

LIFESTYLE PROGRAMMES



DANCE

PRE-SCHOOL DANCE PROGRAMME – 8 SESSIONS *NEW*

Application of telematch concept to teach dance and help in motor skill development, aesthetics and creative expression.

EVERY MON, COMMENCING 27 SEP 2021

3 – 4 YEARS OLD / 2.30PM – 3.15PM

5 – 6 YEARS OLD / 3.30PM – 4.15PM

ACTIVITY SUITE, SC (L3)

\$192.60 (MEMBER) / \$235.40* (GUEST)

MAX. 5 PAX PER CLASS

JUMP FIT BOOTS – 8 SESSIONS *NEW*

A cardio and dance fitness class on jumping boots. Rebounding increases your agility, strengthens your muscles and improves coordination and balance.



EVERY THU, COMMENCING 21 OCT 2021

7.00PM – 8.00PM

MULTIPURPOSE ROOM, SC (L2)

\$201.16 (MEMBER)

\$243.96* (GUEST)

MIN. 8 PAX

AGE: 21 YEARS OLD AND ABOVE

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

“HALLOWEEEE” FUN DANCE FOR KIDS

Don your favourite Halloween costumes and have fun grooving to Hip Hip/Pop songs. Dance home with a bag of treats!

SUN, 31 OCT 2021

9.00AM – 10.00AM

MULTIPURPOSE ROOM, SC (L2)

\$29.43 (MEMBER) / \$45.48* (GUEST)

MIN. 10 PAX

AGE: 7 – 12 YEARS OLD

CLOSING DATE: WED, 20 OCT 2021

YOUTH & FAMILY

WUSHU (BEGINNERS) – 4 SESSIONS *NEW*

COACH TEX

EVERY WED, COMMENCING 8 SEP 2021

7.00PM – 8.00PM / 8.15PM – 9.15PM

MULTIPURPOSE ROOM, SC (L2)

EVERY SAT, COMMENCING 18 SEP 2021

7.00PM – 8.00PM

ACTIVITY SUITE, SC (L3)

EVERY SUN, COMMENCING 19 SEP 2021

9.30AM – 10.30AM

ACTIVITY SUITE, SC (L3)

COACH MATTHEW

EVERY SAT, COMMENCING 18 SEP 2021

12.45PM – 1.45PM

ACTIVITY SUITE, SC (L3)

WUSHU (INTERMEDIATE) – 4 SESSIONS *NEW*

EVERY SUN, COMMENCING 19 SEP 2021

10.45AM – 11.45AM

ACTIVITY SUITE, SC (L3)

\$107.00 (MEMBER) / \$160.50* (GUEST)

MAX. 5 PAX PER CLASS / AGE: 5 – 12 YEARS OLD

Note: Timeslot is subject to availability.

PUNCH NEEDLE BROOCH WORKSHOP FOR ADULTS

Using fine embroidery floss and punch hand-drawn designs onto handwoven cotton stretched on a mini wooden embroidery hoop. Learn how to design, punch and turn your mini masterpieces into a statement brooch.

FRI, 17 SEP 2021

12.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)

\$127.33 PER PAX (MEMBER)

\$141.24* PER PAX (GUEST)

MIN. 6 PAX / AGE: 21 YEARS OLD AND ABOVE



JAPANESE ORIZOME PAPER DYEING WORKSHOP (PARENT & CHILD)

Orizome-shi or Japanese paper dyeing is an old paper craft that combines origami paper folding and pigment dip-dyeing to form colourful, kaleidoscopic patterns on traditional washi paper.

SUN, 19 SEP 2021

9.30AM – 11.00AM

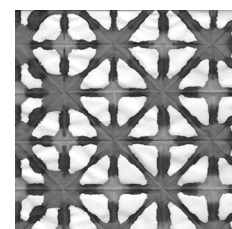
MULTIPURPOSE ROOM, SC (L2)

\$48.15 PER PAX (MEMBER)

\$64.20 PER PAX* (GUEST)

MIN. 6 PAX

AGE: 6 YEARS OLD AND ABOVE



LIFESTYLE PROGRAMMES



YOUTH & FAMILY

****MID-AUTUMN SPECIAL****

STAMP CARVING WORKSHOP



Learn the techniques of carving and transferring drawing, the use of various types of cutters and carving tools, inking your stamp and printing!

