



# Trainingsgruppen- und Bahnbelegungsplan

| Gruppe                    | Montag                               | Dienstag   | Donnerstag   | Freitag                                 | Sonntag                      |
|---------------------------|--------------------------------------|--|--|---|------------------------------|
| Eltern & Kind - Schwimmen |                                      |  | 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                      |                                      | 16:15 - 17:00 Uhr 3 + 4<br>Petra (Jannes)        |  |   |                              |
| Kaulquappen               |                                      | 17:00 - 17:45 4<br>Sandra (Tobias)               |  | 16:30 - 17:15 Uhr 1<br>Sandra (Tobias)  |                              |
| Frösche                   |                                      | 17:00 - 17:45 3<br>Sandra (Tobias)               |  | 17:15 - 18:15 Uhr 1<br>Sandra (Tobias)  |                              |
| Kleine Haie               |                                      |  | 16:30 - 17:30 Uhr 2 - 4<br>Petra (Jannes, Katharina) |   |                              |
| Robben                    |                                      |  | 17:30 - 18:30 Uhr 3 + 4<br>Jonas (Jooris)            |   |                              |
| Seesterne                 |                                      |  |  | 18:15 - 19:00 Uhr 2 + 3<br>Sandra (Ela) |                              |
| Seelöwen                  |                                      | 16:30 - 17:30 1 + 2<br>Katharina + Jonas         |  |   |                              |
| Mantas                    |                                      |  | 17:30 - 18:30 Uhr 1 + 2<br>Katharina (Leah)          |   |                              |
| Delfine                   |                                      | 17:30 - 18:30 Uhr 1 + 2<br>Sara (Jonas)          |  | 16:30 - 17:30 Uhr 2 + 3<br>Sara         |                              |
| Kids-Cup-Kids             |                                      | 17:45 - 18:30 Uhr 3 + 4<br>Sandra (Katharina)    |  | 17:30 - 18:15 Uhr 2 + 3<br>Sandra (Ela) |                              |
| Piranhas                  |                                      | 19:30 - 20:30 Uhr 3 + 4<br>Jooris                | 19:30 - 20:30 Uhr 3 + 4<br>Jooris                    |   |                              |
| Wettkampfmannschaft       | 17:30 - 19:00 Uhr 1 + 2<br>Alexandra | 18:30 - 20:00 Uhr 1 + 2<br>Alexandra + Lea       | 18:30 - 20:00 Uhr 1 + 2<br>Lea                       |   |                              |
| Junior-TOP-Team           | 19:00 - 20:30 Uhr 1 + 2<br>Roman     | 19:30 - (21:30) Uhr 3 + 4<br>Roman (Sara)        | 18:30 - 20:00 Uhr 3 + 4<br>Roman (Sara)              |   | 10:00 - 12:00 Uhr 1<br>Petra |
| Aquafitness               |                                      |  | 18:30 - 19:30 Uhr kl. Becken<br>Doris                |   |                              |
| 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<br>Kai       | 20:30 - 21:30 Uhr 3 + 4<br>Jooris                | 20:00 - 21:30 Uhr 1 + 2<br>Jooris                    |   |                              |
| Masters                   |                                      | (19:30) - 21:30 Uhr 1 + 2<br>Sara                | (19:30) - 21:30 Uhr 3 + 4<br>Sara                    |   | 10:00 - 12:00 Uhr 1<br>Petra |



## Bahnbelegung Montag

|       |       | 4 | 3         | 2 | 1 | Nichtschwimmer | Gesamtleitung |                                  |
|-------|-------|---|-----------|---|---|----------------|---------------|----------------------------------|
| 16:00 | 16:15 | X | 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 |   |           |   |   |                |               | Wettkampfmannschaft<br>Alexandra |
| 18:15 | 18:30 |   |           |   |   |                |               | Junior-Top-Team<br>Roman         |
| 18:30 | 18:45 |   |           |   |   |                |               |                                  |
| 18:45 | 19:00 |   |           |   |   |                |               |                                  |
| 19:00 | 19:15 |   |           |   |   |                |               | Breitensport Erwachsene<br>Kai   |
| 19:15 | 19:30 |   |           |   |   |                |               |                                  |
| 19:30 | 19:45 |   |           |   |   |                |               |                                  |
| 19:45 | 20:00 |   |           |   |   |                |               |                                  |
| 20:00 | 20:15 |   |           |   |   |                |               |                                  |
| 20:15 | 20:30 | X | Alexandra |   |   |                |               |                                  |
| 20:30 | 20:45 |   |           |   |   |                |               |                                  |
| 20:45 | 21:00 |   |           |   |   |                |               |                                  |
| 21:00 | 21:15 |   |           |   |   |                |               |                                  |
| 21:15 | 21:30 |   |           |   |   |                |               |                                  |

