



## 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>	<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>Equipment</b>	<p>Bring own goggles. Shared floatation devices such as floatation belt and swim noodle will be provided. Participants may bring their own floatation devices.</p>
<b>Registration</b>	<p>Email us at <a href="mailto:aqc@torpedoswim.com.sg">aqc@torpedoswim.com.sg</a></p>
<b>Programme Schedule</b>	<ul style="list-style-type: none"><li>• <a href="#">Aqua Fit Deepwater</a></li><li>• <a href="#">Aqua Personal Training</a></li></ul>



## Aqua Fit Deepwater

Deepwater exercises at the deeper end with the use of the floatation belt for on-impact cardiovascular resistance training. Overall body condition for balance and strength. Suitable for both swimmers and non-swimmers.

<b>Thursday</b>	Jan 8, 22, 29 Feb 12, 19, 26 Mar 5, 26	2:30pm to 3:30pm	8 Sessions
<b>Age Group</b>	14 years old and above		
<b>Programme Cost</b>	<u>Thursday (8 Sessions)</u> Adult - \$176 Concession - \$160 Walk In - \$27/Session		
<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.		



## 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 [agc@torpedoswim.com.sg](mailto:agc@torpedoswim.com.sg) for more details.