

Class Schedule for November to December 2023

- The dates and timing for programmes are subject to change.
- All Classes require a minimum number of participants to commence. You will be informed by Torpedo should the class be postponed or cancelled: otherwise, programme is confirmed.
- 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 goggles, kickboard, and swim noodle for every lesson.
Registration	Email us at aqc@torpedoswim.com.sg
Programme Schedule	<ul style="list-style-type: none"> • Aqua Fit Deepwater • Aqua Personal Training





Aqua Fit Deepwater

Deepwater exercises at the deeper end with the use of the floatation belt for non-impact cardiovascular resistance training. Overall body conditioning for balance and strength. Suitable for both swimmers and non-swimmers.

Thursday	Nov 16, 30 Dec 7, 21, 28	2.00pm to 3.00pm 3.30pm to 4.30pm	5 sessions
Saturday	Nov 18 Dec 2, 9, 23, 30	11.15am to 12.15pm	5 Sessions
Age Group	14 years old and above		
Programme Cost	Thursday & Saturday Adult - \$100 Concession - \$90 Walk In - \$25		
Registration Period (For Full-term)	Thursday – 8 November to 14 November 2023 Saturday – 8 November to 14 November 2023		



Aqua Personal Training

Doctors now recommend water-based training to rehabilitate injury. Due to the resistance of the water, strength training and cardiovascular conditioning are just as effective as land-based training. For those suffering from joint or back pain, arthritis, obesity, injury, or other conditions that make land-training painful and challenging, there is no comparison to the results and benefits of water personal training.

Aqua Personal Training will help push your workouts to another level, realise your weight loss, conditioning, or rehabilitation goals. A customised exercise programme just for you.

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 for more details.

