

# HZ SPORT PROGRAMME

STUDY YEAR: 2019/2020



# WHAT IS HZ SPORT

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## SPORTS PROGRAMME FOR STUDENTS OF THE HZ!

Sports, health and leisure. HZ Sport has member activities such as volleyball, basketball, futsal, yoga, zumba and personal training. We also have community events and monthly activities such as a Fifa tournament in the HZ Café, sightseeingflight and bubble football. Last but not least we organise trips such as the HZ Ski-trip, HZ Soccer-trip and the HZ Cycling-trip.

### **Ticket sale HZ Sport**

Earn your HZ Personality credits with HZ Sport. Become a member for the weekly activities or pick, choose and combine different monthly activities and trips/events for the sum of 1,25 ECTS in total. You also can organise an event to earn credits. In case you do not need any credits but you simply wish to join our activities you are most welcome! Purchase your tickets at HZ Sport by going to our website [\*\*www.hzsport.nl/mobile\*\*](http://www.hzsport.nl/mobile).

## EARN ECTS: JOIN THE HZ SPORT PROGRAMME

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### **Option 1**

Buy a HZ Sports card for €49,95 a year, go to our member activities 25 times and earn 1,25 ECTS.

### **Option 3**

Combine week activities, month activities and trips/events. Go to 10 week activities, 4 month activities and 1 event.

### **Option 2**

Combine your weekly activities with month activities. Go to 15 week activities and visit 4 month activities.

### **Option 4**

Want to earn your credits at once? Join the HZ Ski-trip, HZ Soccer-trip or HZ Cycling-trip.

**DID YOU TAKE ALL STEPS? YOU EARN 1,25 ECTS!**

# HZ PERSONALITY

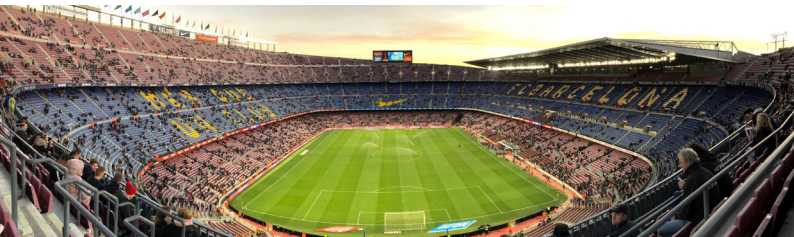
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Create your own unique study programme!

Every year you have to earn 2,5 ECTS next to your regular study points, called your HZ Personality points. At the beginning of the year, you and your study career coach (SLC) decide what you will do within this free study hours to earn your points. HZ Sport is part of this programme and you have got a few options.

## Join our programme

Get 1,25 ECTS by doing sports. choose one of the 4 options from the page on the left and earn your credits by doing the activities you would like to do.



## HZ Sport team member

Become a team member of HZ Sport. Apply for one of the following positions and earn 1,25 or 2,5 ECTS:

### Position

Event managers  
Social media managers  
Graphic designers  
Promo team members  
Tournament organizers  
Volleyball coaches  
Basketball coaches

### Example

Organise the HZ Ski-trip  
Be in control of the Instagram  
Design al posters and flyers  
Help during open days  
Organise a Darts tournament in the HZ  
Be the volleyball coach  
Be the basketball coach

