

Sports Schooling

Build Your Future in Sports & Education

Hands-On Experience, Leadership Development & Meaningful Career Opportunities

SWIM
LAB

XLAB

Sports Schooling Centre for
MOVEMENT





sports
schooling
WIM
LAB X

Join the Team at Sports Schooling!

Under the leadership and oversight of Joseph Schooling, Sports Schooling is committed to nurturing young athletes, championing holistic development, and creating inspiring sports experiences for the community.

We are now inviting passionate individuals to join our team – not just to contribute today, but to grow into the future leaders of Sports Schooling.

Through hands-on experience in coaching, programme management, and sports operations, you will gain meaningful exposure that builds real-world skills, leadership capability, and professional confidence.

This is more than a role – it is a pathway to shaping the next generation of coaches and sports professionals.

Why Work With Us?

- Learn from experienced coaches and professionals
- Paid opportunities that complement your studies
- Be part of a mission-driven team led by an Olympic champion

Interested? Apply now and kickstart your journey with Sports Schooling!

Please send your CV and/or enquiries to career@sports-schooling.com



Learn-to-Swim Junior Swim Coach Development Track

Who It's For

Individuals with a swimming background who are keen to explore coaching – no prior coaching experience required, just a willingness to learn and grow.

Programme Pathway

Step 1: Swim Instructor Foundation Course

Begin with a structured *Swim Instructor Course* offered at a nominal fee. This course equips you with strong foundational knowledge in swim coaching, including teaching principles, water safety, class management, and basic stroke development.

Step 2: Paid Apprenticeship

Upon successful completion and graduation from the course, selected participants will progress into a paid apprenticeship programme.

During this phase, you will:

- Support Learn-to-Swim and junior squad programmes under the guidance of senior mentor coaches
- Gain structured, hands-on coaching experience
- Develop practical skills in athlete engagement, lesson delivery, and programme execution

Placement

Apprenticeship assignments and responsibilities will be determined by the General Manager and Head Coaches, based on operational needs and individual development progress.

Why Join

- Build a strong coaching foundation before entering the pool deck
- Receive mentorship from experienced coaches
- Earn while you learn through a structured apprenticeship
- Develop leadership, communication, and professional confidence
- Contribute meaningfully to nurturing the next generation of swimmers

Swim Instructor Course

Duration

2 months

Commitment

- Weekdays: 2 hours per week (theory & practical) – 100% attendance required (up to 12 hours total)
- Weekends: 3–6 hours per week class attachment (up to 36 hours of apprenticeship)

Programme Overview

Learn to teach children of all ages and abilities under the guidance of Head Coach of Swim Lab and our experienced coaching team.

This course combines theory, practical coaching, and hands-on experience aligned with Sports Schooling standards.

What You'll Learn

- Core swim teaching techniques for children 2+ years
- Lesson planning and progressive skill development
- Water safety and pool management
- Communication with children and parents
- Engaging and motivating young swimmers
- Hybrid training approaches (land + swim)
- Coaching methodologies consistent with Sports Schooling curriculum

Benefits

- Professional training from experienced coaches
- Hands-on coaching experience
- Recommendation for Swim Lab Apprenticeship Programme with paid coaching*, and sponsored Standard First Aid with CPR & AED course*
- Certificate of Achievement from Sports Schooling

**Only for selected individuals who demonstrate commitment and potential throughout the Swim Instructor Course and are able to commit to the apprenticeship programme for at least 1 year.*

Requirements

- Minimum 18 years old
- Comfortable in the pool environment
- Passionate about teaching and coaching children
- Able to commit to the full programme

Programme Fee

\$800 (before GST)*

**Life-saving certification not included*

Next Steps

Successful graduates are recommended for our apprenticeship programme to start coaching and earning immediately.



Contract Learn-to-Swim Coaches

Commitment

Weekdays 3- 7pm and/or Weekends 8am – 6pm

Role Description

Contract Learn-to-Swim Coaches work with young swimmers to develop water confidence, fundamental swimming skills, and a positive relationship with the water. Sessions are structured, fun, and developmentally appropriate, focusing on safety, technique, and enjoyment.

