

Swimming course

Location: SSC Eindhoven, Swimming pool

Level: Beginners and Advanced

Price: 15 Euros sports cards holders

Period: Every Quartile

Day & Time: Look in the sports schedule on the SSC website

Equipment: Swimming clothes and swimming goggles

Instructor: SSC Swimming instructor



WHAT YOU CAN EXPECT

Intermediate: In this course, you can learn or improve your technique of the three basic swimming strokes (freestyle, backstroke, breaststroke), as well as the swimming turns in each stroke. The aim of the course is that every participant will be able to swim 50 meters in each stroke with swimming turns. *This course is not for beginners.*

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. *You must have completed the Intermediate course to participate in this course.*

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. *You must have completed the Advanced course to participate in this course.*

Freestyle Technique: This is a special course for swimmers who already know the basics and want to learn and improve especially their freestyle technique. The aim of this course is that every participant will be able to swim 25 meters efficiently with proper technique freestyle. *This course is not for beginners.*

REGISTRATION

Signing up is possible via [our website](#). Log in on your personal page, go to 'Shop' and then click on 'View all courses'.