

# AQUATICS PROGRAMS

## LEARN-TO-SWIM GROUP LESSONS

Monday – Friday: 3:30 p.m. – 6:00 p.m.  
Saturday: 8:30 a.m. – 12:00 p.m. | 2:00 p.m. – 5:30 p.m.

Class	Duration	Price	Max. Class size
Station A-C*	30 minutes	\$28	4 pax
Station 1-3	30 minutes	\$28	3 pax
Station 4	30 minutes	\$28	4 pax
Station 5	30 minutes	\$28	5 pax
Station 6	30 minutes	\$28	6 pax
Station 7	45 minutes	\$31.40	7 pax
Station 8 - 10	60 minutes	\$35	10 pax
Development Squad**	60 minutes	\$35	10 pax
Pre Comp Squad**	60 minutes	\$35	-
Competitive Squad***	90 minutes	\$41	-

To book an assessment,  
scan the QR code  
or visit this link:

[bit.ly/TACAquatics](https://bit.ly/TACAquatics)



The Aquatics Team will inform Members on the availability of the classes based on their level.

\*Children between the ages of six and 36 months must be accompanied by parents.

\*\*\$24.50/session if student is enrolled for more than three classes a week.

\*\*\*\$82.30/week if student is enrolled for more than thrice a week.

## MASTERS SESSIONS (16 YEARS OLD AND ABOVE)

Tuesday & Thursday	Saturday
7:00 a.m. / 9:30 a.m. / 7:00 p.m.	7:00 a.m.
\$92.50/month for unlimited sessions (60 minutes per session)	

To book an assessment,  
scan the QR code  
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[bit.ly/TACMasters](https://bit.ly/TACMasters)



## PRIVATE / SEMI-PRIVATE LESSONS

Monday – Friday: 9:30 a.m. – 3:00 p.m.  
Saturday: 8:30 a.m. | 12:00 p.m. | 2:00 p.m. – 5:30 p.m.

Class Duration	Private	Semi-Private
30 minutes	\$43.20	\$31
45 minutes	\$64.80	\$46.50
60 minutes	\$86.40	\$62

### AQUATICS GROUP FITNESS CLASSES

\$20 per session (60 minutes)  
\$150 for 10 sessions  
(can also be used for group  
fitness classes at the Gym)

#### Deep Water Running at 8:30 a.m.

Monday (Anna) / Wednesday (Tatiana)  
/ Thursday (Barbara) / Friday (Anna)

### OFF-PEAK PRIVATE LESSONS

Monday – Friday:  
9:30 a.m. – 12:00 p.m.  
\$200 for 10 sessions  
Valid for 4 months  
(30 minutes per session)

### LADIES SWIM GROUP

Tuesday & Thursday:  
10:30 a.m.  
\$150 for 10 sessions  
Valid for 4 months  
(45 minutes per session)

#### POOL USAGE

Lifeguards are essential in ensuring the safety of our Members, their children, Guests, and the Club's operations. Children under the age of 12 must be accompanied by an adult. The Club shall not be liable for any accidents and injuries.

Members must be in proper swimming attire. Bathing suits are not permitted both in and out of the pool. Footwear is not allowed on the apron of the swimming pool.

Children three years and below are required to put on swim diapers. This is to prevent pool closure due to accidents. Swim diapers are available for sale at the Aquatics Counter.

The Pool will be closed in the event of inclement weather (lightning/heavy rain) as deemed unsafe for swimming by the lifeguards.

#### GROUP LESSONS

Once enrolled, participants must commit to the term schedule. Charges will apply for no-shows unless a medical certificate is presented to the Aquatics Counter or emailed to [aquatics@amclub.org.sg](mailto:aquatics@amclub.org.sg) within two days of the scheduled lesson. Withdrawals must be made at least two week in advance of the class commencement date.

#### PRIVATE LESSONS

Once enrolled, participants must commit to the term schedule. Charges will apply for no-shows unless a medical certificate is presented to the Aquatics Counter or emailed to [aquatics@amclub.org.sg](mailto:aquatics@amclub.org.sg) within two days of the scheduled lesson. Withdrawals must be made at least two week in advance of the class commencement date.

#### CANCELLATION OF CLASSES

Classes will only be cancelled due to bad weather. You will be notified via SMS. Due to the unpredictable nature of tropical weather, lessons may sometimes be cancelled just before class starts. There will be no charges for cancelled lessons.

