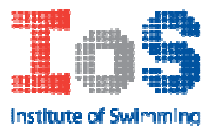


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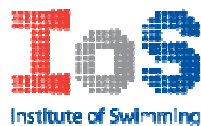
Name: _____

Centre/swim school: _____

County: _____

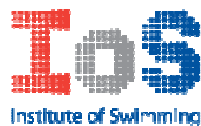
CPD Title	QA	Brief	Aimed at	How many staff would you have that would like to attend	Would you like to host this CPD?
Adult & Child	QA0038	This seminar is to enable teachers to deliver a confident and competent Adult and Child class or for those Level 2 Teachers who may wish to pursue the Level 2 Adult and Child Teaching qualification. To understand the fundamentals and relevant information needed to run a successful class.	ASA Level 1 or 2 Aquatic Teachers		
Aqua Kids	QA0033	Designed for teachers to deliver a session of cardio based games, It draws its route from a fun based aqua aerobics class.	ASA Level 1 or 2 Aquatic Teachers		
Aquatic Advisor	QA0065	This seminar aims to give Centre based Customer Facing Staff the skills to promote & direct customers to the right aquatic activity for them	Centre based Customer Facing Staff		
Aquatic Champion (funded by Kellogg's)	QA0060	This seminar is designed to provide people with knowledge that will enable them to actively encourage and motivate people to take part in aquatics and swimming as a method of following healthier lifestyle	Those who are looking to help others access aquatic activity within the pool		
ASA/NSPCC Time To Listen	QA0021	This programme provides the opportunity to consider the roles and responsibilities of Club Welfare Officers and the action taken should any incident occur	Club Welfare Officers that must that have attended the scUK Safeguarding and Protecting Children workshop		
ASA/scUK Safeguarding And Protecting Children	QA0020	Protect yourself, the young people you are coaching and your employer by understanding and following good coaching practice. Learn about child protection and how to handle situations if you have concerns.	All those working with young people		
Coaching Disabled Swimmers	QA0034	This seminar is designed to give coaches a better understanding of coaching disabled swimmers, and highlight ways that coaching practices can be adapted to ensure that disabled swimmers get the best from training in mainstream clubs	ASA Level 1, 2 or 3 Swimming Coaches		
Cross Training – Ideas for Coaches	QA0046	This seminar will help develop Swimming Coaches understand cross training activities and the positive role they can play in swimmer development.	ASA Level 2 or 3 Swimming Coaches		
Developing Butterfly	QA0052	This seminar aims to assist teachers and coaches develop understanding and confidence to develop effective teaching and coaching practices within their programmes.	ASA Level 1 or 2 Swimming Coaches		
Effective Communication and Feedback for Swimming Teaching and Coaching	QA0044	This seminar aims to provide both swimming teachers and coaches with further skills and tools to communicate their message more fluently and have a significant impact upon the learning taking place.	ASA Level 1 or 2 Aquatic Teachers or ASA Level 1 or 2 Swimming Coaches		

