

| Bahn  | Montag                 |   |   |   |   |   | Dienstag      |   |   |   |   |   | Mittwoch                |   |   |   |   |   | Donnerstag              |   |   |   |   |   | Freitag                |   |                    |   |   |   | Samstag                         |  | Sonntag |  |
|-------|------------------------|---|---|---|---|---|---------------|---|---|---|---|---|-------------------------|---|---|---|---|---|-------------------------|---|---|---|---|---|------------------------|---|--------------------|---|---|---|---------------------------------|--|---------|--|
|       | 1                      | 2 | 3 | 4 | 5 | 6 | 1             | 2 | 3 | 4 | 5 | 6 | 1                       | 2 | 3 | 4 | 5 | 6 | 1                       | 2 | 3 | 4 | 5 | 6 | 1                      | 2 | 3                  | 4 | 5 | 6 | Beginn öffentlicher Badebetrieb |  |         |  |
| 08:00 | VLG 1                  |   |   |   |   |   | Athena eum    |   |   |   |   |   | VLG                     |   |   |   |   |   | Athena eum              |   |   |   |   |   | BSG                    |   |                    |   |   |   |                                 |  |         |  |
| 09:00 | GS Pestalozzi          |   |   |   |   |   | GS Haddorf    |   |   |   |   |   | GS Pestalozzi ab 22.08  |   |   |   |   |   | GS Montessori           |   |   |   |   |   | Förderschule Leinen    |   | SSV                |   |   |   |                                 |  |         |  |
| 10:00 | GS Pestalozzi ab 21.08 |   |   |   |   |   | IGS           |   |   |   |   |   | GS Hahle                |   |   |   |   |   | IGS                     |   |   |   |   |   | GS Campe               |   | SSV                |   |   |   |                                 |  |         |  |
| 11:00 | DRK                    |   |   |   |   |   | GS Burggraben |   |   |   |   |   | GS Hollern Twielenfließ |   |   |   |   |   | Friedrich-Fröbel Schule |   |   |   |   |   | Grundschule Riensförde |   | SSV                |   |   |   |                                 |  |         |  |
| 12:00 | RS Camper Höhe         |   |   |   |   |   | GS Bockh. Weg |   |   |   |   |   | Athenaeum               |   |   |   |   |   | RS Camper Höhe          |   |   |   |   |   | Athenaeum              |   | Schwimmen auf 25 m |   |   |   |                                 |  |         |  |
| 13:00 | Solemio SK             |   |   |   |   |   | Solemio SK    |   |   |   |   |   | Solemio SK              |   |   |   |   |   | Solemio SK              |   |   |   |   |   | Waldorfschule Stade    |   | Schwimmen auf 25 m |   |   |   |                                 |  |         |  |
| 14:00 | Solemio SK             |   |   |   |   |   | Solemio SK    |   |   |   |   |   | Solemio SK              |   |   |   |   |   | Solemio SK              |   |   |   |   |   | Athenaeum              |   | Schwimmen auf 25 m |   |   |   |                                 |  |         |  |
| 15:00 | Solemio SK             |   |   |   |   |   | Solemio SK    |   |   |   |   |   | Solemio SK              |   |   |   |   |   | Solemio SK              |   |   |   |   |   | Solemio SK             |   | Solemio SK         |   |   |   |                                 |  |         |  |
| 16:00 | Solemio SK             |   |   |   |   |   | Solemio SK    |   |   |   |   |   | Solemio SK              |   |   |   |   |   | Solemio SK              |   |   |   |   |   | Solemio SK             |   | Solemio SK         |   |   |   |                                 |  |         |  |
| 17:00 | SSV                    |   |   |   |   |   | SSV           |   |   |   |   |   | VHS                     |   |   |   |   |   | SSV                     |   |   |   |   |   | DLRG Fredenbeck        |   | DLRG Horneburg     |   |   |   |                                 |  |         |  |
| 18:00 | SSV                    |   |   |   |   |   | SSV           |   |   |   |   |   | VHS                     |   |   |   |   |   | SSV                     |   |   |   |   |   | SSV                    |   | DLRG Stade         |   |   |   |                                 |  |         |  |
| 19:00 | Pioniere               |   |   |   |   |   | SSV           |   |   |   |   |   | mit Querleine           |   |   |   |   |   | SSV                     |   |   |   |   |   | SSV                    |   | DLRG Stade         |   |   |   |                                 |  |         |  |
| 20:00 | DLRG Fredenbeck        |   |   |   |   |   | SSV           |   |   |   |   |   | VfL, Plack              |   |   |   |   |   | SSV                     |   |   |   |   |   | SSV                    |   | DLRG Stade         |   |   |   |                                 |  |         |  |
| 21:00 | DLRG Stade             |   |   |   |   |   | SSV           |   |   |   |   |   | DLRG Stade              |   |   |   |   |   | SSV                     |   |   |   |   |   | SSV                    |   | DLRG Stade         |   |   |   |                                 |  |         |  |
| 22:00 | Badeschluss            |   |   |   |   |   | Badeschluss   |   |   |   |   |   | Badeschluss             |   |   |   |   |   | Badeschluss             |   |   |   |   |   | Badeschluss            |   | Badeschluss        |   |   |   |                                 |  |         |  |

| Belegung Solebecken und Aktivbecken |                             |                             |                             |                             |         |         |
|-------------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|---------|---------|
| Montag                              | Dienstag                    | Mittwoch                    | Donnerstag                  | Freitag                     | Samstag | Sonntag |
| 08:00 - 10:00 SOLE/ Rheuma          | 08:30-10:15 VfL             | 08:55-10:00 FABI Baby       | 08:00-10:00 VfL             | 8:00-10:00 SOLE Rheuma      |         |         |
| 8:30-10:05 FABI FABI Aqua-Fit-Mix   | 11:00-11:30 SOLEMIO AquaFIT | 8:30-10:05 FABI AquaFit     | 10:00-11:00 VfL AquaFit     | 08:30-10:05 VHS AquaFit     |         |         |
| 11:00-11:30 SOLEMIO AquaFIT         | 18:15-19:00 VfL             | 10:00-11:00 DRK             | 11:00-11:30 SOLEMIO AquaFIT | 11:00-11:30 SOLEMIO AquaFIT |         |         |
| 12:00-13:00 Kurs Agathenb.          | 19:15-20:45 VHS AquaFit     | 11:00-11:30 SOLEMIO AquaFIT | 17:00-17:45 Elbe Klinik     | 18:00-18:45 Aqua-Cycling    |         |         |
| 18:00-18:45 Aquacycling             | 20:45 Erwachsene SK         | 18:25-19:10 Aquacycling     | 20:45 Erwachsene SK         | 18:45-20:30 VfL Stade       |         |         |
| 19:15-20:45 VHS AquaFit             |                             |                             |                             |                             |         |         |

Jeden Mittwoch 16:25 Uhr eine zusätzliche Leine für VHS ins Wasser ziehen!!

| Legende: |                          |     |                      |      |                              |
|----------|--------------------------|-----|----------------------|------|------------------------------|
| VLG      | Vincent Lübeck Gymnasium | SSV | Stader Schwimmverein | VHS  | Volkshochschule              |
| DRK      | Deutsches Rotes Kreuz    | HS  | Hauptschule          | BSG  | Behindertensportgemeinschaft |
| GS       | Grundschule              | RS  | Realschule           | KiGa | Kindergarten                 |