

LIFESTYLE PROGRAMMES



DANCE

SOLO LATIN DANCE FOR LADIES BY ALVIN LOW – 8 SESSIONS

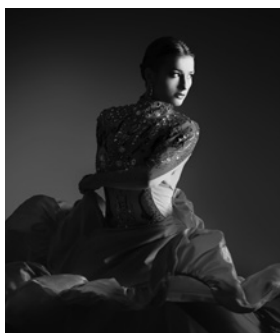
**EVERY WED,
COMMENCING 21 APR 2021
3.00PM – 4.00PM**

ACTIVITY SUITE, SC (L3)

\$96.30 (MEMBER) /

\$121.98*(GUEST)

MIN. 8 PAX


**LATIN / STANDARD BALLROOM (FOR ALL LEVELS) BY PETER WONG – 8 SESSIONS
EVERY FRI, COMMENCING 23 APR 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

**LATIN / STANDARD BALLROOM (FOR ALL LEVELS) BY PETER WONG – 8 SESSIONS
EVERY MON, COMMENCING 3 MAY 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

**LINE DANCE (BEGINNERS) BY
PHILIP SOBRIELO – 10 SESSIONS**

EVERY TUE, COMMENCING 25 MAY 2021

12.45PM – 1.45PM

ACTIVITY SUITE, SC (L3)

\$74.90 (MEMBER) / \$107.00*(GUEST)

MIN. 10 PAX

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

EVERY TUE, COMMENCING 11 MAY 2021

2.00PM – 3.30PM

ACTIVITY SUITE, SC (L3)

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

MIN. 10 PAX

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

EVERY SUN, COMMENCING 23 MAY 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)

MIN. 5 PAX PER CLASS

**K-POP DANCE MTV – 8 SESSIONS *NEW*
EVERY SAT, COMMENCING 8 MAY 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 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.

EXERCISE & LEISURE

**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



LIFESTYLE PROGRAMMES



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 27 APR 2021

7.15PM – 8.15PM /

8.20PM – 9.20PM

MULTI-PURPOSE ROOM, SC (L2)

\$179.76 (MEMBER) /

\$211.86* (GUEST)

MIN. 5 PAX



PILOXING - 8 SESSIONS

EVERY SAT, COMMENCING 8 MAY 2021

2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)

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

MIN. 5 PAX

K-POP X FITNESS BY ANGELYN * NEW*



EVERY MON, COMMENCING 17 MAY 2021

8.15PM – 9.05PM

MULTI-PURPOSE ROOM, SC (L2)

EVERY THU, COMMENCING 20 MAY 2021

9.00AM – 9.50AM

ACTIVITY SUITE, SC (L3)

\$143.38 (MEMBER) / \$173.34* (GUEST)

MIN. 6 PAX

ZUMBA FITNESS BY MEYGAN *NEW*

EVERY MON, COMMENCING 17 MAY 2021

EVERY FRI, COMMENCING 21 MAY 2021

10.15AM – 11.15AM

ACTIVITY SUITE, SC (L3)

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

MIN. 5 PAX

YOUTH & FAMILY

WUSHU (BEGINNERS) – 4 SESSIONS

COACH MATTHEW

EVERY SAT,

COMMENCING 10 APR 2021

12.30PM – 1.30PM

ACTIVITY SUITE, SC (L3)



COACH TEX

EVERY SAT,

COMMENCING 10 APR 2021

7.00PM – 8.00PM

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.

PENCIL PORTRAIT SHADING – 5 SESSIONS

WED, 28 APR, 5 MAY, 12

MAY, 19 MAY & 26 MAY 2021

9.30AM – 11.30AM

MULTI-PURPOSE ROOM,

SC (L2)

\$267.50 (MEMBER) /

\$283.55* (GUEST)

MIN. 5 PAX

21 YEARS OLD & ABOVE

Note: All art materials will be

provided.



CRAFT

MOTHER'S DAY CANDLE MAKING (PARENT & CHILD, HANDS-ON)

Have fun making mini cake candle and jar candle with your child this Mother's Day. All candles are made of soy and 100% paraffin free. A nice box will be provided for you to bring the 2 items home. Fees apply for additional child. Sign up by 23 Apr 21 to enjoy 5% early bird discount off the rates.

