

SWIMMING COURSE PROGRAMME 2018-2019

Opening of registrations: Monday 18 June at 9:00.

For new swimmers wishing to join the courses

In order to help you choose a course, we will organise test sessions (**highly recommended**) on the dates listed below. At the end of the test session, the trainer, Mr Aly-Reza Pakzad Manouhchery, will indicate your child's level. Please respect this information when registering.

The tests will take place at the swimming pool of the VUB located Boulevard du Triomphe, access 8 – building L ,1050 Ixelles

Please confirm your attendance to the CESAME office (natation.cesame@uccleparents.org or 02.375.31.35) no later than the day before the test.

- Friday 1 June - appointment at 17:00 in the lobby in front of the pool entrance
- Friday 15 June - appointment at 17:00 in the lobby in front of the pool entrance
- Friday 22 June - appointment at 17:00 in the lobby in front of the pool entrance

For swimmers already registered in our courses

The instructors will confirm the level in which to enroll your child for the new school year; please follow this recommendation when registering to respect the educational levels.

NEW – BACK TO SCHOOL 2018

Please note that from now onwards registrations will be made via our website <https://services.uccleparents.org/>. We have created a separate swimming module that allows students from all the European Schools in Brussels to register without having to pay the APEEE fee.

Places will be assigned on a first-come-first-served basis.

For further information, please contact Mr Rizzo at CESAME's office (extracurricular activities EEB1) at natation.cesame@uccleparents.org or at 02.375.31.35.

Practical information

Addresses of pools:

1. Athénée Royal of Woluwé-Saint-Lambert – Rue de l'Athénée Royal 75/77, 1200 Brussels
2. Swimming Pool of the Royal Military School – Rue Hobbema 8, 1000 Brussels
3. Swimming Pool Longchamp – Square De Fré 1, 1180 Brussels
4. Poseidon Swimming Pool – Avenue des Vaillants 2, 1200 Brussels
5. Swimming Pool of the VUB – Boulevard du Triomphe, access 8, Building L, 1050 Brussels

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.

Educational levels

As soon as the targets are achieved, the swimmer can move on to the next group.

SMALL POOL

Group 1

- Jumps alone in the water from the edge of the pool
- 5 immersions under water + blow 3 times in the water
- Dorsal floating with help + straightening
- Ventral floating
- Starfish
- Ventral and dorsal propulsion

Group 2 « Penguin patent »

- Discovering the Big Basin
- Moving forward with the arms
- Moving backwards with the arms
- 5 immersions + blow in the water (head totally immersed)
- Ventral arrow, arms forward and push from the wall
- Same on the back
- Look for objects in the water (3 minimum) where they touch the bottom
- Flapping with ventral / dorsal board
- 5 mt beats with back arm
- The same ventral

Group 3 « Duck patent »

- Jumping in the big basin + ventral or dorsal swimming until the edge
- Jumping from the edge or pad with help (pole or floating object)
- 15 mt non-stop ventral beats (breathing)
- The same dorsal
- 10 mt ventral beating + arms
- 10 mt dorsal small pool + large pool
- Initiation to tumble
- Finding objects in the water with a pole in the big pool

BIG POOL

Group 4 « Dolphin patent » 25 mt

- Jumping from the big pool edge without help
- Sit or knee dive
- 25 mt on the back with start in the water
- Ventral propulsion + left and right lateral breathing
- 5 mt crawl without help

Group 5 « 50 mt patent »

- 15 mt correct crawl
- 50 mt correct on the back
- Breaststroke with legs' push
- Basic turns (breaststroke touching 2 hands, back swim arriving on the back)
- Departure with back in the water
- Initiation to stationary swimming "petit chinois"
- Diving from the edge

Group 6 “Patent 100 mt” (25 mt pajamas, 1 minute of “Petit chinois” and 100 mt swimming) and 3x50 (crawl, breaststroke and back)

- 50 mt correct crawl
- 25 mt crawl in 3 times
- 100 mt on the back
- 25 mt (breaststroke), 1 time arms then 2 times legs
- 25 mt legs correct breaststroke
- Fetching at least 3 objects at the bottom of the pool
- Dive from the starting block
- Turns on the back, breaststroke, crawl
- Ripple learning
- Initiation to butterfly swim
- Diving with small run-up
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Group 7 « Patent 200 mt » Improvement 1

- 400 mt back
- 400 mt crawl
- 400 mt breaststroke
- 50 mt butterfly
- 4 turns + cast
- 100 mt 4 swims + turn

Group 8 « Patent 800 mt/1000 mt » Sport Swimming

- Swimmers not wanting to compete but having the highest level of the swimming school
- Having succeeded the previous groups
- Improvement of swimming techniques
- Improvement of endurance

Group 9 « Patent 800 mt/1000 mt » Competition

- Join the ESB team obligatorily
- 500 mt on the back
- 500 mt breaststroke
- 500m crawl
- 100 mt butterfly
- 4 competitions at least
- Be able to attend 1h30 training
- Attend the training of the team once per month
- 4 competitions at least
- Follow the courses of the team

Strength training for competitive swimmers

The physical preparation course aims at a better understanding of the sport. It is designed to preserve the athlete's physical, muscular and osteo-articular integrity.

