



## Class Schedule for January to March 2026

- The dates and timing for programmes are subject to change.
- Please check back to The Kallang website for the latest updates.
- Classes that are not offered this term will not be listed on the class schedule.

|                           |   |
|---------------------------|---|
| <b>Attire</b>             | Swimwear of colorfast and lightweight material suitable for swimwear, such as lycra, spandex or nylon.<br><br>Appropriate swimwear includes: <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>Equipment</b>          | Bring own swimsuit, goggles, swim cap, nose clip and sports attire for dryland for every lesson.  |
| <b>Registration</b>       | Email us at <a href="mailto:aqc@torpedoswim.com.sg">aqc@torpedoswim.com.sg</a>  |
| <b>Programme Schedule</b> | <ul style="list-style-type: none"><li>• <a href="#"><u>Introduction to Artistic Swimming</u></a></li></ul>  |



## Introduction to Artistic Swimming

Artistic Swimming, previously known as Synchronised Swimming, is a sport that comprises multiple skills such as swimming, dancing, flexibility, and endurance. It builds discipline, self-confidence, and deviation in the athlete. This intricate sport will allow one to be in touch with their creative mind, giving them an opportunity to shine and have fun in the water.

Artistic Swimming comprises rhythm and flair to perform artistic movements choreographed to music. It is a fun and unique water ballet experience for a splashing good time. This programme is suitable for anyone aged 8 and above, and able to swim 25 meters confidently without aid.

|                            |  |                  |                   |
|----------------------------|--|------------------|-------------------|
| <b>Saturday</b>            | Jan 3, 10, 24, 31<br>Feb 14, 21, 28<br>Mar 7, 28   | 4:00pm to 5:30pm | 9 Sessions (Term) |
| <b>Age Group</b>           | 8 to 16 years old  |                  |                   |
| <b>Programme Cost</b>      | \$490.50 (9 Sessions)  |                  |                   |
| <b>Pre-requisite</b>       | Able to swim 25 meters of a recognised stroke confidently without aid.   |                  |                   |
| <b>Location</b>            | Lessons will take place in the Training Pool at the OCBC Aquatic Centre. There will be no classes when venue is closed for events. |                  |                   |
| <b>Registration Period</b> | <b>10 December 2025 to 31 December 2025</b>  |                  |                   |

\*Contact Torpedo for more information

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