# OUR PARTNERSHIPS

NAME	WEBSITE	BENEFIT
DIVING TEAM ZEELAND diving	<a href="http://www.duikteamzeeland.nl">www.duikteamzeeland.nl</a>	10% discount
FITNESS FITAAL fitness	<a href="http://www.fitnessfitaal.nl">www.fitnessfitaal.nl</a>	€22,50 a month instead of €42,-
INDOOR KARTING karting	<a href="http://www.kartingzeeland.nl">www.kartingzeeland.nl</a>	Student karting check the website
SELF-DEFENSE (Brazilian) Jiu-Jitsu	<a href="http://www.bjjzeeland.nl">www.bjjzeeland.nl</a>	€15,- a month instead of €25,-
VERTIGO SPORTS kitesurfing, kitebuggying, sup	<a href="http://www.vertigosports.nl">www.vertigosports.nl</a>	€5,- discount
KV FORTIS korfbal	<a href="http://www.kvfortis.nl">www.kvfortis.nl</a>	Student korfbal check the website
RACKETCENTRE tennis and squash	<a href="http://www.racketcentrum.com">www.racketcentrum.com</a>	€12,50 for 45 min
SURFSCHOOL DOMBURG surfing	<a href="http://www.sportshopdomburg.nl">www.sportshopdomburg.nl</a>	surf course for €25,- instead of €35,-
VVS '92 volleyball	<a href="http://www.vvs92.nl">www.vvs92.nl</a>	50% discount
VC VLISSINGEN soccer	<a href="http://www.vcvlissingen.nl">www.vcvlissingen.nl</a>	Student soccer check the website
BOOTCAMP ZEELAND bootcamp	<a href="http://www.thebootcampclub.nl">www.thebootcampclub.nl</a>	Discount on all monthly subscriptions
MOVETIVATE personal training	<a href="http://www.movetivate.club">www.movetivate.club</a>	€50,- discount
BADMINTON VLISSINGEN badminton	<a href="http://www.fb.com/brvliissingen">www.fb.com/brvliissingen</a>	€9,- a month
TABLE TENNIS	<a href="http://www.ttcmiddelburg.nl">www.ttcmiddelburg.nl</a>	€20,- 6 lessons







## HZ SPORT TEAM

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### Contact

Our opening hours are from Monday to Thursday from 11.00 to 12.30. For questions and/or comments, please contact Kevin van Iersel, Huub Tak or Jessie Eikenhout.

Email: [hzsport@hz.nl](mailto:hzsport@hz.nl) or [k.van.iersel@hz.nl](mailto:k.van.iersel@hz.nl)

Telephone number: 0118-489317

Facebook: [www.facebook.com/hz.sport](https://www.facebook.com/hz.sport)

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

Webshop: [www.hzsport.nl/mobile](https://www.hzsport.nl/mobile)

If you have any questions, come and visit us in the HZ Sport office F1.01 (above the HZ Bookshop)

# MEMBER ACTIVITIES

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To attend our members activities you have to be a member of HZ Sport.  
How do you become a member?

It's very simple: all you need to do is buy the HZ Sport card for €29,95 for one semester or €49,95 for the whole year. Then you can play as many sports as you want!

You can also get credits for it!

How? Show your HZ Sport card each time you're going to one of the activities and you will get 0,05 ECTS for each visit. Getting credits is possible from September to the end of May.

Please note: Personal training is based on personal coaching, so we have limited spots. Therefore, we only want to work with students who want to achieve a certain goal. Send an email to [k.van.iersel@hz.nl](mailto:k.van.iersel@hz.nl) with a small presentation of yourself, to let us know why you are motivated, why you would like to join and what your goals are.





DAY	ACTIVITY	TIME	LOCATION
MONDAY	VOLLEYBALL & BASKETBALL	17.00 - 18.00	Baskenburg, Pres. rooseveltlaan 733
MONDAY	PERSONAL TRAINING	18.00 - 19.00	HZ Vitality center
TUESDAY	YOGA	19.30 - 20.30	Fitness Fitaal
WEDNESDAY	FUTSAL	17.00 - 19.00	Baskenburg, Pres. rooseveltlaan 733
WEDNESDAY	ZUMBA	19.00 - 20.00	Fitness Fitaal
THURSDAY	VOLLEYBALL & BASKETBALL	16.30 - 17.30	Baskenburg, Pres. rooseveltlaan 733
THURSDAY	PERSONAL TRAINING	ON REQUEST	HZ Vitality center
EVERY DAY	SWIMMING	CHECK WEBSITE	Vrijburgbad, sportweg 2 Vlissingen

For more info about the weekly activities please come by the HZ Sport office F1.01 or send an email to [hzsport@hz.nl](mailto:hzsport@hz.nl).



## MEMBER ACTIVITY

### FUTSAL

EVERY WEDNESDAY 17:00 - 19:00

Every wednesday we play futsal in the Baskenburg. Gather a few friends and join the competition! Or just stop by and join one of the teams. It doesn't matter at wat level you play, just play for fun!

