



Sports Guide 2023-2024

*All you need to know about
student sports in Wageningen!*

www.swuthymos.nl

scb.wur.nl



WAGENINGEN
UNIVERSITY & RESEARCH



Sports Centre de Bongerd (SCB)

Bornsesteeg 2, 6708 PE Wageningen

Phone number: (0317)483877

E-mail: office.fb-sportscentre@wur.nl

Website: www.scb.wur.nl

Facebook: Sports Centre de Bongerd

Youtube: SportsCentre deBongerd

Instagram: [@wur_sports_centre](https://www.instagram.com/wur_sports_centre)

Sit less, feel better!



Preface by Henri ten Klooster - Head SCB

Wageningen is quite different in many aspects respects from other university towns. Words as 'international', 'together', 'flat bars', 'beautiful surroundings', and 'everything just a bike ride away' describes this city perfectly.

Additionally, Wageningen University distinguishes itself also from other universities with its range of study programs focusing on Life Sciences. This unique variety of studies attracts people from all parts of The Netherlands as well as from all parts of the world. At least 110 nationalities are present at our university. Although the range of studies will be the same, we are not sure this will also go for the number of nationalities in the coming academic year, but by opting for one of the unique study programs offered by this university, you are distinguishing yourself as well.

Sports Centre de Bongerd (SCB) is a popular place for students to spend their leisure time. SCB belongs to the highest-rated university sports centres in The Netherlands. A broad variety of sports activities, courses and events for a reasonable price and a nice meeting place like the Sports Pub guarantee this. The maxim 'Sit less, feel better' of SCB is inextricably linked with the motto of Wageningen UR 'For Quality of Life'. SCB is also keen to distinguish itself from other university sports centres: in addition to offering a wide range of sports, courses, and events, SCB primarily wants to guarantee small-scale group lessons and good communications with you as sports-oriented students.

This summer we renovated our fitness room; all equipment has been replaced with new Life Fitness equipment and LED lights are installed. In the coming period, we will also try to renew the walls with visuals according to the design of the architect.

In August we will also start with the renovation of the top layer of the athletics track. This means that the track can't be used in the period of August 14 up to and including October 6.

SCB works together with Sports Foundation Wageningen University Thymos (SWU Thymos). Together we offer the best sports facilities for the group sportsman as well as the individual athlete.

Annually, new student sports associations are established and new courses replace others in the sports list in accordance with the two yearly questionnaire of SCB and SWU Thymos. In this way there are sports (70) available for everyone, so people feel at home quickly at our sports centre.

In this sports guide, you can find a complete overview of the sports list and you can find out which sports suits you best. Do you like to follow lessons or courses which you can do whenever you want? Do you want to become a member of a student sports association and do things together? Both options are possible at our sports centre.

In case you still don't know yet, we'd like to invite you in September for our sports rights free weeks up to and including September 22nd to let you discover the broad variety of student sports associations or to buy sports rights to get acquainted with everything that SCB has to offer you.

You can already go to the official reservation website of Sports Centre de Bongerd: <https://sporthalreservering.mendixcloud.com>; this works like an app on your cell phone. With the app, you can register fast for classes and courses or for reserving a squash court.

SCB belongs to the cheapest university sports centres in the Netherlands;

you only pay € 114 for an annual pass for the entire program until September 14th 2024. Sports rights per month cost € 17,50.

The SCB and SWU Thymos – together with you – 'For Quality of Life' and 'For Quality of Sports.'

Henri ten Klooster

Hoofd Sports Centre de Bongerd

Kjell Tolsma

Chairman SWU Thymos '23/'24

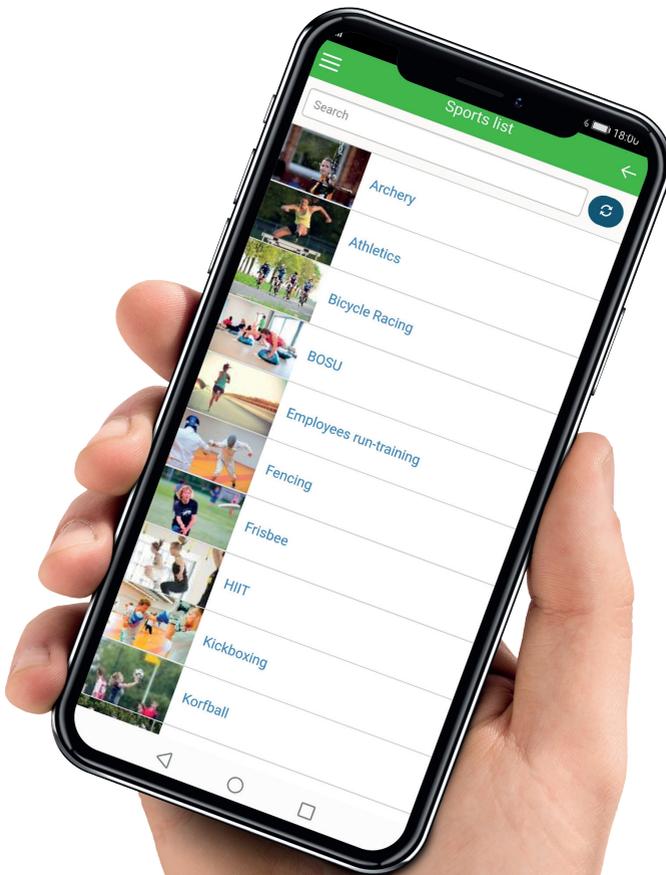
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Sports app

With this useful app it is possible to keep check on the sports programme even better! In the app it is possible to sign up for courses and to reserve squash courts, tennis courts, the beachvolleyball field, and a climbing wall. The app is available in the App Store and in the Google Play Store. Search for 'Sports Centre de Bongerd'.

You can also go to scb.wur.nl on your phone. This website shows and works like an app, which makes it possible to register for courses and to reserve a field or court.



Sports Centre de Bongerd

Sports Centre de Bongerd (SCB) is the Sports Centre of Wageningen University and Research Centre (Wageningen UR). SCB offers registered students and employees of Wageningen UR extensive workout possibilities, sports opportunities, and a nice meeting place. Students and employees in possession of an activated WURcard with sports rights can exercise at SCB 7 days per week.

SCB is a multifunctional Sports Centre with indoor as well as outdoor sports facilities. SCB disposes of 2 main gyms, 2 smaller gyms, a fitness room, a bike studio, an athletics track (under construction August 14- October 9), an indoor climbing wall, a boulder wall, a survival track, 4 squash courts, 3 tennis courts and 4 soccer fields of which one with artificial grass and a korfbal field with artificial grass.

Sports Centre de Bongerd (SCB)
Bornsesteeg 2

Opening hours

Sports programme:

Monday - Friday: 8:30 AM – 11:00 PM

Saturday - Sunday: 9:00 AM – 6:00 PM

Fitness and Squash:

Monday - Friday: 8:30 AM – 11:30 PM

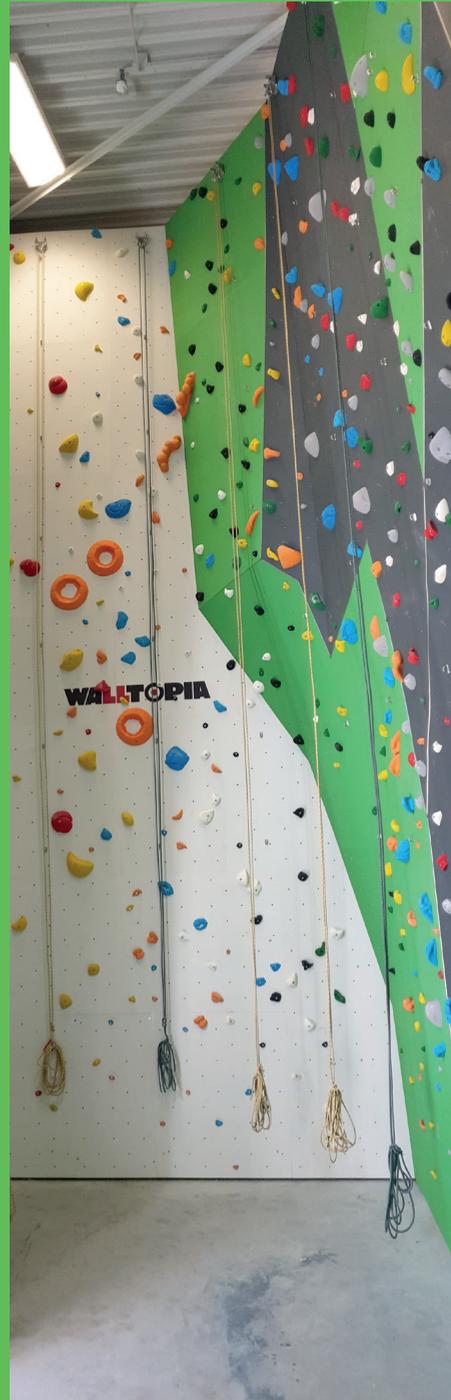
Saturday - Sunday: 8:30 AM – 6:00 PM

Sports Centre:

