

Swimming SSC 2024 - 2025

Level 

Information	Open Swimming	Lessons and Courses						ESWZV Nayade				
		1. Beginners lessons (shallow end)	2. Beginners lessons (deep end)	3. Intermediate	4. Advanced	5. Long Distance	6. Freestyle technique	7a. Swimming-technique group	7b. Waterpolo-beginners	8a. Swimming-competition group	8b. Waterpolo-competition group	9. Morning Group
Start level	Being able to swim in deep water, basic skills of breaststroke.	No or little swimming experience	Being able to swim in deep water, basic skills of breaststroke.	Ability to swim one full lane of freestyle, backstroke and breaststroke without stopping. Not for beginners!	After successfully completing the Intermediate course, you can enroll in the advanced course.	The Participants must have a good level of freestyle technique and be able to swim at least four full lanes without stopping. It is recommend to have already attended the Intermediate and Advanced courses.	The participant must be able to swim one full lane of freestyle without stopping.	100m breaststroke + turn 100m backstroke + turn 100m freestyle + turn 25m butterfly stroke + turn 100m medley + turn Swim start & Streamlining	50m breaststroke 50m backstroke 100m freestyle	100m breaststroke + turn 100m backstroke + turn 100m freestyle + turn 50m butterfly stroke + turn 200 medley + turn Swim start & streamlining	100m breaststroke 100m backstroke 200m freestyle Experience with waterpolo	Possible on request
Hours	See SSC website: Open Swimming	Mon: 17h30-18h30 Wed: 18h00-19h00	Mon: 17h30-18h30 Wed: 18h00-19h00	See website for exact days and hours.	See website for exact days and hours.	See website for exact days and hours.	See website for exact days and hours.	Mon: 18h30-19h30 Wed: 19h00-20h00	Tue: 18h30-20h00 Thu: 18h45-20h45	Mon: 19h30-20h30 Wed: 20h00-21h30	Tue: Ladies 18h30-20h00 Tue: Men 20h00-22h00 Thu: Ladies 18h45-20h45 Thu: Men 20h45-22h45	Tue: 06:30-08:30 Thu: 06:30-08:30
Goal of the group		Water confidence, floating on belly and back, learning water treading, principles of breaststroke, start swimming in deep water.	Improving technique breaststroke, extending distances in deep water, learning backstroke and freestyle.	<u>Breaststroke</u> : small and short arm stroke and good timing of the stroke. <u>Backstroke</u> : horizontal position in the water, continuous kicking of the feet and correctly rotating arms. <u>Freestyle</u> : horizontal position in the water, continuous kicking of the feet and correctly rotating arms. <u>Turns</u> : learning how to do the breaststroke, back stroke and freestyle turn. <u>Skills</u> : straight tumble turn, pushing off underwater and improving shape for swimming two lanes of every stroke.	<u>Strokes</u> : further improvement of the swimming strokes. <u>Turns</u> : further improvement of the swimming turns. <u>Starts</u> : learning how to do an official race start. <u>Skills</u> : streamlining, sculling and improving shape for swimming four lanes of every stroke at once.	<u>Freestyle</u> : further improvement of the freestyle technique. <u>Tempo - Condition</u> : gain greater comfort and confidence in the water by discovering the ideal tempo, develop and improve stamina in the water through specialized training. <u>Distance</u> : at the end of the course you will be able to swim freestyle 1000 meters.	<u>Freestyle</u> : horizontal position in the water, continuous kicking of the feet, and correctly rotating arms. <u>Turns</u> : learning how to do the freestyle turn. <u>Skills</u> : straight tumble turn, pushing off underwater and improving shape for swimming two lanes of freestyle.	Improve your swimming strokes on a technical level. Improve your stamina and build up for longer distances. Focus is on technique. It is possible to participate in the NSZK and the NKS. It is also possible to join Nayade-activities.	Learning how to play water polo and get to know technical skills. Also possibilities to join Nayade-activities.	Improve your swimming strokes at competitive level, improve your stamina and build up for longer distances. Focus is on performance. It is possible to participate in the NSZK and NKS. It is also possible to join Nayade-activities.	Improving water polo skills and tactical knowledge. Joining a team competing in the Dutch Water Polo League. Also possibility to join Nayade-activities.	
When joining?	Throughout the academic year	Throughout the academic year	Throughout the academic year	Start of every quarter of the TU/e college year	Start of every quarter of the TU/e college year	Start of every 1 st , 3 rd , 5 th quarter of the TU/e college year.	Start of every quarter of the TU/e college year.	Throughout the college year	Throughout the college year	Throughout the college year	Throughout the college year	
Registration and costs	None	None	None	Via SSC website, €15,- per course. 2 weeks before the date starting.	Via SSC website, €15,- per course. 2 weeks before the date starting.	Via SSC website, €15,- per course. 2 weeks before the date starting.	Via SSC website, €15,- per course. 2 weeks before the date starting.	(Training) Membership ESWZV Nayade	(Training) Membership ESWZV Nayade	(Training) Membership ESWZV Nayade	Membership ESWZV Nayade	
Information	sciinfo@tue.nl	sciinfo@tue.nl	sciinfo@tue.nl	ssccourses@tue.nl	ssccourses@tue.nl	ssccourses@tue.nl	ssccourses@tue.nl	www.nayade.nl bestuur@nayade.nl	www.nayade.nl bestuur@nayade.nl	www.nayade.nl bestuur@nayade.nl	www.nayade.nl bestuur@nayade.nl	Billy Lapatas