

## TCH Trainingsplan

Feb 23

| Datum      |    | Uhrzeit       | Zielgruppe            | Wo?                |           | Trainer            |
|------------|----|---------------|-----------------------|--------------------|-----------|--------------------|
| 01.02.2023 | Mi | 19.30 - 21.00 | Flossies              | LB                 | Evelyn    | Bernd              |
| 02.02.2023 | Do | 16.00 - 18.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 21.00 - 22.00 | UWR                   | TB                 | Christian |                    |
| 04.02.2023 | Sa | 18.00 - 20.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 19.00 - 20.00 | UWR                   | TB                 | Christian |                    |
|            |    | 18.00 - 19.30 | ABC-Training für alle | LB                 | Siegfried |                    |
|            |    | 18.00 - 19.00 | Aquafitness           | SB                 | Ruth      |                    |
|            |    | 18.00 - 19.00 | Tauchkurs             | TB                 | Marco     |                    |
| 06.02.2023 | Mo | 21.00 - 22.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 21.00 - 22.00 | UWR                   | TB                 | Christian |                    |
|            |    | 21.00 - 22.00 | Apnoe                 | LB                 |           | Kein Training      |
| 07.02.2023 | Di | 17.00 - 18.00 | Flossies              | LB                 | Elke      | Steffen            |
|            |    | 21.00 - 22.00 | ABC-Training für alle | LB                 | Siegfried |                    |
| 08.02.2023 | Mi | 19.30 - 21.00 | Flossies              | LB                 | Evelyn    | Bernd              |
| 09.02.2023 | Do | 16.00 - 18.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 21.00 - 22.00 | UWR                   | TB                 | Christian |                    |
| 11.02.2023 | Sa | Kein Training |                       | Jugend Tauchtunier |           |                    |
| 13.02.2023 | Mo | 21.00 - 22.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 21.00 - 22.00 | UWR                   | TB                 | Christian |                    |
|            |    | 21.00 - 22.00 | Apnoe                 | LB                 | Marco     |                    |
|            |    | 21.00 - 22.00 | ABC-Training für alle | LB                 | Siegfried |                    |
| 14.02.2023 | Di | 17.00 - 18.00 | Flossies              | LB                 | Elke      | Steffen            |
| 15.02.2023 | Mi | 19.30 - 21.00 | Flossies              | LB                 | Evelyn    | Bernd              |
| 16.02.2023 | Do | 16.00 - 18.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 21.00 - 22.00 | UWR                   | TB                 | Christian |                    |
| 18.02.2023 | Sa | 18.00 - 20.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 19.00 - 20.00 | UWR                   | TB                 | Christian |                    |
|            |    | 18.00 - 19.30 | ABC-Training für alle | LB                 | Denis     |                    |
|            |    | 18.00 - 19.00 | Aquafitness           | SB                 | Ruth      |                    |
|            |    | 18.00 - 19.00 | Tauchkurs             | TB                 | Claudia   |                    |
| 20.02.2023 | Mo | 19.00 - 20.00 | Apnoe                 | LB                 | Marco     |                    |
|            |    | 21.00 - 22.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 21.00 - 22.00 | UWR                   | TB                 | Christian |                    |
|            |    | 21.00 - 22.00 | Apnoe                 | LB                 | Marco     |                    |
| 21.02.2023 | Di | 17.00 - 18.00 | Flossies              | LB                 | Elke      | Steffen            |
|            |    | 21.00 - 22.00 | ABC-Training für alle | LB                 | Jessika   |                    |
| 22.02.2023 | Mi | 19.30 - 21.00 | Flossies              | LB                 | Evelyn    | Bernd              |
| 23.02.2023 | Do | 16.00 - 18.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 21.00 - 22.00 | UWR                   | TB                 | Christian |                    |
| 25.02.2023 | Sa | 18.00 - 20.00 | Flossies              | LB                 |           | Rheinwelle - Pokal |
|            |    | 19.00 - 20.00 | UWR                   | TB                 | Christian |                    |
|            |    | 18.00 - 19.30 | ABC-Training für alle | LB                 | Denis     |                    |
|            |    | 18.00 - 19.00 | Aquafitness           | SB                 | Ruth      |                    |
|            |    | 18.00 - 19.00 | Tauchkurs             | TB                 | Maik      |                    |
| 27.02.2023 | Mo | 18.00 - 20.00 | Apnoe                 | LB                 |           | Kein Training      |
|            |    | 21.00 - 22.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 21.00 - 22.00 | UWR                   | TB                 | Christian |                    |
|            |    | 21.00 - 22.00 | Apnoe                 | LB                 | Marco     |                    |
| 28.02.2023 | Di | 17.00 - 18.00 | Flossies              | LB                 | Elke      | Steffen            |
|            |    | 21.00 - 22.00 | ABC-Training für alle | LB                 | Siegfried |                    |
| 01.03.2023 | Mi | 19.30 - 21.00 | Flossies              | LB                 | Evelyn    | Bernd              |
| 02.03.2023 | Do | 16.00 - 18.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 21.00 - 22.00 | UWR                   | TB                 | Christian |                    |
| 04.03.2023 | Sa | 18.00 - 20.00 | Flossies              | LB                 | Marion    | Kutte              |
|            |    | 19.00 - 20.00 | UWR                   | TB                 | Christian |                    |
|            |    | 18.00 - 19.30 | ABC-Training für alle | LB                 | Siegfried |                    |
|            |    | 18.00 - 19.00 | Aquafitness           | SB                 | Ruth      |                    |
|            |    | 18.00 - 19.00 | Tauchkurs             | TB                 | Claudia   |                    |
| 04.03.2023 | Sa | 18.00 - 20.00 | Apnoe                 | LB                 | Marco     |                    |

LB Langes Becken

TB Tiefes Becken

SB Lehrschwimmbecken (Keller)

FB Freibad