

LIFESTYLE PROGRAMMES



EXERCISE & LEISURE

RITMIX DANCE FITNESS –
8 SESSIONS *NEW*

This fitness programme incorporates various genres of dances like Latin, Disco, Jazz etc in one class. Each song will have their own choreographed moves. It helps to build up stamina, tone up your body and improve your concentration. Come and try it out for yourself!

**FREE TRIAL****SAT, COMMENCING 1 AUG 2020****3.05PM – 4.05PM****ACTUAL COMMENCEMENT****EVERY SAT, COMMENCING 8 AUG 2020****3.05PM – 4.05PM**

ACTIVITY SUITE, SC (L3)

\$154.08 (MEMBER) / \$207.58* (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 4 AUG 2020**8.00PM – 9.30PM**

LATTICE SUITE, RC (L3)

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

MIN. 5 PAX

PILOXING – 8 SESSIONS**EVERY SAT, COMMENCING 8 AUG 2020****2.00PM – 3.00PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 5 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 18 AUG 2020**7.15PM – 8.15PM OR 8.15PM – 9.15PM**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 5 PAX

**BODY BAND BALANCE – 10 SESSIONS****EVERY WED, COMMENCING 19 AUG 2020****9.00AM – 10.00AM**

ACTIVITY SUITE, SC (L3)

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

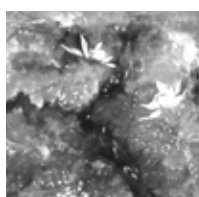
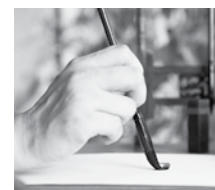
MIN. 8 PAX

YOUTH & FAMILY**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

BALLET

MULTI-PURPOSE ROOM, SC (L2)

BEGINNERS I**EVERY SAT / 9.00AM – 10.00AM**

\$119.84 (MEMBER) / \$162.64* (GUEST)

BEGINNERS II**EVERY SAT / 10.00AM – 11.00AM**

\$162.64 (MEMBER) / \$205.44* (GUEST)

GRADE 1**EVERY FRI / 4.00PM - 5.00PM**

\$222.56 (MEMBER) / \$265.36* (GUEST)

GRADE 2**EVERY SAT / 8.00AM - 9.00AM**

\$239.68 (MEMBER) / \$282.48* (GUEST)

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

\$239.68 (MEMBER) / \$282.48* (GUEST)



All above published rates are inclusive of 7% GST. *Price includes Club's Guest fee.

The classes might be postponed or cancelled, subject to further directives and measures for COVID-19 from the Multi-Ministry Taskforce and/or SportSG.

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.

LIFESTYLE PROGRAMMES



DANCE

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

Flamenco is a fiery and invigorating dance originating from Andalusia, South of Spain. Have fun keeping fit while learning the basics of flamenco movements and short choreographies.

**EVERY SAT,
COMMENCING 1 AUG 2020
6.30PM – 7.30PM**
ACTIVITY SUITE, SC (L3)
\$214.00 (MEMBER) /
\$278.20* (GUEST)
MIN. 8 PAX
13 YEARS OLD & ABOVE

**SOLO LATIN DANCE (BEGINNERS) FOR LADIES
BY ALVIN LOW – 8 SESSIONS**

**EVERY WED, COMMENCING 5 AUG 2020
2.30PM – 3.30PM**
ACTIVITY SUITE, SC (L3)
\$96.30 (MEMBER) / \$149.80* (GUEST)
MIN. 8 PAX

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

For interested participants with no line dancing background.

**EVERY TUE, COMMENCING 11 AUG 2020
1.00PM – 2.00PM**
ACTIVITY SUITE, SC (L3)
\$64.20 (MEMBER) / \$96.30* (GUEST)
MIN. 10 PAX

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

For interested participants with basic line dancing background.

