



## 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.

<b>Attire</b>	Swimwear of colorfast and lightweight material suitable for swimwear, such as lycra, spandex or nylon.  Appropriate swimwear includes: <ul style="list-style-type: none"><li>● One and two-piece swimsuits/ swim trunks</li><li>● Swim trunks, jammers, swim board shorts</li><li>● Rash guards/ wetsuits</li><li>● Hijood/ burqini or other approved Islamic swimwear</li></ul>
<b>Equipment</b>	Bring own exercise mat and Sports attire for every lesson for dryland activities before changing to swim wear for pool activities.
<b>Registration</b>	Email us at <a href="mailto:aqc@torpedoswim.com.sg">aqc@torpedoswim.com.sg</a>
<b>Programme Schedule</b>	<ul style="list-style-type: none"><li>● Kids Learn to Dive (<i>Refer to page 2</i>)</li><li>● Adult Learn to Dive (<i>Refer to page 3</i>)</li></ul>



## Kids Learn to Dive

Under the professional instruction of certified diving coaches and designed by the Youth Olympic Singapore Team Coach, children will learn basic diving skills and how to enter the water safely and effectively before advancing to twists, somersaults and even venture up to the five-metre platform.

Our competitive diving programme prepares children for national competitions and national squad qualification, should they wish to advance to that level.

<b>Saturday</b>	<b>Jul 9, 16, 23</b> <b>Aug 13, 20, 27</b> <b>Sep 3, 10, 17, 24</b>	5.30pm to 7.30pm	10 sessions
<b>Age Group</b>	6 to 18 years old		
<b>Programme Cost</b>	\$722.00 (Weekend class)		
<b>Pre-requisite</b>	Able to swim 25 meters of a recognised stroke confidently without aid		
<b>Location</b>	Lessons will mainly take place in the Diving Pool at the OCBC Aquatic Centre, unless closed for events.		

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## Adult Learn to Dive

This programme embodies the thrill of conquering fears and the joy of learning and mastering a new skill. Conducted in a safe environment under the watchful eye of our certified coaches, you will become proficient in basic jumps off the various diving platforms. The programme also allows you to showcase your acrobatic ability, whilst building your strength, fitness, and flexibility.

On top of that, there are opportunities for divers to compete in Master competitions both locally and regionally. This programme is suitable for anyone aged 16 and above, and able to swim 25 meters confidently without aid.

<b>Saturday</b>	<b>4 Session Term:</b> <b>Jul 9, 16, 23</b> <b>Aug 13,</b>	5.30pm to 7.00pm	4 Sessions
	<b>4 Session Term:</b> <b>Aug 20, 27</b> <b>Sep 10, 17</b>		
<b>Age Group</b>	22 to 54 years old / 55 to 65 years old		
<b>Programme Cost</b>	4 Sessions Term Adult: \$310.00 / Concession: \$279.00		
<b>Pre-requisite</b>	Able to swim 25 meters of a recognised stroke confidently without aid		
<b>Location</b>	Lessons will mainly take place in the Diving Pool at the OCBC Aquatic Centre, unless closed for events.		

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