

NCAP Level 1 Course Schedule

Date	Day	Topic	Course Conductor
14 Sept 10	Tuesday	Skills Test at Toa Payoh Swimming Complex Teaching Pool (Please report @ 6.30pm)	Tan Eng Chai Jeanne Chan (Mrs) Kang Guan Hock Elsie Chiang (Ms) Mariette Ong (Ms)
21 Sept 10	Tuesday	Theory of Learning and Teaching (CCAB Seminar Room)	Jeanne Chan (Mrs)
23 Sept 10	Thursday	Lesson Planning/ Class Organization/ Hydrodynamics (CCAB Seminar Room)	Jeanne Chan (Mrs)
28 Sept 10	Tuesday	Water Safety/ Water Confidence Activities/ Games - Teaching Pool (Toa Payoh Swimming Complex)	Jeanne Chan (Mrs) Mariette Ong (Ms)
30 Sept 10	Thursday	Stroke Techniques of Frontcrawl/ Backstroke (CCAB Seminar Room)	Tan Eng Chai
05 Oct 10	Tuesday	Teaching/ Stroke Correction of Frontcrawl/ Backstroke - Teaching Pool (Toa Payoh Swimming Complex)	Tan Eng Chai Jeanne Chan (Mrs)
07 Oct 10	Thursday	Stroke Techniques of Breaststroke/ Butterfly (CCAB Seminar Room)	Tan Eng Chai
12 Oct 10	Tuesday	Teaching/ Stroke Correction of Breaststroke/ Butterfly - Teaching Pool (Toa Payoh Swimming Complex)	Tan Eng Chai Jeanne Chan (Mrs)
14 Oct 10	Thursday	Teaching 4 main strokes/ Stroke Correction - Teaching Pool (Toa Payoh Swimming Complex)	Tan Eng Chai Jeanne Chan (Mrs)
19 Oct 10	Tuesday	Teaching Video (CCAB Seminar Room)	Jeanne Chan (Mrs)
21 Oct 10	Thursday	Management of Swimming Competition (Toa Payoh Swimming Complex)* Theory Lesson*	Tan Eng Chai
26 Oct 10	Tuesday	Rules on Strokes (CCAB Seminar Room)	Ong Hock Lai
28 Oct 10	Thursday	Philosophy of Coaching (Coaching Ethics, Code of Conduct) (CCAB Seminar Room)	Kang Guan Hock
02 Nov 10	Tuesday	Practical Exam at Toa Payoh Swimming Complex - Teaching Pool (Please report @ 6.30pm)	Tan Eng Chai Kang Guan Hock Elsie Chiang (Ms) Mariette Ong (Ms) Jeanne Chan (Mrs)
09 Nov 10	Tuesday	Theory Exam. Venue: SMU (Please report @6.30pm)	Tan Eng Chai Kang Guan Hock