**PLAN NAUKI PŁYWANIA 2019/2020**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **lekcje** | TORY **→** |  | **6** | **5** | **4** | **3** | **2** | **wypłycenie** | **rekreacja** | INSTRUKTORZY - UWAGI |
|  |  |
| **P****O****N****I****E****D****Z****I****A****Ł****E****K** | **0** | **7.00-7.40** |  |  |  | 50+/ZNP | 50+ | PASJA |  | PASJA |  |
| **1** | **8.00-8.45** |  |  | 7a(16)-dz | 7a(16)-dz | 7a(12)-ch | 7a(12)-ch\* | SP 14 I  |  |  |
| **2** | **8.55-9.40** |  | 2a | 4b(9)-ch | 4a(10)-ch | 8s(12)-ch | 8s(12)-ch\* | 2a |  |  |
| **3** | **9.50-10.35** |  | 1b | 7c(9) -dz | 7c(10) -ch | 8c(13)-dz | 8c(12)-ch | 1b | 6s(10)-dz |  |
| **4** | **10.45-11.30** |  | 1c |  |  |  | 6s(10)-dz | 1c |  |  |
| **5** | **11.50-12.35** |  | 1d | 5a(13)-dz | 5a(13)-dz\* | 5a(14)-ch | 5a(14)-ch\* | 1d |  |  |
| **6** | **12.50-13.35** |  | 2d | 6a(18)-dz | 6a(18)-dz | 6a(7)-ch | 6d(14)-ch | 2d | 6d(11)-dz |  |
| **7** | **13.45-14.30** |  | SP 13 II | 6c(13)-dz | 6c(13)-dz | 7b(12)-dz | 7b(12)-dz\* | SP 13 II |  |  |
| **8** | **14.35-15.20** |  |  | SKS -ECY | SP 14 | SP 14 | SP 14 | SP – 1 I |  |  |
| **9** | **15.25-16.10** |  |  | **SKS**-ECY | SKS -SPORT | SKS -SPORT | SKS -SPORT | Chorzęcin | Zw. Emer | **Tomek - sekcja** |
| **W****T****O****R****E****K** |  | **6.00 – 7.00** |  |  |  | SKS Sport | SKS Sport |  |  |  | **Tomek – sekcja** |
| **0** | **7.00-7.40** |  |  |  | SKS Sport | SKS Sport |  |  |  | **Tomek – sekcja** |
| **1** | **8.00-8.45** |  | SP 14 III |  SP – 14 III |  |  |  | SP - 1 I |  | **Tomek** |
| **2** | **8.55-9.40** |  | 1b | 8a(11)-dz | 8a(14)-ch | 8a(14)-ch |  | 1b |  |  |
| **3** | **9.50-10.35** |  |  | 8b(9)-ch | 8b(6)-dz | 6s(14)-ch | 6s(14)-ch\* | SP 14 0 |  |  |
| **4** | **10.45-11.30** |  | 3d | 3 a/5d(12)-dz | 4ab(12)-dz | 4ab(12)-dz | 5d(12)-ch |  | 6s(14)-ch |  |
| **5** | **11.50-12.35** |  | 3c | 5c(12)-dz | 5c(12)-dz\* | 5c(14)-ch | 5c(14)-ch | 3d |  |  |
| **6** | **12.50-13.35** |  | 2c | 6c(13)-ch | 6c(13)-ch\* | 7b(16)-ch | 7b(16)-ch | 3c |  |  |
| **7** | **13.45-14.30** |  | ZSP 5 II | 7a(16)-dz | 7a(16)-dz | 7a(12)-ch | 7a(12)-ch\* | 2c |  |  |
| **8** | **14.35-15.20** |  | SP 13 II | SP 13 II | SP 14 | SP 14 |  | SP 13 I |  | **Tomek, Marcin** |
| **9** | **15.25-16.10** |  | SP 14 II | **SKS**-PJ | SKS -SPORT | SKS -SPORT | SKS -SPORT | SP 14 II | ZNP | **Tomek, Marcin** |
| **ŚRODA** | **0** | **7.00-7.40** |  |  |  |  | ZNP | Zw. Emeryt |  | Zw. Emer |  |
| **1** | **8.00-8.45** |  | 2a | SP 1 III | SP 1 III |  |  | 2a |  |  |
| **2** | **8.55-9.40** |  | 1c |  | 5e(10)-dz | 5e(8)-ch |  | 1c |  |  |
| **3** | **9.50-10.35** |  | 2b | 6c(10)-dz | 8c(13)-dz | 8c(12)-ch | 8c(12)-ch\* | 2b |  |  |
