



Swimming Program 2018

Strongman International Sports Training Centre, established since 1998, is well known for running excellent basic swimming programs and grooming excellent athletes. We are the exclusive training partner of the Triathlon Association of Singapore, and a member of the Singapore Swimming Association. We have been running swimming programs in a number of primary schools in Singapore for more than twenty years. Our swimmers have been extremely successful in the annual National Inter-Primary School Swimming Competitions. Beside Nanyang Primary School, we are also the assigned swim school for Nanyang Kindergarten and Nanyang Girls' High School.

Our swimmers are trained by highly qualified international coaches from China. These coaches are all competition swimmers at the provincial or national level in China with many years of experience. Our differentiation and key emphasis is ensuring all our swimmers have perfect stroke techniques.

Registration

Students who wish to take part in any of the above swimming programs are required to submit the attached registration form by 13th January 2018 via:

- Email to: strongmansports.intl@gmail.com
- Mailing to: 24, Cactus Drive #06-07, Singapore 809694; or
- Faxing to: 64813772.

We will collect the fees during the first swimming lesson. Payment in **Cash or Cheque** only.

For cheque payment, please made payable to: **Strongman International Sports Training Centre**

Venue: CCAB Swimming Complex (21 Evans Road S259366)

Lessons will commence on the 14th January 2018. Confirmation for enrolment is on a first come first serve basis. For beginners' classes, every coach will take care of 4 to 6 students per session. Swimming lessons are conducted by 4 quarters per year; every quarter 10 lessons (please refer to the attached time table).

Private swimming session conducted by our chief coach – Coach Guo Wei Dong can also be arranged. Please contact us for more details.

Note

There will be no replacement of lessons under the following circumstances:

- Public holidays;
- Pool declared closed by pool manager;
- Poor weather conditions; and
- Failure of students to turn up for lessons at their own accord.

Enquiries

For any enquiries, please contact our office as followed

Strongman International Sports Training Centre

Tel: 6281-0716 Fax: 6481-3772

Email: strongmansports.intl@gmail.com Website: <http://www.strongmansports.com.sg>



TIME TABLE 2018

		SAT	SUN	REMARKS
1 Quarter	JAN	13. 20. 27	14. 21. 28	17.18. Chinese New Year
	FEB	3. 10. 17. 24	4. 11. 18. 25	
	MAR	3. 10. 17.24. 31*	4. 11. 18. 25. Apr 1*	Mar31* Apr1* Rest week

		SAT	SUN	REMARKS
2 Quarter	APR	7. 14. 21. 28	8. 15. 22. 29	
	MAY	5. 12. 19. 26	6. 13. 20. 27	
	JUN	2. 9. 16*. 23	3.10. 17*. 24	16* 17* Rest week 23. 24 Staff Training day

		SAT	SUN	REMARKS
3 Quarter	JUN	30		
	JUL	7. 14. 21. 28	1. 8. 15. 22. 29	
	AUG	4. 11. 18. 25	5. 12. 19. 26	
	SEP	1	2	

		SAT	SUN	REMARKS
4 Quarter	SEP	8*. 15. 22. 29	9*. 16. 23. 30	8*. 9* Rest week
	OCT	6. 13. 20. 27	7. 14. 21. 28	
	NOV	3. 10. 17	4. 11. 18	

Training Schedule

DAY	Beginner(1hr/week)	Intermediate(1hr/week)	Advanced(2hr/week)
SAT	2.00 - 3.00PM	2.00 - 3.00PM	2.00 - 4.00PM
	3.00 - 4.00PM	3.00 - 4.00PM	
	4.00 - 5.00PM	4.00 - 5.00PM	4.00 - 6.00PM
	5.00 - 6.00PM	5.00 - 6.00PM	
SUN	8.30 - 9.30AM	8.30 - 9.30AM	8.30 - 10.30AM
	9.30 - 10.30AM	9.30 - 10.30AM	
	10.30 - 11.30AM	10.30 - 11.30AM	
	2.00 - 3.00PM	2.00 - 3.00PM	2.00 - 4.00PM
	3.00 - 4.00PM	3.00 - 4.00PM	
	4.00 - 5.00PM	4.00 - 5.00PM	4.00 - 6.00PM
	5.00 - 6.00PM	5.00 - 6.00PM	

SWIMMING FEES

Beginner/Intermediate	Advanced
\$280/Quarter	\$420/Quarter
\$520/Half Year	
\$1000/One Year	



Membership Application

APPLICANT INFORMATION

Name:		Chinese Characters	
Date of birth:	B/C No:	Gender: M / F	
Current address:		Postal Code:	

PARENT/GUARDIAN INFORMATION

Name of Parent/Guardian:			
Current Address:			
		Postal Code:	
Home Phone:	Mobile:	Office:	
Fax:	E-mail:		

EMERGENCY CONTACT

Name of a relative not residing with you:		Relationship:
Current Address:		Postal Code:
Home Phone:	Mobile:	Office:
Fax:	E-mail:	

TYPE OF COURSE

Please circle	Beginner	Intermediate	Advanced

Day:	Time:	Venue: CCAB Swimming Complex (21 Evans Road S259366)
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Please note that the lesson choice is subject to availability and we will try our best to accommodate your request.

DEADLINE FOR SUBMISSION

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LETTER OF INDEMNITY

I _____, NRIC No: _____, hereby agree to abide with the terms and conditions stated by Strongman Sports International Pte Ltd. and I am also fully aware and accept the fact that my child's participation in the lessons/activities carried out by Strongman Sports International Pte Ltd is entirely at his/her own risk. I hereby indemnify Strongman Sports International Pte Ltd., its management and staff against all liabilities which may arise from my child's participation in the said lessons/activities.

Signature of applicant:		Signature of parent/guardian:	
Date:		Date:	

MAP TO CCAB SWIMMING COMPLEX (21 EVANS ROAD S259366)

