

# Swimming for Beginners

**6.00 PM – 7.30 PM**

**15 HOURS**  
(1.5 HOURS X 10 LESSONS)

## VENUE

**TAR UMT MAIN CAMPUS  
CLUB HOUSE - SWIMMING POOL**

## FEES (6% SST)

**RM230**

(TAR UMT STAFF, STUDENTS, ALUMNI)

**RM250**

(PUBLIC)



## Summary

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)

## Swimming for Beginners

The course is suitable for swimmers who are new to swimming (aged 17 and above)

Group 1	Group 2
<b><u>Instructor</u></b> Ms Chooi Sow Yee	<b><u>Instructor</u></b> Mr Ko Chun Shong
<b>13 Mar – 13 Apr</b> (Mon & Thu)	<b>15 Mar – 14 Apr</b> (Wed & Fri)

Scan to register  
GROUP 1



Scan to register  
GROUP 2



## Enquiry & Registration

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