Monday - Friday: 8:30 AM - 1:00 AM

Saturday - Sunday: 8:30 AM - 7:00 PM

Opening hours may be different around holidays



Sports rights

How to buy sports rights:

In the SCB app, online at <https://www.wur.nl/nl/sports-centre-de-bongerd.htm> or at the reception desk of SCB.

Sports rights give you the following rights:

1. You can join one or more of the 32 student sports associations
2. You can subscribe for all courses and lessons
3. You can reserve a squash court, tennis court, a track on the climbing wall, and the beachvolleyball field
4. You can use the fitness room*
5. You can join recreational swimming hours

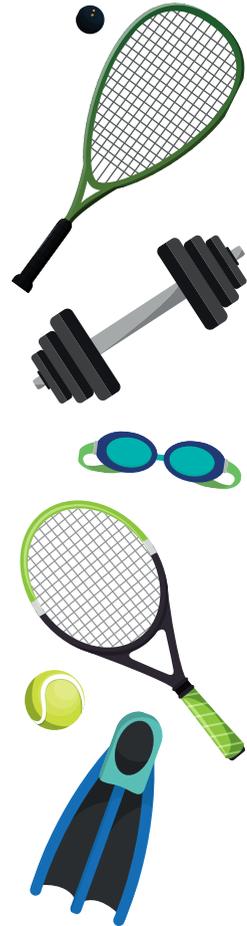
Doing sports for free:

In these weeks you can try out different sports activities and trainings of the student sports associations without having sports rights:

4th of September - 22nd of September 2023

12th of February - 23rd of February 2024

After having purchased sports rights you can enjoy the entire sports programme at Sports Centre de Bongerd.



Prices sports rights 2023-2024

	Full year	Price reduction January	Price reduction May	Price per month
Students WUR & other universities	€ 114,-	€ 81,-	€ 57,-	€ 17,50
First-year graduates	€ 166,50	€ 116,-	€ 83,25	n.a.
Internship/Exchange card**	€ 81,-	n.a.	n.a.	n.a.
Students HBO	€ 534,50	€ 361,25	€ 267,25	n.a.

* Register for a single fitness introduction course at scb.wur.nl ('Fitness Introduction Beginners') under 'Sports List'

**Internship/Exchange leaving Wageningen (proof needed)

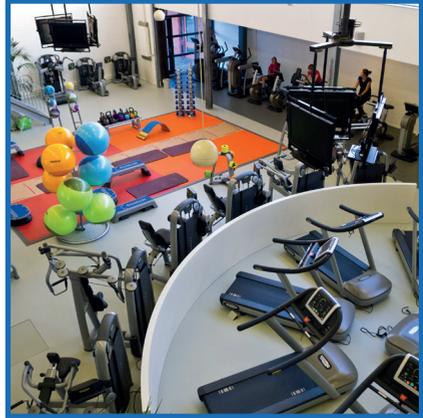
Fitness

At Sports Centre de Bongerd you can make use of a fitness hall with the most modern equipment and the Virtuagym app. The fitness room is – under normal circumstances - open every day of the week.

To make use of the fitness room you need to have:

- A WURcard with sports rights.
- Follow one of the four possible introduction lessons (max 1,5 hours)

To get entrance to the fitness room you have to bring your WURcard, clean indoor sporting shoes, and a towel.



Swimming

Sports Centre de Bongerd hires the public swimming pool for those who want to take a swim. When you have an activated WURcard with sports rights you can take a refreshing dive on your own in the swimming pool.

Check scb.wur.nl for the whole time schedule ('Swimming; Student Sports Rights or Employee Swimming rights' under 'Sports List').



Squash

With an activated WURcard with sports rights, you can reserve once a week a squash court. After finishing your first playtime you can reserve an extra playtime (when there are courts available).

On Fridays, Saturdays, and Sundays there is also commercial renting next to the use of students and employees with sports rights.



Tennis

In case you have an activated student WURcard with sports rights or an employee WURcard with tennis rights you can play tennis as many times as you want.

At the reception desk, there is also the possibility to rent a tennis racket if you do not have your own.

You can reserve a court at scb.wur.nl



Sports foundation Wageningen University Thymos

SWU Thymos is the student sports foundation of Wageningen and has up to six board members. SWU Thymos represents all 32 student sports associations, organises the SWU Thymos Internal Competition (TIC) as well as many awesome sports events and experiences. SWU Thymos also subsidises participation in sports events and serves as a knowledge platform for all sporting students in Wageningen. SWU Thymos has its own office at Sports Centre de Bongerd. You are always welcome to drop by if you have any questions or just want to say hi!

Bornsesteeg 2, 6708 PE Wageningen

Website: www.swuthymos.nl

Phone number: (0317)482746

Facebook: SWU Thymos

E-mail: swu.thymos@wur.nl

Instagram: [@swu_thymos](https://www.instagram.com/swu_thymos)

Chair



Kjell Tolsma

MSc Molecular Life Sciences

*Lacrosse, Floorball,
Fitness, Running,
Aquabootcamp*

Secretary



Floor Venemans

BSc Environmental Sciences

*Fitness, Indoor Biking,
Running, Rowing*

Treasurer



Marrit Bosch

BSc Molecular Life Sciences

*Climbing, Survival run,
Gymnastics, Surfing*



"A board year at SWU Thymos is a year to never forget!"

Com. of Sports



Shannon Neely

HBO Sportkunde

Boxing, CrossFit

A SWU Thymos board year

Apart from a Chair, Secretary / Vice Chair and Treasurer, also a Commissioner Publicity and two Commissioners of Sports are part of the Board. Besides the regular activities we make sure that at least once a month you can do a special 'Experience'. This means we organise activities that most people have never done before like flowboarding and gliding, but also glow in the dark trefbal and indoor jumping! Moreover, the Board distributes subsidies among the 32 student sports associations and individual athletes who play sports at acknowledged associations. The Board helps students to participate in national sport events and makes sure that small materials are sufficient for all sporting students. Besides these tasks, there are many more services SWU Thymos has to offer to sporting students!

Does that sound like something you would like to do? Are you looking for a new challenge? And above all, do you like sports?! Then a board year at SWU Thymos might be the right thing for you! We are always looking for new board members for the upcoming academic years. During a board year you can organise fun activities, meet many new people and of course, do a lot of different sports.

SWU Thymos Events & Experiences

Every year, SWU Thymos organises many different events and experiences, both for teams and individuals in various sports. Big events are often free and experiences are made available for a student price and with a discount if you have sports rights.

Check www.swuthymos.nl for the most recent list of events or like us on Facebook and follow us on Instagram!

Event Calender

Periods 1 & 2

Start 1st SWU Thymos Internal Competition
Skateboarding Experience
Squash Tournament Beginners
Night Canoeing Experience
Indoor Ski Experience
Battle of the Associations

Periods 3 & 4

Start 2nd SWU Thymos Internal Competition
Dance Evening
Ice Skating Experience
Student Winter Sport

Periods 5 & 6

Start 3rd SWU Thymos Internal Competition
Racket Tournament
Ball & Stick Tournament
WUR Olympics
Health Week
Great National Student Championship
Sports Night
Gliding Experience

Want to help organising an event?

