



Sports Guide 2024-2025

*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

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

Facebook: Sports Centre de Bongerd

Youtube: SportsCentre deBongerd

Sit less, feel better!



Preface by Henri ten Klooster - Head SCB

Wageningen stands out from other university towns with its international atmosphere, sense of community, vibrant student life, beautiful surroundings, and the convenience of everything being just a bike ride away. Wageningen University further distinguishes itself with a diverse range of study programs focused on Life Sciences, attracting students from across the Netherlands and around the world. With over 110 nationalities represented, our university is a melting pot of cultures and ideas. By choosing one of our unique study programs, you are distinguishing yourself as well.

Sports Centre de Bongerd (SCB) is a popular leisure spot for students, consistently rated among the top university sports centres in the Netherlands. We offer a broad variety of sports activities, courses, and events at reasonable prices, complemented by a welcoming meeting place like the Sports Pub. Our motto, "Sit less, feel better," aligns with Wageningen University & Research's (WUR) mission to improve the quality of life.

At SCB, we aim to distinguish ourselves by not only offering a wide range of sports and courses but also by prioritizing small-group lessons and effective communication with our sports-oriented students.

We are dedicated to continuously enhancing our facilities to provide the best experience for our members. Over the past year, we have renovated the athletics track and completely overhauled the gym with new equipment and updated spaces. We will continue to make regular updates and improvements to ensure a modern and welcoming environment for all.

SCB collaborates with the Sports Foundation Wageningen University Thymos (SWU Thymos) to provide excellent sports facilities for both group sports enthusiasts and individual players. Annually, we update our sports list based on feedback from biannual questionnaires conducted by SCB and SWU Thymos. With around 70 sports available, there is something for everyone, ensuring that students quickly feel at home at our sports centre.

This sports guide offers a complete overview of the sports available, helping you find the ones that suit you best. Whether you prefer attending lessons and courses at your convenience or becoming a member of a student sports association, both options are possible at our sports centre.

If you're unsure about which sports to choose, we invite you to purchase one month of sports rights in September to try out our diverse classes. Additionally, you can take advantage of the sports rights-free weeks in September to join introductory training sessions offered by the student sports associations.

We encourage you to explore a variety of sports and find your passion at SCB. Join us and make the most of the fantastic sports facilities and community spirit that our centre offers.