FRI, 24 SEP 2021

9.30AM – 12.00PM

MULTIPURPOSE ROOM, SC (L2)

\$101.65 (MEMBER) / \$115.56 PER PAX*(GUEST)

MIN. 6 PAX / AGE: 13 YEARS OLD AND ABOVE

CLOSING DATE: WED, 15 SEP 2021

Note: All tools and materials will be provided but participant will take home only your carved rubber stamp(s) after the workshop.

BASIC PAPER MARBLING WORKSHOP

Discover the magic of paper marbling where paints float on the surface of thickened water to create a myriad of patterns. Learn about different marbling techniques in live demonstrations and step-wise guidance.

SAT, 25 SEP 2021

1.30PM – 3.30PM

MULTIPURPOSE ROOM, SC (L2)

\$96.30 (MEMBER)

\$112.35* (GUEST)

MIN. 5 PAX

AGE: 8 YEARS OLD AND ABOVE

CLOSING DATE: THU, 16 SEP 2021



MICROGREENS GROWING & CULINARY WORKSHOP (PARENT & CHILD)

Understand microgreens in a 45-minutes workshop followed by a 1-hour culinary session with Executive Chef making Vietnamese style rice paper rolls with dipping sauce and Super Sprout Green Smoothie. Each pair will bring home 1 set of microgreens growing kit!

SUN, 26 SEP 2021

9.30AM – 11.15AM

MULTIPURPOSE ROOM, SC (L2)

\$82.03 PER PAX (MEMBER)

\$98.08* PER PAX (GUEST)

MIN. 3 PAIRS

AGE: 7 – 12 YEARS OLD

CLOSING DATE: THU, 16 SEP 2021



PORTRAITS OF WATERCOLOUR & ACRYLIC WORKSHOP (ADVANCED) – 6 SESSIONS

WED, 29 SEP, 6 OCT, 13 OCT,

20 OCT, 27 OCT, 3 NOV 2021

10.00AM – 12.00PM

MULTIPURPOSE ROOM, SC (L2)

\$385.20 (MEMBER)

\$417.30 (GUEST)*

MIN. 5 PAX

AGE: 21 YEARS OLD AND ABOVE



Note: All art materials will be provided.

Lesson	Lesson Outline
1	Practise watercolour shading and blending with facial features
2 & 3	Watercolour of an Elderly of your choice
4, 5 & 6	Acrylic of own Portrait with imagination

BASIC HOMEBREWING (DEMONSTRATION)

Understand the components of beer and learn how to brew your own beer at home using the extract kit step-by-step. After the workshop, you will bottle the brew when fermentation completes in about 2-week time.

SUN, 10 OCT 2021

9.30M – 11.30AM

MULTIPURPOSE ROOM, SC (L2)

\$128.40 (MEMBER)

\$144.45*(GUEST)

MIN. 8 PAX

AGE: 18 YEARS OLD AND ABOVE

CLOSING DATE: WED, 29 SEP 2021



DJEMBE INTRODUCTORY – 6 SESSIONS *NEW*

Get initiated and experience hand drumming on Djembe. Learn the traditional drumming technique and rhythm logic from the Mandingue culture of West Africa that existed since the 13th century.

EVERY SUN, COMMENCING 17 OCT 2021

5.00PM – 6.00PM

MULTIPURPOSE ROOM, SC (L2)

\$282.48 (MEMBER) / \$327.42* (GUEST)

MIN. 5 PAX

AGE: 16 YEARS OLD & ABOVE

CLOSING DATE: WED, 6 OCT 2021

LIFESTYLE PROGRAMMES



CRAFT

****MID AUTUMN FESTIVAL SPECIAL****

LEARN TO MAKE HIGHLY REALISTIC FOOD MINIATURE WITH CLAY (PARENT & CHILD HANDS-ON)



Experience and enjoy the magical craft on how to create miniature food (mini moon cake and bunny set) with clay and you get to bring home your very own creation!

THU, 9 SEP 2021

2.00PM – 3.30PM

MULTIPURPOSE ROOM, SC (L2)

\$60.19 (MEMBER) / \$74.10* (GUEST)

MIN. 5 PAX

AGE: 7 YEARS OLD AND ABOVE

OPEN TERRARIUM MAKING WORKSHOP(PARENT & CHILD HANDS ON)



Engage in a therapeutic session of creating your own tiny green capsule. It is easy to upkeep and requires minimal maintenance. Plus, at the end of the session, take it home with you to add a cosy touch to your living space!

