



Holiday Swim Camp Itinerary

22nd November - 23rd December
Sports Lifestyle Centre @ Bukit Merah

Camp Details

Reporting Time: Please report 15 mins before the start of each class and proceed to the front desk for registration and attendance taking.

Program Timings: Pre-Schooler	09:00 AM - 10:15 AM
	10:45 AM - 12:00 PM
Beginner	09:00 AM - 12:00 PM
Swim X Development	09:00 AM - 12:00 PM

Camp Schedule:	Week 1	22 Nov - 25 Nov
	Week 2	29 Nov - 02 Dec
	Week 3	06 Dec - 09 Dec
	Week 4	13 Dec - 16 Dec
	Week 5	20 Dec - 23 Dec

Things to Take Note:

- Snacks will be provided (Only for Beginner and Swim X Development Students)
- All items required for the activities will be provided (Please refer to "Things to bring" for items required to bring by students)
- Please adhere to MOH COVID'19 Safe Management Measures
- Please stay home if you are unwell or have received any Health Risk Warning (HRW) SMS.
- For more details please refer to policies below.

Address: The Swim Lab @ Sports Lifestyle Centre
3500A Bukit Merah Central
Singapore 159837

How to Get There: *By Public Transport*

From Redhill MRT Station (EW18):
Take Bus 145 from Redhill Stn to Aft Bt Merah Ctrl (5 stops)

Nearest Bus Stations:
Bukit Merah Central - Bt Merah Int (3 min walk)
Henderson Road - Aft Bt Merah Ctrl (4 min walk)
Henderson Road - Road 1 (5 min walk)

Buses Nearby:
132, 145, 147, 176, 197, 198, 5

By Car

Numerous parking options available within 3 min walking distance:
Block 119 Bukit Merah Central
164-165 Bukit Merah Central
169 Jalan Bukit Merah (Connection One)

Who to Contact: Customer Service
+65 9646 3655

Things to Bring

- 1) Swimsuit/ Swim trunks
- 2) Goggles
- 3) Change of clothes for land activities (ideally shorts and T-shirt)
- 4) Shoes and socks for land activities
- 5) Water Bottle
- 6) Extra mask
- 7) Snacks (Recommended if student have special dietary requirements. Simple snacks will be provided)
- 8) TraceTogether token (for students age 7 and above)

Program Schedule

	Water Activity
	Land Activity

Pre-School

	Day 1	Day 2	Day 3	Day 4
09:00 AM - 09:15 AM/ 10:45 AM - 11:00 AM	Get to know me (part 1) and animal exercises	Get to know me (part 2) and animal exercises	Animal Exercises	Animal Exercises
09:15 AM - 09:25 AM/ 11:00 AM - 11:10 AM	Entering the safari (F)	Entering the safari (F)	Entering the safari (C)	Entering the safari (D)
09:25 AM - 09:35 AM/ 11:10 AM - 11:20 AM	Waterfall (I)	Waterfall (R)	Waterfall (R)	Waterfall (U)
09:35 AM - 09:45 AM/ 11:20 AM - 11:30 AM	Sleeping under the stars (S)	Sleeping under the stars (O)	Sleeping under the stars (A)	Sleeping under the stars (C)
09:45 AM - 10:00 AM/ 11:30 AM - 11:45 AM	Monsters in the sea (H)	Monsters in the sea (G)	Monsters in the sea (B)	Monsters in the sea (K)
10:00 AM - 10:10 AM/ 11:45 AM - 11:55 AM	Treasure hunting and learning about FISH!	Treasure hunting and learning about FROG!	Treasure hunting and learning about CRAB!	Learning about DUCK and Adventure to Treasure Island!
10:10 AM - 10:15 AM/ 11:55 AM - 12:00 PM	Debrief	Debrief	Debrief	

Beginner

	Day 1	Day 2	Day 3	Day 4
09:00 AM - 09:10 AM	Get to know me (part 1) & team bonding	Get to know me (part 2) & team bonding	Team Bonding	Team Bonding
09:10 AM - 09:30 AM	Warm up: coordination games	Warm up: coordination games	Warm up: coordination games	Warm up: coordination games
09:30 AM - 10:00 AM	Sports	Sports	Sports	Sports Challenge!
10:00 AM - 10:30 AM	Let's Play: Pictionary!	Let's Play: Who started the motion?	Let's Play: Count Up 1... 2...3!	Recharge & Reflect
10:30 AM - 11:55 AM	Learn to Swim: "Before" skill assessment	Learn to Swim	Learn to Swim	Learn to Swim: "After" skill assessment
11:55 AM - 12:00 PM	Debrief	Debrief	Debrief	Debrief

Swim X Development

	Day 1	Day 2	Day 3	Day 4
09:00 AM - 09:10 AM	Get to know me (part 1) & team bonding	Get to know me (part 2) & team bonding	Team bonding	Team bonding
09:10 AM - 09:30 AM	Mobility test "Before"	Mobility games and exercises	Mobility games and exercises	Mobility test "After"
09:30 AM - 10:40 AM	Swim	Swim	Swim	Swim - mini meet
10:40 AM - 11:10 AM	Recharge and reflect!	Recharge and reflect!	Recharge and reflect!	Recharge and reflect!
11:10 AM - 12:00 PM	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Sports Challenge!

*Wet Weather Program Schedule

*Wet Weather Program will only be carried out in the event of Inclement Weather preventing the use of the pool, camp activities will be moved to a suitable indoor or sheltered location.

Pre-School

	Day 1	Day 2	Day 3	Day 4
09:00 AM - 09:15 AM/ 10:45 AM - 11:00 AM	Get to know me			
09:15 AM - 09:25 AM/ 11:00 AM - 11:10 AM	Animal and shapes stretches			
09:25 AM - 09:35 AM/ 11:10 AM - 11:20 AM	Animal movements & crawls			
09:35 AM - 09:45 AM/ 11:20 AM - 11:30 AM	Swim-related dryland			
09:45 AM - 10:00 AM/ 11:30 AM - 11:45 AM	Swim-related dryland			
10:00 AM - 10:10 AM/ 11:45 AM - 11:55 AM	Basic sports and games			
10:10 AM - 10:15 AM/ 11:55 AM - 12:00 PM	Debrief			

Beginner

	Day 1	Day 2	Day 3	Day 4
09:00 AM - 09:10 AM	Get to know me			
09:10 AM - 09:20 AM	Animal movements & crawls			
09:20 AM - 10:00 AM	Indoor sports and games			
10:00 AM - 10:30 AM	Snacks & social games			
10:30 AM - 11:20 AM	Swim-related dryland			
11:20 AM - 11:55 AM	Indoor sports and games			
11:55 AM - 12:00 PM	Debrief			

Swim X Development

	Day 1	Day 2	Day 3	Day 4
09:00 AM - 09:10 AM	Get to know me & team bonding			
09:10 AM - 09:30 AM	Mobility exercise			
09:30 AM - 10:40 AM	Swim-related dryland			
10:40 AM - 11:10 AM	Recharge and reflect!			
11:10 AM - 12:00 PM	Fundamental Movement Skills			

Policies

Please click the link below for our detailed camp policies.
<https://bit.ly/HolidayCampTerms>