

SWIMMING COURSE PROGRAMME 2019-2020

Opening of registrations for ESB registration: Wednesday 12 June at 9:00.

Opening of registrations for Classic registration: Wednesday 19 June at 9:00.

Courses start 19/20: The week of Monday, September 16, 2019

For new swimmers wishing to join the courses

In order to help you choose a course, we will organise test sessions (**highly recommended**). 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

Date and procedure for the registration will be communicated by email during the month of May

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.**

REGISTRATION

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

- 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

- 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

- 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

- 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 “

- 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

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

Group 8

- 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

- 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 2019-2020						
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	Fred
Level 2 (5 pl)	WEDNESDAY	VUB PB	14H-15H	38512	€ 325,00	Fred
Level 3 (8 pl)	WEDNESDAY	VUB PB	14H-15H	38513	€ 325,00	Sylvie
Level 1 (5 pl)	WEDNESDAY	VUB PB	15H-16H	38514	€ 325,00	Sylvie
Level 2 (8 pl)	WEDNESDAY	VUB PB	15H-16H	38515	€ 325,00	Sophie D
Level 3 (8 pl)	WEDNESDAY	VUB PB	15H-16H	38516	€ 325,00	Lucas
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	Lucas
Level 4	FRIDAY	POSEIDON	17H-18H	5844	€ 285,00	Aleksandr
Level 5	MONDAY	ERM	17H-18H	1825	€ 285,00	Lucie
Level 5	TUESDAY	LONGCHAMP	16H55-17H55	2835	€ 285,00	Thomas
Level 5	WEDNESDAY	VUB GB	14H-15H	3855	€ 285,00	Guy
Level 5	FRIDAY	VUB GB	17H-18H	5855	€ 285,00	Kenza
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	Bruno
Level 7	MONDAY	ERM	17H-18H	1827	€ 285,00	Zuleima
Level 7	THURSDAY	LONGCHAMP	16H55-17H55	4837	€ 285,00	Thomas
Level 7	FRIDAY	VUB	17H00-18H00	5857	€ 285,00	Brice
		From 15/11 to 13/03	17h30/18h30			
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	Lucie
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	17H00-18H30	5859	€ 370,00	Thierry
Level 9	FRIDAY	VUB GB	17H00-18H30	5859	€ 370,00	Aly Reza
		From 15/11 to 13/03	17h30-19h00			
Muscle strenghtening	WEDNESDAY	ARWSL	17H45-18H45	3014	€ 285,00	Sophie D