THU, 9 SEP 2021

4.30PM – 6.00PM

MULTIPURPOSE ROOM, SC (L2)

\$56.18 (MEMBER) / \$70.09* (GUEST)

MIN. 5 PAX

AGE: 8 YEARS OLD AND ABOVE

PRESSED FLOWER NOTEBOOK WORKSHOP



This unique workshop takes you through the theory of flower pressing and the basics of curating your own gorgeous, pressed flowers design on a Notebook.

SAT, 11 SEP 2021

3.00PM – 4.30PM

MULTIPURPOSE ROOM, SC (L2)

\$93.63 (MEMBER) / \$109.68* (GUEST)

MIN. 5 PAX

AGE: 6 YEARS OLD AND ABOVE

****MID AUTUMN FESTIVAL SPECIAL****

MID-AUTUMN GOODIE BAG CRAFT SESSION

A complimentary session for CSC members only!

SAT, 18 SEP 2021

2.00PM - 6.30PM

ACTIVITY SUITE, SC (L3)



Please register via <https://forms.gle/pkvYSvyMWoVYhehj7> with the terms and conditions applied.

Contact Wan Ling at 68850653 or wanling_tan@chineseswimmingclub.org.sg for more information.

GROWING ORGANIC VEGETABLES WITH SOIL AND SOIL-LESS METHODS

Invest in this workshop and learn more about growing edibles to common planting mistakes and how to use organic fertilizers.

No experience required to acquire green fingers! Join us for a fruitful day to kick start your new hobby.



TUE, 21 SEP 2021

9.30AM – 5.00PM

MULTIPURPOSE ROOM, SC (L2)

\$187.00 PER PAX

MIN. 9 PAX

AGE: 21 YEARS OLD AND ABOVE

CLOSING DATE: MON, 13 SEP 2021

*Lunch & workshop materials provided

*Workshop is 100% skills future claimable

LIFESTYLE PROGRAMMES



CULINARY

JELLY MOONCAKE (ADULT / TEENS HANDS-ON)

Let's make Jelly mooncakes – a twist to the traditional ones! You will be guided to make 3 different type of jellies – transparent, opaque and rainbow and pair it with different ingredients. A quick glance at what you will learn to make:

- Osmanthus Flower Jelly Mooncakes with Longans and Goji berries
- Sweet Potato Jelly Mooncake with "egg-yolk"
- Rainbow Jelly Mooncakes (Bonus recipe – demo)

Do bring along a few containers to store your mooncakes as you will bring home a dozen of them. Sign up as a pair to enjoy a one-off 5% discount for both of you.

FRI, 10 SEP 2021

9.30AM – 12.30PM

MULTIPURPOSE ROOM, SC (L2)

\$107.00 (MEMBER)

\$120.91* (GUEST)

MIN. 5 PAX / MAX. 8 PAX

AGE: 12 YEARS OLD AND ABOVE



OKTOBERFEST LEBKUCHENHERZ (PARENT & CHILD HANDS-ON)

Whether as a declaration of love, a cheeky teasing or simply as a gift, Lebkuchenherz are a traditional must have at the Oktoberfest. Gift them, eat them or hang them round your neck! Team up with your junior and make these beautiful Oktoberfest Lebkuchenherz for families and friends! Bake and decorate with coloured icing, sprinkles and candies!

This workshop is fully hands-on, you will bring home more than half a dozen hearts, so remember to bring containers!

SAT, 18 SEP 2021

2.30PM – 4.30PM

MULTIPURPOSE ROOM, SC (L2)

\$107.00 (MEMBER) / \$123.05* (GUEST)

MIN. 4 PAIRS / MAX. 6 PAIRS

AGE: 6 - 10 YEARS OLD

CLOSING DATE: SAT, 11 SEP 2021



HALLOWEEN SPECIAL

SPOOKY FINGERS (CHILD HANDS-ON)

Children will prepare cookie dough from scratch and have great fun shaping Spooky Fingers! Then have fun decorating with coloured icing and almond! This workshop is fully hands-on, so remember to bring apron, hand towel and containers (for more than half a dozen Spooky Fingers)!

