



Sports Schooling – ISA Certificate of Swim Instruction (Level 1)

Course Outcomes

Pedagogical Approach:

- Possess knowledge of Sports Schooling swim curriculum for Toddlers, Beginners and Low intermediate levels
- Understand pedagogy of swim instruction and effective communication with kids
- Comprehension of developmental age of children and how this translates to our learn to swim curriculum

Technical Skills:

- Identify errors and has the ability to correct swimmers when teaching:
 - Frontcrawl
 - Backstroke
- Understand the full stroke mechanics, coordination and teaching progressions of:
 - Frontcrawl
 - Backstroke
- Understand the stroke mechanics of:
 - Breaststroke
- Basic understanding of:
 - Butterfly

Class management & interaction:

- Able to set up the class - Introduction of rules and boundaries
- Competent in running 2-men circle swim
- Able to engage and assess a trial or make-up swimmer in the school
- Able to structure lesson plan and maximize practice for beginner level classes

Pre-requisites

1. At least 16 years of age
2. Valid CPR/First Aid certification (to be attained before commencement of floating)

52 hours of Traineeship

Shadowing - 12 hours

Trainee instructors will begin their traineeship by shadowing our coaches during classes. The objective of this phase is to familiarize oneself with how coaching classes are conducted and be responsible for basic class organisation.

Attachment – 12 hours

Trainee instructors will be responsible for class organisation, management and reinforcing basic swim skills, all with the guidance of the main swim instructor.

Floating Practice – 28 hours

Trainees will be tasked to manage segments of a class on their own, under the close supervision of a main swim instructor. Feedback and critique will be given to the Trainee Instructor at the end of the lesson.

Theory Lessons:

Approximately 10 hours of self-study, face-to-face/online classes.

Practical Lessons:

Approximately 10 hours of face-to-face classes.

Requirements for Successful Completion of Course (issuance of certificate):

- Theory Assessment – Pass
- Practical Assessment – Pass
- On-the-Job Training – Minimum 52 hours completed & positive peer feedback

Batch 14 Schedule

Date	Location	Time	Lesson No.
18-Jul (Mon)	XCL	7:30pm-9:30pm	Theory 1 + Practical 1
20-Jul (Wed)	XCL	7:30pm-9:30pm	Theory 2 + Practical 2
25-Jul (Mon)	XCL	7:30pm-9:30pm	Theory 3 + Practical 3
27-Jul (Wed)	XCL	7:30pm-9:30pm	Theory 4 + Practical 4
1-Aug (Mon)	XCL	7:30pm-9:30pm	Theory 5 + Practical 5
3-Aug (Wed)	XCL	7:30pm-9:30pm	Theory 6 + Practical 6
8-Aug (Mon)	XCL	7:30pm-9:30pm	Theory 7 + Practical 7
10-Aug (Wed)	XCL	7:30pm-9:30pm	Practical 8
15-Aug (Mon)	XCL	7:30pm-9:00pm	Practical 9
17-Aug (Wed)	XCL	7:30pm-9:30pm	Practical 10
22-Aug (Mon)	XCL	7:30pm-9:00pm	Theory Assessment
24-Aug (Wed)	XCL	7:30pm-9:30pm	Practical Assessment

Course Fees & Bond Option

- \$100 Non-refundable Subsidized course fees upon confirmation after interview
- With signing a 1 Year coaching bond of minimum 6 hours per week, the full course fees will be waived. Bond hours will be calculated upon completion of attachment & floating hours.
- During the 1 year bond, coaches are to only coach exclusively with Providers under Sports Schooling.
- Should the bond be broken or an individual drops out of the Swim Instruction course midway, the penalty will be the full cost of the course fees.

Swim Training for Coaches

- We have a coaches swim training session (Days TBC)
- Coaches can join this swim training session at no cost and are strongly encouraged to attend
- Objective of the training session is to improve general fitness and swim technique
- New coaches are required to attend at least 4 sessions within 4 weeks of course completion