

WARREN AQUATIC CLUB SCHEDULE (YEAR 2019)

VENUE: WARREN GOLF & COUNTRY CLUB



WARREN
GOLF & COUNTRY CLUB

LEARN TO SWIM & PRE-SQUAD TRAINING DATES- Term 1 (Jan - Apr)

Lesson	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Fri	4/1	11/1	18/1	25/1	1/2	15/2	22/2	1/3	8/3	15/3	22/3	29/3

Weekdays Time Slots: 6pm, 7pm, 8pm

Lesson	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Sat	5/1	12/1	19/1	26/1	2/2	16/2	23/2	2/3	9/3	16/3	23/3	30/3
Sun	6/1	13/1	20/1	27/1	3/2	10/2	17/2	3/3	10/3	17/3	24/3	31/3

Weekends Time Slots: 9am, 10am, 11am / 3pm, 4pm, 5pm

*Note:8/2,9/2 (CNY), 24/2 (Merlion League- WGCC Host)

LEARN TO SWIM & PRE-SQUAD TRAINING DATES- Term 2 (Apr - Jul)

Lesson	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Fri	5/4	12/4	26/4	3/5	10/5	17/5	31/5	7/6	14/6	21/6	28/6	5/7

Weekdays Time Slots: 6pm, 7pm, 8pm

Lesson	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Sat	6/4	13/4	27/4	4/5	11/5	25/5	1/6	8/6	15/6	22/6	29/6	6/7
Sun	7/4	14/4	21/4	28/4	5/5	12/5	26/5	9/6	16/6	23/6	30/6	7/7

Weekends Time Slots: 9am, 10am, 11am / 3pm, 4pm, 5pm

*Note:19&20/4 (GOOD FRIDAY), 18&19/5 (VESAK DAY), 24/05 (CCSM), 02/06 (AGSM)

*Please take note that the yearly scheduled date/s may subject to changes and shall be updated on the Club's notice. All Changes, if any, shall be updated online and shared with all swimmers via text message.

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LEARN TO SWIM & PRE-SQUAD TRAINING DATES- Term 3 (Jul - Sep)

Lesson	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Fri	12/7	19/7	26/7	2/8	16/8	23/8	30/8	6/9	13/9	20/9	27/9	4/10

Weekdays Time Slots: 6pm, 7pm, 8pm

Lesson	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Sat	13/7	20/7	27/7	3/8	7/8	24/8	31/8	7/9	14/9	21/9	28/9	5/10
Sun	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9

Weekends Time Slots: 9am, 10am, 11am / 3pm, 4pm, 5pm

*Note: 9&10/9 (NATIONAL DAY)

LEARN TO SWIM & PRE-SQUAD TRAINING DATES- Term 4 (Oct - Dec)

Lesson	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Fri	11/10	18/10	25/10	1/11	8/11	15/11	22/11	29/11	6/12	13/12	20/12	27/12

Weekdays Time Slots: 6pm, 7pm, 8pm

Lesson	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th	11 th	12 th
Sat	12/10	19/10	26/10	2/11	9/11	16/11	23/11	30/11	7/12	14/12	21/12	28/12
Sun	6/10	13/10	20/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12

Weekends Time Slots: 9am, 10am, 11am / 3pm, 4pm, 5pm

*Note: 27/10 (DEEPAVALI)

