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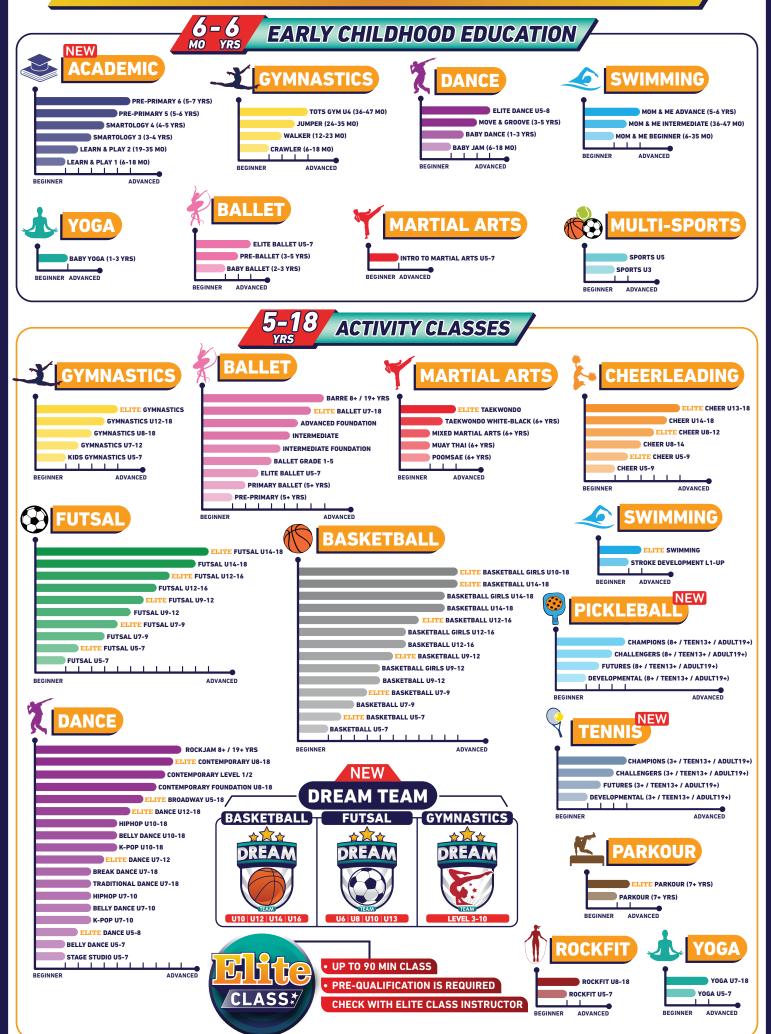
Winter Term Schedule 20th Oct 2025 until 18th Jan 2026

