

## LIFESTYLE PROGRAMMES

**EXERCISE & LEISURE****CHINESE BRUSH PAINTING****EVERY THU / 10.00AM – 12.00PM**

MULTI-PURPOSE ROOM, SC (L2)

MONTHLY FEE: \$123.05 (MEMBER) / \$155.15\* (GUEST)

MIN. 6 PAX

**HATHA YOGA (INTERMEDIATE)****EVERY TUE / 8.30PM – 9.30PM**

MULTI-PURPOSE ROOM, SC (L2)

MONTHLY FEE: \$42.80 (MEMBER) / \$64.20\* (GUEST)

MIN. 6 PAX

**GENTLE YOGA (BEGINNERS)****EVERY FRI / 9.00AM – 10.00AM**

ACTIVITY SUITE, SC (L3)

MONTHLY FEE: \$42.80 (MEMBER) / \$64.20\* (GUEST)

MIN. 6 PAX

**TEMPOFIT – \* NEW \***

TEMPOfit is a fun and interactive buddy pairing workout. Primarily focusing on body weight exercises, equipment could be added for a more intensified workout. With motivational music in the background, participants are engaged in a cycle of heart pumping routines which focus on balance, endurance, flexibility, strength and cardio. You can register alone or in pairs. Those who register in pairs will get 10% discount for the first 8 sessions.

**\* FREE TRIAL SESSION \* TUE, 30 OCT 2018, 7.15PM – 8.15PM****CLASS COMMENCEMENT SCHEDULES**

- 1. EVERY FRI, STARTING 9 NOV 2018, 10.15AM – 11.15AM**
- 2. EVERY SUN, STARTING 11 NOV 2018, 11.30AM – 12.30PM**
- 3. EVERY TUE, STARTING 13 NOV 2018, 7.15PM – 8.15PM**

ACTIVITY SUITE, SC (L3) / MULTI-PURPOSE ROOM, SC (L2)

\$119.84 (MEMBER) / \$171.20\* (GUEST)

MIN. 6 PAX / 8 SESSIONS

**BARRE****1. WED, STARTING 7 NOV 2018 / 10.15AM – 11.15AM****2. THU, STARTING 8 NOV 2018 / 8.15PM – 9.15PM****3. SAT, STARTING 10 NOV 2018 / 3.15PM – 4.15PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

**MUAY THAI****EVERY THU, STARTING 1 NOV 2018 / 7.10PM – 8.10PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

**KPOP X FITNESS (LITE)****EVERY FRI, STARTING 2 NOV 2018 / 9.00AM – 9.50AM**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 6 PAX / 8 SESSIONS

**PILOXING****EVERY SAT, STARTING 20 OCT 2018 / 2.00PM – 3.00PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

**PARTY****BOLLYWOOD TEA DANCE PARTY**

Ignite your passion for dancing in your favourite Bollywood costumes. Light refreshment and drinks will be provided.

**TUE, 6 NOV 2018 / 2.00PM – 6.00PM**

ACTIVITY SUITE, SC (L3) / \$14 NETT (MEMBER) / \$20 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 occurs first.

**CULINARY**

Refer a friend to enjoy 5% discount for yourself!

**ASIAN NOODLE MEAL (DEMO CUM SAMPLING)**

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

**TUE, 13 NOV 2018 / 7.15PM – 10.15PM**

MULTI-PURPOSE ROOM, SC (L2)

\$56.71 (MEMBER) / \$67.41\* (GUEST) / MIN. 8 PAX

**ONDEH ONDEH SWISS ROLL & KUEH (HANDS-ON)**

Participants will be working in pairs to make Ondeh Ondeh as well as Ondeh Ondeh Swiss Rolls in this hands-on session. Sign up early due to limited slots.

**SAT, 8 DEC 2018 / 2.00PM - 5.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$67.41 (MEMBER) / \$78.11\* (GUEST) / MIN. 10 PAX

**YOUTH & FAMILY****CHINESE KARAOKE SINGING BY SUFAYE****EVERY MON, STARTING 8 OCT 2018 / 8.15PM – 10.15PM**

MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (MEMBER) / \$196.88\* (GUEST) / MIN. 10 PAX / 8 SESSIONS

Note: There will be additional material fees to be paid directly to the instructor during the first lesson.

**CHILDREN'S BALLETT****EVERY SAT, STARTING 13 OCT 2018 / 8 SESSIONS****BEGINNERS I (FOR 3 TO 4 YEARS OLD) / 9.00AM - 10.00AM**

MULTI-PURPOSE ROOM, SC (L2) / \$119.84 (MEMBER) / \$162.64\* (GUEST)

**BEGINNERS II (FOR 5 TO 6 YEARS OLD) / 10.00AM - 11.00AM**

MULTI-PURPOSE ROOM, SC (L2) / \$162.64 (MEMBER) / \$205.44\* (GUEST)

**GRADE 1 / 8.00AM - 9.00AM**

MULTI-PURPOSE ROOM, SC (L2) / \$222.56 (MEMBER) / \$265.36\* (GUEST)

