

- Minimum number of 3 students required to start a class.
- Timings available are subjected to availability.



APPLICATION FOR SWIMMING LESSON

TIME	DAY	DATE	LEVEL
1)			
2)			

PARTICIPANT'S NAME (IN BLOCK LETTERS) :

MEMBERSHIP NUMBER :

DATE OF BIRTH : (*BOY / GIRL)

NAME OF PARENT (CONTACT PERSON) :

MEMBERSHIP NUMBER :

ADDRESS :

POSTAL CODE: _____

CONTACT DETAILS :

E-MAIL ADDRESS :

AMOUNT PAYABLE :

BEGINNERS
\$303.85 (NSRCC JUNIOR MEMBER) / \$326.74 (SIGNED-IN GUEST)

SWIMSAFER
\$416.05 (NSRCC JUNIOR MEMBER) / \$452.02 (SIGNED-IN GUEST)

STROKE MASTERY
\$416.05 (NSRCC JUNIOR MEMBER) / \$452.02 (SIGNED-IN GUEST)

FEES ARE INCLUSIVE OF GST AND RELEVANT TESTING FEES
ALL GUESTS MUST BE SIGNED-IN BY NSRCC MEMBER

MODE OF PAYMENT : *CASH / CREDIT CARD / CHEQUE / NETS / IN-HOUSE BILLING

***PLEASE DELETE WHERE APPROPRIATE**

AUTHORISATION FOR IN-HOUSE BILLING

I, _____, MEMBERSHIP NUMBER: _____

AUTHORISE PAYMENT FOR MY CHILD'S SWIMMING LESSONS TO BE CHARGED UNDER MY MONTHLY STATEMENT OF ACCOUNT.

MEMBER'S SIGNATURE _____

DATE _____

CONSENT FORM

I, _____ (Membership Number: _____),
the Parent / Guardian of _____ understand and
accept that notwithstanding that National Service Resort & Country Club (NSRCC) has undertaken all reasonable efforts to
ensure the safety and security of all the participants and their respective belongings during Swimming Lessons at the
Resort's swimming pool, there is still some personal risks involved in participating in the Swimming Lessons.

Nevertheless, I, for and on behalf of the participant and myself, hereby accept the aforesaid risks and shall not hold NSRCC
and Eastern Aquatic Pte Ltd responsible or liable in any way whatsoever for any loss, damage or injury suffered by the
participant and / or to his personal belongings as a result of his participation in the Swimming Lesson with my consent
herein, nor shall NSRCC and Eastern Aquatic Pte Ltd be responsible or liable to any other party for the same.

Towards that end, I shall indemnify and keep indemnified in full NSRCC and Eastern Aquatic Pte Ltd from and against all
claims, demands, actions, suits proceedings of whatever nature, instituted commenced or brought by any other party against
NSRCC and Eastern Aquatic Pte Ltd in respect of any loss, damage or injury suffered by the participant as foresaid, as well
as all costs and expenses incurred thereof. Consequently, I hereby consent to the participant taking part in the Swimming
Lesson at the Resort's swimming pool.

SIGNATURE OF PARENT / GUARDIAN

MEMBERSHIP NUMBER

DATE

TERMS & CONDITIONS

1. Course Information

Course Duration	:	10 weeks term
Fees per Term	:	Beginners: \$303.85 (NSRCC Junior Member) / \$326.74 (Signed-in Guest) SwimSafer: \$416.05 (NSRCC Junior Member) / \$452.02 (Signed-in Guest) Stroke Mastery: \$416.05 (NSRCC Junior Member) / \$452.02 (Signed-in Guest) *Fees are inclusive of GST and Relevant Testing Fees* *All Guests must be signed in by NSRCC Member*
Mode of Payment	:	Cash / Credit Card / Nets / Cheque / In-House Billing
Class Ratio	:	Beginners – 1 coach : 6 students SwimSafer – 1 coach : 10 students (Minimum number of 3 students required to start a class)
Note	:	No classes are scheduled on Public Holidays Availability of time slots subjected to the number of students Kickboard required during each lesson

2. Coaches

All coaches are from Eastern Aquatic Pte Ltd. They are certified under the National Coaching Accreditation Programme (NCAP) and Singapore Swimming Proficiency Award (SSPA).

3. Certification

After completion of a 10-week term, students will undergo an assessment by the School. Upon fulfilling the required standards, they will be issued a Certificate of Achievement.

4. Term Break

Term break of one / two weeks is given at the end of a 10-week course.

5. Rain Policy (Make-up Lesson)

Make-up lessons will be conducted if classes are cancelled due to heavy rain / thunder, lightning or pool closure. However, if it rains after ½ an hour of lesson, no make-up lesson will be given. ***Students who are on medical leave or absent are not entitled to the make-up class.*** The timings for the make-up lessons will be arranged by Eastern Aquatic at his / her own discretion.

6. Consent Form

All parents are required to sign the consent form for their children who are participating in the swimming class. We regret to inform you that if the forms are not duly signed, participants would not be able to proceed with the lessons.

