

## Class Schedule for Oct to Dec 2023

- 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.<br><br>Appropriate swimwear includes: <ul style="list-style-type: none"> <li>● One and two-piece swimsuits</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 goggles, kickboard, and swim noodle for every lesson.  |
| <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>● <a href="#">Adult Learn to Swim – Level 1 to 3</a></li> <li>● <a href="#">Bubbles – Level 1 to 3</a></li> <li>● <a href="#">Kids Learn to Swim (Intermediate) – Level 1 to 3</a></li> <li>● <a href="#">Kids Learn to Swim (Advanced) – Level 1 to 3</a></li> <li>● <a href="#">Private Swimming</a></li> </ul>                       |



## Adult Learn to Swim – Level 1 to 3

This programme is specially customised to suit adult physical, mental, and emotional capabilities. It doesn't matter if you want to learn to swim, improve your technique or train for an event, our instructors will tailor the programme to suit your needs and ensure you make the most of your time in the pool in a friendly and welcoming environment.

|                       |  |                                     |  |
|-----------------------|--|-------------------------------------|--|
| <b>Wednesday</b>      | Oct 4, 11, 18, 25<br>Nov 1, 8, 15, 29<br>Dec 6, 20   | 6.45pm to 7.30pm<br>(Level 1)       | Based on no of sessions for each month |
|                       |  | 7.30pm to 8.15pm<br>(Level 1)       |  |
|                       |  | 8.15pm to 9.00pm<br>(Level 2 and 3) |  |
| <b>Age Group</b>      | 14 years old and above   |                                     |  |
| <b>Programme Cost</b> | <b>Oct (4 Sessions)</b><br>Adult - \$174.40<br>Concession - \$156.80<br><b>Nov (4 Sessions)</b><br>Adult - \$174.40<br>Concession - \$156.80<br><b>Dec (2 Sessions)</b><br>Adult - \$87.20<br>Concession - \$78.40 |                                     |  |
| <b>Location</b>       | Lessons will take place in the Training Pool at the OCBC Aquatic Centre. There will be no classes when venue is closed for events.   |                                     |  |



## Bubbles - Level 1 to 3

Water safety is important for all ages, but especially for toddlers. The early acquisition of water safety skills is not only life-enhancing but also lifesaving. The younger a child begins their swimming adventure, the sooner they will be able to build a foundation for age-appropriate water safety and swimming skills. Bubbles is a unique swimming programme that builds water confidence, packed with lots of fun elements!

|                       |   |  |                    |
|-----------------------|---|--|--------------------|
| <b>Wednesday</b>      | Term Schedule –<br>Oct 11, 18, 25<br>Nov 1, 8, 15, <b>22*</b><br>Dec 6, <b>13*</b> , 20   | 5.00pm to 5.45pm   | 10 Sessions (Term) |
| <b>Saturday</b>       | Term schedule -<br>Oct 7, <b>14*</b> , 28<br>Nov 4, 11, <b>18*</b> , <b>25*</b><br>Dec 9, <b>16*</b> , 23   | 2.00pm to 2.45pm<br>3.00pm to 3.45pm<br>4.00pm to 4.45pm<br>4.45pm to 5.30pm       | 10 Sessions (Term) |
| <b>Sunday</b>         | Term schedule -<br>Oct 8, 15, 29<br>Nov 5, 12, 19, <b>26*</b><br>Dec 10, <b>17*</b> , 24  | 9.00am to 9.45am<br>10.00am to 10.45am<br>11.00am to 11.45am<br>11.45am to 12.30pm | 10 Sessions (Term) |
| <b>Age Group</b>      | 3 years old and above   |  |                    |
| <b>Programme Cost</b> | \$392 for 10 Sessions (Term –Oct to Dec)<br><i>(There will be a one-time registration fee of \$62 for all Kids Learn to Swim NEW participants.)</i>   |  |                    |
| <b>Location</b>       | Lessons will mainly take place in the Training Pool at the OCBC Aquatic Centre, unless <b>*closed for events - classes will be held at Splash N Surf Outdoor Pools, please proceed to Level 3 of Kallang Wave Mall, near Gate 22 of the National Stadium, 15 minutes before class starts.</b> |  |                    |



## Kids Learn to Swim (Intermediate) – Level 1 to 3

This programme covers basic swimming and water safety. It is designed for children to enhance their swimming and develop water survival skills. This programme provides the foundation for future participation in aquatic recreation, fitness, and sporting activities.

