

Extra-curricular activities programme Swimming 2017-2018

Subscriptions from 24th of June 2017 (at 9:00 am)

(Subscriptions sent before this date will not be considered)

Start of sessions, Monday 18 September 2017

New swimmers who will join the course

We will hold test sessions on the dates indicated below to help you choose the level correctly. The trainer will indicate your child's level at the end of the session.

Please confirm your attendance by email natation.cesame@uccleparents.org to the coordinator the day before at the very latest.

Please note: If you would like your child to be tested to establish her or his level, do not send in the application form before the test. We appreciate your compliance.

Friday 15th September 2017 ARWSL Swimming pool Appointment at 5:45 pm on the car park
Friday 22th September 2017 ARWSL Swimming pool Appointment at 5:45 pm on the car park

The ARWSL swimming-pool is located rue de l'Athénée Royal , 75/77 – 1200 Bruxelles

Swimming lessons indicated in red are fully booked, we don't accept new enrolments for these groups

Level 1 : Beginners – Swimming school

AIMS: teach young swimmers the basic techniques of crawl, breaststroke and backstroke.

- Children from 5 years of age
- Groups of 8 children per trainer
- Yearly subscription

Poséidon swimming-pool	<i>Monitor : Sylvie</i>				
	<i>Time in water</i>		<i>Price</i>	<i>Code</i>	
	<i>Wednesday</i>	<i>Friday</i>		<i>Wednesday</i>	<i>Friday</i>
<i>Small pool 2 (maximum 8 places)</i> Aim: overcome fear of water, « flèche ventrale et dorsale », elementary propulsion	17.00 – 17.25	16.45 – 17.10	190 €	38411	58411
<i>Swimming school 1 (maximum 8 places)</i> Aim: learn the backstroke and elementary diving	17.30 – 17.55	17.15 – 17.40	190 €	38412	58412
<i>Swimming school 2 (maximum 8 places)</i> Aim: learn the breaststroke and elementary crawl, breaststroke turn and large pool diving	18.00 – 18.25	17.45 – 18.20	190 €	38413	58413

These classes are organized at the Poseidon pool in Woluwé Saint Lambert. This pool is quite far, especially for pupils of the EEB1. Once you've paid the fee, we will not be able to reimburse anyone for personal reasons.

The transfert from Poséidon to the VUB won't be accepted for the 2d semester.

Moreover, since initiation classes are open to children from the age of 5 years, we specify that children cannot use school transportation to get there as they will not be accompanied. So parents should plan to bring their children to swimming classes.

Level 2 : Advanced

AIMS : perfecting the young swimmers' style in the four strokes and teaching them about endurance and resistance, sports nutrition and recognition muscles

- Advanced 1 – aim : perfecting backstroke and breaststroke, start and turn in breaststroke/crawl and backstroke
 - Advanced 2 – aim: perfecting crawl and butterfly, mastering turns
 - Advanced 3 – aim: effective dives, endurance and resistance, warm-up techniques, muscles recognition and elementary nutrition
- Children from 7 years of age (2nd primary) who can swim at least 50m using the backstroke, the breaststroke and the crawl and who have swimming certificate for 100m
 - Yearly subscription
 - No school transport for unaccompanied children who are less than 8 years old

Please note: the * indicate the level of the course (from * easiest to most difficult ***)

Day	Swimming-pool	Level	Time	Monitor	Price	Code
Monday	Longchamp Uccle	1 & 2	16.30 – 18.00 In the water 16.55 - 17.55	Wendy	285 €	1832
	E.R.M. Bruxelles	1 to 3	16.45 – 18.15 In the water 17.00 - 18.00	Michaël, Aleksandr & Ornella	285 €	1822
Tuesday	Longchamp Uccle	2 & 3	16.30 – 18.00 In the water 16.55 - 17.55	Gaël & Aleksandr	285 €	2832
Thursday	Longchamp Uccle	3	16.30 – 18.00 In the water 16.55 - 17.55	Aleksandr	285 €	4832
<i>Course 5842 : from September to December, to complete the lesson 5812 that will start to Poséidon in January. The price includes the course 5842 from September to December, more course 5812 from January to June</i>						
Friday	A.R.W.S.L. Woluwé Saint Lambert	1 & 2	17.45 – 19.15 In the water 18.00 - 19.00	Serge	285 €	5842
<i>From January 2018</i>						
Friday	Poséidon Woluwé St Lambert	1 & 2	16.45 – 18.15 In the water 17.00 - 18.00	To be determined	165 €	5812

Possibility to suscribe for 2x/week : 485€

Level 3 : Training

AIMS: allow the young trainees to improve their endurance and physical condition, without any obligation to compete. Both swimmers who are taking part in competitions and young swimmers who simply want to practice swimming will participate in these sessions.

- Children from 8 years of age (3rd primary)
- Yearly subscription

Day	Swimming pool	Time	Trainer	Price	Code
Monday	E.R.M. Bruxelles	16.45 – 18.15 In the water 17.00 - 18.00	Nicolas	285€	1823
Tuesday	Poséidon Woluwé St Lambert	16.45 – 18.15 In the water 17.15 - 18.15	Sophie	285 €	2843
Thursday	Longchamp Uccle	16.30 – 18.00 In the water 16.55 - 17.55	Gaël	285 €	4833
	Poséidon Woluwé St Lambert	16.45 – 18.15 In the water 17.15 - 18.15	Aly-Reza	285 €	4843

Possibility to suscribe for 2x/ week : 485 € or for 3x/ week : 610€

Level 4 : Competition

AIMS: prepare swimmers for different competitions during the season advising them on techniques regarding strokes, start and turns. These training sessions are open only for swimmers who will be competing.

- Children from 8 years of age (3rd primary)
- Yearly subscription
- Only for swimmers of the swimming team or on the suggestion of the headcoach

For all swimmers

Day	Swimming pool	Time	Trainer	Price	Code
Monday	Poséidon Woluwé St Lambert	16.45 – 18.15 In the water 17.00 - 18.00	Thierry	285 €	1844
Till end of December, then this group is transferred to the VUB					
Friday	Poséidon Woluwé St Lambert	16.45 – 18.45 In the water 17.15 - 18.35	Thierry	370 €	5844

Possibility to subscribe for 2x/ week : 515 € or for 3x/ week : 605 €

Only for swimmers over 13 years

Day	Swimming pool	Time	Monitor	Price	Code
Monday	Poséidon Woluwé St Lambert	16.45 – 18.45 In the water 17.15 - 18.35	Aly-Reza	370 €	1845
Tuesday	Poséidon Woluwé St Lambert	16.45 – 18.45 In the water 17.15 - 18.35	Aly-Reza	370 €	2845
Thursday	Poséidon Woluwé St Lambert	16.45 – 18.45 In the water 17.15 - 18.35	Thierry	370 €	4845

Possibility to subscribe for 2x/ week : 560 € or for 3x/ week : 665 €

Muscle strengthening for competing athletes (over 13 years old)

This physical training course has as objective a better mastery of sports activities. It is designed to preserve athletes' physical, muscular and osteo-articular physical integrity. The aim is to improve the athlete's performance capacity, to develop physical potential such as flexibility, strength, coordination to reach one's competitive objectives more serenely.

Saturday	A.R.W.S.L. Woluwé St Lambert	12.00-13.00	Thierry	265 €	3014
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Activity maintained subject to a minimum of enrolments

Practical information

*** swimming pools' addresses**

- 1 *Piscine de l'Athénée Royale de Woluwé Saint Lambert* Rue de l'Athénée Royale, 75/77 – 1200 Bruxelles
- 2 *Piscine de l'Ecole Royale Militaire* Rue Hobbema, 8 – 1000 Bruxelles
- 3 *Piscine Longchamp* Square De Fré, 1 – 1180 Bruxelles
- 4 *Piscine Poséidon* Avenue Vaillants, 2 – 1200 Bruxelles
- 5 *Piscine VUB* Boulevard du triomphe – accès B, bâtiment L- 1200 BXL

WARNING for the Royal Military School (ERM); the following safety precautions must be followed:

- No gatherings in front of the gates of the ERM.
- Parents cannot enter the site
- Instructors and children go in and out together. No delay will be tolerated.
Before the course, the meeting point will be at 16:45 at the corner of Avenue de la Renaissance and the Rue Hobbema.
To pick up the swimmers, the appointment will be on Avenue de la Renaissance on the side of Parc du Cinquantenaire, opposite the rue Hobbema.

* Subscriptions

Subscriptions are to be sent to **our new coordinator Serge Englebert** as from 24th June 2017 (from 9:00 am)

Forms are available on the website www.uccleparents.org under Cesame – swimming.

Once you have filled in the form, please send it to the coordinator at the email address natation.cesame@uccleparents.org

Places will be assigned on a first come first served basis on receipt of the application form.

* Other information

During office hours, *CESAME* extracurricular activities Uccle. Ms Récalde Dominique

Tel: 02 375 31 35

Email : cesame@uccleparents.org

* Rules

1. Subscription

- There is an administrative fee of 25€ for each enrolment request, which is included in the price. Note that you are still expected to pay this administrative fee if you cancel the enrolment
- 10 € will be charged for any changes in courses for personal convenience
- All subscriptions made before 1st September must be paid before that date. A default of payment on 1st September will lead to an automatic cancellation of the subscription.

2. Course participation

- Students who have forgotten to bring along their swimming kit or who are feeling unwell and who cannot swim as a consequence, are asked not to come to the pool and to go straight home or remain in the child care facility. If, on the other hand, a student arrives at the swimming pool, the parents will be contacted and will be asked to pick up their child immediately. Trainers are not in a position to supervise children who do not join the group activity.

2. If a session is cancelled,

- Trainers will inform swimmers during the preceding sessions;
- As far as possible an email will be sent to parents.

3. If a session is cancelled on that same day, a trainer will be put in charge of the children and will supervise them until they have all left.

4. Trainers remain at the pool for a maximum of 15 minutes after the session has ended.

5. School transport

- students from the European School of Uccle, who have not subscribed to school transport and would like to use the service to go to the pool, must apply to the transport office and pay a fee of 130€.
- Applications will be accepted subject to availability of places.
- Information regarding transport in our programme : only for pupils of EEB1