



REGISTRATION FORM

MBSR (MINDFULNESS-BASED STRESS RELIEF) GENTLE YOGA

Date : Saturday, Commencing on _____
Duration : 10 Sessions
Time : 11.00am – 12.15pm
Venue : Activity Suite 2, Sports Complex (Level 3)
Fee : \$139.10 (Member) / \$214.00* (Guest)
Instructor : Ms Jess Chong

*All prices above include 7% GST / * includes guest fees for 10 lessons*

Please complete this section with full and updated particulars. Amount will be debited from principal member's account. Please use another registration form if necessary.

Name of Member: MR/MRS/MDM/MS/DR _____ A/C No. _____

Participants (1): MR/MRS/MDM/MS/DR _____ Member / Guest (please circle)

(2): MR/MRS/MDM/MS/DR _____ Member / Guest (please circle)

(3): MR/MRS/MDM/MS/DR _____ Member / Guest (please circle)

(4): MR/MRS/MDM/MS/DR _____ Member / Guest (please circle)

Address: _____

_____ S'pore ()

Contact No.: _____ (H) _____ (O) _____ (HP) **Total Participants** _____

Terms and Conditions

1. The Club reserves the right to cancel the above activity due to poor response.
2. Upon registration of all activities, withdrawal is only allowed 7 days prior to commencement of activity and must be in writing via email or submission of the official Lifestyle Withdrawal Form.
3. There is no refund of course fee (partial or full) once the activity has commenced.
4. Photographs and videos may be taken for use in our archival and publicity material.

Indemnity

In this declaration, 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 Lifestyle Withdrawal Form is received in good time*)

For Official Use

Date Received: _____ Effective Date: _____ Officer-in-charge: _____ Billing Amount: \$ _____

For enquiries, please call Wendy ☎ @ 6885 0654
Kindly submit registration form by fax: 6346 5685 or drop it off at the Front Office/ Sports Desk