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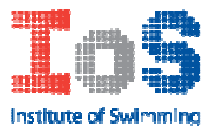
CPD Title	QA	Brief	Aimed at	How many staff would you have that would like to attend	Would you like to host this CPD?
Effective Sculling Techniques & Development into the 4 Strokes	QA0011	Swimming teachers will become aware of how beneficial sculling is to the swimming strokes. If a pupil can scull effectively it can give them a 'feel' of the water and the propulsive phases of the strokes become more effective and efficient.	ASA Level 1 or 2 Aquatic Teachers		
Expert Witness	QA0051	This seminar provides the delegate with the skills to be an expert witness as part of an IoS delivered ASA Level 2 course. Candidates attach to the expert witness and co-delivers for 6 sessions. The expert witness provides evidence for the candidates assessment	Those that hold an ASA Level 2 in chosen discipline for 2 or more years and hold an ASA teacher/coach licence		
Foundation Level NPTS An Active Start 'Swim a Song'	QA0050	Introduce/revise the principles of LTAD Active Start. Link key milestones in development of pre-school children to Aquatic activities. Use of play in general, specifically Swim a Song. Task in groups to improve knowledge and recognition of Development Stages. Task in pairs to improve knowledge of correct support positions.	ASA Level 2 Aquatic Teachers (including those that hold ASA Adult & Child Water Activities)		
Improving Backcrawl	QA0062	This seminar is designed to give Level 2 Teachers a more in-depth knowledge of the stroke and the latest techniques and ideas for teaching them.	ASA Level 2 Aquatic Teachers		
Improving Breaststroke	QA0061	This seminar is designed to give Level 2 Teachers a more in-depth knowledge of the stroke and the latest techniques and ideas for teaching them.	ASA Level 2 Aquatic Teachers		
Improving Butterfly	QA0063	This seminar is designed to give Level 2 Teachers a more in-depth knowledge of the stroke and the latest techniques and ideas for teaching them.	ASA Level 2 Aquatic Teachers		
Improving Frontcrawl	QA0064	This seminar is designed to give Level 2 Teachers a more in-depth knowledge of the stroke and the latest techniques and ideas for teaching them.	ASA Level 2 Aquatic Teachers		
Including Disabled Swimmers – Yes or No?	QA0041	This seminar is designed to give Aquatics Teachers the confidence to work with swimmers with disabilities. The sessions should provide experience of working with swimmers with a disability.	ASA Level 1 or 2 Aquatic Teachers		
Injury Prevention & Management Ideas for Swimming Coaches	QA0045	This seminar will help develop Swimming Coach's understanding of specific and practical injury prevention and management activities and the positive role they can play in swimmer development.	ASA Level 2 or 3 Swimming Coaches		
Integrating Autistic Children into Mainstream Swimming Lessons	QA0055	This workshop will equip you with the basic knowledge required to effectively interact with and teach autistic children within a swimming lesson	ASA Level 1 or 2 Aquatic Teachers or Swim Scheme Coordinators or Swimming Development Officers		
Introduction To Backstroke	QA0002	Covers Back Crawl using the 'BLABT' principle. It looks at all aspects of Back Crawl for the beginner swimmer and gives examples of good teaching points for each technical area.	ASA Level 1 or 2 Aquatic Teachers or ASA Level 1 or 2 Swimming Coaches		
Introduction To Breaststroke	QA0003	Covers Breaststroke using the 'BLABT' principle. It looks at all aspects of Breaststroke for the beginner swimmer and gives examples of good teaching points for each technical area.	ASA Level 1 or 2 Aquatic Teachers or ASA Level 1 or 2 Swimming Coaches		
Introduction To Butterfly	QA0004	Covers Butterfly using the 'BLABT' principle. It looks at all aspects of Butterfly for the beginner swimmer and gives examples of good teaching points for each technical area.	ASA Level 1 or 2 Aquatic Teachers or ASA Level 1 or 2 Swimming Coaches		

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CPD Title	QA	Brief	Aimed at	How many staff would you have that would like to attend	Would you like to host this CPD?
Introduction To Frontcrawl	QA0001	Covers Front Crawl using the 'BLABT' principle. It looks at all aspects of Front Crawl for the beginner swimmer and gives examples of good teaching points for each technical area.	ASA Level 1 or 2 Aquatic Teachers or ASA Level 1 or 2 Swimming Coaches		
NPTS: Flip N Fun	QA0009	This will provide you with the technical knowledge to deliver FUNdamental diving skills from the poolside. It covers basic diving positions, dry land practices and key teaching points. It enables you to deliver NPTS Stages 8, 9 & 10 Diving	ASA Level 2 Aquatic Teachers		
NPTS: Aqua Fun	QA0022	An Introduction to Synchronised Swimming. Leading from basic skills to the development of a programme and enables the teacher to deliver NPTS Stages 8, 9 & 10 Synchro.	ASA Level 2 Aquatic Teachers		
NPTS: Mini Polo	QA0024	This seminar provides you the skills to deliver mini polo (a basic version of water polo) and enables the teacher to deliver NPTS Stages 8, 9 & 10 Water Polo	ASA Level 2 Aquatic Teachers		
NPTS: Competitive Swimming	QA0036	This CPD is designed to equip swimming teachers with information and ideas, which will facilitate their understanding of competitive swimming. This seminar enables the teacher to deliver NPTS Stages 8, 9 & 10 Competitive Swimming	ASA Level 2 Aquatic Teachers		
NPTS: Fundamentals	QA0032	This seminar will provide the teacher with an understanding of the basics of LTAD and the use of FUNdamentals and games to deliver FUN and innovative swimming lessons.	ASA Level 1 or 2 Aquatic Teachers		
NPTS: Overview	QA0031	This seminar will provide an insight into the philosophy, and synergy with other aquatic routes and a clear understanding of how the NPTS programme has been developed.	Swim Scheme Coordinators		
Planning, Periodisation and Monitoring	QA0042	This seminar is designed to equip Coaches with the knowledge of planning a season for their club/squad swimmers and to understand the basic principles in developing macro, meso and micro cycles into a programme.	ASA Level 2 Swimming Coaches		
RLSS UK Rookie Instructor Course for ASA Teachers (3 hr)	QA0040	This seminar will provide qualified swimming and aquatic teachers with the knowledge, skills and ability to train and assess the RLSS UK Rookie Lifeguard programme.	ASA Level 2 Aquatic Teachers		
RLSS UK Rookie Instructor Course for ASA Teachers (6 hr)	QA0039	This seminar will provide qualified swimming and aquatic teachers with the knowledge, skills and ability to train and assess the RLSS UK Rookie Lifeguard programme.	ASA Level 2 Aquatic Teachers		
Swim Strength – An Introduction To Swim Strength And Conditioning	QA0012	This first module takes a well-rounded approach to the role of strength work within swimming and explains where gains can be made in race situations for all strokes. The seminar covers the equipment used, training guidelines and how strength work can fit in with the LTAD model.	ASA Level 2 or 3 Swimming Coaches		
Swim Strength – Complex Land Training For Swimming	QA0013	This seminar provides an introduction and background to strength training in swimming and provides an overview of Complex training and how it can be applied. This is useful for all strokes but especially sprinters due to the high force producing nature of the race.	ASA Level 2 or 3 Swimming Coaches		
Swim Strength – Floor And Medicine Ball Based Strength Development	QA0015	This seminar provides an introduction and background to strength training in swimming and focuses on the use of the floor/bodyweight and Medicine Balls to develop key areas within the swimmer.	ASA Level 2 or 3 Swimming Coaches		