Location Baskenburg, Pres. roosevelttlaan 733

Price € 49,95,- a year or €29,95 ,- per semester (including all other member activities)

Note You have to show your HZ Sports card

Credits 0,05 ECTS per competition day



## MEMBER ACTIVITY

### VOLLEYBAL

EVERY MONDAY 17.00 - 18.00 & THURSDAY 16.30 - 17.30

2 times a week we play indoor volleyball. Players from every level can join because you will get real volleyball lessons to improve your skills. When the weather is good we play at the beach!

Location Baskenburg, Pres. rooseveltlaan 733

Price € 49,95,- a year or €29,95,- per semester (including all other member activities)

Note You have to show your HZ Sports card

Credits 0,05 ECTS per lesson





## MEMBER ACTIVITY

### BASKETBALL

EVERY MONDAY 17.00 - 18.00 & THURSDAY 16.30 - 17.30

2 times a week students try to find their inner LeBron James on the basketballfield at the Baskenburg. Play as much friendly matches in an hour is the goal of the activity. Players from every level can join.

Location Baskenburg, Pres. roosevelttlaan 733

Price € 49,95,- a year or €29,95 ,- per semester (including all other member activities)

Note You have to show your HZ Sports card | You can get credits from the beginning of September to the end of May

Credits 0,05 ECTS per activity





## MEMBER ACTIVITY

### YOGA

TUESDAY 19.30 - 20.30

Yoga is new on the program. HZ Sport thinks mental health is as much important as physical health. Therefore we can give you as a student the opportunity to try Yoga ones a week at Fitness Fitaal.

Location Fitness Fitaal. Dynamoweg 10 Vlissingen

Price € 49,95,- a year or €29,95,- per semester (including all other member activities)

Note You have to show your HZ Sports card | You can get credits from the beginning of September to the end of May

Credits 0,05 ECTS per lesson



## MEMBER ACTIVITY

### ZUMBA

WEDNESDAY 19.00 - 20.00

Is there a possibility to dance for HZ Sport? That is a question we heard a lot! Therefore we are going to work together with Fitness Fitaal to organise a Zumba class for students.

Location     itness Fitaal. Dynamoweg 10 Vlissingen

Price        € 49,95,- a year   or €29,95 ,- per semester (including all other member activities)

Note         You have to show your HZ Sports card | You can get credits from the beginning of September to the end of May

Credits      0,05 ECTS per activity



## MEMBER ACTIVITY

### PERSONAL TRAINING

#### ON REQUEST

Students are experiencing a lot more stress these days. As an effect on that it is a possibility to forget to live healthy.

HZ Sport is giving 10 students per semester a chance to get personal training 2 times a week. Do you want to loose weight or do you want to get that ultimate summerbody?

Send your motivation to [hzsport@hz.nl](mailto:hzsport@hz.nl) and maybe you are one of the 10 students who get the chance.

Location     Vitality center HZ

Price         € 49,95,- a year or €29,95,- per semester (including all other member activities)

Note          You have to show your HZ Sports card | You can get credits from the beginning of September to the end of May

Credits       0,05 ECTS per lesson



## MEMBER ACTIVITY

### SWIMMING

EVERY DAY. CHECK WEBSITE

Go exercise swimming to stay in shape. Check the website of the swimmingpool for the hours you can go exercise swimming. You can't just go whenever you want.

Location	fitness Fitaal. Dynamoweg 10 Vlissingen
Price	€ 49,95,- a year or €29,95,- per semester (including all other member activities)
Note	You have to show your HZ Sports card and check <a href="http://www.optisport.nl/vrijburgbad">www.optisport.nl/vrijburgbad</a> for openings hours   You can get credits from the beginning of September to the end of May
Credits	0,05 ECTS per activity

# MONTHLY ACTIVITIES

## Costs of activities

Every year, HZ Sport organizes several one-time activities. For example, Bubble football, indoor karting or kitebuggy. There are activities for every budget. When you are in possession of the HZ Sports card you get a 20% discount on all activities! Buy your ticket at [www.hzsport.nl/mobile](http://www.hzsport.nl/mobile).