If you want to help us with the organisation of our events you can contact us! You can also volunteer by helping us during the events itself. You can, for example, guide the games during the Sports Night or help to organize the Health Week!

N.B. The event calender is subject to change

Sports Night



The biggest free event with various playful games which takes place in the dark till 3:00 AM. Join together with your friends for an evening full of crazy activities!

Battle of the Associations

During the BotA, different study or sports teams battle against each other during various wild games and sports activities. Can you win the trophy for your study/sports association?



Dance Evening



Join in several workshops of different dancing styles under the guidance of skillful dance teachers. The workshops and dance styles change every year and are incredibly fun!

Ball & Stick Tournament

A tournament organized by both SWU Thymos and student council party VeSte. You and your teammates play different ball sports like soccer, volleyball, tchoukball and korfbal in a team, as well as several stick sports, like hockey, lacrosse, knotsball and so on. A great opportunity to have a ball!





SWU Thymos Internal Competition

Every year SWU Thymos organises different SWU Thymos Internal Competitions (TICs). Everyone with sports rights can participate in these competitions for free and form his/her own team. There are SWU Thymos Internal Competitions in beach volleyball, futsal, knotsball and soccer. In one academic year, there are three TIC rounds of around 10 weeks each. At the end of each round, there are finals where you can win a tasteful price with your team. Sign up with your friends, house, AID group or individually and join this cool competition!



Individual registration

No team? No problem! For all SWU Thymos Internal Competitions you can register individually and we will do our best to find a team that fits or create a team with individual registrations.

Beach Volleyball

In front of Sports Centre de Bongerd, there is a beach volleyball field where the SWU Thymos Internal Competition beach volleyball will be played. In the first and last period of the academic year, you can join this competition with a team of at least 4 people. Experience is not needed as there are competitions with different levels.



Futsal

Futsal is played by teams of 5 persons and is played the whole year as a SWU Thymos Internal Competition. Futsal is played outside on a smaller field which makes that this is a faster and more creative form of football. Register and show your skilful feet on the futsal field!



Check our Facebook and website for more information on how to register for the SWU Thymos Internal Competitions.



www.swuthymos.nl



Soccer

The soccer competition is played the entire academic year. Matches are played 7 versus 7 on half a soccer field for one hour. There are various levels of competition, ranging from beginners to very experienced players. A great competition for everyone that enjoys soccer.



Knotsball

Knotsball is a very popular sport in Wageningen where two teams of four persons compete against each other. Both teams try to hit a rubber ball against the opponent's goal with a stick (knots). Each game lasts half an hour and each team should have at least one woman in the field. During each competition round, approximately 50 teams join the knotsball competitions. This means there are different poules with different levels. Knotsball is probably the biggest and most student-like sport Wageningen has to offer!

Check our Facebook and website for more information on how to register for the SWU Thymos Internal Competitions.



SWU Thymos



www.swuthymos.nl



Subsidies

Students with sports rights who participate in sports events that are not organised by SWU Thymos, can do a subsidy request. The deadline for applying for a subsidy is one month after the event. With this subsidy, you can get half of your participation costs back with a maximum of € 25,- per event and € 45,- per year. The participation costs have to be at least € 10,- per event in order to get a subsidy. For each sport, you can hand in a subsidy request only twice a year.

Students can also request for subsidy for NSK's or for big student events like the Batavierenrace, the GNSK and the VeluweLoop. Besides, you can request for subsidy on the contribution for an acknowledged association. Check our website for more information about the subsidies.



Material sale

Do you want to have your own knots or frisbee? At the office of SWU Thymos you can buy a knots for € 8,50 and a frisbee for € 10,-!
You can pay by card or by cash.



Student sports associations

Within the Sports Centre, there are 32(!) student sports associations (SSAs) that organise trainings and competitions in different sports. These student sports associations have their own trainer and fixed training times to practice their sports. Student sports associations are managed by students and also offer social interaction, tournaments, trips, and, most of all, a lot of fun!

All student sports associations are part of **SWU Thymos**.

SWU Thymos represents the student sports associations at Sports Centre de Bongerd and gives financial support to them. In order to join a student sports association you need to have annual sports rights. Check out these student sports associations during the sports rights free weeks!



Archery

Are you interested in trying archery? Or are you an archer and are you looking for a new club to shoot at while in Wageningen? Then the Wageningen Archery Club is the association for you! The WAC offers beginners' courses, supervised trainings and internal competitions. We can shoot both inside and outside. And, of course, there is a lot of fun to be had! Do you dare to shoot?

WAC

www.wac.wur.nl

wac@wur.nl



Athletics

At Tartlétos more than hundred Tartlétos run, jump and throw at the blue track. We offer training multiple times a week to athletes who train for fun and to athletes participating at a national level. Of course, you are free to train whatever you want, we have a running group and a technical group. Tartlétos organises weekly social activities such as dinners, the annual Tartlétos weekend and a lot more. We also participate in the Batavierenrace and many (track)-competitions each year. You are welcome to join a training, during the sports rights free weeks, at the blue track!

W.A.V. Tartlétos

www.tartletos.nl

tartletos@wur.nl



Badminton

Playing badminton with BC De Lobbers means lots of sportsmanship and fun. During the training sessions, attention is paid to footwork, endurance, and technique. After each training session there is time for a drink. Both recreational players and competitive players (in different classes) are welcome to join our association. Besides playing badminton, various (non-)badminton-related activities are organised as well. Are you interested? You can join a training in the sports rights free weeks! If you want to come, please mail us beforehand to the e-mail address below. Hope to see you soon!

BC De Lobbers

www.lobbers.wur.nl

lobbers@wur.nl





Ballroom Dancing

Have you always wanted to shine on the dancefloor? To have everyone look at you in awe because of your smooth moves? Then join WuBDA, the Wageningen student Ballroom Dance Association. Learn the steps, techniques and pure joy of sweeping across the dancefloor and your nights out will never be the same again. Besides the Ballroom and Latin classes, we also go to (inter)national competitions, galas, workshops and other fun activities. So, do not hesitate and take the chance to dance!

WuBDA
www.wubda.nl
board@wubda.nl



Basketball

S.B.A. Sphinx is the student basketball association of Wageningen. Both beginners and advanced players from all over the world play basketball here. We are an open, relaxed and active club that likes to hang out with each other. We also attend tournaments every year with a group of members, always fun! Sphinx has, next to beginning and recreational players, competition teams for men and women. Are you interested? You can mail us, check our Facebook and website for more information or pass by one of our introduction trainings. Give it a shot!

S.B.A. Sphinx
www.sphinxbasketball.nl
bv.sphinx@wur.nl



Bicycle racing

W.S.W.V. Hellingproof welcomes road cyclists and mountain bikers from every level to join us! We have three road training sessions and one mountainbike session per week. Trainings consist of a mix of exercises based on skills and intensity, accessible for riders of all levels. We organize activities like trips abroad and discovering all cycling disciplines. We also compete in races together. Furthermore, cycling is the best way to enjoy the beautiful surroundings around Wageningen. So, are you excited for cycling? Then do not hesitate any longer and join Hellingproof!

W.S.W.V. Hellingproof
www.wswv-hellingproof.nl
wswvhellingproof@wur.nl





Climbing

W.S.A.C. IBEX is the association for everyone whose passion is the outdoors and most importantly loves climbing and/or bouldering! Our weekly training consists of a technique training and a strength training and of course, we often go to the climbing gym in Sports Centre de Bongerd! You can also participate in rock climbing weekends, technique courses, and climbing or bouldering competitions. Or relax with a delicious seasonal barbecue, slacklining session, or game night! Join the introduction period to gain climbing skills and get to know your fellow IBEX'ers!

