

LIFESTYLE PROGRAMMES



DANCE

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

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.***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

SOLO BACHATA (BEGINNERS) – 4 SESSIONS***NEW*****EVERY SAT, COMMENCING 6 MAR 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 6 MAR 2021****9.15PM – 10.15PM**

ACTIVITY SUITE, SC (L3)

\$120.38 (MEMBER) / \$141.78*

(GUEST)

MIN. 6 PAX

**FESTIVE CRAFT (VIRTUAL WORKSHOPS)***Enrol your child in these fun workshops 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)

MIN. 10 PAX

**CNY FELT “ANG BAO” MAKING****SAT, 20 FEB 2021****11.00AM – 12.00PM**

\$34.24 (MEMBER)

\$44.94* (GUEST)

MIN. 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.***MARCH SCHOOL HOLIDAYS***In conjunction with Earth hour on Sat, 27 Mar 2021, let's do our part to practice "green" habits by maximizing our paper usage before they become trash. Join us in the fun upcycling workshops below:***PAPER COLLAGE****TUE, 16 MAR 2021****10.00AM – 12.00PM**

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 6 PAX & MAX 8 PAX

FOR CHILD 8 YEARS OLD & ABOVE

**NEWSPAPER ART (PARENT & CHILD)****FRI, 19 MAR 2021****2.00PM – 3.30PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 6 PAX & MAX 8 PAX

FOR CHILD 6 YEARS OLD & BELOW

**JUMP FIT BOOTS HOLIDAY WORKSHOP***A cardio and dance fitness class on jumping boots.***SUN, 14 MAR 2021****KIDS 5 TO 12 YEARS OLD****8.45AM – 9.45AM****TEENS 13 – 20 YEARS OLD****10.00AM – 11.00AM****ADULTS 21 YEARS OLD & ABOVE****11.15AM – 12.15PM**

MULTI-PURPOSE ROOM, SC (L2)

\$28.36 (MEMBER) / \$33.71*(GUEST)

MAX. 10 PAX PER AGE CATEGORY

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

LIFESTYLE PROGRAMMES



WUSHU & COMBAT KICKBOXING BOOTCAMP FOR KIDS (BEGINNERS)

FRI, 19 MAR 2021 / 9.30AM – 11.45AM

MULTI-PURPOSE ROOM, SC (L2)
\$85.60 (MEMBER) / \$88.81*(GUEST)
MIN. 5 PAX & MAX. 10 PAX
7 - 12 YEARS OLD



Time	Programme
9.30am	Wushu
10.30am	Break
10.45am	Combat Kickboxing
11.45am	Home Sweet Home

Note: No snacks and beverages will be provided during break. Programme is subject to changes due to unforeseen circumstances.

SOLO BACHATA & SOLO SALSA DANCE HOLIDAY WORKSHOP

SUN, 21 MAR 2021 / 9.30AM – 11.45AM

MULTI-PURPOSE ROOM, SC (L2)
\$74.90 (MEMBER) / \$80.25*(GUEST)
MIN. 5 PAX & MAX. 10 PAX
7 - 12 YEARS OLD

Time	Programme
9.30am	Solo Bachata
10.30am	Break
10.45am	Solo Salsa
11.45am	Home Sweet Home

Note: No snacks and beverages will be provided during break. Programme is subject to changes due to unforeseen circumstances.

CAKE DONUTS (HANDS-ON FOR KIDS)

Kids will prepare cake batter from scratch and have fun decorating the cake donuts with chocolate, candies, marshmallow and colourful sprinkles. Do bring your own apron, hand towel and container for storing the donuts.

WED, 17 MAR 2021 / 9.30AM – 11.30AM

MULTI-PURPOSE ROOM, SC (L2)
\$60.99 (MEMBER) / \$71.69*(GUEST)
MIN. 5 PAX & MAX. 10 PAX
7 - 12 YEARS OLD



EXERCISE & LEISURE

KPOP X FITNESS (LITE) – 8 SESSIONS

EVERY FRI, COMMENCING 5 MAR 2021

10.15AM – 11.05AM

ACTIVITY SUITE, SC (L3)
\$144.45 (MEMBER) / \$170.13* (GUEST)
MIN. 6 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

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.

FREE TRIAL

TUE, 9 MAR 2021 / 8.20PM – 9.20PM

ACTUAL COMMENCEMENT

EVERY TUE, COMMENCING 16 MAR 2021

7.15PM – 8.15PM / 8.20PM – 9.20PM

MULTI-PURPOSE ROOM, SC (L2)
\$179.76 (MEMBER) / \$211.86* (GUEST)
MIN. 5 PAX

BODY BAND BALANCE – 10 SESSIONS

EVERY WED, COMMENCING 17 MAR 2021

9.00AM – 10.00AM

ACTIVITY SUITE, SC (L3)
\$149.80 (MEMBER) / \$224.70* (GUEST)
MIN. 8 PAX

YOUTH & FAMILY

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

Note: All art materials will be provided.

WUSHU (BEGINNERS) – 4 SESSIONS *NEW*

INSTRUCTOR: TEX

EVERY SAT, COMMENCING 13 MAR 2021

8.05PM – 9.05PM

MULTI-PURPOSE ROOM, SC (L2)

EVERY SUN, COMMENCING 14 MAR 2021

9.30AM – 10.30AM

ACTIVITY SUITE, SC (L3)

INSTRUCTOR: MATTHEW

EVERY SAT, COMMENCING 13 MAR 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.

