



Student
Sports
Centre
Eindhoven

Information 2024/2025

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/>

Welcome to the Student Sports Centre Eindhoven

With around 14.000 members, the Student Sports Centre 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 € 120,- per academic year you can play sports at the SSC seven days a week, before, during or after college hours.

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 workouts/classes per week, all of which are included in the sports card included. As a sports cardholder, you can always join our group classes by registering through the website. You do not need to register for association classes.* 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 by yourself during our opening hours. We have a brand-new modern gym, an outdoor playground, five squash courts and eleven all-weather tennis courts. You can book a time slot online. The swimming pool has set hours in the morning, lunch and early evening for 'Open Swimming'. The exact hours can be found on our website. A reservation is not needed for open swimming.

Openingstijden

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

SSC Gym: achieving your goals together

We have a new modern gym and an outdoor Playground, where you can work out year-round, 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, Circuit Training and Synrgy HIIT. In addition, our Fitness Team offers various workshops, courses and personal guidance, such as Personal Training and Fitness Advice. Are you new to the fitness world? Then you can sign up for 'The Gym Explained'. 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
- Golf
- PaalFitness
- Skiing
- Snowboarding
- Squash
- Swimming
- Tennis

i More information: ssccourses@tue.nl

Vital during work and study

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

- Fit Break Club
- Physio Advice
- Lifestyle Course - Start me up!
- Massage (€23,- per 20 minutes)
- Neck & Shoulders
- RSI-Prevention
- Nutrition Coach

i More information: Manon van Lint, Teamleader 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 (<i>snowboarding, skateboarding, longboarding, surfing and wakeboarding</i>)	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 (<i>alpinism, bouldering, rope climbing</i>)	E.S.A.C.	www.esac.nl	bestuur@esac.nl
Cycling	E.S.W.V. Squadra Veloce	www.squadraavelo.nl	bestuur@squadraavelo.nl
eSports	E.S.E.V. Zephyr	www.esvezephyr.nl	info@esvezephyr.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 (<i>indoor football</i>)	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	esrvconcorde@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.squadraavelo.nl	bestuur@squadraavelo.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 2024 you will need a new sports card (subscription); this card remains valid until 31 August 2025 (except for the 1 month and 1st semester card). With the sports card you can participate in our sports program, 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 & employees can easily login to our website with their TU/e or Fontys credentials. In the shop you can select a subscription and pay online (including via iDEAL). For TU/e students & employees, after payment, the campus card functions as your sports card. Fontys students & employees can have the sports card made at our info desk on their next visit to the SSC upon showing ID.

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 2024-2025' (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 2024-2025

	Year 01/09/24 – 31/08/25	1st Semester 01/09/24 – 28/02/25	2nd Semester 01/01/25 – 31/08/25	Month
Students				
TU/e & Fontys	€ 120,-	€ 81,-	€ 95,-	€ 24,-
Other university's	€ 120,-	€ 81,-	€ 95,-	€ 24,-
External HBO	€ 211,-	€ 137,-	€ 145,-	€ 31,-
Employees				
TU/e & Fontys	€ 145,-	€ 104,-	€ 116,-	€ 30,-
Alumni				
TU/e	€ 235,-	€ 165,-	€ 179,-	€ 40,-
Fontys	€ 313,-	€ 202,-	€ 230,-	€ 50,-

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:

Extension year: 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, active 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, the use of a towel to clean equipment and machines is mandatory.
- 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 (2, *floodlit*) (Group Lessons)
- Archery range (*outdoor*)
- Athletics track (*floodlit*)
- Beach fields (2) (*floodlit*)
- Boat house
- Boulder Wall
- Climbing wall
- Dojo
- Cycle Studio
- Field hockey fields
- Fitness hall
- Golf driving range
- Playground
- Soccer fields (4 grass, 1 artificial turf)
- Sports halls (3) (11, *floodlit*)
- Squash courts (5)
- Studio 1
- Studio 2 (Body & Mind)
- Studio 3 (Gymnasium)
- Studio 4 (Polefitness)
- Swimming pool (*indoor, 25m*)
- Tennis courts

Student Sports Café

The Student Sports Café is the place where sports card holders come together before and after sports to socialize and have a drink after a workout. Throughout the day you can go here for a drink, a nice lunch, (healthy) snack or dinner, including vega and vegan dishes. We show important sport events on the big screen, like WC-, EC and Champions League football, Grand Slam Tennis and cycling races. Of course, we have student-friendly prices in our Student Sports Café!

Staff

Max van Veen Director	(040) 247 3979	m.v.veen@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 Vitality	(040) 247 5002	m.v.lint@tue.nl
Yvonne de Kinkelder Voedingscoach & Courses		y.c.h.d.kinkelder@tue.nl
Greta Takens Group lessons		g.suslaviciute@tue.nl
Joyce Schonenburg Events & Hospitality		j.schonenburg@tue.nl
Rebeka Trcova Physiotherapy		r.trca@tue.nl
Frank van Oudenhoven Finances	(040) 247 8632	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