

SWIM IRELAND

W.I.S Level 2 Coaching & Mentoring Course Timetable

April 14th – 19th 2019

Please note, candidates who cannot attend the full course schedule, should not apply and will not be accepted onto the course.

| Date | Time | Activity | Location |
|----------------------------------|---------------|----------------------------------|--|
| Sunday April 14 th | 15:00 – 18:00 | Theory | Sport HQ: Conference Room & Room 1 (if second course running) |
| Monday April 15 th | 05:45 – 07:45 | Pool | NAC |
| | 08:45 – 16:30 | Theory (1 hr lunch included) | Sport HQ |
| | 16:45 – 18:45 | Pool | NAC |
| Tuesday April 16 th | 13:00 – 16:00 | Theory (30min break included) | Sport HQ |
| | 16:45 – 18:45 | Pool | NAC |
| Wednesday April 17 th | 05:45 – 07:45 | Pool | NAC |
| | 08:00 – 09:30 | Theory | NAC* TBC |
| | 09:30 – 11:30 | Pool Skills Practical | NAC* |
| Thursday April 18 th | 13:00 – 16:00 | Theory (30min break) | Sport HQ |
| | 16:45 – 18:45 | Pool | NAC |
| Friday April 19 th | 05:45 – 07:45 | Pool | NAC |
| | 08:45 – 16:30 | Theory (1 hr Lunch) | Sport HQ |
| | 16:45 – 18:45 | Pool | NAC |