

# SWIMMING FOR BEGINNERS

Age 17 and above



## COURSE OUTLINE

**THE COURSE IS SUITABLE FOR SWIMMERS  
WHO ARE NEW TO SWIMMING**

UPON COMPLETION OF THE COURSE, PARTICIPANT WILL  
BE ABLE TO:

- Understand the concept of water safety and develop self-confidence in water
- Learn swimming skills (blowing, bubbles through nose & mouth, floating positions)
- Learn free style drills (Breathing, kicking & pulling)
- Perform deep water threading (hold & kick underwater for 15 seconds)
- Perform underwater swimming (2 x 1.5 metres)

### **GROUP 1 MS CHOOI SOW YEE**

21 Nov - 21 Dec / 2022

6PM - 7.30PM

Every Monday & Wednesday

15 hours (1.5 hours x 10 lessons)

### **GROUP 2 MR KO CHUN SHONG**

22 Nov - 22 Dec / 2022

6PM - 7.30PM

Every Tuesday & Thursday

15 hours (1.5 hours x 10 lessons)

RM210 (TARUC student, Staff, Alumni)  
RM230 (Public)

TAR UC (KL Main Campus)  
Club House - Swimming Pool

## **ENQUIRY & REGISTRATION:**

Tunku Abdul Rahman University College  
Centre for Continuing and Professional Education

Tel No: 03-4145 0123 ext: 3587 (Mr Vicky) | ext: 3517 (Ms Tarring)

Email: [cpe@tarc.edu.my](mailto:cpe@tarc.edu.my)

Website: [www.tarc.edu.my/cpe](http://www.tarc.edu.my/cpe)

SCAN TO REGISTER ONLINE



Group 1



Group 2