



## Foundation Course Time Table

### Day One

08.30 am	Registration and Introductions
09. 45 am	History and Philosophy of the Halliwick Concept
09.00 am	Breathing control
09.20 am	Video – Breath taking
09.45	Coffee
10.00 am	The Ten Point Programme
11.00 am- 12.00	The Effects of Water 1
12.00-12.45	Lunch
12.45-1.15	Video – Entries, exits and supports
1.15	Depart for pool
1.30-3.00	<b>Pool</b> – Entries, Exits and Supports
3.00 pm	Change
3.15	Tea
3.45 pm	Depart for Pool and Change
4.00 pm – 5.30	<b>Pool</b> (Points 1-4)
5.30 pm	Change
5.45 pm	Depart

### Day Two

08.30 am	Effects of Water 2
09.15 am	Why no flotation aids
09.30 am	Structure of H. AST and Training in the Halliwick Method
10.00 am	Issues surrounding Moving and Assisting
10.30 am	Poolside safety
11.00 am	Coffee
11.15 am	Change
11.30 am-1.00	Pool (Points 5 & 6)
1.00 pm	Change
1.15 pm	Lunch
2.00 pm	Communication and Equality
2.30 pm	Safety, care, and effects of water on people with disabilities group activity
3.30 pm	Tea
3.45 pm	Change
4. 00 pm	Pool (Points 7-10)
5.30 pm	Change
5.45 pm	Depart

## Foundation Course Time Table

### Day three

09 00 am	Badge Testing
09 45 am	Games and activities
10 00 am	Use of Singing and Music
10.15 am	Coffee
10.20 am	Video – Another kind of playground /
11.15 am	Depart for the pool
11.30 am- 1.00	<b>Pool</b> personal skills and badge testing
1.00 pm	Change
1.15 pm	Lunch
2.00 pm	Ten Point Programme problem solving
2.30 pm	Teaching Techniques
3.15 pm	Groups and Grouping/ problem solving Exercise in grouping swimmers
3.45 pm	Tea
4.00	Depart for pool
4.15 pm – 5.45	<b>Pool</b> games
5.45 pm	Change
6.00 pm	Depart

### Day four

08.30 am	Progress, assessing and recording
09.00 am	Plan programmes based on badge tests
10.00 am	Coffee
10.15 am	Depart for the pool
10.30 am – 11.45	<b>Pool</b> Participants teach the programme based on badge levels (to be videoed)
11.45 pm	Change
12.00 pm	Lunch
12.45 pm	Review of pool session, using the video and participants observation
1.30 pm	Plan pool session based on Ten Point Programme
2.15 pm	Depart for pool
2.30 pm – 3.30	<b>Pool</b> Participants teach the programmes based on the TPP Immediate feedback
3.30 pm	Change
3.45 pm	Tea /Appraisal /Depart