**GRADE 3 / 11.00AM - 12.00PM**

MULTI-PURPOSE ROOM, SC (L2) / \$239.68 (MEMBER) / \$282.48\* (GUEST)

**BEGINNERS POINTE-WORK / 12.30PM - 1.15PM**

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

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

**DANCE****LATIN/BALLROOM DANCE (FOR ALL LEVELS) BY PETER WONG****EVERY MON, STARTING 15 OCT 2018 / 8.30PM – 9.30PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 4 PAX / 8 SESSIONS

**EVERY FRI, STARTING 16 NOV 2018 / 8.45PM – 9.45PM**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 4 PAX / 8 SESSIONS

**LINE DANCE (INTERMEDIATE) BY ALVIN LOW****EVERY WED, STARTING 24 OCT 2018 / 2.00PM – 3.30PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 10 SESSIONS

**BOUNCE DANCEFIT****EVERY SAT, STARTING 27 OCT 2018 / 4.45PM – 5.45PM**

ACTIVITY SUITE, SC (L3) / \$85.60 (MEMBER) / \$107.00\* (GUEST)

MIN. 6 PAX / 4 SESSIONS

**LATIN / BALLROOM DANCE (BEGINNERS) BY ALVIN LOW****EVERY WED, STARTING 21 NOV 2018 / 3.30PM – 4.30PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX / 8 SESSIONS

# 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 (Oct'18 - Dec'18) - Please tick or indicate preferred time slot accordingly

- |  |   |
|--|---|
| <input type="checkbox"/> <b>CHINESE KARAOKE SINGING</b><br>Every Mon, starting 8 Oct'18, 8.15pm – 10.15pm  | <input type="checkbox"/> <b>TEMPOFIIT - ACTUAL COMMENCEMENT</b><br><input type="checkbox"/> Every Fri, starting 9 Nov'18, 10.15am – 11.15am<br><input type="checkbox"/> Every Sun, starting 11 Nov'18, 11.30am – 12.30pm<br><input type="checkbox"/> Every Tue, starting 13 Nov'18, 7.15pm – 8.15pm |
| <input type="checkbox"/> <b>PILOXING</b><br>Every Sat, starting 20 Oct'18, 2.00pm – 3.00pm   | <input type="checkbox"/> <b>ASIAN NOODLE MEAL (DEMO CUM SAMPLING)</b><br>Tue, 13 Nov'18, 7.15pm – 10.15pm   |
| <input type="checkbox"/> <b>LATIN / BALLROOM DANCE (FOR ALL LEVELS) BY PETER WONG</b><br>Every Mon, starting 15 Oct'18, 8.30pm – 9.30pm  | <input type="checkbox"/> <b>LATIN / BALLROOM DANCE (FOR ALL LEVELS) BY PETER WONG</b><br>Every Fri, starting 16 Nov'18, 8.45pm – 9.45pm   |
| <input type="checkbox"/> <b>LINE DANCE (INTERMEDIATE) BY ALVIN LOW</b><br>Every Wed, starting 24 Oct'18, 2.00pm – 3.30pm   | <input type="checkbox"/> <b>LATIN / BALLROOM DANCE (BEGINNERS) BY ALVIN LOW</b><br>Every Wed, starting 21 Nov'18, 3.30pm – 4.30pm   |
| <input type="checkbox"/> <b>BOUNCE DANCEFIT</b><br>Every Sat, starting 27 Oct'18, 4.45pm – 5.45pm  | <input type="checkbox"/> <b>ONDEH ONDEH SWISS ROLL &amp; KUEH (HANDS-ON)</b><br>Sat, 8 Dec'18, 2.00pm – 5.00pm  |
| <input type="checkbox"/> <b>TEMPOFIIT (TRIAL)</b><br>Tue, 30 Oct'18, 7.15pm – 8.15pm   | <input type="checkbox"/> <b>CHINESE BRUSH PAINTING</b><br>Every Thu, 10.00am – 12.00pm  |
| <input type="checkbox"/> <b>MUAY THAI</b><br>Every Thu, starting 1 Nov'18, 7.10pm – 8.10pm   | <input type="checkbox"/> <b>HATHA YOGA (INTERMEDIATE)</b><br>Every Tue, 8.30pm – 9.30pm   |
| <input type="checkbox"/> <b>KPOP X FITNESS (LITE)</b><br>Every Fri, starting 2 Nov'18, 9.00am – 9.50am   | <input type="checkbox"/> <b>GENTLE YOGA (BEGINNERS)</b><br>Every Fri, 9.00am – 10.00am  |
| <input type="checkbox"/> <b>BARRE</b><br><input type="checkbox"/> Every Wed, starting 7 Nov'18, 10.15am – 11.15am<br><input type="checkbox"/> Every Thu, starting 8 Nov'18, 8.15pm – 9.15pm<br><input type="checkbox"/> Every Sat, starting 10 Nov'18, 3.15pm – 4.15pm |   |

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

**Dance, Dance Party, 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: \$ \_\_\_\_\_