

# Learn-To-Play

## Course Fees

We are dedicated to ensuring that sports and recreation remain accessible to everyone in Singapore, and this starts with making our LTP courses affordable.

For LTP course schedules, please visit [SingaporeSports.sg/PlayGround](http://SingaporeSports.sg/PlayGround) or contact your nearest Sports & Recreation Centre for more information.

COURSES	DURATION	PEAK HOURS	OFF-PEAK HOURS*
<b>Cardio</b>			
Aerobics	12 x 1 hr	\$70	\$59
Aqua Aerobics	12 x 1 hr	\$70	\$59
Step Aerobics	12 x 1 hr	\$70	\$59
Bhangra Aerobics	12 x 1 hr	\$91	\$75
CardioBOX	12 x 1 hr	\$91	\$75
CardioMIX	12 x 1 hr	\$91	\$75
Kickbox	12 x 1 hr	\$70	\$59
Muay Aerobics	12 x 1 hr	\$91	N.A.
Cardio Sculpt	12 x 1 hr	\$70	\$59

COURSES	DURATION	PEAK HOURS	OFF-PEAK HOURS*
<b>Body &amp; Mind</b>			
Abs, Buns & Thighs	12 x 1 hr	\$70	\$59
Body Sculpt	12 x 1 hr	\$70	\$59
Body Rolling	12 x 1 hr	\$118	\$95
Gyrokinesis®	12 x 1 hr	\$118	\$95
Pilates	12 x 1 hr	\$118	\$95
Taijiquan	12 x 1 hr	\$48	N.A.
Yoga (All types)	12 x 1 hr	\$91	\$75

COURSES	DURATION	PEAK HOURS	OFF-PEAK HOURS*
<b>Sports &amp; Leisure</b>			
Line Dance	12 x 1 hr	\$86	\$71
Hip Hop Dance	12 x 1 hr	\$86	\$71
Fitball	12 x 1 hr	\$118	\$95
Salsa Dance	12 x 1 hr	\$100	N.A.
Badminton	04 x 2 hrs	\$44	N.A.
Gymnastics	24 x 2 hrs	\$198	N.A.
In-Line Skating	04 x 1 hr	\$66	N.A.
Tennis (Student) Level 1	08 x 2 hrs	\$66	N.A.
Tennis (Student) Level 2	08 x 2 hrs	\$74	N.A.
Tennis (Adult) Level 1	08 x 2 hrs	\$103	N.A.
Tennis (Adult) Level 2	08 x 2 hrs	\$118	N.A.
Wushu	12 x 1.5 hrs	\$130	N.A.

\* Off-Peak courses are held during Mon-Fri, from 7am – 5pm  
 \* Senior citizens above 55 years old will enjoy a further 10% discount off all courses  
 All information is correct as at time of print (October 2011)



# ClubFITT Gyms

Keep fit at your own pace at any of our ClubFITT Gyms located island-wide. Situated in the various Sports & Recreation Centres, our ClubFITT Gyms offer an extensive array of exercise equipment as well as shower and secure locker facilities.

## Why Join ClubFITT?

- Value for money – one card gives you access to all ClubFITT Gyms located island-wide
- No monthly subscription fee
- Convenient locations
- Friendly and comfortable ambience
- Locker and shower facilities
- Qualified fitness instructors

## Operating Hours

<b>Mon / Wed / Fri</b>	7.00 am to 10.00 pm
<b>Tue / Thu</b>	8.30 am to 10.00 pm
<b>Sat</b>	8.30 am to 8.00 pm
<b>Sun</b>	9.00 am to 8.00 pm
<b>Public Holidays</b>	9.00 am to 5.00 pm

## Member

DURATION	PEAK HOURS/ ADULTS	SENIOR CITIZENS* / STUDENTS**	OFF-PEAK HOURS***
6 Months	\$170	\$105	\$50
12 Months	\$310	\$190	\$90

