



Strengthening Members

SWIMMING



Programme	Day	Time	Fees*
Adult Swimming	Monday to Thursday	7:30pm – 8:30pm	\$185 (10 sessions)
	Saturday	6:00pm – 7:00pm	
Children Swimming	Saturday	10:30am – 11:30am	\$186 (10 sessions)
		3:00pm – 4:00pm	
		4:00pm – 5:00pm	
		5:00pm – 6:00pm	
Pre-School Swimming	Saturday	10:30am – 11:15am	\$230 (10 sessions)
		3:00pm – 3:45pm	
		4:00pm – 4:45pm	
Private Coaching (1 pax / 2 pax)	-	-	\$260 / \$210 (4 sessions)

* Fees are inclusive of 7% GST. New participants need to sign up for 1 year Ordinary Annual / Youth Membership at \$42.80 (21 years and above) and \$16.05 (below 21 years old).

* Payment to be made 7 days before course commencement date.

- Membership must be valid to cover the entire course duration.
- Course commencement is subject to the minimum number of participants.
- No classes on Public Holidays.

Instructor

A swimming instructor with YMCA for 26 years, Phillip Wong has helped many in the community to overcome their fear of water and learn to swim successfully. His passion and commitment to imparting good swimming foundation and skills to both adults and children has earned him many clients because he gives them individual attention and corrects their swim strokes patiently. With his vast experience, Phillip is able to coach adults with chronic conditions such as arthritis and asthma, enabling them to overcome perceived limitations and gain the benefits of the low impact exercise which improves their health.



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