SCAN FOR E-SCHEDULE



Time	Monday			Tuesday				Wednesday				Thursday			Friday			Saturday			Sunday							
08.00	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports	G	1	2	Sports
08.00 08.30																					5 6	√ 17.	٩щ		DEDI	EODM		DTG
08.30 09.00																					ے لے	يا لراك	<u> </u>				T OF	
09.00						LEARN								LEARN							/CH	AMPIC	INSHIP	s. ≯ /			NDERG	
09.30 09.30			Primary			&PLAY	Primary				Primary			&PLAY	Primary				Primary				1 1				PICKLE	
10.00			5&6			6-18 mo	5&6				5&6			6-18 mo	5&6				5&6				L'ectial		O (1-11-0	101/100		
10.00 10.30	USA		5-7 yrs		Jumper	LEARN & PLAY	5-7 yrs	Sports	Jumper	&PLAY	5-7 yrs		Crawler	RPLAY	5-7 yrs		Jumper 24-35		5-7 yrs		Walker	Sports	1		Walker			
10.30	U4				24-35 mo	&PLAY		U3		&PLAY			6-18 mo	&PLAY			mo				12-23 mo	U3	LIE O		12-23 mo			
11.00 11.00	04		SWADT			19-35 mo	SMART			19-35 mo	SMART			19-35 mo	SMART				SWART		0		U5-9					
11.30 11.30			SMART OLOGY 4	Sports U4/5	Jumper 24-35	Baby Dance	OLOGY 4	Sports U4/5	USA	Baby Dance	OLOGY 4	Sports U3	Jumper 24-35	Baby Dance	OLOGY 4		Walker 12-23	Move& Groove	OLOGY 4	Sports	Crawler 6-18	Baby Dance		Sports U4/5	Crawler 6-18	Baby Dance		Sports U4/5
12.00			4-5 yrs		mo	1-3 yrs	4-5 yrs	0 0	U4	1-3 yrs	4-5 yrs		mo	1-3 yrs	4-5 yrs		mo	3-5 yrs	4-5 yrs	U3	mo	1-3 yrs		0 0	mo	1-3 yrs		04/5
12.00 12.30	USA		SMART OLOGY		Walker	LEARN &PLAY	SMART OLOGY	Martial	Walker	LEARN &PLAY	SMART	D1.50	Walker	Martial	LEARN	C		Baby	SMART	RockFit	Jumper	Move&			USA		P-Ballet	
12.30			3		12-23 mo	2	3	Arts 4-7 yrs	12-23	2	3	RockFit U5-7	12-23 mo	Arts 4-7 yrs	&PLAY	Sports U3		Dance 1-3 yrs	OLOGY 3	U5-7	24-35 mo	Groove 3-5 yrs					7	
13.00 13.00	U5-7		3-4 yrs			19-35 mo	3-4 yrs	·		19-35 mo	3-4 yrs			,	19-35 mo		-		3-4 yrs		ء ما				U4		3-5 yrs	
13.30	Walker 12-23	Move& Groove	D re		USA	Baby Dance	Primary			Baby Dance	Primary	Sports	USA	Baby Dance	Premary		USA		Primary		USA	K-Pop U7-18			Jumper 24-35	Move& Groove		
13.30 14.00	mo	3-5 yrs	rimary 5&6	Elite	U4	1-3 yrs	5&6			1-3 yrs	5 & 6	Ú4/5	U4	1-3 yrs	5 & 6		U4		5 & 6		U4	07-18		U5-7	mo	3-5 yrs		U5-7
14.00	USA	Baby	5-7 yrs	(3)		Move&	5-7 yrs		USA	Baby	5-7 yrs		سوا	C	5-7 yrs		I	Sports	5-7 yrs		USA			1				
14.30 14.30		Dance 1-3 yrs		_		Groove				7		3	USA	Sports U4/5			USA	U4/5						_				③
15.00 15.00	U4	1 0 313		U5-12		3-5 yrs	2		U4	2-3 yrs	P-Ballet	U5-7	U5-7				U5-7		_		U5-7		Drimoru	U8-16				U5-7
15.30	Jumper 24-35	Tkd.	Move& Groove	③	USA	Sports	Recital	AF	USA	Move& Groove	r-ballet			Move& Groove		15	USA	Move& Groove	Kecital	③	USA	Martial Arts	Primary	3	USA		Recital	③
15.30 16.00	mo	6+ yrs	3-5 yrs	U5-7	U5-7	Ú4/5	7 U5-7	U5-7	U5-7	3-5 yrs	7 3-5 yrs	U5-7		3-5 yrs		U5-7	U8-18	3-5 yrs	T.	U5-7	U8-18	4-7 yrs	5+ yrs	U5-7	U5-7		Main Character	U8-18
16.00		Martial	·	S			Recital	4	 	Ctago	Primary		I	Muay	Stage	46	00 10		/\			Tkd	31 y13			Martial	\$	**
16.30 16.30		Arts 4-7 yrs			USA	K-Pop U5-7	b /		USA	Stage Studio	*	Martial Arts	USA	Thai	Studio	1		H-Hop U7-18	U5-18	③	USA	Tkd.	Founda-	3	USA	Martial Arts		
		4-7 yrs	U5-9	U5-7	U5-7		7	U9-18	U8-18	U5-7	5+ yrs	4-7 yrs	U8-18	6+ yrs	U5-7	U9-18				U7-16	U5-7	6+ yrs	tion & L1 U8-18	U8-18	U8-18	4-7 yrs	by invitation	U8-18
17.00 17.30	USA	Tkd.			USA	Recital	/\ U7-18	Elite	Parkour		*		Elite	Tkd.	Recital		Parkour	Stage	K-Pop U7-18	Elite	Elite	Tkd.		Elite		Muay Thai	Recital	
17.30	U5-7	- 6+ yrs	U8-16	U9-16	U8-18	U5-8	K		7+ yrs		Gr.1/2	U8-18	USA	[] - [6+ yrs	1		7+ yrs	Studio U5-7	U7-18	3	USA	- - 6+ yrs				6+ yrs	Main Character	Girls
18.00 18.00		Elite	D		Elite	17	Gr.1-3	U5-12	Elite		(Skill dep.)	Elite			/\			Racttal		U5-12	<u> </u>			_		Postat	ra i	U8-18 Elite
18.30 18.30	USA		1\ecrai	3	ر ما		(Skill dep.)	00-12						Poomsae	U5-18			Lecua				Poomsae 6+ yrs		U7-12		Recital Main	4	
19.00	U8-18	0	1	U7-16	USA				USA			1		6+ yrs										Elite		Character	人	
19.00 19.30		6+ yrs	U5-9									U8-18						U8-18						1			1 1	U7-18
19.30		, -																30 10						U8-18		1	by invitation	
20.00 20.00																								00-10		11		
20.30 20.30		DD	ESCH00	I · I EA	M 2 DI	AV1	LEARN 8	DI AV) (3.44	TOLO	cva I	CMART	OLOGY.	/. 4	INDEDC	ARTEN :	Prim	E	□ re									
21.00	INDEX	: PR					<i>₽</i>	al al			1 ,	٥.	A.F			_			Prima		lia.	1. 00				by invitation		
		USA	Gymna	Stics	Cheer	leading	🕴 Ball		Contem	nporary D	ance /	Broadv	vay ((Baske	tball	Futsa	at K D	ance 7	Taekwo	ndo 🖺.	lite : up	10 YU M	ıın class					

