



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.
- Private Swimming 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	<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">• One and two-piece swimsuits• Swim trunks, jammers, swim board shorts• Rash guards/ wetsuits• Hijood/ burqini or other approved Islamic swimwear
Equipment	<p>Bring along own goggles, kickboard for every lesson.</p>
Programme Schedule	<ul style="list-style-type: none">• Water Familiarisation• SwimSafer 1• SwimSafer 2• SwimSafer 3• SwimSafer Bronze• SwimSafer Silver• SwimSafer Gold• Butterfly• Adult Beginner• Private Swimming

Water Familiarisation

Catered for kids with water confidence issues, they will learn to explore in and around the water safely focusing on breath control, submersion, floats, and propulsion. This will prepare them for SwimSafer Stage 1.

Sunday + Saturday	Oct 4, 11, 18, 25, 31 Nov 1, 8, 15, 21, 22	9.00am to 10.00am	10 Sessions
Age Group	5 to 7 years old		
Programme Cost	\$380		
Registration Period	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		

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SwimSafer 1

The objective is to develop confidence and independence in the water, learn general and deep-end water safety. Techniques taught include the forward and backward movement, safe entry and exit and personal water safety.

Sunday + Saturday	Oct 4, 11, 18, 25, 31	10.20am to 11.20am (FULL)	10 Sessions
	Nov 1, 8, 15, 21, 22	1.00pm to 2.00pm (FULL)	
		2.20pm to 3.20pm	
Age Group	6 to 13 years old		
Programme Cost	\$380		
Registration Period	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		
Pre-requisite	Child must be comfortable in the water without goggles and/ or have gone through the water familiarisation programme		

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SwimSafer 2

General skill development including unassisted step entry into water, sculling, feet first surface dives, personal water safety skills as well as water safety in aquatic environments. Goal is to achieve 25 metres of continuous swimming.

Sunday + Saturday	Oct 4, 11, 18, 25, 31	10.20am to 11.20am (FULL)	10 Sessions
	Nov 1, 8, 15, 21, 22	1.00pm to 2.00pm (FULL)	
		2.20pm to 3.20pm	
Age Group	6 to 13 years old		
Programme Cost	\$380		
Registration Period	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		
Pre-requisite	Able to swim 10 metres with any stroke without goggles and/ or have a SwimSafer 1 certification		

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SwimSafer 3

Working on personal water safety skills such as swimming underwater for 2 metres, use of personal floatation device and building on stroke technique. Goal is to achieve 50m of continuous swimming.

Sunday + Saturday	Oct 4, 11, 18, 25, 31	9.00am to 10.00am	10 Sessions
	Nov 1, 8, 15, 21, 22	1.00pm to 2.00pm (FULL)	
Age Group	6 to 13 years old		
Programme Cost	\$380		
Registration Period	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		
Pre-requisite	Able to swim 25 meters without goggles with minimal assistance and/or have a SwimSafer 2 certification		

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SwimSafer Bronze

Development of child's stroke techniques is a focus here, along with coordinated breathing in deep water while swimming 100 metres. Principles of watercraft safety will be introduced as well as continual work on rescue and personal survival skills.

Sunday + Saturday	Oct 4, 11, 18, 25, 31	9.00am to 10.00am	10 Sessions
	Nov 1, 8, 15, 21, 22	2 Classes: 1) 1.00pm to 2.00pm (FULL) 2) 1.00pm to 2.00pm	
Age Group	6 to 13 years old		
Programme Cost	\$380		
Registration Period	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		
Pre-requisite	Able to swim 50 meters without goggles with minimal assistance and/or have a SwimSafer 3 certification		

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SwimSafer Silver

Intermediate Personal Survival & Stroke Refinement Skills Fundamentals of diving will be introduced. Development of rescue skills and personal survival knowledge will also continue at more advanced levels. Children will be required to demonstrate efficient stroke techniques with timing to complete the silver stage.

Sunday + Saturday	Oct 4, 11, 18, 25, 31 Nov 1, 8, 15, 21, 22	10.20am to 11.20am	10 Sessions
		2.20pm to 3.20pm (FULL)	
		3.40pm to 4.40pm	
Age Group	6 to 13 years old		
Programme Cost	\$380		
Registration Period	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		
Pre-requisite	Able to swim all 3 strokes (Freestyle, Backstroke and Breaststroke) and/or have a SwimSafer Bronze certification.		

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SwimSafer Gold

Advance Personal Survival & Swimming Skill Proficiency Children will be required to perform strokes with greater ease, efficiency, power and smoothness over 400 metres with timing. Rescue skills and water safety knowledge will focus on lifesaving readiness. Standing dive and personal safety skills will continue to be taught.

Sunday + Saturday	Oct 4, 11, 18, 25, 31 Nov 1, 8, 15, 21, 22	10.20am to 11.20am	10 Sessions
		2.20pm to 3.20pm (FULL)	
		2 Classes: 1) 3.40pm to 4.40pm 2) 3.40pm to 4.40pm	
Age Group	6 to 13 years old		
Programme Cost	\$380		
Registration Period	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		
Pre-requisite	Able to swim all 3 strokes (Freestyle, Backstroke and Breaststroke) and/or have a SwimSafer Silver certification.		

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Butterfly

Children who have successfully completed SwimSafer Gold and would like to continue to learn the competitive strokes of BUTTERFLY. This stage will cover competitive starts, turns and finishes. Children will also get to experience Individual medley and training towards competitive strokes.

Sunday + Saturday	Oct 4, 11, 18, 25, 31 Nov 1, 8, 15, 21, 22	5.00pm to 6.00pm	10 Sessions
Age Group	6 to 13 years old		
Programme Cost	\$380		
Registration Period	19 th September to 24 th September 2020		
Pre-requisite	Able to swim 100 meters with freestyle, breaststroke and backstroke and/or have a SwimSafer Gold certification.		

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Level 1: Adult Beginner

In this stage, the adult beginner class teaches participants to be comfortable in the water by exploring, understanding and developing different kinds of techniques, forms and skills when swimming. By understanding the dynamics of swimming, they will be equipped with the skills to swim effectively.

Sunday + Saturday	Oct 4, 11, 18, 25, 31 Nov 1, 8, 15, 21, 22	5.00pm to 6.00pm (FULL)	10 Sessions
Age Group	14 years old and above		
Programme Cost	Adult - \$422.20 Concession - \$380		
Registration Period	Existing participants – 8 th to 14 th September 2020 Public - 19 th to 24 th September 2020		
Pre-requisite	None		

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

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