ACE Your Journey!

The Student Sports Centre Eindhoven (SSC), the heart of Eindhoven student life for the past 50 years, is a meeting point for exercise, sports and socializing after a long day of work or school. With over 13,500 members, we are a home-away-from-home for TU/e and Fontys students, employees and alumni who come to the SSC to enjoy the most complete sports program in Eindhoven.

The “ACE Your Journey” project sponsored by Active Campus Europe (ACE) is a 6-week introductory exercise program for students looking to receive extra support in becoming more active. Participating in sports not only helps you to get fit, it also helps you to improve your social life, to build confidence and to give you an advantage in learning new skills.

Research has shown that doing sports, even in very small quantities or low impact, can have very positive results to one’s study performance. Last year this project was proven to be very successful for over fifty of all our participants. Many reported feeling fitter, being able to focus more on their studies and experienced an improvement of their overall wellbeing. Therefore, we warmly welcome students who want to give their activity level and study a boost and who need extra encouragement. Would you like to kick start your journey to discover how a healthy lifestyle can transform you inside out? Let our coaches and instructors inspire you!
Our Goal
The SSC offers basic-level health activities for groups of students and individual exercisers. Our goal is to offer personalized guidance so that you can lay a foundation for a more active and vital life. Would you like to build your confidence in participating in a range of team or individual sports? Would you like to meet other beginners interested in similar fitness activities? Sign up and see what six short weeks can do!

Our Program
The ACE Your Journey project is a 6-week course, which is free of charge and includes unlimited access to the SSC (valid for the 6 weeks of the program). The program is open for both sports card holders and non-sport card holders. If you decide to purchase a SSC-membership after you have successfully completed the program, you will get a discount on your sports card.

The program starts with a personal intake with our coach who will also guide you throughout a period of six weeks. Together you will figure out which sports program fits you the best. Furthermore you have weekly contact with your coach. After three weeks you have an evaluation and after six weeks an outtake. We offer a wide range of activities and lots of personalized attention to suit all needs, ability levels and schedules.

To register for the 6-week journey, please send an email with your contact information and student status to ACE@tue.nl. More information about the ACE program can be found here.
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