## Non-Member (Per Entry)

Adults	\$2.50
Senior Citizens*/Students**	\$1.50

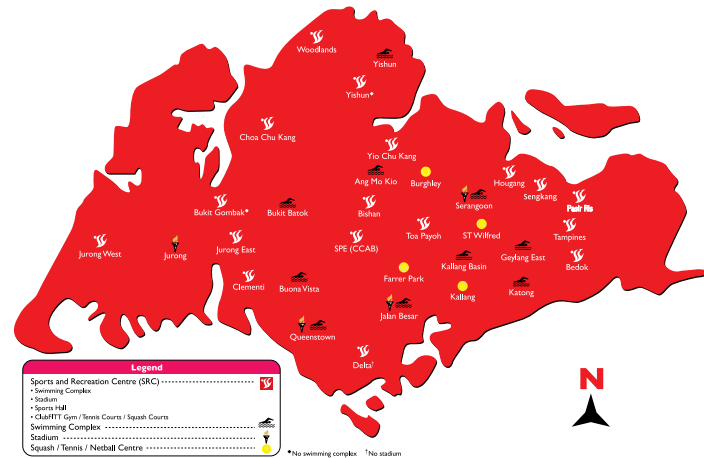
## Towel

Towel is available for sale @ \$1.00 each

\* Senior Citizen – 55 years old and above  
 \*\* Students – 12 to below 19 years old  
 \*\*\* Off-Peak Hours – Mon to Fri before 4 pm. Not applicable on Public Holidays

## Corporate Package

For Learn to Play Corporate Packages and ClubFITT Gyms Corporate Membership enquiries, please contact us at [ssc\\_corporateenquiries@ssc.gov.sg](mailto:ssc_corporateenquiries@ssc.gov.sg)



# Fun And Rewarding Fitness At A SRC Near You!

**Bedok**  
 5 Bedok North St 2, Singapore 469645  
 Tel: 6244 5385/6  
[ssc\\_bedoksrc@ssc.gov.sg](mailto:ssc_bedoksrc@ssc.gov.sg)

**Bishan**  
 5 Bishan St 14, Singapore 579783  
 Tel: 6353 9234/5  
[ssc\\_bishansrc@ssc.gov.sg](mailto:ssc_bishansrc@ssc.gov.sg)

**Bukit Gombak**  
 810 Bukit Batok West Ave 5, Singapore 659081  
 Tel: 6896 2193/4  
[ssc\\_btombaksrc@ssc.gov.sg](mailto:ssc_btombaksrc@ssc.gov.sg)

**Choa Chu Kang**  
 1 Choa Chu Kang St 53, Singapore 689236  
 Tel: 6767 1735/6  
[ssc\\_choackangsrc@ssc.gov.sg](mailto:ssc_choackangsrc@ssc.gov.sg)

**Clementi**  
 518 Clementi Ave 3, Singapore 129907  
 Tel: 6872 9180/1  
[ssc\\_clementisrc@ssc.gov.sg](mailto:ssc_clementisrc@ssc.gov.sg)

**Delta**  
 900 Tiong Bahru Rd, Singapore 158790  
 Tel: 6471 9030/5  
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**Geylang East**  
 601 Aljunied Crescent, Singapore 389862  
 Tel: 6745 7175  
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**Hougang**  
 93 Hougang Avenue 4, Singapore 538832  
 Tel: 6315 8670/1  
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**Jurong East**  
 21 Jurong East St 31, Singapore 609517  
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**Pasir Ris**  
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 Tel: 6583 8557 / 6583 2696  
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**Sengkang**  
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**Woodlands**  
 1 Woodlands St 13, Singapore 738597  
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**Yio Chu Kang**  
 200 Ang Mo Kio Ave 9, Singapore 569770  
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**Yishun**  
 101 Yishun Avenue 1, Singapore 769130  
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[ssc\\_yishunsrc@ssc.gov.sg](mailto:ssc_yishunsrc@ssc.gov.sg)



# Sports & Recreation Centres



For more information, visit our website at [SingaporeSports.sg](http://SingaporeSports.sg)

# Sports & Recreation Centres



## About Us

The Singapore Sports Council (SSC) operates many Sports and Recreation Centres (SRCs) in key residential areas throughout Singapore. Our goal is to encourage people of all ages and walks of life to embrace an active lifestyle by offering a range of well-equipped and affordable sporting facilities.