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

Henri ten Klooster

Head Sports Centre de Bongerd

Jorick van IJken

Chairman SWU Thymos '24/'25

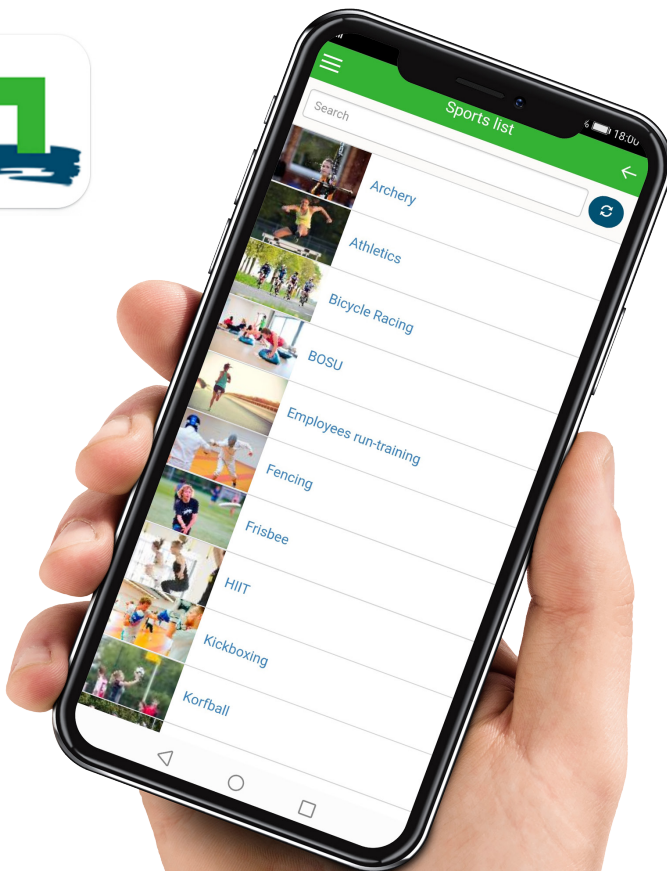
Table of contents

SCB Sports app.....	05
Sports Centre de Bongerd.....	06
Opening hours.....	06
Sports Rights.....	07
Facilities at Sports Centre de Bongerd.....	08
About SWU Thymos.....	10
SWU Thymos Events & Experiences.....	12
SWU Thymos Internal Competitions.....	14
Student Sports Associations.....	18
Frequently asked questions.....	30
SWU Thymos subsidies.....	31
SWU Thymos acknowledged associations.....	32
Sports programme.....	37
Staff directory.....	51
Colophon.....	52

SCB Sports app

With our user-friendly app, managing your sports activities has never been easier! The app allows you to sign up for sports lessons and courses, as well as reserve squash courts, tennis courts, the beach volleyball field, and climbing wall. You can download the app from the App Store or Google Play Store by searching for "Sports Centre de Bongerd."

Alternatively, you can visit scb.wur.nl on your phone. The mobile website mirrors the app's functionality, enabling you to register for courses and make reservations directly from your browser.



Sports Centre de Bongerd

Sports Centre de Bongerd is the premier sports facility for Wageningen University & Research (WUR). SCB provides registered students and employees with a wide range of workout options, sports activities, and a welcoming space to meet. With an activated WURcard that includes sports rights, you can access SCB seven days a week.

SCB is a versatile sports centre featuring both indoor and outdoor facilities. It includes two main sports halls, two smaller halls, a newly renovated gym, a bike studio, an athletics track, an indoor climbing wall, a bouldering wall, a survival track, a pétanque court, four squash courts, three tennis courts, a korfbal field, and two soccer fields, one of which is equipped with artificial grass.

Sports Centre de Bongerd (SCB)
Bornsesteeg 2, 6708 PE Wageningen

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:

You can purchase sports rights through the SCB app, online at scb.wur.nl, or at the reception desk of Sports Centre de Bongerd.

Sports rights give you the following possibilities:

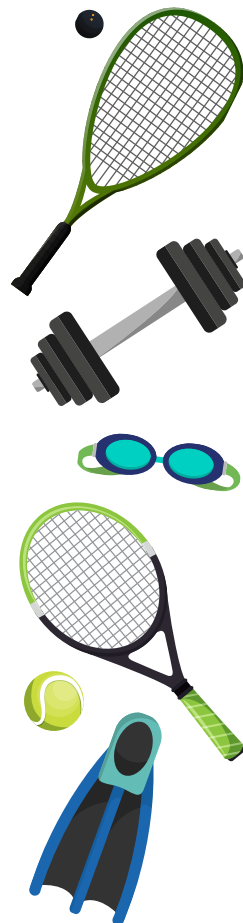
1. Join one or more of the 32 student sports associations. (Only with full year subscription)
2. Enroll in all courses and lessons.
3. Reserve squash and tennis courts, climbing wall tracks, and the beach volleyball field.
4. Access the fitness room.*
5. Participate in recreational swimming hours.

Try out a sport in the Sport-right free weeks:

During these weeks, you can try out various sports activities and training sessions from student sports associations without needing sports rights:

- September 2nd - September 27th, 2024
- February 10th - February 21st, 2025

After purchasing sports rights, you can enjoy the entire sports program at Sports Centre de Bongerd.