Requirements

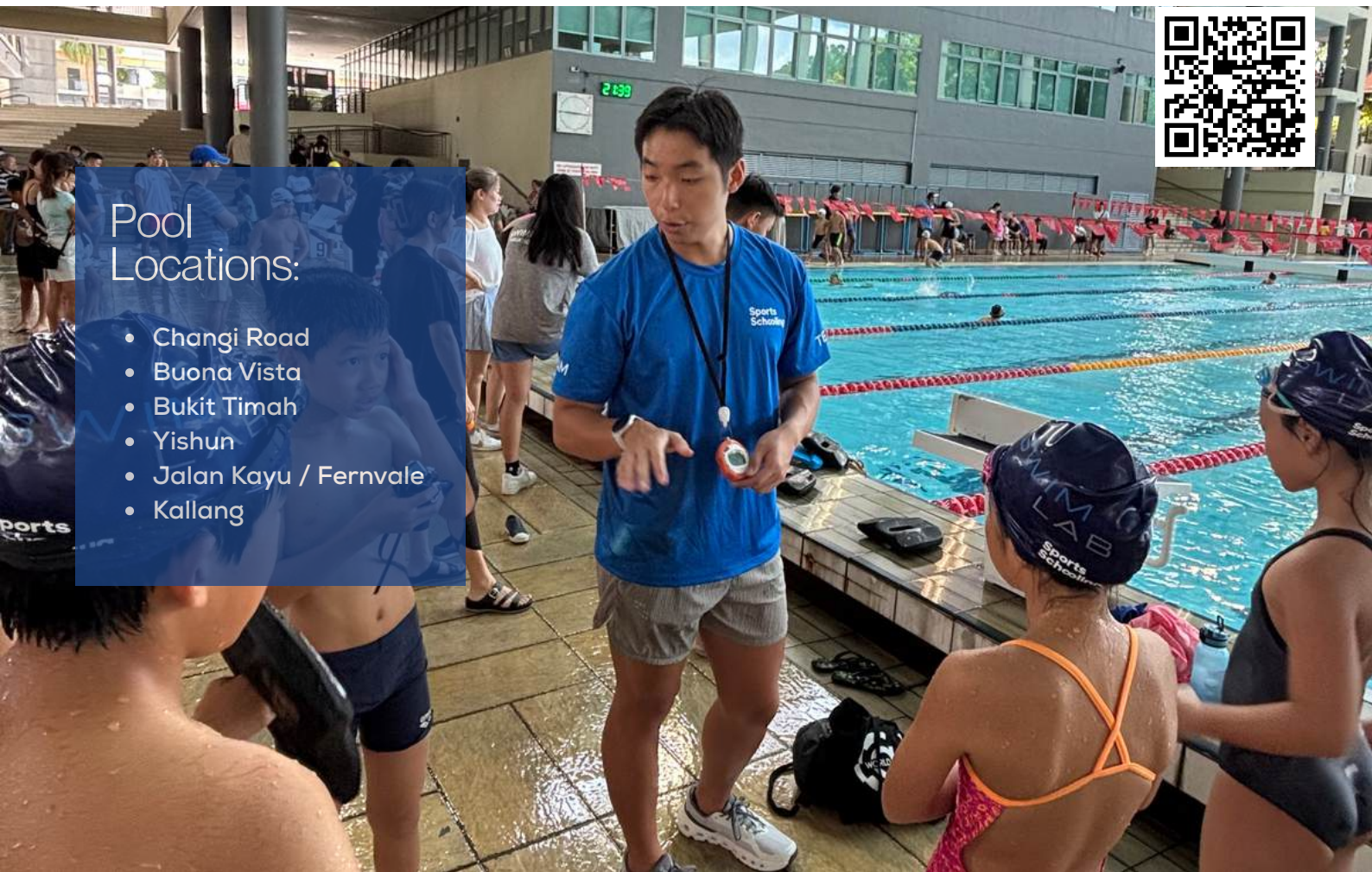
- Minimum 1 year of relevant coaching experience
- Able to swim 3 basic strokes
- Passion for working with children
- Able to commit to at least
 - One full weekend or two half weekends (Sat/ Sun)
 - Weekdays 3 - 7pm
- Responsible, patient, and enthusiastic
- Relevant coaching certification preferred (training support available)

