  
\$80.25 (MEMBER) / \$105.93\* (GUEST)  
MIN. 4 PAX / 8 SESSIONS

## TOUR

### DAY TOUR TO GEM MUSEUM

Join us in this guided tour cum discovery session to learn how science and art can co-exist and interact through learning about gemstones and the earth. 2-way transport will be provided.

**FRI, 8 JUN 2018 / 10.00AM – 12.15PM** (ASSEMBLE BY 9.50AM AT THE ARRIVAL PAVILION)

\$39.00 (ADULT MEMBER) / \$35.00 (CHILD DEPENDENT) / \$32.00 (KIDZ CLUB MEMBER) / \$44.00 (ADULT GUEST) / \$40.00 (CHILD GUEST)  
CLOSING DATE: MON, 4 JUNE 2018  
MIN. 8PAX

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

- |  |  |
|--|--|
| <input type="checkbox"/> <b>KPOP X FITNESS (NEW)</b><br><input type="checkbox"/> Every Tue, starting 8 May'18, 7.10pm – 8.00pm<br><input type="checkbox"/> Every Fri, starting 11 May'18, 9.00am – 9.50am  | <input type="checkbox"/> <b>MINI CACTUS &amp; TAMAGO BUNNY AMIGURUMI CROCHET WORKSHOP (NEW)</b><br>Starting Sun, 3 June'18, 9.00am – 12.00pm |
| <input type="checkbox"/> <b>BARRE</b><br><input type="checkbox"/> Every Thu, starting 10 May'18, 8.15pm – 9.15pm<br><input type="checkbox"/> Every Wed, starting 23 May'18, 10.15am – 11.15am<br><input type="checkbox"/> Every Sat, starting 26 May'18, 3.15pm – 4.15pm | <input type="checkbox"/> <b>LATIN / BALLROOM (FOR ALL LEVELS)</b><br>Every Mon, starting 4 June'18, 8.30pm – 9.30pm                          |
| <input type="checkbox"/> <b>MOTHER'S DAY CULINARY SPECIAL!</b><br>Sat, 12 May'18, 2.30pm – 5.30pm  | <input type="checkbox"/> <b>UNICORN CAKEPOP MAKING (1 PARENT + 1 CHILD)</b><br>Tue, 5 June '18, 12.30pm – 2.00pm                             |
| <input type="checkbox"/> <b>TOTAL BODY CONDITIONING</b><br>Every Thu, starting 17 May'18, 8.00pm – 9.00pm  | <input type="checkbox"/> <b>DAY TOUR TO GEM MUSEUM</b><br>Fri, 8 June'18, 10.00am – 12.15pm  |
| <input type="checkbox"/> <b>MUAY THAI</b><br>Every Thu, starting 24 May'18, 7.10pm – 8.10pm  | <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>TSUM TSUM CLAY MAKING</b><br>Mon, 28 May'18, 2.00pm – 4.00pm   | <input type="checkbox"/> <b>CHOCOLATE LOAVES (HANDS-ON)</b><br>Fri, 15 June'18, 1.00pm – 5.00pm  |
| <input type="checkbox"/> <b>SLIME MAKING WORKSHOP</b><br>Fri, 1 June'18, 12.00pm – 2.00pm  | <input type="checkbox"/> <b>2018 JUNE SPORTS &amp; LEISURE CAMP</b><br>Tue – Fri, 19 June – 22 June'18, 9.00am – 1.00pm daily                |

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

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