

# LIFESTYLE PROGRAMMES



## DANCE

### SOLO BACHATA (BEGINNERS) – 4 SESSIONS \*NEW\*

EVERY SAT, COMMENCING 30 JAN 2021

8.00PM – 9.00PM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX

### SOLO SALSA (BEGINNERS) – 4 SESSIONS \*NEW\*

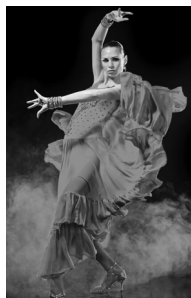
EVERY SAT,  
COMMENCING 30 JAN 2021

9.15PM – 10.15PM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX



### CONTEMPORARY DANCE (BEGINNERS) BY AMELIA CHONG – 8 SESSIONS

EVERY SUN, COMMENCING 21 FEB 2021

7 – 9 YEARS OLD / 4.45PM – 5.45PM

10 – 13 YEARS OLD / 6.00PM – 7.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$160.50 (MEMBER) / \$203.30\* (GUEST)

MAX. 10 PAX PER CLASS

### LATIN/ STANDARD BALLROOM (FOR ALL LEVELS) BY PETER WONG – 8 SESSIONS



EVERY FRI, COMMENCING 26 FEB 2021

8.30PM – 9.30PM / 9.45PM – 10.45PM

ACTIVITY SUITE, SC (L3)

EVERY MON, COMMENCING 8 MAR 2021

8.30PM – 9.30PM / 9.45PM – 10.45PM

ACTIVITY SUITE, SC (L3)

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

MIN. 4 PAX

*Note: Timeslot is subject to availability*

### KPOP DANCE MTV – 8 SESSIONS \*NEW\*

EVERY SAT, COMMENCING 6 MAR 2021

5.45PM – 6.45PM

ACTIVITY SUITE, SC (L3)

\$171.20 (MEMBER) / \$214.00\* (GUEST)

MIN. 8 PAX / 13 – 20 YEARS OLD

### JUMP FIT BOOTS – 8 SESSIONS \*NEW\*

*A cardio and dance fitness class on jumping boots.*



EVERY THU, COMMENCING 4 MAR 2021

10.00AM – 11.00AM

ACTIVITY SUITE, SC (L3)

\$201.16 (MEMBER) / \$226.84\* (GUEST)

MIN. 8 PAX / 21 YEARS OLD & ABOVE

EVERY SAT, COMMENCING 6 MAR 2021

4.30PM – 5.30PM

ACTIVITY SUITE, SC (L3)

\$201.16 (MEMBER) / \$243.96\* (GUEST)

MIN. 8 PAX / 21 YEARS OLD & ABOVE

*Note: Jump Fit shoes will be provided. Please bring your own long socks.*

## YOUTH & FAMILY

### WUSHU (BEGINNERS) – 4 SESSIONS \*NEW\*

INSTRUCTOR: TEX

EVERY SUN, COMMENCING 31 JAN 2021

9.30AM – 10.30AM

ACTIVITY SUITE, SC (L3)

EVERY SAT, COMMENCING 6 FEB 2021

8.05PM – 9.05PM

MULTI-PURPOSE ROOM, SC (L2)

INSTRUCTOR: MATTHEW

EVERY SAT, COMMENCING 6 FEB 2021

12.30PM – 1.30PM

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.*

### WATERCOLOUR PAINTING & ACRYLIC PAINTING - 4 SESSIONS \*NEW\*

WED, 24 FEB, 3 MAR, 10 MAR & 24 MAR 2021

9.30AM – 11.30AM

MULTI-PURPOSE ROOM, SC (L2)

\$214.00 (MEMBER) / \$226.84 (GUEST)\*

MIN. 5 PAX / 21 YEARS OLD & ABOVE



# LIFESTYLE PROGRAMMES



## EXERCISE & LEISURE

### KPOP X FITNESS (LITE) – 8 SESSIONS

EVERY FRI, COMMENCING 29 JAN 2021

10.15AM – 11.05AM

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX

### MBSR GENTLE YOGA – 10 SESSIONS

EVERY SAT,

COMMENCING 30 JAN 2021

11.00AM – 12.15PM

ACTIVITY SUITE, SC (L3)

\$139.10 (MEMBER) /

\$214.00\* (GUEST)

MIN. 8 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 2 FEB 2021

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 6 FEB 2021

3.15PM – 4.15PM

ACTIVITY SUITE, SC (L3)

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

MIN. 5 PAX

### PILOXING – 8 SESSIONS

EVERY SAT,

COMMENCING 6 MAR 2021

2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)

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

MIN. 5 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.

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.



## FESTIVE CRAFT (VIRTUAL WORKSHOP)

Enrol your child in this fun workshop where they will learn to make Chinese New Year canvas and Ang Bao (red packet) which can be used to decorate the home.

### CNY FOAM CLAY CANVAS

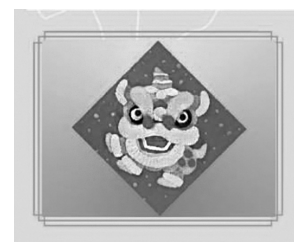
SAT, 20 FEB 2021

9.30AM – 10.30AM

\$37.45 (MEMBER)

\$48.15\* (GUEST)

MAX. 10 PAX



### CNY FELT “ANG BAO” MAKING

SAT, 20 FEB 2021

11.00AM – 12.00PM

\$34.24 (MEMBER)

\$44.94\* (GUEST)

MAX. 10 PAX



Above 2 workshops inclusive of hosting platform on Zoom for 1 hour. All art & craft materials provided and include delivery to participants' home.