SAT, 30 OCT 2021

2.30PM – 4.30PM

MULTIPURPOSE ROOM, SC (L2)

\$60.99 (MEMBER) / \$77.04* (GUEST)

MIN. 5 PAX / MAX. 10 PAX

AGE: 6 - 12 YEARS OLD

CLOSING DATE: SAT, 23 OCT 2021



EXERCISE

POLE DANCE FITNESS - 6 SESSIONS

EVERY TUE, COMMENCING 14 SEP 2021

7.15PM – 8.15PM / 8.20PM-9.20PM

MULTIPURPOSE ROOM, SC (L2)

\$179.76 (MEMBER)

\$211.86* (GUEST)

MIN. 5 PAX



ZUMBA FITNESS BY MEYGAN – 8 SESSIONS *NEW*

FREE TRIAL

FRI, 17 SEP 2021 / 10.15AM – 11.15AM

ACTIVITY SUITE, SC (L3)

ACTUAL COMMENCEMENT

EVERY MON, COMMENCING 20 SEP 2021

8.15PM – 9.15PM

MULTIPURPOSE ROOM, SC (L2)

\$107.00 (MEMBER) / \$149.80* (GUEST)

EVERY FRI, COMMENCING 24 SEP 2021

10.15AM – 11.15AM

ACTIVITY SUITE, SC (L3)

MIN. 5 PAX

BODY BAND BALANCE - 10 SESSIONS

EVERY WED, COMMENCING 22 SEP 2021

9.00AM – 10.00AM

ACTIVITY SUITE, SC (L3)

\$149.80 (MEMBER) / \$203.30* (GUEST)

MIN. 5 PAX

PILOXING BY JACLYN ONG - 8 SESSIONS

EVERY SAT, COMMENCING 25 SEP 2021

2.00PM – 3.00PM

ACTIVITY SUITE, SC (L3)

\$154.08 (MEMBER) / \$214.00* (GUEST)

MIN. 5 PAX



KPOP X FITNESS BY ANGELYN – 8 SESSIONS *NEW*

EVERY MON, COMMENCING 4 OCT 2021

11.00AM – 11.50AM

EVERY THU, COMMENCING 7 OCT 2021

9.00AM – 9.50AM

ACTIVITY SUITE, SC (L3)

\$143.38 (MEMBER) / \$186.18* (GUEST)

MIN. 6 PAX

YANG STYLE TAIJI QUAN BY NG BENG CHIAN

EVERY WED / 8.00PM – 9.30PM

ACTIVITY SUITE, SC (L3)

MONTHLY FEE: \$37.45 (MEMBER) / \$64.20* (GUEST)

MIN. 6 PAX

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 (Sep'21 - Oct'21) - Please tick or indicate preferred time slot accordingly