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## Bahnbelegung Dienstag

|       |       | 4                                 | 3  | 2                                   | 1  | Nichtschwimmer | Gesamtleitung |                                     |  |   |  |  |       |
|-------|-------|-----------------------------------|--|-------------------------------------|--|----------------|---------------|-------------------------------------|--|---|--|--|-------|
| 16:00 | 16:15 | X                                 | X  | X                                   | X  | X              | X             |                                     |  |   |  |  |       |
| 16:15 | 16:30 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 16:30 | 16:45 |                                   |  |                                     |  |                |               | Nemo<br>Petra (Jannes)              | Seelöwen<br>Katharina & Jonas              | Kaulquappen<br>Sandra (Tobias)  | Frösche<br>Sandra (Tobias)                 | Seepferdchen<br>Andrea & Sven<br>(Claudia, Kai, Konstantin, Leah, Mattis, Petra) | Petra |
| 16:45 | 17:00 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 17:00 | 17:15 |                                   |  |                                     |  |                |               | Kids-Cup-Kids<br>Sandra (Katharina) | Delfine<br>Sara (Jonas)                    | Anfängerschwimmen<br>Andrea & Sven<br>(Claudia, Jannes, Kai, Konstantin, Petra) | Wettkampfmannschaft<br>Alex & Lea          | Alexandra & Lea  |       |
| 17:15 | 17:30 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 17:30 | 17:45 |                                   |  |                                     |  |                |               | Piranhas<br>Jooris                  | Junior-TOP-Team<br>Roman                   | Wassergymnastik<br>Claudia, Eveline   | Junior-TOP-Team<br>Masters<br>Roman & Sara | Sara   |       |
| 17:45 | 18:00 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 18:00 | 18:15 |                                   |  |                                     |  |                |               | Breitensport Erwachsene<br>Jooris   | Junior-TOP-Team<br>Masters<br>Roman & Sara | Wassergymnastik<br>Claudia, Eveline   | Junior-TOP-Team<br>Masters<br>Roman & Sara |  |       |
| 18:15 | 18:30 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 18:30 | 18:45 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 18:45 | 19:00 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 19:00 | 19:15 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 19:15 | 19:30 |                                   |  |                                     |  |                |               | X                                   | Alexandra & Lea                            |   |  |  |       |
| 19:30 | 19:45 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 19:45 | 20:00 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 20:00 | 20:15 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 20:15 | 20:30 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 20:30 | 20:45 | Breitensport Erwachsene<br>Jooris | Junior-TOP-Team<br>Masters<br>Roman & Sara | Wassergymnastik<br>Claudia, Eveline | Junior-TOP-Team<br>Masters<br>Roman & Sara |                |               |                                     |  |   |  |  |       |
| 20:45 | 21:00 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 21:00 | 21:15 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |
| 21:15 | 21:30 | Breitensport Erwachsene<br>Jooris | Junior-TOP-Team<br>Masters<br>Roman & Sara | Wassergymnastik<br>Claudia, Eveline | Junior-TOP-Team<br>Masters<br>Roman & Sara |                |               |                                     |  |   |  |  |       |
| 21:15 | 21:30 |                                   |  |                                     |  |                |               |                                     |  |   |  |  |       |

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# Bahnbelegung Donnerstag

|       |       | 4   | 3 | 2  | 1 | Nichtschwimmer  | Gesamtleitung |       |   |  |
|-------|-------|---|---|--|---|---|---------------|-------|---|--|
| 16:00 | 16:15 | <div style="display: flex; justify-content: space-between;"> <div style="width: 45%; border: 1px solid black; height: 100%;"></div> <div style="width: 45%; border: 1px solid black; height: 100%;"></div> </div> |   |  |   | <b>Eltern &amp; Kind - Schwimmen</b><br>Andrea  |               |       |   |  |
| 16:15 | 16:30 |   |   |  |   |   |               |       |   |  |
| 16:30 | 16:45 |   |   |  |   | <b>Kleine Haie</b><br>Petra (Jannes, Katharina)                                       |               |       | <b>Seepferdchen</b><br>Andrea & Sven<br>(Anna, Claudia, Ina, Kai, Leah, Mattis, Tobias) |  |
| 16:45 | 17:00 |   |   |  |   |   |               |       |   |  |
| 17:00 | 17:15 | <b>Robben</b><br>Jonas (Jooris)   |   | <b>Mantas</b><br>Katharina (Leah)        |   | <b>Anfängerschwimmen</b><br>Andrea & Sven<br>(Anna, Claudia, Ina, Jannes, Kai, Petra) |               | Petra |   |  |
| 17:15 | 17:30 |   |   |  |   |   |               |       |   |  |
| 17:30 | 17:45 |   |   | <b>Piranhas</b><br>Jooris                |   | <b>Wettkampfmannschaft</b><br>Lea   |               |       | <b>Aquafitness</b><br>Doris   |  |
| 17:45 | 18:00 |   |   |  |   |   |               |       |   |  |
| 18:00 | 18:15 | <b>Junior-TOP-Team Masters</b><br>Roman & Sara  |   | <b>Breitensport Erwachsene</b><br>Jooris |   | <div style="font-size: 4em; opacity: 0.5;">X</div>                                    |               | Lea   |   |  |
| 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 | <b>Junior-TOP-Team Masters</b><br>Roman & Sara  |   | <b>Breitensport Erwachsene</b><br>Jooris |   | <div style="font-size: 4em; opacity: 0.5;">X</div>                                    |               | Sara  |   |  |
| 20:15 | 20:30 |   |   |  |   |   |               |       |   |  |
| 20:30 | 20:45 |   |   |  |   |   |               |       |   |  |
| 20:45 | 21:00 |   |   |  |   |   |               |       |   |  |
| 21:00 | 21:15 |   |   |  |   |   |               |       |   |  |
| 21:15 | 21:30 |   |   |  |   |   |               |       |   |  |

