



COOL WATER WORKOUT REGISTRATION FORM

CLASS	DAY	TIME	PLEASE TICK	MONTHLY CHARGES			
				1 SESSION PER WEEK		2 SESSIONS PER WEEK	
				MEMBER	GUEST	MEMBER	GUEST
All levels	Mon	8.30am – 9.30am		\$67.41 w/GST	\$84.26 w/GST	\$112.35 w/GST	\$129.20 w/GST
	Tue	7pm – 8pm					
	Thu	8.30am – 9.30am					
	Thu	7pm – 8pm					

Pamela Sashai - A qualified principal trainer in Deep Water Workout. She is also a personal trainer and aerobic instructor. She has been in the fitness industry for the past 23 years and has taught aerobics, aqua aerobics and water workout.

For enquiries, contact Julia Kong at 6398 5352 or recreation@sgcc.com.sg.

DETAILS OF PARTICIPANTS					
Name	Date of Birth	Contact No.	Email Address	Member <i>(pls tick)</i>	Guest <i>(pls tick)</i>

TERMS & CONDITIONS

- Confirmation of lesson will be made within 1 week via phone call or email
- For guest(s) sign-ups, the Member must be present at all times during the lesson
- **No make up lesson or pro-rated charges for participants who fail to attend the class(es)**
- There shall be no pro-rated payments except for new enrolment.
- No lesson on local Public Holiday(s)
- In case of dangerous weather conditions (lightning, thunder) the session will stop. If this happens during the first 20mins of the lesson, each participant will get a replacement session. If dangerous weather conditions occur after 20 mins, the Club will consider the session as utilized
- Lesson fee will be billed to the SGCC members' membership account at the end of the month. The fees paid are non-refundable nor transferable. All payment must be made payable to SGCC through their Membership account.
- **For termination of lessons, participant(s) are required to submit the Termination of Lessons Form by the 15th of the current month to SGCC, for the termination to be effective the following month. Lessons fees will continue to be billed to membership account unless otherwise stated. Any submissions after the cutoff date will be brought forward to the following month.**
- Training gear(s) are to be purchased through the instructor or separately
- Participants must inform the Sports & Recreation Department if they wish to make any changes for lessons, such as increasing frequency from once a week to twice a week
- Participants shall not hold the Instructor or the Club responsible for any loss, injury, accident or death that might occur during the lesson(s)
- Instructor and SGCC may use any photographs or videos taken during the training sessions for publicity materials unless otherwise indicated by the participant in writing along with the submission of this form.
- Please be informed that by signing up for the lesson, you consent to your contact details to be given to the instructor(s) for the purpose of contacting you on matters pertaining to the lessons.
- The Club reserves the sole right to amend any of these Terms & Conditions without prior notice.

I hereby fully understand and agree to abide with the Terms & Conditions listed by Serangoon Gardens Country Club and allow the Club to deduct the lesson fees from my membership account.

Member's Name _____

M'ship No. _____

Member's Signature _____

Date _____

Please submit this form to the Main Reception Counter or Gym Counter.

FOR OFFICIAL USE ONLY			
Received By:		Date Received:	
Processed By:		Processed Date:	
Remarks:			

