



# Trainingsgruppen- und Bahnbelegungsplan

| Gruppe   | Montag                                | Dienstag   | Donnerstag                                   | Freitag                                   | Sonntag                      |
|--|---------------------------------------|--|--|---|------------------------------|
| Mutter & Kind - Schw.                            |                                       |  | 16:00 - 16:45 Uhr kl. Becken<br>Andrea       |   |                              |
| Seepferdchen                                     |                                       | 17:00 - 17:45 Uhr kl. Becken                     | 16:45 - 17:30 Uhr B 1 + kl. B.               |   |                              |
| Anfängerschwimmen                                |                                       | 18:00 - 18:45 Uhr kl. Becken<br>Andrea/Sven      | 17:45 - 18:30 Uhr kl. Becken<br>Andrea/Sven  |   |                              |
| Nemo (GA)  |                                       | 16:15 - 17:00 Uhr 3 + 4<br>Petra + Kathi         |  |   |                              |
| Kaulquappen                                      |                                       |  |  | 17:30 - 18:15 Uhr 1<br>Victoria + Johanna |                              |
| Frösche  |                                       | 17:00 - 17:45 3 + 4<br>Victoria + Johanna        |  | 16:30 - 17:30 Uhr 1<br>Victoria + Johanna |                              |
| Kleine Haie                                      |                                       |  | 16:30 - 17:30 Uhr 3 + 4<br>Petra             |   |                              |
| Robben   |                                       |  | 17:30 - 18:30 Uhr 3 + 4<br>Johanna           |   |                              |
| Piranhas   |                                       | 19:30 - 20:30 Uhr 3 + 4<br>Leah + Nelly          | 19:30 - 20:30 Uhr 3 + 4<br>Emma + Nelly      |   |                              |
| Seesterne - Neue Gruppe<br>"Vorschwimmen Ältere" |                                       |  |  | 18:30 - 19:00 Uhr 2 + 3<br>Sandra         |                              |
| Mantas   |                                       |  | 17:30 - 18:30 Uhr 1 + 2<br>Robin             |   |                              |
| Delfine  |                                       | 17:45 - 18:30 Uhr 3 + 4<br>Roman + Leo           |  | 16:30 - 17:30 Uhr 2 + 3<br>Sara + Leo     |                              |
| Kids-Cup-Kids                                    |                                       | 17:30 - 18:30 Uhr 1 + 2<br>Sandra                |  | 17:30 - 18:30 Uhr 2 + 3<br>Sandra         |                              |
| 2. Mannschaft                                    | 17:30 - 19:00 Uhr 1 + 2<br>Robin      | 18:30 - 19:30 Uhr 3 + 4<br>Roman + Robin         | 18:30 - 19:30 Uhr 3 + 4<br>Roman             |   |                              |
| 1. Mannschaft                                    | 19:00 - 20:30 Uhr 1 + 2<br>Alex + Lea | 18:30 - 20:00 Uhr 1 + 2<br>Alex + Lea            | 18:30 - 20:00 Uhr 1 + 2<br>Alex + Lea        |   | 10:00 - 12:00 Uhr 2<br>Petra |
| Aquafitness                                      |                                       |  | 18:30 - 19:30 Uhr kl. Becken<br>Doris, Beate |   |                              |
| Wassergymnastik                                  |                                       | 20:00 - 21:30 Uhr kl. Becken<br>Eveline, Claudia |  | 18:15 - 19:00 Uhr 1<br>Sandra             |                              |
| Breitensport Erwachsene                          | 20:30 - 21:30 Uhr 1 + 2               | 20:30 - 21:30 Uhr 3 + 4<br>Nelly                 | 20:00 - 21:30 Uhr 1 + 2<br>Nelly             |   |                              |
| Masters  |                                       | 20:00 - 21:30 Uhr 1 + 2<br>Sara                  | 20:30 - 21:30 Uhr 3 + 4<br>Sara              |   | 10:00 - 12:00 Uhr 1<br>Sara  |

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# Bahnbelegung Montag

|       |       | 4 | 3 | 2 | 1 | Nichtschwimmer |
|-------|-------|---|---|---|---|----------------|
| 16:00 | 16:15 | X | X | X | X | X              |
| 16:15 | 16:30 |   |   |   |   |                |
| 16:30 | 16:45 |   |   |   |   |                |
| 16:45 | 17:00 |   |   |   |   |                |
| 17:00 | 17:15 |   |   |   |   |                |
| 17:15 | 17:30 |   |   |   |   |                |
| 17:30 | 17:45 |   |   |   |   |                |
| 17:45 | 18:00 |   |   |   |   |                |
| 18:00 | 18:15 |   |   |   |   |                |
| 18:15 | 18:30 |   |   |   |   |                |
| 18:30 | 18:45 |   |   |   |   |                |
| 18:45 | 19:00 |   |   |   |   |                |
| 19:00 | 19:15 |   |   |   |   |                |
| 19:15 | 19:30 |   |   |   |   |                |
| 19:30 | 19:45 |   |   |   |   |                |
| 19:45 | 20:00 |   |   |   |   |                |
| 20:00 | 20:15 |   |   |   |   |                |
| 20:15 | 20:30 |   |   |   |   |                |
| 20:30 | 20:45 |   |   |   |   |                |
| 20:45 | 21:00 |   |   |   |   |                |
| 21:00 | 21:15 |   |   |   |   |                |
| 21:15 | 21:30 |   |   |   |   |                |

