

LIFESTYLE PROGRAMMES



DANCE

CONTEMPORARY DANCE (BEGINNERS)**BY AMELIA CHONG – 8 SESSIONS****EVERY SUN, COMMENCING 21 MAR 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)

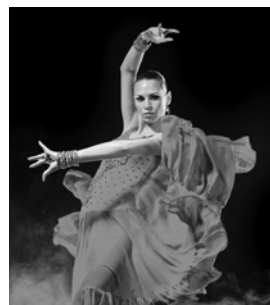
MAX. 10 PAX PER CLASS

SOLO BACHATA (BEGINNERS) – 4 SESSIONS***NEW*****EVERY SAT, COMMENCING 3 APR 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 3 APR 2021****9.15PM – 10.15PM**

ACTIVITY SUITE, SC (L3)

\$120.38 (MEMBER) /

\$141.78* (GUEST)

MIN. 6 PAX

SOLO LATIN DANCE FOR LADIES**BY ALVIN LOW – 8 SESSIONS****EVERY WED, COMMENCING 21 APR 2021****3.00PM – 4.00PM**

ACTIVITY SUITE, SC (L3)

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

MIN. 8 PAX

JUMP FIT BOOTS – 8 SESSIONS *NEW**A cardio and dance fitness class on jumping boots.***EVERY THU, COMMENCING****29 APR 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 8 MAY 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.

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

**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.*

LIFESTYLE PROGRAMMES



MARCH SCHOOL HOLIDAYS

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)

7 – 12 YEARS OLD

MIN. 5 PAX & MAX. 10 PAX



CULINARY

PURPLE MONT BLANC (HANDS-ON)

A crumbly Sablé Breton base topped with a dollop of Crème Chantilly then layered with countless swirls of Sweet Potato Paste, which is also made from scratch, adding a local twist to a French classic! Sweet Potato is high in antioxidant, vitamin A and low in calories, making it a great dessert for the health conscious. Bring along a container as you will be bringing home half a dozen of the baked dessert. Refer a friend and both of you will enjoy a 5% discount.

SUN, 4 APR 2021

9.00AM – 12.00PM

MULTI-PURPOSE ROOM, SC (L2)

\$112.35 (MEMBER) / \$123.05* (GUEST)

MIN. 4 PAX & MAX. 8 PAX



EXERCISE & LEISURE

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 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

KPOP X FITNESS – 8 SESSIONS

EVERY FRI, COMMENCING 26 MAR 2021

10.15AM – 11.05AM

ACTIVITY SUITE, SC (L3)

\$144.45 (MEMBER) / \$170.13* (GUEST)

MIN. 8 PAX



PILOXING - 8 SESSIONS

EVERY SAT, COMMENCING 3 APR 2021

2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)

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

MIN. 5 PAX

TOTAL BODY CONDITIONING – 8 SESSIONS

EVERY THU, COMMENCING 15 APR 2021

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 17 APR 2021

11.00AM – 12.15PM

ACTIVITY SUITE, SC (L3)

\$139.10 (MEMBER) / \$214.00* (GUEST)

MIN. 8 PAX

YOUTH & FAMILY

WUSHU (BEGINNERS) – 4 SESSIONS *NEW*

COACH MATTHEW

EVERY SAT, COMMENCING 10 APR 2021

12.30PM – 1.30PM

ACTIVITY SUITE, SC (L3)

COACH TEX

EVERY SAT, COMMENCING 10 APR 2021

8.05PM – 9.05PM

MULTI-PURPOSE ROOM, SC (L2)

EVERY SUN, COMMENCING 11 APR 2021

9.30AM – 10.30AM

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	<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 (Mar'21 - May'21) -Please tick or indicate preferred time slot accordingly

- | | |
|--|---|
| <input type="checkbox"/> PAPER COLLAGE
Tue, 16 Mar'21, 10.00am – 12.00pm | <input type="checkbox"/> CHARCOAL AND SOFT PASTEL – 4 SESSIONS *NEW*
Wed, 31 Mar, 7 Apr, 14 Apr & 21 Apr'21, 9.30am – 11.30am |
| <input type="checkbox"/> POLE DANCE FITNESS – 6 SESSIONS
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"/> PILOXING – 8 SESSIONS
Every Sat, commencing 3 Apr'21, 2.00pm – 3.00pm |
| <input type="checkbox"/> BODY BAND BALANCE – 10 SESSIONS
Every Wed, commencing 17 Mar'21, 9.00am – 10.00am | <input type="checkbox"/> SOLO BACHATA (BEGINNERS) – 4 SESSIONS *NEW*
Every Sat, commencing 3 Apr'21, 8.00pm – 9.00pm |
| <input type="checkbox"/> CAKE DONUTS (HANDS-ON FOR KIDS)
Wed, 17 Mar'21, 9.30am – 11.30am | <input type="checkbox"/> SOLO SALSA (BEGINNERS) – 4 SESSIONS *NEW*
Every Sat, commencing 3 Apr'21, 9.15pm – 10.15pm |
| <input type="checkbox"/> WUSHU & COMBAT KICKBOXING BOOTCAMP FOR KIDS (BEGINNERS)
Fri, 19 Mar'21, 9.30am – 11.45am | <input type="checkbox"/> PURPLE MONT BLANC (HANDS-ON)
Sun, 4 Apr'21, 9.00am – 12.00pm |
| <input type="checkbox"/> NEWSPAPER ART (PARENT & CHILD)
Fri, 19 Mar'21, 2.00pm – 3.30pm | <input type="checkbox"/> WUSHU (BEGINNERS) – 4 SESSIONS *NEW*
<input type="checkbox"/> Every Sat, commencing 10 Apr'21, 12.30pm – 1.30pm
<input type="checkbox"/> Every Sat, commencing 10 Apr'21, 8.05pm – 9.05pm
<input type="checkbox"/> Every Sun, commencing 11 Apr'21, 9.30am – 10.30am |
| <input type="checkbox"/> SOLO BACHATA & SOLO SALSA DANCE HOLIDAY WORKSHOP
Sun, 21 Mar'21, 9.30am – 11.45am | <input type="checkbox"/> TOTAL BODY CONDITIONING – 8 SESSIONS
Every Thu, commencing 15 Apr'21, 8.00pm – 9.00pm |
| <input type="checkbox"/> CONTEMPORARY DANCE (BEGINNERS) – 8 SESSIONS
Every Sun, commencing 21 Mar'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"/> MBSR GENTLE YOGA – 10 SESSIONS
Every Sat, commencing 17 Apr'21, 11.00am – 12.15pm |
| <input type="checkbox"/> K-POP X FITNESS – 8 SESSIONS
Every Fri, commencing 26 Mar'21, 10.15am – 11.05am | <input type="checkbox"/> SOLO LATIN DANCE FOR LADIES BY ALVIN LOW – 8 SESSIONS
Every Wed, commencing 21 Apr'21, 3.00pm – 4.00pm |
| | <input type="checkbox"/> JUMP FIT BOOTS – 8 SESSIONS *NEW*
<input type="checkbox"/> Every Thu, commencing 29 Apr'21, 10.00am – 11.00am
<input type="checkbox"/> Every Sat, commencing 8 May'21, 4.30pm – 5.30pm |

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:

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

Dance, Youth & Family, 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: \$ _____