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**THE HALLIWICK CONCEPT: PROMOTING
MOBILITY, CONFIDENCE AND
INDEPENDENCE IN THE WATER**

HALLIWICK AST FOUNDATION COURSE

CAMBRIDGE UK

FEB 9TH - 12TH 2026

Please note this is a 4-day 9am-5pm course and you must commit to all 4 days

LEARN: how to support swimmers to

- be happy and safe in the water
- have fun with activities, games and music
- develop balance, strength and coordination
- foster communication and social skills



WHERE: Castle School
Therapeutic School
CB4 2EE

- logical ten point programme to support swimmers with a disability
- minimum 10hrs pool practical
- suitable for teachers, parents, therapists and pool staff

LECTURER: Sarah Cox

Recognised International Halliwick Association Lecturer



course fee: £575 limited to: 12 learners

registration deadline: 26/01/2026

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