Prices sports rights 2024-2025

	Full year	Price reduction January	Price reduction May	Price per month
Students WUR & other universities	€ 119,75	€ 85,50	€ 60,-	€18,25
First-year graduates	€ 174,75	€ 122,-	€ 87,50	n.a.
Internship/Exchange card**	€ 85,50	n.a.	n.a.	n.a.
Students HBO	€ 561,25	€ 379,-	€ 280,50	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)

Facilities at Sports Centre “de Bongerd”

Welcome to Sports Centre de Bongerd, where you can choose from over 70 different sports activities! Our offerings include training sessions for student sports associations, engaging group classes, and specialized courses.

In addition to scheduled classes, we provide various facilities available for individual use. If you're interested in using our climbing hall or the squash and tennis courts, please remember to book a timeslot in advance. You can find the available timeslots and make your reservations on our website at scb.wur.nl.

Climbing

Secured by a rope you can climb over 30 routes in our 11 metres high climbing hall. There are a variety of routes with different levels, which are changed regularly by our climbing association.

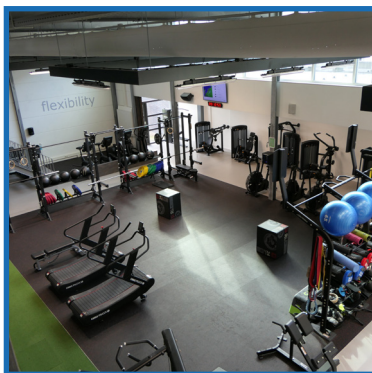
In order to climb in at Sports Centre de Bongerd, you need to be in possession of student sports rights as well as a dutch Indoor Toprope Certificate. You will also need to arrange your own climbing harness and belaying device, or rent these at the information desk of SCB.



Fitness

With sports rights at Sports Centre de Bongerd, you can enjoy our state-of-the-art fitness hall, open daily during the sports centre's opening hours. Our facility features the latest in modern fitness equipment. Remember to bring clean indoor shoes and a towel for your workout.

Before gaining full access to the gym, all users must complete an introductory lesson. For more details and to view class schedules, please visit scb.wur.nl.



Swimming

Sports Centre de Bongerd hires the public swimming pool for those who want to take a swim. If you have student sports rights, you can take a refreshing dive on your own in the swimming pool during the appointed times.

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



Squash

There are 4 squash courts available at Sports Centre de Bongerd. With students sports rights, you are able to reserve one of these courts for a 45-minute timeslot, where you are able to play with a friend.

You can also rent a squash racket or buy a squash ball at the reception in case you do not have your own.



Tennis

With student sports rights, students are able to reserve a timeslot on one the tennis courts at Sports Centre de Bongerd. you will be required to bring your own tennis balls in order to play.

It is also possible to rent a tennis racket at the reception of the sports centre in case you do not have your own tennis racket.



Sports foundation Wageningen University Thymos

SWU Thymos is the student sports foundation of Wageningen, operated by up to six board members. Next to representing all 32 student sports associations, SWU Thymos organizes the SWU Thymos Internal Competition (TIC) along with many exciting sports events and experiences. Additionally, SWU Thymos provides subsidies for participation in sports events and serves as a knowledge platform for all student athletes in Wageningen.

For any questions or comments regarding student sports in Wageningen, feel free to call or email us. You can also visit the SWU Thymos office at Sports Centre de Bongerd. We're always happy to help or just have a friendly chat!

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

Chair



Jorick van IJcken

MSc Molecular Life Sciences

*Climbing, Bouldering,
Mountainbiking*

Secretary



Elsa Geerts

BSc Forest and Nature conservation

*Climbing, Cycling,
Survival Run, Floorball*

Treasurer



Rik de Jonge

BSc Molecular Life Sciences

Climbing, Running



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

Com. of Sports



Tristan Maas

BSc Forest and Nature conservation

Floorball, Football, Chess

Com. of Events



Sterre Pikaar

BSc Forest and Nature conservation

Ice Skating, Floorball, Cycling

Com. of PR



Ilse Hofstee

MSc Nutrition and Health

Ice Skating, Inline Skating, Cycling

SWU Thymos Events & Experiences

Every year, SWU Thymos organises many different events and experiences, both for teams and individuals. Big events are often free and experiences are made available for a student price and there is even a discount if you have sports rights. Check www.swuthymos.nl for the most recent list of events or follow us on Instagram!

