# Swimming SSC 2023 - 2024

## Lessons and Courses

### 1. Beginners lessons (shallow end)
- **Level**: No or little swimming experience.
- **Start level**: Being able to swim in shallow water, basic skills of breaststroke.
- **Goal of the group**: Swimming in deep water, basic skills of breaststroke.
- **Hours**:
  - See SSC website:
  - Via SSC website, €10,- per course.
- **Registration and costs**:
  - None

### 2. Beginners lessons (deep end)
- **Level**: No or little swimming experience.
- **Start level**: Being able to swim in shallow water, basic skills of breaststroke.
- **Goal of the group**: Swimming in deep water, basic skills of breaststroke.
- **Hours**:
  - See website for exact days and hours.
- **Registration and costs**:
  - None

### 4. Intermediate
- **Level**: Intermediate.
- **Start level**: Small and short arm stroke and good timing of the stroke.
- **Goal of the group**: Improving technique breaststroke, extending distances in deep water, learning backstroke and freestyle.
- **Hours**:
  - See website for exact days and hours.
- **Registration and costs**:
  - None

### 5. Advanced
- **Level**: Advanced.
- **Start level**: Small and short arm stroke and good timing of the stroke.
- **Goal of the group**: Improving technique breaststroke, extending distances in deep water, learning backstroke and freestyle.
- **Hours**:
  - See website for exact days and hours.
- **Registration and costs**:
  - None

### 6. Freestyle Distance
- **Level**: Freestyle.
- **Start level**: Freestyle.
- **Goal of the group**: Further improvement of swimming techniques of strokes.
- **Hours**:
  - See website for exact days and hours.
- **Registration and costs**:
  - None

### 7a. Swimming-technique group
- **Level**: Freestyle.
- **Start level**: Freestyle.
- **Goal of the group**: Participants will improve their freestyle technique, gain greater comfort and confidence in the water by discovering the ideal rhythm, develop and improve the aerobic capacity in the water through specialized training. At the end of the course they will be able to easily cover the distance of 1000 meters.
- **Hours**:
  - Mon: 18h30-19h30
  - Wed: 20h00-21h30
  - Thu: 18h30-20h00
  - Sat: 10h00-11h30
- **Registration and costs**:
  - Via SSC website, €10,- per course.

### 7b. Waterpolo-beginners
- **Level**: Freestyle.
- **Start level**: Freestyle.
- **Goal of the group**: Participants will improve their freestyle technique and be able to cover a distance of at least 50 meters. It is recommended to have already attended the intermediate and Advanced courses.
- **Hours**:
  - Mon: 17h30-18h30
  - Wed: 18h00-19h00
  - Thu: 18h30-20h00
  - Fri: 10h00-11h30
- **Registration and costs**:
  - Via SSC website, €10,- per course.

### 8a. Swimming-competition group
- **Level**: Freestyle.
- **Start level**: Freestyle.
- **Goal of the group**: Participants will improve their freestyle technique, gain greater comfort and confidence in the water by discovering the ideal rhythm, develop and improve the aerobic capacity in the water through specialized training. At the end of the course they will be able to easily cover the distance of 1000 meters.
- **Hours**:
  - Mon: 18h30-19h30
  - Wed: 20h00-21h30
  - Thu: 18h30-20h00
- **Registration and costs**:
  - Via SSC website, €10,- per course.

### 8b. Waterpolo-competition group
- **Level**: Freestyle.
- **Start level**: Freestyle.
- **Goal of the group**: Participants will improve their freestyle technique, gain greater comfort and confidence in the water by discovering the ideal rhythm, develop and improve the aerobic capacity in the water through specialized training. At the end of the course they will be able to easily cover the distance of 1000 meters.
- **Hours**:
  - Mon: 18h30-19h30
  - Wed: 20h00-21h30
  - Thu: 18h30-20h00
- **Registration and costs**:
  - Via SSC website, €10,- per course.

### 9. Morning Group
- **Level**: Freestyle.
- **Start level**: Freestyle.
- **Goal of the group**: Participants will improve their freestyle technique, gain greater comfort and confidence in the water by discovering the ideal rhythm, develop and improve the aerobic capacity in the water through specialized training. At the end of the course they will be able to easily cover the distance of 1000 meters.
- **Hours**:
  - Mon: 06:30-08:30
  - Wed: 06:30-08:30
  - Thu: 06:30-08:30
- **Registration and costs**:
  - Via SSC website, €10,- per course.

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**Information**

- **Open Swimming**
  - See SSC website:
  - Via SSC website, €10,- per course.
- **Registration and costs**:
  - None

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**TU/e Eindhoven University of Technology**

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**www.nayade.nl**

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**Billy Lapatas**