

LIFESTYLE PROGRAMMES



EXERCISE & LEISURE

PILOXING & RITMIX DANCE TRIAL

Come join instructor – Jaclyn as she guide you through Piloxing and Ritmix dance workout. Sweat it out, burn those calories and tone up your body. There will be 15 minutes break between the 2 exercises.

FREE TRIAL

SAT, 24 OCT 2020

2.00PM – 3.45PM

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 yourself!



EVERY SAT, COMMENCING 7 NOV 2020

3.15PM – 4.15PM

ACTIVITY SUITE, SC (L3)

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

MIN. 5 PAX

PILOXING – 8 SESSIONS

EVERY SAT, COMMENCING 7 NOV 2020

2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)

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

MIN. 5 PAX

BODY BAND BALANCE – 10 SESSIONS

EVERY WED, COMMENCING 28 OCT 2020

9.00AM – 10.00AM

ACTIVITY SUITE, SC (L3)

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

MIN. 8 PAX

KPOP X FITNESS (LITE) – 8 SESSIONS

EVERY FRI, COMMENCING 6 NOV 2020

10.15AM – 11.05AM

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) /

\$141.24* (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 10 NOV 2020

7.15PM – 8.15PM / 8.20PM – 9.20PM

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 5 PAX

TOTAL BODY CONDITIONING - 8 SESSIONS

EVERY THU, COMMENCING 12 NOV 2020

8.00PM – 9.00PM

ACTIVITY SUITE, SC (L3)

\$128.40 (MEMBER) /

\$171.20* (GUEST)

MIN. 7 PAX

MBSR GENTLE YOGA – 10 SESSIONS

EVERY SAT, COMMENCING 14 NOV 2020

11.00AM – 12.15PM

ACTIVITY SUITE, SC (L3)

\$139.10 (MEMBER) /

\$214.00* (GUEST)

MIN. 8 PAX



YOUTH & FAMILY

WUSHU (BEGINNERS) – 4 SESSIONS *NEW*

EVERY SAT, COMMENCING 31 OCT 2020

5.00PM – 6.00PM

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$160.50* (GUEST)

MAX. 5 PAX PER CLASS / 5 – 12 YEARS OLD

CULINARY

BAKED BBQ PORK PUFF PASTRY (ADULTS HANDS-ON)

Learn to make the classic Cantonese baked BBQ pork puff pastry aka Char Siew Sou from Chef Nan Ong. You will be making everything from scratch from the fillings to the 2 different types of dough and the method to combine the water and oil dough together. Bring your own container to store the pastries you made.



SAT, 31 OCT 2020

2.00PM – 5.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$117.70 PER PAX (MEMBER) / \$128.40* PER PAX (GUEST)

MIN. 4 PAX

DEEPAVALI SPECIAL – INTRODUCTION TO HERBS & SPICES

Always use sauces for flavouring? Why not join this workshop to learn about the different types of herbs and spices available. They not only add unique flavours to our food, but contribute colour and variety as well. Learn how certain herbs and spices can replace or reduce salt and sugar in food. As an added bonus, you get to watch a Chickpea Curry demo as well. Refer a friend to enjoy 6% discount off the rate for both of you.

SUN, 15 NOV 2020

9.30AM – 11.30AM

MULTI-PURPOSE ROOM, SC (L2)

\$58.85 PER PAX (MEMBER) / \$69.55* PER PAX (GUEST)

MIN. 6 PAX

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 circumstance.

LIFESTYLE PROGRAMMES

**DANCE**
**LATIN / BALLROOM DANCE
(FOR ALL LEVELS) BY
PETER WONG – 8 SESSIONS**

EVERY FRI,
COMMENCING 9 OCT 2020
8.45PM – 9.45PM /
10.00PM – 11.00PM

MULTI-PURPOSE ROOM, SC (L2)

EVERY MON, COMMENCING 26 OCT 2020

8.30PM – 9.30PM / 9.45PM – 10.45PM

ACTIVITY SUITE, SC (L3)

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

MIN. 4 PAX

Note: Timeslot is subjected to availability

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

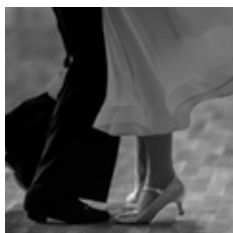
EVERY WED, COMMENCING 21 OCT 2020

3.35PM – 4.35PM

ACTIVITY SUITE, SC (L3)

\$96.30 (MEMBER) / \$121.98* (GUEST)

MIN. 8 PAX


**LINE DANCE (INTERMEDIATE) BY ALVIN LOW –
8 SESSIONS *NEW***

For interested participants with basic line dancing background.

EVERY WED,
COMMENCING 4 NOV 2020

2.00PM – 3.30PM

ACTIVITY SUITE, SC (L3)

\$85.60 (MEMBER) / \$111.28* (GUEST)

MIN. 8 PAX

**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 7 NOV 2020

6.30PM – 7.30PM

ACTIVITY SUITE, SC (L3)

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

MIN. 8 PAX

13 YEARS OLD & ABOVE


**LINE DANCE BY PHILIP SOBRIELO
BEGINNER INTERMEDIATE – 10 SESSIONS**

For interested participants with basic line dancing background.

EVERY TUE, COMMENCING 17 NOV 2020

2.00PM – 3.30PM

ACTIVITY SUITE, SC (L3)

\$104.33 (MEMBER) / \$136.43* (GUEST)

MIN. 10 PAX

FESTIVE CLASSES

A Chef Box with all the ingredients needed except for basic seasoning like sugar, salt and pepper will be delivered to your house at least 6 hours ahead of time.

Ingredients may change, subject to availability.

