



Class Schedule for Jan to Mar 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 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.

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



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.

Thursday	Jan 5, 19, 26 Feb 2, 16, 23 Mar 2	7.00pm to 8.00pm	7 Sessions
Age Group	14 years old and above		
Programme Cost	Adult - \$210 Concession - \$189 Walk in - \$35		
Registration Period (For full-term)	Internal Participants: 12 to 18 Dec 2022 (7 days) Public: 21 to 27 Dec 2022 (7 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.

Monday	Jan 9, 16, 30 Feb 6, 13, 20, 27	8.00pm to 9.00pm	7 Sessions
Thursday	Jan 5, 19, 26 Feb 2, 16, 23 Mar 2	2.00pm to 3.00pm 3.30pm to 4.30pm 5.45pm to 6.45pm	7 Sessions
Saturday	Jan 7* , 28* Feb 4* , 18* , 25*	10.30am to 11.30am 11.50am to 12.50pm	5 Sessions
Age Group	14 years old and above		
Programme Cost	Mon & Thurs Adult - \$140 Mon & Thurs Concession - \$126 Sat Adult - \$100 Sat Concession - \$90 Walk in - \$25		
Registration Period (For full-term)	Internal Participants: 12 to 18 Dec 2022 (7 days) Public: 21 to 27 Dec 2022 (7 days)		

*Pre-registration required for walk-in. Unable to register walk-in on the highlighted dates.

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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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