

# MARTIAL ARTS & FITNESS CLASSES

## ENROLMENT FORM



AQUAROBICS	<input type="checkbox"/> * WED 7.30pm – 8.30pm	[ Noodles will be provided ]	\$48.15 per month
BODY ROLLING <i>Shinee Tham</i>	<input type="checkbox"/> * THU 11:30am – 12:30pm		\$69.55 per month
ZUMBA FITNESS <i>William Ong</i>	<input type="checkbox"/> TUE 7pm – 8pm	<input type="checkbox"/> * SAT 11am – 12nn	\$42.80 per month
ABT (ABS-BUTTS-THIGHS) <i>Ahmad Yunus</i>	<input type="checkbox"/> TUE 8am – 9am	<input type="checkbox"/> THU 7pm – 8pm	\$32.10 per month [ once per week ]
CARDIO MIXED <i>Ahmad Yunus</i>	<input type="checkbox"/> FRI 8am – 9am		\$32.10 per month [ once per week ]
LOW IMPACT AEROBICS <i>Jenny Ng</i>	<input type="checkbox"/> * SAT 5.30pm – 6.30pm		\$32.10 per month
KEEP FIT <i>Karen Yip</i>	<input type="checkbox"/> TUE 10am – 11am	<input type="checkbox"/> THU 6.30pm – 7.30pm	\$32.10 per month [ once per week ]
TOTAL BODY CONDITIONING <i>Christine Tan</i>	<input type="checkbox"/> MON 9am – 10am	<input type="checkbox"/> FRI 10am – 11am	\$32.10 per month [ once per week ] [ 16 yrs & above ]
PILATES MATWORK <i>Serena Tan</i>	<input type="checkbox"/> MON 8pm – 9pm		\$64.20 per month [ 4 x MON ]
PILATES PROPS <i>Ann Ho</i>	<input type="checkbox"/> WED 9.30am – 10.30am	<input type="checkbox"/> MON 11am – 12nn	\$69.55 per month [ 4 x MON or 4 x WED ] [ 16 yrs & above ]
YOGA DANCE <i>Sherwin Sng</i>	<input type="checkbox"/> * SAT 1.30pm – 2.30pm		\$64.20 per month [ 4 x SAT ] [ 16 yrs & above ]
YOGA	<input type="checkbox"/> MON 10am – 11.30am <input type="checkbox"/> MON 6.30pm – 8pm	<input type="checkbox"/> * SAT 10.30am – 12nn <i>by Fehmida Tyebally</i>	\$58.85 per month [ Sakina ] \$53.50 per month [ Fehmida ]
QIGONG <i>Ngiam Tong Kheng</i>	<input type="checkbox"/> WED 8:30am – 10am		\$64.20 per month [ WED ] \$42.80 per month [ SAT ]
TAIJI QUAN <i>Tay Choong Chua</i>	<input type="checkbox"/> SUN 9am – 10am <i>[ New Beginners in Jan / Apr / Jul / Oct with min. of 3 ]</i>	<input type="checkbox"/> SUN 10am – 11am <i>[ Non-Beginners ]</i>	\$32.10 per month [ once per week ]
WUDANG TAIJI <i>Rose Ong</i>	<input type="checkbox"/> FRI 7pm – 8pm		\$80.25 per month
AIKIDO <i>Koh Nai Sing</i>	<input type="checkbox"/> SUN 12.30pm – 2pm		\$32.10 per month [ 13 yrs & above ]
TAEKWONDO <i>Sam Tan</i>	<input type="checkbox"/> SAT 3pm – 5pm <i>[ New Beginners in Jan / Apr / Jul / Oct with min. of 3 ]</i>	<i>[ Instructors to arrange uniform ]</i>	\$60.00 per month [ 6 yrs & above ]

Classes with [\*] required minimum nos. of students to commence

# Charges inclusive of prevailing GST

<< **FREE TRIAL** is available for all on-going classes >>  
<< **Guests are allowed** only in all classes with low participant rate or pending for commencement >>

### COMMENCEMENT

- I / my child / children wish to **ENROL** or **HAD COMMENCED** lessons as  above w.e.f  [DD/MM/YY]
- Members are advised to commence lessons at the **STARTS OF THE MONTH**. There is **NO PRO-RATE** of lessons' charges should members wish to start otherwise. Charges will be debited from your account accordingly.
- Kindly contact Sports Department @ 6342-3616 if you do not receive any form of confirmation from Sports Department within 2 weeks upon submission of this enrolment form.

### TERMINATION

- Termination of lessons **VERBALLY** will not be accepted. Members who wish to terminate lessons are required to give the following notice in writing to the Sports Department via Post / Fax / Email: -  
↳ **Letters received dated 1<sup>st</sup> to 20<sup>th</sup> will take effect on 1<sup>st</sup> of next month.**  
↳ **Letters received dated 21<sup>st</sup> to month end will take effect on 1<sup>st</sup> of the month after next.**
- Request for **IMMEDIATE TERMINATION** or PRO-RATE of lessons' charges due to medical reasons must be supported by official medical certifications. For all other reasons, members are requested to write in officially to the Sports Department, subject to the management's approval.
- TEMPORARY CESSATION is not allowed.** Members are requested to give the required notice to terminate lessons and to re-submit a fresh enrolment form to rejoin lessons.

### IMPORTANT NOTES

- No Lessons on Official Public Holidays and Eves of New Year and Chinese New Year** (unless otherwise stated in the letter of commencement). Lessons charges will be pro-rated for cancellation of lessons due to Club Official Events or unavailability of replacement during the absence of instructors and on Eves of New Year & Chinese New Year.
- All Matters pertaining to the above Martial Arts & Fitness classes must be referred to the Sports Department. Confirmation between members and instructors on all matters concerning above Martial Arts & Fitness classes will not be recognized.
- The management's decision on all matters pertaining to the above Martial Arts & Fitness classes shall be final.

For any enquiries, please contact Sports Staff @ **DID** 6342-3616 / **FAX** 6345-5162 / **EMAIL** [tabbys@sswimclub.org.sg](mailto:tabbys@sswimclub.org.sg)

# MARTIAL ARTS & FITNESS CLASSES

## CHILDREN'S / GUESTS' DETAILS [ IF APPLICABLE ]

[ NAME OF CHILD / CHILDREN / GUESTS ]

[ GENDER ]

[ DATE OF BIRTH ]

[ AGE ]

Please tick here is you wish to sign in / out your child @ game venue

				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

## MEMBER'S DETAILS

**NAME of Member**  
[ Participant ]

**NAME of Spouse**  
[ If Applicable ]

A/C  
NO

**CONTACTS**

	[ mobile ]
	[ home ]
	[ office ]
	[ fax ]

**ADDRESS**

Postal Code : Singapore [		]

**EMAIL**

## MEDICAL AUTHOURISATION

▪ In case of **EMERGENCY**, contact

NAME :	RELATIONSHIP :
Contacts : (Mobile) (Office) (Home)	

NAME of FAMILY DOCTOR :	RELATIONSHIP :
Contacts : (Mobile) (Office) (Home)	

MEDICAL HISTORY / ALLERGY :

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CURRENT MEDICATIONS :

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OTHER REMARKS :

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## INDEMNITY

I,  A/C No:

the undersigned, do solemnly declare the following: -

- ↳ I will not hold the club or its Organising Committee, responsible for any injuries, accidents or mishaps that may occur during lessons.
- ↳ I allow my child / children, to participate in the Martial Arts & Fitness classes and will not hold the club or its organising committee, responsible for any injuries, accidents or mishaps that may occur during lessons.

Member's / Parent's Signature

Date

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