

HSC Trainingsplan

Nichtschwimmerausbildung	MuKi	Mo	18:00 - 19:00	Monika	Ohlsd./ KB
	Schwimmlerner 1	Mo	16:00 - 17:00	Monika	Ohlsd./ KB
		Mi	16:00 - 17:00	Monika	Ohlsd./ KB
	Schwimmlerner 2	Mo	17:00 - 18:00	Monika	Ohlsd./ KB
		Do	17:00 - 18:00	Monika	Ohlsd./ KB
	Nichtschwimmer	Do	17:00 - 18:00	Monika	Ohlsd./ KB
	Enten 1	Do	16:00 - 17:00	Heike	Ohlsd.
	Enten 2	Di	16:00 - 17:00	Glen	Ohlsd./ KB
	Enten 3	Di	17:00 - 18:00	Glen	Ohlsd./ KB
	Flöhe	Mi	16:00 - 17:00	Heike	Ohlsd.
Do		16:00 - 17:00	Monika	Ohlsd./ KB	
	Goldfische	Mo	16:00 - 17:00	Glen	Ohlsd.
		Di	17:00 - 18:00	Laura	Ohlsd.
	Kugelfische	Mo	17:00 - 18:00	Glen	Ohlsd.
		Mi	16:00 - 17:00	Laura	Ohlsd.
Breitensport	BS 1	Mo	16:00 - 17:00	Heike	Ohlsd.
	BS 2	Mo	16:00 - 17:00	Julia	Ohlsd.
	BS 3+4	Mo	17:00 - 18:00	Stefan	Ohlsd.
	BS Techn.	Mo	20:00 - 21:30	Amanda	Ohlsd.
Wettkampfsport	WK1	Mo	16:00 - 17:00	Daniel	Ohlsd.
		Mi	18:00 - 19:00	Daniel	Ohlsd.
	WK2	Mo	17:00 - 18:00	Daniel	Ohlsd.
		Mi	19:00 - 20:00	Daniel	Ohlsd.
	WK3	Mo	18:00 - 19:00	Leevke	Ohlsd.
	WK4	Mo	19:00 - 20:00	Leevke	Ohlsd.
WK 3+4	Do	19:00 - 20:00	Glen	Ohlsd.	
Leistungssport	Haie	Mo	16:00 - 17:00	Stefan	Ohlsd.
		Mi	18:00 - 19:00	Stefan	Ohlsd.
	Stachelrochen	Mo	18:00 - 19:30	Stefan	Ohlsd.
		Mi	16:00 - 17:00	Stefan	Ohlsd.
		Do	16:00 - 17:00	Stefan	Ohlsd.
		Do	17:00 - 18:00	Neele	Clubheim
	Piranhas	Mo	18:00 - 20:00	Stefan	Ohlsd.
		Di	18:00 - 19:00	Stefan	Ohlsd.
		Di	19:00 - 20:00	Stefan	Clubheim
		Mi	17:00 - 18:00	Stefan	Ohlsd.
		Fr	16:00 - 18:30	Bea	Struckholt Platz
	Barracudas	Mo	18:00 - 20:00	Glen	Ohlsd.
		Mo	19:30 - 21:00	Glen	Ohlsd.
		Di	17:30 - 18:30	Bea	Struckholt Halle
		Di	19:00 - 20:00	Glen	Ohlsd.
Do		17:00 - 19:00	Glen	Ohlsd.	
Do		19:00 - 20:00	Neele	Clubheim	
Fr		20:00 - 22:00	Glen	LLZ/ 50m	
Master	Master	Mo	20:00 - 21:30	Leevke	Ohlsd.
		Do	20:00 - 21:30	Lea	Ohlsd.
	SpoMa	Di	20:00 - 21:30	Glen	Ohlsd.
		Do	20:00 - 21:30	Glen	Ohlsd.
		Fr	20:00 - 22:00	Glen	LLZ/ 50m
	Trimmer 1+2	Di	20:00 - 21:30	Monika	Ohlsd.
Trimmer 3+4	Mo	20:00 - 21:30	Glen	Ohlsd.	
BFG	Aqua	Mo	19:00 - 20:00	Monika	Ohlsd. / KB
		Mo	20:00 - 21:00	Monika	Ohlsd./ KB
	Aquatic	Mi	20:00 - 21:30	Monika	Ohlsd./ Tief