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### Information

**Open Swimming**
- Being able to swim in deep water, basic skills of breaststroke.

**Start level**
- No or little swimming experience
- Being able to swim in one full lane of freestyle, backstroke and breaststroke without stopping, principles of a tumble turn.

**Goal of the group**
- Water confidence, floating on belly and back, learning water treading, principles of breaststroke, start swimming in deep water.

**Hours**
- See SSC website: Open Swimming
- Mon: 17h30-18h30
- Wed: 18h00-19h00
- Wed: 19h00-20h00
- Thu: 18h30-20h30
- Thu: 19h30-21h30
- Fri: 17h30-19h00

**When joining?**
- Throughout the academic year
- Start of every quarter of the TU/e college year

**Registration and costs**
- None
- Via SSC website, €1 per course
- Via SSC website, €1 per course, 2 weeks before the date starting.

**Information**
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**Swimming SSC 2023 - 2024**

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