



2022-2023

# Radboud Sports Centre



# Everything you need to know!

Radboud University





# Welcome to the Radboud Sports Centre

**Choose from 80 different sports.** With your subscription at the Radboud Sports Centre the entire sports program is at your disposal! In this brochure, we help you get started in the sports centre. On our website [www.ru.nl/sportscentre](http://www.ru.nl/sportscentre) you will find an overview of all the sports that we offer and in what form they are offered: ticket hour, course, student sports club or reservation. From yoga and boxing to bootcamp and Pilates, you can try it all!

## Ticket hours

The Radboud Sports Centre offers a variety of sports in the form of ticket hours offered at different times throughout the day. This means that you must book a ticket in advance for the class in which you want to participate. You can reserve tickets via the RSC website or the RSC app. You need a ticket and your membership card to join a class.

## Online ticket hours

In addition to the normal ticket hours, we also offer ticket hours online every day. This means that you can join live sports classes from your own home! Interesting for when you're short on time, abroad for a while or when you want to try something new without anyone watching.

## Free sports

Fitness, swimming, tennis, squash, bouldering and running on our running track. Sports where you are not directly supervised by an instructor, we call free sports. This also includes the reservations of a sports accommodation or a field for when you want to practice individually. You can make a reservation for all free sports via the RSC website or RSC app.

## Courses

Courses consist of a series of classes, many of which are offered at different levels. The RSC sports season is divided into five terms, with multiple courses offered per term. Every term you can enroll for a course via the RSC website or RSC app. Once the courses have started, everyone is free to apply for more courses, subject to availability.

The five terms in season 2022-2023:

- Term 1:** 29 Augustus to 23 October
- Term 2:** 31 October to 24 December
- Term 3:** 9 January to 5 March
- Term 4:** 6 March to 30 April
- Term 5:** 8 May to 25 June





# Sports

- |                           |                           |                          |                         |
|---------------------------|---------------------------|--------------------------|-------------------------|
| Aikido ●                  | Gliding ●                 | Pilates ●                | Yoga Kundalini ●●       |
| Animal flow ●             | Grappling ●               | Pole dancing ●●          | Yoga Yin ●              |
| Alpinism/Rock climbing ●● | Gym class ●●              | Powerlifting ●           | Yoga Vinyasa ●          |
| Athletics ●               | Gymnastics ●●             | Rowing ●                 | 60+ Body workout ●      |
| Badminton ●●              | High intensity interval ● | Rugby ●●                 | 60+ Fitness ●           |
| Ballroom dancing ●        | Hip Hop ●●                | Run training ●●          | 60+ Latin mix ●         |
| Barbell workout ●         | Hockey ●●                 | Sailing ●                | 60+ Pilates ●           |
| Barre workout ●           | Horseback riding ●●       | Self-defence for women ● | 60+ Strength training ● |
| Baseball ●                | Ice skating ●●●           | Showdance ●              | 60+ Tennis ●            |
| Basketball ●●             | Indoor handball ●●        | Softball ●●              |                         |
| Beach tennis ●            | Indoor football ●●        | Spinning ●               |                         |
| Beach volleyball ●        | Jazzdance ●●              | Squash ●●●●              |                         |
| Body workout ●            | Jiu Jitsu ●●              | Steps ●                  |                         |
| BOM (Moving to Music) ●   | Judo ●●                   | Strength training ●●     |                         |
| Bootcamp ●                | Karate ●                  | Stretch class ●          |                         |
| Bosu ●                    | Kickboxing ●●             | Surfing ●                |                         |
| Boxing ●●                 | Kickfit ●                 | Survival ●●              |                         |
| Burlesque ●               | Korfball ●●               | Swimming ●●●             |                         |
| Capoeira ●                | Krav Maga ●               | Swimming front crawl ●   |                         |
| Chess ●                   | Lacrosse ●●               | Table tennis ●●          |                         |
| Classical ballet ●●       | Latin mix ●               | Tai Chi Chuan ●          |                         |
| Contemporary acro ●       | Meditation ●              | Tennis ●●●●              |                         |
| Cycling ●                 | Mindfulness ●             | Triathlon ●●             |                         |
| Dance workout ●           | Mixed Martial Arts ●●     | Ultimate Frisbee ●●      |                         |
| E-sports ●                | Modern dance ●●           | Volleyball ●●            |                         |
| Fencing ●●                | Momfit ●                  | Waterpolo ●              |                         |
| Fitness ●                 | Mountainbiking ●          | Weightlifting ●●         |                         |
| Floorball ●●              | Move your mindset ●       | X-GO workout ●           |                         |
| Football ●●               | Neck, Shoulder and Back ● | Yoga Ashtanga ●          |                         |
| Futsal ●●                 | Next Level Outdoor ●      | Yoga Hatha ●●            |                         |

- Course
- Ticket hour
- Student sports clubs
- Reservation

## Fitness

Come work out in our modern 1200 m<sup>2</sup> fitness area. It features high-quality machines and a well-equipped free weights room. You can train here on Monday to Friday from 07.00 to 23.30 and on weekends from 08.00 to 21.00. Our qualified teachers are always present to provide support and assistance. For instance, they can answer your questions, teach you certain techniques and help you customize your workout to your personal fitness goals.

