

SWIMMING COURSE PROGRAM 2021-2022

*Schedules and prices below in the document

Educational swimming levels

Upon successful completion of the objectives listed in a level, the swimmer may enter the next group

**There are 7 skill levels (Level 1 to Level 7) for all swimmers. Two additional levels ("ESB 1 Intermediate" and "ESB 2 Advanced") are reserved exclusively for competitive swimmers who are members of the ESB swim team.

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

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

ESB2 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 2021-2022

12 to 15 swimmers per water line maximum

LEVEL	DAY	POOL	TIME	CODE	FEE	TRAINER
Level 1 (8 pl)	FRIDAY	POSEIDON	16H45-17H10	58411	€ 210,00	Sylvie
Level 2 (8 pl)	FRIDAY	POSEIDON	17H10-17H35	58412	€ 210,00	Sylvie
Level 3 (8 pl)	FRIDAY	POSEIDON	17H35-18H00	58413	€ 210,00	Sylvie
Level 1 (5 pl)	WEDNESDAY	VUB PB	14H-15H	38511	€ 360,00	Fred
Level 2 (5 pl)	WEDNESDAY	VUB PB	14H-15H	38512	€ 360,00	Fred
Level 3 (8 pl)	WEDNESDAY	VUB PB	14H-15H	38513	€ 360,00	Sylvie
Level 4 (12pl)	MONDAY	ERM	17H-18H	1824	€ 315,00	Lucie
Level 4 (14pl)	MONDAY	LONGCHAMP	16H55-17H55	1834	€ 315,00	Aly Reza
Level 4 (6pl)	WEDNESDAY	VUB GB	14H-15H	3854	€ 315,00	Guillaume
Level 4 (12pl)	FRIDAY	POSEIDON	17H-18H	5844	€ 315,00	Guillaume
Level 5 (12pl)	MONDAY	ERM	17H-18H	1825	€ 315,00	Lucas
Level 5 (12pl)	MONDAY	ERM	17h-18h	1828	€315,00	Stephanie
Level 5 (14pl)	TUESDAY	LONGCHAMP	16H55-17H55	2835	€ 315,00	Lucas
Level 5 (8pl)	WEDNESDAY	VUB GB	14H-15H	3855	€ 315,00	Guillaume Cb
Level 5 (7pl)	FRIDAY	VUB GB	17H-18H	5855	€ 315,00	Kenza
Level 6 (12pl)	MONDAY	ERM	17H-18H	1826	€ 315,00	Margo
Level 6 (14pl)	TUESDAY	LONGCHAMP	16H55-17H55	2836	€ 315,00	Gael
Level 6 (8pl)	WEDNESDAY	VUB GB	14H-15H	3856	€ 315,00	Gaël
Level 6 (7pl)	FRIDAY	VUB GB	17H30-18H30	5856	€ 315,00	Lucie
Level 7 (12pl)	MONDAY	POSEIDON	17H20-18H20	1848	€ 315,00	Adam
Level 7 (12pl)	TUESDAY	POSEIDON	17h20-18h20	2848	€ 315,00	Liam
Level 7 (14pl)	THURSDAY	LONGCHAMP	16H55-17H55	4838	€ 315,00	Aly Reza
ESB 1 Intermediate	MONDAY	ERM	17h-18h	1827	€ 315,00	Michael
ESB 1 intermediate	THURSDAY	LONGCHAMP	16H55-17H55	4837	€ 315,00	Gael
ESB 1 intermediate	THURSDAY	POSEIDON	17h20-18h20	4846	€315,00	Sophie
ESB 1 intermediate	FRIDAY	VUB	17h00-18h30	5857	€ 410,00	Michael
		From Nov to March	17h30-19h00			
ESB 2 Advanced	MONDAY	POSEIDON	17H20-18H40	1849	€ 410,00	Sophie
ESB 2 Advanced	TUESDAY	POSEIDON	17H20-18H40	2849	€ 410,00	Sophie
ESB 2 Advanced	THURSDAY	POSEIDON	17H20-18H40	4849	€ 410,00	Thierry
ESB 2 Advanced	FRIDAY	VUB GB	17H00-18H30	5859	€ 410,00	Thierry
		From Nov to March	17h30-19h00			
Muscle strenghtening	WEDNESDAY	ARWSL	17H15-18H15	3014	€ 315,00	Sophie D.