



DEVELOPMENT & COMPETITIVE SWIMMING

REGISTRATION FORM

| DEVELOPMENT PROGRAMME | | | | | | |
|---|-------------------|---|---------------|--|---------------------------------|--------------------|
| <p>The Development Programme caters to swimmers who wish to further improve their competitive swimming knowledge and skills. This programme focuses on boosting the efficiency of a swimmer's stroke technique, and improving their swimming stamina. This programme is a step up from the SwimSafer requirements as swimmers will be trained to progress to a competitive level.</p> | | | | | | |
| DAY | TIME | 1 SESSION PER WEEK (4-5 TIMES A MONTH) | | 3 SESSIONS PER WEEK (12-15 TIMES A MONTH) | | PLEASE TICK (✓) |
| | | MEMBER | GUEST | MEMBER | GUEST | |
| Mon | 7.30pm – 9.00pm | \$78.65 w/GST | \$89.88 w/GST | \$101.12 w/GST | Please refer to the rates below | |
| Wed | 7.30pm – 9.00pm | | | | | |
| Fri | 7.30pm – 9.00pm | | | | | |
| Sat | 10.30am – 12.00pm | | | | | |
| Sun | 10.30am – 12.00pm | | 101.12 w/GST | | | |
| <p><i>Guest attending 3 Weekday Sessions will be charged at \$134.82 w/GST.</i> <i>Guest attending 2 Weekday & 1 Weekend Sessions will be charged at \$146.06 w/GST.</i> <i>Guest attending 1 Weekday & 2 Weekend Sessions will be charged at \$157.29 w/GST.</i> <i>Lesson fees (include guest fee payable) are NOT subjected to prorate in the event of public holidays or if there are fifth week in the month.</i></p> | | | | | | |

| COMPETITIVE PROGRAMME | | | | |
|---|------------------|--|--|--------------------|
| <p>The Competitive programme would provide swimmers with the platform to excel in a structured manner. The Competitive Programme trainings would include Endurance Swimming, Anaerobic Trainings, Aerobic Trainings and Land Trainings. The different workouts and sets would be spread across the week, alternating on different days and weeks.</p> | | | | |
| DAY | TIME | MEMBER ONLY (UNLIMITED SESSIONS PER WEEK) | | PLEASE TICK (✓) |
| | | MEMBER | | |
| Mon | 7.00pm – 9.30pm | \$101.12 w/GST | | |
| Wed | 7.00pm – 9.30pm | | | |
| Fri | 7.00pm – 9.30pm | | | |
| Sat | 8.00am – 10.30am | | | |
| Sun | 8.00am – 10.30am | | | |
| <p><i>Lesson fees are NOT subjected to prorate in the event of public holidays or if there are fifth week in the month.</i></p> | | | | |

| DETAILS OF PARTICIPANTS | | | | | |
|-------------------------|---------------|-------------|---------------|----------------------|---------------------|
| Name | Date of Birth | Contact No. | Email Address | Member (Pls tick) | Guest (Pls tick) |
| | | | | | |
| | | | | | |
| | | | | | |
| FOR COACHES USE ONLY | | | | | |
| Assessment Date | | | Assessed By: | | |
| Class Date/Time: | | | Level: | | |
| Remarks: | | | | | |

TERMS & CONDITIONS

1. Confirmation of lesson will be made within 1 week via phone call or email
2. For guest(s) sign-ups, the Member must be present at all times during the lesson
3. **No makeup lesson or pro-rated charges for participants who fail to attend the class(es)**
4. No lesson will be held on local Public Holiday(s)
5. **In the case of foul weather, lessons will still go on. Swimmers will either learn or practice the theory of the Swim-Safer stages, or the instructors will conduct strength and conditioning for the students. Please call or SMS the Instructor(s) for update**
6. Swimmers enrolled in group classes are not allowed to cancel class. Swimmers who are unable to attend their lessons have to provide a medical certificate to support their excuse from the lesson. It can either be a photocopy of the document or a soft-copy of the document to be recorded and for their makeup class.
7. In the event when swimmers have recovered from medical leave, make-up classes will only be valid for a month period (from medical certificate date).
8. In the event whereby swimmers are overseas or travelling (up to 2 months), lesson charge will not be prorated, but replacing with make-up lessons instead
9. Parents are strictly advised not to converse with the instructor during a lesson, unless it's an emergency. Any conversations with the instructors should be done after class
10. Lesson fee will be billed after the first lesson. The fees paid are non-refundable nor transferable. All payment must be made payable to the Club through their Membership account
11. **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 cut-off date will be brought forward to the following month.**
12. Quattor Swim School 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.
13. Swimming certification or training gear(s) are to be purchased through the instructor or separately
14. Participants shall not hold the Instructor or the Club responsible for any loss, injury, accident or death that might occur during the lesson(s)
15. 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.
16. The Club reserves the sole right to amend any of these Terms & Conditions without prior notice.

PARTICIPANT'S ACKNOWLEDGEMENT AND WAIVER

I hereby fully understand and agree to abide with the above Terms & Conditions listed by the Instructor and SGCC and allow SGCC to deduct the lesson fees from my membership account and acknowledge that termination of lessons must be submitted by the 15th of the current month to SGCC, for the termination to be effective the following month.

I understand that upon signing this application form, I shall accept the terms and conditions as set out in this application form and as prescribed in the Club's Constitution and Bye-Laws. I acknowledge and accept to release my personal data recorded on this form to SGCC for the purposes highlighted above in relation to my Membership with the Club. I am aware that SGCC is in full compliance with PDPA Act (2012) as outlined in the Personal Data Protection Policy.

I hereby acknowledge, agree, declare and confirm in relation the participant that the Instructor, SGCC and or its partners, officers and employees are not responsible and not liable for any injury, damages, illness, accident, death howsoever arising which may occur to the participant at any time during the training program and I, on behalf of the participant for whom I am responsible, hereby release absolutely from all responsibility and all liability the Instructor and/or SGCC for any injury, damages, illness, accident, death howsoever arising which may occur to the participant at any time during the training program and hereby agree and undertake to indemnify and keep indemnified the Instructor, SGCC and or its partners, officers and employees from and against any and all liability, damages and costs of defending such claims whatsoever in respect thereof. I hereby further declare and confirm that I have the requisite capacity and authority to acknowledge, agree, declare and confirm the aforesaid in my personal capacity and also on the behalf of the participant.

Member's Name

Membership No.

Member's Signature

Date

For enquiries, contact Julia Kong/Daniel Chong at 6398 5352/351 or recreation@sgcc.com.sg.

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: