



2023/2024

| What is your pre-course knowledge of this area? What are your current experiences/involvements in swimming? | Any further comments? |
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| Have taught top groups at swimming sessions ... completed this course or something similar twice before ... | I thought the pool aspect of the day was the best I've ever been to. |
| I have done swimming training before ... | The teachers were great! Zoe was fab, welcoming and friendly ... Thank you! ... Thoroughly enjoyed my day. |
| I did the course 5 years ago. I occasionally support swimming lessons. | It is very fast paced, there is a lot of content ... You three ladies were lovely and very kind, I was very anxious about the training ... you were very calming ... so thank you. |
| ... basic knowledge ... | Brilliant day - I have learned a lot, many thanks |
| I have attended swimming lessons with the children in my school and supported a deaf child on poolside with instructions and sign support. | I really enjoyed this course and it has helped me feel more confident. Thank you! |
| ... Re qualification ... | I thought the course was excellent. Although I had been on it before there was lots of information that I had not remembered. ... I had a great day and the course was very well presented by all Instructors. |
| I was an assistant swim teacher and county swimmer when younger | Thank you! |
| I didn't have any knowledge | Very well organised, happy , friendly and knowledgeable staff. |
| I teach year 4 so go swimming with them every Monday but not pool side. I am now excited to go pool side after the course! Pre course knowledge was only from what I was taught when I learnt to swim so it has been very informative. | Great day, very informative and the session was delivered perfectly by Zoe, Georgie and Sharon. Thank you! |
| I've worked a little bit with kids in the swimming | I thought the whole team were very supportive, |

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| pool but not much | clear with their ideas and passionate about swimming. Best course I've been on in quite a while. |
| Attend current y5 swim lessons | Nice cakes at break 😊 |
| I took the course years ago so had some knowledge of school swimming but needed a refresher of knowledge | I really enjoyed the course today. I feel confident to challenge how my class are being taught the swimming curriculum and can hopefully make it a more fun and inclusive environment for them. |
| I've done the swimming course before in 2017 and took Year 3 swimming from 2017-2020 | ... Staff were friendly and kind and the practical session was not so scary! |
| I completed this course 5 years ago and have been swimming with students intermittently since then. | Very useful, many thanks! |
| Not much. | Thank you, you were all lovely. |
| I have taught swimming many years ago and been on poolside with Shallow tank rescue. | I enjoyed my day |
| Previously taken a level 2 many years ago. Previously taken mainstream children swimming and SEN children at the school pool | The ladies delivering the course were very knowledgeable. The course was engaging and relevant to our SEN pupils |
| The pre-course knowledge for swimming typically involves water safety, basic floating techniques, and comfort in the water. | ... very good and professional trainer ... I enjoyed and found all of the information very helpful. |
| Limited | I loved the training and Zoe was amazing in delivering the training. |
| I can swim and had swimming lessons as a child through to my teenage years. I had no knowledge on what the course entailed. | Such an enjoyable course. All the ladies running this course were very enthusiastic and clearly loved their jobs. ... Enjoyed so much ... thank you! |
| It was a new experience for me. I had last done swimming in my college days. I had accompanied my class in 2019 for their swimming lessons when I was their TA in year 3 | I hadn't thought that the course would be so educational and informative. I am happy to have got the opportunity to attend it. |
| Very limited. I have not been in a pool since school where I had a negative experience of swimming so now choose not to swim. I supported my class on the poolside last summer in their lessons. With those who were struggling, I supported them further by reiterating what the swim teacher was doing but breaking them down into steps and guiding them through it. | Thank you for your support and understanding as I was incredibly nervous about today. The thought of teaching a lesson was completely daunting as this is all new to me but all adults were really helpful and supportive. ... Slides were given before the course which was good so we have them to refer back to. |
| No previous experience of swimming training, although I have been poolside as an observer | A very good course , which was well presented ... |
| I taught / helped teach swimming when I was younger and am an avid swimmer myself. | Thank you so much for having me. I really enjoyed myself! |
| Have attended swimming lesson with Y5 class. | A very enjoyable course. I was apprehensive |

