

UPCOMING LIFESTYLE ACTIVITIES - EXERCISES

(AUGUST / SEPTEMBER 2010)

Please tick accordingly:

<u>DANZAFIT</u> (Sun, starting 22 Aug 2010, 10.00am – 11.00am)
<u>DANZAFIT</u> (Mon, starting 23 Aug 2010, 10.00am – 11.00am)
<u>RHUMBAROBICS</u> (Sat, starting 4 Sep 2010, 2.00pm – 3.00pm)
<u>RHUMBAROBICS</u> (Sun, starting 5 Sep 2010, 11.30am–12.30pm)
<u>CARDIO SCULPT (TRIAL)</u> (Thu, 19 Aug 2010, 10.00am – 11.00am)
<u>CARDIO SCULPT</u> (Thu, starting 2 Sep 2010, 10.00am – 11.00am)
<u>"JIAN SHENG" QIGONG</u> (Tue, commencement date TBA, 10.00am – 11.00am) (Please call to check.)

<u>WING CHUN (TRIAL)</u> (Sun, 1 Aug 2010, 2.00pm – 3.00pm)
<u>WING CHUN</u> (Sun, starting 15 Aug 2010, 2.00pm – 4.00pm)
<u>AQUA FIT & FUN</u> (Mon, starting 30 Aug 2010, 7.30pm – 8.30pm)
<u>AQUA FIT & FUN</u> (Wed, starting 1 Sep 2010, 8.30am – 9.30am)
<u>POWER YOGA (TRIAL)</u> (Sat, 21 Aug 2010, 3.30pm – 4.30pm)
<u>POWER YOGA</u> (Sat, starting 4 Sep 2010, 3.30pm – 4.30pm)

Please complete this section with full and updated particulars. Amount will be debited from principal member's account.

Name of Member : DR/MR/MRS/MDM/MS _____
 Participants (1) : DR/MR/MRS/MDM/MS _____
 (2) : DR/MR/MRS/MDM/MS _____
 (3) : DR/MR/MRS/MDM/MS _____
 (4) : DR/MR/MRS/MDM/MS _____

A/C No.

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 Age : _____ Member / Guest (pls circle)
 Age : _____ Member / Guest (pls circle)
 Age : _____ Member / Guest (pls circle)
 Age : _____ Member / Guest (pls circle)

Address: _____

S'pore () Email: _____

Contact No.: _____ (H) _____ (O) _____ (HP) **Total Participants** _____

Terms and Conditions

1. The Club reserves the right to cancel the activity due to poor response.
2. Upon registration of all 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.

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 Official Use
 Date Received: _____ Effective Date: _____ Officer-in-charge: _____ Billing Amount: \$ _____

For enquiries, ☎ Wendy 6885 0654 Or Daphne 6885 0653
 (Please submit registration form by fax: 6346 5685 or drop it at the Front Office/Sports Desk.)

UPCOMING LIFESTYLE ACTIVITIES

(AUGUST / SEPTEMBER 2010)

Please tick accordingly:

<u>CHA CHA / JIVE (STAGE 2)</u> (Mon, 16 Aug 2010, 8.00pm – 9.00pm)
<u>RHUMBA / SAMBA (STAGE 1)</u> (Tue, 17 Aug 2010, 8.00pm – 9.00pm)
<u>LATIN JIVE (BEGINNER) BY PETER WONG</u> (Sun, starting 5 Sep 2010, 8.00pm – 9.00pm)
<u>ADVANCED BALLROOM (GROUP 1) BY PETER WONG</u> (Sun, starting 19 Sep 2010, 9.15pm – 10.15pm)
<u>LINE DANCE (BEGINNER) BY BELINDA YEO</u> (Sun, starting 5 Sep 2010, 1.30pm – 3.00pm)
<u>LINE DANCE (INTERMEDIATE) BY BELINDA YEO</u> (Sun, starting 5 Sep 2010, 3.00pm – 4.30pm)
<u>LINE DANCE (ADVANCED) BY BELINDA YEO</u> (Sun, starting 5 Sep 2010, 4.30pm – 6.00pm)
<u>SWEET DESSERTS</u> (Sun, 19 Sep 2010, 2.30pm – 5.30pm)

<u>NORTH INDIAN CUISINE</u> (Sun, 10 Oct 2010, 3.00pm – 5.00pm)
<u>WHOLESONE BAKERY (WITHOUT OVEN)</u> (Sun, 17 Oct 2010, 3.00pm – 6.00pm)
<u>CREATIVE PAINTING</u> (Sat, 4 Sep 2010, 9.00am – 10.30am Youth 7 – 14 yrs)
<u>CREATIVE PAINTING</u> (Sat, 4 Sep 2010, 10.30am – 11.30am Junior 3 – 6 yrs)
<u>MTV DANCE</u> (Sat, starting 4 Sep 2010, 12.30pm – 1.30pm)
<u>CARTOONING WORKSHOP</u> (Mon, 6 Sep 2010, 2.30pm – 5.30pm)
<u>RIGHT BRAIN MULTIPLICATION</u> (Wed & Thu, 8 – 9 Sep 2010, 2.30pm – 5.30pm)
<u>CHILDREN'S LANTERN PARTY</u> (Sat, 18 Sep 2010, 6.30pm – 9.00pm)

Please complete this section with full and updated particulars. Amount will be debited from principal member's account.

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 (2) : DR/MR/MRS/MDM/MS _____
 (3) : DR/MR/MRS/MDM/MS _____
 (4) : DR/MR/MRS/MDM/MS _____

A/C No. _____
 Age : _____ Member / Guest (pls circle)
 Age : _____ Member / Guest (pls circle)
 Age : _____ Member / Guest (pls circle)
 Age : _____ Member / Guest (pls circle)

Address: _____

S'pore () Email: _____

Contact No.: _____ (H) _____ (O) _____ (HP) **Total Participants** _____

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Member's Signature

Date

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