



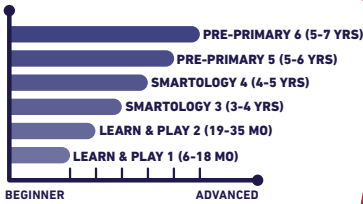
# NEW PROGRAM CLASSIFICATION & PROGRESSION

**6-6**  
MO YRS

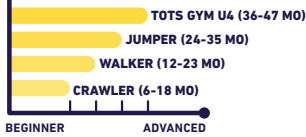
## EARLY CHILDHOOD EDUCATION

**NEW!**

### ACADEMIC



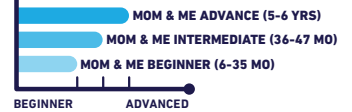
### GYMNASTICS



### DANCE



### SWIMMING

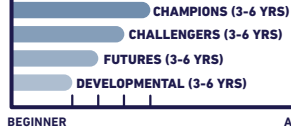


### BALLET



**NEW!**

### TENNIS



### MARTIAL ARTS



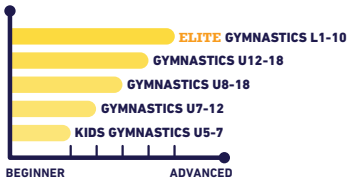
### MULTI-SPORTS



**5-18**  
YRS

## ACTIVITY CLASSES

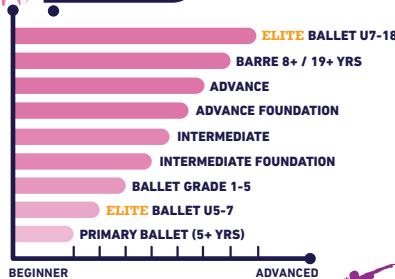
### GYMNASTICS



### SWIMMING



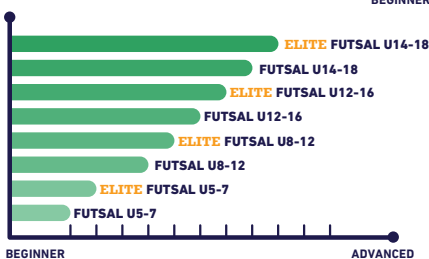
### BALLET



### CHEERLEADING



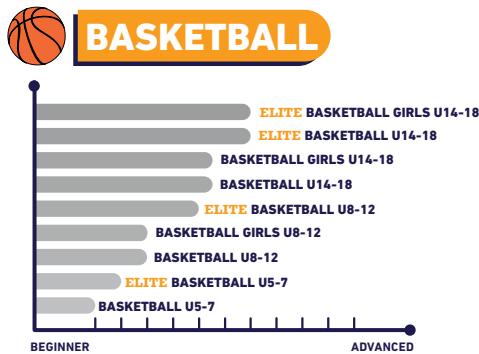
### FUTSAL



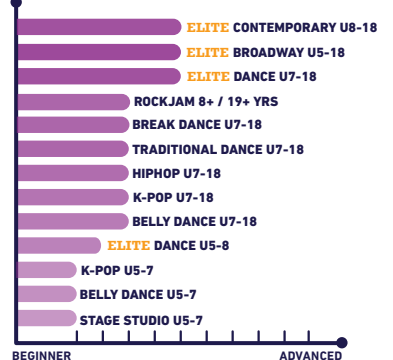
### PARKOUR



### BASKETBALL

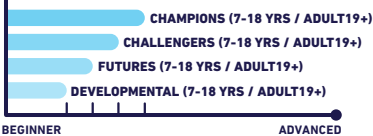


### DANCE



**NEW!**

### PICKLEBALL

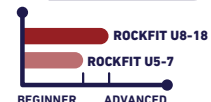


**NEW!**

### PING PONG



### ROCKFIT



## NEW DREAM TEAM

**BASKETBALL**

U10 | U12 | U14 | U16

**FUTSAL**

U6 | U8 | U10 | U13

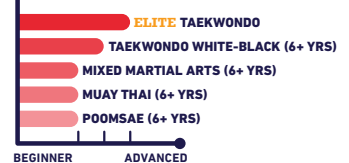
**GYMNASTICS**

LEVEL 3-10



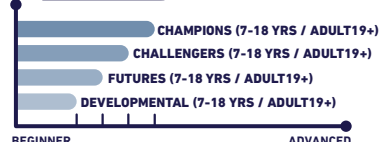
- UP TO 90 MIN CLASS
- PRE-QUALIFICATION IS REQUIRED
- CHECK WITH ELITE CLASS INSTRUCTOR

### MARTIAL ARTS



**NEW!**

### TENNIS





**PLUIT VILLAGE**

+6221 668 3690

Classes take place at the

**pullman**  
JAKARTA CENTRAL PARK

SCAN FOR  
E-SCHEDULE



Time	Monday Swimming Pool Pullman	Tuesday Swimming Pool Pullman	Wednesday Swimming Pool Pullman	Thursday Swimming Pool Pullman	Friday Swimming Pool Pullman	Saturday Swimming Pool Pullman	Sunday Swimming Pool Pullman							
09.00	<div style="border: 1px solid black; padding: 10px; background-color: #e0f2f1;"> <p><b>ARRIVAL &amp; CLASS ENTRY:</b></p> <ol style="list-style-type: none"> <li>1. Arrive at Pullman Hotel Central Park - Enter through the main entrance &amp; take the elevator.</li> <li>2. Go to Level 1 at FIT&amp;SPA.</li> <li>3. Begin check-in at the Registration Desk handled by Hotel Staff.</li> <li>4. Walk through the Area - Look for the staircase. Take the stairs to the L Floor - This leads directly to the Swimming Pool.</li> <li>5. Changing rooms &amp; Shower are available on Level 1 &amp; at the pool area.</li> <li>6. Bring your ID Card &amp; tap at the pool entrance, where our Instructor &amp; Class Assistant will welcome you.</li> <li>7. Enjoy the Class!</li> </ol> </div>													
09.30														
10.00														
10.30														
11.00														
11.30														
12.00														
12.30														
13.00														
13.30														
14.00														
14.30								Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo	Swim Mom & Me L1 6-35 mo				
15.00														
15.30								Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L2 3-4 yrs	Swim Mom & Me L2 3-4 yrs
16.00														
16.30	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs	Swim Mom & Me L3 5-6 yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs							
17.00														
17.30	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs	Stroke Development L1 7+ yrs											
18.00														
18.30														
19.00														

**EXCLUSIVELY FOR ROCKSTAR STUDENTS OF CENTRAL PARK 2, LIPPO MALL PURI, PLUIT VILLAGE & GAJAH MADA PLAZA!  
NO PRE-REGISTRATION REQUIRED!**

# PROGRAM CLASSIFICATION & PROGRESSION

6 mo - 6 yrs



SWIMMING



5 - 18 yrs



SWIMMING



## SWIMMING POOL RULES HEALTH RULES:

1. 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.
4. No one with open sores or wearing bandages/band aids should enter the pool.
5. 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.
7. 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:

1. Children under 12 years old must be accompanied by an adult, who shall be responsible for their safety.
2. No pets allowed.
3. Nobody is allowed to swim when there is heavy-rain, thunderstorms or lightning. The swimming pool will be closed during these inclement conditions.
4. 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.