7. Payment

Payment for the classes must be made at the Main Lobby Reception upon registration or on the day of the 1st lesson when the new term commences.

8. Cancellation of Classes

Students are required to request their discontinuation of the classes in the form provided. Copies of the form can be obtained at the Main Lobby Reception. **However, no refund will be given if participants wish to discontinue the class.**

9. Refund

Fees will be charged accordingly once registration forms are received. **However, NSRCC will not refund in full or in part if parents decides to cancel or withdraw from swimming class.**

10. Enquiries / Feedback

Feel free to call us for enquiries or feedback at the following numbers:

Customer Service Officer 6543 5725 (8.00am – 8.00pm Daily)

Saerah Rahim 6540 8564 (9.00am – 5.00pm, Mondays to Fridays)

Students will receive a Certificate with Eastern Aquatic Pte Ltd upon completion of each 10 weeks term and the fulfillments of all criteria that are required for that particular course.

Timeslots Availability

Saturday / Sunday

2.30pm – 3.30pm

3.30pm – 4.30pm

<p style="text-align: center;">Eastern Aquatic 1 (EA 1)</p>	<ol style="list-style-type: none"> 1) Entry and Exit <ul style="list-style-type: none"> • Usage of the ladder and getting in & out of the pool 2) Confidence Activities <ul style="list-style-type: none"> • Exhale under water for 3 seconds (blowing bubbles) 3) Skill Based Activities <ul style="list-style-type: none"> • Static flutter kick against the wall with head submerge for 3 seconds • Forward glide for 3 meters • Recovery to a standing position in a shallow pool
<p style="text-align: center;">Eastern Aquatic 2 (EA 2)</p>	<ol style="list-style-type: none"> 1) Entry and Exit <ul style="list-style-type: none"> • Slide-in entry 2) Confidence Activities <ul style="list-style-type: none"> • Prone (facing down) float for 10 seconds 3) Skill Based Activities <ul style="list-style-type: none"> • Breaststroke kick with support for 15 meters • Forward glide with freestyle (flutter) kick without support for 5 meters
<p style="text-align: center;">Eastern Aquatic 3 (EA 3)</p>	<ol style="list-style-type: none"> 1) Entry and Exit <ul style="list-style-type: none"> • Step-in entry 2) Confidence / Survival Activities <ul style="list-style-type: none"> • Back float for 10 seconds • Recovery from back float position to standing position in shallow pool • Tread water for 10 seconds 3) Skill Based Activities <ul style="list-style-type: none"> • Demonstrate breaststroke arm movement • Demonstrate freestyle (front crawl) arm movement • Forward movement without support for 10 meters • Freestyle (flutter) kick with support for 25 meters
<p style="text-align: center;">Eastern Aquatic 4 (EA 4)</p>	<ol style="list-style-type: none"> 1) Entry and Exit <ul style="list-style-type: none"> • Torpedo entry (sitting dive) 2) Confidence / Survival Activities <ul style="list-style-type: none"> • Treading water for 30 seconds • Surface dive to retrieve object at a depth of 1 meter 3) Skill Based Activities <ul style="list-style-type: none"> • Ability to swim freestyle (front crawl) stroke for 15 meters • Able to swim breaststroke for 15 meters • Freestyle (flutter) kick with support for 50 meters

Students will receive their SwimSafer Certificate upon completion of the required test and the fulfillments of all criteria that are required for that particular course.

Timeslots Availability

Saturday / Sunday
3.00pm – 4.30pm

<p style="text-align: center;">SwimSafer 1</p>	<p>Sequence 1A (Swim without goggles)</p> <ul style="list-style-type: none"> • Enter the water with slide-in entry • Swim on the back, 5 meters (alternating arms and legs or simultaneous arms and legs) • Submerge head in water, open eyes, blow bubbles and identify object on pool floor • Perform a front float for 5 seconds and recover • Perform a back float for 5 seconds and recover • Swim 10 meters (alternating arms and legs action on front or simultaneous arms and legs action on front) • Signal distress and call for help • Grasp the float and float for 10 seconds • Move (with the float) to the pool's edge • Exit safely from water <p>Sequence 1B (Swim without goggles)</p> <ul style="list-style-type: none"> • Dressed in swimwear, short and t-shirt • Correctly fit a PFD and jump into water • Float for 30 seconds and climb out of water
<p style="text-align: center;">SwimSafer 2</p>	<p>Swim</p> <ul style="list-style-type: none"> • Swim 25 meters Front Crawl or Breaststroke • Swim on the back, 15 meters (alternating arms and legs or simultaneous arms and leg) <p>Survival Sequence 2A (Swim without goggles)</p> <ul style="list-style-type: none"> • Enter the water with step-in entry • Front float for 10 seconds, swim 5 meters on front, rollover and continue swimming 5 meters on back, then perform back float for 10 seconds • Scull, float or tread water for 30 seconds • Then, in chest deep water, perform a feet-first surface dive and recover an object • Resurface and exit safely from water <p>Survival Sequence 2B (Swim without goggles)</p> <ul style="list-style-type: none"> • Dressed in swimwear, shorts and t-shirt • Swim 15 meters using any survival stroke • Swim to pool edge and climb out • Correctly fit a PFD and jump into water (at least 1.4 meters deep) • Swim 25 meters with PFD and climb out of the water

