



RSGC SPORTS & RECREATION LESSONS

JUNIOR DEVELOPMENT PROGRAMME

TYPE OF LESSON	NAME & CONTACT	DESCRIPTION	DAY & TIME	CHARGES	VENUE	REFERENCE
RSGC TENNIS JUNIOR DEV. PROGRAMME	<u>TENNIS TOWN</u> <u>HEAD COACH / DIRECTOR</u> HAZLI ZAINUDDIN 012 – 252 2888 <u>COACHES</u> SYED AGIL MUHD ZAKI SYAFIEE DALE EXEQUIEL CHAD GALINDO	Provides Group Tennis lessons to Juniors from 5 years old and above.	Sat 8.00am - 10.00am Sun 4.00pm - 6.00pm	<u>DEVELOPMENT</u> 2 sessions per week – RM 200 per student per month 1 session per week (fixed day) – RM 145 per student per month <u>ADVANCE</u> 1 session per week (Saturday fixed day) – RM 250 per student per month	COVERED COURTS TURF COURTS	     
			Mon, Tue & Fri 3.30pm to 5.00pm Sat 8.00am - 1.00pm 2.00pm - 5.00pm Sun 8.00am - 1.00pm 2.00pm - 5.00pm	<u>Monthly Fee</u> RM 120 per student per month regardless number of classes attended	SWIMMING POOL	

RECREATIONAL ACTIVITIES

TYPE OF LESSON	NAME & CONTACT	DESCRIPTION	DAY & TIME	CHARGES	VENUE	REFERENCE
LINE DANCING	BRONYA BISHOREK 014-222 9902 012-299 1787	Line Dance	Wed 10.30am – 12.30am	<u>Line Dance</u> RM 150 per month per student 4 lessons per month	MULTI - PURPOSE HALL	
		Social Dance	Mon 2.00pm – 4.00pm	<u>Social Dance</u> RM 180 per month per student 4 lessons per month		
		Foundation & Conditioning	Fri 10.30am – 12.30pm	<u>Foundation & Conditioning</u> RM 150 per month per student 4 lessons per month <u>Private Lesson</u> RM 200 per lesson		



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ZUMBA	NUNA MALM 011-2855 3715	Provides Zumba Lessons to Adult & Juniors from 15 years old and above.	Thu 10.00am – 11.00am	RM 110 per month per student 4 lessons per month	MULTI - PURPOSE HALL	
PERSONAL TRAINING	<u>PINNACLE FITNESS</u> <u>SDN. BHD.</u> PETER LOUIE 016-244 9963	Provides Fitness programme to members from 16 years old and above.	Mon – Sun 7.00am – 8.00pm	Please contact the person in charge for more information.	GYMNASIUM	
TAI CHI	KOH AH TEE 016-660 2998	Provides Tai Chi lessons to Adults & Juniors from 10 years old and above.	Tue & Fri 7.00am – 8.00am	RM 100 per student per month 8 lessons per month	POOL RECREATION TERRACE	
TAE KWON DO	LOW KOON LIN 03-772 67773 LOW LEONG TUCK 017-873 7778	Provides Tae Kwon Do lessons to Adults & Juniors from 5 years old and above.	Sat 5.30pm – 6.30pm	RM 70 per student per month 4 lessons per month	MULTI - PURPOSE HALL	
PILATES	<u>LOCOMOTION</u> <u>STUDIO</u> ANDREW NG 016-311 3062	Provides Pilates class to Adults from 18 years old and above.	Mon 11.45pm – 12.45pm	<u>Individual</u> RM 250 per student per month 4 lessons per month	MULTI - PURPOSE HALL	
CHESS	<u>GIOKO CHESS</u> <u>ACADEMY</u> IZZALDIN ISA 019-297 0827	Provides Chess Lessons to Adults & Juniors.	Sat 2.00pm – 3.30pm	<u>Basic (Starting from Zero)</u> RM 100 per student per month <u>Beginner (School Representative)</u> RM 120 per student per month <u>Intermediate (Competitive/Frequently Participate in Competitions)</u> RM 140 per student per month <u>Advance (Top 10 in Most Competitions)</u> RM 170 per student per month	JUNIOR CLUB HOUSE (FIRST FLOOR)	



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CODING	<u>CIY CLUB</u> TEOH KHAI LI 017-895 5750	Provides Coding Lessons to Juniors.	Sun 9.30am – 11.00am	RM 340 per student per month	JUNIOR CLUB HOUSE (FIRST FLOOR)	
HATHA YOGA	<u>PRAHARA YOGA</u> ATILIA HARON 012-2235690	Provides Hatha Yoga lessons to Children above 13 years and Adults	Sat 9.30am – 10.30am	RM 240 per student per month 4 lessons per month	MULTI - PURPOSE HALL	