# 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 (Jan'21 - Mar'21) - Please tick or indicate preferred time slot accordingly

- |   |   |
|---|---|
| <p><input type="checkbox"/> <b>STEAMED YAM CAKE &amp; LONGEVITY BUN (DEMO + PARTIAL HANDS-ON)</b><br/>Sat, 23 Jan'21, 2.00pm – 5.00pm</p> <p><input type="checkbox"/> <b>KPOP X FITNESS (LITE) – 8 SESSIONS</b><br/>Every Fri, commencing 29 Jan'21, 10.15am – 11.05am</p> <p><input type="checkbox"/> <b>MBSR GENTLE YOGA – 10 SESSIONS</b><br/>Every Sat, commencing 30 Jan'21, 11.00am – 12.15pm</p> <p><input type="checkbox"/> <b>SOLO BACHATA (BEGINNERS) – 4 SESSIONS *NEW*</b><br/>Every Sat, commencing 30 Jan'21, 8.00pm – 9.00pm</p> <p><input type="checkbox"/> <b>SOLO SALSA (BEGINNERS) – 4 SESSIONS *NEW*</b><br/>Every Sat, commencing 30 Jan'21, 9.15pm – 10.15pm</p> <p><input type="checkbox"/> <b>WUSHU (BEGINNERS) – 4 SESSIONS *NEW*</b><br/> <input type="checkbox"/> Every Sun, commencing 31 Jan'21, 9.30am – 10.30am<br/> <input type="checkbox"/> Every Sat, commencing 6 Feb'21, 12.30pm – 1.30pm<br/> <input type="checkbox"/> Every Sat, commencing 6 Feb'21, 8.05pm – 9.05pm</p> <p><input type="checkbox"/> <b>POLE DANCE FITNESS – 6 SESSIONS</b><br/>Every Tue, commencing 2 Feb'21<br/>(please tick preferred slot)<br/> <input type="checkbox"/> 7.15pm – 8.15pm      <input type="checkbox"/> 8.20pm – 9.20pm</p> <p><input type="checkbox"/> <b>RITMIX DANCE FITNESS – 8 SESSIONS *NEW*</b><br/>Every Sat, commencing 6 Feb'21, 3.15pm – 4.15pm</p> <p><input type="checkbox"/> <b>CNY FOAM CLAY CANVAS</b><br/>Sat, 20 Feb'21, 9.30am – 10.30am</p> <p><input type="checkbox"/> <b>CNY FELT “ANG BAO” MAKING</b><br/>Sat, 20 Feb'21, 11.00am – 12.00pm</p> | <p><input type="checkbox"/> <b>CONTEMPORARY DANCE (BEGINNERS) – 8 SESSIONS</b><br/>Every Sun, commencing 21 Feb'21<br/> <input type="checkbox"/> 7 – 9 years old / 4.45pm – 5.45pm<br/> <input type="checkbox"/> 10 – 13 years old / 6.00pm – 7.00pm</p> <p><input type="checkbox"/> <b>WATERCOLOUR PAINTING &amp; ACRYLIC PAINTING - 4 SESSIONS *NEW*</b><br/>Wed, 24 Feb, 3 Mar, 10 Mar &amp; 24 Mar'21, 9.30am – 11.30am</p> <p><input type="checkbox"/> <b>LATIN / BALLROOM DANCE (FOR ALL LEVELS) BY PETER WONG – 8 SESSIONS</b><br/>Every Fri, commencing 26 Feb'21<br/> <input type="checkbox"/> 8.30pm – 9.30pm      <input type="checkbox"/> 9.45pm – 10.45pm<br/> Every Mon, commencing 8 Mar'21<br/> <input type="checkbox"/> 8.30pm – 9.30pm      <input type="checkbox"/> 9.45pm – 10.45pm</p> <p><input type="checkbox"/> <b>JUMP FIT BOOTS – 8 SESSIONS *NEW*</b><br/> <input type="checkbox"/> Every Thu, commencing 4 Mar'21, 10.00am – 11.00am<br/> <input type="checkbox"/> Every Sat, commencing 6 Mar'21, 4.30pm – 5.30pm</p> <p><input type="checkbox"/> <b>PILOXING – 8 SESSIONS</b><br/>Every Sat, commencing 6 Mar'21, 2.00pm – 3.00pm</p> <p><input type="checkbox"/> <b>KPOP DANCE MTV – 8 SESSIONS *NEW*</b><br/>Every Sat, commencing 6 Mar'21, 5.45pm – 6.45pm</p> <p><input type="checkbox"/> <b>GENTLE YOGA</b><br/>(please tick preferred slot)<br/> <input type="checkbox"/> <b>Time Slot 1:</b> Every Tue, 10.15am – 11.15am<br/> <input type="checkbox"/> <b>Time Slot 2:</b> Every Fri, 9.00am – 10.00am</p> |
|---|---|

## 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 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:

**Festive Craft, Exercise, Culinary 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: \$ \_\_\_\_\_