

# SWIMMING COURSE PROGRAM 2022-2023

\*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 2022-2023

12 to 15 swimmers per water line maximum

LEVEL	DAY	POOL	TIME	CODE	FEE	TRAINER
Level 1 (8 pl)	FRIDAY	POSEIDON	16H45-17H10	58411	€ 231,00	Sylvie
Level 2 (8 pl)	FRIDAY	POSEIDON	17H10-17H35	58412	€ 231,00	Sylvie
Level 3 (8 pl)	FRIDAY	POSEIDON	17H35-18H00	58413	€ 231,00	Sylvie
Level 1 (5 pl)	WEDNESDAY	VUB PB	14H-15H	38511	€ 396,00	Fred
Level 2 (5 pl)	WEDNESDAY	VUB PB	14H-15H	38512	€ 396,00	Fred
Level 3 (8 pl)	WEDNESDAY	VUB PB	14H-15H	38513	€ 396,00	Sylvie
Level 4 (12pl)	MONDAY	ERM	17H-18H	1824	€ 347,00	Monitor
Level 4 (14pl)	MONDAY	LONGCHAMP	16H55-17H55	1834	€ 347,00	Sarah B
Level 4 (6pl)	WEDNESDAY	VUB GB	14H-15H	3854	€ 347,00	Guillaume
Level 4 (12pl)	FRIDAY	POSEIDON	17H-18H	5844	€ 347,00	Guillaume
Level 5 (12pl)	MONDAY	ERM	17H-18H	1825	€ 347,00	Monitor
Level 5 (12pl)	MONDAY	ERM	17h-18h	1828	€347,00	Monitor
Level 5 (14pl)	TUESDAY	LONGCHAMP	16H55-17H55	2835	€ 347,00	Fahar
Level 5 (8pl)	WEDNESDAY	VUB GB	14H-15H	3855	€ 347,00	Guillaume Cb
Level 5 (7pl)	FRIDAY	VUB GB	17H-18H	5855	€ 347,00	Kenza
Level 6 (12pl)	MONDAY	ERM	17H-18H	1826	€ 347,00	Monitor
Level 6 (14pl)	TUESDAY	LONGCHAMP	16H55-17H55	2836	€ 347,00	Gael
Level 6 (8pl)	WEDNESDAY	VUB GB	14H-15H	3856	€ 347,00	Gaël
Level 6 (7pl)	FRIDAY	VUB GB	17H30-18H30	5856	€ 347,00	Monitor
Level 7 (12pl)	MONDAY	POSEIDON	17H20-18H20	1848	€ 347,00	Monitor
Level 7 (12pl)	TUESDAY	POSEIDON	17h20-18h20	2848	€ 347,00	Stephanie
Level 7 (14pl)	THURSDAY	LONGCHAMP	16H55-17H55	4838	€ 347,00	Sarah B
ESB 1 Intermediate	MONDAY	ERM	17h-18h	1827	€ 347,00	Quentin
ESB 1 intermediate	THURSDAY	LONGCHAMP	16H55-17H55	4837	€ 347,00	Gael
ESB 1 intermediate	THURSDAY	POSEIDON	17h20-18h20	4846	€347,00	Sophie
ESB 1 intermediate	FRIDAY	VUB	17h00-18h30	5857	€ 451,00	Michael
		From Nov to March	17h30-19h00			
ESB 2 Advanced	MONDAY	POSEIDON	17H20-18H40	1849	€ 451,00	Sophie
ESB 2 Advanced	TUESDAY	POSEIDON	17H20-18H40	2849	€ 451,00	Sophie
ESB 2 Advanced	THURSDAY	POSEIDON	17H20-18H40	4849	€ 451,00	Monitor
ESB 2 Advanced	FRIDAY	VUB GB	17H00-18H30	5859	€ 451,00	Monitor
		From Nov to March	17h30-19h00			