

The ASA Coaching Open Water Swimming Courses for 2017 are now available for booking.

This IoS course is a blended programme, which incorporates and blends online theory elements of the programme with face-to-face practical sessions.

Upcoming Courses

1) North West

Day 1:- 19th February 2017

Irlam and Cadishead Leisure Centre, M44 6BR

Day 2:- 30th April 2017

Sale Water Park, M33 2LX

2) South West

Day 1:- 10th December 2016

Pyramids Leisure Centre, EX1 2LA

Day 2:- 13th May 2017

Bude Sea Pool, EX23 3AW

3) London

Day 1:- Dates TBC

London Aquatics Centre, E20 2ZQ

Day 2:- Dates TBC

Stoke Newington West Reservoir, N4 2HA



There will be a simulated pool environment day and an open water date per course. Courses, once confirmed, can be found on www.theiosonline.com. Bookings close 2 weeks prior to the start date of each course.