

# LIFESTYLE PROGRAMMES



## EXERCISE & LEISURE

### BODYART FITNESS – 8 SESSIONS

Based on the principles of Yin & Yang and the 5 elements of Chinese philosophy, bodyArt Fitness is a functional workout combining strength, flexibility, cardio and breathing techniques to tone up muscles, relieve stress and burn fat. Sign up as a pair and enjoy 15% off for the first 8 sessions.

**EVERY THU, COMMENCING 4 JUN 2020**

**7.45PM – 8.45PM**

ACTIVITY SUITE, SC (L3)

\$171.20 (MEMBER) / \$205.44\* (GUEST)

MIN. 6 PAX

### POLE DANCE FITNESS - 6 SESSIONS

Pole dance is a full body workout combining fitness, cardio, muscle conditioning, balance and flexibility to enable you to exude grace, strength and sensuality to achieve tricks, combos, and dance choreography on a pole.

**EVERY TUE, COMMENCING 9 JUN 2020**

**7.15PM – 8.15PM OR 8.15PM – 9.15PM**

MULTI-PURPOSE ROOM, SC (L2)

\$179.76 (MEMBER) / \$211.86\* (GUEST)

MIN. 5 PAX



### TAIJI NEIGONG \*NEW\*

Learn unique skills from Master Albertt Chua to harness Qi for relaxing and managing stress, thus improving overall health. This class focuses on developing internal Qi, improving mental agility and teaches self-defence moves to overcome stronger opponent with ease.

**EVERY TUE, COMMENCING 9 JUN 2020**

**8.00PM – 9.30PM**

LATTICE SUITE, RC (L3)

MONTHLY FEE: \$74.90 (MEMBER) / \$101.65\* (GUEST)

MIN. 5 PAX

### TOTAL BODY CONDITIONING – 8 SESSIONS

**EVERY THU, COMMENCING 11 JUN 2020**

**8.00PM – 9.00PM**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 7 PAX

### BODY BAND BALANCE – 10 SESSIONS

**EVERY WED, COMMENCING 22 JUL 2020**

**9.00AM – 10.00AM**

ACTIVITY SUITE, SC (L3)

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

MIN. 8 PAX

### K-POP X FITNESS (LITE) – 8 SESSIONS

**EVERY FRI, COMMENCING 24 JUL 2020**

**10.00AM – 10.50AM**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 6 PAX



## LIFESTYLE

### COFFEE PAINTING ART AT MINGLE

Savour a slice of cake complement with a cup of aromatic hot/iced coffee and enjoy a lovely afternoon with James Lim for an introduction to coffee painting art at Chinese Swimming Club's cosy café.

**SAT, 20 JUN 2020**

**2.00PM – 5.00PM**

MINGLE@AMBER, AP (L1)

\$82.93 (MEMBER) / \$89.62\* (GUEST)

MIN. 6 PAX AND MAX. 10 PAX

13 YEARS OLD & ABOVE

1 slice of cake and 1 cup of hot/iced coffee included with all art materials provided.



## YOUTH & FAMILY

### CHINESE KARAOKE SINGING BY SUFAYE – 8 SESSIONS

**EVERY MON, COMMENCING 6 JUL 2020**

**8.15PM – 10.15PM**

MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (MEMBER) / \$196.88\* (GUEST)

MIN. 10 PAX

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



### CHINESE CALLIGRAPHY (SELF PRACTICE)

**EVERY MON / 9.00AM – 11.00AM**

MULTI-PURPOSE ROOM, SC (L2)

\$16.05 (MEMBER) / \$32.10\* (GUEST)

MIN. 6 PAX

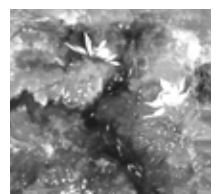
### CHINESE BRUSH PAINTING BY LIN LU ZAI

**EVERY THU / 10.00AM – 12.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$123.05 (MEMBER) / \$155.15\* (GUEST)

MIN. 6 PAX



# LIFESTYLE PROGRAMMES



## CULINARY

Sign up for both *Healthy Bento Making & Nutritious Lunchbox Cooking workshops* to enjoy 5% discount off the rates

### HEALTHY BENTO MAKING (PARENT & CHILD)

Getting children to eat balanced meals with more fruits and vegetables can be a daily struggle. Discover tips and tricks to increase your children's exposure to such food by making fun and nutritious bento sets that will attract them. Participants will get to prepare their own healthy meals with nutrition guidance on the following topics: Importance of carbohydrate, protein and fats, measuring portion sizes, healthier swaps for some favourite food and suggestion for simple low calorie snacks.