DEVELOPMENTAL SQUAD SEASONAL TRAINING CALENDAR <2019>

MONTH	WEEK	TRAINING DATES					SEASONAL DEVELOPMENT [PHASE/ WORKOUT]	MAIN FOCUS
		MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY		
JAN	1	7th	8th	3rd	4th	5th	SP1, EN2, SP3, EN3	Competition
	2	14th	15th	10th	11th	12th	SP1, EN2, SP3, EN3	Competition
	3	21st	22nd	17th	18th	19th	SP1, EN3, EN2, SP3	SSA Swim Series 1
	4	28th	29th	24th	25th	26th	SP2, EN3, EN2, SP3	Merlions- British Club
FEB	5	CNY Eve	CNY	7th	1st	2nd	SP1, EN2, SP3, EN3	Competition
	6	11th	12th	14th	8th	9th	SP1, EN2, SP3, EN3	Competition
	7	18th	19th	21st	15th	16th	SP1, EN3, EN2, SP3	SSA Swim Series 2
	8	25th	26th	28th	22nd	23rd	SP2, EN3, EN2, SP3	Merlions- WGCC
MAR	9	4th	5th	7th	1st	2nd	EN3, EN2, EN3	Recovery
	10	11th	12th	14th	8th	9th	SP1, EN2, SP3, EN3	Competition
	11	18th	19th	21st	15th	16th	SP2, EN3, EN2, SP3	SNAG (Junior)
	12	25th	26	28th	22nd	23th	SP2, EN3, EN2, SP3	SNAG (Senior)
APR	13	1st	2nd	4th	5th	6th	EN3, EN2, EN3	Recovery
	14	8th	9th	11th	12th	13th	EN2, SP2, SP2, EN3	Anerobic
	15	15th	16th	18th	Good Friday	20th	SP1, EN2, SP3, EN3	Competition
	16	22nd	23rd	25th	26th	27th	SP1, EN2, SP3, EN3	Competition
MAY	17	2nd (Thu)	7th	9th	10th	Race Day	SP1, EN3, EN2, SP3	Merlions- Marsden
	18	6th	14th	15th	17th	11th	SP1, EN2, SP3, EN3	Competition
	19	13th	21th	22nd	Race Day	18th	SP1, EN3, EN2, SP3	CCSM
	20	27th	28th	29th	31st	25th	SP1, EN2, SP3, EN3	Competition
JUN	21	3rd	4th	6th	7th	8th	SP1, EN3, EN2, SP3	AGSM
	22	10th	11th	13th	14th	15th	EN3, EN2, EN3	Recovery
	23	17th	18th	20th	21st	22nd	EN3, EN3, EN3, SP1	Aerobic
	24	24th	25th	27th	28th	29th	EN2, SP2, SP2, EN3	Anerobic
JUL	25	1st	2nd	4th	5th	6th	EN1, EN3, SP3, SP3	Stroke
	26	8th	9th	11th	12th	13th	EN3, EN3, EN3, SP1	Aerobic
	27	15th	16th	18th	19th	20th	EN2, SP2, SP2, EN3	Anerobic
	28	22nd	23rd	25th	26th	27th	EN2, SP2, SP2, EN3	Anerobic
AUG	29	29th July	6th	8th	2nd	3rd	EN1, EN3, SP3, SP3	Stroke
	30	5th	13th	15th	16th	10th	EN3, EN3, EN3, SP1	Aerobic
	31	19th	20th	22nd	23rd	17th	EN2, SP2, SP2, EN3	Anerobic
	32	26th	27th	29th	30th	24th	SP1, EN2, SP3, EN3	Competition
SEP	33	2nd	3rd	5th	6th	7th	SP1, EN2, SP3, EN3	Competition
	34	9th	10th	12th	13th	Race Day	SP1, EN3, EN2, SP3	Merlions- Tanglin
	35	16th	17th	19th	20th	21st	EN3, EN2, EN3	Recovery
	36	23rd	24th	26th	27th	28th	SP1, EN2, SP3, EN3	Competition
OCT	37	1st (Tue)	8th	3rd	4th	5th	SP1, EN2, SP3, EN3	Competition
	38	7th	15th	10th	11th	12th	SP1, EN3, EN2, SP3	Merlions- American
	39	14th	22nd	17th	18th	19th	EN3, EN2, EN3	Recovery
	40	21st	29th	24th	25th	26th	EN1, EN3, SP3, SP3	Stroke
NOV	41	4th	5th	7th	8th	9th	EN3, SP3, EN1, SP3	SEASON
	42	11th	12th	14th	15th	16th	EN3, SP3, EN1, SP3	
	43	18th	19th	21st	22nd	23rd	EN3, SP3, EN1, SP3	
	44	25th	26th	28th	29th	30th	EN3, SP3, EN1, SP3	
DEC	45	2nd	3rd	5th	6th	7th	EN1, EN3, SP3, SP3	Stroke
	46	9th	10th	12th	13th	14th	EN3, EN3, EN3, SP1	Aerobic
	47	16th	17th	19th	20th	21th	SP1, EN2, SP3, EN3	Race Specific
	48	23rd	24th	26th	27th	28th	SP1, EN2, SP3, EN3	Race Specific

*Note: Weekdays training time will be from (6:30pm to 8:30pm) and Saturday (8:00am to 10:00am)/ There will be no training on Race Day and PH indicated.
Please refer to "Training Guide" for a better understanding of seasonal development phase, training zones specifics and avg swim mileage.

TRAINING GUIDE

DEVELOPMENTAL SQUAD

JUNIOR & MAIN GROUP/ TYPES OF TRAINING

Type Of Training	Heart R. (bpm)	Distance Group (Meters)	Mid-Distance Group (Meters)	Sprinter Group (Meters)	Pace
EN1	120 to 150	3000	2000	1000	4 to 6 sec slower per 100 than threshold pace
EN2	160 to 170	2000	1600	1200	Anerobic threshold or maximum effort over distance
EN3	180 to 190	1000	800	600	0 to 1 sec faster per 100 than threshold pace
SP1	190 to 200	500	500	500	As Fast As Possible
SP2	190 to 200	300	300	300	As Fast As Possible
SP3	190 & Above	100 to 150	100 to 150	100 to 150	Maximum Speed

