

Tag	Montag	Montag	Montag	Dienstag	Dienstag	Dienstag	Mittwoch	Mittwoch	Donnerstag	Donnerstag	Donnerstag	Donnerstag	Freitag	Freitag	Samstag	
Ort	Balgach	Balgach	Balgach	Heerbrugg	Balgach	Balgach	Altstätten	Altstätten	Altstätten	Altstätten	Altstätten	Balgach	Balgach	Balgach	Altstätten	
															08:00-10.00	
17:30 - 17:45														Kidsliga	Speed B	Speed A
17:45 - 18:00														Kidsliga	Speed B	Speed A
18:00 - 18:15	Kidsliga	Mini-Kids	Speed B	Athletik					Mini-Kids	Speed A 2	Speed B		Kidsliga	Speed B	Speed A	
18:15 - 18:30	Kidsliga	Mini-Kids	Speed B	Athletik					Mini-Kids	Speed A 2	Speed B		Kidsliga	Speed B	Speed A	
18:30 - 18:45	Kidsliga	Mini-Kids	Speed B	Athletik	Speed A 2	Speed A	Kidsliga	Speed A	Mini-Kids	Speed A 2	Speed B		Speed A 2	Delfin	Speed A	
18:45 - 19:00	Kidsliga	Mini-Kids	Speed B	Athletik	Speed A 2	Speed A	Kidsliga	Speed A	Mini-Kids	Speed A 2	Speed B		Speed A 2	Delfin	Speed A	
19:00 - 19:15		Speed A 2	Speed A	Athletik	Speed A 2	Speed A	Kidsliga	Speed A		Speed A 2	Speed B	Speed A	Speed A 2	Delfin	Speed A	
19:15 - 19:30		Speed A 2	Speed A		Speed A 2	Speed A	Kidsliga	Speed A		Speed A 2	Speed B	Speed A	Speed A 2	Delfin	Speed A	
19:30 - 19:45		Speed A 2	Speed A		Speed A 2	Speed A	Speed B	Speed A		Orca	Delfin	Speed A	Speed A 2			
19:45 - 20:00		Speed A 2	Speed A		Speed A 2	Speed A	Speed B	Speed A		Orca	Delfin	Speed A	Speed A 2			
20:00 - 20:15		Speed A 2	Speed A			Speed A	Speed B	Speed A		Orca	Delfin	Speed A	Speed A 2			
20:15 - 20:30		Speed A 2	Speed A			Speed A	Speed B	Speed A		Orca	Delfin	Speed A	Speed A 2			
20:30 - 20:45			Speed A									Speed A				
20:45 - 21:00			Speed A									Speed A				

Team	Team-Ziel	Anzahl Trainings/Wo	Teilnahme-Pflicht
Speed A	Wettkampfschwimmen (mit Lizenz)	5 x	4 x
Speed A 2	Wettkampfschwimmen (mit Lizenz)	4 x	3 x
Speed B	Wettkampfschwimmen (mit Lizenz)	4 x	2 x
Kidsliga	Kidsliga (Ig 2012 u. jünger)	3 x	2 x
Minikids	Kinderschwimmen	2 x	
Delfin	Breitensport-Schwimmtraining für Kinder	2 x	
Orcas	Breitensport-Schwimmtraining Jugendliche	1 x	