

SWIMMING COURSE PROGRAM 2020-2021

*****Swimming Timetable Below**

Registration 2020-2021

- Esb swimmers members: Monday June 15, 2020 at 9:00 am
- Other swimmers": Tuesday, June 23, 2020 at 9:00 a.m.
- Registration via your online parent account on our website <https://services.uccleparents.org/>
- A separate swimming module allows pupils from all European Schools in Brussels to register. Please note that only pupils attending the schools in Laeken, Woluwé and Ixelles will not have to pay the APEEE contribution.

Start and end of courses 2020-2021

- Start: The week of Monday, September 14, 2020
- Ends: Last class on Monday, June 15, 2021 (after this date, no more classes will be given).
- *****Due Covid19 situation**, these dates are subject to pool reopening deadlines and modification

For swimmers already registered in our courses in 2019-2020

Attention

If your child wishes to continue the activity, he or she will have to register in the same group as in the year 2019-2020 except for level 1,2 and 3 (children can enrol in the next level). As the swimmers have not swum for several months and could not be evaluated by the instructors, we considered it consistent that they register in the same level. We are aware that children's morphology and physical abilities change rapidly at these ages, so the instructors will adapt the lessons in terms of distance and endurance. No registrations will be accepted if the course does not correspond to the 2019-2020 course.

However, if the course you want is full, you can put your child on a waiting list by sending an email to natation.cesame@uccleparents.org

If a place becomes available, we will automatically come back to you by phone or email.

Updates of the swimming level

For greater clarity, the swimming levels have been redefined. There are now 7 skill levels (from Level 1 to Level 7) for all swimmers.

Two additional levels ("BSE 1 Intermediate" and "ESB 2 Advanced") are reserved exclusively for competitive swimmers who are members of the ESB swim team.

- If your child was enrolled from Group 1 to Group 3: He can enrol to the next level
- If your child was enrolled from Group 1 to Group 6: Nothing changes and he or she is enrolled in the same group as in 2019-2020.
- If your child was registered in groups 7, 8 or 9: These groups were normally only for swimmers on the ESB team. They must now register in group ESB1 or ESB2 according to what the head coach (Aly Reza Pakszad) has communicated to them.
- If your child was registered in level 7/8 or 8: They must now register in level 7.

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

For new swimmers wishing to join the courses

Due to the health situation, we are unable to confirm test dates prior to the opening of registrations. Therefore, exceptionally, we allow you to register now and then validate the level when the tests can be organised.

In order to form homogenous groups, we suggest that you carefully consider the different skills of each swimming level mentioned in our program.

Any change of level will be done within the limit of available places! (In this case, the change of group level will not be charged).

Once the order has been placed, please send an email to natation.cesame@uccleparents.org with the child's first name, surname and registration level so that we can contact you once the test dates have been confirmed.

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 Cinquanteenaire, 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

- Swimmers who do not want to compete but have the highest level of swimming school
- Having passed the groups preceding
- Improvement of swimming techniques
- Improvement of endurance

For ESB swimmers only

ESB1 Intermediate " Competition "

- 200m back
- 200m crawl
- 200m breaststroke
- 25m butterfly
- 4 turns + casting
- 100m 4 strokes + swim turn
- Improvement of endurance

ESB Advanced - 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 2020-2021

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 4	MONDAY	ERM	17H-18H	1824	€ 285,00	Océane
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	MONDAY	ERM	17h-18h	1828	€285,00	Guillaume
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	Jonas
Level 6	TUESDAY	LONGCHAMP	16H55-17H55	2836	€ 285,00	Gaël
Level 6	WEDNESDAY	VUB GB	14H-15H	3856	€ 285,00	Gaël
Level 6	FRIDAY	VUB GB	17H30-18H30	5856	€ 285,00	Brice
Level 7	MONDAY	POSEIDON	17H15-18H15	1848	€ 285,00	Sophie E.
Level 7	TUESDAY	POSEIDON	17h15-18h15	2848	€ 285,00	Sophie E.
Level 7	THURSDAY	LONGCHAMP	16H55-17H55	4838	€ 285,00	Thomas
ESB 1 Intermediate	MONDAY	ERM	17h-18h	1827	€ 285,00	Michael
ESB 1 intermediate	THURSDAY	LONGCHAMP	16H55-17H55	4837	€ 285,00	Gael
ESB 1 intermediate	THURSDAY	POSEIDON	17h15-18h15	4846	€285,00	Aly Reza
ESB 1 intermediate	FRIDAY	VUB	17h00-18h30	5857	€ 370,00	Aly Reza
		From Nov to march	17h30-19h00			
ESB 2 Advanced	MONDAY	POSEIDON	17H15-18H35	1849	€ 370,00	Aly Reza
ESB 2 Advanced	TUESDAY	POSEIDON	17H15-18H35	2849	€ 370,00	Aly Reza
ESB 2 Advanced	THURSDAY	POSEIDON	17H15-18H35	4849	€ 370,00	Thierry
ESB 2 Advanced	FRIDAY	VUB GB	17H00-18H30	5859	€ 370,00	Thierry
		From Nov to march	17h30-19h00			
Muscle strenghtening	WEDNESDAY	ARWSL	17H15-18H15	3014	€ 285,00	Sophie D.