



SSC
Eindhoven

Swimming Courses

Intermediate: In this course, you can improve your technique in the basic swimming strokes, as well as learn how to do the freestyle, backstroke and breaststroke turns. The goal of the course is for each participant to be able to swim 50 meters with decent technique in each stroke with swimming turns.

Advanced: In this course, you can further improve your technique in the basic swimming strokes while gradually increasing the distance, as well as learn how to dive from the starting blocks. The goal of the course is for each participant to swim 100 meters with good technique in each stroke with swimming turns.

Freestyle Long Distance: This is a special course for swimmers who want to improve their endurance and efficiency in the water. The goal of the course is for each participant to be able to swim 1 km freestyle with good technique and at a steady pace.

Freestyle Technique: In this course, you can improve your freestyle technique, as well as learn how to do the freestyle turn. The goal of the course is for each participant to be able to swim 50 meters with good technique in freestyle with swimming turns.

Price: € 15,-

Time & Location: Swimming pool

- **Intermediate** Monday 18h30 - 19h30
- **Advanced** Wednesday 19h00 - 20h00
- **Freestyle Long Distance** Friday 18h00 - 19h00
- **Freestyle Technique** Friday 18h00 - 19h00

