

# FEBRUARY - MARCH 2023 SPORTS PROGRAMMES

PLEASE TICK OR INDICATE PREFERRED TIME SLOT ACCORDINGLY



- CSC- LJE SPORTS JUNIOR MARCH HOLIDAY BASKETBALL CAMP**  
**Monday – Wednesday**  
**13 – 15 March 2023**
- 8.00am – 10.00am** (6 – 12 years old)  
 **6.00pm – 8.00pm** (6 – 12 years old)  
Basketball Court, SC (Rooftop Level)  
\$277.56 (Member) | \$292.68 (Guest)  
Min. 6 pax; Max. 10 pax  
Registration closes 27 February 2023

- TABLE TENNIS TRAINING FOR ADULTS**  
By Coach Kelvin Toh  
**Fridays, 9.00am – 10.30am**  
Table Tennis Room, SC (L3)  
\$162 per month (Member)  
\$194.40 per month (Guest)
- Fees are based on 4 sessions a month. For months with a fifth week, additional lessons will be billed accordingly.

- 4-DAY CSC – JTA TABLE TENNIS HOLIDAY TRAINING CAMP**  
**Monday – Thursday**  
**13 – 16 March 2023**
- Beginner: 10.00am – 12.00pm**  
 **Beginner: 1.00 pm – 3.00 pm**  
Table Tennis Room, SC (L3)  
\$207.36 (Member) | \$311.04 (Guest)  
Open to children from 4 – 14 years old  
Min. 3 pax; Max. 12 pax  
Registration closes 27 February 2023

- TAEKWONDO JUNIOR TRAINING PROGRAMME**  
**Sundays, 1.00pm – 6.00pm**  
**(1.00pm – 2.00pm for Foundation)**  
Activity Suite, SC (L3)  
\$48.60 per month (Colour Belt)  
\$37.80 per month (Poom/Black Belt)  
For Members only

- BOWLING LEARN-TO-PLAY PROGRAMME**
- New Beginners: Saturdays, 10.00am – 11.00am**
- Development Bowlers: Saturdays, 1:30pm – 3:00pm**  
**(For trainees with bowling background)**
- Development Bowlers: Saturdays, 3:00pm – 4:30pm**  
**(For trainees with bowling background)**
- 12 Lanes, SC (L1)  
\$129.60\* (Member) | \$172.80\*\*(Guest) per month (4 sessions)

\* Participants must be registered CSC child / junior members or a child / junior dependent. \*\* Price inclusive of guest fee. All course fees include lane fees and shoe rental.

- WORK THIS BY FLEX GYM INSTRUCTOR**
- Friday, 10 February 2023**  
**1.00pm – 2.00pm**
- Friday, 24 February 2023**  
**1.00pm – 2.00pm**  
Multipurpose Room, SC (L2)  
Free for Registered Flex Members.

- FLIPPA BALL PROGRAMME**  
**Saturdays, 6.15pm – 7.30pm**  
Beginners' Pool, SC (L1)  
\$54 (Member) per month | \$81 (Guest) per month  
6 – 12 years old  
Participants must be able to swim 2 x 25m laps independently.

- SQUASH JUNIOR TRAINING PROGRAMME**  
By Team Ultimate Squasher
- Wednesdays, 3.00pm – 4.30pm** (L3)  
 **Wednesdays, 4.30pm – 6.00pm** (L2)  
 **Thursdays, 3.00pm – 4.00pm** (L1)  
 **Thursdays, 4.30pm – 5.30pm** (L3)  
 **Sundays, 9.00am – 10.00am** (L1)  
 **Sundays, 10.00am – 11.30am** (L2)
- Squash Court, SC (L3)  
1-hour training session per week  
\$328.32 (Member) | \$371.52 (Guest)  
1.5-hour training session per week  
\$492.48 (Member) | \$557.28 (Guest)  
Min. 3 pax  
Fees are based on 8 sessions.

