### Swimming SSC 2019 - 2020

<table>
<thead>
<tr>
<th>Information</th>
<th>Open Swimming</th>
<th>Swimming lessons</th>
<th>Courses</th>
<th>ESWZV Nayade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Start level</td>
<td>Being able to swim in deep water, basic skills of breaststroke.</td>
<td>No or little swimming experience</td>
<td>Ability to swim one full lane of freestyle, backstroke and breaststroke without stopping, principles of a tumble turn.</td>
<td>After successfully completing the basic course, you can enroll in the advanced course.</td>
</tr>
<tr>
<td>Hours</td>
<td>See SSC website: Open Swimming</td>
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<tr>
<td>Goal of the group</td>
<td>Water confidence, floating on belly and back, learning water treading, principles of breaststroke, start swimming in deep water.</td>
<td>Improving technique breaststroke, extending distances in deep water, learning backstroke and freestyle.</td>
<td>Strokes: further improvement of swimming techniques of strokes.</td>
<td>Improving water polo skills and tactical knowledge.</td>
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<td>When joining?</td>
<td>Throughout the college year</td>
<td>Throughout the college year.</td>
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<tr>
<td>Registration and costs</td>
<td>None</td>
<td>No registration, no costs.</td>
<td>Via SSC website, €10,- per course. 2 weeks before the date starting.</td>
<td>(Training) Membership ESWZV Nayade</td>
</tr>
<tr>
<td>Information</td>
<td><a href="mailto:sciinfo@tue.nl">sciinfo@tue.nl</a></td>
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<td><a href="http://www.nayade.nl">www.nayade.nl</a></td>
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**Level**

1. Principles of water
2. Principles of swimming
4. Intermediate
5. Advanced
6a. Swimming-technique group
6b. Waterpolo-beginners
7a. Swimming-competition group
7b. Waterpolo-competition group
8. Elite

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**Courses**

**1. Principles of water**

**2. Principles of swimming**

**4. Intermediate**

**5. Advanced**

**6a. Swimming-technique group**

**6b. Waterpolo-beginners**

**7a. Swimming-competition group**

**7b. Waterpolo-competition group**

**8. Elite**

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**Start level**

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**8. Elite**

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**Info**

- Open Swimming
- Swimming lessons
- Courses
- ESWZV Nayade

**Levels**

- **ESWZV Nayade**
- **Waterpolo-beginners**
- **Swimming-technique group**
- **Swimming-competition group**
- **Waterpolo-competition group**
- **Elite**

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**Hours**

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**Hours**

- **Open Swimming**
- **Waterpolo-beginners**
- **Swimming-technique group**
- **Swimming-competition group**
- **Waterpolo-competition group**
- **Elite**

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**Goal of the group**

- **Waterpolo-beginners**
- **Swimming-technique group**
- **Swimming-competition group**
- **Waterpolo-competition group**
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**When joining?**

- **ESWZV Nayade**
- **Waterpolo-beginners**
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- **Elite**

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**Registration and costs**

- **ESWZV Nayade**
- **Waterpolo-beginners**
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**Information**

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- **Waterpolo-beginners**
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- **Waterpolo-competition group**
- **Elite**

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**info**

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