

# SPORTS & RECREATIONAL LESSONS

No	Type Of Lessons	No of Lesson/Person	Lesson Fee (RM)		Lesson Time Table	Venue/ Instructor
			Member	Non-Member	All by appointment basis	
1	<b>Swimming (50 minutes/lesson)</b> Learn to swim Adult Premium Group (4-8 students) (13 and above) Kids Premium Group (4-8 students) (4 -12 years old)	4 lessons /month	140.00	160.00	<b>Weekend (Sat &amp; Sun)</b> Session A (3pm - 3.50pm) Session B (4pm - 4.50pm)	Swimming Pool SSA Smart Swim Academy Ivan Au 012-605 8008  (Bring your own goggles)
	4 lessons /month	120.00	140.00			
1a	3 on 1 2 on 1 1 on 1 Pre Competition Training  <b>**Registration Fee - RM30</b>	4 lessons in 6 weeks 4 lessons in 6 weeks 4 lessons in 6 weeks 12 lessons / month	220.00 280.00 480.00 160.00	240.00 300.00 500.00 180.00	<i>By appointment</i> <i>By appointment</i> <i>By appointment</i> <i>By appointment</i>	
2	<b>Badminton (2 hours/lesson)</b> Group Sessions *each court managed by 1 coach *min 4 students per court *max 6 students per court	4 lessons / month	100.00	120.00	<b>Weekday (Mon - Fri)</b> Session A (10am - 12pm) Session B (1pm - 3pm) <b>Weekend (Sat &amp; Sun)</b> Session A (9am - 11am) Session B (11am - 1pm)	Badminton Hall Sportify Badminton Team Alvin 018-355 3001  (provided shuttlecock)
	2a	Personal Training (1 hour/lesson) 1 on 1  <b>**Registration Fee - RM30</b>	1 hour/lesson	100.00	120.00	
3	<b>Fitness</b> Personal Fitness Trainer					Gymnasium Muscle & Fitness Gym Mr.Alan 016-245 7658
	(a) Trial Session (45 to 60 mins) (b) Can Learn Methods (c) Will Follow Up (d) Good Result  3a Consultation fees	1 lesson 10 lesson 15 lesson 20 lesson  per hour	100.00 800.00 1,125.00 1,300.00  100.00	N/A	<i>By appointment</i>	
4	<b>Adult Yoga (1 hour/session)</b> (a) Refreshing Morning Yoga (b) Total Body Yoga (c) Total Body Sculpt	1 session 10 session	35.00	40.00	Tuesday & Friday 9am Tuesday & Friday 10am Tuesday 6pm	Ms. Tasha 012-663 7601 Remarks
	4a <b>Kids Yoga (1 hour/session)</b> Suitable for ages (4-10 )		40.00	45.00		
		10 session	350.00	420.00	Tuesday 5pm - 6pm Saturday 8.15am - 9.15am	Please bring own yoga mat, towel and water bottle.
	<b>**Registration Fee - RM30</b>					

**Important Note:**

Schedule and rates may be subject to revision.

Price quoted is exclusive 6% service tax.

For booking kindly email to [booking.theclubrimbayu@gmail.com](mailto:booking.theclubrimbayu@gmail.com)

All students must submit lesson enrollment form at The Club @Rimbayu.

All cheque should be crossed and made payable to **OVERLAY VENTURES SDN BHD MAYBANK 5127 8108 6228**