| **4** | **10.45-11.30** |  | 2d | 3c/4ab(12)-dz | 4ab(12)-dz | 7b(16)-ch | 7b(16)-ch | 2d | 7b(12)-dz |  |
| **5** | **11.50-12.35** |  | 5c(14)-ch | 5c(14)-ch | 5b(13)-dz | 5b(15)-ch | 5b(15)-ch | 1d | 5c(12)-dz |  |
| **6** | **12.50-13.35** |  | 1a | 5d(12)-dz | 6b(12)-dz | 5d(12)-ch | 5d(12)-ch\* | 1a |  |  |
| **7** | **13.45-14.30** |  | SP 1 II |  |  |  |  | SP 1 II |  |  |
| **8** | **14.35-15.20** |  | SP – 1 III | SP -1 III |  |  |  | SP 14 I |  | **Tomek, Marcin** |
| **9** | **15.25-16.10** |  | SP 14 II | **SKS**-PJ | SKS -SPORT | SKS -SPORT | SKS -SPORT | SP 14 II |  | **MarcinTomek - sekcja** |
| **CZWARTEK** |  | **6.00 – 7.00** |  |  |  | SKS Sport | SKS Sport |  |  |  | **Tomek - Sekcja** |
| **0** | **7.00-7.40** |  |  |  | SKS Sport | 50+ | 50+ |  |  | **Tomek - sekcja** |
| **1** | **8.00-8.45** |  | SP 1 II |  |  | 3d | 3d | SP 1 II |  | **Tomek, Marcin** |
| **2** | **8.55-9.40** |  |  |  |  | 3b | 3b | SP 1 I |  | **Tomek, Marcin** |
| **3** | **9.50-10.35** |  |  | 6a(18)-dz | 6a(18)-dz | 6a(7)-ch | 8s(12)-ch | SP 1 I |  |  |
| **4** | **10.45-11.30** |  |  | 6c(13)-ch | 5b(13)-dz | 5b(15)-ch | 5b(15)-ch | SP 7 I | ŚDS |  |
| **5** | **11.50-12.35** |  | 3a | 4b(9)-ch | 4a(10)-ch | 5a(14)-ch | 5a(14)-ch | 3a | 5a(13)-dz |  |
| **6** | **12.50-13.35** |  | SP 14 III | SP 14 III | 6b(15)-ch | 6b(15)-ch |  | 1a |  | **Konrad, Marcin** |
| **7** | **13.45-14.30** |  | 2c | SP 1 III | SP 1 III |  |  | 2c |  | **Konrad, Marcin** |
| **8** | **14.35-15.20** |  | SP 13 II | SP 7 III | SP 7 III |  |  | SP 13I, II |  | **Konrad, Marcin, Adrian** |
| **9** | **15.25-16.10** |  |  | SKS -SPORT | SKS -SPORT | SKS -SPORT | SKS -SPORT | SP 1 I |  | **Adrian, Marcin** |
| **PIĄTEK** | **0** | **7.00-7.40** |  |  |  |  |  |  |  |  |  |
| **1** | **8.00-8.45** |  |  | 8b(9)-ch | 8b(6)-dz | 5s(13)-ch | 5s(13)-ch | SP 1 I | 5s(12)-dz |  |
| **2** | **8.55-9.40** |  | 3 b | 8a(11)-dz | 8a(14)-ch | 5s(12)-dz | 8s(12)-ch | 3 b | 5s(13)-ch |  |
| **3** | **9.50-10.35** |  | 6b(13)-ch\* | 6b(13)-ch | 6b(12)-dz | 5e(10)-dz | 5e(8)-ch | 2 b |  |  |
| **4** | **10.45-11.30** |  | 3 a | 7c(10) -ch | 6d(11)-dz | 6d(14)-ch | 6d(14)-ch\* | 3 a | 7c(9) -dz |  |
| **5** | **11.50-12.35** |  | SP 14 II | 3 c | 3 c |  |  | SP 14 II |  | **Tomek, Marcin** |
| **6** | **12.50-13.35** |  | ZSP 5 I | SP 1 III | SP 1 III |  |  | ZSP 5 I |  | **Tomek** |
| **7** | **13.45-14.30** |  | SP 1 III | SP 1 III |  |  |  | SP 13 I |  | **Marcin** |
| **8** | **14.35-15.20** |  | SP 1 II | SP 14 III | SP 14 III |  |  | SP 1 II | obsługa | **Marcin** |
| **9** | **15.25-16.10** |  | III Wiek | SKS -SPORT | SKS -SPORT | SKS -SPORT | SKS -SPORT | SP 1 I i II | III Wiek | **Tomek - sekcja** |