

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

*Note: Weekdays training time will be from (6:30pm to 8:30pm) / Weekends (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 per session.

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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)	4 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>Merlion League (Leg 3, Marsden)</u>	<u>11th 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>