W.S.A.C. IBEX
www.wsacibex.nl
wsacibex@gmail.com



Diving

Since the beginning of 2021, students of Wageningen University come together to dive and share their knowledge about this fantastic underwater sport. We are an international association by and for divers who want to share their passion for anything below-surface. We provide weekly pool training, affordable gear rental and dive trips, diving holidays, social activities, and much more. Join our growing group and spend your time exploring the underwater world with us! From beginners to advanced divers, from scientific divers to professionals, everyone is welcome at W.S.D.A. The

W.S.D.A. The Seadragons
www.wsda-seadragons.nl
the.seadragons@wur.nl



Fencing

Did you ever think of playing chess while doing a workout at the same time? Fencing is a sport where you use all the muscles of your body while training agility, balance, reflexes and the mind. No previous experience is needed as we will teach you everything from the basics. The Schermutselaers is a friendly, international group of people who will certainly welcome you enthusiastically! After the training session we offer free time for fencers to continue practicing on their own. Fencing equipment is provided by us.

W.S.S.V. de Schermutselaers
Facebook: 'schermutselaers'
schermutselaers@wur.nl





Floorball

Floorball is a growing sport in the Netherlands. It's a mix of indoor hockey and ice hockey. The boarding around the field and the lightweight sticks make floorball a very agile sport. At our weekly training, we combine practice and matches against each other. After training, we like to have a drink together. Members can play in the national mixed competition and at tournaments. Our board annually organises a club weekend and several other exciting activities. If you want to play Floorball within an amazing sports association, become a member!

[WUV Stick Together](#)

www.wuvsticktogether.nl

sticktogether@wur.nl



Gymnastics

Do you want to continue gymnastics during your student years, or have you always wanted to learn gymnastics? Then WSTV Split is the association for you! During the training, you will improve your skills, flexibility and technique and you can show them during special organised student gymnastic competitions. Nevertheless, Split is way more than just gymnastics, we also organise lots of activities. Think about workshops, potluck dinners and game-nights. So, if you are looking for an awesome sport with lots of fun, join Split!

[W.S.T.V. Split](#)

www.splitonline.nl

wstv.split@wur.nl

Wageningse
Studenten
Turn
Vereniging



Handball

Centauri is the student handball association of Wageningen. Everyone is welcome to join, no matter if you are experienced or have never played before. We have training twice a week, for both the men's and women's teams. Throughout the year we arrange friendly matches with other handball associations and go to different tournaments (incl. parties). Besides playing handball, we also like to socialize within the association so we organize a social activity each period. If you are interested to join or have any questions, do not hesitate to contact us!

[W.H.V. Centauri](#)

www.whvcentauri.nl

whv.centauri@wur.nl





Horse riding

Hipac is the Wageningen Student Equestrian Association. The association organises weekly lessons and all kinds of activities, such as a western lesson, trail rides and a horse riding weekend. When you are a member of Hipac you can participate in student competitions and you receive a discount on your lessons. So, do you want to improve your horse riding skills or do you want to ride regularly? Stop by at Hipac's open training!

A.W.S.R. Hipac St. Joris
www.hipacstjoris.com
hipac@wur.nl



Korfball

Do you want to play a fast upcoming sport with boys and girls mixed in one team? Do you want to learn how to play korfball? Doing sports at W.S.K.V. Débaldérin allows you to be part of training sessions and matches. Débaldérin is active in official competitions during the week(ends). We also visit student tournaments organised by other universities, which also includes partying. Furthermore, we organise secondary activities such as association weekends, drinks and many more. Interested? Join us, without any commitments, at one of our introduction training sessions by sending us an e-mail!

W.S.K.V. Débaldérin
www.debalderin.wur.nl
st.debalderin@wur.nl



Lacrosse

Lacrosse is a relatively new and challenging student sport. Since a few years, the Wageningen Warriors have multiple great lacrosse teams! Lacrosse is a combination of speed, power, tactic, and teamwork. It is often referred to as 'the fastest sport on two feet'. Each player has a "crosse", which is used to throw a rubber ball around at high speed. Besides training, there are also loads of activities and fun drinks after practice. If you are interested in this challenging sport, feel free to join us on the field during the sports rights free weeks!

Wageningen Warriors
www.wageningenwarriors.nl
board@wageningenwarriors.nl





Martial arts

The Grondleggers is the Student Sport Association that deals with everything martial arts. Martial arts are not about aggression and intimidation, but about assertiveness and control. It allows you to express yourself using your entire body in various ways, solve problems at a high pace and gain confidence for life. We have a great group of active members, and even greater trainers to help you learn the art of your choice: Boxing, kickboxing and Brazilian jiu-jitsu. Please check our website or contact us directly if all of this sounds like what you want to do!

De Grondleggers

www.grondleggers.wur.nl

wsbv.grondleggers@wur.nl



Open style and contemporary dance

At the Student Dance Factory, we offer dance classes for all levels in open style and contemporary dance. Have you danced for a long time, or do you want to try it out? Join our association and learn the techniques and amazing choreographies! We also have a dance crew, Wagalicious, for more advanced dancers, which performs regularly and competes nationally! Besides our classes, we offer workshops in different styles and organize fun social activities! Don't hesitate and come dance with us! Because "why be moody when you can shake your booty?"

The Student Dance Factory

www.studentdancefactory.nl

studentdancefactory@gmail.com



Pole dance

Pole dance is a full body workout where you not only become stronger, but also more flexible and better at balancing! During our pole dance classes, you can combine gymnastics and dance in your own way. Pole dance is becoming extremely popular, not only in the Netherlands but also abroad. At Allegra you can dance as much as you like and find a lot of enthusiastic pole fanatics! Come train with us, and challenge yourself a bit! Feel free to e-mail us for more info or workshops.

W.P.S.V. Allegra

www.AllegraPoeldancing.nl

allegra.paaldansen@wur.nl





Quidditch

Quidditch is a mixed-gender sport based on the sport of the Harry Potter books. It is a mix of handball, dodgeball and rugby. Chasers need to throw the quaffle through the hoops to score, while the beaters beat people with bludgers. After 17 minutes, the snitch enters the game, whose tail must be caught by the seekers, which ends the game. The emphasis lies on strategy and teamwork. There are 2 training moments per week and multiple matches per year. Everybody is welcome!

Wageningen Werewolves

www.quidditchwageningen.nl

wageningenquidditch@gmail.com



Rowing

Rowing is one of the best student sports, as it is easy to learn for everybody. Argo gives you the opportunity to develop yourself both physically and mentally. On top of that, you'll be able to participate on a national and international level! Refining your technique, training indoors and hitting the water with your team on the Rhine river, that's what Argo offers you! Besides the training sessions, there are also a lot of other activities for you to participate in. For instance, you can dine with friends every week.

W.S.R. Argo

www.wsr-argo.nl

bestuur@wsr-argo.nl



Sailing

Are you a beginning or an experienced sailor? At WSZV Aqua, you can immerse yourself in sailing. We are at the Rhine every week on various boats. We also organise sailing weekends and compete in various matches throughout the Netherlands. The peak of the sailing year is a weeklong trip across the lakes of Friesland. Aqua also organises many fun activities, such as weekly dinners and drinks, and the occasional party after sailing. In the spring and fall, you can join the introductory period for new members. Come aboard!

W.S.Z.V. Aqua

www.wszvaqua.nl

wszv.aqua@wur.nl





Soccer

Go-Ahead Victoria Combination (GVC) is the student football association of Wageningen. At GVC, we offer the possibility to play official KNVB matches (men and women) in a team that consists of both Dutch and international BSc and MSc students and recent alumni. As a member of GVC, you will develop your football skills, become part of a team of friends, and create memories that will stay with you for a lifetime. All this through dedicated training sessions, mixed tournaments, fun activities, 'third halves' and, ultimately, the matches!

GVC

www.gvc-wageningen.nl

board@gvc-wageningen.nl



Speed skating

W.S.S.V. IJzersterk (Strong as Iron) is the student speed skating association of Wageningen. We train from October till March, at the ice rink in Nijmegen. Beginners train on Mondays and/or Tuesdays and the more experienced skaters train on Mondays and Thursdays. In the summertime, we go outside for dry training. Furthermore, we organise drinks, barbecues, a cycling weekend in the Ardennes and a training camp to a foreign ice rink. So join our introduction training to see what speed skating is about!