Additional Benefits

- Opportunity to attend swim clinics and sponsored course programmes*
- Eligibility applies after one year of successful completion with Sports Schooling
- Terms and conditions apply

Pool Locations:

- Changi Road
- Buona Vista
- Bukit Timah
- Yishun
- Jalan Kayu / Fernvale
- Kallang





Competitive Junior Swim Coach Development Track

Commitment

Weekdays: 3 - 7pm and/or Weekends: 7 - 9am

(Including attendance at selected events and competitions)

Role Description

Competitive Junior Swim Coaches play a key role in developing young competitive swimmers within X Lab. The focus is on building strong stroke technique, race execution skills, fitness conditioning, and long-term athlete development. You will work closely with the X Lab coaching team to deliver structured, progressive training programmes aligned with competitive pathways.

Key Responsibilities

- Deliver and support structured squad training sessions
- Provide technical stroke correction and race skills guidance
- Monitor swimmer progress and provide constructive feedback
- Support athletes during competitions and official events
- Uphold training standards, discipline, and team culture

Requirements

- Background in competitive swimming and/or prior coaching experience
- Strong understanding of swim techniques and training principles
- Ability to motivate, guide, and positively influence young athletes
- Coaching certification preferred

Additional Benefits

- Mentorship and hands-on apprenticeship from experienced competitive swim coaches
- Complimentary Masters swim training sessions to continue developing personal technique

About Sports Schooling

Vision

To raise a generation of active, confident and growth minded children through sports.

Our Mission

To design meaningful and engaging sports experiences that celebrate every child's achievements

We are dedicated to cultivating a dynamic and nurturing swim environment that puts safety first, fosters a growth mindset, and builds water confidence at every stage - from learn-to-swim to elite competition.

Through excellence in teaching, we emphasise strong technical foundations, disciplined progression, and holistic development, empowering every swimmer to reach their fullest potential both in and beyond the pool.

Our Values

Growth mindset

Encouraging swimmers to embrace challenges, learn from setbacks and strive for continuous improvement.

Technical excellence and strong foundations

Prioritising proper technique from learn-to-swim to elite levels, ensuring long term success and injury prevention.

Nurturing and supportive environment

Creating a positive and encouraging space where swimmers feel valued, supported and motivated to succeed.

Safety and water confidence

Ensuring every swimmer learns essential water safety skills and develops lifelong confidence in the water.

Holistic athlete development

Supporting swimmers physically, mentally, and emotionally to help them grow into well-rounded individuals.

Passion & love for sport

Instilling a lifelong connection to swimming, whether for competition, fitness or personal fulfilment.

Excellence in Teaching

Inspiring growth, mastery and confidence in every swimmer.

About Sports Schooling



Building strong foundations in swimming and learning for Learn-to-Swim students (aged 3 and above) across Singapore – with structured, nurturing lessons in a fun and safe environment.

Programme offerings:

- Learn to Swim (Beginner to intermediate levels)
- Private & small group coaching (Learn to swim)
- Holiday swim camps

Unlocking potential and empowering dreams through competitive programmes – from specialised swim clinics and structured training for aspiring athletes to dedicated Masters swimming sessions.



Our nurturing approach supports holistic athlete development both in and out of the pool.

Programme offerings:

- Competitive swim training
- Masters swim training
- Junior & High Performance swim clinics
- Private coaching (Competitive prep)



A vibrant community space conveniently located in Buona Vista dedicated to sports, wellness, and family fun – offering a wide range of programmes, and versatile event spaces for all to move, play, and thrive.

Programme offerings:

- Holiday camps
- Women's wellness
- *Just for the Little Ones*: Water Sensory fun programme for 2-4yr olds
- Other health & fitness programmes

