

Halliwick Association of Swimming Therapy

One-Day Halliwick Introductory Course

One day training in Halliwick is often requested by schools and other establishments. This day is to give a flavour only and it is suggested that at least one person from the establishment should attend the full Foundation Course, or the establishment might wish to run a full course for their staff.

Course Organiser's Guidelines

Facilities required

1. Lecture room with data projector and laptop with PowerPoint./DVD player
2. Screen
3. A table for display items
4. Flipchart and pens
5. Pool - see appropriate section in '**Organisation Pack for Halliwick Foundation Courses**' regarding depth, temperature etc.

[Download 'Organisation Pack for Halliwick Foundation Courses'](#)

Organisation

Approach a Halliwick Registered Lecturer (for a list go: [Contact a Halliwick Lecturer](#))

or contact Halliwick AST Education Secretary, Veronica Boys at ymb@rmwtooting.co.uk

1. Complete the relevant parts of the 'One-day Halliwick Course Registration Form' after which numbered certificates will be sent to the Lecturer.
2. Consult with a Halliwick AST Lecturer, to decide on the most suitable timetable and exact contents required. The lecturer will provide a draft timetable when the course is registered.

Costs

1. £200 registration is payable to Halliwick AST
2. The lecturer's fee will be in the region of £275.00 a day
3. Expenses (travel @ 40p a mile, accommodation if necessary, photocopying)
4. Hire of facility and administration

Number of participants

This will depend on area of useable pool. (See appropriate section in 'Organisation Pack for Halliwick Foundation Courses' regarding requirements.) 16 is usually the maximum for one lecturer, but on discussion with the lecturer the number may be increased to 24.

It may be appropriate to take fewer participants in order to give them more individual attention in the pool.

Proposed Content

Outline of Halliwick AST

The Ten Point Programme

Why we do not use floatation aids

Breath Control

Use of volunteers/carers

DVDs as appropriate

Practical pool work relevant to the client group