W.S.S.V. IJzersterk

www.wssvijzersterk.nl

info@wssvijzersterk.nl



Squash

Would you like to join a new sport that is fun, challenging, and accessible to all? Then swing by one of our introduction training sessions! Ballistic is the student squash association of Wageningen, where someone is always up for a game of squash! Everyone is welcome, whether it's your first time on a squash court or you're an experienced player. Besides that, we host fun activities every year ranging from board game nights to barbecues! Piqued your interest? Then we will see you on the court!

Ballistic

www.ballisticsquash.nl

ballistic.squash@wur.nl





Strength training

Do you like lifting weights? Is your goal to become stronger or are you tired of lifting alone? Become a BEAST! Amongst our members are powerlifters, bodybuilders, Olympic weightlifters and casually training people. We offer different kinds of training, boot camps, club competitions and a large community of students interested in strength training. We organise social activities, like BBQ's, clinics, and lectures. For beginners: we offer a buddy program to get you started in the gym. For serious lifters: we have experienced members to help or join you in lifting competitions.

Wageningen Beasts

www.wageningenbeasts.com

wageningen.beasts@gmail.com



Survival run

Survival run is a sport where running is combined with climbing in obstacles. Think of an obstacle run, but with more technical obstacles! During training, explanation of techniques is alternated with climbing, running and exercises. In this way, you train your condition, strength and endurance, all on your own level. Besides the training, WOEST is an active association with social activities like campfire drinks and exchanges with other sports. Check out our website for more information and don't hesitate to join us at the obstacle course!

WOEST

www.woestwageningen.nl

woest@wur.nl



Swimming

Do you like swimming and do you want to get better at it? Drop by for an introduction training! We swim on Monday, Tuesday and Thursday in swimming pool De Bongerd. The training is given by our trainer and swimmers of all levels are welcome. Every year we join the student swimming competitions (NSZK's) against other Dutch student swimming associations, each time ending with a splashing party. Besides all the swimming we organize plenty of other activities, so we meet each other fully dressed as well. See you in the pool!

S.Z.V. Aquifer

www.aquifer.wur.nl

szv.aquifer@wur.nl



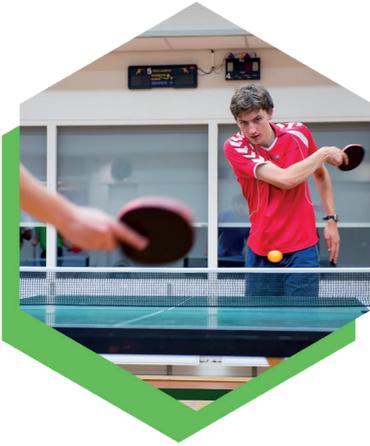


Table tennis

Whether you like to play table tennis recreationally or diligently, both are possible at De Stuiterd. We are an enthusiastic association, with the foremost intention to enjoy table tennis together. A very accessible training is given weekly and there are tournaments and activities regularly. You are also able to join a team to play in the regional competition of the Dutch Table Tennis Association. There is lots of attention for beginners, so overcome your diffidence and take up a racket to practice along!

S.T.T.V. De Stuiterd

www.destuiterd.nl

sttv.destuiterd@wur.nl



Tennis

Whether you have played your whole life or are just getting started on your tennis journey, at G.T.C. Walhalla, the student tennis association of Wageningen, we welcome everybody to play tennis. Besides lessons and the racket evenings, we offer many tennis- and non-tennis related activities such as tournaments and parties. You can represent Walhalla in the national competition as well. There is plenty of room for tennis as well as other social activities at Walhalla. See you soon at our clubhouse!

G.T.C. Walhalla

www.gtc-walhalla.nl

secretaris@gtc-walhalla.nl



Ultimate frisbee

Ultimate Frisbee is a high paced team sport packed with agility, teamwork and tactics. We are a self-refereed sport, where fair play and honesty are pre. WAF participates in the national competition and in plenty of tournaments throughout the year. We even organise a legendary tournament ourselves, right here in Wageningen! We have introductory trainings in September and you are welcome to join. Just shoot us an e-mail and we will get it sorted!

WAF

www.waf.wur.nl

waf@wur.nl





Volleyball

WaHo is the student volleyball association of Wageningen. Our teams play on a wide variety of competitive levels, from third division to fourth class. We train on Monday, Tuesday, and/or Thursday. Our WaHome matches are played on Friday evenings, away matches can vary. We are an open and active association and organise many fun activities like tournaments, parties, and the renowned WahoWeekend. Do you want to start or continue your volleyball career and have some fun during your time here as a student? Become a member of WaHo!

WaHo

www.waho.wur.nl

waho@wur.nl



Water polo

Water polo is a physically demanding but very fun sport! Pila Ictus combines water polo with beautiful student life! Our introduction training sessions are open to anyone interested and we offer both relaxation and a challenging work-out. After practice, we often have a drink or go to a party together. Besides our training sessions, we join a student competition, go to tournaments and have diverse non-water polo activities! Feel free to join one of our practices, send us an email or take a look at our website for more information!

W.S.W.V. Pila Ictus

www.waterpolopilaictus.com

waterpolo.pilaictus@wur.nl



Frequently asked questions

Who can become a member of a student sports association?

Students up until graduation and PhD Students with student sports rights.

Do I have to buy sports rights before I can become a member of a student sports association?

Yes, you need sports rights to use the facilities of Sports Centre the Bongerd. So, to join a student sports association you need annual sportsrights.



Where do I buy sportsrights?

You can buy your sports rights via the app, online at scb.wur.nl and at the reception desk of Sports Centre de Bongerd.



Can I become a member of SWU Thymos?

No, you can not become a member of SWU Thymos itself. SWU Thymos is the sports foundation of Wageningen University and is an advocate for student sports in Wageningen. See page 10-17 for more information on the activities SWU Thymos organises and subsidies they offer.



Squash Tournament



During the squash tournament you will battle against other people of the same level. There is a beginner and an advanced tournament. Challenge your friends and join this tournament!

Gliding Experience

The Gliding Experience is the one and only event which will reach great heights. If you like to try something new, gliding will be a great experience!



Student Winter Sports



Each year, SWU Thymos will offer an unforgettable week of winter sports! The week is fully organized and we travel together to somewhere in the Alps.

Night Canoeing Experience

What is more beautiful than exploring the canals of Utrecht in the moonlight? Nothing. Every year the Experience is very popular!





SWU Thymos acknowledged

In and around Wageningen there are sports associations that practice sports which SCB does not offer. To be able to support a broad variety of sports, SWU Thymos can acknowledge such associations. At this moment 11 different sports associations are being acknowledged by SWU Thymos. You can find more information about these associations on the following pages.

This acknowledgment by SWU Thymos holds that when a sports rights owner becomes a member of one of the SWU Thymos acknowledged associations, he or she can apply for a subsidy on the membership fee.



Subsidy

This subsidy is 25% of the contribution of the SWU Thymos acknowledged association, with a maximum of € 50,- per person per year. The subsidy request has to be handed in before the 1st of January.



Aikido

Aikido is an 'art of moving', developed from traditional martial arts. In Aikido, you learn to respond to an attack, not by hurting your attacker but by turning his strength against him and by neutralising his attack. Because you go with the movement of the attack, the movements often appear quite graceful with circular and spiralling forms. But don't be fooled! In the end, the locks and grips and evasive movements are extremely effective!



St.Sankaku

www.aikidowageningen.nl

aikido@aikidoarnhem.nl



Chess

Chess is the ultimate two-player strategy board game. Our adult and junior members cover a wide range of basic to strong chess players. Each week you'll be paired with an opponent of your strength. After a match, you'll find people analyse their game or chat over a drink at the bar. It's also possible to play tournaments, play against teams from other towns or follow training sessions. The first four times are for free.