**SUN, 28 JUN 2020 / 9.00AM – 10.00AM**

MULTI-PURPOSE ROOM, SC (L2)

\$59.92 PER PAIR (MEMBER) /

\$70.62\* PER PAIR (GUEST)

CHILD 4 – 12 YEARS OLD

MIN. 5 PAIRS AND MAX. 10 PAIRS



### NUTRITIOUS LUNCHBOX COOKING (PARENT & CHILD)

Finding balance between healthy eating and food that your children enjoy can be a difficult task, especially with busy schedules. Learn how to make healthy cooking a fuss-free affair with these simple recipes that kids will enjoy. Recipes shared: *Spiral Pasta with Tuna Fishcake (demo and sampling only)* and *Fluffy Omelette Burger (hands-on session)*. Remember to bring your own container.

**SUN, 28 JUN 2020 / 11.00AM – 12.30PM**

MULTI-PURPOSE ROOM, SC (L2)

\$64.20 PER PAIR (MEMBER) /

\$74.90\* PER PAIR (GUEST)

CHILD 4 – 12 YEARS OLD

MIN. 5 PAIRS AND MAX. 10 PAIRS



### OREO DRIP CAKE (HANDS-ON, PARENT & CHILD)

Learn to make Drip Cake which is a fun twist to the traditional cake. You will be taught how to prepare *Chocolate Sponge Batter* from whisking to folding to baking! You'll also learn how to prepare *Whipped Cream and Chocolate Ganache* from scratch! Then assemble and decorate your very own Oreo Drip Cake!

**MON, 20 JUL 2020**

**2.30PM – 5.30PM**

MULTI-PURPOSE ROOM, SC (L2)

\$112.35 (MEMBER) / \$123.05\* (GUEST)

CHILD 5 – 10 YEARS OLD

MIN. 4 PAX AND MAX. 8 PAX



## DANCE

### LINE DANCE (FOUNDATION) BY PHILIP SOBRIELO – 10 SESSIONS \*NEW\*

For interested participants with no line dancing background

**EVERY TUE, COMMENCING 2 JUN 2020**

**1.00PM – 2.00PM**

ACTIVITY SUITE, SC (L3)

\$64.20 (MEMBER) / \$96.30\* (GUEST)

MIN. 10 PAX



### CONTEMPORARY DANCE (BEGINNERS) FOR KIDS – 10 SESSIONS

**EVERY THU, COMMENCING 4 JUN 2020**

**4.00PM – 5.00PM (5 – 6 YEARS OLD)**

**5.00PM – 6.00PM (7 – 9 YEARS OLD)**

MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (MEMBER) / \$192.60\* (GUEST)

MIN. 8 PAX PER CLASS



### FLAMENCO (BEGINNERS) – 12 SESSIONS \*NEW\*

**EVERY SAT, COMMENCING 6 JUN 2020**

**6.30PM – 7.30PM**

ACTIVITY SUITE, SC (L3)

\$214.00 (MEMBER) / \$278.20\* (GUEST)

MIN. 8 PAX

13 YEARS OLD & ABOVE

### JUNE DANCE CAMP FOR KIDS

**SUN, 21 JUN 2020 / 9.00AM – 1.00PM**

MULTI-PURPOSE ROOM, SC (L2)

\$64.20 (KIDZ CLUB MEMBER)

\$69.55 (MEMBER – EARLY BIRD) / \$74.90\* (MEMBER)

\$80.25\* (GUEST – EARLY BIRD) / \$85.60\* (GUEST)

MIN. 15 PAX / 5 – 12 YEARS OLD

**CLOSING DATE (FOR EARLY BIRD - MEMBER & GUEST): WED, 3 JUNE 2020**

**CLOSING DATE (FOR KIDZ CLUB MEMBER, MEMBER & GUEST): WED, 10 JUNE 2020**

TIME	PROGRAMME
9.00am	Street Jazz
10.00am	Tea Break
10.30am	Hip Hop
11.30am	Tea Break
12.00pm	Line Dance
1.00pm	Home Sweet Home

Note: Inclusive of snacks and beverages for 2 Tea Breaks. Programme is subject to changes due to unforeseen circumstances.