## Get your ECTS

You get 0,1 or 0,2 ECTS per activity. if you visit. Mix and match until you have a total sum of 1,25 ECTS

EXAMPLE: Visit all 4 self-defense clinics ( 0.4 ECTS), watch the SuperBowl (0,2 ECTS), 2 bicycle activities (0,2 ECTS), go to the beachvolleyball tournament (0,2 ECTS) and fly above Zeeland (0,2 ECTS).

You can also mix and match the monthly activities with the week activities and trips/events.

EXAMPLE: Go to futsal 15 times (0,75ECTS) and visit 3-5 month activities (0,5ECTS) to get your total of 1,25ECTS.





2x

## MONTHLY ACTIVITIES

### VLISSINGEN & MIDDELBURG BY BIKE

FRIDAY 20/09/2019 15:00 - 18:00 & FRIDAY 24/04/2020 15:00 - 18:00

Vlissingen has a nice cycling environment. cycling together is fun. So bring your own bike and let's ride together!!

make your way through Vlissingen and Middelburg and score a snack and a drink at several places!

Location Front of the HZ

Price € 10,-

HZ Sport members: € 8,-

Note please contact us if you want to join but don't have your own bike

Credits 0,1 ECTS





## MONTHLY ACTIVITIES

### KING OF THE CHANNEL

FRIDAY 27/09/2018 17:00 - 20:30

THE biggest dragonboat event of the year. Students and employees of the HZ, Scalda and UCR will compete for the title 'King of the Channel'

Become a member of the team and get the BBQ afterwords for free!

Location Boathouse Scalda, Vlissingen

Price €0,- HZ Sports member: € 0,-

Note Limited number of spots available

Credits 0,25 ECTS



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## MONTHLY ACTIVITIES

### BUBBLE FOOTBALL TOURNAMENT

WEDNESDAY 9/10/2019 & WEDNESDAY 19/02/2020 17:00 - 19:00

Bubble football is a game where your upper body is in an air filled plastic ball. So you can only use your feet and legs to play football. This plastic ball also serves as a pad, which makes the game extra fun.  
gather a team and buy one of the only 10 tickets!

Location Baskensburg, Vlissingen

Price €50,- per team HZ Sport members: €40,- per team

Note Maximum of 10 teams | 5 players per team

Credits 0,1 ECTS



2x

## MONTHLY ACTIVITIES

### INDOOR KARTING

WEDNESDAY 25/10/2019 & FRIDAY 07/02/2020 19:00 - 21:30

At indoor Karting Middelburg the HZ Mini Grand Prix is taking place with the following components:

- A driver briefing (explanation of the race, track and rules)
- Qualifying heat of 12 minutes
- All drivers drive a "Grande Finale" of 12 minutes
- Followed by the award ceremony including 3 medals

Location Middelburg

Price € 25,-

HZ Sport members: € 20,-

Note This activity takes place in Middelburg. Try to arrange your own transport.

Credits 0,1 ECTS



## MONTHLY ACTIVITIES

### INDOOR SKI OR SNOWBOARDING

FRIDAY 22/11/2019 17:00 - 19:00

Your first ski or snowboard lesson or just 2 hours extra on the slopes? Join this activity to improve your skills in this indoor ski hall.

Location Skidôme, Terneuzen

Price € 19,50,-

HZ Sport members: € 15,-

Note This activity takes place in Terneuzen. Try to arrange your own transport.

Credits 0,1 ECTS



## MONTHLY ACTIVITIES

### HYPER BOWLING

WEDNESDAY 27/11/2019 17:00 - 19:00

Be one of the first to play HyperBowling on the coolest bowling lane in the Netherlands. With HyperBowling you have to aim at the 10 pins and the luminous targets along the course. Not only your score, but also the fun doubles. More action, more opportunities, more fun.

Location Middelburg

Price € 10,-

HZ Sport members: € 20,-

Note This activity takes place in Middelburg. Try to arrange your own transport.

Credits 0,1 ECTS



## ICE SKATING

SATURDAY 11/01/2020 10:00 - 14:00

This year we are going to the indoor ice skating facility in Breda. Try to improve your ice skating skills!





## MONTHLY ACTIVITIES

### STREETJUMP TRAMPOLINE PARK

MONDAY 20/01/2020 & WEDNESDAY 25/03/2020 17:00 - 18:00

Jumping around for an hour, from one trampoline to the other. Which cool tricks can you show your friends? There are 10 different areas, can you jump on all of them in an hour?

