



## SEQ Level 1 Swimming Assistant (Teaching) Qualification

### Overview

This qualification will provide you with the essential knowledge and skills needed to assist a qualified Swimming Teacher in delivering high quality inclusive swimming lessons in a range of settings, for example at a leisure centre, swim school or club learn to swim programme.

### What does this course cover?

You will learn about:

- The role and responsibilities of a Swimming Assistant
- The participant journey; Fundamental Movement Skills (FMS) and Core Aquatic Skills (CAS)
- The component parts of the strokes
- The scientific principles in swimming
- How to create an inclusive environment
- The purpose of components of a swimming lesson
- How to support participants and the Swimming Teacher
- How to demonstrate effective communication skills
- How to review your own performance

By the end of this course, you will be able to assist a qualified Level 2 Swimming Teacher.

### What is the cost of attending the course?

The cost of the course is £350 and will be invoiced on completion of the course.





## Course Details

We are running 2 courses in April 2024. To achieve the qualification, you must complete one of the 3 day courses.

### Course 1

Dates: Friday 12<sup>th</sup> April, Saturday 13<sup>th</sup> April and Sunday 14<sup>th</sup> April 2024.

Time: 9.00am – 3pm

Venue: St Peter's C Of E Primary School, Barn Ln, Budleigh Salterton EX9 6QF

To sign up to this course please complete this online form by Friday 5<sup>th</sup> April 2024

[Book your place here](#)

### Course 2

Dates: Monday 22<sup>nd</sup> April, Tuesday 23<sup>rd</sup> April and Wednesday 24<sup>th</sup> April 2024

Time: 9.00am – 3pm

Venue: Woodwater Academy, Woodwater Ln, Exeter EX2 5AW

Closing Date: Monday 15<sup>th</sup> April 2024

To sign up to this course please complete this online form by Monday 15<sup>th</sup> April 2024

[Book your place here](#)

### What Next?

For those wanting to progress from the SEQ Level 1 Swimming Assistant (Teaching) qualification, we are planning to host the SEQ Level 2 Teaching Swimming qualification early in the summer term. Please complete this form to receive more information once the course has been confirmed.

[SEQ Level 2 Teaching Swimming Qualification](#)

**Contact** - If you require any further information about this course please contact Lisa Alford on [lisa.alford@activedevon.org](mailto:lisa.alford@activedevon.org) or 07582 350349.