Event Calendar

Periods 1 & 2

Round 1 SWU Thymos Internal Competition
Padel Experience
Squash Tournament Beginners
Night Canoeing Experience
Glow in the Dark Dodgeball tournament

Periods 3 & 4

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

Periods 5 & 6

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

and a lot more...!

Volunteers wanted!

Large events like the Sports Night, WUR Olympics, and Health Week require many people for organization and guidance. If you can't participate, volunteering is a great way to get involved and have fun. To help with event planning or on the day itself, please contact us.

N.B. The event calendar is subject to change

Sports Night



The biggest free event with various playful games which takes place in the dark till 2:00 AM. Join as a team together with your friends for an evening full of crazy activities!

Battle of the Associations (BotA)

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 organised by both SWU Thyms and student council party VeSte. You and your teammates play different ball and stick sports like soccer, floorball, lacrosse, knotsball and so on. A great opportunity to have a ball!





SWU Thymos Internal Competition

Each year, SWU Thymos hosts a variety of SWU Thymos Internal Competitions (TICs). With sports rights, you can participate in these competitions at no extra cost and create your own team. The TICs include events in beach volleyball, futsal, knotsball, and soccer.

The academic year features three TIC rounds, each lasting about 10 weeks. At the end of each round, exciting finals offer the chance to win great prizes with your team. Gather your friends, housemates, AID group, or join individually to be part of these fun and competitive 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 people 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 soccer. Register and show your skilful feet on the futsal field!



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



@swu_thymos



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

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!

Night Canoeing Experience

What is more beautiful than exploring the canals of Utrecht in the moonlight? Nothing. Every year a large group will join this activity and enjoys seeing this city from a new point of view



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.

SWU Thymos Sports Gala

Every year, SWU Thymos also hosts their amazing sports gala. During this amazing party, not only are you able to enjoy the live music and have an amazing time with your friends and teammates, the yearly student sports elections also take place during this event.





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

BC de Lobbers is a badminton club with a lot of sportsmanship and fun. We offer training sessions that focus on techniques, physicality and tactics, free play sessions for matches, as well as various non-badminton activities. We welcome both recreational and competitive players at different levels. Are you Interested? Then join a training session during sports rights-free weeks or contact us via the email 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, which is 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 Instagram 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 cyclists from every level and discipline to join us! Each week we have two training sessions on the road. Trainings consist of a mix of exercises based on skills and intensity, accessible for riders of all levels. We organize activities like trips abroad, drinks, and baking competitions. We also compete in races together against other student cycling associations. Furthermore, cycling is the best way to enjoy the beautiful surroundings around Wageningen. So, are you excited about 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 Seadrasons.

W.S.D.A. The Seadrasons

www.wsda-seadrasons.nl

the.seadrasons@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! We offer both advanced and beginner-focused trainings, in which you will improve your skills, flexibility, and technique. Besides that, you can join specially organized student gymnastics competitions. Nevertheless, Split is way more than just gymnastics, we also organize 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



Handball

Discover handball—a dynamic, high-energy contact sport. At Centauri, we welcome all experience levels with twice-weekly training sessions. Handball fosters camaraderie and Centauri achieves this through team dinners and post-training visits to the pub. Throughout the year we arrange friendly matches and participate in multiple tournaments both locally and abroad. Beyond handball, we organize several different activities throughout the year. Some examples are laser tag and the yearly Sinterklaas activity. If you are interested in joining or have any questions, please 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