### LINE DANCE (BEGINNERS INTERMEDIATE) BY PHILIP SOBRIELO – 10 SESSIONS

For interested participants with basic line dancing background

**EVERY TUE, COMMENCING 21 JUL 2020**

**2.00PM – 3.30PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 10 PAX

# 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 (Jun'20 - Jul'20) - Please tick or indicate preferred time slot accordingly

- |  |  |
|--|--|
| <input type="checkbox"/> <b>LINE DANCE (FOUNDATION) BY PHILIP SOBRIELO *NEW*</b><br>Every Tue, commencing 2 Jun'20, 1.00pm – 2.00pm  | <input type="checkbox"/> <b>HEALTHY BENTO MAKING (PARENT &amp; CHILD)</b><br>Sun, 28 Jun'20, 9.00am – 10.00am                              |
| <input type="checkbox"/> <b>CONTEMPORARY DANCE (BEGINNERS) FOR KIDS</b><br>Every Thu, commencing 4 Jun'20 (please tick preferred slot)<br><input type="checkbox"/> 5 – 6 years old / 4.00pm – 5.00pm<br><input type="checkbox"/> 7 – 9 years old / 5.00pm – 6.00pm | <input type="checkbox"/> <b>NUTRITIOUS LUNCHBOX COOKING (PARENT &amp; CHILD)</b><br>Sun, 28 Jun'20, 11.00am – 12.30pm                      |
| <input type="checkbox"/> <b>BODYART FITNESS</b><br>Every Thu, commencing 4 Jun'20, 7.45pm – 8.45pm   | <input type="checkbox"/> <b>CHINESE KARAOKE SINGING</b><br>Every Mon, commencing 6 Jul'20, 8.15pm – 10.15pm                                |
| <input type="checkbox"/> <b>FLAMENCO (BEGINNERS) *NEW*</b><br>Every Sat, commencing 6 Jun'20, 6.30pm – 7.30pm  | <input type="checkbox"/> <b>OREO DRIP CAKE (HANDS-ON, PARENT &amp; CHILD)</b><br>Mon, 20 Jul'20, 2.30pm – 5.30pm                           |
| <input type="checkbox"/> <b>POLE DANCE FITNESS</b><br>(please tick preferred slot)<br><input type="checkbox"/> Every Tue, commencing 9 Jun'20, 7.15pm – 8.15pm<br><input type="checkbox"/> Every Tue, commencing 9 Jun'20, 8.15pm – 9.15pm                         | <input type="checkbox"/> <b>LINE DANCE (BEGINNERS INTERMEDIATE) BY PHILIP SOBRIELO</b><br>Every Tue, commencing 21 Jul'20, 2.00pm – 3.30pm |
| <input type="checkbox"/> <b>TAIJI NEIGONG *NEW*</b><br>Every Tue, commencing 9 Jun'20, 8.00pm – 9.30pm   | <input type="checkbox"/> <b>BODY BAND BALANCE</b><br>Every Wed, commencing 22 Jul'20, 9.00am – 10.00am                                     |
| <input type="checkbox"/> <b>TOTAL BODY CONDITIONING</b><br>Every Thu, commencing 11 Jun'20, 8.00pm – 9.00pm  | <input type="checkbox"/> <b>K-POP X FITNESS (LITE)</b><br>Every Fri, commencing 24 Jul'20, 10.00am – 10.50am                               |
| <input type="checkbox"/> <b>COFFEE PAINTING ART AT MINGLE</b><br>Sat, 20 Jun'20, 2.00pm – 5.00pm   | <input type="checkbox"/> <b>CHINESE CALLIGRAPHY (SELF-PRACTICE)</b><br>Every Mon, 9.00am – 11.00am   |
| <input type="checkbox"/> <b>JUNE DANCE CAMP FOR KIDS</b><br>Sun, 21 Jun'20, 9.00am – 1.00pm  | <input type="checkbox"/> <b>CHINESE BRUSH PAINTING</b><br>Every Thu, 10.00am – 12.00pm   |

## TERMS AND CONDITIONS

- The Club reserves the right to cancel the activity due to poor response.
- Upon registration of all activities, withdrawal is only allowed 7 days prior to commencement of activity.
- 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.
- There will be no refund of course fee (partial or full) once the activities have commenced
- There will be no refund of course fee (partial or full) for lesson that falls on Club closure days i.e. eve of Chinese New Year (CNY), 1<sup>st</sup> day of CNY and Staff Dinner & Dance.
- Please note that for activities with limited vacancies, registration will close upon maximum capacity or closing date, whichever occurs first.
- 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 WITHDRAWAL FORM is received in good time.)

Note: The commencement dates might defer, subject to further directives and measures for COVID-19 from the Multi-Ministry Taskforce and/or SportSG.

For enquiries on:

**Culinary, Exercise & Leisure, contact Wendy at 6885 0654 or Wendy\_Tan@chineseswimmingclub.org.sg**

**Dance, Lifestyle, contact Wan Ling at 6885 0653 or Wanling\_Tan@chineseswimmingclub.org.sg**

**Youth & Family, contact Jick Sern at 6885 0675 or Jicksern\_Lam@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: \_\_\_\_\_ Officer-in-charge: \_\_\_\_\_ Billing Amount: \$ \_\_\_\_\_