



SSC
Eindhoven

Information 2023/2024

Student Sports Centre Eindhoven

TU/e EINDHOVEN
UNIVERSITY OF
TECHNOLOGY

Welcome to the Student Sports Centre Eindhoven

With over 13,500 members, the Student Sports Center Eindhoven (SSC) is the heart of Eindhoven student life! For over 55 years, TU/e and Fontys students, employees and alumni have enjoyed the largest Eindhoven sports program here. After work and study, the SSC is the place on campus for exercise, sports and socializing. A Home away from Home!

We offer 70 sports, fitness and (special) courses under the guidance of qualified (top sports) instructors. In our extensive facilities you can exercise freely and at our 38 student sports associations you have the chance to shine athletically, gain management experience and of course enjoy student life. Starting from € 108,- per academic year you can play sports at the SSC seven days a week, before, during or after college hours.

Contact: get social with us

Onze Lieve Vrouwestraat 1
5612 AW Eindhoven
Tel. (040) 247 32 32
sciinfo@tue.nl

 /SSCEindhoven

 /ssceindhoven

 /ssceindhovenmovies

<https://ssceindhoven.tue.nl/en/>

SSC sports program: 400 lessons per week

Tennis, (indoor) soccer, (beach) volleyball, judo, boxing, swimming, athletics, ice skating, cheerleading, fitness, squash, core class, body pump, pilates, aerial silks, capoeira, spinning, yoga, rugby, zumba ... and much more. The SSC has approximately 400 classes per week. As a sports cardholder, you can join our group classes by registering through the website. You do not need to register for association classes.* All classes are included in the sports card. Whether you are a beginner or an elite athlete, our classes are for all levels. Our complete class schedule can be found on our website.

** Lessons at student sports clubs are open to students and Phd students only.*

Open exercise: work out when you want

Of course, you can also exercise freely during our opening hours. We have a (new) gym, an open swimming pool, a Playground, five squash courts and eleven all-weather tennis courts. You can easily reserve a court or spot through our website. The swimming pool has set 'free swimming' hours, a reservation is not needed.

Openingstijden

Monday to Friday: 07h30 – 24h00 (exercise until 23h00)
Saturday: 08h30 – 21h00
Sunday: 09h00 – 17h00

Fitness: achieving your goals together

We have a new modern gym and an outdoor Playground, where you can work out seven days a week. In our gym you can work on different aspects, such as strength and endurance. Do you prefer to train together? Then you can participate in different fitness classes such as Urban Cross Training, Kettlebell & TRX and Synrgy HIIT. In addition, our Fitness Team offers various workshops, courses and personal guidance, such as Personal Training and Fitness Advice. Our goal is to reach your goal!

i More information: sscfitness@tue.nl

Courses: learn the basics and rise to the challenge!

In addition to our sports program, we also have (intro) courses. These courses start at the beginning of each quartile and are ideal for learning the basics of a (new) sport, such as running, tennis, golf and swimming. For most courses we ask a small contribution (€15,-). You can sign up via the SSC website.

- Aerial Hoop/Silks
- Diving
- Fitness
- Golf
- Ladies Fitness
- PaalFitness
- Running
- Skiing
- Snowboarding
- Squash
- Swimming
- Tennis

i More information: ssccourses@tue.nl

Health: a vital campus

The SSC likes to help improve and maintain your health. Therefore, we offer our sports cardholders a number of services and courses. Registration/reservation can be done through our website.

- Back on Track
- Fit Break Club
- Physio Advice
- Lifestyle Course - Start me up!
- Massage (€22,- per 30 minutes)
- RSI-Prevention
- Nutrition Coach

i More information: Manon van Lint, Teamleader Health & Vitality: m.v.lint@tue.nl

Student sports associations: more than sports

Student Sports Associations (SSA) are the heart of student sports at the SSC. As a member of an SSA, besides playing sports, you can develop (managerial) skills and meet (new) fellow students. With 38 clubs ranging from team sports, adventure, water sports, martial arts, defense and endurance sports, there is something for everyone. Get the most out of yourself and your study time and become a member!

