



# SwimSafer 2.0

The ability to swim is a required learning outcome within the PE Syllabus 2014. Thus at TKPS we are offering SwimSafer 2.0 to our P3 students\* to teach them to be water-safe and acquire life-long swimming skills.

SwimSafer is a national water safety programme in Singapore introduced in July 2010 by the National Water Safety Council (NWSC). It consists of six progressive stages, each comprising 12 hours of lesson time. Survival and activity skills are taught in each stage of the programme, working progressively toward the next stage.

At the end of each stage, each child will receive a stage completion e-certificate.

SwimSafer 2.0 is an improved programme which comes with a revised syllabus and assessment, and enhanced instructor capabilities through training and re-certification to provide quality learning experience.

\* P4 for 2021 due to suspension of the programme in 2020.

# P4 SwimSafer 2.0 2021 Schedule

	Pool	Day	Time	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
4 CA	Kallang B	Mon	11am-1pm	22 Mar	29 Mar	5 Apr	12 Apr	19 Apr	26 Apr
4 HA	Katong	Mon	11am-1pm	22 Mar	29 Mar	5 Apr	12 Apr	19 Apr	26 Apr
4 IN	Geylang East	Wed	11am-1pm	24 Mar	31 Mar	7 Apr	14 Apr	21 Apr	28 Apr
4 RL	Katong	Wed	11am-1pm	24 Mar	31 Mar	7 Apr	14 Apr	21 Apr	28 Apr
4 RY	Geylang East	Thur	11am-1pm	25 Mar	1 Apr	8 Apr	15 Apr	22 Apr	29 Apr
4 RT	Kallang B	Thur	11am-1pm	25 Mar	1 Apr	8 Apr	15 Apr	22 Apr	29 Apr

Timing	Activity
1030 – 1100	P4 Recess
1100 – 1130	Travel to Swimming Complex
1130 – 1300	Swimming lesson
1300 – 1330	Return to school



# What do I need for my swimming lessons?

<p>Swim wear (swimming trunk / swimming costume / swimming suit)</p> 	<p>Plastic bag (for wet clothes and towel)</p> 
<p>Swim cap</p> 	<p>Goggles and sunblock lotion</p>
<p>Bath towel</p> 	<p>Comb/Hair brush</p> 
<p>Swimming Bag</p> 	<p>Filled water bottle</p> 

You are advised to write your name on your belongings (like swimming cap, swimming bag, school uniform, water bottle and shoes).

# What to do on my swimming day?

- Bring ALL your belongings when you line up for recess.
- Place your school bag in CCA Room 1\*.  
Bring your swimming bag and all the things you will need for your recess to the canteen.
- Fill up your water bottle during recess.
- Wait in your class lane for your PE teacher to arrive in the canteen after recess.

\* Room will be locked and opened again when you return

# What to do after the lesson?

- Swimming lesson will stop at 1.00 pm.
- Rinse away swimming pool water at shower point.
- Wipe yourself dry in the changing room and change into your school uniform.
- Remember to take all your belongings.
- Wait for the teachers at the waiting area.