Korfbal

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 korfbal? 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. For a few years, the Wageningen Warriors consist of multiple great lacrosse teams! Lacrosse is a combination of speed, power, tactics, and teamwork. Each player has a stick which is used to throw a small ball around at high speed. Besides practices and games, there are also loads of activities you can join and we often go for 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

De Grondleggers is the Student Sports Association that deals with everything concerning 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 in 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



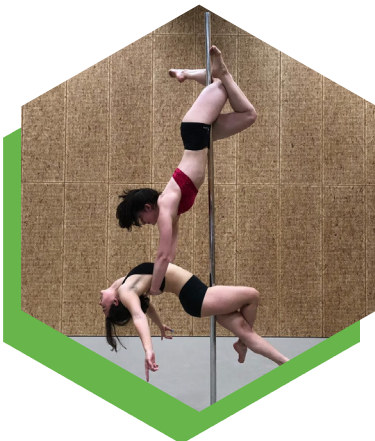
Open style and contemporary dance

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, Wageningen Dance Collective, 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 "nobody moves like us!"

The Student Dance Factory

www.studentdancefactory.com

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





Quadball

Quadball 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 organize 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 organizes many fun activities, such as weekly dinners and drinks, and the occasional party after sailing. In the 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 opportunity to play official KNVB matches (for men and women) at a variety of levels, in teams that include Dutch and international BSc, MSc, and PhD students, as well as recent alumni. As a member of GVC, you will develop your football skills, become part of a team of friends, and create lifelong memories. Enjoy dedicated training sessions and matches, fun activities such as mixed tournaments and 'third halves', and, ultimately, the beautiful game!

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

Are you into lifting weights, is your goal to get stronger, or do you want to lift together with others? Then become a member of the Wageningen Beasts! Our members include powerlifters, Olympic weightlifters, bodybuilders, cross trainers, and gym enthusiasts. We offer cross-training, general strength training, strongman training, and periodically, powerlifting and weightlifting clinics. Besides training courses, we organize strength-sport lectures and activities like BBQs, drinks, and more. Whether you're a beginner or experienced, we have plenty to offer everyone. Become a Beast and see you in the gym!

Wageningen Beasts

www.wageningenbeasts.com

wageningen.beasts@gmail.com



Survivalrun

Survivalrun 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 (NZSK'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 sports rights.



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.





SWU Thymos Subsidies

Students with sports rights who participate in non-SWU Thymos organized sports events can apply for a subsidy to help cover their participation costs. This subsidy allows you to receive up to 50% of your participation expenses back, with a maximum of €25 per event and €45 per year. To be eligible, the participation costs must be at least €10 per event. You can submit a subsidy request up to one month after the event has taken place. Each sport allows for two subsidy requests per year. Additionally, students can request subsidies for major student events such as the Batavierenrace, the GNSK, and the VeluweLoop, as well as for NSK events. Furthermore, subsidies can be requested for contributions to recognized associations (refer to page 32 for more details). For more information and to apply for a subsidy, please visit our website.



Sports Equipment sale

Do you want to have your own knots or frisbee or SWU Thymos sports socks? At the office of SWU Thymos you can buy a knots for € 8,50, a frisbee for € 10,- and a pair of sport socks for € 7,25! You can pay by card or by cash.



SWU Thymos acknowledged associations

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.



Chess

Chess is the ultimate two-player strategy board game. We have about 90 adults and 30 junior members that cover a wide range of basic and strong chess players. Each week you are paired with an opponent of your own strength. After a match, you can analyze your game, play some more blitz games or chat at the bar. We also organize tournaments; you can play against teams from other towns or follow training sessions at our club. The first four times is 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 Wageningsche Mixed Hockeyclub (WMHC)! This club with around 900 members is always looking for students to join the teams. The club has four artificial turf fields, including two water-based and one semi water-based. 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

info@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





Karate

KenKon is a training center for martial arts like Karate, 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

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

intro@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.