We also offer a variety of tests, including a physical fitness test to determine your fitness level. We use the results to create a personal workout plan designed with your needs in mind. If you want to make sure the trainer has sufficient time to help you with this, you can sign up for an individual appointment through our registration system.

## Internal tournaments

Sign up for football tournaments organized by the RSC. Registration costs €25 per team.

## Reservations

As a member of the Radboud Sports Centre, you can make reservations for tennis/squash courts, swimming and accommodation.

## Tennis and Squash

Make reservations for the RSC tennis and squash courts. Non-members can also use the courts via a single ticket or punch card.

## Swimming

Swim laps in the Erica Terpstra swimming pool for during almost all opening hours. You need to sign up in advance via our registration system.

## Accommodation

Make reservations for RSC accommodation up to 8 days in advance. Rental rates apply to non-members. Visit the website for terms, rates and reservations.

## Student sports clubs

The RSC has 38 registered student sports clubs. In principle, every RSC member can apply for membership to a student sports club. Please bear in mind that admission policies differ per club and at least eighty percent of the members must be students. In addition to your RSC membership fee, you are also required to pay a sports club fee. Go to our website for an overview of the sports clubs and their contact information.

## Nijmegen Student Sports Council (NSSR)

The Nijmegen Student Sports Council (NSSR) represents the interests of student RSC members and serves as the umbrella organization for the 38 registered sports clubs. For more information visit their website: [www.nssr.nl/language/en/home-2/](http://www.nssr.nl/language/en/home-2/).

## Extra services

In addition to a wide range of sports, we offer a number of extra services that allow you to get the best out of your subscription and yourself! For example, we give various lectures about nutrition and training, you can follow workshops in mental sports coaching and benefit from nutritional advice or guidance from a (sports) dietitian. Most of our extra services are included in your subscription. You will find a complete overview on our website.

## Cultural offer

The RSC also has a cultural offer. This offer includes cultural ticket hours such as Singing and Drawing/Painting, and a number of cultural courses including Guitar, Photography, Stand-up comedy and Theater. Students and alumni have priority over this cultural offer. Via the RSC website or the RSC app they can register for this 1 day earlier than non-students

## House rules

- The RSC values a save and clean sports centre in order for all members to exercise with pleasure. Make sure that you don't bring glass bottles and do not wear your outdoor sports shoes indoors.
- It is mandatory to wear appropriate sports clothing during sports activities inside and outside.
- It is not allowed to take your coat and bag with you into the rooms. We advise you to use the lockers to safely store your belongings. You can use your sports card for the lockers with a chip or use a 1 euro coin.
- A towel is mandatory in the fitness area and in the spinning room as well as in all classes in which mats are used. In case you have forgotten your towel, one can be purchased at the front desk.
- In several changing rooms you will encounter separate shower cabins.

Please visit our website for our full terms and conditions and our internal regulations: [www.ru.nl/sportscentre](http://www.ru.nl/sportscentre).

## Monthly direct debit/paid via iDEAL

Have you purchased an *annual subscription*? Then you have already paid at the desk, via iDEAL, or you have given your permission to deduct the agreed amount from your account.

Have you purchased a *monthly subscription*? Then you have already paid online, at the desk, or you have given permission to deduct the agreed amount from your account. We always collect at the end of the current month. The exact dates can be found on our website.

## Newsletter

About once a month you will receive a digital news letter from the RSC with the latest news about the sports centre.



## Reservation ticket hours, courses, swimming laps, squash and tennis courts

### Online

If you want to register for ticket hours, courses and swimming laps or reserve for a squash or tennis court, please visit our website [ru.nl/sportscentre](http://ru.nl/sportscentre) or use our RSC app.

### Log in

You can log in via 'Login Sports Centre members' in the upper right corner of the RSC homepage. You will then be on the login screen of our reservation system. As an employee or student of the Radboud University, you can log in by using your RU employee or student account details. If you're not a RU student or employee, you log in with the e-mail address with which you are registered at the sports centre and a self-chosen password.