## Our Services

Along with our accessible sports facilities, our engaging Learn-To-Play (LTP) courses offer everyone a fun and affordable way to learn new activities. Our SRCs are also home to excellent food & beverage outlets.

## Our Facilities

- Fitness Gyms
- Swimming Pools
- Racket Game Courts (Badminton, Tennis, Squash, etc)
- Ball Game Courts (Basketball, Futsal, Netball, etc)
- Stadiums
- Open Fields for Soccer and Other Events
- Dance Studios



# Learn-To-Play the Easy Way!

Whether you're an adrenaline junkie or just starting out in the world of fitness, you're sure to find a programme that suits your recreational needs.

- Professional – All courses are conducted by certified instructors in safe environments
- Value for money – Courses are competitively priced to remain accessible to everyone
- Fun & Easy – Learn what you want, at your own pace



## CARDIO

Reinvigorate Your Body!



### AEROBICS

Whoever said "No pain, No gain" probably never tried aerobics. From simple to challenging routines performed in sync with energising music, boosting your overall fitness has never been more fun.

### STEP AEROBICS

Using an ergonomically-designed aerobic bench, this workout focuses on your calves, thighs and buttocks. Start today and you will match your favourite clothes with a great body in no time at all!

### AQUA AEROBICS

If you fancy a hot workout in a cool setting, then Aqua Aerobics is just the thing for you. Using water as resistance, you can let your body follow the flow of the music while toning up those muscles.



### CARDIOBOX

From start to finish, this high intensity workout will get even the most avid fitness buff working up a sweat. This full-body workout is spiced up with moves from boxing, dancing and aerobics, which will definitely shape up your body and maximise your cardiovascular fitness.

### CARDIOMIX

CardioMix is packed with all the cardiovascular conditioning of CardioBox, but takes it up a notch by mixing a few Aerobics and Body Sculpting routines. In just a few sessions, all that newfound energy you've harnessed from CardioMix will have you craving for more activities to do.

### KICKBOXING

With an assortment of boxing and kicking techniques, you can develop the physique of a prize-fighter before you know it. With your body moving in overdrive and your mind working overtime to attack and defend, this workout will surely appeal to the gladiator in you.

### MUAY AEROBOX

Muay Aerobox is just as explosive and physically rewarding as kickboxing but with authentic Muay Thai and Western Boxing techniques included. This ultra-intensive workout will ensure that with every punch and kick, you'll expend both energy and stress.

### CARDIO SCULPT

The one-stop workout regime tones all your major muscle groups while amplifying your body's cardiovascular function. Cardio Sculpt may be fast-paced and full of high octane energy, but it also offers one of the quickest ways to a trim and well-defined body.



# BODY & MIND

Rejuvenate Your Senses!

### ABS, BUNS & THIGHS

Achieve the perfect balance of definition and strength without building excess bulk. Women will especially appreciate this rewarding, low impact training course which uses resistance equipment to give your body a firmer shape.



### HATHA YOGA

A relaxing class with stretching exercises and simple breathing techniques aimed at helping you learn the basics of yoga.

### ASHTANGA YOGA

A more dynamic and physically challenging yoga class where you'll be rewarded with improved strength and better circulation.



### POWER YOGA

By eliminating the "starting and stopping" between poses, this dynamic routine caters to the experienced and hardcore yoga practitioner.

