

Be a Junior Seal Lifesaver!

What is it?

The Junior Seal Programme equips your child (10-16 years old) with the essential rescue skills needed in an emergency situation. A Junior Seal Lifesaver develops water safety, confidence and endurance to execute basic rescues. Not forgetting the FUN element of learning through the exposure to lifesaving sport.

Duration per session: 1 hour

Certification

The in-house certification is a progression for your child as they prepare and pick up various lifesaving skills before progressing to take certification issued by the Singapore Life Saving Society (SLSS).

Fees

\$280/term exclude GST (Members)

\$360/term exclude GST (Public)

*There are a total of 16 sessions per term.

** Free training kit (ocean cap, fins) for first 30 sign ups

Frequency Asked Questions

What is lifesaving?

A hidden gem in Singapore, Lifesaving sport is one of the few humanitarian sports in the world to equip lifesavers to become better. Lifesaving sport was introduced to further develop and demonstrate lifesaving skill and fitness in both the pool and ocean. Find out more about lifesaving sport here:

www.lifesaving.sg

Who can take part?

The Junior Seal Programme is suitable for children aged 10-16 years old who are able to swim 100 meters of any recognised stroke

The Lifesaving pathway

10-13 years old

Students attain their Torpedo Junior Seal 1, Torpedo Junior Seal 2 and Torpedo Junior Seal 3 certifications, and compete in junior competitions



14 - 16 years old

Students can progress to attain SLSS Lifesaving 123, CPR, and Bronze Medallion (BM) certification and train to be an elite junior athlete



16 years old and up

Students have the opportunity to be a certified lifeguard, represent tertiary institutes, and compete at National level competition

Frequency Asked Questions



Who is the coach?

Coach Grace was part of the 2018 National Lifesaving Team. In that same year, Grace achieved 4th place for the 12.5m Line Throw, the highest placing that Singapore has attained on the world stage.

As the 2018 National record holder and accredited Lifesaving Instructor; Coach Grace's ambition is to inspire the next generation of young lifesavers to immerse themselves in the sport.

How do I enrol my child?

For enquiries, please contact us via Whatsapp @ [+65 8482 1982](https://www.whatsapp.com/business/profile/6584821982) or email us @ lifesaving@torpedoswim.com.sg.

Visit our website for more information:

<https://www.torpedoswim.com.sg/programs.html>