



Class Schedule for July to October 2022

- The dates and timing for programmes are subject to change.
- Please check back to the Singapore Sports Hub website for the latest updates.
- Classes that are not offered this term will not be listed on the class schedule.

Attire	Swimwear of colorfast and lightweight material suitable for swimwear, such as lycra, spandex or nylon. Appropriate swimwear includes: <ul style="list-style-type: none">● One and two-piece swimsuits● Swim trunks, jammers, swim board shorts● Rash guards/ wetsuits● Hijood/ burqini or other approved Islamic swimwear
Equipment	Bring own swimsuit, goggles, swim cap, nose clip and sports attire for dryland for every lesson.
Registration	Email us at aqc@torpedoswim.com.sg
Programme Schedule	<ul style="list-style-type: none">● Introduction to Artistic Swimming (<i>Refer to page 2</i>)



Introduction to Artistic Swimming

Artistic Swimming, previously known as Synchronised Swimming, is a sport that comprises multiple skills such as swimming, dancing, flexibility, and endurance. It builds discipline, self-confidence, and deviation in the athlete. This intricate sport will allow one to be in touch with their creative mind, giving them an opportunity to shine and have fun in the water.

Artistic Swimming comprises rhythm and flair to perform artistic movements choreographed to music. It is a fun and unique water ballet experience for a splashing good time. This programme is suitable for anyone aged 8 and above, and able to swim 25 meters confidently without aid.

Saturday	Aug 20, 27 Sep 3, 10, 17, 24 Oct 1, 8, 22, 29	8.30am to 10.00am	10 sessions
Age Group	8 to 13 years old		
Programme Cost	\$516.00 (Once a week)		
Pre-requisite	Able to swim 25 meters of a recognised stroke confidently without aid		
Location	Lessons will take place in the Training Pool at the OCBC Aquatic Centre, unless closed for events.		

*Contact Torpedo for more information

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