



Class Schedule for October to November 2020

- 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.
- Aqua Personal Training remain suspended until further notice.
- Classes will be separated into two groups of 5 with different timings. No mixing between the groups at all times.

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
Programme Schedule	<ul style="list-style-type: none">• Aqua Bike• SAF Aqua Drums Vibes® Combo• Aqua Fit + Deepwater Combo• Aqua Personal Training



Aqua Bike

The 45-minutes Hydrorider Aqua Bike enables anyone to work out in the water regardless of their fitness level. The cooling effect of water reduces the discomfort of sweating whilst reducing pressure on the heart, and the buoyancy of the water gives support around the joints. Each session is structured by different workouts such as acceleration, stretching exercises as well as exercises on or off the bike. You will not only pedal in water but climb, lift and sprint. There is no one best way to get fit, lose weight and eliminate cellulite! The Aqua Bike is the ideal sport for everyone. Remember to bring along your aqua shoes!

Monday	Oct 5, 12, 19, 26 Nov 2, 9, 16	7.00pm to 7.45pm (FULL) 8.00pm to 8.45pm (FULL)	7 Sessions
Age Group	14 years old and above		
Programme Cost	Adult - \$280 Concession - \$252 Walk in – NA (No walk ins available for this term)		
Registration Period (For full-term)	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		

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SAF Aqua Drums Vibes® Combo

SAF Aqua Drums Vibes® Combo combines 30-minutes Aqua Drums and 30-minutes Shallow.

An amazing world of rhythm combo workout. The movements in the deeper end requires engaging the core muscles for stability while combining with the various upper body routines while Shallow combine more intense movements as we splash and drum away the stress of the day! Remember to bring along your goggle!

Thursday	Oct 8, 15, 22, 29 Nov 5, 12, 19	7.00pm to 8.00pm (FULL) 8.15pm to 9.15pm (FULL)	7 Sessions
Friday	Oct 9, 16, 23, 30 Nov 6, 13, 20	7.00pm to 8.00pm (FULL)	7 Sessions
Age Group	14 years old and above		
Programme Cost	Adult - \$210 Concession - \$189 Walk in - NA (No walk ins available for this term)		
Registration Period (For full-term)	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		

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Aqua Fit + Deepwater Combo

Aqua Fit + Deepwater combo workout is the best of both worlds. 30 minutes Aqua Fit at the shallow end for toning and endurance and 30 minutes Deepwater workout 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	Oct 8, 15, 22, 29	2.00pm to 3.00pm (FULL)	7 Sessions
	Nov 5, 12, 19	3.15pm to 4.15pm (FULL)	
Saturday	Oct 3, 10, 17, 24, 31	10.20am to 11.20am	7 Sessions
	Nov 7, 21	11.45am to 12.45pm (FULL)	
Age Group	14 years old and above		
Programme Cost	Adult - \$140 Concession - \$126 Walk in - NA (No walk ins available for this term)		
Registration Period (For full-term)	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		

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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 ocbc.aquatic-centre@sportshub.com.sg for more details.

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