Aerial Silks/Aerial Hoop	S.P.V. Blue	www.spvblue.nl	info@spvblue.nl
Aikido	E.S.B.V. Samourais	www.samourais.nl	bestuur@samourais.nl
Archery	E.S.H. Da Vinci	www.eshdavinci.nl	info@eshdavinci.nl
Athletics	E.S.A.V. Asterix	www.asterixatletiek.nl	info@asterixatletiek.nl
Badminton	E.S.B.V. Panache	www.esbvpanache.nl	bestuur@esbvpanache.nl
Basketball	E.S.B.V. Tantalus	www.tantalus-basketbal.nl	tantalusbasketball@gmail.com
Board sports (snowboarding, skateboarding, longboarding, surfing and wakeboarding)	E.S.S.V. Avalanche Boarders	www.avalancheboarders.nl	info@avalancheboarders.nl
Boxing	E.S.K.B.V. Impact	www.eskbvimpact.nl	eskbvimpact@gmail.com
Brazilian Jiu Jitsu	E.S.B.V. Samourais	www.samourais.nl	bestuur@samourais.nl
Cheerleading	E.S.T.C. Twist	www.estctwist.nl	board@estctwist.nl
Climbing (alpinism, bouldering, rope climbing)	E.S.A.C.	www.esac.nl	bestuur@esac.nl
Cycling	E.S.W.V. Squadra Veloce	www.squadraaveloce.nl	bestuur@squadraaveloce.nl
eSports	E.S.E.V. Zephyr	www.esevzephyr.nl	info@esevzephyr.nl
Fencing	E.S.S.V. Hoc Habet	www.hochabet.nl	board@hochabet.nl
Football	E.S.V.V. Pusphaira	www.pusphaira.nl	bestuur@pusphaira.nl
Futsal (indoor football)	E.S.Z.V.V. Totelos	www.totelos.nl	bestuur@totelos.nl
Gliding	ZES	www.zweefvliegen.nu	nieuweleden@zweefvliegen.nu
Golf	E.S.G.V. De Club	www.esgvdeclub.nl	bestuur@esgvdeclub.nl
Gymnastics	E.S.T.C. Twist	www.estctwist.nl	board@estctwist.nl
Handball	E.S.Z.V. Oktopus	www.eszvoktopus.nl	bestuur@eszvoktopus.com
Hockey	E.S.H.V. Don Quishoot	www.donquishoot.nl	secretaris@donquishoot.nl
Horseback riding	E.S.R.V. Concorde	www.esrvconcorde.nl	esrv.concorde@gmail.com
Ice-hockey	E.S.IJ.V. Icehawks	www.icehawks.nl	info@icehawks.nl
Ice-skating	E.S.S.V. Isis	www.essvisis.nl	bestuur@essvisis.nl
Judo	E.S.B.V. Samourais	www.samourais.nl	bestuur@samourais.nl
Karate	E.S.B.V. Samourais	www.samourais.nl	bestuur@samourais.nl
Kayaking	E.S.K.V. Okawa	www.okawa.eu	bestuur@okawa.eu
Kickboxing	E.S.K.B.V. Impact	www.eskbvimpact.nl	eskbvimpact@gmail.com
Korfbal	E.S.K.V. Attila	https://eskvattila.nl	eskvattila@gmail.com
Mountainbike/ Cyclo cross	E.S.W.V. Squadra Veloce	www.squadraaveloce.nl	bestuur@squadraaveloce.nl
Outdoor sport/ Survivalrun	All Terrain	www.allterrain.nl	bestuur@allterrain.nl
PaalFitness	S.P.V. Blue	www.spvblue.nl	info@spvblue.nl

Rowing	E.S.R. Thêta	www.esrtheta.nl	intro@esrtheta.nl
Rugby	E.S.R.C. The Elephants	www.elephants.nl	info@elephants.nl
Sailing	E.S.Z.V. Boreas	www.boreaseindhoven.nl	bestuur@boreaseindhoven.nl
Sport Federation	ESSF	www.essf.nl	mail@essf.nl
Squash	E.S.S.R.V. Quatsh	www.quatsh.nl	bestuur@quatsh.nl
Strength Sports (General, strong (wo) man, powerlifting)	E.S.K.V. Odin	www.eskvodin.nl	bestuur@eskvodin.nl
Surfing (wind and kite)	E.S.W.V. WETH	www.eswweth.nl	eswweth@gmail.com
Swimming	E.S.W.Z.V. Nayade	www.nayade.nl	secretaris@nayade.nl
Taekwondo	E.S.T.V. Ilyeo	www.ilyeo.nl	bestuur@ilyeo.nl
Table tennis	E.S.T.T.V. TAVERES	www.taveres.nl	bestuur@taveres.nl
Tennis	E.S.T. Fellenoord	www.fellenoord.nl	info@fellenoord.nl
Volleyball	E.S.V.V. Hajraa	www.hajraa.nl	bestuur@hajraa.nl
Volleyball	V.V. Tamar	www.vvtamar.nl	info@vvtamar.nl
Water polo	E.S.W.Z.V. Nayade	www.nayade.nl	secretaris@nayade.nl

Sports card

Join us

Starting 1 September 2023 you will need a new sports card (subscription); this card remains valid until 31 August 2023 (except for the 1 month and 1st semester card). With the sports card you can participate in our sports program, courses, work out and use our facilities.

Buying your sports card

The sports card can be purchased in the following way:

TU/e and Fontys online: TU/e and Fontys students and employees can easily apply for a sports card via our website and pay immediately online (e.g. with iDEAL). For TU/e employees and students, the campus card (after payment) also functions as your sports card. Fontys students and staff can have their sports card printed at the SSC information desk on their first visit to the SSC.