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| Only basic swimming knowledge. | about the practical swimming aspect but all trainers were very supportive and encouraging. |
| Attended one swimming lesson to supervise the boys changing. Didn't support the swimming lesson. | Firstly, I wanted to extend my thanks and appreciation for all who were involved. The course was engaging, informative and, mostly importantly, fun. I gained so much from it; confidence, skills to teach the swimming techniques and ideas to engage our children. Also, loved the muffins! |
| Basic knowledge. Have supervised swimming lessons but not got involved with the actual lesson. | I cannot speak highly enough about the team that delivered this course. I am not a swimmer and I have never enjoyed it so I was not overly looking forward to the session. I ended up having a brilliant day and loved every moment. Zoe and Georgie were so engaging and made it so much fun. I could have listened to them for days!! It almost made we want to go and do my level 2 swimming teacher course so I can go and implement some of the games I learnt and create lessons as fun as the ones that we talked about. Where were teachers like them when I was learning to swim?! The muffins were blooming fabulous too!! |
| No experience apart from the course. | The course was well organised and informational, I love the enthusiasm the team had and the passion they had for the sport as well as swim safety. The break time treats were yummy. |
| Very little other than accompanying classes to lessons and watching the teachers. | The muffins are phenomenal! Thank you all for a very informative and enjoyable day 😊 |
| Been involved in school swimming for 15 years in South Africa. No experience in the UK. | Great day, definitely educational. Really appreciated the passion and enthusiasm from the facilitators. |
| zero | Thank you very much for a surprisingly enjoyable day! You gave us such a warm welcome, were very supportive, encouraging and friendly. |
| Taken children swimming for 10 years plus. | Very useful and enjoyable course. Knowledgeable, approachable and helpful staff running the course |
| Have done the course previously but probably 8 or 9 years ago. | A really enjoyable day. Thank you. |
| None I am a confident swimmer but could not teach | none |
| Aware of the basic skills of swimming- currently poolside with my class | Really informative session! Very well organised |
| Was little knowledge to do with teaching swimming | No |

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| I have previously accompanied Yr 3 and Yr 5 children to swimming lessons but only to help escort them and manage behaviour. | A well paced course with plenty of ideas for games and ways to adapt to different abilities. |
| No previous experience of the course or teaching swimming. | |
| None | none |
| I do not have any experience in teaching swimming. I work in a school setting as a one to one. | I really enjoyed the course, I really hadn't expected to as I felt that this would be way out of my comfort zone. The ladies presenting made me feel very at ease and I therefore had a great day. The pool time was a highlight for me and showed me first hand how enjoyable, essential and effective playing games in the pool is to teaching all ages to swim. |
| Good knowledge area. Support teacher of swimming and have run swimming for the last 10+ academic years. | Changing room facilities at the pool in AGS were poor and we could have had a replenishment of hot water in the afternoon for teas and coffees. Other than that, enjoyable day, thank you |
| Very limited. | Thank you to the two trainers today - you were positive, enthusiastic - excellent. |
| Personal swimming and assisted with a class 5 / 6 times | The course was fab but the changing rooms were horrid and dirty.(I appreciate that this was not in your control) |
| No knowledge prior to taking this course. Only experiences in swimming would be as a student. | Nope - Thank You. |
| Low - experience from university and observing other teachers in the department. | More structure to the final practical part with focus on harder strokes and games. |
| AGS PE Lessons | Was great, thank you so much |
| Taught swimming 10 years ago and has the teaching qualifications when they were life ones. | Loved the relaxed atmosphere. Very knowledgeable delivery in all aspects (great team) Was good to lead primary children rather than each other in the practical element If possible more practical time for us personally in the water |
| Been swim teaching for the past 13 years at TBS | Make it clear that lesson plans are needed to pass the course and build more time than a rushed 20mins to do that during the day. For the refresher in 5 years - have you considered visiting the centres if they have multiple teachers so it is not a whole day out of school and could be quicker and cheaper |
| Previous ASA level 1/2 Taught swimming for approx 20 years | Many thanks! The coach's technical knowledge was really strong |
| Previously completed a lifeguarding course, | NA |

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| taught some swimming during my training year. | |
| Basic knowledge of strokes, Pool games, water safety elements PE teacher - teaching years 4-6 swimming lessons | I really enjoyed the course and have taken a whole new perspective on school swimming; WET PE! Making swimming lessons fun, enjoyable and engaging for pupils |
| Currently teach Y3, weekly, in our own school pool | Great day, very informative. Good to meet others working and similar and different settings. Really useful. Thanks a lot! |
| Observed/shadowed swimming teaching in Senior School as a sports grad/ PGCE student. PE teacher at current Prep School. | I really appreciate how friendly the staff were and the usefulness of the feedback given. |
| I'm a Lsa who attends swimming lessons | Great day throughout, very well delivered training course - thanks |
| Very basic knowledge. Take year 4 class weekly to swimming lessons but no involvement with teaching/supporting teaching during this only behaviour management. | A great day, thank you so much! |
| Used to swim when I was younger but never taught it before | None |
| I have experience in teaching swimming. | Zoe was incredible. She was extremely knowledgeable and her delivery was really fantastic. Both her and Sharon took into account peoples experiences and made sure to address each and every enquiry. |
| Have taught swimming groups as part of class teaching | Thank you for a very informative, busy day. Thoroughly enjoyed and learnt lots too. |
| Not much awareness | I really enjoyed the course. It gave me much more knowledge and understanding. The only negative I would give is on a very personal opinion and it is for the changing rooms. Being in 1 small room to change with 12 other ladies raised my anxiety and made me very self conscious as I didn't expect it, and although I really enjoyed the practical, my focus towards the end was the worry of stripping off in front of others. Well done Zoe and Sharon but a great and well informed course though. |
| I have been on such a course many years before but wasn't aware of updates. | Prior knowledge of where to park if Music Centre car park is full! |
| Fairly limited - have observed Y4 swimming lessons taught by leisure centre staff for a few years, and observed/taken part in my children's swimming lessons for about nine. | Thank you, this was a really informative course. The practical part was excellent. I learned a lot, though some we did go through some of the theory really fast! Having the slides in advance was good, but I noticed there were more slides on the board than in the presentation. Perhaps the whole slide presentation could be sent out so we could go through it in our own time either |