Location Streetjump Vlissingen | Gildeweg 10

Price € 10,- HZ Sport members: € 8,-

Note

Credits 0,1 ECTS



## MONTHLY ACTIVITIES

### SIGHTSEEING FLIGHT ABOVE VLISSINGEN

SUNDAY 22/03/2020 14:00 - 16:30

Buckle up for this awesome activity! Fly above Zeeland for about 30 minutes and see our beautiful landscape from another side.

Location Calandweg 36, Airport Midden-Zeeland, Arnhemuiden

Price € 30,-                      HZ Sports member: € 24,-

Note The activity takes place in Arnhemuiden. Try to arrange your own transport

Credits 0,1 ECTS



## MONTHLY ACTIVITIES

### CLIMBING FORREST

SATURDAY 11/04/2020 10:00 - 12:00

Klimbos Zeeuwse Helden in Westenschouwen is a unique experience for young and old. Push boundaries and feel the adrenaline flow. You take the routes between the trees yourself. There are 6 routes, together about 90 obstacles, varying from 2 to 10 meters high.

Location Kraaijensteinweg 140, Westenschouwen

Price € 20,- HZ Sport members: € 16,-

Note This activity takes place in Westenschouwen. Try to arrange your own transport.

Credits 0,1 ECTS



## MONTHLY ACTIVITIES

### KITEBUGGYING

WEDNESDAY 22/04/2020 19:00 - 20:30

Sitting in a tricycle with a kite in your hands and traveling with a speed of 30km/h sounds good right?!

Register and find out how much fun this is.

Location Strand Vrouwenpolder 80 , Vertigo Sports, Vrouwenpolder

Price € 25,- HZ Sports member: € 20,-

Note This activity takes place in Vrouwenpolder. Try to arrange your own transport.

Credits 0,1 ECTS



## MONTHLY ACTIVITIES

### UNIVERSITY RUN

FRIDAY 15/05/2020

On Friday the 15th of May the HZ and UCR organize the first edition of the University Run. Keep an eye on our Facebook page for more information!

Location Vlissingen, Middelburg

Price € 5,- HZ Sport members: € 0,-

Note More info coming later this year

Credits 0,1 ECTS



## MONTHLY ACTIVITIES

### NATIONAL STUDENT CHAMPIONSHIP BEACHVOLLEYBALL

JUNE 2020

Last years championship was a great succes. Because of that we are organising the event again! Please keep an eye on our Facebook and Instagram for the date and details

Location Beach in front of Pier 7, Vlissingen

Price €20,- per team HZ Sports member: € 16,- per team

Note You have to buy your ticket on the HZ webshop and not the HZ Sport webshop.

Credits 0,2 ECTS

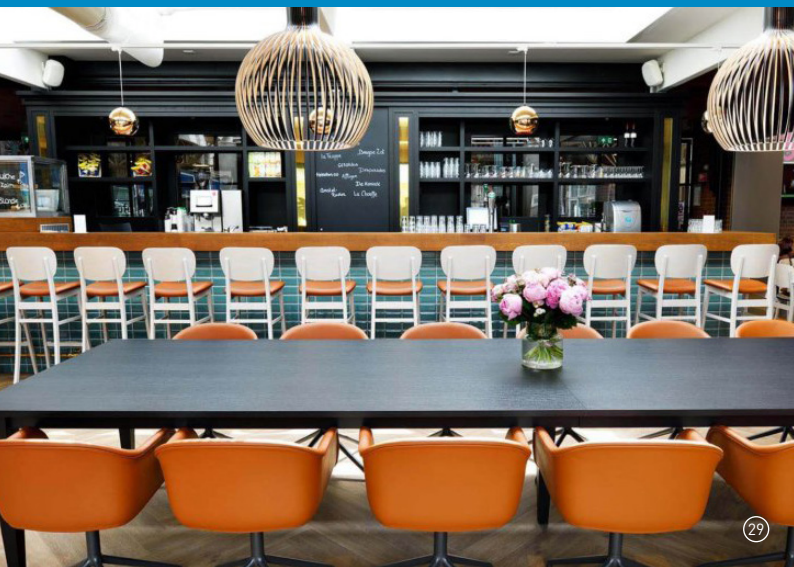


# COMMUNITY EVENTS

## Costs of activities

The Community events are a new kind of events. There are activities for every budget. When you are in possession of the HZ Sports card you get a 20% discount on all activities! Buy your ticket at [www.hzsport.nl/mobile](http://www.hzsport.nl/mobile).

