

Level 1 Coaching (Swimming)

Awarding Body: Swim Ireland/Coaching Ireland

Proposed Timetable: Coaching Level 1 at Tuam Swimming Club

Date	Time	Theory/Pool	Theory Hrs	Pool Hrs
Sun 8 th December	12.00 – 4.30.	Theory	4.5	
Thurs 28 th nd Dec	2.00-5.00	Theory	3	
	6.00 – 8.00	Practical		2
Fri 29 th Dec	10.00- 12.00	Pool Practical		2
	1.00 – 3.30	Theory	2.5	
	4.00 – 6.00	Pool Practical		2
Sat 30 th Dec	10.30-11.30	Pool Practical		1
	12.00-5.00	Theory	5	
Unit 1 complete			Tot: 15 hrs	7 hrs
Thurs 2 nd Jan	12.00 – 5.00	Theory	5	
	6.00 – 8.30	Pool Practical		2.5
Fri 3 rd jan	10 00 – 12.30	Pool Practical		2.5
(Exam included)	1.00 – 4.00	Theory	3	
Unit 2 Complete			Tot: 8 hrs	5 hrs
Total Hours for Unit 1 and Unit 2			23 Hrs	12 Hrs