



# PRIMARY 4 SWIMSAFER PROGRAMME



**SwimSafer**  
Have Fun, Swim Safe

# DESCRIPTION OF SWIMSAFER PROGRAMME

- SwimSafer is a **compulsory** national water safety programme introduced by the National Water Safety Council (NWSC) in July 2010
- At the end of each stage, students will receive a **stage completion certificate** indicating their individual skill achievements.
- A **badge** will be awarded upon the completion of each stage.

# OBJECTIVES

**At the end of the programme, students will be able to:**

1. Build water confidence and develop independence in the water;
2. Learn general and deep-end water safety;
3. Learn safe entry and exit of the pool; and
4. Be exposed to personal water survival skills.

# SWIMMING STAGES

- Stage 1 :** Introduction to Water Skills
- Stage 2:** Fundamental Water Skills
- Stage 3:** Personal & Stroke Development Skill
- Bronze:** Personal Survival & Stroke Improvement Skills
- Silver:** Intermediate Personal Survival & Stroke Refinement Skills
- Gold:** Advance Personal Survival & Swimming Skill Proficiency

# SWIMMING STAGES



**Have you completed any of these stages?**

# SWIMMING SCHEDULE

## Time:

11.00 am – 1.30 pm (5 periods of PE Lessons)

## Venue:

PSOEB (Physical, Sports & Outdoor Education Branch)

CLASS	DAY	VENUE	SESSIONS & DATES							
			1	2	3	4	5	6	7	8
4 Care	Tuesday	PSOEB	27 Jun	4 Jul	11 Jul	18 Jul	25 Jul	1 Aug	22 Aug	29 Aug
4 Graciousness	Wednesday	PSOEB	28 Jun	5 Jul	12 Jul	19 Jul	26 Jul	2 Aug	23 Aug	30 Aug
4 Resilience	Wednesday	PSOEB	28 Jun	5 Jul	12 Jul	19 Jul	26 Jul	2 Aug	23 Aug	30 Aug
4 Integrity	Friday	PSOEB	30 Jun	7 Jul	14 Jul	21 Jul	28 Jul	4 Aug	11 Aug	18 Aug
4 Respect	Friday	PSOEB	30 Jun	7 Jul	14 Jul	21 Jul	28 Jul	4 Aug	11 Aug	18 Aug

# PACKING LIST



**Small Bag**



**Swimming Attire**



**Goggles**



**Sunblock Lotion**



**Bath Towel**



**Swimming Cap**

# PACKING LIST



**A pair of slippers**



**Water Bottle**



**Plastic / Ziploc Bag**



**Toiletries**



**Light Snacks**



**Undergarments**



# SWIMMING DAY SCHEDULE

TIME	ACTIVITY	REMARKS/THINGS TO NOTE
8:00 am to 10:30 am	Lessons as per normal	Please refer to daily timetable provided by Form Teachers
10:30 am to 10:50 am	Recess	Light Snacks/Refreshments.
10:50 am to 11:00 am	Outfit Change	Students to change to swimming attive and wear it under PE Attire. Report to <b>FOYER</b>
11:00 am to 11:30 am	Journey to Venue	Two-way Transport to Evans Swimming Complex
11:30 am to 12:30 pm	Swim Time	Students will be grouped according to various stages.
12:30 pm to 12.50 pm	Wash Up & Snack Break/Lunch	Students to do a quick wash up and change to PE attire.
01:00 pm to 01:20 pm	Journey to School	Board Transport back to Cantonment Primary School
01:20 pm to 01:30 pm	Lessons resume	For Wednesday and Friday
01:20 pm to 03:00 pm	Lessons resume	For Tuesday only (4 CA)

# **BACK IN SCHOOL**

- Students will alight the bus in a safe and orderly manner and head back to the classroom.
- Lessons will resume as per normal until dismissal.

# Q & A?

**If you may have any other questions, please reach out to**

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**Mr Wilbert Tan - [Wilbert\\_tan@schools.gov.sg](mailto:Wilbert_tan@schools.gov.sg)**

# THANK YOU!

"When life gets you down, you  
know what you gotta do?"



Just keep **SWIMMING.**"