Information Swimming Lessons For Women

Since 2009 the Student Sports Centre Eindhoven (SSC) offers the possibility for (foreign) women to follow swimming lessons or join open swimming. Obtaining the national swimming certificates A, B and C is among the options. During our swimming lessons, which are only taught by female instructors, the swimming pool is completely fenced off for spectators. A swimming lesson is 45 minutes long and takes place in groups of no more than 15 women. On Tuesday and Thursday from 9:00-10:00 we have Aquafit lessons and on Monday, Tuesday and Thursday from 10:00-11:00 we have swimming lesson for beginners.

Lesson periods and costs
The lessons are divided into two or three periods, which runs from the first school week after the summer till Christmas and from January till the Ramadan and the last till the summer holidays. The costs per period (14-16 lessons) depeche at the number of lessons but always €6,50 each lesson.

Singing up
You don’t have to register before just come to the sport center buy a Swimming card and you can start directly. Do you have a SSC sport card you can join the lessons for free.

(House) rules
Because of the great interest in swimming lessons and to guard your safety the SSC has put up a couple of (house) rules:

• You can pay by cash or PIN at the SSC counter. The payment has to be done before the first swimming lesson.
• It is NOT possible to take lessons on irregular basis.
• It is NOT allowed to use the emergency exits as a normal exit.

More information
For more information please contact Miss. Melissa Grunewald: ssczwemschool@tue.nl or 040-247 5206).