



## GROUP CLASSES 2025 - 2026

Course Code	Period	Date Exclude
HS 2025/26	8 September 2025 to 27 June 2026	1 & 7 & 29 Oct 2025 22 Dec 2025 to 3 Jan 2026, 16 to 21 Feb 2026, 3 to 7 Apr 2026, 1, 25 May 2026, 19 June 2026

### Beginner I (BI - Group lesson Maximum 5 pax)

Suitable for students who cannot put their face into the water without swimming aids. Basic swimming concepts will be introduced to establish confidence in the water.

Mon	Tue	Wed	Thur	Fri	Sat
Bill 4:30 PM – 5:00 PM - Franki 5:00 PM – 5:30 PM	Bill 4:00 PM – 4:30 PM - Franki 5:00PM – 5:30 PM	Franki 4:00 PM – 4:30 PM	Bill 4:00 PM – 4:30 PM - Franki 4:30 PM – 5:00 PM	Fanki 4:00 PM – 4:30 PM - Bill 5:00PM – 5:30 PM	Bill 11:00 AM – 11:30 AM - Bill 11:30 AM – 12:00 NN - Bill 2:00 PM – 2:30 PM - Bill 2:30 PM – 3:00 PM - Fanki 4:00 PM – 4:30 PM

### Beginner II (BII - Group lesson Maximum 7 pax)

Students must be able to swim 15M freestyle with kickboard. Freestyle with breathing technique will be taught.

Mon	Tue	Wed	Thur	Fri	Sat
Franki 4:30 PM – 5:00 PM	Franki 4:30 PM – 5:00 PM		Franki 4:00 PM – 4:30 PM - Hing 4:30 PM – 5:00 PM - Hing 5:00 PM – 5:30 PM	Bill 4:00 PM – 4:30 PM - Bill 4:30 PM – 5:00 PM	Franki 12:00 NN – 12:30 PM - Franki 12:30 PM – 1:00 PM - Franki 2:00 PM – 2:30 PM - Franki 4:30 PM – 5:00 PM

### Beginner III (BIII - Group lesson Maximum 8 - 10 pax)

Students must be able to swim 50M freestyle and either breaststroke or backstroke for at least 25M. Butterfly and survival knowledge will be taught

Mon	Tue	Wed	Thur	Fri	Sat
Bill 5:00 PM – 6:00 PM	Bill 4:30 PM – 5:30 PM	Bill 4:30 PM – 5:30 PM	Erik 5:30 PM – 6:30 PM	Hing 4:30 PM – 5:30 PM - Bill 5:30 PM – 6:30 PM	Bill 4:00 PM – 5:00 PM - Bill 5:00 PM – 6:00 PM - Erik 12:00PM- 01:00PM



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### Improvers Class (IMP - Group lesson Maximum 10 pax)

Students must be able to swim freestyle and either backstroke or breaststroke for at least 100M. This course will concentrate on fine tuning of stroke techniques and building up endurance.

Mon	Tue	Wed	Thur	Fri	Sat
	Bill 5:30 PM – 6:30 PM	Franki 5:30 PM – 6:30 PM	Bill 5:00 PM – 6:00 PM	Bill 8:30 PM – 9:30 PM	Franki 11:00 AM – 12:00 NN - Erik 1:00 PM – 2:00 PM

### Advanced Improvers Class (AIMP - Group lesson Maximum 10 pax)

Students must be able to swim freestyle, breaststroke and backstroke for at least 100M and butterfly for at least 50M. Competitive skills will be taught and stamina will be further developed.

Mon	Tue	Wed	Thur	Fri	Sat
					Franki 10:00 AM – 11:00 AM