

## Class Schedule for May to July 2022

- 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 OCBC Aquatic Centre Management 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.

<b>Attire</b>	<p>Swimwear of colorfast and lightweight material suitable for swimwear, such as lycra, spandex or nylon.</p> <p>Appropriate swimwear includes:</p> <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>Programme Schedule</b>	<ul style="list-style-type: none"> <li>• <a href="#">Aqua Bike</a></li> <li>• <a href="#">SAF Aqua® Deepwater Drums Vibes</a></li> <li>• <a href="#">Aqua Fit Deepwater</a></li> <li>• <a href="#">Aqua Personal Training</a></li> </ul>

## 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!

<b>Monday</b>	May 23, 30 Jun 6, 13, 20, 27 Jul 4	7.00pm to 7.45pm	7 Sessions
<b>Age Group</b>	14 years old and above		
<b>Programme Cost</b>	Adult - \$280 Concession - \$252 Walk in – NA <b>(No walk ins available for this term)</b>		
<b>Registration Period (For full-term)</b>	<b>Internal Participants: 6 to 11 May 2022 (6 days)</b> <b>Public: 13 to 18 May 2022 (6 days)</b>		

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## SAF Aqua® Deepwater Drums Vibes

60 minutes of an amazing world of drum rhythm workout at the deeper end of the pool with the use of a floatation belt. The workout requires engaging the core for stability while combining various upper body intense drumming routines with lots of splashes that will definitely drum away the stress of the day.

<b>Thursday</b>	May 26 Jun 9, 16, 30 Jul 7, 14	7.00pm to 8.00pm	6 Sessions
<b>Age Group</b>	14 years old and above		
<b>Programme Cost</b>	Adult - \$180 Concession - \$162 Walk in - NA <b>(No walk ins available for this term)</b>		
<b>Registration Period (For full-term)</b>	Internal Participants: 6 to 11 May 2022 (6 days) Public: 13 to 18 May 2022 (6 days)		

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## 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.

<b>Monday</b>	May 23, 30 Jun 6, 13, 20, 27 Jul 4	8.00pm to 9.00pm	7 Sessions
<b>Thursday</b>	May 26 Jun 9, 16, 30 Jul 7, 14	2.00pm to 3.00pm 3.30pm to 4.30pm 5.45pm to 6.45pm	6 Sessions
<b>Saturday</b>	May 28 Jun 4, 11, 18 Jul 2, 9, 16	10.30am to 11.30am 11.50am to 12.50pm	7 Sessions
<b>Age Group</b>	14 years old and above		
<b>Programme Cost</b>	Mon & Sat Adult - \$140 Mon & Sat Concession - \$126 Thurs Adult - \$120 Thurs Concession - \$108 Walk in - NA ( <b>No walk ins available for this term</b> )		
<b>Registration Period (For full-term)</b>	<b>Internal Participants: 6 to 11 May 2022 (6 days)</b> <b>Public: 13 to 18 May 2022 (6 days)</b>		

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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](mailto:ocbc.aquatic-centre@sportshub.com.sg) for more details.

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