







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	<p><u>HEAD COACH</u> HASRUL HISHAM 012 – 923 1398</p> <p><u>COACHES</u> AZIZUL AZHAR</p> <p>SHAHRUL AFENDI</p> <p>SITI AISYAH</p>	Provides group tennis lessons to Juniors	<p>Sat 8.00am - 10.00am</p> <p>Sun 4.00pm - 6.00pm</p>	<p>Monthly commitment fee RM100 per student per month regardless in the number of attendance by the student in the respective month</p>	CENTER COURTS	
RSGC SWIMMING JUNIOR DEV. PROGRAMME	<p>DESMOND YEOH 017-8726688</p>	Provides group swimming lessons to Juniors.	<p><u>Junior: Lessons</u> Mon, Tue & Fri 3.30pm - 5.00pm</p> <p>Sat 8.30am - 11.30am</p> <p>5.00pm - 6.00pm</p> <p>Sun 3.00pm - 4.00pm</p> <p><u>Junior: Training</u> Mon, Tue, Thu & Fri 5.00pm - 6.30pm</p> <p>Wed 4.30pm - 6.30pm</p> <p>Sat 3.00pm - 5.00pm</p> <p>Sun 8.30am - 11.00am</p> <p>4.00pm - 5.00pm</p>	<p>Monthly commitment fee RM120 per student per month regardless in the number of attendance by the student in the respective month.</p>	SWIMMING POOL	

RECREATIONAL ACTIVITIES

TYPE OF LESSON	NAME & CONTACT NO.	DESCRIPTIONS	DAY & TIME	CHARGES	VENUE	REFERENCE
LINE DANCING	<p>BRONYA BISHOREK 014-2229902 012-2991787</p>	<p>Line Dance</p> <p>Foundation & Conditioning</p> <p>Social Dance</p>	<p>Wed 10.00am – 11.30am</p> <p>Thu 11.00am – 1.00pm</p> <p>Mon 2.00pm – 4.00pm</p>	<p><u>Line Dance</u> RM120 per month per student 4 lessons per month</p> <p><u>Foundation & Conditioning</u> RM150 per month per student 4 lessons per month</p> <p><u>Social Dance</u> RM180 per month per student 4 lessons per month</p>	MULTI-PURPOSE HALL	
BALLROOM DANCING	<p>ERIC TAN SEE MENG 012-3212083</p>	Provides Ballroom Dancing to Adult and Junior from 7 years and above.	<p>Thu 8.00pm – 9.00pm</p> <p>Fri 10.30am – 11.30am (Private Class)</p>	<p>Normal Class – RM 150/month per student Private Class – RM 190/month per student</p> <p>Above fee is for 4 lessons per month</p>	MULTI-PURPOSE HALL	
ZUMBA	<p>NUNA MALM 011-2855 3715</p>	Provides Zumba Lessons to Adult & Juniors from 15 years and above.	<p>Tue 7.00pm – 8.00pm</p> <p>Thu 10.00am – 11.00am</p>	RM110 per month for 4 lessons	MULTI-PURPOSE HAL	







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FITNESS PROGRAM	<p><u>PINNACLE FITNESS SDN. BHD.</u> HASHIM ABDULLAH 012-7701612</p>	Provides fitness program to members with age 16 years old and above.	<p>Mon – Sun 7.00am – 8.00pm</p>	Please contact the person in charge for further details.	GYMNASIUM	
TAI-CHI	<p>KOH AH TEE 016-6602998</p>	Provides Tai-chi lessons to Adult & Junior from 10 years and above.	<p>Tue & Fri 7.00am – 8.00am</p>	RM 100 per student per month	POOL RECREATION TERRACE	
TAE KWON DO	<p>LOW KOON LIN 03-77267773 LOW LEONG TUCK 017-8737778</p>	Provides Tae Kwon Do lesson to Adult & Junior from 5 years and above.	<p>Sat 5.30pm – 6.30pm</p>	RM 55 per student per month for 4 lessons	MULTI-PURPOSE HALL	
SQUASH	<p>CHRIS TEOH 019 – 3879802</p>	Provides squash lessons to Adult & Junior from 10 years and above	<p>Mon – Sun 7.00am – 10.00pm</p>	<p>Individual RM 120 per person for per hour</p>	SQUASH COURTS	



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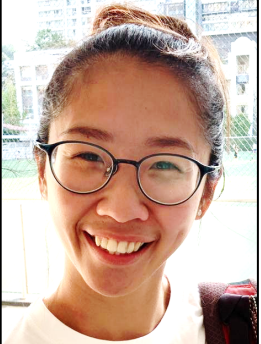
TENNIS

TYPE OF LESSON	NAME & CONTACT NO.	DESCRIPTIONS	DAY & TIME	CHARGES	VENUE	REFERENCE
TENNIS (JDP Resident Coach)	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	



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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.	<p>Sat 8.30am-11.30am 3.00pm-6.00pm</p> <p>Sun 9.00am-11.00am 3.00pm-5.00pm</p> <p><u>Training Session</u> Mon – Fri 5.00pm-6.30pm</p> <p><u>Special Session</u> Wed 4.30pm-6.30pm</p>	<p>Individual RM 120 per person per month (30 minutes per week)</p> <p>Group RM 120 per person per month (1 hour per week)</p>	SWIMMING POOL	
SWIMMING	MICHAEL ONG 013-3313642	Provides swimming lessons to Infant & Toddler (4 months and above)	Mon – Sun 7.00am-9.00pm	<p>Private Lesson (fees on equal sharing basis among students in group)</p> <p>a. RM140/lesson – 1-3 students/lesson of 30 minutes.</p> <p>b. RM180/lesson – 1-3 students/lesson of 45 minutes.</p> <p>c. RM240/lesson – 1-3 students/lesson of 60 minutes.</p> <p>Semi-Private Lesson (flat rate of RM60 per student)</p> <p>a. 1-2 children – duration of 30 minutes minimum per lesson.</p> <p>b. 3-4 children – duration of 45 minutes minimum per lesson</p>	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	<p>Individual RM180 per person per hour</p> <p>Group of 2 pax RM 200 per group per hour</p> <p>Masters Training RM 200 per adult per month</p>	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.	<p>Mon, Wed & Fri 6.00am-7.15am</p> <p>Sat 5.30pm-7.00pm</p> <p>Sun 8.00am to 9.30am</p>	<p>Individual RM 150 per person of an hour session</p> <p>Group RM 200 per junior per month (5x per week)</p>	SWIMMING POOL	
SWIMMING	CHUI LAI KWAN 016-5865005	Provides swimming lessons to Adults and Juniors from 5 years and above.	<p>Mon, Wed & Fri 6.00am-7.15am</p> <p>Sat 5.30pm-7.00pm</p> <p>Sun 8.00am to 9.30am</p>	<p>Individual RM 150 per person per session</p> <p>Group (Juniors) RM 200 per student per month regardless in the number of attendance by the student in the respective month.</p>	SWIMMING POOL	