

LIFESTYLE PROGRAMMES



EXERCISE & LEISURE

PILOXING

EVERY SAT, STARTING 25 NOV 2017 / 2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX

8 SESSIONS

POUND FIT

EVERY SAT, STARTING 25 NOV 2017 / 3.15PM – 4.15PM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX

8 SESSIONS

MUAY THAI

EVERY THU, STARTING 2 NOV 2017 / 7.00PM – 8.00PM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX

4 SESSIONS

HYDROFIT # (NEW)

Hop on to a Boga Fit board and learn to coordinate your movements as you keep afloat.

The water workout is a combination of two variations of HydroFit programmes: The HydroFit Pump where callisthenics exercises such as push-ups, sit-ups and squats are carried out, complemented with HydroFit Zen which consists of Yoga and Pilates inspired movements.

The HydroFit Series helps you to build core stability, flexibility, focus and strength. Come and join us to de-stress and give yourself a good and fun workout!

PACKAGE	MEMBER'S FEE
Single Session (to be utilised within 2 weeks)	\$40.93
4 Sessions (to be utilised within 1 month)	\$138.24
10 Sessions (to be utilised within 3 months)	\$318.33



#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 occurs first.

DANCE

LINE DANCE (BEGINNERS) BY ALVIN LOW

EVERY WED, STARTING 8 NOV 2017 / 2.00PM – 3.30PM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX

10 SESSIONS

LATIN / BALLROOM (INTERMEDIATE)

BY PETER WONG

EVERY MON, STARTING 30 OCT 2017 / 8.30PM – 9.30PM

ACTIVITY SUITE, SC (L3)

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

MIN. 4 PAX

8 SESSIONS

LATIN / BALLROOM (FOR ALL LEVELS)

BY PETER WONG

EVERY FRI, STARTING 20 OCT 2017 / 8.45PM – 9.45PM

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 4 PAX

8 SESSIONS

CULINARY

Refer a friend to enjoy 10% discount for yourself.

LOCAL FAVOURITES (DEMO)

Learn from Chef Mdm Tay as she imparts her knowledge and skills of making good Mee Rebus, Sambal Egg & Kueh Salat. Sign up fast as vacancies are limited.

TUE, 24 OCT 2017 / 7.15PM – 10.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$48.15 (MEMBER) / \$58.85* (GUEST)

MIN. 8 PAX



BUN DEMO - KIMCHI PORK & POLO

Learn to make Kimchi, Kimchi Pork bun and Polo bun by Chef Mdm Tay. Sign up fast as vacancies are limited.

TUE, 14 NOV 2017 / 7.15PM – 10.15PM

MULTI-PURPOSE ROOM, SC (L2)

\$48.15 (MEMBER) / \$58.85* (GUEST)

MIN. 8 PAX

YOUTH & FAMILY (SCHOOL HOLIDAYS)

FENCING FUN

The workshop teaches the basic skills of fencing and introduces the concepts of attacking and defending as well as co-ordination of hands and feet, through a variety of exciting games and exercises.

MON, 27 NOV 2017 / 2.00PM – 4.00PM

ACTIVITY SUITE, SC (L3)

\$62.06 (KIDZ CLUB) / \$66.34 (CHILD) / \$72.76* (CHILD GUEST)

MIN. 6 PAX

CHILD AGE IS BETWEEN 6-10 YEARS OLD

MUSICAL THEATRE WORKSHOP

The workshop integrates singing, dance (Jazz), acting and introduces you to the fundamental techniques required to perform Broadway numbers from musical Annie, The Sound of Music and other all-time favourite musicals.

WED, 29 NOV 2017 TO FRI, 1 DEC 2017 / 1.00PM – 3.30PM

MULTI-PURPOSE ROOM, SC (L2)

\$206.37 (KIDZ CLUB) / \$229.30 (CHILD) / \$242.14* (CHILD GUEST)

MIN. 10 PAX

CHILD AGE IS BETWEEN 7-12 YEARS OLD

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 (Oct / Nov'17) - Please tick or indicate preferred time slot accordingly

- | | |
|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> LATIN / BALLROOM (FOR ALL LEVELS)
Starting Fri 20 Oct'17, 8.45pm – 9.45pm | <input type="checkbox"/> MUAY THAI
Every Thu, 2 Nov'17, 7.00pm – 8.00pm |
| <input type="checkbox"/> LATIN / BALLROOM (INTERMEDIATE)
Starting Mon, 30 Oct'17, 8.30pm – 9.30pm | <input type="checkbox"/> PILOXING
Starting Sat, 25 Nov'17, 2.00pm – 3.00pm |
| <input type="checkbox"/> LINE DANCE (BEGINNERS)
Starting Wed, 8 Nov'17, 2.00pm – 3.30pm | <input type="checkbox"/> POUND FIT
Starting Sat, 25 Nov'17, 3.15pm – 4.15pm |
| <input type="checkbox"/> LOCAL FAVOURITES (DEMO)
Tue, 24 Oct'17, 7.15pm – 10.15pm | <input type="checkbox"/> FENCING FUN
Mon, 27 Nov'17, 2.00pm – 4.00pm |
| <input type="checkbox"/> BUN DEMO – KIMCHI PORK & POLO
Tue, 14 Nov'17, 7.15pm – 10.15pm | <input type="checkbox"/> MUSICAL THEATRE WORKSHOP
Wed, 29 Nov'17 to Fri, 1 Dec'17, 1.00pm – 3.30pm |

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.

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, contact Wendy ☎ 6885 0654 ✉ Wendy_Tan@chineseswimmingclub.org.sg

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: \$ _____