



Institute of Swimming

An IoS Course leading to a certificate in

# ASA/UKCC Level 1 Coaching Diving

(To support a more qualified teacher in the delivery of a pre-planned session, under supervision)

The Quays, Southampton

Fri 30/7/10 – 9am – 6pm

Sat 31/7/10 – 12-6pm

Sun 1/8/10 – 9am – 6pm

Thu 19/8/10 – 9am – 6pm

Fri 20/8/10 – 9am – 6pm

Sat 21/8/10 – 12 – 6pm

Course Cost – Unit 1&2 - £370

Unit 2 Only £220

### Entry Requirements:

- 16 years old
- No prior certificate required

**For a booking form please visit**

[www.swimming.org](http://www.swimming.org) or call Marie Gouldby on 01509 640469 or  
marie.gouldby@swimming.org. For general course enquiries please  
email [chris.walker@swimming.org](mailto:chris.walker@swimming.org).