

| | MONTAG | DIENSTAG | MITTWOCH | DONNERSTAG | FREITAG | SAMSTAG | | | | | | |
|-------|--|----------|--|---|--|---|--|--|--|--|--|--|
| 09:00 | | | | | | BABY I (8-14 Mt) Sa 09:00 - 09:30 HB Stockberg Siebnen | | | | | | |
| 09:30 | | | | | | BABY II (12-24 Mt) Sa 09:35 - 10:05 HB Stockberg Siebnen | | | | | | |
| 10:00 | <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>DIE GRUNDLAGENTESTS Die Schweizerischen Tests im Schwimmsport</p> <p>1 4-5 jährig 2 4-5 jährig 3 5-6 jährig 4 5-6 jährig 5 6-7 jährig 6 6-7 jährig 7 6-8 jährig</p> </div> | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | ELKI I (2-3 jährig) Sa 10:10 - 10:40 HB Stockberg Siebnen | ELKI II (3-4 jährig) Sa 10:10 - 10:40 HB Stockberg Siebnen |
| 11:00 | | | | | | | | | | | KIDS Krebsli / Seepferdli Sa 10:50 - 11:25 HB Stockberg Siebnen | |
| 11:30 | | | | | | | | | | | KIDS Seepferdli Sa 11:30 - 12:05 HB Stockberg Siebnen | |
| 12:00 | | | | | | | | | | | | KIDS Fröschli/Pingu/Tinti Sa 12:10 - 12:45 HB Stockberg Siebnen |
| 12:30 | | | | | | | | | | | | |
| 13:00 | | | | | | | <p>KURSDAUER > AquaFit & AquaSenioren: 50 Minuten ■ Kids: 35/30 Minuten ■ Baby & ELKi: 30 Minuten AquaTraining by Damaris, gültig ab 31.10.2020 bis 19-12-2020 (abgebildet sind nur die AKTUELLEN Kurse)</p> | | | | | |
| 13:30 | | | | | | | | | | | | |
| 14:00 | AQUA FITNESS Mo 14:00 - 14:50 HB Wädenswil Wädenswil ZH | | AQUA SENIOREN Mi 13:40 - 14:30 HB Widacher Rüti ZH | | | | | | | | | |
| 14:30 | | | | | | | | | | | | |
| 16:00 | | | KIDS Krebsli / Seepferdli Mi 16:15 - 16:50 HB Seefeld Lachen | AQUA FITNESS Do 16:00 - 16:50 HB Feusisberg Feusisberg SZ | | | | | | | | |
| 16:30 | | | | | KIDS Krebsli Do 16:45 - 17:15 HB Seefeld Lachen | KIDS Krebsli / Seepferdli Fr 16:45 - 17:20 HB Seefeld Lachen | | | | | | |
| 17:00 | | | KIDS Fröschli / Pingu Mi 17:00 - 17:35 HB Seefeld Lachen | AQUA FITNESS Do 17:00 - 17:50 HB Feusisberg Feusisberg SZ | KIDS Seepferdli/Fröschli Do 17:15 - 17:45 HB Seefeld Lachen | | | | | | | |
| 17:30 | AQUA FITNESS Di 17:15 - 18:05 HB Widacher Rüti ZH | | KIDS Tinti / Krokro / Eisb Mi 17:45 - 18:20 HB Seefeld Lachen | | KIDS Pingu Do 17:45 - 18:15 HB Seefeld Lachen | KIDS Fröschli / Pingu / Tinti Fr 17:25 - 18:00 HB Seefeld Lachen | | | | | | |
| 18:00 | | | | | | | | | | | | |
| 18:30 | AQUA FITNESS Mo 18:20 - 19:10 HB Widacher Rüti ZH | | AQUA FITNESS Mi 18:30 - 19:20 HB Seefeld Lachen SZ | | | | | | | | | |
| 19:00 | | | | | | | | | | | | |
| 19:30 | AQUA FITNESS Mo 19:20 - 20:10 HB Widacher Rüti ZH | | | | | AQUA FITNESS Fr 19:15 - 20:05 HB Stockberg Siebnen SZ | | | | | | |
| 20:00 | | | | | | | | | | | | |
| 20:30 | | | AQUA FITNESS Mi 20:15 - 21:05 HB Stockberg Siebnen SZ | | | | | | | | | |