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CPD Title	QA	Brief	Aimed at	How many staff would you have that would like to attend	Would you like to host this CPD?
Swim Strength – Injury And Prevention	QA0018	The seminar covers the issues surrounding swimmers' shoulder injuries, the lower back and the Hamstring complex.	ASA Level 2 or 3 Swimming Coaches		
Swim Strength – Starts And Turns	QA0019	This forward thinking seminar explains how strength and conditioning training can help the swimmer improve starts and turns in all strokes.	ASA Level 2 or 3 Swimming Coaches		
Swim Strength – Swiss Ball And Bands	QA0014	This seminar provides an introduction and background to strength training in swimming and focuses on the use of Swiss Balls and elastics to develop key areas within the swimmer. There is a strong focus on the 'core' region.	ASA Level 2 or 3 Swimming Coaches		
Swim Strength – Time And Equipment Limited Training	QA0017	This seminar provides an introduction and background to strength training in swimming and provides an exercise guide for coaches that don't have access to equipment and want to provide strength training for swimmers.	ASA Level 2 or 3 Swimming Coaches		
Swim Strength – Training Sprint Swimmers & Periodisation	QA0016	This seminar provides an introduction and background to strength training in swimming and provides coaches with exercises to focus on with sprints swimmers and planning and organisation of strength training linked to the principles of periodisation	ASA Level 2 or 3 Swimming Coaches		
Teaching Nervous Adults	QA0056	This seminar is designed to give an insight into teaching adults and suggest strategies to successfully overcome their fears.	ASA Level 2 Aquatic Teachers		
Teaching Swimming to Disabled Children	QA0053	This seminar is to help swimming teachers use their existing knowledge to integrate disabled children into mainstream swimming lessons.	ASA Level 2 Aquatic Teachers		
Teaching Teenage Non-swimmers	QA0058	This seminar is designed to give Level 2 Aquatic Teachers the skills to deliver effective sessions to Teenage Non-Swimmers	ASA Level 2 Aquatic Teachers		
Teaching Turns	QA0005	The seminar looks at the transferable skills needed for all turns and turns for each of the four strokes, looking at the elements and the different skills needed to perfect the turn.	ASA Level 2 Aquatic Teachers Or ASA Level 2 Swimming Coaches		
Underwater Hockey	QA0059	This seminar aims to give aquatics teachers the skills to deliver underwater hockey beginner sessions	ASA Level 2 Aquatic Teachers or ASA Level 2 Swimming Coaches		
Voice Protection And Projection	QA0023	Learn to protect and project your voice to ensure your message gets across while avoiding permanent damage. Learn techniques for powering the voice on the breath, improving clarity and range.	All ASA Teachers or Coaches		
Working with Children with Educational Difficulties (Medical, physical and behavioural challenges to education)	QA0027	An introduction & overview of common barriers to learning. It explains the conditions, syndromes & disorders and gives strategies for managing the behaviour, to help non-specialist swimming teachers working with a class containing 1 or 2 pupils with special needs.	ASA Level 1 or 2 Aquatic Teachers		