The aim is to improve the athlete's performance capacity, to develop his physical potential such as flexibility, strength, motor coordination in order to better achieve the competitive objectives.

SWIMMING LESSONS 2018-2019						
LEVEL	DAY	POOL	TIME	CODE	FEE	TRAINER
Level 1 (8 pl)	FRIDAY	POSEIDON	16H45-17H10	58411	€ 190,00	Sylvie
Level 2 (8 pl)	FRIDAY	POSEIDON	17H10-17H35	58412	€ 190,00	Sylvie
Level 3 (8 pl)	FRIDAY	POSEIDON	17H35-18H05	58413	€ 190,00	Sylvie
Level 1 (5 pl)	WEDNESDAY	VUB PB	14H-15H	38511	€ 325,00	To be confirmed
Level 2 (5 pl)	WEDNESDAY	VUB PB	14H-15H	38512	€ 325,00	To be confirmed
Level 3 (8 pl)	WEDNESDAY	VUB PB	14H-15H	38513	€ 325,00	Sylvie
Level 4	MONDAY	ERM	17H-18H	1824	€ 285,00	Aleksandr
Level 4	MONDAY	LONGCHAMP	16H55-17H55	1834	€ 285,00	Thomas
Level 4	WEDNESDAY	VUB GB	14H-15H	3854	€ 285,00	To be confirmed
Level 4	FRIDAY	POSEIDON	17H-18H	5844	€ 285,00	Aleksandr
Level 5	MONDAY	ERM	17H-18H	1825	€ 285,00	Aurélie
Level 5	TUESDAY	LONGCHAMP	16H55-17H55	2835	€ 285,00	Thomas
Level 5	WEDNESDAY	VUB GB	14H-15H	3855	€ 285,00	To be confirmed
Level 5	FRIDAY	VUB GB	17H30-18H30	5855	€ 285,00	To be confirmed
Level 6	MONDAY	ERM	17H-18H	1826	€ 285,00	Sophie
Level 6	TUESDAY	LONGCHAMP	16H55-17H55	2836	€ 285,00	Gaël
Level 6	WEDNESDAY	VUB GB	14H-15H	3856	€ 285,00	Gaël
Level 6	THURSDAY	POSEIDON	17H15-18H15	4846	€ 285,00	Sophie
Level 6	FRIDAY	VUB GB	17H30-18H30	5856	€ 285,00	To be confirmed
Level 7	MONDAY	ERM	17H-18H	1827	€ 285,00	Nicolas
Level 7	THURSDAY	LONGCHAMP	16H55-17H55	4837	€ 285,00	Thomas
Level 7	FRIDAY	VUB	17H30-18H30	5857	€ 285,00	Azam
Level 7/8	MONDAY	POSEIDON	17H15-18H15	1848	€ 285,00	Thierry
Level 7/8	TUESDAY	POSEIDON	17H15-18H15	2848	€ 285,00	Sophie
Level 8	WEDNESDAY	VUB GB	14H-15H	3858	€ 285,00	To be confirmed
Level 8	THURSDAY	LONGCHAMP	16H55-17H55	4838	€ 285,00	Gaël
Level 9	MONDAY	POSEIDON	17H15-18H35	1849	€ 370,00	Aly Reza
Level 9	TUESDAY	POSEIDON	17H15-18H35	2849	€ 370,00	Aly Reza
Level 9	THURSDAY	POSEIDON	17H15-18H35	4849	€ 370,00	Thierry
Level 9	FRIDAY	VUB GB	17H30-19H00	5859	€ 370,00	Thierry
Level 9	FRIDAY	VUB GB	17H30-19H00	5859	€ 370,00	Aly Reza
Muscle strenghtening	WEDNESDAY	ARWSL	17H45-18H45	3014	€ 285,00	Thierry

Rules

1. Registrations

- There is an administrative fee of 25 EUR for each enrolment request, which is included in the price. Note that this amount is still due if you decide to cancel the enrolment.
- 10 EUR will be charged for any changes in courses for personal convenience
- All subscriptions made before 5 September must be paid before that date. A default of payment on 5 September will lead to an automatic cancellation of the subscription.

2. Fees

- The membership fee is annual
- Single course registration: full fee applies
- Registration for 2 courses: 20% discount on the total amount. For ESB swimmers, additional 10% discount
- Registration for 3 courses: 25% discount on the total amount. For ESB swimmers, additional 10% discount

3. 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.

4. If a session is cancelled

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

5. 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.

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

7. School transport (**Uccle students only**, swimmers from other schools should contact the transport department of their school for any information):

- Students must be at least 8 years old to use the buses serving the pools. We do not accompany the students, so they must be able to go alone to the bus.
- Students from the European School of Uccle who are not enrolled in school transport and want to use this service to reach the pool, must apply to the transport office and pay a fee of 130 EUR. Applications will be accepted subject to availability of places.
- The information relating to transport concerns only the pupils of Uccle