

## Class Schedule for January to March 2025

- 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 Torpedo 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>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 Fit Tabata</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 non-impact cardiovascular resistance training. Overall body conditioning for balance and strength. Suitable for both swimmers and non-swimmers.

<b>Thursday</b>	Jan 2, 9, 23 Feb 6, 20, 27 Mar 6	2.00pm to 3.00pm 3.30pm to 4.30pm	7 sessions
<b>Saturday</b>	Jan 4, 11, 25 Feb 1, 8, 22 Mar 1, 8	11.30am to 12.30pm	8 Sessions
<b>Age Group</b>	14 years old and above		
<b>Programme Cost</b>	<b>Thursday</b> Adult - \$154 Concession - \$ 140 Walk In - \$27  <b>Saturday</b> Adult - \$176 Concession - \$160 Walk In - \$27		
<b>Registration Period (For Full-Term)</b>	<b>5 December 2024 – 31 December 2024</b>		



## Aqua Fit Tabata

A high intensity interval training (HIIT) class comprising a variety of simple yet intense exercises that will work the entire body. Class will begin with a short warm up, followed by a series of 4-minute-high intensity exercise sequences.

<b>Monday</b>	Jan 6, 13, 20, 27 Feb 3, 10, 17, 24 Mar 3, 10	6.30pm to 7.30pm	10 sessions
<b>Age Group</b>	14 years old and above		
<b>Programme Cost</b>	<b>Monday</b> Adult - \$220 Concession - \$200 Walk In - \$27		
<b>Registration Period (For Full-Term)</b>	<b>5 December 2024 – 31 December 2024</b>		



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