- SQUASH ADULT GROUP TRAINING PROGRAMME**  
By Team Ultimate Squasher
- Sundays, 3.00pm – 4.00pm**  
 **Sundays, 3.00pm – 4.30pm**
- Squash Court, SC (L3)  
1-hour training session per week  
\$432 (Member) | \$501.12 (Guest)  
1.5-hour training session per week  
\$648.00 (Member) | \$751.68 (Guest)  
Min. 2 pax  
Fees are based on 8 sessions.

- CSC HOLIDAY BADMINTON BEGINNERS CAMP**  
**Monday – Friday, 13 – 17 March 2023**
- 8.00am – 10.00am**  
Badminton Hall, SC (L2)  
\$162 (Member) | \$216 (Guest)  
6 – 16 years old  
Min. 6 pax; Max. 24 pax  
Registration closes 27 February 2023

All above published rates are inclusive of 8% GST.

Please note that for activities with limited vacancies, registration will close upon maximum capacity or closing date, whichever occurs first.

The classes and activities might be postponed or cancelled, subject to further directives and measures for COVID-19 from the Multi-Ministry Taskforce, SportSG and/or respective National Federations, Associations and Councils.

Information is correct at the time of print. The Club reserves the right to cancel the above activities without prior notice due to unforeseen circumstances.

# SPORTS REGISTRATION FORM

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Membership No.: \_\_\_\_\_ Contact no.: \_\_\_\_\_

Name of Attendees: \_\_\_\_\_ (Member/Guest)

Name of Attendees: \_\_\_\_\_ (Member/Guest)

Name of Attendees: \_\_\_\_\_ (Member/Guest)

I hereby give my acknowledgement and consent to the Chinese Swimming Club to use my personal data for the aforesaid purposes.  
I understand and agree to the use of any visuals and video footage of my participation for future marketing purposes of Chinese Swimming Club.

## TERMS AND CONDITIONS

1. Fees quoted are inclusive of 8% GST.
2. There will be no refund of course fee (partial or full) once the activities have commenced.
3. A duly completed official withdrawal form must reach the Club on or before the 15th of the current month for cessation of fee charges to be effective the following month. Fee charges will only cease the month following the next month if the Club receives the withdrawal form after the 15th of the current month.
4. Please note that for activities with limited vacancies, registration will close upon maximum capacity or closing date, whichever occurs first.
5. The Club reserves the right to cancel the activity due to poor response.
6. Photographs and videos may be taken for use in our archival and publicity material.

## INDEMNITY

1. 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.
2. 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\*.)

**For enquiries, please contact us at 68850671 or [sports@chineseswimmingclub.org.sg](mailto:sports@chineseswimmingclub.org.sg)**

### FOR OFFICIAL USE

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

(Registration forms may be submitted via fax to 6346 5685 or at the Front Office/Sports Reception)



21 & 34 Amber Road, Singapore 439870  
[feedback@chineseswimmingclub.org.sg](mailto:feedback@chineseswimmingclub.org.sg)

# MID-FEBRUARY 2023 ONWARDS LIFESTYLE PROGRAMMES



## EXERCISE

### FLEXI-PASS

The Flexi-Pass is a prepaid package that gives you the flexibility to choose from a variety of classes such as Muay Thai, Zumba, Yoga, Pilates, Barre, K-Pop X Fitness, Aqua Aerobics and more for a flat fee.

**10 Group Fitness Classes @ \$194.40**



Please visit the Chinese Swimming Club website for the schedule and more information.

## DANCE

### SATURDAY SOCIAL DANCE NIGHT

Saturdays

18 & 25 February 2023

11 & 25 March 2023

8, 15 & 22 April 2023

7.00pm – 10.30pm

Activity Suite, SC (L3)

\$9.72 (Member) | \$16 (Guest)

Limited slots are available on a first-come, first-served basis. All dates are subject to changes. Please register online at the Club's website under Fitness & Leisure – Dance.



## LEISURE

### CHINESE CALLIGRAPHY – INTEREST GROUP

Mondays

9.00am – 11.00am

Multipurpose Room, SC (L2)

\$16.20 per month (Member) | \$32.40 per month (Guest)

### CHINESE BRUSH PAINTING

Thursdays

10.00am – 12.00pm

Multipurpose Room, SC (L2)

\$124.20 per month (Member) | \$156.60 per month (Guest)

## YOUTH & KIDS

### OCARINA WORKSHOP

Join this fun and meaningful music workshop today! Customise your very own Ocarina (wind instrument) and learn how to play up to 5 songs in less than 1 hour!

