

## SOMMERFERIEN 2025

### Kinderschwimmkurse

#### Wasserfrosch

|             |         |              |               |            |
|-------------|---------|--------------|---------------|------------|
| 4.8.-15.8.  | Mo – Fr | 9:30 – 10:15 | Helma Honrath | 10 Termine |
| 11.8.-15.8. | Mo – Fr | 9:30 – 10:15 | Mo Shabani    | 5 Termine  |
| 25.8.-5.9.  | Mo – Fr | 9:30 – 10:15 | Mo Shabani    | 10 Termine |

#### Seepferdchen

|             |         |               |               |            |
|-------------|---------|---------------|---------------|------------|
| 4.8.-15.8.  | Mo – Fr | 10:25 – 11:10 | Helma Honrath | 10 Termine |
| 11.8.-15.8. | Mo – Fr | 10:25 – 11:10 | Mo Shabani    | 5 Termine  |
| 25.8.-5.9.  | Mo – Fr | 10:25 – 11:10 | Mo Shabani    | 10 Termine |

#### Seepferdchen Fortgeschrittene

|             |         |               |            |            |
|-------------|---------|---------------|------------|------------|
| 11.8.-15.8. | Mo – Fr | 11:20 – 12:05 | Mo Shabani | 5 Termine  |
| 25.8.-5.9.  | Mo – Fr | 11:20 – 12:05 | Mo Shabani | 10 Termine |

#### Seehund Trixi

|             |         |               |            |            |
|-------------|---------|---------------|------------|------------|
| 11.8.-15.8. | Mo – Fr | 12:15 – 13:00 | Mo Shabani | 5 Termine  |
| 25.8.-5.9.  | Mo – Fr | 12:15 – 13:00 | Mo Shabani | 10 Termine |

### Kurse für Erwachsene (jeweils 1 Termin)

#### Aqua-Fit Tiefwasser

|       |    |               |             |
|-------|----|---------------|-------------|
| 12.8. | Di | 19:30 – 20:15 | Selina Seck |
| 13.8. | Mi | 11:00 – 11:45 | Selina Seck |
| 14.8. | Do | 19:30 – 20:15 | Selina Seck |
| 19.8. | Di | 19:30 – 20:15 | Selina Seck |
| 20.8. | Mi | 12:00 – 12:45 | Selina Seck |
| 21.8. | Do | 19:30 – 20:15 | Selina Seck |

#### Aqua-Fit Flachwasser

|       |    |               |             |
|-------|----|---------------|-------------|
| 12.8. | Di | 18:30 – 19:15 | Selina Seck |
| 13.8. | Mi | 12:00 – 12:45 | Selina Seck |
| 14.8. | Do | 18:30 – 19:15 | Selina Seck |
| 19.8. | Di | 18:30 – 19:15 | Selina Seck |
| 20.8. | Mi | 11:00 – 11:45 | Selina Seck |
| 21.8. | Do | 18:30 – 19:15 | Selina Seck |