

## VFS Rahmentrainingsplan ab 28.08.2017 (Schwimmschulen ab 21.08.)

| Uhrzeit | Montag   |                             |                           |                   |   | Dienstag          |   | Mittwoch                    |                         |                    |                     |  | Uhrzeit | Donnerstag        |   | Freitag      |                   | Sonntag          |        |                          |                 |                     |     |
|---------|--|-----------------------------|---------------------------|-------------------|---|-------------------|---|-----------------------------|-------------------------|--------------------|---------------------|--|---------|-------------------|---|--------------|-------------------|------------------|--------|--------------------------|-----------------|---------------------|-----|
|         | Bahn 1   | Bahn 2                      | Bahn 3                    | Bahn 4            | NS - Becken   | Bahn 1            | Bahn 2-4                                | Bahn 1                      | Bahn 2                  | Bahn 3             | Bahn 4              | NS - Becken                                  |         | Bahn 1            | Bahn 2-4  | Bahn 1       | Bahn 2            | Bahn 3           | Bahn 4 | NS-Becker                |                 |                     |     |
| 9:00    |  |                             |                           |                   |   |                   |   | fett = verantw. Trainer/-in |                         |                    |                     |  | 9:00    |                   |   |              |                   | 9:00 - 10:00 BSJ |        | BS                       | BS-HS           |                     |     |
| 9:30    |  |                             |                           |                   |   |                   |   |                             |                         |                    |                     | NBS  |         |                   |   |              |                   |                  | Sevdi  | Kübra/Steffi/<br>Philipp | Lydia/<br>Helen | Lourdes,<br>Shamael |     |
|         |  |                             |                           |                   |   |                   |   |                             |                         |                    |                     | Lourdes 12 - 13.00<br>Philipp 14 - 15:00     |         |                   |   |              | Offenbach         |                  |        |                          |                 |                     |     |
| 15.00   | SS2a<br>15-15.45                                     | BS3                         | 15:00 - 16:00 Uhr<br>BS J |                   | 15-15.45 Uhr<br>BSJ1<br>Halbschwimmer               |                   |   | 15.15-16.00<br>SS2b         |                         |                    |                     |  | 15.00   |                   |   | 15-16<br>WK2 |                   |                  |        |                          |                 |                     |     |
| 15.30   | David/<br>Philipp                                    | Elke                        | Alena/Effat               |                   | Sandra,<br>Shamael                                  |                   |   | Alex/ Philipp               | 15:30-16:30<br>WK1a     | 15:30-16:30<br>WK1 | 15:30-16.30<br>WK2a | 15:30-16:15<br>Wasser-<br>gewöhnung          | 15.30   |                   |   | Melanie      |                   |                  |        |                          |                 |                     |     |
| 16.00   | 16-17 WK1  | 16-17<br>WK1a               | 16-17<br>WK2              | 16-17 WK2a        | 15:45 - 16:30<br>SS1 David/<br>Shamael/Lina         |                   |   | AG                          | Aaron/Effat/<br>Philipp | Elke/<br>Umut Can  | Johanna<br>/Alena   | Selda/Lina/<br>Damian                        | 16.00   |                   |   | 16-18<br>LG  | 16-17<br>AG       |                  |        |                          |                 |                     |     |
| 16.30   | Elke/ Umut<br>Can                                    | Aaron/<br>Effat/<br>Philipp | Melanie                   | Johanna/<br>Alena | 16:30 -17:15<br>SS1-Aufb<br>David/Shamael/<br>Naemi |                   |   | Thomas/<br>Oona             | 16:30-17:30<br>AG       | 16:30-17:30<br>BS  | 16:30-17:30<br>WK3  | 16:15-17:00<br>SS1<br>Steffi/Selda/<br>Effat | 16.30   |                   |   | Thomas       | Thomas/<br>Oona   |                  |        |                          |                 |                     |     |
| 17.00   | 17 - 17.45   | 17 - 18.30                  | WK3a                      | WK 3              | 17:15 - 18<br>SS2b                                  |                   |   | WK 2                        | Thomas/<br>Oona         | Elke               | Johanna             | 17:00-17:45<br>SS1                           | 17.00   |                   |   |              | 17 - 18.30<br>WK4 |                  |        |                          |                 |                     |     |
| 17.30   | AG   | AG                          | Aaron/<br>Elke            | Johanna           | Alex/ Philipp                                       |                   |   | Melanie                     | 17:30-18:30<br>WK3a     | 17:30-19:30        | 17:30-19:30         | Steffi/Effat/<br>Naemi                       | 17.30   |                   |   |              |                   |                  |        |                          |                 |                     |     |
| 18.00   | 17.45-18.30<br>SS2c<br>David/Ellen                   | Thomas/<br>Oona             | WK4                       | WK 4a             |   |                   |   |                             | Aaron/ Elke             | LG                 | LG                  | 17:45-18:30<br>SS2c David/<br>Naemi          | 18.00   |                   |   |              |                   |                  |        |                          |                 |                     |     |
| 18.30   | 18:30-<br>20:30                                      | 18:30-<br>20:30             | Alex                      | Alex/<br>Philipp  |   |                   |   |                             | 18:30-19:30<br>WK4a     | Thomas             | Thomas              | 18.30-19.15<br>SS2a                          | 18.30   |                   |   |              |                   |                  |        |                          |                 |                     |     |
| 19.00   | LG   | LG                          |                           |                   |   |                   |   |                             | Alex                    |                    |                     | David/<br>Philipp                            | 19.00   |                   |   |              |                   |                  |        | 19 - 20.30<br>WK 4       | Tria jung       | AG                  | AG  |
| 19.30   | Thomas   | Thomas                      |                           |                   |   |                   |   |                             |                         |                    |                     | SK-Kurs F<br>19:45-20:30                     | 19.30   |                   |   |              |                   |                  |        | Alex/<br>Philipp         | Alex S.         | N.N                 | N.N |
| 20.00   |  |                             |                           |                   |   |                   |   |                             |                         |                    |                     | David/<br>Philipp                            | 20.00   |                   |   |              |                   |                  |        |                          |                 |                     |     |
| 20.30   | 20:30 - 22:00  |                             |                           |                   |   |                   |   |                             |                         |                    |                     | #  | 20.30   |                   |   |              |                   |                  |        |                          |                 |                     |     |
| 21.00   | VFS-Frauenschwimmen / Frauenschwimmkurs (Bahn 1 - 5) |                             |                           |                   |   | 21-22<br>Triathl. | 21-22<br>Erw./Hob<br>Philipp            |                             |                         |                    |                     |  | 21.00   | 21-22<br>Triathl. | 21-22<br>Erw./Hob<br>(Aaron)                          |              |                   |                  |        |                          |                 |                     |     |
| 21.30   | Selda/Mirela/Effat/Birgit/(Kübra)/Shamael            |                             |                           |                   |   | Alex S.           | Masters<br>(Yulia)<br>SK-Erw.<br>(Elke) |                             |                         |                    |                     |  | 21.30   | Alex S.           | Masters<br>(Yulia)<br>Flüchtl.<br>(Katrin/<br>Nicole) |              |                   |                  |        |                          |                 |                     |     |