2. Wettkampfmannschaft

1. Wettkampfmannschaft

Breitensport Erwachsene

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# Bahnbelegung Dienstag

|       |       | 4 | 3 | 2 | 1 | Nichtschwimmer |                         |   |   |               |
|-------|-------|---|---|---|---|----------------|-------------------------|---|---|---------------|
| 16:00 | 16:15 | X | X | X | X | X              |                         |   |   |               |
| 16:15 | 16:30 |   |   |   |   |                | Nemo                    | Neue Gruppe - Breitensport -<br>Helfer gesucht! | X |               |
| 16:30 | 16:45 |   |   |   |   |                | Frösche                 |   |   | Kids-Cup-Kids |
| 16:45 | 17:00 |   |   |   |   |                |                         | Delfine   |   |               |
| 17:00 | 17:15 |   |   |   |   |                | 2. Wettkampfmannschaft  | 1. Wettkampfmannschaft                          |   | X             |
| 17:15 | 17:30 |   |   |   |   |                |                         |   |   |               |
| 17:30 | 17:45 |   |   |   |   |                | Breitensport Erwachsene | Wassergymnastik                                 |   |               |
| 17:45 | 18:00 |   |   |   |   |                |                         |   |   | X             |
| 18:00 | 18:15 |   |   |   |   |                | X                       | X   |   |               |
| 18:15 | 18:30 |   |   |   |   |                |                         |   |   | X             |
| 18:30 | 18:45 |   |   |   |   |                | X                       | X   |   |               |
| 18:45 | 19:00 |   |   |   |   |                |                         |   |   | X             |
| 19:00 | 19:15 |   |   |   |   |                | X                       | X   |   |               |
| 19:15 | 19:30 |   |   |   |   |                |                         |   |   | X             |
| 19:30 | 19:45 |   |   |   |   |                | X                       | X   |   |               |
| 19:45 | 20:00 |   |   |   |   |                |                         |   |   | X             |
| 20:00 | 20:15 | X | X |   |   |                |                         |   |   |               |
| 20:15 | 20:30 |   |   | X | X |                |                         |   |   |               |
| 20:30 | 20:45 | X | X |   |   |                |                         |   |   |               |
| 20:45 | 21:00 |   |   | X | X |                |                         |   |   |               |
| 21:00 | 21:15 | X | X |   |   |                |                         |   |   |               |
| 21:15 | 21:30 |   |   | X | X |                |                         |   |   |               |

gültig ab 11.08.2022



# Bahnbelegung Donnerstag

|       |       | 4                      | 3 | 2                       | 1             | Nichtschwimmer     |  |  |  |  |
|-------|-------|------------------------|---|-------------------------|---------------|--------------------|--|--|--|--|
| 16:00 | 16:15 | X                      |   |                         |               | Mutter & Kind      |  |  |  |  |
| 16:15 | 16:30 |                        |   |                         |               |                    |  |  |  |  |
| 16:30 | 16:45 | Kleine Haie            |   | Freie Kapazität         | See-pferdchen | Seepferdchen       |  |  |  |  |
| 16:45 | 17:00 |                        |   |                         |               |                    |  |  |  |  |
| 17:00 | 17:15 | Robben                 |   | Mantas                  |               | Anfänger-schwimmen |  |  |  |  |
| 17:15 | 17:30 |                        |   |                         |               |                    |  |  |  |  |
| 17:30 | 17:45 |                        |   |                         |               |                    |  |  |  |  |
| 17:45 | 18:00 | 2. Wettkampfmannschaft |   | 1. Wettkampfmannschaft  |               | Aquafit            |  |  |  |  |
| 18:00 | 18:15 |                        |   |                         |               |                    |  |  |  |  |
| 18:15 | 18:30 |                        |   |                         |               |                    |  |  |  |  |
| 18:30 | 18:45 | Piranhas               |   | Breitensport Erwachsene |               | X                  |  |  |  |  |
| 18:45 | 19:00 |                        |   |                         |               |                    |  |  |  |  |
| 19:00 | 19:15 | Masters                |   |                         |               | X                  |  |  |  |  |
| 19:15 | 19:30 |                        |   |                         |               |                    |  |  |  |  |
| 19:30 | 19:45 |                        |   |                         |               |                    |  |  |  |  |
| 19:45 | 20:00 |                        |   |                         |               | X                  |  |  |  |  |
| 20:00 | 20:15 |                        |   |                         |               |                    |  |  |  |  |
| 20:15 | 20:30 |                        |   |                         |               |                    |  |  |  |  |
| 20:30 | 20:45 |                        |   |                         |               | X                  |  |  |  |  |
| 20:45 | 21:00 |                        |   |                         |               |                    |  |  |  |  |
| 21:00 | 21:15 |                        |   |                         |               |                    |  |  |  |  |
| 21:15 | 21:30 |                        |   |                         |               | X                  |  |  |  |  |
|       |       |                        |   |                         |               |                    |  |  |  |  |