Types of Micro-Training Phases/ Energy Zones

Distances And Focus

1. Warm Up/ Cool Down (Drills & Corrections)	800m to 1200m
2. Competition Phase- SP1, EN2, SP3, EN3	3000m (Speedwork)
3. Competition Week- SP1, EN3, EN2, SP3	2900m-3000m (Taper VO2 Max) Can mix SP1 & SP2 if back to back meets
4. Recovery- EN3, EN2, EN3	3200m (Long swim for lactic removal in muscle recovery)
5. Aerobic- EN3, EN3, EN3, SP1	2900m-3000m (Long distance capacity)
6. Anerobic- EN2, SP2, SP2, EN3	3000m (Improve anerobic threshold)
7. Strokes- EN1, EN3, SP3, SP3	2800m (Strokes progression) / 200m Starts & Turns
8. Off season- EN3, SP3, EN1, SP3	3000m (Build endurance)

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WGCC SWIMMING LESSON FAQ (Frequently Asked Questions) / Terms & Conditions

Types of Swim Program Class Ratio	Members Fee	Guest Fee	No. of Sessions Weekly & Duration
Learn to Swim Program (Group) 1:8	\$180.00 Per Quarter (3 X Months)	\$240.00 Per Quarter (3 X Months)	1 X a week 1hr per session
Pre-Competitive 1:20	\$210.00 Per Quarter (3 X Months)	\$270.00 Per Quarter (3 X Months)	2 X a week 1hr per session
Main-Competitive (No capped ratio)	\$100.00 Per Month (Monthly)	\$135.00 Per Month (Monthly)	5 X a week 2hrs per session
Stroke Correction Class 1:10	\$300.00 Per Quarter (3 X Months)	\$360.00 Per Quarter (3 X Months)	1 X a week 1hr per session
Private Learn to Swim Class 1:1	\$70.00 Per Session	\$80.00 Per Session	Private Arrangement 1 hr per session

FAQ:

How do I sign up?

Fill up the registration form at the counter, the coordinator from Torpedo Swim Team will contact you within 3 working days to arrange with you for a free 20 mins trial/ assessment to fit you into a suitable lesson slot for your child.

Will there be replacement or pro-ration of fees if lesson is cancelled due to inclement weather or air pollution?

No, there will be no replacement classes or proration of fees if lesson or training is cancelled due to these weather or environmentally caused conditions. Replacement classes will be given to swimmers if no show of instructor/coach or if swimmers are sick with medical certification produced.

When will my child be assessed for test?

For beginners and learn to swim programme will be every end of the term based on the Term schedule (16 weeks). A term schedule will be issued to all parents at the end of every term and will be uploaded at: www.torpedoswim.com.sg.

What happen if my child missed the stipulated term test date?

Swimmers will be moved to the next level based on his/ her current swimming ability but certificate will not be given in such cases. Swimmers who miss the test can take the next Term test after 16 weeks based on their ability and level. They can opt for 2 certificates for current and the last level if they wish.

Test Fee?

Test fee will be charged separately and will be collected after the Test on the test day itself.

How do I know what my child is learning?

The syllabus, skills of our swimming programme levels and progression chart is available at the reception, this will explain on what your child will be learning and be assessed. More information can be downloaded online @ www.torpedoswim.com.sg.

Who do I contact to change my lesson time slot, enquires of the program or provide feedbacks?

Call our hotline @: 6681 5778 (If you wish to contact our instructor in charged)

For urgent matters please contact our Aquatic Manager @ 9237 5668 (Coach Yi Zhong)

If you wish to email us, do send your queries to: yizhong@torpedoswim.com.sg (will reply in 3 working day)

*Please take note that the yearly scheduled date/s may subject to changes and shall be updated on the Club's notice. All Changes, if any, shall be updated online and shared with all swimmers via text message.

Warren Golf & Country Club (Swimming)

Calendar of Events:

<u>Major Events/ Upcoming Projects</u>	<u>Dates (2019)</u>
<u>SSA Swim Series (1)</u>	<u>18th to 20th Jan</u>
<u>Merlion League (Leg 1, British Club)</u>	<u>27th Jan (Sun)</u>
<u>SSA Swim Series (2)</u>	<u>15th to 17th Feb</u>
<u>Merlion League (Leg 2, WGCC) *Hosting</u>	<u>24th Feb (Sun)</u>
<u>SNAG 2019 (JNR)</u>	<u>15th to 17th Mar</u>
<u>SNAG 2019 (SNR)</u>	<u>19th to 24th Mar</u>
<u>WGCC Splint Series (1)</u>	<u>30th Mar (Sat)</u>
<u>Merlion League (Leg 3, Marsden)</u>	<u>4th May (Sat)</u>
<u>CCSM</u>	<u>24th May (Fri)</u>
<u>AGSM</u>	<u>2nd June (Sun)</u>
<u>Merlion League (Leg 4, Tanglin Club)</u>	<u>14th Sep (Sat)</u>
<u>Merlion League (Leg 5, American Club)</u>	<u>13th Oct (Sun)</u>
<u>Swimsafer Gold Test (In house)</u>	<u>10th Nov (Sun)</u>