



SSC
Eindhoven

Swimming Course



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

Advanced: In this course, you can improve your technique of the three basic swimming strokes (freestyle, backstroke, breaststroke) while the distance is gradually increased. Also, you will learn how to dive from the starting blocks. The aim of the course is that every participant will be able to dive from the starting block and swim 100 meters 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 aim of the course is that every participant will be able to swim freestyle 1 km at a steady pace.

Price: € 15,-

Time & Location: Swimming pool

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