gültig ab 11.08.2022



# Bahnbelegung Freitag

|       |       | 4 | 3  | 2               | 1               | Nichtschwimmer |  |  |  |  |
|-------|-------|---|--|-----------------|-----------------|----------------|--|--|--|--|
| 16:00 | 16:15 | X |  |                 |                 |                |  |  |  |  |
| 16:15 | 16:30 |   |  |                 |                 |                |  |  |  |  |
| 16:30 | 16:45 | X | Delfine  | Frösche         | Frösche         | X              |  |  |  |  |
| 16:45 | 17:00 |   |  |                 |                 |                |  |  |  |  |
| 17:00 | 17:15 |   |  |                 |                 |                |  |  |  |  |
| 17:15 | 17:30 | X | Kids-Cup-Kids                                    | Kaulquappen     | Kaulquappen     | X              |  |  |  |  |
| 17:30 | 17:45 |   |  |                 |                 |                |  |  |  |  |
| 17:45 | 18:00 |   |  |                 |                 |                |  |  |  |  |
| 18:00 | 18:15 | X | Seesterne - Neue Gruppe aus Vorschwimmen "Älter" | Wassergymnastik | Wassergymnastik | X              |  |  |  |  |
| 18:15 | 18:30 |   |  |                 |                 |                |  |  |  |  |
| 18:30 | 18:45 |   |  |                 |                 |                |  |  |  |  |
| 18:45 | 19:00 |   |  |                 |                 | X              |  |  |  |  |
| 19:00 | 19:15 |   |  |                 |                 |                |  |  |  |  |
| 19:15 | 19:30 |   |  |                 |                 |                |  |  |  |  |
| 19:30 | 19:45 |   |  |                 |                 | X              |  |  |  |  |
| 19:45 | 20:00 |   |  |                 |                 |                |  |  |  |  |
| 20:00 | 20:15 |   |  |                 |                 |                |  |  |  |  |
| 20:15 | 20:30 |   |  |                 |                 | X              |  |  |  |  |
| 20:30 | 20:45 |   |  |                 |                 |                |  |  |  |  |
| 20:45 | 21:00 |   |  |                 |                 |                |  |  |  |  |
| 21:00 | 21:15 |   |  |                 |                 | X              |  |  |  |  |
| 21:15 | 21:30 |   |  |                 |                 |                |  |  |  |  |

gültig ab 11.08.2022



# Bahnbelegung Sonntag

|       |       | 4 | 3 | 2                           | 1       | Nichtschwimmer |
|-------|-------|---|---|-----------------------------|---------|----------------|
| 09:00 | 09:15 |   |   |                             |         |                |
| 09:15 | 09:30 |   |   |                             |         |                |
| 09:30 | 09:45 |   |   |                             |         |                |
| 09:45 | 10:00 |   |   |                             |         |                |
| 10:00 | 10:15 |   |   | 1. Wettkampf-<br>mannschaft | Masters |                |
| 10:15 | 10:30 |   |   |                             |         |                |
| 10:30 | 10:45 |   |   |                             |         |                |
| 10:45 | 11:00 |   |   |                             |         |                |
| 11:00 | 11:15 |   |   |                             |         |                |
| 11:15 | 11:30 |   |   |                             |         |                |
| 11:30 | 11:45 |   |   |                             |         |                |
| 11:45 | 12:00 |   |   |                             |         |                |
| 12:00 | 12:15 |   |   |                             |         |                |
| 12:15 | 12:30 |   |   |                             |         |                |
| 12:30 | 12:45 |   |   |                             |         |                |
| 12:45 | 13:00 |   |   |                             |         |                |
| 13:00 | 13:15 |   |   |                             |         |                |
| 13:15 | 13:30 |   |   |                             |         |                |
| 13:30 | 13:45 |   |   |                             |         |                |
| 13:45 | 14:00 |   |   |                             |         |                |

gültig ab 11.08.2022