RSGC SPORTS & RECREATION'S LESSONS

TENNIS

TYPE OF LESSON	NAME & CONTACT NO.	DESCRIPTIONS	DAY & TIME	CHARGES	VENUE	REFERENCE
TENNIS	JOHANN TAN 012 – 310 0193	Provides Tennis lessons to Adults and Juniors from 6 years old and above.	Mon – Sun 7.00am – 10.00pm	<u>Individual Package</u> RM 200 per hour per student <u>Group Package</u> RM 200 per hour per student Max: 4 players <u>Family Package</u> RM 200 per hour per student Max: 5 players - Package includes 5 + 1 (5 sessions, plus one free class) - T&C: Upfront payment of RM1,000	TENNIS HARD & TURF COURTS	
TENNIS	ADRIAN WEE 012 - 203 6977	Provides Tennis lessons Adults and Juniors from 6 years old and above.	Mon – Sun 7.00am – 10.00pm	<u>Individual</u> RM 150 per hour per student - Package of 10 lessons will receive 1 lesson at no charge. - Package of 20 lessons will receive 2 lessons at no charge. <u>Group of 2 – 4 pax</u> <u>(sharing basis)</u> RM 180 per hour per group <u>Ad-hoc / Advance sparring session</u> (Subject to the Tennis Coach's availability)	TENNIS HARD & TURF COURTS	
TENNIS	FARIZUL 019 – 287 0170	Provides Tennis lessons to Adults and Juniors from 6 years old and above.	Mon – Sun 7.00am – 10.00pm	<u>Individual</u> RM 150 per hour per student <u>Group Lessons (sharing basis)</u> - RM 150 per hour per group of 2 pax - RM 180 per hour per group of 3 pax - RM 200 per hour per group of 4 pax	TENNIS HARD & TURF COURTS	



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TENNIS	<u>TENNIS TOWN</u> <u>HEAD COACH /</u> <u>DIRECTOR</u> HAZLI ZAINUDDIN 012 – 252 2888 <u>COACHES</u> SYED AGIL (MASTER) MUHD ZAKI (MASTER) SYAFIEE (PRO) DALE (PRO) CHAD (PRO)	Provides Tennis lessons to Adults and Juniors from 6 years old and above.	Mon – Sun 7.00am – 10.00pm	<u>Individual (Private)</u> RM 290 per hour per student (Director) RM 155 per hour per student (Master) RM 135 per hour per student (Pro) <u>Group Lessons (sharing basis)</u> - RM 350 per hour per group of 2 pax (Director) - RM 405 per hour per group of 3 pax (Director) - RM 420 per hour per group of 4 pax (Director) - RM 170 per hour per group of 2 pax (Master) - RM 204 per hour per group of 3 pax (Master) - RM 220 per hour per group of 4 pax (Master) - RM 160 per hour per group of 2 pax (Pro) - RM 195 per hour per group of 3 pax (Pro) - RM 210 per hour per group of 4 pax (Pro)	TENNIS HARD & TURF COURTS	     
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RSGC SPORTS & RECREATION LESSONS

SWIMMING

TYPE OF LESSON	NAME & CONTACT NO.	DESCRIPTIONS	DAY & TIME	CHARGES	VENUE	REFERENCE
SWIMMING	DESMOND YEOH 017-872 6688	Provides Swimming lessons to Adults & Juniors from 5 years old and above.	Mon – Sun 7.00am – 10.00pm	<u>Individual</u> RM 120 per hour per student <u>Intermediate</u> RM 140 per hour per student <u>Advance</u> RM 180 per hour per student <u>Group Lesson</u> RM 120 per student per month (1 hour lesson per week)	SWIMMING POOL	
SWIMMING	MICHAEL ONG 013-331 3642	Provides Swimming lessons to Infant & Toddler (4 months and above).	Mon – Sun 7.00am – 10.00pm	<u>Private Lesson (fees on equal sharing basis among students in group)</u> a. RM 150 per lesson 1-3 students per lesson of 30 minutes. b. RM 195 per lesson 1-3 students per lesson of 45 minutes. c. RM 260 per lesson 1-3 students per lesson of 60 minutes. <u>Semi - Private Lesson (flat rate of RM 60 per student)</u> a. 1 to 2 children – duration of 30 minutes minimum per lesson. b. 3 to 4 children – duration of 45 minutes minimum per lesson.	SWIMMING POOL	
SWIMMING	SIOW YI TING 013-369 9385	Provides Swimming lessons to Adults & Juniors from 12 years old and above.	Mon – Sun 7.00am – 10.00pm	<u>Individual</u> RM 200 per hour per student <u>Group of 2 pax</u> RM 240 per hour per group <u>Masters Training</u> RM 220 per adult twice a week per month	SWIMMING POOL	



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SWIMMING	ALLEN ONG 010-766 8000	Provides Swimming lessons to Adults & Juniors from 6 years and above.	Mon – Sun 7.00am – 10.00pm	<u>Individual</u> RM 200 per hour per student	SWIMMING POOL	
SWIMMING	CHUI LAI KWAN 016-282 6726	Provides Swimming lessons to Adults and Juniors from 5 years old and above.	Mon – Sun 7.00am – 10.00pm	<u>Individual</u> RM 170 per student per 30 minutes Session (flexible time) <u>Group (Juniors)</u> RM 200 per student per month regardless on the number of attendances by the student in the respective month	SWIMMING POOL	

PICKLEBALL

PICKLEBALL	EDWARD CHAN 019-230 7238	Provides Pickleball lessons to Adults & Juniors from 8 years old and above.	Mon – Sun 7.00am – 10.00pm	<u>Individual (All levels)</u> RM 150 per hour per student	COVERED COURT	
PICKLEBALL	MARCUS PHUA 014-641 4420	Provides Pickleball lessons to Adults and Juniors from 6 years old and above.	Mon – Sun 7.00am – 10.00pm	<u>Individual (All levels)</u> RM 100 per hour per student Each Additional Student: + RM 50 per hour <u>Group Lesson</u> RM 250 total per hour For 5 or more students	COVERED COURT	