

HC KIDS SPORTS & ACTIVITIES

TENNIS

JUNIOR TENNIS ACADEMY MON 5 JAN - THU 31 DEC

- **Red Dot Ball - \$38 per session (Ages 5 - 7)**
 - Tue, Thu, Fri, Sat: 4.30pm - 5.30pm
- **Orange Dot Ball - \$38 per session (Ages 7 - 9)**
 - Mon, Tue, Thu, Fri: 4.30pm - 5.30pm
 - Wed: 5pm - 6pm
 - Sat: 10am - 11am, 11am - 12pm
- **Green Dot Ball - \$57 per session (Ages 9 - 12)**
 - Mon, Tue, Thu, Fri: 5.30pm - 7pm
 - Wed: 5pm - 6pm
 - Sat: 10am - 11.30am
- **Yellow Dot Ball - \$57 per session (Ages 9 - 15)**
 - Mon, Tue, Thu, Fri: 5.30pm - 7pm
 - Sat: 9.30am - 11am

JUNIOR SPORTS

SUN 11 JAN - SUN 27 DEC

- **Junior Multi-Sports - \$40 per session**
 - Sun: 9am - 10am (Ages 2 - 6)
 - Sun: 10am - 11am (Ages 7 - 10)
- **Junior Hockey - \$35 per session**
 - Sun: 9am - 10am (Ages 5 - 10)

HC ADULTS SPORTS & ACTIVITIES

PADEL

ADULT PADEL PROGRAMME TUE 6 JAN - TUE 29 DEC

Fee: \$47 per session

- Mon: 9pm - 10pm
- Tue, Wed, Thu: 7pm - 8pm, 8pm - 9pm, 9pm - 10pm
- Fri: 10am - 11am
- Sat: 8.30am - 9.30am, 9.30am - 10.30am, 10.30am - 11.30am

YOGA

YOGA BY NADJA

Fee: \$35 per class

- Tue: 12.30pm - 1.30pm
- Wed: 8.30am - 9.30am

STRENGTH & CONDITIONING

FRI 2 JAN - WED 30 DEC

Fee: \$35 per session

- Mon: 7am - 7.45am
- Tue: 8am - 8.45am, 10.15am - 11am
- Wed: 8am - 8.45am
- Fri: 8am - 8.45am

TENNIS

CARDIO TENNIS TUE 6 JAN - TUE 22 DEC

Fee: \$44 per session

- Tue: 8am - 9am / 7pm - 8pm

TENNIS CLINIC MON 5 JAN - THU 31 DEC

Fee: \$44 per session

- Mon: 7pm - 8pm, 8pm - 9pm
- Tue: 8am - 9am, 7pm - 8pm
- Wed: 7pm - 8pm
- Thu: 9am - 10am, 7pm - 8pm

MIXED DOUBLE TENNIS SOCIALS

- Wed: 8pm - 10pm

LADIES' TENNIS SOCIALS

- Fri: 7pm - 10pm

MEN'S TENNIS SOCIALS

- Sat: 2pm - 4pm

SQUASH SOCIALS

- Tue: 7pm - 9pm
- Thu: 7pm - 9pm
- Sat: 12pm - 5pm

SWIMMING

SWIMMING TRAINING

Individual Training 3x per week: \$135/month

Couple price: \$180/month

- Mon: 7.30pm - 8.30pm
- Tue: 9am - 10am
- Fri: 9am - 10am

ADULT SWIMMING LESSON

Fee: 2x per week: \$135 month

- Tue: 10am - 10.45am
- Fri: 10am - 10.45am

SIGN UP ON
GAMETIME



For sports enquiries, please email sports@hollandseclub.org.sg