

|                | Dinsdag                  |                          | Woensdag      |               | Zaterdag                 |               |               | Zondag         |               |
|----------------|--------------------------|--------------------------|---------------|---------------|--------------------------|---------------|---------------|----------------|---------------|
|                | Zwemtraining             | Droogtraining            | Droogtraining | Zwemtraining  | Zwemtraining             | Droogtraining | Zwemtraining  | Droogtraining  | Zwemtraining  |
|                | 18:00 - 19:00            | 19:00 - 20:30            | 18:00 - 19:00 | 19:00 - 20:30 | 16:30 - 18:00            | 18:00 - 19:30 | 19:30 - 21:00 | 11:30 - 12:30  | 12:30 - 15:00 |
|                | 4 banen                  | Studio / Sporthal        | Sporthal      | 5 / 6 banen   | 2 banen                  | Sporthal      | 5 banen       | Tribune / Tuin | 6 banen       |
| Dolfijntjes 1  |                          |                          |               |               |                          |               |               |                | 12:30 - 13:15 |
| Dolfijntjes 2  |                          |                          |               |               |                          |               |               |                | 13:15 - 14:00 |
| Zeesterren     |                          |                          |               |               |                          |               |               |                | 12:30 - 14:00 |
| Zeepaardjes    | 18:00 - 19:00            | 19:00-20:00              |               |               |                          |               |               |                | 12:30 - 14:00 |
| Waterparels    | 18:00 - 19:00            | 19:00-20:00              |               |               |                          |               |               | 12:00 - 12:30  | 12:30 - 14:00 |
| Preminiemen    | 18:00 - 19:00            | 19:00-20:00              |               |               |                          |               |               | 12:00 - 12:30  | 12:30 - 15:00 |
| Recrea 1       |                          |                          | 18:00 - 19:00 | 19:00 - 20:30 |                          |               |               | 12:00 - 12:30  | 12:30 - 14:00 |
| Recrea 2       |                          |                          | 18:00 - 19:00 | 19:00 - 20:30 |                          |               |               | 12:00 - 12:30  | 12:30 - 14:00 |
| Miniemen       | 18:00 - 19:00            | 19:00 - 20:30            | 18:00 - 19:00 | 19:00 - 20:30 | 16:30-18:00 <sup>1</sup> | 18:00 - 19:30 | 19:30 - 21:00 |                |               |
| Kadetten       | 18:00 - 19:00            | 19:00 - 20:30            | 18:00 - 19:00 | 19:00 - 20:30 | 16:30-18:00 <sup>1</sup> | 18:00 - 19:30 | 19:30 - 21:00 |                |               |
| Junioren       | 18:00 - 19:00            | 19:00 - 20:30            | 18:00 - 19:00 | 19:00 - 20:30 | 16:30-18:00 <sup>1</sup> | 18:30 - 19:30 | 19:30 - 21:00 |                |               |
| Senioren       |                          |                          |               |               | 16:30-18:00 <sup>1</sup> | 18:00 - 19:30 | 19:30-21:00   |                |               |
| Masters        |                          |                          |               |               |                          |               |               | 12:00 - 12:30  | 12:30 - 15:00 |
| Combo Kadetten | 18:00-19:00 <sup>1</sup> | 19:00-20:30 <sup>1</sup> |               |               | 16:30 - 18:00            |               |               | 11:30 - 12:30  | 12:30 - 14:00 |
| Acro Junioren  |                          |                          | 18:30 - 19:00 | 19:00 - 20:30 |                          | 18:30 - 19:30 | 19:30 - 21:00 |                |               |
| Aqualadies     |                          |                          |               | 19:00 - 20:30 |                          |               |               |                |               |

<sup>1</sup> Solo- en duettentraining