Abdominice

AdomiNice is a workout of only 15 minutes for strong, firm abdominals and a flat belly. Great to combine with your other sports activities at our sports Centre. All kinds of equipment and uplifting music will be used for a fast, intense, shaping, nice 15 minute workout!

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



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 also have climbing shoes that can be borrowed during the course. Comfortable clothes and shoes with firm soles are recommended.

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



Course

Core Pilates

Core Pilates is a strength and flexibility training that targets all the muscles in your body. This full-body workout focusses on strength, coordination, posture, flexibility -but, above all, fun. This up-beat workout activates your entire body. The exercise with Pilates ring and mini ball are suited for all levels, allowing you to train at your individual level. Feel like a great workout? Join Pilates! Registration and towel are mandatory.

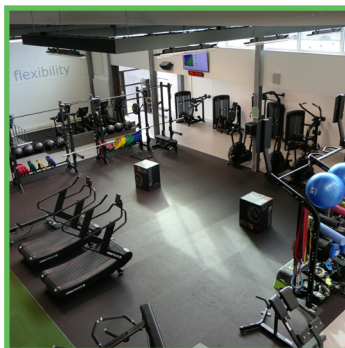
Registration per lesson



Fitness Introduction Beginners

This lesson is specially designed for sporters with little experience or no experience in a gym. The introduction lesson will teach you how to train with the cardio and strength 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. During the class, the focus of 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. FunXtion workouts are designed for different target groups, so everybody can get the best out of this workout at his own level.

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](#)



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 Training

Power Dumbbell Training delivers a top-notch workout designed to engage every muscle group in your body. Guided by a qualified instructor, this class focuses on using dumbbells to build strength and enhance muscle tone effectively. Experience the motivation of fantastic music while you tailor the intensity of your workout by choosing the weight that best suits your fitness level. This approach ensures a personalized experience, helping you reach your goals quickly and efficiently. Whether you aim to build muscle, improve endurance, or achieve a full-body workout, Power Dumbbell Training offers a powerful and dynamic session to elevate your fitness routine.

[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

This training is for anyone who can ride inline skates. Join us on a beautiful dyke with a smooth surface to improve your endurance and speed. We focus on skating skills like posture, push-off, and riding curves, with physically demanding workouts. It's great training for inline skating tours and competitions, and excellent preparation for ice-speedskaters in winter.

When the surface is wet, training is canceled. Sessions are held at the rollerblade circuit of the "Edese IJsvereniging" (Langekampweg 6, Ede). Helmets are required!

[Registration per lesson](#)



Rumble Cardio

Rumble Cardio Classes blend boxing drills with targeted floor exercises to create a dynamic and effective workout. This class is designed to build endurance, enhance muscle strength, and improve coordination. The boxing drills involve a series of punches, footwork, and defensive moves that get your heart pumping, while the floor exercises focus on strengthening and toning various muscle groups. It's a high-energy workout that not only helps you blow off steam but also delivers a comprehensive fitness boost.



[Registration per lesson](#)

Shape and Tone

Shape and Tone 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, leaving 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. Anyone can join, but please do bring a towel!



[Registration per lesson](#)

Show Dance

These classes include basic steps to loosen the body, body isolations, and stretch and strength exercises. You'll learn dance combinations similar to those in video clips, ranging from Hip Hop New Style with modern elements to the explosive moves of Krumping, and Funk & Jazz elements.

A new dance combination is taught at the beginning of each month. The class accommodates beginners, intermediate, and advanced dancers together. It's recommended to wear baggy, oversized clothing and dance sneakers or indoor sports shoes that allow for easy turning.



[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

Soccer Skills Training is perfect for those who love soccer but prefer not to commit to a team. Under the expert guidance of a qualified soccer trainer, you'll engage in a range of drills designed to enhance your skills. The training includes passing exercises, positional play, and scoring techniques, all aimed at improving your overall game. Each session concludes with a fun and competitive soccer match, allowing you to apply what you've learned in a real-game scenario.