### BODY ROLLING

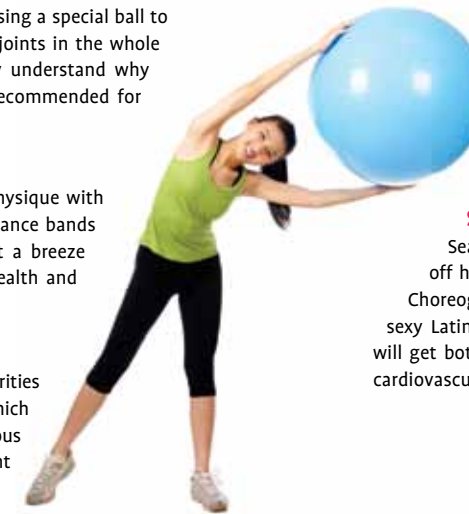
Have a ball of a time with Body Rolling! By using a special ball to stretch, massage and tone up muscles and joints in the whole body via an extensive regime, you'll finally understand why exercise and joy go hand in hand. Highly recommended for relieving stress and tense muscles.

### BODY SCULPT

Improve your posture and attain a leaner physique with a series of low-impact exercises using resistance bands and weights. This simple workout makes it a breeze for anyone who is looking to reintroduce health and fitness into their daily routine.

### PILATES

Learn the fitness secrets of Hollywood celebrities through this challenging workout system which requires full concentration to control various muscle groups. With dedication and the right attitude, you too can have your body looking like your favourite stars.



### GYROKINESIS®

Gyrokinesis® is a revitalising exercise that gently strengthens your joints, muscles and spine through rhythmic and undulating movements. After this class, you'll wonder why you've only used chairs for sitting.

### TAIJIQUAN

Using gentle and graceful movements which anyone can perform, Taijiquan promotes the proper flow of your body's natural energy force, or "qi". This results in a state of mental calmness and improved blood circulation. Other physical benefits include enhanced flexibility and posture.

# SPORTS & LEISURE

Revitalise Your Life!

### LINE DANCE

Put the spring back in your step by dancing to good old Country tunes with fellow participants. Through a few simple dance moves, both young and old can benefit from this vibrant but low impact exercise that also trains coordination and flexibility.

### HIP HOP

Music and muscles working hand-in-hand – keeping fit doesn't get any better than this! Mixing cool sounds, cool clothes with even cooler moves, this high-energy cardiovascular workout will have feeling like you're on MTV every single time.

### FITBALL

Have a ball of a time with this versatile workout that's always fresh and exciting. Working in tandem with an exercise ball, you'll treat your body to a range of movements that are low on impact yet high on intensity – all designed to help you rediscover that bounce in your step.

### SALSA

Searching for a workout to sweep your partner off her feet? Then look no further than Salsa. Choreographing sensual Cuban grooves to sexy Latin moves, this breathtaking exercise will get both your hearts racing. Now that's cardiovascular fitness at its best.



### BADMINTON

Make your fitness regime a smashing success with this high-impact sport. Thinking on your feet takes on a whole new meaning as you master the drop-shot and court angles. But the best thing about badminton? A total body workout with a bunch of friends.

### GYMNASTICS

Give your child a head start in physical fitness with our gymnastics class. Not only are classes conducted in a safe environment, your child will also develop the strength, flexibility and coordination that will be useful in other sports.

### INLINE SKATING

Feel the wind in your face and the thrill pulsing through your body as you zip from place to place. Once you get the hang of the basic techniques to move, stop and turn, you'll be glued to your skates and burning off those calories for fun.

### TENNIS

Volley away the stress of daily life with this action-per-second sport that's guaranteed to keep you on your toes. So grab a partner, keep your eyes on the ball and work your way round to a healthier and fitter you.

### WUSHU

Awaken the Kungfu master in you with this ancient Chinese martial art. Learn how you combine intricate footwork and powerful hand movements to build both stamina and mental strength. This athletic routine will keep you on your toes and tone every muscle on your body.



For more information about our LTP courses, visit our website at [SingaporeSports.sg](http://SingaporeSports.sg) or contact your nearest Sports & Recreation Centre.