











RSGC SPORTS & RECREATION'S LESSONS

JUNIOR DEVELOPMENT PROGRAMME





TYPE OF LESSON	NAME & CONTACT NO.	DESCRIPTIONS	DAY & TIME	CHARGES	VENUE	REFERENCE
RSGC TENNIS JUNIOR DEV. PROGRAMME	<u>HEAD COACH</u> HASRUL HISHAM 012 – 923 1398 <u>COACHES</u> AZIZUL AZHAR MUHAMMAD RUZZAIDIE SITI AISYAH	Provides group tennis lessons to Juniors	Sat 8.00am - 10.00am Sun 4.00pm - 6.00pm	<u>Monthly commitment fee</u> RM100 per student per month regardless in the number of attendance by the student in the respective month	COVER COURTS	   
RSGC SWIMMING JUNIOR DEV. PROGRAMME	DESMOND YEOH 017-8726688	Provides group swimming lessons to Juniors.	<u>Junior: Lessons</u> Sat 9.00am - 12.00noon 1.00pm - 3.00pm Sun 8.00am - 12.00noon 1.00pm - 3.00pm	<u>Monthly commitment fee</u> RM120 per student per month regardless in the number of attendance by the student in the respective month.	SWIMMING POOL	

RECREATIONAL ACTIVITIES

TYPE OF LESSON	NAME & CONTACT NO.	DESCRIPTIONS	DAY & TIME	CHARGES	VENUE	REFERENCE
LINE DANCING	BRONYA BISHOREK 014-2229902 012-2991787	Line Dance Foundation & Conditioning Social Dance	Wed 10.30am – 12.30am Fri 10.30am – 12.00pm Mon 2.00pm – 4.00pm	<u>Line Dance</u> RM120 per month per student 4 lessons per month <u>Foundation & Conditioning</u> RM150 per month per student 4 lessons per month <u>Social Dance</u> RM180 per month per student 4 lessons per month	MULTI-PURPOSE HALL	
YOGA	MATHU 016-479 8926	Provides Yoga Lessons to Adult from 13 years and above	Sat 9.30am – 10.30am	RM230 per month per student	MULTI-PURPOSE HALL	
ZUMBA	NUNA MALM 011-2855 3715	Provides Zumba Lessons to Adult & Juniors from 15 years and above.	Tue 7.00pm – 8.00pm Thu 10.00am – 11.00am	RM110 per month for 4 lessons	MULTI-PURPOSE HALL	








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FITNESS PROGRAM	PINNACLE FITNESS SDN. BHD. PETER LOUIE 016-2449963	Provides fitness program to members with age 16 years old and above.	Mon – Sun 7.00am – 8.00pm	Please contact the person in charge for further details.	GYMNASIUM	
TAI-CHI	KOH AH TEE 016-6602998	Provides Tai-chi lessons to Adult & Junior from 10 years and above.	Tue & Fri 7.00am – 8.00am	RM 100 per student per month	POOL RECREATION TERRACE	
TAE KWON DO	LOW KOON LIN 03-77267773 LOW LEONG TUCK 017-8737778	Provides Tae Kwon Do lesson to Adult & Junior from 5 years and above.	Sat 5.30pm – 6.30pm	RM 55 per student per month for 4 lessons	MULTI-PURPOSE HALL	
PILATES	ANDREW NG +60 16-311 3062	Provides Pilates class to Adult for 18 years and above	Mon 12.45pm – 1.45pm	Individual RM 210 per month for 4 lessons	MULTI-PURPOSE HALL	



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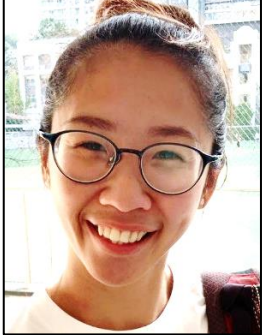
TENNIS