**These events are taking place inside the HZ and therefore easy to attend.  
We hope to see you there!!**





## COMMUNITY EVENTS

### ..... **HZ SPORT INFO MEETING** .....

FRIDAY 06/09/2019 16:00 - 17:00

On Friday the 6th of September we organise a kick off at the HZ Café. The HZ Spor team can help you with all your questions about all our activities. We also give extra info about the big trips and events, so be there!!

Location      HZ Café, Vlissingen

Price            € 0,-

HZ Sports member: € 0,-

Note            No credits for this meeting

Credits        -



## COMMUNITY EVENTS

### ..... **HZ FOOD AND HEALTH CLASS** .....

WEDNESDAY 04/11/2019 17:00 - 19:30

You want to learn some new recipes, want to know more about delicious healthy food or you just want to have a fun night with friends? Join th HZ Food and Health class!

Location      HZ Café, Vlissingen

Price          € 10,-

HZ Sports member: € 0,-

Note          Please contact us if you have any allergies

Credits        0,1 ECTS





## COMMUNITY EVENTS

### APENKOOIEN / THE FLOOR IS LAVA

JANUARY 2020

The floor is lava (in Dutch: Apenkooien) was everyone's favorite activity during elementary school in Holland. How cool is it to do an adult version of this activity inside the HZ Vlissingen?!! Check out the webshop and the Facebook page for more info.

Location HZ Café, Vlissingen

Price € 10,- HZ Sports member: € 8,-

Note Limited number of spots available

Credits 0,1 ECTS



## COMMUNITY EVENTS

### SUPERBOWL LIVE

SUNDAY 02/02/2020 23:00 - MONDAY 03/02/2020 03:00

The Super Bowl is the American football final played every February in the United States between the champions of the American Football Conference and National Football Conference, the two professional leagues united under the National Football League, which organizes the Super Bowl.

Location Vlissingen

Price € 15,-

HZ Sports member: € 0,-

Note Exact location is not yet known

Credits 0,2 ECTS





## COMMUNITY EVENTS

### ..... **TABLE FOOTBALL TOURNAMENT** .....

WEDNESDAY 25/03/2020 16:00 - 20:00

Been a while ago? sign up with a friend and see if you can beat all HZ students in a game of table football.

Location     HZ Café, Vlissingen

Price        € 10,-    per team

HZ Sports member: € 8,- per team

Note         Limited number of spots available

Credits      0,2 ECTS



## COMMUNITY EVENTS

### ..... **TABLE TENNIS TOURNAMENT** .....

WEDNESDAY 16/04/2020 16:00 - 20:00

You have another friend who can play table tennis very well? sign up for the table tennis tournament now!

Location      HZ Café, Vlissingen

Price          € 10,-      per team

HZ Sports member: € 8,- per team

Note          Limited number of spots available

Credits        0,2 ECTS

## Costs of activities

Every year, HZ Sport organizes several trips. These trips are the perfect opportunity to broaden your horizons. Students and employees of the HZ can sport together or experience sports together.

Get a great domestic or foreign sports experience for an affordable prize.

## Get your ECTS

When you go on a trip abroad you immediately earn the necessary 1.25 ECTS.





## HZ SPORT TRIPS

### HZ SKI-TRIP

FRIDAY 13/12/2018 - SUNDAY 22/12/2018

Val Thorens is the highest ski village in Europe (2300 meters!). You can ski or snowboard in the most beautiful and largest area of Europe! Come by the HZ Sport office F1.01 for more information.

The trip includes transfer, hotel, foodbox and skipass for 6 days.

Location Val Thorens, France

Price €449,-

Note Limited number of spots available | **consult your study coach to ask if you can miss school that week**

Credits 1,25 ECTS



## HZ SPORT TRIPS

### HZ SOCCER-TRIP

FRIDAY 18/01/2020 - SUNDAY 20/01/2020

On Sunday the 19th of January we will visit a soccer game of FC Barcelona against Granada!