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

Registration per lesson



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

Strength Training for 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 strength sports 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.



Registration per lesson

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. These courses will take place on the outdoor synthetic grass courses.

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 six different kinds of Yoga: Hatha-, Vinyasa-, Flow-, Critical Alignment-, Power-, and Yin-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



X-Fit

X-Fit is an intensive 60-minute class in which functional exercises are performed to push your physical limits. This natural training method incorporates elements of several sports, including athletics, gymnastics and weightlifting. X-Fit uses movements that are natural to the human body, such as running, jumping, pushing, throwing, climbing, lifting and pulling. To join the X-fit classes you must attend three introduction classes first!

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.
Henk Arts	Site manager	
Wendy van der Vliet	Management Assistant <ul style="list-style-type: none"> • External events • PR-activities 	
Timo Hildebrand	Sports Pub Coordinator	timo.hildebrand@wur.nl
Tijmen van Oostenbrugge	Coordinator Strength & Top-class sports <ul style="list-style-type: none"> • Ball Sports (Basketball, Frisbee, Handball, Korfbal, Lacrosse, Floorball, Quadball, Soccer, Volleyball) • Fitness (Fitness Employees, FunXtion, Strength Training) • Racket Sports (Badminton, Squash, Tennis, Table Tennis) • Rowing 	tijmen.vanoostenbrugge@wur.nl
Ingi Alofs	Coordinator Sport & Health <ul style="list-style-type: none"> • Athletics and Survivalrun • Cycling and Speed Skating (Indoor biking, Inline skating, Speed skating, Bicycle racing) • Climbing • Torso stability and Balance (AbdomiNice, BOSU, HIIT, Power Dumbbell Training, SnowFit) • Archery and Fencing • Sailing • Yoga • Swimming, Diving and Waterpolo 	ingi.alofs@wur.nl
Filip Hendricks	Coordinator Sport <ul style="list-style-type: none"> • Body Sculpt and Perfect Pilates • Bootcamp and TRX • Gymnastics • Horse Riding • Dance (Ballroom Dancing, Pole Dance, Steps Aerobics, Zumba) • Martial Arts (Kickboxing, Boxing, Brazilian Jiu Jitsu) 	filip.hendricks@wur.nl
Casper Helling	Confidential counsellor	casper.helling@wur.nl
Shelly van Haalen	Confidential counsellor	shelly.vanhaalen@wur.nl

Sports Foundation Wageningen University (SWU) Thymos	Contact details
<ul style="list-style-type: none"> ▪ Advocate for student sports ▪ Intermediator for student affairs ▪ SWU Thymos Events & Experiences ▪ SWU Thymos Internal Competitions (TICs) ▪ Umbrella organization for student sports associations ▪ Subsidy for participation in sports events and membership acknowledged associations ▪ Knotsen, socks & frisbee sale 	Bornsesteeg 2, 6708 PE Wageningen Phone number : (0317)482746 Email: swu.thymos@wur.nl Website: www.swuthymos.nl Instagram: @swu_thymos Facebook: SWU Thymos

Colophon

The Sports Guide 2024/2025 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
Lennart Verhoeven
Sven Menschel
Jeroen Bos
Guy Ackermans

Graphic Design

Esmeralda Wijnsma, Commissioner of Publicity 2019/2020

Editing and Composition

Kjell Tolsma, Chairman 2023/2024

Press

ProPress Druk & Print

Circulation

2000





Thymos

Sports Foundation
Wageningen University

SWU Thymos

Bornsesteeg 2, 6708 PE Wageningen

Phone number: (0317) 482746

E-mail: swu.thymos@wur.nl

Website: www.swuthymos.nl

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

Facebook: [SWU Thymos](https://www.facebook.com/SWUThymos)

Move and your body will be recharged!