TYPE OF LESSON	NAME & CONTACT NO.	DESCRIPTIONS	DAY & TIME	CHARGES	VENUE	REFERENCE
TENNIS	JOHANN TAN 012 – 3100193	Provides tennis individual & group lessons to Adult and Juniors from 6 years and above.	Mon – Sun 7.00am-10.00pm	Individual package RM 200 per hour Group package RM 200 per hour Max: 4 players Family package RM 200 per hour Max: 5 players - Package includes 5 plus 1 (5 sessions, plus one free class) - T&C: Upfront payment of RM1,000	TENNIS HARD COURTS	
TENNIS	ADRIAN WEE 012 - 203 6977	Provides tennis individual & group lessons to Adult and Juniors from 6 years and above.	Mon 9.00am–11.00am 3.00pm – 5.00pm Tue 7.00am – 11.00am Wed & Fri 9.00am – 11.00am 3.00pm – 7.00pm Thu 3.00pm – 6.00pm Sun 7.00am – 11.00am	Individual RM150 per hour per person. - Package of 10 lessons will receive 1 lesson at no charge. - Package of 20 lessons will receive 2 lessons at no charge. Group of 2 – 4 pax (sharing basis) RM180 per hour per group Ad-hoc / Advance sparring session RM180 per hour per person (subject to the Tennis Coach's availability)	TENNIS HARD COURTS	
TENNIS	FARIZUL YUNUS 019 – 287 0170	Provides tennis individual & group lessons to Adult and Juniors from 6 years and above.	Mon – Sun 7.00am-10.00pm	Individual RM 150 per hour per person. Group Lessons (sharing basis) - RM150 per hour per group of 2 pax - RM180 per hour per group of 3 pax - RM200 per hour per group of 4 pax	TENNIS HARD COURTS	
TENNIS	HASRUL HISHAM 012 – 923 1398	Provides tennis individual & group lessons to Adult and Juniors from 6 years and above	Mon – Thu 6.30pm – 10.00pm Fri 6.00pm – 10.00pm Sat & Sun 7.00am – 11.00am	Individual (Adults) - RM120 per hour per person. - RM1,000 for package of 10-hour lessons per person. Group of 2 to 4 pax (sharing basis) RM120 per hour per group Individual (Juniors) - RM100 per hour per person. - RM900 for package of 10-hour lessons per person. Group of 2 to 4 pax (sharing basis) RM100.00 per hour per group Special Lesson RM70 per hour per person - For Special Kids of age 18 years old and below with conditions of Autism, Asperger Syndrome etc. - Subject to the certification of the conditions of the special kid by a certified medical doctor.	TENNIS HARD COURTS	
TENNIS	AZIZUL AZHAR 012 – 204 6994	Provides tennis individual & group lessons to Adult and Juniors from 5 years and above	Mon – Sun 7.00am-10.00pm (Based on availability)	Individual RM 120 per hour per person. Group Lessons (sharing basis) - RM140 per hour per group of 2 pax - RM150 per hour per group of 3 pax - RM140 per hour per group of 4 pax Package RM 1,150 per package of 10 sessions per pax	TENNIS HARD COURTS	



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SWIMMING

TYPE OF LESSON	NAME & CONTACT NO.	DESCRIPTIONS	DAY & TIME	CHARGES	VENUE	REFERENCE
SWIMMING	DESMOND YEOH 017-8726688	Provides swimming lessons to Adult & Junior from 5 years and above.	Mon – Fri 8.00am-11.am 3.00pm-5.00pm	Individual RM 120 per person per month (30 minutes per week) Group RM 120 per person per month (1 hour per week)	SWIMMING POOL	
SWIMMING	MICHAEL ONG 013-3313642	Provides swimming lessons to Infant & Toddler (4 months and above)	Mon – Sun 7.00am-9.00pm	Private Lesson (fees on equal sharing basis among students in group) a. RM140/lesson – 1-3 students/lesson of 30 minutes. b. RM180/lesson – 1-3 students/lesson of 45 minutes. c. RM240/lesson – 1-3 students/lesson of 60 minutes. Semi-Private Lesson (flat rate of RM60 per student) a. 1-2 children – duration of 30 minutes minimum per lesson. b. 3-4 children – duration of 45 minutes minimum per lesson	SWIMMING POOL	
SWIMMING	SLOW YI TING 016-6819836	Provides swimming lesson to Adult & Junior from 12 years and above.	Tue & Thu 7.00am-9.00am	Individual RM180 per person per hour Group of 2 pax RM 200 per group per hour Masters Training RM 200 per adult per month	SWIMMING POOL	
SWIMMING	ALLEN ONG 017-6143218	Provides swimming lessons to Adult & Junior from 6 years and above.	Mon – Sun 7.00am – 10.00pm (on appointment basis)	Individual RM 200 per student per hour	SWIMMING POOL	
SWIMMING	LEUNG CHI LIN 016-8321064	To provide swimming lessons to Juniors from 6 – 17 years old.	Mon, Wed & Fri 6.00am-7.15am Sat 5.30pm-7.00pm Sun 8.00am to 9.30am	Individual RM 150 per person of an hour session Group RM 200 per junior per month (5x per week)	SWIMMING POOL	
SWIMMING	CHUI LAI KWAN 016-5865005	Provides swimming lessons to Adults and Juniors from 5 years and above.	Mon, Wed & Fri 6.00am-7.15am Sat 5.30pm-7.00pm Sun 8.00am to 9.30am	Individual RM 170 per person per session Group (Juniors) RM 200 per student per month regardless in the number of attendance by the student in the respective month.	SWIMMING POOL	