NEW PROGRAM CLASSIFICATION & PROGRESSION





Classes take place at the



JAKARTA CENTRAL PARK

SCAN FOR E-SCHEDULE



	Monday			Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Time	e Swimming Pool Pullman			Swimming Pool Pullman Swimming Pool Pullman		Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman	Swimming Pool Pullman	
09.00				3			g con annum	g con annual	3	
09.30										
09.30	1									
10.00			ADDI	VAL& CLASS EI	THE VO					
10.30			ARRI	VAL & CLASS E		Swim	Swim	Swim	Swim	
10.30			Arrive a	at Pullman Hotel Centi	ral Park - Enter	Mom & Me L1 6-35 mo	Mom & Me L1 6-35 mo	Mom & Me L1 6-35 mo	Mom & Me L1 6-35 mo	
11.00		1.		the main entrance &		6-35 MO	6-35 MO	6-33 1110	0 00 mg	
11.00			un oug.					Swim	6 .	
11.30		2.	Go to Lo	evel 1 at FIT&SPA.				Mom & Me L3	Swim Mom & Me L3	
11.30 12.00								5-6 yrs	5-6 yrs	
12.00		2	Begin o	heck-in at the Registra	ation Desk –					
12.30		3.	handle	d by Hotel Staff.						
12.30			Walk th	rough the Area - Look	for the staircase					
13.00		4.		rough the Area - Look e stairs to the L Floor -	This leads					
13.00				to the Swimming Poo	I.					
13.30				<u> </u>						
13.30 14.00		5.	Changi	ng rooms & Shower ar	e available					
14.00		0.	on Leve	el 1 & at the pool area.						
14.30		6	Bring y	our ID Card & tap at the	e pool entrance,					
14.30		6.		our Instructor & Class	Assistant will					
15.00			welcom	ne you.						
15.00 15.30		7.	Enjoy th	ne Class!		Swim	Swim	Swim	Swim	
15.30		/.	Liljoy ti	Old33:		Mom & Me L2	Mom & Me L3	Mom & Me L2	Mom & Me L2	
16.00				Class Rules:		3-4 yrs	5-6 yrs	3-4 yrs	3-4 yrs	
16.00				Cides Italies.					a	
16.30		1	Only pre-registered students		are	Swim Mom & Me L3	Stroke Development L1	Stroke Development L1	Stroke Development L1	
16.30		I.	allowed	I to join the class.		5-6 yrs	7+ yrs	7+ yrs	7+ yrs	
17.00										
17.00 17.30		2.	No wall	c-ins will be accepted.	466					
17.30										
18.00										
18.00										
18.30										
18.30										
19.00										

PROGRAM CLASSIFICATION & PROGRESSION

6 mo - 6 yrs

SWIMMING

MOM & ME ADVANCE (5-6 YRS)

MOM & ME INTERMEDIATE (36-47 MO)

MOM & ME BEGINNER (6-35 MO)

SWIMMING

STROKE DEVELOPMENT L1-UP

BEGINNER ADVANCED

- Please wear proper swimming attire. No nudity allowed.
- 2 Swimmers are requested to shower before using the swimming pool.
- 3 No cloth or disposable diapers will be allowed in the water.
- No one with open sores or wearing bandages/band aids should enter the pool.
- No one shall use the swimming pool while knowingly suffering from any contagious or skin disease.
- 6 No gum. No spitting. No food or drinks are to be taken into the water.
- Only food and beverage served by the hotel may be consumed within the designated pool areas.
- **8** Please put litter in proper receptacles.

SAFETY RULES:

- Children under 12 years old must be accompanied by an adult, who shall be responsible for their safety.
- 2 No pets allowed.
- Nobody is allowed to swim when there is heavy-rain, thunderstorms or lightning. The swimming pool will be closed during these inclement conditions.
- Guests using the swimming pool do so at their own risk. The hotel is not responsible for any injury or accident sustained by guests.
- **5** Guests are reminded not to leave their valuables unattended.
- 6 No diving allowed and no dunking or throwing people in the pool.

Please use the swimming pool at your own risk. No lifeguard on duty.