OKTOBERFEST I
**PORK SCHNITZEL WITH GRAVY
AND BRAISED RED CABBAGE**

SAT, 10 OCT 2020

5.00PM – 7.00PM

\$140.44 (MEMBER) / \$168.53* (GUEST)

MIN. 8 PAX

Closing Date: 5 Oct 2020

**OKTOBERFEST II**
BLACK FOREST GATEAU

SAT, 17 OCT 2020

1.30PM – 3.30PM

\$107.00 (MEMBER) / \$128.40* (GUEST)

MIN. 8 PAX

Closing Date: 12 Oct 2020

**OKTOBERFEST III**
ROAST CHICKEN AND GERMAN POTATO SALAD

SAT, 24 OCT 2020

5.00PM – 7.00PM

\$140.44 (MEMBER) / \$168.53* (GUEST)

MIN. 8 PAX

Closing Date: 19 Oct 2020

**HALLOWEEN I**
PUMPKIN CINNAMON CRISPY CREAM PUFF

SAT, 31 OCT 2020

9.30AM – 11.30AM

\$107.00 (MEMBER) / \$128.40* (GUEST)

MIN. 8 PAX

Closing Date: 26 Oct 2020

**HALLOWEEN II**
**JACK'O LANTERN MINI CHICKEN POT PIES &
GHOST PUMPKIN CUPCAKES**

SAT, 31 OCT 2020

1.30PM – 3.30PM

\$140.44 (MEMBER) / \$168.53* (GUEST)

MIN. 8 PAX

Closing Date: 26 Oct 2020



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 (Oct'20 - Nov'20) - Please tick or indicate preferred time slot accordingly

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| <p><input type="checkbox"/> LATIN / BALLROOM DANCE (FOR ALL LEVELS) BY PETER WONG
Every Fri, commencing 9 Oct'20
 <input type="checkbox"/> 8.45pm – 9.45pm <input type="checkbox"/> 10.00pm – 11.00pm
 Every Mon, commencing 26 Oct'20
 <input type="checkbox"/> 8.30pm – 9.30pm <input type="checkbox"/> 9.45pm – 10.45pm</p> <p><input type="checkbox"/> OKTOBERFEST I: PORK SCHNITZEL WITH GRAVY AND BRAISED RED CABBAGE
Sat, 10 Oct'20, 5.00pm – 7.00pm</p> <p><input type="checkbox"/> OKTOBERFEST II: BLACK FOREST GATEAU
Sat, 17 Oct'20, 1.30pm – 3.30pm</p> <p><input type="checkbox"/> SOLO LATIN DANCE FOR LADIES BY ALVIN LOW
Every Wed, commencing 21 Oct'20, 3.35pm – 4.35pm</p> <p><input type="checkbox"/> PILOXING & RITMIX DANCE TRIAL
Sat, 24 Oct'20, 2.00pm – 3.45pm</p> <p><input type="checkbox"/> OKTOBERFEST III: ROAST CHICKEN AND GERMAN POTATO SALAD
Sat, 24 Oct'20, 5.00pm – 7.00pm</p> <p><input type="checkbox"/> BODY BAND BALANCE
Every Wed, commencing 28 Oct'20, 9.00am – 10.00am</p> <p><input type="checkbox"/> HALLOWEEN I: PUMPKIN CINNAMON CRISPY CREAM PUFF
Sat, 31 Oct'20, 9.30am – 11.30am</p> <p><input type="checkbox"/> HALLOWEEN II: JACK'O LANTERN MINI CHICKEN POT PIES & GHOST PUMPKIN CUPCAKES
Sat, 31 Oct'20, 1.30pm – 3.30pm</p> <p><input type="checkbox"/> BAKED BBQ PORK PUFF PASTRY (ADULTS HANDS-ON)
Sat, 31 Oct'20, 2.00pm – 5.00pm</p> | <p><input type="checkbox"/> WUSHU (BEGINNERS) *NEW*
Every Sat, commencing 31 Oct'20, 5pm – 6pm</p> <p><input type="checkbox"/> LINE DANCE (INTERMEDIATE) BY ALVIN LOW *NEW*
Every Wed, commencing 4 Nov'20, 2.00pm – 3.30pm</p> <p><input type="checkbox"/> KPOP X FITNESS (LITE)
Every Fri, commencing 6 Nov'20, 10.15am – 11.05am</p> <p><input type="checkbox"/> PILOXING
Every Sat, commencing 7 Nov'20, 2.00pm – 3.00pm</p> <p><input type="checkbox"/> RITMIX DANCE FITNESS *NEW*
Every Sat, commencing 7 Nov'20, 3.15pm – 4.15pm</p> <p><input type="checkbox"/> FLAMENCO (BEGINNERS) *NEW*
Every Sat, commencing 7 Nov'20, 6.30pm – 7.30pm</p> <p><input type="checkbox"/> POLE DANCE FITNESS
Every Tue, commencing 10 Nov'20
(please tick preferred slot)
 <input type="checkbox"/> 7.15pm – 8.15pm <input type="checkbox"/> 8.20pm – 9.20pm</p> <p><input type="checkbox"/> TOTAL BODY CONDITIONING
Every Thu, commencing 12 Nov'20, 8.00pm – 9.00pm</p> <p><input type="checkbox"/> MBSR GENTLE YOGA
Every Sat, commencing 14 Nov'20, 11.00am – 12.15pm</p> <p><input type="checkbox"/> INTRODUCTION TO HERBS AND SPICES (DEEPAVALI SPECIAL)
Sun, 15 Nov'20, 9.30am – 11.30am</p> <p><input type="checkbox"/> LINE DANCE (BEGINNER INTERMEDIATE) BY PHILIP SOBRIELO *NEW*
Every Tue, commencing 17 Nov'20, 2.00pm – 3.30pm</p> |
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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, Festive Classes, 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: \$ _____