CHARCOAL AND SOFT PASTEL – 4 SESSIONS *NEW*

WED, 31 MAR, 7 APR, 14 APR & 21 APR 2021

9.30AM – 11.30AM

MULTI-PURPOSE ROOM, SC (L2)

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

MIN. 5 PAX / 21 YEARS OLD & ABOVE

Note: All art materials will be provided.



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 (Feb'21 - Apr'21) - Please tick or indicate preferred time slot accordingly

- | | |
|--|--|
| <input type="checkbox"/> CNY FOAM CLAY CANVAS
Sat, 20 Feb'21, 9.30am – 10.30am | <input type="checkbox"/> POLE DANCE FITNESS – 6 SESSIONS
<input type="checkbox"/> Free Trial: Tue, 9 Mar'21, 8.20pm to 9.20pm
<input type="checkbox"/> Actual Commencement: Every Tue, commencing 16 Mar'21 (please tick preferred slot)
<input type="checkbox"/> 7.15pm – 8.15pm <input type="checkbox"/> 8.20pm – 9.20pm |
| <input type="checkbox"/> CNY FELT “ANG BAO” MAKING
Sat, 20 Feb'21, 11.00am – 12.00pm | <input type="checkbox"/> WUSHU (BEGINNERS) – 4 SESSIONS *NEW*
<input type="checkbox"/> Every Sat, commencing 13 Mar'21, 12.30pm – 1.30pm
<input type="checkbox"/> Every Sat, commencing 13 Mar'21, 8.05pm – 9.05pm
<input type="checkbox"/> Every Sun, commencing 14 Mar'21, 9.30am – 10.30am |
| <input type="checkbox"/> CONTEMPORARY DANCE (BEGINNERS) – 8 SESSIONS
Every Sun, commencing 21 Feb'21
<input type="checkbox"/> 7 – 9 years old / 4.45pm – 5.45pm
<input type="checkbox"/> 10 – 13 years old / 6.00pm – 7.00pm | <input type="checkbox"/> JUMP FIT BOOTS HOLIDAY WORKSHOP
Sun, 14 Mar'21
<input type="checkbox"/> Kids 5 – 12 years old / 8.45am – 9.45am
<input type="checkbox"/> Teens 13 – 20 years old / 10.00am – 11.00am
<input type="checkbox"/> Adults 21 & above / 11.15am – 12.15pm |
| <input type="checkbox"/> WATERCOLOUR PAINTING & ACRYLIC PAINTING – 4 SESSIONS *NEW*
Wed, 24 Feb, 3 Mar, 10 Mar & 24 Mar'21, 9.30am – 11.30am | <input type="checkbox"/> PAPER COLLAGE
Tue, 16 Mar'21, 10.00am – 12.00pm |
| <input type="checkbox"/> JUMP FIT BOOTS – 8 SESSIONS *NEW*
<input type="checkbox"/> Every Thu, commencing 4 Mar'21, 10.00am – 11.00am
<input type="checkbox"/> Every Sat, commencing 6 Mar'21, 4.30pm – 5.30pm | <input type="checkbox"/> BODY BAND BALANCE – 10 SESSIONS
Every Wed, commencing 17 Mar'21, 9.00am – 10.00am |
| <input type="checkbox"/> KPOP X FITNESS (LITE) – 8 SESSIONS
Every Fri, commencing 5 Mar'21, 10.15am – 11.05am | <input type="checkbox"/> CAKE DONUTS (HANDS-ON FOR KIDS)
Wed, 17 Mar'21, 9.30am – 11.30am |
| <input type="checkbox"/> PILOXING – 8 SESSIONS
Every Sat, commencing 6 Mar'21, 2.00pm – 3.00pm | <input type="checkbox"/> NEWSPAPER ART (PARENT & CHILD)
Fri, 19 Mar'21, 2.00pm – 3.30pm |
| <input type="checkbox"/> KPOP DANCE MTV – 8 SESSIONS *NEW*
Every Sat, commencing 6 Mar'21, 5.45pm – 6.45pm | <input type="checkbox"/> WUSHU & COMBAT KICKBOXING BOOTCAMP FOR KIDS (BEGINNERS)
Fri, 19 Mar'21, 9.30am – 11.45am |
| <input type="checkbox"/> SOLO BACHATA (BEGINNERS) – 4 SESSIONS *NEW*
Every Sat, commencing 6 Mar'21, 8.00pm – 9.00pm | <input type="checkbox"/> SOLO BACHATA & SOLO SALSA DANCE HOLIDAY WORKSHOP
Sun, 21 Mar'21, 9.30am – 11.45am |
| <input type="checkbox"/> SOLO SALSA (BEGINNERS) – 4 SESSIONS *NEW*
Every Sat, commencing 6 Mar'21, 9.15pm – 10.15pm | <input type="checkbox"/> CHARCOAL AND SOFT PASTEL – 4 SESSIONS *NEW*
Wed, 31 Mar, 7 Apr, 14 Apr & 21 Apr'21, 9.30am – 11.30am |

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:

Cake Donuts, Festive Craft, Exercise, Paper Collage, Newspaper Art, contact Wendy at 6885 0654 or Wendy_Tan@chineseswimmingclub.org.sg

Dance, Youth & Family, Jump Fit Boots Holiday Workshop, Wushu & Combat Kickboxing Bootcamp For Kids, Solo Bachata & Solo Salsa Dance Holiday Workshop, 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: \$ _____