|                       |   |  |                    |
|-----------------------|---|--|--------------------|
| <b>Wednesday</b>      | Term Schedule –<br>Oct 11, 18, 25<br>Nov 1, 8, 15, <b>22*</b><br>Dec 6, <b>13*</b> , 20   | 5.00pm to 5.45pm<br>6.00pm to 6.45pm   | 10 Sessions (Term) |
| <b>Saturday</b>       | Term schedule -<br>Oct 7, <b>14*</b> , 28<br>Nov 4, 11, <b>18*</b> , <b>25*</b><br>Dec 9, <b>16*</b> , 23   | 2.00pm to 2.45pm<br>3.00pm to 3.45pm<br>4.00pm to 4.45pm<br>4.45pm to 5.30pm       | 10 Sessions (Term) |
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| <b>Age Group</b>      | 6 to 13 years old   |  |                    |
| <b>Programme Cost</b> | \$392 for 10 Sessions (Term –Oct to Dec)<br><i>(There will be a one-time registration fee of \$62 for all Kids Learn to Swim NEW participants.)</i>   |  |                    |
| <b>Location</b>       | Lessons will mainly take place in the Training Pool at the OCBC Aquatic Centre, unless <b>*closed for events - classes will be held at Splash N Surf Outdoor Pools, please proceed to Level 3 of Kallang Wave Mall, near Gate 22 of the National Stadium, 15 minutes before class starts.</b> |  |                    |



## Kids Learn to Swim (Advanced) – Level 1 to 3

This advanced programme covers a comprehensive range of skills from building fitness endurance to water survival. With an emphasis on promoting healthy living, this programme also encourages children to adopt a healthy lifestyle through swimming for fitness.

|                       |   |  |                    |
|-----------------------|---|--|--------------------|
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| <b>Saturday</b>       | Term schedule -<br>Oct 7, <b>14*</b> , 28<br>Nov 4, 11, <b>18*</b> , <b>25*</b><br>Dec 9, <b>16*</b> , 23   | 2.00pm to 2.45pm<br>3.00pm to 3.45pm<br>4.00pm to 4.45pm<br>4.45pm to 5.30pm | 10 Sessions (Term) |
| <b>Age Group</b>      | 6 to 13 years old   |  |                    |
| <b>Programme Cost</b> | \$392 for 10 Sessions (Term –Oct to Dec)<br><i>(There will be a one-time registration fee of \$62 for all Kids Learn to Swim NEW participants.)</i>   |  |                    |
| <b>Location</b>       | Lessons will mainly take place in the Training Pool at the OCBC Aquatic Centre, unless <b>*closed for events - classes will be held at Splash N Surf Outdoor Pools, please proceed to Level 3 of Kallang Wave Mall, near Gate 22 of the National Stadium, 15 minutes before class starts.</b> |  |                    |



## Bubbles

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|                       |   |                    |                    |
|-----------------------|---|--------------------|--------------------|
| <b>Friday</b>         | Term Schedule –<br>Oct 6, 13, 27<br>Nov 3, 10, 17, <b>24*</b><br>Dec 8, <b>15*</b> , 22   | 11.00am to 12.00pm | 10 Sessions (Term) |
| <b>Age Group</b>      | Bubbles – 3 years old and above   |                    |                    |
| <b>Programme Cost</b> | \$516 for 10 Sessions (Term – Oct to Dec)<br><i>(There will be a one-time registration fee of \$62 for all Kids Learn to Swim NEW participants.)</i>  |                    |                    |
| <b>Location</b>       | Lessons will mainly take place in the Training Pool at the OCBC Aquatic Centre, unless <b>*closed for events - classes will be held at Splash N Surf Outdoor Pools, please proceed to Level 3 of Kallang Wave Mall, near Gate 22 of the National Stadium, 15 minutes before class starts.</b> |                    |                    |



## Kids Learn to Swim (Intermediate/Advanced) – Level 1 to 3

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## Private Swimming

Prefer to learn swimming at your convenience? Consider us!

Private swimming gives you the option to customise your swim plans, push your swim training to another level, stroke corrections, weight loss and conditioning goals.

Sessions can be arranged to be held at your preferred dates and time (subjected to instructor's availability).

Email us at [aqc@torpedoswim.com.sg](mailto:aqc@torpedoswim.com.sg) for more details.

