

LIFESTYLE PROGRAMMES



ART / CRAFT

PAPER QUILLING (CHILD ONLY)

Paper Quilling is an art form that uses strips of paper which are rolled into coils with a tool. The coils are then shaped and glued together to create designs to decorate greetings cards, pictures, boxes, eggs, etc. In this activity, your child will engage his eye-hand coordination, motor dexterity and creativity to create a Christmas card.



MON, 21 DEC 2020

10.00AM – 12.00PM

ACTIVITY SUITE, SC (L3)

\$37.45 (MEMBER) / \$48.15* (GUEST)

MIN. 5 PAX & MAX. 10 PAX / 7 YEARS OLD & ABOVE

Registration closing date: 16 Dec 2020

Image for illustration purpose only.

SEW A CHRISTMAS WREATH (CHILD ONLY)

A fun way to introduce your child to basic hand sewing. They will be taught to cut the felt into required shapes, thread a needle, do simple and blanket stitches for sewing leaf and other designs on the felt. This activity improves motor skills, develops creativity, patience and focus.



MON, 21 DEC 2020

2.30PM – 4.30PM

ACTIVITY SUITE, SC (L3)

\$48.15 (MEMBER) / \$58.85* (GUEST)

MIN. 5 PAX & MAX. 10 PAX / 7 YEARS OLD & ABOVE

Registration closing date: 16 Dec 2020

Image for illustration purpose only.

SCENTED CANDLE MAKING (PARENT & CHILD)

Christmas is round the corner. Make a scented candle with your child to give it away as a gift or scent the home with its lovely fragrance. Fees include a candle holder with pure soy wax, a box and 4 complimentary pieces of tea light candles.



TUE, 22 DEC 2020

10.00AM – 11.30AM

MULTI-PURPOSE ROOM, SC (L2)

\$115.56 PER PAIR (MEMBER) /

\$126.26* PER PAIR (GUEST)

MIN. 5 PAIRS & MAX. 6 PAIRS

CHILD AGE 7 – 12 YEARS OLD

Candle holder image is for illustration purpose, subject to stock availability.

CHILDREN ART WORKSHOP

WED, 23 DEC 2020

9.30AM – 1.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$74.90 (MEMBER) / \$78.11* (GUEST)

MAX. 5 PAX

7 – 12 YEARS OLD

Image for illustration purpose only.



CHILDREN ART WORKSHOP

TIME	PROGRAMME
9.30am	Clay Pen Stand (Christmas Theme)
11.40am	Rest Time
12.00pm	Cotton Mask Colouring
1.00pm	Home Sweet Home

Note: All art materials will be provided. No snacks and beverages during rest time. Programme is subject to changes due to unforeseen circumstances. Image for illustration purpose only.

GLASS JAR DECOUPAGE (PARENT & CHILD)

Decoupage is the art of decorating objects with paper cut-outs. This art can be done on many surfaces like wood, glass, canvas and metal. Have a fun afternoon engaging in this simple art with your child to decorate a glass jar, which you can use as a gift, store cookies or use as holder. Sign up by 16 Dec 20 to enjoy 8% early bird discount off the rates.



MON, 28 DEC 2020

2.00PM – 5.00PM

ACTIVITY SUITE, SC (L3)

\$72.76 (MEMBER) / \$83.46* (GUEST)

MIN. 5 PAIRS & MAX. 6 PAIRS

CHILD AGE 6 YEARS OLD & ABOVE

Registration closing date: 22 Dec 2020

Image for illustration purpose only.

YOUTH & FAMILY

WUSHU (BEGINNERS) – 4 SESSIONS *NEW*

EVERY SAT, COMMENCING 2 JAN 2021

12.30PM – 1.30PM

ACTIVITY SUITE, SC (L3)

EVERY SAT, COMMENCING 2 JAN 2021

8.05PM – 9.05PM

MULTI-PURPOSE ROOM, SC (L2)

EVERY SUN, COMMENCING 3 JAN 2021

9.30AM – 10.30AM / 10.45AM – 11.45AM

ACTIVITY SUITE, SC (L3)

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

MAX. 5 PAX PER CLASS

5 – 12 YEARS OLD

Note: Timeslot is subject to availability.

EXERCISE

PILOXING – 8 SESSIONS

EVERY SAT,

COMMENCING 19 DEC 2020

2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)

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

MIN. 5 PAX

LIFESTYLE PROGRAMMES



EXERCISE

**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 22 DEC 2020

7.15PM – 8.15PM / 8.20PM – 9.20PM

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 5 PAX

**RITMIX DANCE FITNESS – 8 SESSIONS *NEW***

This fitness program 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.

