



SRC Swim School Prenatal Swimming Classes

Prenatal swimming classes can be most relaxing for pregnant women. Your risk of injury is very low because swimming takes pressure off your joints. You can enjoy that wonderful weightless feeling of being in the pool, which is especially good in the later stages of your pregnancy.

The course teaches various swimming disciplines like breaststroke, front crawl and treading water techniques.

Non-swimmer mums get to build their water confidence in a variety of routines - putting head under water, front glide and recovery and followed by proper stroke techniques.

Please consult your medical practitioner on your suitability prior to joining us in this activity.

Charges	
Individual	\$240
2 -3 per class	\$140
4 or more	\$ 120

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