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| | before/afterwards. But otherwise I really enjoyed the day. Thanks. |
| Very limited | Really enjoyed my day and learnt so much . Zoe was fantastic |
| Zero! | Thank you for a very interesting day. |
| I learned swimming at school in Japan every summer for about 15years in PE when I was student and Japanese people enjoy swimming all year round in the pool (most of the schools have their own pool)and the sea. I still enjoy swimming when I go home every summer. In the uk I have been taking year 4 to swimming for 2 , 3 years with our PE teacher and watched and learned (a little) how to teach swimming from the swimming teachers. I do support the teachers at the swimming pool rather than just watching. Now I know much more so I can help the children and the swimming teacher even more. Thank you so much. | It was much more fun day than I thought it would be and I learned a lots of things in one day. The swimming pool session was lots of fun and good to try to use the new knowledge. It was great the pool wasn't cold at all. It was great to mix and talk with people from another schools. Thank you so much for being efficient and informative and friendly for me |
| Supported school swimming sessions from poolside. | Thank you |
| Supporting year 4/5/6 as a TA non-poolside. Good knowledge of swimming techniques. | Zoe and Sharon are amazing! It was a very engaging, insightful course and has inspired me not only to get involved with school swimming but also to find ways to re-engage my son into the pool. Scrummy snacks was a bonus. Love the fact the course was fun and relaxed. |
| No pre course knowledge | Really enjoyed the course, very interactive and learnt a lot. |
| Not much at all. Never been poolside with the children. | I absolutely loved the course and will be looking at completing stage 2 as soon as I can. |
| I currently take year 6 swimming (summer term) I have had this role for three years and previously taken year 3 and 4 swimming. Previously I have completed level 1 , level 2 and a refresher course. | Thanks so much, you made it easy to take on board , fun and the snacks were delicious! The day flew by which is a good sign ; learning and fun! |
| No pre-course knowledge, only personal experience. | Brilliant training today. Sharon totally looked after me from the first contact over email to the end of the session. Zoe delivered a very detailed and fun day. Well done ladies. I hope I get to move on to stage 2! |
| Before the course, my class were going swimming every week at Bicester Leisure Centre, so I had some awareness of swimming and how it should be taught and the sequence of progression. | Zoe and Sharon were both lovely and they made the swim training, which I had been extremely nervous about, fun and engaging. Thank you for all the support! |

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| I currently assist the head teacher in taking a group of year 4 children but have no knowledge of the expectations and my role | Fantastic training. Thank you for the opportunity |
| I had a good understanding of the course content, I'm already a swim teacher. . | None |
| Pe lead/swimming coordinator. No experience of support teaching of swimming. | Great training - really enjoyed the practical session! |
| We accompany some classes but no knowledge | Thank you for such an informative and enjoyable course. I came away feeling a lot more confident on reassuring children and how to deliver water safety effectively |
| I was a swimmer but no prior knowledge of teaching. | xx |
| I had been a swimmer growing up but haven't been involved in teaching swimming. I have watched a swim school swimming lessons and wanted to get involved and support where i can. | I have a fantastic time, both Zoe and Sharon were brilliant. The course ran smoothly with lots of knowledge and enthusiasm. My passion for swimming has returned! Thank you so much. |
| Very little | I swam for the first time for leisure last night and did 16 lengths. Not great but a start. Thank you. |
| Next academic year I will be accompanying children in either Year 4, 5 or 6 swimming. | Great training - engaging, fun and informative. I was a little resistant initially but quickly saw the benefits and even enjoyed the swimming session. Thank you |
| No school swimming experience for 10 years | Thank you for a well organised, enjoyable day |
| Little/no involvement. Watch school swimming from poolside but have no teaching input. Have an adequate knowledge of strokes. | Excellent course facilitators who gave constant praise and encouragement - a very enjoyable training day! |
| I knew the basic strokes, flags and a small amount of water safety | The day was fast paced and full of information. I was never bored and thoroughly enjoyed myself. The best hands on training course I have ever done. |
| No experience at all | I had a really fun day and learnt along the way. |
| I take my class every week this term for swimming lessons. Previously, I have been involved with teaching some small beginner groups when I worked in Hillingdon. | Thank you |

2023/2024 Evaluation Forms; from delegates who have attended our courses this academic year.