

Level 2 Swimming Teacher Course Overview

Pre-Course - ONLINE (12-16 hours)

- Completion of the STEP Online Modules Level 2 Swimming Teacher

Virtual Classroom (18 hours)

- Swim Ireland Tutor delivery through Go To Training – Virtual Classroom platform

	Duration	Content
Module 1	3 hours	Scientific Principles, Core Aquatic Skills, Front crawl and promoting aquatics
Module 2	3 hours	Backstroke, Development of Front crawl, Planning and SI School Swimming Programme
Module 3	3 hours	Breaststroke, Development of Backstroke, Personal Safety, Responsibilities, Planning and SI Learn to Swim Programme
Module 4	3 hours	Butterfly, Development of Breaststroke and Planning
Module 5	3 hours	Development of Butterfly and Planning
Module 6	3 hours	Understanding participant assessment

Practical (20 hours)

	Duration	Content
Module 7	2 hours	Virtual Classroom: Lesson Planning and Practical briefing and preparation
	6 hours	Practical: Swimming Lessons (2 x 3 hour blocks of lessons delivered across 2 days) Teaching and managing swimming lessons through a variety of methods, develop core aquatic skills, utilise motivational techniques and demonstrate effective communication skills, customer service and evaluation of own performance
	2 hour	

Level 2 Swimming Teacher Course Overview

		Practical: Additional Practical eg Micro-teaching, Skill/Stroke Analysis (2 x 1 hour blocks delivered across 2 days)
Module 8	6 hours	Practical: Swimming Lessons (2 x 3 hour blocks of lessons delivered across 2 days) Teaching and managing swimming lessons through a variety of methods, develop core aquatic skills, utilise motivational techniques and demonstrate effective communication skills, customer service and evaluation of own performance
	2 hours	Practical: Additional Practical eg Micro-teaching, Skill/Stroke Analysis (2 x 1 hour blocks delivered across 2 days)
	2 hours	Virtual Classroom: Tutor 1-2-1 Feedback