This trip includes transfers, hotel and your ticket for the match.

For more info come by to the HZ Sport office.

Location      Camp Nou, Barcelona

Price          €310,-

Note          Limited number of spots available | Actual price may be different than stated here

Credits        1,25 ECTS



## HZ SPORT TRIPS

### HZ CULT & HZ SPORT COMBI-TRIP

MARCH/APRIL 2020

This year HZ Sport and HZ Cult will travel together! We get the best out of both parties and make a combination trip to Barcelona: in addition to visiting the highlights of the beautiful city of Barcelona, we visit Camp Nou and we go to an FC Barcelona match! This trip includes access to museums, a tour of the stadium and a visit to the football match.

You can find the date of this trip in the web shops of HZ Cult and HZ Sport

Location	Barcelona
Price	€310,-
Note	Limited number of spots available   Actual price may be different than stated here
Credits	1,25 ECTS





## HZ SPORT TRIPS

### HZ CYCLING-TRIP

THURSDAY 21/05/2020 - SUNDAY 24/05/2020

At the end of may you can join HZ Sport to a cycling trip to the French Alps. Only 14 students and/or employees can join to overcome the mountains in the Alps.

For more info come by the HZ Sport office F1.01 or send an email to [hzsport@hz.nl](mailto:hzsport@hz.nl)

This trip includes transfer, hotel, food & drinks

Location French Alpes

Price Students: €200,-

Employees: €250,-

Note Limited number of spots available | Actual price may be different than stated here

Credits 1,25 ECTS

DATE	ACTIVITY	CREDITS
06/09/2019	HZ SPORT INFO MEETING	0,0
20/09/2019	VLISSINGEN & MIDDELBURG BY BIKE	0,1
27/09/2019	KING OF THE CHANNEL	0,25
09/10/2019	BUBBLE FOOTBALL TOURNAMENT	0,1
25/10/2019	INDOOR KARTING	0,1
04/11/2019	HZ FOOD & HEALTH CLASS	0,1
20/11/2019	HZ FIFA TOURNAMENT	0,2
22/11/2019	INDOOR SKI OR SNOWBOARDING	0,1
13/12/2019 - 22/12/2019	HZ SKI-TRIP	1,25
JAN 2020	APENKOOIEN / THE FLOOR IS LAVA	0,1
11/01/2020	ICE SKATING	0,2
18/01/2020-20/01/2020	HZ SOCCER-TRIP	1,25
20/01/2020	STREETJUMP TRAMPOLINE PARK	0,1
02/02/2020	SUPERBOWL LIVE	0,2
07/02/2020	INDOOR KARTING	0,1
19/02/2020	BUBBLE FOOTBALL TOURNAMENT	0,1
22/03/2020	SIGHTSEEING FLIGHT ABOVE VLISSINGEN	0,1
25/03/2020	TABLE FOOTBALL TOURNAMENT	0,1
11/04/2020	CLIMBING FORREST	0,1
16/04/2020	TABLE TENNIS TOURNAMENT	0,1
22/04/2020	KITEBUGGY	0,1
MAR/APR	HZ CULT & HZ SPORT COMBI-TRIP	1,25
15/05/2020	UNIVERSITY RUN	0,1
21/05/2020-24/05/2020	HZ CYCLING-TRIP	1,25
JUN 2020	BEACHVOLLEYBAL CHAMPIONSHIP	0,2

DATE	ACTIVITY	CREDITS
MONDAY	VOLLEYBALL & BASKETBALL & PERSONAL TRAINING	0,05
TUESDAY	YOGA	0,05
WEDNESDAY	FUTSAL & ZUMBA	0,05
THURSDAY	VOLLEYBALL & BASKETBALL & PERSONAL TRAINING	0,05
FRIDAY	FUTSAL	0,05
EVERY DAY	SWIMMING	0,05

## MIX AND MATCH

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### Step 1

Find the activities you like.



### Step 2

Buy your ticket or reserve your spot for the activities.



### Step 3

Go to awesome sports experiences and earn 1,25 ECTS.



