



## ISD Sportverein e.V. Swimming Trimester 1 2022/23

	16: 15 – 17:00	17:00 – 17:45	17:45 – 18:30	18:30 – 19:15	19:15 – 20:00
<b>MONDAYS</b>	<b>Level C</b> INTENSIVE	<b>Level E/F</b> INTENSIVE	<b>MASTERS</b>	<b>MASTERS</b>	
	16:15 – 16:55 2 weekly lessons 10 Participants	17:00 – 17:40 2 weekly lessons 16 Participants	NECIS JUNIOR TEAM 17:45 – 18:25 2 weekly lessons 16 Participants	NECIS SENIOR TEAM 18:30 – 19:15 2 weekly lessons 16 Participants	
<b>WEDNESDAYS</b>	<b>Level D</b> REGULAR	<b>Level D</b> INTENSIVE	<b>Level C</b> REGULAR	<b>Level C</b> INTENSIVE	<b>Level E/F</b> INTENSIVE
	16:15 – 16:55 1 weekly lesson 12 Participants	17:00 – 17:40 2 weekly lessons 10 Participants	17:45 – 18:25 1 weekly lesson 12 Participants	18:30 – 19:10 2 weekly lessons 10 Participants	19:15 – 19:55 2 weekly lessons 16 Participants
		<b>Level A/B</b> REGULAR			
		17:10 – 17:40 1 weekly lesson 10 Participants			
<b>THURSDAYS</b>	<b>Level D</b> INTENSIVE	<b>MASTERS</b>	<b>MASTERS</b> NECIS SENIOR TEAM		
	16:15 – 16:55 2 weekly lessons 10 Participants	NECIS JUNIOR TEAM 17:00 – 17:40 2 weekly lessons 16 Participants	17:45 – 19:15  2 weekly lessons 16 Participants		



## ISD Sportverein e.V. Swimming Trimester 1 2022/23

### **Level A (8-10 Participants):**

Session 1: Wednesdays 17:10 - 17:40

### **Level B (8-10 Participants):**

Session 1: Wednesdays 17:10 - 17:40

### **Level C INTENSIVE (10 Participants):**

Session 1: Mondays 16:15 - 16:55

Session 2: Wednesdays 18:30 - 19:15

### **Level C REGULAR (12 Participants):**

Session 1: Wednesdays 17:45 - 18:25

### **Level D INTENSIVE (10 Participants):**

Session 1: Wednesdays 17:00 - 17:40

Session 2: Thursday 16:15 - 16:55

### **Level D REGULAR (12 Participants):**

Session 1: Wednesdays 16:15 - 16:55

### **Level E/F INTENSIVE combined (18 Participants):**

Session 1: Mondays 17:00 - 17:40

Session 2: Wednesdays 19:15 - 19:55

### **Masters (20 Participants):**

Session 1: Mondays 17:45 - 19:15

Session 2: Thursdays 18:30 - 19:15

**Please note: Times are subject to change!**



## ISD Sportverein e.V. Swimming Trimester 1 2022/23

### LEVEL DESCRIPTIONS

#### LEVEL A

**Goals:** getting used to water, cope with water

**Entry-Requirements:** None, standing secure in 90cm deep water.

Development goals:

- Reducing fear: submerging face under water, open eyes underwater.
- Building confidence: jumping, diving and gliding with and without assistance
- Measures of self-rescue: Being able to move back to the pool-edge from 1-2m distance.

**Level A Key skill: Learning to utilize the concept of buoyancy.**

#### LEVEL B

**Goals:** Learning first swimming technique/ Learn to swim

**Entry-Requirements:** Level A certificate/ Level A key skill

Development goals:

- Learning breaststroke swimming style (First with, later without floatation devices)
- Diving skills: Basic distance diving (up to 3m) and deep diving (up to 1.2m)
- Building confidence: Jump into up to 2m deep water, learning different jumps and their use („pin“, „cannon ball“)

**Level B Key skill: Being able to swim 15m independently.**



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### LEVEL C

**Type:** Intensive Lessons  
**Goals:** Building up stamina, introduction into backstroke, Deep Diving, Technical Training  
**Entry-Requirements:** Level B certificate/ Level A+B key skills (being able to swim independently for 15m)

#### Development goals:

- Learning to swim backstroke swimming style (with breaststroke legs, kicking legs, with and without arm movement)
- Technical Training in previously learned strokes (e.g. Breast Stroke)
- Learning to swim longer distances.
- Improving on general skills: jump from 1m diving board, up to 2m deep diving, up to 5m distance diving

**Level C Key skill: All-round swimming capabilities. Participants should be „swim safe” now.**

### LEVEL D

**Type:** Intensive Lessons  
**Goals:** Building up stamina, introduction into freestyle, Technical Training  
**Entry-Requirements:** Level C certificate/ Level C key skill + coach's recommendation

#### Development goals:

- Learning to swim basic freestyle
- Technical training in all previously learned strokes (Breaststroke, Backstroke)
- Head first entry from pool edge, jump from 3m diving board.



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- General stamina improvements.

**Level D Key skill: Understanding and ability to swim 3 different strokes, at least 2 untiring.**

### Level E

**Type:** Group Lessons/ Training  
**Goals:** Ability to swim long distances, Correct turns, Transportation, Timegated swimming  
**Entry-Requirements:** Level D certificate/ Level D key skill

#### Development goals:

- Learning to swim basic butterfly movements, learning sculling technique.
- Technical training in all previously learned strokes. (Breaststroke, Backstroke, Freestyle)
- Head first entry from startblock and 1m diving board.
- Building stamina to swim up to 800m.
- Introduction into races and relays.

**Level E Key skill: Swimmers should be prepared to swim recreationally**

### LEVEL F

**Type:** Group Training  
**Goals:** Introduction into competitive swimming, fast swimming  
**Entry-Requirements:** Level E certificate/ Level E key skill

#### Development goals:

- Build up strength and stamina on a semi-competitive level



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- Technical training in all previously learned strokes (Breaststroke, Backstroke, Freestyle, Butterfly)
- Introduction into flip turns and other turn-techniques

**Level F Key skill: Swimmers should be prepared to swim recreationally or at a competitive level**

### **MASTERS**

**Type:** Group Training  
**Goals:** Competitive Swimming, Technical training, Starts and Turns, Fast swimming  
**Entry-Requirements:** Level E+F certificate/ Level E+F key skill, Coach's Recommendation

#### **Development goals:**

- Intensive, recreational swim training for everyone who mastered Level F and NECIS swim team members. NECIS participation is not mandatory.