SUN, 9 MAY 2021

9.15AM – 11.45AM

MULTI-PURPOSE ROOM, SC (L2)

\$107.00 PER PAIR (MEMBER) /

\$117.70* PER PAIR (GUEST)

MIN. 5 PAIRS & MAX. 6 PAIRS

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

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|---|---|
| <p><input type="checkbox"/> WUSHU (BEGINNERS) – 4 SESSIONS</p> <p><input type="checkbox"/> Every Sat, commencing 10 Apr'21, 12.30pm – 1.30pm</p> <p><input type="checkbox"/> Every Sat, commencing 10 Apr'21, 7.00pm – 8.00pm</p> <p><input type="checkbox"/> Every Sat, commencing 10 Apr'21, 8.05pm – 9.05pm</p> <p><input type="checkbox"/> Every Sun, commencing 11 Apr'21, 9.30am – 10.30am</p> <p><input type="checkbox"/> TOTAL BODY CONDITIONING – 8 SESSIONS</p> <p>Every Thu, commencing 15 Apr'21, 8.00pm – 9.00pm</p> <p><input type="checkbox"/> MBSR GENTLE YOGA – 10 SESSIONS</p> <p>Every Sat, commencing 17 Apr'21, 11.00am – 12.15pm</p> <p><input type="checkbox"/> SOLO LATIN DANCE FOR LADIES BY ALVIN LOW – 8 SESSIONS</p> <p>Every Wed, commencing 21 Apr'21, 3.00pm – 4.00pm</p> <p><input type="checkbox"/> LATIN / STANDARD BALLROOM (FOR ALL LEVELS) BY PETER WONG – 8 SESSIONS</p> <p><input type="checkbox"/> Every Fri, commencing 23 Apr'21, 8.30pm – 9.30pm</p> <p><input type="checkbox"/> Every Fri, commencing 23 Apr'21, 9.45pm – 10.45pm</p> <p><input type="checkbox"/> Every Mon, commencing 3 May'21, 8.30pm – 9.30pm</p> <p><input type="checkbox"/> Every Mon, commencing 3 May'21, 9.45pm – 10.45pm</p> <p><input type="checkbox"/> POLE DANCE FITNESS – 6 SESSIONS</p> <p>Every Tue, commencing 27 Apr'21
(Please tick preferred slot)</p> <p><input type="checkbox"/> 7.15pm – 8.15pm <input type="checkbox"/> 8.20pm – 9.20pm</p> <p><input type="checkbox"/> PENCIL PORTRAIT SHADING – 5 SESSIONS</p> <p>Wed, 28 Apr, 5 May, 12 May, 19 May & 26 May'21
9.30am – 11.30am</p> | <p><input type="checkbox"/> JUMP FIT BOOTS – 8 SESSIONS *NEW*</p> <p><input type="checkbox"/> Every Thu, commencing 29 Apr'21, 10.00am – 11.00am</p> <p><input type="checkbox"/> Every Sat, commencing 8 May'21, 4.30pm – 5.30pm</p> <p><input type="checkbox"/> PILOXING – 8 SESSIONS</p> <p>Every Sat, commencing 8 May'21, 2.00pm – 3.00pm</p> <p><input type="checkbox"/> K-POP DANCE MTV – 8 SESSIONS *NEW*</p> <p>Every Sat, commencing 8 May'21, 5.45pm – 6.45pm</p> <p><input type="checkbox"/> MOTHER'S DAY CANDLE MAKING (PARENT & CHILD, HANDS-ON)</p> <p>Sun, 9 May'21, 9.15am – 11.45am</p> <p><input type="checkbox"/> LINE DANCE (BEGINNER INTERMEDIATE) BY PHILIP SOBRIELO – 10 SESSIONS</p> <p>Every Tue, commencing 11 May'21, 2.00pm – 3.30pm</p> <p><input type="checkbox"/> K-POP X FITNESS BY ANGELYN * NEW*</p> <p><input type="checkbox"/> Every Mon, commencing 17 May'21, 8.15pm – 9.05pm</p> <p><input type="checkbox"/> Every Thu, commencing 20 May'21, 9.00am – 9.50am</p> <p><input type="checkbox"/> ZUMBA FITNESS BY MEYGAN *NEW*</p> <p><input type="checkbox"/> Every Mon, commencing 17 May'21, 10.15am – 11.15am</p> <p><input type="checkbox"/> Every Fri, commencing 21 May'21, 10.15am – 11.15am</p> <p><input type="checkbox"/> CONTEMPORARY DANCE (BEGINNERS) – 8 SESSIONS</p> <p>Every Sun, commencing 23 May'21</p> <p><input type="checkbox"/> 7 – 9 years old / 4.45pm – 5.45pm</p> <p><input type="checkbox"/> 10 – 13 years old / 6.00pm – 7.00pm</p> <p><input type="checkbox"/> LINE DANCE (BEGINNERS) BY PHILIP SOBRIELO – 10 SESSIONS *NEW*</p> <p>Every Tue, commencing 25 May'21, 12.45pm – 1.45pm</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:

Exercise & Leisure, Craft, contact Wendy at 6885 0654 or Wendy_Tan@chineseswimmingclub.org.sg

Youth & Family, contact Dezi at 6885 0671 or Dezi_Tan@chineseswimmingclub.org.sg

Dance, 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: \$ _____