Qualification Overview

Swimming teachers are able to seek employment in a wide variety of leisure facilities including private swim schools, health clubs and school swimming pools through to large local authority leisure centres. A swimming teacher will be able to:

- Introduce, develop and refine all aquatic skills across all three ability groups
- Introduce, develop and refine all four swimming strokes across all three ability groups
- Plan and prepare a series of lessons and individual lessons across all three ability groups
- Evaluate their own performance as well as participant performance identifying areas of future development
- Provide participants with opportunities to experience and develop aquatics skills across a range of aquatics pathways
- Adapt swimming lessons to meet the range of participants needs and environment they are working within
- Work with other staff within the swimming teaching environment
- Provide high levels of customer care and engagement and will assist with any customer feedback

This qualification is regulated by Ofqual (England), Qualification Wales (Wales) and CCEA (Northern Ireland). This qualification is valid for a period of 3 years. Learners need to retake the qualification before the certificate expiry date to remain qualified

Qualification Delivery

The recommended contact hours for this qualification are 52 hours, which includes direct teaching and assessing but excludes breaks. The course may be run over 7 days, depending on the number of learners, delivery method and course facilities including pool. The course may also be delivered over a period of weeks, with the minimum of each training session being 2 hours.

The course can be delivered by:

- Fully face-to-face, 52 hours including theory and practical teaching
- Via blended learning*, 32 hours / 4 days when using the STA Swimming Teacher online programmes.

The ratio for this qualification is a maximum of 12 learners to 1 tutor.

*Blended learning must be completed prior to the face-to-face element, and all assessments must take place face-to-face.

Qualification Objectives

The STA Swimming Teacher qualification gives learners the knowledge, understanding and skills to be able to plan, deliver and evaluate safe, fun, progressive and inclusive lessons to adult and child learn to swim participants. Within a positive learning environment, learners will be able teach the essential swimming skills, strokes and water safety, appropriate to the participant's needs across all ability groups.

Intended Audience

This qualification is for learners who wish to work with children and adults, helping them to develop, both as swimmers and individuals in the aquatic environment. No experience of working with children or teaching swimming lessons is required prior to undertaking this qualification.

This qualification could appeal to parents looking for a career that fits in around their childcare commitments and / or those interested in pursuing a career in the leisure industry. It could also appeal to those already employed within a leisure environment who are looking to progress their career or those who are already working as a baby and pre-school swimming teacher who wish to expand their scope of practice.

Entry Requirements

- Be 16 years, or older, at the point of assessment

There are no previous qualifications or experience required, however it is advisable that learners have a minimum of level 1 in literacy and numeracy or equivalent.

Qualification Assessment

The STA Swimming Teacher qualification is tutor assessed through the completion of a lesson plans, lesson evaluation forms and practical teaching. In addition to this there is a final end of course theory multiple-choice question assessment paper.

On successful completion of the STA Swimming Teacher qualification learners will have completed and been assessed on:

- Developing three lesson plans covering non-swimmers, beginners and improver participants
- Developing a lesson evaluation form including personal action plan
- A minimum of six planned 30-minute lessons, 3 hours in total, covering all ability groups, strokes and skills.

All practical elements must be completed and performed independently by the learner without prompting by the tutor or other person.

The skills within the course and during the assessments must be performed in line with the most current version of the STA Swimming Teacher resource manual.

The multiple-choice assessment paper is to be completed independently by learners under exam conditions, with the tutor or other approved person, acting as the invigilator. Learners must achieve a minimum mark or higher to successfully pass the multiple-choice theory assessment paper.

All learning outcomes and assessment criteria in the units must be achieved in order for the learner to be deemed competent and pass the course.

Re-assessment
If a learner is unsuccessful in the course assessment, the learner is only required to re-sit the required assessment element, for example, if a learner fails the practical, they are only required to re-sit the practical element.

The re-sit of an assessment must be completed within 6 weeks from the start date of the course. Due to the type of qualification being a license to practice competency-based qualification, we can only permit 1 assessment re-sit.

Course: STA Level 2 Swimming Teacher

Learning Materials

All learners will be provided with:

- STA Swimming Teacher resource manual

Costs

Blended Learning Option- (Based on 32-hour in person over four days)

Number of Candidates	Cost per Candidate	Total Cost of Course
4	£450.00	£1,800.00
5	£435.00	£2,175.00
6	£410.00	£2,460.00
7	£385.00	£2,695.00
8	£370.00	£2,960.00
9	£360.00	£3,240.00
10	£360.00	£3,600.00
11	£360.00	£3,960.00
12	£360.00	£4,320.00

(Prices are valid until 31 December 2026)

In Person Learning Option- (Based on 52-hour in person over seven days)

Number of Candidates	Cost per Candidate	Total Cost of Course
4	£575.00	£2,300.00
5	£550.00	£2,750.00
6	£525.00	£3,150.00
7	£500.00	£3,500.00
8	£475.00	£3,800.00
9	£475.00	£4,275.00
10	£475.00	£4,750.00
11	£475.00	£5,225.00
12	£475.00	£5,700.00

(Prices are valid until 31 December 2026)

Please note: These costs exclude any venue hire changes, course refreshments and accommodation costs if instructors are required to stay away during the course *(Beyond 50 miles from base)*. Please contact us further information if required.

For Further Information and Course Bookings

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