### Reservations

Once you are logged in, choose 'tickets', 'course' or 'locations'. After this you will see the ticket hours, courses or courts on offer. Under 'Participants' you will see if there are places left. You can click on an available option. To secure your reservation click on 'Add to choice list' at the top right corner. Depending on your subscription, you can add several ticket hours or courts to your list. It is only allowed to have one reservation for squash or tennis at the same time. For swimming laps you can have up to two outstanding reservations of half an hour. Don't forget to press the 'Confirm' button at the end to confirm your reservation.

### RSC app

Registration for ticket hours, courses or free sports can be done quickly and easily with the RSC app. You can also find an overview of your listings for courses, tickets and locations. To download the app, you can search for 'Radboud Sports Centre' in the App or Play Store on your smartphone.

### Printing the tickets

You can only print the ticket(s) you booked on the day itself. Our ticket printers can be found on the ground floor opposite the RSC desk and near the entrance to the gym. In the Erica Terpstra swimming pool, the ticket printer hangs on the first steel pillar to the left of the entrance. Here you can print your ticket for swimming laps and aquabom. You must hold your card against the scanner at the top right to print the ticket.

Tickets for squash or tennis courts should be handed in at the RSC desk; tickets for ticket hours should be given to the instructors. Tickets for swimming laps must be handed in to the employees at the swimming pool. Note: at the swimming pool, you will get an extra ticket with barcode. You need this to get through the tourniquet at the main entrance. For courses you don't need to print a ticket.

### Cancelling your reservation

Please remember to cancel your ticket reservation at least 60 minutes in advance if you decide not to participate. By doing so, you're allowing someone else to take your place. To cancel your reservation, log in to our system, click on 'My subscriptions' and delete the ticket in question by clicking on 'Cancel'. You'll have to confirm again by entering your student number, employee number, or e-mail address. You can also unsubscribe quickly and easily with the RSC app. You can unsubscribe yourself from a course via a cancellation form that you can find under the heading 'Directly to' on our homepage.

### Reservation rules ticket hours, courses, free sports and accommodation

	Students / Alumni	Non-students
How long before the start of a class can you reserve a ticket?	5 days	8 days
How many ticket hours are you allowed to have reserved in advance?	Up to 2	Up to 3
How can you register for a ticket hour?	Via the app or the online reservation system	Via the app or the online reservation system
How long before the start of a course can you reserve a place?	On Sunday from 10 p.m. 8 days before the start of a term	On Thursday from 10 p.m. 18 days before the start of a term
For how many courses can you register at the start of the registration?	1	1
How can you enroll for a course?	Via the app or the online reservation system	Via the app or the online reservation system
How long in advance can you reserve for a squash or tennis court or for swimming laps?	48 hours	48 hours

**Please note:** if you can't be present at a ticket hour for which you have registered, we ask you to cancel this reservation in advance. By doing so, you will give someone else the opportunity to take your place. If you don't show up

at a ticket hour 2 times within 28 days without cancelling, the ability to reserve tickets is blocked for 28 days. This block can be lifted by paying a fine of € 2,00 at the RSC desk. The fines collected will be used for charity.

## Social media

Would you like to be immediately informed of all that happens to us? Then follow us on Social Media!

-  [facebook.com/RadboudSportcentrum](https://facebook.com/RadboudSportcentrum)
-  [instagram.com/RadboudSportcentrum](https://instagram.com/RadboudSportcentrum)
-  [Radboud Sport TV Playlist](#)

## General opening hours

Monday to Friday 07.00-23.30  
Saturday and Sunday 08.00-21.00

## Opening hours sportsbar The Yard

Monday to Friday 10.30-23.00  
Saturday and Sunday 10.00-18.00  
Phone: (024) 361 11 14

## Opening hours café C

Monday to Friday 9.00-15.30

## Holiday opening hours 2022-2023

The RSC will use a modified schedule during the holidays. During a few weeks in the summer holidays we will close one hour earlier on Mondays to Fridays.

Herfstvakantie	24 October to 30 October
Kerstvakantie	26 December to 8 January
Voorjaarsvakantie	20 February to 26 February
Meivakantie	1 May to 7 may
Zomervakantie	26 June to 27 August

*For modified opening hours on public holidays, see the annual calendar on our website.*

## Contact

Heyendaalseweg 141, 6525 AJ Nijmegen  
Phone: (024) 361 23 92  
E-mail: [balle-rsc-cf@ru.nl](mailto:balle-rsc-cf@ru.nl)  
Website: [www.ru.nl/sportscentre](http://www.ru.nl/sportscentre)

## Do you have a complaint, suggestion or compliment?

We would love to hear it! Send an e-mail to [secretariaat-rsc-cf@ru.nl](mailto:secretariaat-rsc-cf@ru.nl) or fill out the form provided on our website or at the RSC desk.