Tuesday, 14 March 2023

2.00pm – 4.00pm

Lattice Suite, RC (L3)

\$59.08 (Members) | \$78.84 (Guest)

4-12 years old

Price inclusive of DIY Ocarina



### GAME DESIGN CODING WORKSHOP FOR KIDS

Calling out to all coding lovers! Have some fun learning how to code by creating a Super Mario Platformer Game. You can set your own rules! You will learn the art of game design and create a simple yet interactive game using your creativity and imagination.

Wednesday & Thursday, 15 & 16 March 2023

10.00am – 12.00pm

Grand Ballroom, RC (L2)

\$280.80 (Members) | \$297.00 (Guest)

5-7 years old



### KALIMBA WORKSHOP

Be amazed by a small instrument that can play beautiful music. Join us in this Kalimba workshop where you will be able to learn how to play songs using a small "piano".

Thursday & Friday, 16 & 17 March 2023

2.00pm – 4.00pm

Grand Ballroom, RC (L2)

\$172.80 (Members) | \$189.00 (Guest)

8-12 years old

All above published rates are inclusive of 8% GST for 2023.

The classes and activities might be postponed or cancelled, subject to further directives and measures for COVID-19 from the Multi-Ministry Taskforce, SportSG and/or respective National Federations, Associations and Councils.

Information is correct at the time of print. The Club reserves the right to cancel the above activities without prior notice due to unforeseen circumstances.

# UPCOMING LIFESTYLE ACTIVITY REGISTRATION FORM

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Name: \_\_\_\_\_ Email: \_\_\_\_\_

Membership No.: \_\_\_\_\_ Contact no: \_\_\_\_\_

Name of Attendees: \_\_\_\_\_ (Member/Guest)

Name of Attendees: \_\_\_\_\_ (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 (MID-FEBRUARY 2023 ONWARDS) – Please tick or indicate preferred time slot accordingly

- |                                                                                                                                       |                                                                                                                                                                                                                                                                          |
|---------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> <b>OCARINA WORKSHOP</b><br>Tuesday, 14 March 2023<br>2.00pm – 4.00pm                                         | <input type="checkbox"/> <b>SATURDAY SOCIAL DANCE NIGHT</b><br><input type="checkbox"/> 18 & 25 February 2023<br><input type="checkbox"/> 11 & 25 March 2023<br><input type="checkbox"/> 8, 15 & 22 April 2023<br>Activity Suite, Sport Complex (L3)<br>7.00pm – 10.30pm |
| <input type="checkbox"/> <b>GAME DESIGN CODING WORKSHOP FOR KIDS</b><br>Wednesday & Thursday, 15 & 16 March 2023<br>10.00am – 12.00pm | <input type="checkbox"/> <b>CHINESE CALLIGRAPHY</b><br>Mondays<br>9.00am – 11.00am                                                                                                                                                                                       |
| <input type="checkbox"/> <b>KALIMBA WORKSHOP</b><br>Thursday & Friday, 16 & 17 March 2023<br>2.00pm – 4.00pm                          | <input type="checkbox"/> <b>CHINESE BRUSH PAINTING</b><br>Thursdays<br>10.00am – 12.00pm                                                                                                                                                                                 |

## 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 15<sup>th</sup> 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 15<sup>th</sup> 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), 1<sup>st</sup> 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.

All above published rates are inclusive of 8% GST for 2023.

The classes and activities might be postponed or cancelled, subject to further directives and measures for COVID-19 from the Multi-Ministry Taskforce, SportSG and/or respective National Federations, Associations and Councils.

Information is correct at the time of print. The Club reserves the right to cancel the above activities without prior notice due to unforeseen circumstances.

## INDEMNITY

1. 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.
2. 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\*.)

**For enquiries, please contact us at 68850654 or [lifestyle@chineseswimmingclub.org.sg](mailto:lifestyle@chineseswimmingclub.org.sg)**

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