Other sports cards info desk: daily from 09.00 - 22.00 you can apply/extend the sports card at the SSC info desk by showing your ID and 'proof of enrolment 2023-2024' (Studielink). After PIN payment you can start playing sports immediately.

The sports card is strictly personal |Please always scan it upon entry to avoid a No Show!

Prices 2023-2024

	Year 01/09/23 – 31/08/24	1st Semester 01/09/23 – 28/02/24	2nd Semester 01/01/24 – 31/08/24	Month
Students				
TU/e & Fontys	€ 108,-	€ 73,-	€ 86,-	€ 23,-
Other university's	€ 108,-	€ 73,-	€ 86,-	€ 23,-
External HBO	€ 199,-	€ 129,-	€ 136,-	€ 30,-
Employees				
TU/e & Fontys	€ 131,-	€ 94,-	€ 105,-	€ 29,-
Alumni				
TU/e	€ 212,-	€ 149,-	€ 162,-	€ 39,-
Fontys	€ 282,-	€ 182,-	€ 208,-	€ 49,-

Sports card after graduation

After graduation, you can quietly wind down your student life with us and continue to enjoy the SSC. There are two arrangements for this:

1 year rule: the first year after graduation you can still purchase a sports card at the student rate and remain a member of a student sports club. You can read more about the conditions on our website.

Alumni (TU/e and Fontys): as an alumnus you can use all facilities and participate in all classes, except the 'association classes'. You can read more about the conditions on our website.

Partner card

Partners of sports card holders can also purchase a sports card. At the same rate (Alumni excluded), your regular partner can also participate in the class program and use the facilities. When purchasing the sports card at the SSC info counter, your partner must show proof of partnership, e.g. marriage certificate, cohabitation contract, joint bank account or rental lease.

House rules

To ensure that everyone enjoys exercising at SSC, we have drawn up a number of house rules. The main house rules are:

- While exercising, always wear sports clothing and clean (indoor) sports shoes.
- When visiting the gym and participating in group lessons, you use a towel to clean equipment and machines.
- You can only participate in classes or use facilities with a valid reservation.

Sports card is strictly personal

The sports card is strictly personal and cannot be lent out. It is also not possible to bring other people along as guests. In case of any form of abuse, the subscription will be ended without any refund. Thank you for your cooperation!

Indoor and Outdoor Facilities

The SSC sports facilities rank among the best in the Netherlands and reflect the popularity and significance that the TU/e places in university sports.

- | | | |
|------------------------------|---|---|
| • All Terrain Construction | • Field hockey fields
(2, floodlit) | • Soccer fields
4 grass, 1 artificial turf |
| • Archery range (outdoor) | • Fitness hall | • Spinning theater |
| • Athletics track (floodlit) | • Golf driving range
(floodlit) | • Sports halls (3) |
| • Beach fields (2) | • Group lessons studio | • Squash courts (5) |
| • Boat house | • Gymnasium
(indoor, 25m) | • Swimming pool |
| • Body & Mindspace | • Playground | • Tennis courts |
| • Boulder Wall | • Pole fitness studio
(11, floodlit) | |
| • Climbing wall | | |
| • Dojo | | |

Sports Café | Hospitality

Due to renovations, the Sport Café will be closed during the 2023-2024 academic year. During this time we will provide replacement catering facilities. In 2024, we look forward to welcoming everyone to our new Sport Café!

Staff

Wim Koch Director	(040) 247 3979	w.koch@tue.nl
Mylène Grams Secretary	(040) 247 5736	m.grams@tue.nl
Peter Geurts General Manager	(040) 247 3263	p.geurts@tue.nl
Raymond Starke Communications	(040) 247 3938	r.starke@tue.nl
Atef el Allouche Fitness	(040) 247 4182	a.e.allouche@tue.nl
Ramses Rongen Sports Associations	(040) 247 4249	r.rongen@tue.nl
ESSF Sports Associations		mail@esst.nl
Misha Latuhihin Golf	(040) 247 4567	m.latuhihin@tue.nl
Manon van Lint Health & Vitality & Cursussen	(040) 247 5002	m.v.lint@tue.nl
Yvonne de Kinkelder Voedingscoach & Courses	(040) 247 5206	y.c.h.d.kinkelder@tue.nl
Greta Takens Group lessons	(040) 247 5798	g.suslaviciute@tue.nl
Joyce Schonenburg Events & Hospitality	(040) 247 5206	j.schonenburg@tue.nl
Rebeka Trcova Physiotherapy		r.trca@tue.nl
Frank van Oudenhoven Finances	(040) 247 3505	f.h.m.v.oudenhoven@tue.nl
Peter van Rooij Info Counter	(040) 247 3232	p.v.rooij@tue.nl
Dave den Tuinder Technical Services	(040) 247 2616	d.a.j.c.d.tuinder@tue.nl