- | | |
|--|--|
| <input type="checkbox"/> WUSHU (BEGINNERS) – 4 SESSIONS *NEW*
<u>Coach Tex</u>
<input type="checkbox"/> Every Wed, Commencing 8 Sep 2021, 7.00pm – 8.00pm
<input type="checkbox"/> Every Wed, Commencing 8 Sep 2021, 8.15pm – 9.15pm
<input type="checkbox"/> Every Sat, 18 Sep 2021, 7.00pm – 8.00pm
<input type="checkbox"/> Every Sun, 19 Sep 2021, 9.30am – 10.30am
<u>Coach Matthew</u>
<input type="checkbox"/> Every Sat, 18 Sep 2021, 12.45pm – 1.45pm | <input type="checkbox"/> BODY BAND BALANCE - 10 SESSIONS
Every Wed, Commencing 22 Sep 2021, 9.00am – 10.00am |
| <input type="checkbox"/> WUSHU (INTERMEDIATE) – 4 SESSIONS *NEW*
Every Sun, 19 Sep 2021, 10.45am – 11.45am | <input type="checkbox"/> STAMP CARVING WORKSHOP
Fri, 24 Sep 2021, 9.30am – 12.00pm |
| <input type="checkbox"/> LEARN TO MAKE HIGHLY REALISTIC FOOD MINIATURE WITH CLAY (PARENT & CHILD HANDS-ON)
Thu, 9 Sep 2021, 2.00pm – 3.30pm | <input type="checkbox"/> PILOXING BY JACLYN ONG - 8 SESSIONS
Every Sat, Commencing 25 Sep 2021, 2.00pm – 3.00pm |
| <input type="checkbox"/> OPEN TERRARIUM MAKING WORKSHOP (PARENT & CHILD HANDS ON)
Thu, 9 Sep 2021, 4.30pm – 6.00pm | <input type="checkbox"/> BASIC PAPER MARBLING WORKSHOP
Sat, 25 Sep 2021, 1.30pm – 3.30pm |
| <input type="checkbox"/> JELLY MOONCAKE (ADULT / TEENS HANDS-ON)
Fri, 10 Sep 2021, 9.30am – 12.30pm | <input type="checkbox"/> MICROGREENS GROWING & CULINARY WORKSHOP (PARENT & CHILD)
Sun, 26 Sep 2021, 9.30am – 11.15am |
| <input type="checkbox"/> PRESSED FLOWER NOTEBOOK WORKSHOP
Sat, 11 Sep 2021, 3.00pm – 4.30pm | <input type="checkbox"/> PRE-SCHOOL DANCE PROGRAMME – 8 SESSIONS *NEW*
Every Mon, Commencing 27 Sep 2021
<input type="checkbox"/> 3 – 4 years old / 2.30pm – 3.15pm
<input type="checkbox"/> 5 – 6 years old / 3.30pm – 4.15pm |
| <input type="checkbox"/> POLE DANCE FITNESS - 6 SESSIONS
Every Tue, commencing 14 Sep 2021
<input type="checkbox"/> 7.15pm – 8.15pm
<input type="checkbox"/> 8.20pm – 9.20pm | <input type="checkbox"/> KPOP X FITNESS BY ANGELYN – 8 SESSIONS *NEW*
<input type="checkbox"/> Every Mon, Commencing 4 Oct 2021, 11.00am – 11.50am
<input type="checkbox"/> Every Thu, Commencing 7 Oct 2021, 9.00am – 9.50am |
| <input type="checkbox"/> ZUMBA FITNESS BY MEYGAN *NEW* – 8 SESSIONS
<u>Free Trial</u>
<input type="checkbox"/> Fri, 17 Sep 2021, 10.15am – 11.15am
<u>Actual Commencement</u>
<input type="checkbox"/> Every Mon, Commencing 20 Sep 2021, 8.15pm – 9.15pm
<input type="checkbox"/> Every Fri, Commencing 24 Sep 2021, 10.15am – 11.15am | <input type="checkbox"/> PORTRAITS OF WATERCOLOUR & ACRYLIC WORKSHOP (ADVANCED) – 6 SESSIONS
Wed, 29 Sep, 6 Oct, 13 Oct, 20 Oct, 27 Oct, 3 Nov 2021, 10.00am – 12.00pm |
| <input type="checkbox"/> PUNCH NEEDLE BROOCH WORKSHOP FOR ADULTS
Fri, 17 Sep 2021, 12.00pm – 3.00pm | <input type="checkbox"/> BASIC HOMEBREWING (DEMONSTRATION)
Sun, 10 Oct 2021, 9.30m – 11.30am |
| <input type="checkbox"/> OKTOBERFEST LEBKUCHENHERZ (PARENT & CHILD HANDS-ON)
Sat, 18 Sep 2021, 2.30pm – 4.30pm | <input type="checkbox"/> DJEMBE INTRODUCTORY – 6 SESSIONS *NEW*
Every Sun, Commencing 17 Oct 2021, 5.00pm – 6.00pm |
| <input type="checkbox"/> JAPANESE ORIZOME PAPER DYEING WORKSHOP (PARENT & CHILD)
Sun, 19 Sep 2021, 9.30am – 11.00am | <input type="checkbox"/> JUMP FIT BOOTS – 8 SESSIONS *NEW*
Every Thu, Commencing 21 Oct 2021, 7.00pm – 8.00pm |
| <input type="checkbox"/> GROWING ORGANIC VEGETABLES WITH SOIL AND SOIL-LESS METHODS
Tue, 21 Sep 2021, 9.30am – 5.00pm | <input type="checkbox"/> HALLOWEEN SPECIAL - SPOOKY FINGERS (CHILD HANDS-ON)
Sat, 30 Oct 2021, 2.30pm – 4.30pm |
| | <input type="checkbox"/> “HALLOWEEEE” FUN DANCE FOR KIDS
Sun, 31 Oct 2021, 9.00am – 10.00am |
| | <input type="checkbox"/> YANG STYLE TAIJI QUAN BY NG BENG CHIAN
Every Wed, 8.00pm – 9.30pm |

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, Culinary, contact Wendy at 6885 0654 or Wendy_Tan@chineseswimmingclub.org.sg

Wushu, Craft, contact Dezi at 6885 0671 or Dezi_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: \$ _____