Chess Club Wageningen

www.svwageningen.nl

pr@svwageningen.nl



**SchaakVereniging
Wageningen**



Gliding

Are you interested in seeing the world from a different perspective? Every weekend, Zweefvliegclub Deelen flies from the military airbase Deelen, located at the heart of the Veluwe. As a member, you are taught to fly by one of our instructors and most people have the opportunity to fly solo within their first year. After your solo flight, it is time to gather experience, study the theoretical subjects and get your license (LAPL-S). If you are interested, don't hesitate to contact us. The sky is (not) the limit! Currently, Zweefvliegclub Deelen applies a member stop, you will be put on the waiting list.

Zweefvliegclub Deelen

www.zcdeelen.nl

ontvangst@zcdeelen.nl



Golf

Anywhere in the world, almost everywhere you can play golf with friends or family or business partners. Also close to the University, within cycling distance there is a golf course! At the Wageningen Golf club, accessible, low budget, on sports fields. You can get your handicap fast or improve this step by step according to the NGF 9-steps plan. It is a challenging 9-hole course. Not time consuming and it is very nice to play together with friends. A trial membership of 3 months is possible. Our professional trainer teaches you the golf swing fast. Until 21 years golf lessons are free!

Wageningse Golfclub

www.wageningsegolfclub.nl

info@wageningsegolfclub.nl



Hockey

Are you a student in Wageningen and interested in playing field hockey? Come and experience the Wageningen Mixed Hockey Club (WMHC)! This club with more than 1.000 members is looking for new students to join the teams. The club has four artificial turf fields, including one water-based turf field and two semi water-based turf fields. The teams are playing in the national competition on different levels. The games on Sunday are always fun! It is also possible to sign up for the training only. Hope to see you all on the hockey field!

WMHC

www.wmhc.nl

bestuur.secretaris@wmhc.nl



Horse driving

De Paardengroep is the horse driving association in Wageningen! We organise a horse driving course (Dutch only) and drive our Friesian club horse Hiske. Besides, we organise many activities for drivers as well as riders. For instance: obstacle course driving, workshop 'training young horses', puzzle rides, dutch-pancake rides, dressage driving lessons and outside riding. Non-Dutch speakers can join us on a drive or ride and watch activities.

De Paardengroep

www.depaardengroep.nl

depaardengroep@gmail.com





Judo

Judoschool Ichido is a professional, traditional yet open judoschool for everyone in Wageningen. Judoschool Ichido offers judo lessons for both the novice judoka (in recreational form) and the experienced (competition) judoka in a competition or a technical competence form. Judo is a well-known and popular self-defense sport. The goal of the sport is to use the speed and strength of your opponent as much as possible. In other words, keep your own balance while unbalancing your opponent. In addition, the sport is a very good way to exercise with the whole body at any age.

Judoschool Ichido

www.judoschoolichido.nl

info@judoschoolichido.nl



KenKon

KenKon is a training center for martial arts, yoga, meditation, massage and dance, and all kinds of personal development consultations and training. All activities aim to contribute to your vitality, zest for life and health, your growth as a person and your contribution to the world. Are you looking for a sport with depth? Or do you long for a fitter body and a more awake mind? Then KenKon is the place to be in Wageningen.

KenKon

www.kenkon.org

info@kenkon.org



Padel

Padel is a mix of tennis and squash; usually with 4 people (= double play). Each of the 3 padel courts is inside a steel cage with glass walls that you can use in the game. If you join the padel department of Keltenwoud, you can play for free. The contribution and rental prices of the courts, rackets and balls can be found on our website. Reservations can be made at the clubhouse.

Keltenwoud

www.keltenwoud.nl

ledenadministratie@keltenwoud.nl





Softball

Have you always dreamed of hitting a homerun, or want to learn how to throw a ball? HSC Matchmakers is the place to be! We are a small and social club with active, driven and enthusiastic members from different backgrounds. There is a place for everyone: Ladies and men, veterans and beginners, Dutch and international, students and working. While softball is a summer sport, we play the whole year round. Have you played before or ever thought of playing softball? Join us on the field and let's play ball!

HSC Matchmakers

www.matchmakers-wageningen.nl

info@matchmakers-wageningen.nl



Rugby

Anyone can play rugby! Men and women, big and tall or small and quick - a rugby team needs all kinds of players. Rugby Club Wageningen is a very open, international and social club. We offer both competitive and social rugby. If you have played rugby before, then join a regular training session; if not, we organise introduction courses to get to know the game. Interested? Don't hesitate to get in touch! More information is found on our website, or you can come directly to our clubhouse at Zoomweg 6.

Rugby Club Wageningen

www.rcwageningen.nl

info@rcwageningen.nl





Sports Programme

For the sports without an association, a distinction has been made for courses and lessons for which you have to register. Under every sport, you can see to which of these categories it belongs.

There's a sport for everyone, from Aerobics to Zumba and from SnowFit to Yoga. Look at the sports programme and see what sport you would like to try!

Course: register at scb.wur.nl and follow structural lessons of that sport, for instance, an 8-week course

Lesson: register for just one lesson at scb.wur.nl

The lessons and courses offered can vary per period.
Check scb.wur.nl or the SCB app (see page 5) for the current programme.

Aerobics

Do you like music and sports? Then aerobics is a perfect sport for you. Aerobics is a nice and sportive activity. Running, jumping, and dancing to the rhythm of the music alternate with muscular strength exercises. This class is ideal for people who like to sport in a fun way.

Registration per lesson



AquaBootcamp

Do you fancy a challenging workout, then our AquaBootcamp is something for you. AquaBootcamp is a combination of strength and endurance training in deep water. The classes are varied with the emphasis on muscle-strengthening exercises and games using your own body weight and various materials. Prior to the exercises, you start with a warming-up and it ends with a cooling-down.

Registration per lesson



AquaFit

Aqua-aerobics is a workout to music in water. It is a safe way of training your strength, suppleness, endurance, and speed, but also the shape of your body. Experience the sparkling water and make it fizz around you.

Registration per lesson



Belly Dancing

Belly dance is a well-known term for oriental dance. It is the Middle-Eastern dance of female expression. The dance embodies movements of hips, shoulders, and hands; all go along in this beautiful dance. Sometimes the dancer moves only some parts of her body which we call isolations. In this course, you will work on the basics of Arabic dance, which consist of elegant hip and arm movements, facial expressions, and the basic musical rhythm. You will learn to improvise with these movements on Arabic 'baladi' music, both modern and traditional.

Course



Bicycle Training

Under the guidance of teacher Casper Helling there will be cycling training in the surroundings of Wageningen. You have to register for each lesson on the website of SCB. Both cycle techniques (steering, climbing, cycling in a group) and cardio will be addressed during the training. Cyclists of all levels can join. You are obliged to use a helmet. You will start at Sports Centre de Bongerd.

If you enjoy this training you can also check out the cycle association Hellingproof, see page 20.

Registration per lesson



Body Sculpt

Body Sculpt is a low-impact aerobics form. In this class, particular attention is paid to firming and shaping exercises, targeting those areas where (particularly) women experience fat deposits. The class starts with a warming-up, making the body ready for the toning exercises that follow. Toning exercises are carried out for hips, legs, abdomen, and buttocks. The class is structured in such a fashion that all participants, regardless of prior experience or fitness level, can participate at their own level and to their own ability. Please bring a towel!

Registration per lesson



Bootcamp

Back to basics! Training with your own body as the most important apparatus, in the fresh air. Running, strength training for the belly, back, arms, and legs, core stability, jumping, and sprinting. This is the training for an iron condition and a powerful body! All you need is a pair of running shoes.



Registration per lesson

BOSU

This is a group training that helps to develop strength, balance, stability, posture, and endurance in a variety of ways. A great deal of attention is focused on developing a powerful and stress-resistant back, for example by training the abdominal muscles. So-called BOSU balls are used in doing so. These are modified 'skippy balls' which can be used with the flat side as well as the round side on top. Music and additional materials are also used to support the training. The training is suitable for every level. It is a great deal of fun! You are obliged to use a towel.



