



HYDROPUMP AQUATIC FITNESS PROGRAMME

REGISTRATION FORM

HYDROPUMP AQUATIC FITNESS PROGRAMME					
<p>HydroPump is an aquatic high-intensity training programme with three different levels; Hydro-Beta, Hydro-Alpha, and Hydro-X. The levels, with Hydro-X being the most intense, offer varying degrees of intensity, utilising body weight and water resistance exercises, aqua equipment, and high-repetition intervals to challenge participants and improve their fitness.</p>					
1 SESSION PER WEEK		2 SESSIONS PER WEEK		UNLIMITED SESSIONS	
MEMBER	GUEST	MEMBER	GUEST	MEMBER	GUEST
\$87.20 w/GST (Lesson Fees)	\$87.20 w/GST (Lesson Fees) + \$21.80 w/GST (Guest fee payable) = \$109.00 w/GST (Lesson Fees)	\$114.45 w/GST (Lesson Fees)	\$114.45 w/GST (Lesson Fees) + \$21.80 w/GST (Guest fee payable) = \$136.25 w/GST (Lesson Fees)	\$174.40 w/GST (Lesson Fees)	\$174.40 w/GST (Lesson Fees) + \$21.80 w/GST (Guest fee payable) = \$196.20 w/GST (Lesson Fees)
<p style="text-align: center;">NOTE: 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.</p>					

KINDLY SELECT BELOW THE NUMBER OF SESSIONS PER WEEK	Member (Pls tick)	Guest (Pls tick)
HYDROPUMP AQUATIC FITNESS PROGRAMME	1 SESSION PER WEEK	
	2 SESSIONS PER WEEK	
	UNLIMITED SESSIONS	

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 AND CONDITIONS

1. Confirmation of lesson will be made within 1 week via WhatsApp, Telegram, phone call or email.
2. For guest(s) sign-ups, the Member must be present at all times during the lesson.
3. No lesson will be held on local Public Holiday(s).
4. There shall be no pro-ration of fees under any circumstances.
5. Swimmers shall be punctual for classes as there will be no extension of time for latecomers.
6. There shall be strictly NO make-up class for non-attendance on the part of the swimmer. Those with Medical Certificate (MC) will only be limited to 1 make-up class per calendar month, and swimmers would have to provide a medical certificate (photocopy or soft copy of the MC) to support their excuse from the lesson.
7. In the event when swimmers have recovered from medical leave, make-up classes will only be valid for one month period (from medical certificate end date)
8. All scheduled make-up classes would not entertain no-shows.
9. Parents are strictly advised not to converse with the instructor during a lesson, unless it's an emergency. Any conversations with the instructor 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. Swimming certification or training gear(s) are to be purchased through the instructor or separately.
12. The Club reserves the sole right to amend any of these Terms & Conditions without prior notice.

BAD WEATHER/HAZE GUIDELINES

1. Bad weather is defined as having lightning or heavy rain within close proximity and the pool is closed by the Club.
2. In the case of bad weather, lessons will still go on. Swimmers will either learn or practice the theory of the Swim-Safer stages, or the instructors will conduct land training for the students.
3. Haze advisory
 - a. PSI 150 & below – lessons as per normal
 - b. PSI 150 & above – lessons will be cancelled
 - c. The Club will check the PSI level an hour before the commencement of lessons and update the status on SGCC Telegram Channel.

PROCEDURE FOR SUSPENSION/TERMINATION OF LESSONS

1. Suspensions will be for a minimum of 1 calendar month to a maximum of 2 calendar months. Application for longer suspensions shall be at the discretion of Quattor Swim School.
2. Suspension requests would have to be submitted at least 2 weeks before the suspension date.
3. 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.

PERSONAL DATA PROTECTION NOTICE

By registering for this lesson, consent is hereby given to SGCC under the Personal Data Protection Act 2012 and according to the Personal Data Protection Notice which I have read:

- agree to disclose personal information such as membership number, contact number, member & participant(s) name, date of birth, email address, lesson date and time, lesson fees, including any visual images, photographs and/or videos captured during the lesson about the participant(s) to Quattor Swim School and SGCC;
- acknowledge that we have informed you that we may collect, use (including, process, record, hold, store), and disclose (collectively, "Process") your Personal Data;
- confirm that you have read this Personal Data Protection Notice and SGCC Personal Data Protection Privacy Statement and related SGCC Data Protection Policy [<http://sgcc.com.sg/data-protection-policy>]; and consent to SGCC' collection, use and disclosure of your Personal Data, for the Purposes as stated herein.

We Process your Personal Data, in accordance with the PDPA, for the following purposes:

- To send information, promotion and updates by post, email, text messages or social media about Club lessons, activities, or events or those of third parties that we think may interest you. Maintenance and upkeep of participants' records and data.
- Administer your participation in lessons.
- Process your payment transactions.
- Respond to your questions related to the lessons or what we do.
- Disclose your personal information such as member's name, participant(s) name, date of birth, membership number, contact number, email address lessons date and time to Quattor Swim School.

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.**