**EVERY TUE, COMMENCING 25 AUG 2020
2.00PM – 3.30PM**
ACTIVITY SUITE, SC (L3)
\$85.60 (MEMBER) / \$139.10* (GUEST)
MIN. 10 PAX

CULINARY

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



Below 2 workshops are conducted by Ms Humairah Hameed Maricar, a qualified dietitian and nutrition consultant. Sign up for both 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.

**SAT, 22 AUG 2020
2.00PM – 3.00PM**
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 foods 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 own container.

**SAT, 22 AUG 2020
4.00PM – 5.30PM**
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



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UPCOMING LIFESTYLE ACTIVITY REGISTRATION FORM

Name Email

Membership No. Contact No.

Name of Attendees (Member/Guest)

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

- | | | | | | | | |
|---|---|--|--|---|---|---|--|
| <p><input type="checkbox"/> OREO DRIP CAKE (HANDS-ON, PARENT & CHILD)
Mon, 20 Jul'20, 2.30pm – 5.30pm</p> <p><input type="checkbox"/> RITMIX DANCE FITNESS *NEW*
<input type="checkbox"/> FREE TRIAL
Sat, 1 Aug'20, 3.05pm – 4.05pm
<input type="checkbox"/> ACTUAL COMMENCEMENT
Every Sat, commencing 8 Aug'20, 3.05pm – 4.05pm</p> <p><input type="checkbox"/> FLAMENCO (BEGINNERS) *NEW*
Every Sat, commencing 1 Aug'20, 6.30pm – 7.30pm</p> <p><input type="checkbox"/> TAIJI NEIGONG *NEW*
Every Tue, commencing 4 Aug'20, 8.00pm – 9.30pm</p> <p><input type="checkbox"/> SOLO LATIN DANCE (BEGINNERS) FOR LADIES BY ALVIN LOW
Every Wed, commencing 5 Aug'20, 2.30pm – 3.30pm</p> <p><input type="checkbox"/> PILOXING
Every Sat, commencing 8 Aug'20, 2.00pm – 3.00pm</p> <p><input type="checkbox"/> LINE DANCE (FOUNDATION) BY PHILIP SOBRIELO *NEW*
Every Tue, commencing 11 Aug'20, 1.00pm – 2.00pm</p> <p><input type="checkbox"/> POLE DANCE FITNESS
Every Tue, commencing 18 Aug'20
(please tick preferred slot)
<input type="checkbox"/> 7.15pm – 8.15pm
<input type="checkbox"/> 8.15pm – 9.15pm</p> | <p><input type="checkbox"/> BODY BAND BALANCE
Every Wed, commencing 19 Aug'20, 9.00am – 10.00am</p> <p><input type="checkbox"/> HEALTHY BENTO MAKING (PARENT & CHILD)
Sat, 22 Aug'20, 2.00pm – 3.00pm</p> <p><input type="checkbox"/> NUTRITIOUS LUNCHBOX COOKING (PARENT & CHILD)
Sat, 22 Aug'20, 4.00pm – 5.00pm</p> <p><input type="checkbox"/> LINE DANCE (BEGINNERS INTERMEDIATE) BY PHILIP SOBRIELO
Every Tue, commencing 25 Aug'20, 2.00pm – 3.30pm</p> <p><input type="checkbox"/> CHINESE CALLIGRAPHY (SELF-PRACTICE)
Every Mon, 9.00am – 11.00am</p> <p><input type="checkbox"/> CHINESE BRUSH PAINTING
Every Thu, 10.00am – 12.00pm</p> <p><input type="checkbox"/> BALLET
(please tick preferred slot)</p> <table border="0" style="width: 100%;"> <tr> <td><input type="checkbox"/> Beginners I
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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
5. 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), 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.
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 WITHDRAWAL FORM is received in good time.)*

Note: The classes might be postponed or cancelled, 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, Youth & Family contact Wan Ling at 6885 0653 or 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: _____ Officer-in-charge: _____ Billing Amount: \$ _____