Registration per lesson

Classical Ballet

The Classical Ballet classes begin with a warming-up that consists of swings and basic steps to loosen the body. The class will then continue with a floor barre which will not only allow you to work on your ballet technique but will also provide you with exercises for core strength and flexibility. After that, you will be taught some ballet combinations including jumps and turns as well as historical ballet repertoire. Beginners, as well as intermediate and advanced people, are sharing the same class. It is recommended to dance on socks or ballet shoes and to wear stretchy clothes that are not too baggy so you can check whether you are standing straight or not.

Course

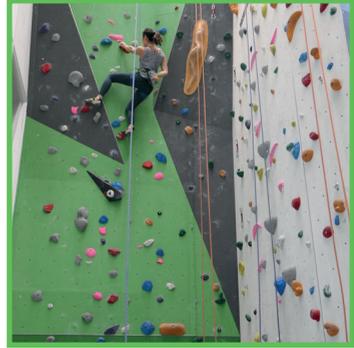


Climbing, Indoor Toprope Basic Course

This course is an introduction to sports climbing. In 4 classes of 2 hours you learn to deal with safety, risks, attaching to the rope in different ways, and much more. At the end of the course, you can do a test to get a Proof of Indoor Toprope Climbing Accomplishment from the Dutch mountain association (NKBV). With this pass, you can climb in all Dutch climbing gyms on your own. Climbing gear such as rope, harnesses, karabiners, and belay devices are provided during the course. We don't have climbing shoes. Comfortable clothes and shoes with firm soles are recommended. Mostly we will climb outside so be aware of the weather.

Also, check out the climbing association IBEX on page 21.

Course



Fitness Introduction Beginners

This lesson is specially designed for sportsmen with little experience or no experience in a gym. The introduction lesson will learn you how to train with the cardio and power machines in an effective and safe way. How to achieve your goals?



Registration per lesson

Fitness Introduction Free Weight Training

Have you been training at a gym over the past half a year on a weekly basis? Are you familiar with power machines or free weights? Would you like to have instructions about a squat, pull-up, shoulder press, push up/bench press? We have put together this introduction to free weight training especially for you. Your instructors are qualified. The lesson will take up to 90 minutes. To join the lesson, you are obliged: to be in possession of a valid WURcard with sports rights, to wear sports clothes, to wear clean indoor sporting shoes, and to bring a towel along with you.



Registration per lesson

Fitness Introduction Kick off

Have you been training at a gym over the past half a year on a weekly basis? Are you familiar with cardio/power machines or free weights? We have put together this introduction lesson especially for you. The lesson will take up to 30 minutes. An explanation of our methods will be discussed. To join the lesson, you are obliged: to be in possession of a valid WURcard with sports rights, to wear sports clothes, to wear clean indoor sporting shoes, and to bring a towel along with you.

Registration per lesson



Flexibility Training

During the flexibility training you'll be doing stretching exercises to improve your flexibility, to increase your mobility and to help relieve muscle tension so that you can move more freely.

When you are doing strength exercises only, your muscles will become shorter, less elastic and imbalanced. Imbalances in the body increases the risk of injury. When your muscles are loose and stretchy, they are less restricted. This allows you to increase your range of motion (ROM). So, stretching exercises will help you reduce tightness and it will help to prevent injured muscles of joints caused by imbalances.

Registration per lesson



FunXtion

During a fitness workout in a circuit you are challenged by an enthusiastic instructor/ coach to work out intensively on the special FunXtion floor. During the class, the accent in your workout will be on the total kinetics chain and the so-called 'core training'. During the training, we use all kinds of loose objects. The FunXtion programmes are 'small group' workouts that are designed for different target groups, so everybody can get the best out of this workout at his own level. During the FunXtion workout, the energy will return in the fitness room!

Registration per lesson



Hammerstrength Circuit Training

Hammerstrength Ground base is a workout on 5 fitness apparatus: a total workout for the upper as well as the lower body. The existing and conventional fitness equipment trains muscles isolated and only in one direction, Hammerstrength ground base trains the complete chain. In a safe way, Hammerstrength training is a good alternative for dumbbell and barbell training in functional and sport-specific training. Registration is only possible after a Fitness Introduction Course.

Registration per lesson



HIIT

The HIIT workout might just be the hardest fitness program ever. MAX Interval Training. Plyometric drills on top of nonstop intervals of strength, functional power exercises, resistance, and abdominal- and core training. No equipment or weights are needed. You perform long bursts of maximum-intensity exercises with short periods of rest. Each HIIT workout keeps you constantly challenged as you alternate between aerobic and anaerobic intervals performed at your MAX.

Registration per lesson



Indoor Biking

Spinning is cycling on a special spinning bike, either sitting or standing and working up a sweat to the beat of music following the instructions of your trainer. During the lesson, you can adjust the resistance of the bicycle to the tempo of the music or to the kind of exercise the trainer gives you. A spinning lesson is an indoor cycling experience that is every bit as good as cycling outdoors and with the virtual classes you even get projected beautiful landscapes. You need to bring a towel and a water bottle.

Registration per lesson



Kickboxing

Kickboxing is a martial art that combines both striking and kicking techniques. Picture British boxing joined with kicks from Karate to get an example. This combination makes Kickboxing a challenging martial art. In the course, you will dynamically learn the most important techniques. Previous experience is no requirement: this course is aimed at beginners. This also means strikes and kicks to the head are not allowed (except for experienced practitioners training together).

There is also a martial arts association for students, de Grondleggers, see page 24.

[Course](#)



Modern Jazz Dance

Modern Jazz dance combines different dance styles. Emotional identification which is often a significant aspect of modern dance is combined with technical elements of Jazz Dance. The emphasis in this class lies on the origin of movement with regard to both emotional identification and technique. Furthermore, elements of yoga and pilates will be used to give you strength and flexibility. The music that we dance to varies from jazz, pop, and rock to more alternative styles and drum & bass. A new dance combination will be taught every month. Beginners and advanced dancers will follow the same class. It is recommended to dance on socks or bare feet.

[Registration per lesson](#)



Mountain biking

Learn to mountain bike or go flat out, you can do it all in this training! The varied trainings are suitable for both the real beginner as well as the experienced cyclist. It's the ideal opportunity to get to know the beautiful surroundings of Wageningen better and to discover the challenges that nearby woods have to offer. In the training, the basic principles, technical tips, and recommendations for equipment and clothing will be discussed first and foremost. But, for the more advanced cycle fans, thrilling descents and technical climbs will also be dealt with. Gather at SCB. You are obliged to use a helmet. Also check out the cycle association Hellingproof at page 20.

[Registration per lesson](#)



Move better

Moving is important for your body. With variety in moving you keep your body in shape. Muscles, tendons, joints, bones, and nerves have to be used otherwise the quality deteriorates. But how do you ensure that your body gets enough variety and relaxation? In six lessons you learn an exercise program of 10 minutes. This investment will help you to move your whole body, stabilize your torso and mobilize your spine in a relaxed way. Become aware and move quietly restoring your original movement patterns. Join us and feel that exercising can be great. Bring your towel and wear comfortable sports clothes.

Course



Perfect Pilates

Perfect Pilates is a modern version of traditional Pilates, developed by Joseph Pilates at the beginning of the last century. The original Pilates training was mainly focused on dancers and is less suitable for group training. Perfect Pilates focuses on an 'active hollow back'. This is in contrast to the original workout in which the straight back was a central part of the training. By making the lower back hollow, the muscles are trained. The exercises will be learned one by one, and we work together to help each other find the right posture. After the course, you will be able to follow the Perfect Pilates Training lessons.



Registration per lesson

Pole Dance

Pole Dance is a full-body workout. Strength, balance, and flexibility are the core elements of this sport. The classes focus mainly on the techniques in and around the pole. Every class starts with a warming up, followed by an explanation and practice of new techniques and working on older ones. Due to the various levels within one class, there is a lot of personal guidance. It is better not to use body lotion or hand crèmes two days before the class. For the class normal sweatpants, shorties, shirts, and indoor shoes can be worn.

Also, check out the pole dance association Allegra at page 24.