<p style="text-align: center;">SwimSafer 3</p>	<p>Swim</p> <ul style="list-style-type: none"> • 50 meters continuously <ul style="list-style-type: none"> ➤ 25 meters Front Crawl ➤ 25 meters Backstroke <p>Survival Sequence 3A (Swim without goggles)</p> <ul style="list-style-type: none"> • Enter the water with stride / straddle entry • Swim 25 meters Breaststroke and 25 meters Backstroke • Scull head-first on the back for 10 seconds and recover • Scull, float or tread for another 50 seconds • Swim through hoops placed 2 meters apart (use flutter kick), swim to surface and exit pool safely <p>Survival Sequence 3B (Swim without goggles)</p> <ul style="list-style-type: none"> • Dressed in swimwear, shorts and t-shirt • Swim 25 meters to a PFD • Correctly fit a PFD in water, swim 50 meters with PFD and then climb out of the water
<p style="text-align: center;">SwimSafer Bronze</p>	<p>Swim</p> <ul style="list-style-type: none"> • Swim 100 meters continuously (in this order): <ul style="list-style-type: none"> ➤ 25 meters Front Crawl ➤ 25 meters Backstroke ➤ 25 meters Breaststroke ➤ 25 meters Survival Backstroke <p>Survival Sequence Bronze A (Swim without goggles)</p> <ul style="list-style-type: none"> • Enter the water using a compact jump (in deep water), resurface and perform a forward somersault • Tread water for 2 minutes • In at least 1.4 meters deep water, perform feet- first surface dive • Swim at pool bottom for 2 meters through hoops placed 2 meters apart • Resurface and exit pool safely <p>Survival Sequence Bronze B (Swim without goggles)</p> <ul style="list-style-type: none"> • Dressed in swimwear, shorts and t-shirt • 3 minute swimming slowly using Survival Backstroke, Sidestroke, Survival Breaststroke for 1 minute per stroke • Wave for help (rescuer to throw floatation aid) • Swim to a floatation aid and kick to pool's edge and then climb out of water

<p>SwimSafer Silver</p>	<p>Swim</p> <ul style="list-style-type: none"> • Swim (Use crouching dive for Front Crawl and Breaststroke) <ul style="list-style-type: none"> ➤ 50 meters Front Crawl (within 1:30 minutes) ➤ 50 meters Breaststroke (within 1:50 minutes) ➤ 50 meters Backstroke (within 1:40 minutes) ➤ 25 meters Sidestroke ➤ 25 meters Survival Backstroke ➤ Dolphin Kick 10 meters on front <p>Silver Sequence (Swim without goggles)</p> <ul style="list-style-type: none"> • Dressed in swimwear, long pants and t-shirt • Enter deep water using straddle jump • Perform a backward somersault • Submerge feet-first surface dive • Swim underwater for 3 meters through hoops and resurface • Swim 45 meters quickly using front crawl • Wave and call for help (rescuer to throw a PFD) • Retrieve a PFD in water and fit it while treading water • Demonstrate Heat Escape Lessening Posture (H.E.L.P.) technique • Then swim 25 meters with PFD and climb out of the water
<p>SwimSafer Gold</p>	<p>Swim</p> <ul style="list-style-type: none"> • Swim (Use standing dive entry for Front Crawl and Breaststroke) <ul style="list-style-type: none"> ➤ 100 meters Front Crawl (within 3:00 minutes) ➤ 100 meters Breaststroke (within 4:00 minutes) ➤ 100 meters Backstroke (within 3:20 minutes) ➤ 50 meters Survival Backstroke ➤ 50 meters Sidestroke ➤ 15 meters Butterfly <p>Gold Sequence (Swim without goggles)</p> <ul style="list-style-type: none"> • Dressed in swimwear, long pants and t-shirt • Enter deep water using a compact jump • Perform a head-first surface dive to a depth of 1.8 meters (perform ear equalization, if necessary) • Swim 5 meters underwater through hoops and resurface • Swim 45 meters quickly using front crawl • Swim slowly for a further 50 meters using any preferred survival swim stroke • Remove pants in deep water and make a float with it while treading water for 5 minutes • Demonstrate Heat Escape Lessening Posture (H.E.L.P.) technique for 1 minute with the self-made float • Swim 25 meters with the self-made float and climb out of the water
<p>Stroke Mastery Class (Level 1 – 4)</p>	<p>Requirement: participants are required to complete their SS Gold before applying for the Stroke Mastery class</p> <ul style="list-style-type: none"> • Stroke Mastery 1 • Stroke Mastery 2 • Stroke Mastery 3 • Stroke Mastery 4