EVERY SAT, COMMENCING 2 JAN 2021

3.15PM – 4.15PM

ACTIVITY SUITE, SC (L3)

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

MIN. 5 PAX

**BODY BAND BALANCE – 10 SESSIONS**

EVERY WED,

COMMENCING 6 JAN 2021

9.00AM – 10.00AM

ACTIVITY SUITE, SC (L3)

\$149.80 (MEMBER) /

\$224.70* (GUEST)

MIN. 8 PAX

GENTLE YOGA

TIME SLOT 1

EVERY TUE / 10.15AM – 11.15AM

TIME SLOT 2

EVERY FRI / 9.00AM – 10.00AM

ACTIVITY SUITE, SC (L3)

MONTHLY FEE: \$53.50 (MEMBER) / \$74.90* (GUEST)

MIN. 5 PAX

CULINARY**STEAMED YAM CAKE & LONGEVITY BUN (DEMO + PARTIAL HANDS-ON)**

Join us in this workshop where Chef Tay will demonstrate the making of traditional steamed yam cake and longevity bun in time for the Chinese New Year festive season. Participants can have partial hands-on in the dough making process for the longevity buns. Sign up by 3 Jan 21 to enjoy 10% early bird discount.

SAT, 23 JAN 2021

2.00PM – 5.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$64.20 (MEMBER) / \$74.90* (GUEST)

MIN. 8 PAX

Image for illustration purpose only.

**DANCE****BACHATA (BEGINNERS) – 4 SESSIONS *NEW***

Solo Dance.

EVERY SAT,

COMMENCING 2 JAN 2021

8.00PM – 9.00PM

ACTIVITY SUITE, SC (L3)

\$120.38 (MEMBER) / \$141.78* (GUEST)

MAX. 8 PAX

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 (Dec'20 - Jan'21) - Please tick or indicate preferred time slot accordingly

- | | |
|---|--|
| <input type="checkbox"/> PILOXING – 8 SESSIONS
Every Sat, commencing 19 Dec'20, 2.00pm – 3.00pm | <input type="checkbox"/> WUSHU (BEGINNERS) – 4 SESSIONS *NEW*
<input type="checkbox"/> Every Sat, commencing 2 Jan'21, 12.30pm – 1.30pm
<input type="checkbox"/> Every Sat, commencing 2 Jan'21, 8.05pm – 9.05pm
<input type="checkbox"/> Every Sun, commencing 3 Jan'21, 9.30am – 10.30am
<input type="checkbox"/> Every Sun, commencing 3 Jan'21, 10.45am – 11.45am |
| <input type="checkbox"/> PAPER QUILTING (CHILD ONLY)
Mon, 21 Dec'20, 10.00am – 12.00pm | <input type="checkbox"/> RITMIX DANCE FITNESS – 8 SESSIONS *NEW*
Every Sat, commencing 2 Jan'21, 3.15pm – 4.15pm |
| <input type="checkbox"/> SEW A CHRISTMAS WREATH (CHILD ONLY)
Mon, 21 Dec'20, 2.30pm – 4.30pm | <input type="checkbox"/> BACHATA (BEGINNERS) – 4 SESSIONS *NEW*
Every Sat, commencing 2 Jan'21, 8.00pm – 9.00pm |
| <input type="checkbox"/> SCENTED CANDLE MAKING (PARENT & CHILD)
Tue, 22 Dec'20, 10.00am – 11.30am | <input type="checkbox"/> BODY BAND BALANCE – 10 SESSIONS
Every Wed, commencing 6 Jan'21, 9.00am – 10.00am |
| <input type="checkbox"/> POLE DANCE FITNESS – 6 SESSIONS
Every Tue, commencing 22 Dec'20
(please tick preferred slot)
<input type="checkbox"/> 7.15pm – 8.15pm <input type="checkbox"/> 8.20pm – 9.20pm | <input type="checkbox"/> STEAMED YAM CAKE & LONGEVITY BUN (DEMO + PARTIAL HANDS-ON)
Sat, 23 Jan'21, 2.00pm – 5.00pm |
| <input type="checkbox"/> CHILDREN ART WORKSHOP
Wed, 23 Dec'20, 9.30am – 1.00pm | <input type="checkbox"/> GENTLE YOGA
(please tick preferred slot)
<input type="checkbox"/> Time Slot 1: Every Tue, 10.15am – 11.15am
<input type="checkbox"/> Time Slot 2: Every Fri, 9.00am – 10.00am |
| <input type="checkbox"/> GLASS JAR DECOUPAGE (PARENT & CHILD)
Mon, 28 Dec'20, 2.00pm – 5.00pm | |

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 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.
- 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), 1st 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 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:

Art/Craft, Exercise, Culinary contact Wendy at 6885 0654 or Wendy_Tan@chineseswimmingclub.org.sg

Children Art Workshop, 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: \$ _____