Course



Power Dumbbell

The best body pump lesson you can imagine. Training of every muscle in your body under the guidance of a qualified instructor and with the use of dumbbells. Fantastic music and your choice of the heaviness of the weights will make you reach your goal very fast.

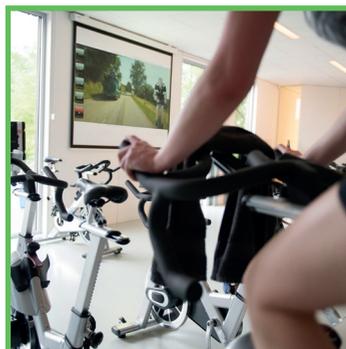


Registration per lesson

PraxTour Cycling

With the PraxTour Course bike you can climb mountains like Alpe d'Huez, Mont Ventoux and 14 other mountains by bike, while the load is adapted to your own body weight and the gradient of the route. The bike gives you the possibility to bike mountains against the real load, but there are also adapted versions. The route that you bike will be projected in film images that are adapted to your bicycle speed, to optimize the experience.

The PraxTour Course bike is only intended for experienced racing bike cyclist. You have to be familiar with an integrated gear system.



Registration per lesson

Rollerblading

Inline-speedskating training is for everyone who can make a ride on his inline skates. Training together on a beautiful dyke with a smooth surface. We're training to improve our endurance and speed on inline skates. There will be a lot of attention to skating skills, such as posture, push-off, and riding the curves. Moreover, the workout is physically demanding. For inline skaters, it is good training for riding tours and competitions, and for ice-speedskaters a perfect preparation for wintertime. When the surface is wet, there is no training.

The trainings are held on the rollerblade circuit of the "Edese IJvereniging" (Langekampweg 6, Ede), helmet obliged!



Registration per lesson

SnowFit

Doing sports or moving is good for your health. This goes also for going on winter sports. However, compared with other sports you use other muscles in the snow. Skiing, Snowboarding, and Cross-Country skiing are just a little more demanding of yourself.

It is the ultimate program to improve your form, dexterity, skills, and stamina. You imitate the skills of skiing, snowboarding, and cross-country skiing.

Registration per lesson



Soccer

Did you always like to play soccer, but not to take on the team commitments? Then this is your chance! Under the guidance of a qualified soccer trainer, you get acquainted with passing exercises, positional play, and scoring. And of course, every training will end with a soccer game. Don't miss it!

Also, check out the soccer association GVC on page 26.



Walk-in

Squash

With an activated WURcard with sports rights you can reserve a squash court once a week. After finishing your first playtime you can reserve extra playtime (when there are courts available). On Fridays, Saturdays, and Sundays there is also commercial renting next to the use of students and employees with sports rights.

In addition, there will be squash courses for starters, intermediate and advanced players. The course includes 8 lessons in which you will learn the basic skills of squashing.

Also, check out the squash association Ballistic on page 26.

Course



Steps Aerobics

Steps Aerobics is an intense way of doing sports, where choreography is adapted to the capacity of the participants. A workout contains the elements of endurance, flexibility, balance, speed, and strength. Get familiar with the basic steps and patterns which can be varied endlessly. Experience the tiredness and at the same time the joy Steps Aerobics can give you.



Registration per lesson

Street Dance

The Hip Hop/Street Dance classes consist of basic steps to loosen the body, different body isolations, and stretch-and strength exercises. The dance combinations you will learn have a great affinity with the movements you can see in video clips. This can differ from Hip Hop New Style (attached to modern elements), Krumping (the more aggressive and explosive moves), and the combination with Funk & Jazz elements.

At the beginning of every month, a new dance combination will be taught. Beginners, as well as intermediate and advanced people, are sharing the same class. It is recommended to wear baggy, oversized clothing and dance sneakers or indoor sports shoes that allow you to turn easily.

Registration per lesson



Strength Training Women

Are you ready for more challenges and more results from your workouts? Then join 'strength training for women'. Supervised by a professional trainer, you will achieve your goals in a safe environment. Our qualified coaches will teach you the following free weight exercises:

- Squat
- Bench press
- Overhead press
- Deadlift
- Pull-ups

The courses are made possible by the association Wageningen Beasts, see page 27.



Registration per lesson

Survivalrun

Survivalrun is a complete outdoorsport, combining running with obstacles. It's a challenging sport in which strength, condition, flexibility, skills and stamina are needed. During the training you'll practice the survivalskills, and you'll work on your strength and condition. Wear a long tight and shoes with good grip.

Also, check out the survival association WOEST at page 27.

Course



Swimming Lessons

Water is important in the Netherlands. We have to deal with it a lot since we are a country that is below sea level. Therefore learning to swim properly is important! We as Dutch people know how to swim at a young age. But maybe for you, it isn't as obvious to learn how to swim as it is for us. Therefore we are offering now swimming lessons for international students!

The 7-week course is offered by Sports Centre de Bongerd for free (if you have sports rights). Here you will learn the very basics of swimming, e.g. floating and not being afraid. You can subscribe to this course at scb.wur.nl.

Course



Tennis

Per 8 weeks at the same time with the start of the academic periods, SCB starts tennis courses for starters and players with one year of experience. Depending on the weather circumstances both courses will take place on the synthetic grass courts or in Sports Hall 2.

There is also a tennis association for students, Walhalla, see page 28 for more information.



Course

TRX

TRX training is a strength, balance, and flexibility workout in which you use your own body weight and gravitation. The TRX is a versatile piece of exercise equipment that is fastened to a fixed point. By using the grips for hands and feet you can use it in any position. TRX workout appeals to strength and core stability; your muscles will be trained in chains in which your belly and your lower back are the heart of the movement. The intensity of the workout makes 25 minutes enough for a complete body workout on every level.

Registration per lesson



Yoga

SCB offers you two different kinds of Yoga: Hatha-Yoga and Iyengar Yoga. During all Yoga classes attention will be paid to body-, respiration- and relaxation exercises and also to the spiritual aspects of Yoga as concentration, silence, and meditation moments. It is a way to balance the mind and the body, doing and thinking, being able to and willing. When this balance is disturbed it can cause complaints like sleeplessness, restlessness, tension, back- and neck aches, and also respiration problems.

Registration per lesson



Zumba

Zumba is a fitness program inspired by Latin dance with easy-to-follow dance moves. A Zumba workout mixes body sculpting movements with Latin dance steps derived from e.g. Merengue, Salsa, Cumbia, Reggaeton, Hip Hop, Mambo, Rumba, Flamenco, Calypso, Samba, and Axé. The workout targets areas such as the glutes, legs, arms, abdominals, and the heart. A Zumba class is typically not formulaic in the sense that instructors often add their own music choices and choreographies to make their class unique. The music choice consists of approximately 70% Latin and 30% other music.

Registration per lesson



Staff directory

Name	Function	Contact details
Henri ten Klooster	Head Sports Centre de Bongerd	Sports Foundation Wageningen University (SWU) Thymos serves as an intermediary for student affairs.
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Ingi Alofs	Coordinator Health <ul style="list-style-type: none"> Athletics Cycling and Speed Skating (Indoor biking, Inline skating, Speed skating, Bicycle racing, Mountain biking) Torso stability and Balance (Abdominales, BOSU, Insane, Climbing, Power Dumbbell Training, Gymnastics, TRX) Archery and Fencing Yoga Water Polo and Swimming 	ingi.alofs@wur.nl
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Colophon

The Sports Guide 2023/2024 is a publication of SWU Thymos. We would like to thank the staff of Sports Centre de Bongerd and ProPress Druk & Print for their cooperation with this publication.

Text

The Board of SWU Thymos, the staff of Sports Centre de Bongerd, the SWU Thymos student sports associations and the SWU Thymos acknowledged associations.

Pictures

Archive SWU Thymos
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Sven Menschel
Jeroen Bos

Graphic Design

Esmeralda Wijnsma, Commissioner of Publicity 2019/2020

Editing and Composition

Janiek van de Rijdt, Chairwoman 2022/2023

Press

ProPress Druk & Print

Circulation

2000

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Sports Foundation
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Move and your body will be recharged!