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# Bahnbelegung Freitag

|       |       | 4   | 3 | 2                                | 1 | Nichtschwimmer                        | Gesamtleitung |  |                                   |  |
|-------|-------|---|---|----------------------------------|---|---------------------------------------|---------------|--|-----------------------------------|--|
| 16:00 | 16:15 | <div style="display: flex; justify-content: space-between;"> <div style="width: 45%; border: 1px solid black; height: 100%;"></div> <div style="width: 45%; border: 1px solid black; height: 100%;"></div> </div> |   |                                  |   | <b>Kaulquappen</b><br>Sandra (Tobias) |               |  |                                   |  |
| 16:15 | 16:30 |   |   |                                  |   |                                       |               |  |                                   |  |
| 16:30 | 16:45 |   |   |                                  |   | <b>Delfine</b><br>Sara                |               |  | <b>Frösche</b><br>Sandra (Tobias) |  |
| 16:45 | 17:00 |   |   |                                  |   |                                       |               |  |                                   |  |
| 17:00 | 17:15 | <b>Kids-Cup-Kids</b><br>Sandra (Ela)  |   | <b>Wassergymnastik</b>           |   | Sara                                  |               |  |                                   |  |
| 17:15 | 17:30 |   |   |                                  |   |                                       |               |  |                                   |  |
| 17:30 | 17:45 |   |   | <b>Seesterne</b><br>Sandra (Ela) |   |                                       |               |  |                                   |  |
| 17:45 | 18:00 |   |   |                                  |   |                                       |               |  |                                   |  |
| 18:00 | 18:15 | <b>Seesterne</b><br>Sandra (Ela)  |   | <b>Wassergymnastik</b>           |   | Sandra                                |               |  |                                   |  |
| 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 | <b>Seesterne</b><br>Sandra (Ela)  |   | <b>Wassergymnastik</b>           |   |                                       |               |  |                                   |  |
| 20:15 | 20:30 |   |   |                                  |   |                                       |               |  |                                   |  |
| 20:30 | 20:45 |   |   |                                  |   |                                       |               |  |                                   |  |
| 20:45 | 21:00 |   |   |                                  |   |                                       |               |  |                                   |  |
| 21:00 | 21:15 |   |   |                                  |   |                                       |               |  |                                   |  |
| 21:15 | 21:30 |   |   |                                  |   |                                       |               |  |                                   |  |

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# Bahnbelegung Sonntag

|       |       | 4 | 3 | 2                   | 1                                       | Nichtschwimmer | Gesamtleitung |
|-------|-------|---|---|---------------------|---|----------------|---------------|
| 09:00 | 09:15 | X | X | X                   | X                                       | X              |               |
| 09:15 | 09:30 |   |   |                     |   |                |               |
| 09:30 | 09:45 |   |   |                     |   |                |               |
| 09:45 | 10:00 |   |   |                     |   |                |               |
| 10:00 | 10:15 | X | X | Sonder-<br>training | Junior-Top-<br>Team<br>Masters<br>Petra | X              | Petra         |
| 10:15 | 10:30 |   |   |                     |   |                |               |
| 10:30 | 10:45 |   |   |                     |   |                |               |
| 10:45 | 11:00 |   |   |                     |   |                |               |
| 11:00 | 11:15 | X | X | X                   | X                                       | X              |               |
| 11:15 | 11:30 |   |   |                     |   |                |               |
| 11:30 | 11:45 |   |   |                     |   |                |               |
| 11:45 | 12:00 |   |   |                     |   |                |               |
| 12:00 | 12:15 | X | X | X                   | X                                       | X              |               |
| 12:15 | 12:30 |   |   |                     |   |                |               |
| 12:30 | 12:45 |   |   |                     |   |                |               |
| 12:45 | 13:00 |   |   |                     |   |                |               |
| 13:00 | 13:15 | X | X | X                   | X                                       | X              |               |
| 13:15 | 13:30 |   |   |                     |   |                |               |
| 13:30 | 13:45 |   |   |                     |   |                |               |
| 13:45 | 14:00 |   |   |                     |   |                |               |
| 14:00 | 14:15 | X | X | X                   | X                                       | X              |               |
| 14:15 | 14:30 |   |   |                     |   |                |               |

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